

DIVERSIVE

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THE MASCOT OF KINDNESS

By Serah Gaur

Mark Twain once said, "**Kindness is the language which the deaf can hear and the blind can see**", such was the spirit of Florence Nightingale: kind & compassionate. Curious to know about her, here it is:

Florence Nightingale was the younger child, born at Florence (thus, she was named after the place she was born!) in Italy to a wealthy British Family. She was a shy and compassionate girl. Instead of playing with other children she preferred playing with animals and taking care of any sick, in and around her home.

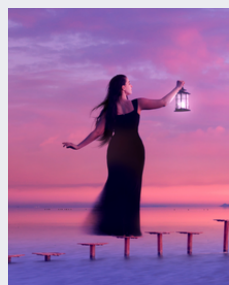


Did you know that Florence didn't like to attend parties? Yes, she was an unusual young woman for her time who didn't like parties. She was an empathetic soul who wanted to help people. The elite families of those times preferred marrying their girls to affluent men, than to make them nurse. It was looked down upon. Against the wishes of her family, in 1851, Florence went to Germany and learned all about nursing. It was hard work, but she loved it. After all, this was what she wanted to do.

In 1854, lots of British soldiers went to fight in the Crimean War. Army hospitals were filled with injured men, but there were no nurses and many men died. Florence and a team of nurses went to help. Florence worked 20 hours a day to make the army hospital a cleaner and safer place. She brought the men fresh food, she cleaned the hospital beds and she used clean bandages on the wounded soldiers. She became their mother, sister, friend and confidante. She talked to the injured soldiers and helped the men write letters to their families. At night, Florence walked around the hospital. She carried a lamp and the soldiers called her '**The lady with the lamp**'.

Isn't it interesting to know that a kind and empathetic girl saved so many lives? She is a hero, a legend, an epitome of kindness. She received Order of Merit from the British Crown. Known as 'The Angel of Crimea' or the 'Lady with the Lamp', Florence Nightingale is a revolutionary figure of the twentieth century.

**“ You ask me why I do not write something...
I think one's feelings waste themselves in words, they ought all to be distilled into actions and into actions which bring results.
- Florence Nightingale**



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THE KIND BRAIN

NEURONS THAT FIRE TOGETHER. WIRE TOGETHER

By Dr. Shruti Shankar Gaur

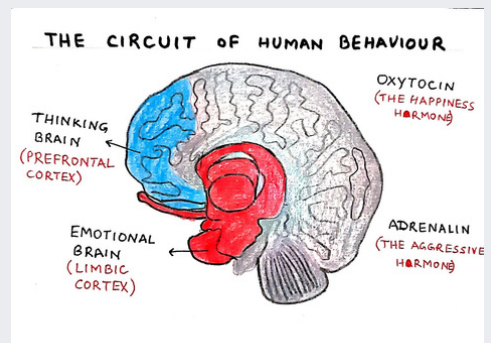
Hello Everyone,

Do you know our brain consists of a thinking brain and an emotional brain? Isn't it cool? Do you have any idea that for every action or behaviour of ours both parts of brain are involved? How do these brain parts work?

Let's simplify by saying that Blue Brain (in the figure) is the Thinking Brain (Pre-Frontal Cortex) and the Red Brain is the Emotional Brain (Limbic Cortex). Blue brain and Red brain are densely connected with Neurons. Thus, even if we are not aware, for every decision we make, emotional brain is sending message to Thinking Brain which are manifested in the form of feelings based upon which we act.

You might ask: Do all the animals have both these brains? Yes. Emotional Brain is the oldest circuit and all mammals have it. However, the Thinking Brain is most developed and largest only in Humans. Thus, we can think complex issues and take high level decisions way beyond any other species on the planet.

Have you ever felt, meeting a person for few seconds and not liking him/ her or vice-versa? How did we decide? We barely knew him/her? So when we meet anyone, our brain gauges that person. If the person threatens us, a signal goes to Thalamus which is connected to Amygdala (part of emotional brain) thus, secreting Adrenalin or the Aggression Hormone. We can take one of the actions: we freeze, are frightened or we fight, thus, acting violently. If we choose this circuit within seconds we can act violent. However, if we choose to use Thinking Brain which is the longer circuit, it will bring rationality to our decision. Using our thinking brain we might logically decide: if we need to avoid the person or say hello.



Does love at first sight happen? Of course!!!! You just met someone (a beautiful girl or a handsome boy) and your brain gauges the person as friend. With immediate effect, Hypothalamus (part of emotional brain) secretes Oxytocin or the Happiness hormone which is responsible for trust, friendship and loyalty. This brain wiring shall lead to a friendly behaviour although there is no specific reason behind it. You just met the person and you don't know him/ her. Haven't we heard Love is blind? Now we know, even Hate can be blind?

So, what we learn from Neuroscience is that **'We all have inherent circuits and we have the power to choose love or hate, to be kind or cruel'**. Dr. Nandini Chatterjee, the Neuroscientist from MGIEP, UNESCO, reaffirms that we are wired to create Oxytocin and Serotonin because Human Being is a Social Being. We love connecting to one other. It gives us happiness.

She also reinstated that Neuroscience has concluded that an 'Act of Kindness' activates reward, happy or pleasure circuits same as a bar of chocolate or a good meal.

Thus, to Be Kind is a Choice!!! Activate your Pro- Socio Circuit and Be Happy!!!

Do You Know?

Burma (Myanmar) is the Kindest Country in the World. Indonesia and Kenya are the second and third kindest country in the world.

The reason for Burma (Myanmar) to become the kindest place on Earth is because of Buddhism (Theravada) being practiced by the majority of population in Myanmar.

EACH TIME I FAILED

By Anonymous

Each time I failed
I saw empathetic eyes that hollowed into gimmicking laughter
What I failed to see
Were my own people helping me overcome the slaughter.

Each time I failed
I saw only those people who left me
What I failed to see
Was the dedication of my friends who stood beside me.

Each time I failed
I saw emotions all gloomy and despair
What I failed to see
Was the truth that it wasn't I alone who was in pain.

Each time I failed
I somehow found my faith losing ground
What I failed to see
Was my Dear ones who held me close & sound.

Stories of success are never built in a fortnight
Rome was never built in a day

Remember people who built skyscrapers today
Once bearded the brunt of having their sand castles
blown away.

Each time I failed
I was trying to impress a section of people who salute
only the rising sun
But even the sun has sinking hours and clouding blues.
For an enchanting butterfly was once an ugly caterpillar

I might have many faltering—
But I Promise when sooner I shall rise
I will outshine my own expectations
And live the dream of my life.

For that day to come
I must be Kind to myself,
For Kindness begins with me,
Before I rule the world,
I must rule myself
With Love & Empathy.

HOW ARE YOU?

An Activity

How Are You? is a very simple activity, but its potential to encourage a positive emotional state should not be underestimated.

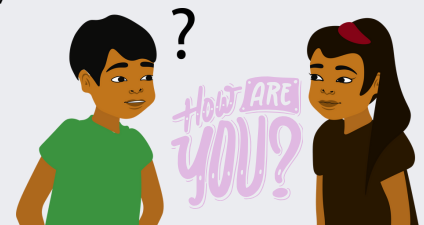
Integrating it into your life is as easy as asking a single question to your friends/family/colleagues at the beginning of the day:

"How are you feeling today?"

Not only will this let your friends/family/colleagues know that someone cares about how they are feeling, but it also signals to them that sometimes they'll be feeling something negative—and that there's nothing wrong with that.

We can all use this reminder that we are human and are all subject to emotions and feelings that we'd rather not have. This reminder can be especially helpful for teenagers, who are likely dealing with more intense and varied emotions than people of other age groups.

Starting the day with this activity can help to get in the right frame of mind to be more kind and empathetic towards one another, and it can alert you to be more aware and considerate of others' feelings.



**"To Kindness and Love,
the things we need most!"**