Hybrid learning, on the other hand, entails more than simply dumping half of your syllabus into a virtual classroom. Instead, it's a method of integrating the greatest aspects of face-to-face and online learning to create the optimal learning experience.

**Different Facets of Hybrid Learning**

Hybrid learning is a teaching method in which some students attend class in person while others participate electronically from their homes. Educators use video conferencing hardware and software to teach both remote and in-person students at the same time.

To supplement face-to-face classroom sessions, hybrid classes may include asynchronous learning elements such as online exercises and pre-recorded video lessons. Hybrid courses, when well-designed, integrate the greatest parts of in-person and online learning while making education more accessible to a wider range of students.
Do we accept ourselves? It might sound like an odd question; after all, what does it even mean to accept ourselves? Don't we all accept ourselves as a regular part of living our day-to-day lives? As it turns out, self-acceptance is not an automatic or default state. Many of us have trouble accepting ourselves exactly as we are. Personality stays the same, and yet it changes over a lifespan. The ebb and flow of human experience come with social challenges and the development of a confident level of self-worth.

Self-acceptance is a contributing factor in improved overall psychological wellbeing of everyone, especially students.

What is the Meaning of Self-Acceptance?

Self-acceptance is exactly what its name suggests: the state of complete acceptance of oneself. True self-acceptance is embracing who we are, without any qualifications, conditions, or exceptions. For an academic definition:

Unconditional Self-Acceptance

Unconditional self-acceptance is understanding that you are separate from your actions and your qualities. We accept that we have made mistakes and that we have flaws, but we do not let them define us. We accept that, as a fallible human being, we are less than perfect. We will often perform well, but we will also err at times. We always and unconditionally accept ourselves without judgment.
We are a nation of cricket lovers. The feature that we hit upon straightaway when visiting a cricket stadium for the first time is the grass. Pruned to perfection, it exhibits stripes, diamonds, a checkerboard, or even arches.

Over the years we may have gathered many theories about how they are created: the grass is colored, has different lengths, and so on. But the real reason is a lot more naive. It's the direction of the blades that tints the grass in various shades. When the sun hits an upright blade, its whole frame reflects the light–rendering it brighter than a blade that points directly towards the sun. Most professionals create the patterns by mowing in different directions. But the astute among them have another trick up their sleeve: they use a simple roller behind their mower to direct the blades with even more force.

And the same way the mowing and rolling directs the grass, our values and beliefs direct student behaviour (and ours as well) as humans.

Values and Beliefs

Values

Values are a measure of worth we attach to something. We can value something very little–meaning basically do not care. Or we can value someone a lot–going out of our way to do something for that person. Going even further, values often guide us between what is good and what is bad. Universal values are - for example- happiness, love, freedom, respect, equality and justice. But they can also be as specific as this:

One of my values is altruism: the fortunate should share their wealth with the less fortunate.

Beliefs

A belief is a feeling that something is true. As a whole, our beliefs represent all the bits of information we collect about people, events and things in life.
Education is essentially the process of transformation of an individual to enhance the ability to meet the expected or unexpected situations of life. It is the continuous process of learning. Learning indeed is understanding of new things in a billion ways, yet to do the things in the best possible way. According to the U.N., there are four pillars of education – ‘learning to know’, ‘learning to do’, ‘learning to live together’ and ‘learning to be’. Being the founder of an educational institution we are committed to the development of a child as a whole with the emphasis on life skills along with the academics.

Each child needs knowledge as well as wisdom. Knowledge comes from books, and wisdom originates from inside. Action also is very important as it helps in the development of wisdom. When both the roots are strong then education gives the complete concept of education. For true education, the existence of deep desire, determination – parents and students participation is a must. Our vision is to sow the seed of the above mentioned true education in developing young children.

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**Knowledge Comes From Books, and Wisdom Originates From Inside**

The meaning of the verse is–
You have the right to work only but never to its fruits. Let not the fruits of action be your motive, nor let your attachment be to inaction.

Even if we work very hard with clear action plans, we cannot control the outcome of our actions. So if you really cannot control it, better you shouldn’t try to. You should only focus your attention on what you can control. Then you can control only your actions.

The action should be more motivated by love of doing that action right at that moment, rather than motivated by the reward obtained at the end. For example, if you are a singer, you should sing because you like singing, not because you are dreaming of making a lot of money by doing your performance. Joy of doing the action itself should be your reward. Obviously living life like this has some practical limitations. But this is where we should be headed to finally. When we are creating a time management system for ourselves, we are always worried about what will happen if we don’t accomplish those things. We are motivated purely by the desire for rewards. It often resulted in fear and anxiety of losing the rewards.

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**Time Management**

कर्मण्येवाधिकारात्तेः मा फलेषु कदाचान
मा कर्मफलंहृतं तु मा ते संगोऽत्वकर्मणि

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**Goals for 2022**

- Sundays – Attend Amrita JEE Practice Test
- May – Crack AEEE
- April – Crack JEE Mains

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**Access to Daily Assessment Tests**

**Recorded Problem-Solving Videos**

[amritacbtpractice.in](http://amritacbtpractice.in)
Being a teacher is the hectic and more challenging task in the recent times. We are supposed to create and maintain a better balance for the students to become talented and energetic young minds. You dedicate an endless number of hours to teaching today’s students, but how often do you feel as if you don’t spend enough time with your own children & family, this creates more stress in your mind sometimes.
Guest Teachers' Corner

How To Ace Your Exams

‘Success in exams is not only for the clever and hardworking alone’. Success comes as much from your attitude towards exams, the way you approach, the course of study and the confidence derived from all the above. Few insights and approaches which are rarely taught in schools but which can really make difference between success and failures are brought into discussion here.

READ MORE

A. D. Vidyalakshmi
Teacher,
Bharatiya Vidya Bhavan,
Sri Venkateshwara Vidyalaya

Speed Training

Speed is an ability to execute movement quickly. It is the quickness of movement of the limbs. It is the ability to execute motor action under a given condition in minimum possible time. Factors determining speed are mobility of nervous system (CNS), explosive strength (speed and strength), technique, bio chemical reserves and metabolic power, flexibility and mobility, psychic factors (anxiety, fear, and stress) and ageing.

READ MORE

D. Prabhakaran
ICF Vidyaniketan

School is the Best Place to Evolve Yourself

Taking a deep breath and moving along was the only thing I could do during the pandemic period. The media had lots of information on the prevention of COVID-19 and the necessary precautions to be taken, but the fear was deep down in our hearts. With all the support of every single person who fought to eradicate COVID-19 we are still alive. Keeping in mind the future of our children whose education was totally a mess with all sorts of confusions and hindrance to get back to normal school life was a nightmare.

READ MORE

Sangeetha Kathir Anand
Chairwoman,
Kingston Group of Institutions,
Vellore

The Promise of 2022

It is time to welcome the new year with great joy and cheer. The secret to living a fulfilling life is to believe in ourselves. We should learn from our mistakes, and never underestimate ourselves. To whoever is reading this, I hope that this New year brings you an abundance of happiness. May you never lose hope and continue to pursue your dreams and aspirations. I promise that beauty and magic awaits you.

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