



An Official Monthly Newsletter of

helikx

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Top 4 Reasons People's Study Management Systems Fail

Posted by Geoff in Study Hacks

To most people, homework is a stressful, time-consuming annoyance. Not only does it take time to complete, but it severely limits other activities such as going out if you don't do your work in advance. The solution to many is to build a study system, that will manage their workload and reduce stress and limitations. I know from personal experience that if these systems are not perfect, they will probably fail. That's why it is important to know the top reasons people's systems fail, so you can build yours stronger.

The system is not sustainable.

Maybe part of your system was to spend the first 2 hours after classes studying and doing your

work or reports. That way you would have the rest of the night free. The only problem is that you have work after school on Tuesday and Thursday, with would completely throw off your system. Make sure you plan the system around your current lifestyle, not around some ideal lifestyle that you thought of.

They haven't factored in surges of work.

Mainly in high school, your workload will fluctuate greatly between peak work periods. One week you may be studying your butt off, the next you have almost no work. The trick to avoid this is using a system that capitalizes on those down-times and evens out the surge from those high workload periods.

They cannot return to their system after getting off track.

Whatever your system, you should have a way of returning to normal if you miss a day or two of work. You need to prioritize your work and studying and probably work a big longer each day for a while. As easy as this sounds, many people simply abandon their system if they fall off the horse.

They focus too much on academics.

If you have a good academic system, then leave it at that. Do not try to focus too hard on it. Remember it's purpose: to free you of stress and limitations so you are free to do other things. If you start to center around your work system, it will not accomplish it's task.

Counseling Skills

Dear Readers,

Warm Greetings.

Am very much happy to meet you all with our official Newsletter Aadhar...

We have received a massive response from Schools after our School Principals meet @ Salem and Erode. Thanks to Mr. Rajamanickam sir for organizing such a wonderful event for us @ Erode.

Thanks to Indu International School, Erode Principal Mr. Selvam Sir for his initiative to conduct continuous programme for their Students and Parents.

An article on "The Einstein Principle: Accomplish More By Doing Less" is an interesting one and much more in this newsletter.

And I appreciate Rotary Club of Karur Angels and her President Mrs. Meena Subbaiah for their initiative towards Students and Teachers Development by conducting Life Skills training every week and Teacher Training programmes.

We are receiving continuous and encouraging feedback from all our world. Thanks for all your support and guidance.



Mr. G. Senthilkumar, Chairman, Helikx.



2 Days of Training Progrmame conducted for Final year Students of DKM College for Women, Vellore on "Responsibility Enhancement" and 1 day of Training conducted for the Faculty members on "Root Cause".

4 days of Training on "Sales and Marketing" completed for the Final year MBA Students of KSR College of Technology, Tiruchengode. As a continuation, 2 days of training will be conducted in the month of September 2014.



Teacher Training on Learning Disability and Need for Counseling conducted for all the principals of Erode District organized by Mr. Raja Manickam sir, IMS in-charge, Erode district. More than 90 school principals participated in the programme.

Top 4 Reasons People's Study Management Systems Fail. Contd.. From Page # 1

Personally, I use Grade-fix as my study management system. It manages my work load, and even lets me customize how much time I have available each day of the week. I can see how much work I will have on any night, it helps me get back on track if I miss a day or two of work, and it's just a website, so it's hard to focus too much on it. The best part is, it automatically smoothes out those surges of high-workload for you! You don't even need to think, because it will schedule all your work and take care of the nitty gritty.

By Rem Tanauan

Happiness is achieved by the simplest of habits that we can practice every day, without learning fancy principles. But often the simplest ways are the ones we most easily forget. If you can't beat the blues, then you have most likely forgotten these happiness habits:

You forget to breathe consciously

Most spiritual teachings today talk about meditation of all forms and kinds. And they all share the same fundamental instruction: breathe. Go out, find a natural spot under the shade of tree or in a park. Inhale deeply, then exhale. Repeat this 10 times and watch how you lighten up your mood.

You forget to smile at people around you

Smiling is not just a happiness booster for yourself, you also boost other people's happiness. In fact, the more you smile at the people around you, the more they are eager to help you when you need it, even without asking. That's because smiling breaks the ice between strangers and brings so much positive energy that you'll end up making great friends.

You forget to say thank you

Saying thank you is not just about appreciating someone who did you a favor. It is also about your overall feeling and imagination: of being thankful for the littlest things that you receive and enjoy. Never let those things go unnoticed. Feel good, be thankful and you'll be always happy.

You forget to savor your experience

Are you always hurried with what you are doing? Do you always feel that you're running out of time or money? Or do you always think that

there's not enough for you to enjoy? Take some time to enjoy the taste of the food you are eating, or the comfort of the chair you are sitting on, or anything that brings convenience to your life that you often take for granted. Savoring each moment and experience brings more *life* to your life.

You forget to stay quiet for a while

You surf the internet, you watch TV, you go to work, you hang out with friends, you do so many errands. You are so caught up with all these things that you have forgotten to spend some quiet time. Take a moment to sit down, find a quiet place, breathe, and do nothing – feeling the silence and being happy.

You forget to stretch like a cat

How often do you wake up in the morning and still feel stressed and heavy? Stretch out your arms and legs (look at your cat and see what I mean). You don't need to do yoga when you stretch (although it helps if you know the basics). Stretching makes you feel lighter and more energetic.

You forget to dance

It seems like dancing is the most awkward thing for many people, especially those who often feel the blues. To dance is always an expression of happy celebration. It doesn't matter if you aren't a pro. All you have to do is move to the beat, glide your feet on the ground, swing your arms and happily sway your hips. You'll notice how easy it is to be happy when you dance.

You forget to pay attention

Have you ever stopped for a while just to look at the vivid colors of flowers and plants? Have you ever



listened intently to the birds singing in the morning? Have you ever hugged someone tightly, hugging much longer than usual? Have you walked barefoot on the grass or dried leaves? Paying attention is about engaging yourself in the unnoticed world around you, no matter how seemingly trivial things are. See how this habit can instantly bring you so much happiness.

You forget to watch the sunset

Sunsets are always a beautiful view beyond words. Every sunset is kaleidoscopic, with beautiful patterns that cannot be repeated. The clouds change shape in a matter of seconds. The skies change color from golden yellow to orange to dark blue, and the setting sun turns into a bright red disk. Watching how the sun sets is a bliss all by itself.

You forget to daydream

For people who work too hard, daydreaming is such a waste of time. At school, teachers scold students who daydream more than listen to boring lectures. We never thought that daydreaming was a healthy way to reboot your mind. You get to make your imagination work and get your creative juices flowing, and sharpen both your memory and concentration without being dragged down by all the worries that eat up your energy. Pause and daydream, and unleash happiness in a very simple way.

Kalai

Your nick name

1

Awesome

Because, got a good score, well disciplined, a good human being, Home like school and School like home.

Describe your childhood days with an adjective or a word and why?

5

Human values, Hormonal relationship and Given take policy.

As a leader, what value you have brought for your organization?

7

My Son's birthday. He is my life

Special or important date? and why?

9

Mrs. Sumathi, Maths Teacher. She encourage me a lot at all times.

Favourite teacher and why?

2

My responsibilities and my satisfaction towards my work

What inspires you?

10

Men Kaatril Vilai Sugame

by Mr. Iraianbu, IAS

Favourite book & author?

3



Mrs. MU. KALAI CHEALVI

Principal
Kongu National Matric. Hr. Sec. School,
Erode

My Father

Childhood hero?

11

Values

What you care the most?

4

Fell down while playing sports without having interest. Involved only because of compulsion to pass the class.

Crazy incident?

6

Nothing like that...

Heart broken incident?

8

Life is a Challenge and taking up the responsibility

Life is ...

12

Einstein's Push

Between the years 1912 to 1915, Albert Einstein was a focused man. His previous work on the special theory of relativity and the quantization of light, among other topics, was starting to gain notice. Einstein left the Swiss patent office, and, after hopping from professorships in Germany and Prage, ended up, in 1912, at Switzerland's ETH Institute.

Once there, he met mathematician Marcel Grossman and became convinced that if he applied the new non-euclidean math studied by Grossman to his own work on relativity, he could generalize the theory to account for gravity. This advance would be huge. Nothing short of overturning the single most famous law in the history of science.

Einstein set to work.

Between 1912 to 1915, he became increasingly obsessed in his push to formalize general relativity. As revealed by several sources, including his recently released [letters](#), he worked so hard that his marriage became strained and his hair turned white from the stress

But he got it done. In 1915 he published his full theory. It stands as one of the greatest scientific accomplishments — if not the single greatest - of the 20th century.

The Einstein Principle

Einstein's push for general relativity highlights an important reality about accomplishment. ***We are most productive when we focus on a very small number of projects on which we can devote a large amount of attention.*** Achievements worth achieving require hard work. There is no shortcut here. Be it starting up a new college club or starting a new business, eventually, effort, sustained over a long amount of time, is re-

quired.

In a perfect world, we would all be Einsteins. We would each have only one, or at most two, projects in the three major spheres of our lives: professional, extracurricular, and personal. And we would be allowed to focus on this specialized set, in exclusion, as we push the projects to impressive conclusions.

But this doesn't happen...

In Search of Your Own Theory of Relativity

Our problem is that we don't know in advance which project might turn out to be our theory of relativity and which are duds. Because of this, most ambitious people I know, myself included, follow a different strategy. We sow lots of project seeds. We e-mail a lot of people, join a lot of clubs, commit to a lot of minor projects, set up lots of meetings, constantly send out feelers to friends and connections regarding our latest brainstorm. We don't know which seed will ultimately take root and grow, so, by planting many, we expose ourselves to enough randomness, over time, to maximize our chance of a big deal, interesting, life-changing success eventually happening.

These numerous seeds, however, have a tendency to transform into weeds. While some of them clearly grow into pursuits worth continuing, and others die off quickly, many, instead, exist in a shadowy in-between state where they demand our time but offer little promise of reward in the end.

These weed projects violate the Einstein principle.

We can no longer focus on a small number of important project, but find ourselves, instead, rushing between an increasingly overwhelming slate full of a variety of obligations. This time fracture can prevent real

accomplishment. ***Imagine if Einstein maintained a blog, wrote a book, joined a bunch of clubs at ETH, and tried to master rowing at the same time he was working on General Relativity?*** We'd still be living in the age of Newton.

The Productivity Purge

Most of us will never fully satisfy the Einstein Principle. It's too risky. If you invest fully in one thing, and then it fails, you're left empty. More importantly, it can be boring. Life requires zigs and zags.

There is, however, a simple strategy for coming as close as possible to satisfying the principle without giving up a quest for the unexpected next big thing. It's called the **productivity purge**. And it works as follows:

When it feels like your schedule is becoming too overwhelmed, take out a sheet of paper and label it with three columns: **professional**, **extracurricular** and **personal**. Under "professional" list all the major projects you are *currently working on* in your professional life (if you're a student, then this means classes and research, if you have a job, then this means your job, etc). Under "extracurricular" do the same for your side projects (your band, your blog, your plan to write a book). And under "personal" do the same for personal self-improvement projects (from fitness to reading more books).

Under each list try to select one or two projects which, at this point in your life, are the most important and seem like they would yield the greatest returns. Put a star by these projects.

Next, identify the projects that you could stop working on right away with no serious consequences. Cross these out.

Contd... in Page # 6

Finally, for the projects that are left unmarked, come up with a 1-3 week plan for finalizing and dispatching them. Many of these will be projects for which you owe someone something before you can stop working on them. Come up with a crunch plan for the near future for shutting these down as quickly as possible.

Once you completed your crunch plan you'll be left with only a small number of important projects. In essence, you have purged your schedule of all but a few contenders to be your next Theory of Relativity. Here's the important part: **Try to go at least one month without starting any new projects.** Resist, at all costs, committing to anything during this month. Instead, just focus, with an Einsteinian intensity, on your select list.

The productivity purge is a necessary piece of project gardening. By doing these regularly, you keep yourself focused on what's important. You get at least one month after every purge in which serious work gets done on a small number of projects. It's during these focused months, when the Einstein Principle comes into play, that you'll end up making the progress on those activities that might end up becoming life

changing.

Case Study: My Most Recent Purge

As I write this, I'm in the second week of a two week purge. After a busy summer of traveling and wildly sowing project seeds, I've been looking forward, for a long time, for a focused month — spanning mid-October to Thanksgiving — during which the Einstein Principle can be in full effect.

Here's how the purge is taking shape:

In my **professional** life I'm clearing some lingering research projects off my plate. This includes, among other things, finishing some revision on papers under submission and finalizing some proofs for some close to being finished new work. My crunch plan has me pushing to finish this lingerers with a rabid intensity.

My focus, for this upcoming period, is on two research projects that I think hold great promise. I look forward to spending 90% of my academic time wracking my brain on these pursuits, which, I think, will shape the direction of my first year or two after graduation. Bring it on!

In my **extracurricular** life, I'm finishing up the final articles in a long series of those I owe various editors through various pitches conducted over the summer. With this slate cleared, I can spend my focus period on exactly two things. The first: producing quality, user-tested content for this blog. The second: finally completing the preliminary research for my second book idea. I need to either officially abandon it, or get my agents blessing and start work on the proposal.

In my **personal life**, I'm turning my focus back to some lifestyle improvement issues that have fallen fallow recently (it's time to throw out clothing I bought before college...). I am also planning to push into overdrive the variety of interesting things I do each week. I have a long list of other projects I would love to tackle, but they can wait.

In Conclusion

If the Einstein Principle holds, come Thanksgiving, I should have: a fully developed new book idea, a much expanded readership of this blog, interesting new academic research results, and a mind overstuffed with new experiences and ideas. I'm looking forward to it!

Feedback Corner

KSR College of Technology, Final year MBA, Programme on Sales & Marketing

I got different experience in ur class and traveled with u full day.... I m happy to meet u again ...

-- Mr. Vairavakumar. AS

I would like to say regarding marketing session, very interesting and enjoyable and

we learnt target setting, fact vs opinion. I am expecting to develop skills required for marketing. Thank you sir.

- - Mr. Prem Kumar. C.

Really sorry for the delayed feedback. The Topics covered and explanation for these 2 weeks is very excellent. we understood it after taking some time only. Thanks for sharing your knowledge with us. I feel very happy because I have lot of confidence in this course and speech is very well.

- - Mr. Sridhar. S

Psychological Training Module for College Students:

- Impress Vs Express (Overcoming Inhibitions)
- React Vs Respond (Responsibility Enhancement)
- Fail Vs Failure (Failure Management)
- Why-Why Analysis (Identify the Root cause)
- Get Counseled
- 2 days | 40 participants per batch