

Anxiety

» (which many of my students have heard before): It is a cold winter morning in 1982, at an American university's campus. I'm the newest (and to my mind, most nervous) student in a scriptwriting class where each desk is equipped with a shiny electronic typewriter. I have never seen one of these before. The instructor, speaking in rapid sentences, gives us a writing assignment and tells us to begin working at our typewriters. All the young people around turn to their machines and begin clacking away. I stare at the thing, frozen, unable to decode its impassive surface. Finally, I shake myself and tentatively ask the student next to me: How do I turn this thing on? He points to a switch that is staring me in the face but had been invisible to me until then. So I begin my work.

Look inwards for solutions

Introspection helps identify one's personality and rein in negativity.

» ETHICS AND YOU

MINI KRISHNAN

Could there be a link between the kind of personalities we embody and the way we react to others and events, or is it all about training and habitual response? More importantly, are ethics and personality connected?

According to a recent study, there are four personality types: optimistic, pessimistic, envious and trusting. The findings of this research published in *Science Advances* showed that the largest group (about a third) was defined as envious. Optimistic and pessimistic personality types scored equal with 20 per cent of the respondents falling into these groups. Last on the list were the trusting group who are classed as natural 'collaborators' who didn't mind if they won or lost.

Mr. Asokan, far from being a wealthy professional, once explained how, while in service, he tagged a certain portion of his earnings. "I fully expect to either lose it to someone who borrowed with no intention of returning the loan or to someone who was an outright fraud.



ILLUSTRATION: SATHISH VELLINEZHI

about a hundred miles from Lahore, there lived Dr. Utamchand Ahuja. Popularly known as Lalaji, he ran a clinic for everyone, rich and poor alike. His charges were the same for every patient. "There's a box at the door. Drop whatever you like into it." He rode miles on horseback to care for the sick at a time when there were no swift means of personal transport. Quite often, someone would show up at his house and offer bags of wheat or a cow, reminding the doctor how he had taken care of the giver's family years ago when he was poor. Now that things were better, he had come to pay in kind.

Visible light comprises more than 40 per cent of the electromagnetic spectrum and UV light 4 per cent. The rest is

walk around the maze of small pathways, following the arrows on the little screen of my phone, over and over, taking much more than those estimated six minutes, but Building X refuses to show itself.

Finally, I buckle down and decide to ask someone. It takes me three attempts before I find a person who is able to point clearly to where I needed to go. Not all the buildings are sequentially numbered, and they run into each other in a way that a visitor unfamiliar with the

being marked as an outsider — as that person who did not know — that I hesitated to ask a simple question that could have saved me several minutes of searching and some anxiety.

Now, there are several lessons we can learn on our own, quite easily, and it is very important to build the ability to equip ourselves to be efficient, independent learners. But sometimes, the easiest and least painful way to learn is still the old-fashioned way: to find a person and to ask a simple, direct

imals or children? Some criminals, even when they are caught, exhibit no remorse. Instead, they explain why they did what they did and try to justify it. They steal happiness from others and are a complete opposite of the two people described in this article.

There is a case for believing that it is envy and pessimism (uncontrollable fear of starvation and loss) that set in motion man's early attacks on adjacent villages and settlements to grab what was rightfully another's. Waging war on a neighbour slowly legitimised organised violence and stealth operations. At a time when it has become possible to destroy people or a city from a safe distance, it is vital that we look into ourselves and understand our personalities for stability, patience and identify what disturbs us and leads us to disturb others.

It seems we have studied the whole world but neglected studying ourselves. In the race for success, amidst the din of devices which will not let us rest even while we sleep, we must look inward for solutions to survive. There is no easy blue-print for achieving peace of mind but it would be useful to understand that both *deva* and *demon* lie within us and their energies have to be understood: the one mind

the water to keep the catalyst in suspension, else it will settle at the bottom and its efficacy will

to give us information and instruction and prepare us for the many aspects of the world.

But it is also important to recognise that those tools all have limitations. They are never complete or detailed enough, and sometimes, you need a real person to help you find the switch to turn it on!

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Centre for Teacher Accreditation (CENTA) announces the second edition of the Teaching Professionals' Olympiad (TPO)

After the overwhelming response last year, CENTA TPO 2016 will be held on December 3rd 2016 in 22 cities, with 11 Subject Tracks and 2 Challenger Tracks to choose from

"I am overwhelmed! This is, by far, the best thing that has happened to me in a long time.... Attending KINSES 2016 in Dubai was an eye opener as it allowed me to meet dynamic people from across the globe. The TPO is truly a noble endeavour. May it continue to grow and flourish in the coming years" - says Mansa Pande.



Mansa Pande receiving her award from Mr. Andy Horden, CEO, Consilium Education at KINSES 2016 for topping the CENTA TPO 2015

Mansa is not alone in her experiences. Many of the 533 winners announced by CENTA for TPO 2015 have stories to share. The CENTA Teaching Professionals' Olympiad aims to reward, recognize and celebrate teachers and the teaching profession. "We are hugely encouraged and deeply humbled by the response to the very first edition last year. It was amazing to see over 5000 registrations and even more amazing to see teachers travelling long distances, from almost 300 cities, towns and villages to one of the TPO centres", says Ramya Venkataraman, Founder & CEO of CENTA. 93 per cent of the participants, in the post-TPO feedback

The band gap of a semiconductor determines the wavelength of light required to ac-

where 70 of us were divided into groups. My GD topic was "Future of smartphones", or basically, "Next is what", the Samsung tagline. At the end of it, I was selected as a Samsung intern with 42 others.

The SRI-B office, called the "Phoenix" building, is magnificent. Each floor has its own theme and the top four floors have theme-based cafes. I was amazed to see that the top floor had a well-equipped jamming room! Finally, after much anticipation, we met our teams and were given the option to choose a project of our choice. I opted for a Python-based analytics project and was part of Samsung's

standing of etiquette and manner which is crucial for employees and not be learnt through curricular projects.

Before my stint ended, Samsung provided me a chance to join the full-time! I took a software competency test, followed by a technical interview and an HR round. I nailed all tests and got the pre-placement offer from the company. As am in my first year of graduation, I am looking forward to becoming a part of Samsung again!

Courtesy: Internshala (http://internshala.com)

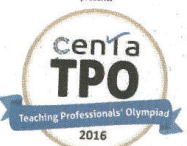
TPO 2016 is being held in 22 cities across India to enable many more teachers to participate. Teachers will have 11 Subject Tracks to choose from, across primary, middle and high school, including one track in Hindi medium. In two of the middle school tracks, there is also the choice of TPO Challenger. "TPO Challenger is an in-depth test of subject expertise as well as classroom practice in the context of the particular subject. It is meant for teachers who are passionate about their subject and keen to go deep into teaching methods in the subject. We hope that it helps identify 'master teachers' in the subject", says Priyanka Arya, manager of assessment design and analytics at CENTA.

Shivani Nagrath, teacher from a private school in Delhi, after being profiled in *The Hindu*, found a letter in her physical mailbox from a teacher in a remote village in Tamil Nadu, asking for her mentorship - several hand-holding conversations followed.

The Hindu is the title sponsor for TPO 2016, while Michael & Susan Dell Foundation is the primary partner. The prizes are bigger too. For example, all 13 subject track toppers will be invited and sponsored to attend the Global Education and Skills Conference 2017 by Varkey Foundation. The national topper and all state toppers will be profiled in *The Hindu* group of publications. Several winners can look forward to the unique opportunity of co-authoring a book to be published by Central Square Foundation. HT Parekh Foundation is supporting several cash awards, including three awards of Rs. 1 lakh each, and so on.

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