

Assignment No 3

Public Speaking

Part 1: Speech

Why our Education System needs to change

Wake up get ready go to School/ College Sit there attend lectures that's what almost every student does in their school/college life. College students attend college from morning to afternoon and once the classes are over they just pick their bag up and go home, it goes on like a cycle and then one day they graduate and then start to look for a job. We never realize that also those best years of our life we only spent in attending college and completing the assignments and then prepare for different exams which will only help you check if you memorized the concepts properly or not.

In our country more value is given to Theoretical knowledge rather than Practical Skills even though everyone knows that they are preparing themselves to implement concepts practically on their work/projects. If we check our marks distribution system you will see that the marks are not equally distributed the maximum marks are given to theory exams where as less marks is given to practicals this shows that our education system gives less value to practical knowledge.

Reading and memorizing the definitions won't help us a lot in future when we don't know how exactly that concept is implemented. I know even theoretical knowledge is important cause where we can't implement the practical skills there we can understand the concept through theories. Theories also help us increase our memorizing capacity.

Students now a days can't handle stress, many of them get depressed, have a mental breakdown and some even give up. In simple words the burden of those assignments, tutorials, timely submissions, ,passing theory and practical exams, managing time, and many more were so high that now a days colleges have to take guest lectures for Stress Management but ever anyone thought that if we could just reduce a bit of this burden so that they can cope up with the stress and study more freely.

As the students have very limited time they do not feel like studying anything extra and just keep sticking to the given curriculum, hence they do not get any extra knowledge. Because of some of these reasons I feel that our education system should change.

Part 2: Extempore Speaking

Latest Movie / Drama that you have watched

(Spoilers Alert)

Latest movie that I watched was Drishyam 2 it is the continuation of the movie Drishyam. This movie is related to how a family murdered a boy who was harassing the older daughter of the family and then they hid the body in such a way that cops won't be able to find it very easily.

The story continues where a new Cop has arrived in the city and re-opens a previously pending case of the murder of a boy. The body of the boy was never found and the victims parents blame the family for murder. In present the main man of the family named "Vijay" has started his own movie production business and is living a free life but once the case reopens the family gets alerted and started being more careful, one day the cops find a witness who has seen where the body of the boy was hidden he asks cops to give him reward then he will tell them where the body is, once he gets his reward he tells them that the body is hidden under the police station. Once the body of the boy was found the cops took it and sent it for checking.

The cops then arrest Vijay's family and take them to prison where the cops harass them and took their confessions as proof they took them to court where the main twist takes place.

In court Vijay's lawyer tells the Judge that the cops have used a setup to frame his client as the plot was already present in a book published by an author 2 years ago and a movie was already in work. The main twist was that the body found under police stations was not of the boy that the cops were looking for.

This all was already predicted by Vijay so when the case was temporarily closed few years back at that time Vijay was already planning and executing his next moves so that if one day the case re-opens then there won't be any evidence against him.

In the end the lawyer requested the Judge to permanently close the case as no evidence was against Vijay. Once the case was closed Vijay secretly returned the remains of the boy back to his parents for the end rituals.

Part 3: Reviewing a Book

Atomic Habits

I recently finished reading the amazing book Atomic Habits by James Clear. This book is about tips and techniques which one can adopt to build habits that last.

The book is centered on how one can make small changes in life by inculcating good habits and removing bad habits which when repeated and built upon can have a compounded effect resulting in a better version of ourselves.

There are about 20 chapters in the book and each chapter starts with a real-life anecdote on how certain actions had an impact on the life of the individual or a group being described in the anecdote. This builds up the context for the rest of the chapter.

The author also lists ample examples for implementing the techniques described thereby making it easier for the reader to relate them to their own schedule and decide how they can apply the techniques.

I found the book really informative and I was applying the techniques while I was reading them like:

- Drive to the shop to replace the cooking gas cylinder/cannister the day it is empty. So the trigger for this action is the emptying of the gas cannister
- Go for a run as soon as I return from office. So I am stacking my new habit of running daily after the habit of returning from office.
- Read two pages or a chapter from the book after morning prayer. So habit stacking again.

I would highly recommend this book. Each idea shared by the author is easily doable and in my opinion is very effective in developing good habits and cutting off bad habits. I also plan to use the additional module shared by the Author on applying these techniques to parenting.