

# What's In My CUP?



## COMPASSION AND GRATITUDE

My cup will contain a handful of strength for all that may come, stirred with love and joy to guide me in the darkest times. I will have a dollop of gratefulness and a pinch of euphoria in my journey to push me forward. A scoop of self-confidence and a beaker of healthy living will lead me to a peaceful life.

Samyukta Sivakumar, class IX, Ryan Intl, Kandivali East, Mumbai



"Life is not fair. But the fair part of life is that it is unfair to everybody!" Years back, I was told this by a youngster when I was at a low point in my life. It made me look around and I saw all people with some trouble or the other. In many cases, their problems were far greater than mine. Suddenly, I felt thankful and even lucky. I have shoes when people are crippled... the list is endless.

This made me introspective and I simply looked up and thanked the Almighty for all that I have in my life rather than be sorrowful for what I don't. I am thankful for my life, my health. I am thankful for my education, my intellect and my passion. I am thankful for those who stood by me and those who taught me to stand by myself. My Cup of Life overflows with gratitude and I shall do my utmost to pass it on... After all, we receive to give.

Ishita Basu, teacher, La Martiniere Girls College, Lucknow

## CELEB'S CHOICE

I think my cup will be filled with joy. Joy is the source of creativity and fuels passion to forge ahead in life. It is the source of all goodness and propels one to be an achiever in every sense of the word. So, I want the cup of my life to be filled with joy.

- Armaan Malik, singer



Love works wonders in keeping your mood upbeat and being at its best. Over the years I have learnt that treating everyone you come across in your life with love can work wonders. My cup will be a cup of love...

- Rishi Kapoor, actor

My cup will be full of gratitude. I am in a very happy space right now. I am extremely grateful for everything that I have, for the privileges that I have been bestowed with. I would like to pray to the almighty that he fills everyone's cup with blessings.

- Deepika Padukone, actress



Laughter is the best medicine. My cup will be brimming with laughter. This is the only way I can beat the stress and tension that comes my way. I would like to 'share this cuppa with everyone!'

- Nushrat Bharuch, actress

My cup will contain empathy, compassion and gratitude. We tend to enjoy the moments, which do not last forever, for example, a freshly bloomed flower or a sunrise. We should remember that not only the beautiful things but also the sad/hard times fade away. Nothing lasts long. Everything passes. As a result we should be grateful for every moment we experience, and savour it.

Bandita Roy, educator, DPS, Ahmedabad



I want my cup to be full of compassion. By compassion, I mean helping others and being understanding. I try to be more compassionate by not only helping my friends and family but helping the world around me. I am always helping people around me, when they appear distressed. I think that adds "compassion" to my qualities. In turn, I feel proud of what I have done.

Aditya Nayak, class IX, The Brigade School, Blr



## LOVE AND HOPE



I think that earlier, the cup was filled with joy, love, compassion and kindness but nowadays, the same thing does not apply. These days the cup is filled with sorrow, pain, hate and anger. We don't trust anyone like we used to, we don't have time to spend with our friends and family, we give more importance to luxury than our relations. No matter how much you try to keep sorrow, pain, hate and anger in check, these emotions too fill my cup along with love, hope, kindness, joy and other positive feelings.

Shreya Parti, class X, Banyan Tree School, Chandigarh



My cup should be filled to the brim, having lived to the fullest with no regrets. This cup contains positivity and hope and the ability to be selfless. It also has simple but important attributes such as laughter and happiness. Honesty, compassion and commitment to reach out to people is an integral part of me, as are kindness, empathy and love. The cup is full of learning too, making me thank the Almighty and say, "Life is beautiful".

Sangeeta Tandon, Principal, Shri Shikshayatan, School, Kolkata



emotions but let love override all negativity.  
Seelena Joy Kiriyathan, class XI, Greets Public School, Ernakulam

You are holding a cup of coffee when someone comes along and pushes you, making you spill your coffee everywhere. Why did you spill the coffee? "Well because someone bumped into me, of course!" You spill the coffee because there was coffee in the cup, not the tea. Whatever is inside the cup is what will come out. Therefore, when life comes along and shakes you, whatever is inside of you will come out. So we have to ask ourselves: What's in my cup? When life gets tough, what spills over? Joy, gratefulness, peace and humility? Or is it anger, bitterness, harsh words and actions?

Tell us... You have the choice. Today let's work towards filling our cups with gratitude, kindness, and love.

## LOVE AND COURAGE

My cup would contain satisfaction. Of course, happiness and love are just as important, but there is no end to desire. Eventually, a happy and qualitative life is dependent on one's satisfaction. The moment you are content for all that you have, life becomes simple.

Aarav Sanghvi, class XI, Tulip School, Ahmedabad



My cup is a harmony of various ingredients like curiosity and grief, but the most prominent element in my cup is "Courage". It is the force that helps me gather all other components in my cup. Courage for me isn't always about being brave; it helps me find the strength to accept what I resist. It is that little voice in my head which reminds me to stand up for what I believe, the light which helps me challenge the status quo and be the first version of myself. How do I feel about my cup? I feel dauntless.

Sharmila A, teacher, Silver Oaks International School, Blr



The cup should be like a "Cup of Coffee" — neither too cold, nor too hot — just the right warmth and flavour to enjoy. Mine consists of love, compassion and kindness, but also some amount of guilt and hatred. Whenever I witness wrongdoings, I feel terribly guilty. Whenever I come across victims who behave well in front of everyone, my heart is filled with hatred. But what saves me from them are the virtues of generosity, kindness and forgiveness that reside within me. I can't imagine a world without all these emotions

Archisman Ghosh, Class XI, MP Birla Foundation Higher Secondary School, Kolkata



## THE SPEAKING TREE

<http://www.speakingtree.in>

### YOUNG & SELF-DESTRUCTIVE

**Pulkit Sharma** There is a growing concern regarding the reckless thrill-seeking and self-destructiveness displayed by some youth. Adolescence and youth are important developmental stages when the young feel the need for an identity, for a strong sense of self. If the young are only looking for that adrenaline rush, the thrill that boosts their self-

esteem, then can we not introduce them to constructive, thrilling options that are both exciting and safe? That way, not only would they enjoy the experience, they will also accomplish something positive that will boost their self-esteem and confidence. The most important empathetic intervention would be to make available, aesthetic and healthy options. Show interest and

joy towards the youngster's need to explore the unknown and create opportunities for them.

Actions speak louder than words. If we want youth to be level-headed and responsible, then the best way to convince them is to be a good role model. We need to connect with youth without being intrusive. The only way we can help them channelise it is by being more available, communicative, informed, evolved and candid. ■

### HAPPINESS QUOTIENT

**Seeker: How to increase my Happiness Quotient?**  
■ Surakshit Goswami: We have been given the gift of life in order to be happy. Let us feel happy every second of our lives. Happiness is not something that you should postpone for later. We get obsessed with petty problems and expect others to make us happy. Once we learn to transcend mundane challenges and cease to source happiness from other people, we discover that all along, we had this treasure trove of happiness right inside us. We just didn't realise it earlier!

Then you will not only be a happy person; you will also be a transmitter of happiness to all those around you. What you give is what you get — give suffering, get suffering in return. Give happiness, and receive happiness in return. So begin today: Make a conscious effort to boost your

Make a conscious effort to boost your Happiness Quotient from within

Happiness Quotient from within, and exude happiness all around you. No one is free from problems and challenges. But only you can decide whether you wish to be happy or sad. So when you wake up in the morning, ask yourself: Do I want to be happy, or sad, today? ■

Surakshit Goswami is a yog guru

### SACRED SPACE Faith & Reason



Without faith there is no knowledge, without knowledge there is no virtuous conduct, without virtues there is no deliverance, and without deliverance there is no nirvana.  
Uttarakshya Sutra

The righteous shall live by being faithful.  
Habakkuk

Faith based on direct experience bestows the clarity of mind....

Such faith can never be challenged, whereas blind faith is always subject to scrutiny.  
Swami Rama

Blind faith in your leaders, or in anything, will get you killed.  
Bruce Springsteen

## A WORD TO THE WISE

KARTIK BAJORIA

A New York Film Academy alumnus, Kartik Bajoria is intimately versed with aspects of film-making. But soon his passion for teaching won over; now, he holds workshops on creative writing and personality development at various schools



## Give thanks, be thankful

It comes easy to us to crib. To complain about every tiny little thing. "I don't like the food in my tiffin today, again mum's given this same old boring sandwich". "I wish this awful math period was cancelled." From the smallest to the biggest situations in our lives, we complain. And that's ironic, considering one glance at the world around us, the conditions a vast majority of people live in, the hardships they endure on a daily basis will make us quickly realise what blessed and privileged lives we lead. Yet, we crib and criticise. So how can we change this? How can we inculcate a sense of gratefulness, a sense of gratitude and thanks?

**RECORD YOUR BLESSINGS:** By writing a simple diary each day of the "good" things that took place on that day will fill up pages upon pages of positive happenings and people in our lives. Writing these instances down will naturally replace all the negative thoughts and feelings that consume our mind space. Try doing this, it will change your outlook towards your own life.

**SOCIAL VOLUNTEERING:** The moment you decide to volunteer your time, effort and services to any socially relevant cause, it will endow you with a real sense of achievement. Being surrounded by the brutal realities of life will put your own life in perspective and you will immediately feel a sense of gratitude. It could

be any kind of volunteering, from helping distribute clothes to the pavement dwellers to assisting in a medical camp for the less privileged.

**SURROUND YOURSELF WITH LOVE:** Sometimes, as young students, we tend to become very competitive. While competition is good, too much can lead to bitterness, jealousy, and negative rivalry. How about lessening that, and spending more time with the people we love, and those that love us back? Invest in familial ties, fast friendships rather than cultivating animosity. If we surround ourselves with love, we will feel thankful automatically.

Write to Times NIE about your idea of "how to be grateful" at [toinie175@gmail.com](mailto:toinie175@gmail.com)



**GET OUT:** There is a reason why nature is called 'nurturer'. We have, in fact, come from its bosom. It might be a good idea to ditch our gadget-laden lives and go off "into the woods". By sheer proximity to nature, one will feel a heightened sense of well-being and positivity. And it will put many things in perspective, making you extremely grateful for the life you have.

**NO COMPARISON:** Try not to live your life based on 'comparison'. There will inevitably be that one student who has got higher grades, that girl you wanted to date who is with someone else, and that spot on the cricket team you so longed for. Make yourself, your primary competition, and try and improve, just yourself. Looking inward instead of judging yourself by the yardsticks of others will most certainly make you happier, and more grateful.