



DE PAUL NEWS

Vol: 10

Issue: 07

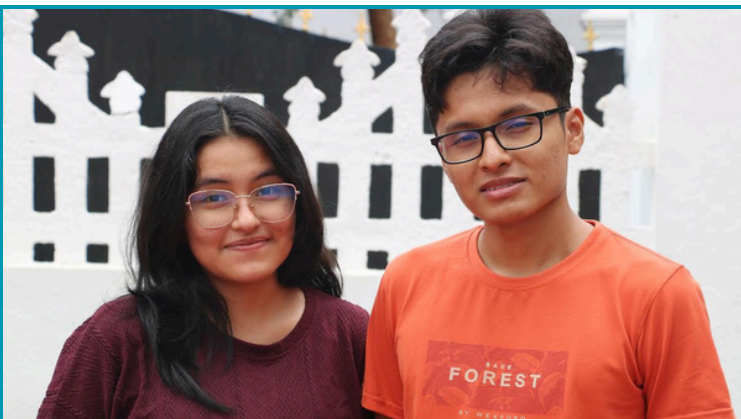
JULY 2024



Principal's Message

Yoga, the Soft Power of India

Yoga has been recognized throughout the world as a practice as well as an approach to physical, mental and spiritual health. It originated in India and spread to different parts of the world due to its benefits for wholeness and wellbeing. The United Nations declared June 21 as the World Yoga Day in 2014 which made Yoga to receive much wider awareness and acceptability. Today, many practice Yoga throughout the world and lot more travel to India to learn it from some of the best Yoga gurus. Yoga that originated in India and has strong connection to her culture and ethos is recognized and promoted as one of her best contributions to humanity. The government of India, state governments and various organizations take active role in spreading the awareness of Yoga. It is the Soft power of India that has reached every corner of the globe and has carried the name and culture of India.



Presence of International Students on the Campus

The presence of international students on college campuses offers a multitude of benefits, enriching the academic and social environment. Exposure to different viewpoints and problemsolving approaches can enhance classroom discussions and broaden academic experiences. De Paul College is proud to have two students from the Latin American country, Peru.



Campus Recruitment

De Paul College, Mysore, in association with Equalize RCM, conducted campus recruitment on Tuesday, the 25th of June, offering a fantastic placement opportunity for final year students with a highly regarded company located in the heart of the city.

Equalize RCM is a US-based company providing exceptional Revenue Cycle Management Services to marquee clients in the US healthcare industry.

We are proud to share that three of our distinguished students—Sayana Elizabeth Saji, Aswin Vinod, and

Vibha Chengappa have been selected to work at Equalize RCM. Their achievements highlight the excellent education and training provided by our institution.

De Paul College, in collaboration with esteemed companies, continues to open doors for young graduates to pursue their careers in various promising field.



National Cestoball Championship

Dhanusha of 2 nd sem B Com continues her winning streak in Cestoball championships. She participated in the National Junior Cestoball Championship for Boys and Girls organized by Cestoball Federation of India and Karnataka Cestoball Association at Chikkaballpur, Karnataka from 7 th to 9 th June, 2024 and secured 2 nd place.

Increasing Flow Experience

Mihaly Csikszentmihalyi coined the term flow, which he referred to as a state of intense absorption and involvement with the present moment. When in flow, people report feeling firm and efficacious, at the peak of their abilities, alert, in control, and completely unselfconscious. They do the activity for the sheer sake of doing it. Csikszentmihalyi argues that the good life, a happy life, is characterized by complete absorption in what one does. The key to creating flow is to establish a balance between skills and challenges. Happiness depends on one's ability to find that perfect space to extract flow from what one is doing.



**Dr. (Fr) Shijo Antony, CM
Dean**

The Benefits of Flow: Flow provides a natural high that, unlike artificial heights or pure hedonistic pleasures, is a positive, productive, and controllable experience that does not cause guilt, shame, or other damage to the self or the society at large. Because flow stages are intrinsically rewarding, we naturally want to repeat them. However, when we master new skills, our experience of flow diminishes because the task at hand is no longer as stimulating and demanding. Thus, to maintain flow, we must continually test ourselves in ever more challenging activities. We have to apply focused mental discipline or strenuous physical exertion. The experience of flow leads us to get involved in life, to enjoy activities, and to have a sense of control of ourselves. All these factors imbue life with meaning and lend it a richness, intensity, and happiness.

How to Increase Flow Experience

Finding flow involves the ability to expand your mind and body to its limits, to strive to accomplish something difficult, novel or worthwhile, and to discover rewards in the process of each moment, indeed in life itself.

Control attention: To increase the frequency and length of flow one experiences in daily life; one needs to become fully engaged and involved. What one notices and what one pays attention to is the experience: it is life. Maintaining a state of flow also involves the control of your attention. If the challenge is too low and you become bored or apathetic, your attention drifts elsewhere. If the challenge is too high, and you become tense or stressed, your attention shifts of yourself and your limitation. You aim to gain control over what you pay attention to, to gain control over the contents of your consciousness moment by moment.

Adopt new values: Happy people can enjoy their lives even when their material conditions are lacking, and even when many of their goals have not been reached. It is done through the following two values: be open to new and different experiences and learn until the day you die. Learn what flows: in one of the studies, the workers showed a disconnect between their beliefs about work and leisure and their actual experiences, which are powerfully more positive during work hours. Similarly, many people may not recognize when they experience flow. Therefore, the first step in applying this strategy is to identify precise periods and activities during which one finds oneself in flow and then multiply them.

Transform routine tasks: Even seemingly dull and tedious activities can be transformed into something more meaningful and stimulating. What one needs to do is to create microflow activities with specific goals and rules.

Flow in conversation: Depending on your job and style, a significant percentage of your days may be spending in conversation with others. If one does not experience flow in talking, one way to smooth this process is to give oneself the goal of learning more about the speaker. If a person is more a talker than a listener, this exercise might be difficult and awkward at first and might flow by making oneself self-conscious, but the strategy should get more comfortable with time.

Smart leisure: Many of us believe that our free or leisure time is precious. There is much too little of it, so we save it for something extraordinary, something that gives us joy. During that percentage of leisure activities, one is truly concentrating, using one's mind or exercising skills, then that person could experience flow in leisure.

Smart work: One fascinating study of workers found that people tend to see their work one of three ways: a job, a career, a calling. A job is something that supports a person and is not something with positive rewards. The career category is essentially a job with advancement. Those who consider work a calling report enjoying working and find what they do to be fulfilling and socially useful.

Strive to super flow: Super flow happens when a person is not only wholly absorbed and unselfconscious but transcendent. Caveat: when a person discovers a particular activity that delivers the experience of flow, one is fortunate. Nevertheless, there are also dangers to flow in the sense that it can become an addiction. When one notices they always ignore the needs of people close to them, that should be a warning.