

# Introduction to Innovative Projects Assignment 4

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**Question:**

- a. Write at least 10 points for enhancing your thinking capabilities.
- b. List out your thoughts (at least 10 points) on innovative thinking for enhancing your academic and professional skills.

## Answer:

### Part (a):

10 points for enhancing your thinking capabilities are:

#### 1. *EXERCISING YOUR BRAIN*

**Try something new.** Learn to juggle, dance, play a musical instrument, or anything that is new to you.

**Develop friendships with a diverse group.** Having conversations on topics with people that have very different opinions challenges your brain, and your executive function abilities, to determine how you respond to the same topic but in different groups.

**Take a class.** Try a cooking class, auto mechanics, wood-working, sewing, or crafting.

#### 2. *YOUR BRAIN DOES BETTER CREATIVE WORK WHEN YOU'RE TIRED*

The reason behind this is that a tired brain struggles to filter out distractions and focus on one thing. It's also more likely to wander off on tangents. While that seems like a bad thing when you're working, creative thinking actually benefits from distractions and random thoughts. Research has shown that we're better at "thinking outside the box" at our non-optimal times.

#### 3. *EXERCISE CAN IMPROVE YOUR CREATIVITY*

We know exercise is good for us for lots of reasons, but here's one more. Studies have shown that exercise can improve our ability to think creatively. When researchers had half the participants in a study perform an exercise video while the other half simply watched a video, those who had exercised outperformed the others in terms of divergent thinking—or, coming up with more possible solutions to a problem.

#### 4. *AMBIENT NOISE LEVELS ARE BEST FOR CREATIVITY*

I actually thought silence might turn out to be the best sound for creative thinking, but it turns out that ambient noise levels are just right. Unlike loud music or silence, ambient noise levels have proven to be perfect for improving creative thinking. Silence, in fact, actually helps us to sharpen our focus, so it's useful for intense problem-solving or detail-oriented tasks. Creative thinking, on

the other hand, requires the kind of ambient buzz of sound that you might find in a café to promote broader thinking and new ideas.

#### *5. NOTHING IS ORIGINAL: CREATIVITY IS ALL ABOUT MAKING CONNECTIONS*

Creativity is all about making things out of the things we know like going from KNOWN to UNKNOWN. It's all about applying the knowledge we have to get more advanced and life comforting products.

#### *6. TRAVELING ABROAD MIGHT IMPROVE YOUR CREATIVE THINKING*

For college students, those who travelled abroad scored higher on creative thinking tests than those who stayed at their main campus. This particular study followed students who travelled from their college in the US to take part in a summer study program in England.

In many countries, cultural norms differ greatly between different states or areas, so it follows that we might see an increase in creativity from even interstate travel.

#### *7. BLUE AND GREEN CAN IMPROVE YOUR PERFORMANCE ON CREATIVE TASKS*

Color me surprised. Apparently a brief glimpse of green can improve your creative performance! Another study actually shows that seeing red or blue can have different effects on our cognitive performance: red helps us with detail-oriented tasks where we need to focus, whereas blue enhances creative performance.

This doesn't necessarily mean you'll want to paint your office blue or green, but it's a helpful tip to keep in mind when you're working on a creative project or switching between different types of work.

#### *8. CONSTRAINTS CAN BE BENEFICIAL TO CREATIVE WORK*

Another idea I had about creative thinking which was proved wrong is that freedom leads to more creative ideas. Counter intuitively, it turns out that constraints can actually increase our creative output. This could be due to removing the overwhelm of having too many choices. If you've ever faced the hurdle of a blank page, you'll know what I mean.

Writer and actor John Cleese describes creativity as something that can be so elusive that one almost has to trap it using constraints.

“You have to create boundaries of space and then you have to create boundaries of time.”

One of my favorite examples of amazing creativity coming out of constraints is an old story in which an author (often Ernest Hemingway, but the true author is debatable) bet his friends that he could write a whole story using just six words. Here’s the result: “For sale: baby shoes, never worn

## 9. *AN AFTERNOON NAP*

While scientists have long suspected that sleep has a significant impact on the brain’s capacity for memory, recent research found that sleeping for an hour in the afternoon boosts brain power and dramatically increases its ability to learn new facts and tasks.

Having a **nap after lunch** acts as a regenerative aid, allowing the brain to ‘file’ away memories so that new information may be more easily retained.

The researchers discovered that those who stay awake all day are less likely to be able to learn new tasks as the day goes on, leading the experts to suggest that napping in the long-term may be conducive to staving off age-related degenerative mental diseases.

## 10. *MEDITATION*

Meditation is a way to communicate with God, people who are walk on the path of the God are more creative than those who don’t meditate. Therefore, we about at least once in the whole day should meditate to God. This will well us to think in a more positive manner.

## Part (b):

Innovative thinking for enhancing your academic and professional skills are:

1. Learn new languages: It helps in increasing the friend circle and thus helps in making new friends with new ideas.
2. Identify your purpose: Be clear with the job objective this would help in adding up new variations and techniques to the work as innovation.
3. Understand the problem faced by customers: it will help us to overcome their difficulties by simple creative thinking.
4. Meditation: It increases the sharpness of brain and activates our memory glands to do better in our work. Hence it increases our creativity and efficiency.
5. Having a friendly relationship with every person you come across with: This will make you feel light and relaxed to think better and openly without any tension.
6. Hardworking: This will help you good result and being a college student you are able to secure a good cgpa and will help you to focus and plan thoughts. Thus increases creativity.
7. Determination and will power: Your determination will bring the zeal to do work and help you to increase your will power and this will save a lot of time to implement creative work. This is the only difference between a topper of a college and an average student; a promoted person and a normal person.
8. Honesty: The effort we put on our work gives a glow on our face which helps to be a better person in our respective fields. Thus it helps us to think more rationally and be a foresight in whichever field we are in.
9. Learning form the Seniors or High Post Authorities: Looking, thinking, analyzing and putting into the working style and the work done by them helps us to think and put new ideas to their work. Therefore, thinking skills increases.
10. Being a Role model for others: This helps us to do creative thinks but in a more righteous way and this inspires a lot.

**THANK YOU**