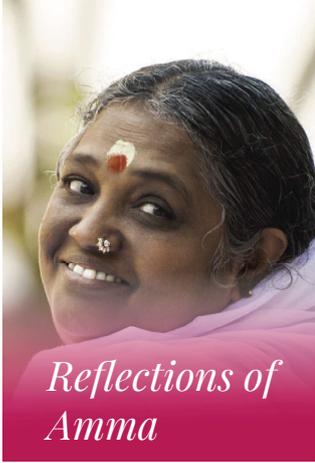




Parijñāna Patrikā

Vol 01 | November 2021 | A Newsletter on Experiential Learning for Educators



Reflections of Amma

True education takes place only when it goes hand in hand with spiritual knowledge. Today, education has been reduced to merely collecting information from the internet. Such education will not transform youth into highly capable and intelligent forces of goodness, compassion and service. What do you think is

the cause of the growing problems and unrest in our younger generation? It is definitely due to the lack of education with spiritual values.

Amma remembers a story. Two children were playing, and one of them happened to get slightly hurt. Seeing this, the hurt child's mother started scolding the other child's mother and soon matters escalated with neighbours also taking sides. Meanwhile, someone realised that the children were missing and later found them happily playing together. These days parents are unable to explain the goal of life to their children. They do not recognise the child's innate interests or encourage their latent talents. Healthy competition in school can help children improve in studies and reach their potential, but the level of competition we see today leads to stress. If they are unable to fulfill the expectations with regards to their exams, they become overwhelmed mentally, and confront disappointment for the rest of their life.

Children, we must think about the purpose of education. Modern education may get you a degree and well-paying jobs, but will this give us lasting mental peace? If we are unwilling to inculcate cultural values along with modern education, we will be fostering *Ravanas* not *Ramas*. Awareness of cultural values is the foundation of peace and happiness in our lives. Only through spirituality, can we find supreme culture and wisdom.



Teachers Are at the Centre of the Educational Resurgence

Formal training improves the capacity of teachers. The traditional method to training, on the other hand, will have to accept alternative ways, and teachers will have to deal with a phenomenon that may be described as a tremendous talent.

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Future of Education

True education takes place only when it goes hand in hand with spiritual knowledge. Otherwise, education will be reduced to a mere collecting of information. In today's world, anyone can gather information; everything is available on the internet. But such education will not transform you. It only nourishes the body, not the being.

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Br. Maheshwara Chaitanya

Director (Admissions),
Amrita Vishwa Vidyapeetham

Expert Talk



Dr. Shoury Kuttappa

Academic Manager and Counsellor,
Office of the Director Admissions,
Amrita School of Engineering

Emotional Intelligence Theory and its Outcomes



Emotional intelligence describes a person's capability to manage and control their emotions as well as the ability to control the emotions of other people. Emotionally intelligent people are able to:

- Identify what they are feeling
- Know how to interpret their emotions
- Recognize how their emotions can affect others
- Regulate their own emotions
- Manage other people's emotions

While some people naturally have high EQ, it is also a skill that can be practiced and developed. Practicing emotionally intelligent behaviours helps your brain adapt to making these behaviours automatic and take the place of behaviours that are less helpful.

The Theories of Emotional Intelligence

Emotional Intelligence, or, what is commonly referred to as EQ has been claimed to be the key to success in life. Despite the fact that theories of emotional intelligence only really

came about in 1990, much has been written about this topic since then. It has been argued by some people that EQ, the 'Emotion Quotient', is even more important than the somewhat less controversial 'Intelligence Quotient' or IQ.

Why bother understanding EQ? Well, can you imagine a world in which we did not understand any of our feelings? Or where we could not perceive that another person was angry with us by the ferocious look on their face? Emotional intelligence is everywhere we look, and without it, we would be devoid of a key part of the human experience.

The Components of Emotional Intelligence?

Intelligence refers to the unique human mental ability to handle and reason about information (Mayer, Roberts, & Barsade, 2008).

Emotional Intelligence (EI): "concerns the ability to carry out accurate reasoning about emotions and the ability to use emotions and emotional knowledge to enhance thought" (Mayer et al., 2008, p. 511).

According to almost three decades of research, Emotional Intelligence (EI) results from the interaction of intelligence and emotion (Mayer, Salovey, & Caruso, 2004). EI refers to an individual's capacity to understand and manage emotions (Cherry, 2018). The notion of EI consisting of five different components was first introduced by Daniel Goleman, a psychologist, and best-selling author.

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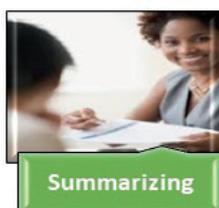
Dr. Shoury Kuttappa

Academic Manager and Counsellor,
Office of the Director Admissions,
Amrita School of Engineering

How to Improve Your Active Listening Skills



The active listening skillset involves these six essential traits:



Pay attention

One goal of active listening is to set a comfortable tone that gives the other person an opportunity to think and speak. Allow “wait time” before responding. Don’t cut the other person off, finish their sentences, or start formulating our answer before they have finished. Paying attention to our body language as well as our frame of mind is important. Be focused on the moment and operate from a place of respect.

Withhold judgment

Active listening requires an open mind. As a listener and a leader, be open to new ideas, new perspectives, and new possibilities. Even when good listeners have strong views, they suspend judgement, hold any criticisms, and avoid arguing or selling their point right away.

Reflect

Do not assume that we understand the person correctly - or that they know we have heard them. Mirror the person’s information and emotions by periodically paraphrasing key points. Reflecting is a way to indicate that our counterpart and us are on the same page.

For example, our counterpart might tell us, “Saroja is so loyal and supportive of her friends in class - they would walk through fire for her. But no matter how much I push, her friends keep missing submission deadlines.” To paraphrase the same, we could say, “So Saroja’s people skills are great, but accountability is a problem.”

If we hear, “I don’t know what else to do!” or “I’m tired of saying the same thing to the class every time,” try helping the person label his or her feelings: “Sounds like you are feeling pretty frustrated and stuck.”

Clarify

Do not be shy to ask questions about any issue that is ambiguous or unclear. If we have doubt or confusion about what the person has said, say something like, “Let me see if I’m clear. Are you talking about ...?” or “Wait a minute. I didn’t follow you”.

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OPEN HOUSE DISCUSSION

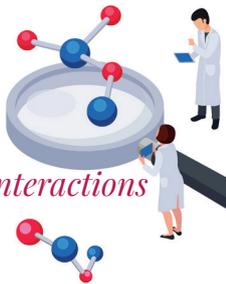
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Faculty Corner

Recent Trends in Application of AI in Prediction and Optimisation of Biomolecular Interactions



The AI applied interdisciplinary fields, namely (i) Bioinformatics, (ii) Computational Biology, and (iii) Biomolecular Modeling and Simulation. The domain "Bioinformatics", involves the combination of technologies in bioscience and Data Analytics. Similarly, the field "Computational Biology" is the combination of "Biomolecular Characterization" and "Virtual Modeling."

All the areas mentioned above do not work in isolation but as a combined network to understand the differences in biological processes in normal (Physiological) and abnormal (Pathological) conditions. The significant difference between Bioinformatics and Computational Biology is the construction of virtual models to mimic a real-time system (Computational Biology) and the identification of various computational techniques to understand the dynamics of sensitivity, specificity and precision of individual components.

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Harishchander A.
CEN, Amrita Vishwa Vidyapeetham



A Comprehensive Seismic Hazard Analysis of the Himalayan Region

About 59% of the land area of the Indian subcontinent has high chances of moderate to severe earthquakes, of which the Himalayas are the most seismically active. Regardless of the high seismic activity, the seismic network in the region is largely insufficient. Macro-level seismic zonation of the Himalayan region using new ground motion prediction equations has been attempted. For seismic zonation, estimation of Peak Ground Acceleration (PGA) at bedrock level is important to understand the seismic hazard in the region. For this, region-specific Ground Motion Prediction Equations (GMPEs) are generated using multiple-regression analyses, separately for North and Central Himalayas (NCH) as well as North East Himalayas (NEH), considering the difference in their tectonic setting, purely based on recorded strong motion data. An updated large dataset is used in the study, making the new equations applicable to a large magnitude and distance range, thus overcoming a major limitation of the currently available region-specific GMPEs.

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R. Ramkrishnan
Assistant Professor, Dept. of Civil Engineering,
Amrita School of Engineering, Coimbatore



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Guest Teacher Corner

Professional Development of Teachers: Using in-house Potential

March 21st, 2020, Chief Minister of Pondicherry announces that schools will remain closed from 22nd March, 2020. Amidst the busy schedule, we did have a glance at news of Wuhan deaths, and deaths in Italy and had sympathised with the situation, not even for once thinking that we would face that situation. But the nightmare and fearful situation had become a reality in India with this announcement. And we were worried about board exams! What will our children do, if the exams happen suddenly after a fortnight?

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Sugandhi Viswanathan
Principal, Aklavya International School,
Pondicherry



Time Management - A Key to Success

There is a great deal of knowing the vital skills on managing the exam time. Not all who come out from the examination hall are self-congratulatory about how well they utilized the exam time for scoring more. There is often a feeling of regret, self-disgust and the feeling of bitterness on how the students failed miserably for not making the use of exam time correctly. Remember, years of long preparation and practice are tested in three hours in the examination hall. Board question paper pattern has undergone phenomenal changes in recent years. It continues to bring more changes in the years to come.

Questions of Higher Order, Thinking Skills, Multiple Choice Questions, Case Study and Ascertain Questions, Tricky Questions are some of its kinds. Make sure you stay calm when you receive the question paper.

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Samson C.
Principal, Nava Bharath International School,
Annur



Cyber Safety and its Role in Today's World

Knowingly or unknowingly, we have shifted to a scenario called learning through the internet. The evolution of this has led everyone to search on the internet for details of their needs. This is only because everyone requires an instant solution to their questions. Many school assignments and activities are designed in such a way that a student needs to surf the internet to complete. It cannot be denied that we get a lot of reference information in surfing which plays a key role in learning easily. Many books of very old times are easily accessible through the internet now. This has brought a great revolution in gathering information without any difficulties. We all need to understand that the internet can not only offer creativity but also can bring risks. As we see this as development we also must understand the serious challenges while using the internet.

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K.K. Ganesh
Principal, ELGI Matriculation Hr. Sec School,
Coimbatore



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The Sixth Element – Pursuit of Happiness

It is such an ironic situation that some of the most successful products of our schooling are not necessarily the happiest individuals of the society. Their academic success led them to material comforts, economic gains, power and position, an expensive lifestyle – exactly the things they wanted and yet they are unhappy. Strangely it is these icons of success among whom the rates of divorce, suicide, drug abuse is most common.

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Devyani Kapoor
Founder, Edudevs

What Does it Take to Have a Value System?

Value systems are those that are ingrained in one's blood and spirit. Some of these get carried forward generation after generation. A behavior or a characteristic, gets labelled as a value system, only when it has stood the test of time and stands authenticated by respected individuals and as a society at large. However, with changing times, value systems also tend to dilute. What was considered to be a value system, a few decades back is no longer so today. But that does not mean that it is not a value system any longer.

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Dr. Gayathri Ramachandran
Correspondent and Principal,
Shri Natesan Vidyasala MHSS, Chennai

Counsellor Speak

How Teaching Has Changed Over Years

Teachers have always been a role model for us, and their role has always been the same but the definition has evolved. Teaching is considered as one of the most challenging careers. The history of teaching dates back to the Gurukul system where the teacher is considered equal to God. Where the student resides with their Guru where apart from learning, and is also involved in the day-to-day activities.

The education system has dramatically changed over years from emerging classroom technology to adopting new techniques and curriculums. From oral traditional education, we have transitioned to incorporate technologies like eBooks, video lectures, 3D demonstrations, flipped classrooms, project-based learning, gamification, design thinking etc. These are some of the modern approaches that teachers use in the 21st century to make the learning experience efficient and different. The process of learning became easier for the students and the methods of teaching became advanced and challenging. Today's teachers are also innovators.

The advanced methods made teachers more able and the teaching profession more challenging. Till date, teachers remain the building blocks of the nation.



Lakshmi M.
Counsellor,
Amrita Vishwa Vidyapeetham

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