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# Inpsychful

THE NEWSLETTER

*a big leap of faith towards self belief*



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HOD

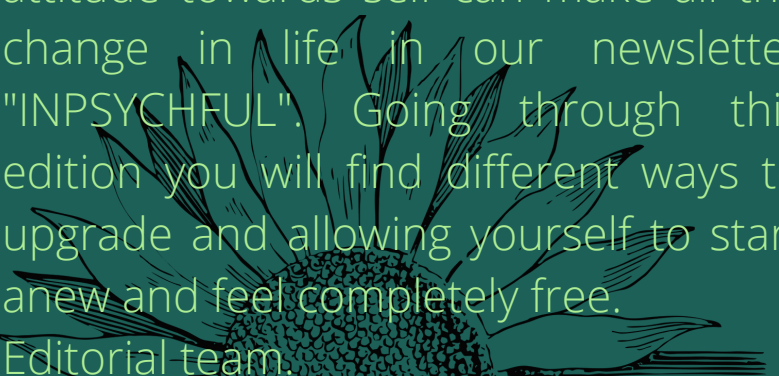
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Dear readers,

This month we bring you the ultimate weapon of self belief and how positive attitude towards self can make all the change in life in our newsletter "INPSYCHFUL". Going through this edition you will find different ways to upgrade and allowing yourself to start anew and feel completely free.  
Editorial team.



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# Self efficacy

Self-efficacy refers to, "People's judgments of their capabilities to organise and execute courses of action required to attain designated types of performances". Stated differently, we might say that self-efficacy involves one's beliefs about accomplishing a task. Research shows that self-efficacy predicts such outcomes as cognitive skill learning, career choices, assertiveness, coping with feared events, recovery from heart attack, and sales performance. Self-efficacy can influence choice of activities, effort, persistence, and achievement. People enter activities with varying levels of self-efficacy derived from prior experience, personal qualities, and social support. As they work on a task, they acquire information about how well they are doing. This information influences their self-efficacy for continued learning and performance. The role of self-efficacy in motivation and performance has been increasingly explored since Albert Bandura's original publications.

Bandura hypothesized that self-efficacy affects choice of activities, effort, persistence, and achievement. Compared with persons who doubt their capabilities, those with high self-efficacy for accomplishing a task participate more readily, work harder, persist longer when they encounter difficulties, and achieve at a higher level. People acquire information to appraise self-efficacy from their performances, vicarious (observational) experiences, forms of persuasion, and physiological reactions. One's performances offer reliable guides for assessing self-efficacy. Successes raise efficacy and failures lower it, but once a strong sense of efficacy is developed a failure may not have much impact.

At the start of an activity, individuals differ in their self-efficacy for learning or performing actions as functions of their prior experience at the same or similar activities and also personal qualities such as one's abilities and attitudes. Initial self-efficacy is also affected by the type of support people receive from significant individuals in their environment. Students differ, for example, in the extent that parents and teachers encourage them to develop skills, facilitate their access to resources necessary for learning (e.g.: materials, facilities), and teach them self-regulatory strategies that enhance skill acquisition and refinement. As people engage in activities, they are affected by such personal influences as goal setting and information processing, along with situational factors (e.g., rewards, teacher feedback). From these factors people derive cues signaling how well they are performing.

Moving on to the merits of self-efficacy, people that have a high sense of self-efficacy learn and achieve more than someone with lower self-efficacy and their commitment is firmer. Building self-efficacy in several areas will increase confidence in mastering new goals. The higher your self-efficacy is, the more willing you are to experiment with new ideas. Self-efficacy helps to push you and set higher expectations in future. Coming down to the demerits, when learners have too high of a self-efficacious belief and are over-confident, they may set themselves up for failure. When people are met with constant failures, they develop a 'can't do' sense with a low self-efficacy. High self-efficacy may let people ignore the weaknesses they don't even realise they have.



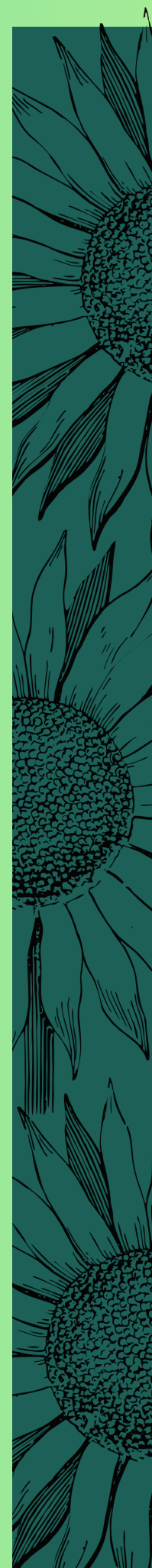
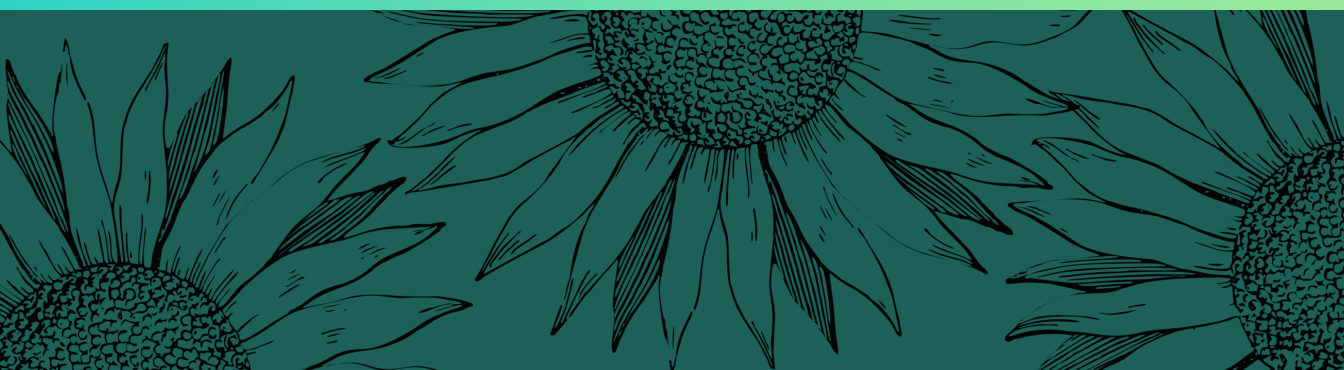


The lower your self-efficacy is the less willing you are to experiment with new ideas. Even if you have the abilities to perform a task, if your self-efficacy is low, you are more likely to fail.

Self-efficacy enhances self-control. It impacts all the functional aspects of human functioning—from personal relationships to professional commitments, and social interactions, and relates to a low risk of mortality. Self-efficacy helps in achieving goals and acquiring a sense of accomplishment in life, and here are some ways that can help in enhancing efficacy: Goal-setting is crucial to building self-efficacy. Studies have shown that out of the three personal zones of achievement (the comfort zone, the stretch zone, and the panic zone), highly productive people lie at the stretch zone where they can make the most of their abilities. In the stretch zone, we are more willing to take reasonable chances and are resilient to failures and setbacks. Unlike in the panic zone or the comfort zone where we are unwilling to take chances or extend our efforts, the stretch zone allows us to have an insightful perception about us and increases the likelihood of achieving self-contentment. Low self-efficacy makes us either doubt our abilities or perceive the tasks to be more difficult than they are. As a result, we don't make enough effort, blame ourselves for our under achievements, and destroy the trust in ourselves. A good idea to build and sustain self-efficacy is to set goals reasonably and approach them one by one. We can break the goals into smaller sub-goals and work on achieving them one at a time. One of the most significant qualities of people with high self-efficacy is the power to look beyond short-term losses and not letting them break their self-trust. We have higher goals to achieve, and sticking to this perspective helps in maintaining a high self-efficacy. Self-efficacy allows us to sort our priorities, make better plans, and focus on them more efficiently.

Concluding, Self-efficacy beliefs also strongly affect one's approach to a task, motivation to engage in a task, the level of effort one exerts, degree of persistence when facing a difficult task and one's performance on the task. It is therefore critical to seek that to enhance self-efficacy beliefs is an effort to improve performance. When executed properly, increasing self-efficacy will lead to enhanced capabilities of the individuals and will have a major impact on their performance.

KEZIA ABY



# Dark side of self belief

Self-belief is a motivator. Believing in oneself stimulates action, persistence and perseverance. When a person is motivated and believes that they can achieve their goals, challenges and hurdles, these become easier to overcome. Self-belief teaches one that hurdles are a part of minor set-backs, rather than the reason to give up. Without the belief in oneself nothing will be accomplished. Self-belief means that one has enough self-confidence to change but not over-estimate the self's abilities, as that could become a fixed-mindset attitude. People are highly concerned with self-belief, forming it into a culture. How people feel about themselves determines how they treat people around them and vice-versa. Stemming forth from this statement, there is a type of personality that is, the Narcissistic personality type.

Narcissism is often based on a fear of failure, social weakness, a focus on one's self, an unhealthy drive to be seen as the best and a deep-seated insecurity with the underlying feeling of inadequacy. Some studies have shown that children who have received compliments for skills they haven't mastered or talents they do not possess, are left with a feeling that they'd received no praise at all, often feeling emptier and insecure. Only children praised for real accomplishments were able to build self-belief. The others were able to develop predictable narcissism. Unnatural pressure or unearned buildup can lead to increased insecurities and anxieties that foster narcissism over self-confidence. The society also plays a role in fostering self-belief or narcissism.

"Self-belief is ultimately a cultural construct, because the standards of value by which people judge themselves are derived from adhering to social standards" and this can promote unrealistic expectations that can destroy self-belief.

Improve your self-belief "Be nice to yourself!" That little voice that tells you you're killin' it (or not) is way more powerful than you might think. Make an effort to be kind to yourself and, if you do slip up, try to challenge any negative thoughts. A good rule of thumb is to speak to yourself in the same way that you'd speak to your mates. This can be really hard at first, but practice makes the man perfect.

It depends on the person, whether they want to step in on the dark side or the bright side of self-belief.





# Self belief to create success

Self-belief means trusting in your own ability to complete tasks and achieve goals. It's about valuing oneself and feeling worthy, regardless of any imperfections or what others may believe about one. We gain a sense of self belief when we see ourselves mastering skills and achieving goals. Self-belief is a foundation of success 'THIS IS AN IRON RULE'. It can start with a vague but deep sense of being special. This sense sometimes arises simply from being born into privilege or because of encouragement from role models around us such as, parents and relatives. Self-belief must ultimately become specific to the field in which you will ultimately triumph. Belief in your destiny will fizzle and fade without a clear idea of the stage on which your success will be played out. Nobody reaches a target without defining it and building-sometimes naively and to almost universal ridicule-that it is attainable. Not only does self-belief help us to grow our sense of self, but it also enhances motivation and resilience. If we believe in our ability to accomplish a task, we are more likely to begin it in the first place. People often set goals in their minds and keep them aside, pushing them back and starting when they're going to pursue them for one or the other reason. While these delays may seem valid, in most scenarios it's the silent work of fear. On the other hand, those who have self-belief, have the support of cognitive biases [only paying attention to the information that confirms your belief about the matter] that allow them to look at a challenge and believe that they have the capability to accomplish it, rather than becoming consumed by self-doubt. Confidence leads to success. Believe in yourself. Believe in your skills. And most importantly, believe in your ability to succeed. All you need in life is, ignorance and confidence, and then success is sure.

MOHINI GUPTA

## Magic Mind-set

We have all seen magic tricks in our childhood and mostly the reflex was a curiosity to know the secrets behind them. Magic includes supernatural forces that are difficult to define. But how does it excite us actually? Things happen in a way we had not previously thought of hence, it includes a Growth Mindset, in other words, the ability to think in multiple manners instead of sticking to limited ways to a solution. Magic is nothing but the use of skills with the help of a growth mindset. It's the reason for being positive, motivated and successful. One can achieve heights by exploring all the sets of their abilities. We know these facts, but even then, people face problems when thinking of alternate directions. This is because the human personality is developed in that way. A growth mindset comes from letting a child explore his own pathways, not by seeking solutions. If you are stuck in your math question, try to imagine and explore other pathways, too. If one has a fixed mindset, they may give up so easily and believe that practise isn't important, or worse, they may avoid challenges to prevent the possibility of failures, also, one must understand that there are good chances of facing constructive criticism upon asking someone for feedback therefore, it is advised to keep a growth mindset handy.

Although, the focal point to be noted here is that it's rather a belief within an individual who is failing to come out than fixatedness alone. This belief however, can harm your intrapersonal as well as interpersonal growth. Keeping a growth mindset has become so important because it's the reason one succeeds and fails. Even neuroscience has shown that high levels of motivation and growth mindset are interlinked. The brain is like plastic and it can be re-molded over a never-ending period of while and hence, we can change a fixed mindset into a growth mindset. The magic is within you. When you explore it, it will become the belief to drive you to success.

MUGDHA VOHRA

# Dear Horse

Teach me oh horse,  
how to stay on a trail  
walk on just one track without fail  
Teach me how to set my fears ablaze  
soar great lengths, seeing the 180 and cutting through haze

Show me, my horse, how to be thick skinned and keep the shine on  
one intact

Guide me on how to let the wind brush through my hair, showing  
one's classiest act.

Teach me how you always find your way home on the darkest night.  
Direct me to what makes you find peace in sleeping upright.

Walk me through the forest which makes your heart pump with joy.  
Teach me to find satisfaction in just few tastes in life, be brave in my  
conduct and not be coy.

Coach me on keeping consistent in my practises and being open to  
learn something everyday.

Make me love whatever comes on my plate, be it grass or hay.

Educate me into facing all hurdles, for I know that a goal is  
worthwhile only if it has challenges in between  
Inspire me to find pleasure in having someone above me in the  
order of things.

Teach me how to bend honourable in front of the queen.

Allow me to walk alongside you, oh horse of mine, whisper to me the  
secret to the gentleness in your eyes.

Let me sit next to you, watch the sun set  
without a regret

and experience all the wonder when it shall universally rise.

Dear horse, teach me your ways  
Show me the path out of this daze.

# STUDENTS CORNER

PARIDHI AGRAWAL, 19-year-old student of JIMS SECTOR 3 is the girl who became a Millionaire. She lives in Delhi. In the last 10 months when people did not have food to eat and no source of earning, at that time of pandemic, she learned how to do business online properly and has earned more than 1.3 Million Indian rupees from there. She is helping thousands of people today to understand this business and to have a good income. Paridhi, so far has trained more than 7000 people and is personally training more than thousand students. She Has earned millions of rupees from this business.





## TRAINING

**Looking for financial independent as a youngster ?**

**My Future is in my Hand**

**Speaker:**



**PARIDHI AGRAWAL**

Business Coach

**Chief Guest**



**JC PIYUSH CHAVDA**

ZD Business, Zone VIII, JCI India

**8 August 2021**  
9.00 PM

**JJ Purva Purohit**  
Project Chairman

**Open for all**

**Free Online Seminar**

**JJ Komal Solanki**  
JJ Chairperson  
JCI Vandsa Royal

**JC Hinal Kevat**  
President  
JCI Vandsa Royal

**JC Mitul Bhavsar**  
Secretary  
JCI Vandsa Royal




#ExcelsiorLiveSessions

@paridhi\_agrawal

## Let's seek success



4 pm

14th August

In this session, Ms. Paridhi Agrawal, Entrepreneur and Affiliate Marketer for multiple brands and organisation, will talk about Affiliate Marketing.



MS. PARIDHI AGRAWAL  
(ENTREPRENEUR)

Catch her live at

For Further Details, Contact-  
MITALI ARORA-9873620915  
RISHVI JAIN- 9811276016

@excelsior.maitreyi



She is a great example of Women Empowerment, and self belief. Though she began at an early age her motivation and achievements portray that an individual with the will to do something can create their own success by achieving and making dreams come true!

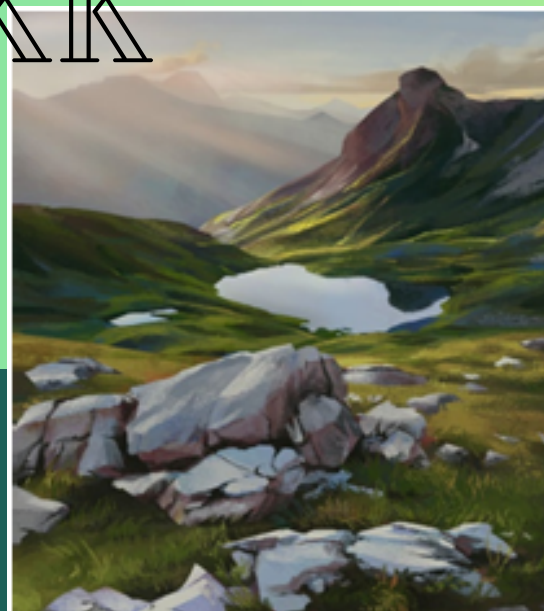


# Fun-oasis THE GAME CORNER

ARE YOU UP FOR THE CHALLENGE?

## POSITIVE TREKK

Self belief is like a muscle, the more you use it the more you have. Achieving success is everybody's goal. But the way of accomplishing it is different for each one of us. So create your own roller coaster to reach the mountain of life using these positive and negative stopovers



No one likes me

I allow my true self to flourish

I feel full of life

I don't find freedom in vulnerability

I am courageous

Lack of power within me

I inhale confidence and exhale fear

I have too many scars

I am lovable

I am worthy

I am a powerful creator

I am beautiful inside and out

I can't be at peace with my past

Peace begins with me

My thoughts matter, I matter

I wake up with new energy and optimism

There is power within me

I am a bad person

I quit

I appreciate myself and feel alive

I will face my fears

I am boring





# Podcast

## Locale

We as teenagers, especially when are thrown into a routine, with BOARD exams around the corner, often get into Entangling ourselves more and more into an endless stream of worry and stress. This not only hinders our growth in life but also leads to the things that makes us genuinely happier, to get at the back of mind. We subtly start to forget for what is our passion and for what we feel happier to do. We at this point need a starting point for our self discovery. For this very purpose in this episode I discuss with you all a very simple yet an effective way of self discovery, unentanglement and freedom. And yes this very effective way is in simpler words called "Travelling". If you want a starting point towards unentanglement and especially if you are someone whose exams or specifically board exams are around the corner then do give it all your ears, but yes only if you are ready for being Free!



The BYK Show: Bharatiya Yuva Katha

scan now to listen!

## FOR YOUR INFORMATION

### What is CBT?

#### Cognitive Behavioral Therapy

Cognitive behavioral therapy is a psycho-social intervention that aims to improve mental health. CBT focuses on challenging and changing cognitive distortions and behaviors, improving emotional regulation, and the development of personal coping strategies that target solving current problems.

## EDITORIAL TEAM

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