

INPSYCHFUL

The E - Newsletter

WHAT'S SO SPECIAL?

A heartening poem that will take back everyone to their school days!

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Dear readers,

Mixing up with the indelible days of your school years and bringing forward the student teacher relationship from the beginning of time, we bring to you some articles, poems and much more in this edition of our monthly newsletter "INPSYCHFUL" on the occasion of Teachers Day. Dreaming back to our memories and thinking about all our favorite teachers lets dive into the creation of a small world by the Department of Psychology at J.I.M.S Editorial team.

WHAT IT TAKES TO BE A TEACHER?

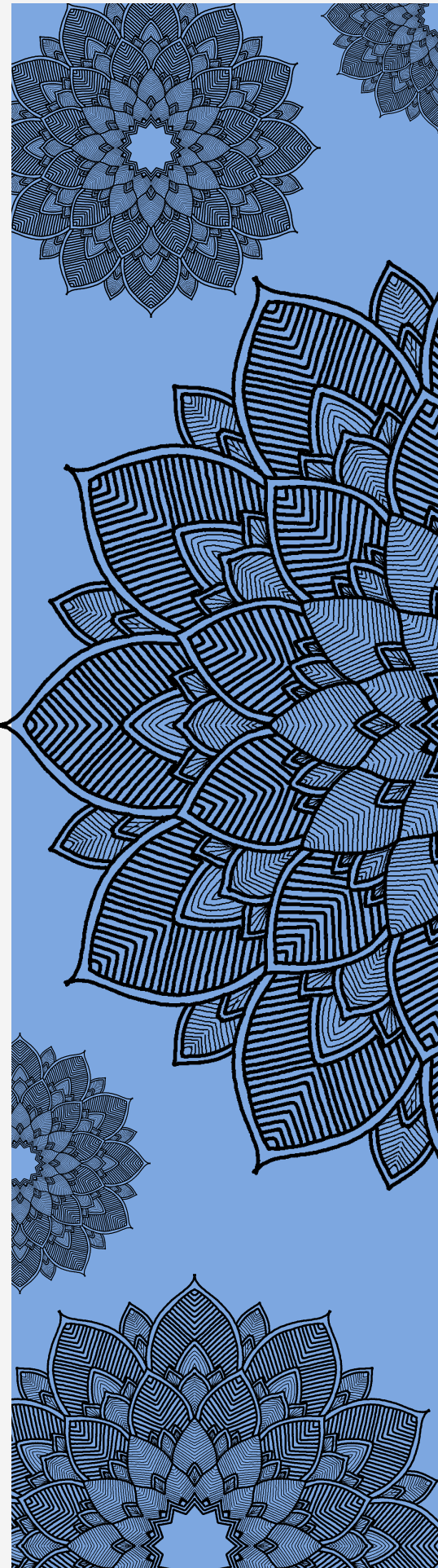
THIS IS NOT AN APPRECIATION POST.

From the beginning of the time we have seen different people teaching us different things, even a one year old in a room filled with four people have three teaching her basic vocabulary words and jump like a kid when they succeed at their attempt, it means something to them, it means the world to someone who builds an individual and helps them become an all grown adult ready for the made-up world ahead with big companies and MNC's and ace the skill they learned for the past twenty five years or so of their existence. Some people take this task up as a profession and dedicate their lives to building other professions; it means the world to them when they see their students succeed, they perceive it as their success. As self less as it sounds, the profession of a teacher is one of the most challenging one. They give their best to extract the best inside each individual and cross all boundaries and break taboos.

The foundation of an individual is usually their personality and behavior making the famous saying "first impression is the last one" partially true, making us believe in the fictitious sometimes, a teacher plays an important role in such situations as a mentor for a student, helping them towards confidence and self believe.

Being a teacher is known to be a profession but the reality is that it's a way of living, just like a learner is said to never miss the opportunity to learn, a teacher is the one always in their uniforms, ready to pass on their wisdom to the thousands of students they come across everyday for the lifetime.

For a teacher it's never just about teaching but making a change in the world off the living in a way that humanity persists in the best way possible. In every field one can find that devoted person who is eager to learn and the power of a teacher can make that individual into the man of his dreams. Now that is what one should call a life worth living.



AARUSHI CHAUHAN (2ND YEAR)

THROUGH THE EYES OF A TEACHER.

A GLIMPSE INTO THE REALITY.

We as a person are nothing but the product of relations we make throughout our lives. We define ourselves with reference to the person we relate to, son to a mother, brother to a sister, husband to a wife, pupil to a teacher. We change our dynamics according to these relations. But then I wonder, are all these relations similar in nature? And if they are should they be? Are the foundations of the relation between parent and child be the same that of a teacher and a student. By teacher and student I do not refer to two individuals in a particular school setting with a considerable age gap, it can be anyone who exchanges learnings and teachings with each other, irrespective of the institution, age, proximity etc.

Let us start with the baseline exception between a teacher and a student. A student has to learn what teacher has to teach. In the past few years I have witnessed the complications of this simple looking statement. I remember one such encounter where I had to help one of my clients (student) to earn his livelihood and be financially independent. I tried to gauge every possible job opportunity for him and make him understand its importance. One evening while discussing the same with him the conversation started to go a little rough. After a while it turned a bit ugly. It ended with me getting death threats. Usually, by this situation both the parties get heated and lose their cool. Being in a position of a mentor to a Tihar inmate who was then out on bail I somehow didn't feel scared. Maybe because I connected to his vulnerabilities at that time and tried to see the pain that is making him do these things and obviously the influence of drugs. Summing it up, I feel just because I didn't lose the position of a mentor at that moment kept me distant from the judgments about him. And just when I was questioning the way I handled the situation and my attitude towards it, I received an apology text from him and our bond grew overtime. 'A student has to learn what teacher has to teach' this didn't seem very simple to me then.

As we both learned in the process and taught something to each other, may be unintentionally, but it happened. There is a difference between a relation and an equation'. Another encounter took me to the understanding of this simple statement. For a person coming from a conservative culture, uneducated and financially weak background along with limited interaction with people, it is hard to express their feelings to someone. In our culture it is even more difficult for young girls. One such girl enrolled herself in my remedial classes where I used to teach English speaking in some backward community. Just to describe the place my premises was constantly surrounded with drug addicts. Small scale domestic drug cartels lived nearby. It was inspiring to see students motivated to learn under these circumstances. The girl, unlike others, was regular for the classes and the pace with which she learned English was amazing. On first day she wasn't able to speak or write all the alphabets properly. After a month she wrote 5 sentences about her family and narrated in the class with zero errors. As a teacher I was proud and happy. But after sometime when she got to know that the classes were going to end I saw something I didn't expect. She broke into tears for the very fact that she is not going to meet me again. She refused to leave the class until I promised her to come back again. I didn't know how to respond to her, as a teacher or as a friend? Which faculty to use here the relation of a friend that she expected or the equation of a teacher that I built? At the end it was the equation of a teacher that persisted.

Many of us must have encountered such situations at some point of time in our life. I feel there is not a straight or a simple answer to such situations, it's a choice that we have to make at every point on basis of our judgments, values and intentions. And I hope we always choose the best for us and our students.

MR. PAREKSH WALIA (FACULTY)

A BOND FULL OF LOVE

We are wired to connect to people from the beginning of time. Love is one of the most profound emotions known to humans. We all care, have closeness, protectiveness, affection and trust towards our parents, friends and teachers.

A human bond is the most important one created because it means wanting to be there for someone, to support them and help them grow; make a difference in someone's life and add onto their happiness and care about their struggles and achievements.

Just like that we all feel valued by some people in our worlds. After parents, students admire their teachers and look up to them as their guides. A student learns certain traits like sincerity, dedication, confidence and warmth from their teachers.

They nurture individuals to grow and help one to reflect on their thinking and learning skills, and become their mirror by showing them where they stand and where they ought to be by facing their true potential. A secure, positive and optimistic relationship with teachers who are not only our mentors but as well as our well-wishers, translate into a lifelong love for learning.

Teachers are like candles that consume themselves to bring light into the lives of their students and go that extra mile to help them become the best versions of themselves.

There is a saying that denotes, teachers are greater than the parents as they spearhead change by shaping and building students' personalities and have an impeccable contribution in molding their students.

Creating a special bond with teachers lets us be who we are; share our feelings, challenges, hopes, dreams and our vulnerable aspects. It is an undeniable fact that a strong teacher-student bond aids in maximising the learning potential and has a lasting impact on the students' academic success.

Outside of the home environment, teachers are an immense source of encouragement on the personal, social and behavioral development of their students.

Mark Van Doren once said "The art of teaching is the art of assisting discovery."

We all are masterpieces because of the contribution of our parents and teachers who molded us with all love and care so, everyday just take out a moment to be grateful for the teachers who made it possible.

KASHISH LONGIANY (2ND YEAR)

॥ कुछ अजीब बातें ॥

ज़िंदगी की कुछ बातें आज काफी अज़ीब लगती है,
पुरानी थी जो यादें आज वो दिल के कुछ करीब लगती
है॥

कब उन टूटे खिलौनों में,
उलझी किताबों में,
सबकी डांट छुपी थी,

आज वो हल्की सी डांट भी कुछ हसीन लगती है॥
सुबह उठकर बस्ता लगाना आज आसान लगता है॥
टीचर की मार खाना, बॉस की बातों से आसान लगता
है

मानों आज मेरी ज़िंदगी में सब तूफान सा लगता है
उन खोए पलों को याद करना आज भी आराम सा
लगता है॥

ज़िंदगी की कुछ बातें यु अजीब लगती है कि,
हर टीचर की वो बातें आज यकीं लगती है।
जल्दी थी जब बढ़ने की तब ब्रेक लगाई नहीं,
आज भी जब दौड़ रहे हो, तो एक दफा रूक सकते
नहीं॥

AARUSHI CHAUHAN (2ND YEAR)





IMPORTANCE OF A GURU IN OUR LIFE

Our country has always been known for its guru-disciple tradition. All of us have felt the necessity of a guru in our lives at one time or the other. The actual meaning of the word 'guru' in our culture is the one who removes ignorance and teaches us how to live a blissful life. Although it is our parents who are our first guru, we often give this name to the teachers who teach us in school and college.

A guru is the one who has already walked the path that we want to walk. He would give the disciple all the necessary cautions and techniques to walk the path successfully to achieve his goals one day. A guru can teach many useful things like moral values, etiquettes and relevant life skills.

Similarly our teachers take us to the path of success by teaching us various subjects with an unselfish attitude. All teachers irrespective of the subject they teach have the ability to shape the students' opinions and help form ideas about the society. Teachers play a big role in expanding students' limits and pushing their creativity. Sometimes the harsh words by a guru may miff us but when we realize that behind the guru's gentle nudge there is always a hidden concern for our progress we must surrender completely to him.

Arjuna could not have been the kind of warrior that he was in the absence of a guru like Dronacharya. This is true because in life if we become what we always aspire to be then we must acknowledge the presence of those in our lives who have played a role in our success and a teacher is definitely one of those.

It is not easy to set life goals for ourselves as by nature we are fickle minded, have a lot of shortcomings and weak determination. As human beings we have the tendency to go astray and take our life goals not so seriously hence we all need somebody who would introduce us to ourselves and inculcate discipline in our lives to help us reach our goals. A true guru can do that by giving us self-control and directing our senses in the right direction. He would provide us wisdom to prevent us from falling into any trouble.

We must remember that a ship in a sea can not sail well without a sailor, similarly without a guru, we can not find the correct path. It is the guru who would ensure that we are heading in the right direction. In fact we must bow silently in gratitude to all those who have mentored us in some way or the other in our lives.

WHAT A STUDENT SHOULD NOT DO TO A TEACHER

AN OFFERING FROM A STUDENT.

Teachers are like soil, helping thousands of trees to stand upright, nourishing and protecting the small sapling from the strong gush of wind and giving it a structure and a sense of stability, guiding with water for it to stay together, teachers also try to nourish our minds with good thoughts and positivity protecting us from falling or even failing.

Without even thinking about themselves they think about us numerous times for our better tomorrow. We as students could hardly give them any gift on teacher's day or any other occasions because the real price for them is our successes and our achievements, with a truckload of respect for them. Apart from these priceless emotions we can't offer them much but the eternal satisfaction of creating another achiever in the field today.

But there are many ways in which students might hurt their teachers in blunt ways. Making them feel really upset and demotivated at times.

Disrespect is one of the most impulsive behaviors towards anyone. Whenever we disrespect a knowledge giver or whenever we argue over small things, we neglect the age gap and forget the values of a teacher. Our knowledge could have broadened by any topic but there must be a teacher behind that knowledge as well who taught us. If our teacher punishes us, we as students should rethink our actions and acknowledge our mistakes too and calmly talk about it. Disrespecting won't prove any point because there is nothing in this world that couldn't be solved by communicating.

Second comes Making Fun In general or behind their back, never make fun of a teacher because your parents are also like your first teacher of your life who taught you how to stand up and our teachers could also be someone's parents or son or daughter. Be human, be Kind.

Don't be Apathetic, have concern. If a teacher is not in a good mood someday have courtesy and acknowledge the actions; they might also be going through a lot at their side. Think about it and be empathetic because not all the people are able to show sadness or express themselves.

Next is Time, in life we take out time for everyone, our friends our family, even our life partner as well but the person we sometimes leave behind in life is a teacher. We forget what they made us into and how they helped us at every step of our life, from teaching us how to write to the person we are today. They worked on every aspect of our being with utmost dedication. Never forget those times when a teacher made you believe in your dreams.

Take out time to greet your teachers, meet them or just reach out to them, a small thank you goes a long way!

A TEACHER CALLED NATURE.



There was once a girl named Asha. Although she was little, her dreams were very big. Once while walking along a scenic route through the forest to her school, she found a plant which looked exotic. Rightly, she had never ever seen a flower quite like the one which it bore. She thought of plucking it and taking it to school with her so that everyone could enjoy the sight of it as much as she did. But, on a second thought she remembered what her teacher had taught her, “Never pluck out flowers from a plant otherwise you might hurt it.” So, with a heavy heart she said goodbye to the plant and walked forwards towards school.

Later that day, when she told her friends what she saw on the way, no one seemed to believe her as none of them had ever seen a plant like that before.

Soon, school got over and Asha was home. She resolved that maybe her parents had seen the beautiful plant sometime as she reasoned out that they have been living for longer than her, hence would have seen more things. She tried asking them, but, to her disappointment she did not receive the answer she was looking for.

The next day arrived and Asha was excited that she would get to see the lovely flower again on her way to school. Soon after, when she was walking through the trail, utter horror broke upon her because the flower wasn't there anymore but had fallen off the plant and lay on the ground, dried and curled up. Asha had planned that she would be taking it with her so that everyone could celebrate its beauty. She felt so sad that she went straight back home. She lay on her bed, crying because she felt bad for the fact that no one will ever be able to see how beautiful the flower was, how perfectly shaped each of its petals were or how the colour of the flower could instantly make anyone smile. All these extraordinary qualities and no one would ever know about them now that the flower isn't there. She was absolutely heartbroken about the fact that a thing as appreciable as that now remains unseen by people.

While she was thinking about all this she heard her mother coming towards her room, she knew that her mother had seen her coming back to the house, teary-eyed, but didn't ask about anything. It was as if she knew what was going on.

Now, when Asha told this whole thing to her mother, she first wiped off her tears and pulled her closer to embrace and then convinced her to go for a walk on that same path where she had seen the little plant, and promised to accompany her along the way.

Both of them were walking through the forest reaching where the plant peacefully sat. To her delight, Asha saw that another beautiful flower, similar to the one before was blooming cheerfully. She was filled with joy and was happy that her mother had also experienced the wonder, she felt satisfactory. But she wanted to know how her mother was able to see it coming.

Knowing her, she explained that the qualities that a person carries within do not need to be seen or known by others all the time. All the appreciable and distinctly extraordinary qualities will remain within, even if there's no one around to applaud or let alone know about them.

The way the plant produced an impeccably identical flower as its second produce, shows that an organism keeps working using the special qualities that it has whether or not somebody sees them or is there to celebrate them.

Asha could so closely learn from nature that: Your qualities don't go anywhere, one must keep going on, nurture them and stay firmly planted to the ground and see them grow beautifully.

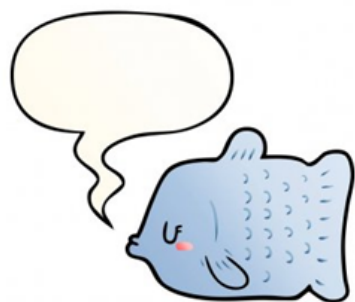
Moreover, the whole framework of Positive Psychology relies on the same principle; water the positives within you and see them actualizing into blossoms.

AKANKSHA GANGULY (3RD YEAR)

FUN-OASIS The game corner!

GO ICEBREAKER FISHING

WHAT ARE THE THREE
QUALITIES YOUR
LEARNED FROM YOUR
TEACHER?

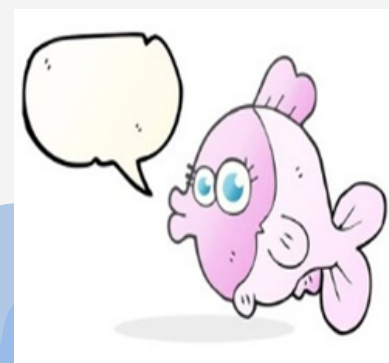
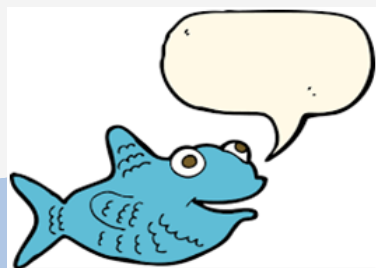


IF YOU LOOK BACK TO
THE LAST YEAR, WHICH IS
MOST MEMORABLE
MEMORY WITH YOUR
FAVOURITE TEACHER?

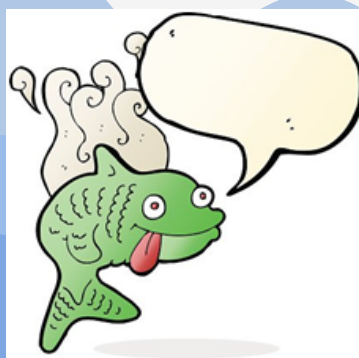
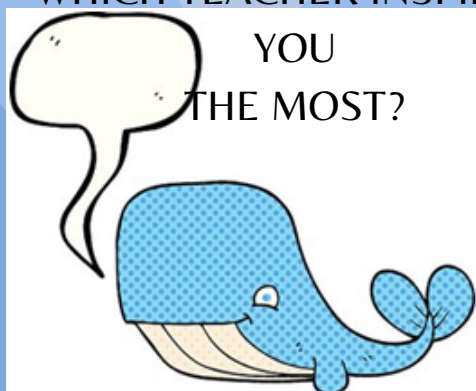


DEDICATE A
SONG TO ALL THE
TEACHERS ON
THIS TEACHER'S
DAY

HOW WOULD YOU DESCRIBE
YOUR TEACHER?



WHICH TEACHER INSPIRES
YOU
THE MOST?



IN WHICH OTHER TEACHER'S
CLASS WOULD YOU LIKE TO
ENROLL, EVEN FOR A DAY?
WHY?

TBHH TOWARDS
YOUR
TEACHER



FYI

FOR YOUR INFORMATION

Being the first, middle, youngest, or only child probably influences your behavior. Here's what you need to know about the link between birth order and personality traits.

FIRSTBORN PERSONALITY TRAITS

As the leader of the pack, firstborns often tend to be:
Reliable, Conscientious, structured, cautious,
Controlling, achievers.

MIDDLE CHILD PERSONALITY TRAITS

Middle children tend to possess the following birth order personality traits:

People-pleasers, somewhat rebellious, Thrives on friendships, has large social circle, Peacemaker

YOUNGEST CHILD PERSONALITY TRAITS

The baby of the family tends to have the following birth order traits:

Fun-loving, Uncomplicated, Manipulative, Outgoing, Attention-seeker, Self-centered.

Podcast
LOCALE

Break-up is severely damaging for a teenager, or a youngster. In India specifically, teenagers even after such a "traumatizing" event of break up cannot reach up to their parents or even a therapist to whom they should immediately reach out to in order to get help. therefore we bring you all this special by Priyank Mehra Episode whereby he has called up a Reiki Therapist who has been healing the lives of hundreds of people from all over the world since the past 15 years. Fortunately the same person is also his Mom!

This episode will soothe your soul, and shall give you the genuine confidence within your heart that you need in order to move on and rather grow. You shall grow like a bud into a beautiful flower, and that's a promise.

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Tap now to listen!

Just put your headphones or stereo on, lie down or while walking, absorb into this therapeutic experience.