

Vidya Vikas Education Trust Universal College Of Engineering



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Applied Science and Humanities Department

THE MISSION

The department is carrying a mission to create and disseminate the knowledge and techniques in the intellectual areas of Engineering and other core areas of Applied Science and Humanities for the betterment of Ecosystem.

To inculcate the importance of Applied Science and develop a natural flair for Engineering and Technology which in turn shall mold students into a competent professional.

THE VISION

The Department of Applied Science and Humanities committed to dynamically integrate the components Science, Humanities Engineering to groom students to transform them as globally acknowledged professionals.

To keep pace with fast developing scenario of technology and socio economic environment while planning to develop a world class technical institution.

“

**The harder
the battle,
the sweeter
the victory.**

”

- Les Brown -

World Chess Champion Garry Kasparov on How to Build Confidence



When the second half of the World Chess Championship began in Lyon, France, Kasparov forced himself to play aggressive. He took the lead by winning the 16th game. With his confidence building, he rattled off decisive wins in the 18th and 20th games as well. When it was all said and done, Kasparov lost only two of the final 12 games and retained his title as World Chess Champion.

He would continue to hold the title for another 10 years.

"Fake It Until You Become It"

It can be easy to view performance as a one-way street. We often hear about a physically gifted athlete who underperforms on the field or a smart student who flounders in the classroom. The typical narrative about underachievers is that if they could just "get their head right" and develop the correct "mental attitude" then they would perform at the top of their game. There is no doubt that your mindset and your performance are connected in some way. But this connection works both ways. A confident and positive mindset can be both the cause of your actions and the result of them. The link between physical performance and mental attitude is a two-way street.

Confidence is often the result of displaying your ability. This is why Garry Kasparov's method of playing as if he felt confident could lead to actual confidence. Kasparov was letting his actions inspire his beliefs.

Garry Kasparov and his long-time rival Anatoly Karpov—two of the greatest chess players of all-time—took their respective seats around the chess board. The 1990 World Chess Championship was about to begin.

The two men would play 24 games to decide the champion with the highest scoring player being declared the World Chess Champion. In total, the match would stretch for three months with the first 12 games taking place in New York and the final 12 games being played in Lyon, France.

Kasparov started off well, but soon began to make mistakes. He lost the seventh game and let multiple victories slip away during the first half of the tournament. After the first 12 games, the two men left New York with the match tied at 6-6. The New York Times reported that "Mr. Kasparov had lost confidence and grown nervous in New York."

If Kasparov was going to retain his title as the best in the world, it was going to take everything he had.

"Playing Kasparov Chess"

Josh Waitzkin was a chess prodigy as a child and won multiple U.S. Junior Championships before the age of 10. Along the way, Waitzkin and his father had the opportunity to connect with Garry Kasparov and discuss chess strategy with him. In particular, they learned how Kasparov dealt with remarkably difficult matches like the one he faced against Karpov in the 1990 World Chess Championship.

These aren't just feel-good notions or fluffy self-help ideas. There is hard science proving the link between behavior and confidence. Amy Cuddy, a Harvard researcher who studies body language, has shown through her groundbreaking research that simply standing in more confident poses can increase confidence and decrease anxiety.

Cuddy's research subjects experienced actual biological changes in their hormone production including increased testosterone levels (which is linked to confidence) and decreased cortisol levels (which is linked to stress and anxiety). These findings go beyond the popular fake it until you make it philosophy. According to Cuddy, you can "fake it until you become it."

How to Build Confidence

When my friend Beck Tench began her weight loss journey, she repeatedly asked herself the question, "What would a healthy person do?"

When she was deciding what to order at a restaurant: what would a healthy person order? When she was sitting around on a Saturday morning: what would a healthy person do with that time? Beck didn't feel like a healthy person at the start, but she figured that if she acted like a healthy person, then eventually she would become one. And within a few years, she had lost over 100 pounds.

Confidence is a wonderful thing to have, but if you find yourself overcome with fear, self-doubt, or uncertainty, then let your behavior drive your beliefs. Play as if you're at your best. Work as if you're on top of your game. Talk to that person as if you're feeling confident. You can use bold actions to trigger a bold mindset.

In short, what would a brave person do?

CONTRIBUTED BY: JENISA DSILVA

SOURCE: <https://jamesclear.com/kasparov-confidence>



Timeboxing: Why It Works and How to Get Started in 2023

Timeboxing (AKA “the time boxing technique” or “time blocking”) is the nearest thing we have to productivity magic, yet most people don’t utilize it. Here’s how to overcome the top 3 reasons why.



“I can’t seem to get important tasks done.”

“I’m always distracted.”

“Why do I always lose focus?”

I hear these complaints from my clients and readers all the time.

But when I recommend perhaps the most effective time management technique ever devised to help people stay on track, most of them balk.

“You want me to plan every minute of my day?”

Yes! Now what are you waiting for?

What is Timeboxing?

Timeboxing is among the most well-studied and powerful methods we know for getting things done. Both Elon Musk and Bill Gates use this time management technique. It amounts to boxing out periods of time to work on distinct tasks each day, using timeboxing apps on your smartphone or a tool like [schedule maker](#).

Despite all the complaining about how distracting the world is given the cacophony of beeping and buzzing emanating from our digital devices, most people have no right to complain.

You can’t call something a distraction unless you know what it is distracting you from. But how do you know what you got distracted from if you don’t plan your time?

In order to finally destroy distraction and live the life you want, you need to start living your life with intent.

Is timeboxing a better time management technique than a to-do list?

Timeboxing is far more effective than running your life with a to-do list of individual tasks. Along with a habit tracker template, successful timeboxing is a critical component of becoming indistractable, and a surefire way to increase productivity.

Having a strict limit on the time spent on a planned activity is a defense against the trap of Parkinson’s law, which says that work expands to fill the time available to complete it. You can still take short breaks, or use the Pomodoro technique as a motivating factor for work sprints.

If you don't plan your day in advance in an organized schedule—according to your values and your schedule—someone else will plan it for you.

Whether it's the social media sites, the news, your boss, your kids, or something else, you'll always get distracted unless you decide in advance how you want to spend your time.

Timeboxing will change your life. It works because it uses a well-researched technique psychologists call, "setting an implementation intention," which is just a fancy way of saying, "planning out what you are going to do and when you will do it."

Sadly, people often give up before they've even tried timeboxing. As a result, they miss out on the almost magical benefits of timeboxing.

Here are the three most common reasons people don't timebox, along with their solutions.

Timeboxing Pitfall #1: What-Aboutism

It's maddening how many people spend hours scrolling for productivity hacks, read books they hope will contain secrets to success, or pay thousands of dollars for courses and gurus they hope will have the answers they seek—and yet, when they finally find a technique that will actually 10X their effectiveness and life satisfaction, they immediately find reasons why it won't work for them.

I hear it all the time.

"But what about... [insert something that makes your case the special exception]."

Timeboxing works. It is the most studied, most verified technique for sustaining good routines, maximizing productivity, and acting on your values in general. There is a huge amount of evidence to support its effectiveness, and that pile of evidence grows every year.

Yet despite the overwhelming number of studies, many people look for reasons why it won't work in their super special circumstance.

This is "what-aboutism"—searching for excuses for why a methodology won't work instead of giving it a real try to find ways to make it work.

Solution: Start small. Time management takes time!

If you've never tried to use timeboxing before, suddenly switching to building a whole schedule for the week is daunting.

That's okay—you can start small.

Try timeboxing one day per week, or even just one afternoon per week. Try that for a few weeks and see how it works out.

Did you turn your values into time? Did you do what you said you were going to do? Then slowly build to more days per week.

Keep in mind the only measure of success is not "how many boxes did I tick-off on my to-do list?," but rather, "did I do what I intended to do without getting distracted."

You'll find that consistently working without distraction for set periods of time will make you more productive than flailing around from one task to the next on your to-do list.

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SOURCE:

<https://www.nirandfar.com/timeboxing/>

Student Achievement



Congratulations to our Toppers



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