

Mental Models - Short but Detailed Notes (Hinglish)

Basic Concepts

Mental Model ka matlab: Wo soch ya system jo tumhare dimaag mein hoti hai - jisse tum duniya ko samajhte ho.

3 Main Parts:

1. Assumption - Bina soche-samjhe maani gayi baat. (Example: 'Marks = Success')
2. Mental Model - Tumhare assumption se bani soch ya reasoning.
3. System Implication - Tumhari soch ka system par asar.

- Grades determine success

Assumption: Marks = Intelligence or future success

Mental Model: Linear success model

System Implication: Non-academic talents ignore hote hain

- Technology is always progress

Assumption: New tech = Better life

Mental Model: Tech optimism

System Implication: E-waste, digital burnout, local knowledge ignore hoti hai

- Fix it fast

Assumption: Jaldi solution best hai

Mental Model: Short-term fix

System Implication: Long-term solution miss hota hai

- More money = more happiness

Assumption: Paisa hi khushi deta hai

Mental Model: Materialism

System Implication: Consumerism, inequality badhta hai

- Competition brings out best

Assumption: Har koi dusre se beat karna chahta hai

Mental Model: Survival-of-the-fittest

System Implication: Teamwork, mental health suffer karte hain

- Democracy = sabki awaaz sunayi deti hai

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Assumption: Voting = Equal say

Mental Model: Idealistic democracy

System Implication: Power imbalance, minority voices suppressed

- Punishment = safer society

Assumption: Dand se log sudhar jaate hain

Mental Model: Fear-based control

System Implication: Jail bharta hai, poverty ka asli solution nahi milta

- Health = not being sick

Assumption: Bimari nahi toh health perfect hai

Mental Model: Biomedical model

System Implication: Mental health, lifestyle ignore hota hai

Advantages of Explicit Mental Models

- Soch clear hoti hai
- Galti ko sudhar sakte ho
- Emotionally free ho jaate ho
- Group discussion se model improve hota hai
- Scientific mindset develop hota hai

Limitations

- Log apni soch openly nahi batate
- Apne model se chipak jaate hain
- Model update nahi hota
- Dusre views ignore hote hain
- Data se proof nahi karte

Key Takeaways

- Soch ko likho ya draw karo - clarity milegi
- Rigid soch se bacho - duniya change ho rahi hai
- Har model temporary hai
- Apne model se apni identity mat jodo
- Scientific process follow karo: test -> revise -> improve

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Mental Model Example: BTech Student

Attend Classes -> Take Notes -> Score in Exams -> High CGPA -> Good Job -> Happy Life

Problem:

- Real-life skills, internships, communication, and networking ignore ho jaate hain
- Ye model bahut linear hai, feedback loops aur adaptability ka element missing hai

System Thinking Approach:

- Model ko flexible banao
- Projects, internships, peer learning aur self-growth include karo
- Feedback lo aur model ko revise karte raho