



Poiesis

ACHIEVEMENT FOUNDATION

P-Times

Learners Today.
Achievers Tomorrow.

Dear Readers,

We all are familiar with the story of Shiva- Parvati, Kartikeya and Ganesh, about three rounds of earth. Kartikeya did three 'Pradakshina' of earth on peacock while Ganeshji did it around Shiva- Parvati. Who was right and who was wrong? Both seemed right when they shared their thinking and reasoning. Why or how do we think differently or how can we think deeply have been subjects of exploration for the participants of the 12th batch of 'The Thinker – Creative and Mindful' program.

We started with perception – the way we give meaning to our experiences and learnt to be open enough to accept the differences rather than evaluate it as right/wrong. The participants were amazed to know different facts of Brain and how it works. They have explored their own brainpower while learning about frameworks.

The making of mind-map for their dream –shop has helped them to understand its applicability. Similarly Dr. De Bono's Six Thinking Hats approach has given them insights for holistic thinking on any subject. Systems thinking has made them aware about big implications of small actions or inactions. The different exercises, role plays, skills and puzzles have helped them to learn to work in teams. It has been a pleasure for all of us to see them fully involved and becoming more confident about their Thinking Power.

We would like to thank Prof. Jitendra Sharma for explaining different frameworks, value of money and decision making. Thanks to parents too for their presence in parent's session, trust and support.

Announcement:

The Explorer - Smarter Habits, Greater Joy Program

October 14, 2016 – January 13, 2017
Every Friday, 5 to 7 pm

The Thinker – Creative and Mindful Program

November 12, 2016 – February 18, 2017
Every Saturday, 5 to 7 pm

Children, Think mindfully, always and BE AT YOUR BEST!!

Smile always,



Beena Handa
and Team Poiesis

October 01, 2016

Connecting People ...

Conversation skill helps to connect with others and meaningful connections lead to success. On the first day, children interviewed each other by asking different questions and learnt how asking different types of questions make their conversation interesting. They also learnt about mindful and mindless thinking...

If we want to have a good conversation, we should ask open questions. It includes why, who, where, when, what, how. This gives a chance to give/ get more information.

Mahek



Closed questions are questions that can be answered by a 'yes' or a 'no'. e.g. Do you like playing football? It helps us to get focused information.

Anavart

The leading question is asked to another person in such a way that we get answer that we want from him/her like I don't think you are happy; are you?

Vedika

We learnt about asking probing questions. It is the most effective type of question which can give detailed knowledge about the issue. It is often used by investigators.

Anish

In hypothetical questions, what and if are used to explore situations. They usually begin with phrases such as 'what would you do if...what would have happened if...'

Fairy



Multiple questions are those which are long and multifaceted. Who are you? Why are you here? Who asked you to come here? They may confuse both, the speaker and the responder.

Aayush

In a good communication, we need to ask relevant questions and never start the conversation with a closed question. We should focus on our voice modulation and body language.

Archi

I tried making a good conversation with my partner. We looked at each other, smiled and talked. We also laughed and had fun during the conversation.

Krishna

Just for fun, my friend asked me a funny hypothetical question- what if I wake up with a lot of makeup and see my friends clicking my photos and posting them on facebook. I replied that I would break their mobiles and use a lot of face wash!

Shrimay

In mindful thinking, we think according to the situation. It means we need to be in present moment and have a lot of presence of mind.

Vatsal



In mindful thinking, we focus on what's going on around us and are aware of the different situations, people and consequences. It means remaining more alert.

Jayvant

I shared my mindless thinking example like one day in my maths exam, there was a question - $52 + 20 = ?$ It is 72 but I wrote 82. If we think mindlessly (without focus), then we may make silly mistakes.

Yash

Correct? Incorrect??

Children did different mimes and understood how perception is formed. They used their five senses and understood different factors which affect their perception. They were also amazed to realize the power of our brain by understanding how our brain works and how it can be used more effectively...

Today was a great experience. We learnt about amazing facts about our brain and how to enhance our thinking. Some factors like atmosphere, concentration, mood, curiosity, good nutrition, proper sleep, posture and purpose help us in learning better.

Anavart,Alex



It was interesting to know about the two parts of our brain, left and right brain. The left part of our brain is responsible for analyzing situations, mathematics and logic. Right part of our brain is responsible for rhythm, colors and other creative aspects like imaginations.

Mahek

There are three parts of our brain – reptilian brain (instincts), limbic system (emotions), neo-cortex (thinking). All the three brains work together. When we collect any information, the neurons pass the information. As we keep on revising it, the myelin sheath keeps on becoming thicker and we can remember things for a longer time.

Devanshi



Perception means to give meaning to what we see, hear, smell, taste or touch. We saw a picture of a lady. Some thought she was young and some said she was old. It was because some of us were shown a picture of an old lady and some saw young lady before.

Shrimay

I was blindfolded and was given a flower. By smelling it, I realized it was a rose. I was very happy. It was an experiment to understand the process of perception.

Krishna

We showed a skit in which we decorated the horse after giving a bath. It was fun but I felt a bit shy acting like a horse. Our brain interprets what we see.

Shaival

Today we saw a video clip in which a girl was washing something and her mother was very happy. But when she kept it in the basket, the mother got to know that it was a laptop. She was shocked. It was a good example of perception based on half information.

Archi

Factors which affect our perception are the black and white background, surroundings, past experience, rules we have learnt, personality etc. e.g. An optimist will see a glass as half full, whereas a pessimist will call it half empty.

Anish



Visual Mapping...

Mind-Map is a thinking tool. Thanks to Dr. Tony Buzan for making it so easy to understand. Children drew mind-maps of their dream shop...

Mind maps are made using lines, colors and pictures. We learnt how it is useful in studies, planning, creative writing and organizing events.

Mahek

Mind maps are interesting. It is very useful and helps us to put different ideas together.

Anish

It became easy to think of different products and designs of the dream shop by using mind map.

Vatsal

We made mind-map on our dream shop. We considered factors like which products will sell, who will buy, location, sources of money and year in which it will start. It helped us to think in detail.

Vedika



My dream shop is 'Infinity'. It will have many creative things like handmade cards, accessories, decorative footwear and clothes. I love to make cards and have a passion for designing.

Krishna

My mind-map of dream shop is about sports goods. It will have sportswear, autobiography of players in books, equipments of high quality. I have a dream of gifting my products to Novak djokovic as he is my favourite player.

Yash



I want to have a multi-brand store which will have sportswear, electronic goods, music and multi-cuisine restaurant. I will open it in New York and promote my store through creative advertisements.

Shaival

Magic al Ha ts...

When we are faced with a situation, our normal approach is – act on the first thoughts. Can we have a framework to think deeper? Yes, Dr. Edward De Bono recommends Six Thinking Hats approach...

The White Hat...

White hat means focusing on the facts that are always true. We made a white hat and wore it to describe a painting. Some said it was morning and some, evening. It was surely not afternoon as it had long shadows. We realized that some are true facts and some are believed facts.

Fairy

To find out more information, we need to observe, research patiently, interrogate, listen actively, reach out to everyone for opinions, ask questions and always remember there are three answers to a question- his/her point of view, your point of view and facts/truth.

Jayvant, Vatsal

We described the three facts about Poiesis. It provides life skills, it has its own library and it is being lead by Ms. Beena Handa.

Alex, Shaival



We discussed about how to segregate facts and opinions. It was a really a fun session and we learnt many ways to find and gather more information like by research work, meeting people or reading books. We have to be patient and do our work diligently.

Aayush

We must qualify the facts on the basis of their origin, whether they are always true or they are interpretations. Facts can be always true or 80% (mostly) true or 50% (half the time) true. We can find out more information and make our opinions more accurate.

Devanshi



The Red Hat...

We did a skit in which siblings were riding a cycle and a car driver hit them. They started fighting and arguing on the road. The Red hat statements we used were, Are you blind? Can't you see properly and drive? Who will bear the expense to take my sister to a hospital? Different emotions showed were anger, shock, insult, fear and at last, happiness.

Anavart, Fairy, Shaival, Aayush



The Red hat thinking makes us think about the feelings/emotions of people. Thinking about emotions increases our EQ (Emotional Quotient) which is as important as IQ. It helps in taking better decisions.

Vedika, Yash

There are many examples of red hat thinking - In a company the head is called a chairperson instead of chairman (equality of man and woman), Pizza hut started offering only Veg. and Jain pizza in Ahmedabad (Jains would not come if non-veg is offered), Whats App added many colors in emoticons (no color discrimination).

Shrimay



We saw a video in which a father is jealous of the result of his neighbor's son. The fact was his son got all A's except in classical studies. Although he was the only child to get into the school football team at his age, the father is upset about the result and degrades his child.

Alex

The Yellow and Black Hat...

Sunshine is yellow and hence yellow hat thinking symbolizes the bright, positive side, i.e. all opportunities. Black Hat asks us to think about the risks involved in a situation, so that we take suitable actions to reduce the risks. We analyzed a situation of trekking, from children, parents and organizer point of view.

Fairy



The children will get opportunity to be strong, make friends, increase knowledge but they may get sick, injured, face danger of animals or fall etc. The parents may be worried about food, safety, theft, capability of organizers and connectivity.

Jayvant, Devanshi

The organizers will have the opportunity to do business and provide jobs. After black hat thinking, they will take steps like service of doctors, good trainers, reliable caterers, full knowledge of area and climate, safe tents etc to safeguard against risks.

Vedika



We did yellow and black thinking on the issue of participation of children in reality shows. The positives are that it brings out talents of children, gives them opportunities to learn from well-known artists, to make friends, increase their self-confidence and the family gets high reward if the child wins. The risk side is missing of school/ education, physical stress, high performance pressure and frustration in case of failure.

Alex, Krishna



The Green Hat...

Green hat is being creative and coming up with new ideas... We made a creative school bag. We discussed the issues of the current bag and added new features to make it more creative. Our new bag has wheels, straps, more pockets/chains, place to keep the bottle and tiffin box, ear plug holder and secret pocket. We added a remote control, a clock and an inbuilt dictionary, rain cover, password system and sensors. The material is rough and tough. It costs Rs. 4,500/-

Alex, Devanshi, Fairy, Shaival, Yash



We enjoyed making the designer bag. The normal waterproof bag has adjustable straps, side bottle net, small pockets for keeping miscellaneous things. But, our designer bag is more stretchable, has broader straps, cool design, fluffy with a smoother chain with better technology and a safe lock so that no one can open it easily.

Anish, Archi, Mahek, Jayvant



We discussed the present features of the bag and came up with the new features like a secret place to hide things, number lock in chains, water proof, partitions, hand sanitizer, mosquito repellent. It is bigger in size and the size can be adjusted according to the person. It is sweat proof. The price of the bag is Rs. 6000/- Green hat thinking is really great! It has given us many new products.

Aayush, Krisha, Shrimay, Vatsal, Vedika

The Blue Hat...

Blue hat thinking means to plan, plan and plan. We have to think about what we will do to achieve our goals, how we will do it. It also talks about periodical review and corrections.

Aayush, Anish



We were divided in 6 teams. Our task was to get information of the WFF superstars. There was a messenger who was dumb and deaf and had to pass the written message to the respective person. The common mistake that we made was that we did not write our name on the chit, so all the chits did not return. We reviewed the information we had collected, no of chits given and received. It was a nice game.

Archi



I was the deaf and dumb messenger. There were six pairs who were given one card which has information about a particular wrestler. They were given ten papers. They were supposed to get the information about the other 5 wrestlers. I had to run around to give chits. I mixed the chits without names, on purpose! We enjoyed the GOTALA, but learnt to plan!!

Vatsal

Systems Thinking...

Many things are interconnected to each other around us. Children learnt the concept of systems thinking and how one small act has a multiplier effect and impact on a large canvas...



A System is an interdependent, interconnected and interrelated thing, which combines to form as a whole. If one thing is missing then the whole thing is affected. e.g. Tyres in a car.

Jayvant

I liked the video of deforestation which leads to many long lasting negative effects in nature. It leads to scarcity, famine, death of many birds and animals due to loss of habitat, less fertile soil etc.

Devanshi

During printing, we should reduce the font size by one to save papers. Our small effort helps in protecting the trees in forest and its effect on weather.

Mahek, Vedika

Mirror game teaches us that what we will give out, will come back to us. We should always focus on good deeds. If one person gets angry, he passes on his anger to others and all involved in the chain become unhappy.

Krishna, Archi

Systems thinking help us to see problems on a larger scale and to identify a solution for the same.e.g. water. We should save water. If we waste water, then there will be scarcity of water on the earth and all living beings will suffer. Without water, there is no life.

Anavart, Yash

We enjoyed playing puzzle game. We learnt that each and every part completes the whole system. Some of the examples are human body, all electronic devices, vehicles.

Shrimay



Difference between a system and a heap is, if something is removed from heap, nothing changes but in a system, everything works together as one.

Alex

Decisions....Decisions....!!

We need to take several decisions every day. Whether it is what to wear or what to buy or even when to study and when to play...Children learnt about how to take rational decision by participating in a few activities...

Do you want to buy a phone? Do not buy it in a hurry. You may make a wrong choice. First decide purpose/objective, assign weight to criteria based on priority, search for alternatives, rate alternatives based on criteria and select the one with the highest score.

Yash, Anish

Impulsive thinking is the thinking which comes immediately to our mind. In this type of thinking, we see something, like it and buy it immediately, without planning.

Aayush



If we learn to take decisions, it can help us in many situations. If we have two passes of a particular show, then who should come with us, when you are a judge and need to announce prize to the best, selection of players for match etc. In company situations, it could be when the boss has to decide who should be given leave, which pilot should be flying which aircraft.

Shaival, Fairy

Once I had taken a decision when my parents were planning for Europe trip. I helped them in doing research for the places they wanted to visit. I also decide which subjects to study first for my exam preparation.

Jayvant

We did a role-play of six drivers, who had to convince the boss to give new truck to him/her only. We talked to the boss (Vatsal) about how we take care of the truck, drive safely and get business for the company.

Archi

In the role-play as a decision maker, it was difficult to satisfy the needs of all. Sometimes the driver speaks lie to us to get the truck. We can't give them the truck by just looking at the condition of the truck. It depends on the seniority as well as the attitude of the driver.

Vatsal



While taking a decision, it is necessary to define problem. We saw it as allocating new truck to one driver and exchanging the other trucks amongst other drivers as per their priority of brand, business done and capability of the driver. This made more drivers happy.

Shrimay

Persuasive communication is our skill to communicate in such a manner that the other person feels like giving what we need. We have to think about the other person's interest also. I tried to show how giving me the new truck would help the company.

Devanshi

While conveying the decision, it is very essential to make the person to whom you are talking to, feel that you have heard him/her properly and that you have taken all of this facts and feelings into consideration while deciding. Also, the decision is going to help him/her.

Mahek

Looking back, Looking forward...

Here is the feedback from the participants...

- There has been change in me. I have changed from being an introvert to a friendly person, more open to feedback on my perspective.
- This program has improved my thinking ability and confidence. I now understand the value of money.
- I enjoyed a lot and made many new friends. I don't have any stage fear now and can talk anytime!
- I am now thinking positively, with self-confidence. I have learnt to value money.
- The concept of perception helped me. Now, I try to understand others, instead of arguing.
- After being introduced to systematic thinking frameworks, I feel decision-making is going to be far more easier for me.
- My confidence and my way of thinking have changed a lot. This is an excellent program. I cried when I had to miss a session.
- After coming here, I have learnt to take right decisions and how to reduce stress. This is very helpful to me in my life.
- I have stopped mugging and started doing mind maps. I am more confident about taking decisions and expressing myself.
- My way of thinking has changed. I try to understand issue deeply by using six hats. Also, I have started feeling the value of money.
- I always felt very fresh and energetic at the end of the session.



We are...

(L to R) Sitting:

Mahek Sadhwani, 12.8 yrs; Vedika Pandit, 13.4 yrs; Devanshi Mehta, 12.4 yrs; Fairy Padhiyar, 12.7 yrs; Aayush Patel, 13.5 yrs; Krisha Rajodiya, 13.1 yrs; Archi Shah, 13.2 yrs

(L to R) Standing:

Vatsal Shah, 13.4 yrs; Shaival Naik, 13.1 yrs; Anish Mulchandani, 13.7 yrs; Mrs. Beena Handa (Founder); Shrimay Shah, 12.9 yrs; Jayvant Chandel, 13.9 yrs; Yash Shah, 12.5 yrs; Alex Prajose, 12.5 yrs. We also had Anavart Pandya.

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