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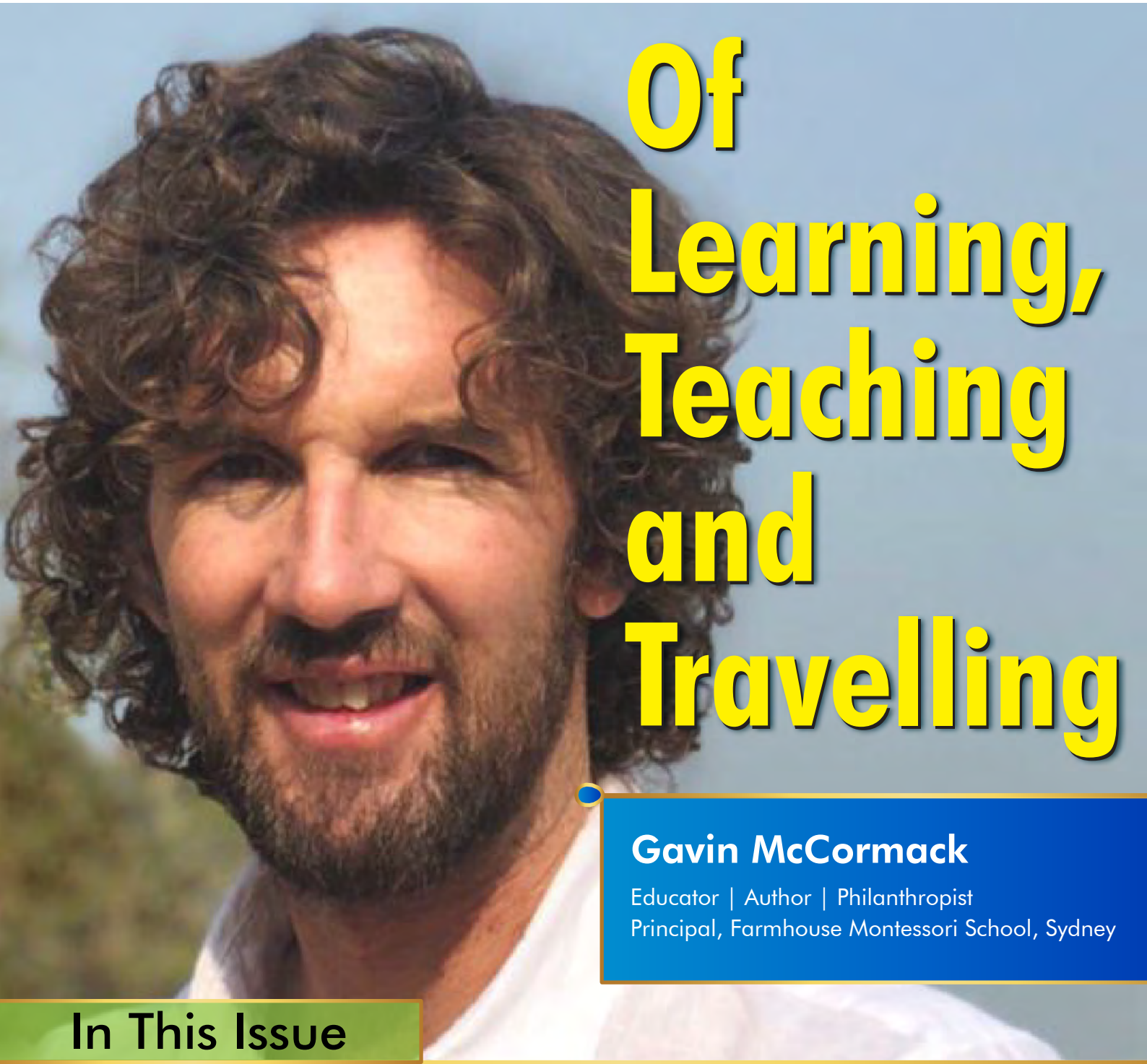

Of Learning, Teaching and Travelling

Gavin McCormack
Educator | Author | Philanthropist
Principal, Farmhouse Montessori School, Sydney

In This Issue

A Chat With Titash Banerjea
MarCquest By SIMSR
Glimpses With Janavi Ananth
Berty Ashley's Quiz Challenge Part-2

and much more...

KNOWLEDGE TRIBE

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KNOWLEDGE TRIBE

Celebratorial

Dear Knowledge Enthusiast,

Let's celebrate knowledge. Let's celebrate talent.
Let's celebrate you!

On Knowledge...

> Knowledge is a treasure, but practice is the key to it.
>
> **- Lao Tzu**

> Knowledge is power. Power to do evil...or power to do good. Power itself is not evil. So knowledge itself is not evil.
>
> **- Veronica Roth**

> An investment in knowledge always pays the best interest.
>
> **- Benjamin Franklin**

> Knowledge comes, but wisdom lingers.
>
> **- Alfred Lord Tennyson**

> Nothing that is worth knowing can be taught.
>
> **- Oscar Wilde**

> You can't know. You can only believe—or not.
>
> **- C.S. Lewis**

> Learning does not make one learned: there are those who have knowledge and those who have understanding. The first requires memory and the second, philosophy.
>
> **- Alexander Dumas**

KNOWLEDGE TRIBE

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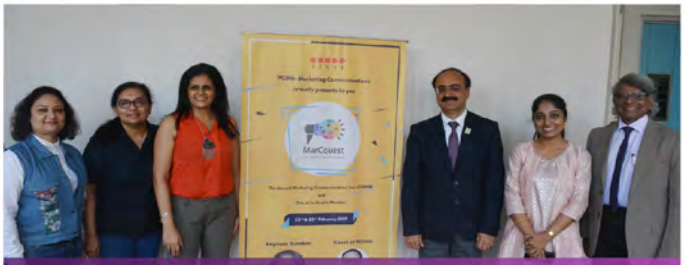

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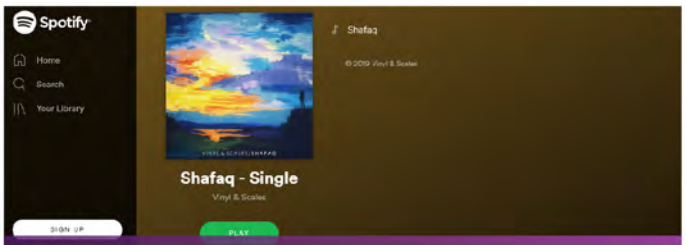

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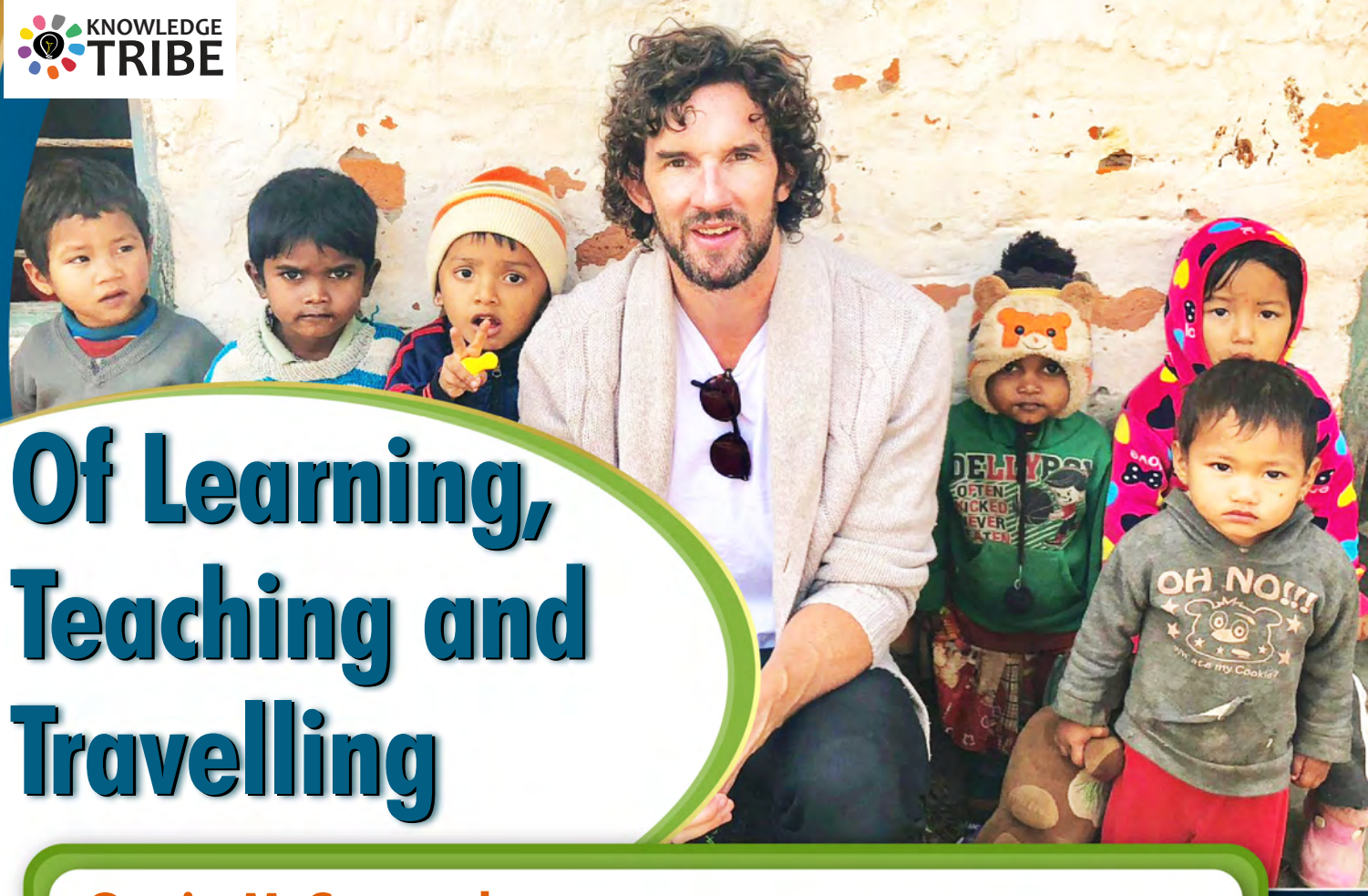


Of Learning, Teaching and Travelling

Gavin McCormack

Principal of Farmhouse Montessori School, Sydney; teacher with over 20 years of experience across the globe; mountaineer; advisor to numerous schools on pedagogy and teaching; philanthropist; co-founder of educationinfluence.com, an initiative to connect teachers and educators across the world; LinkedIn Global Goodwill Ambassador for Australia, 2017 and nominee for Australian Author of the Year, 2017. We are talking about Gavin McCormack, the man who has been revolutionising education world over. Aaqilah and Sweta from the Knowledge Tribe caught up with him, amidst his busy travel schedule. Here are a few excerpts from the interview.

KT: So, you were in Thailand last week. Were you there on work?

Gavin McCormack: Yes, I was helping two Montessori schools in Chiang Mai in setting up their new curriculum. I was also advising them on how to run a school in terms of enrolment and structure, and on marketing.

KT: Gavin, you have taught across the globe. How would you compare your experience in Thailand with the rest of Asia, or with other parts of the world?

GM: Ok, let me tell you where I am coming from. I graduated in England, where I worked for five years as a teacher in a Pakistani school which had a lot of refugees. Then, I moved to France where I worked as an au pair, teaching one-year-old children. From there, I ended up in Australia where I worked in an Islamic school for 10 years. After this, I retrained as a Montessori teacher and now am the Principal of a Montessori school. I also run a teacher training centre in Kathmandu, Nepal and manage the structure of four schools in India and Nepal.

Now that you know my background, let me tell you what I think about world education. I think that at the moment in the world, we need to make changes in order to save the planet which is in trouble. We know that global warming is a problem; there is pollution, there are famines, there is segregation of races, there is social conflict, there are also problems with rights and equality. Unfortunately, the fact is that the problem lies in education. The education prevalent in countries such as India, Bangladesh or Myanmar is what we call very 'prescribed'; it is a very fact-based curriculum. Everyone learns facts in order to graduate. Unfortunately, that doesn't work. And those countries are ones with huge population. China and India have more than three billion people together, which is almost half of the world's population. Now those children are learning but are not able to tackle the world problems because they are learning facts. They are not learning competencies and skills.

"China and India have more than three billion people together, which is almost half of the world's population. Now those children are learning but are not able to tackle the world problems because they are learning facts. They are not learning competencies and skills."

So, my problem is that the countries that are doing really well in education like Sweden, Finland, Denmark, Australia, Switzerland, England and so on, have a very small population of about 30-50 million. If you combine Sweden with Denmark, Finland, Australia and England, that's still only a 100 million people, which is not even one-tenth of India's population. So, although countries such as these are doing really well, they are not going to change the world because they are too slow. In order to save the planet, we need to go to India, China, Bangladesh, Indonesia and we have to help put some structure and rigour into their education systems, so that they can make a difference.

KT: Tell us what according to you, are the key life skills that need to be incorporated in a school's curriculum.

GM: Well, there are two things. The first is to look at the outcome and question the intention when you are planning a lesson for children. Teachers must ask themselves why they are bothering to teach a particular topic to the students. For example, in history, instead of teaching the list of all the Prime Ministers of India, teach students about the mistakes that the leaders of the past have made, or look at those who have made some really influential decisions so that we can all learn from them. Such lessons impart valuable life skills that could make the world better, such as time management, compassion, inclusion, democracy and acceptance. Nobody in the world is going to clear a job interview by just memorising the names of the Prime Ministers. We need the children of today to go into the world as leaders. Does that make sense?

KT: Absolutely. So what has the response been like, to all of your efforts towards achieving this?

GM: Well, mostly, when I go to schools, observe the classes and meet their management to tell them that they need to make some changes in their education system, they usually ask why. When I explain why, they are usually very excited and can't wait to start. Since the work I did at Iqra International School in Bengaluru, India—though it was only a three-day workshop—I have received nearly 150 requests from different schools across China, Thailand and India, asking me to come down for a teacher-training workshop with them. So, there is a demand for this movement, but there is a shortage of skill.

KT: You say that there is a demand for this movement. Could you elaborate on that?

GM: Of course. In fact, I would like to mention four things that illustrate this. Firstly, I put out a daily dose of educational pedagogy and practices to improve teaching, through my social media. Thousands of people benefit from this, and so can anyone out there. Second; people can get involved in my projects as volunteers, to help. All I need is for schools around the world to spread the word that there are children in Nepal who need a library. I help in collecting books and posting them to a fund raiser. Any of your readers can do the same.

Third is for all the teachers out there. You are a bridge between a child and a problem. All you have to do is let the child see the problem, analyse it and solve it, with you delivering the needs. That is my goal as well—to act as a bridge between schools and teachers around the world, enabling them to solve problems. Fourth is that, my ultimate goal is educational equality for everybody around the world. I run a global teaching platform called educationinfluence.com. This is a great resolve for teachers around the world. There are five representatives in India and I have handpicked 196 of the best teachers around the world. So, teachers anywhere in the world can contact the local representative or influencer, for free educational resources...

Continue reading on our **website** for what Gavin McCormack has to say on teacher training, on dealing with obstacles to education around the world, on his memorable experiences across the globe, and on how to influence people effectively.

Knews

Key Updates

- A team at Google LLC created a new Guinness World Record by computing the value of Pi up to the 31.4 trillionth digit. This beat the previous record set in 2016, by 9 trillion digits.
- The World Wide Web turned 30 years old on March 12, 2019, marking three decades since Sir Tim Berners-Lee proposed the idea of an 'Information Management System' to his boss.
- Indian politician Manohar Parrikar, who was serving the country as the Chief Minister of Goa, passed away on March 17, 2019 after prolonged illness.

Follow **Quiz Society, SRCC** on Facebook for their exclusive TueQuest and FriFact posts.

Events This Month*

- Don't miss **Ojass**, the annual technomanagement fest of **NIT, Jamshedpur**, from April 5-7, 2019.

- **Delhi Technological University** brings to you, **TEDxDTU** on April 6, 2019. With the theme 'Power of Doubt' and a star-studded speaker list, you don't want to miss this one.

*For the event venues and other details,

Click here

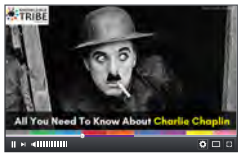
Feature your knowledge event for FREE!

Submit Now

This Month, We Remember…

The sinking of RMS Titanic - On April 15, 1912, British ship RMS Titanic sank to the depths of the North Atlantic Ocean after colliding with an iceberg. Don't miss our factoid on this majestic ocean liner.

Click to Watch



Charlie Chaplin's birthday - English comic actor, music composer and filmmaker Sir Charlie Chaplin was born on April 16, 1889. Did you know that there is a minor planet named after him? Learn more such trivia in our factoid.

Click to Watch

World Heritage Day - World Heritage Day or the 'International Day for Monuments and Sites' is observed on April 18 each year to increase awareness of cultural heritage and encourage citizens to protect it. Catch our special factoid!

Click to Watch

Adolf Hitler's birthday - German political figure and one of the most well-known dictators of the world, Adolf Hitler, was born on April 20, 1889. Watch our factoid on this historic personality.

Click to Watch

Sachin Tendulkar's birthday - Former Indian international cricketer Sachin Tendulkar, also known as the 'God of Cricket', was born on April 24, 1973. We bring you some lesser-known facts about this brilliant sportsperson.

Click to Watch

On Our YouTube Channel

Knowledge Tribe

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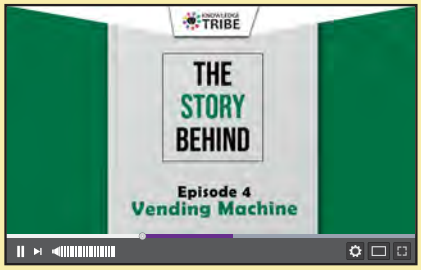
The Knowledge Tribe YouTube channel is a platform where we host tons of videos on a variety of topics. This month, we introduce you to a couple of series and some videos on the channel which you can add to your binge-watch list.

The Story Behind- Vending Machines



The Story Behind is among our newest series, in which we venture into the lesser-known stories behind the origins of various things from our day-to-day lives. In this episode, Shivangi tells you all about the evolution of vending machines. Happy watching!

Click to Watch

The Origins Of- The IPL

The Origins Of is one of our long-running series, in which we delve into the depths of popular events, practices, objects and the like, to get to the bottom of what led them to be what they are today. In this episode, we take you back to the origins of the Indian Premier League (IPL), the Twenty20 cricketing league which is currently entertaining us through its 12th consecutive season.

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On A Knowledge Expedition

Titash Banerjea

Co-founder and Knowledge Manager, Gyaanspace

Co-founder and Chief Experience Officer, Citybytes

"How do you introduce yourself? A quizmaster? A quizzer? An entrepreneur?" This is a question that Titash Banerjea is asked very frequently. Well, that and the unique way in which his last name is spelt. While he has no answers to the latter question, to the former he says, "I introduce myself as a knowledge explorer. Our whole journey starts with us being curious and that is how we start to gain knowledge."
His curiosity was piqued at an early age when he took part in a local quiz show during the Durga Puja festivities in his hometown. "The quiz was hosted by my uncle and I remember winning a sum of ₹50, which meant a lot in 1993." While the prize money may have been small, Titash's uncle went on to get him a plate with his name engraved on it. That small keepsake then inspired what has now become his life's work. "That inspired me to take quizzing seriously and pursue it beyond just a hobby," Titash says.

A small quiz in a neighbourhood pandal led to larger quiz shows like the prestigious TCS IT Wiz and the Bournvita Quiz Contest while he was still in school. Then, he moved on to the larger, more competitive college quizzing scene. While in college, Titash also discovered a passion for theatre and through that, explored being on stage and moved into quiz hosting. This opened doors for unique initiatives. "I remember a phone call with my friend Kunal Mandal, during which we decided to host an open business quiz. We did that under the banner of 'Enquiry', the quiz club of Jadhavpur University. That open quiz became very popular and was well-appreciated by the leading quizzers in Kolkata."

Discovering that they worked well together, Titash and Kunal along with another friend, decided to start their own company called 'Gyaanspace'. "This was in 2010," Titash recollects. "We were in different companies at the time, but we started to build a brochure and a demo website and pitched our offerings to various companies." Gyaanspace provides a variety of knowledge-based services, and as Titash is quick to point out, is not only limited

to quizzing. "We offer workshops in knowledge and curiosity development, and gamification." However, Gyaanspace was still a second job as its founders still held on to their day jobs. "Between 2010 and 2014, we did some events whenever we could get some free time. I also went on to host a few quiz shows and gain a name in the market. Finally, in 2015, I took the plunge and pursued Gyaanspace full-time."

As a part of Gyaanspace, Titash has been involved in some very prestigious projects. "One of the big quizzes we were involved in was the India Today News Wiz quiz. We were a part of the content team for that." Through this quiz, Titash was also able to clear a common misconception that exists about quizzes. "A lot of people think that quizzing is about remembering facts from the past, about history and about events that are gone, but quizzes like this focus on the now; they look at today's news and issues and encourage children to focus on current affairs as well, which, if you really look at it, is also a very important part of knowledge." Titash and Kunal are also passionate sports fans and channelled their love for the same into a record-breaking project with ESPNcricinfo. "Our first major full-time project was 'CricIQ', an online quiz with an offline final. It started off with an online game which we conceptualised and then went on to the offline final. The engagement levels were very high, with over one million participants from across the world."

In addition to Gyaanspace, Titash also runs another company—a guided walking tour across various cities, known as 'Citybytes'. "I was in Europe and I used to see a lot of people walking around with guides and learning more about the history and the culture. This made me think about trying to do the same. We decided to tap into the knowledge of locals and use that knowledge to make other people's visits richer. In Nainital, for instance, we tied up with a heritage homestay called Abbot's Home to plan a programme which includes the place, the history of the place, local foods, etc. In Kolkata, we ran a tour of the European settlements in Kolkata and of the famous Chinatown." Titash feels that this helps make destinations in India as aspirational as "it is for me to climb to the top of the Eiffel Tower."

An entrepreneur he may be, but Titash still remains a knowledge enthusiast at heart. "Keep exploring knowledge; keep travelling. Gather whatever you can from your surroundings. It will not only help you in quizzing, but also in conversations and in your daily life." Sound advice. Time to now start your own journey.

Editorial Team

WANT MORE?
Click below to catch Titash Banerjea's exclusive podcast with Knowledge Tribe's Vishnu Rao.

Click here

Quizmaster's Challenge

Berty Ashley

A full-time molecular biologist, part-time quizmaster and author, Berty Ashley has worked as the senior content editor with 'Neengalum Vellalam Oru Kodi', the Tamil edition of Kaun Banega Crorepati, and authors the popular 'Easy Like Sunday Morning' quiz in The Hindu's Sunday Magazine. One can also find these quizzes in his bestselling book, 'Quizzes for Quirky Minds'. Apart from his quizzing achievements, Berty is an avid musician with a penchant for bad jokes.

Part 2

1. This tall grass, with a majority of its stalk made of water, was first mentioned in New Guinea in 8000 B.C. In 5 A.D., an Indian chemist crystallised the main product from this plant, giving this commodity a huge role in trade and economy. The worldwide production of this product is currently 1.70 billion tonnes. Name the plant and the product.

2. At 18 years old, this sportsperson is the youngest Indian so far to be awarded the Padma Shri, the first sportsperson to receive the Padma Vibhushan and the first recipient of the Rajiv Gandhi Khel Ratna Award. Name this sportsperson.

3. A genetic disorder called 'Porphyria' makes one's skin extremely sensitive to sunlight. It increases hair growth and tightens one's skin, especially around the mouth, making one look younger. This also makes the canine teeth more prominent. Which mythical creature do scientists think could have been suffering from this disorder?

4. This organisation's symbol is essentially the flag of the native country of the organisation's founder, with reversed colours. The founder, Henry Dunant, was the first recipient of the Nobel Peace Prize. This national flag by itself is unique, as this and the flag of the Vatican City, are the only two perfectly square national flags in the world. Name the organisation and the country being spoken of.

5. In 1748, a Dutch diplomat named Conrad Weiser noted that the exchange rate for a quantity of a certain beverage, was five whole skins of male deer. This is supposedly the first use of this term to mean money. It is mostly used in mid-western America but is also common around the world. Which term is this?

Answers in next edition. To see Part 1 of this quiz, click here.

Tease Your Brain!

V, who is the sister-in-law of A, is the daughter-in-law of K. D is the father of L. L is the only brother of A and the only son of K. D is the father-in-law of V. Answer the following questions based on this information-

1 What is the relationship between K and A?

- Mother-son
- Mother-daughter
- Father-son
- Can't say

2 How is D related to K?

- Uncle
- Father
- Wife
- Husband

3 How is L related to V?

- Husband
- Brother
- Father
- Brother-in-law

4 What is the relationship between A and D?

- Daughter-father
- Son-father
- Son-mother
- None of the above

5 How many daughters do K and D have together?

- None
- 1
- 2
- Can't say

Answers in next edition.

KNOWLEDGE TRIBE

GLIMPSES

**Been struggling to get the job of your dreams?
Passionate about a career line, but unaware of its opportunities?
Allow us to give you some valuable glimpses into some of the
world's professions, ranging from the most sought-after, to the surprisingly obscure.**

Janavi Ananth

This month, we give you a glimpse into the world of Janavi Ananth, a practitioner of Creative Movement Therapy. A graduate of NMRKV College for Women, Bengaluru, and Mysore University, Janavi is also a trained psychologist who practices counselling. She has been associated with the prestigious Creative Movement Therapy Association of India and loves dance, theatre and the arts. Read on to know more about her professional journey.

Inspiration and beginnings

It all started during research work as part of my M.Sc. Psychology course. One of my classmates was studying the effect of Dance Movement Therapy (DMT) on differently-abled children. I took interest in it and that was when the Dance/Creative Movement Therapy bug bit me. After graduating from the course, I attended a workshop on body awareness by Tripura Kashyap. That was it. I took up a program in Creative Movement Therapy, quit my first job of a behaviour therapist, and here I am!

Creative Movement Therapy

What Creative Movement Therapy (CMT) aims through its practice is to encourage learning, changing, enhancement or shedding of behaviour/thought process in an organic manner. We believe that movement is the first sign of life, beginning with the embryo stage. Our body is a storehouse of superpowers and the brain/mind is also a part of our body. So, through movements, we can explore the process of directly or indirectly addressing our goals which may be anything from memory enhancement to teamwork, to anger management, to physical flexibility. So CMT blends mental and physical health and proves that they are incredibly interconnected. The best part is that it's creative, it's fun, it's beautiful. It is also super scientific and structured at the same time. So, you have to be spontaneous and open, but extremely aware and thoughtful of every word or action in the room. More importantly, you can't give up when the results are slow.

While I tell you about CMT, I must address a common misconception about it. One does not need to be a trained dancer to participate in it. In fact, it is better if one is not artistically inclined, as it takes away the aesthetic pressure from the movements. CMT is for all ages. The only situation where it is not advised is when movement is related to a client's traumatic experience or if they are medically advised to stay away from movement.

Getting started

I trained with Creative Movement Therapy Association of India (CMTAI) in 2015. I followed it with a six-month internship at NIMHANS' Sakalawara Community Mental Health Center, Bengaluru. After that, finding jobs was not easy. We had to create jobs. That's when I learnt about Fitkids Education and Training Pvt. Ltd. I joined them as a Dance Education Specialist and worked with school children, exploring academic concepts, general social skills and so on through movement and games. I picked up many skills such as group observation, ability to identify strengths and weaknesses, managing a group, structuring a session and time management.

At a personal level, being with children was always a joy for me, and it was no doubt that my work in turn, was therapeutic to them. But I wanted to go beyond and integrate psychology into it. So I launched myself as a freelancer. Gradually, through word-of-mouth and a few coincidences, I have been busy with multiple projects. I currently visit three centres for group therapy and private practice. I have taken frequent risks, just gone with my 'gut feeling' at times, been penniless, but found my way through.

A day in her life

There is no space for the mundane in my life. Although I have regular sessions scheduled, the modalities are never fixed. I use all art forms and try to bridge them with my training in psychology. On some days, I sing as we move; sometimes we act; sometimes we draw or only play. There have also been times when we have only spoken and not done anything else…

Continue reading on our site, as Janavi speaks about the various opportunities available in the field, and shares her memorable experiences along with some challenges that one may have to face in this line of career.

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The Quest For Success

While we see a lot of knowledge events such as quizzes being held across the year, there are a few events that help prepare young students by introducing them to leading figures from their field, allowing them invaluable opportunities to network and learn from the best, before they begin their careers in the same field. For the third consecutive year, the PGDM–Marketing Communications department of KJ Somaiya Institute of Management Studies and Research (SIMSR), Mumbai did just that, hosting its annual marketing communications fest, MarCquest, on February 22 and 23, 2019.

The two-day event afforded the students a chance to interact with industry leaders like Ms. Deepa Krishnan, Executive Director, Kantar IMRB; Mr. Rajiv Puri, Deputy General Manager, Brand and Public Relations, BPCL; Mr. Arunabh Deb, General Manager, Marketing Services, BPCL; Mr. Amitabh Tiwari, Co-founder, LoudST and Mr. Nishiith KL Bhandarkar, President and COO, Eggfirst Advertising and Design, among others.

The event started off with a keynote session by Ms. Deepa Krishnan who spoke about Brand Ethos and Integrated Marketing Communications in a digitally disruptive world. This signalled the focus of the conclave—looking at the impact of the digital world on marketing communications. The focus quickly shifted to employee engagement and in-house communications with Mr. Rajiv Puri taking the audience through BPC Tarang, an in-house radio service as a means of keeping employees engaged and updated in an innovative manner.

In addition to education, MarCquest also encourages a spirit of competition with some intriguing events such as a case study competition and a simulation of a political PR campaign. The flagship case study competition, CaseQuest, was presented in association with BPCL and was judged by Mr. Rajiv Puri and Mr. Arunabh Deb. The event saw colleges from across India taking part in the preliminary rounds, with six teams making it to the finals. Team 'Triple Aces' from the prestigious MICA, Ahmedabad finished first, while 'Naag Money', also from MICA, and team 'Rang De Quest' from NITIE, Mumbai, emerged as the runners-up in the event.

The second event, appropriately named 'Abki Baar', was a simulation of a political PR campaign and a press conference.

Keynote speaker Ms. Deepa Krishnan, Executive Director, Kantar IMRB and Mr. Rajiv Puri, Deputy General Manager, Brand & Public Relations, BPCL with faculty members of SIMSR

Participants of CaseQuest with judges Mr. Arunabh Deb, General Manager, Marketing Services, BPCL; Mr. Rajiv Puri, Deputy General Manager, Brand & Public Relations, BPCL; Dr. Monica Khanna, Director, KJ SIMSR; Prof. Isaac Jacob and Prof. Vibha Bhilawadikar

Teams were required to create their own political party, design a logo, a war cry and a manifesto across a variety of topics ranging from agriculture to research to education. The next step involved fielding a Prime Ministerial candidate who had to deliver a 2-minute speech, thus creating a PR campaign in order to spread awareness about the party's aims and ambitions, to aid their candidate. Six teams made it to the final event which was judged by Mr. Amitabh Tiwari and Mr. Nishiith KL Bhandarkar. Team 'The Fighters' from SIMSR was the winner and 'Team Kingslayer' from the same college was the runner-up of Abki Baar 2019.

The second day kicked off with a panel discussion moderated by Prof. Isaac Jacob in the presence of esteemed panelists, Ms. Roma Balwani, Independent Director, CMI FPE; Mr. Harikrishnan Pillai, Founder, The Small Big Idea; Mr. Krishal Mehta, Head of Digital Media, 22feet Tribal Worldwide and Mr. Farhan Rajani, Senior Manager Strategy, Social Samosa, where they shared their opinions on the topic 'Future of TV in the light of disruptive innovations'. The discussion focussed on the evolution of TV to a smart box, how over-the-top platforms are defining new rules in terms of content consumption, how influencers impact the decision-making of viewers, content regulation, viewership shift and so on. Interesting workshops were conducted. 'Method of Madness' by Mr. Manish Bhatt, Founder-director, Scarecrow M&C Saatchi, focussed on exploring our crazier side and making the most of the madness by developing something creative out of it. A workshop on Celebrity Marketing and Management by Ms. Shreeda Kirtikar, Owner, Spunk Entertainment, introduced the audience to the wild world of interacting with and representing celebrities on an everyday basis.

At the end of the two days, the audience walked away with a newer understanding of the field and with invaluable lessons learnt from the leaders in the same.

- Editorial Team

Your Space

Courage

When I was in the fourth grade, one of my teachers used to say: "Life is a lesson. You will always keep learning. Don't confine yourselves to my classroom or to any other classroom. Let your minds wander, imagine, enjoy, learn!"

Since then, I have moved away from that little room on the fifth floor, my teacher probably won't recognise me now should she run into me on the street, and she probably continues to teach little fourth graders and give them similar advice. But words stay with you. She was right. Everything that one does, no matter how small or mundane, teaches us something that we probably will take forward and better ourselves with.

For instance, two years ago, my friend suggested that we start a blog and co-write it. I could have said no. I have always tried to be somewhat of a recluse. I haven't really succeeded all that much, I admit; but hey, one can still try. To write something that would be scrutinised by over three readers—none of whom were my parents or well-wishing aunt, was scary. But I said yes. I don't know why, but I did. I learnt something about courage that day. Every time I blog, it still scares me a little of what someone would think of my writing. Do they find it good, having some potential? Do they find it average; barely mediocre? Does it smack of just

Picture credit: pixabay

trying to make things appear more complicated than they actually are? Does it just suck? I don't know! I still haven't mastered the art of writing the perfect blog, but I do it. Rarely, I admit. But it is one of those things that I never thought I would do, and now that I am doing it, I find myself sticking to it.

When we started this blog, we had two readers. Their comments meant a lot to us, and we did try and write in such a way that it would please all; me hoping to be funny, him hoping to prove his intellectual worth. He succeeded. I stopped caring after a while. Again, a lesson learnt from a comment left by one of the earliest readers of the blog: Stop worrying about the comments. He was right. Trying to sound funny often led to writings being forced, trying to elicit the 'ha ha ha' from the readers.
Those trying to be serious just resulted in whining and rambling being put up on the internet. So, I stopped caring. I did ask for feedback, but as it clearly reflects, I never listened. It felt good. Once again, I was writing only for myself, and allowing others to read them, but not letting them influence what I wrote. The words come a lot easier nowadays.

Courage is all about having the guts to take that extremely difficult first step. Once this is done, courage is also about not taking the all-too-easy step back to the safe zone. Putting yourself in the line of fire is important. Preachy as it may sound, I speak only about my personal experiences.

Growing up, I never was a brave kid. I still am quite a coward in many, many ways. I get terrified to order a pizza from a restaurant, it takes me ages to start talking to someone new—I would rather accept torture than going up to a random stranger. However, one has to take the first step some time. So, I did. I took up a job in an industry that required me to take charge of myself and take responsibility for a lot of people who honestly couldn't care about what I thought. My entire first day at work consisted of me sweating to the point of dehydration. The second day went pretty much the same way. On the third morning, I walked up to a girl in office who I vaguely remembered from the haze of introductions on my first day and said, "Help!" That's all it took. I was in, and friends with one of the most senior producers in the company who then helped me whenever I was in a tough spot. One little word, but the step towards that effort from my side was completely draining. But it was worth it.

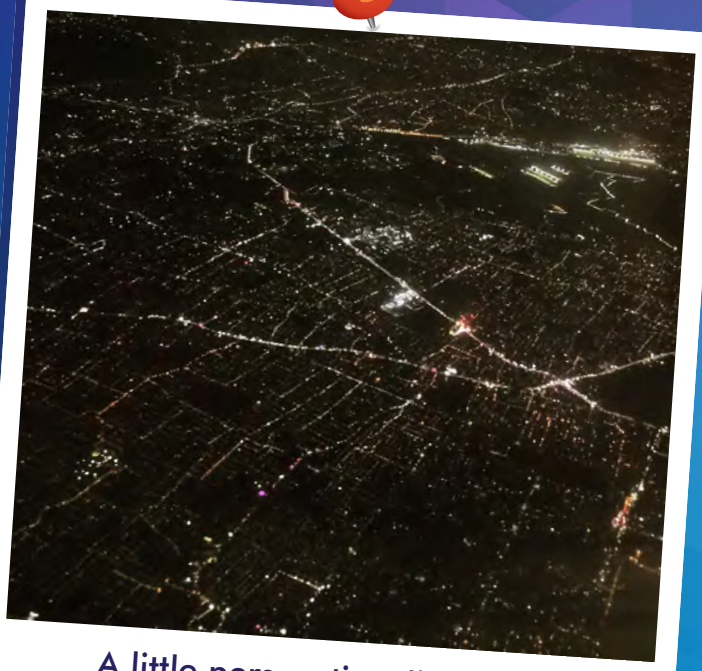
Courage doesn't necessarily mean fighting a lion bare-handed or taking on wild horses single-handedly. Those are for the Greeks and their Gods. For me, courage is just taking the first step and leaving yourself vulnerable to whatever consequence that may arise. For me, courage is sticking to that step no matter what the consequences are. Sometimes, ask for help; at other times, fight it yourself.

I sure picked a fine day to start pontificating. But hey, at least it's the first step!

- **Paresh Koirala** | Knowledge Enthusiast

MUSINGS AMIDST THE MUNDANE

Freedom is nothing but a chance to be better.
- Albert Camus

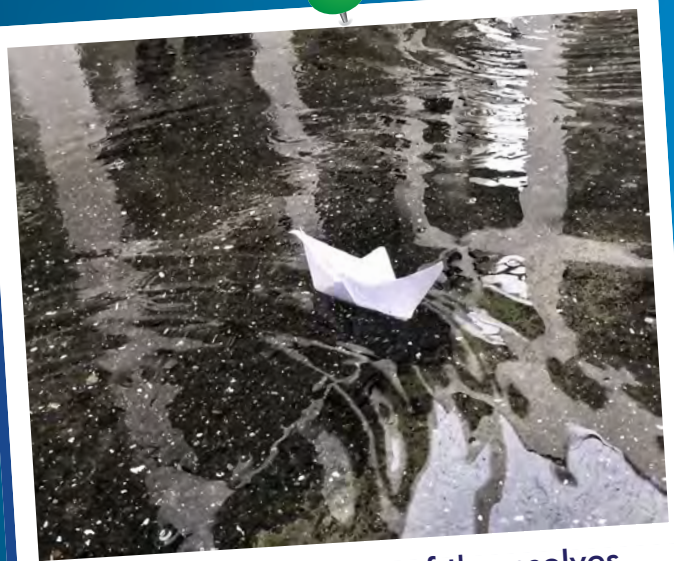


A little perspective, like a little humour, goes a long way.

- Allen Klein

There is no real ending. It's just the place where you stop the story.

- Frank Herbert



People leave traces of themselves where they feel most comfortable; most worthwhile.

- Haruki Murakami

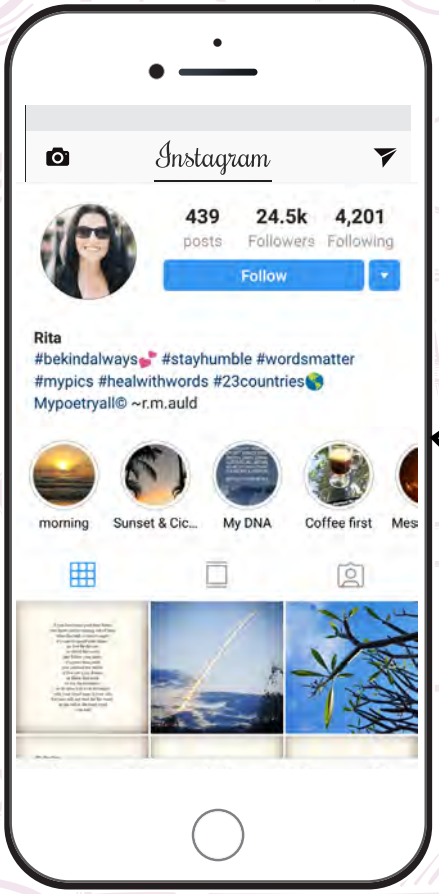
Broaden your horizons. They're the only ones you'll ever have, so make the suckers as wide as possible.

- Jennifer Cruise

- Roshan James
Great Lakes Institute of Management, Chennai

Pick Of The Month

Here's where we bring to you, works of knowledge, creativity and passion from knowledge tribals around the world. So follow, like, share, subscribe and do whatever it takes to nurture these knowledge communities and help them grow!



Instagram- r.m.auld

What it's about: 'Healing with words'

What we like: The author's easy-to-read and strikingly honest poems which prove that overwhelmingly fancy words and a perfect rhyme scheme aren't always key to good poetry.

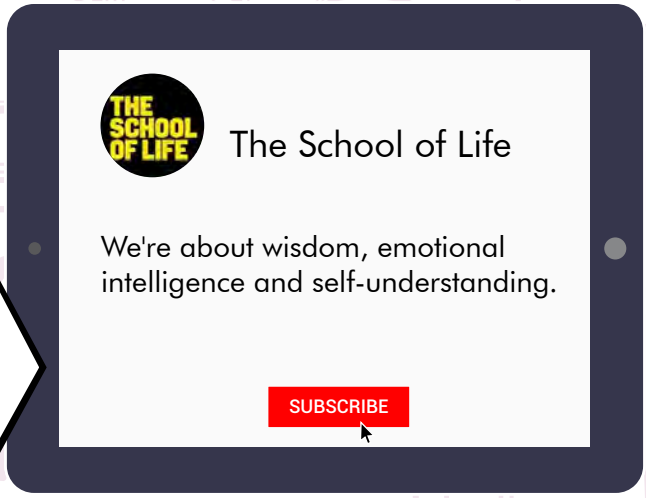
https://www.instagram.com/r.m.auld/

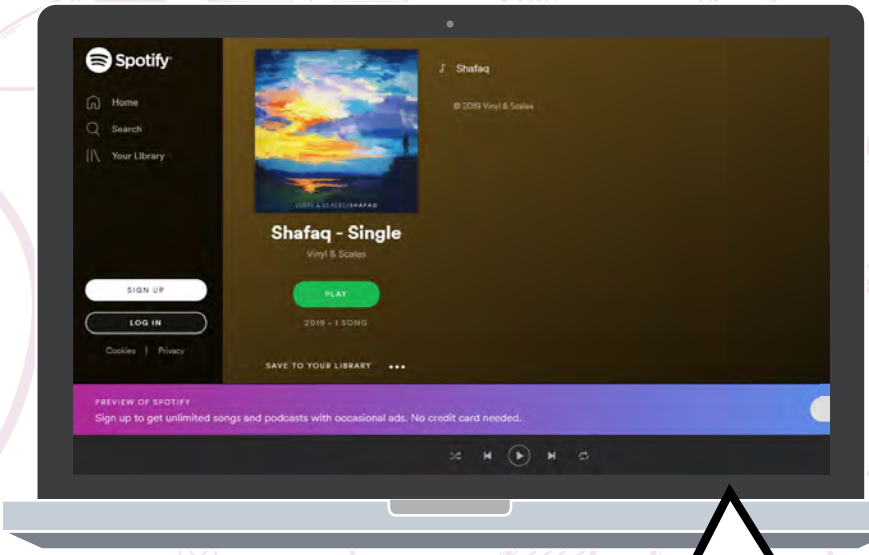
YouTube- The School of Life

What it's about: 'How to live'

What we like: How the creators manage to dish out philosophy in the most interesting manner, make immense effort seem effortless with their engaging illustrations and animations, and their amazing content such as 'The problem with travel' and 'How to be sad'.

https://www.youtube.com/user/schooloflifechannel/videos



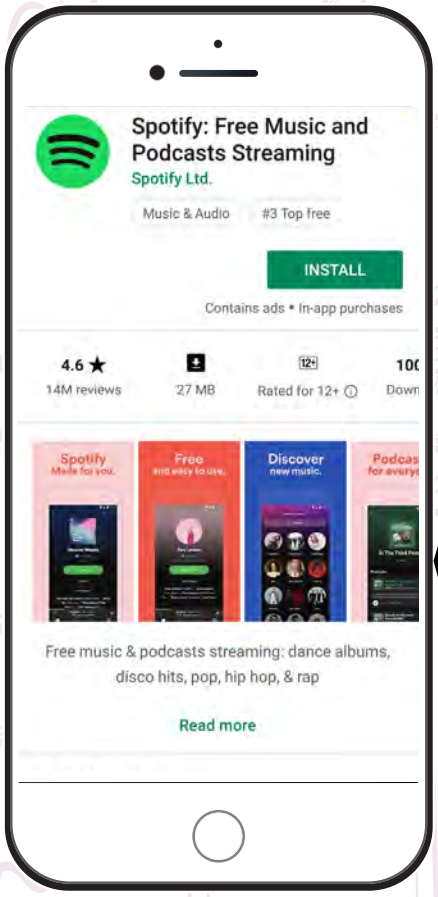


Band- Vinyl & Scales

What it's about: Addictive music

What we like: The tight musical compositions mixed with beautiful lyrics. Overall, we love how the music strikes a balance between soul and heavy rock while treating us with its melodious, ballad-like notes.

https://linktr.ee/vinylandscales



App- Spotify

What it's about: 'Music for everyone'

What we like: Firstly, the fact that it has finally launched in India. Other than that, we love how millions of mainstream music labels and smaller, non-mainstream ones co-exist on this platform, making it a one-stop to create the playlists of our dreams.

Available on

KNOWLEDGE TRIBE

Answers to Last Month

Quizmaster's Challenge

1. Black Friday
2. Blow-by-blow
3. Waffle House Index
4. Bugs Bunny, Elmer Fudd
5. Oompa Loompa

To view the questions, click here.

Responses to Last Month

knowledge café

Have You Ever Wondered?

It's no surprise that most sweetmeats do not have any 'meat' in them, as we understand the word today. The term 'sweetmeat' is a result of the Old English term 'mete', meaning 'food'. So, 'sweetmeat' essentially translates to 'sweet food'.

To view the question, click here.

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