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# MOTIVATE

## Editorial Note:

It gives me great pleasure to announce the release of the inaugural issue of 'Motivate', a monthly newsletter being brought out by I-dentitee LLP, on the 15<sup>th</sup> of each month. Each issue of the newsletter will be centred on a specific theme. The theme for this month is 'Education is Empowerment'. Exams are nigh upon the students in India and everywhere the talk is regarding how important education is for everyone's future. This issue of our newsletter seeks to highlight the need for not only formal education which we get from our schools and colleges but also other sources from where learning occurs. For a child to grow up to be a well-rounded person who is capable of taking the best decisions under any circumstances, there needs to be experiential learning and this can come only from exposure to a wide variety of settings. This in turn empowers a person to become confident in their ability to handle everyday life regardless of their status in society.

I dedicate this inaugural issue to all my teachers-formal and informal and especially to my parents and my doctoral advisor-Dr Shailaja Shastri. Enjoy this issue and please do write to us with your feedback!

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## About I-dentitee LLP:

I-dentitee LLP is a Psychological Training and Research Consultancy firm which endeavours to help realize human potential and achieve development in the positive sense. Innovation in our programmes, increasing motivation within our participants and optimization of potential are our objectives. The term 'I-dentitee' has been derived out of the fact that all of us strive to reach the zenith that is our 'self' or our 'Identity.' Providing any kind of training that can help explore this aspect of our self is one of the primary missions of our firm. One of the other specializations of our firm is that we undertake research projects and provide training regarding various aspects of research in social sciences and allied fields.

## Thinker's Corner:

Educationists around the world have written about the extrinsic value of education, where education becomes a stepping stone to achieving something else. Many students are persuaded to get higher grades so that they may get admission into a good university, where they may further get opportunities for higher paying jobs. Even having a matriculation education is treated as a basic qualification for getting into a government job, where salary and job security are fairly stable. However, I have realized that education is among the few things in this world, which proves gratifying just by being an end in itself. The intrinsic value of education is largely undermined by us in our day-to-day existence.

In this context I am not talking about literacy, but the general awareness brought by being educated. Let us take an example. When making a decision about moving to a new city, you weigh the pros and cons of moving to city A versus city B- work or education opportunities, public transport and traffic conditions, living expenses, places for recreation 'to hangout', overall opportunities for people of your age and mind-set etc. In all these decisions, education allows us to make informed choices, and empowers us to make the best assessment for a comfortable stay even in a previously unknown place.

Another interesting aspect of how education affects our thinking and decisions was highlighted during one of my classes. I came across data which spoke of the different motivations that individuals have while considering a job. When compared to different levels of education, it was intriguing to observe that while most of the people would prefer jobs with a good salary, the aspiration actually decreases with an increased education level. As

soon as individuals achieve matriculation education and above, their preference for a job with good income decreases, in favour of other factors such as looking for a job with security, or a job where there is more sense of accomplishment, or the opportunity to work with like-minded people. Among the explanations discussed by the students, what remained prominent was that if an individual was educated, she would be more empowered to make informed decisions, and would rather not be stuck in a job where she is dissatisfied, only because of a higher salary. Being educated would thus open up a plethora of opportunities to pursue your passion, rather than being stuck in an unhappy workplace. However, my optimistic self would explain that being educated would also empower you to change your perspective and make the same workplace, a better one; and instead of focusing on the things that are not going your way, it would be best to focus on the things that are working in your favour, and try

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to strengthen those.

## Brief Report of I-dentitee:

- Ψ I-dentitee conducted a workshop on 'Unconscious Bias in Mediation' for mediators of Bangalore Mediation Centre on 9<sup>th</sup> February
- Ψ I-dentitee conducted a workshop for B.Sc. and M.Sc. students of Forensic Science at Jain University on 1<sup>st</sup> March
- Ψ Dr. Deepti chaired paper presentation sessions at the NCPT national conference conducted by Dept. of Psychology at Jain University on 9<sup>th</sup> and 10<sup>th</sup> March.

## Youth Talk:

**Q1. What role do you attribute to education in the way it has shaped you as a person?**

Z: Well, the first thing I'd like to say is that education is completely different from being literate. We can be literate, but not educated. Since I was young, I loved to explore and learn things on my own. Even today, I am teaching myself a whole new language (Korean) and I can confidently say that I can read and write Hangul. Sports, dance and acting were my fields to show off because I had learnt so much from being outside rather than just sitting in a class. I was lucky enough to find guides who taught me so well, my number one guide being my mother. She has shaped me to be who I am today. I learnt that I could do so much more academically if only I learnt how to have fun with my subjects and enjoy what was being taught. This perception of mine was all because of one lady, Dr. Shailaja Shastri. She and her team of wonders taught me that one need not be meticulous in order to learn. So, the people who've been there through the journey with me have truly shaped me to being who I am today.

**Q2. How important do you feel education is to function in today's world?**

Z: In today's world of fast growing technology, one needs to be updated in order to not be left behind in the race to excellence. Education can help eradicate so many things, if you come to think of it. Poverty, corruption, safety, etc. – all can be fought if you are educated enough to know exactly what you are doing. The growing demands of the society, the growing demands of nature and everything else demands one to be educated because only then can we bring in a change. We need to be educated enough to know how to tackle issues that always existed and that issues that are bound to exist in the future. We are all blinded in a way and to help us see clearly, we need to be educated.

**Q3 How much of your education is from your formal schooling/ collegiate training?**

Z: To be honest, formal training hasn't taught me much. Yes, it gave me a base to build on, but it did not teach me how to tackle life's problems. It did

not teach me how to handle kids and adults with difficulties, which my experiences did. Watching my mother, taught me more about how cruel life can be and on the same plane, how beautiful it can be. Wear those uncomfortable shoes to know how difficult it is to walk in them. I would say that my education is 30% taught and 70% experienced.

**Q4. What other sources apart from the formal one do you attribute your education to?**

Z: My mother and the few teachers who taught me that it's okay to not know something. My mother because I've seen her struggle and rise from the ashes like a phoenix. She's taught me to make my own mistakes and to learn from them. Raj ma'am – my teacher from Montessori taught me that it is okay to fall and get hurt. Ram sir taught me how to feel and emote through action. Theatre was cathartic. Dance taught me that bruised knees are a sign of discipline and respect. It let me be who I am without asking me questions or without judging me. Akka (elder sister) taught me that even if you don't always show that you love someone, just being there is support enough because that shows who truly cares about you. Aishwarya and Sai Prakash, my two best friends taught me that people will come into our lives for a selfish gain, but learning to leave them behind is what will help me grow. Books taught me that I can get lost and it is okay to do that. Chester Bennington showed that music is divine and that it can lift your spirits up. It speaks a language than is highly personal and only yours. BTS taught me that there will be people who will pull you down. But, love yourself no matter what because that's what you deserve. Shailaja ma'am taught me to have fun and learn, that the classroom is our palace of imagination. She taught me to dream.

**Q5. What do you think is the role of education when it comes to empowering people?**

Z: Education plays the most crucial role when it comes to empowering people. I feel that in order for a place or community or country to grow, people need to grow. Education gives you insight, it gives you knowledge, it gives you experience and it gives you life. What exactly does empower

mean anyway? The dictionary would say, to enable. I will say – it is freedom- to decide what best suits me, to know what is right, to know and learn. Freedom to be me. That’s where I think education plays a role. It opens up doors to enchanted and magical places. It’s true when Sirius Black said– “We’ve all got both light and dark inside us. What matters is the part we choose to act on. That’s who we really are.” — this is education empowering us to be who we are.

**Zeina Sravya is an enthusiastic young lady, who takes a lot of interest in what she does. She has a keen sense of judgement and loves music, dance and everything fun. She is currently in her final semester of the M.Sc. Psychology course at Jain University.**

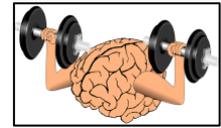


### Ramblings:

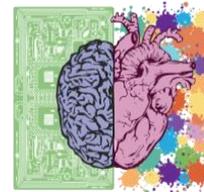
As I was musing over how to explain why this theme was chosen for this month, the entire world was devastated with the passing away of one of the most legendary people in today’s world- Prof. Stephen Hawking. Then I realised there was no one better to uphold the theme for this month- ‘Education is Empowerment’ as Prof. Hawking, whose entire life stands testament to this statement. His extraordinary life which began 300 years after Galileo’s death and ended on Albert Einstein’s birthday, was one where he was predestined to be an intellectual giant whose theories could not be bound by earthly limitations. Diagnosed with ALS at the age of 21 and told he had less than two years to live, this extraordinary person went on to live for more than 55 years. This was in spite of his failing motor and speech facilities. Never considering the loss of his physical self, he rose to new heights through his astounding theories in the field of theoretical physics and cosmology. He empowered himself through his brilliant mind and showed everyone how anything can be achieved with the right spirit. RIP Prof. Hawking. Thank you for inspiring us always!

### Mind Workout:

As I am sure you have heard before, the brain is a muscle and that in order for it to be its optimal self, it is important to keep it active. So here are some ways in which this can be done-



1. Keep Learning- Never think that just because one’s schooling and college is done, there should be an end to learning as well. Challenge yourself and learn something new each day.
2. Use all your senses- Always try to observe with all of your senses in any situation. Make memories with all your faculties



3. Believe in yourself- Don’t believe in myths about ageing. Break barriers and set your own boundaries
4. Prioritize brain use- Try to pay attention to and recall important things. Prioritize in terms of importance and relevance
5. Repeat yourself- When you learn something new, repeat it out loud or immediately use it in context
6. Space it out- Learn how to space out periods of learning-especially when you find it challenging. This allows for assimilation and accommodation of information.

(Sourced from-

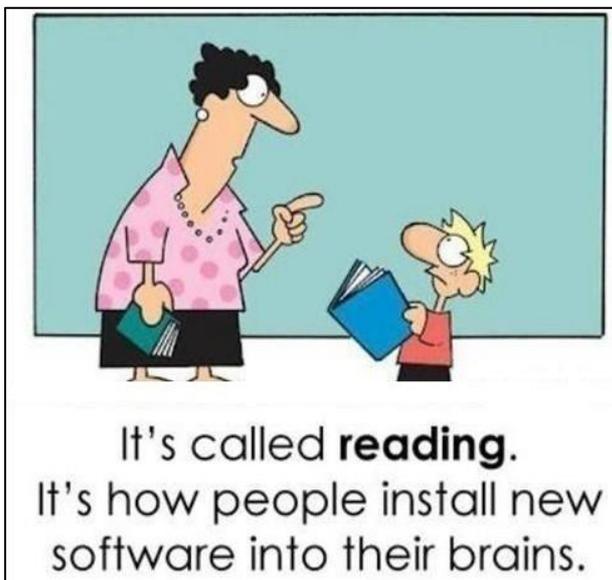
<https://www.health.harvard.edu/healthbeat/6-simple-steps-to-keep-your-mind-sharp-at-any-age>)

Fun and Funny:

In the previous section, it was mentioned how each day something new must be learnt. Here is one opportunity to do so. Given below is an easy 'Word Search' puzzle featuring the names of several countries in the world. As you find each one, go to 'Google' or an encyclopaedia and learn one new fact about that country. All the best!

A	G	D	I	T	S	N	I	G	N	G	G	N	U	
A	H	E	N	U	E	R	N	I	A	A	I	R	N	
A	A	M	I	E	A	I	G	P	P	N	G	N	I	
A	N	I	N	N	E	O	T	U	E	K	D	T		
A	A	A	D	E	R	A	U	H	T	A	R	R	E	
N	D	L	M	I	E	R	R	A	A	A	N	U	D	
E	R	G	A	A	L	G	A	I	N	A	I	A	K	
I	C	E	L	O	A	E	I	L	Z	E	C	S	I	
C	A	R	A	G	D	N	L	A	A	N	A	P	N	
H	B	I	Y	N	N	T	I	N	N	I	N	A	G	
I	U	A	S	O	A	I	N	D	I	A	A	I	D	
N	R	D	I	C	G	N	D	M	A	R	D	N	O	
A	M	K	A	R	U	A	I	D	R	K	A	D	M	
D	A	A	I	B	A	R	A	I	D	U	A	S	E	

- NIGERIA
- UKRAINE
- SPAIN
- PERU
- ALGERIA
- INDIA
- CONGO
- ARGENTINA
- CHINA
- UNITED KINGDOM
- TANZANIA
- GHANA
- BURMA
- CANADA
- UGANDA
- SAUDI ARABIA
- IRAN
- THAILAND
- MALAYSIA



We would love to hear your opinion about this issue and theme. Do write to us at [deepti@i-dentitee.com](mailto:deepti@i-dentitee.com) or log on to our Facebook page at [fb.me/identiteellp](https://fb.me/identiteellp)

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