



DE PAUL NEWS

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Principal's Message

Kindness Rewards

Kindness is a quality or behaviour marked by compassion, consideration, and empathy towards others. Kindness is being friendly, generous, and helpful without expecting anything in return. Kind acts have saved lives, generated goodwill in the society and promoted human wellbeing. A Depaulian can show kindness to his/her peers, teachers, staff members and others by offering a smile, lending a listening ear, or performing random acts of goodwill. This value comes directly out of the Depaulian vision of education and society where love and empathy towards others is integral to the culture of education.

Scott Adams says, "Remember there's no such thing as a small act of kindness. Every act creates a ripple with no logical end." Every kind act rewards the doer and the recipients. Such act leads also to multiple acts of kindness and motivates people for similar actions. May the Depaulians lead the way in starting this ripple of kindness in our society.

Rev. Dr. Baiju Antony, CM, Ph.D.

Avoid Overthinking and Social Comparison for Happiness

Overthinking is thinking too much, needlessly, passively, excessively pondering the meanings, causes, and consequences of one's character, feelings, and problems. Overthinking draws on the person's mental resources. For instance, if a person is reading an article or a book immediately after an unpleasant encounter or after hearing a piece of bad news, he or she likely repeats the same sentence over and over again because of the trouble in concentrating. Therefore, people have to imitate the behavior of a happy person and work to break free of overthinking.

Social Comparison: in day-to-day life, people cannot help noticing whether their friends, coworkers, family members, and even fictional characters in the movies are brighter, more productive, healthier, wittier, or more attractive than we are. Observations of how other people are doing or about what they have can be pernicious. People cannot be happy and envious at the same time. The happier the person, the less attention she or he pays to how others around them are doing.

How to Shake off Ruminations and Social Comparisons: The first step is to cut loose: freeing oneself from the grip of ruminations and immediately stop overthinking and stop focusing on comparisons with others. The second strategy is the "stop" technique, in which one thinks, says, or even shout oneself, "stop" or "No." A third strategy is to set aside 30 minutes every day to do nothing but ruminate. **Act to Solve Problems:** people need to gain a new perspective on themselves and their life in general. Essentially this step jump-starts one into trying to solve the genuine, concrete problems that might inspire their overthinking. **Dodge overthinking triggers:** writing a list of situations that appear trigger overthinking. If at all possible, avoid those situations or modify them just enough to thwart their ability to trigger an episode of overthinking. **Take in the big picture:** Whenever a rumination or social comparison prevails ask oneself; will this matter in a year? Another way is to distance oneself from rumination even further by contemplating one's particular problem in the context of space and time. Finally, if one resolves that the trouble a person is enduring now is indeed significant and will matter in a year, then consider what the experience can teach you.

Fr. (Dr) Shijo Antony, CM.

Dean

Education Fair

An education fair serves as a valuable platform for students and educators to gather information, make connections, and explore opportunities that can shape their educational and career pathways. De Paul College was part of the three-day Mysore Education Fair at Maharaja's Ground from 26th to 28th January,



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