

COMMONWEALTH GAMES 2022

LEADERSHIP 101

TOP LEADERSHIP QUALITIES DEVELOPED BY PLAYING SPORTS

Playing sports provides participants with opportunities to develop leadership skills along with the development in communication and team building. These skills enable people to function effectively as good leaders. Here's how sport helps us become better human beings

1. LEADERSHIP SKILLS

Sports enables us to emerge as strong leaders. Playing a sport (any kind) will help you engage better with your peers. You will also learn team coordination in order to obtain the desired output.

2. PHYSICAL GROWTH

Physical activities and exercise promote muscle and bone growth which is pivotal in developing a good physique. Healthy habits can promote cell, hormonal, glandular immune and organ activity. If you are physically fit then you can concentrate better on your studies too.

3. BALANCED SLEEP

After a game, the body gradually triggers hormones that induce sleep. Such hormones soothe and calm the body; and we all know how crucial sleep is for our physical and mental health.

4. CONFIDENCE AND SELF-ESTEEM

While playing, you learn about your strengths and abilities that make you unique from your peers. Self-analysis is advised because it will help boost your self-esteem. When you get rewarded or appreciated in a tournament, it will also build your confidence and the ability to face new challenges or assignments.

**5. TEAMWORK**

Sports allow you to coordinate better with your fellow mates. A team may consist of people from different gender, caste, race, ethnicity or belief system, yet what brings everyone close is the sport you play together. You learn certain creative and smart skills from one another. Many times such a sports circle allows you to share personal problems too. You get to have your support group for any problems.

TELL US MORE

Are you a part of a school sports team? Do you think playing has helped build your self-esteem, if yes, how?

WRITING PROMPTS

1. Keep your article short and crisp (around 70-80 words)
2. Start with describing your sports team and why you chose that particular sport.
3. Write about achievements while playing the game and how that helped you to build confidence.

Send your article to toiniel75@gmail.com



4 top techniques to IMPROVE CONCENTRATION

MAKE A TIME PLAN

It is a must to have a plan in mind. If you set a time target to achieve a certain task, adhering to it will give you a sense of accomplishment. This is what will keep you on task. Also, it will lessen any distractions by increasing your drive towards your goal.

NEVER BE NEGATIVE

If you think your concentration power is bad, so it will be. Stop thinking about negatives and start focusing on positives. Positivity is a habit which needs to be inculcated in your behaviour.

CONTROL YOUR THOUGHTS

This is easier said than done and will only happen through practice but you must try to control your wandering mind while you are at work. Here's a trick: Try to cut irrelevant thoughts off in between by relevant thoughts.

AVOID MULTI-TASKING

Although, it is an age of multi-tasking and the ability to multi-task is considered as a strength you must possess, it isn't a thing you should indulge in. Millennials and corporates are realising this, and now the focus has shifted to mono-tasking. This is because multi-tasking doesn't let you focus on the more important thing at hand.

I AM GROOT

THREE QUALITIES TO LEARN FROM THE MARVEL CHARACTER

The Marvel Cinematic Universe (MCU) has dropped another series trailer: 'I am Groot'. The series is a 'Guardians of the Galaxy' spin-off, starring Baby Groot. Even though Groot is not a traditional superhero but his power is his soft skills.

Here are three characteristics that make him a true, if unconventional, leader and superhero.

1. THE HEART IS A MUSCLE TOO

At the beginning of the story, Groot is introduced as Rocket's muscle. They are both bounty hunters, with Rocket as the brains and Groot the brawn. It does not take long to realise that Groot is more than muscle. He is a reminder to Rocket, and then the rest of the Guardians, that heart matters. When they encounter a small group of children in Knowhere, Peter tells them to watch for pickpockets. Groot has nothing to take. Instead, he gives what he can to a little girl - he grows a daisy in his hand and shares it with her.

As leaders, we have a lot of power, or muscle, at our disposal. What could we accomplish if we exercised our heart as much as the rest of our muscles?

2. OUR LIMITATIONS DO NOT DEFINE US

Groot can speak three words. I, am, and Groot - in that order. Imagine if you only had three words in your entire vocabulary. In spite of - or maybe because of - this limitation, he must find

other ways to share what he's thinking and feeling. As a result, his actions take on even more powerful than his words.

Groot refuses to let his limitations define him. He may not always have the words to describe how he feels, but he demonstrates love, friendship, and loyalty without having to utter a single one.

How much more could we do if we were not so worried about what we don't have?

3. SOMETIMES, IT'S ENOUGH TO BE THE LIGHT THAT BRIGHTENS SOMEONE ELSE'S WAY

When the Guardians break into the Black Aster, everyone has a role but Groot. When they land, it is pitch dark and no one can see. Groot opens his hand and small points of incandescent flowers float into the ship.

This is a moment of stunning beauty in the middle of a war. What he brought was not strength or cunning. He brought light to the darkness. As friends, mentors and leaders, our job is not always to fix. It is not always to defend. Sometimes, those we care for just need a bit of light when they feel lost in the darkness.

**EXPERT SPEAK**

With the recent announcement of CBSE class 10th and 12th exam results, there's much turmoil in a student's life. 'Times of India' spoke with experts Dr Jyoti Kapoor Madan, senior consultant psychiatrist at Paras Hospitals, in Gurgaon, Dr Sunil Pawar, consultant psychiatrist, Columbia Asia Hospital, Ghaziabad, and Jitin Chawla, career counsellor at Centre of Career Development, to know how students should tackle the situation of low grades.

If you are one of those seeking help and wanting to deal with post-result depression, you need to keep the following things in mind.

1 FOCUS ON THE BIGGER PICTURE

We know it's easier said than done when you are in a grim mindset, but try. Look at your life five years down the lane. If your 10th grades are low, it's a much small cause of worry because you still have two years to get a better score. Analyse where you went wrong and do not blame your friends, family, study environment or any other factor. They all are insignificant if your will is strong. However, if your 12th marks are not up to the mark, look beyond the current situation, says Jitin. In an entire universe of uncountable planets, a million stars, innumerable galaxies, a measureless number of people and everything infinite, you cannot be worried about a two-digit number. Get over it. Explore what you are actually good at and give it a try.



How to handle low scores and poor EXAM RESULTS

**2 OPEN YOUR MIND TO CHANGES**

Both Dr Jyoti and Jitin believe that a student cannot be stuck at one thing. "When you are only 15 to 17 years old, chances are that your choices are mostly parents-decided or peer-pressure-induced. Understand that they can change," says Dr Jyoti. One must also not be stuck at Delhi or Mumbai, says Jitin. Be open to change and relocate for college education and life will have good in store for you.

3 GIVE YOURSELF TIME TO RECOVER

Life does not end with bad results, say Dr Jyoti and Dr Sunil. You need not be too harsh on yourself. This period of anxiety and pressure will soon pass. Understand that everyone needs time to handle disappointments. Figure out what you are disappointed with and try to work on that. If it's your own performance, give yourself another year. A year in an entire life of seventy years isn't big a deal, is it?

**SPIT IT OUT**

For Dr Sunil, communicating is of utmost importance. "If you are feeling low and guilty about not performing well, never swallow your feelings. They are better outside your body. Talk to someone you trust," he says. Or if you do not think that anyone will understand, believe us, at least, one person out there will. It could be your teacher, a parent, a sibling or a friend. If you still have doubts about opening to anyone, call up a helpline number.

GET OVER COMPARISON

Not everyone can be a topper - this clichéd line holds much worth if you simply believe in it. Maybe, the neighbour's son is indeed excellent but not yours. Accept and own the true skill set of your children and be proud of it. The 'C' of comparison is the worst devil and all three experts - Dr Jyoti, Dr Sunil and Jitin - advise against it.

6 KNOW ABOUT THE NEW-AGE CAREERS

There are many, many new careers that are upcoming and never existed earlier, says Jitin. Being an FMS graduate, Jitin dropped out of a corporate job to start his own career counselling business, much to the dismay of his professor-dad. But now, he isn't just earning money, he has success, fame and satisfaction. There are many new jobs that have recently come up in the market. Explore them. There's enough room for all of us.