Dear Teachers

Amrita Oval: Mobile Phones for Students: Boon or Bane?

The expert group is discussing the benefits and drawbacks of using mobile phones for education. Although digital platforms, particularly during the pandemic, have proven to be a fantastic source of interactive and visual learning for kids, experts concur that there are drawbacks as well. Students’ health and wellbeing are also at risk of blue light exposure and unrestricted screen time.

Talking in favour of the use of mobile phones, experts talk about how mobile phone education has offered students the time to self-evaluate and grow. Learning at all paces, based on what works for the students is also made possible by this technology. Students have become more independent and responsible with their learning and have gained the skill to evaluate learning to grow better in terms of education, thought process, understanding and responsible ownership.

Pandemic has also changed the outlook of a majority of stakeholders to believe that technology and the use of mobile phones by students when monitored acts as a blessing instead of being frowned upon as in the past. Change in the means of education is inevitable and adaptation to the same is essential for all.

While the above benefits hold true it is found that students have started to own a mobile phone at a very young age which may lead to unwarranted use that in turn can lead to adverse physical, mental and emotional health states. While exercises to keep eyes healthy are being practised and awareness is spread, the crux lies in ensuring that the students follow it precariously. In addition, many students have access to social media and their way of life is being drastically degraded due to exposure to...
unwanted information, unhealthy competition, or inappropriate content. Monitoring 24x7 is also impossible in today’s day and time; hence educators also suggest regulating the usage of smartphones and diverging it to the use of bigger screens placed in monitored areas in the house and school. It also leads to unhealthy financial disparity among students by displaying materialistic content and encouraging unnecessary monetary status-based competition based on ownership of flagship brands and more.

The panel of experts includes Dr. J Sundar, Principal, GTA Vidya Mandir, Chennai; Mrs Bhavana Rai, Principal, Bharati Vidyapeeth, Balewadi, Pune; Dr. Manjari Tejpal, Principal, GEMS Public School, Patiala, Punjab; and Dr. Suchitra Bhattacharya, Principal, Manav Rachna International School, Delhi NCR.

**About Amrita Oval**

Oval is an informative knowledge discussion platform by Amrita Vishwa Vidyapeetham for Principals, MDs and School Owners. It includes an interesting series focusing on currently trending topics and domains during monthly sessions on both sides of the topic in discussion. It comprises 90-minute interactive sessions moderated by Amrita experts discussing the pros and cons of the central theme handpicked by educators.

**My School My Pride: Journey to the Indian book of records**

My School My Pride recognises youngsters who have excelled in areas other than academics with the assistance of their school mentors. In this July episode, B. Yogaratchagan and his mentor Umarani S. from Sindhi Vidhyalaya Matric H.R Sec School, Velandipalayam, Coimbatore, discuss their participation in an event featured in the Guinness Book of World Records. Yogaratchagan discusses his career of conducting science experiments and projects, from gaining recognition for his work to setting a Guinness World Record. From designing a voice-controlled robot to participating in the record event, Yogaratchagan tells how important his teachers were in helping him realise his aspirations.

Yogaratchagan's mentor Ms. Umarani also mentions how he was a very creative kid who was always willing to experiment and develop new science projects. In addition to attending the record-breaking event 'Maximum Payload Launched in Single Venue' in Chennai, he has participated in multiple events and garnered accolades throughout his involvement. Yogaratchagan describes how his father's frustrations as a farmer inspired him to create Agribot, which grew into two other initiatives for the Agriculture Department. He is well-versed in Arduino, Python, and robotics which led to unique projects named VCR, VCR – II, Agribot, Femto Satellite etc. Support from his family and teachers has been instrumental in all aspects of his development thus far, he adds.
Yogaratchagan has from a very young age developed a deep interest in coding and setting up robotic projects that will benefit society and help ease day-to-day operational issues by taking inspiration from the society surrounding him. This has in turn made his contributions practical and beneficial, leading to his projects being implemented in government agriculture organisations. His school also played a very crucial role in his development and participation in the record event by encouraging Yogaratchagan to register and appear for multiple events happening all over the country. School authorities and teachers have also played a big part in boosting his confidence to keep working on many projects despite initial failures or roadblocks, with the expertise from the teachers also supporting him to learn more. The role of his teachers and parents in recognising and supporting the unique and advanced talent of Yogaratchagan in the field of robotics led him to confidently participating and now owning a world record.

For the future, Yogaratchagan plans to learn in-depth and new-age concepts of robotics and related sciences assertively to plan and execute projects that can and be beneficial to and create a bigger impact on the society as a whole. His school and mentors believe in supporting students and offering opportunities to explore ideas and skills without any boundaries to develop and excel in all domains possible. Yogaratchagan conveys on how he also has multiple ideas that can transform into fruitful projects in the future too with the next one being a 3D printer with many others in tow.

My School My Pride
Amrita Vishwa Vidyapeetham is here with a unique platform for student achievers – An exciting series that would give focus on students who have achieved exceptionally well in something beyond studies and their school mentors. A student stands out as an achiever when he or she wins distinction in academics or in any area of extracurricular activities like music, art, painting, sketching, graphic designing, debates, audio-visual flicks, team performances in sports or performing arts like dance and theatre.

It could also be team leadership in clubs or social services. Students’ evolution into achievers includes their volunteering, aptitude identification, motivation, goal-setting, leadership, critical thinking, problem solving and persistence. There’ll be no restriction as to the grade of students. Any young achiever can be highlighted in the session.

B. Yogaratchagan
Class 9 Student
Sindhi Vidhyalaya,
Matric Higher Secondary School,
Velandipalayam, Coimbatore

MENTOR
Umarani .S
Sindhi Vidhyalaya,
Matric Higher Secondary School

My School My Pride
A webinar series mapping the journey of Young Achievers and Outstanding Students who have brought name and fame to their schools.

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**Embarking on a New Journey: First 50 Days of your College**

Are you excited or nervous to begin your college and career journey? Have you experienced butterflies in your stomach while thinking about your campus life at college?

How thrilled are you to explore the dramatics club of your college? Or are you a little under the pump thinking about the uncertainties the life ahead envisages?

Starting college is one of the most exciting times in a youth’s life. It marks a new chapter filled with unparalleled excitement and freedom to make your own choices and take responsibility for your actions. From fresher’s parties, and campus events to student clubs and sports teams there is a lot to look forward to.

However, transitioning from high school to college can be an overwhelming process as the students embark on a new journey with many moving away from family and friends. Managing your space and time, balancing grades and participation in clubs and events, dealing with friends and roommates, etc. can take a toll if not managed properly.

Sailing smoothly through the college journey not only ensures academic and personal success in college but also helps to shape your life and career. Here are 7 tips to ensure that your college journey begins on the right foot and concludes with a memory of a lifetime.

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**Work on Time Management**

College offers a newfound autonomy that eluded students in schools, which often results in a lackadaisical attitude and mismanagement of time.

- A little organisation
- Following a set sleep-wake schedule
- Limiting your time on social media will surely help you balance the academics, co-curricular and social demands of the college and increase your efficiency.

**Engage in Clubs/Committee**

There is a lot more to college than classes, group projects, and assignments. College provides a wonderful platform to showcase and hone your interpersonal and creative abilities. Whether you’re interested in dancing, writing for a magazine, volunteering, debates, or dramatics there will be many options to choose from. Participating in various events and attending workshops will promote all-round growth and will teach you a little about life as well.

**Delve into your major/programme**

- Do not miss the initial lectures of your major program.
- Get a feel of the coursework- keep introspecting whether you are enjoying or appreciating the course or not.
- Attend seminars, workshops, and guest lectures related to your course to dive deep into its understanding.
- Be a part of Alumni Connect Programmes as it will not only help you build networks but also enlighten you about your future career pathways.

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Through a variety of insightful, informative, and encouraging live programs, Amrita Café is here to help you cope with the present educational landscape.

www.amrita.edu/amritacafe

For Students, Teachers and Parents

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Moreover, it's perfectly fine if you aren't sure about your course- take the right classes, attend workshops and seminars, explore and learn more about where you want to mould your career, and accordingly finalise/switch your course.

**Explore the online learning pathway**

Post pandemic world has opened a Pandora’s box of online academic pathways. Students should actively refer to online resources to learn new skills or specialise further in the skill they possess.

From computer language programs to introduction to business management courses, everything you demand is available online. All you need is eagerness to learn and a working internet connection. Some useful websites are

- Coursera.org
- EdX.org
- TED.com
- Codecademy.com
- Academicearth.org
- Youtube
- Khan Academy
- Open Culture

Students can watch a few documentaries to broaden the horizons of their understanding coupled with relaxation

- Networked Society: The Future of Learning
- Collaboration: On the Edge of a New Paradigm
- IBM’s Watson: Smartest Machine on Earth

**Tackle stress and anxiety**

Transitioning from high school to college does take a toll on the teenager for this is the very time they have to manage their time, academics, health, and social life all at once and by themselves. Although colleges do provide mental health services to help students manage college stress like health and wellness classes, counselling centres, etc. You can develop your own way to cope with stress.

- Follow a routine and a set sleep-wake pattern.
- Carve out ‘me-time’ from your routine.
- Eat a nutritious diet and avoid junk.
- Take out time for exercise or yoga.
- Stay connected with your close ones.

**Deploy your Social Skills**

It’s a no-brainer that you will need good communication and socialisation skills from your first step into your college to your last day at the university. It will make your college life easier, more fun-filled, and exciting.

Go ahead and

- Interact with your new roommates and classmates.
- Spend your free time on the campus sharing and interacting with people.
- Attend university events.
- Be a part of a sports team.
- Engage actively in clubs and committees.
- Go for a fun social outing with your friends.

**Adapt to the post-pandemic environment**

Last 2 years the pandemic has disrupted education; forcing schools and colleges to shut down and teaching shifting to the online format. As students have spent more time in front of screens, stuck indoors with limited social interaction, thinking about the uncertainties surrounding their future. It’s quite natural that it will take some time to settle the nerves again.
Meditation! It’s this thing that a lot of people do, mostly based on the recommendation of others, with the aim of improving their physical and mental health on multiple levels. Some even think it will make them more successful in every aspect of their life. There are also instances when going through a rough patch in life prompts someone to try meditating to find relief and a better outlook on things. If you wish to know the meditation benefits for students, then here we mention some of them.

College is synonymous with “adulting”. It makes you learn life skills—preparing you for the future challenges. It is important to start your college journey on the right note to embrace college life and enrich it with fruitful experiences. Everyone carves their own journey, uniquely beautiful in their own way. Students can leave a lasting mark by keeping the above points in mind along with the right attitude, enthusiasm, and confidence.

Benefits of Meditation for Students

Meditation is an ancient art that helps you to relax your body and cope with stressful conditions in life. Meditation also helps you to achieve a flow state, think clearly, and stay focused. Meditation has such a great impact on your productivity, it will surely help you perform better in your academics as well. Here are some benefits of meditation for students.

Meditation is a kind of exercise for the brain. This helps in calming the brain which in turn increases the concentration and focus on the study, reduces stress, prevents neuron diseases like Alzheimer's, Parkinson and many more. Meditation for students is a very important element of their learning journey as it can help them focus and keep them calm, which in turn can help students improve their performance at studies.

Students generally have a lot more to deal with than people in other walks of life. These additional demands make things complicated if they are not planned properly. During the process of studying, there are certain activities that can affect one’s ability to focus, and ultimately make you lose track of the study plan. Those activities can be divided into three: physical distractions, emotional distractions, and mental distractions. In this article, we know the benefits of meditation for students that overcoming such distractions so you can perform better in your studies.

Here Know The Benefits of Meditation For Students:

1. Increase in IQ Level

Transcendental meditation was found to be effective in raising the IQ levels of students. Students who practice meditation regularly
showed a dramatic improvement in their IQ levels. As intelligence and creativity improved, anxiety also diminished. Meditating regularly helps students improve their creative thinking, grasping, and other cognitive abilities.

2. Lower Stress
Students benefit from meditation by gaining peace of mind. When taking tests or exams, it improves the student's concentration and helps them deal with stress. Meditating gives students the ability to deal with any unexpected or unwelcome challenges. Meditating gives students the ability to calmly and peacefully deal with stressful situations.

3. Get Over Depression
Meditation gives students control over their minds once they become accustomed to it. When they let go of such things, they are able to face the realities of life with more confidence. One study stated that students who meditated were able to overcome depression and form new goals for their lives.

4. Helps to overcome bad addictions
Meditation can help students resist bad habits more easily. They feel more confident about declining to participate in negative activities. Students who are already stuck on the wrong path become motivated and determined to leave the company in order to set academic goals and leave the company.

5. Confidence Development
In addition to developing confidence in public speaking, students also accept challenges and work differently with the help of meditation.

Individuals do not possess all of these qualities out of the box; they develop them through the academic process. Students who meditate are therefore likely to gain confidence and succeed.

6. Personal Transformation
A student's life undergoes a massive transformation through meditation. The student becomes more confident, cheerful, and outspoken. Peer pressure becomes easier to handle and they become more capable of learning. Keeping good relationships with people and keeping the surrounding environment lively is easy for them.

7. Keep Away From Disease
Stress, depression, and anxiety can lead to a number of diseases. Meditation can be used in a variety of ways as a remedy for illness. These thoughts are eliminated through meditation, which prevents students from contracting life-threatening diseases.

8. Keep Students Happy
Meditation allows students to keep their minds fresh and active by discarding all the negative thoughts or ideas that clog their minds. As soon as the mind is alert, active, and fresh, happiness automatically follows. That's why students practicing meditation seem happy and cheerful.

9. Improved Social Skills
We hadn't anticipated that students could benefit from meditation by improving their social skills when researching for this article. However, mindfulness meditation has been shown to increase students' social skills. Students who meditate even show more trust in their friends,
Flexible Working: Counterbalancing Behaviours

The Benefits of Work-Life Balance
Flexible working is more than just a trend. It represents a huge change in the way that organisations manage their work and their people. Even before the coronavirus lockdown, many organisations were exploring new ways of operating that allow people to have a better work-life balance. Ways that increase their engagement with, and control over, their work. The lockdown has forced us to adapt to new working patterns quickly. And now, as the restrictions start to ease, we’re thinking about adopting some of these new practices in the longer term.

What Is Flexible Working?
Flexible working is any work pattern that differs significantly from the traditional, office-based, 9 a.m. to 5 p.m. standard. It can involve working from home, working flexible hours, job sharing, or a mixture of all of these. The different kinds of flexible working are:

FLEXIBLE WORKING

A) Working from Home
Working from home is exactly what it says: work carried out by employees in their own homes. Research shows that a large number of the workforce were already spending a quarter or more of their work time at home even before the COVID-19 lockdown. The same research indicating that meditation makes the world a slightly more trustworthy place.

10. Greater Empathy And Compassion
Meditation increases empathy and helps students help others more frequently. Meditation reduces behavioural problems in students, regardless of their age, whether they are young or teenagers/adolescents. In addition, they tend to display fewer aggressive behaviours toward others.

Expert Talk
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Practice for FREE AEEE Now In The Same Pattern As JEE Mains

AEEE - JEE PRACTICE TEST
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suggests that the number of regular homeworkers has risen by 173 percent since 2005. Home working is most widespread in industry sectors that are not tied to a specific location. Professional, technical, financial, and information-based organisations will likely be able to offer home working as an option. Those in the manufacturing, construction or logistics sectors will likely not.

B) Job Sharing
Job sharing means that two (or more) people share the duties of one full-time job, each working part-time. Each job-sharer must have access to the same systems and information, and have the skills to carry out the job on their own if necessary. Good communication and trust between the job sharers is vital.

C) Flexible Hours
A flexible-hours scheme allows staff to work different hours than the normal company start and finish times. For example, in an office where most people work 9 a.m. to 5 p.m., some might be able to work 11 a.m. to 7 p.m. Flexible hours are particularly suitable for people who have care responsibilities at particular times of day, and for those who regularly work with team members, vendors or clients based in different time zones.

D) Compressed Hours
A compressed hours schedule involves working the usual number of hours in the working week, but in fewer days. For example, an employee contracted to work a 40-hour week might work four 10-hour days with a fifth day off, rather than five eight-hour days.

E) Results Only Work Environment (ROWE)
ROWE workplaces delegate responsibility for targets entirely to team members. In a ROWE, you’re measured by your performance, results or output, not by the hours you’re in the office. You have a high degree of autonomy over your projects, and the freedom to choose when and how you’ll meet your goals.

All of these formal arrangements can run alongside a flexible working policy – a set of principles or promises to be adhered to, for the mutual benefit of employee and employer. Such arrangements are based on good communication, trust, and a few absolutes.

Note: Flexible working is not the same as working flexibly, which is the ability to adjust to short-term change quickly and calmly. This should be possible – and desirable – in any working arrangement.

What Are the Benefits of Flexible Working?
Flexible working can benefit both employees and their organizations, so long as it is considered carefully in advance.
How Flexible Working Benefits Employees
For an employee, flexible working has many benefits:
- It can help you to balance your work with your other responsibilities, like caring for children or an older family member.
- It can also create a sense of autonomy over your work, which can increase engagement and job satisfaction.
- Being able to schedule work to suit you can help with time management, and to combat stress.
- Having control over where and when you work allows you to play to your strengths, particularly if you work better at certain times of day.
- It enables you to build self-care into your daily routine, making it easier to incorporate exercise into your day, for instance.
- Financial benefits can include being able to schedule travel on public transport at cheaper times, traveling less, or not having to commute at all.

How Flexible Working Benefits Organizations
- In recent years, flexible working has become a key factor in the ability of organizations to attract and retain talented staff. Research has found that employees believe they would change jobs for one that offered flexible working.
- The preference for flexible working was particularly marked in younger employees, who increasingly expect variable hours and home working to be part of any employment offer.
- Also, since engaged employees are more likely to stay with an organization, a flexible working policy can improve staff retention and reduce hiring costs.
- Employers can also recruit from a wider pool, as potential employees do not necessarily have to live within commuting distance.
- Flexible working arrangements can also reduce office operating costs, as not everyone is in the office all of the time.

Benefits to Society.
- In the Covid-19 era, travelling off-peak and working from home helps with social distancing.
- In the longer term, flexible working may help to reduce pollution, due to a reduction in travel.
- In addition, more people can take on a wider range of jobs, in different locations.
- Flexible working also supports the inclusion of careers, older people, and people with disabilities or chronic illnesses in the workforce.

The Pitfalls of Flexible Working
- Flexible working needs careful implementation and management to be successful. Although it has many benefits, it has potential problems, too.
- Communication can be a problem when people are working in different places, or when their office hours don’t overlap.
- It’s essential to have the right systems in place.
for tracking tasks and building relationships with your co-workers.

- It’s easy for misunderstandings to happen on team calls or in virtual meetings, so make sure that you know how to run remote meetings effectively.
- When you’re working from home, it’s vital to minimise distractions. It can be all too easy for the line between family time and work time to become blurred, for example.
- When you’re away from co-workers and managers, it can be easy to fall into bad behaviours such as procrastination. Make sure you have a routine and a daily To-Do List to keep you on track.
- Employers need to consider how they will fulfil their duty of care to their remote workers. For example, ensuring that they have a safe work environment and are given the appropriate training.

How to Implement Flexible Working

Regulations on flexible working will vary according to your location. Employers don’t have to grant the request but do have to show that they’ve considered it fairly. If you are managing a team or an organisation, flexible working arrangements that you agree with staff members must be fair to them and to other team members. If you make flexible working available to one team member, in most cases it should be available to all.

This may cause difficulties if some teams within your organisation (for example, sales and marketing) would suit flexible working but others (a production line, for instance) would not. So, it needs to be handled sensitively. Consult senior managers or your HR or People team before you make any promises or commitments. When a team member proposes a flexible working arrangement, or you think that it would benefit the way your team works, begin with an informal conversation. This should cover:

When you have a good general idea of how the flexible arrangement could work, you can hold a formal meeting to focus on specific issues, requirements, and contractual changes. Aim to nail down the details of how the arrangement will benefit the business, and how you will manage it. Put the outcomes of this meeting in writing, with explicit and measurable standards, so that everyone is clear on their responsibilities and the actions that need to be taken. Ideally, a commitment to flexible working should be rolled out across the whole organisation. Even if the precise terms of the flexible working vary between teams or individuals, there should be a clear policy available for all staff to consult.
Guest Teachers’ Corner

Guiding Children To Manage Time Better

The student needs to be taught organisational skills which is the key to help them to succeed in school and life. When students learn to manage Time management efficiently they will become more independent and can handle their tasks and time. Time is the most valuable and precious thing in everyone’s life. If students fail to manage the time effectively it leads to procrastination resulting in stress, frustration, lack of confidence, fear of exams and low achievements. It is noticed at school that some children come with the ability to organise their time naturally.

Through routine practices, parents can help kids to teens to learn ways to manage their time independently. Parents need to educate their kids on time management by their practices. Students are good observers and they need to be inspired by our practices. Parents at home need to practice time management along with their kids, which will motivate them further. We need to understand that it’s never too late to improve time management skills. Children at home need to be assigned regular basic tasks to help their parents. Undoubtedly this routine duty will become their regular habit which they will never forget easily.

When assigning these tasks children should be taught to prioritise for optimal productivity. Parents need to ensure whether their kids have a checklist and complete it on time. Parents can encourage this habit as a task together and develop a healthy competition among them-

selves. Appreciations at regular intervals will help them to continue these habits. A regular discussion during dinner must be a routine habit at home. Children love to speak when they notice that their parents are listening. Every child needs to be taught not to procrastinate their work.

Beat Exam Stress With These Simple Tips

Exams have never been easy. Exams are an important element of school and a source of anxiety for many students. To avoid paralysing anxiety as a result of these tiresome examinations, it is critical to approach them with a clear head and a general awareness of how to deal with difficult situations. Exam stress is often all in the mind, and mental discipline is a significant part of what is required to pass. Exams can cause even the best students to abandon sleep and good habits. The pressure you feel can help you focus at times, but it can also generate tension. As a result, it is critical to remain calm and composed while achieving desired results in a fiercely competitive setting. Check out these suggestions for dealing with stress during exam time.

Try these tips and tricks too:

- Stick to a routine by eating and sleeping at around the same time each day.
- Get a good night’s sleep.
- Give yourself mini rewards once you achieve
your study goals – watch a TV show/news or go for a run.

- Keep focused on your study – don’t let other stuff like friendship worries distract you.
- Learn to make ‘mind maps’ and use them to collect ideas and thoughts, use bright colours to help remember important links.
- Make a plan of what you want to work on in each study session. Break it down into small tasks and work on one task at a time.
- Take regular short breaks – use this time to have a drink, get something to eat or play with a pet.
- Remember to breathe. Setting aside a couple of minutes every day to practice mindfulness techniques, such as breathing exercises.

If you feel like you are struggling, talk to someone. Asking for help is never shameful. In the most extreme cases, it can help save a life. When struggling, talk to friends, family, or your personal tutor about how you are feeling. Alternatively, don’t be afraid to seek professional help and support. Good luck, everyone!

**Keep exam stress away**

After a two-year hiatus, students in grades X to XII will take state board exams beginning May 5. Students are working hard to prepare for the board exam. Some kids are still not concerned about the board test. An examination is a test used to assess and evaluate a student’s knowledge and competence. For many students, this is a very stressful time. While some students cope better with exam stress, others suffer from exam phobia, or anxiety of exams.

**Why does learning content cause anxiety, depressions and stress?**

Anxiety and stress are primarily caused by learning without proper preparation and understanding. Depression can be caused by a lack of basic knowledge, an addiction to social media, procrastination, family circumstances, or emotional instability. Without comprehension, knowledge is meaningless.

“Interest + Attitude + Aptitude + capacity = Learning”

**How to overcome exam fear?**

- Be Confident & Stay Optimistic.
- Plan a schedule for every subject and follow it sincerely,
- Don’t procrastinate.
- When you feel you are not focused, relax for 5 minutes.
- If the topic is vague, figure out with the help of subject teachers, friends and mind maps.
- Eat healthy food. Avoid junk foods. Take enough fluids. This will ensure proper physical and mental health.
- Practice meditation to increase your concentration.
- Make notes while learning to record key points.
- Words of Motivation and Encouragement from parents, relatives and teachers help the students to be positive and to do more. Believe you can and stay focused

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The Road More Travelled

“The Road Not Taken” is a timeless evergreen poem written by Robert Frost, which inspires the readers to take the road less travelled that would make all the difference in one’s life. The masterpiece serves as a catalyst for an adventurous life that opens into new horizons. The closed border becomes blurred, opens to the impossible, and reaches unreachable life. However, today, the road already taken needs attention, the road more travelled longs for an authentic footprint. The roads that direct us every day and the travel that we make daily have treasures to excavate.

When taking a bus to the school, I notice the crowded presence of my neighbours, but realise that the presence is inauthentic. The nearness is touching, but they are far away mentally. The young man is chatting with a faceless person in the other end of the phone; the worried face of the woman tells me that she is still immersed in the little fight that happened at home; the child is forcefully made to sit, though wanting to jump into play with another child who is made to sit the same way; the old man stands with a hunchback, desiring to sit, but without an offer.

Likewise, looking at each and every face in the bus, with various expressions, both joyful and sorrowful, but indifferent to the sitting neighbour, my heart yearns to take the road more travelled, because it needs an authentic journey to innovate. The monotonous feeling of travel seems to be alienating us from each other, forgetting that an authentic daily travel makes us people of relationship. The treasures of travel are still hidden, waiting for us to unveil. More the travel, more the experience. The road more travelled with authenticity, therefore, is an urgent need of the time.

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