Empathy

The ability to understand what others feel and also to experience that emotion is called empathy. Empathy and Sympathy are very close, but both are different. The differences between the most commonly used meanings of these two terms is:

Sympathy is feeling compassion, sorrow, or pity for the hardships that another person encounters whereas empathy is putting yourself in the shoes of another.

Empathy and sympathy are two pillars of emotional intelligence . Both empathy and sympathy are rooted in the Greek term “pathos,” which refers to the experience “suffering, feeling.” Also, the prefix "sym-" is from the Greek “sýn” and means “with and close to." The prefix "em-" derives from the Greek “en,” which means “in or within.

Sympathy is primarily about observation and an acceptance that someone else is going through challenging experiences. It can amount to "feeling sorry" for someone, which is an acknowledgment of a situation. It’s not a concept that requires someone to experience the emotion that another person is going through deeply. Sympathy is "feeling with," instead of deeply feeling for them.

Empathy is about acknowledging biases and genuinely imagining and trying to feel what it’s like to be in someone else’s shoes. You’re putting yourself right there, in the thick of the emotion. This can be incredibly difficult to do time and time again, but it gives a unique perspective that can lead to positive action-taking.

Being an empathetic person and feeling empathy is a much broader, more intense emotional reaction to a situation someone else or a group of people is going through. Having a genuinely empathetic response can be a bewildering range of emotions to manage because you’re taking on the feelings of the person or people that you’re connecting with.

This is the critical difference between empathy and sympathy – instead of feeling with someone, you’re feeling for them. You’re experiencing a fraction of their emotions and feelings because you see things from their perspective.

Example of Empathy : "I know it's not easy to lose weight because I have faced the same problems myself

Example of Sympathy : "Trying to lose weight can often feel like an uphill battle."

About the Visit :

I visited Ashray special school and the Vatsalya Trust in Sanpada, Navi Mumbai.

Aashray Special School was established in 1995 for of mentally and physically handicapped children at Sanpada, Navi Mumbai. It is committed towards contributing to the education and over all well being. I saw that the teaching procedure in this special school entails separately designed and methodically scrutinized compilation of coaching assessments, custom-made tools and equipments, along with the accessible settings.

Learnings : My visit to a special school has given me so much knowledge to share. I have decided to support these schools when I grow up and start earning sufficient amount of money.

Vatsalya meaning Parental Love, was established in 1982 by the students of College of Social Work, Nirmala Niketan who came across street children at the railway stations, Marine Drive and near Bombay Hospital. Vatsalya is a pioneer agency working with street children in Mumbai city through its multilevel approach of outreach, child-to-child contact, contact centers and shelter home. The Vatsalya team members are able to see and understand the children in their natural environment and able to anticipate and address their immediate problems and needs. Their Shelter Home is a safe and secure place to grow for the children who have an oppressive home environment. The children are gradually introduced to structured and disciplined life through a constructive group living experience. The children are involved in decision making, planning and implementing the activities. I met kids of 6–12 year old’s who have never known their parents. They were too young & innocent. I had taken few cookies and toys with me. They all were very happy to see me and expressed thanks to me.

My learnings :

In this world there are some very unfortunate children who either do not have the comfort and love of their parents, but still they are doing their best to survive and excel in their fields. It is a big lesson for all of us, as we should be grateful for all that we have and do our best in whatever endeavour we undertake.

Budget : Budgeting is the process of creating a plan to spend your money. This spending plan is called a budget. Creating this spending plan allows you to determine in advance whether you will have enough money to do the things you need to do or would like to do. Budgeting is simply balancing your expenses with your income. If you don't have enough money to do everything you would like to do, then you can use this planning process to prioritize your spending and focus your money on the things that are most important to you

Since budgeting allows you to create a spending plan for your money, it ensures that you will always have enough money for the things you need and the things that are important to you. Following a budget or spending plan will also keep you out of debt or help you work your way out of debt if you are currently in debt.