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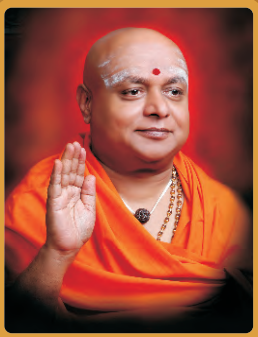
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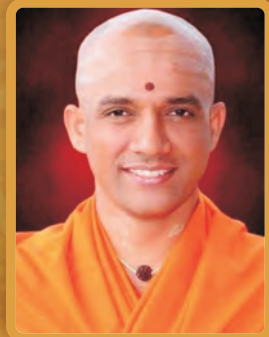
Vol 1
2020-21

AIMS
Weekend
Wisdom

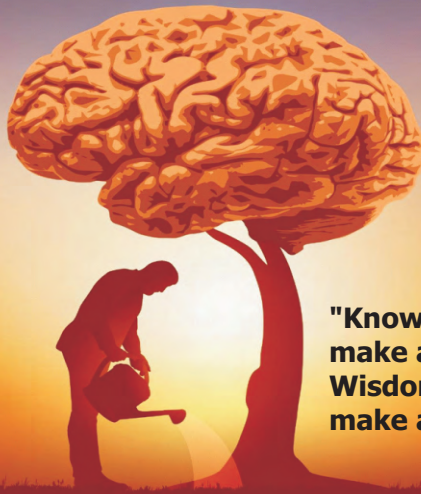
Blessings



Paramapoojya Jagadguru Padmabhushana
Sri Sri Sri Dr. Balagangadharanatha Mahaswamiji



Paramapoojya Jagadguru
Sri Sri Sri Dr. Nirmalanandanatha Mahaswamiji



**"Knowledge helps you
make a living;
Wisdom helps you
make a life."**

- Sandra Carey

We live in times where there is stress around every corner, and in a hectic pace of life, we often forget to slow down and reflect. Even with the best of our efforts, difficult times and challenges cannot be avoided, so we all seek new and innovative ways to handle life's challenges. At some point in life, each of us requires some inspiration or motivation to keep moving forward. Many of us resort to reading a motivational or inspirational quote to spur us on "when the going gets tough."

Intending to share such inspirational or motivational messages with our faculty and students, we started sharing "Weekend Wisdom" every Saturday more than a year ago. We have reached the 100th week, and the tradition shall continue.

WISDOM

Sometimes in life, words of wisdom have a way of sinking into our brains and changing our life for the better. Words of wisdom are helpful to anyone looking to get inspired through words that are as powerful as they are meaningful. Learning from others can be a great way to realize our dreams and avoid making common mistakes.

Impactful words of wisdom will: Inspire us to dig deeper; Increase our sense of purpose; Helps us learn to cope with challenges; Brings out the best in us; Help us realize our potential, and help us in fulfilling our potential

Why weekends?

Weekends are crucial as they provide us opportunities to do 4 R's.

- ▶ Relax: unplug ourselves from our busy work schedule and rejuvenate the brain cells for the tasks ahead in the upcoming week
- ▶ Reflect: review the past, realize the changes needed and preview the future
- ▶ Recharge: hectic schedule over a busy week often cause burnout, and weekends provide the perfect opportunity to refuel and revitalize the internal batteries!
- ▶ Ready: be focused and prepared to face the upcoming week

Hence, we believe that weekends are the perfect opportunity for us to reflect, gather motivation and prepare to face the week ahead. Starting a weekend with such inspirational quotes/messages sets the ball rolling for a successful future.

Here, we present and share the collection of such pearls of wisdom collected over the last 52 weeks.

At AIMS, we believe in Dr. Nelson Mandela's words: "It always seems impossible until it is done."

Dr. M G Shivaramu

Principal, AIMS
Dean, Health Sciences(Medical), ACU





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Burn all the bad habits. Invest in skill development.





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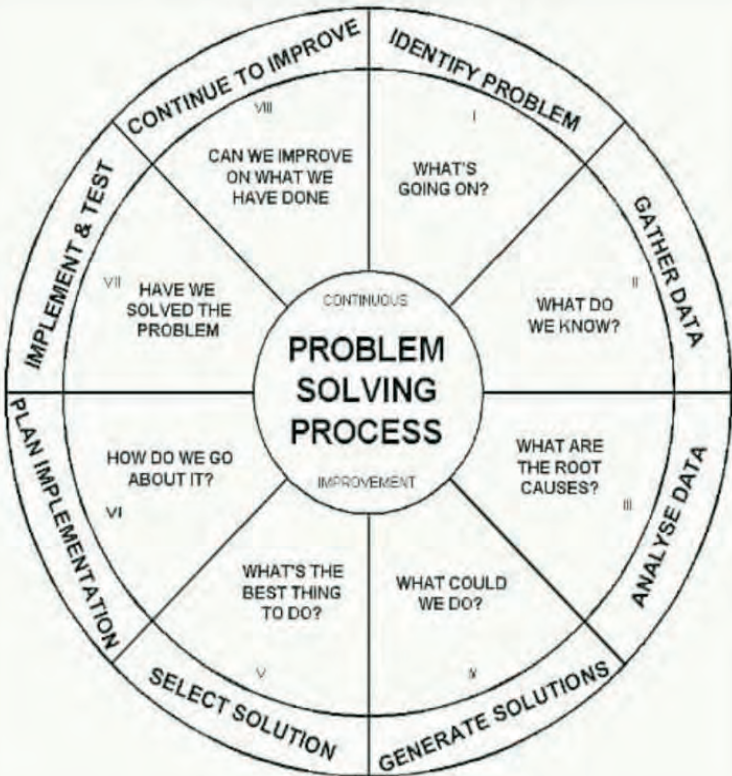
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What can I do?





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Developing Learning Culture





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A Decision is Only as Strong as the Weakest Link



A good decision makes sense and feels right



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THE leader GUIDE



motivate

A leader is someone who gets people to get things done. You can learn how to be more persuasive.



integrity

A leader builds trust, because without trust no one is going to do anything for you. So, be honest and respectful.



analytical

A leader is able to take complicated situations and quickly assess them to find the proper solution. Make sure you test yourself and stay sharp.



communicate

A leader speaks clearly and is articulate, whether one-on-one or in groups. So, brush up on your communication skills.



expertise

A leader is not an expert in everything, but they surround themselves with people who know their stuff, so hire wisely.



delegate

A leader knows that work is not for them to do alone, and shares responsibilities. Learn that not everything is on your shoulders.



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1. Knowledge:
I know, I should



6. Reinforcement:
I will continue

2. Desire:
I want to



The Stages of Individual Development



5. Action:
It's easy

3. Skills:
I can



4. Optimism:
It's worthwhile





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Work *Life* Healthy Relationships





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Daily Disciplines for Success

Add these simple practices to your day to stay focused on your goals and attract more success into your life.

INTENTION & VISUALIZATION

As soon as you wake up, set your intention for what you want to accomplish that day and visualize your goals as already being fulfilled. If you can see it, you can be it!

IMAGES OF SUCCESS

Cut out pictures that represent the experiences you want to have and put them somewhere you can see them every day as powerful reminders of your goals.

ACKNOWLEDGE EFFORTS

When something changes for the better, acknowledge it. The more you recognize that the Law of Attraction is working, the more impact it will have on your life.



POSITIVE THOUGHTS

Your feelings create your circumstances – so when you're feeling negative, shift your thoughts to ones that make you feel better and raise your vibration.

TAKE ACTION

There's no such thing as "the perfect time" to act – so just do it! The universe will respond by sending you opportunities that will bring you closer to your goals.

ATTITUDE OF GRATITUDE

Take time each day to focus on the things you are grateful for. The more you focus on your blessings, the more blessings you will attract into your life.



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FIVE THINGS MENTALLY STRONG PEOPLE DO



They enjoy their time alone.

They hold themselves accountable for their actions.



They celebrate the success of others.

They surround themselves with greatness.



They have great health habits. From sleep to how they eat, they own their mind, body & spirit.



They embrace and celebrate change.

They know that change is constant with life.



They invest time and energy into the present.

They're able to focus on the tasks at hand.



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Habits You Must Give Up To Move Forward

#1

Letting the opinions of others control your life.

- ❖ It's not what others think, it's what you think about yourself that counts
- ❖ You have to do exactly what's best for you and your life, not what's best for everyone else

#2

The shame of past failures

- ❖ Your past does not equal your future.
- ❖ All that matters is what you do right now.

#3

Being indecisive about what you want

- ❖ You will never leave where you are until you decide where you would rather be
- ❖ Make a decision to figure out what you want, and then pursue it passionately.

#4

Procrastinating on the goals that matter to you

- ❖ There are two primary choices in life: to accept conditions as they exist, or accept the responsibility for changing them.
- ❖ The best time to plant a tree is twenty years ago. The second best time is now

#5

Choosing to do nothing

- ❖ You don't get to choose how you are going to die, or when.
- ❖ You can only decide how you are going to live, right now.
- ❖ Every day is a new chance to choose.

#6

Your need to be right

- ❖ Aim for success, but never give up your right to be wrong.
- ❖ Because when you do, you will also lose your ability to learn new things and move forward with your life.

#7

Running from problems that should be fixed

- ❖ Stop running!
- ❖ Face these issues, fix the problems, communicate, appreciate, forgive and LOVE the people in your life who deserve it.

#8

Making excuses rather than decisions

- ❖ Most long-term failures are the outcome of people who make excuses instead of decisions.

#9

Overlooking the positive points in your life

- ❖ What you see often depends entirely on what you're looking for
- ❖ You will have a hard time ever being happy if you aren't thankful for the good things in your life right now

#10

Not appreciating the present moment

- ❖ Too often we try to accomplish something big without realizing that the greatest part of life is made up of the little things.



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Success Doesn't Just Come And Find You,
You Have To Go Out And Get It



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The Growth Coaching Model



G

GOAL

What is your goal?

R

REALITY

What's your current reality
in relation to the goal?

O

OPTIONS

What are the options available
to achieve the goal?

W

WILL

Why do you want this to happen?
What's your motivation?

T

TACTICS

What tactics do you need
to make it happen?

H

HABITS

How are you going to sustain
it going forward?



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The Confidence Indicator

Confident People

www.genustrainers.com

Don't Seek Attention

Compliment

Try New Things

Embrace Change

Never Stop Learning

Humble With Others

www.genustrainers.com

Forgive Others

Live In Gratitude

Invest In Oneself

Look for Quality

Ready To Take Risk

Accept Responsibility

Immediate Action

Non-Confident People

www.genustrainers.com

Seek Attention

Criticize

Never Try New Things

Fear Change

"Know It All"

Arrogant With Others

www.genustrainers.com

Hold A Grudge

Live In Entitlement

Consider It As Waste

Always Look For Free

Afraid Of Risk

Blame Others

Postpone

Confidence is Not a Destination
Its a Journey



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Chunk the big tasks



Learn to prioritize



Create a To-do list



Have some "me" time



Minimize distractions



Delegate tasks



Eat that ugly frog first



Take time to respond



Be accountable for your actions



Keep your eyes on the prize

How to improve your

Time Management





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Communication skills and tips

Listening skills

There is no way to be a good communicator without listening!

But what is important is to listen carefully, with attention.



Use body language

The signs and signals of your body always send messages to your partner.



Be confident

If you are introvert and unsure, there are many tips and techniques that are helpful to learn.

When you are confident, it is easy for other people to trust you and to rely on you.



Be clear and concise

Do not use long sentences that are difficult to understand!

Stick to the main points.



Be positive and patient

The positive attitude has a huge power for successful relationships in business.

Remember that it is always a pleasure to speak with positive people.



Be respectful

People love to see that someone respects their efforts, opinions and abilities.

Remember to speak politely to everyone.



Feedback

Giving feedback show that you are not just a passive listener.





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8 Steps to Building an Effective Team



1. Everyone In

Consider each employee's ideas as valuable.



5. Time to Share

Emphasize the importance of each team member's contribution.



2. Read Between the Lines

Be aware of employees' unspoken feelings.



6. Have Clear Intent

Make sure that you have a clear idea of what you need to accomplish and team members understand their responsibilities.



3. Act as a Harmonizing Influence

Look for chances to mediate and resolve minor disputes; point continually toward the team's higher goals.



7. Be Goal-Oriented

Establish team values and goals; evaluate team performance.



4. Shared Responsibility

Allow your team to work on creative solutions together.



8. Be There

Set an example by remaining open to suggestions and concerns, asking questions and offering help.



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SOFT SKILLS

 TEAM SPIRIT <hr/> 01	 EMPATHY <hr/> 02	 PERSONALITY <hr/> 03	 ASSERTIVENESS <hr/> 04	 CREATIVITY <hr/> 05
 FLEXIBILITY <hr/> 06	 STRESS MANAGEMENT <hr/> 07	 MOTIVATION <hr/> 08	 SELF CONFIDENCE <hr/> 09	 GROWTH MINDSET <hr/> 10



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10 Public Speaking Tips

Plant Your Feet

Prepare

Plan to make 1-3 good points



Stand firmly - it shows confidence

Eye Contact

Make a gentle sweep of the audience - it builds connection fast

Project Your Voice

Breathe

Take a deep breathe - so you do not pass out



Aim for the back row & use your breath - it helps you project without straining



Pause for Effect

Pause to let a point settle in - it creates an impact



Speak Normally

Be deliberate & carefully say your words - so you are better understood

Expression

Match your facial expression with your message - the audience loves that

Strong Points

Plan your points - end with one that is clear



Hands

Keep your hands visible to the audience - it builds trust



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6 Ways to Succeed as a Leader



Inspiring
Commitment

- Recognize others' achievements
- Motivate employees



Leading
Employees

- Delegate effectively
- Act with fairness



Strategic
Planning

- Translate vision into reality
- Plan for the long-term



Change
Management

- Facilitate organizational adaptation
- Manage resistance to change



Employee
Development

- Coach to improve performance
- Provide guidance and encouragement



Self-
Awareness

- Recognize personal limits
- Learn from mistakes





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ANATOMY OF A SUCCESSFUL PERSON

Eyes for spotting
opportunities

A brain full of ideas

A stomach for
trusting your gut

A heart full of
passion

Thick skin to cope
with the lows

Dancing feet to
celebrate the
wins





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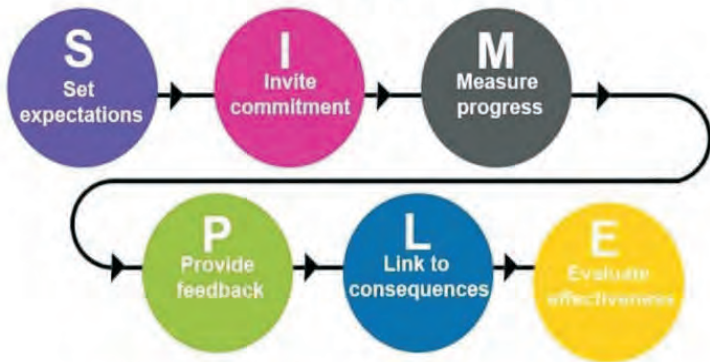
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A SIMPLE approach to



high performance



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10 WAYS TO MAKE YOUR LIFE BETTER



CARE
ABOUT YOURSELF
AND THE WORLD
AROUND YOU



START
A GRATITUDE
JOURNAL



SET
INSPIRING
GOALS



EAT
HEALTHY
FOOD



DRINK
MORE
WATER



LEARN
SOMETHING
NEW
EVERY DAY

TRAVEL
AROUND
THE WORLD



LOVE
YOURSELF
AND SOMEBODY
SPECIAL

READ
INTERESTING
AND USEFUL
BOOKS



CREATE
SOMETHING WITH
YOUR MIND
AND HANDS



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Inherent Qualities of Great Leaders

- 1 Focus on 'We' not 'I'
- 2 Accept Full Responsibility
- 3 Do the Right Thing
- 4 Be a Visionary
- 5 Be Passionate About Winning
- 6 Keep a Positive Attitude
- 7 Build Strong Relationships
- 8 Be Composed During Tough Times
- 9 Listens to Others
- 10 Celebrate Progress



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	Definition	Benefits
	Frequently discussed Goals should be embedded in ongoing discussions to review progress, allocate resources, prioritize initiatives, and provide feedback.	<ul style="list-style-type: none"> • Provides guidance for key decisions. • Keeps employees focused on what matters most. • Links performance feedback to concrete goals. • Evaluates progress and course corrects.
	Ambitious Objectives should be difficult but not impossible to achieve.	<ul style="list-style-type: none"> • Boosts performance of individuals and teams. • Minimizes the risk of sandbagging. • Forces broader search for innovative ways to achieve goals.
	Specific Goals are translated into concrete metrics and milestones that force clarity on how to achieve each goal and measure progress.	<ul style="list-style-type: none"> • Clarifies what employees are expected to deliver. • Helps identify what is not working and quickly course corrects. • Boosts performance of individuals and teams.
	Transparent Goals and current performance should be made public for all employees to see.	<ul style="list-style-type: none"> • Makes use of peer pressure to perform on goals. • Shows employees how their activities support company goals. • Understands other teams' agendas. • Surfaces activities that are redundant or unaligned with strategy.

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THE TEN ATTRIBUTES OF A CELEBRATED CULTURE



C Company
is Viewed
Positively



R Referrals
Come From
Employees



E Everyone Feels
Valued



A Ability to Learn New
Things & Given Resources
To Do So and Advance



L Legitimate
Sense of
Purpose



T Treats
Employees
Fairly



E Employees Feel
Like Part of a
Team



X Executives and
Managers are Coaches
and Mentors



I Believes in
Diversity and
Inclusion



D Dedication to
Employee Health
and Wellness



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Change Management Models

Kotter's eight stage model



Anchoring new approaches in the culture



Consolidating gains & producing more change



Generating short-term wins



Empowering employees



Communicating the change vision



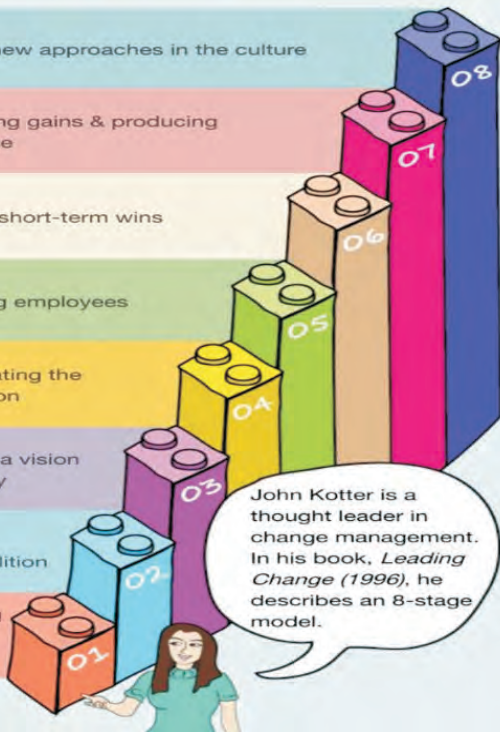
Developing a vision and strategy



Creating a guiding coalition



Establishing a sense of urgency





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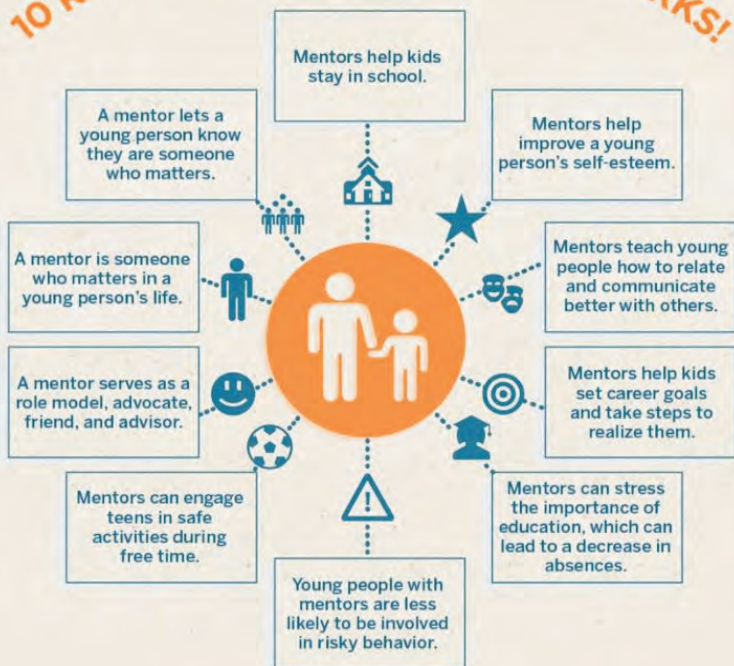
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10 REASONS WHY MENTORING WORKS!





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SEEK ADVICE & HELP



ADVOCATE PROTECTION



FOLLOW INSTRUCTIONS



ENSURE HIGH-VISIBILITY



TEAM WORK, ALWAYS



YIELD ZERO CASUALTIES



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CORE COMPETENCIES OF MEDICAL EDUCATORS





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Let's Work it Out!

R

Reach Out

COME TOGETHER WITH THE PERSON YOU ARE HAVING CONFLICT WITH



E

Engage in a Conversation

REMAIN CALM AND MAKE SURE TO TALK ONE AT A TIME.



S

Seek to Solve the Problem

AGREE TO COME UP WITH SENSIBLE SOLUTIONS YOU BOTH CAN ACCEPT.



O

Open Up

CALMLY COMMUNICATE YOUR SIDE OF THE STORY TO EXPLAIN HOW YOU FEEL.



L

Listen Intently

LISTEN TO THE OTHER PERSON SO THAT YOU UNDERSTAND THEIR POINT OF VIEW.



V

Voice Solutions

BRAINSTORM SOLUTIONS TO RESOLVE YOUR CONFLICT TOGETHER.



E

End on a Good Note

AGREE TO THE SOLUTIONS; GIVE A COMPLIMENT AND SHAKE HANDS.





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MINDSET MATTERS

Change your words to
change your mind.

I made a
mistake.

Mistakes help
me learn.

I can't
do it.

I'm on
the right
track.

It's good
enough.

Is this my
best work?

I give up.

Let me
try
another
way.

I'm not good
at this.

I'm just
getting
started.

I'm a natural.

I improve
with practice.

This is too
hard.

This may take
some effort.



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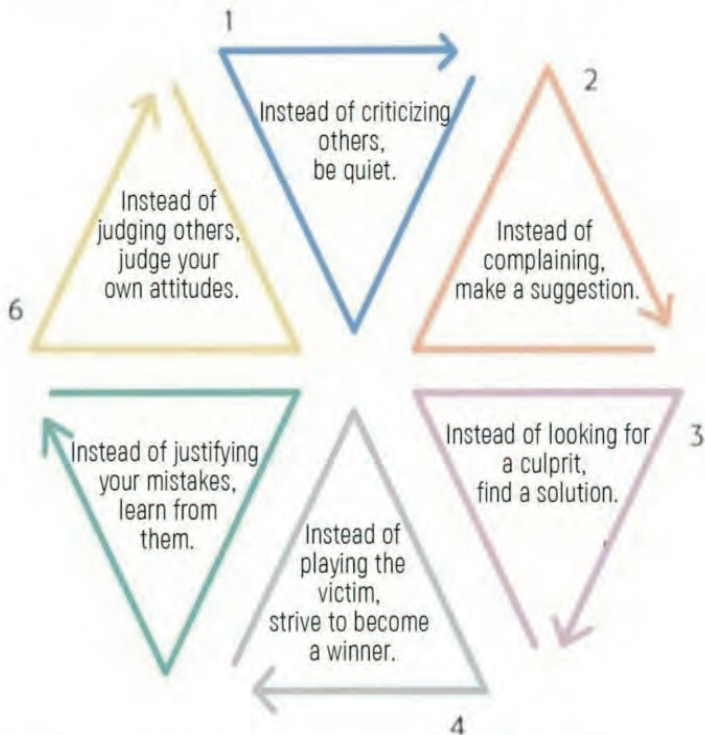
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AIMS

*Weekend
Wisdom*

6 PRINCIPLES OF SELF-RESPONSIBILITY





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ASPIRE WHEEL FOR HIGH PERFORMANCE



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5 RULES Of Self-Motivation

"R" Remind Your Goal Every Day

"U" Utilize the Time

"L" Limit Your Weakness

"E" Eliminate Your Distractions

"S" Strive for Possibilities



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The six mindsets for better problem-solving

1. Be ever curious

Shake up learned patterns, go on a mission of discovery, ask "why?"

4. Pursue occurrent behavior

Focus on what's actually happening, not what could be. Experiment to create your own data.

2. Tolerate ambiguity and stay humble

Adapt your thinking when facts change. Think in terms of odds, not certainties.

5. Tap into collective intelligence

The crowd has wisdom. Draw on diverse experiences through crowdsourcing.

3. Take a dragonfly view

Take in 360 degrees of perception, use multi-faceted vision to see the big picture.

6. Show and tell

Connect with your audience. Make your solution obvious through immersive storytelling.





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Weekend Wisdom

Sharpen the Saw

BODY

Physical Dimension



- Exercise
- Eat Healthy
- Sleep | Rest
- Relaxation

MIND

Mental Dimension



- Read
- Educate
- Write
- Learn new skills

HEART

Emotional Dimension



- Build Relationships
- Give Service
- Laugh | Love

SOUL

Spiritual Dimension



- Meditate
- Keep a Journal
- Pray
- Take in Quality Media



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L		Listening A deep commitment to listening intently to others. Ask clarifying questions and reflect what they hear from others.
E		Empathizing Seek to understand people's feelings about the situation. Assume good intentions. Does not limit holding people accountable.
A		Acting intentionally A well-developed self-awareness combined with general awareness enables you to make intentional, wise actions.
D		Dedicating time for others Actively look for ways to build relationships with others and foster a sense of community.
E		Empowering others Hire capable people and show them the way. Recognize that we have surrounded ourselves with them for a reason.
R		Removing obstacles Identify the resources others need to succeed. Look for organizational and situational barriers you can remove to help the team.
S		Serving others Approach people as a steward trusted to help them become their best and grow to better enable the team to reach its goals.
H		Helping with humility Seeks to convince others rather than coerce compliance. Effectively build consensus within groups and individuals.
I		Interact with integrity Radiates openness and authenticity. Knows that how the outcome is achieved matters as much or more than the outcome.
P		Persevering Keep a steady course in spite of difficulties, obstacles, or discouragement. Actively looks for ways to encourage to encourage others.



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What can I do?





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Positive

- ✓ Make appropriate comments
- ✓ Demonstrate reasonable behavior

Responsible

- ✓ Be accountable for my actions
- ✓ Think before I act

Involved

- ✓ Work with others
- ✓ Maintain a clean, safe environment

Diligent

- ✓ Be persistent
- ✓ Give attention to finish a task

Efficient

- ✓ Make the best use of my time and resources
- ✓ Implement effective solutions to problems



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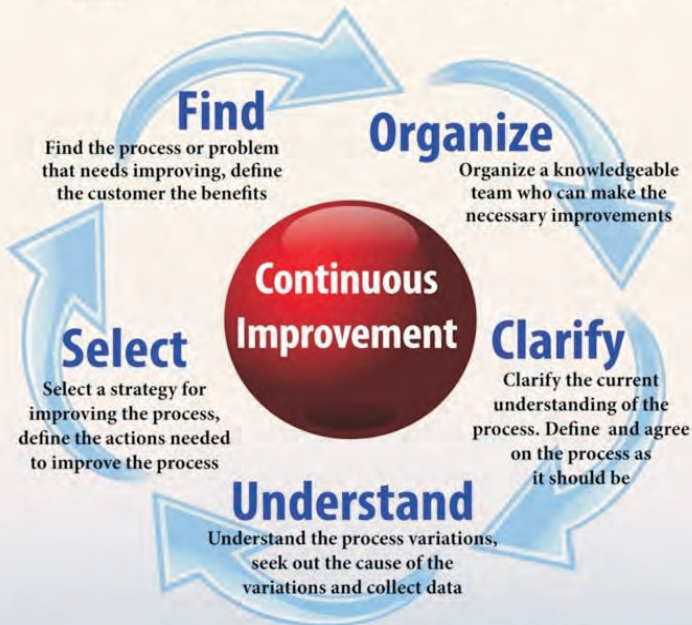
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FOCUS



"We can not solve our problems with the same level of thinking that created them"

Albert Einstein



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THINGS TO LEARN FROM GANESHA

A **BIG HEAD**, TO THINK OUT OF THE BOX

BIG EYES TO LOOK BEYOND WHAT YOU SEE.

LARGE EARS TO LISTEN TO OTHERS ATTENTIVELY.

THE AXE, TO CUT OFF ALL THE BONDS OF MATERIALISTIC ATTACHMENT.

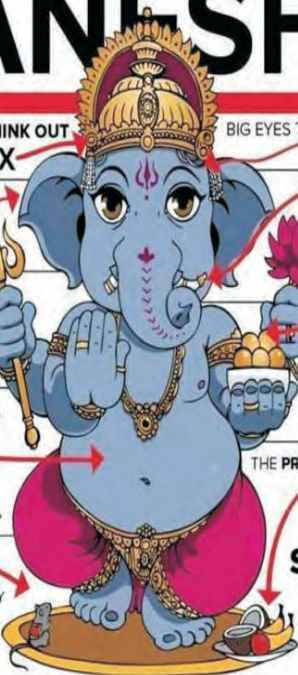
LARGE STOMACH, TO PEACEFULLY DIGEST ALL THE GOOD AND BAD IN LIFE.

THE MOUSE REPRESENTS THE DESIRE AND ABILITY OF LORD GANESHA TO REACH INTO EVERY NOOK AND CRANNY OF THE MIND.

THE BROKEN TUSK REPRESENTS THAT A SACRIFICE IS NEEDED FOR THE PURSUIT OF WISDOM.

THE LADDOOS ARE THE REWARDS OF HARD WORK. THE SWEETEST THING OF ALL.

THE PRASAD REPRESENTS **GIVING AND SHARING**





वि ज्ञो इति ब्रह्मसोमो वि

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Ways to Maintain Good Mental Health



+ Getting enough sleep



+ Eating right & exercising



+ Taking care of basic physical & emotional needs



+ Staying connected socially



+ Stopping to assess how things are going in life



+ Managing the stressors in life



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8 TOP TIPS TO BOOST YOUR LEARNING

SPACED REPETITION

Break up and distribute your study rather than doing it in a single block.

EXERCISE

Beyond general fitness, break up your study with light, regular exercise.



RETRIEVE

Actively recall your memories through tests and/or reflective conversations.



SLEEP

Invest in regular sleep to strengthen & consolidate memories.



FOCUS

Focus your attention for up to 25 minutes followed by a break.



CONTEXT

Vary your environment rather than sticking to the same study setting.



METACOGNITION

Keep learning about learning, know your strengths & embrace a 'growth mindset'.



MENTAL MODELS

Start with the big picture to create a framework before filling in the detail.





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Success



Believe you can succeed
and be the best you can be.

Mutual respect



Respect yourself, respect others,
respect your surroundings.

Inclusion



Value differences
and overcome barriers.

Lifelong Learning



Inspired to learn
– at home, at school, for life.

Enrichment



Explore, experience, challenge
– within the curriculum and beyond.



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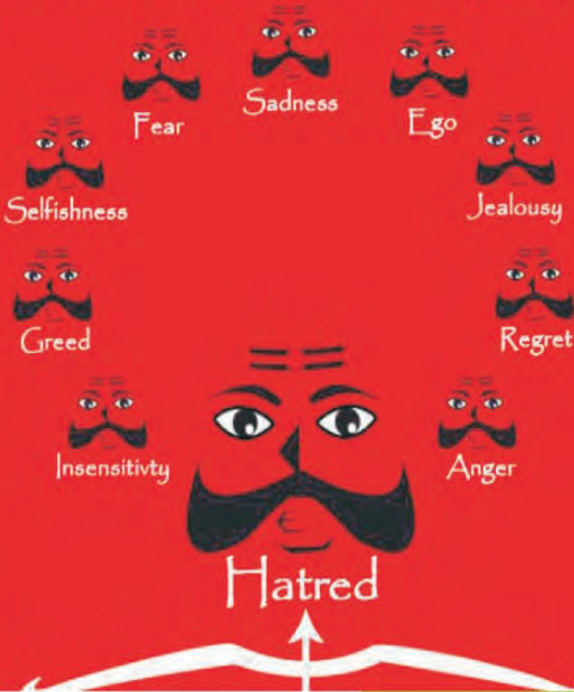
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*Celebrate Dasara with the
destruction of these 10 negative feelings!*





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AIMM - Adichunchanagiri Institute for Molecular Medicine
CMPAT - Center for Molecular Pharmaceutics and Advanced Therapeutics
CORMIL - Center of Research Management & Industrial Linkages



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