

Creative Thinking and Writing, Seminar

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Spring 2014, 14MBA27
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What is creative?

- 1.Seeing
beyond the
obvious?
- 2.Thinking out of
the box?
- 3.What do you
see in the pic?



Analytical thinking

[Thinking out of the box]



Mohsin, JKSHIM, 14-7-2014, 19-3-2016

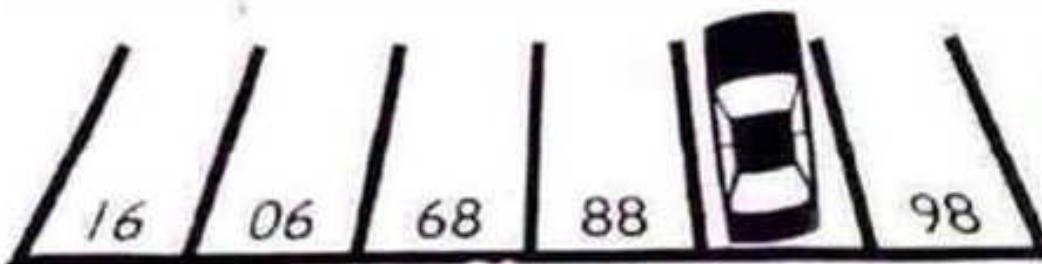
Iceberg illusion of success



What the number of the car park?

Perspective matters 😊

2013-11-28 关注即可做题-> 易哈佛



香港小学入学考试题：21题

This Math Question From A Hong Kong Elementary School Test Has Adults Stumped

You don't need a PhD to solve it.

BUSINESS INSIDER

Verbal aptitude

- Do GMAT workbooks.
- Last semester: Reading, writing and speaking.
- Reading: read some good book every month (not chetan bhagat low level stuff).
- Writing: practice in your notebook or diary everyday.
- Speaking: practice alone, read a page aloud from some easy book, like little prince or a Play (ask me).
- Listening: use minilyrics and watch Art movies.

Quantitative thinking

- Requires brainpower, you cannot just mug up the material and repeat in exam.
- Like marathon runner, you need to slowly ramp up your mental computing stamina by practice, not a last minute race.

Quantitative thinking

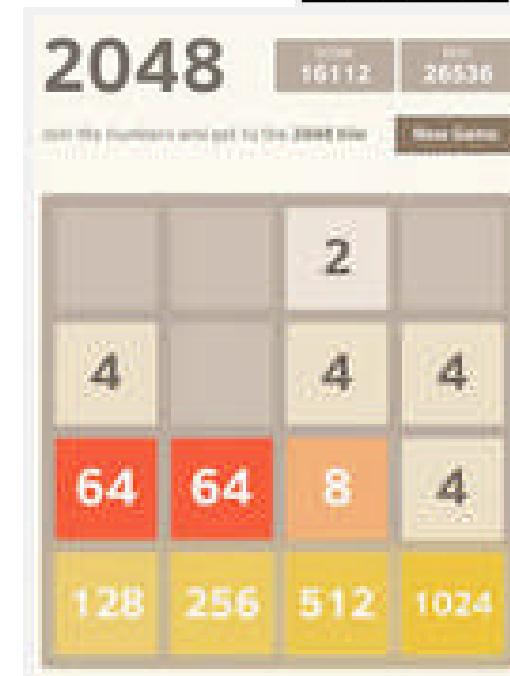
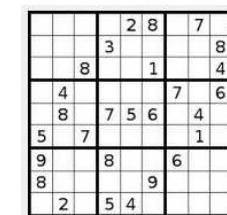
- In the beginning it will hurt your head, so you need to rest by sleeping enough (8 hours a day).
- Don't tire out your brain, or it will fail.
- Practice with small school math problems will drive away your fear of numbers.

Quantitative exercising

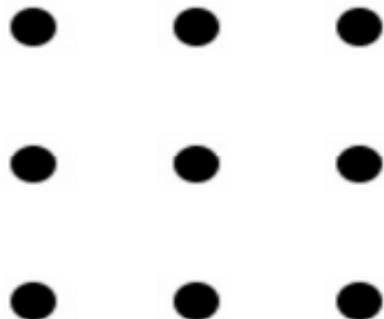
- Sudoku
- 2048
- Paper pencil

SUMS (ask me for pdf
file of problems)

$52+5=$	$15-7=$	$49+2=$	$17 \times 7=$
<hr/>			
$71 \times 2=$	$28 \times 3=$	$5 \times 4=$	$55+1=$
$14-8=$	$14+7=$	$21-1=$	$32/8=$
$51 \times 9=$	$50+7=$	$18 \times 1=$	$55 \times 9=$
$5-4=$	$5+3=$	$3+2=$	$7+5=$

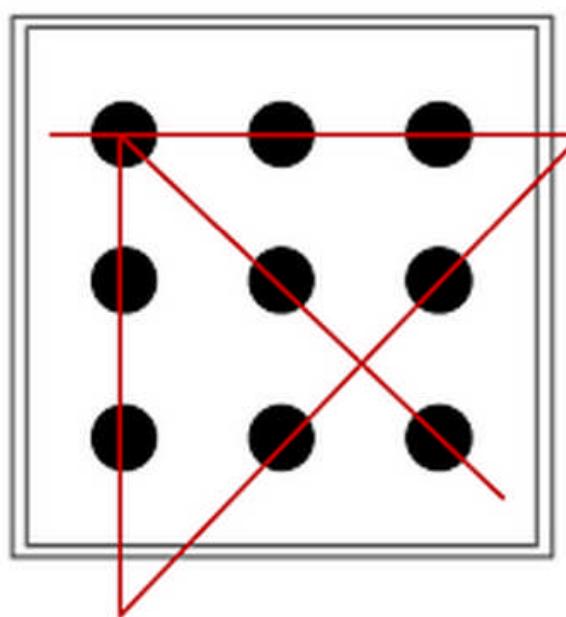


Out of the box thinking, on your feet (no ready made solutions)



- The "nine dots" puzzle. The goal of the puzzle is to link all 9 dots using four straight lines or fewer, without lifting the pen and without tracing the same line more than once.

Solution: Draw 4 lines that go outside the box, to join 9 dots.



Driver's dilemma

You are driving along in your bike on a wild, stormy night, it's raining heavily, when suddenly you pass by a bus stop, and you see three people waiting for a bus:

- An old lady who looks as if she is about to die.
- An old friend who once saved your life.
- The perfect partner you have been dreaming about.

What will you do?

Candidate's answer

- “I would give the bike to my old friend and let him take the lady to the hospital. I would stay behind and wait for the bus with the person I wanted to meet.”

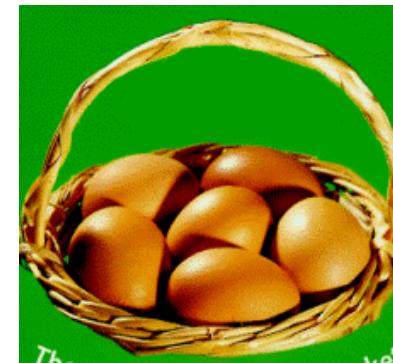
Relationship puzzle

- Two fathers and two sons went fishing. Each caught exactly one fish and yet there were only three fishes caught. Why ?



Eggs in the fridge

- There are six eggs in the fridge
- Six men took one egg each.
- Still one egg is in the fridge.
- How? (Think out of the box).



Fallacy seen on facebook posts

(from 1st sem critical thinking notes)

- If A then B == If not(B) then not(A).

But this is different: if not(A) then not(B).

Example:

- If rain then road is wet

SAME AS

- If (road is dry) then not rain.

NOT EQUAL

- If not(rain) then what?

Cost of coke?



- A bottle of coke cost Rs10. The bottle was worth Rs 9 more than the coke inside.
- How much was the bottle worth?
- Method of solving: use variable for unknowns, and write their relationships, then solve for the unknowns.

Cost of coke - Solution



- $B + C = 10$
 - $B - C = 9$
-
- $2B = 19$ (adding top two equations).
 - $B = 19 / 2 = 9.50$

$$B + C = 10$$

$$C = 10 - B = 10 - 9.50 = 0.50$$

4 liters from (5 and 3)

You have two containers, one for three litres and one for five litres, how would you measure four litres of water from a river?"



Solution: 4 from (5 and 3)

You have two containers, one for three litres and one for five litres, how would you measure four litres of water from a river?"

Fill 5, remove 3 = 2 left in big jug.

Put 2 in small jug (1 L space remaining).

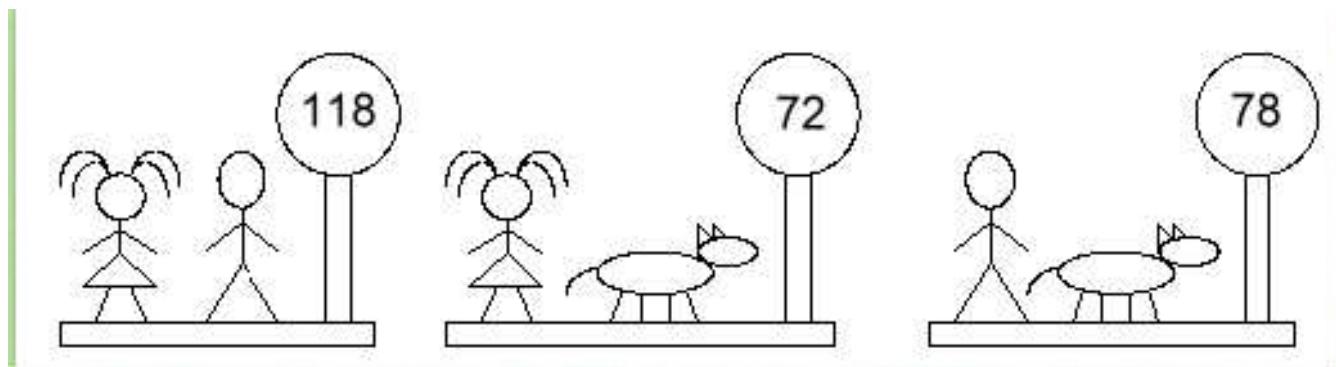
Fill 5, remove 1 into small jug.

Left with 4 in big jug.



Weight of boy, girl, and dog?

- A set of weighing scales measures weight in kilograms. A boy, a girl, and a dog stand on the scales in three different ways.



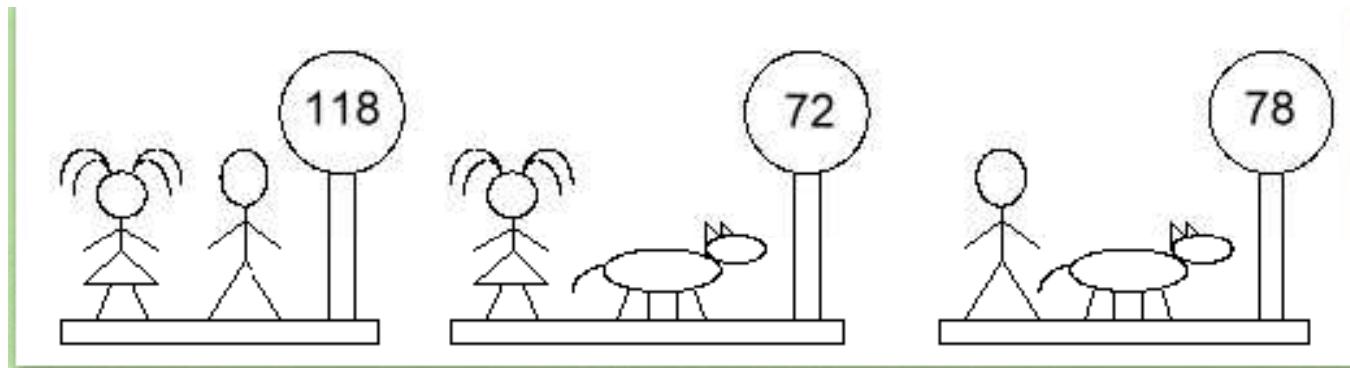
Weight of boy, girl, dog

- $b+g = 118$
- $g+d=72$
- $b+d=78$



- $b+g+g+d+b+d=118+72+78$
- $2(b+g+d)=268$
- $b+g+d= 268/2 = 134$

What is the weight of the boy?



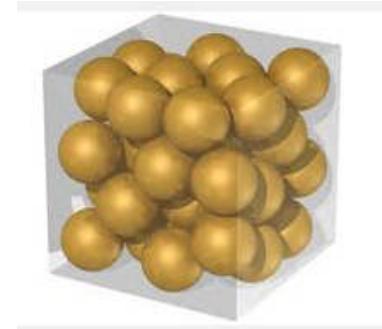
Solution: weight of the boy

- $b+g = 118$
- $g+d=72$
 - $b - d = 118 - 72 = 46$
- $b+d=78$
 - $2b = 46 + 78 = 124$
 - $b = 62$



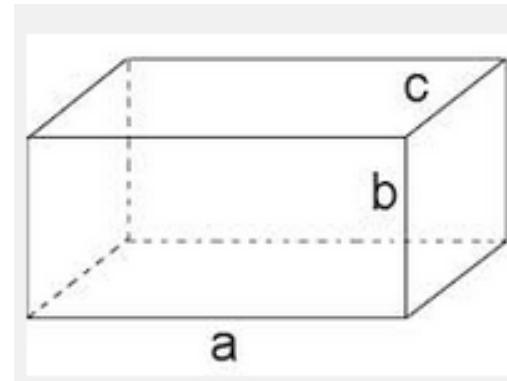
Exercise

- “How many footballs can you fit in this room?”
- Asked in a people analyst interview at Google.



Room size, Solution

- Assume: 100 feet * 100 feet * 20 feet high room
- Volume of room = 20 00 00 cubic feet



Football solution

- Assume each ball diameter 1 feet.
- Volume of ball: $4/3 \cdot 3 \cdot (1/2)(1/2)(1/2) = .5$ cubic feet

volume of sphere of size 1

Web Images Videos News More ▾ Search tools

About 51,400,000 results (0.48 seconds)

Sphere
Solve for volume ▾

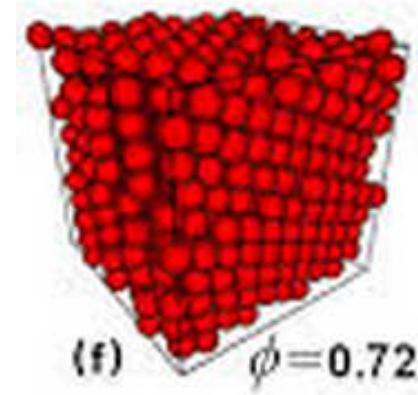
$$V = \frac{4}{3} \pi r^3$$


166 × 163 - nanofolio.org

Sphere packing

Sphere packing density is 0.7 (from google).

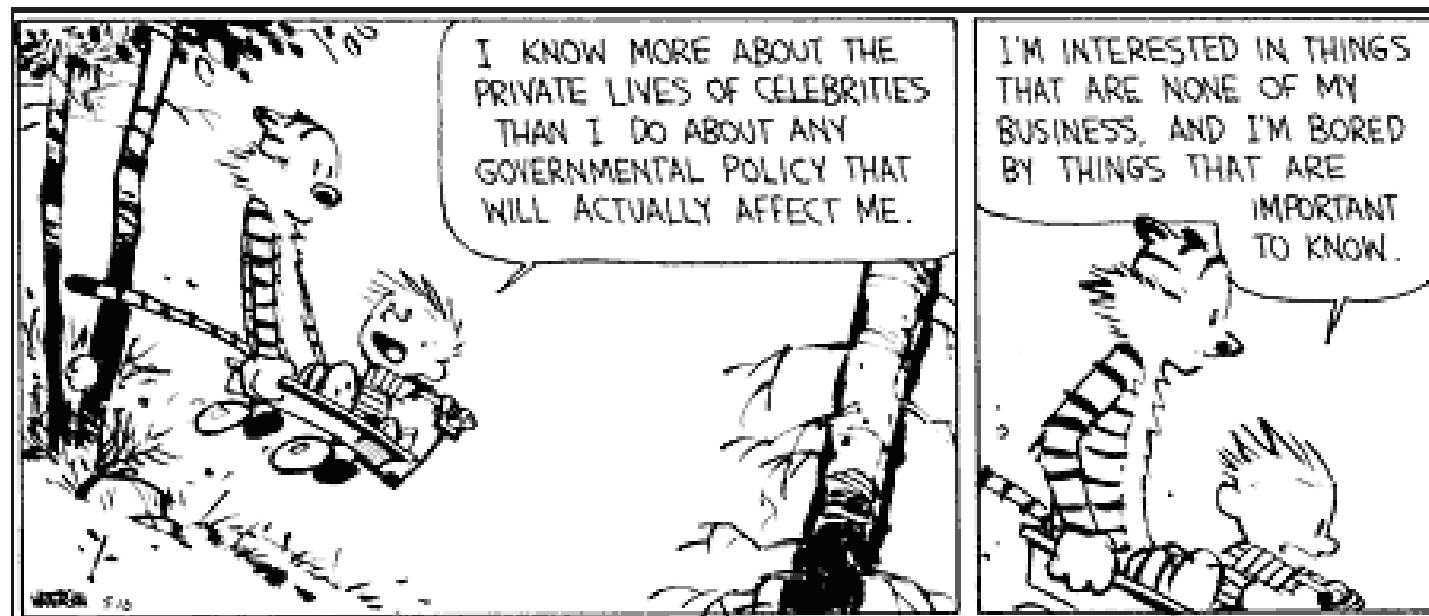
$$200,000 / 0.5 * 0.7 =$$



Footballs - solution

- $200,000 / 0.5 * 0.7 =$
 - $400,000 * 0.7 = 280,000$
 - ~ 300,000 footballs in the room.
-
- Interview Question: How much will it cost to fill the room with football?

Googling



Define:googling

The screenshot shows a Google search results page. The URL in the address bar is <https://www.google.co.in/search?q=mojo&oq=mojo&aqs=chrome..6S>. The search query "define:googling" is highlighted with a red oval. The search results include a snippet for the word "google" which is also highlighted with a red oval. The snippet defines "google" as a verb meaning "to search for information about (someone or something) on the Internet using the search engine Google". Below this, a link to "Google (verb) - Wikipedia, the free encyclopedia" is shown, also highlighted with a red oval.

https://www.google.co.in/search?q=mojo&oq=mojo&aqs=chrome..6S

define:googling

Web Images Videos Maps Books More Search tools

About 50,40,000 results (0.38 seconds)

google
/'gu:gl/
verb
gerund or present participle: googling
search for information about (someone or something) on the Internet using the search engine Google.
"on Sunday she googled an ex-boyfriend"

Google (verb) - Wikipedia, the free encyclopedia
en.wikipedia.org/wiki/Google_(verb)
Ungoogleable (or unGoogleable) is a term for something that cannot be "googled" – i.e. it is a term for something that cannot be found easily using the Google ...

Translate

A screenshot of a search results page with a focus on a translation interface. At the top, there is a search bar containing the word "translate". Below the search bar, a navigation menu includes "Web" (which is highlighted in red), "Books", "Images", "Apps", "News", "More", and "Search tools". A status message indicates "About 35,20,00,000 results (0.44 seconds)". The main content area features a translation box. On the left, under "English", the word "welcome" is displayed. On the right, under "Kannada", the transliteration "ಸ್ವಾಗತ" and the full name "Svāgata" are shown. There are also microphone and refresh icons above the translation box. At the bottom of the translation box, a downward arrow icon and the text "2 more translations" are visible. A link "Open in Google Translate" is located at the bottom right of the translation box.

translate

Web Books Images Apps News More Search tools

About 35,20,00,000 results (0.44 seconds)

English Kannada

welcome ಸ್ವಾಗತ
Svāgata

2 more translations

Open in Google Translate

Finding Lyrics (when you can hear few words clearly)

keys to the forest of heaven open up the vaults lyrics

Web Videos Images News More Search tools

About 98,80,000 results (0.61 seconds)

[Soundtrack Artists - Vaults Of Heaven Lyrics | MetroLyrics](#)
www.metrolyrics.com/vaults-of-heaven-lyrics-a.html

May be buried somewhere in a prayer. The Keys to the forest of heaven. Open up the vaults. Open up the vaults. Open up the vaults. Open up the vaults.

Missing forest

Cached Similar Share

... Site:infosys.com

The screenshot shows a Google search results page with the following details:

- Search URL:** https://www.google.co.in/search?q=mojo&oq=mojo&aqs=chrome..69i57&sourceid=chrome&es_sm=93&
- Search Query:** mba interns site:infosys.com
- Search Tools:** Web, News, Images, Videos, Maps, More, Search tools
- Results Count:** About 36 results (0.37 seconds)
- Organic Results (Left Column):**
 - Infosys Instep – Past Internship Project Database**
www.infosys.com/instep/internship/projects/project-2012.asp ▾
Learn more about projects conducted by interns at Infosys. ... (Bachelor's, Master's, MBA or Ph.D), Project Area, Duration (in weeks), Description (You may ...)
 - Infosys Instep–Internship Opportunities and Projects**
www.infosys.com › Home › Internship ▾
Know more about internship project opportunities currently available with Infosys. ... (Bachelor's, Master's, MBA or PhD), Project Area, Duration (in weeks) ...
 - Infosys - Featured Teams | Projects | Internship | InStep**
www.infosys.com › Home › Internship ▾
Featured teams undertake management internship and engineering internships ... InStep, for Vivek Pai, an MBA student from Cornell University, and his mentor ...
 - Infosys Instep – Internship Opportunities and Past Project ...**
- Ad (Right Column):**
 - 1 Yr Online MBA Rs.7500**
www.nibmglobal.com/Online-MBA ▾
USA Accredited Online MBA.
25 Years Experience in Education
 - Training & Internship MBA**
www.gravityautomation.com/ ▾
Summer Industrial Training for MBA
BBA management student with project
 - Internship Overseas**
www.globalservicecorps.org/ ▾
Intern in Cambodia or Tanzania
HIV Education, Agriculture & Health

-negative terms

mba interns site:infosys.com -engineering

Web News Images Videos Maps More Search tools

3 results (0.16 seconds)

Infosys - Testimonials | Life as an Intern | Internship | InStep
www.infosys.com › Home › Internship › Life as an Intern ▾
Transcript. There are not many companies in the world where diverse backgrounds are valued as highly as in Infosys.' As a MBA student I was looking for an ...

Infosys Instep - USA Internship Program | Alumni Interns
www.infosys.com › Home › Internship ▾
Select students from leading universities in the United States of America interned with Infosys. Know the interns from the US and their academic year of study.
Missing: mba

Intern profile and diversity - Infosys
www.infosys.com/instep/internship/diversity.asp ▾
Prospective InStep interns can learn more about the work culture, workplace diversity, geographic details, ... Liberal arts. 15%. Technology. MBA. 49%. 36% ...

ext:ppt (pptx, doc, docx, pdf).

The screenshot shows a search results page from a web browser. The search query in the bar is "critical thinking logic course ext:ppt". The results are filtered by the "Web" tab. There are approximately 3,530 results found in 0.44 seconds.

[PPT] Philosophy 150: Introduction to Logic and Critical Thinking
people.cohums.ohio-state.edu/suzuki42/.../Philosophy%20150Day1.ppt ▾
Course Packet: Compulsory – downloadable from our website at carmen. Textbook (75\$ or so): Optional – Introduction to Logic and Critical Thinking (5th ...)

[PPT] PowerPoint Presentation - PHIL 002, Section 19 Logic an...
www.csuchico.edu/phil/gtropea_mat/f06/intro_f06.../intro_f06.ppt ▾
PHIL 102-01. Logic and. Critical Thinking Fall 2006. About this course... About this course... There's so many of us!!! About this course... There's so many of us!

[PPT] About this course... - CSU, Chico
www.csuchico.edu/phil/gtropea_mat/f04/introf04_files/introf04.ppt ▾
PHIL 002, Section 5. Logic and. Critical Thinking. About this course... About this course... There's so many of us!!! About this course... There's so many of us!

[PPT] Critical Thinking Notes
www.csus.edu/indiv/l/lillyf/EDTE%2010/Critical%20Thinking.ppt ▾
Critical Thinking ... What is Critical Thinking? ... Strong Critical Thinking ... Analyze the logic of situations and problems; Express clear and precise questions through critical thinking skills or insights requisite to understanding course content.

Ads ⓘ

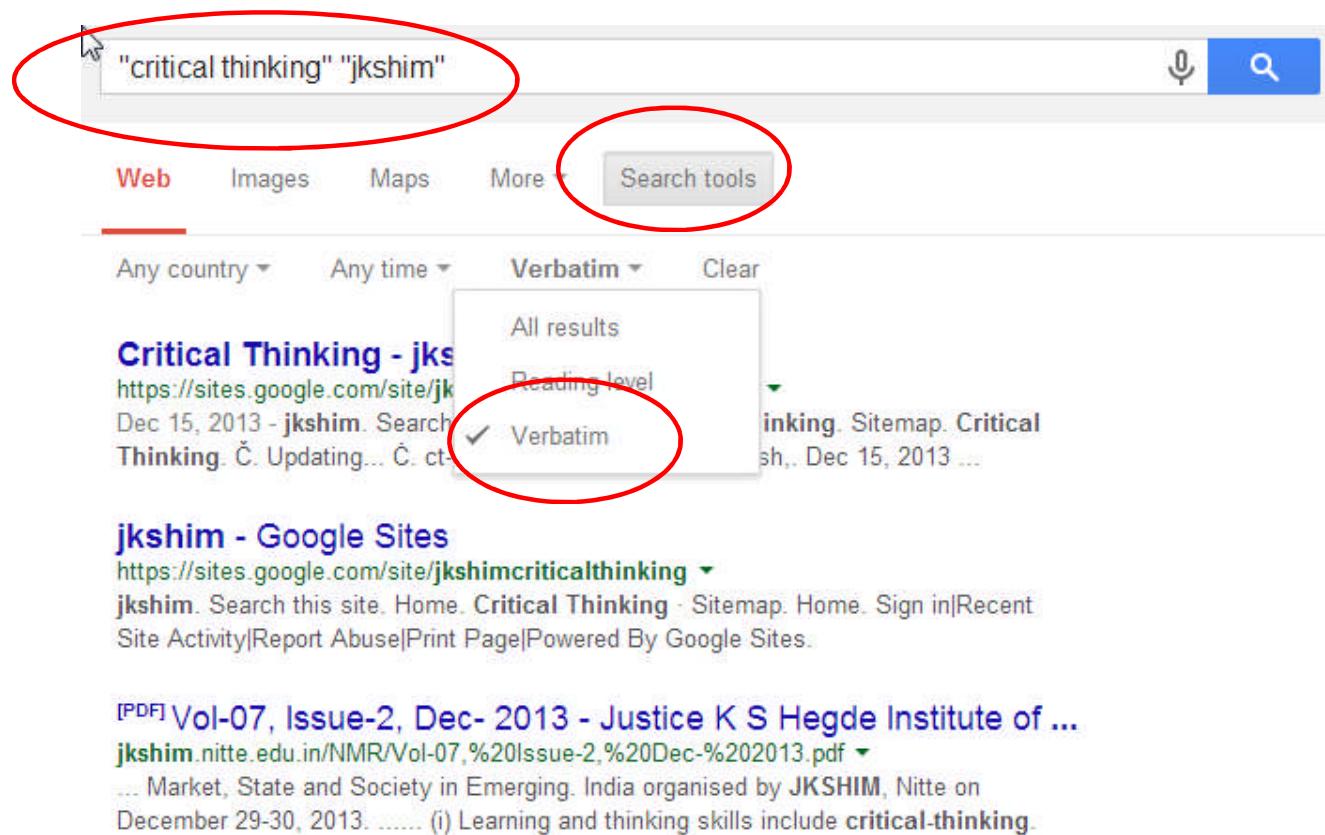
Logic Pro Courses Online
online.pointblanklondon.com/ ▾
Learn Logic Online w/ Point Blank
1-2-1 Feedback From Pro Producers

Critical Thinking Classes
www.corporatetrainingmaterials.com/ ▾
Customizable training materials to teach Critical Thinking courses.

Critical Thinking Seminar
www.reasonforce.com/ ▾
Learn logic, structure, frameworks used by elite strategy consultants.

Logic and Critical Thinking
www.mooc-list.com/ ▾
Free online courses (MOOCs) from the best providers.

Searching “Verbatim”



language arts on Pinterest

Cache

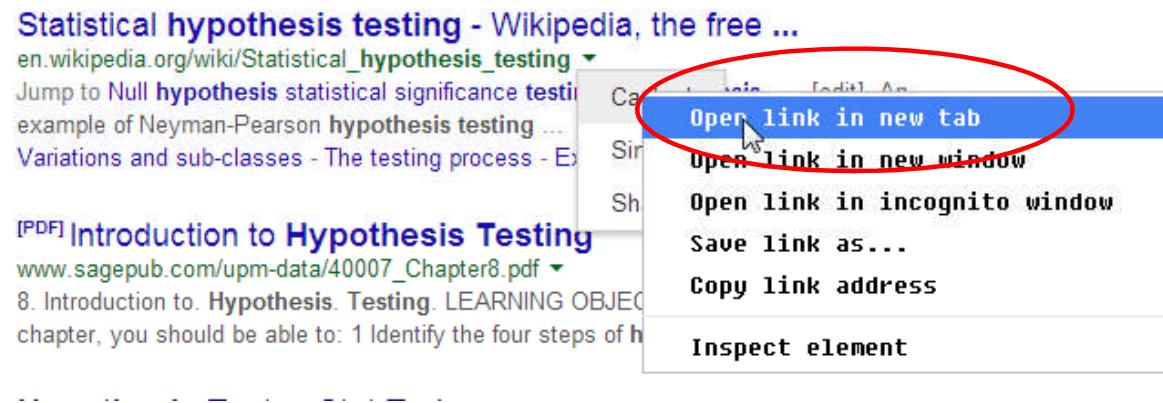
A screenshot of a search results page from a web browser. The search bar at the top contains the text "hypothesis testing". Below the search bar, there are navigation links: "Web" (which is red and underlined), "Images", "Maps", "More", and "Search tools". Further down are filters: "Any country", "Any time", "Verbatim", and "Clear".

The main content area displays search results. The first result is a link to "Statistical hypothesis testing - Wikipedia, the free ...". Below the link is the URL "en.wikipedia.org/wiki/Statistical_hypothesis_testing". A context menu is open over this link, with the "Cached" option highlighted by a red circle and a cursor icon. Other options in the menu include "Similar" and "Share".

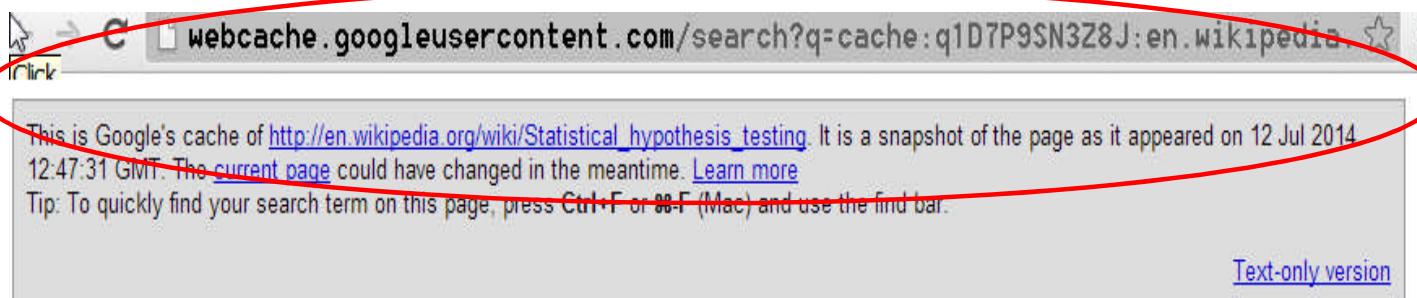
Below the Wikipedia result, there is another link: "[PDF] Introduction to Hypothesis Testing" followed by the URL "www.sagepub.com/upm-data/40007_Chapter8.pdf".

At the bottom of the page, there is a snippet of text: "8. Introduction to. Hypothesis. Testing. LEARNING OBJECTIVES. After reading this chapter, you should be able to: 1 Identify the four steps of hypothesis testing."

Right click to open cached page in new tab



The cache is google's copy of the website



This is Google's cache of http://en.wikipedia.org/wiki/Statistical_hypothesis_testing. It is a snapshot of the page as it appeared on 12 Jul 2014 12:47:31 GMT. The [current page](#) could have changed in the meantime. [Learn more](#)

Tip: To quickly find your search term on this page, press **Ctrl+F** or **⌘F** (Mac) and use the find bar.

[Text-only version](#)

 [Create account](#)  [Log in](#)

[Article](#) [Talk](#) [Read](#) [Edit](#) [View history](#) 

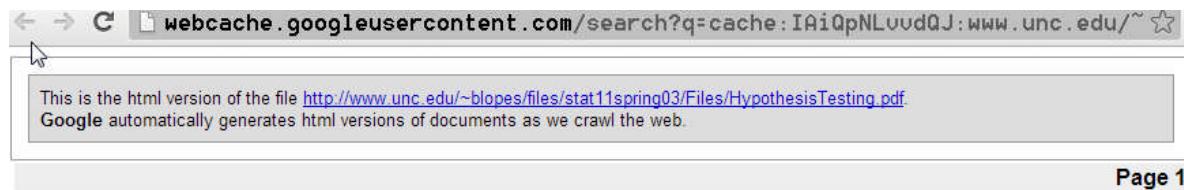
Statistical hypothesis testing

From Wikipedia, the free encyclopedia

Main page [Contents](#) [Featured content](#)

A **statistical hypothesis test** is a method of [statistical inference](#) using data from a [scientific study](#). In statistics, a result is called [statistically significant](#) if it has been predicted as unlikely to have occurred by chance alone, according to a pre-determined threshold probability, the significance level. The phrase "test of

Viewing pdf doc in cache...



Some Hypothesis Testing Examples

One Tailed (Upper Tailed)

An insurance company is reviewing its current policy rates. When originally setting the rates they believed that the average claim amount was \$1,800. They are concerned that the true mean is actually higher than this, because they could potentially lose a lot of money. They randomly select 40 claims, and calculate a sample mean of \$1,950. Assuming that the standard deviation of claims is \$500, and set $\alpha = .05$, test to see if the insurance company should be concerned.

describe the picture



Pick your image and read the name

red yellow hanging flower

Web Images Videos News More Search tools

Red And Yellow 'hanging Crab Claw F...' www.picturescolourlibrary.co.uk - 401 x 600 Search by image

Caption: Red And Yellow 'hanging Crab Claw Flower' (*Heliconia Rostrata*) In Morogoro Tanzania. Photo by: Eric Nathan.

Orientation: Vertical

Visit page View image

Related images:

Red And Yellow 'hanging Crab Claw Flower' (*Heliconia Rostrata*) In Morogoro Tanzania.

Search by image

December | 2010 | TastingSpoons | ... X

tastingspoons.com - 350 × 489 - Search by image

red yellow flowers. I've forgotten what these flowers are called as well. But they were hanging everywhere on the grounds of the Sea Temple Resort.

[Visit page](#) [View image](#)

Related images:



About 2 results (0.12 seconds)



Image size:
350 × 489

Find other sizes of this image:
[All sizes](#) - [Medium](#)

Results for *red yellow hanging flower*

[Visually similar images](#)



Currency conversion

1000 dollar in rupees

Web Images Maps More Search tools

Any country Any time Verbatim Clear

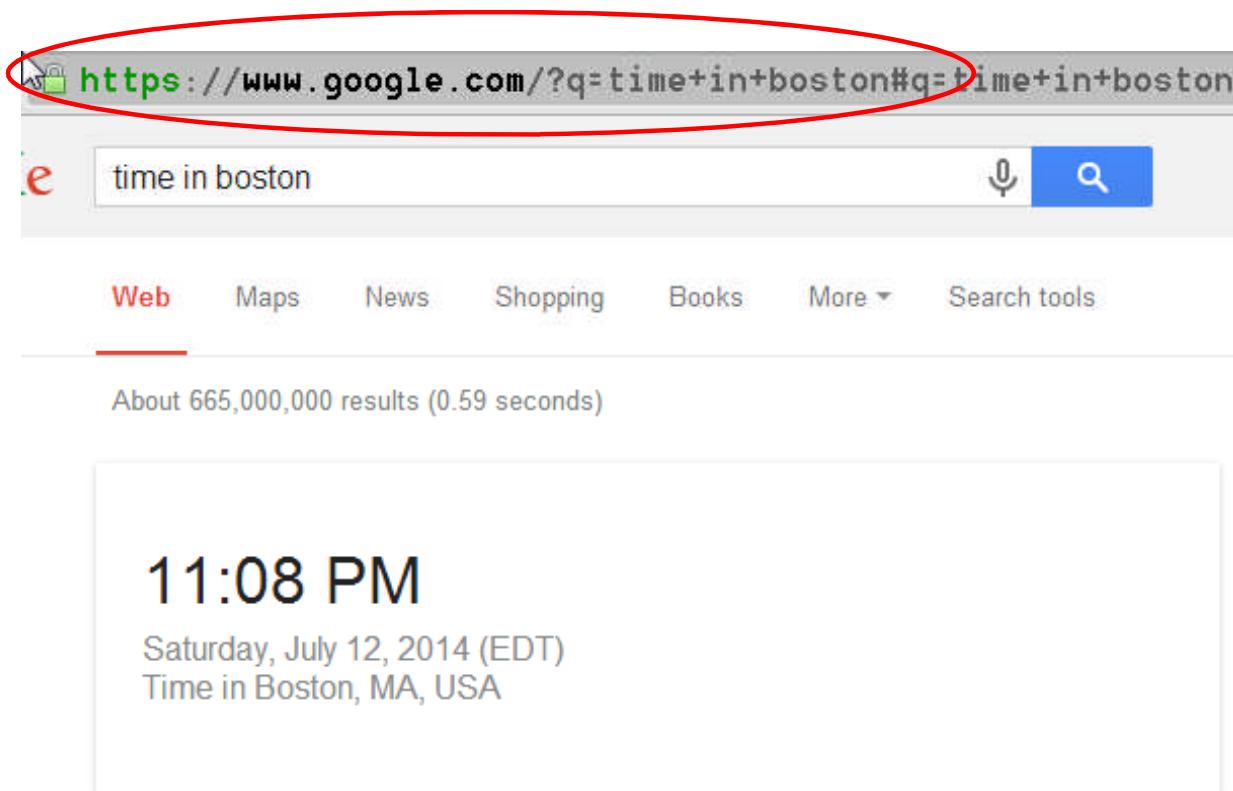
1000 US Dollar equals
60025.00 Indian Rupee

1000 US Dollar 60025.00 Indian Rupee



Disclaimer

World time



Astronomical data

A screenshot of a Google search results page. The search bar at the top contains the query "sunset time". Below the search bar, there are several navigation links: "Web" (which is red and underlined), "Images", "Maps", "News", "Videos", "More", and "Search tools". A horizontal red bar is positioned below these links. The text "About 28,90,00,000 results (0.56 seconds)" is displayed. The main result is a large white box containing the text "7:01 PM" in large bold letters, followed by "Sunset in Mangalore, Karnataka" in smaller text.

sunset time

Web Images Maps News Videos More Search tools

About 28,90,00,000 results (0.56 seconds)

7:01 PM
Sunset in Mangalore, Karnataka

Data analytics

- All decisions must be based on facts, not on intuition or rumours.
- Facts require measuring everything (quantifying).
- Analysis of sample data for business

Quantifying data

- Steps:
 - Collection of sample data
 - Process data
 - Present summary graphically for business decisions.
- Methods: Manual with Excel
R (statistical language, free).
Automated for large scale (e.g. google adwords).

Data analytics examples

- Advertising and marketing on the web.
- Requirements of data:
 - Diversity (around the world).
 - Large amount of sampling (billions).
 - Accurate (remove surveyor biases).
 - Remove spurious data (spam data).
 - Real time processing (same day).
- I will explain details in marketing courses of Prof. Saravan / Sandhya / ...

https://Finance.google.com

https://www.google.com/finance

casino in A.C.

More market news »

Trends

Popular | Price | Mkt Cap | Vol

Gainers

Cousins Properties Inc	Change 0.12%	Mkt Cap 2.14B
------------------------	-----------------	------------------

Excludes stocks with mkt cap less than \$1B. [Learn more](#)

Sector summary

Sector	Change	% down / up
Energy	-0.38%	
Basic Materials	+0.38%	
Industrials	+0.39%	
Cyclical Cons. Goods ...	-0.08%	
Non-Cyclical Cons. Goods...	-0.03%	
Financials	+0.00%	
Healthcare	+0.18%	
Technology	+0.45%	
Telecommunications Servi...	+0.54%	
Utilities	-0.53%	

IBOVESPA 54,785.93

SET 1,518.01

BIST100 79,364.43

IBEX 10,538.80

WIG 51,085.89

TASI 9,803.29

MERVAL 7,489.30

Currencies

EUR/USD	1.3608	0.0000 (0.00%)
USD/JPY	101.3100	+0.0500 (0.05%)
GBP/USD	1.7116	-0.0002 (-0.01%)
USD/CAD	1.0732	-0.0002 (-0.01%)
USD/HKD	7.7505	+0.0005 (0.01%)
USD/CNY	6.2038	-0.0018 (-0.03%)
AUD/USD	0.9391	-0.0001 (-0.01%)

Bonds

3 Month	0.02%	0.00 (0.00%)
6 Month	0.05%	0.00 (0.00%)
2 Year	0.44%	0.00 (0.00%)
5 Year	1.64%	0.00 (0.00%)
10 Year	2.52%	0.00 (0.00%)
30 Year	3.34%	-0.01 (-0.30%)

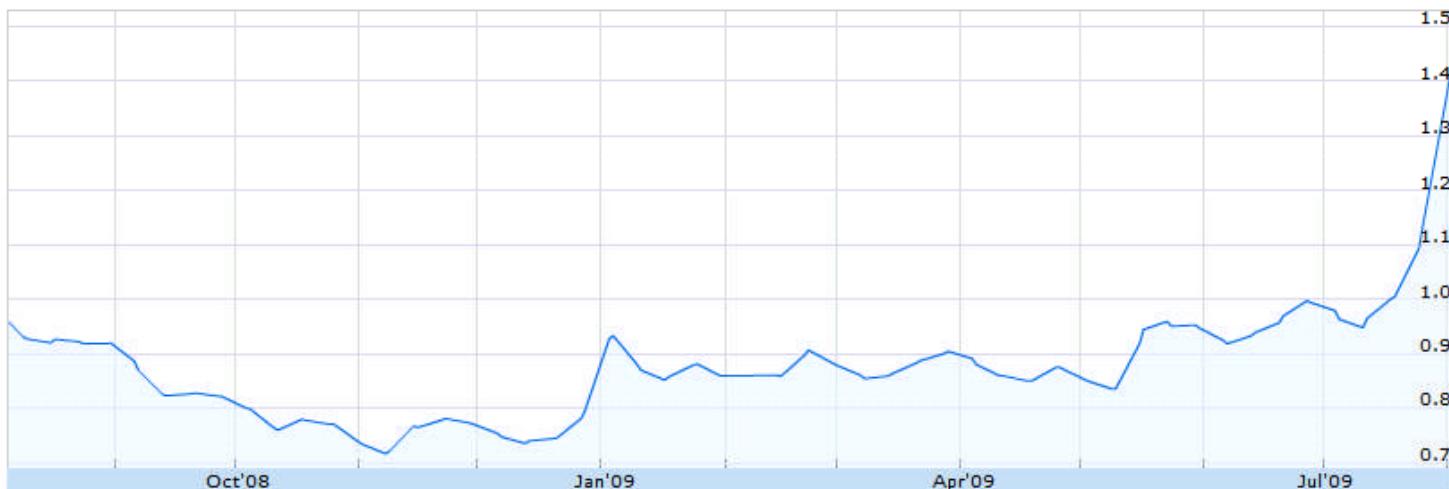
Google Finance Beta available in: Hong Kong - Canada - U.S. - China - U.K.

<https://finance.google.com>

	World markets	
Dow Jones	16,943.81	
S&P 500	1,967.51	+2.83 (0.14%)
Nasdaq	4,415.49	
Shanghai	2,046.96	
Nikkei 225	15,164.04	
Hang Seng Index	23,233.45	
TSEC	9,495.84	
FTSE 100	6,690.17	
EURO STOXX 50	3,157.05	
CAC 40	4,316.50	
S&P TSX	15,125.50	
S&P/ASX 200	5,486.80	
BSE Sensex	25,024.35	
TA25	1,371.61	
KOSPI	1,988.74	
SMI	8,468.52	
ATX	2,379.29	
IBOVESPA	54,785.93	
SET	1,518.01	
BIST100	79,364.43	
IBEX	10,538.80	
WIG	51,085.89	
TASI	9,803.29	
MERVAL	7,489.30	

https://www.google.com/finance/domestic_trends

 *Google Auto Buyers Index*
User searches related to car buying increased dramatically with the launch of the US Government's Cash for Clunkers program. We see that the Auto Buyers Index jumped to 1.4 at the end of July 2009.



Better Predicting real-world statistics

We wondered if Google search volumes in a month can help better predict real world statistics well before they are officially tabulated and released.

The data for these indexes are available for download—so you can use it with your own models. If you find interesting patterns and uses, feel free to share with us!

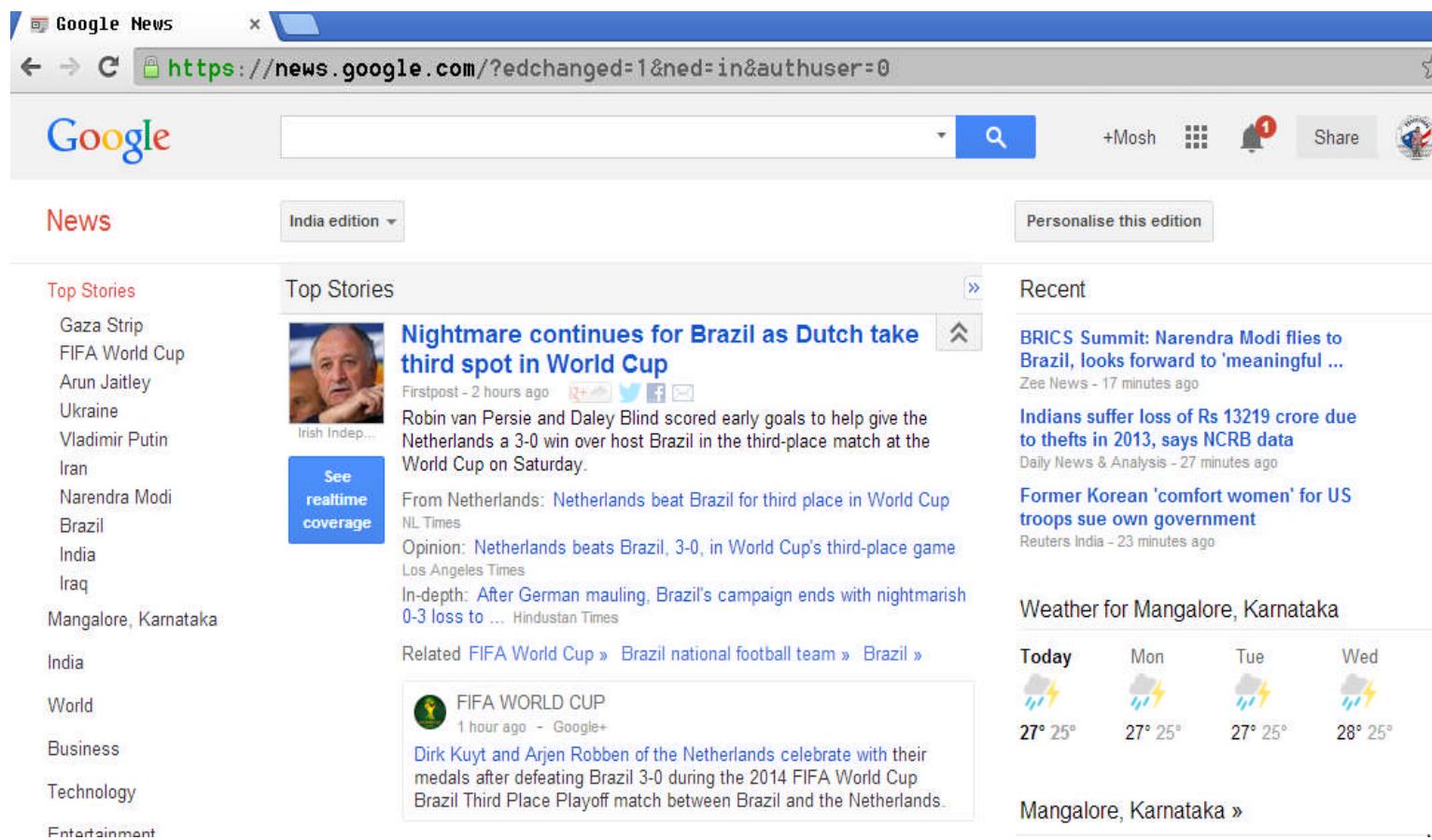
Graphing stocks

Google Domestic Trends
for US search traffic.

- Advertising & marketing
- Air travel
- Auto buyers
- Auto financing
- Automotive
- Business & industrial
- Bankruptcy
- Commercial Lending
- Computers & electronics
- Construction
- Credit cards
- Durable goods
- Education**
- Finance & investing
- Financial planning
- Furniture
- Insurance
- Jobs
- Luxury goods
- Mobile & wireless
- Mortgage
- Real estate
- Rental
- Shopping
- Small business

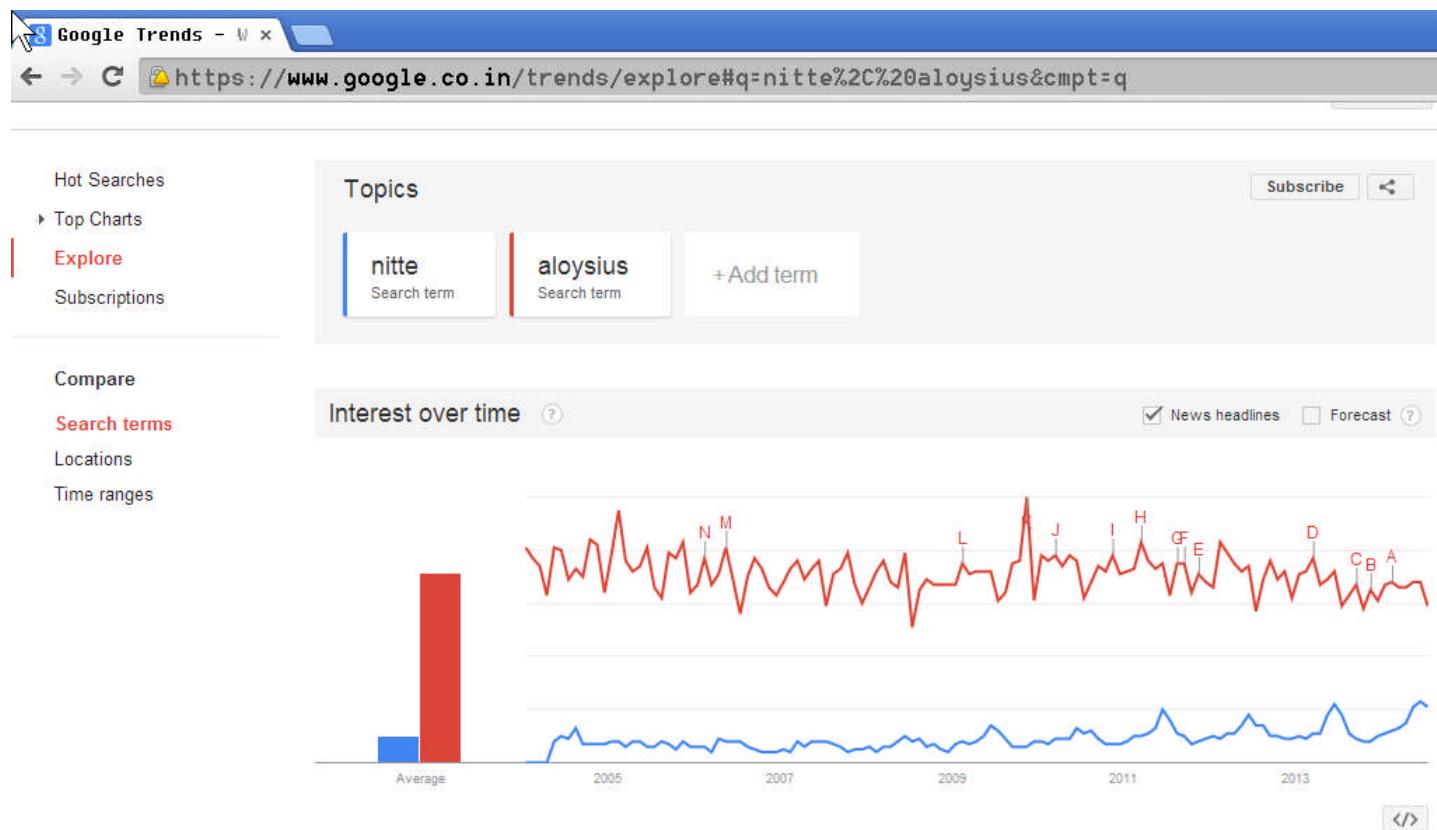


https://news.google.com

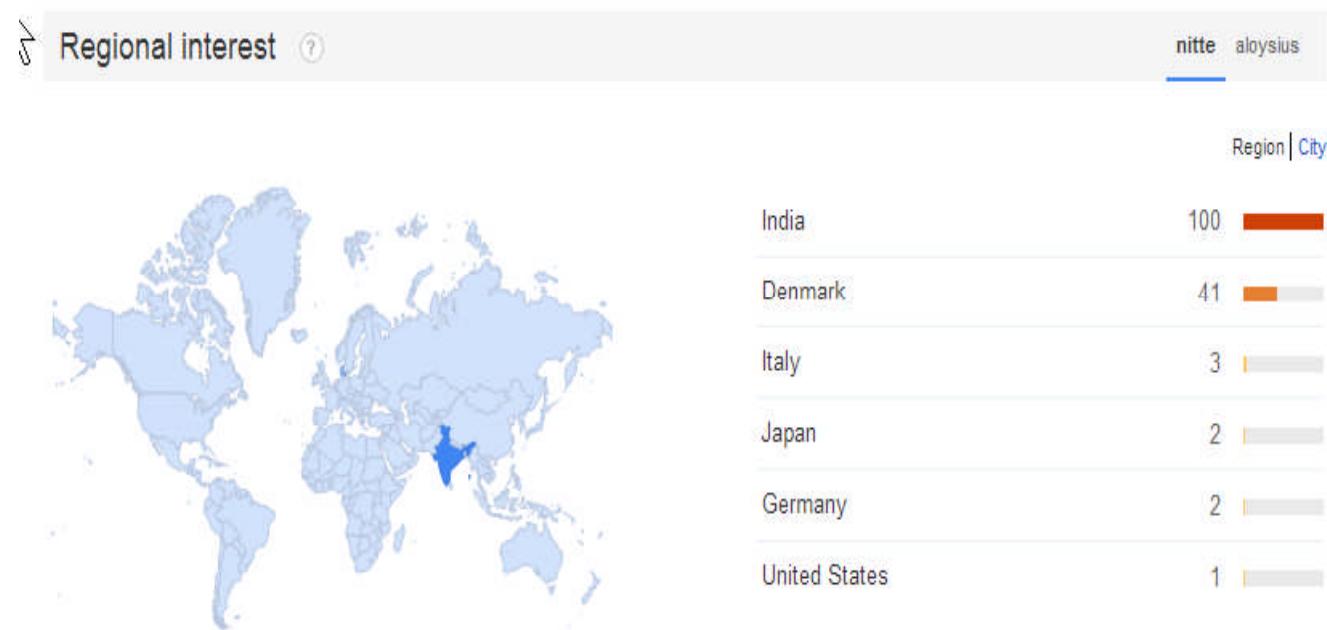


The screenshot shows the Google News homepage at <https://news.google.com/?edchanged=1&ned=in&authuser=0>. The page is in India edition. The main content area features a "Top Stories" section with a large image of a man and the headline "Nightmare continues for Brazil as Dutch take third spot in World Cup". Below this are links to "Robin van Persie and Daley Blind scored early goals to help give the Netherlands a 3-0 win over host Brazil in the third-place match at the World Cup on Saturday." and "From Netherlands: Netherlands beat Brazil for third place in World Cup NL Times". There are also links to "Opinion: Netherlands beats Brazil, 3-0, in World Cup's third-place game Los Angeles Times" and "In-depth: After German mauling, Brazil's campaign ends with nightmarish 0-3 loss to ... Hindustan Times". To the left, there's a sidebar with "Top Stories" links for Gaza Strip, FIFA World Cup, Arun Jaitley, Ukraine, Vladimir Putin, Iran, Narendra Modi, Brazil, India, Iraq, Mangalore, Karnataka, India, World, Business, Technology, and Entertainment. A blue button says "See realtime coverage". On the right, there's a "Recent" section with links to "BRICS Summit: Narendra Modi flies to Brazil, looks forward to 'meaningful ...' Zee News - 17 minutes ago", "Indians suffer loss of Rs 13219 crore due to thefts in 2013, says NCRB data Daily News & Analysis - 27 minutes ago", and "Former Korean 'comfort women' for US troops sue own government Reuters India - 23 minutes ago". At the bottom, there's a weather forecast for Mangalore, Karnataka, showing temperatures of 27° 25° for Today, Mon, Tue, and Wed, with a 28° 25° for Wednesday.

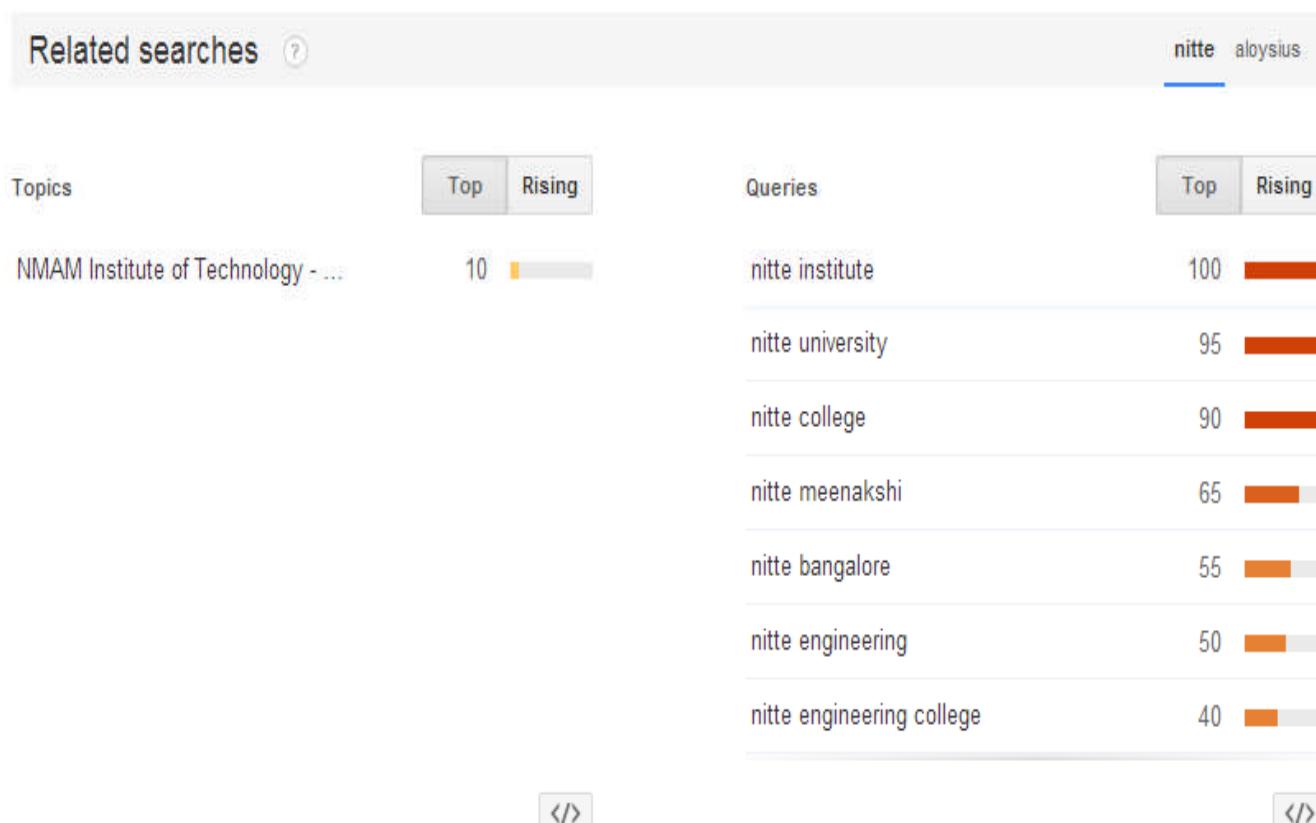
Marketing surveys: google trends



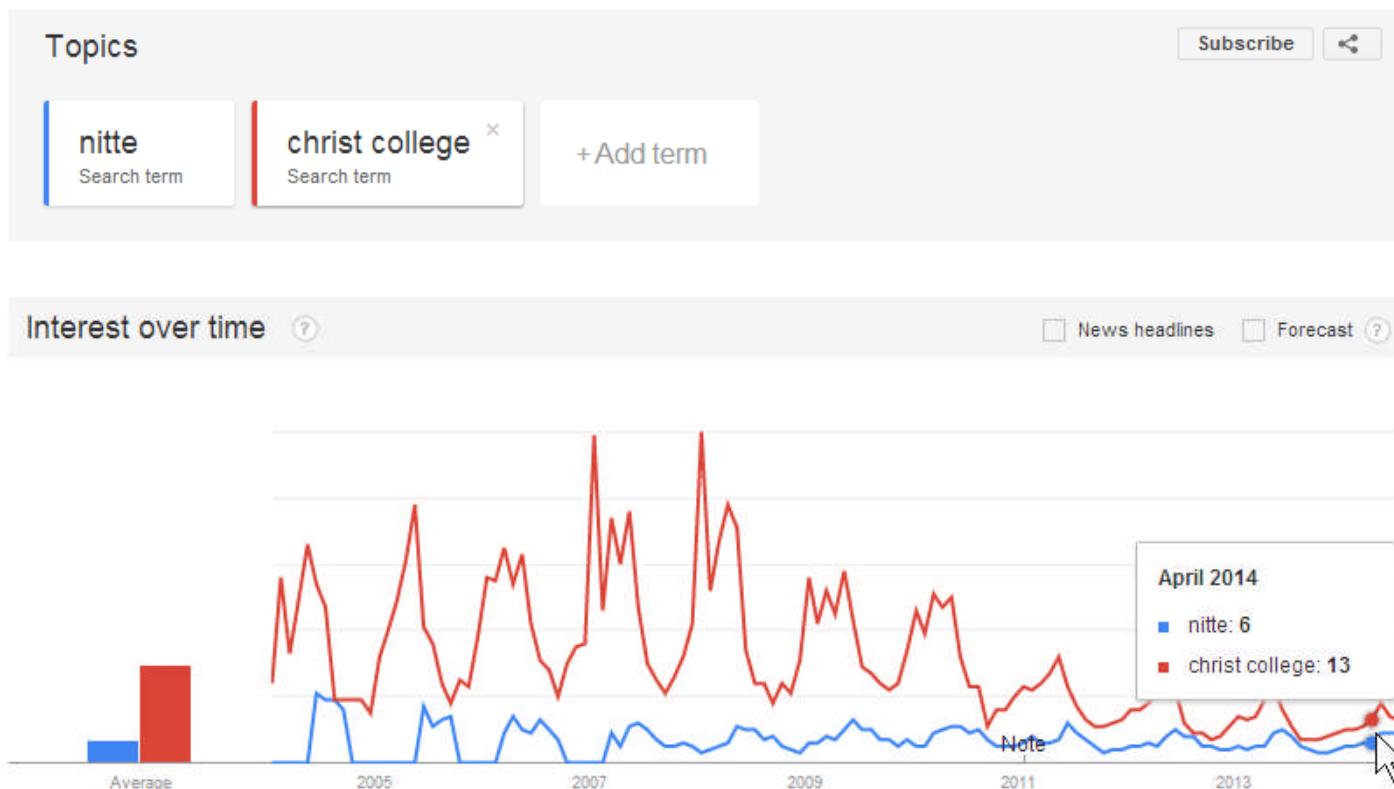
Local trends



Related trends



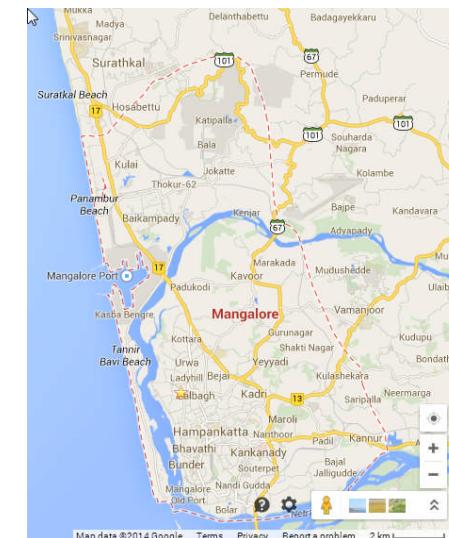
Comparing



Back of envelope calculations

In business when looking at any new venture you need to estimate the market segment and the costs, even before doing a market survey.

Exercise:
Size of Mangalore?
Population of Mangalore?



Back of envelope calculations

Solution: Size of Mangalore?

$10 \text{ km} \times 20 \text{ km} = 200 \text{ km square}$

Population of Mangalore?

$10,000 \text{ people in 1 sq km} = 200 \ 0 \ 000 \text{ (2mil)}$

Estimating and sampling

- Random sampling works very well in practice.

Example: Judge a book (or assignment) by randomly reading a few sentences in the middle pages, rather than reading the back cover or cover picture.

Exercise

Estimating value of property or business.

Interview question

- How many trees are there in Mangalore?
- Estimate (and explain).

City information

size of mangalore city

+Mosh Share 1

Web Images News Shopping Videos More Search tools

About 2,010,000 results (0.70 seconds)

51.14 sq miles (132.4 km²)

Mangalore, Area



Feedback

Mangalore - Wikipedia, the free encyclopedia
en.wikipedia.org/wiki/Mangalore Wikipedia

Jump to [Sister cities](#) - [edit]. Canada Hamilton, Ontario, Canada 1968; Canada Delta, British Columbia, Canada 2010.

[Etymology](#) - [History](#) - [Geography and climate](#) - [Economy](#)

Mangalore City Corporation - Wikipedia, the free encyclopedia
en.wikipedia.org/wiki/Mangalore_City_Corporation Wikipedia

The Mangalore City Corporation is the municipal corporation responsible for looking after the city administration of the city of Mangalore. It consists of a ...

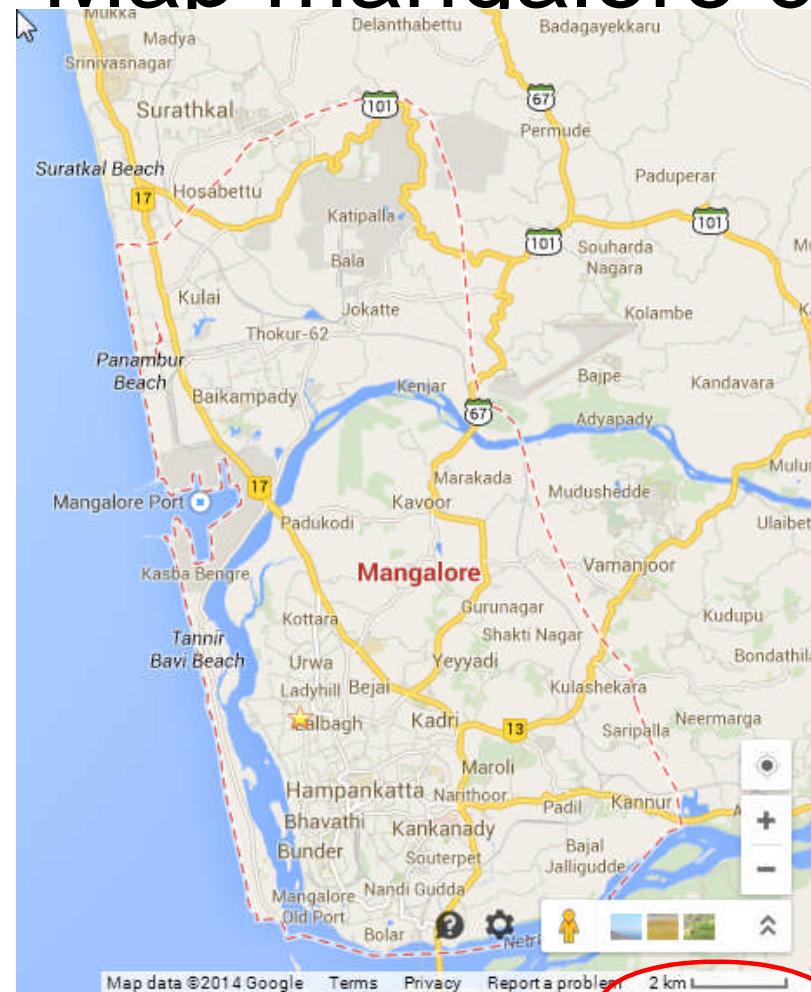


Mangalore
City in India

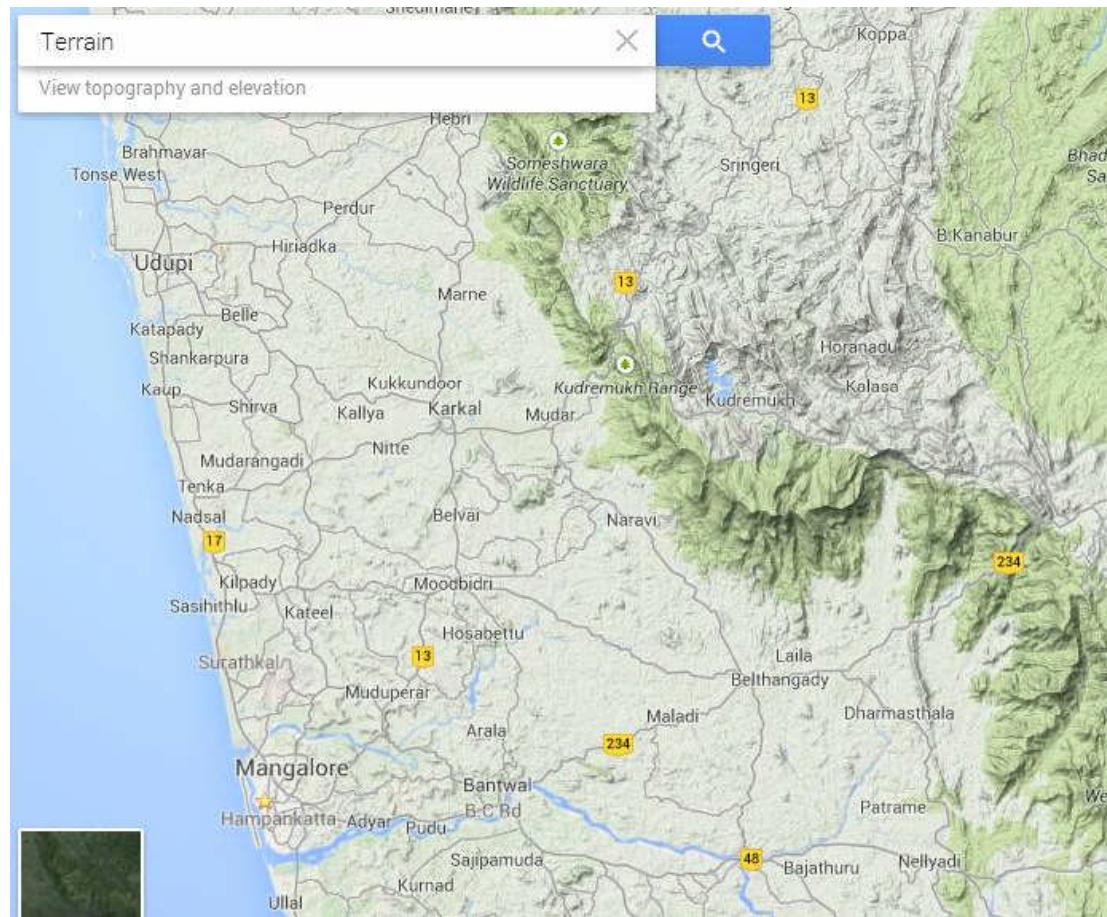
Mangalore, Karnataka, India "Kudla" in Tulu language
Kodiyāl in Konkani, Maikāla in Beary bashe, or
Mangalapuram in Malayalam is the chief port city of the
Indian state of Karnataka. [Wikipedia](#)

Area: 51.14 sq miles (132.4 km²)
Population: 399,565 (2001) UNdata
Local time: Sunday 8:40 AM

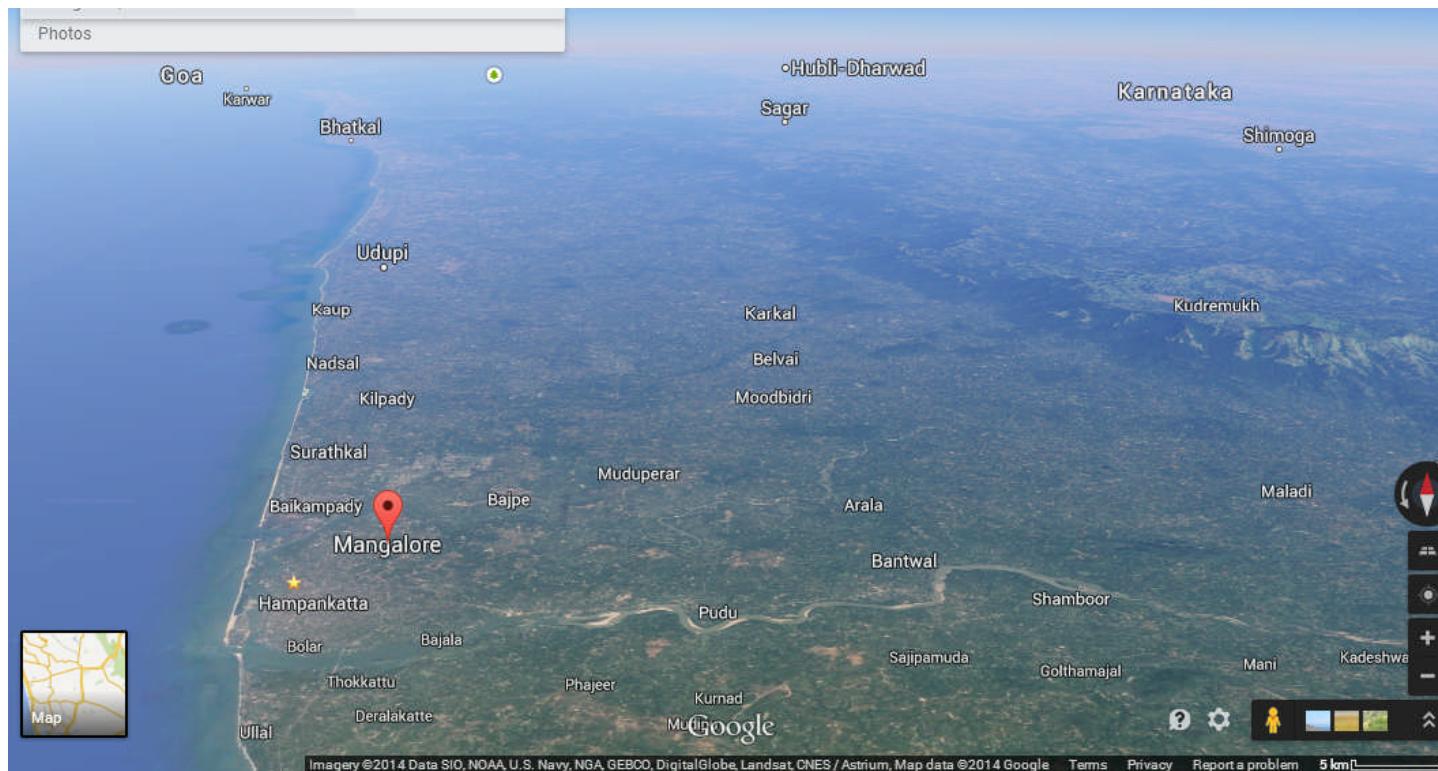
Map mangalore city



Terrain Map



Google Earth



Calculator

132 square km in sq meters

Web Maps Images News More ▾ Search tools

About 39,900 results (0.76 seconds)

Area

132 = 132000000

Square km Square meter

More info

The image shows a search results page from a web browser. The search query is "132 square km in sq meters". Below the search bar, there are navigation links: Web (highlighted in red), Maps, Images, News, More ▾, and Search tools. A message indicates there are about 39,900 results found in 0.76 seconds. The main content is a conversion calculator. It has two input fields, both containing the value "132": the top field is labeled "Area" and the bottom field is labeled "Square km". Between these two fields is an equals sign (=). To the right of the equals sign are two output fields, both displaying the value "132000000": the top field is labeled "Square meter" and the bottom field is labeled "Square km". Each input and output field has a dropdown arrow icon at its right end. At the bottom right of the calculator area, there is a link labeled "More info".

1 tree/sq meter and assume 30% trees
= How many crore trees?

132000000 * 30%

Web Images Maps Videos News More ▾ Search tools

About 96,700 results (0.43 seconds)

Tip: Search for English results only. You can specify your search language in Preferences

132 000 000 * 30% =

39600000

Rad		x!	()	%	AC
Inv	sin	ln	7	8	9	÷
π	cos	log	4	5	6	×
e	tan	√	1	2	3	-
Ans	EXP	x ^y	0	.	=	+

More info

Exercise (in your book)

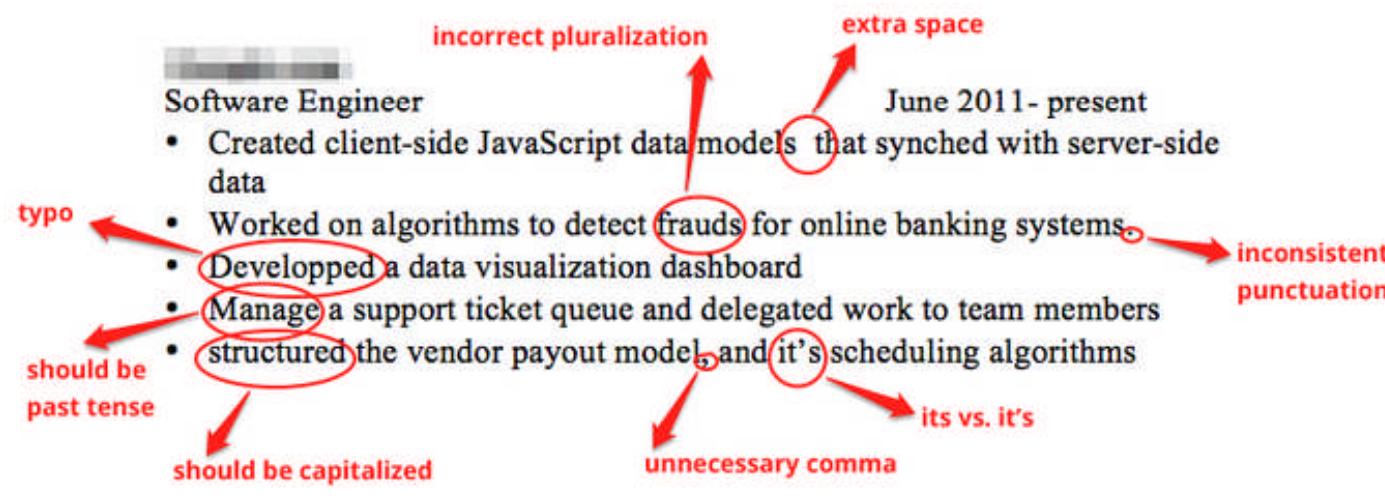
- 1 Crore = ? Lakhs
- 1 crore = ? Millions
- 1 billion = ? Crores
- 1 million = ? thousands
- 1 Lakh = ? thousands.

Financial Number system

- 1 Lakh = 5 zeroes
- 1 Crore = 7 zeroes
- 1 million = 6 zeroes
- 1 billion = 9 zeroes

Resume

Common mistakes in resume



Resume

- Short sentences to the point.
- Don't write long paragraphs about your project and internal project names.
- Spell check
- Grammar check
- Dates when appropriate.
 - Internship with NGO, 5/2010-7/2010.
- Plain txt and pdf file (no ms-word or ppt).
- Contact email(s), phone numbers, local address.
E.g. phone: +91(824)123-456

Resume

- Action oriented, start sentence with action.
 - I arranged a water tanker for the school.
- Result oriented, highlight what you solved
 - **Solved** water problem by arranging tanker.
- Quantitative, quantify your work
 - Wrote **1000** lines of C++.
 - Saved **2000\$** by reusing old hard drives.

Resume

- Be **honest**, do not write something you cannot explain when asked to elaborate. It is not ok to say you forgot (within 3 years of college).
- E.g. Managed NITTE utsav
 - Q. What kind of bank account did you use?
 - Q. What accounting software did you use, and how much was the balance?
- E.g. **Expert** in Accounting
 - Q. How would you investigate a mismatch in a balance sheet.

Resume

- Make it interesting, add few projects you did outside of class work, e.g. visited orphanage, wrote a blog on local birds.
- References – ask references in advance, be prepared.

Not for resume

- Race
- Gender
- Religion
- Citizenship, unless for local jobs
- Previous compensations
- Family history
- Transcripts
- Photo

No easy path to success



Internet Reputation

- Google – search your name + college on google, to make your webpage comes up on first page.
- Create your
 - google.com/profiles
 - linkedin.com
 - blogger.com
 - sites.google.com
- Check other sites that refer to your name.

Social network privacy

- Facebook.com – make sure your wall is clean.
- Use a different **nick-name** for social networking, only your friends should be able to find you on facebook.
- Set privacy settings of your photos and postings to **friends** or **friend-of-friends**.
- Don't allow your facebook profile to be visible outside of facebook (to google search).
- Don't upload your high-res photos, certificates or passport or id card details online.

Social network privacy

- Don't accept unknown people as friends (or those with fake photos).
- Don't post in "Open groups" (visible to public), only write in "closed groups" (members you know and good admin).
- Don't allow apps to access your account.

Social network privacy

- Don't type your password into unknown websites.
- Don't reply to email (or phone or SMS) from unknown people asking for any information.
- For phone, ask their details and say you will call back after background check.

Do your homework on the company

- Company size, products, years, employees, offices.
- Earnings, stock performance
- Check what others say about them and the products, use google.com, read postings on forums

Interview



Dressing



Dressing



Your brand

- Create an College Tie/Pin/Blazer.
- *US President Barack Obama wears his Ivy League badge on his shirt sleeves and business suits. And it has been no different during his ongoing India trip.*
The conservatism of the ensemble was in keeping with the tradition of his Harvard University background. The president studied law there.
Harvard men are known for their smart power suits that combine slim silhouettes, straight lines and slim fits.

Going for an interview

- Sleep well before the interview.
- Don't eat heavy food the day before, eat curd rice / dal / sambar / veg.
- Don't spend time on phone, just chill out.
- Do not try to study too much on last day.
- Deep breath to reduce stress – meditate and be calm.
- Dress well and formally, not flashy.
- Call up and inform, if you are sick or delayed.

Do's

- Discuss technical issues related to job
- Discuss global issues related to development
- Ask questions about the job, work culture.
- Company future.
- Your future in the company
- Interesting Technology, Finance questions.
- Be courteous and listen carefully
- Ask about who you will work with, the position and duties required of you.
- Ask about compensation

Body Language



Non-Verbal Interviewing Tips

Face:

- Smile
- Make Eye contact

Body:

- When you sit down, pull chair up to the table
- Sit up straight
- Lean forward slightly (shows interest!)
- Don't Fidget

Hands:

- Do not touch your face
- Gesturing occasionally
- Firm hand shake
- Avoid nervous habits, like picking nails

Don't

- Discuss politics.
- Religion, Race, Gender, bad Jokes.
- Personal opinions.
- Previous compensation.
- Over-eat during the interview lunch

Technical questions

- **Think loudly** - solve one step at a time.
- Write on board.
- Understand the question.
- Ask and clarify
- List your assumptions
- List alternatives.
- Don't panic if you didn't solve one problem.

1. What are they looking for?

- Communication skills?
- Friendly to work with.
- Problem finder and specifier, not just solver.
- Self motivated.
- Interested in work.
- Interesting to work with.

2. What are they looking for?

- Competent in work
- Wider vision, not just academic.
- Well read.
- Drive solutions to completion.

What will they avoid

- Bored
- Non communicative, answers only to the point.
- Excessive bragging about past.
- Argumentative.
- No dreams, no drive, unmotivated.

You are also interviewing them

- Do you like the company, so take the first job – ask questions, do they listen to you – if not, maybe it is not your type of company.
- Make sure you like their **questions**, food, style, dressing
 - if not, it is sign their culture is not right for you,
 - Maybe they will bore you soon.

Sample Questions

- Why do you want to work here?
- Where else did you apply?
[mention you are talking to other companies, drop names but not details, so they can't make you wait for long].
- What are your hobbies?
Answers to avoid: socializing, partying, watching TV.
Interesting answers: ???

Sample questions

- What newspapers do you read?
- Which websites do you read?
- Which books have you read?
- Which textbooks did you like?
- What happened in the news recently, and what do you think of it?

Career questions

- What do you see yourself doing in 5 years?
- What are your dreams in career?
- What difficult problem have you solved before?
- What achievement are you proud of?
- Who are your heroes and why?
- What else you plan to study in the future?
- How will you help the community?
- What was your project?

Homework: write your answers in your private diary, and check often that you are working on achieving your dreams.

Sample technical questions

- How would you multiple two large numbers?
- Is the internet safe for children?
- What is e-signature?
- How many cars are there in this city?

Practice

- Mock interviews
- Apply, go for real interviews and meet people even if you don't want a job, you never know where the opportunities come from. You will learn something and make good friends in other companies.

Preparation

Read:

- Google for information all the time.
- news.google.com – current events.
- Wikipedia.org - read, contribute.
- Read books in spare time.
- No TV, bollywood, hollywood movies.
- Make good friends, dump negative friends who are not serious about life. They will not stand by you in times of need anyways.

GD Practice

- Read few pages from a book loudly alone.
- Take an easy book like “Little Prince” or some Drama.
- Record and listen to your voice.
- Be confident about yourself.
- Say something different from what you read, so everyone in GD will remember you.

How to improve your job chances?

- Read the newspaper daily.
- Read news.google.com daily.
- Don't watch TV, Bollywood, time waste chats with friends.
- Read your textbooks, be good at Logical thinking, basic Math, English, Confidence.
- Search on google and read wikipedia on topics or words you don't know.

How to improve your job chances?

- Practice writing your thoughts daily, write about including problems, solutions, choices. Try writing short stories.
- Learn to talk to new people, communicate without fear.
- Have something interesting to talk about – not gossip/tv/movies/yourself.
- Be a good listener, but don't get caught up with bad friends who pull you down with negative thoughts. Many of your friends will vanish when you don't have a job.

How to improve your job chances?

- Have faith in yourself and your work, despite what others may say about you.
- Have a look at these simple self-improvement books: “How to win friends” by Dale Carnegie, Napolean Hill, Shiva Khera, “Who moved my Cheese” and many more in bookstores, just ask them or me.

Summary

Top Ten Most common mistakes made at a job interview

10 Over-Explaining Why You Lost Your Last Job

Conveying That You're Not Over It **9**

8 Lacking Humor, Warmth, or Personality

Not Showing Enough Interest or Enthusiasm **7**

6 Inadequate Research About a Potential Employer

Concentrating Too Much on What You Want **5**

4 Trying to Be All Things to All People

"Winging" the Interview **3**

2 Failing to Set Yourself Apart From Other Candidates

Failing to Ask For the Job 1

Most common tips about interviewing

4 Learn about the organization

Have a specific job in mind **3**

2 Review your qualifications for the job

Be ready to briefly describe your experience **1**

5 questions most likely to be asked

Tell me about your experience at **5**

4 Why do you want to work for us?

What do you know about our company? **3**

2 Why did you leave your last job?

Interviewing: Questions and Mistakes to avoid



7/2014

Talking about yourself



Exercise: Talking about yourself

MANAGER: What do you do besides studies and work?

Write a para about yourself (your passions without bragging) in your book (5 minutes), then tell it to your neighbor (3+3 minutes).

Neighbor: Just listen, don't say/ask anything.

Talking about yourself

- Talk about what you like and want to do.
- Doesn't mean about your personal life, but your passion about life.
- Talk about what you like and want to do



Talking about yourself

- Example: active hobbies (why)
- service (who you helped),
- clubs (what you did/do),
- reading (what you read and learnt, that interviewer doesn't know),
- sports (what you want to excel in),
- travels, nature, cooking,
- art, art movies.



Current events: read <http://news.google.com>

Standard News | Text Version

Web Images Groups News Froogle Local more » Advanced Site Search

Search Your Life Search the Web

Google MyNews BETA

Search and browse your life. Updated continuously.

> Top Stories

Paul's Neighborhood

Paul's Family

Paul's Friends

Paul's Office

Paul's Dates

Chicago

Paul's Health

News Alerts

About Paul's Google News

Top Stories U.S. Go Auto-generated 10 Jul at 12:20 GMT Auto-generated 11 minutes ago

Paul comes late to work, again
Chicago - 2 hours ago
By Googlebot, Chicago, Ill. - Paul yesterday arrived 5 minutes too late because of a traffic accident near-by his house. The boss was "not amused" this happened twice this month. ... Why is Paul often late? Googlebot Analysis What's in a minute: Paul late Googlebot Commentary all 4,373 related >

Paul met his ex in the supermarket
MSN Spiderbots - Jul 5, 2005
Chicago - Paul almost forgot about his ex-girlfriend when he accidentally ran into her this noon in the supermarket. But was it an accident really? Or ...

Paul's Neighborhood » edit

Paul's favorite singer in town: Paul "excited"
Chicago Bot Tribune - 1 hour ago
By CHICAGO - Paul's neighbors informed Paul yesterday that his favorite singer Johnny the Rocket is giving a show in Chicago next Wednesday. Paul's girlfriend Beth will probably join, but isn't too ...
Johnny Rocket gives surprise concert in Chicago Chicago Globe Paul busy next Wednesday Chicago Bot TV

Paul's Office » edit

Anonymous source says Paul killed a fly last week in the office
Chicago Automated Gazette - 1 hour ago
Last Weekend, Bot Times reporter 1029A revealed what could go into Paul's history as a minor scandal. Paul, who always told his girlfriend he "couldn't hurt a fly", last week ...
Paul animal cruelty case reviewed Telebot.com
Mothid reaction results in 1 dead fly Webbot Telebot

Chicago Surveillance Camera

Welcome Paul! New

New chairs at Paul's office due to next week
Googlebot - all 61 related >

Paul's girlfriend Beth tries to stop smoking
Yahoobot - all 887 related >

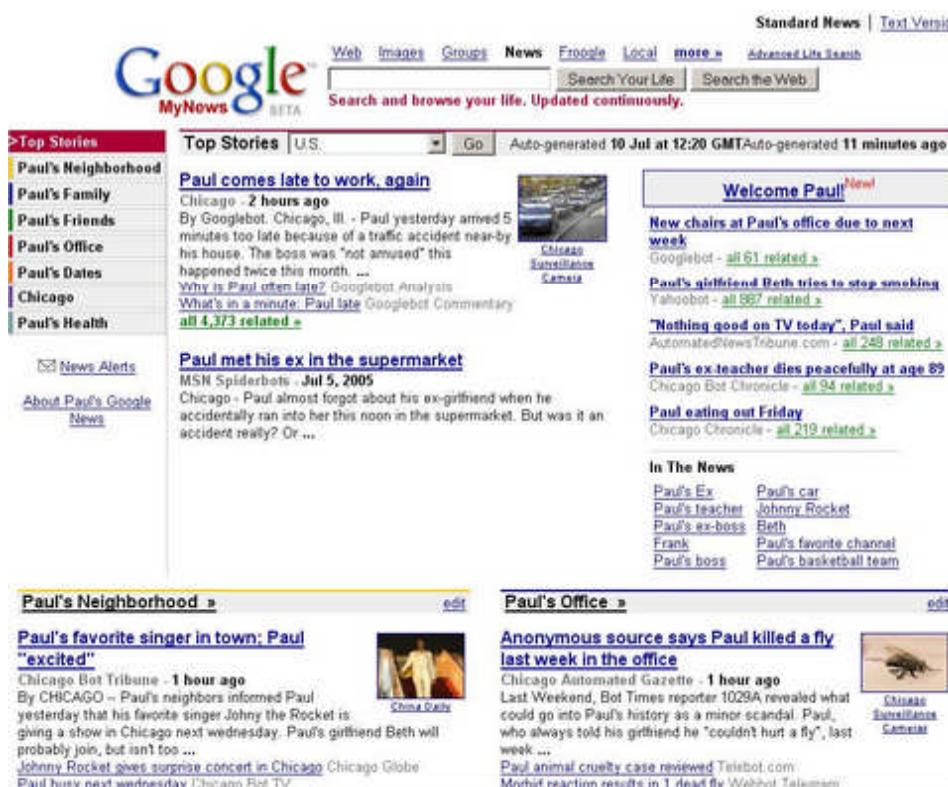
"Nothing good on TV today", Paul said
AutomatedNewsTribune.com - all 248 related >

Paul's ex-teacher dies peacefully at age 89
Chicago Bot Chronicle - all 94 related >

Paul eating out Friday
Chicago Chronicle - all 219 related >

In The News

Paul's Ex Paul's car
Paul's teacher Johnny Rocket
Paul's ex-boss Beth
Frank Paul's favorite channel
Paul's boss Paul's basketball team



Negative red flags

- Passive hobbies are signs of lazy bums:
e.g. Watching TV, eating out, listening to music, hanging out with friends, shopping, bollywood, Hollywood, celebrities.



Exercise: Driven to the future

MANAGER: Where do you see yourself in five years?

Write a para in your book (5 minutes),
then tell it to your neighbor (3+3 minutes).

Neighbor: Just listen, don't say/ask anything.

Exercise: Will you change the world?

MANAGER: What would you do if we gave you a budget of Rs 50,000 to help the community?

Write a para in your book (5 minutes),
then tell it to your neighbor (3+3 minutes).

Neighbor: Just listen, don't say/ask anything.

What are they looking for?

- Good academic record.
- Willing to learn on job, self learner.
- Good English and communication skills.
-- from Google India recruiter.

What are they looking for?

Passionate about what they do.

Self driven.

Good communicator.

Good at problem solving.

Good personality (culture fit).

-- from Google US recruiter.

What are they looking for?

Passionate.

Good communicator.

Good at problem solving.

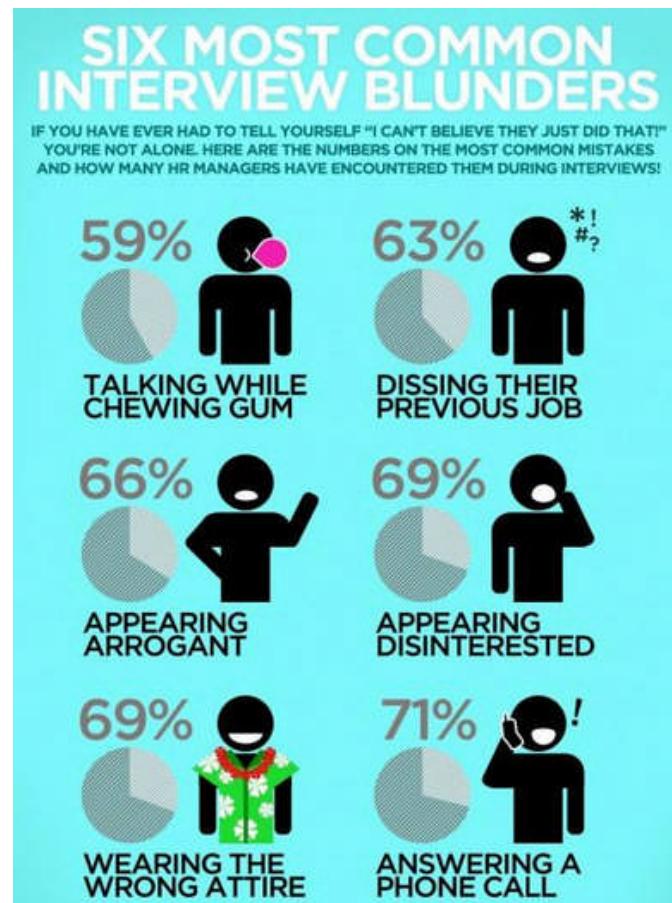
Stamina to work hard.

-- from Microsoft US recruiter.

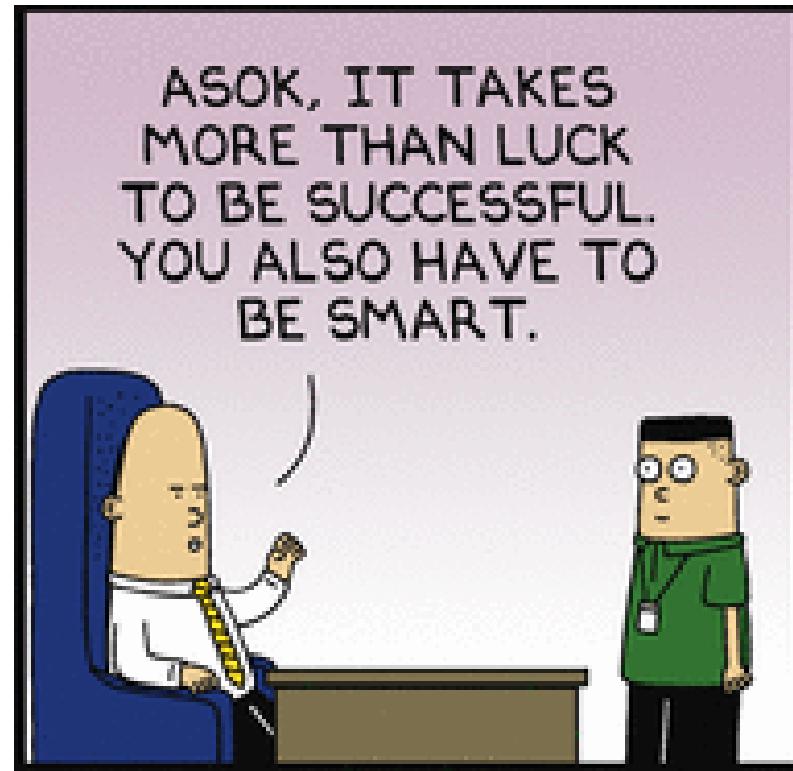
Body Language

- Crossed hands
- Looking at the watch.

Don't



5 Interviewing Mistakes by Sandeep Bastodkar



Dilbert.com DilbertCartoonist@gmail.com

MISTAKE #1: Neglecting the Basics

- You've got to go to a job interview prepared. If your first question for an HR person or hiring manager is "**What does your company do?**" you can bet that the interviewer is drawing a big red X through **your name** in his mind, they are too polite to tell you that.

Know the company beforehand

- You have to know what the company does and for whom, where its various locations are and who its competitors are. You have to know what's new in the organization and what people are saying about them.
- Make a list of critical pre-interview questions, search for it on google.

Pre-interview research

- The goal of your pre-interview research is not to show that you're a good little student and a get a gold star, but to understand the company's business situation.
- That's for your own benefit, and your knowledge will help you compose thoughtful interview questions to ask your interviewer, too.

MISTAKE #2: Showing Up Without Questions

- "Is there a bus that runs by here?" is a perfectly fine question for a job-seeker to ask an interviewer if the job-seeker is 18 years old or younger.
- Once we hit adulthood, we're expected to develop higher-altitude questions about the role, the company's situation in its marketplace and the hiring manager's priorities.

MISTAKE #3: Answering and Going Silent

When we have in mind that a job interview is like an oral exam, we answer a question and then clam up and wait for the next one. That's exam behavior.

That's not how humans converse, and you're not going to start an intellectually-stimulating conversation by following the boring, standard script.

- If you interview in the standard sheepie way, the manager will forget your conversation two minutes after your tush disappears through the revolving door.

MISTAKE #4: Leaving Without Learning

Notice how I keep talking about getting the manager's brain and your own brain working? To do that, you've got to listen carefully to everything your interviewer says, get off the script and react appropriately.

You've got to let the conversation unfold, and that means keeping the conversation human instead of retreating to the boring and robotic standard interview script.

Let's compare two answers to the question "What do you know about FrammelSoft?"

MANAGER: Tell me what you know about FrammelSoft.

CANDIDATE: I'm sorry that I'm not familiar with that software, but I'm a quick learner.

This is a classic interview mishap: You're an experienced Accounts Payable person and you've never heard of this piece of software, yet you apologize for not knowing it?

Don't be sorry

You have nothing to apologize for. Let's try it again, this time staying human and pushing for some learning on both sides of the conversation.

MANAGER: Tell me what you know about FrammelSoft.

CANDIDATE: Is that an Accounts Payable application?

MANAGER: Not specifically - it's a kind of mid-range ERP, but there's an Accounts Payable piece. We've been using it since before I got here.

CANDIDATE: How does it fit into the A/P pipeline specifically?

Don't know? Ask and Learn

- MANAGER: Well, we enter the vendors into FrammelSoft and then it creates vendor reports used by Purchasing. It's kind of ancillary to A/P but it's a tricky system and I was wondering if you'd used it.

CANDIDATE: I haven't heard of it, but it makes me curious, because I thought I read in the job ad that you use SAP.

Suggest ideas

MANAGER: We do use SAP - this Frammelsoft program is a legacy thing that is actually kind of a pain in the neck.

CANDIDATE: Would it be worth exploring a way to get out of the dependence on FrammelSoft and get that functionality from SAP, which already cost your company a bundle?

Tell a story

MANAGER: That would be heavenly, but our Purchasing guys are completely committed to FrammelSoft.

CANDIDATE: It makes me think that if I were the person you hired for this job, the Purchasing folks would be a high priority for me -- getting to know them and then understanding what they get out of FrammelSoft that they can't get from SAP.

You maybe selected!

MANAGER: I have to think our SAP Account Manager would be your ally in that.

The hiring manager is mentally imagining you in the job, already!



Confidence in yourself

On a job interview, don't give a harmless little answer and be quiet.

Listen, learn and respond! You'd do that naturally if you weren't experiencing interview jitters.

You can lessen the jitter factor by reminding yourself that not everyone is worthy of your gifts. Only the people who get you, deserve you!

MISTAKE #5: Groveling

Groveling means cowering and begging. It means watching the interviewer's face to see how he or she reacts to every word you utter and every non-verbal signal you send. It means shutting down your true personality in order to be pleasing to the interviewer.

Don't fall on your knees

You don't go on dates to please people, do you? You go on dates to figure out whether you and another person have enough chemistry to continue the conversation. A job interview works the same way!

Don't worship

As long as you believe that an employer has something wonderful and precious that you desperately need -- that is, a job -- and that you are nothing and they are godlike, you are sunk. The only kind of people you'll bring in then will be fearful managers who are sure to undervalue and abuse you.

‘Sir’ is a British title.

When you know in your heart and your gut that you bring to the table something just as valuable as a paycheck and maybe much more -- your tremendous experience, intellect and instinct -- you'll carry yourself differently.

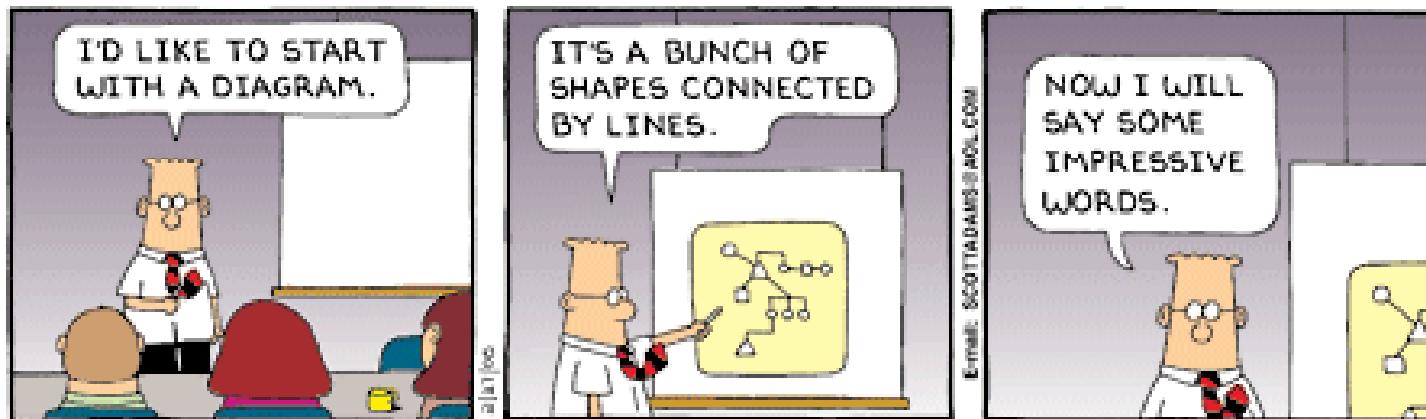
You won't trip over your words in an effort to please His Majesty or Her Highness or Sir, because you'll see yourself and the interviewer as equals on a level playing field.

Culture Match

- If the energy is right, you'll have a new job and they'll have an awesome new employee in a few weeks. If the energy is wrong, your mojo won't even flicker.



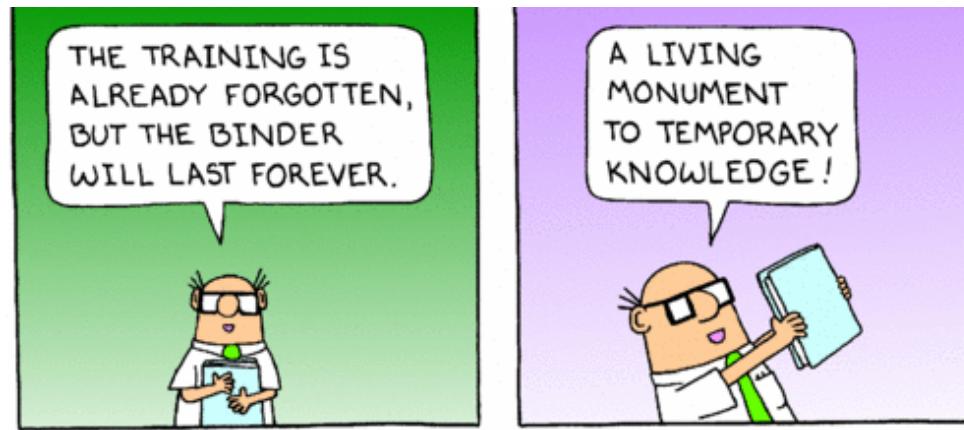
Presentations



Dressing



Dilbert on training materials



Don't overload data



Slides

- 4 to 6 short points per slide
- Check spellings
- Proof read
- No slang
- Short sentences
- Use simple words
- Use images

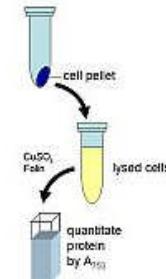
Materials and Methods

- Step 1: A cell extract was prepared by:
 - Centrifuging the cells for 5 minutes at 5,000 x g in a microcentrifuge
 - Washing the pellet twice with 0.85% NaCl (0.86 g of NaCl in 100 ml of dH₂O, sterilized by autoclaving), resuspending each time
 - Lysing cells by sonication (4 rounds of 15 1-second pulses at 40% power, keeping cells on ice between rounds)
 - Pelleting unbroken cells by low-speed centrifugation (5 minutes at 2,000 x g in microcentrifuge)
- Step 2: Proteins present in the extract were quantitated by:
 - Adding 10 µl of cell extract to 1 ml of 10% TCA in a microfuge tube
 - Vortexing and allowing proteins to precipitate for 10 minutes at room temperature
 - Centrifuging 10 minutes at maximum speed (16,000 x g in microcentrifuge) to pellet proteins
 - Addition of 1 ml of Lowry reagent C (contains Cu₂SO₄) followed by incubation for 10 min at room temperature
 - Addition of 0.1 ml of Folin reagent followed by immediate vortexing
 - Spectrophotometric determination of absorbance at 750 nm

Bad slide – too much text

Protein quantitation

- Pellet and wash cells
- Lyse by sonication
- Precipitate proteins with TCA
- Add Lowry reagents
- Measure absorbance at 750 nm



Good slide

Know your material

- Be sure you know how every term is pronounced! And what they mean-- someone may ask you.
- Avoid Acronyms like "NITTE, MITE" – audience may not know what it means.
- Stick to a theme, not just a bunch of data.
- Tell a personal story or joke.

from <http://depts.noctrl.edu/biology/seminar/tips.php>

Speaking

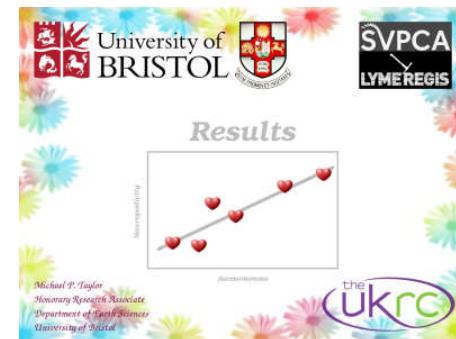
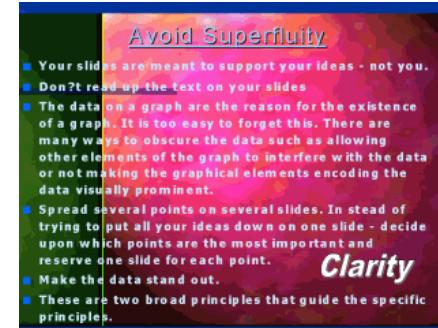
- Time your presentation
- 1 slide per minute
- Test the equipment (laptop, projector, mic) one day before presentation
- Practice speaking with your group
- Take a deep breath and meditate for a few minutes before the talk, to overcome nervousness.
- Face your audience at all times
- Keep time during the talk
- Make copies of your slides available

from <http://www.rogerdarlington.me.uk/Presentation.html>

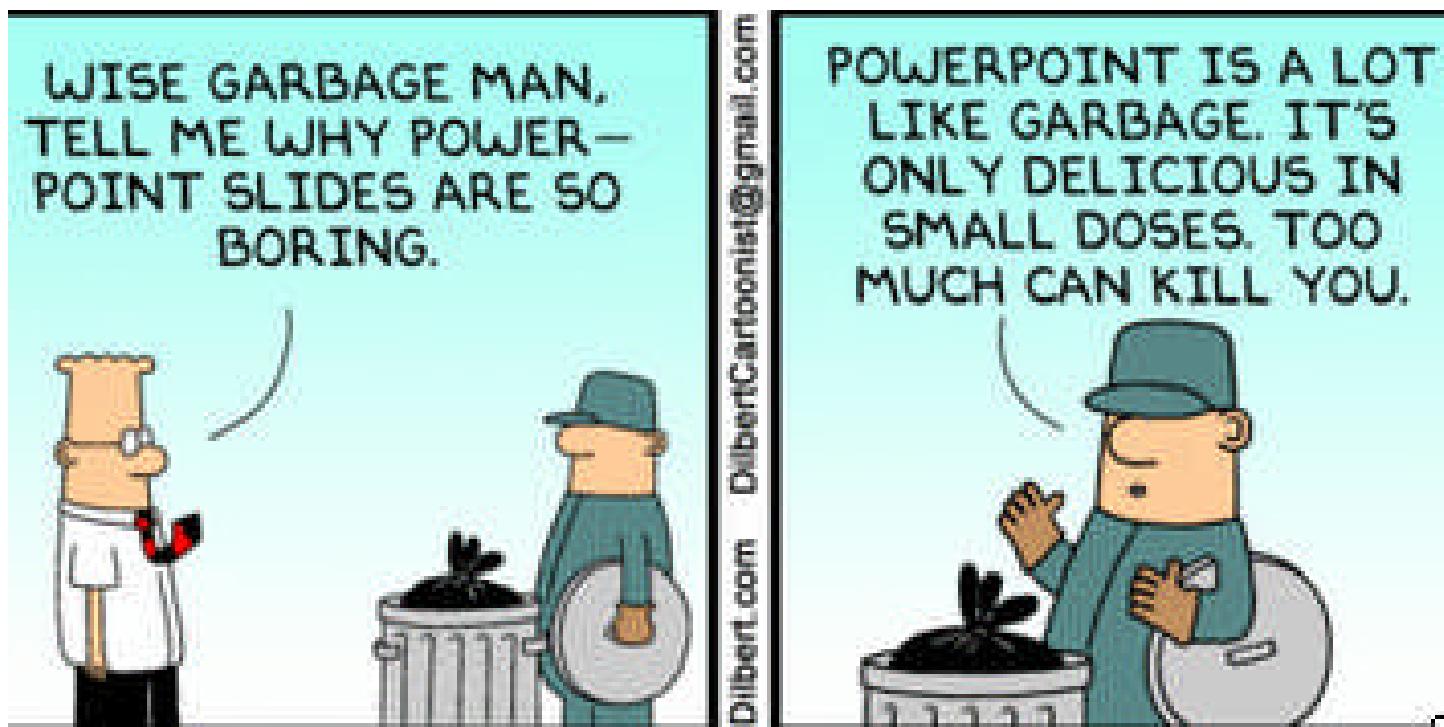
Simplicity

- Keep slides simple – easier to read.
- Simple font
- Black on white

- No fancy colors
- No fancy fonts
- No fancy background



More is Less

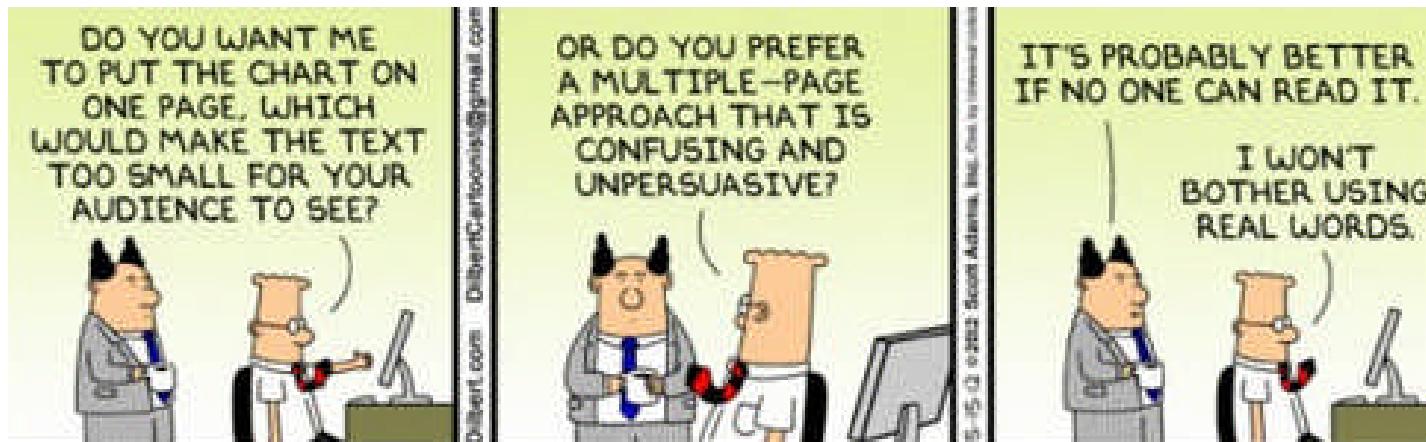


What to put on slides

- Title of talk, Your name (group names),
 - your email,
 - course, college (jkshim), date 30/9/2013
- Table of contents
- References
- Thank those who helped.
- Have extra slides with more details – in case someone has more questions.

Slide contents

- Just write the main points on each slide.
- Audience cannot read long texts.
- Don't read the slide, but explain the points in your own words. Keep notes, if you are nervous.



After the talk

- Keep time for Questions from audience
- If the questions are long or complicated, continue later.
- Don't let one person in audience dominate the talk, allow everyone to ask.
- Don't be upset if someone ask a question you can't answer – offer to discuss with them afterwards.

Data Backup

- Email your slides and report to the instructor one day before, so you have a backup in case of laptop failure.
- Keep regular backups on pen-drive / CD.



Emergencies

Keep some extra material to talk about ..

- If the power goes out
- If the projector doesn't work
- If the sound system doesn't work

Learn to politely continue:

- If someone in the audience heckles you with irrelevant questions or points. Ask them to see you after the talk.

Be prepared



Questions?



Report Writing

Structure

1. Title, Author(s), Course, College, Date
2. Synopsis – brief summary of report
3. Report details
4. Conclusion of report
5. References
6. Appendix and data if any.

Style

- Use short and clear sentences.
- Do not copy/paste.
- Write in your own words after understanding the material.
- Have a purpose/theme, not just a list of facts to make it interesting.
- Add images, tables to illustrate your point.



NEVER UNDERESTIMATE THE
IMPORTANCE OF PROOFREADING

Style

- Use active voice
 - "We inspected the knife" (action oriented, active).
 - "The knife was inspected by us" (passive).
- Use plural instead of singular.
 - I investigated the product (singular)
 - We investigated the product (plural).

Style

- Write small paragraphs.
- Edit out irrelevant words, so it is easier for the reader to concentrate on the important points.
- Use bullet points to summarize the points.

development
most in the sector, this is particularly
the case with the introduction
of new technology. While most believe
that technology driven by its applica-
tion can be a significant barrier to its intro-
duction, others believe that resistance to its appli-
cation comes from a lack of understanding
of the benefits of new technology.
A particular concern is active resistance to its appli-
cation, which can be a significant barrier to its intro-
duction. This is particularly true in the
case of new technology, such as GIS and SEDS, in particular.
THE CAPABILITY OF COMPUTING TECHNOLOGY
is those of people who underestimate
the power of computing technology.
A good example is the ability of computers to produce
precise calculations, to produce
products and accurately perform
computing technology. Shows
computing technology may damage



Style

- Use single spacing between lines.

-
1. Identify areas where no training presently exists and develop training to fill the gap. **Single-space**
 2. Create a process that addresses how to draw on talents of internal trainers and subject matter experts to cost-efficiently meet training needs
 3. Employ and continuously develop effective, knowledgeable training staff
-

1. Identify areas where no training presently exists and develop training to fill the gap. **1.5 Line Spacing**
 2. Create a process that addresses how to draw on talents of internal trainers and subject matter experts to cost-efficiently meet training needs
 3. Employ and continuously develop effective, knowledgeable training staff
-

1. Identify areas where no training presently exists and develop training to fill the gap. **Double-space**
2. Create a process that addresses how to draw on talents of internal trainers and subject matter experts to cost-efficiently meet training needs
3. Employ and continuously develop effective, knowledgeable training staff

from http://www.wa.gov/esd/training/quickguides/word_linespacing.htm

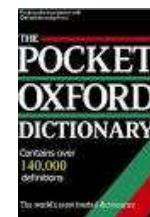
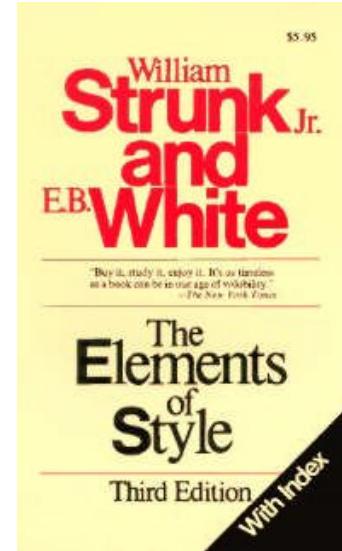
After writing

- Read and revise
- Spell check
- Proof read for grammar and punctuation
- Ask a friend to read and make suggestions, on what is not clear.



References

- Elements of Style, by Strunk and White, 3rd ed, 1979.
- Professional Communication, by Koneru, 2008, Tata McGraw.
- Dictionary
- Google, Wikipedia



I USED TO HATE WRITING ASSIGNMENTS, BUT NOW I ENJOY THEM.



I REALIZED THAT THE PURPOSE OF WRITING IS TO INFLATE WEAK IDEAS, OBSCURE POOR REASONING, AND INHIBIT CLARITY.



WITH A LITTLE PRACTICE, WRITING CAN BE AN INTIMIDATING AND IMPENETRABLE FOG! WANT TO SEE MY BOOK REPORT?



"THE DYNAMICS OF INTERBEING AND MONOLOGICAL IMPERATIVES IN DICK AND JANE: A STUDY IN PSYCHIC TRANSRELATIONAL GENDER MODES."



Typesetting, printing and colors and fonts

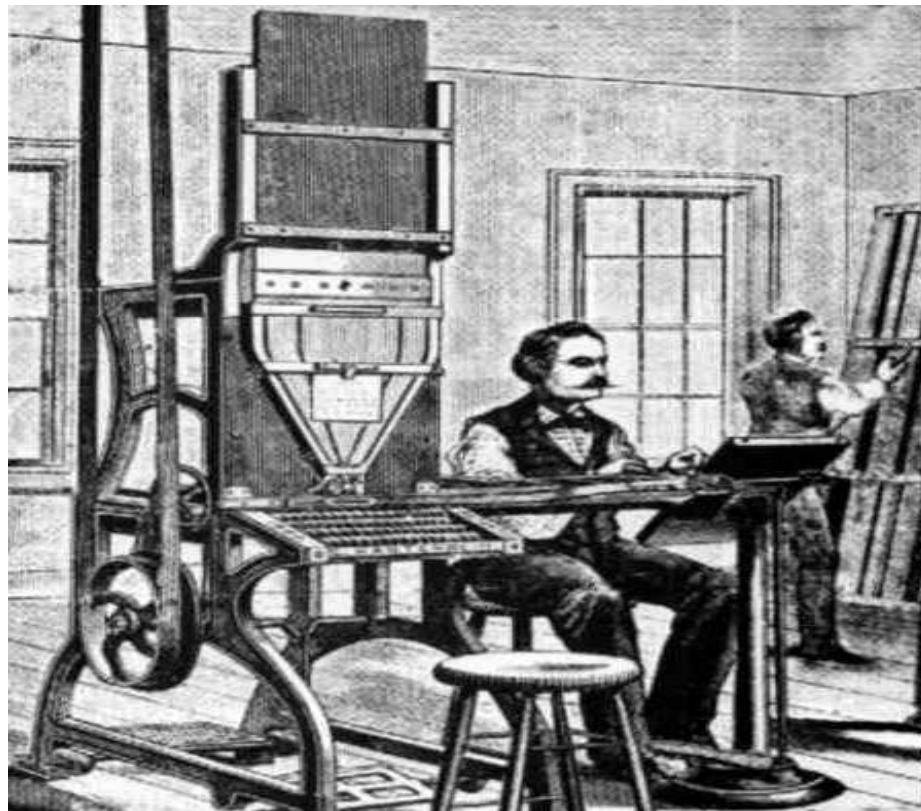
Typesetting

- **Typesetting** is the composition of text by means of types.
- Typesetting requires the prior process of designing a font and storing it in some manner.
- Typesetting is the retrieval of the stored letters (called sorts in mechanical systems and glyphs in digital systems) and the ordering of them according to a language's orthography for visual display.

movable type

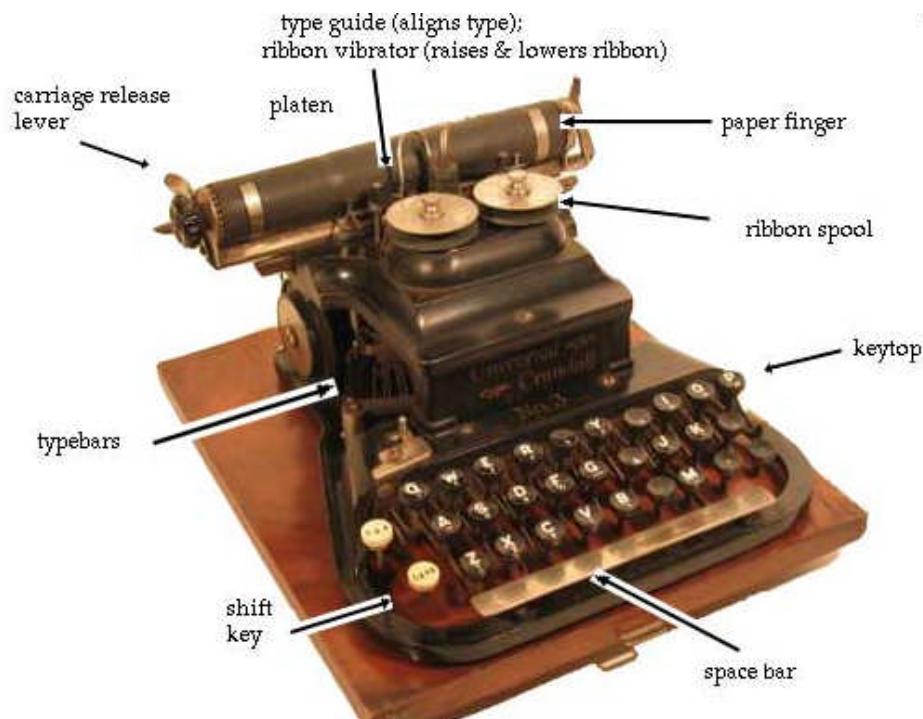


Typesetter 1870s



First Typewriter

- How many of you have used a typewriter?



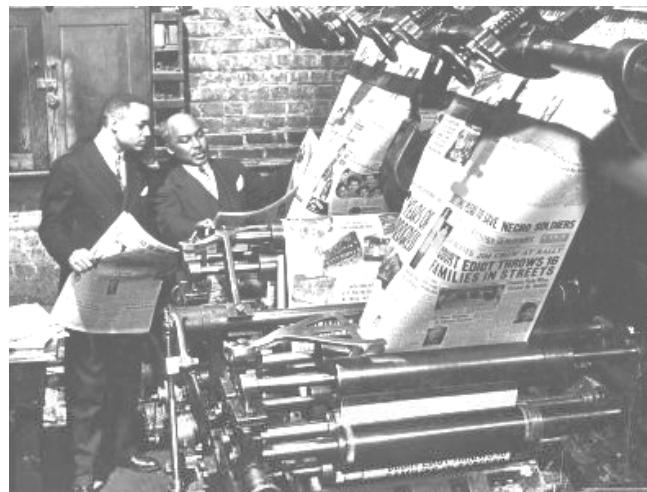
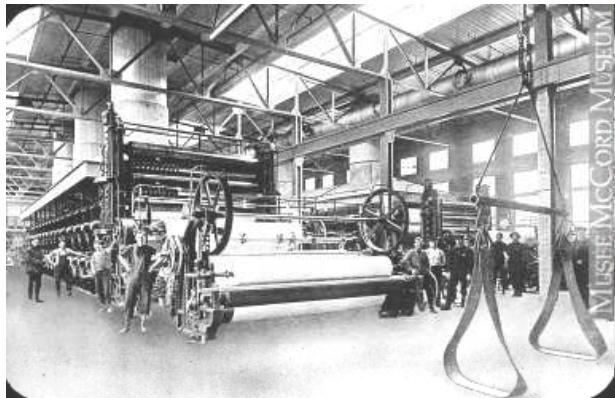
Gutenberg's Printing Press 1450



Modern and ancient typesetter.

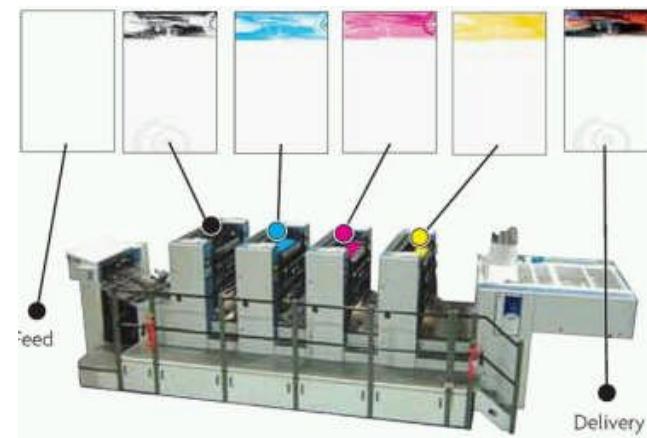
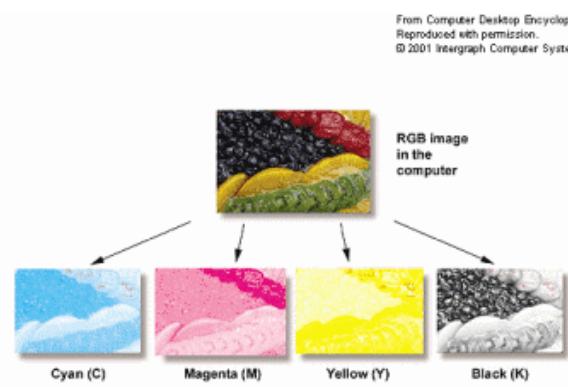


Printing press 1925 ...

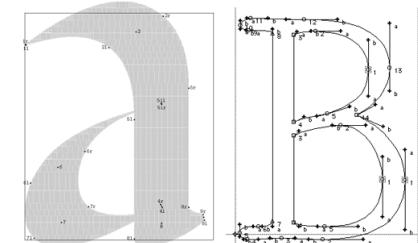


Color printing press

- CMYK refers to the four ink colours used (cyan, magenta, yellow and black, known as in print parlance as key — hence K).
(from plaintalkprint.com)



Elements of Design with Fonts and Type



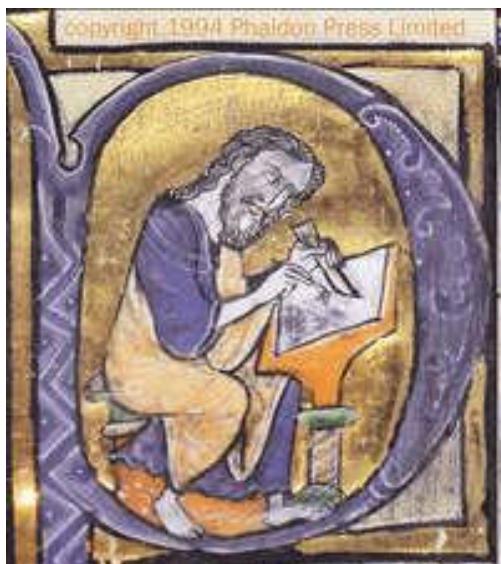
From http://www.cems.uwe.ac.uk/~bk2dean/uwe/multimedia/mediatechnologies/lectures/weektwo/text_and_font_technologies.ppt
and http://www.humbleisd.net/cms/lib2/TX01001414/centricity/domain/3313/design_type.ppt

Text – Nature and Aesthetic

- Visual representation of a language
- Graphical symbols with visual aesthetics
- Characteristics
 - Shape
 - Spacing
 - Structure
 - Layout

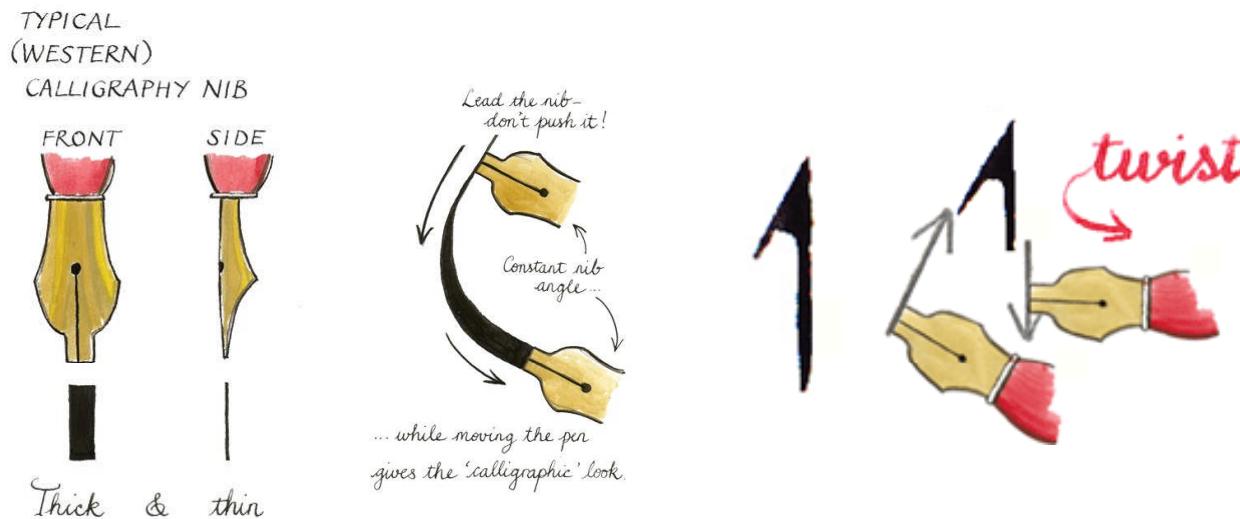
Calligraphy

- It is the art of writing text with a broad nib (ink pen/ feather/ brush).
- Used for writing documents before printing was invented.
- Scribes are people who wrote documents



ALPHABETS

Calligraphy fonts



from <http://www.calligraphy-skills.com/how-to-write-calligraphy.html>

Character Representation

The quick brown fox jumps
over the lazy dog (Courier)

The quick brown fox jumps over the lazy
dog (Times New Roman)

Font Technology

- Each stored character value mapped to a visual display called a *glyph*.
- Glyphs arranged in collections called *fonts*
- Some font designs originate from 15th century.

Accessing Fonts

- Font shape (glyph) visual representation of encoded text.
- Fonts only available on local system – can't guarantee audience will have fonts on their local system
- 'System' fonts may vary across platforms e.g. Windows and Mac
- Need to embed font shapes with text thereby delivering fonts to audience
- Embedded fonts will increase file sizes

Font Classification and Choice

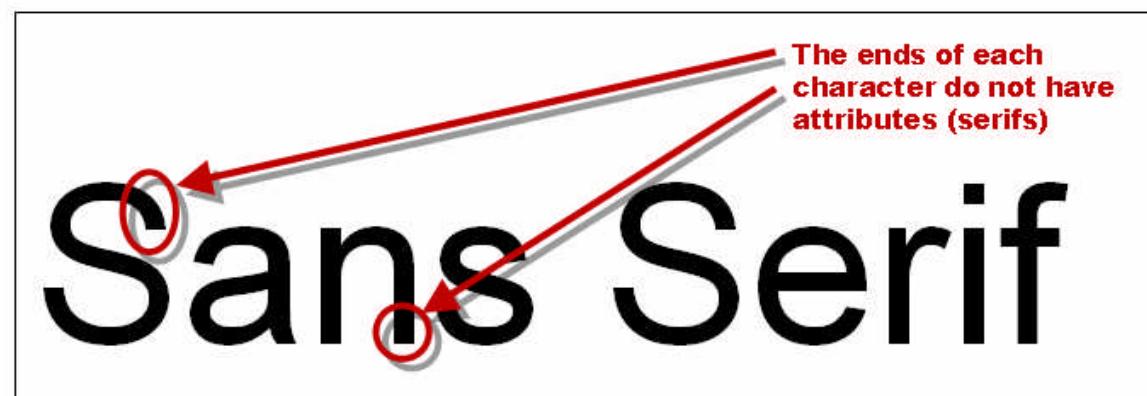
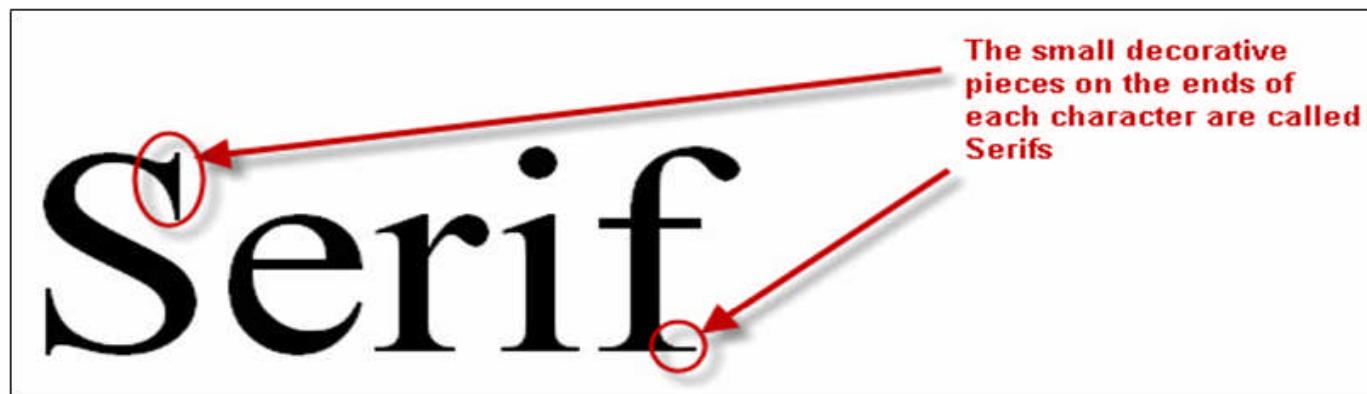
- Thousands of fonts available!
- Major distinction is between monospace and proportional
 - monospace - each letter occupies the same amount of horizontal space - has typewriter look - this is courier - designed by IBM
 - Proportional - Each letter occupies an amount of horizontal space proportional to the width of the glyph. Has the appearance of book text.

Type Categories

The five primary categories of type are

- Serif (Example: Times Roman)
- Sans-serif (Example: Arial)
- Script (*Example*)
- Decorative (~~Example~~)
- Symbol or Pi (☞ ✕ ☺ ☻ ☠ ☩ ☮)

Serif vs Sans Serif Typefaces



Serif Type

- Example: Times Roman
- Formal, traditional appearance.
- Conveys a dignified image.
- Easy to read
- Used for books and newspapers.

Examples of Serif Type

For printed text (books)

- Times Roman
- Courier
- Garamond
- Georgia
- Century
- **Garamond**
- Bodoni
- Goudy

Fonts: Sans Serif

- Examples: Arial, *Comic Sans*
- Plain appearance
- sans-serif means “without the stroke”
- Used for
 - labels, illustrations.
 - Newspaper headlines

Decorative Type Examples

- Chiller

- Curbz MT

- Jokerman

- Ravie

- Chiller font

- Broadway font

- Webdings ~~¶ℳΩΩℳ■ℳ~~

- ENGRAVERS MT

π Pi or symbol font

Examples

- Wingdings    



- Symbol $\varepsilon \Omega \exists \alpha \pi$

Script font

- Used for cards, poetry
- Examples: *French Script font*
 - *Brush Script MT*
 - *Freestyle Script*
 - *Kunstler Script*
 - *Pristina*

Weight

- The **thickness or heaviness** of the strokes of a font style.
- Examples:
 - light: Arial Narrow
 - Medium: Arial
 - **Heavy: Arial Black**
 - Arial Rounded MT Bold

Type style examples

- 4 categories of styles
 - Normal, regular
 - **Bold**, *Italic*, ***Bold-italic***
 - Underline (from typewriters)
 - ~~OUTLINE~~, SMALL CAPS, Shadow
- Examples:
 - **Arial–bold–12–point**
 - *Arial–italic–14–point*,
 - Arial–10–point,

S

Shadow

SMALL CAPS

- Example: THIS FONT IS SET AS SMALL CAPS.

Font spacing

- Courier is monospaced - easier to typeset on screen.
- Times New Roman is proportional - easier to read in newspapers, books.



Proportional
Monospace

Font Size measurements

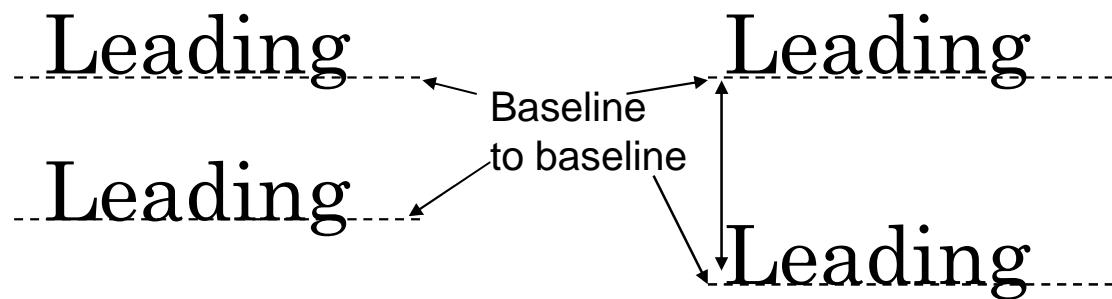
- Fonts are measured in points, 72 pt = 1 inch
- Line spacing is measured in 1 Pica = 12pt.
 - Books use '10 point Times Roman'
 - Reports use '12 point Times Roman'

Size Examples

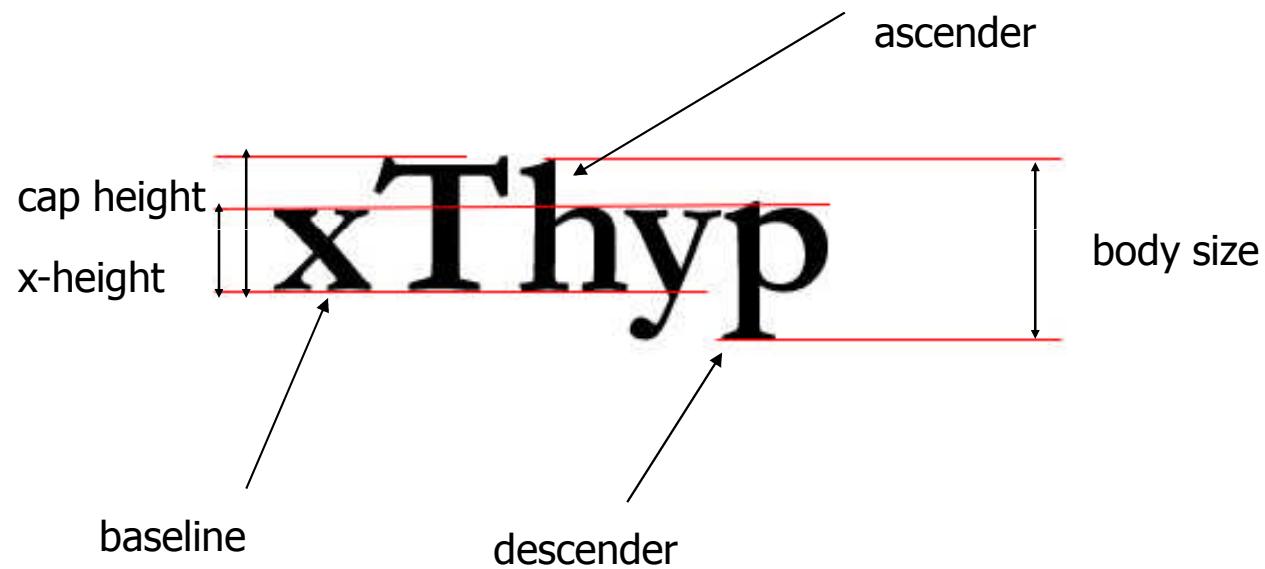
- Six point
- Eight point
- Ten point
- Twelve point
- Fourteen point
- Eighteen point
- Twenty-four point
- **Thirty-six point**

Leading (line spacing)

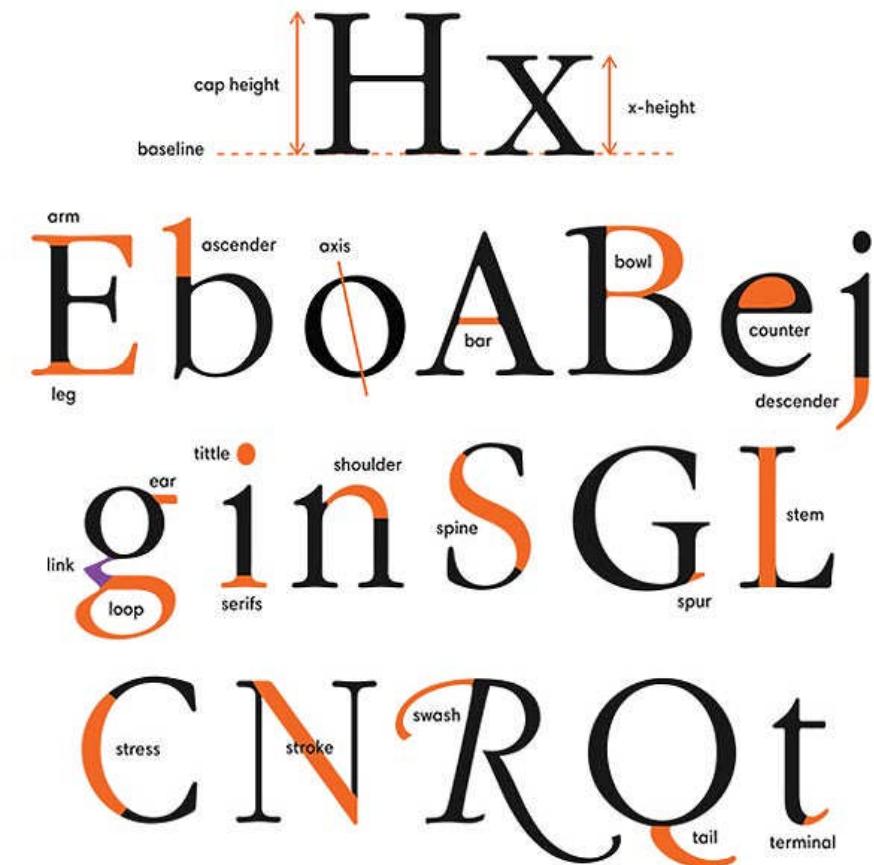
- Leading is the spacing between lines.
- Measured from baseline to baseline, in points.



Font Terminology



Font Terminology 2



Kerning

Kerning tightens the spacing between letters.

Example:

WAT

WAT

Kerning

A square icon containing the Devangari character 'ग'.

+

A square icon containing the Devangari character 'ी'.

=

A square icon containing the Devangari character 'गी'.

Devangari "gii" from an un kerned font

A square icon containing the Devangari character 'ग'.

+

A square icon containing the Devangari character 'ी'.

=

A square icon containing the Devangari character 'गी'.

Devangari "gii" from the kerned version of the same font

Metric versus optical layout

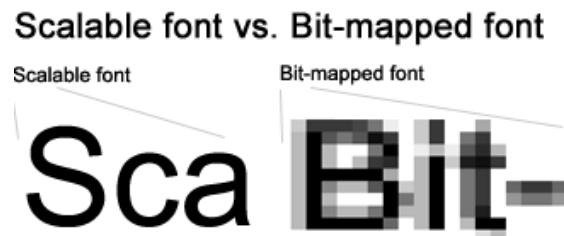
- Question:
- Which layout is better?

A For some time I stood tottering on the mound regardless of my safety. Within that noisome den from which I had emerged I had thought with a narrow intensity only of our immediate security. I had not realised what had been happening to the world, had not anticipated this startling vision of unfamiliar things. I had expected to see Sheen in ruins—I found about me the landscape, weird and lurid, of another planet. —H.G. Wells, *The War of the Worlds*

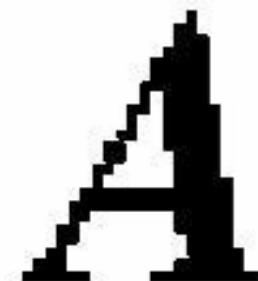
B For some time I stood tottering on the mound regardless of my safety. Within that noisome den from which I had emerged I had thought with a narrow intensity only of our immediate security. I had not realised what had been happening to the world, had not anticipated this startling vision of unfamiliar things. I had expected to see Sheen in ruins—I found about me the landscape, weird and lurid, of another planet. —H.G. Wells, *The War of the Worlds*

Digital Font – Bitmaps or Outline?

- Glyphs stored as bitmaps or vector graphics (bitmap fonts & outline fonts) respectively.
- Outline font can be scaled
- Bitmap fonts lose resolution when scaled



Outline font

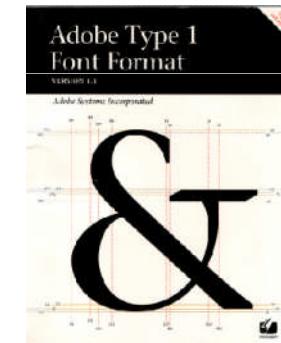
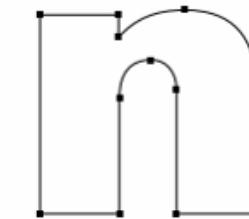
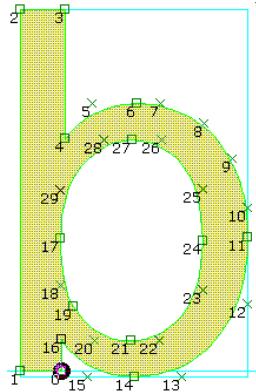


bitmapped font

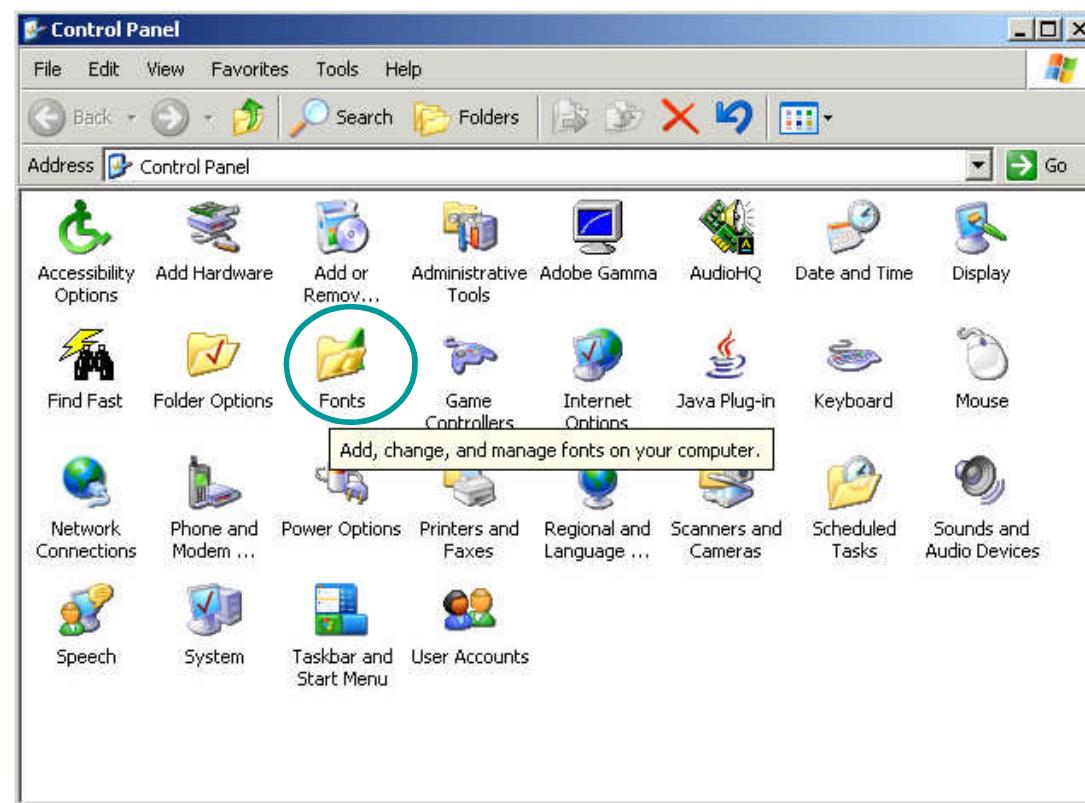
Commercial fonts

- Fonts are predominately of the **outline** true-type variety
- **Adobe Type 1 (Postscript)**

see <http://www.truetype-typography.com/ttoutln.htm>
<https://www.microsoft.com/typography/tools/vtt.aspx>



Font in Windows



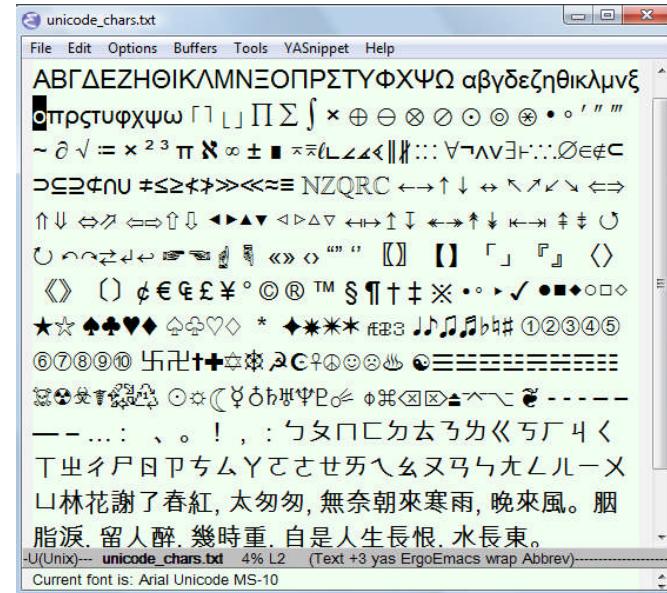
Character Sets

- ASCII

- Unicode and ISO 10646

ANSI Extended ASCII (Windows)

	0	1	2	3	4	5	6	7	8	9	A	B	C	D	E	F
8	□	□	,	f	〃	„	†	‡	^	ˇ	Š	ˇ	Œ	□	□	□
9	□	ˇ	‘	”	“	„	—	—	~	ˇ	ˇ	›	œ	□	□	ˇ
A	ı	ö	ɛ	¤	ყ	ყ	ı	ş	„	®	™	«	¬	—	®	—
B	°	±	²	³	‘	μ	¶	·	„	°	»	¼	½	¾	€	€
C	À	Á	Â	Ã	Ä	Å	Æ	Ç	È	É	Ê	Ë	Ì	Í	Î	Ï
D	Ð	Ñ	Ó	Ó	Ö	Ö	Ó	×	Ø	Ù	Ú	Û	Ù	Ý	Þ	Þ
E	à	á	â	ã	ä	å	æ	ç	è	é	ê	ë	ì	í	î	ï
F	ø	ñ	ò	ó	ô	õ	ö	÷	ø	ù	ú	û	ü	ý	þ	ÿ



Special Characters

- **Quotes:** "Straight-up typewriter quotes"
“Smart stylish quotes”
- **Ligatures.**
These are substitutes for certain pairs of letters, e.g. fi, fl, ff, ffi, ffl



ff fi fl ffi ffl

You can easily see the subtle variation in the appearance of these character pairs. (The i within a ligature does not have a dot.)

Alignment left/right

This is an example of text that is aligned to the left. Notice that the right side is jagged, but the left side is smooth along the left edge.

This is an example of text that is aligned to the right. Notice that the left side is jagged, but the right side is smooth along the right edge.

Alignment center/justified

This is an example of text that is **center aligned**. Notice that the right and left sides are jagged. Everything extends out from the center.

This is an example of text that has **justified alignment**. Notice that the left and right sides are smooth. This is achieved by adjusting the spacing within the line. Often the last line of justified text does not extend all the way to the right edge.

Arial Unicode MS (TrueType)

Done Print

Arial Unicode MS (TrueType)

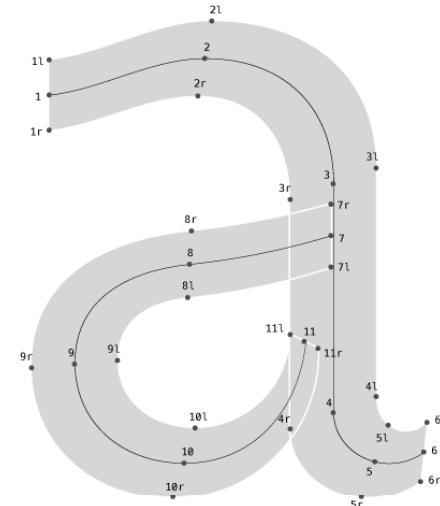
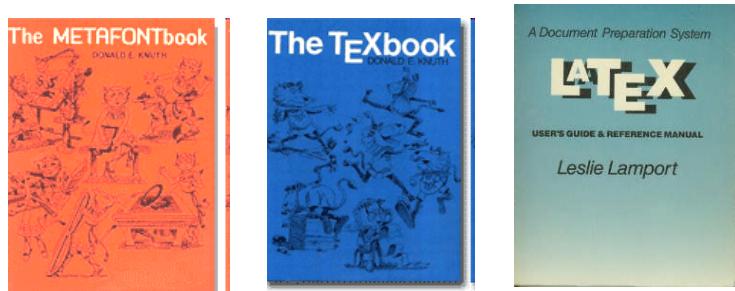
Typeface name: Arial Unicode MS
File size: 23566 KB
Version: Version 0.84
Digitized data copyright (C) 1993-1999 The Monotype Corporation. All rights reserved. Arial® is a trademark of The Monotype Corporation which may be registered in certain jurisdictions.

abcdefghijklmnopqrstuvwxyz
ABCDEFGHIJKLMNOPQRSTUVWXYZ
123456789.:;,:(*!?)

12 The quick brown fox jumps over the lazy dog. 1234567890
18 The quick brown fox jumps over the lazy dog. 1234567890
24 The quick brown fox jumps over the lazy dog. 1234567890
36 The quick brown fox jumps over the lazy dog. 1234567890
48 The quick brown fox jumps over the lazy dog. 1234567890

Metafont

- Metafont is a free program to design elegant fonts using mathematical equations.
- Metapolator is a graphics program to generate metafont(s).
- Tex by Knuth and Latex programs can be used for typesetting books and papers.



Conveying **Mood** with font

- Attitude
- Mood
- Theme
- Examples:

SPRING

Frosty

Type Do's

- Times-Roman for
 - Traditional
 - conventional values
 - stability.
- sans-serif type for
 - labels, illustrations, modern look,
 - children's book.
- decorative type for
 - novelty

Type Do's

- Use decorative type sparingly.
- Use decorative type in display sizes only (24 point or larger).
- Use script type for announcements and invitations.
- Use type appropriate to your message.

Type Don'ts

- DON'T USE TYPE IN ALL UPPER CASE.
IT IS HARDER TO READ THAN UPPER
AND LOWERCASE LETTERS.
- Don't ~~use~~ too many typefaces within a
project.
- Don't leave too much or toolittle
spacebetweenlinesof type.

Critical Listening



People hear what they want



- Don't assume people understand what you say.

Exercise 1. Silent listening

- Sit next to someone you don't know well
- Let the two people be A and B
 - A: smaller roll no
 - B: larger roll no
- A will speak first for **5 minutes.**
- B will listen **silently** without giving advice
- A and B will keep the **confidentiality** of the conversation – not to mention it to anyone else.

Exercise 1. Listen to a story

Speaker:

- Tell your life story in short.
- Include some difficult events that stress you.

Listener:

- Be comfortable
- Look at the speaker.
- Mentally put tape on your mouth.
- Watch your and speaker's body language.
- Watch your thoughts silently (no advice).
- Listen without judgment.

People see the world through their biases



Exercise 1-B. Repeat.

- Switch Speaker and Listener
- Repeat for 5 minutes

Questions:

- Was it easy to listen?
- Did you feel the other person was listening?

Exercise 2, Listen to a complaint

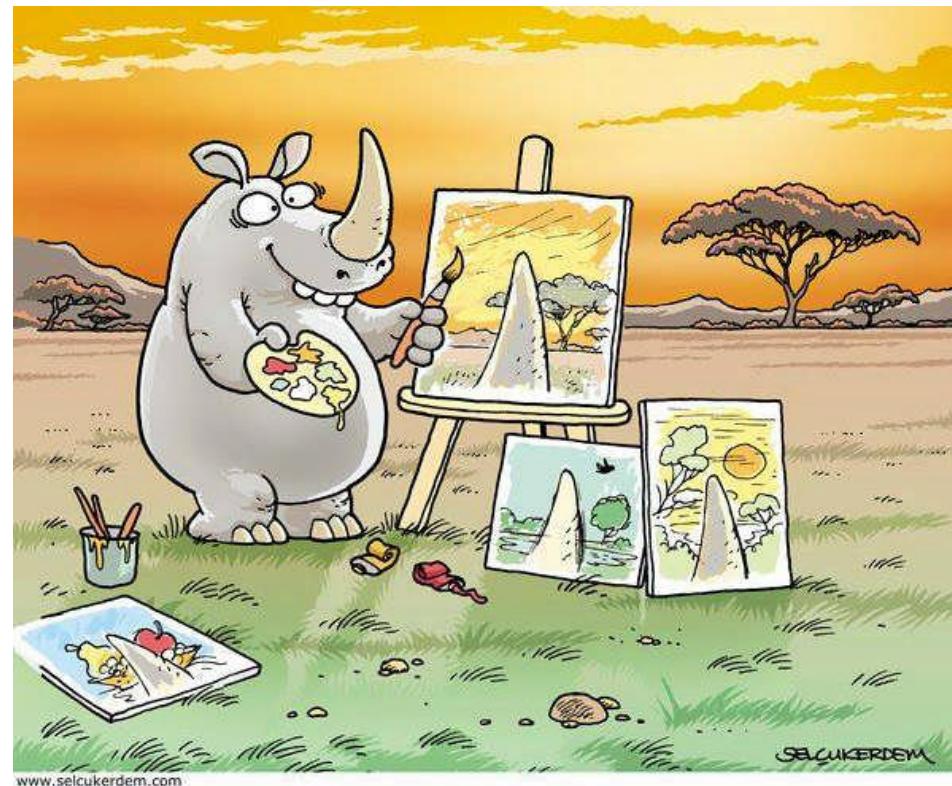
Speaker A: **Complain** about something that troubles you (e.g. food, bus) in 2 minutes.

Listener B: **Listen and then Repeat** in your own words, what you heard in 2 minutes.

Speaker A: Check that B understood your complaint.

Exercise 2-B. Repeat with B/A.

People see the world through their biases



Exercise 3. Socratic Questioning

- Speaker A describes his/her problem in 2 minutes.
 - B listens and only asks questions (but no advice) for 3 minutes.
-
- Exercise 3-B. Repeat with B/A



*The Socratic Method
Teaching By Questioning*

Deal with bad influence/fraudster



Exercise 4. Polite Decline

- A. Try to induce B to a bad business deal or bad habit (2 minutes).
- B: Listen completely without interrupting.
- Politely decline to join (e.g. sorry, I do not want to take part).
- Don't give reason or excuse.

Exercise 4-B. repeat with B/A.

Vipassanā

- **Vipassana** means to see things as they really are. It is one of India's most ancient techniques of meditation.
- In the Buddhist tradition means insight into the true nature of reality.
- **Zen** is the Japanese version of this.
- **Existentialism** is French version of this, without the moral part – this is all there is to life, everything else is in your mind.

Why Vipassanā?

- Here and now is the only reality.
- Mind is distracted from reality by: emotions and chemical: ego, emotions, greed, jealousy, hatred, gluttony, love, lust, drugs, addiction.
- What is the problem with fantasy?
 - denial: you can't solve a problem
- A weak mind falls into fantasy, clouding thoughts and weakening ability to plan and act logically.

Why Vipassanā?

- It is calming the mind to not get lost by stray thoughts, to maintain focus on the reality.
- When the mind is calm, you can observe your fear, anger, hate, greed, jealousy, love, desires, emotions; and deal with it, rather than be a slave to your emotions.

Beginning Vipassana: Breath

- Find a quiet place to sit comfortably.
- The first stages of meditation should be simply observation of breath.
- Concentrate on the nostrils where the breath flows in... out... in... out.
- Be aware of the touch of air as it strikes the passage through the nostrils.

Vipassana: Why Breath?

- The breath is controlled by both the conscious and unconscious part of the brain.
- The smelling nerves in the nose are directly connected to the primitive part of the brain, skipping the logical processing.
- The breath sets the rhythm of brain – quick breathing and slow breathing in **Art of Living** is based on this idea.

Beginning Vipassana: Awareness

- In fact be aware of everything and nothing. This sounds contradictory. Yet it is really not.
- No time to daydream, to entertain vagrant and migratory thoughts.
- You are aware of your physical posture. Then you forget that also.

Beginning Vipassana at home

- You are aware that the past is dead, that it is gone.
- Yet specific consciousness of your whole preceding life is absent.
- The future does not yet exist.
- All you have is "right now"... the in... out... in... out rhythm of the breath of life.

Exercise 5: Dealing with an unknown obnoxious person.

Scenario: A is in a bus is a bus, B the bus conductor doesn't have change and ask you to get down from the bus in middle of nowhere in evening.

A: Be angry and ask B to get out.

B: Argue back loudly and refuse to be bullied.

Dealing with a hardheaded colleague

- Scenario A invites B for lunch
- B is vegetarian
- A is trying to convince B to try non-veg.
- B to refuse politely

Exercise 6: Delicate dealing with a bad boss

Scenario: A is new employee, B is the boss.
B will asks A to work late night and give reasons why work must be done or A will be fired.

A: Fight back very politely and refuse to stay back late.

Exercise 7: Avoiding trouble in an interview.

Scenario: A is interviewing for good job, B the Boss wants to discuss politics/personal topics not related to the job, and know what A thinks.

B: Ask a politically loaded question.

A: How to side step the bad question without offending B.

Journaling

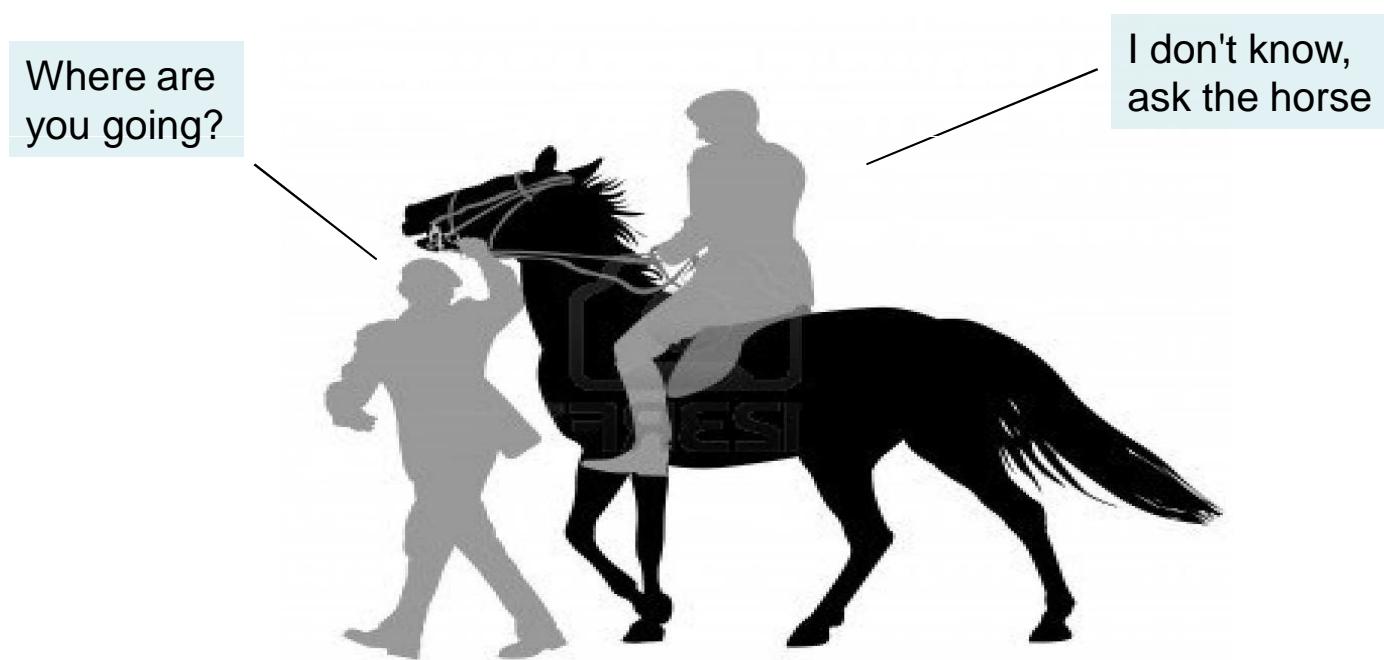


Journaling

- Write your thoughts in a notebook for 15 minutes daily (1 page or more).
- Topics:
 - I wish that ..
 - I am inspired by ..
 - I want to do ..
 - What stops me from what I want to be ..
 - How can I be what I want to be ..
 - Things I should do ..

Journaling Exercise

Write 1 page in your notebook on how this picture relates to your life



Latex

LATEX

Free Typesetting Software for
Journals, Papers, Books.

Sample output: test.dvi

L^AT_EX

ETEX is a document preparation system for the TeX typesetting program. It offers programmable desktop publishing features and extensive facilities for automating most aspects of typesetting and desktop publishing, including numbering and cross-referencing, tables and figures, page layout, bibliographies, and much more. ETEX was originally written in 1984 by Leslie Lamport and has become the dominant method for using TeX; few people write in plain TeX anymore. The current version is ETEX2_ε.

$$E_0 = mc^2 \tag{1}$$

$$E = \frac{mc^2}{\sqrt{1 - \frac{v^2}{c^2}}} \tag{2}$$

Sample Input: test.tex

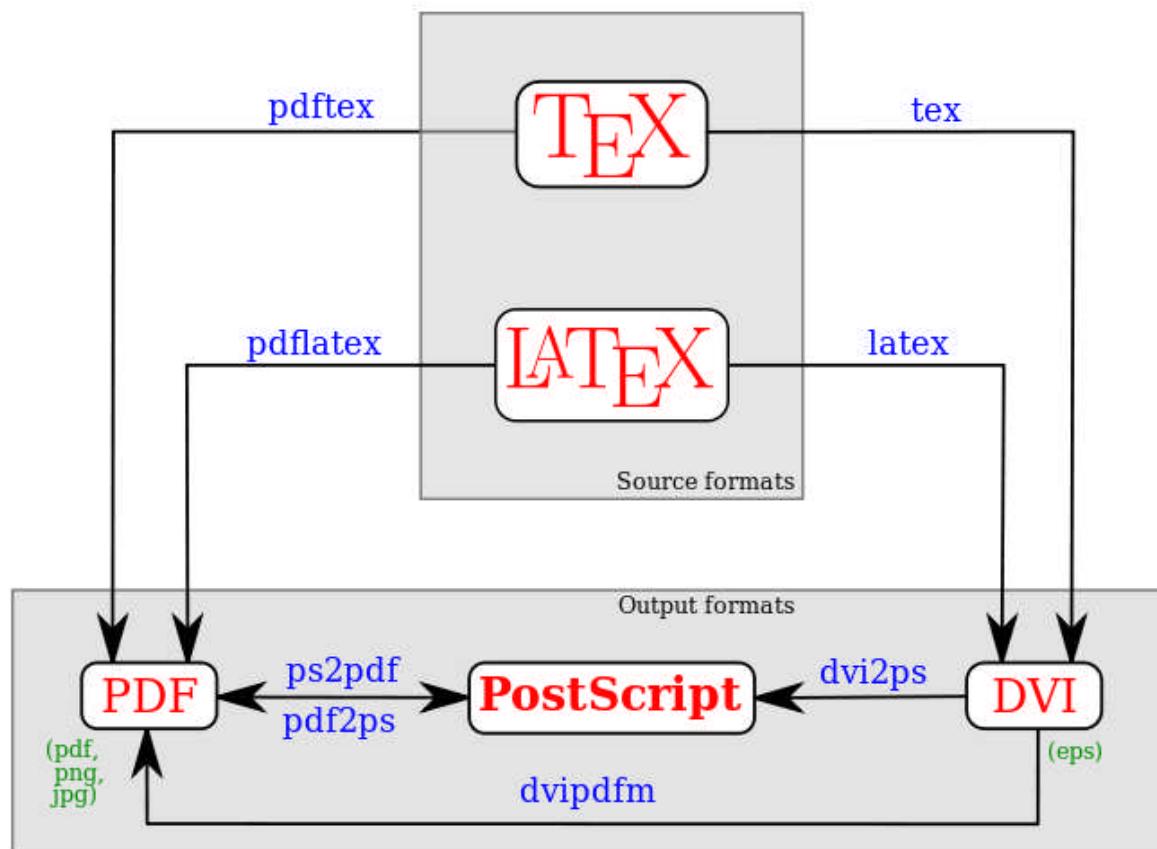
Markup

```
\documentclass[12pt]{article}
\usepackage{amsmath}
\title{\LaTeX}
\date{}
\begin{document}
\maketitle
\LaTeX{} is a document preparation system for the \TeX{} typesetting program. It offers programmable desktop publishing features and extensive facilities for automating most aspects of typesetting and desktop publishing, including numbering and cross-referencing, tables and figures, page layout, bibliographies, and much more. \LaTeX{} was originally written in 1984 by Leslie Lamport and has become the dominant method for using \TeX; few people write in plain \TeX{} anymore.
The current version is \LaTeXe.

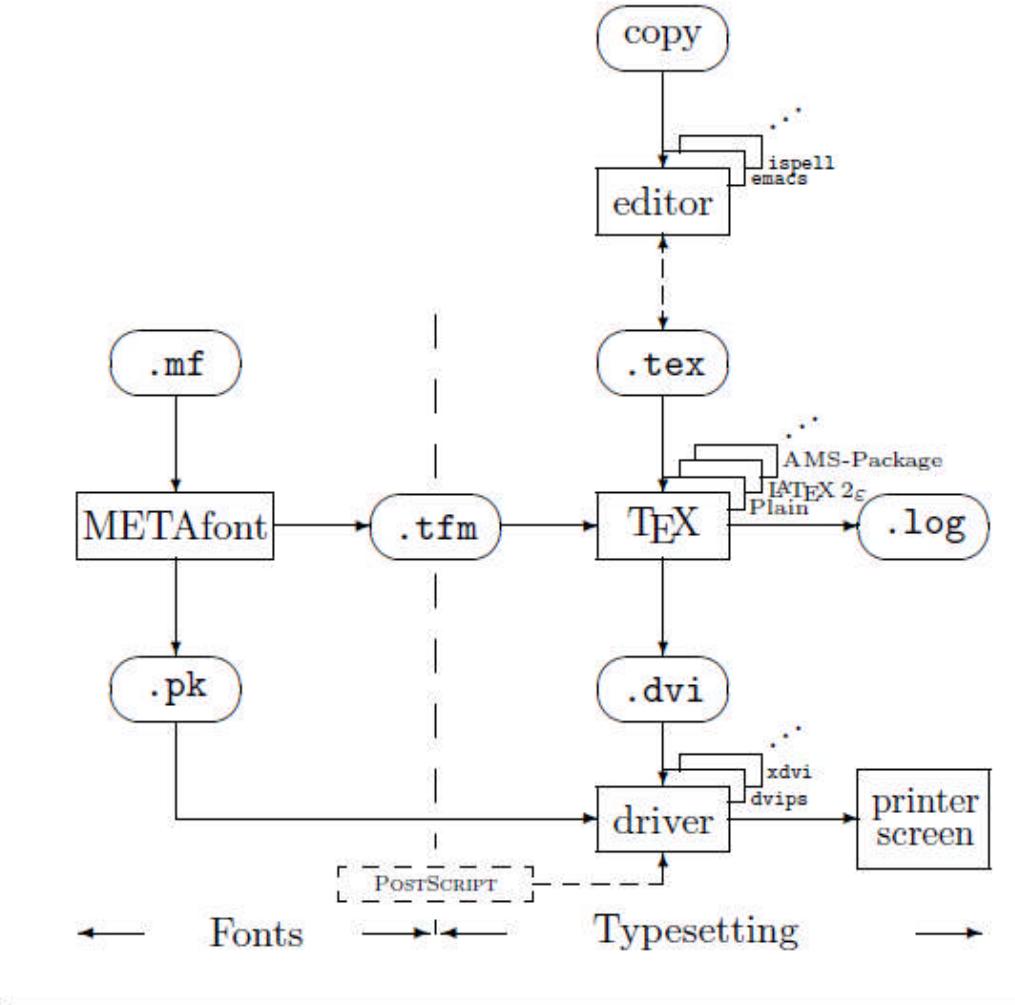
% This is a comment, not shown in final output.
% The following shows typesetting power of LaTeX:
\begin{align}
E_0 &= mc^2 \\
E &= \frac{mc^2}{\sqrt{1-\frac{v^2}{c^2}}}
\end{align}
\end{document}
```

Processing in Latex

file.tex to file.dvi to file.pdf



Latex Workflow



MikTex for windows

Download and install miktex for windows

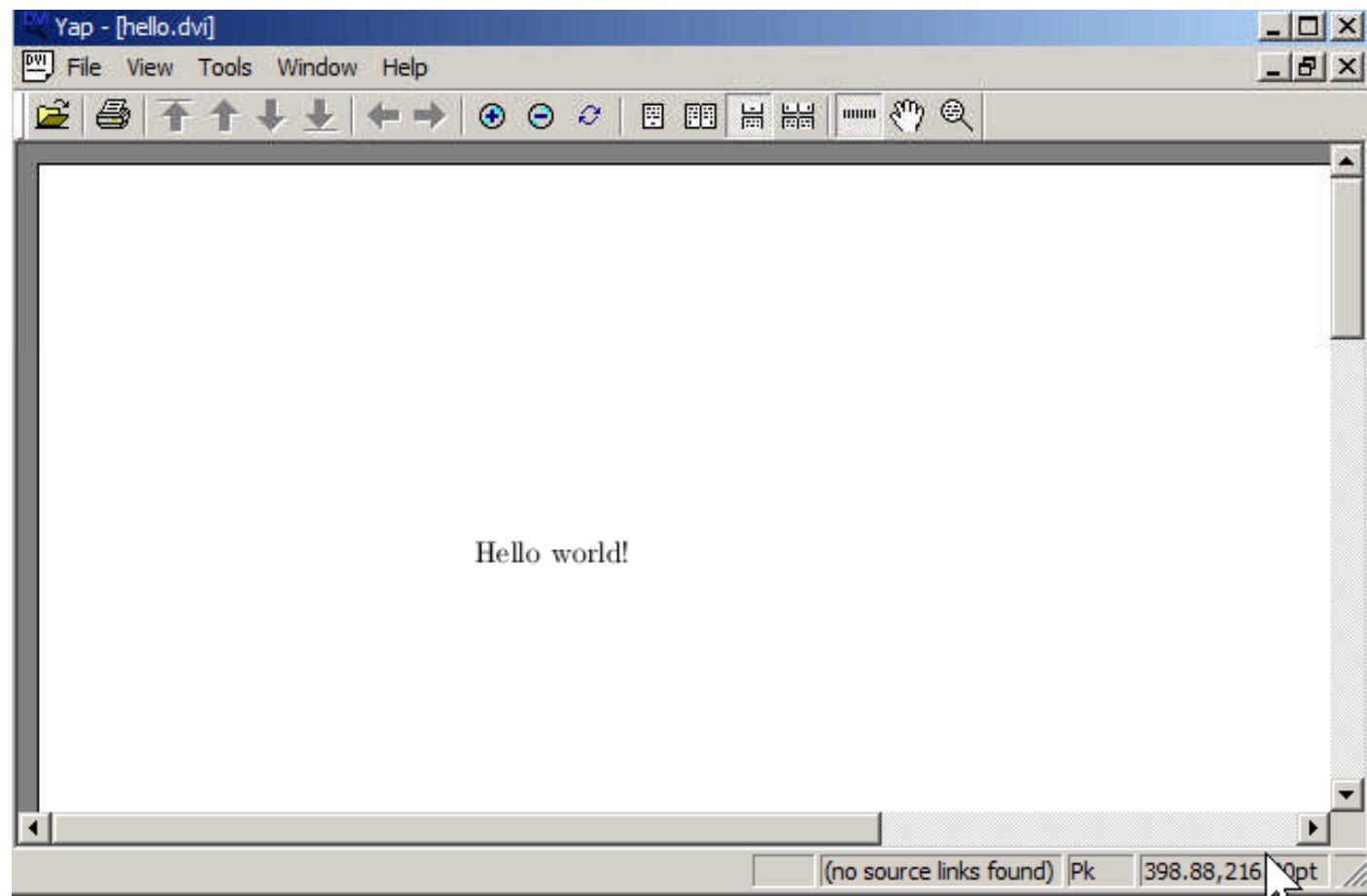
start > run > cmd >

c:\> latex hello.tex

```
Administrator: C:\Windows\System32\cmd.exe
c:\> latex hello.tex
This is pdfTeX, Version 3.1415926-2.4-1.40.13 (MiKTeX 2.9)
entering extended mode
(c:\> latex\hello.tex
LaTeX2e <2011/06/27>
Babel <v3.8m> and hyphenation patterns for english, afrikaans, ancientgreek, arabic, armenian, assamese, basque, bengali, bokmal, bulgarian, catalan, coptic, croatian, czech, danish, dutch, esperanto, estonian, farsi, finnish, french, galician, german, german-x-2012-05-30, greek, gujarati, hindi, hungarian, icelandic, indonesian, interlingua, irish, italian, kannada, kurmanji, latin, latvian, lithuanian, malayalam, marathi, mongolian, mongolianlmc, monogreek, ngerman, ngerman-x-2012-05-30, nynorsk, oriya, panjabi, pinyin, polish, portuguese, romanian, russian, sanskrit, serbian, slovak, slovenian, spanish, swedish, swissgerman, tamil, telugu, turkish, turkmen, ukenglish, ukrainian, uppersorbian, usenglishmax, welsh, loaded.
(C:\>miktex\tex\latex\base\article.cls
Document Class: article 2007/10/19 v1.4h Standard LaTeX document class
(C:\>miktex\tex\latex\base\size10.clo))
No file hello.aux.
[1] (c:\> latex\hello.aux) )
Output written on hello.dvi (1 page, 232 bytes).
Transcript written on hello.log.

c:\> latex>
```

c:\> yap hello.dvi



Getting a pdf file

On Windows

Start > run > cmd >

c:\> notepad hello.tex

c:\> latex hello.tex

c:\> dvipdf hello.dvi

You get hello.pdf

hello.tex

```
\documentclass{article}
\begin{document}
    Hello world!
\end{document}
```

Syntax

```
\command[options]{parameters}
\documentclass[11pt]{article}
\begin{document}
\chapter{Introduction}
    This chapter's content...
\section{Structure}
    This section's content...
\subsection{Top Matter}
    This subsection's content...
\subsubsection{Article Information}
    This subsubsection's content...

\end{document}
```

Title page

```
\documentclass[11pt,a4paper]{report}
\begin{document}
\title{How to Structure a LaTeX Document}
\author{Andrew Roberts}
\date{December 2004}
\maketitle
\end{document}
```

% from http://en.wikibooks.org/wiki/LaTeX/Document_Structure

Title page

```
\title{Our Fun Document}  
\author{Jane Doe \and John Doe}  
\date{\today}  
\maketitle
```

Abstract

```
\documentclass{article}
```

```
\begin{document}
```

```
\begin{abstract}
```

Your abstract goes here...

...

```
\end{abstract}
```

...

```
\end{document}
```

wiki.tex

1. \documentclass[12pt]{article}
2. \usepackage{amsmath}
3. \title{\LaTeX{}}
4. \date{}
5. \begin{document}
6. \maketitle
7. \LaTeX{} is a document preparation system for the \TeX{} typesetting program. ...
8. % This is a comment, from <http://en.wikipedia.org/wiki/LaTeX>
9. \begin{align}
10. $E_0 \&= mc^2 \\$
11. $E \&= \frac{mc^2}{\sqrt{1 - \frac{v^2}{c^2}}}$
12. \end{align}
13. \end{document}

wiki.dvi

L^AT_EX

L^AT_EX is a document preparation system for the T_EX typesetting program. It offers programmable desktop publishing features and extensive facilities for automating most aspects of typesetting and desktop publishing, including numbering and cross-referencing, tables and figures, page layout, bibliographies, and much more. L^AT_EX was originally written in 1984 by Leslie Lamport and has become the dominant method for using T_EX; few people write in plain T_EX anymore. The current version is L^AT_EX2 _{ε} .

$$E_0 = mc^2 \tag{1}$$

$$E = \frac{mc^2}{\sqrt{1 - \frac{v^2}{c^2}}} \tag{2}$$

Latex constructs

It does not matter whether you enter one or several spaces after a word.

An empty line starts a new paragraph.

```
\# \$ \% ^{} \& \_ \{ \} \~{}
```

It does not matter whether you enter one or several spaces after a word.

An empty line starts a new paragraph.

```
# $ % ^ & _ { } ~
```

“Please press the ‘x’ key.”

Quotes

```
daughter-in-law, X-rated\\
pages 13--67\\
yes---or no? \\
\$0$, \$1$ and \$-1$
```

```
daughter-in-law, X-rated
pages 13–67
yes—or no?
0, 1 and –1
```

Hypen

Foreign Characters

```
H\^otel, na\"i ve, \'el\'eve, \\  
sm\o rrebr\o d, !'Se\~norita!, \\  
Sch\"onrunner Schlo\ss{}{}  
Stra\ss{} e
```

Hôtel, naïve, élève,
smørrebrød, ¡Señorita!,
Schönrunner Schloß Straße

Table 2.1: Accents and Special Characters.

\`o	\^o	\~o	\=o	\.o	\o	\H{o}	\c{c}	\c{c}
\`o	\^o	\~o	\=o	\.o	\o	\H{o}	\c{c}	\c{c}
\`o	\u20ac o	\`o	\v{o}	\^o	\H{o}	\H{o}	\c{c}	\c{o}
\`o	\d{o}	\`o	\b{o}	\^o	\H{o}	\t{oo}	\c{c}	\o
\oe	\oe	\OE	\OE	\oe	\ae	\AE	\AE	\AE
\aa	\aa	\AA	\AA					
\o	\o	\O	\O	\o	\l	\L	\L	\L
\i	\i	\J	\j	\i	!`	\i	?`	?`

Article to Report to Book

The following sectioning commands are available for the `article` class:

<code>\section{...}</code>	<code>\paragraph{...}</code>
<code>\subsection{...}</code>	<code>\subparagraph{...}</code>
<code>\subsubsection{...}</code>	

You can use two additional sectioning commands for the `report` and the `book` class:

<code>\part{...}</code>	<code>\chapter{...}</code>
-------------------------	----------------------------

Footnotes^a \footnote{This is
a footnote.} are often used
by people using \LaTeX.

Footnotes^a are often used by people using
\LaTeX.

^aThis is a footnote.

Fonts

```
\textit{You can also  
  \emph{emphasize} text if  
  it is set in italics,}  
\textsf{in a  
  \emph{sans-serif} font,}  
\texttt{or in  
  \emph{typewriter} style.}
```

You can also emphasize text if it is set in italics, in a sans-serif font, or in typewriter style.

Table 5.3: Absolute Point Sizes in Standard Classes.

size	10pt (default)	11pt option	12pt option
\tiny	5pt	6pt	6pt
\scriptsize	7pt	8pt	8pt
\footnotesize	8pt	9pt	10pt
\small	9pt	10pt	11pt
\normalsize	10pt	11pt	12pt
\large	12pt	12pt	14pt
\Large	14pt	14pt	17pt
\LARGE	17pt	17pt	20pt
\huge	20pt	20pt	25pt
\Huge	25pt	25pt	25pt

Font Sizes

Table 5.5: \TeX Units.

mm	millimetre $\approx 1/25$ inch	□
cm	centimetre = 10 mm	□
in	inch = 25.4 mm	□
pt	point $\approx 1/72$ inch $\approx \frac{1}{3}$ mm	□
em	approx width of an ‘M’ in the current font	□
ex	approx height of an ‘x’ in the current font	□

Fonts

Table 5.1: Fonts.

<code>\textrm{...}</code>	roman	<code>\textsf{...}</code>	sans serif
<code>\texttt{...}</code>	typewriter		
<code>\textmd{...}</code>	medium	<code>\textbf{...}</code>	bold face
<code>\textup{...}</code>	upright	<code>\textit{...}</code>	<i>italic</i>
<code>\textsl{...}</code>	slanted	<code>\textsc{...}</code>	SMALL CAPS
<code>\emph{...}</code>	<i>emphasized</i>	<code>\textnormal{...}</code>	document font

Table 5.2: Font Sizes.

<code>\tiny</code>	tiny font	<code>\Large</code>	larger font
<code>\scriptsize</code>	very small font	<code>\LARGE</code>	very large font
<code>\footnotesize</code>	quite small font	<code>\huge</code>	huge
<code>\small</code>	small font	<code>\Huge</code>	largest
<code>\normalsize</code>	normal font		
<code>\large</code>	large font		

Lists: Enumerate, Itemize, Description

```
\flushleft
\begin{enumerate}
\item You can mix the list environments to your taste:
\begin{itemize}
\item But it might start to look silly.
\item[-] With a dash.
\end{itemize}
\item Therefore remember:
\begin{description}
\item[Stupid] things will not become smart because they are in a list.
\item[Smart] things, though, can be presented beautifully in a list.
\end{description}
\end{enumerate}
```

1. You can mix the list environments to your taste:

- But it might start to look silly.
- With a dash.

2. Therefore remember:

Stupid things will not become smart because they are in a list.

Smart things, though, can be presented beautifully in a list.

Justified / Flushed

```
\begin{flushleft}  
This text is\\ left-aligned.  
\LaTeX{} is not trying to make  
each line the same length.  
\end{flushleft}
```

This text is
left-aligned. L^AT_EX is not trying to make
each line the same length.

```
\begin{flushright}  
This text is right-\\aligned.  
\LaTeX{} is not trying to make  
each line the same length.  
\end{flushright}
```

This text is right-
aligned. L^AT_EX is not trying to make each
line the same length.

```
\begin{center}  
At the centre\\of the earth  
\end{center}
```

At the centre
of the earth

Quoting

A typographical rule of thumb
for the line length is:

```
\begin{quote}
```

On average, no line should
be longer than 66 characters.

```
\end{quote}
```

This is why \LaTeX{} pages have
such large borders by default and
also why multicolumn print is
used in newspapers.

A typographical rule of thumb for the line
length is:

On average, no line should be
longer than 66 characters.

This is why LATEX pages have such large bor-
ders by default and also why multicolumn
print is used in newspapers.

Poem / Verse

```
I know only one English poem by  
heart. It is about Humpty Dumpty.  
\begin{flushleft}  
\begin{verse}  
Humpty Dumpty sat on a wall:\\  
Humpty Dumpty had a great fall.\\  
All the King's horses and all  
the King's men\\  
Couldn't put Humpty together  
again.  
\end{verse}  
\end{flushleft}
```

I know only one English poem by heart. It is about Humpty Dumpty.

Humpty Dumpty sat on a wall:
Humpty Dumpty had a great
fall.
All the King's horses and all
the King's men
Couldn't put Humpty together
again.

Verbatim*

The `\verb|\ldots|` command `\ldots`

```
\begin{verbatim}
10 PRINT "HELLO WORLD ";
20 GOTO 10
\end{verbatim}
```

```
\begin{verbatim*}
the starred version of
the      verbatim
environment emphasizes
the spaces  in the text
\end{verbatim*}
```

The `\ldots` command ...

```
10 PRINT "HELLO WORLD ";
20 GOTO 10
```

the_starred_version_of
the_verbatim
environment_emphasizes
the_spaces_in_the_text

Tables

```
\begin{tabular}{|r|l|}\hline 7C0 & hexadecimal \\3700 & octal \\ \cline{2-2} 11111000000 & binary \\ \hline \hline 1984 & decimal \\ \hline \end{tabular}
```

7C0	hexadecimal
3700	octal
11111000000	binary
1984	decimal

```
\begin{tabular}{|p{4.7cm}|}\hline Welcome to Boxy's paragraph.  
We sincerely hope you'll  
all enjoy the show.\\ \hline \end{tabular}
```

Welcome to Boxy's paragraph. We sincerely hope you'll all en- joy the show.

Math

```
$\lim_{n \rightarrow \infty}\sum_{k=1}^n \frac{1}{k^2} = \frac{\pi^2}{6}$
```

$$\lim_{n \rightarrow \infty} \sum_{k=1}^n \frac{1}{k^2} = \frac{\pi^2}{6}$$

```
\begin{displaymath}\lim_{n \rightarrow \infty}\sum_{k=1}^n \frac{1}{k^2} = \frac{\pi^2}{6}\end{displaymath}
```

$$\lim_{n \rightarrow \infty} \sum_{k=1}^n \frac{1}{k^2} = \frac{\pi^2}{6}$$

```
$\sqrt{x}$ \quad  
$\sqrt{ x^2 + \sqrt{y} }$  
$\qquad \sqrt[3]{x^2} \\ [3pt]  
$\sqrt[x^2 + y^2]{z}$
```

$$\begin{array}{ccc} \sqrt{x} & \sqrt{x^2 + \sqrt{y}} & \sqrt[3]{2} \\ & \sqrt{x^2 + y^2} & \end{array}$$

```
$\lambda, \xi, \pi, \mu, \Phi, \Omega$
```

$$\lambda, \xi, \pi, \mu, \Phi, \Omega$$

More math

```
\begin{eqnarray}
f(x) &=& \cos x \\
f'(x) &=& -\sin x \\
\int_{0}^x f(y)dy & \\
&=& \sin x \\
\end{eqnarray}
```

$$f(x) = \cos x \quad (3.5)$$

$$f'(x) = -\sin x \quad (3.6)$$

$$\int_0^x f(y)dy = \sin x \quad (3.7)$$

See `latex-short-intro.pdf` or google “`latex symbols`” for full list of symbols

Referencing / Bibliography

```
Partl^{\cite{pa}} has  
proposed that \ldots  
\begin{thebibliography}{99}  
\bibitem{pa} H.^{Partl}:  
\emph{German \TeX},  
TUGboat Volume^9, Issue^1 (1988)  
\end{thebibliography}
```

Partl [1] has proposed that ...

Bibliography

- [1] H. Partl: *German \TeX*, TUGboat Volume 9, Issue 1 (1988)

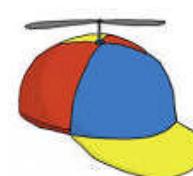
References

- <http://en.wikipedia.org/wiki/TeX>
- <http://en.wikibooks.org/wiki/TeX/Basics>
- <http://www.latex-project.org/>
- <http://www.ctan.org/starter>

Safety

Questions about hats

- Purpose of a cap?



- Purpose of a hat?



- Purpose of a helmet?



Always carry a safety helmet when riding a bike. [sarcasm].

- In case of accident, put on the helmet.
- If stopped by police, put on seat belts.
- The world will remember you as a safe driver.



Safety (spot the problems)



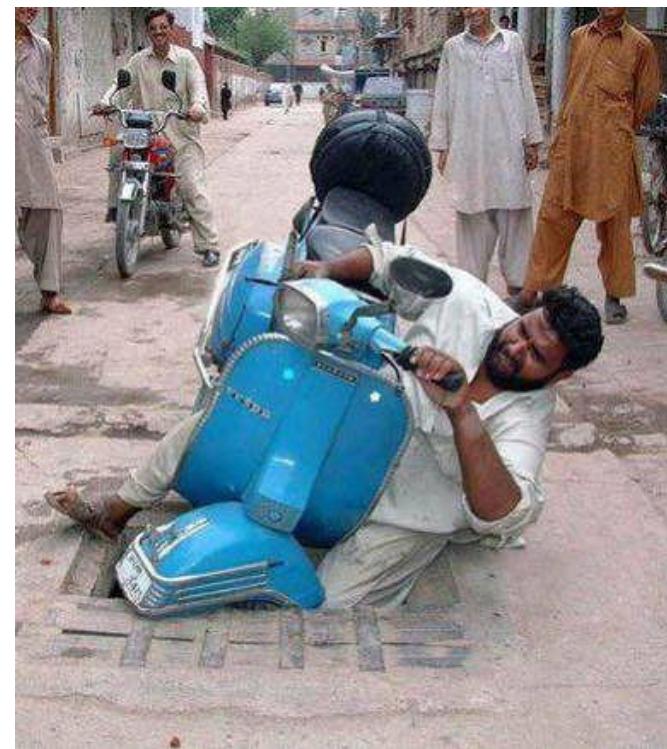
Movie clip on bike safety

The father is wearing a helmet,
What can go wrong?



Stopping distance

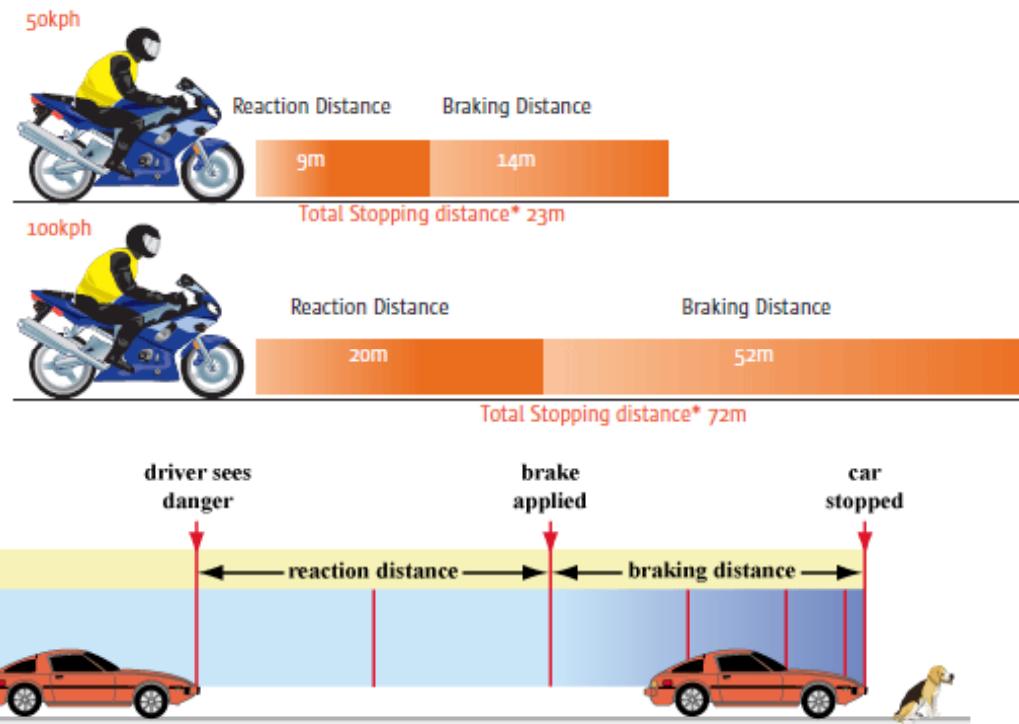
- You should not go so fast, that you can't stop when you see a pot-hole.



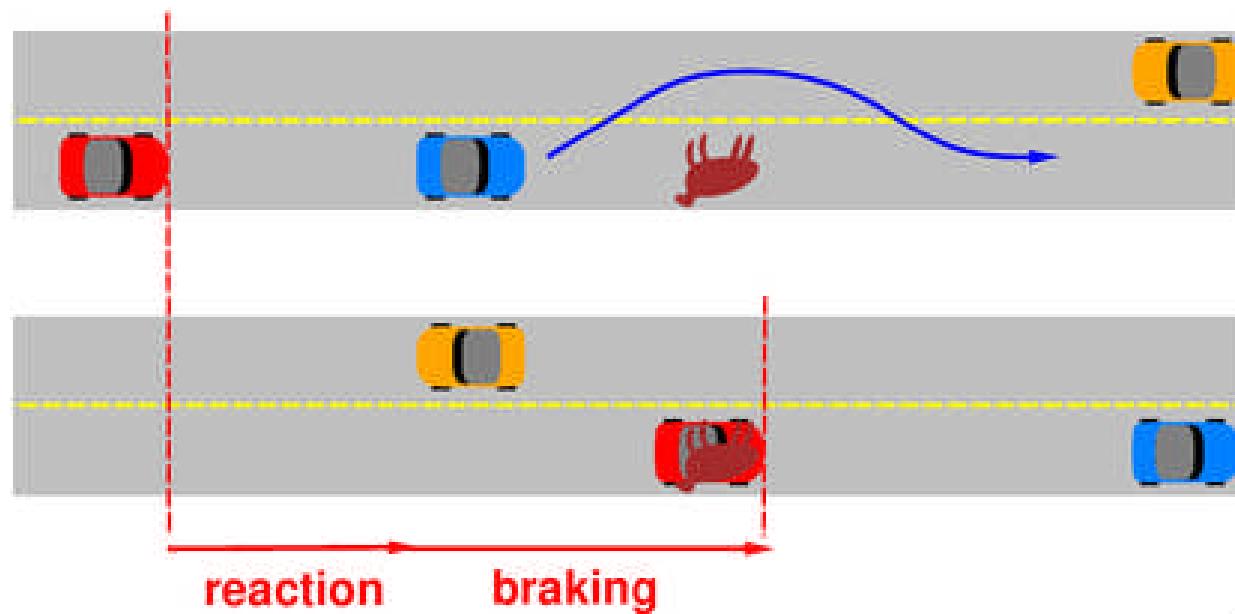
Keep safe braking distance



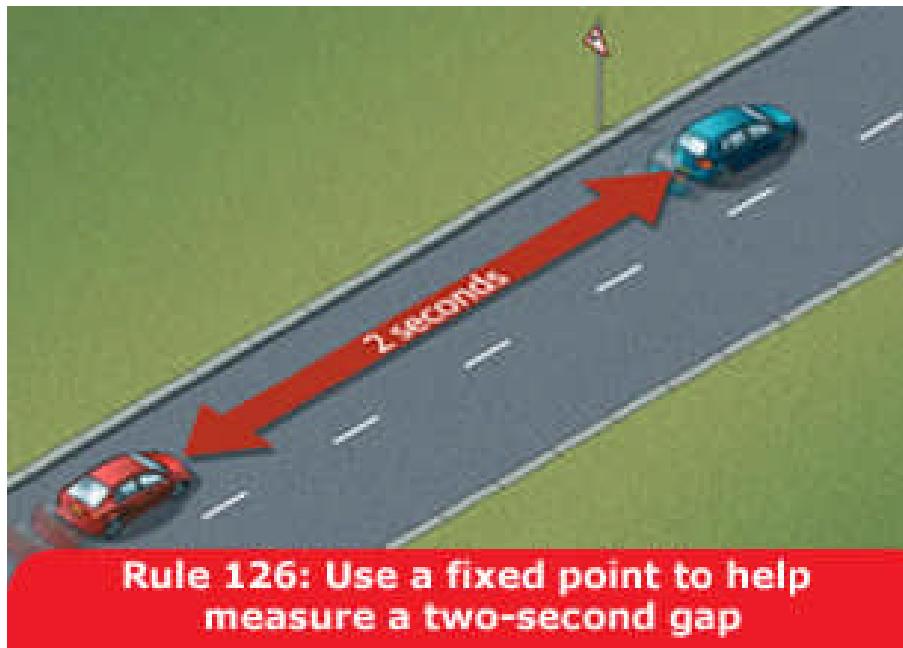
Stopping distance



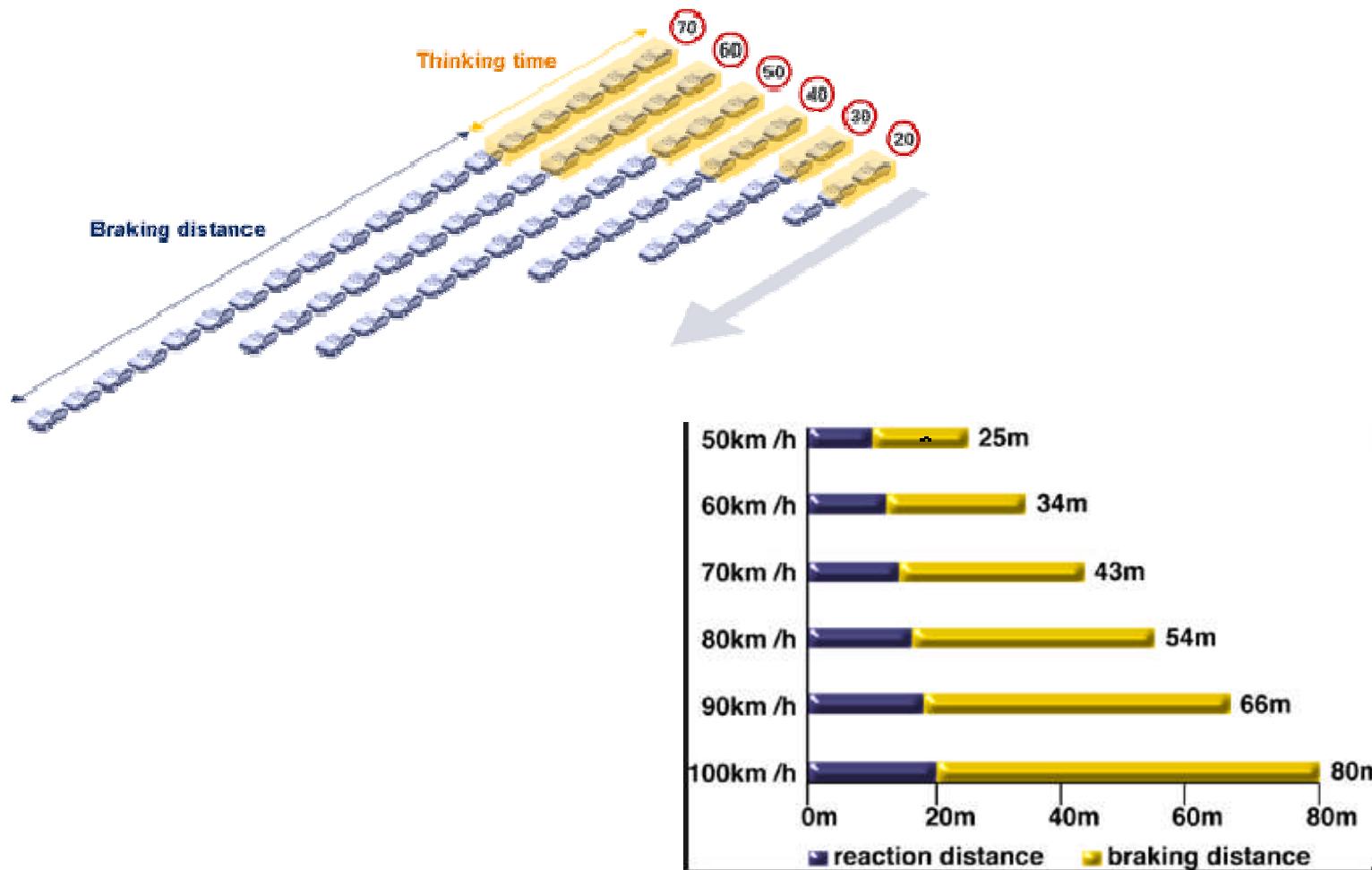
Reaction time



2s gap



Speed vs braking distance

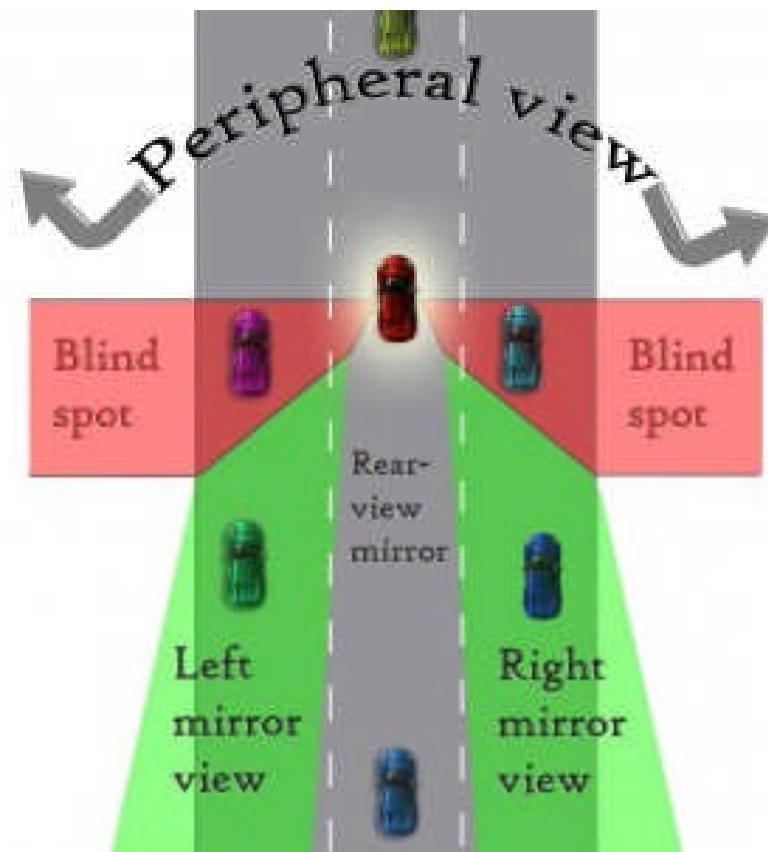


Helmet can't save you even at 30kmph fall from a bike

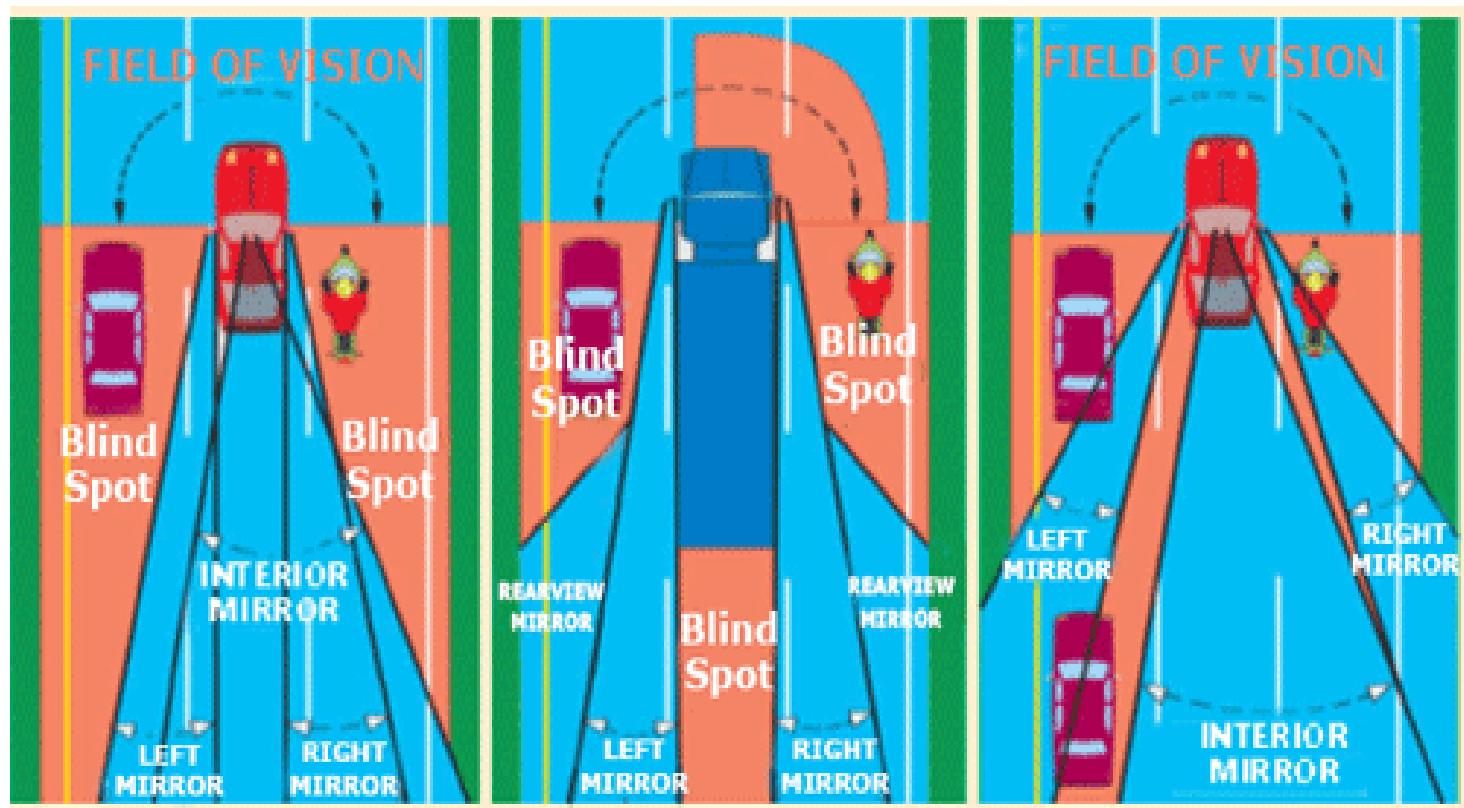
- You can die with a proper helmet even at 20kmph [[the dog story](#)].



Blind spot

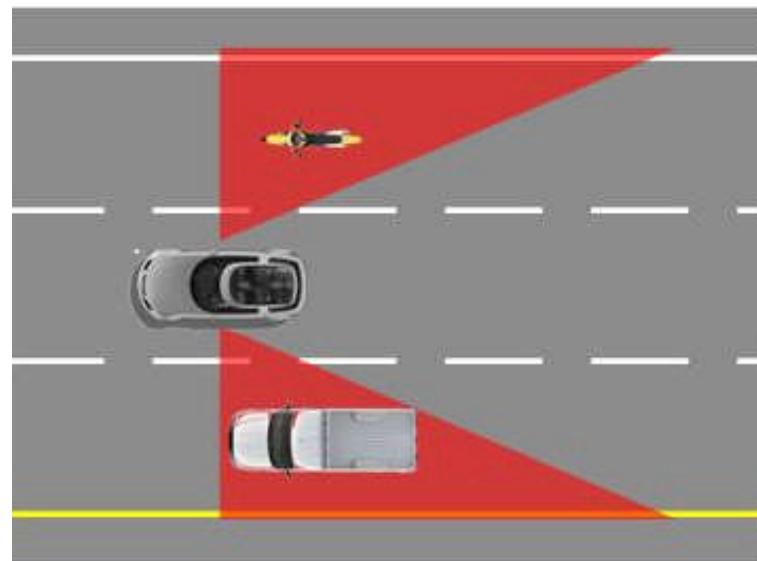


Rear view mirror miss some.



Driving in the blind spot

- The middle car driver cannot see the bike and car in his blind spot, without turning.



Bike in blind spot of the car



Turn to look before turning.



Truck driver may not see the car and turn into the car's lane.



bike is not visible to the car, unless he turns to see

Wear a seat belt if available

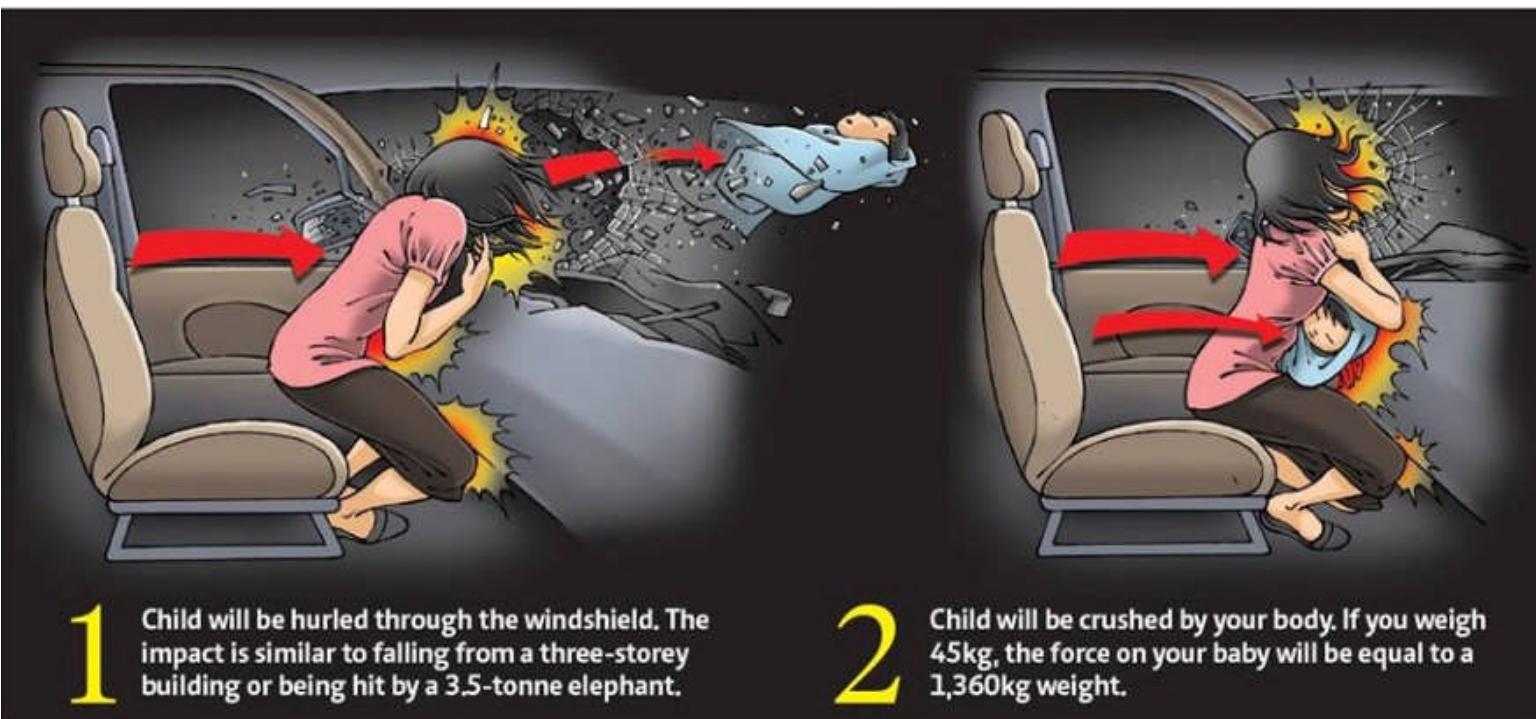


- from <http://www.team-bhp.com/forum/street-experiences/131293-things-they-don-t-teach-you-indian-driving-school.html>

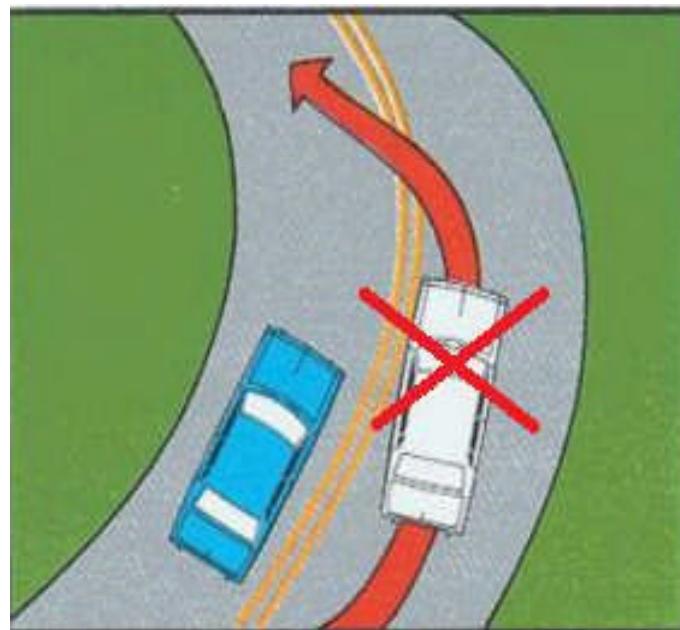
Why seat belts?

What can happen to your unrestrained baby if your car, moving at 50kph, meets an accident

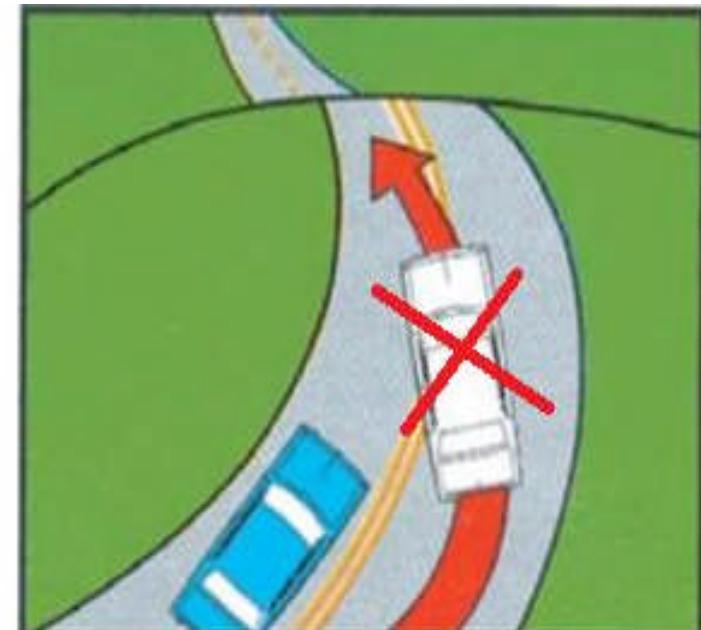
INFOGRAPHIC: NST



Do not overtake if you cannot see
oncoming traffic or at a corner



Curves



Hills

Quiz. Q1

1. If you see a ball bounce in front of your car, where should you look?
 1. Ignore the ball.
 2. See where the ball is going.
 3. See where the ball came from?



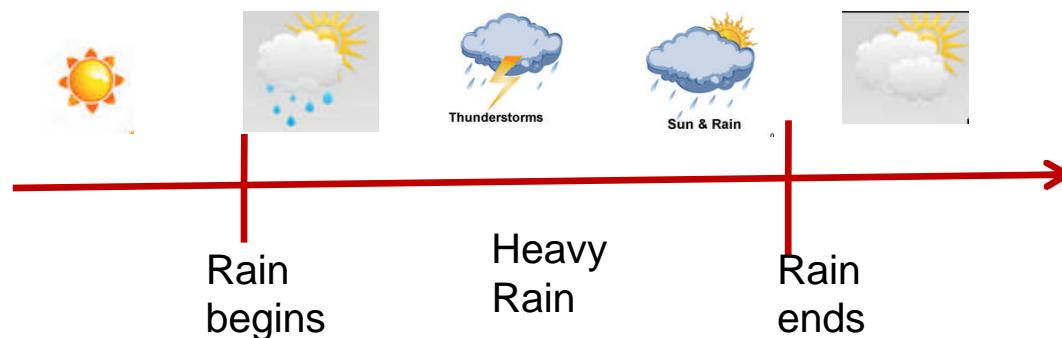
Quiz. Answer 1.

1. If you see a ball bounce in front of your car, where should you look?
 1. Ignore the ball.
 2. See where the ball is going.
 3. See where the ball came from?



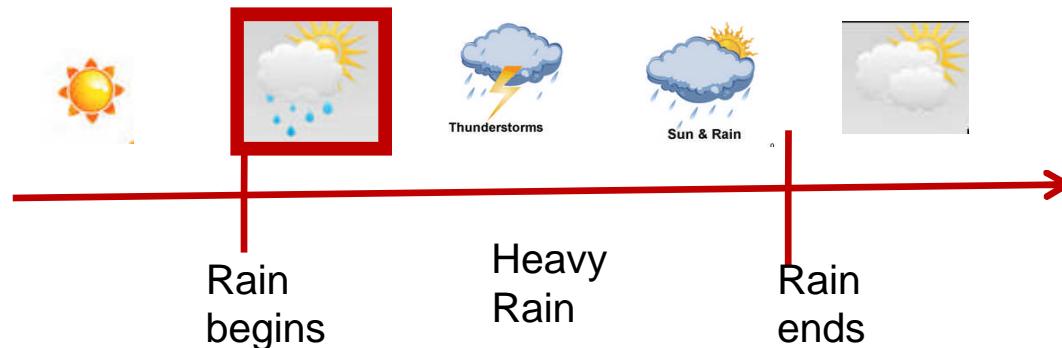
Quiz. Q2

1. When is the road most dangerous?
 1. 5 min before rain begins.
 2. 5 min after rain starts.
 3. 1 hour of heavy rain.
 4. 5 min before rain stops.
 5. 5 min after rain stops.



Quiz. Answer 2

1. When is the road most dangerous?
 1. 5 min before rain begins.
 2. 5 min after rain starts – *because Road is slippery because of air below water.*
 3. 1 hour of heavy rain.
 4. 5 min before rain stops.
 5. 5 min after rain stops.



Questions

- Which brake (front or back) to apply for emergency stopping a motorbike?
- Is the helmet necessary for a bike passenger?
- What is "stopping distance"?
- What is ABS?
- How many people die in road accidents everyday in our country?

Answers

- Apply **both brakes** together.
- Helmet is necessary for **everyone** on bike.
- "**Stopping distance**" is the amount of distance you need to bring a vehicle to a stop in an emergency.
- ABS is Anti-locking brake system, so bike won't skid (slip) when full brakes are applied.
- In India, the death toll was 14 per hour in 2009. More than 1 Lakh die every year on road.

http://en.wikipedia.org/wiki/List_of_countries_by_traffic-related_death_rate

Academic Dysfunction - reasons and management

Dr. P. V. Bhandary,

Medical Director &
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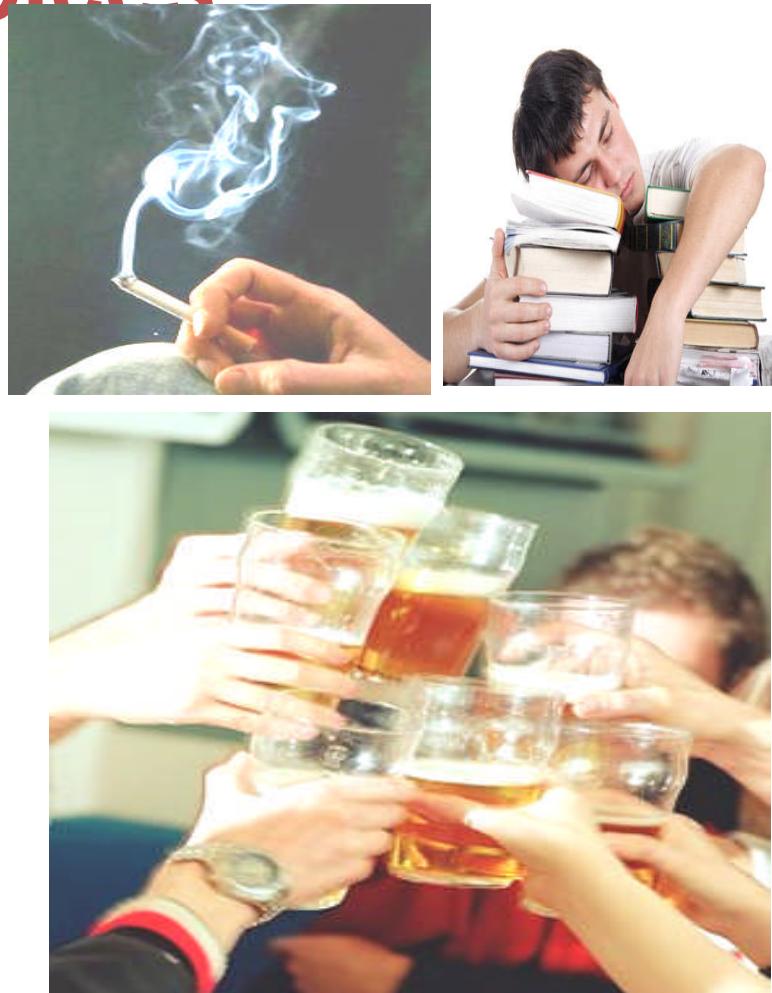
Edited by Dr. Mohsin Ahmed, JKSHIM, Karakala, 4/2014

Academic dysfunction, reasons and management

- Studies show that about 50% students suffer from health problems. 15% Psychological problems
- Psychological problems affect academics, relationships, and personality development of students
- Academic problems  Psychological problems

The Challenge of College: Choices

- Alcohol and other drugs
- Sex-identity, values, practices
- Food
- Sleep
- Balancing Academic and Extracurricular
- Roommates



The Challenge of College

- Greater academic demands
- Unstructured time
- Decreased adult availability
- Being on their own in a new environment
- Changing relations with family



Why Now?

- More Diversity- Cultural, Socio-economic, “Family Dreams”
- Availability of Drugs, alcohol, tobacco
- Financial Stress
- Pressure to perform
- Pressure to conform
- Pressure to reform
- M- Money, Mobile, Motor bike, Media.

Socrates on children (300 B.C)

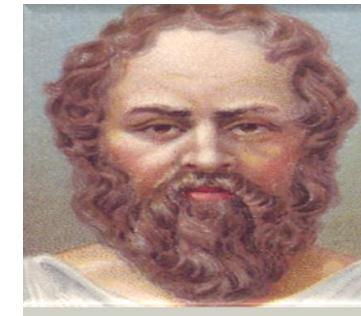
"Our youth love fun and luxury:
they have bad manners, contempt for
authority;

they show disrespect for elders and
like chattering in place of work.

Children are now tyrants, not the
servants of their households.

They no longer rise to their feet when
elders enter the room.

They contradict their parents, gobble
up their food and tyrannize their
teachers."

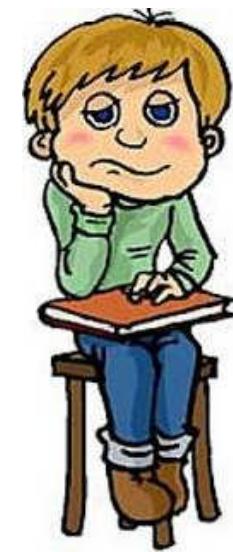


What do you see in this picture?



Common complaints of students regarding academic dysfunction

- Poor memory
- Poor attention/concentration
- Dry subject
- Boredom
- Feeling Sleepy



Common complaints of teachers and parents regarding academic dysfunction

- Dull student
- Intelligent student but lazy
- Inferiority complex
- Boy friend/ Girl friend
- Distracted
- Family problems



Actual causes of poor learning and poor memory

Student intrinsic factors

- Low IQ, student forced into studies.
- Learning disability (Case Study : Ganesh)
- Lack of interest in subject (Case Study: ISKON)
- Poor motivation (Case Study: RAK)
- Poor self-esteem and lack of self confidence (Case Study: CS)
- Ill-health : physical and mental health, drug abuse.

Lack of Study Skills

- Wrong study methods
- Continuous reading without understanding or break, memorizing
- No review, no recall, no practice of writing answers in stipulated time
- Selective study
- Irregular eating, sleeping habit
- Reading late into the night



Family related

- Comparison
- Criticism
- Allowing no time for adequate recreation and relaxation
- Family obligations
- Financial problems
- Alcoholism in parent/s



Teacher related



- Monotonous lecturing
- No audio-visual aids
- No practical demonstrations
- Negative attitude of teachers
- Irregularities in Examination system
- Discrimination



Environment related

- Peer/senior' influence.
- Extra curricular activities are not studies.
- Competition
- Media: TV, Mobile, Movies, video games, Internet/images, chatting, social media.

Back benchers



How to identify poor performers

- Missing classes (attendance)
- Not submitting assignments
- Poor participation in class activities.
- Lack of academic preparation
- Difficulty answering tests.
- Sitting in last rows .

Common Psychological Causes of Academic dysfunction

- 1. Procrastination (delaying work).**
- 2. Examination Anxiety (fear).**
- 3. Attention Deficit disorder (ADD, restlessness)**
- 4. Depression (sadness).**

Procrastination (until tomorrow)

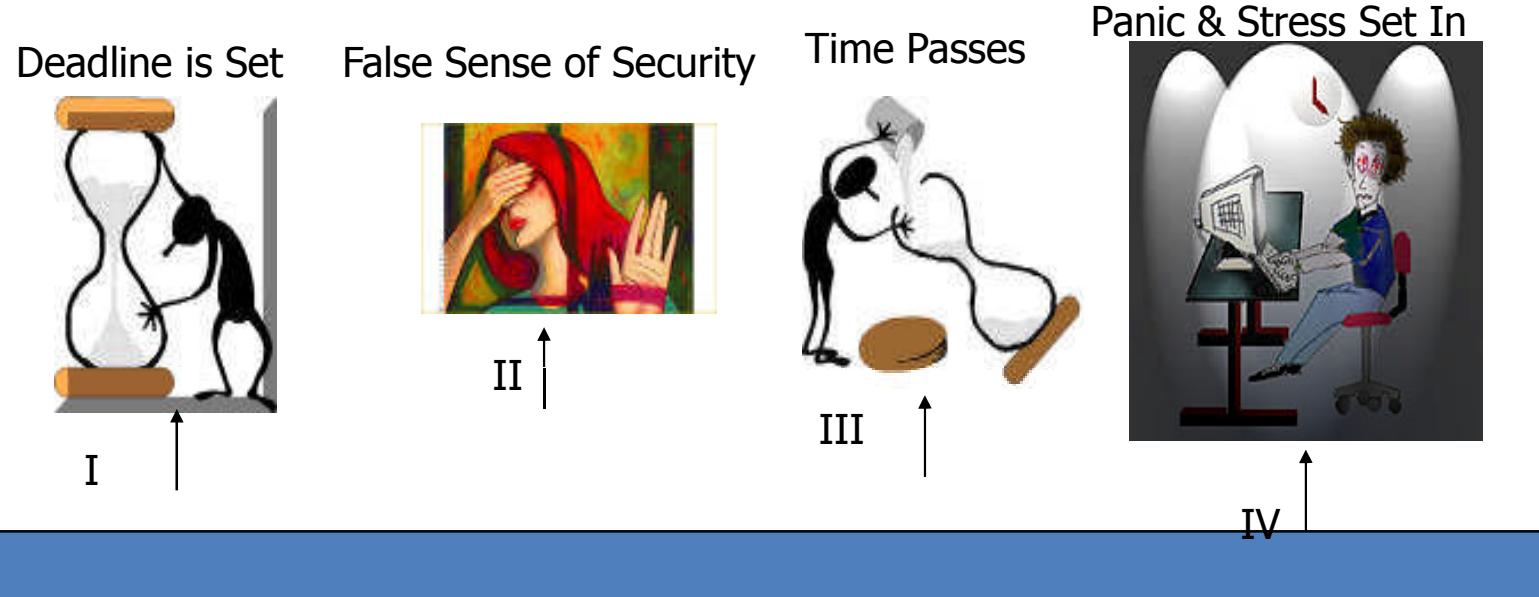
- Procrastination is the grave in which ‘opportunity’ is buried.
- 90% of students procrastinate (William Knaus)
- Two types : Tensed & Relaxed.
- ‘Mood’ is the main culprit
- Laziness & postponement



Procrastination...What is it?

- Psychological behavior that allows a person to postpone /delay a certain activity or task
- Source of great stress and anxiety for many people
- Time management is not directly related to procrastination

Cycle Timeline (delayed work).



"There are 2 weeks until the assignment is due."

"I have plenty of time."

"I will get started soon, I only work well under pressure."

"Oh no! The assignment is due tomorrow!"

Negative Effects of Procrastination

- Stress/Anxiety
- Neglecting health
- Irritability/Bad Mood
- Not achieving one's full potential

Four Simple Reasons For Procrastination

- Difficult→ Task seems too hard
- Time-consuming→ No Free time until the weekend
- Lack of knowledge/skills→
- Don't want to make a mistake
- Fears→ Everyone will know that a mistake is made



Procrastination ...
something we can do right now.

Four Complex Reasons For Procrastination

1. Perfectionism:

- A. "If you can't do it right, don't do it at all"
- B. May delay starting a project
- C. Creates dissatisfaction & frustration

2. Anger/Hostility

- A. Withhold best efforts out of spite.
- B. Getting Even

3. Low Frustration Tolerance

- A. Feeling overwhelmed
- B. Unfairness

4. Self-Downing

- A. Minimizes skills/abilities
- B. Success attributed to luck
- C. Cannot accept praise for work accomplished

Steps to Cure Procrastination

- **What you can tell a student**
- Acknowledge that you are postponing a task
- List the reasons of postponement
- Discuss the reasons & list ways to overcome them
- Begin the task immedi



Helpful Techniques

- Write down your tasks in a visible place with their due dates
- Make the tasks look easy in your mind
- Have a 5 minute plan: start a task for 5 minutes, eventually you will want to complete it
- Break the task into components
- Tackle each component separately
- Modify your environment to encourage accomplishing the task
- Tell your family/friends about your goal; they will motivate you along the way
- REWARD yourself for a job well done!

Other tips: Do's

- Change your thoughts
- Exercise: Engage in physical activity
- Give yourself some alone time (15 – 30 min. without distractions, music, tv) – take a walk and think.
- Increase alertness by changing your position or stretching for a few minutes (body important thing is movement!)

Other tips: Don'ts

- Criticize yourself!
- Anticipate catastrophe
- Focus on faults, inadequacies, things left undone

Pearl S. Buck on Procrastination

- “I don’t wait for moods. I know that I accomplish nothing if I do that. Mind must know that it has got to get down to work”

What is exam stress/anxiety?

- Exam anxiety can manifest in several ways:
- **Pre-exam stress/anxiety** (intense worry, tension, disturbed sleep, uneasiness and agitation in the lead up to exams)
or
- **Within-exam stress/anxiety** (feeling anxious in the exam, going blank or being unable to recall information that they know, having difficulty breathing or panicking when they don't know the answer to a question)
» Or both!

Reasons for examination anxiety

- Lack of preparation
- Past experiences of blanking out or performing badly in exams
- Focusing too much on outcome
- Focusing too much on how other classmates and friends are doing
- Issues outside of school distracting him from studying for or concentrating on exam

Reasons for examination anxiety

...

- Lack of confidence or low self-esteem
- Pressure from family or teachers in the past or now
- Having perfectionist expectations of themselves
- General fear of failure
- Fear of getting anxious, in other words, they have developed a ‘fear of fear’.
- Worry that they won’t remember under pressure

Symptoms of examination anxiety

- Physical
- Behavioural
- Emotional
- Cognitive

Not all stress/anxiety is bad!

- Good stress/anxiety: Motivates to stay focused on study
- Bad stress/anxiety: Interferes with preparation for exams and presenting what they know
- REMEMBER: Anxiety is unpleasant... but it can't hurt. Accepting it helps them to cope better with it.
- Focus on relaxing recedes anxiety.

Managing pre-exam anxiety...

- Relaxation
- Healthy lifestyle
- Time management
- Practical preparation
- Getting a good night's sleep the night before
- Getting there in good time
- Visualising success
- Making positive self-statements

Managing ‘within-exam’ anxiety...

- Relaxation/deep breathing
- Use a mantra
- Focusing
- Thought stopping
- Positive self-statements

The role of the Cognitive-Affective Behavioural Cycle

- This means that the way we
 - »THINK
- Affects the way we
 - »FEEL
- And this influences how we
 - »BEHAVE

Unhelpful ways of thinking...

Self critical thoughts:

- ‘I know I’ve messed up’
- ‘I am not ready’
- ‘I must be stupid’
- ‘I can’t do this’
- ‘It’s not going well’

Helpless & hopeless thoughts:

- ‘What’s the use?’
- ‘Why am I doing this?’
- ‘I have no future in this’
- ‘I don’t have enough time’
- ‘There’s too much to cover’

Role of Medicines

Medicines relieve Anxiety. Medicines are used when:

1. Anxiety is very severe
2. Past history of absence from exams because of extreme anxiety
3. Suicidal attempts due to anxiety +

- ❖ Medicine use is temporary. It is reduced & stopped after exams
- ❖ Meds work best if started at least a month before exams
- ❖ In a case of exam anxiety, relaxation exercises are taught, to be practiced regularly.
- ❖ Thinking errors are identified and rectified.
- ❖ Mock exams are conducted to improve confidence
- ❖ Advice regarding regular sleep and eating habits are given and monitored.

Poor study skills contribute to

- Poor college performance
- Examination anxiety

**Study skills are never
taught in any course!**

Students and teachers need systematic orientation towards:

- How to tackle a textbook
- Effective study habits
- How to deal with Exams?
- Reasons for failure in exams.

How to tackle a Text book?

- Survey
- Question
- Read
- Recall
- Review

Reading a textbook

- Get a general outline of the book, by looking at the table of contents and syllabus.
- Ask yourself, what questions can you answer after reading the textbook.

Reading a Chapter

- Read the introduction to a chapter.
- Can you relate the chapter or is it completely new?
- Read the text and diagrams to understand it.
Look up words that you don't know.
- Recall the main points, write the points in your notebook.
- Go back to the text, and quickly look points you missed.
- Look at the questions at the end of the chapter, and see if you can answer them.

Effective study habits

- Make a timetable and follow it strictly.
- Study in the same place every time.
- Keep out distractions like TV, magazines, facebook, cell phone, visitors.
- Get written work on time.
- Try to contribute to class discussions.
- Analyse your work, and see what are the weak points.
- Glance at a chapter, to see what is coming in next class.
- Use dictionary or google/wikipedia if you don't understand a point.
- Read a para loudly if it is very important, write it on a sheet of paper and stick it to your wall.
- Write notes in point form (short summary).
- Use ideas from one course in another course.

Don'ts

- Don't skip tables and graphs while reading.
- Don't try to memorize too much in one sitting.
- Don't do Continuous reading without a break.
- Don't Play music while studying or resting.
- Don't Study late when you are sleepy.
- Don't have irregular food and sleep timinas

How to deal with exams?

- Examination success depends on planned preparation:
- Apply effective study techniques over time.
- Start now, don't wait till exam time.
- Make time table for revision and rehearse the timetable with mock exams.
- Make a revision group, 3 classmates meet 3 times a week to discuss studies.
- Practice doing what the exams requires.

How to deal with exams?

Emphasis on recall

Reorganize your ideas

- Discuss with others
- Revise all notes on a topic at one time.
- Revise related topics at one time.
- Criticize your notes, make corrections if needed.
- Rewrite important notes for recall.

Exam papers

- Tackle old exam papers
- Before writing the answer, note the points you want to answer then elaborate on each point.
- Take mock exams, ask friends/teachers to conduct mock exams.
- No out-guessing the examiner (no tricky questions), just answer the obvious.

On Exam day

- Don't learn new techniques on exam day.
- Revise as much as possible or relax completely.
- Gather exam equipment, spare pens, eraser, pencil, calculator, batteries, water bottle, hanky, medicine.
- Go to bed early, don't chat to discuss/worry with friends about exam, it is too late to worry now.
- Eat well, don't over-eat, avoid non-veg/fast food, stick to simple foods.
- Get good sleep.

Technique on the day of exams

- Do a **dry run**: pack your bags, watch with correct time, pens, medicine, travel to the exam room, see your seat, toilet, water, canteen.
- Don't discuss prospects with other students.
- Avoid speculation/gossip about exam paper
- Budget your time.
- Plan your answers before writing.
- Keep priorities clear.
- Write clearly.
- Use extra time to check answers, underline important points, so examiner may not miss them.
- Don't panic if some questions are difficult, answer them till the end, don't leave early.

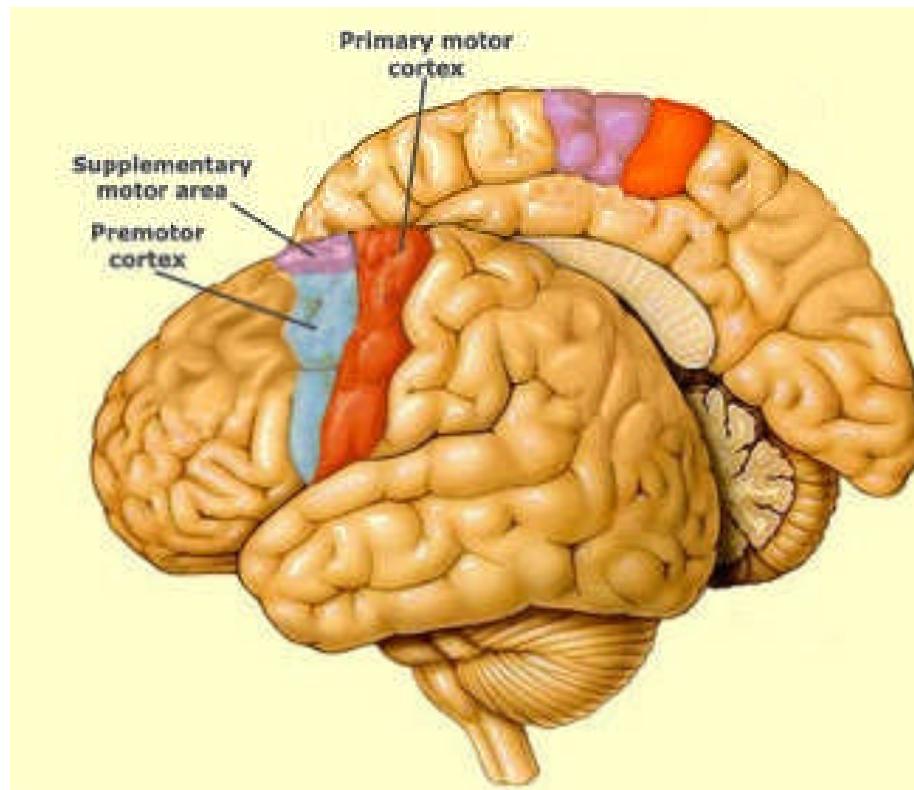
Reasons for failure in exams

- Irregular attendance
- Thinking extra-curricular activities is part of study for exams.
- Not attentive in class
- No having a clear stable study pattern
- Not having a proper plan for preparing for exams.
- Giving up and blaming the "system" for bad exams.
- Excess exam free and worrying about results.
- Health and emotional problems.
- Bad handwriting
- Low self confidence by comparing with good students.

ADD: What is Attention Deficit Disorder?

- ADD is a brain-based disorder.
- Characterized by inattention and/or hyperactivity.
- It interferes with one's academic achievement, self-esteem, and professional and personal relationships
- Approximately 1% to 3% of college students are affected
- More common in boys.

Neuro-chemical disconnection between two parts of the frontal lobes inside the brain.
Causes impairment in the ability to concentrate.



Inattention

- Difficulty organizing tasks
- Problems with misplacing things needed for tasks
- Becoming easily distracted by external stimuli
- Difficulty remembering daily activities

Hyperactivity

- Experiences restlessness
- Difficulty to remain in one place
- Difficulty to listen to others
- Becomes easily distracted while reading

Impulsiveness

- Speaks or acts without considering the consequence
- Talks excessively
- Has difficulty taking turns
- Has need for high stimulus activity

Problems of ADD students in College

- ADD student requires three times as much study time as the average student
- Performance usually does not match knowledge/ability in ADD students
- Have problems in paper- pencil examination
- Have disruptive behaviour in class

Treatment

- See counselor at Baliga hospital, Udupi.
- Stimulants are considered

Non-medication options

- Coaching
 - Organizational & study skills
- Psychotherapy
 - Especially helpful for self-esteem
- Diet
 - Less junk food; more omega 3.
- Exercise

Modification in tests

- If possible don't have 'timed' tests
- Should not write more than one exam per day
- Oral exams and practical demonstration

Commonly abused substances and impact on health and role performance



Dr. P.V. Bhandary
Psychiatrist & Director
Dr. A.V. Baliga memorial Hospital
Udupi

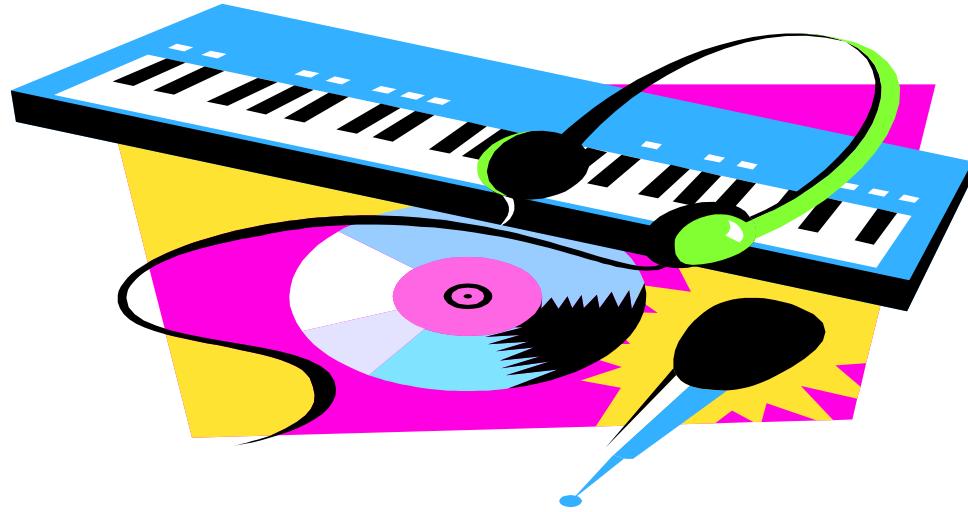
The marathon runner who finds walking difficult



The whiz-kid who ends up as a college dropout



The keyboard king who no longer cares



**All of them started off casually and
ended up addicted**

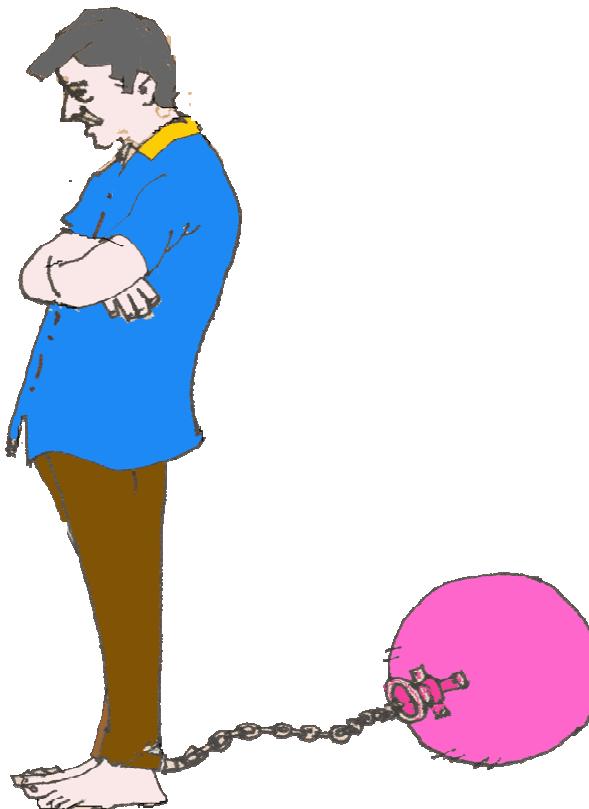
Addiction can happen to anybody!

Will power, intelligence or personality
traits have nothing to do with it!

Drug addiction

- ➔ Tolerance
- ➔ Psychological dependence

- ➔ Physical dependence
- ➔ Withdrawal symptoms



Why do they start

- relief from boredom
- weight control
- coping with stress
- avoiding negative emotional states
- conformity
- social reasons
- to avoid withdrawal

Reasons for Drug and Alcohol use

- It makes them feel good
- Thrill of doing the illegal/illicit
- Available models
- “Self-medication”

Special Concerns for college students

- Suicide
- Drowning
- Auto accidents
- Crime and violence
- Unplanned sex
- Poor school performance
- Trauma, injury, and falls

What are the drugs which are commonly abused?

- Tobacco - cigarettes and 'zarda'
- Alcohol - beer, wine and hard liquors
- Cannabis - ganja
- Brown sugar - heroin
- Medically used prescription drugs

Smoking



Tobacco

- A mix of 3000 dangerous chemicals
 - ❖ There is no safe level of tobacco use



Tobacco and Its Effects

- Tar and Carbon Monoxide
 - Tar is a thick, brownish sludge, that contains various carcinogenic (cancer-causing) agents.
 - Tar accounts for about 8 percent of tobacco smoke.
 - 92 percent of the remaining tobacco smoke consists of various gases.
 - The most dangerous gas is carbon monoxide, which is 800 times higher than the level considered safe
 - Carbon monoxide causes oxygen deprivation in many body tissues.

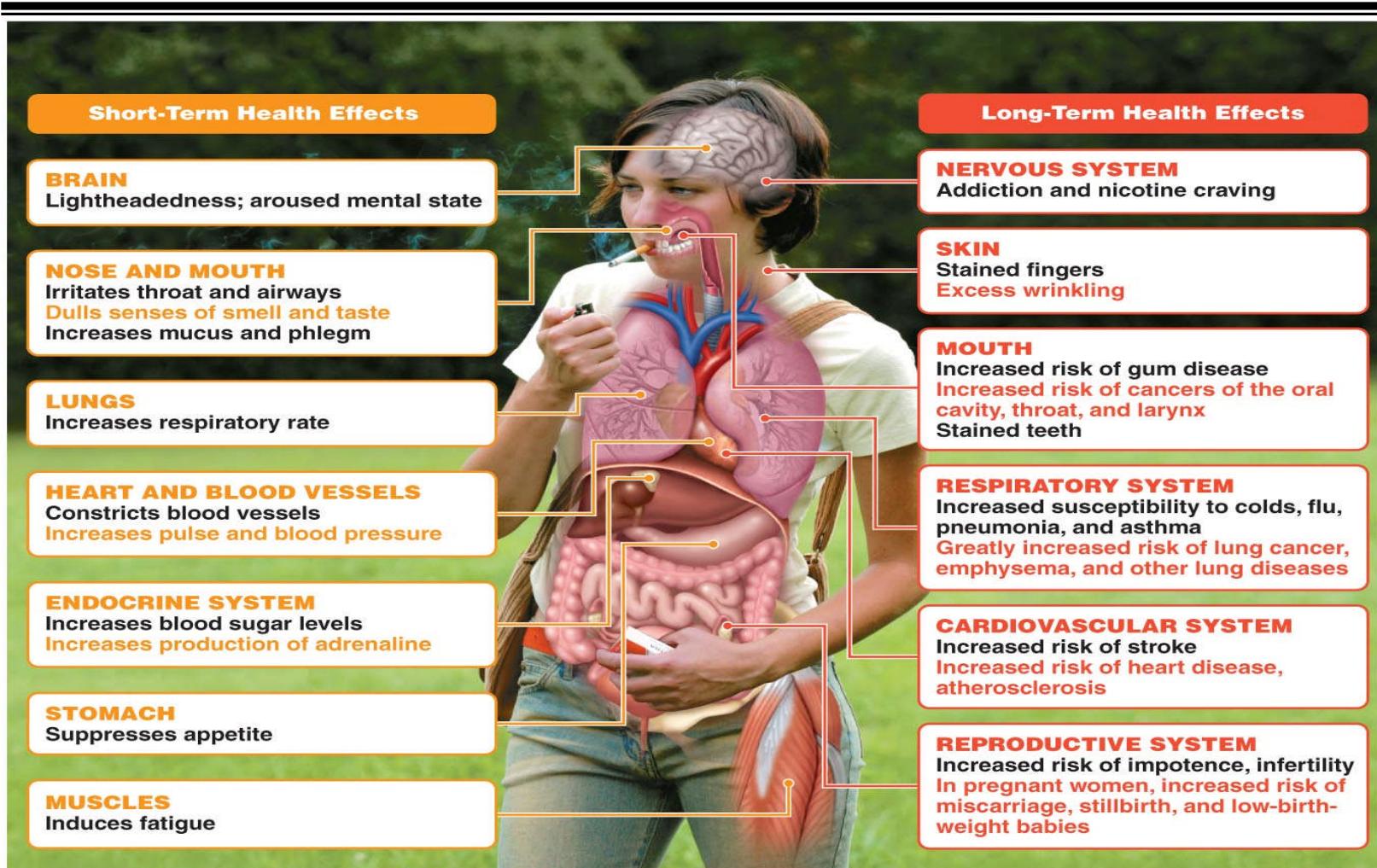
Tobacco and Its Effects

- **Tobacco Products**

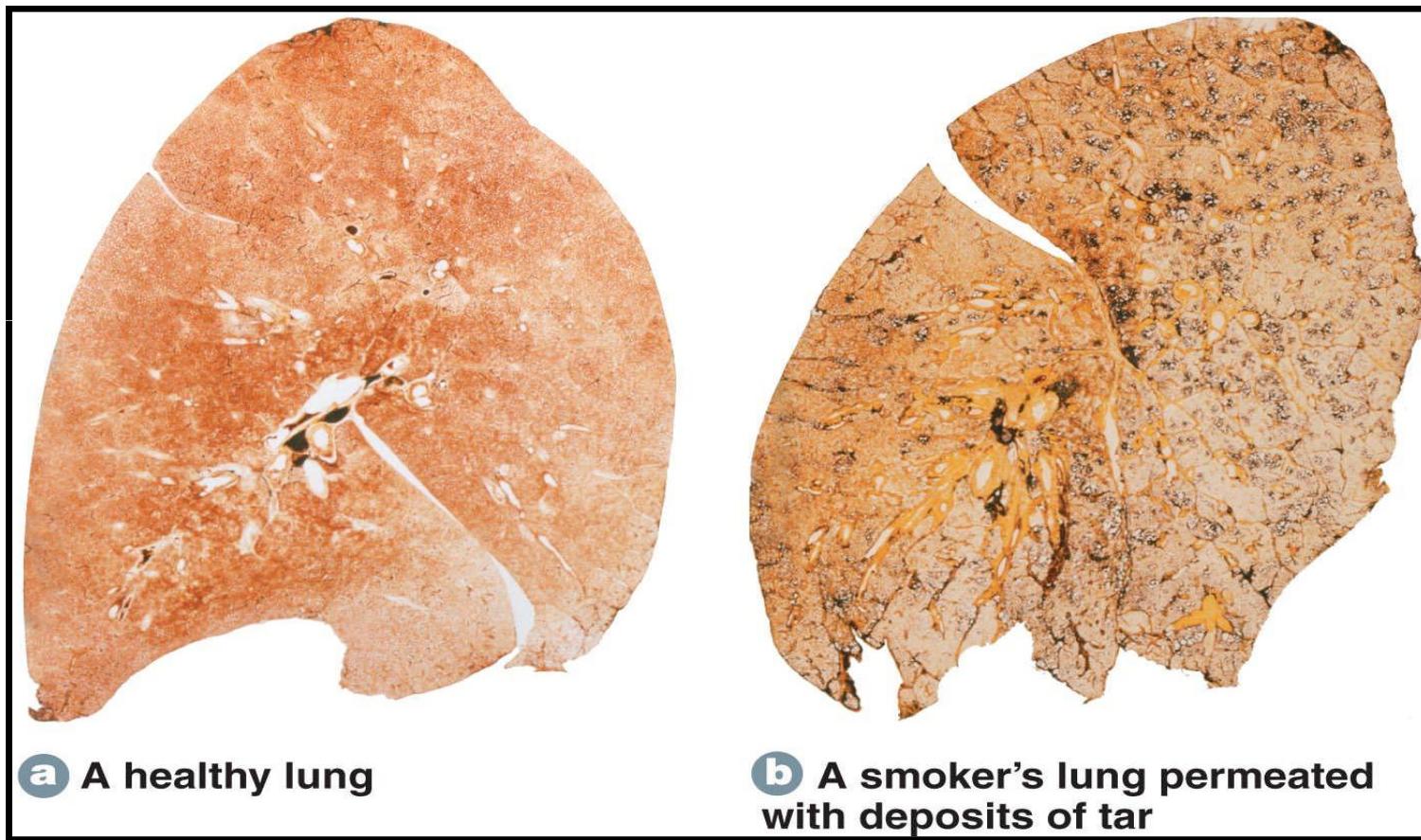
- Cigarettes
- Cigars
- Pipe
- Beedies (hand-rolled, flavored cigarettes)
- Spit (smokeless) tobacco
 - Chewing tobacco
 - Dipping
 - Snuff



Effects of Smoking on the Body and Health



Comparison of Cross Sections of Healthy Lung with a Smoker's lung



What Is Smokeless Tobacco?

- A product consisting of tobacco or a tobacco blend that is chewed, inhaled, or sucked on rather than smoked.
- Available in two forms:
 - **Chewing tobacco.** This type of smokeless tobacco comes in loose leaf, plugs, or twists. As the name suggests, it's chewed.
 - **Snuff.** This product is available dry or moist, in loose leaf or in pouches that look like tea bags. A pinch of snuff may be placed between the cheek and the gum or inhaled into the nostrils.



Using Smokeless Tobacco Causes Health Problems

- The most serious of these problems is an increased risk of oral cancer.
- Your body actually absorbs 28 cancer-causing substances in smokeless tobacco.
 - Arsenic
 - Formaldehyde
- Most common forms of oral cancer caused from tobacco use include:
 - Mouth
 - Lips
 - Tongue
 - Throat
 - Nose and
 - Larynx (voice box)

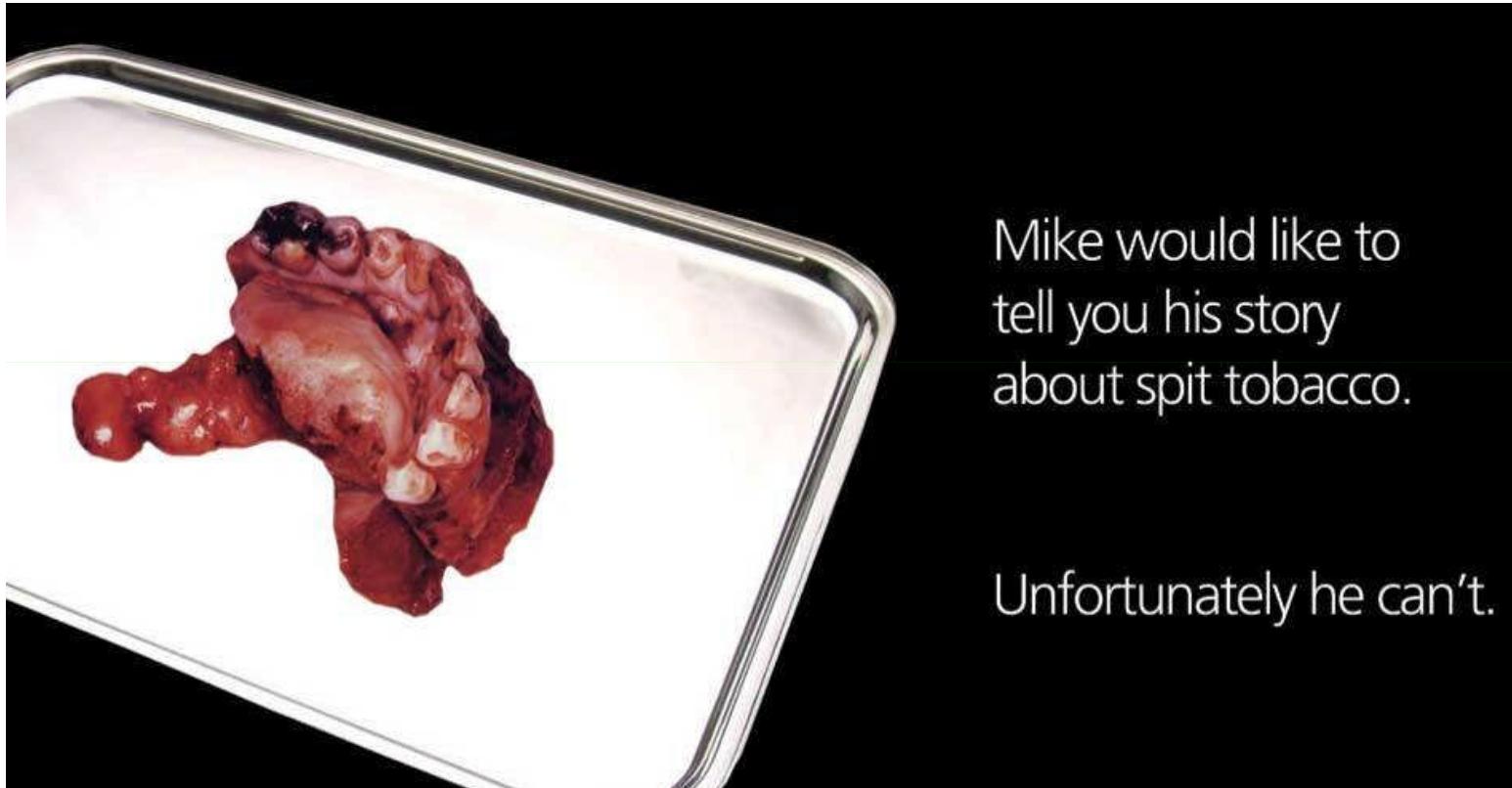


Oral Cancer

- One of the most difficult cancers to treat.
- It spreads quickly.
- Surgery is often needed.
 - Disfiguring
- On average, only half of those with the disease will survive more than five years.
 - 30,000 new cases each year
 - 8,000 will die each year



Mike and his untold tobacco story

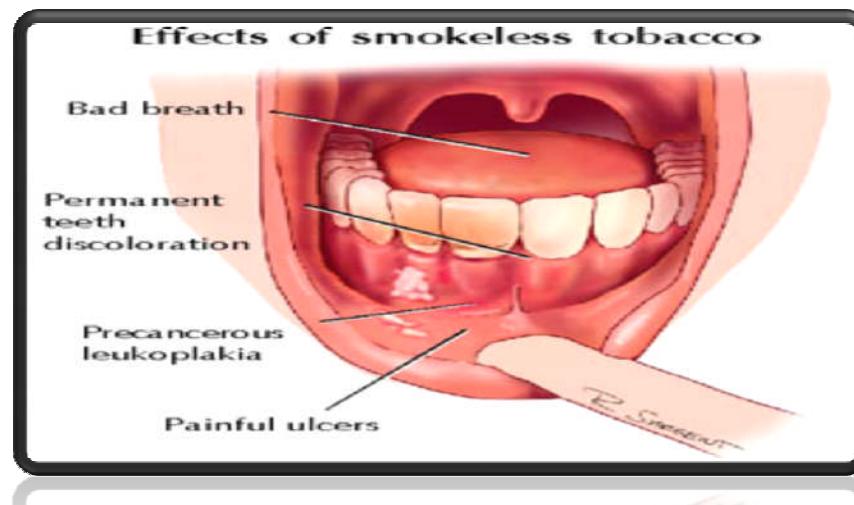


Mike would like to
tell you his story
about spit tobacco.

Unfortunately he can't.

Effects of Smokeless Tobacco Use

- **Bad breath:** The smell of smokeless tobacco in your mouth is not a good smell. While you may have become used to the smell and don't mind it, others around you have not; they think it stinks, even if they don't tell you!
- **Spitting/drooling:** Because of the smokeless tobacco, your mouth makes extra saliva, and you need to spit out the tobacco juice from time to time. If you don't have a place to spit smokeless tobacco, you run the risk of getting smokeless tobacco and tobacco juice on your face and on your clothes. And that's not a good-looking sight!
- **Tooth stains:** While not all smokeless tobacco users get bad tooth stains, many have stained teeth in the area where they hold smokeless tobacco in their mouth. And you can't brush the stain off with your toothbrush!
- **Leukoplakia:** 75 percent of all daily users get white patches in their mouth that can turn into cancer!
- **Gum recession:** It's ugly; it increases your risk of cavities and it makes your teeth sensitive.



Smokeless Tobacco Use Also Causes

- High Blood Pressure
- Heart Disease
- Ulcers: When people swallow tobacco juice, it can irritate their stomach and contribute to ulcers.



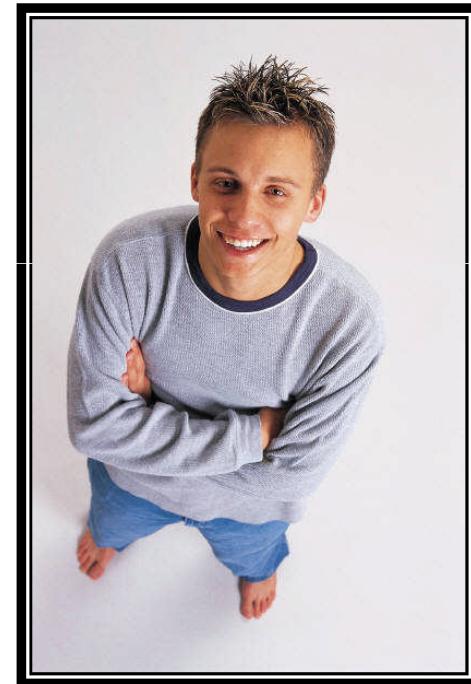
Smokeless Tobacco Is Hard to Quit

- It gives you a high dose of nicotine.
 - One can of snuff gives you as much nicotine as 60 cigarettes!
 - If you chew 8-10 times a day, you are exposed to the same amount of nicotine as people who smoke 30-40 cigarettes a day.



Immediate Benefits of Quitting

- In addition to health benefits:
 - Girls will like you better!
 - You'll have better breath, healthier gums, and whiter teeth.
 - It will save you money.
 - Multiply how much money you spend on tobacco every day by 365 (days per year).
 - Now multiply that by the number of years you have been using tobacco.
 - Multiply the cost per year by 10 (for the upcoming 10 years), and ask yourself what you would rather do with that much money.
 - You will be a good role model to others.



Alcohol

- Alcohol is no health drink
- It was a preservative in fruit juice before fridge.
- Alcohol is a depressant of CNS (central nervous system).
- 20% of all drinkers get addicted.



ALCOHOL



Know the Facts About Alcohol!

- Alcohol is a contributing factor in at least half of all murders, suicides, and car accidents.
- Heavy drinking along with drunk driving increases the chances of serious injury or death.

Question: Why do drinks company also sell soda water?

Cont..

- Heavy drinking along with sex increases the chances of getting a sexually transmitted disease (STD) and HIV or AIDS.
- Heavy drinking is also linked with physical fighting, destroyed property, college and job problems, and trouble with law enforcement authorities.

It won't affect me...

- Drinking alcohol leads to:
 - Loss of coordination
 - Poor judgment
 - Slowed reflexes
 - Distorted vision
 - Memory lapses
 - Blackouts
 - Lowered inhibitions
 - Impaired judgment



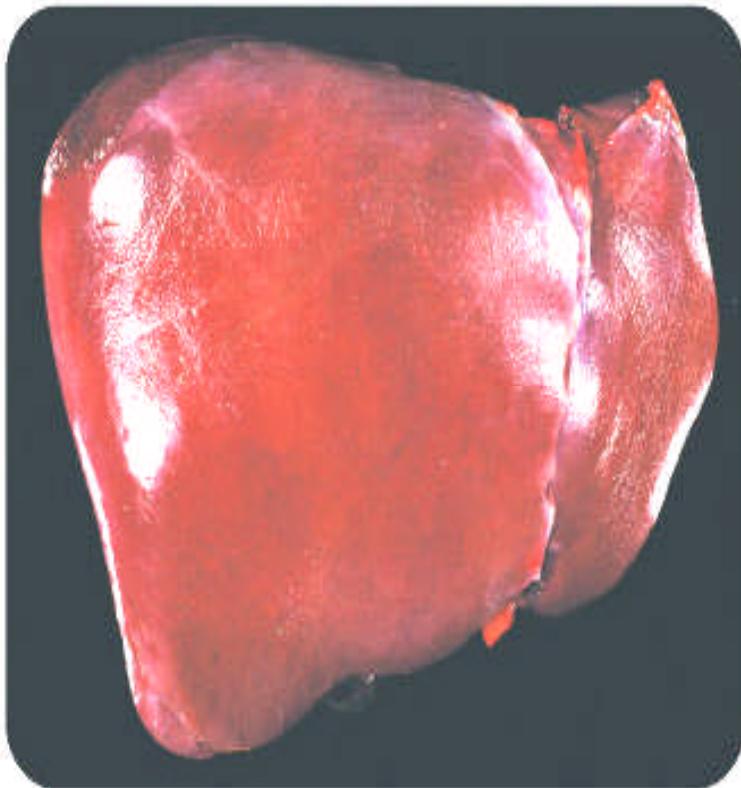
Drinking in Movies / Real life



Effects of Alcohol on the Body

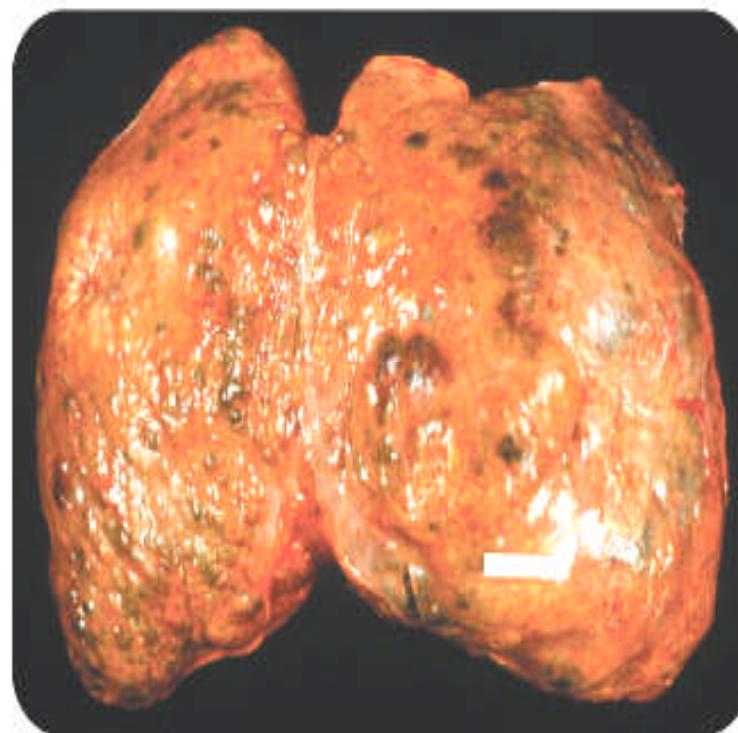


Normal Liver and Liver with Cirrhosis



A normal liver

© 2010 Pearson Education, Inc.



A liver with cirrhosis

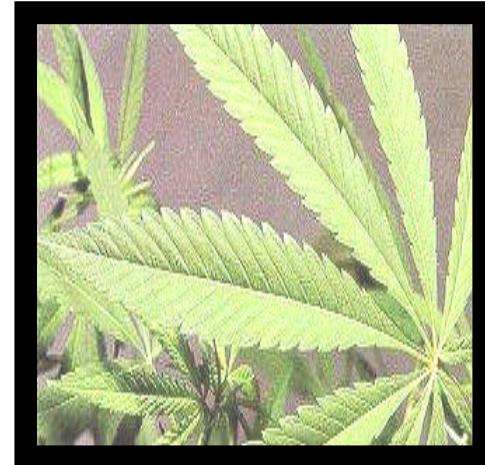
Who's drinking?

- 62.5 million alcohol users estimated in India.
- Sale of alcohol has been growing steadily at 6% and is estimated to grow at the rate of 8% per year.
- People drink at an earlier age than previously . The mean age of initiation of alcohol use has decreased from 23.36 years in 1950 to 1960 to 19.45 years in 1980 to 1990.
- Profile of clients in addiction treatment centers in 23 states (including states with prohibition) showed that alcohol was the first or second major drug of abuse in all except one state.

Drunkards



Ganja



- Ganja is no “cool” drug
- It cannot turn a person into a creative genius
- Ganja users are at great risk of developing psychiatric problems
- Ganja is also an addictive drug

CANNABIS

- ❖ Ganja / Marijuana
- ❖ Hashish / Charas
- ❖ Hashish oil
- ❖ Bhang



Common mode of Intake:

- ❖ Smoking.

SHORT TERM EFFECTS

- ◊ Mild euphoria (happiness).
- ◊ Lowering of inhibitions (bravery).
- ◊ Dilation of blood vessels
- ◊ Increased auditory and visual acuity
- ◊ Sense of smell, touch and taste are often enhanced
- ◊ Altered sense of time perception
- ◊ Impaired short-term memory
- ◊ Impairment of ability to perform complex motor tasks

LONG-TERM EFFECTS

- ◊ Decreased cognitive ability
- ◊ A motivational syndrome
 - ◊ Psychosis
 - ◊ Respiratory problems
 - ◊ Sterility / impotence
 - ◊ In women abusers, fetal damage can occur



Tolerance and *psychological dependence* develop

Withdrawal symptoms

- ➔ Sleep disturbances
- ➔ Loss of appetite, irritability
- ➔ Tremors
- ➔ Depression or psychotic symptoms may become prominent



NARCOTIC ANALGESICS

Pain killing or pain relieving drugs with opium like effects

Natural sources : Opium

- morphine
- codeine



Semi synthetic : Heroin (brown sugar)

Synthetic : Buprenorphine (tidigesic)

- Methadone
- Pentazocine



Mode of intake

Opium – oral, inhalation

Morphine – injection

Codeine – oral (tablets and cough syrups)

Heroin – injection, inhalation, chasing

Buprenorphine – oral, injection



At a bus stop in Mumbai



SHORT - TERM EFFECTS OF NARCOTIC ANALGESICS

- ❖ Euphoria
- ❖ Thought process impairment, drowsiness, apathy
- ❖ Freedom from pain
- ❖ Overdose of heroin can cause convulsions, coma and death

LONG-TERM EFFECTS

- Mood instability
- Reduced libido
- Constipation
- Respiratory impairments
- Physical deterioration
- ◊ Infections like serum hepatitis and HIV can occur among IV users
- ◊ In female abusers, menstrual irregularity and fetal addiction / abnormality

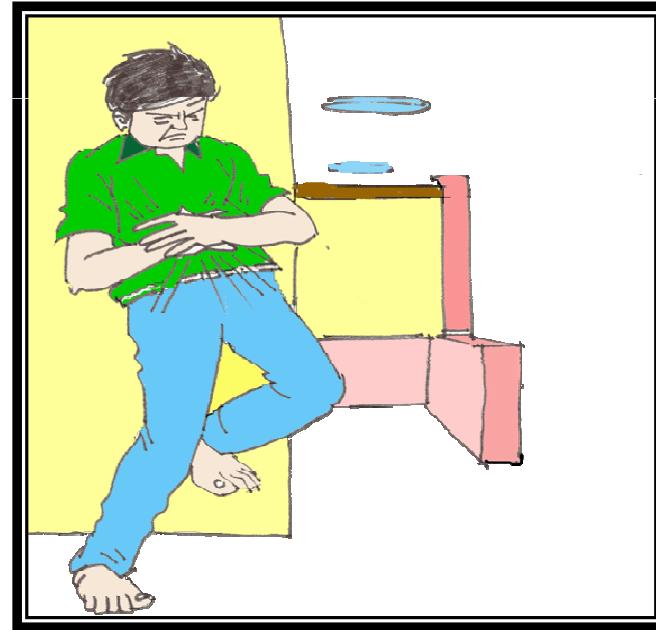


Tolerance and dependence develop

Withdrawal symptoms

- Feeling of unpleasantness
- Severe pain

- Diarrhea
- Dilation of pupils
- Insomnia
- Hallucinations



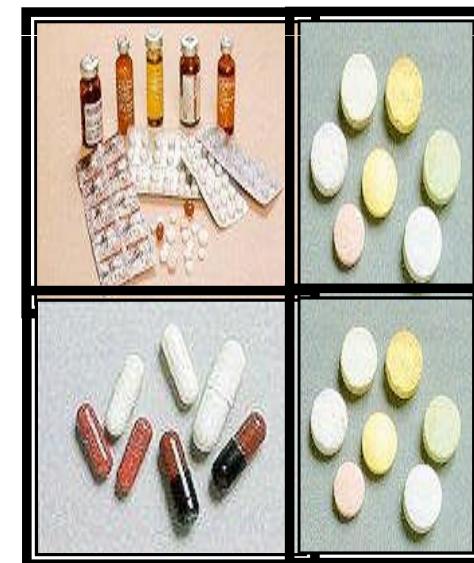
DEPRESSANTS

Drugs which depress or slow down the functions of the central nervous system

- ❖ Sedative-hypnotics

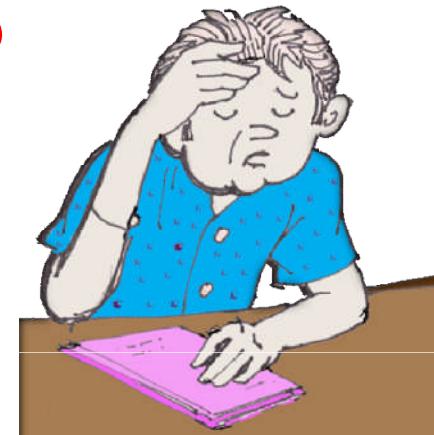
- ➔ Barbiturates
- ➔ Benzodiazepines

- ❖ Alcohol



SHORT-TERM EFFECTS OF DEPRESSANTS

- ◊ Relief from anxiety and tension
- ◊ Euphoria
- ◊ Lowering of inhibitions
- ◊ Poor motor coordination
- ◊ Impaired concentration and judgment
 - ◊ Slurred speech and blurred vision
 - ◊ Sedation, sleep with larger doses



LONG-TERM EFFECTS OF DEPRESSANTS

- ↓ Depression
- ↓ Chronic fatigue
- ↓ Respiratory impairments
- ↓ Impaired sexual function
- ↓ Decreased attention span
- ↓ Poor memory and judgement
- ↓ Chronic sleep problems



Tolerance and dependence

- ➔ Tolerance does not develop uniformly
- ➔ Cross tolerance can develop
- ➔ Physical and psychological dependence develops

Withdrawal symptoms

- ➔ Insomnia
- ➔ Weakness and nausea
- ➔ Hallucinations
- ➔ Convulsions
- ➔ Delirium tremens

STIMULANTS

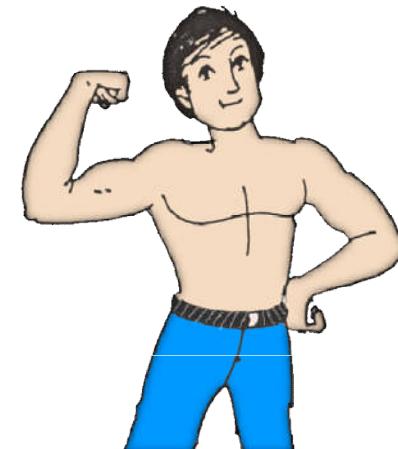
**Drugs which excite or speed up
the central nervous system**

- ➔ Amphetamines
- ➔ Cocaine



SHORT-TERM EFFECTS OF STIMULANTS

- ◊ A heightened feeling of well being
- ◊ A sense of super-abundant energy
- ◊ Increased motor and speech activity
- ◊ Suppression of appetite
- ◊ Increased wakefulness



LONG-TERM EFFECTS

- Chronic sleep problem
- Poor appetite
- Rapid and irregular heart beat
- Mood swings
- `Amphetamine psychosis' may occur

Tolerance and dependence develop

Withdrawal symptoms

- ➔ No major physiological disruptions
 - ➔ Extreme fatigue
 - ➔ Disturbed sleep
 - ➔ Voracious appetite
 - ➔ Moderate to severe depression

HALLUCCINOGENS

Hallucinogens are drugs which affect perception, emotions and mental processes

1. LSD (Lysergic acid diethylamide)
2. PCP (Phencyclidine)
3. Mescaline
4. Psilocybin

SHORT-TERM EFFECTS OF HALLUCINOGENS

- ◊ Alterations of mood
- ◊ Distortion of the sense of direction, distance and time
- ◊ ‘Pseudo’ hallucinations
- ◊ Synesthesia – melding of two sensory modalities
- ◊ Feelings of depersonalisation

LONG-TERM EFFECTS

- Flash back or spontaneous recurrence of on LSD experience can occur.
- Amotivational syndrome (*low inspiration to participate in social activities*)
- LSD precipitated psychosis (*loss of contact with reality*)

- **Tolerance and dependence**

- ➔ Tolerance develops rapidly
- ➔ Withdrawal symptoms are not reported

VOLATILE SOLVENTS

- ◊ Volatile hydrocarbons
- ◊ Petroleum derivatives

People affected



Inhalants: Pharmokinetics

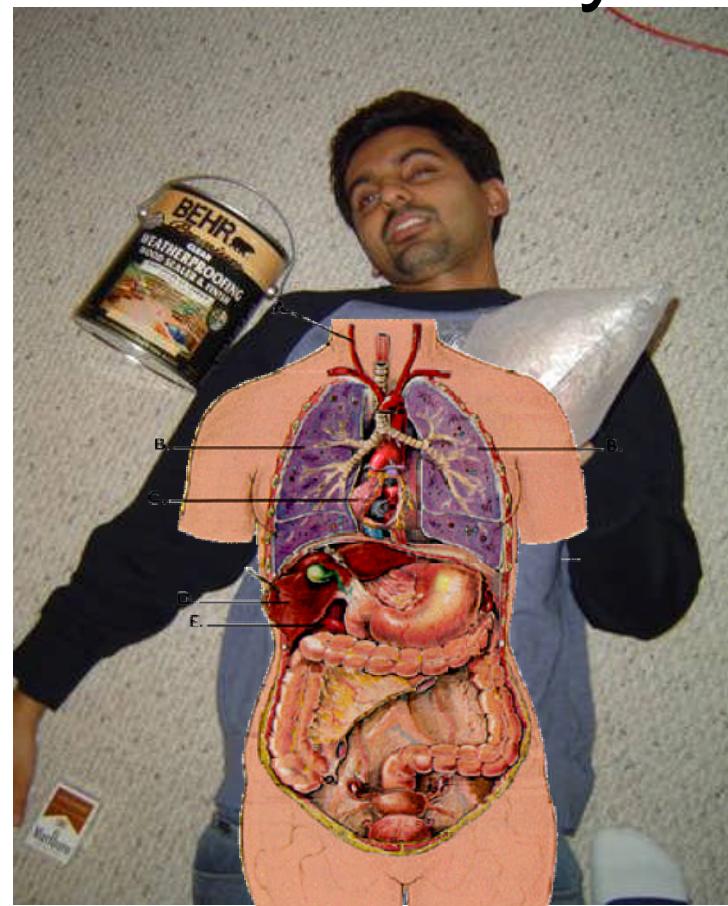
- Route of Ingestion:
 - Inhaled, either directly or by pouring/spraying into a bag or onto a cloth
- Metabolism:
 - Liver
- Distribution:
 - Some leave the body quickly others are absorbed by fatty tissues in the brain and nervous system.
- Half life:
 - Short half-life: Varies among Inhalants, typically 1-5 mins



Inhalants: Effects on the Body

- A. Blood- inhalant chemicals will block the oxygen carrying capacity of blood
- B. Lungs- repeated use causes damage
- C. Heart- results in “Sudden Sniffing Death Syndrome”
- D. Liver- components of aerosol and paints will damage the liver
- E. Kidney- Toluene (inhalant substance) will damage the kidney’s ability to control the amount of acid in the blood, may result in kidney stones

www.inhalants.org/damage.html



Treatment

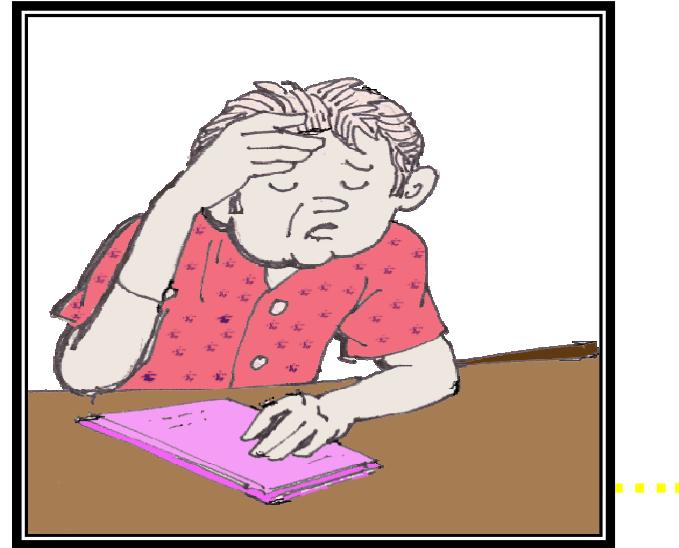
- Difficult to treat
 - Abuse coincides with social, family, financial, or behavior problems
 - Few go voluntarily
- Cognitive impairment may last for months
- Length of treatment may go up to two years

OTHER DRUGS OF ABUSE

- ◊ Muscle relaxants
- ◊ Analgesics
- ◊ Anti-histamines
- ◊ Anti-emetics
- ◊ Anti-depressants/anti-psychotics

What can drugs do to a smart, healthy, enthusiastic youngster?

- Affect academic performance
- Cause physical deterioration



Problems

- Hamper personality development
- Increase violence, accidents and high risk behaviour
- Lead to entanglement in a messy lawsuit



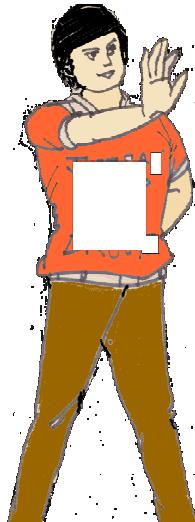
What can teachers do?

- Get the facts right
- Express drug free messages openly
- Stay drug free and take pride in it
- Join anti-drug activities

You make the difference !

How to stay drug free – Avoid it

- If drug/alcohol use is being planned, suggest an alternative activity.
- Don't attend dinners/parties with booze/smoking.
- Giving reasons for your decision may prolong the conversation – beware



Just
say NO





Stay drug free – Say NO

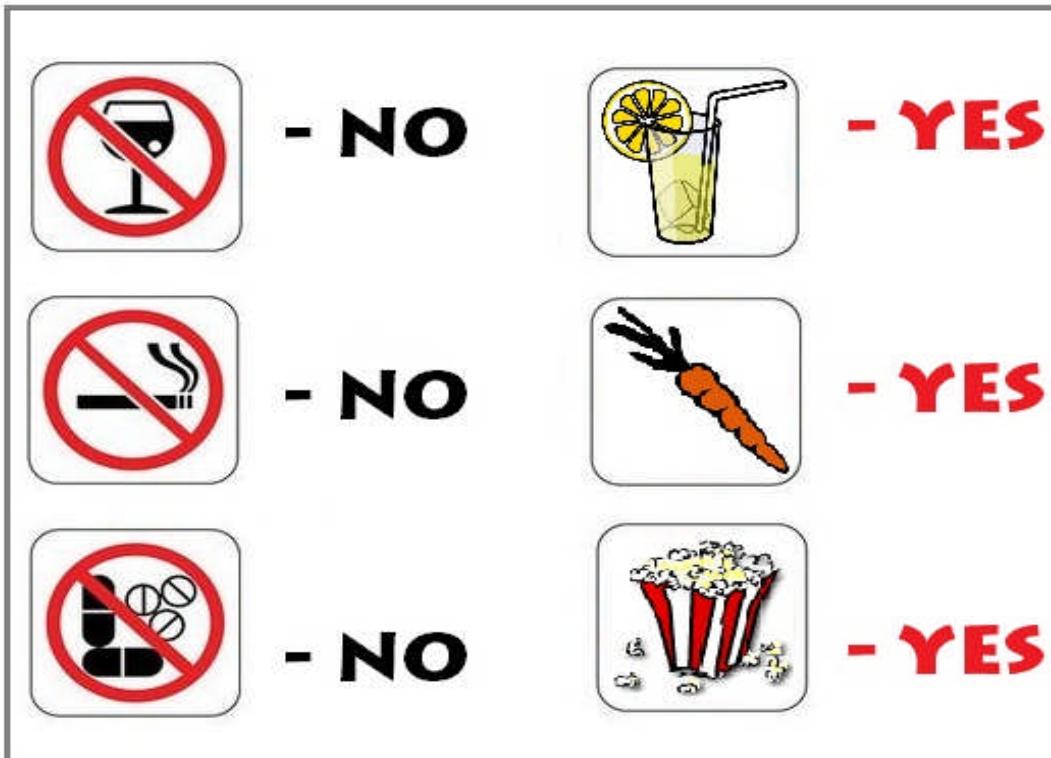
When someone offers drugs/alcohol:

- Look him/her in the eye
- Say "**NO**" clearly and emphatically and repeatedly.
- Walk away if he/she persists.
- Stick to your decision to say "**NO**"

How to stay drug free – No bad company

- Change room-mates ASAP if your roommate is bringing/taking drugs.
- Beware of bad company, and drug dealers, they will someday try to recover payments for what your friend took.
- Change friends, if your friends keeps bad company.

Say No to Drugs



What do you do if your student is addicted?

Get help - professional help

*Recovery from addiction is definitely
possible*

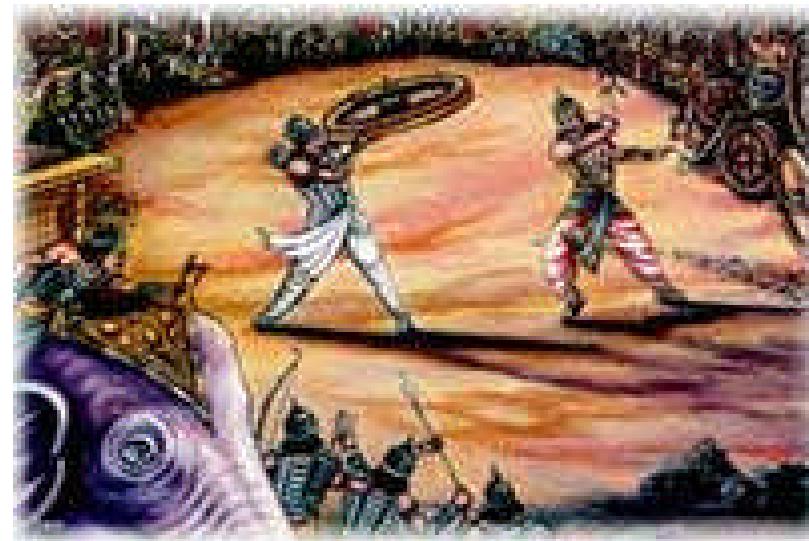
But it is a complex process that requires
the support of many others.

Role of Colleges in substance abuse prevention

- Information dissemination approaches, which may include the use of fear or moral appeals.
- Providing variable alternative to drug abuse like good recreational facilities, multi gym and good library of varied interest
- Improve resistance skills by increasing awareness of negative consequences of drug use
- Teaching life skills to college students

Constant battle in the society

- Big business.
- Read about the "Opium Wars" in Wikipedia.



Suicidal, High risk Behaviours and Emergencies

Dr. P.V. Bhandary

Psychiatrist & Director

Dr. A.V. Baliga memorial Hosptial
Udupi

Today's discussion

- Suicide attempts
- Aggression

Suicide

- ❖ Act of intentionally taking one's own life
- ❖ Leading cause of premature death, especially among youth.
- ❖ One in every three suicidal victims is a youth
- ❖ Many studies have shown that at least 10% of the adolescents report attempting suicide at some time

SKS- Sheela

Myths and Facts about suicide

- **Myth:** Those who talk about attempting suicide are less likely to act.
- **Fact:** People who threaten to take their lives are more prone to attempt it than those who do not. Hence do not take these as empty threats and challenge them.

Myths and Facts about suicide

- **Myth:** Those who have attempted once learn from their mistakes and are less likely to attempt.
- **Fact:** Those with previous unsuccessful suicide attempts are more likely to attempt than others in the future.

Myths and Facts about suicide

- **Myth:** Suicidal attempts in families will dissuade relatives from doing the same when in emotional turmoil.
- **Fact:** Suicidal behaviour can be seen in families across generations as depression can run in families and is genetic.

Myths and Facts about suicide

- **Myth:** Only those who are mentally ill are prone to suicide.
- **Fact:** Those who are mentally ill are more prone to suicide but those without any mental illness may also be driven to it following situations such as a sudden financial loss, sudden discovery of a fatal illness, failure in exams, etc.

Myths and Facts about suicide

- **Myth:** Strong minds and confident people never attempt suicide. Only weak minds do.
- **Fact:** Strong minds **do not** exist. Each one of us can suffer from sadness and depression, and attempt suicide, though some are definitely more vulnerable than others.

Myths and Facts about suicide

- **Myth:** Only intelligent people attempt suicide; whereas religious people do not.
- **Fact:** Anyone can attempt suicide irrespective of their intelligence or affinity to god.

Myths and Facts about suicide

- **Myth:** A suicide attempt is aimed at manipulating/threatening others and should be punished harshly.
- **Fact:** An act of self-harm can be a cry for help and should be tackled sensitively.

Myths and Facts about suicide

- **Myth:** A weak attempt of suicide should be treated at home and secrecy should be maintained to preserve the self-esteem of the person
- **Fact:** A medical doctor should treat all attempts at a hospital with the help of a psychiatrist /counsellor. The details of the attempt need to be verified for an appropriate treatment.

Attempted suicide, Deliberate self-harm

- Behaviors through which people inflict harm upon themselves, with non-fatal outcome.
- Suicidal attempts are approximately 25 times more frequent than suicidal deaths.
- Half of all who commit suicide would have attempted suicide at least once previously.
- 15-25 % of the suicidal attempters will attempt suicide again within a year.

Common causes of suicide

- **Social:** financial problems, poverty, life events, loss in social status, humiliation SKS- Letter from Principal
- **Cultural:** group belief (terrorist), religious belief
- **Family discord:** family discord, loss of loved one
- **Environmental:** stress, academic pressure, exam failures, physical illness
- **Psychological:** low self esteem, impulsivity, pleasure seeking
- **Role modeling:** media, imitation of other behaviors
- **Biological:** brain injury, decreased serotonin, and hereditary
- **Physical illness:** like HIV, cancer, sudden loss of vision or limb, any illness which causes social stigma.
- **Mental illness:** depression, substance use, psychosis, personality disorders

People at risk for having suicidal behavior:

- Younger age
- Ongoing and /or recent life events (like loss of relationship, failure in examination, financial loss)
- Past history of suicidal attempt, Loss of social status / reputation in the society.
- Family history of suicide, Poor family support, broken family, physical abuse by parents, feeling neglected by parents and loss of loved ones
- Loss of romantic relationship or discord in a relationship
- Chronic medical/surgical illness like HIV, cancer

People at risk for having suicidal behavior- cont...

- Mental illness like-depression, substance use, anti-social behavior, psychosis Evolving personality disorders
- Poor social integration (lack of confiding relationships/long standing relationship problems)
- Poor problem solving skills
- Aggression, hopelessness, impulsivity, sudden change in behavior, sudden decline in academic performance, conduct problems like truancy/ stealing/ lying

Acute Precipitants

- The most common precipitating factors for suicide in adolescents are
- Humiliation by their parents/friends/relatives/teachers.
- Discipline for misdeeds in front of others
- Exam failure
- Arguments or fights with the loved ones and the loss of romantic relationships
- Severe financial constraints.

Management of suicide attempt

- Immediate hospital referral to save the person's life.
- Alert the higher authorities of the college immediately.
- Inform family members immediately

Dealing with the person who has attempted suicide

- Never scold a person who has attempted suicide. (Prof. dealing with suicidal patient)
- Avoid giving lecture/advice on value of life.
- Allow him to talk and express his feeling by active listening
- Ask for any plans of completing suicide or hurting himself in near future
- Reducing the availability of means/modes of committing suicide
- Try to help him in all possible ways, knowing your limitations

Dealing with the person who has attempted suicide – cont..

- Do not challenge a person who had attempted.
- Do not leave him alone at any cost.
- Do not give false reassurances.
- Do not handle these situations alone. Involve college authorities, survivor's family members and friends. Try to get help from all possible means.
- Take help from mental health professionals to deal with such situations.

How to treat a suicide attempter after survival

- Treat him as a normal student
- Encourage other students to interact with him
- Help him in coping with his studies
- Assign a teacher to that students so that he can discuss with teacher about his thoughts, feelings and problems
- Develop a contract with the student that he will not attempt again
- Communicate your concerns and support
- Student should be clearly told that he can seek help without any barrier
- Seek help from mental health professionals.

Dealing with a completed suicide in a college

- A completed suicide can have severe psychological impact on his friends and the staff of the college.
- Avoid rumors
- Don't describe the suicidal event in detail
- Do not glorify the suicidal act.

Dealing with a completed suicide in a college ... cont..

- It can even set an example for other students as a method to tackle their problems
- Severely affected students (close friends) of the deceased should be allowed to ventilate and if required counseling services should be offered.
- Help family members to cope with the situation.
- Seminars about suicide, help seeking behaviour, available services, problem solving techniques and depression. Should be conducted at that time

Aggression

- ‘Aggression behavior aimed at causing harm or pain to others or self’
SKS-NITTE Hostel Incident
- Direct or indirect
- Physical or emotional
- Active or passive
- Verbal or non verbal

Causes of aggression

- **Social:** financial problems, poverty, cheating, injustice, unequal distribution of resources, exposure to violence within the community
- **Cultural:** belief about gender, sexuality, role, religious beliefs, dressing, familial
- **Environmental:** stress, broken family, family discord, academic pressure
- **Psychological:** to gratify his/her needs, to show dominance/power over others (bullying), frustration, jealousy, greed, low self esteem, stress, retaliation against the authority figures
- **Role modeling:** from media, movies, T.V. serials, imitation of others behaviors
- **Biological:** endocrine/hormonal abnormalities, brain injury, decreased serotonin, mental illness and genetics

People at risk of having frequent aggressive behavior

- *Individual factors*
- *Family factors*
- *Social factors*

Individual factors

- Poor problem solving skills
- Poor socializing skills
- Childhood trauma like
- Sexual/physical abuse
- Mental illness like depression, anxiety disorders, conduct disorders, oppositional defiant disorders, epilepsy & substance use and head injury.

Family factors

- Broken family
- Family discord
- Violence within the family
- Substance use by the parents
- Poverty
- Improper parental discipline techniques
- Lack of parental monitoring.

Social factors

- Poor living conditions and social support,
- Exposure to violence (media),
- victimization by Peers (bullying),
- life events and stress
- Games like hovercraft (Masking of reality and fantasy)

Management of aggression

- During the aggressive behavior, defend yourself
- Try to get help from others
- As a last resort physical restraint may be used to avoid injuring to oneself or to others

Management after the aggressive episode

- Call and counsel the students
- Don't give advise before listening to both parties
- Make eye contact, use firm voice but be non-threatening, don't use harsh language.
- Explain with a genuine concern.
- Explain consequences of aggressive behaviour like disciplinary action, jail, and reduced chances of finding a job and friends

Anger management techniques to the individual who becomes aggressive

- Moving away from that place / Time out
- Avoiding arguments
- Deep breathing techniques
- Meditation
- Relaxation techniques
- Counting numbers or repeating God's name silently
- Identifying and Managing emotions
- Doing vigorous exercise, banging the pillow, playing outdoor games, listening to music

Psychiatric help for a aggressive person

If aggression is frequent, difficult to control and with very high intensity leading to

- Dangers to others Dangers to self (suicide)
- Which is secondary to mental illness or brain injury.
- Which is secondary to substance use, epilepsy.
- frequent breaking of rules and regulations

Role of colleges in suicide prevention

- **Prevention is better than cure:**
- Avoid humiliating/punishing students in front of other students,
- Providing counseling services within the campus,
- Establishing a student support network group through peer counselors,
- Encouraging them to develop hobbies, sports, games and so forth,
- Providing opportunity and encouraging socialization,
- Involving family members in student's academics progress from the beginning,

Role of colleges in suicide prevention – Cont....

- Educating the family members about the student's strengths and weakness,
- Preparing the students and family members before exams regarding the worst outcome in exams,
- Teaching problem solving skills and improve interpersonal relationship skills.
- Conducting GD, Seminars debates and workshop by mental health professions on attempting or committing suicide, depression, substance use, problem solving skills, available help/treatment/ counseling services, need for recreational activities and socialization.

Role of college in controlling aggressive tendencies in college

- Aggressive tendencies Bullying and ragging should be dealt properly
- Monitoring the media content
- Stress management
- Provide healthy recreational activities
- Avoid physical punishment in college as much as possible

Other High Risk Behaviours

- IPL betting
- Fast Bike Riding
- Unprotected Sexual intercourse
- Dope parties
- Networking avantharas?

SKS- Facebook incident

The End



Major Psychiatry Disorders

Needing Identification, Referrals and Follow up

Dr. P.V.Bhandary,
Medical Director & Psychiatrist,
Dr. A.V. Baliga Memorial Hospital,
Udupi



Topics

0. Mental illnesses.

- Depression
- Mania
- Schizophrenia
- Treatments

What is a mental illness?

It is when someone lacks the ability to manage day to day events and/or control their behavior so that basic physical and emotional needs are threatened or unmet.

These disorders can affect persons of any age, race, sex, religion, or income



- Mental illnesses are NOT –
- The result of a personal weakness, lack of character, or poor upbringing.
- Not due to **evil spirits, black-magic, past bad deeds.**

Why should I care?

- Understanding of mental health issues brings awareness to the community and our surrounding environment.
- We will become a society that is accepting of others who do not fit our idea of a perfect population.

What is mental illness like?

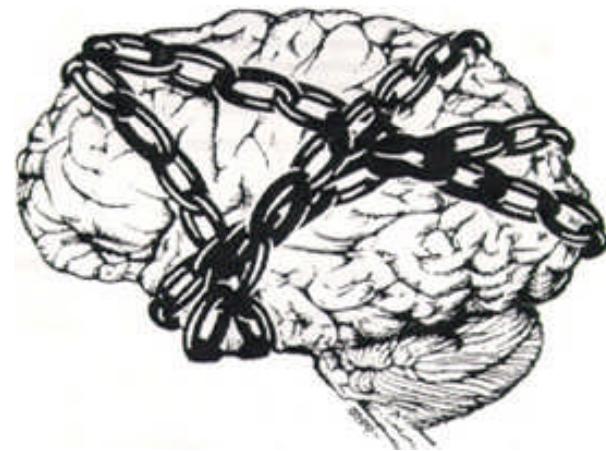


Mental illness is a physical condition just like asthma or arthritis.

But still society believes that a person who is mentally ill needs to show more willpower - to be able to pull themselves out of it.

But a person who has mental health issue has a “shackled brain”.

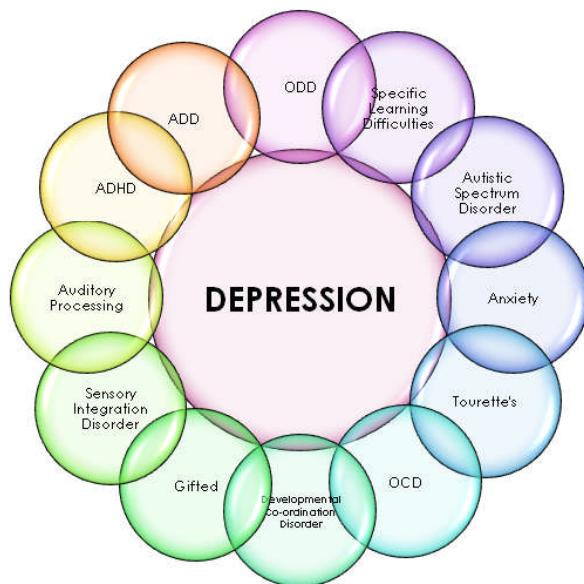
..... It is also like telling a person who has an amputated leg to run across the room.



Myths of Mental Illness

- Mental illness is caused by bad parenting.
Fact: Most diagnosed individuals come from supportive homes.
- The mentally ill are violent and dangerous.
Fact: Most are victims of violence.
- People with a mental disorder are not smart.
Fact: Numerous studies have shown that many have average or above average intelligence.

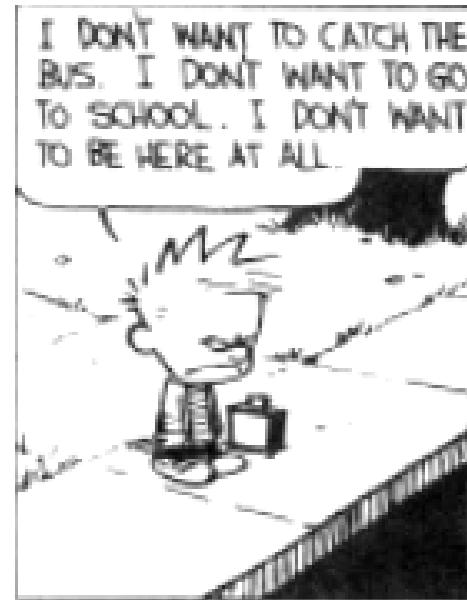
Mental Illnesses in college students



- Depression
- Mania
- Schizophrenia



Depression



I'M SICK OF EVERYONE
TELLING ME WHAT TO DO
ALL THE TIME! I HATE MY
LIFE! I HATE EVERYTHING!
I WISH I WAS DEAD!



What is Depression?



Depression is a medical issue that affects a persons mood to be down, blue and/or fed up.

Depression is the most common mood disorder, affecting approximately 20 million people each year.

Depression

Depression is a condition characterized by

- Sad mood and crying spells
- Lack of interest / energy / motivation
- Decreased attention / concentration / memory / intelligence
- Lack of pleasure / inability to enjoy
- Disturbed sleep / appetite / bowels / sexual functioning
- Vague bodily symptoms like pain, weakness, fatigue
- Thoughts of ending one's life, Death wish, suicidal ideas and attempts.



Signs and Symptoms of Depression

- Fatigue or loss of energy
- Thoughts of death or suicide, including suicide attempts
- Feeling guilty, hopeless or worthless
- Difficulty concentrating, remembering or making decisions
- Persistent sad, anxious or empty mood
- Sleeping too much or too little; odd time of waking
- Reduced or increased appetite which results in weight gain or loss.
- Irritability or restlessness

What factors causes depression?

There is no single cause of depression. But here are some factors:

- Psychological
- Biological
- Environment



Family history.

Scientists have also found evidence which makes some people with a **genetic predisposition** to major depression vulnerable to the disorder.

However not everyone with a family history develops depression.

Other causes of Depression.

Some life event that may trigger depression:

- Death
- Separation
- Financial loss
- Failure in exam
- Strained relationships at home/friends
- Failure of love affairs

Suicidal thoughts or ideas are common in depression and need immediate attention

Why should teachers know about depression

Depression is one of the causes of

- Inefficiency
- Under-achievement
- Memory or concentration problems
- Alcohol and drug abuse
- Suicide

How does depression work?

The way we **respond to situations** (with thoughts of hopelessness, anxiety, anger, etc) **effect** the emotions we feel, which in turn, **effects** the chemicals that are released within our body.

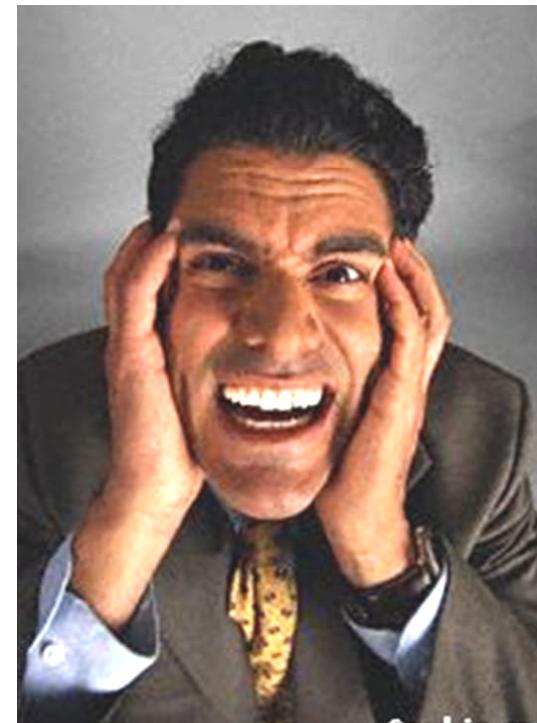
And all emotional responses have a chemical consequence. **Serotonin**, a neurotransmitter (body chemical), is a major contributor in the depression cycle.

How Can I Help A Person With Depression?

Whenever you suspect person is having depression refer him/her to a professional.

- ❖ Listen to him/her, watch for **suicidal ideas**.
- ❖ Don't expect him/her to have more willpower - to be able to pull out it.
- ❖ “Motivating or **talking**” cannot help a depressive person.

Mania (bipolar disorder)



What is Mania?

Mania is part of a condition called bipolar disorder, also known as manic-depression.

Bipolar disorder usually causes a person's mood to alternate between symptoms of depression and mania, a heightened energetic state.

Signs and Symptoms of Mania

- Increased physical and mental activity & energy
- Excessive irritability, aggressive behavior
- Decreased need for sleep; without experiencing fatigue
- Exaggerated optimism and self-confidence
- Racing speech and thoughts; flight of ideas
- Impulsiveness, poor judgment
- Reckless behavior: erratic driving, sexual indiscretions, spending sprees
- Grandiose delusions

Causes of Mania



- The neurotransmitters: Norepinephrine, dopamine, and serotonin, have been studied since the 1960s as factors in mania and depression.
- In a manic episode, clients with bipolar disorder have a significantly higher Norepinephrine and epinephrine levels than a depressed or euthymic (normal mood) person.
- Norepinephrine and epinephrine are responsible for “fight or flight” responses.

Suicide Letter

I lost patience,
I have potential & I don't think
my country'll make use of it. Indians
have potential & our poor system has
failed to make use of it.
Bad luck poor India Bad luck illiteracy
Bad luck lotus pad Bad luck constitution
but,
Good luck politicians

How Can I Help a Person Who is Manic?

- Use a firm and calm approach when communicating:
- Remain neutral; avoid power struggles and don't cast judgments.
- Firmly redirect energy into more appropriate and constructive behavior.
- Do not yell or sound threatening, the goal is to try to keep anxiety down in a person who exhibits mania.

Schizophrenia



What is Schizophrenia?

Schizophrenia is a chronic and severe brain disorder.

It is a disease that makes it difficult for a person to tell the difference between real and unreal experiences, to think logically, to have appropriate emotional responses to others, aspects of memory and to act appropriately in social situations.

The World Health Organization (WHO) has identified schizophrenia as one of the ten most debilitating diseases affecting all human beings.

Symptoms of Schizophrenia

Characterized by onset of strange behaviors like

- Un-understandable strange talk and behaviour
Suspicious
- Withdrawn, poor or no communication
- Increasing social isolation
- Hearing voices when there are none
- Feeling persecuted
- Sudden excitement, over activity, wandering aimlessly, unprovoked aggression
- Excessively cheerful and boastful
- Associated disturbances in sleep, appetite and bower-bladder functioning
- Some time psychotic behaviour can manifest as a progressive academic decline and change in personality.



What Causes Schizophrenia?

There is no one cause to this complex and puzzling illness, but it is believed that some combination of genetic, biological (virus, bacteria, or an infection) and environmental factors play a major role.

There is currently no reliable way to predict whether a person will develop the disease.



John Nash, a famous Schizophrenic. His life story made into a film, *A Beautiful Mind*.

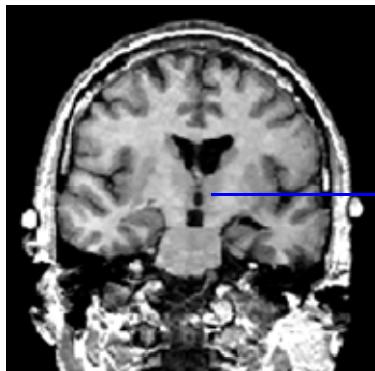
What Occurs in the Brain of Someone with Schizophrenia?

Researchers believe an imbalance of neurotransmitters may cause the symptoms of schizophrenia. Two neurotransmitters that have most been implicated as abnormal in schizophrenia are dopamine and serotonin.

The ability to produce images have helped in identifying structural and functional differences in a schizophrenic brain versus a normal brain.

From The Looks of It

Schizophrenic brain



Normal brain



Brian imaging has shown a difference in:

- Enlargement of the ventricle
- Decrease in the hippocampus (controls emotional and working memory)
- Decrease in overall size
- Abnormal development of pre-frontal cortex (forehead region; controls information process, motivation, problem solving, decision making, and thinking speed)

How to Help a Person With Schizophrenia

The following guidelines may be useful when talking to a person whose speech is confused and disorganized.

1. Do not pretend that you understand the persons words or meaning when you are confused
2. Tell the person that you are having difficulty understanding what they are trying to communicate
3. Place the difficulty of understanding upon yourself “I’m having trouble following what you are saying.” not “You are not making any sense.”
4. Tell the person what you do understand; reinforce clear communication.
5. Keep their anxiety down by: a calm voice and firm direction

Treatments

Treatment



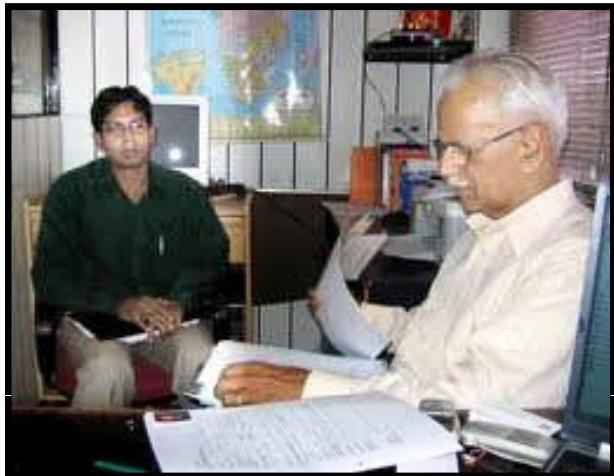
- All Major Psychiatric disorders require medications
- When disorders are severe or patient is suicidal or patient is aggressive in patient admission is necessary
- Medications used are:
 - Antidepressants
 - Anxiolytics
 - Antipsychotic
- Earlier the treatment better the outcome
- All psychiatric medications are not addictive
- All psychiatric medications are not sedatives

M.E.C.T (electro convulsive shock therapy)

- E.C.T. is not a barbaric treatment
- It is a panacea in case of (1) Severe depression (2) suicide.
- It does not damage the brain permanently



Individual and family counseling and guidance



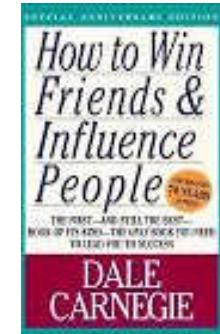
Healthy recreation and relaxation activities

- Meditation
- Yoga
- Sports
- Dance
- Nature walk



Mild Depression - solution

- Relaxation techniques such as **yoga or meditation or nature walks.**
- Educate yourself by reading **self help books** or join a **support group.**
- See a **counsellor** at (Baliga hospital, Udupi).

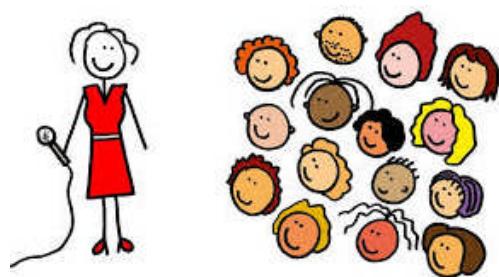
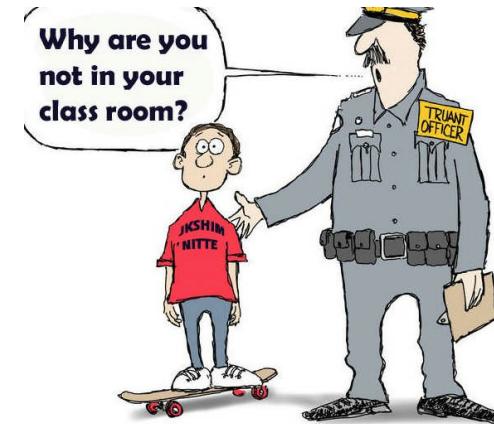


Treatment can save lives.

- Appropriate treatment, help, support and encouragement, leads to recovery , continue their education to lead a normal and useful life



Scenarios

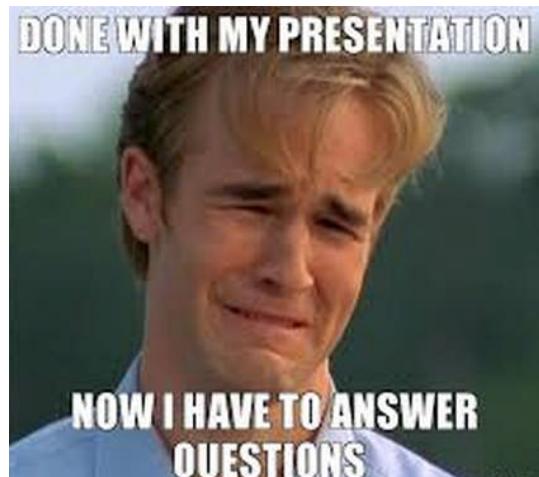


Mohsin, PSN, JKSHIM, 8/2014

Unquestioned Presenter

Your classmate is presenting a seminar.
You have questions.

Should you ask him/her in during the
seminar or afterwards or not at all?



What do you think?

Asking questions to a friend in a seminar is bad manners.

Asking questions will put your colleague in trouble, especially if he/she doesn't know the answer.

Asking questions is a good way of showing off you are paying attention.

Asking questions is a good way to trouble someone you don't like without being impolite.

About asking questions

- Asking questions leads to trouble and class is delayed.
- Asking questions means you didn't understand and your friends will think you are dumb.
- Asking questions is a good way to practice speaking skills.
- Asking questions can make the discussion more interesting, if valid points are raised



Questions: Angry roommate

You are eating and watching a movie on your laptop late at night.

Your roommate gets angry and says "You are a useless untidy bum, get lost."

What should you do?



Questions: Angry roommate

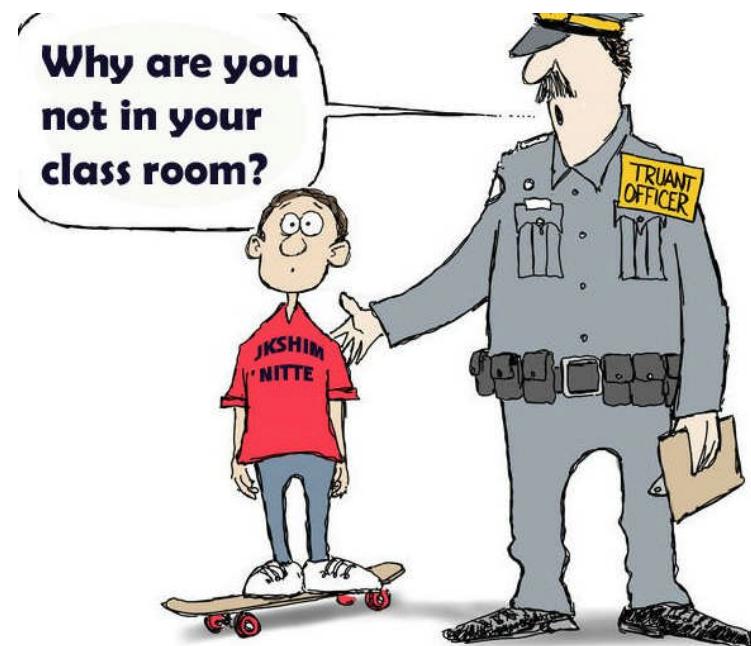
You should

- Fight back, and give a fitting reply?
- Call the warden?
- Change your roommate next day.
- Go out and ignore him/her.
- Ask if there is some problem that is bothering him/her?

Question: Truant roommate

Your roommate is always bunking class and asks you to give his/her proxy attendance.

What should you do?



Question: Truant roommate

You should

0. Show support and also bunk classes.
1. Give proxy attendance, or you will have no friends left.
2. Report him/her to teacher for bunking.
3. Call his parents and show them how their hard earned money is wasted.
4. Find out the reason for his/her bunking.

Mother Tongue or English?

At dinner table in hostel, your friends are talking in Tulu / Konkani / Kannada, you are all weak in English.

A foreign student also weak in English comes to your table.

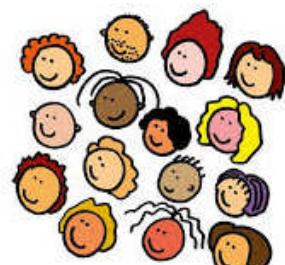
What should you do?

- Ignore him and continue talking in local language.
- Ask him to sit elsewhere, as none of you can speak good English and you don't want to bore him.





PSN



Presented by Kavya and Nishita
JKSHIM, 8/2014

What is PSN?

1. PSN is a Peer Support Network
2. They are your friends who volunteer their time and energy to listen to you.
3. You can talk to them about anything that is bothering you.
4. They will listen to you.

What PSN can/cannot do

- They cannot give advice on how to solve your problems.
- They will keep the conversation and your name confidential.
- They can't help you materially or academically, it is your job to study.
- But they can show you the resources or good habits to study and live healthily.

PSN members (2nd year)

1. Kavya M N
2. Nishita Rai
3. Akash Shetty
4. Gaurav Rao
5. Pushparaj
6. Shruti U
7. Varun R



How to work with PSN

- Meet your PSN rep, find a time when both of you can talk.
- Do not waste their time with gossip, skipping appointment or being late - they also have studies to do.
- Treat them with respect, and they will treat you with respect.
- See if you can also help them in anyway.



Late comer

Exercises: Dealing with Situations



Marks



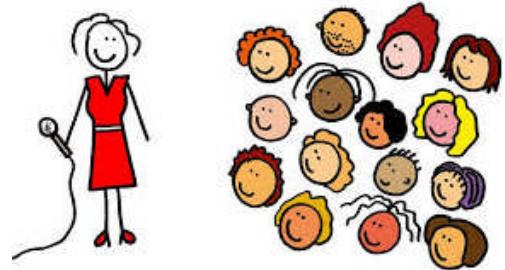
Friends and fights



Bunking class



Partying

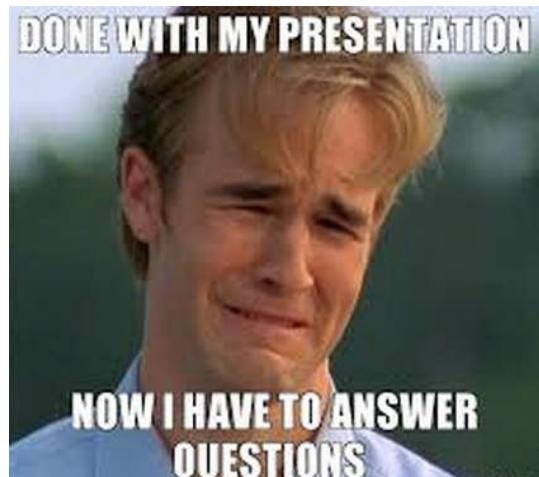


Presentations

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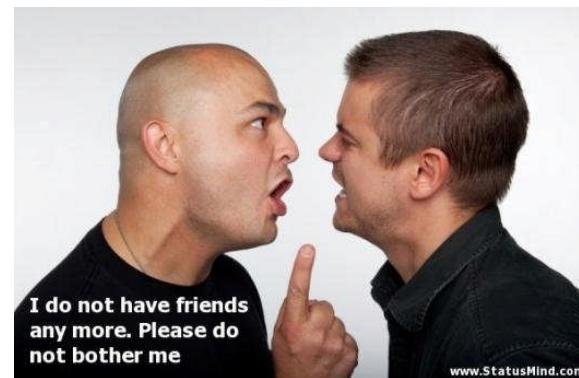


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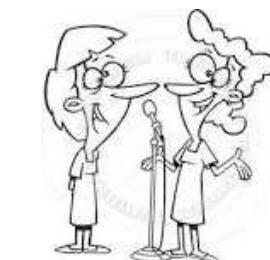
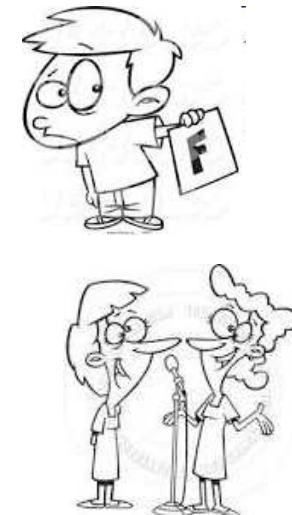
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Scenarios



from Prof. Shalini Sharma, NITTE, 3/2014

1. Our behavior reflects our attitude



- Hasmukh, a student of the 7th semester asks for an appointment to discuss his problem of not getting placed.
- He is worried that he has not cleared the aptitude tests in the five campus interviews he attended.
- He is given an appointment at a time convenient for him the next morning at 9.30 AM.
- He arrives late by 40 minutes.
- He is asked to return in the afternoon ready for a test to check his prowess in aptitude tests as he reports doing well in the test but not getting shortlisted.
- For the afternoon's appointment, he arrives 20 minutes early.
- When called in and given the test paper after instructions, we find that he has come without a pen.

Task



1. How do you perceive this behavior?
2. What would you advise Hasmukh?
3. As a group discuss it and give him a rating from 1 to 10 on his attitude.
4. Is there a likelihood of your behaving in this manner?
5. How should we treat such behavior?
Why?

2. A personal relationship



1. Subhash is friendly with Rosa of his class for the past two years and they have been spending a lot of time together.
2. It is believed that they are in love. Subhash is doing well in studies and Rosa is falling behind.
3. Rosa of late has been finding fault with Subhash over his friendliness with their common girl friends and forbids him from being friendly with them.
4. She picks up a fight with her room mates who try to advise her. She stops talking to them.
5. Upset with her behavior, Subhash decides to break the relationship.
6. Rosa makes a suicidal attempt.



Task



1. How do you perceive this behavior? _____
2. How common are 'relationships' in this age group according to you? [__ /10]
3. How common is possessiveness and suspicion in adolescents? [__/10]
4. How important is it to have a 'relationship' according to your group? [i. Very Important/ ii. Important/ iii. Not important]
5. Your reasons for the above response: _____
6. Why do people feel insecure in a relationship? _____
7. Do you think that Subhash is guilty in any way? [y/n] How? _____
8. What would you advise Rosa? _____
9. Do you endorse Subhash's stand of breaking the relationship?



3. Attraction to Drinking



1. Dandiya Raas programme was being organized by the JKSHIM, to begin at 6 pm.
2. A large group of engineering students went to 'Forever' to have some drinks before they attended the programme.
3. A Musical evening is organized in the open air auditorium in NMAMIT and a sizeable number come inebriated (drunk) to attend the programme.

Task



1. How do you perceive this behavior?
2. How common is it ? _%
3. What does your group feel about it?
4. Is it difficult to enjoy a programme of 'dance and music' without alcohol?
5. Discuss on alternative, healthier ways of enjoying a 'nach gana' programme.

4. Dealing with a Loan

1. Malini has taken a loan of Rs. 3,000/- from her friend Gina to buy some flowers & pastries for some guests at her home saying that she has left her purse behind.
2. She has assured Gina that she would return the money the next day.
3. It's a week but no mention of the borrowed money is made even when they meet.
4. When Gina mentions it Malini says that she forgot and would return it the next day. It does not happen.
5. Gina decides to go to her house and collect it and calls Malini & reminds her.
6. Malini makes many excuses, grumbles saying she's busy and behaves as though Gina is the one who is at fault.





Task



1. How does your group perceive this lending-borrowing scene?
2. Have you had experiences of this nature? Share it with the group.
3. Why do people borrow in adolescence?
4. Is borrowing inevitable?
5. Is there any code of conduct to be observed while lending or borrowing?
6. Please list them.

5. Classroom Scene

1. Ranjan is sitting in class and is unable to follow certain things that are being taught in class.
2. He does not ask the teacher about it in class or outside.
3. He does not clarify it with his friends who may know about it.
4. The next class he attends more of what the teacher says goes un-understood by him.
5. He starts day dreaming in class and ends up doing poorly in his mid-sem exams.



Task

1. How common is this behavior in young people?
_____/10
2. Why don't students clarify their doubts promptly in class?
3. Why do students fear meeting the teacher after class?
4. What would you ask Ranjan to do by way of getting himself strong in the subjects he is studying to become successful in life?
5. Give systematic guidelines on what he can do.
6. What can be done to enable understanding and interest in a subject by a student?
7. What can be done by the teacher to enable interest in students in the subjects he is taking?



6. Annual Day Invocation

1. Jean who sang well was asked to recite a poem as a prayer on College day.
2. Jean recited the poem enthusiastically with the organizer and came along with a Jolly for a duet performance and a key board player.
3. They practiced in the presence of the team a few times and were asked to perfect it and return as per plan on the college day in suitable attire.
4. On the college day, the invocation offering team did not respond to the MC's call and the faculty team had to push the team leader Ajax on to the stage to perform.
5. Ajax was seen downloading the poem as he moved across the stage to the podium and not knowing his words.



Task



1. How do you view this behavior?
2. According to your group, why did the students behave in this manner?
3. What should be done to prevent such behaviours in the future?
4. What is the mistake that you can see in the organizing?
5. What should be done to reprimand the students from behaving in this manner?
6. How is this behavior viewed by the audience?



7. Ramesh's loan problem

1. Ramesh has just completed the 8th semester in Civil Engineering in NMAMIT.
2. He has been selected by a reputed company for employment through Campus Interview.
3. Ramesh belongs to the low socio economic strata.
4. He is shy, lacks confidence and does not have good communication abilities.
5. He is however, hard working, gets good grades in studies and has come into engineering through the Govt. Merit Quota of the CET.



7. Ramesh's loan problem

1. Ramesh found it extremely difficult to continue his studies when he entered the fifth semester owing to severe financial difficulties.
2. He approached the Trust for assistance and he was given a tuition fee waiver from the 5th to the 8th semester.
3. However, he had to sign an affidavit that he would serve the Institution as a lecturer for two years after completion of his studies.



7. Ramesh in Debt

1. Ramesh did not consult any of the college authorities before appearing for the campus interview or after he got selected.
2. He is required to join the company in August.
3. Jake, the company HR personnel who are aware of his debt, asked Ramesh to get a clearance from the college that it has no objections to Ramesh joining the company.



7. Task

Discuss in your group and answer the following:

1. How do you view Ramesh's problem?
2. Should the College/Trust give him a clearance to join the company?
3. Should they impose any penalty on him?
4. What do you think of Ramesh's personality?



8. Fast horse Vs. Slow horse

1. A young boy asked a wise lady, "Why is a fast running horse better than a slow running one? "
2. The wise lady said, "It has developed the habit to produce more power so that it can run up to ten times faster than a slow horse."
3. Boy says "What if the horse is running in the wrong direction"?
4. The lady smiles and says, "Definitely it is wasting the efforts ten times quicker than the slower horse."



8. Task



1. The boy says, "What if the other horses are following him too?"
2. The lady says "Of course it will mislead all those horses too!"
3. "Then why do most of the horses follow the faster horse?"
4. Task: Discuss as to what the wise lady told the young boy & write it down after a good discussion.

9. To Pay or Not to Pay?



1. Few centuries ago, a Law teacher came across a student who was willing to learn but was unable to pay the fees.
2. The student struck a deal saying, "I will pay your fee the day I win my first case in the court."
3. Teacher agreed and proceeded with the law course. When the course was finished and teacher started pestering the student to pay up the fee, the student reminded him of the deal and pushed days.
4. Fed up with this, the teacher decided to sue the student in the court of law and both of them decided to argue for themselves.

9. To Pay or Not to Pay?



1. The teacher put forward his argument saying, "If I win this case, as per the court of law, the student has to pay me as the case is about his non-payment of dues. And if I lose the case, student will still pay me because he would have won his first case. So either way I will have to get the money."
2. Equally brilliant student argued back saying, "If I win the case, as per the court of law, I don't have to pay anything to the teacher as the case is about my non-payment of dues. And if I lose the case, I don't have to pay him because I haven't won my first case yet. So, either way, I am not going to pay the teacher anything."

9. Task

- Discuss. How can both be right?



Epilepsy

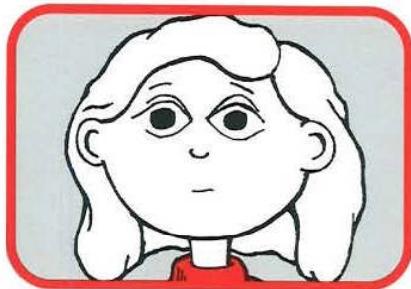
Dr. P.V.Bhandary

Medical Director & Psychiatrist,
Dr. A.V. Baliga Memorial Hospital,
Udupi

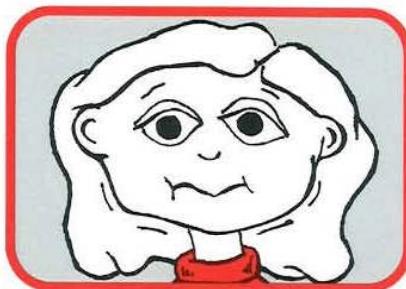
First Aid for Seizures

(Complex partial, psychomotor, temporal lobe)

1. Recognize common symptoms



Blank staring



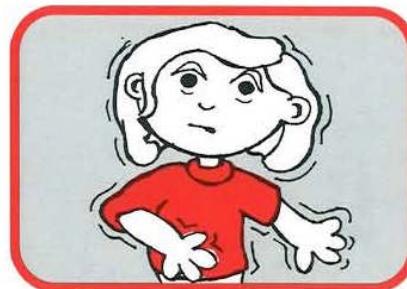
Chewing



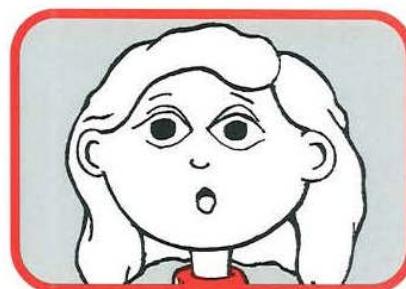
Fumbling



Wandering



Shaking



Confused speech

2. Follow first aid steps



Don't grab hold



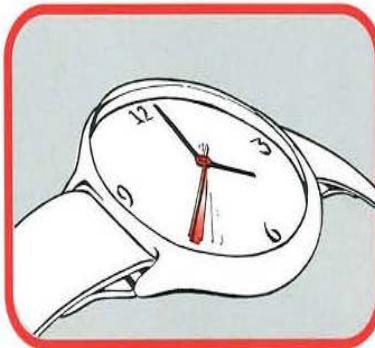
Explain to others



Block hazards



Speak calmly



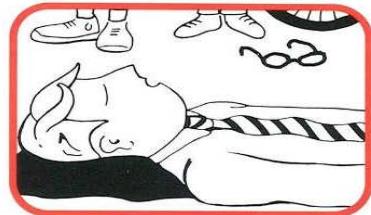
Track time, remain
nearby...



...until seizure ends

First Aid for Seizures

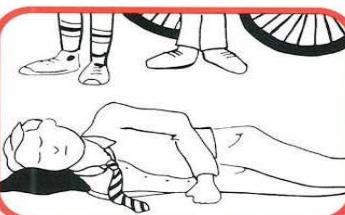
(Convulsions, generalized tonic-clonic, grand mal)



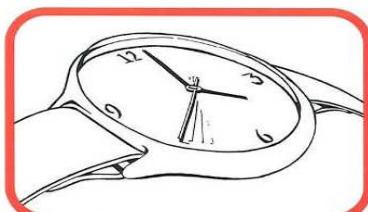
Cushion head,
remove glasses



Loosen tight clothing



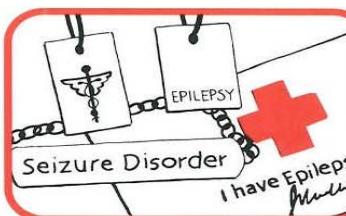
Turn on side



Time the seizure with
a watch



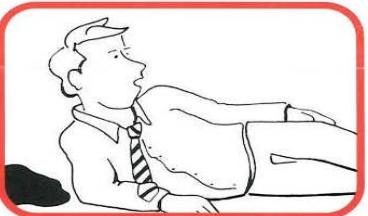
Don't put anything
in mouth



Look for I.D.



Don't hold down



As seizure ends...



...offer help

Alexander The Great



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2

Alexander the great had it.

Napoleon



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3

Napoleon had it.

- Epileptics cannot enjoy life because they are always fearful that any time an attack may occur.

Living in fear

Epilepsy - Definition

**“a clinical manifestation presumed
to result from an abnormal and
excessive discharge of a set of
neurons in the brain.”**

New Oxford Text book of Psychiatry, 2001, 1153

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Classification of Seizure Types

- I. Partial seizures (seizures begins locally)**
- II. Generalized seizures (bilaterally
symmetrical and without focal onset)**
- III. Unclassified seizures**
- IV. Status epilepticus**

I have... mumps, flu, epilepsy



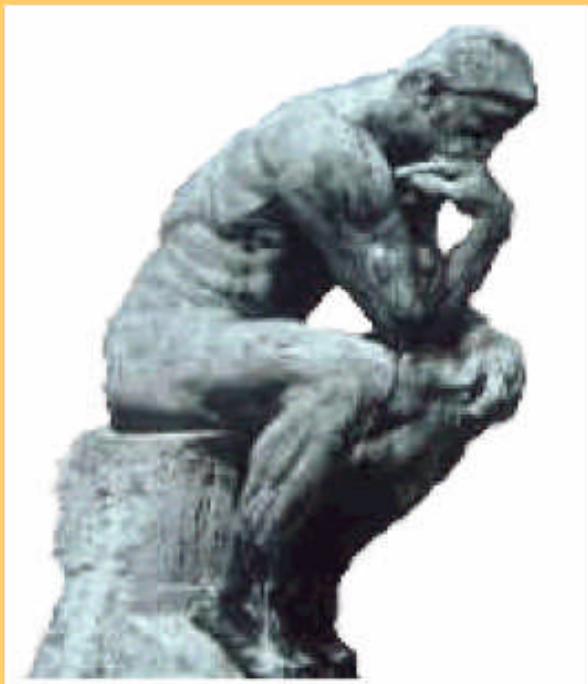
the only difference is up to you

**None of these are anyone's fault, but how
you think about it can make a difference.**

Epilepsy is not a disease, and it's OK!!

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Causes



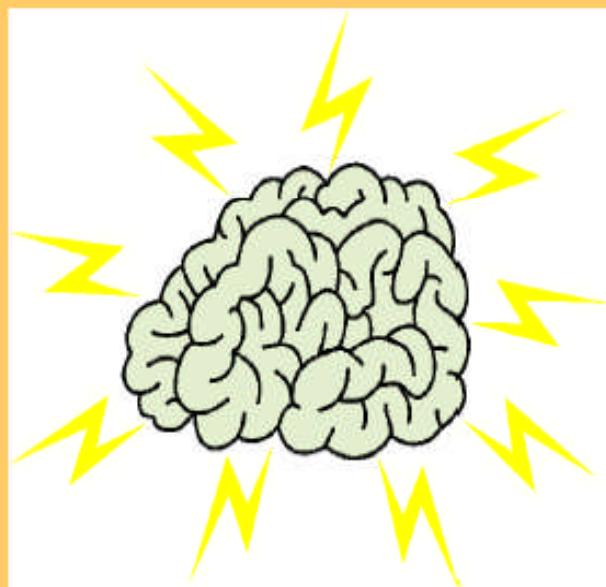
- PHYSICAL
- METABOLIC
- INFECTION
- GENETIC

Risk Factors & Vulnerabilities

- Genetic predisposition – Shown to run in families.
- Following traumatic head injury, the risk of epilepsy increases (53% for Vietnam Vets. Approx. 15yrs post-injury).

Risk Factors & Vulnerabilities Cont.

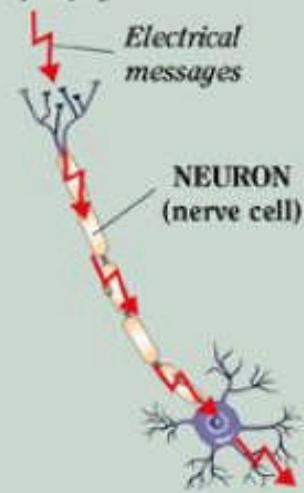
- Epileptics seizures can set in via:



- Unknown etiology.
- Physical debilitation
(illness, lack of sleep,
exhaustion).
- Emotional stress
- Watching visual flicker

What Happens During a Seizure

Excessive electrical activity in the brain sends impulses along the nerves causing the symptoms of Epilepsy.



This excessive activity can lead to seizures

Examinations & Investigations

- Neurological Examination
- Blood
- EEG
- ECG
- MRI / CT



History

- **VERY IMPORTANT**
- **PRODROME**
(The first sign of an upcoming occurrence)
- **AURA**
(sensation in the mind and body that some people with epilepsy)
- **EYE WITNESS**
- **MEMORIES**
- **SEQUELAE**
- **MEDICAL HISTORY**
- **TRIGGERS**

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Essential information for patient and family

- Epilepsy
 - Common condition.
 - Usually self-remitting and brief.
- Rarely, status epilepticus develops
 - Ongoing seizures one after another or an unusually prolonged seizure of four to five minutes or longer.
 - Can be potentially dangerous
 - Seek professional treatment
 - Injectable medication required



Essential information for patient and family

- Most patients become seizure free with medications.
- Good result - 3-5 yrs seizure-free period with anticonvulsant medication
- Think of anticonvulsant medication reduction/withdrawal if above is achieved
- Continued seizures – patient at risk - eg while bathing, driving.

Essential information for patient and family

- Psychiatric symptoms can occur secondary to epilepsy
- Cognitive impairment - prolonged history of seizures / use of anticonvulsants
- Women with epilepsy need careful preconception counseling

Do's and Don'ts for the onlooker

- **Don't try to stop the fit or move the patient**

- **Protect the person from injury. Clear the area of furniture or other objects that may cause injury from falls during the seizure.**



Do's and Don'ts for the onlooker



- **Don't force anything into the mouth (like spoon, or water) during a seizure.**

- **Do allow enough air circulation and cushion head.**



Do's and Don'ts for the onlooker

- Turn the patient to his/her side to prevent swallowing the vomit.



- Loosen tight clothing around the neck.
- Note the movements and changes to report to the doctor.
- Call the doctor if the convulsion lasts longer.

When to call the Doctor?

- If the person having seizures turns blue or stops breathing, turn him or her to the side to keep the airway or mouth open and prevent the tongue from obstructing the airway.

- Obtain professional medical assistance immediately.

- If there is any injury due to the fall after a fit, appropriate treatment should be given.



General management and advice to patient and family

- Record frequency and types of seizures in diary - helpful for determining treatment.
- Psychosocial aspects of treatment - clear and supportive education to patient and family.
- Essential limitation of activities -eg driving, swimming, use of stairs or crossing streets with traffic



General management and advice to patient and family



- Inform the child's school, teacher, bus conductor and friends and tell them the do's and don'ts
- Keep an extra lot of the child's medicines in the school bag
- Try to make him lead as much a normal life as possible
- Engagement with support groups

Does missing medications cause seizures?

- Yes, it can.
- Most common cause of breakthrough seizures.
- Can lead to status epilepticus, if medication abruptly stopped altogether.

Is it harmful to miss a single dose of seizure medicine?

- Often nothing bad happens
- Chance of having seizure will increase
- Missing one dose more likely to cause seizures if medicine is once a day.
- If medicine is two to four times a day, the risk from missing one dose is less.
- Several doses missed in a row - likelihood of breakthrough seizure high

What strategies can help prevent missing doses?

- Use activities as cues to remind taking medicine.
- Organize pills by day of the week and time of day.
- Wristwatch with an alarm
- Keep at least a one- to two-week supply on hand.
- Keep "emergency" supply at work, in purse or wallet, or perhaps in car
- For children, have the school nurse or teacher keep some medication on hand.
- When traveling, pack two supplies of seizure medicine, in both a carry-on bag and your checked luggage.

What would happen if patient stops taking seizure medicine?

- Stopping medication without doctor's advice is dangerous.
- Abruptly stopping some seizure medicines - withdrawal symptoms.
- Never stop taking a seizure medicine without talking about it with your doctor first.

Can sleep deprivation trigger a seizure?

- Yes, it can.
- Lack of proper sleep
 - Increase chances of seizure
 - Increase the intensity of seizures
 - Increase the length of seizures.



To avoid sleep deprivation, how much sleep is should the patient get?

- "Adequate sleep" varies
- Amount that leaves you feeling refreshed the next day.
- For most adults with epilepsy, - at least 7 hours a night.
- For some people, any kind of disruption of sleep-wake cycle makes seizures more likely even if they sleep for the same number of hours.



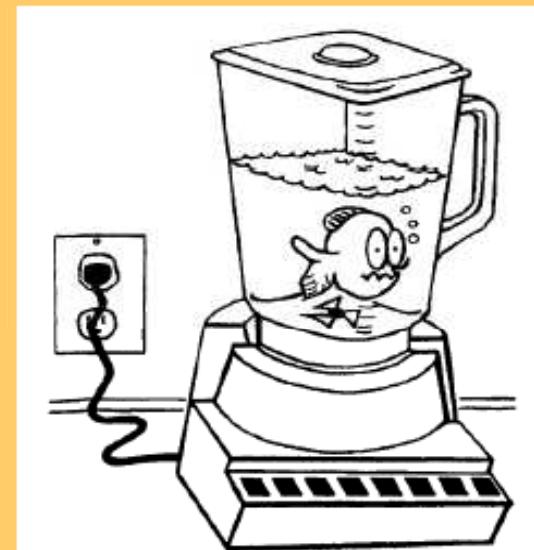
What are some strategies for getting a good night's sleep?



- Sleeping environment - quiet and dark.
- Go to bed at least half an hour before trying to fall asleep.
- Do not watch television in bed
- Avoid caffeine for 6 hours before bedtime.
- Exercise daily but do not exercise within a few hours of going to bed

How can stress cause seizures?

- Stress can affect brain function in the following ways:
- Trigger an increase in the breathing rate
- Leads to missed medication
- Cause hormonal changes -eg increase in cortisol
- Negative emotions related to stress, such as worry or fright, may cause seizures (limbic area).



**And you thought
there was stress
in your life !**

How to deal with stress?



- **Avoid known stressful situations**
- **Learn relaxation techniques / yoga**
- **Unavoidable stress**
 - make extra effort to get enough sleep
 - take seizure medicine on time.

Does the menstrual cycle affect the rate of seizures in women with epilepsy?



- Yes.
- Premenstrual and ovulatory phases associated with highest seizure frequencies.
- Approximately $\frac{1}{2}$ the women of childbearing age with epilepsy - increase seizures around the time of their monthly menstrual period.

What strategies can doctors use that may reduce seizures associated with the menstrual cycle?

During the vulnerable period:

- Some change in the amount of the daily dose of the antiepileptic medicines may be required
- Reduce water retention
- Take additional antiepileptic medicines

SUMMARY

- Epilepsy is a common disorder
- Potentially treatable and curable
- With adequate anti-epileptic medication a patient can lead a normal life.
- Regular intake of the medication is a must
- Regular follow-up with the doctor is required
- If the patient is seizure free for 3-5 yrs the anti-epileptic medicine can be gradually withdrawn under the supervision of a doctor

Summary

- Appropriate treatment, help, support and encouragement leads to recovery.
- Continue education to lead a normal and useful life

Treatment



© www.123rf.com

Dealing with Mild Depression



Depression

Depression is a condition characterized by

- Sad mood and crying spells
- Lack of interest / energy / motivation
- Decreased attention / concentration / memory / intelligence
- Lack of pleasure / inability to enjoy
- Disturbed sleep / appetite / bowels / sexual functioning
- Vague bodily symptoms like pain, weakness, fatigue
- Thoughts of ending one's life, Death wish, suicidal ideas and attempts.



7 signs a child may be depressed

If you notice any of these behaviors in your child persisting for two weeks or more, take them to a doctor for evaluation.

Check off the signs that apply to your child

- Sadness that lasts most of the day
- More crankiness and irritability than usual
- An inability to have fun doing things that used to be fun
- Regressing in behavior — acting younger than their age
- Feeling tired all the time for no medical reason
- Trouble sleeping through the night
- Changes in appetite

Signs and Symptoms of Depression

- Fatigue or loss of energy
- Thoughts of death or suicide, including suicide attempts
- Feeling guilty, hopeless or worthless
- Difficulty concentrating, remembering or making decisions
- Persistent sad, anxious or empty mood
- Sleeping too much or too little; odd time of waking
- Reduced or increased appetite which results in weight gain or loss.
- Irritability or restlessness

Healthy recreation and relaxation activities

- Meditation
- Yoga
- Sports
- Dance
- Nature walk



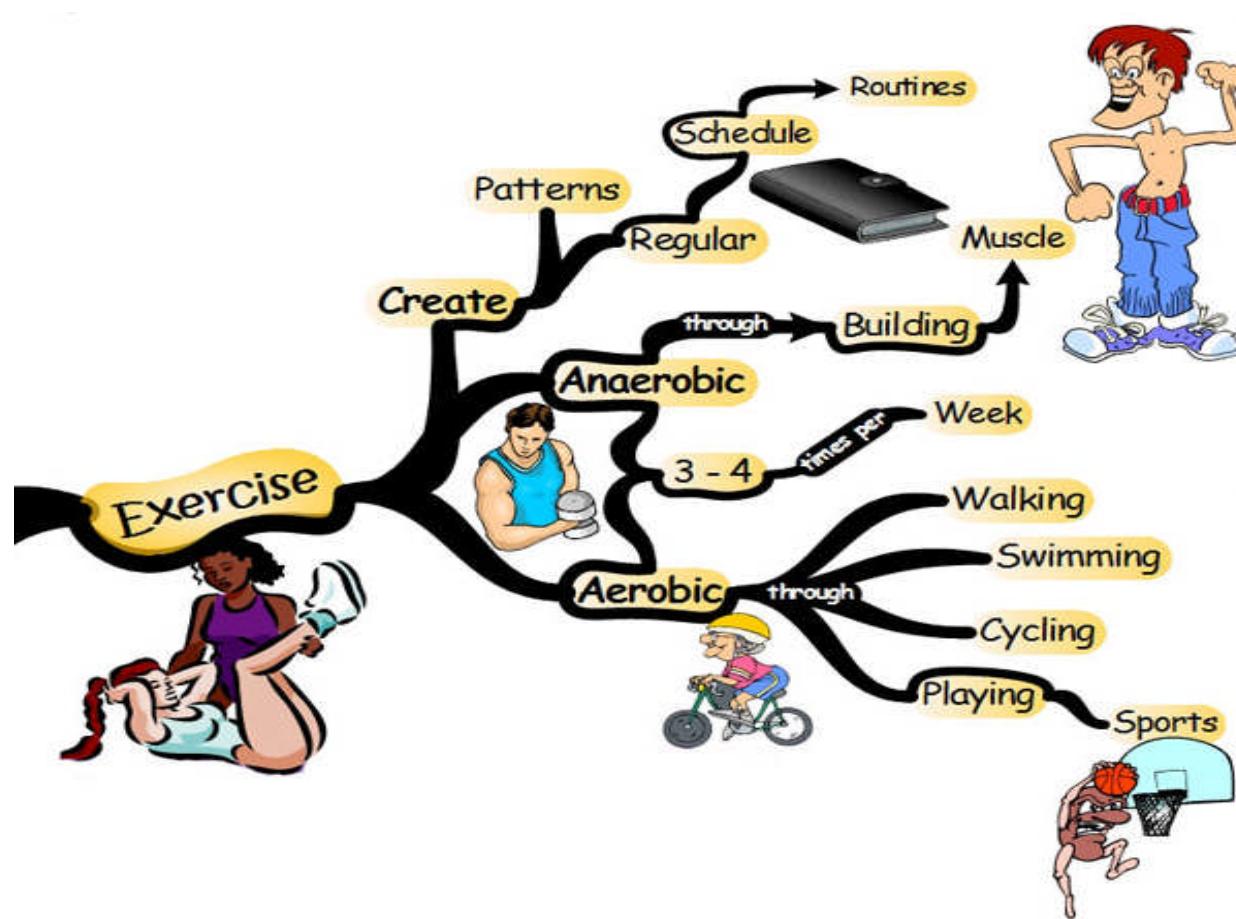
Mild Depression - solution

Exercise regularly: aerobic exercise (such as brisk walking or jogging) can be as effective in treating mild depression as conventional medicine.



Aerobic exercise can increase the brain's production of endorphins, natural chemicals that can make you calm and happy.

Sports to overcome depression



Mild Depression - solution

Avoid alcohol and
drugs that have
not been
prescribed to you



Mild Depression - solutions

- Eat a well balanced diet



Balanced Diet

- Omega 3
- Fruits and Veg
- Dairy
- Cereals (Wheat, rice).



Mild Depression - solution

- Gain support by **sharing your feelings** with family and/or friends.
- Pet
- Hobbies



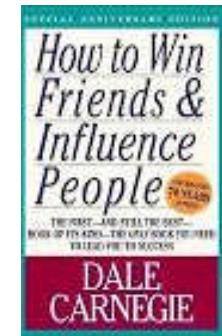
Mild Depression - solution

- Hobbies
- Gardening
- Helping
- Reading

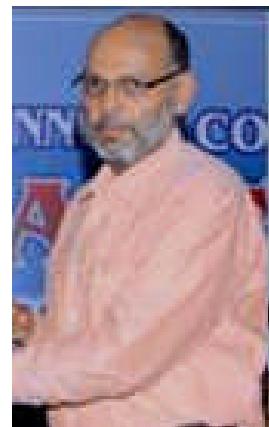
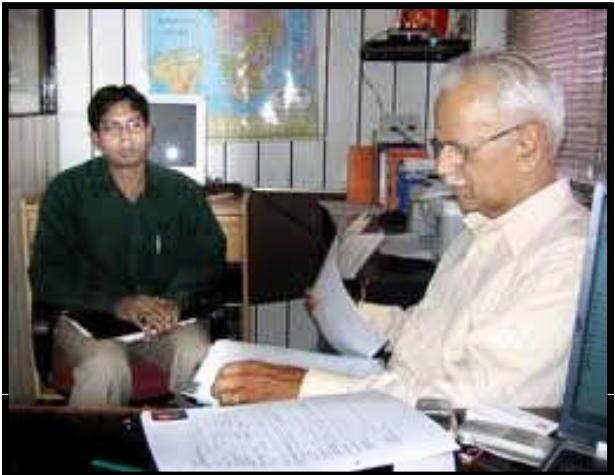


Mild Depression - solution

- Relaxation techniques such as **yoga or meditation or nature walks.**
- Educate yourself by reading **self help books** or join a **support group.**
- See a **counsellor** at Baliga hospital, Udupi.



Individual and family counseling and guidance



Nature

Mohsin, JKSHIM, 8/8/2014.

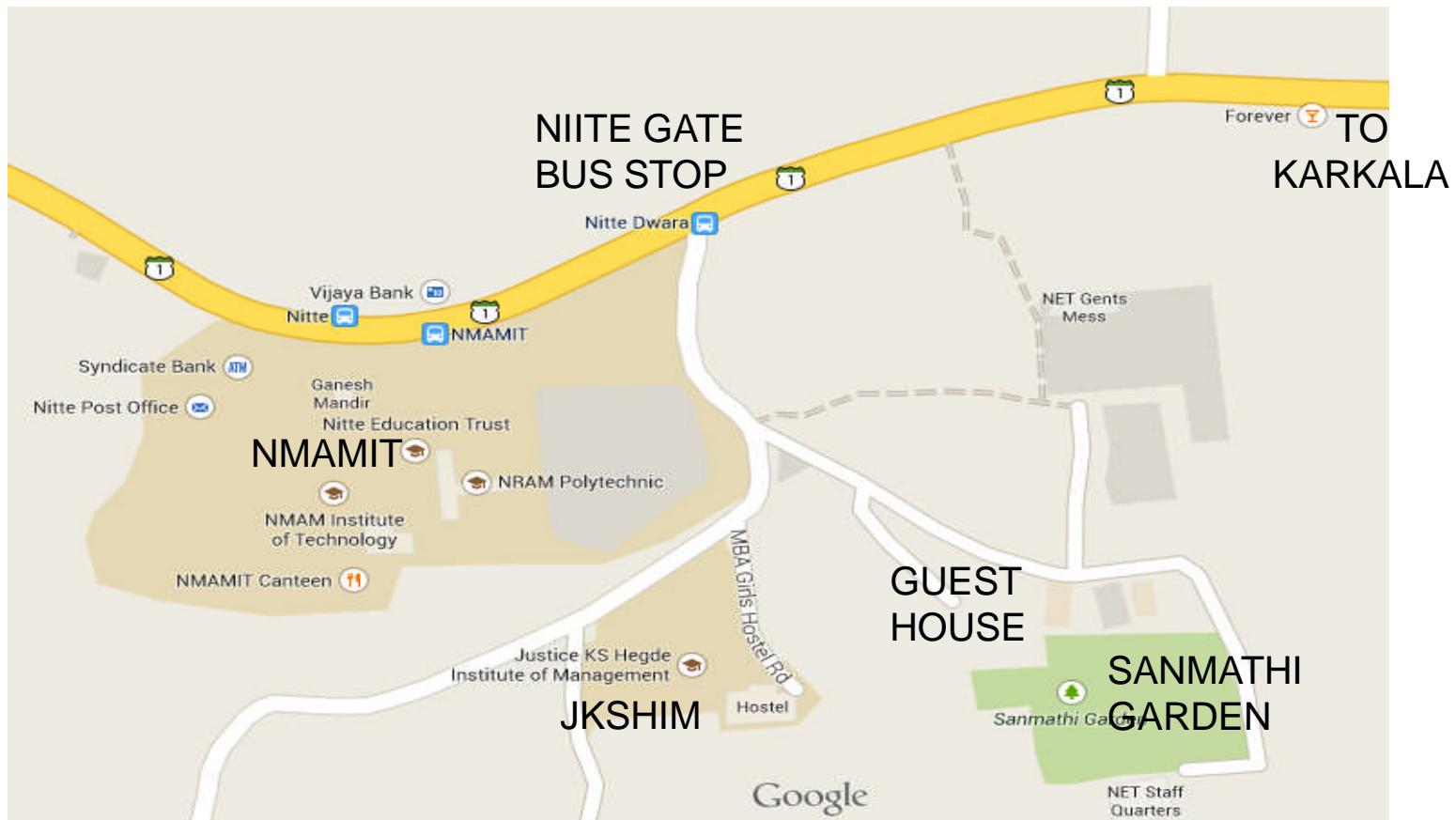
Check list

- Umbrella
- Water proof shoes or chappals
- Identity the trees on the walk
- Quiz

Optional:

- Camera or phone camera, charged.
 - Take around 20 pictures of the plants.
 - Find the trees shown in the slides.

Map of NITTE



Map of walk



Local Trees and Plants

Mohsin,
JKSHIM, Nitte INDIA 575110,
7/2014, 9/2015.

Rose by any other name?



Plumeria, temple tree



Ixora



Zinnia



Parijate



Sadaphuli



How to name this?

Google image
search: yellow
red flowers,
hanging,tropical

Heliconia



Bougainvillea



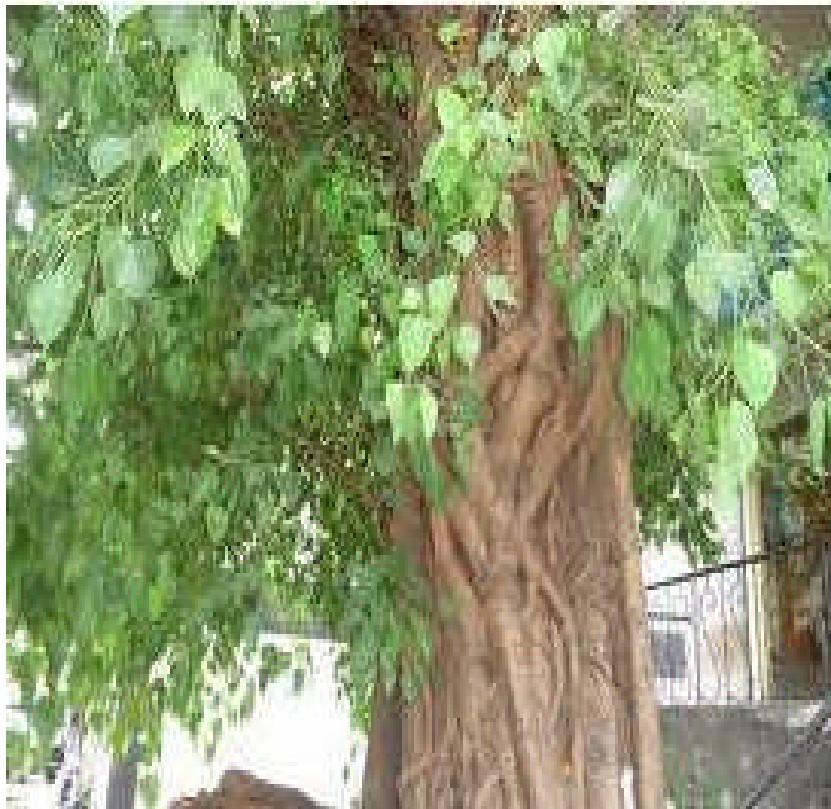
Mango



Peru (guava)



Peepal Tree



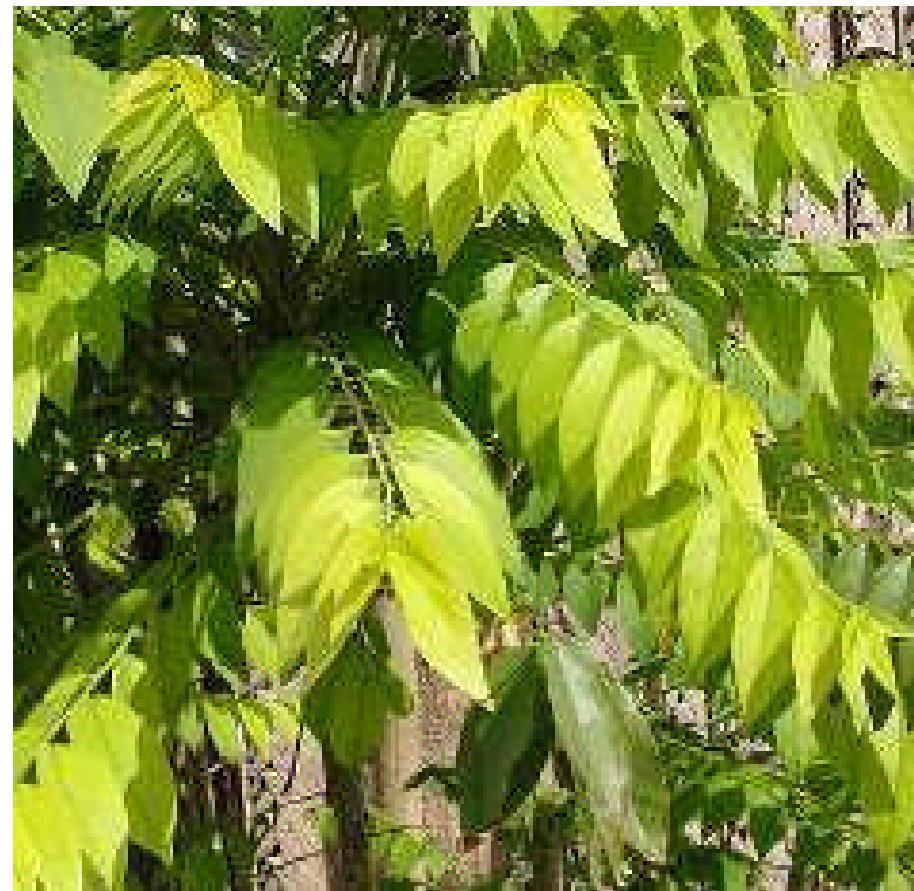
Neem



Henna (Mehndi) shrub



Amla tree



Kokum



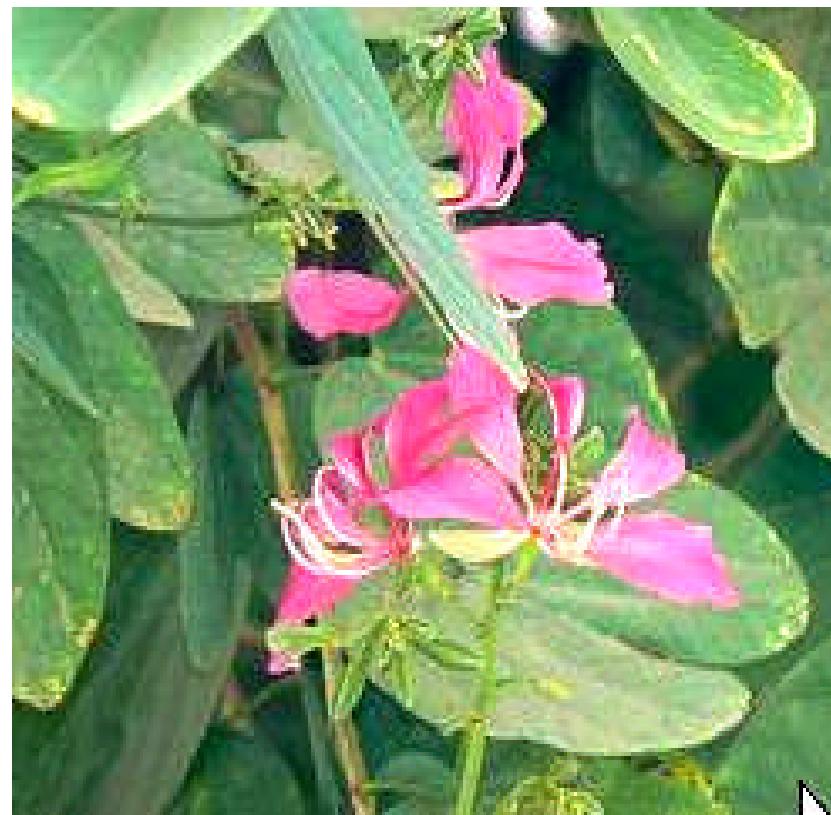
Guava (Peru)



Jackfruit



Kanchan



Amaltas



Copper pod



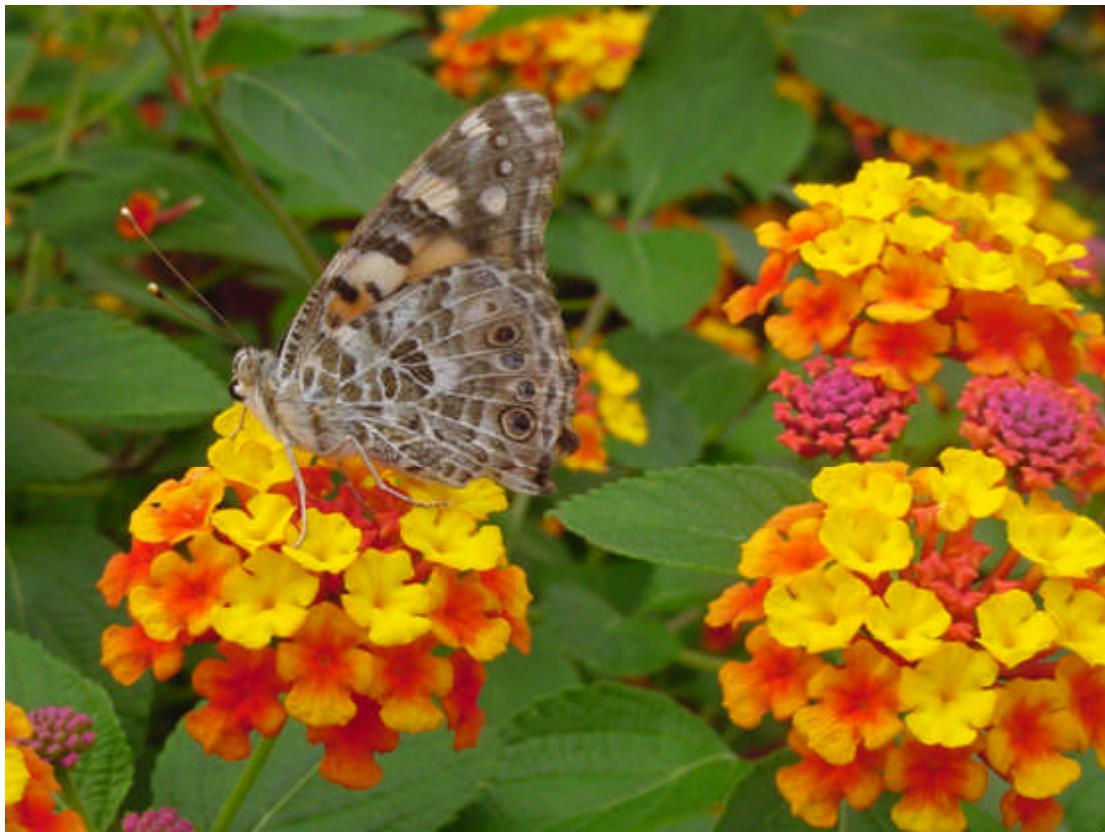
Gul mohur



Caesalpinia (*Sappanga*)



Lantana



Common name: Lantana • Hindi: Raimuniya राईमुनिया •

Kannada: Kakke, Natahu

Botanical name: *Lantana camara* var. *aculeata*

Family: Verbenaceae (Verbena family)

From <http://www.flowersofindia.net/catalog/slides/Lantana.html>

African Tulip tree



Rain tree



Malabar almond



Imli, tamarind



Teak



wood apple

(Belada Hannu , Byalada Hannu, Bel)



Papaya



Supari, Arecanut



Coconut



Indian wild date palm



Toddy palm



fantail palm



Cypress tree



Cycus palm



White jamun (jaam)

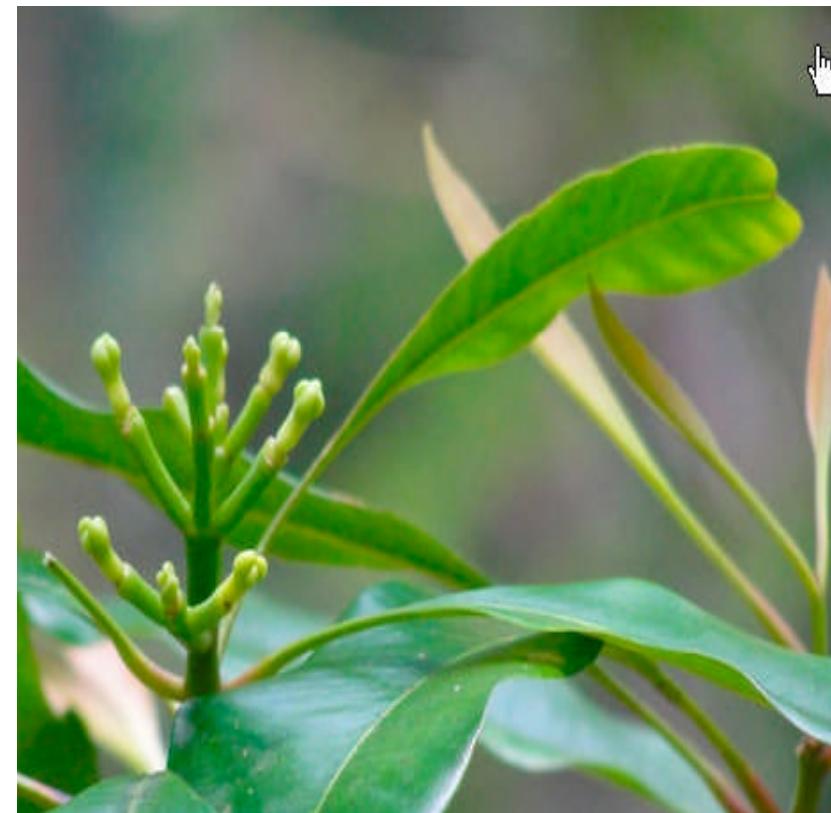


Chikoo, sapota





Clove



Starfruit (kaparakshi hannu)



Ramphal, custard apple



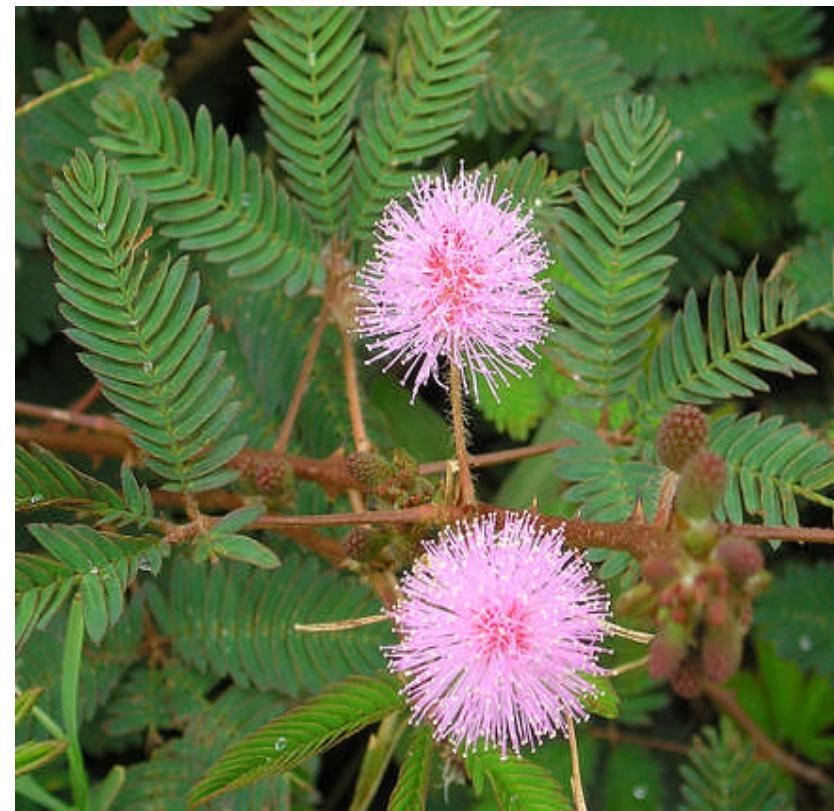
Golden Duranta



Croton



Touch me not (*mimosa pudica*)



Tulsi



Local Birds

Mohsin, JKSHIM, 7/2014.

Pigeon



Crow



Raven

Sparrow



Myna



Magpie Robin



Peacock



Parrot, parakeet



Kingfisher



Bee-eater



Bulbul (red whiskered vented)



Drongo, kotwal



Racquet tailed Drongo



Brahminy Kite



Pariah Kite



Indian spotted Eagle

- Eagle or kite? •Eagles are larger.



Vulture (huge wingspan)

Why is the
neck bald?



Owl



Munia



sunbird



Spotted Dove



Cattle Egret



Pond Heron



Duck



Swan



Crow pheasant, Bharadwaj



Woodpecker



Shrike



Birds

- Sparrow
- Pigeons
- Crows
- Myna
- Peacock
- Parrot
- King fisher
- Bulbul
- Drongo
- Bee eater
- Munnia
- Sun bird
- Kite (not Eagle)
- Brahminy Kite
- Pariah Kite
- Vulture

Butterflies

Mohsin, JKSHIM, 7/2014.

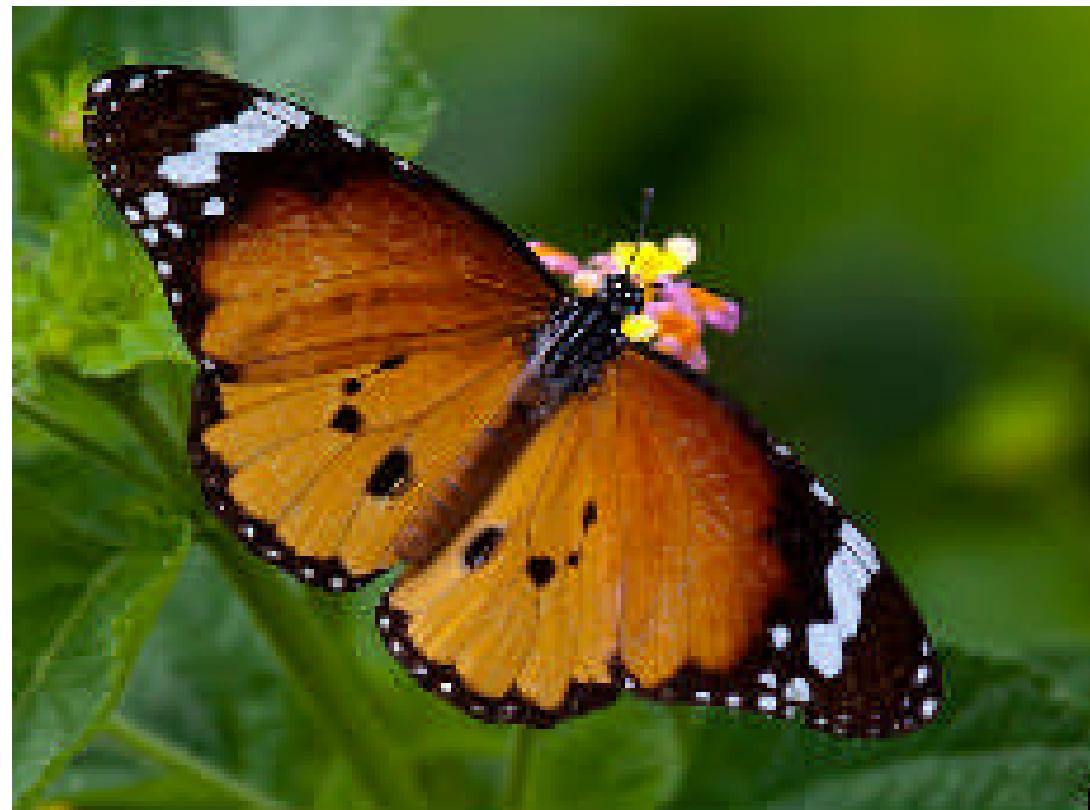
Common crow



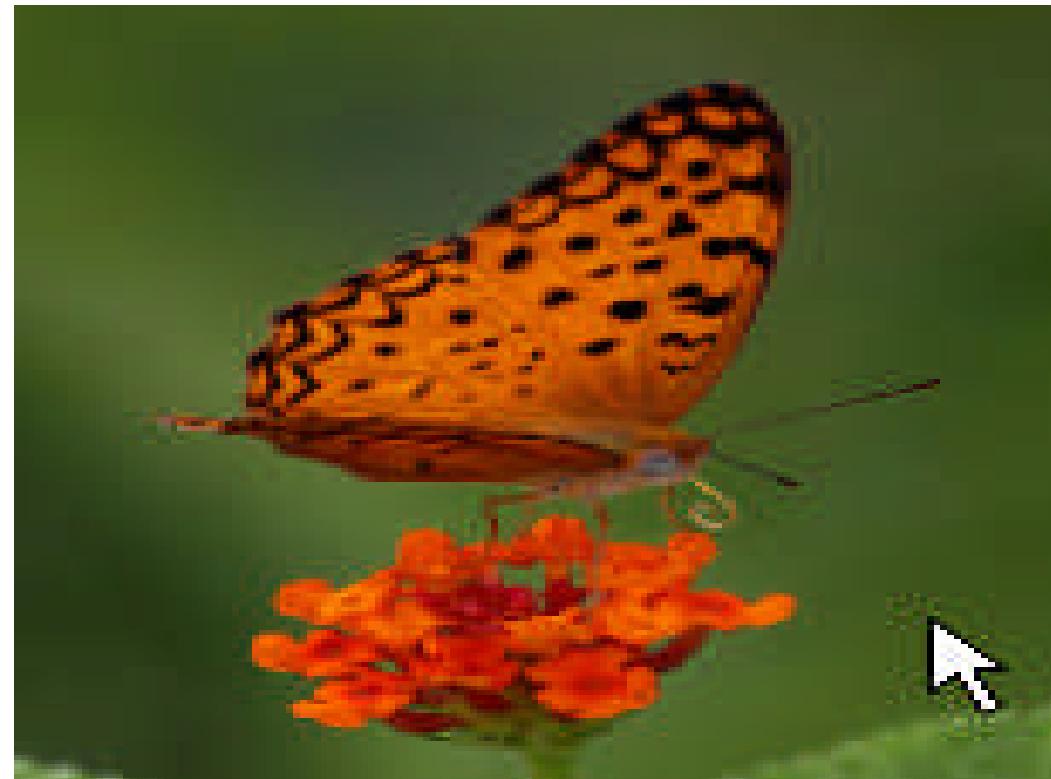
common tiger



Plain tiger



Common Leopard

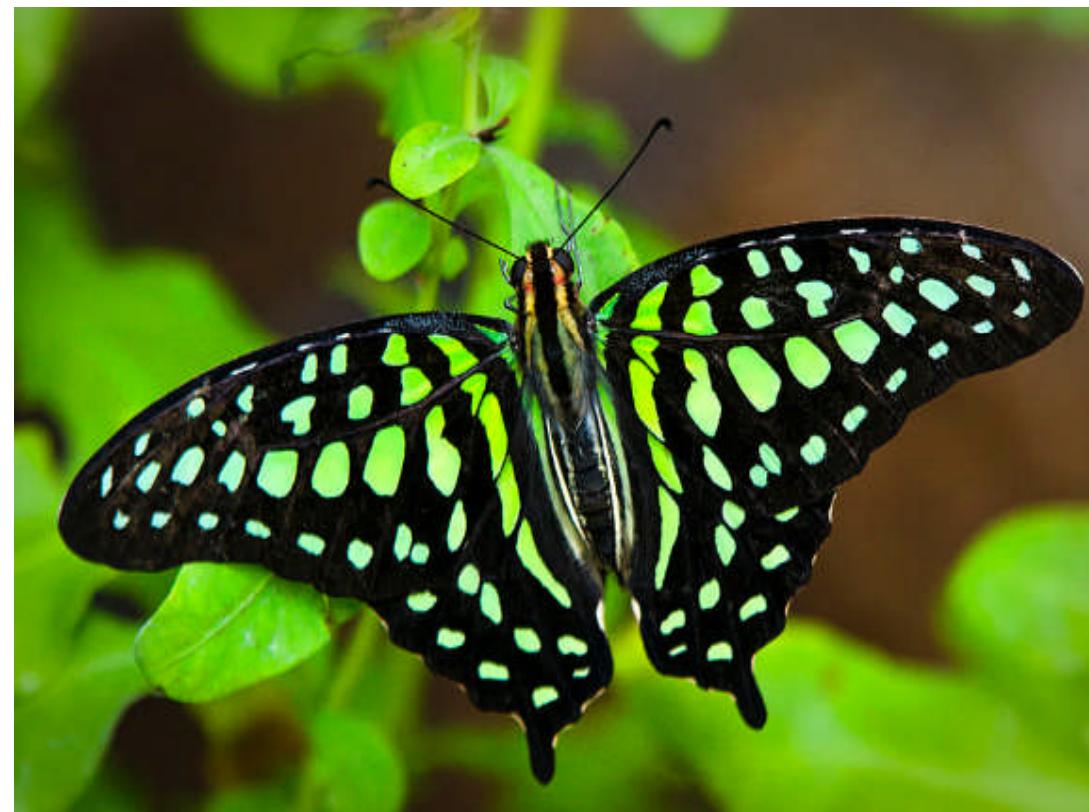


Jezebel

What
does
this
name
mean?



Tail Jay



Blue tiger



Grass yellow



Common sailor

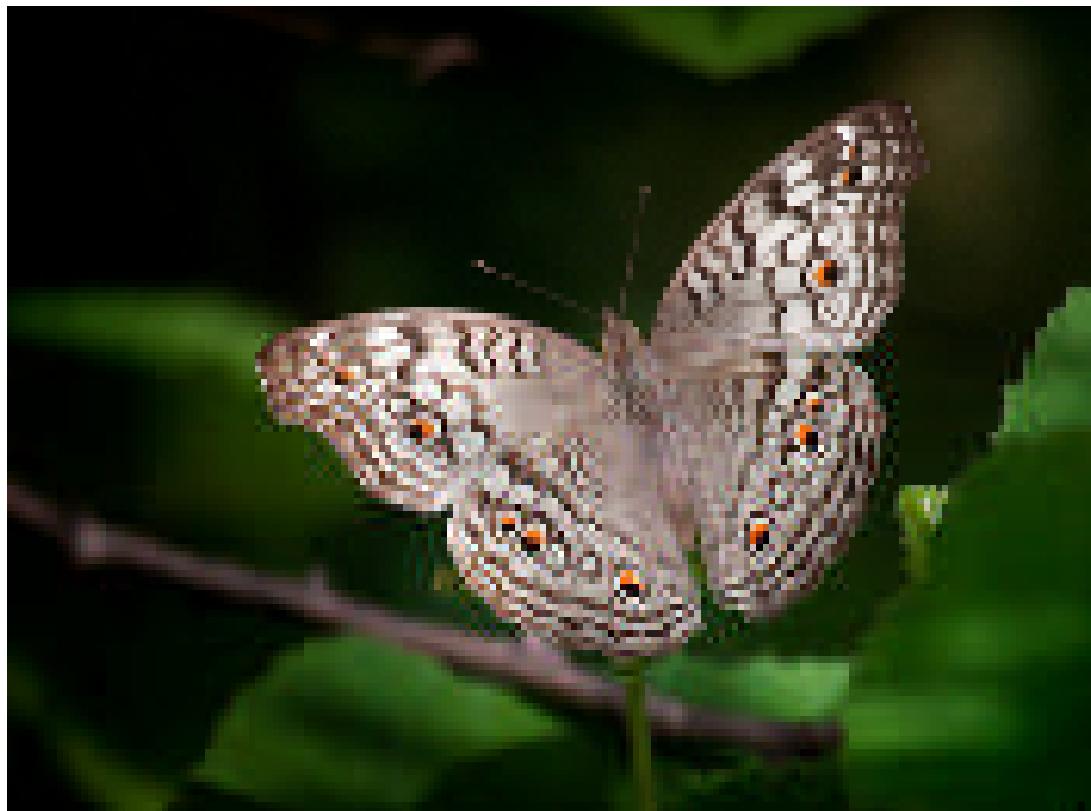


©Benedict Tay

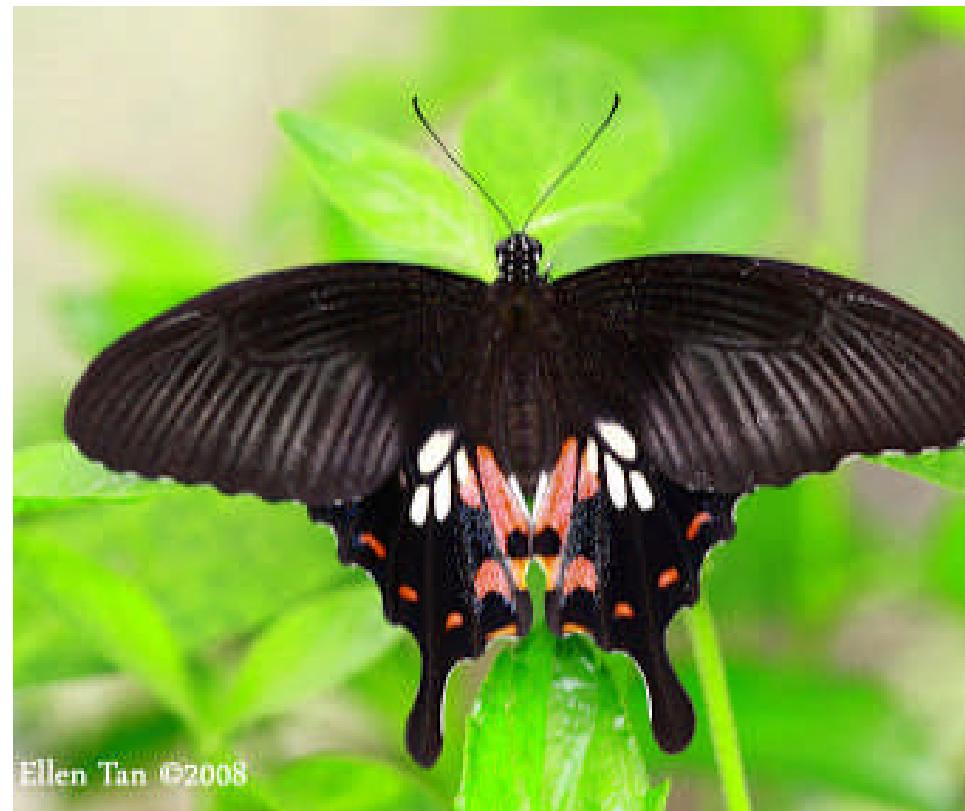
Danaid eggfly



Grey Pansy



Common Mormon



Local Snakes

Mohsin, JKSHIM, 7/2014.

Snakes

Big 4 poisonous snakes

- Cobra
- Krait
- vipers (russell and sandy)



Non poisonous snakes

Rat snake



Python



Garter snake



Green vine snake or Long-nosed whip snake



Good diet



Balanced Diet

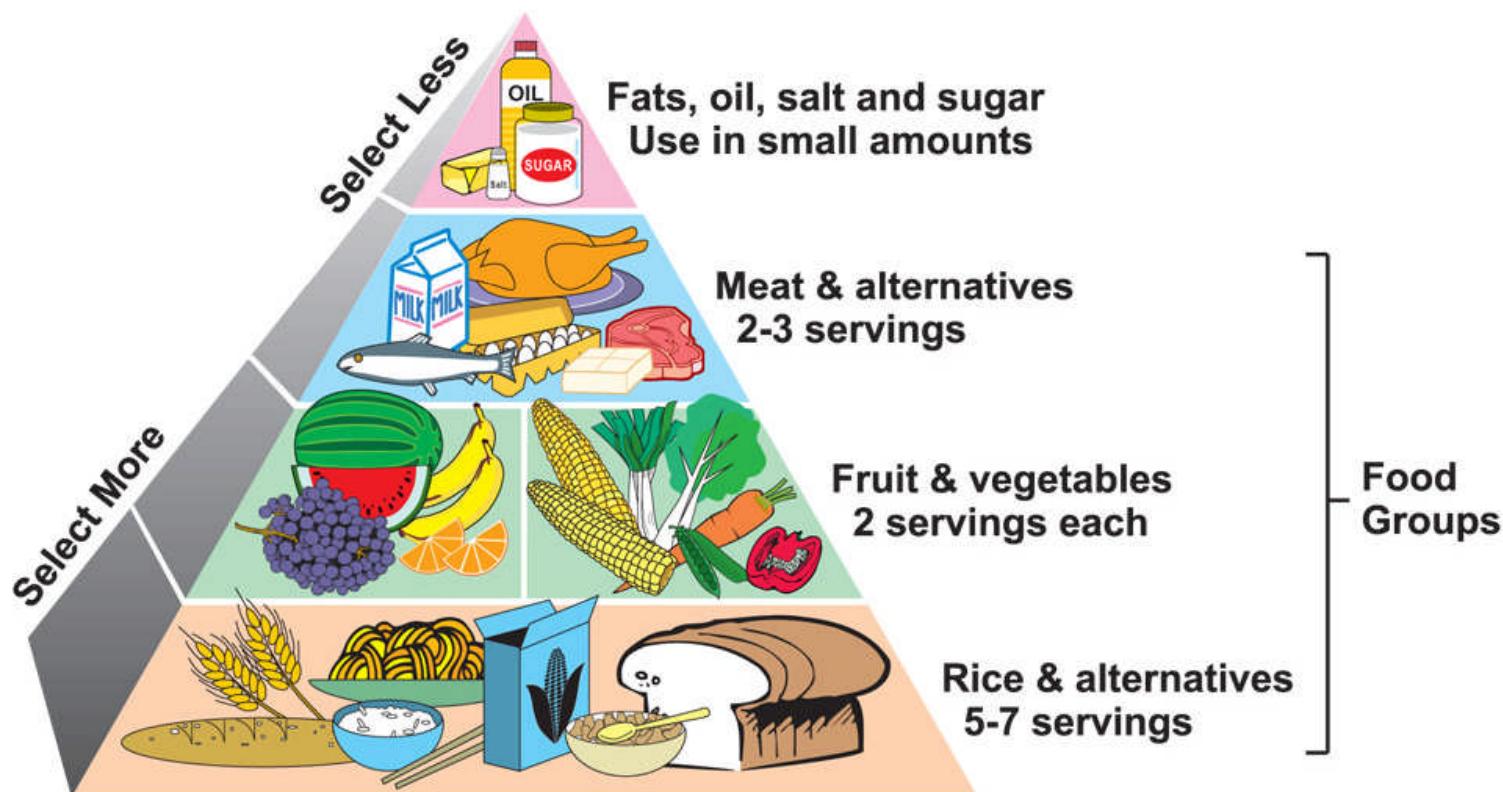


Balanced Diet

- Omega 3
- Fruits and Veg
- Dairy
- Cereals (Wheat, rice).



Food Pyramid



Organic food



Milk

- Avoid rBGH hormones in milk.
- Boil milk to avoid TB.



Water

- Drink clean, filtered water.
- Carry water bottle
- Boil water from wells, rivers, tankers.
- Avoid drinking water from stagnant tanks/pools.
- Major cause of cholera.



Drinks

- Plenty of water
- Fruit juice
- Coconut water

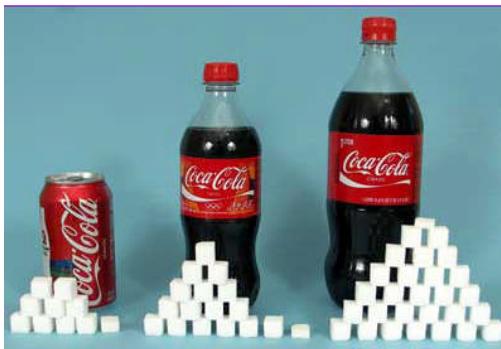


Drinks

- Less of carbonated sugared drinks



Sugar in drinks



- See <http://www.sugarstacks.com/beverages.htm>

Drinks, smoking and medicines?

Avoid alcohol and
drugs that have
not been
prescribed to you



Food and Nutrition

Mohsin, JKSHIM, 7-2014.

Nutrition and Happiness

- Unhappy Boys lose weight
- Unhappy Girls gain weight
- Wealth is useless without Health
- Nutrition has long term effects on obesity, cancer, diabetes, ..
- Hard to find exact cause, but statistics show that certain lifestyles cause health problems after many years.

Basics

To survive we require:

- Fluids (water and salts).
- Starch (energy).
- Proteins (body mass, muscles).
- Vitamins, minerals, oils.

See http://en.wikipedia.org/wiki/Dietary_element

Balanced diet

The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



Fluids for Hydration

- Drink enough water (10 cups/day).
- Boil the water if the source is an open well or stream.
- Dehydration is caused by sweating in heat alcohol drinking and diarrhea (loose motion in cholera).
- Rehydration requires water + salt + Potassium salts (coconut water) + glucose (or sugar).

What to drink?

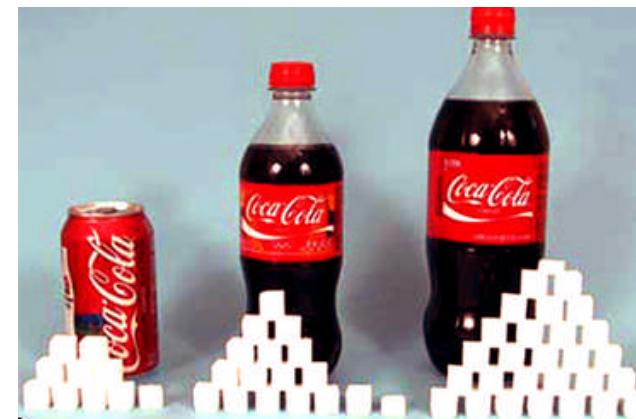


OR



High fructose sugar?

Soft drinks contain too much high fructose syrup.



sugar in soft drinks?

- Sports Drink – 2 teaspoons
- Lemonade – over 6 teaspoons
- Orange Juice – over 7 teaspoons
- Sweet Tea – over 8 teaspoons
- Powdered Drink Mix – 9 teaspoons
- Cola – over 10 teaspoons
- Fruit Punch – over 11 teaspoons
- Root Bear – over 11 teaspoons
- Grape Juice – 12 teaspoons
- Orange Soda – 13 teaspoons



High Fructose diet

- High-Fructose Diet Slows the Mind, Hampering Memory and Learning



Banned in NY schools?



- people that consume 4 drinks per day were 30% more likely to have problems with depression.

Coconut water



1/2 teaspoon of sugar, 2 gm.

Nutritional value per 100 g (3.5 oz)		
Energy	79 kJ (19 kcal)	
Carbohydrates	3.71 g	
Sugars	2.61 g	
Dietary fibre	1.1 g	
Fat	0.2 g	
Protein	0.72 g	
Vitamins		
Vitamin A equiv.	0 µg	(0%)
beta-carotene	0 µg	(0%)
lutein zeaxanthin	0 µg	
Thiamine (B ₁)	0.03 mg	(3%)
Riboflavin (B ₂)	0.057 mg	(5%)
Niacin (B ₃)	0.08 mg	(1%)
Pantothenic acid (B ₅)	0.043 mg	(1%)
Vitamin B ₆	0.032 mg	(2%)
Folate (B ₉)	3 µg	(1%)
Vitamin C	2.4 mg	(3%)
Vitamin E	0 mg	(0%)
Vitamin K	0 µg	(0%)
Trace metals		
Calcium	24 mg	(2%)
Iron	0.29 mg	(2%)
Magnesium	25 mg	(7%)
Phosphorus	20 mg	(3%)
Potassium	250 mg	(5%)
Zinc	0.1 mg	(1%)
Other constituents		
Water	94.99 g	

Simple Carbs

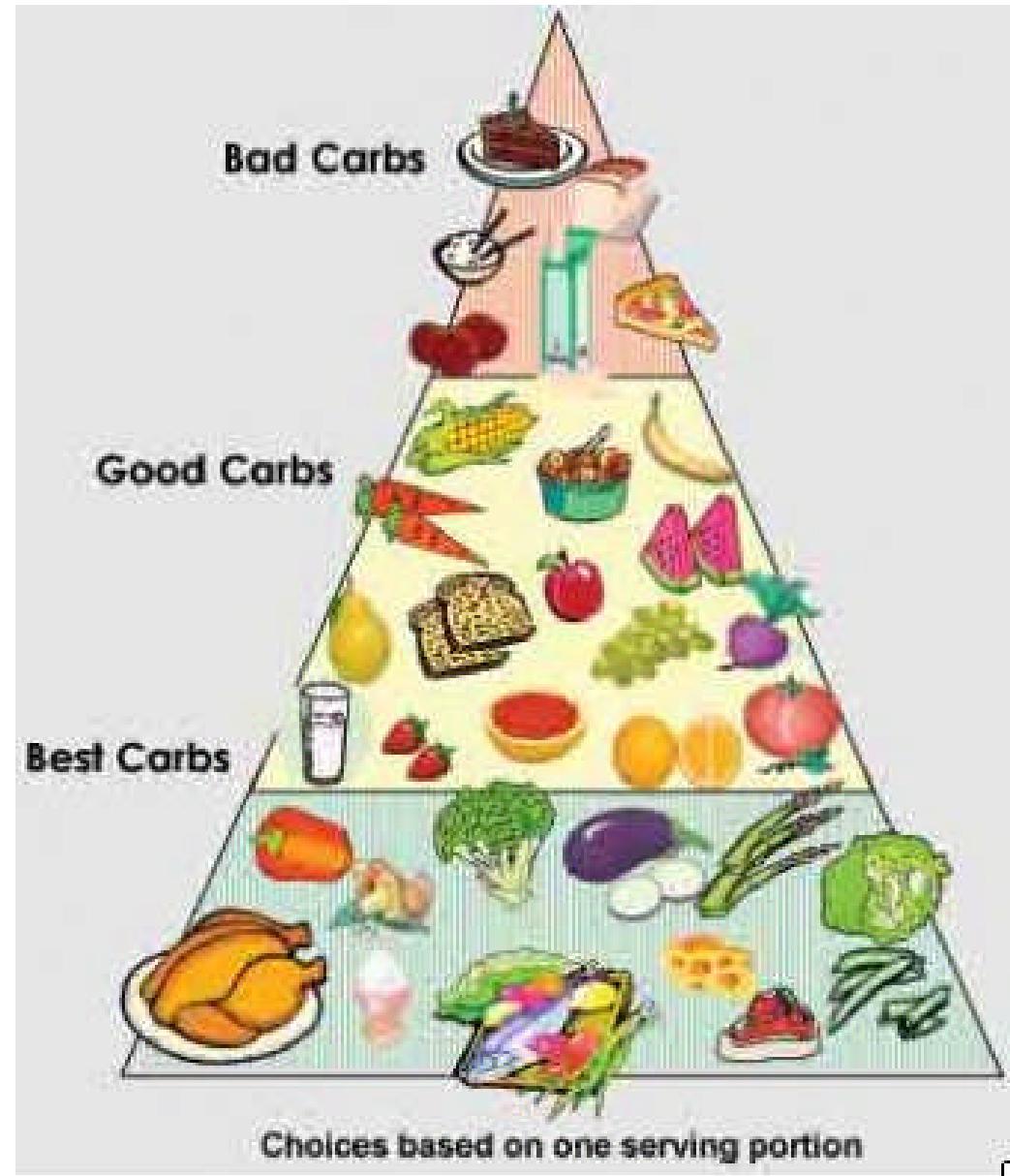
Simple carbohydrates

Simple carbohydrates are found in foods such as fruits, milk, and vegetables

Cake, candy, and other refined sugar products are simple sugars which also provide energy but lack vitamins, minerals, and fiber



Good and bad carbs



Carbohydrates – energy source

Bread (wheat and rice flour), roti, chappati, cereals, pasta.

Energy measured in calories.

Body converts excess carbs into fat and saves it for winter.



Proteins

- Proteins build muscles and body mass.
- We get proteins from meat, fish, beans, peanuts, lentils (dal).



Proteins are made of amino acids

- Nine amino acids are essential for humans, and must be obtained from diet (cannot be produced).
- They are found in: eggs, soy, pulse (beans), white fish.

Proteins from Vegetables

- Tofu (bean curd)
- Lentils or Dal (toor dal is brain food).
- Peanuts
- Beans, Rajma.



Meats

- Fish
- Eggs
- Chicken
- Mutton
- Beef
- Pork
- etc

Mercury Poison in fish

- Mercury and lead cause brain damage.
- Mercury is used in CFL bulbs and tubelights. In US, you cannot throw this in garbage, because it will pollute the watertable below the garbage dump.
- Mercury is found in fish, more in large fish.

Lead and arsenic poisons

- Lead was used in pipes, bullets and hats (mad hatter). Lead was responsible for madness and fall of Roman empire.
- Search on google and read.

Fish is brain food

- Small fish (white meat): smelt, sardines, anchovies, mackerel, pomfret, etc.
- Medium fish: king fish, salmon (red meat).



Pomfret



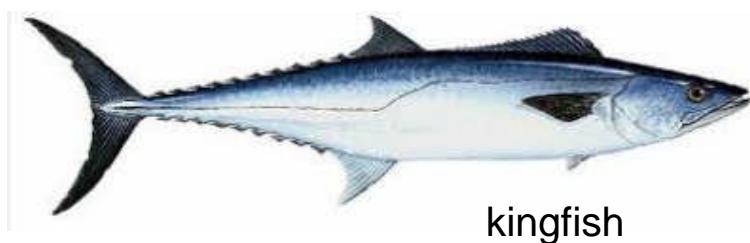
Sardine



mackerel



Salmon



kingfish

Fish is brain food

- Large fish (red meat) are cheaper but they contain more mercury and should be avoided:
Tuna (shark family), whale, cat fish.



Tuna



catfish

Tuna fish is cheap



Sea food

- Prawns and shrimp, difficult to clean



Fish oil

- If you don't like fish smell, but need it in your diet, take fish oil capsules (cod liver oil, fish oil).



Chicken proteins

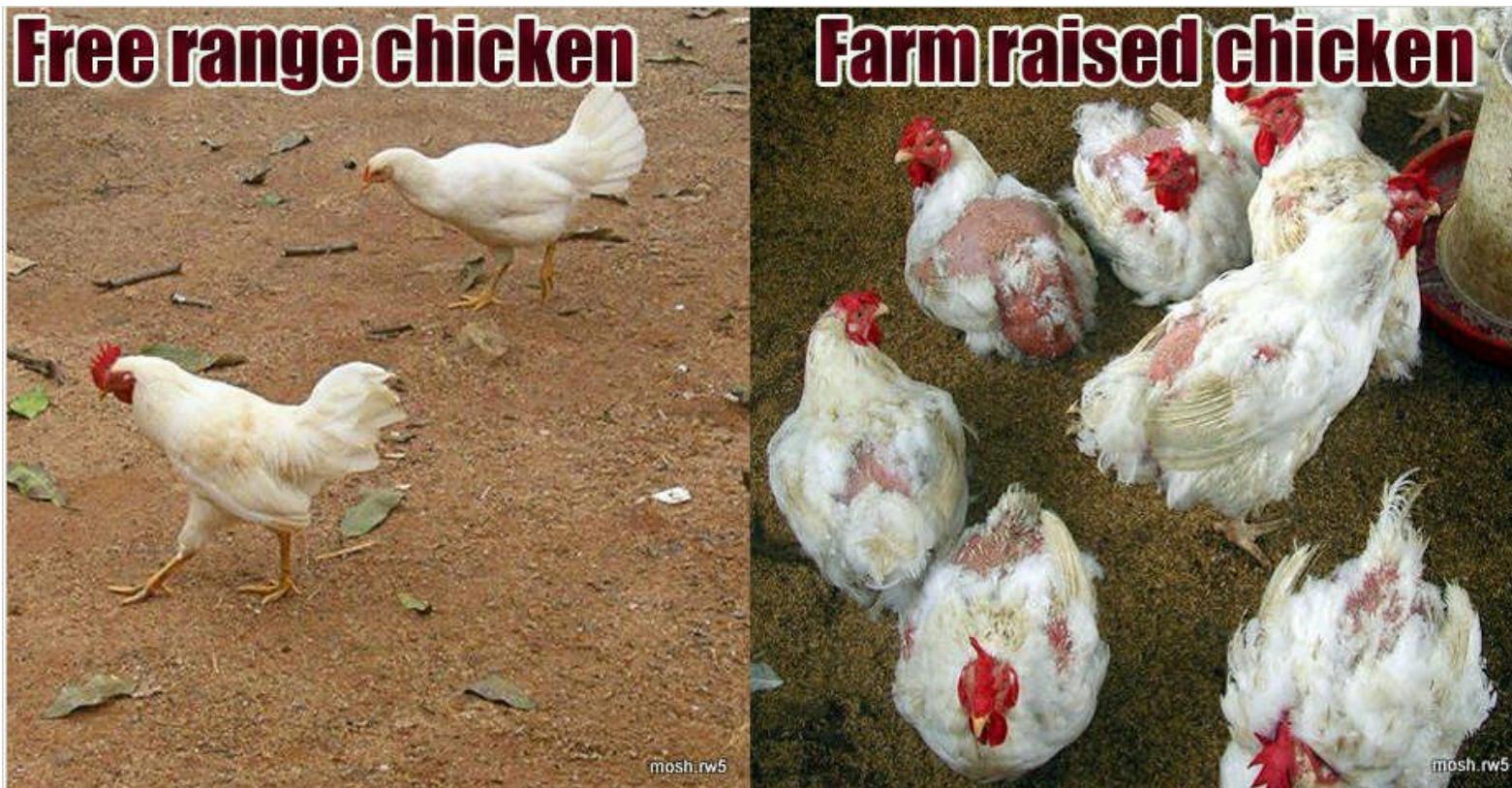
- Chicken leg (red meat) and wings (white meat) have different proteins.

[http://en.wikipedia.org/wiki/Chicken_\(food\)](http://en.wikipedia.org/wiki/Chicken_(food))

Chicken farm



Farm raised chicken (photo from Mangalore chicken shop).



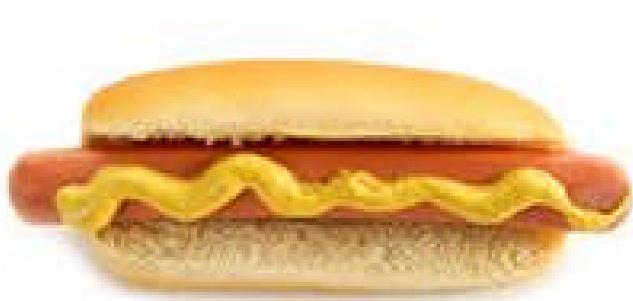
Growth hormones fed to chicken end up in humans

Antibiotics fed to animals effect people.



Hot dog

- Made in a factory from leftover parts of meat (see on youtube).



rBGH hormone



**NORMAL GRASS FED
COW**

**GROWTH HORMONE +
ANTIBIOTICS + CORN FED**

Milk

- Always boil milk or you will get TB.
- Lactose intolerance as you get older



Curd

Curdling (coagulating) milk with renet or any edible acidic substance such as lemon juice orvinegar, and then allowing it to set.

The increased acidity causes the milk proteins (casein) to tangle into solid masses, or *curds*.

Remaining liquid, which contains only whey proteins, is the whey.



Lactobacillus is a kind of bacteria which can convert a sugar into an acid by means of fermentation. It converts the lactose into lactic acid, which imparts the sour taste to curd.

Cheese

- Milk is curdled by adding acids such as vinegar or lemon juice. Most cheeses are acidified to a lesser degree by bacteria, which turn milk sugars into lactic acid, and adding rennet to make cheese.
- 8000BC very old art.



Cheese is valued for its portability, long life, and high content of fat, protein, calcium, and phosphorus.

See <http://en.wikipedia.org/wiki/Cheese>

Cheese

Cheese is concentrated milk, high in fat,
useful for longer storage and travel.

Cheese consumption is the leading
contributor of **saturated fat** in the U.S. diet,
increases **LDL cholesterol** and CVD
(cardiovascular disease).

See <http://en.wikipedia.org/wiki/Cheese>

Gelatin

- Made by boiling waste bones.
- Classified as vegetarian by FDA.
- Used in jelly beans, jelly, foods.



Alcohol

- Wine is fruit juice preserved in alcohol for winter, before refrigerator (till 1900).
- Alcohol is made by fermenting sweet juices (sugars are digested by yeast).
- Hard liquors, whiskey, rum, vodka – to get drunk.
- Bad for the brain, liver, body.
- Alcoholism is addiction to alcohol, AA.

Beer

Light



Dark Ale



Pale



Stout



Beer on tap in a bar



Beer Keg



Liqueurs (dessert)

Liqueurs are very sweet and often syrupy, flavoured with fruit, cream, herbs, spices, flowers or nuts, with high alcohol to preserve the flavours.



**BAILEYS &
KAHLUA**

How to open Champagne bottle?

Dessert wines

- Served with sweets, ice-cream after dinner, in small quantity (10ml).
- Sweet wines: Moscato, straw (raisin), Riesling, sherry, port,
- Sparkling wines: champagne.
- See <http://winefolly.com/review/types-dessert-wine/> and http://en.wikipedia.org/wiki/Dessert_wine



Google office



Oils

- Cooking oils: Saffola, Canola, Sunflower for high temperature frying.
- Question: What happens if you fry pooris at lower temperature?
- Cheap oils: Dalda, Veg oils.
- Salad oils: Ghee, Butter, Olive, Walnut, Almond, Sesame oils.
 - Not for frying, as they burn easily.

Olives - produced in south Europe since 1000s BC



Omega 3 and Olive oil

- “First cold pressed” “extra virgin” olive oil.
- 1% acid; considered the finest and fruitiest, and thus the most expensive
- “Cold” refers to the olives being kept no higher than 28 °C, and “pressed” refers to the method of extraction.
- no heat or chemical additives in extraction
- the olive oil keeps its full nutritional value.
- see http://en.wikipedia.org/wiki/Olive_oil

Fats

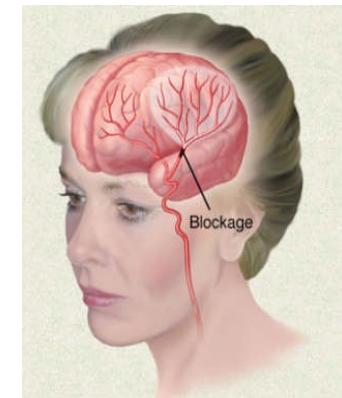
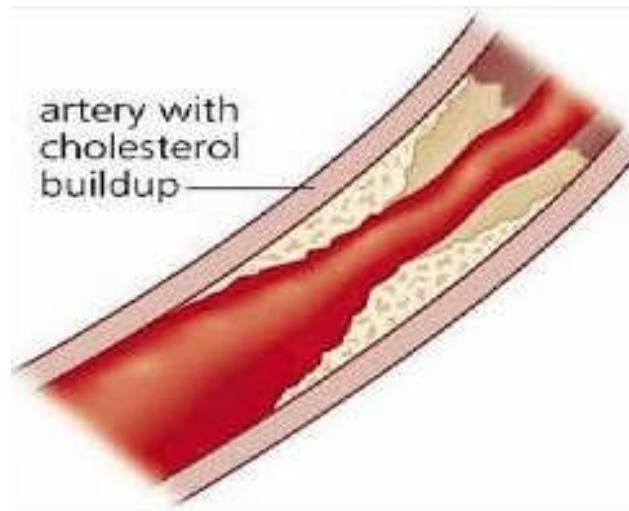
- The fat found in butter, margarine, soft spreads, and vegetable oils is considered either good (unsaturated) or bad (saturated and trans-fat).
- Good: Unsaturated fats (mono-unsaturated and poly-un-saturated) prevent clogged arteries that block the flow of blood to the heart and brain.
- Unsaturated fats should be used in cooking.

Good: Mono-Sat fats

- Monounsaturated fat is the primary type found in olive, canola, and sesame oils, as well as in avocados and avocado oil, and in nuts and their oils.
- Polyunsaturated fat is prevalent in corn, cottonseed, and safflower oils; sunflower seeds and sunflower oil; flaxseed and flaxseed oil; soybeans and soybean oil; tub margarine and soft spreads; and seafood.

Bad: Saturated fat

- Saturated fat increases the risk of blocked blood vessels.
- Heart attack, stroke, etc.



Bad: Saturated fat

- Found in fatty meats, and in full-fat dairy foods - butter, cheese, ice cream, and whole milk (lots of dietary cholesterol).
- Coconut oil, palm, palm kernel oil, and cocoa butter supply large amounts of saturated fat, too, but are cholesterol-free.

Bad: Trans-fat

- Trans fat, (or **trans fatty acids**) are created by hydrogenating vegetable-oils into solids. Eg. Dalda is “**partially hydrogenated oils.**”
- *Trans fat raises your*
 - increase “**bad**” (*LDL*) cholesterol
 - lowers your “**good**” (*HDL*) cholesterol. .

Bread, Chappati, Roti, Naan, Poori



Cooking

Mohsin, JKSHIM, 7-2014.

Cooking basics

- Cleanliness, Wash veg, hands, vessels.
- Balance Acidity/Base in foods.
 - Mildly Acidic: Lemon, Curd, Kokum, Tamarind
 - Basic: Brinjal, Papaya
- Saliva in mouth breaks down starch into sugar.
- HCL acid in stomach digests the food.
- Bacteria in intestines digests the food.

Spices

- Chillies - anti cancer
- Turmeric - antibiotic
- Mustard
- Ginger
- Garlic
- Curry leaves

spices 1

Spices



cloves



black peppercorns



star anise



cinnamon



nutmeg



ginger



saffron



turmeric



paprika

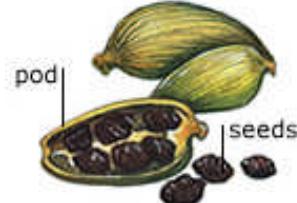
Red chilly powder



cumin seeds



coriander seeds



cardamom

spices 2



spices 3



spices 4



spices 5



Cardamom – warming



Coconut – smoothing



Curry leaves – fresh



Saffron – aroma



Star Anise – Licorice



Jaggery – sweet

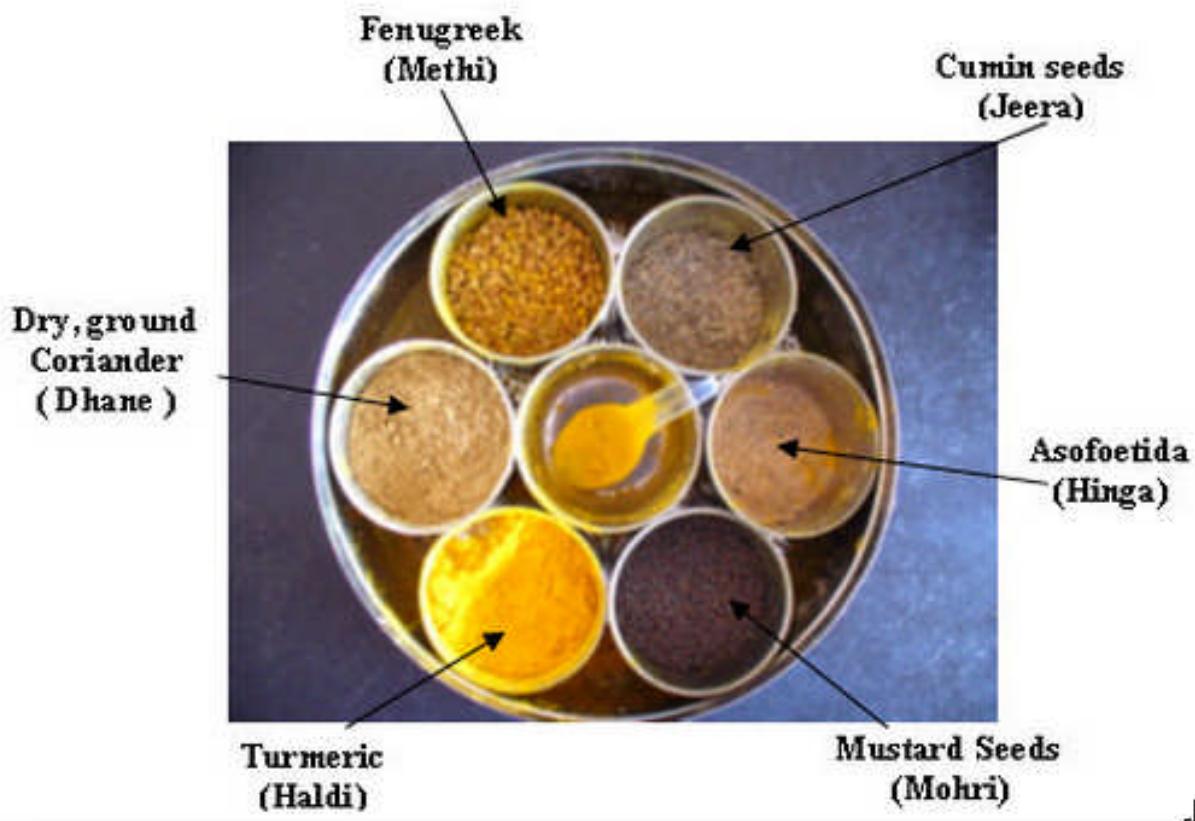


Chilli – fiery



Tamarind – fruit / sour

cooking spices 1



cooking spices 1



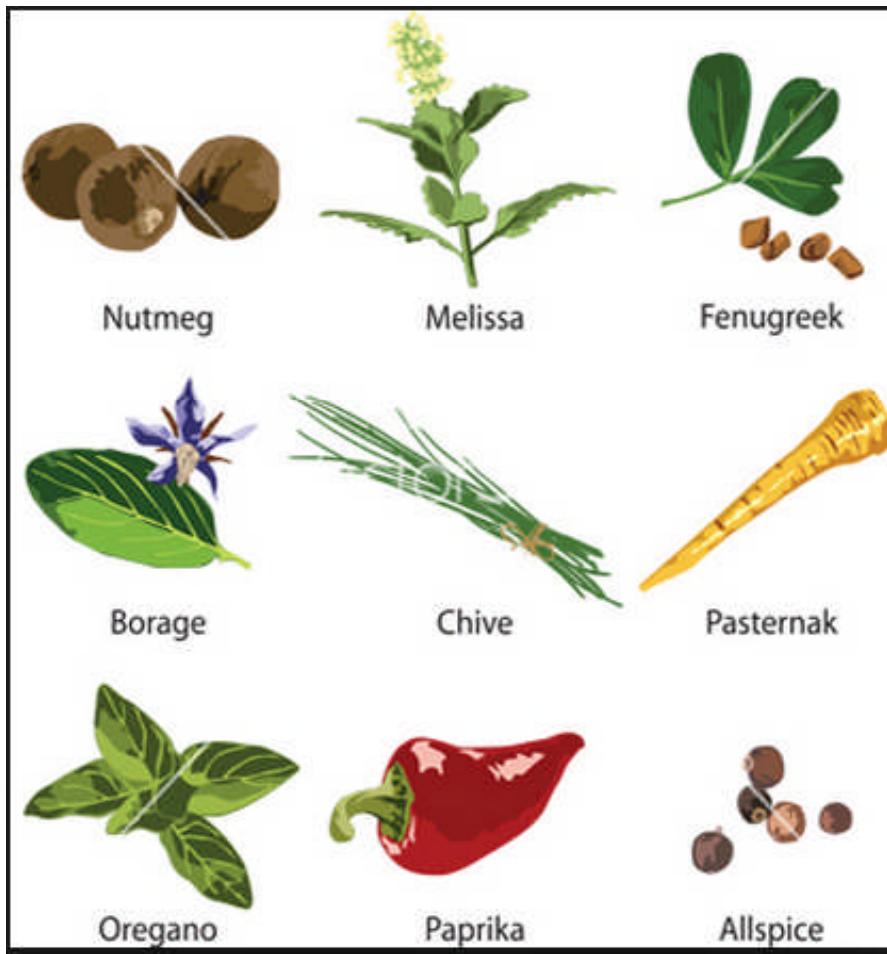
US spices 1



US spices 2



US spices 3



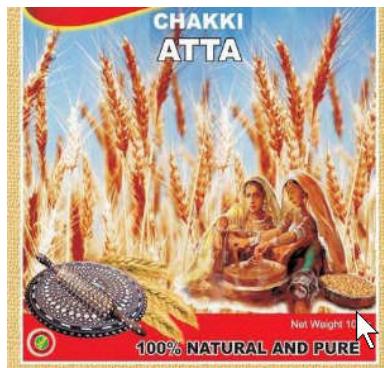
Maida roti

- Maida (refined flour), harder to digest, lack of fibre, elastic dough.
- Roti and Nan, fermented overnight with yeast or baking powder (not good), also called leavened bread.
- Need oven to cook.



Whole wheat Chappati

- Atta (whole wheat flour) is made from flour of wheat, more fibre, harder to roll dough.
- Chappati (also called unleavened bread).
- Cooked on fire and pan without oven.



Kneading

- Atta and water are mixed thoroughly for about 15 minutes to make it elastic, before making chappati / roti / bread.
- Add one spoon oil and pinch of salt, for taste.
- Otherwise chappati will break up.



See <http://en.wikipedia.org/wiki/Kneading>

Making chappati is easy with practice



Roasting chappati

- Roast one side lightly.
- Roast second side till steam forms inside it.
- Be careful of the steam, it will burn your fingers.



Fermenting dough for bread

- Fermentation occurs when yeast and bacteria inside the dough convert carbohydrates to carbon dioxide causing gas bubbles to form, which has a leavening effect on dough.
- This process is very similar to wine, beer and sour kraut and causes a strong aromatic sensation that is usually pleasing.
- The gas bubbles expand inside the dough making the dough appear larger, this is called leavening. There are two theories for the origins of leavened bread dating back to Antiquity:
- Egyptian beer was added to in lieu of water, thus introducing yeast into the dough.
- A piece of dough was forgotten, leavened by ambient yeast and later baked.

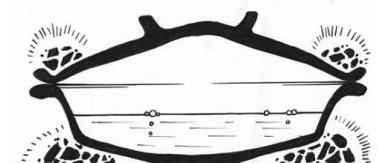


Bread recipes

- Flour (maida, wheat, ragi, jowar, lots).
- Water, olive oil, salt, sugar, yeast, spices.
- Knead the dough
- Ferment at warm temperature for few hours.
- Bake at lower temperature, 350 to 425C for 30 to 45 minutes (more brown crust).

Baking bread

- Oven: traditional, bread machine, dutch oven.



Buying and Cooking fish

- Buying
 - body must be firm and supple to touch,
 - gills must be reddish (not brown or black),
 - skin should be shiny not pale.
- Cleaning
 - Remove scales, fins, gut, wash with clean water.
- Cooking
 - Spices: salt, turmeric, chillies, garlic.
 - Shallow fry or bake.

Methods of cooking

From <http://en.wikipedia.org/wiki/>

Category:Cooking_techniques

Blanching - is a cooking process wherein the food substance, usually a vegetable or fruit, is plunged into boiling water, removed after a brief, timed interval ..

Broiling - heat source for grilling comes from above, grilling is termed **broiling**.

Sautéing (tossing while cooking) is a method of cooking food, that uses a small amount of oil.

Pressure cooker

Pressure cooking allows food to be cooked with greater humidity and higher temperatures than possible with conventional boiling or steaming methods.

For beans.

Careful, high pressure!



Steaming

Steaming is a method of cooking using steam. **Steaming** is considered a healthy cooking technique and capable of cooking almost all kinds of food.

Grilling

- **Grilling** is a form of cooking that involves dry heat applied to the surface of **food**, commonly from above or below



Quiz

Rules

- 2 contestants from each section (A, B, C).
- 1 Score keeper.
- Turns: round robin (A>B>C>A..)
- Each question is flashed, and teams can give answer in 15 seconds, then next team can try same question and pick a different answer.
- After all 3 have replied, the answer is checked.
- Marks: 20, 10, 5.
- Unanswered questions maybe passed to audience.
- Total marks will be recorded for each section.

Sample Quiz

Quiz -- GRE word

file:///C:/quiz/gre/words_college_gre_words-quiz-01.htm

Quiz 1 of 50 -- GRE word definitions

Number	Question	Answer	Your answer
1	presentient	correct, answer is 1	1 <input checked="" type="radio"/> adj. Perceiving or feeling beforehand. 2 <input type="radio"/> v. To keep clear of. 3 <input type="radio"/> adj. Guilty. 4 <input type="radio"/> adj. Recurring every seven years. 5 <input type="radio"/> n. A book whose leaves are so made to form paper frames for holding photographs or the like.
2	eminent	wrong, answer is 5	1 <input checked="" type="radio"/> v. To become or cause to become withered or dry. 2 <input type="radio"/> adj. Able to reinforce sound by sympathetic vibrations. 3 <input type="radio"/> v. To overcome by force. 4 <input type="radio"/> adj. Two-sided. 5 <input type="radio"/> adj. High in station, merit, or esteem.
3	operate		1 <input type="radio"/> adj. Capable of being remedied or corrected. 2 <input type="radio"/> adj. Open to ridicule. 3 <input type="radio"/> adj. Efficient. 4 <input type="radio"/> v. To put in action and supervise the working of. 5 <input type="radio"/> v. To drive out or away.

Sample Quiz

Quiz -- GRE Synon x

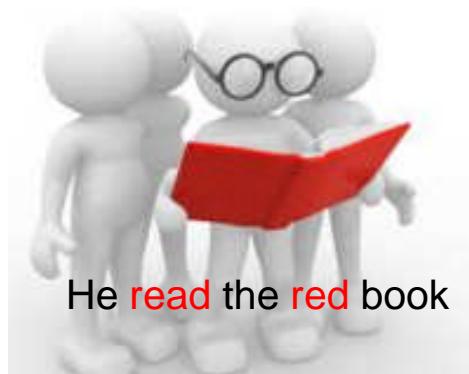
file:///C:/quiz/words/words_college_gre_synonyms-01

Quiz 1 -- GRE Synonyms

Number	Question	Answer	Your answer	choices
1	Extol	correct, it is Applaud	Applaud	choices:, (1). Erotic, (2). Applaud, (3). Bawdy, (4). Curative, (5). Asperity
2	Rueful	wrong, it is Contrite	Daze	choices:, (1). Stereotyped, (2). Daze, (3). Befitting, (4). Contrite, (5). Honorable
3	Remorseful		choices:, (1). Affable, (2). Belligerent, (3). Etiquette, (4). Contrite, (5). Cavil

Can you read these
words and sentences loudly?

And explain the multiple
meaning of the words.



He **read** the **red** book

1 Read these loudly

1. Must I **read red** books now? I never **read red** books in the past, nor will I **read red** books in future.
2. He **rose** to give **Rose** a **rose rose**.
3. He will **lead** the students to the **lead** pencil shop.
4. He **led** the soldiers with a **lead** gun.
5. The bandage was **wound** around the **wound**.
6. The farm was used to **produce** **produce**.
7. The dump was so full that it had to **refuse** more **refuse**.
8. We must **polish** the **Polish** furniture.

2 Read these loudly

1. The soldier decided to **desert** his **dessert** in the **desert**.
2. Since there is no time like the **present**, he thought it was time to **present** the **present** to those **present** at the meeting.
3. A **bass** was painted on the head of the **bass** drum, by the **bass** guitarist.
4. The **dove dove** into the bushes on hearing the gun. Then the **does** flew away.
5. I did not **object** to the **object**.

3 Read these loudly

1. The insurance was **invalid** for the **invalid**.
2. There was a **row** among the oarsmen about how to **row** the boat.
3. You are too **close** to the door to **close** it.
4. A seamstress and a **sewer** fell down into a **sewer** drain.
5. The farmer taught his **sow** to **sow** seeds in the field.

4 Read these loudly

1. Please **wind** the **watch**, and **watch** for the wind from the fan.
2. Upon seeing the **tear** in the painting I shed a **tear**.
3. I had to **subject** the **subject** to a series of tests.
4. How can I **intimate** this news to my most **intimate** friend?

Can you spell these words?

Are these correct spelling?

- | | |
|--------------|---------------------------------------|
| 1. Seperate | 1. concious |
| 2. Garanty | 2. assasination |
| 3. Mispell | 3. calender |
| 4. Hier | 4. chauffeur <small>chauffeur</small> |
| 5. Neice | 5. colleague <small>colleague</small> |
| 6. acheive | 6. commitee |
| 7. Rythm | 7. ecstacy |
| 8. Occured | 8. Farenheit |
| 9. Occurence | 9. florescent |

Are these correct spelling?

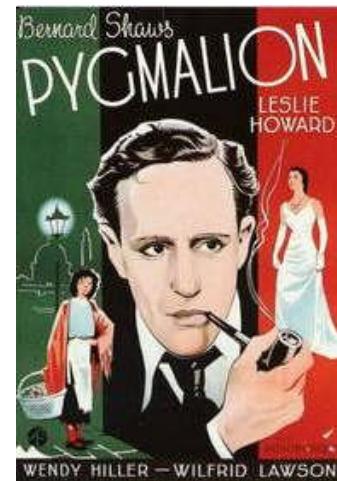
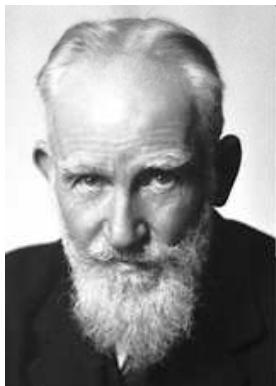
- | | |
|-----------------|---------------|
| 1. idiosyncracy | 1. forseeable |
| 2. interupt | 2. foriegn |
| 3. knowlege | 3. goverment |
| 4. millenium | 4. gaurd |
| 5. neccessary | 5. garantee |
| 6. noticable | 6. harrass |
| 7. occured | 7. peice |
| 8. ocassion | 8. posession |
| 9. persistant | 9. propoganda |

Are these correct spelling?

1. publicaly
2. recieve
3. religous
4. refered
5. resistence
6. seige
7. succesful
8. suprise
9. tendancy

1. tommorow
2. truely
3. unforseen
4. unfortunatly
5. wierd
6. whereever

Pygmalion by G. B. Shaw



The play

- ***Pygmalion*** is a play by George Bernard Shaw, named after a Greek mythological character. It was first presented on stage to the public in 1912.
- The play is a sharp lampoon of the rigid British class system of the day and a commentary on women's independence.
- The "Pygmalion" movie was made in 1938.

Allegory

- **Allegory** is a literary device in which characters or events in a literary, visual, or musical art form represent or symbolize ideas and concepts.
- In ancient Greek mythology, [Pygmalion](#) fell in love with one of his sculptures, which then came to life.

from wikipedia

- The 1964 movie "My Fair Lady" is also based on this play.



Storyline

- Professor of phonetics and languages Henry Higgins makes a bet with his friend that he can make a London flower seller pass her off as a society lady.
- He trains the bedraggled Cockney flower girl, Eliza Doolittle to pass for a duchess at an ambassador's garden party by teaching her to assume a veneer of gentility with impeccable speech. (from wikipedia)
- However Higgins discovers that this involves dealing with a human being with ideas of her own. (from imdb)

Actors

- Prof. Henry Higgins
- Col. Pickering
- Eliza Dolittle
- from <https://sites.google.com/a/fsh.echalk.com/pygmalion/resume>



Initial Situation



- Eliza Doolittle is a poor girl with a thick accent and no prospects.
- Henry Higgins and Colonel Pickering are linguists.
- The three have a fateful encounter one night in Covent Garden.

Conflict

- The next day, Pickering and Higgins are working in Higgins's laboratory.
- Their conversation is interrupted by the entrance of Eliza.
- When the girl demands to be given lessons, Higgins bets Pickering he can pass her off as a duchess given six months.
- Pickering takes the bet.

Complication

- Alfred Doolittle, Eliza's father, shows up and blackmails Higgins into giving him some money.
- Eliza is a quick student, but teaching her proper grammar and manners proves difficult.
- Freddy Eynsford Hill falls head over heels for Eliza.
- Higgins's mother warns him that he's only hurting Eliza by training her.

Climax

- After winning the bet, Higgins acts like he was completely bored by the whole process.
- He and Pickering proceed to talk about Eliza as if she hadn't even taken part in the plan.
- Eliza gets angry at Higgins and throws a slipper at him.
- Eliza decides to leave Higgins's home, and the two argue until Higgins loses his cool.

Suspense

- Higgins shows up at his mother's house the next day looking for Eliza.
- She seems to have left in the middle of the night, and Higgins can't handle his daily life without her.

Denouement

- It turns out that Eliza has been at Mrs. Higgins's house.
- Eliza acts calm and collected, and gives Pickering most of the credit for her transformation, thus infuriating Higgins.
- When Eliza, surprised by the appearance of her father, howls as she used to before she was trained, Higgins declares victory.
- The two proceed to have a long argument.

Conclusion

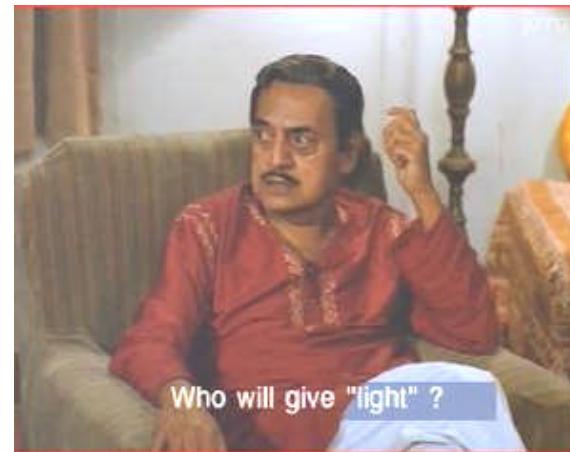
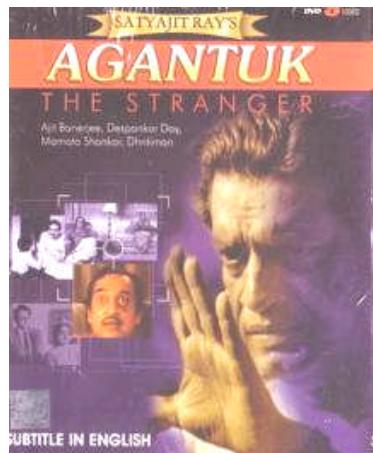
- The argument, which focuses on Eliza's future, ends after Eliza threatens to sell Higgins's trade secrets to support herself.
- Higgins nearly strangles her, before deciding that Eliza has finally established herself as his equal.
- He invites her come back and live with him and Pickering again.
- Eliza declines and says goodbye for the last time.
- Higgins feels confident she'll come back anyway.

Greetings

Q1. What do you reply to "How do you do?"

Q2. Do you greet everyone on campus, or just the teachers who are teaching you a course that semester?

Agantuk (Stranger) Bengali Movie 1991, by Satyajit Ray



Story

- Anila ([Mamata Shankar](#)) receives a letter from a man, who claims to be her long lost uncle Manomohan Mitra ([Utpal Dutt](#)).
- He is visiting India after 35 years abroad and Anita is his only surviving relative, so he wants to meet her in Calcutta before he sets off again.
- Anila looks forward to the meeting, but her husband Sudhindra ([Deepankar De](#)) is suspicious.
- The uncle arrives and stays with the family.
- He says that he is an [anthropologist\[3\]](#) who has traveled all over the world, and he immediately wins the friendship of Anila's son Satyaki.



Anila



Manmohan



Sudhindra



Satyaki

Story 2

- Anila suddenly remembers her grandfather's will, and Sudhindra is quick to suspect that the man calling himself Manomohan has come only to claim his share of the inheritance.
- Anila now also starts to doubt his identity, while their son truly believes that he is the man he claims to be.

Story 3

- The central conflict of the film rests upon the identity of the man and the family's struggle to accept or reject it.
- Sudhindra subjects the visitor to various tests in an effort to resolve this conflict.
- In a final attempt to unravel the truth, he invites a lawyer friend to gently question the guest.

Story 4

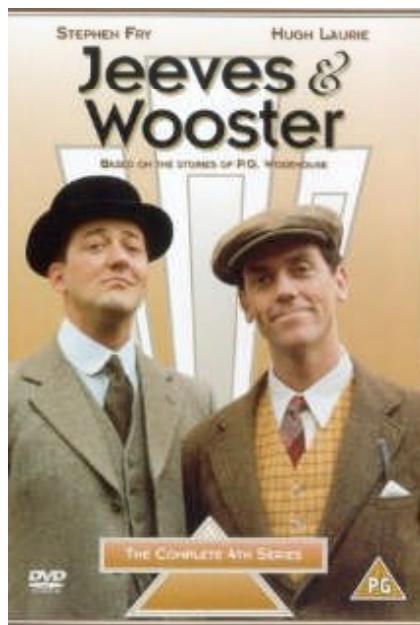
However, matter's turn ugly as the lawyer's anger builds up until finally he orders the guest to "either come clean or just clear out."

- The next morning, the visitor is nowhere to be found.
- Desperate to find him. the family finally learns that he is in fact Manmohan Mitra and they locate him in a remote village.

Story 5

- The couple apologises to Manmohan, and persuades him to come back with them to Calcutta.
- Back in Calcutta, just before he leaves for Australia, Manmohan gives the family his entire share of the inheritance.

Jeeves and Wooster



Comedy
series by
P.G.
Wodehouse

Author

- Author P. G.Wodehouse (1881–1975), has written 100s of stories and novels.



P.G.Wodehouse

Theme

- Bertram Wooster, a well-intentioned, wealthy layabout, has a habit of getting himself into trouble, to be saved by Jeeves.
- **Jeeves** is the brilliant valet of Bertie Wooster (see <http://en.wikipedia.org/wiki/Jeeves>)
- Jeeves is known for his convoluted yet precise speech and for quoting from Shakespeare and famous romantic poets.



from <http://www.imdb.com/title/tt0098833/>

The stories

- The series chronicles the misadventures of the perfectly dressed Bertie Wooster and his brilliant valet, Jeeves.
- Peppered with sporting dialogue and memorable, dim-witted and eccentric characters.

Jeeves
(Stephen Fry)

Wooster
(Ben Laurie)



Characters



Gussie Finknottle



Madeline Bassett

See <http://www.thevoid.com/media/jeeves/jeeves00.htm>

Characters



Barmy



Tuppy



Cora

See <http://www.thevoid.com/media/jeeves/jeeves00.htm>

Memento

Logic of Knowledge and Time

Memento the movie

- ***Memento*** is a 2000 American neo-noir psychological thriller film written and directed by Christopher Nolan, adapted from his younger brother Jonathan Nolan's short story "Memento Mori".

Story 1

- *Memento* is presented as two different sequences of scenes: a series in black-and-white that is shown chronologically, and a series of color sequences shown in reverse order.
- The two sequences "meet" at the end of the film, producing one common story.

Story 2

- It stars Guy Pearce as Leonard Shelby, a man with anterograde amnesia, which impairs his ability to store new explicit memories, who has developed a system for recollection using hand-written notes, tattoos, and Polaroid photos.

Story 3

- During the opening credits, which portray the end of the story, it is shown that Leonard kills Teddy ([Joe Pantoliano](#)).
- The film suggests that this killing is vengeance for the [rape](#) and [murder](#) of his wife ([Jorja Fox](#)) based on information provided by Natalie ([Carrie-Anne Moss](#)).

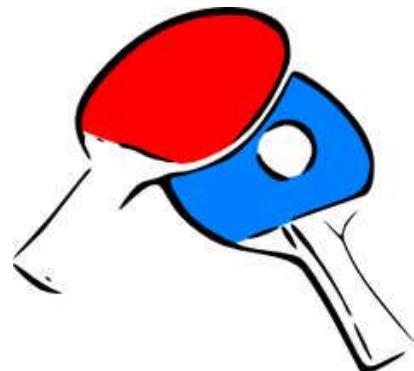
Theme

- *Memento* premiered on September 5, 2000, at the Venice International Film Festival to critical acclaim and received a similar response when it was released in European theaters starting in October 2000.
- Critics especially praised its unique, nonlinear narrative structure and motifs of memory, perception, grief, self-deception, and revenge.

Best movie of the decade

- The film was successful at the box office and received numerous accolades, including Academy Award nominations for Original Screenplay and Film Editing.
- The film subsequently was named as one of the best films of the 2000s decade by several media outlets, and has since appeared in several critics' best lists.

Ping Pong is a
2002 Japanese movie
about Table Tennis
(English subtitles, 2 hours)



Story

- The film traces the growth and friendship of two very different high-school ping-pong players. "Peco" Hoshino is a brash, arrogant player, determined to turn pro.
- He taught his quiet, nerdy childhood friend "Smile" Tsukimoto.
- Smile frustrates his coach and rivals, who recognize his talent for the game since it is just a game to him.



Peco



T-suki-moto

Theme

- To teach him, his high-school coach learns that coaching is more than just training the students to be good ping-pong players.
- Ironically, as Smile begins to develop his game, Peco undergoes a severe crisis after his defeat by rival players and is unable to play well until he rediscovers the original reasons why he plays ping-pong.

from <http://www.imdb.com/title/tt0328258/plotsummary>



Smile with Coach
Butterfly Joe

Characters



Smile's
Grand
mother



Dragon Kazama



China

My Fair Lady



1964 Musical movie based on
Pygmalion Play by G.B.Shaw

Storyline

- Gloriously witty adaptation of the Broadway musical about Professor Henry Higgins, who takes a bet from Colonel Pickering that he can transform unrefined, dirty Cockney flower girl Eliza Doolittle into a lady, and fool everyone into thinking she really is one, too.
- He does, and thus young aristocrat Freddy Eynsford-Hill falls madly in love with Eliza.
- But when Higgins takes all the credit and forgets to acknowledge her efforts, Eliza angrily leaves him for Freddy, and suddenly Higgins realizes he's grown accustomed to her face and can't really live without it.

Written by [Tommy Peter](#), from <http://www.imdb.com/title/tt0058385/>

Musical numbers

1. "Overture"
2. "Why Can't the English Learn to Speak?" – Higgins
3. "[Wouldn't It Be Loverly?](#)" – Eliza, Workers
4. "An Ordinary Man" – Higgins
5. "[With a Little Bit of Luck](#)" – Alfred Doolittle, Harry & Jamie, Ensemble
6. "Just You Wait" – Eliza
7. "Servants Chorus" – Mrs. Pearce, Servants
8. "[The Rain in Spain](#)" – Eliza, Higgins, Pickering
9. "[I Could Have Danced All Night](#)" – Eliza, Mrs. Pearce, Maids
10. "Ascot [Gavotte](#)" – Ensemble
11. "Ascot Gavotte (Reprise)" – Ensemble
12. "[On the Street Where You Live](#)" – Freddy
13. "Intermission"
1. "Transylvanian March" – Band
2. "Embassy Waltz" – Band
3. "You Did It" – Higgins, Pickering, Mrs. Pearce, Servants
4. "Just You Wait (Reprise)" – Eliza
5. "On the Street Where You Live" (reprise) – Freddy
6. "Show Me" – Eliza & Freddy
7. "Wouldn't It Be Loverly" (reprise) – Eliza, Workers
8. "[Get Me to the Church on Time](#)" – Alfred Doolittle w/ Harry, Jamie & Ensemble
9. "A Hymn to Him (Why Can't A Woman Be More Like a Man?)" – Higgins, Pickering
10. "Without You" – Eliza, Higgins
11. "[I've Grown Accustomed to Her Face](#)" – Higgins
12. "Finale" – Ensemble

Cast

- Audrey Hepburn (Marni Nixon, singing) as Eliza Doolittle
- Rex Harrison as Professor Henry Higgins
- Stanley Holloway as Alfred P. Doolittle
- Wilfrid Hyde-White as Colonel Hugh Pickering
- Gladys Cooper as Mrs. Higgins
- Jeremy Brett (Bill Shirley, singing) as Freddy Eynsford-Hill
- Theodore Bikel as Zoltan Karpathy
- Mona Washbourne as Mrs. Pearce, Higgins' housekeeper
- Isobel Elsom as Mrs. Eynsford-Hill
- John Holland as the Butler
- Queenie Leonard as Cockney Bystander



Office Space

Story

- Peter Gibbons ([Ron Livingston](#)) is a computer programmer working for Ini-tech company in Houston, Texas, USA.
- Every day, he and his friends Samir ([Ajay Naidu](#)) and Michael Bolton ([David Herman](#)),
- suffer humiliations in their boring workspace from their
- soulless boss Bill Lumbergh ([Gary Cole](#)).
- from http://www.fandango.com/officespace_v176021/plotsummary

Peter's boring life

- Peter is stuck in his apartment with thin walls, every day is worse than the one before it.
- His neighbour, a construction worker seems to know how to live life.
- Initech has hired a pair of "efficiency experts" to downsize (fire people to save money) the company.

Peter is hypnotized

- One Friday night, Peter's girlfriend Anne ([Alexandra Wentworth](#)) (she is selfish and is cheating on him) forces him to go to an hypnotherapist to relieve work stress.
- While Peter is under hypnosis, the therapist dies.

Hypnotized Peter is more confident

- If something annoys him, he just ignores it or walks away from it.
- He is completely relaxed and enjoying life for the first time in a long time.
- On Monday, Peter skips work and sleeps in.
- He gets up at lunchtime and goes to a restaurant next to his office.
- Peter asks the waitress he's had a crush on, Joanna ([Jennifer Aniston](#)), on a date.

Confident Peter is promoted

- When Peter stops into the office to pick up his organizer, he's called in to talk to the efficiency experts.
- Relaxed and friendly, Peter charms them as he describes everything wrong with the office, including his boss.
- Even as Peter now appears at work only as the mood strikes him, the experts decide he's management material and give him a promotion even as they lay off the hardworking Samir and Michael.

How they make money

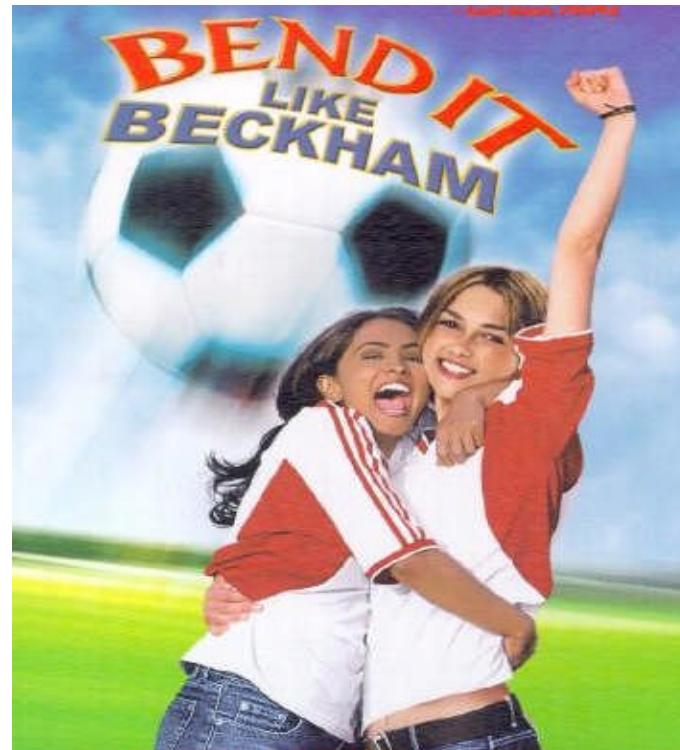
- Peter then convinces his friends to take revenge on their company.
- They write a virus to collect fractional change from accounting into their own bank account.
- A mistake in the software makes them richer much faster.

Class Structure Stereotypes

- Bill: uncaring upper class boss.
- Anne: pushy upward mobile yuppie girlfriend.
- Peter: hard working upper middle class.
- Samir: hard working immigrant misfit.
- Joanna: honest hardworking middle class girl.
- Neighbour: Blue collar manual labourer, raw.

Movie: Bend It Like Beckham

Story: Indian Girl
in UK with a
dream to be a
top football
player, against
the wishes of
her family.



Review from the Web

About

- **Director:** Gurinder Chadha
- Stars: Kulvinder Ghir, Shaznay Lewis
- Time: 1h 52m minutes,
- English, Subtitled,
- 2002, UK

Summary

The film is about a typical Asian family (Punjabi India) that has moved to England and follow a traditional life.

The younger daughter Jess is studying LLB to be a solicitor in UK, she dreams of being a pro football star like Beckham.

Her sister, an airhostess is getting arranged married.

Her father Anumpam Kher, a pilot, has bitter memories of his cricketing dreams lost to racism in UK sports.

Her traditional parents don't agree and want her to grow up and carry on being part of a traditional and cultural way of life.

But football means more to her, so the film is her journey on how she succeeds this.

People

Jess (Parminder Nagra) and Juliette (Kiera Knightley), two friends who like football.

Joe (Jonathan Rhys-Meyers), Irish coach of girls team. Has no family support, broke his leg, trying to live his coach father's dream.

Jess' father Anupam Kher, an Indian pilot from Kenya in UK, with a mix traditional Sikh ideals and modern world. Bitter about racism in his youth, when he was not allowed to play cricket for the UK club.

Juliet Stevenson, as **Juliette's mother**, worried that her daughter is not feminine enough.

Review

Jess (Parminder Nagra) is the British-born daughter of Sikh parents.

Her source of rebellion is to play soccer/football, and she dreams of one day being on the field with her hero, David Beckham, and kicking the ball in for the winning goal.

However, although her parents tolerated her sports passion when she was young, they now believe she should become serious about her life and prepare for the future.

Review

That means giving up "children's games" for cooking lessons, marriage, and university studies.

The edict to stop playing soccer comes just as Jess has been offered the opportunity to play for a semi-pro, all girls team.

Juliette sees Jess play and invites her to audition for the coach, Joe, who thinks Jess is brilliant.

Questions

It raised the twin issues of ethnic and gender stereotyping.

Who is David Beckham?

- English soccer star
- Famous for his “bending” shots
- Married to one of the Spice Girls

Did you ever face a situation like this?

Ground Hog day



Story

- Weatherman Phil wakes up to find that he is re-living February 2 (Ground hog day) again and again.
- The day plays out exactly as it did before, with no one but Phil aware of the time loop.
- Déjà Vu in French means to see again.

Lessons

- Since his boring day keep repeat, he makes better and better use of his time.
- Ideas:
 - All we have is today (now).
 - the past is a memory.
 - the future is just an imagination.
- That one day is enough to live life.
- He keeps making better and better choices each time.
- He turns from a *bored man* to a *man of action*.

Observations

- His friend talks of a "perfect day" in the long past.

I was in the Virgin Islands once
I met a girl.
We ate lobster.
Drank pina coladas.
At sunset, we played like sea otters.
That was a pretty good day.
Why couldn't I get that day...

Life

So what do you want out of life?

I guess I want what everybody wants.

Career, love, marriage, children.

How about you? What do you want?

Who's your perfect guy?

First of all, he's too humble to know he's perfect.

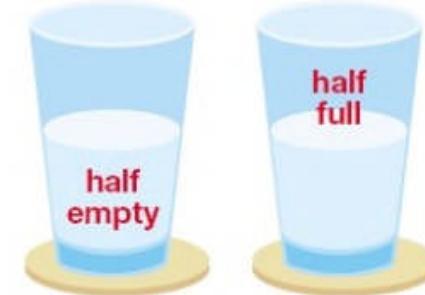
He's intelligent, supportive, funny....

Intelligent, supportive, funny. He's romantic and courageous,
got a good body but doesn't look in the mirror often.

He's kind, sensitive and gentle. He's not afraid to cry.

He likes animals, children, and he'll change diapers.

Life is a 1/2 empty glass



Some guys would look at this glass and say:

"That glass is **half empty**." Other guys would say,
"That glass is **half full**."

and you are a "**glass is half empty**" kind of guy?

What would you do if you were stuck in one
place.....and every day was exactly the same,
and nothing you did mattered?

Trapped Chakra-Vyuha of life

- His days keeps repeating. He tries tricks, cheats, steals, eating, drinks, drunk driving, **suicide**: he survives a car wreck, blown up, stabbed, shot, poisoned, frozen, hung, electrocuted and burned.
- Relationships based on lies gets him slap, and more lies just gets him more slaps.
- Nothing seems to help him, until he changes for the better to help others, and then his life gets better.

Conclusion

In the end, the same day is:

"This is the best day of my life."

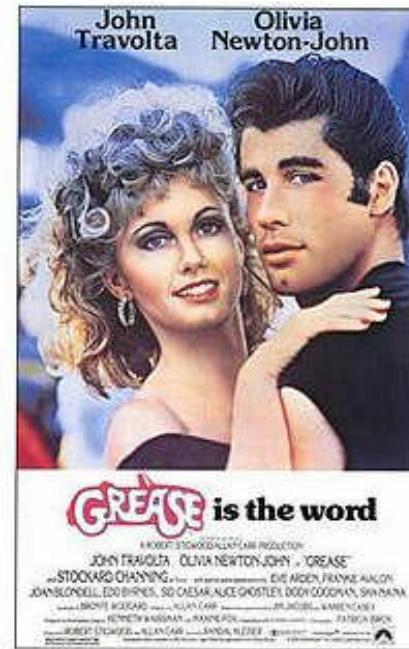
And he breaks free from the Chakra-Vyuha.

Questions for students

- What is your **perfect day**?
- **When** will it happen?
- How many **choices** do you have every day?
- Do you think, doing things differently would make a difference in your life?
- What stops you from seeing the choices?
- What stops you from **trying** new choices?
- Who is **responsible for your life**? and your future?

Grease

High School Musical Romance
movie, 1978, USA.



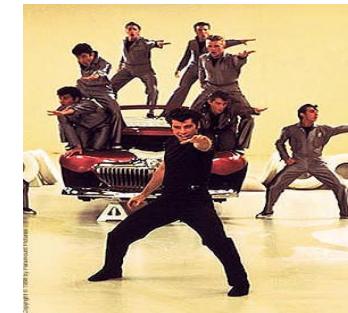
Short Summary

- Sandy from Australia and Naughty boy Danny in a summer romance, at Rydell high school in California, USA.
- Later when they unexpectedly discover they're now in the same high school, will they be able to rekindle their romance?



High school gangs

- T-birds
- Pink ladies



Characters: Danny (John Travolta)

- **Danny Zuko**
- leader of the Rydell High School's T-Birds,
- Likes Sandy Olsen (Olivia Newton John, Singer)



Characters: T-birds

- Danny
- Kenickie
- Sonny
- Doody



Characters: pink ladies

- Betty
- Frenchy
- Marty
- Jan
- Sandy



- **Betty Rizzo**, Known as just Rizzo to her friends, Rizzo is played by Stockard Channing. Formerly a lover of Danny, Rizzo doesn't approve of wholesome Sandy dating her ex-flame--even if she isn't interested in him anymore. She and current interest Kenickie have a pregnancy scare in the movie and Rizzo comes down to Earth. She ends the film hand-in-hand with him.
- Frenchy is a Pink Lady who drops out of high school to pursue beauty school. After she dyes her hair pink, she realizes she should go back to high school with her friends.



Characters: Students

- Patty
- Eugene
- Tom
- Leo
- Charlene



Rydell Staff

- Principal Mcgee



- Hodel



- Coach Calhoun



- Mrs Murdock



Rydell Staff

- Mr Lynch
- Mr Rudie

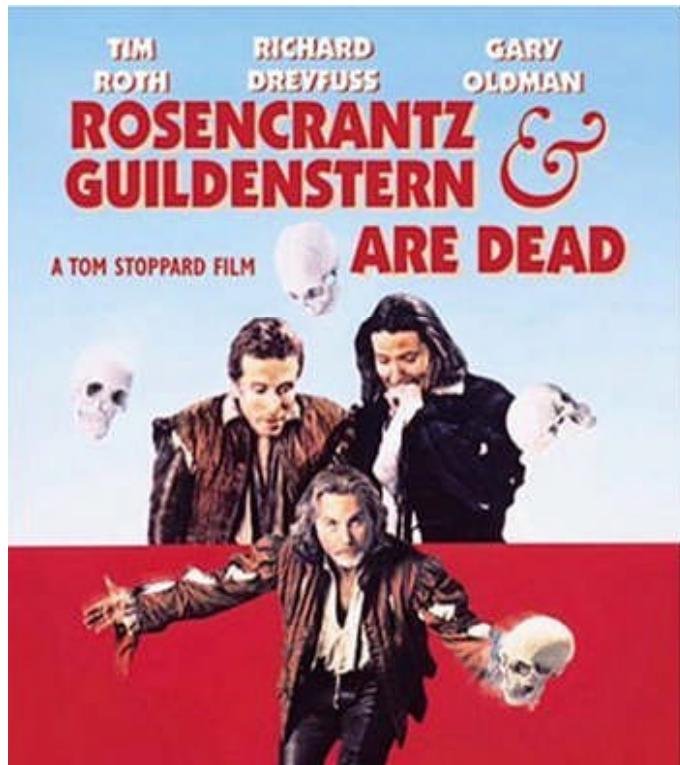


Frosty Place staff

- Vi
- Waitress



R&G Are Dead



An absurdist
existentialist 1990
award winning movie
by Tom Stoppard



Theme

- Major themes of the play include existentialism, free will vs. determinism, the search for value, and the impossibility of certainty.
- As with many of Tom Stoppard's works, the play has a love for cleverness and language.
- It treats language as a confounding system fraught with ambiguity.

from wikipedia

Movie

- Like the play, the film depicts two minor characters from William Shakespeare's play Hamlet, Rosencrantz and Guildenstern, who find themselves on the road to Elsinore Castle at the behest of the King of Denmark.
- They encounter a band of players before arriving to find that they are needed to try to discern what troubles the prince Hamlet.
- Meanwhile, they ponder the meaning of their existence.

Characters

- Rosencrantz
- Guildenstern
- Lead Player
- Hamlet
- Polonius
- Getrude
- King Claudius
- Laertes



Plot

- The film, like [the play](#), focuses on **Rosencrantz** and **Guildenstern** and their actions (or lack thereof) within the play of [Hamlet](#). The film begins as they travel on horseback to [Elsinore](#), contemplating fate, memory and language.
- **Rosencrantz** finds and continually flips a coin which always comes up heads, causing **Guildenstern** to conclude that something is wrong with reality.
- They meet a traveling troupe of tragedians on the way, and during their conversation with the lead Player, they are mysteriously transported into the action of *Hamlet* at Elsinore.
- They wander around the castle, trying to catch up to the action and understand what is going on by listening to other parts of the play.
- They are asked by the Danish royal couple to stay awhile in order to help find out the cause of, and hopefully cure, Prince Hamlet's madness.
- They spend their time outside the scenes in *Hamlet* trying to figure out what is wrong with the prince and what is required of them.

Plot 2

- The remainder of the play follows the Shakespearean drama whenever the two characters are "on stage," while the title heroes remain largely occupied with the futile hazards of daily life whenever the "main action" is elsewhere.
- Soon the very same theatre troupe arrives to play at court, as part of the Bard's tragedy.
- The Player simultaneously forbids them to stop watching their real play on the road, which cannot exist without an audience, and explains some of the plot and logic of conventional rules of plot-staging and -writing.

Plot 3

- Ultimately, they are sent to England and outside the action of the play again. The final part takes place on the ship to England, where they read the letter they are to deliver with Hamlet – discovering that it is an order for his death.
- They decide to pretend they never saw it.
- Hamlet replaces the letter, and (as described in Shakespeare's play) escapes on an attacking pirate ship.
- **R&G** worry about what they are to do now that Hamlet is gone, unaware that Hamlet has altered the letter so that it calls for their death rather than his own.
- The Player finishes the action by reading the letter that sentences them to death, and both **R&G** are hanged.
- The film ends with the tragedians packing up their cart and continuing on their way.

Hachiko: Story about
loyal dog waiting for hi
master at a station.

JKSHIM, MBA13, 9/5/2015

Labyrinth

JKSHIM, 10/5/2014.

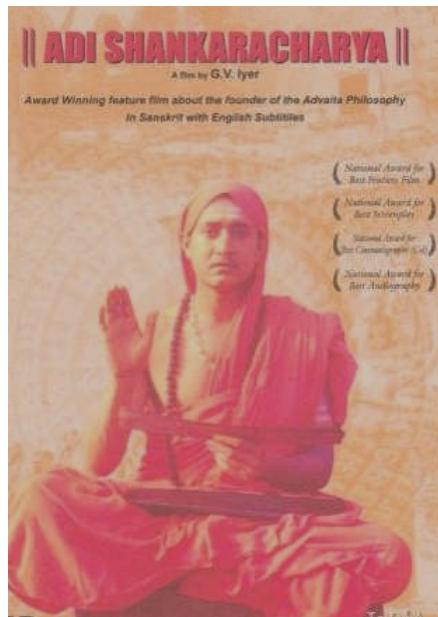
Background

- Teenage girl in a maze.
- Musical sung by David Bowie.
- Alice in wonderland, theme from logic, linguistic, Escher staircase.

23/8/2014

Shakaracharya

Sanskrit movie with English Subtitles, 1983, by G.V.Iyer



The movie

- The film depicts the life and times of 8th century Hindu philosopher, [Adi Shankara](#), who consolidated the doctrine of [Advaita Vedanta](#) ([Non-dualism](#)) in [Hindu philosophy](#).
- It was the first film in India to be made in [Sanskrit](#).
- At the [31st National Film Awards](#), it won four awards, including [Best Film](#), [Best Screenplay](#), [Best Cinematography](#) and [Best Audiography](#).
- from [http://en.wikipedia.org/wiki/Adi_Shankaracharya_\(film\)](http://en.wikipedia.org/wiki/Adi_Shankaracharya_(film))

Summary 1

- By the end of the century, Hindu thought and philosophy had acquired several obscurities and inconsistencies and faced a challenge from other heterodox sects and Buddhism.
- Born in Kerala, Shankaracharya arrived on the religious scene around this time.
- As a boy he was instructed in the religious life by his father and made to practice the prevalent rituals.
- His father's death, however, compelled him to think deeply about life and death, the body and the soul.
- from <http://www.amazon.com/Adi-Shankaracharya-Sanskrit-English-Subtitles/dp/B006QQE6GG>

Summary 2

- With his mother's approval, Shankaracharya decided to lead a life of austerity.
 - Donning the robes of the renouncer he set out on a journey in the quest of Truth, a journey which would take him across the sub-continent.
 - Shankaracharya furthered the school of Vedantic thought and propagated the Advaita (Monism) philosophy, eventually leading to the establishment of the four famous learning centres in the far corners of India.
- from <http://www.amazon.com/Adi-Shankaracharya-Sanskrit-English-Subtitles/dp/B006QQE6GG>

The Millionairess

1936 Play by G. B. Shaw
1972 BBC Movie



JKSHIM, MBA14, 14/2/2015

Characters



- Epifania - Richest woman in England
- Julius Sagamore - her solicitor .
- Alistair, her husband, tennis and boxing champion.
- Polly Seedy-Stockings - Alistair's friend.
- Adrian Blunderbland - intellectual gourmand, Epifania's friend.
- - Egyptian Doctor

From [http://en.wikipedia.org/wiki/The_Millionairess_\(play\)](http://en.wikipedia.org/wiki/The_Millionairess_(play))



Epifania with her lawyer Sagamore



Epifania and Egyptian Doctor



Story

Epifania is the richest woman in England. She's also strong-willed, highly intelligent, fiercely determined and an expert at Judo, which makes her hard to live with.

She meets her lawyer Sagamore to complain about her husband Alistair, his friend Polly Seedy Stockings; and her friend Adrian (interested in food).

Theme

Epifania is spoiled, wealthy and miserable. Disgusted with her husband Alastair and furious with her friend Adrian, Epifania sets her sights on an Egyptian doctor who is not the least impressed with her money or her formidable personality.

Theme

But before the stars can align, each must pass a monetary test: the Egyptian doctor must turn £150 into £50,000 within six months, and Epifania must begin with only 35 pence and support herself for the same amount of time.

Rocket Singh Salesman of the Year

2009 Hindi Movie



Story

- Harpreet Singh Bedi (Ranbir Kapoor) has graduated in B.Com with 39%.
- He fails in his job at **AYS Computers**, because he opposes the corrupt business practices in Sales.
- He forms his own ethical company “**RSC** (*Rocket Computer Sales*)” and succeeds in business because of his good ethics.

Cast

- Ranbir Kapoor as Harpreet Singh Bedi
- Gauhar Khan as Koenal Sheikh
- Shazahn Padamsee as Sherena Khanna
- D. Santosh as Girish Reddy
- Naveen Kaushik as Nitin Rathore
- Manish Chaudhary as Sunil Puri
- Mukesh Bhatt as Chhotelal Mishra
- Mokshad Dodwani as Tanmay (Taxi)
- Amol Parashar as Sai
- Debi Dutta as Aparna
- Prem Chopra as P. S. Bedi

Plot

- Harpreet Singh Bedi (Ranbir Kapoor), a Sikh B Com graduate with 39% marks becomes a salesman with a big corporate computer assembly and service company, **AYS**. His idealistic vision of the working world shatters quickly. So he starts an ethical **RSC** company.

From http://en.wikipedia.org/wiki/Rocket_Singh:_Salesman_of_the_Year

Honest Harpreet in AYS

- Within a few days, a client asks for a kick-back.
- Harpreet is against and files a complaint only to find out that that this is how AYS operates.
- The top salesmen at AYS acquire large client contracts through bribery.
- In such corrupt company culture, Harpreet's honesty only brings him a demotion and humiliation.

Bribery is necessary in Sales?

- After making concessions to a client for the company, Harpreet realizes that sales success is dependent on the customer; so if the customer is satisfied then bribery will not be necessary to secure these contracts.
- No one agrees with him but Harpreet remains firm on his belief and forms his own company **RSC**, inside **AYS**.

Ethical Customer Service by RSC

- RSC is being managed from the AYS offices where the Rocket partners were still employed.
- Unlike AYS, RSC's overall strategic goal is customer service and customer satisfaction as opposed to just selling the product through bribes and providing zero customer service.

RSC grows and succeeds

- Other disgruntled employees of AYS find their way to RSC – a place where even the tea peon is an equal partner.
- RSC soon becomes successful because of its dedication to excellent customer service.
- The MD of AYS, Sunil Puri, becomes angered by the small company RSC's success.

Puri wants to defeat RSC

- Puri moves quickly to attempt to contact the MD of **RSC** and in a phone conversation attempts to entice him to sell *Rocket Sales Corporation* to **AYS**(he does not know it is Harpreet).
- Harpreet not only rejects Puri's offer but says that his company will buy **AYS** Computers.
- After multiple failed attempts in locating the **RSC** office, Puri decides to call the number on **RSC**'s brochures and the phone at the **AYS** reception desk begins to ring, and Harpreet is exposed.

Puri humiliates Harpreet

- Puri thoroughly insults Harpreet and fires him and his partners. Puri forces Harpreet to sign a contract handing over **RSC** to him for Rs 1.
- However, **AYS** is unable to maintain **RSC**'s customer satisfaction because of its cold and greedy personnel.

Puri accepts defeat

- The MD, realizing his downfall in purchasing RSC, visits Harpreet at his new job at Croma, an electronics store, and returns the contract to Harpreet in return for Rs 1.
- He also tells him never to become a businessman again, because he will fail again.

Harpreet succeeds

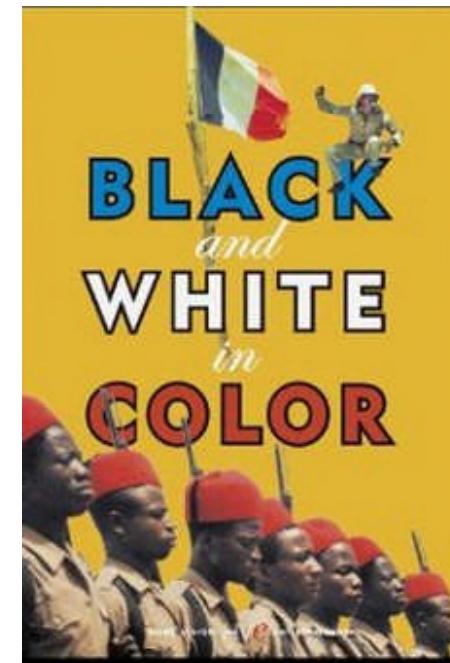
- However, this is intended as a compliment; Puri knows Harpreet so successful was Harpreet avoided *normal* corrupt business practices such as kick-backs (bribes), false advertisement, and low wages (exploitation of labor).

Ending: RSC office

- The ending scene is the new RSC office building where a prospective worker is going in for an interview.
- It shows the former employees, all partners of the business, and finally closes with Harpreet smiling genially at a desk, showing that eventually honesty and hard work is a sound business decision.

Black and White in Color

1976 French movie



Cast

- Jean Carmet as Sergeant Bosselet
- Jacques Dufilho as Paul Rechampot
- Catherine Rouvel as Marinette
- Jacques Spiesser as Hubert Fresnoy
- Maurice Barrier as Caprice
- Benjamin Memel Atchory

Story

French colonists in Africa, several months behind in the news, find themselves at war with their German neighbors.

Deciding that they must do their proper duty and fight the Germans, they promptly conscript the local native population.

Issuing them boots and rifles, the French attempt to make "proper" soldiers out of the Africans.

A young, idealistic French geographer seems to be the only rational person in the town, and he takes over control of the "war" after several bungles on the part of the others.

- by [Carl Seiler](#) from <http://www.imdb.com/title/tt0074972/>

Review Summary

The inaugural film effort of French director Jean-Jacques Annaud, Black and White in Color is set during World War I.

Upon the outbreak of hostilities, a French trading post in West Central Africa finds itself at odds with a formerly peaceful German post, for no other reason than their parent countries are at war.

The newly xenophobic French traders attack the Germans, only to fail in their efforts.

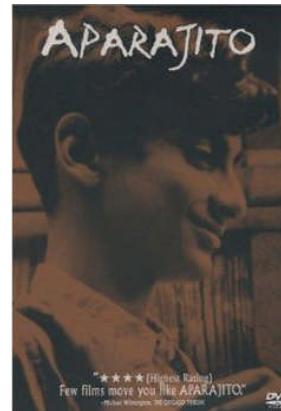
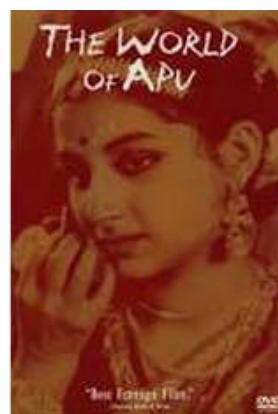
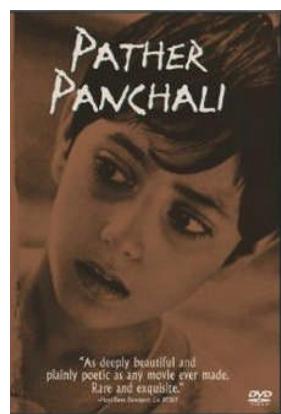
Review Summary

Socialist Jacques Spiesser is put in charge of the debilitated French contingent, utterly discarding his former high ideals in the process.

Filmed in Ivory Coast, the satirical Black and White in Color (originally La Victoire en Chantant) won the American Academy Award for Best Foreign Film of 1976.

-- Hal Erickson, Rovi, in <http://www.nytimes.com/movies/movie/5797/Black-and-White-in-Color/overview>

Apu Trilogy



1. Pather Panchali, 1955, 2h.
 2. Aparajito, 1957, 2h.
 3. Apur Sansar, 1959, 2h.
- Bengali Movies by Satyajit Ray

Intro

From two Bengali novels by Bibhutibhushan
Bandopadhyay:
Pather Panchali (1929) and Aparajito (1932).

Music by Ravi Shankar.
Directed by Satyajit Ray.

See wikipedia and IMDB.

Plots

1. In Pather Panchali, Apu roams the forests and fields of his village while his hard-working mother and naive father struggle to make ends meet.
2. In Aparajito, Apu wanders through the holy city of Benares to the banks of the River Ganges, until a family death again pushes him back to the countryside...
3. Finally, in The World Of Apu, he dreams of being a writer, gets married and suffers the most terrible trauma of his life.

1. Pather Panchali

Pather Panchali (Bengali, "Song of the Little Road") Apu's early experiences in rural Bengal as the son of a poor but high caste family are presented.

Apu's father Harihar, a Brahmin, has difficulty in supporting his family. After the death of Apu's sister, Durga, the family moves to the holy city of Benares.

Pather Panchali 1955

The story of a young boy, Apu, and life in his small Indian village.

His parents are quite poor - his father Harihar, a writer and poet, gave away the family's fruit orchard to settle his brother's debts. His sister Durga and an old aunt also still lives with them. His mother Sarbojaya bears the brunt of the family's situation.

She scrapes by and sells her personal possessions to put food on the table and has to bear the taunts of her neighbors as Durga is always stealing fruit from their orchard. Things get worse when Harihar disappears for five months and Durga falls ill. Even after Harihar returns, the family is left with few alternatives.

2. Aparajito

A boy leaves home to study in Calcutta, while his mother must face a life alone.

Aparajito (Bengali, "The Unvanquished")

The family's finances are still precarious. After his father dies there, Apu and his mother Sarbjaya come back to a village in Bengal.

Despite unrelenting poverty, Apu manages to get formal schooling and turns out to be a brilliant student. The growing Apu comes into conflict with his mother. Later, when his mother dies too, he has to learn to live alone.

3. *Apur Sansar*

Apur Sansar (Bengali, "The World of Apu")

Attempting to become a writer, Apu accidentally finds himself pressured to marry a girl who has rejected her mentally ill bridegroom.

Their blossoming marriage ends in her death in childbirth, after which the despairing Apu abandons his child, but eventually returns to accept his responsibilities.

Charlie and the Chocolate Factory



Wonka Chocolate factory



Characters

1. Charlie: Poor Boy.
2. Violet: Bubble Gum champ
3. Willy Wonka: Choc Factory Owner
4. Mike: Video Game champ
5. Augustus: Foodie champ
6. Veruca: Rich spoilt Girl.



Characters

1. Charlie: Poor Boy.
2. Violet: Bubble Gum champ
3. Willy Wonka: Choc Factory Owner
4. Mike: Video Game champ
5. Augustus: Foodie champ
6. Veruca: Rich spoilt Girl.
7. Grandpa Joe



Charlie Bucket



Willy Wonka



Violet



Veruca Salt



Augustus Gloop



Mike Teavee



Oompa Loompas



With the guardians



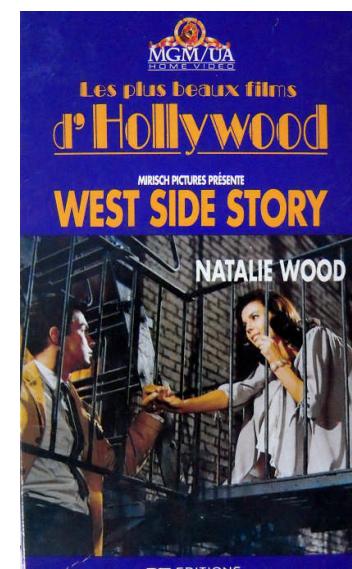
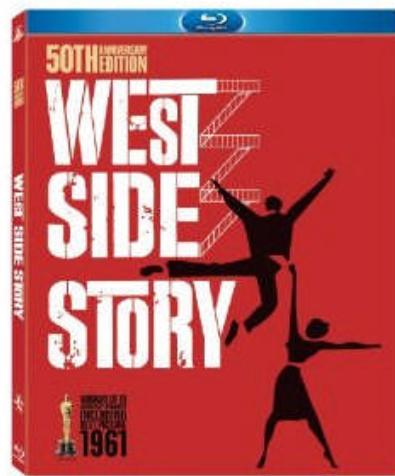
Who is missing here?



Who is this?



West Side Story



Theme

1. Modern day Romeo and Juliet
2. Juvenile delinquency, gangs
3. Hope and love in the ghetto
4. Renewal of spirit

Summary

- This musical movie transplants Shakespeare's classic "Romeo and Juliet" to Upper West-Side of Manhattan, New York City in the 1950s.

from <http://www.imdb.com/title/tt0055614/plotsummary>

Summary

- The two feuding families are replaced by brawling street gangs battling for territory.
 - The Montagues are immigrant Eastern European Jets led by Riff.
 - The Capulets become the Puerto Rican Sharks, led by Bernardo.

from <http://www.imdb.com/title/tt0055614/plotsummary>

Summary

- At a dance, Tony, former leader of the Jets and Riff's best friend, and Maria, Bernardo's little sister, see each other across the room and it's love at first sight.
- However, the gangs are plotting one last rumble, a fight that will finally end the battle for control of the streets.

from <http://www.imdb.com/title/tt0055614/plotsummary>

Characters



- Riff, leader of the Jets
- Bernardo, leader of the Sharks



- Maria, Bernardo's little sister
- Tony, a founder of the Jets
- Doc, owner of Doc's store/Tony's boss



- Anita, Bernardo's girlfriend
- Ice, one of the toughest Jets
- Lt. Shrank, police officer
- Officer Krupke, police officer



"The Importance of being Earnest" a play by Oscar Wilde



About

- ***The Importance of Being Earnest*** is a 1895 comedy play by [Oscar Wilde](#).
- Its high farce, witty dialogue, and sarcasm have made it an enduringly popular play. The play is full of epigrams and paradoxes.
- Wilde had long been famous for dialogue and his use of language, the three styles seen are:
 - The dandyish insouciance of Jack and Algernon—established early with Algernon's exchange with his manservant.
 - The formidable pronouncements of Lady Bracknell are as startling for her use of hyperbole and rhetorical extravagance as for her disconcerting opinions.
 - Dr Chasuble and Miss Prism is distinguished by "pedantic precept" and "idiosyncratic diversion".

from wikipedia

Theme

- ***Triviality of the Upper Class***

The major theme of this play is the triviality of the upper class. This is expressed in the nature of the writing, which is satirical. By examining the language and interaction of the characters, one can see that they are simply absurd.

- ***Importance of Wealth/ Life of Leisure***

This theme supports the presentation of Victorian society as shallow. Lady Bracknell, who is representative of the aristocratic class, concerns herself primarily with the wealth of others. Even more apparent, is the life of leisure in which everyone partakes. No real “action” occurs. This is primarily a play of language, of conversation.

from <http://thebestnotes.com>

Theme

- ***Victorian Manners***

This theme also seeks to support the theme of the triviality of the upper class. The way in which they interact with one another is based on a social code; this is also an example of sentimentality. For instance, Lady Bracknell is kind to Jack until she discovers his background. Gwendolen and Cecily are overly kind to one another until they find something upon which to disagree. Lady Bracknell is kind to Cecily when she discovers she has money.

- **Conflict** - The major conflict in this play is that Jack wants to marry Gwendolen, who believes his name is really Ernest - and loves him for that, and that he cannot because Lady Bracknell does not approve of Jack's background.

from <http://thebestnotes.com>

Mood of the play

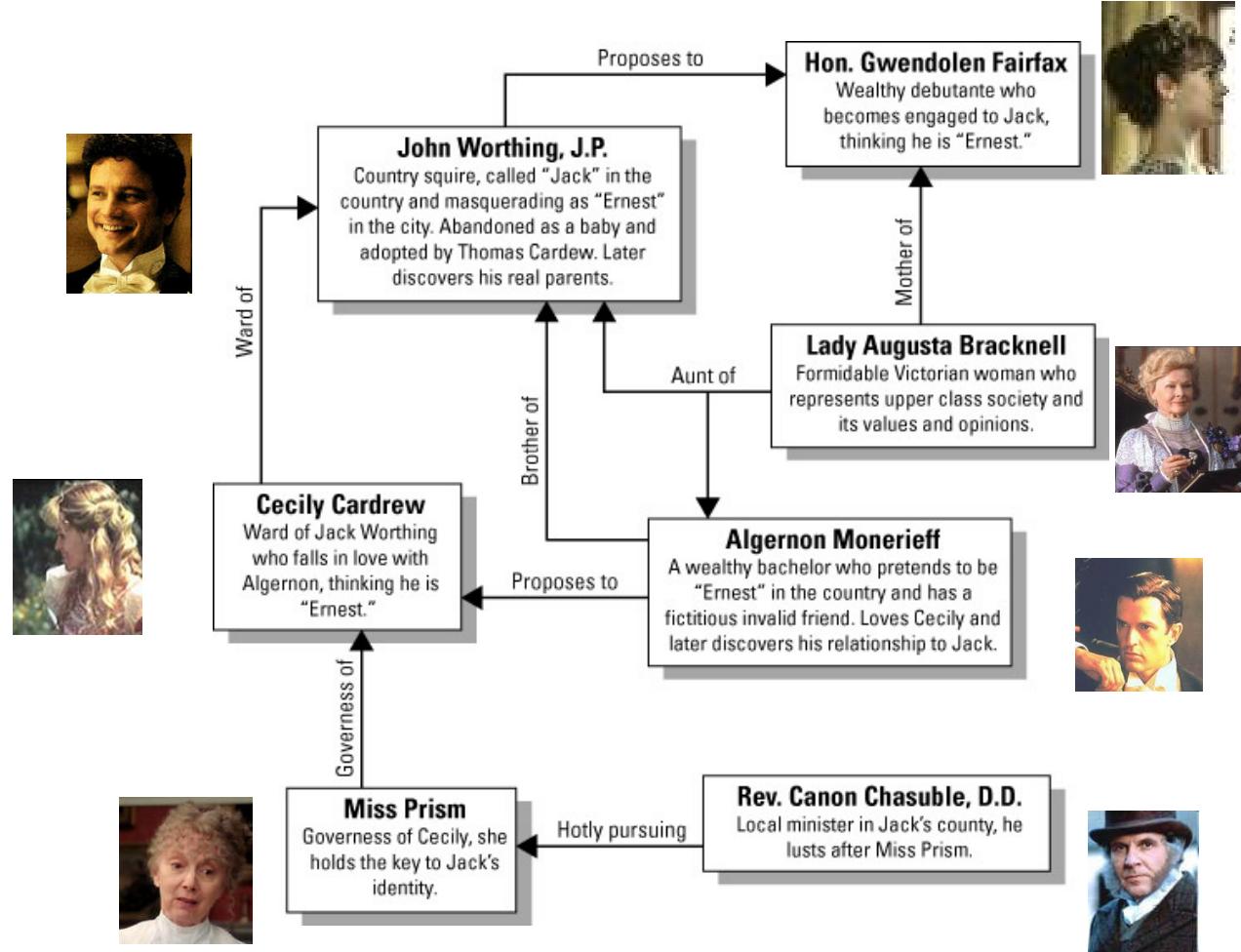
- The mood of the *Importance of Being Ernest* is largely satirical.
- This is because Wilde is seeking to mock the triviality of the upper class society of London.
- Wilde's satire is characterized by wit and is, throughout, lighthearted.
- He often portrays lines that characters deliver as quite normal e.g., when Gwendolen tells Ernest that she loves him because of his name.
- This, however, is quite ridiculous-making Gwendolen appear so by association. Wilde is also writing from an aesthetic perspective.
- This movement in literature saw that **art be celebrated for art's sake**, and not concern itself with the political issues of the outside world.
- Therefore, much of what Wilde writes is, simply, humorous.

from <http://thebestnotes.com>

Summary

- Two young gentlemen living in 1890's England use the same pseudonym "Ernest" on the sly.
- Jack Worthing has invented a brother, **Earnest**, whom he uses as an excuse to leave his dull country life behind to visit the ravishing Gwendolyn.
- Algy Montcrieff decided to take the name '**Earnest**' when visiting Worthing's young and beautiful ward, Cecily at the country manor.
- They both fall in love with women, which leads to a comedy of mistaken identities.

Characters



Characters

- **Jack Worthing** - A young gentleman from the country, in love with Gwendolen Fairfax.



- **Algernon Moncrieff** - A young gentleman from London, the nephew of Lady Bracknell, in love with Cecily Cardew.



- **Gwendolen Fairfax** - A young lady, loved by Jack Worthing.



- **Lady Bracknell** - A society lady, Gwendolen's mother.



- **Cecily Cardew** - A young lady, the ward of Jack Worthing.



- **Miss Prism** - Cecily's governess



- **The Reverend Canon Chasuble** - The priest of Jack's parish



- **Lane** - Algernon's butler



- **Merriman** - Jack's servant.

Enemy of the People

by Ibsen

A 1882 Norwegian play by Henrik Ibsen,



1978 English Movie based on the play

- *An Enemy of the People* tells the story of one man's quest to stick to his principles no matter what the cost.
- The protagonist, Dr. Stockmann, sacrifices everything for his beliefs.
- The Doctor's fierce dedication stands out in sharp contrast to many of the play's secondary characters, who seem to compromise their supposed beliefs without a second thought.
- In the end, the play reveals itself as a sharp examination of the terrible price that society often demands of an individuals who stay true to their principles.

from <http://www.shmoop.com/enemy-of-the-people/principles-theme.html>



Theme: Money and the pursuit of wealth

- Ibsen's play highlights the incredible power that monetary concerns have in society.
- All of the characters in the play are controlled or influenced by wealth or the lack of it.
- Some compromise their beliefs out of need of for money.
- Others use it as a weapon, while one man forsakes it altogether in the name of his principles.

Theme: Rules of the society

- Some characters thrive on the current system and fight to maintain it.
- Others deeply desire its destruction, but are too caught up in the system to fight it.
- And then there's our protagonist, Dr. Stockmann, who makes it his quest to rewrite all the rules from the ground up.
- *An Enemy of the People* is a thorough examination of the rules that society is built around and a blueprint for the construction of a new order altogether.

Characters 1

- **Doctor Thomas Stockmann** - A medical officer of the town baths, and the brother of the mayor, who got him the job at the baths. idealistic and excitable. was destitute and lived in the countryside; now prosperous and living in a bustling town.
- **Mrs. Katherine** - Stockmann's wife. loyal and practical, encourages her husband to think of his family when he is being rash.
- **Petra** - daughter of Thomas and Katherine, idealistic like her father. hard-working teacher, is frustrated that the law requires her to teach things she doesn't believe in.
- **Peter Stockmann** - Stockmann's brother. Chairman of the baths committee. Cautious, ruthless politician.



Characters 2

- **Hovstad** - editor of *The People's Herald*, town's leftist newspaper. corrupt, political radical.
- **Aslaksen** - the newspaper's printer. Represents the town's small business class, the majority of voters. Believes in moderation.
- **Billing** - assistant at the newspaper. A radical, like Hovstad. Ambitious and plans to run for office; courting Petra.
- **Captain Horster** - A ship captain who has little interest in local politics, Horster provides the hall for Doctor Stockmann's speech, but he is fired from his ship as a result.
- **Morten Kiil** - A rich old man, Kiil owns several of the tanneries that Dr. Stockmann implicates in his water pollution report. He is the adoptive father, of Katherine, and his will assigns a good deal of wealth to her.

Story 1

- The town has built a huge bathing complex that is crucial to the town's economy.
- Dr. Stockmann has just discovered that the baths' drainage system is seriously contaminated.
- He alerts several members of the community, including Hovstad and Aslaksen, and receives generous support and thanks for making his discovery in time to save the town.

from <http://www.sparknotes.com/lit/enemyofthepeople/>

Story 2

- The next morning, however, his brother, who is also the town's mayor, tells him that he must retract his statements, for the necessary repairs would be too expensive.
- The mayor is not convinced by Dr. Stockmann's findings.
- The brothers have a fierce argument, but Dr. Stockmann hopes that at least Hovstad's newspaper will support him.
- However, the mayor convinces Hovstad and Aslaksen to oppose Dr. Stockmann.

Story 3

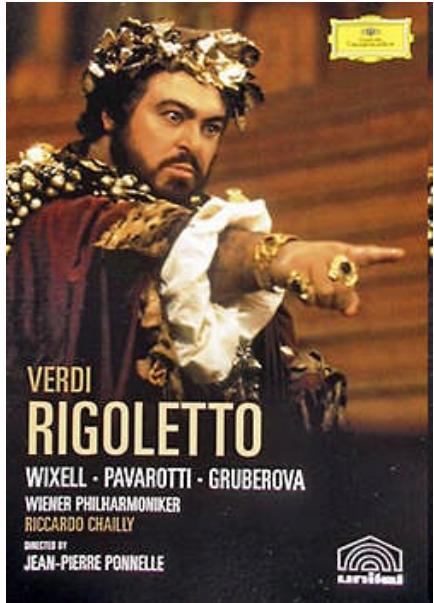
- The doctor holds a town meeting to give a lecture on the baths, but Aslaksen and the mayor try to keep him from speaking.
- Dr. Stockmann then begins a long tirade in which he condemns the foundations of the town and the tyranny of the majority.
- The audience finds his speech incredibly offensive, and the next morning the doctor's home is vandalized.

Story 4

- He and his daughter are fired from job.
- The mayor insinuates that the doctor's actions were merely a scheme to inherit more of Kiil's money, and Kiil himself soon arrives to suggest just such a plan to Dr. Stockmann.
- However, the doctor refuses all such suggestions and decides to defy authority and remain in town.
- His family is supportive, and he says that the strongest man is the man who stands alone.

Quotes

- "The strongest man in the world is the man who stands alone" -- Dr Stockmann



Rigoletto

1982 movie of Italian Opera by Verdi.

Opera

- Opera is a Western performance art which combines music and drama.
- Rigoletto was first Performed in 1851 in Venice, Italy.

Singers

- **Duke of Mantua, (tenor)**
- Rigoletto, the Duke's hunchback court jester (baritone)
- Gilda, Rigoletto's daughter(soprano)
- Count Ceprano, a nobleman (bass)
- Countess Ceprano, his wife(mezzo soprano)
- Count Monterone, nobleman and enemy of the Duke (baritone)
- Sparafucile, an assassin (bass)
- Maddalena, Sparafucile's sister (contralto)

Plot of the opera **Rigoletto** by Guiseppi Verdi.

- **Rigoletto** is a jester in the court of the Duke of Mantua.
- He has a hunch-back and he's rather unattractive, but he's good at his job of humiliating the courtiers for the amusement of the Duke.
- The courtiers, of course, are not amused. The Duke is a ladies man who feels his life would be meaningless if he couldn't chase every skirt he sees.
- In fact, we learn as the opera begins that he's recently been noticing a young lady every Sunday on her way to church, and he's vowed to have his way with her.

- What nobody realizes is that the girl is the jester's beloved daughter, Gilda, and that Gilda has seen the Duke every Sunday and is smitten with him.
- Suddenly Count Monterone appears at court, furious that the Duke has seduced his daughter.
- **Rigoletto** ridicules Monterone, the Duke laughs, and Monterone casts an awful curse on both of them.

- Later, the courtiers discover that **Rigoletto** is secretly living with Gilda, whom they believe to be his mistress.
- In an attempt to humiliate **Rigoletto**, they kidnap Gilda and deliver her to the Duke's bedroom, where she is quite willing to let him have his way with her.
- **Rigoletto** returns to the court and reveals to the courtiers' amusement that Gilda is his daughter.

- Consumed with the desire for revenge, **Rigoletto** contacts a murderous thief named Sparafucile (who just happens to have a beautiful sister named Maddalena), and he contracts with the two of them to lure the Duke to Sparafucile's tavern on the river where Sparafucile will murder the Duke.
- Knowing the Duke will find Maddalena irresistible, **Rigoletto** takes Gilda to stand outside the tavern so she can see for herself that the Duke is not a faithful lover.
- Gilda is crushed as she looks through the window to see the Duke wooing Maddalena, and at Rigoletto's urging she dons men's clothing so she can return home safely by herself.

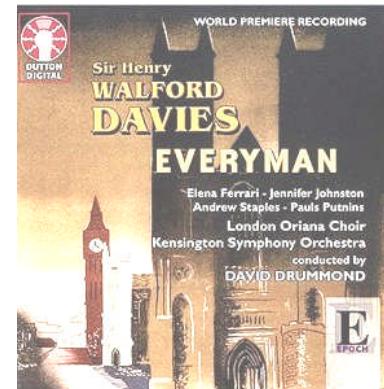
- But she returns to the tavern to overhear **Rigoletto** and Sparafucile plotting to kill the Duke.
- Then, after **Rigoletto** leaves, she hears Maddalena pleading with Sparafucile not to kill the Duke, but instead to kill the first person who comes through the door and give that body to **Rigoletto** instead.
- Sparafucile objects that he is an honest thief and murderer, but Maddalena's entreaties win him over and he agrees to the plan.
- Gilda now realizes what she must do: she knocks on the door, enters the tavern and is stabbed (nearly) to death by Sparafucile.

- The thief then wraps her in a rug and drops her body through a trap door to **Rigoletto**, who is waiting in a boat below.
- Thinking he has won vengeance at last on the Duke, **Rigoletto** paddles onto the river to dispose of the body.
- Then he hears the Duke singing in the distance, opens the rug, and to his horror he discovers his almost-dead daughter.
- They sing a heartbreakin duet, Gilda dies, and the wretched **Rigoletto** wails that the curse has come to pass.
- *Written by [Bill Anderson](#)*
- from <http://www.imdb.com/title/tt0253590/plotsummary>

Everyman

A late 15th-century morality play in Middle English, music composed by Sir Henry Walford Davies in 1934.

Chere begynneþ a treatysle how þy he
fader of heuen sendeþ deþe to so-
mon every creature to come and
gyne a counte of theyþ lyues in
this woorlde and is in maner
of a morall playe.



Story

- God decides that *Everyman* (an average everyday human) has become too obsessed with wealth and material possessions.
- Therefore, *Everyman* must be taught a lesson in piety.
- And who better to teach a life-lesson than a character named **Death?**

Theme

- God's chief complaint is that humans are ignorantly leading sinful lives.
- Upon God's bidding, Death summons Everyman to take a pilgrimage (death).
- Everyman tries to bribe Death to "defer this matter till another day."
- No human being can escape final judgment.
- Good Deeds tells him that he should have lightened this burden by giving possessions to the poor.

Characters

- **Everyman:** Typical human being who has neglected his spiritual life but repents his sins in time to be saved.
- **God:** Just but merciful Supreme Being.
- **Death:** Messenger commanded by God to summon Everyman.
- **Fellowship, Kindred, Cousin, Material Goods:** Earthly acquaintances of Everyman who abandon him in his time of need.
- **Good Deeds:** The only friend willing to accompany Everyman to the afterlife.
- **Knowledge:** Character that tells Everyman what he must do to obtain salvation.
- **Confession:** Character representing the sacrament of penance. Everyman confesses his sins to this character.
- **Discretion, Strength, Everyman's Five Wits, Beauty:** Earthly acquaintances of Everyman who abandon him in his time of need.
- **Angel:** Creature that welcomes Everyman to the celestial realm.
- **Doctor:** Scholar who delivers words of warning at the end of the play.

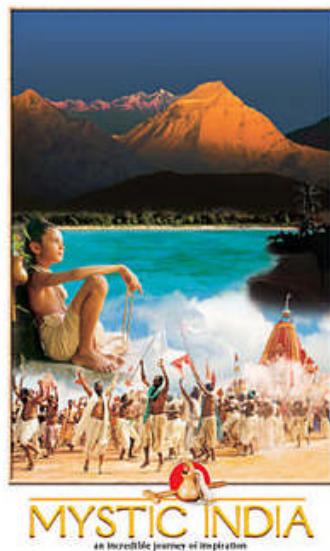
from <http://www.cummingsstudyguides.net/Guides3/Everyman.html>

Rhyme

- God speaks with alternating lines that rhyme.
 - I perceive, here in my **majesty**
 - How that my creatures be to me **unkind**,
 - Living without dread in worldly **prosperity**
 - Of ghostly sight the people be so **blind**
- Death often speaks in couplets
 - I am Death that no man **dreath**
 - For Everyman I arrest and no man **spareth**
 - For it is God's command**ment**
 - That all to me should be **obedient**

from <http://www.cummingsstudyguides.net/Guides3/Everyman.html>

Mystic India



2005 Imax movie
about India, about
India's culture, people,
and traditions.

Mystic India

- It is told through the 12,000 km barefoot journey throughout 18th century **India** undertaken by the Hindu adolescent ascetic Nilkanth, later known in life as Swaminarayan by his followers.
- He travels to: Himalayas, Puri, South, Gujarat.

Storyline 1

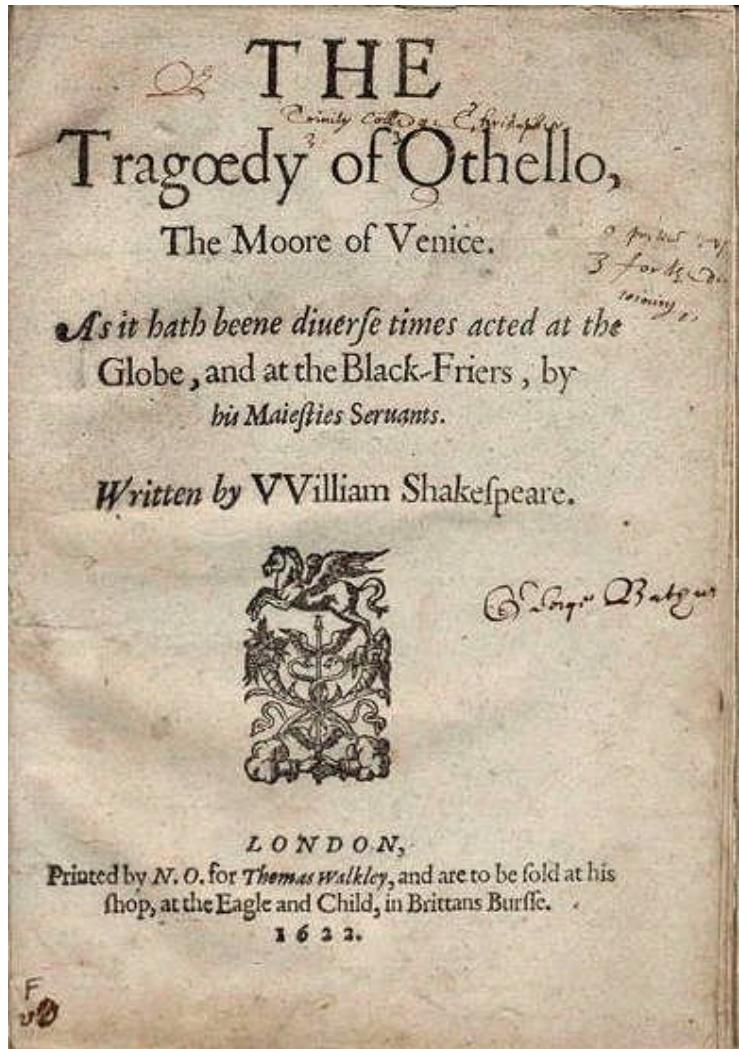
- 11-year old Neelkanth has long dreamed of being a Yogi, and in the darkness of the rainy evening of June 29, 1792 he secretly leaves his family behind in the Northern **India** city of Ayodhya by plunging himself into the Saryu river at flood stage.
- Landing downstream, he begins a 7 year barefoot trek that will cover 8,000 miles through much of **India**.
- The young Yogi impresses everyone he meets, providing spiritual inspiration, but declines offers to remain in the villages he visits.
- He tames a fearsome lion terrorizing one village. Heading into the Himalayas barefoot, and wearing little clothing, he survives freezing temperatures using Yoga and meditation.

Storyline 2

- He crosses a pass at 18,000 feet and treks through the deepest gorge in the world before traversing rain forests, jungles and following coastlines.
- At Jagannath Puri he is invited by the king to take part in the annual Rath Yatra (Festival of Chariots).
- Finally he ends his journey in the village Loj in Gujarat where the great teacher Ramanand Swami convinces him to take his place.
- Neelkanth becomes Bhagwan Swaminarayan whose lessons still inspire millions to find unity in their diversity.

Written by [Brian Greenhalgh](#) from

<http://www.imdb.com/title/tt0400675/>



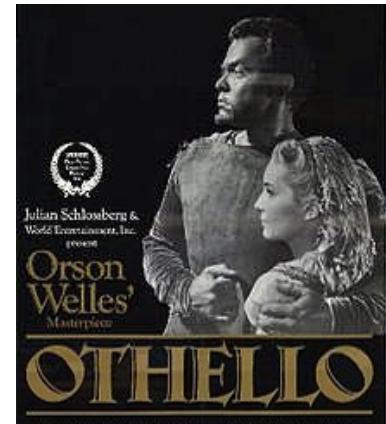
Othello

The Moor of Venice,
1603 Play by Shakespeare

Orson Welles movie, 1952.

- **Othello** is a 1952 [drama film](#) based on the [Shakespearean play](#), directed and produced by [Orson Welles](#), who also played the title role.
- The film was shot on location in [Morocco](#), [Venice](#), [Tuscany](#) and [Rome](#).

Plot: Desdemona, daughter of a Venetian aristocrat, elopes with Moorish military hero Othello, to the great resentment of Othello's envious underling Iago. Iago knows Othello's weaknesses, and with chilling malice creates trouble.



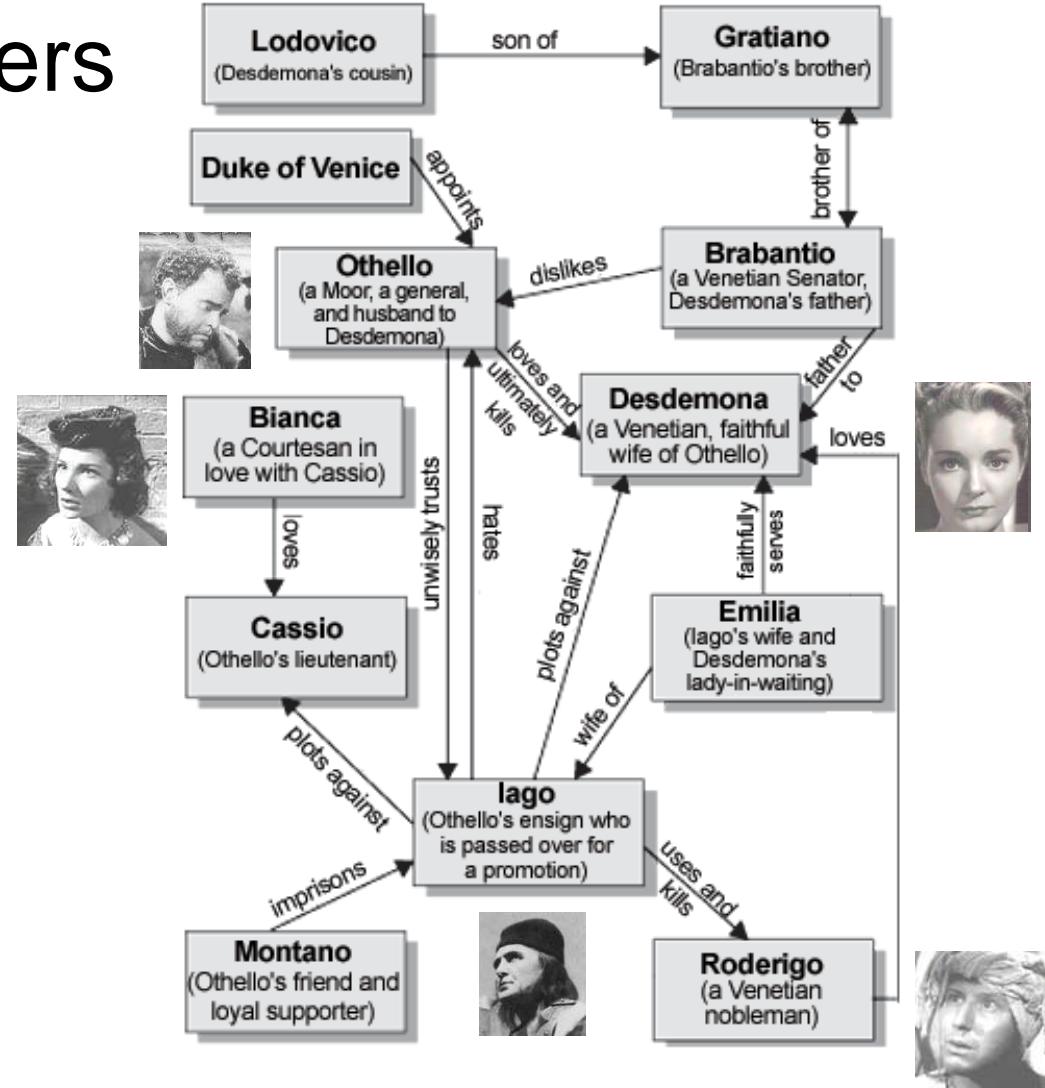
Cast



- Orson Welles - Othello
- Micheál MacLiammóir - Iago
- Robert Coote - Roderigo
- Suzanne Cloutier - Desdemona
- Hilton Edwards - Brabantio
- Nicholas Bruce - Lodovico
- Michael Laurence - Michael Cassio
- Fay Compton - Emilia
- Doris Dowling - Bianca



Characters



Theme

A Midsummer Night's Dream

Test Review

Is A Midsummer Night's Dream a tragedy or a comedy?

- A comedy

Which of the young Athenians is first affected by the love potion?

- Lysander

Which man does Hermia's father want her to marry?

- Demetrius

Where do Lysander and Hermia plan to be married?

- At Lysander's aunt's house

What part of her appearance does Hermia believe Helena has exploited to win Lysander's love?

- Her height-Helena is tall and Hermia is very short

What does Oberon want that Titania refuses to give him?

- Her attendant, a little Indian boy

In the craftsmen's play, why does Pyramus kill himself?

- He believes that Thisbe has been killed by a lion because he finds her tattered, bloody veil at their meeting place

Who brings the complaint against Hermia to Theseus in Act I?

- Her father, Egeus

What are Hermia's choices if she refuses to marry Demetrius?

- She can become a nun or be put to death.

Of what tribe is Hippolyta the queen?

- The Amazons

What unusual way has Theseus “wooed” Hippolyta?

- He has “wooed” her with his sword-meaning that he has conquered her and her tribe in battle.

How does Puck prevent Demetrius and Lysander from fighting?

- He mimics their voices and causes them to get lost in different parts of the woods.

Which of the women is afraid of fighting?

- Helena

Whom does Demetrius love at the end of the play?

- Helena

Why are a group of Athenian craftsmen planning to put on a play?

- They plan to perform for the wedding of Theseus and Hippolyta.

With whom does Titania fall in love in Act III?

- Bottom

What prank does Puck play on Bottom?

- He changes Bottom's head into a donkey's head.

Whose idea is it to use the love potion on Titania?

- It is Oberon's idea.

Who are Mustardseed, Peaseblossom, Cobweb, and Moth?

- They are Titania's attendants who also wait on Bottom while Titania is in love with him.

Who are Titania and Oberon?

- They are the king and queen of the fairies.

What is Titania's reason for refusing to give up the little Indian boy?

- His mother was a dear friend of hers.

How has the fight between Titania and Oberon caused disturbances in the natural world?

- The seasons are all mixed up.

Why is the flower whose juice Oberon seeks special?

- One of Cupid's arrows struck it.

What effect does it have when the juice of this flower is put on someone's eyes?

- They fall in love with the first person/thing they see when they wake up.

Who tells Demetrius that Lysander and Hermia are planning to elope?

- Helena

How many weddings take place at the end of the play?

- Three

Who blesses Theseus and Hippolyta with a magical charm at the end of the play?

- Oberon and Titania

Who suggests that the audience consider whether the entire play has been a dream?

- Robin Goodfellow

Who wants to play all of the parts in the craftsmen's play?

- Bottom

How does Robin confuse the situation between the four young Athenian lovers?

- Oberon tells him to put the potion in Demetrius's eyes, but Robin puts it in Lysander's eyes by mistake. So then Lysander is in love with Helena instead of Hermia.

What is the relationship between Helena and Hermia?

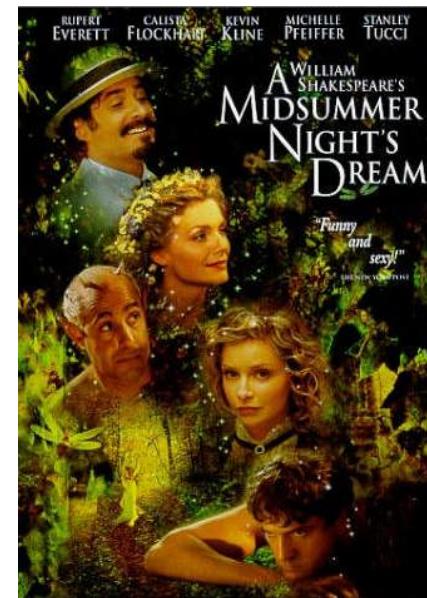
- They have grown up together and were best friends until this situation developed.

Essay Questions

- Be able to write a brief summary of the play
- Be able to describe a character in detail
- Be able to explain one of the conflicts in the play
- Compare and contrast two characters:
Robin and Bottom, Helena and Hermia,
Lysander and Demetrius

Midsummer Night's Dream

Shakespeare Play
1999 Movie



What do you already know about
Shakespeare and his plays?



Some facts about Shakespeare

- He lived in Stratford, England from 1564-1616
- He was both an actor and a playwright
- He wrote MSND toward the beginning of his career
- Shakespeare based his plots on the models used in classical Greek and Roman literature
- Watching plays was a very popular form of entertainment during Shakespeare's time

facts continued...

The characters of Theseus and Hippolyta come from Greek mythology.

- Theseus was the national hero of Athens after slaying the Minotaur
- Hippolyta was Queen of the Amazons, a group of female warriors
- Theseus took Hippolyta as his prisoner and subsequently married her.



What was Midsummer Night's eve?

- Midsummer's Eve has been celebrated since ancient times.
- It occurs on the summer solstice – around June 24.
- Plants that bloom at this time were believed to have miraculous healing powers.
- Bonfires were lit to protect against evil spirits.

Quotes

“ The course of true love never did run smooth.”

- William Shakespeare,
Midsummer Night's Dream

Some questions to ponder

- Think of a time when..
 - your desires have conflicted with those of your parents
 - you liked someone who did not like you back
 - you had a misunderstanding with your best friend
 - you have been so involved in a movie that you temporarily forgot it was not real

The main themes of the play

- What is love?
- How and why do people fall in and out of love?
- Are lovers in control of their destinies?
- What is more real, the “daylight” world of reason and law or the “nighttime” world of passion and chaos?

– From Study Guide for A Midsummer Night's Dream, Glencoe-McGraw-Hill

The setting

- In the forest outside of Athens, Greece...



ME 017 © 1996 - 2008 Creations Fantastic

The main characters



The
lovers



The
fairies



The
actors



The characters

Theseus
(say Thee-see-us),
Duke of Athens,
engaged to
Hippolyta



Hippolyta
(say Hip-pol-i-ta),
Queen of the
Amazons



Egeus
(say E-ghee-us),
father of Hermia,
wants her to
marry Demetrius



Hermia
(say Her-me-u),
in love with
Lysander



Lysander
(say Lie-san-der),
in love with Hermia
but enchanted to fall
in love with Helena



Demetrius
(say De-me-tree-us),
also in love with
Hermia and
enchanted to fall in
love with Helena

Helena
Hermia's best
friend, in
love with
Demetrius

Oberon
(say Oh-bur-ron),
king of the fairies,
married to Titania



Peter Quince, who is
putting on a play for
Theseus, the Duke



Snug, who
plays a lion



Titania
(say Tit-tar-nee-a),
queen of the fairies



Bottom, who
plays Pyramus
(say Pir-ra-muss),
a young man



Flute, who plays
Thisbe (say Thiz-be),
a young girl in
love with Pyramus



Starveling,
who plays the Moon

Puck, the fairy
who enchants
Lysander and
Demetrius



Characters

- Hermia & Lysander
- Helena & Demetrius.
- Hermia's dad Egeus wants Hermia to marry Demetrius.

Forest Fairy Characters

Fairies:

- Oberon - King of the Fairies.
- Titania - Queen of the Fairies.
- Puck – their naughty assistant.

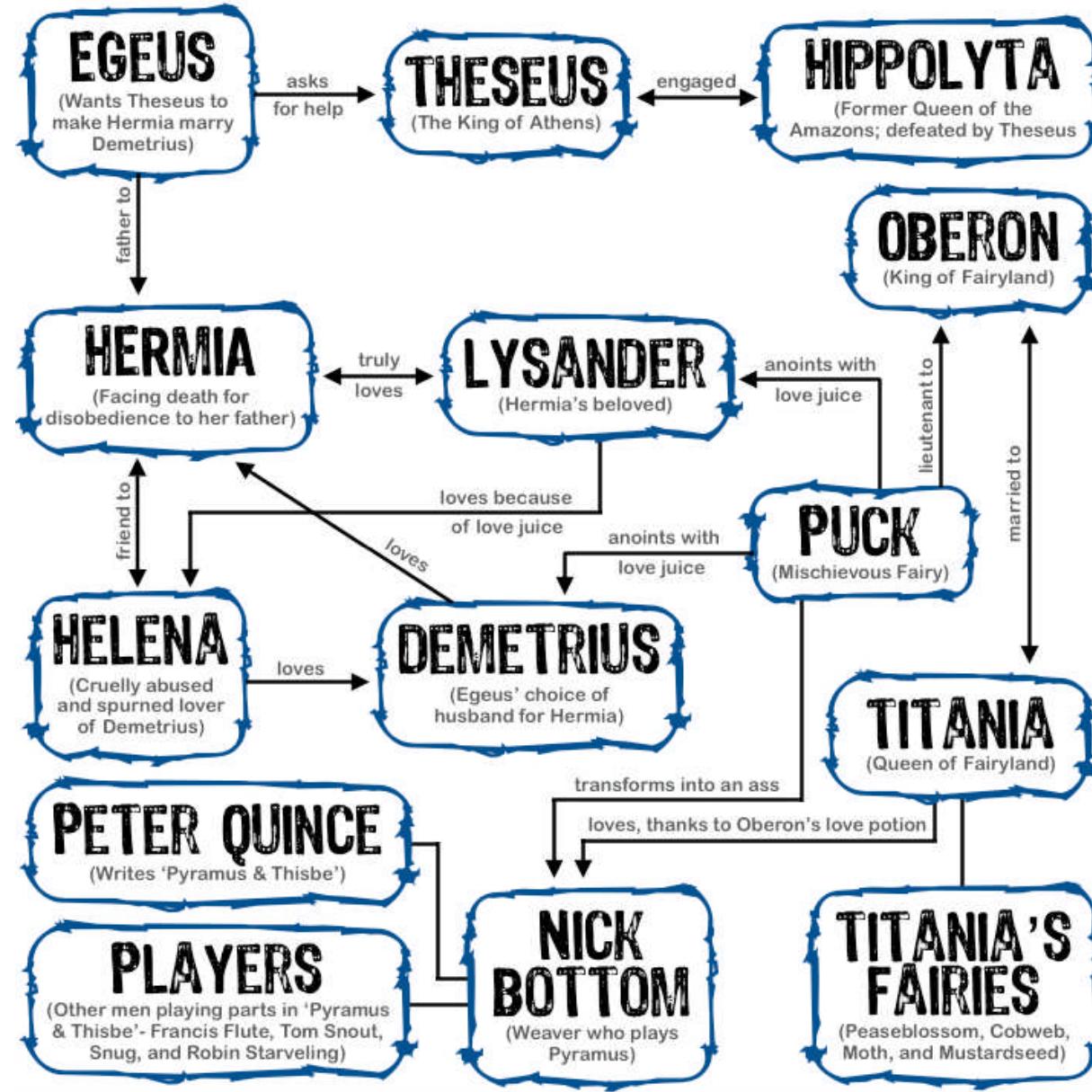
Oberon and Titania fighting over their adopted page (son).

Characters:

The mechanical Drama group.

- Bottom is a stupid actor in the forest.
- Puck converts Bottom into a donkey.
- Titania falls in love with a donkey.





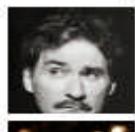
Cast

Directed by



[Michael Hoffman](#)

Starring ([View all](#))



[Kevin Kline](#)

Nick Bottom



[Michelle Pfeiffer](#)

Titania



[Rupert Everett](#)

Oberon



[Stanley Tucci](#)

Puck



[Calista Flockhart](#)

Helena



[Anna Friel](#)

Hermia



[Christian Bale](#)

Demetrius



[Dominic West](#)

Lysander

Written by



[William Shakespeare](#)

(play)



[Michael Hoffman](#)

(screenplay)

<http://www.listal.com/movie/midsummer-nights-dream-1999/cast>

Story

- Duke Theseus is getting married to Hippolyta.
- Athenian citizen Egeus wants his daughter Hermia to marry Demetrius, not Lysander. plans to run off with Lysander to live happily ever after.
- So Hermia is given a choice: Death sentence or be a nun

2 couples run to the forest.

- Hermia and Lysander run off to the forest, to Lysander's aunt.
- Hermia's friend Helena joins them, she wants to marry Demetrius.
- Helena tells Demetrius the plan, so he also comes to the forest.

Fairies fighting

- Oberon makes plans to enchant Titania that evening with a magic love "juice" that will make her fall in love with the first creature she sees.
- Oberon sees Helena chasing Demetrius. He tells Puck to put magic juice in Demetrius eyes, so Demetrius will chase Helena.
- Puck by mistake, puts the love-potion in sleeping Lysander's eyes.
- Helena trips on Lysander, so Lysander falls in love with Helena.

- Meanwhile, a group of Athenian craftsmen (called "the Mechanicals") are preparing to perform a play for Theseus's upcoming wedding.
- The play will be the tragic tale of two young lovers, *Pyramus and Thisbe* (think Romeo and Juliet storyline).
- The Mechanicals are bad actors and clueless about how to stage a play. They decide to practice the play in the wood.
- Puck changes actor Bottom into a Donkey (Ass).

Forest scenes

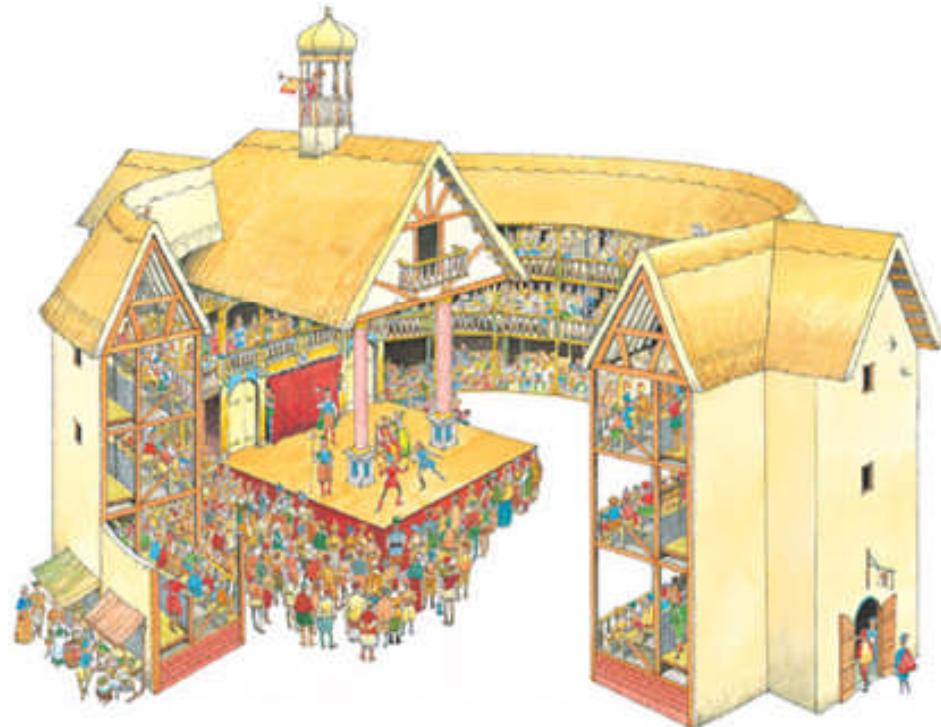
- Queen Titania wakes up with love potion in her eyes, and falls in love with a Donkey.
- Oberon puts love potion in Demetrius eyes, and both Demetrius and Lysander are in love with Helena.
- Next morning, Oberon corrects all the mistakes.

The sub play of Pyramus and Thisbe

- The tragedy of Pyramus and Thisbe, two lovers separated by a wall.
- They speak through a hole in said wall, and decide to meet by moonlight at Ninus's tomb.
- Thisbe gets there early, but encounters a lion, which makes her run off, accidentally leaving her cape behind as a chew toy for the lion.
- Pyramus finds Thisbe's cape all torn and looking like a lion mauled it.
- He stabs himself, assuming his girl is dead.
- Thisbe then shows up and also chooses suicide. So everyone's dead

A Midsummer Night's Dream

by William Shakespeare



The main plot

- Theseus (the Duke of Athens) is getting married to Hippolyta.
- Theseus hears Egeus' complaint that his daughter, Hermia refuses to marry the man he has chosen for her. Theseus tells Egeus that she must marry Demetrius or choose between death and becoming a nun.
- A group of workmen is planning to perform a play in honor of Theseus and Hippolyta's wedding.

3 Subplots: A: The Lovers

- Hermia loves Lysander, but is being forced to marry Demetrius.
- Demetrius loves Hermia, but she does not love him.
- Helena loves Demetrius, but he no longer loves her.
- Helena tells Demetrius that Hermia and Lysander plan to meet in the forest and run away together, hoping this will make him favor her.
- Demetrius heads into the forest to find them.
- Helena follows Demetrius into the forest.

Sub-plot B: The Fairies

- Meanwhile, in the forest... Oberon (King of the Fairies) is arguing with Titania (the Fairy Queen), because he wants to adopt the orphan child she has raised from infancy.
- He devises a plan to use a magic flower to trick Titania into giving him the child. When the nectar from the flower is placed in someone's eyes while sleeping, they fall in love with the first person they see upon waking.
- He sends his servant, Puck, to find the magic flower and use it on Titania.
- While Puck is obtaining the flower, Oberon overhears Helena and Demetrius arguing and decides to help them resolve their dispute with the powers of the magic flower. He instructs Puck to find Demetrius and place some flower nectar in his eyes too.

Sub-plot C: The actors

- The workmen go into the forest to rehearse the play they are performing for Theseus and Hippolyta's wedding.
- At this point all three groups are in the woods: the lovers, the fairies, and the actors.
- A series of mix-ups occur, when Puck places the love potion from the magic flower in Lysander's eyes instead of Demetrius's.

THE THREE WORLDS of *a midsummer night's dream*



Lysander addressed her in terms of extravagant love and adoration.



Hermia and Helena soon fell to high words together.

1. THE ATHENIANS:

- Theseus and his bride, Hippolyta
(Theseus represents law and order.)
- The four lovers: Hermia, Helena, Demetrius, Lysander
(They represent adolescent rebellion.)
- Egeus (Hermia's father)



Left to right: Helena,
Demetrius, Lysander,
Hermia

The Athenians



Helena and Demetrius

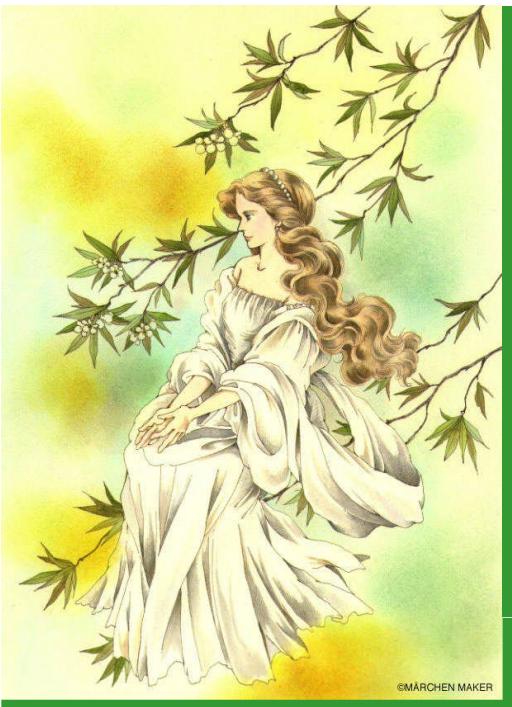


Theseus and Hippolyta

2. THE ACTORS:

- Bottom (the rather vain “leader” of the group who wishes to play all the parts)
- Other members of the cast: Quince, Flute, Starveling, Snout, Snug, Philostrate





3. THE FAIRIES:

Their realm is the woods where they interact with the humans who wander there. This setting is outside the walls of Athens and so disorder prevails.

- **Titania (Queen)**
- **Oberon (King)**
- **Puck (a.k.a. Robin Goodfellow) – Oberon's loyal helper**

Bottom and Titania



Puck and Oberon



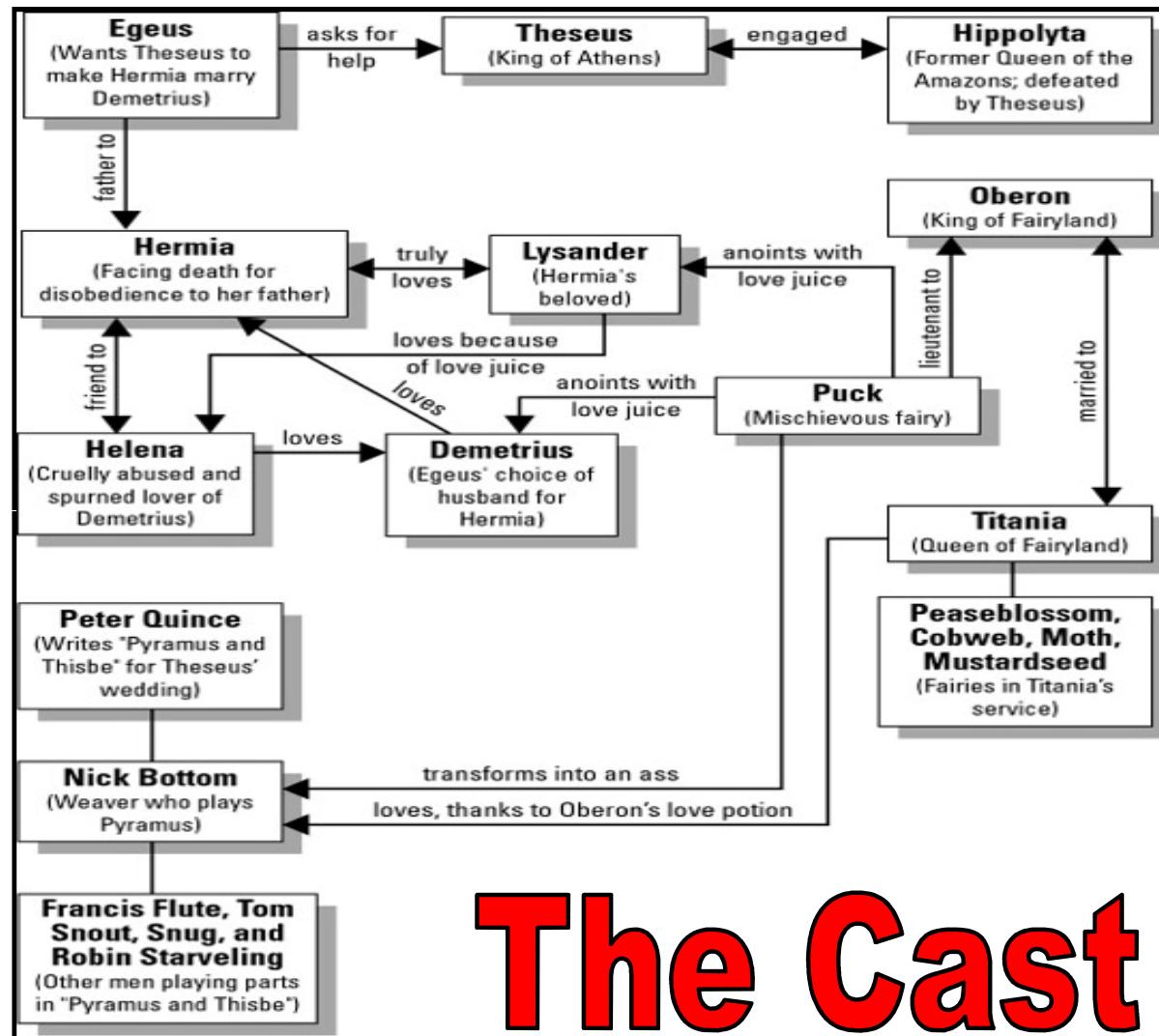
The three worlds come together in the woods at night: a place of magic and mystery where illusion reigns!



Shakespeare cleverly weaves together not only fairies and lovers, but also social hierarchies with the aristocratic Theseus and the "rude mechanicals," or the artisans and working men. This allows the play to become more lyrical, since it is able to draw on the rougher language of the lower classes as well as the poetry of the noblemen.

TERMS TO KNOW

- Shakespeare writes in both VERSE and PROSE
- VERSE – elevated passages, significant ideas, speeches by high ranking individuals
- PROSE – comic scenes, dialect or broken English (slang/not proper) and speeches by commoners are in prose (written or spoken word)
- POETRY is usually blank verse – iambic pentameter lines without rhyme
- IAMBIC PENTAMETRE – five beats (feet) per line with a light/ heavy stress pattern (ten syllables).
- RHYME is used (couplet or sonnet) to illustrate the close of scenes or important passages (soliloquy – the act of speaking when alone or regardless of any listeners, often a character's inner thoughts)



The Cast

MSND End



Introduction to Shakespeare



Dramatic Terminology

- ❖ Tragedy: A narrative about serious and important actions that end unhappily, usually with the death of the main characters.
- ❖ The play is broken up into acts and the acts are broken up into scenes.
- ❖ Monologue: A long uninterrupted speech given by one character onstage to everyone.
- ❖ Soliloquy: A long uninterrupted speech given by one character alone on stage, inaudible to other characters
- ❖ Aside: A short speech given by one character, traditionally the other characters cannot hear.

Dramatic Terminology

Pun: A humorous play on words, examples:

1. I was rattled by seeing a poisonous snake.
2. A gossip is someone with a great sense of rumor.
3. The cobbler will save our soles.
4. It is pointless to write with a broken pencil.

Mercutio: “Nay, gentle Romeo, we must have you dance.”

Romeo: “Not I, believe me. You have dancing shoes / With nimble soles; I have a soul of lead” -- 1.iv in R&J.

Allusions

An allusion is a reference to a well known work of art, music, literature, or history.

“At lovers’ perjuries, they say Jove laughs.” - Act II, Sc. 2.

[Jove is another name for Jupiter, the Roman King of the Gods].

Metaphor

A metaphor is a direct comparison between two unlike things.

Romeo – “What light through yonder window breaks? It is the east, and Juliet is the sun.” -- Act II Scene 2.

Simile

A figure of speech in which two fundamentally unlike things are explicitly compared, usually in a phrase introduced by *like* or *as*

Example: She was as white as snow.

Personification

Personification occurs when an inanimate object or concept is given the qualities of a person or animal.

Juliet: “For thou wilt lie upon the wings of night / Whiter than new snow on a raven’s back. / Come, gentle night, come, loving, black-brow’d night” (Act III Sc. 2)

Personification

Definition: representation of a thing or abstraction as a person or by the human form

Examples: Juliet: By whose direction found'st thou out this place?

Romeo: By **love**, that first did prompt me to inquire.

He lent me counsel, and I lent **him** eyes.
(2.2.84-86)

Oxymorons

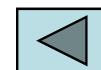
An oxymoron describes when two juxtaposed words have opposing or very diverse meanings.

Example: “Brawling love”, “loving hate”,

“heavy lightness”

Juliet – “Beautiful tyrant! fiend angelical!”

(Act III Sc.2)



Paradoxes

A paradox is statement or situation with seemingly contradictory or incompatible components.

Juliet: “O **serpent heart**, hid with a flowering face!” (Act III Sc. 2)

Foreshadowing

Foreshadowing is a reference to something that will happen later in the story.

Juliet – “Give me my Romeo; and, when he shall die,
Take him and cut him out in little stars,
And he will make the face of heaven so fine
That all the world will be in love with night
And pay no worship to the garish sun.” (Act III Sc. 2)

Onomatopoeia

Onomatopoeia definition:

When a word expresses the sound.

Examples: boom, bang, hiss, splash, ping,

Consonance

Definition: recurrence or repetition of consonants especially at the end of stressed syllables without the similar correspondence of vowels

Example: as in the final sounds of “stroke” and “luck”.

Assonance

Definition: repetition of vowels without repetition of consonants.

Example: *stony* and *holy*.

Examples:

“But passion lends them power,
time means, to meet,
Temp’ring extremities
with extreme sweet.”

Imagery

Definition: Words or phrases that appeal to the five senses

Juliet: “... in a vault, an ancient receptacle
Where for this many hundred years the bones
Of all my buried ancestors are packed;
Where bloody Tybalt, yet but green in earth
Lies festering in his shroud...” (IV.3.40-44)

Catalogue

Definition: A list.

Example: “Beguiled, divorced, wronged,
spited, slain!” (IV.v.)

Dramatic Irony

Definition: In literature, this is a plot device in which the audience's or reader's knowledge of events or individuals surpasses that of the characters.

The words and actions of the characters therefore take on a different meaning for the audience or reader than they have for the play's characters.

This may happen when, for example, a character reacts in an inappropriate or foolish way or when a character lacks self-awareness and thus acts under false assumptions.

Dramatic Irony

Definition: a term used to talk about a contrast between reality and what seems to be real.

Examples:

Romeo's suicide while Juliet is still really alive.

Capulet's plan to arrange Juliet's marriage when she is already married.

Juliet's balcony scene speech when Romeo is listening

Aside

Definition: an utterance meant to be inaudible to someone; *especially* : an actor's speech heard by the audience but supposedly not by other characters

Example: Romeo: “They laugh at scars who ne'er have felt a wound.”

Apostrophe

Definition: the addressing of a usually absent person or a usually personified thing

Example: “O Liberty, what things are done in thy name!”

Alliteration

Definition: Repetition of usually initial consonant sounds in two or more neighboring words or syllables.

Examples: "*fast and furious*"

“She sells sea shells by the sea shore.”

*Called also **head rhyme** or **initial rhyme**.*

Verbal Irony

Definition: A contradiction of expectation between what is said and what is meant
Verbal irony is implied and refers to spoken words only.

Example: Anthony: "Yet Brutus says he was ambitious; And Brutus is an honourable man"
Mark Antony really means that Brutus is dishonourable, from Julius Caesar.

Dramatic Terminology

Dramatic Foil: A pair of characters who are opposite in many ways and highlight or exaggerate each other's differences.



Shakespearean Sonnet

Definition:

A 14-line verse form having 3 quatrains (sets of four lines that go together), ending with a couplet (a pair of lines), and having an ababcdcdefefgg rhyme scheme.

Example:

The Prologue *in Romeo and Juliet*

Blank Verse

Definition: unrhymed verse; *specifically* :
unrhymed iambic pentameter verse

Example:

The dialogue between Juliet and Romeo
during the balcony scene (Act II, scene ii)

Poetic Terminology

- ➔ **Blank Verse**: Unrhymed meter; unrhymed iambic pentameter specifically.
- ➔ **Iambic Meter**: Each unstressed syllable is followed by a stressed syllable.
- ➔ **Couplets**: Two consecutive lines that rhyme (aa bb cc). Usually followed when a character leaves or a scene ends.
- ➔ **End-stopped Line**: Has some form of punctuation at the end of the line (,;.!?).
- ➔ **Run-on Line**: Has NO punctuation at the end of the line and meaning is continued to following lines.
- ➔ **Sonnet**: A fourteen line poem using iambic pentameter and the following rhyme scheme: abab cdcd efef gg.

Poetic Terminology

- ◆ Internal Rhyme: Words rhyming inside one line.
- ◆ End Line Rhyme: Words rhyming at the end of consecutive lines.
- ◆ Perfect vs. Slant Rhyme: ball & hall are a perfect rhyme (end sounds the same). Ball & bell are slant rhymes (beginning and end sounds the same; middle sound is different).
- ◆ Alliteration: the repetition of the same beginning consonants
- ◆ Assonance: the repetition of the same vowel sounds in the middle of words
- ◆ Consonance: the repetition of the same ending consonants
- ◆ Onomatopoeia: words that are spelled much like how they sound.

William Shakespeare

- Born 1564, died 1616
- Wrote 37 plays
- Wrote over 150 sonnets
- Actor, poet, playwright



Types of Plays

- **Shakespeare wrote:**
 - Comedies - light and amusing, usually with a happy ending
 - Tragedies –serious dramas with disastrous endings
 - Histories – involve events or persons from history



The Globe Theatre

- Open ceiling
- Three stories high
- No artificial lighting
- Plays were shown during daylight hours only



Spectators

- Wealthy people got to sit on benches
- The poor (called “groundlings”) had to stand and watch from the courtyard
- There was much more audience participation than today

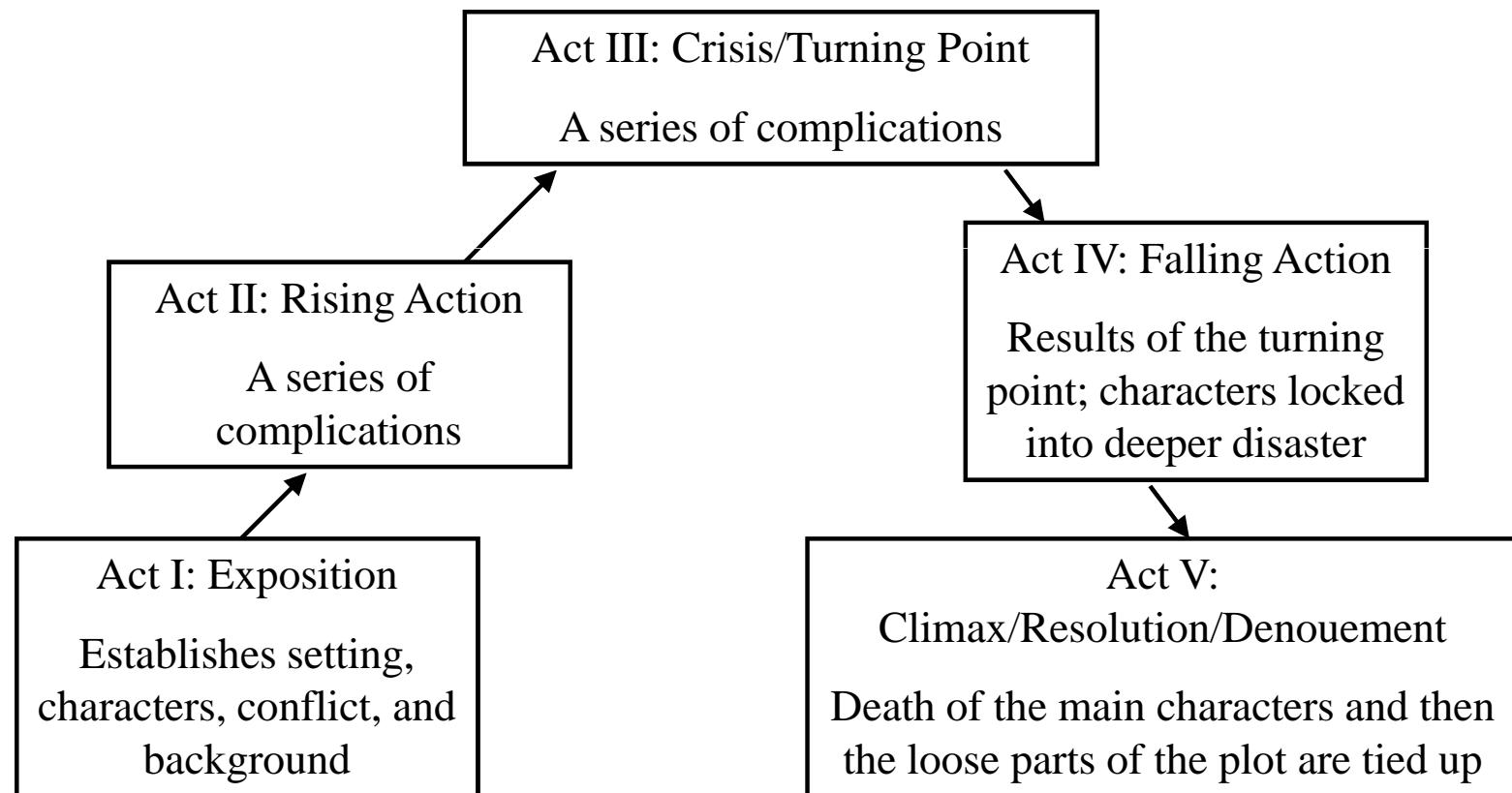


Actors

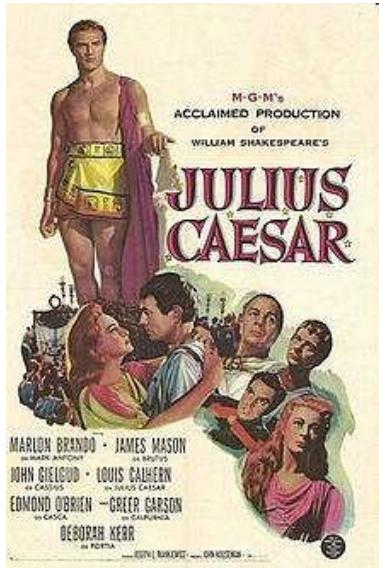
- Only men and boys
- Young boys whose voices had not changed played the women's roles
- It would have been indecent for a woman to appear on stage



Shakespeare's Story telling Pattern



Julius Caesar



Julius Caesar

- **Julius Caesar** is a 1953 [MGM](#) film adaptation of the 1599 [play](#) by [Shakespeare](#), directed by [Joseph L. Mankiewicz](#)
- It portrays the 44 BC [conspiracy](#) against the [Roman dictator Julius Caesar](#), his assassination and the defeat of the conspirators at the [Battle of Philippi](#)
- Brutus kills Caesar to protect democracy in Rome, with a psychological drama of his struggle between the conflicting demands of [honor](#), patriotism, and [friendship](#).



Shakespeare

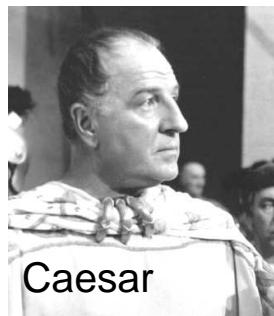


Mankiewicz

from wikipedia

CAST

Cassius



Caesar

- Marlon Brando as Mark Antony
- James Mason as Brutus
- John Gielgud as Cassius
- Louis Calhern as Julius Caesar

from <http://juliuscaesarmovie.blogspot.com/2009/04/shakespeares-julius-caesar-1953-film.html>

Mark Antony



Brutus

CAST

Right:

- Marlon Brando (Mark Antony) and his enemies

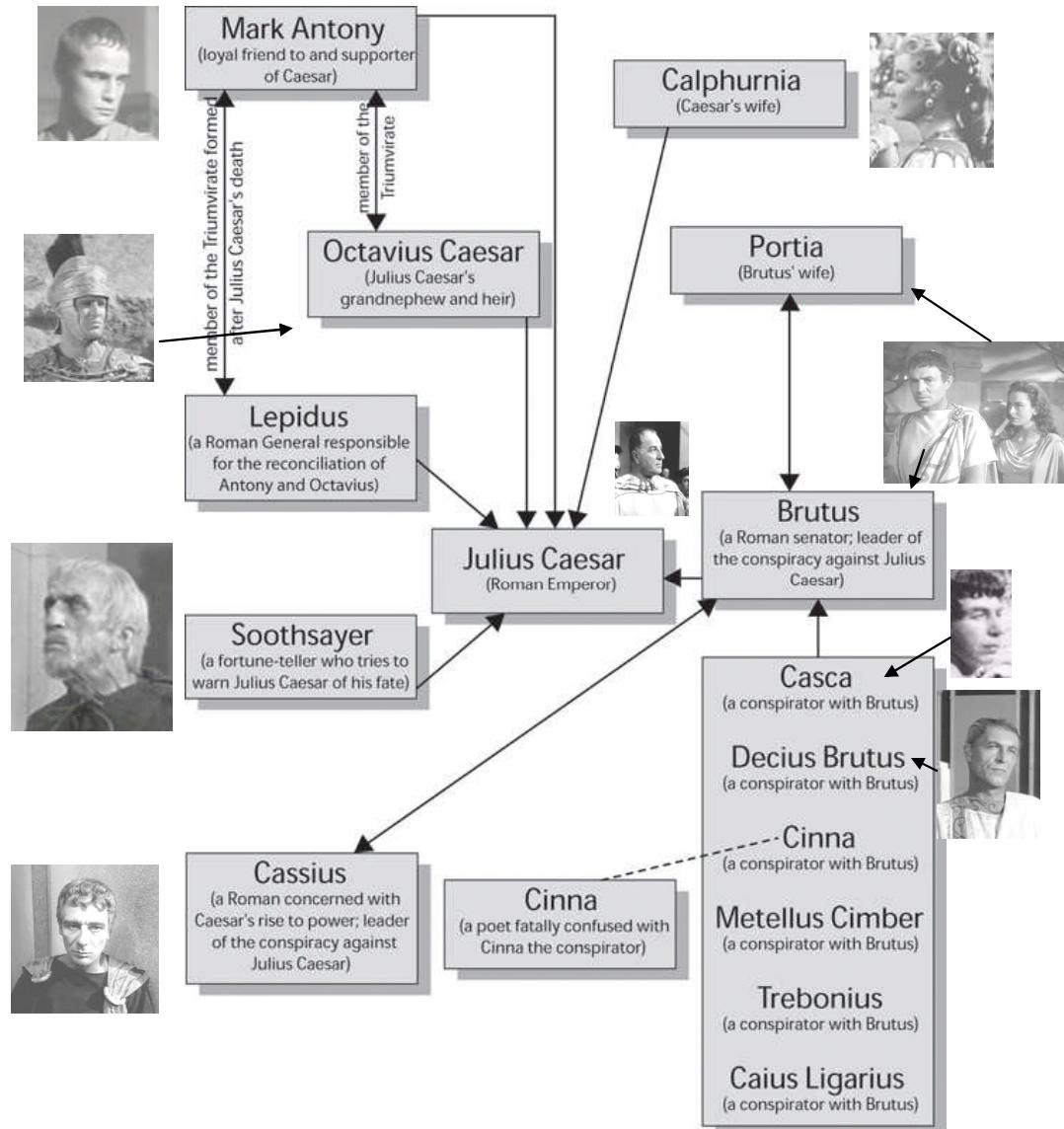
Left to Right:

- William Cottrell (Cinna),
- Edmond O'Brien (Casca),
- Jack Raines (Trebonius),
- Tom Powers (Metellus Cimber),
- John Hoyt (Decius Brutus),
- John Gielgud (Cassius) and
- James Mason (Brutus).



GoneMovie.com

Character Map of Julius Caesar



Plot

- The tribunes, Marullus and Flavius, break up a gathering of Roman citizens who seek to celebrate Julius Caesar's triumphant return from war.
- The victory is marked by public games in which Caesar's friend, Mark Antony, takes part.
- On his way to the arena **Caesar** is stopped by a soothsayer (fortune teller), who warns that he should '*Beware the Ides (15th) of March.*'
- from <http://www.nosweatshakespeare.com/play-summary/julius-caesar/>

Plot – Caesar to become King

- Fellow senators, Caius Cassius and Marcus Brutus, are suspicious of Caesar's reactions to the power he holds in the Republic.
- They fear he will accept offers to become Emperor, ending democracy in Rome.
- Cassius, a successful general himself, is jealous, while Brutus has a more balanced view of the political position.
- Cassius, Casca, and their allies, visit Brutus at night to persuade him of their views, and they plan Caesar's death.
- Brutus is troubled but will not confide in his devoted wife, Portia.

Plot – Caesar is killed

- On the 15th March **Caesar** is urged not to go to the Senate by his wife, Calphurnia, who has had dreams that Caesar will be murdered, and she fears the portents of the overnight storms.
- Caesar is nevertheless persuaded by flattery to go and as petitioners surround him.
- **Caesar** is stabbed and dies as Brutus gives the final blow, he utters "*Et Tu Brute, then fall Caesar*".

Plot – Caesar is killed

- Against Cassius's advice Mark Antony is allowed by Brutus to speak a funeral oration in the market place after Brutus has addressed the people of Rome to explain the conspirators' reasons and their fears for Caesar's ambition.
- Brutus calms the crowd.
- But Antony's speech stirs them to rioting and the conspirators are forced to flee from the city.

Plot

- Brutus and Cassius gather an army in Northern Greece and prepare to fight the forces led by Mark Antony, who has joined with Caesar's great-nephew, Octavius, and with Lepidus.
- Away from Rome, Brutus and Cassius are filled with doubts about the future and they quarrel bitterly over funds for their soldiers' pay.
- They make up the argument and despite the misgivings of Cassius over the site they prepare to engage Antony's army at Philippi.
- Brutus stoically receives news of his wife Portia's suicide in Rome.
- Brutus sees Caesar's ghost as he rests, unable to sleep on the eve of the conflict.

End of war

- In the battle the Republicans at first appear to be winning, but
- Cassius fears the worst and gets his servant, Pindarus, to help him to a quick death.
- Brutus, finding Cassius's body, commits suicide as the only honourable action left to him.
- Antony, triumphant on the battlefield, praises Brutus as '*the noblest Roman of them all*', and orders a formal funeral before he and Octavius return to rule in Rome.

Theme of Power

- When it seems evident to the conspirators in Shakespeare's play that Julius Caesar is headed for absolute power, he becomes a threat to the ideals and values of the Roman Republic. They assassinate Caesar before he can be crowned king.
- The irony is that Caesar's death results in civil war.
- As two factions with questionable motives grab for power, chaos ensues and the Republic is never the same again.
- By dramatizing the historical circumstances surrounding Caesar's assassination, Shakespeare asks a series of questions relevant to his 16th-century audience and readers today:
 - How should cities and countries be governed?
 - What makes a good leader?
 - What happens when a political leader's power is unchecked?
 - And, what happens when the leader dies without a suitable replacement lined up?

from <http://www.shmoop.com/julius-caesar/power-theme.html>

Theme of Fate and Free Will

- *Men at some time are masters of their fates: The fault, dear Brutus, is not in our stars, But in ourselves, that we are underlings.* (1.2.9)
- The play is full of omens and prophesies that come true, which undermines the sense that characters can exercise free will and shape the outcomes of their lives.

Theme of friendship and loyalty

- Men in the play must choose between loyalty to their friends and loyalty to the Roman Republic, which leads to some of the most famous examples of manipulation and violent betrayal.

Theme of Manipulation

- In *Julius Caesar*, manipulation seems like a professional sport.
- Politicians use their rhetorical skills to gain power and to influence large, fickle crowds, and seeming friends lie outright to each other.
- Persuasion and suggestion are rhetorical skills that play central roles in *Julius Caesar*, but they also highlight the willingness of individuals in hard times to hear what they want to hear.

Theme of Pride

- When it comes to pride, Julius Caesar is the star of the show, as he's the most outwardly arrogant.
- Caesar's total lack of humility seems to be his tragic flaw.
- His prideful arrogance is a blinding force that prevents him from seeing the harm he's doing and the harm being planned against him.
- When Brutus is humble about what others call his greatness, he sets himself up in sympathetic contrast to Caesar.
- We like Brutus because he isn't all fatheaded.
- He also seems wiser than Caesar for being more aware of the world around him and genuinely more concerned for it.

Theme of Principles

- Honor is one of the central conundrums in *Julius Caesar*.
- Some actions are done in the name of honor, others in spite of it.
- National honor challenges personal honor, and obligations and desires put honor at stake.
- All these layers of honor, which often conflict with each other, ultimately lead back to the issue of perspective.
- Each character has to decide what's best for him and act on it accordingly.
- In the end, they can only do honor to their own judgment, as they have no clear standard for what is good in their world.

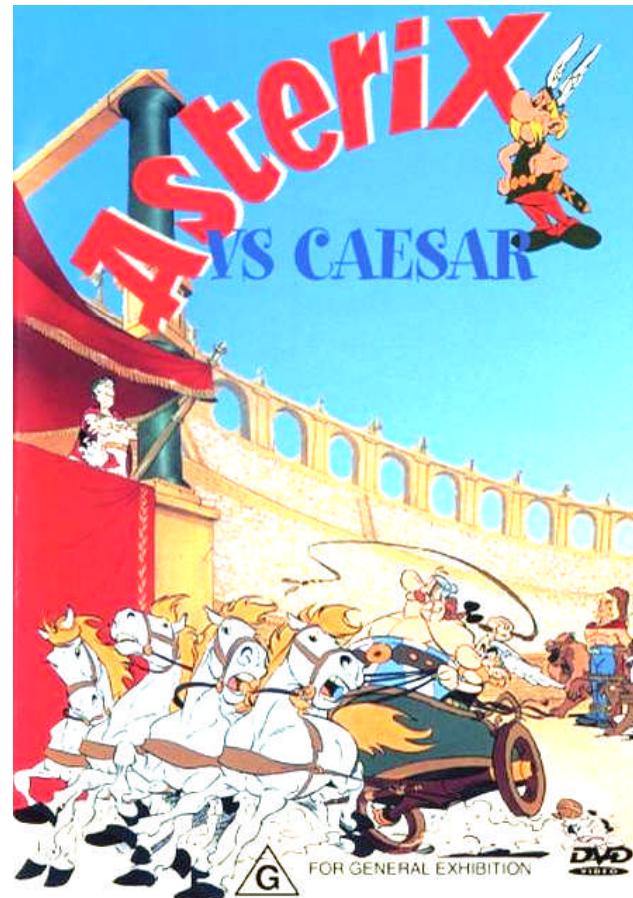
Asterix comics are set in Roman times



Caesar

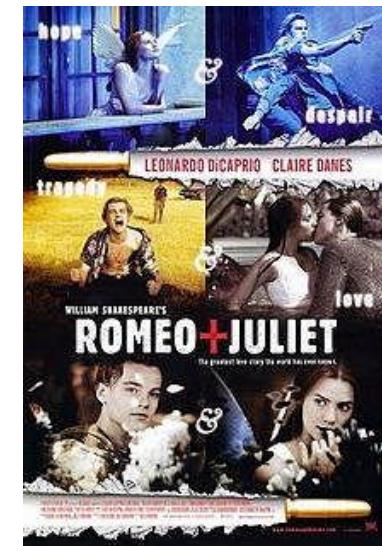


Brutus



from <http://www.asterix.com/the-a-to-z-of-asterix/>

Romeo and Juliet 1996 Movie



Romeo and Juliet

- Considered a tragedy
- Tells the story of two teenagers who risk everything for love
- Shakespeare is exploring which is stronger: love or hate



About

- **Romeo + Juliet** is a 1996 romantic-drama film adaptation of William Shakespeare's 1597 tragedy Romeo and Juliet.
- It was directed by Baz Luhrmann and stars Leonardo DiCaprio and Claire Danes in the leading roles.
- The film is an abridged modernization of the Shakespeare's play.
- While it retains the original Shakespearean dialogue, the Montagues and the Capulets are represented as warring business empires and swords are replaced by guns (with brand names such as "Dagger" and "Sword").

Setting

- In the fictional modern-day location "Verona Beach" (Los Angeles), the families Capulets and the Montagues are arch-rivals.

Short summary

1. Romeo meets Juliet of enemy clan in a party.
2. They arrange to be married in secret.
3. Juliet's cousin Tybalt kills Mercutio (Romeo's friend) in a fight.
4. Romeo kills the Tybalt in a fit of rage.
5. So Romeo is banished from the city.
6. Juliet fakes her own death to escape from home to Romeo.
7. However, Romeo thinks Juliet is really dead.
8. Romeo poisons himself in grief.
9. Dying Romeo discovers that Juliet is alive.
10. Juliet stabs herself.

from answers.yahoo.com

Shorter Summary

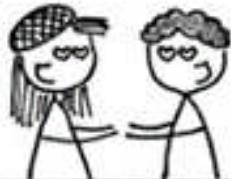
ROMEO AND JULIET (in 3 Panels)

Romeo and Juliet's families hate each other.



©2014 Mya Gosling

Romeo and Juliet love each other.



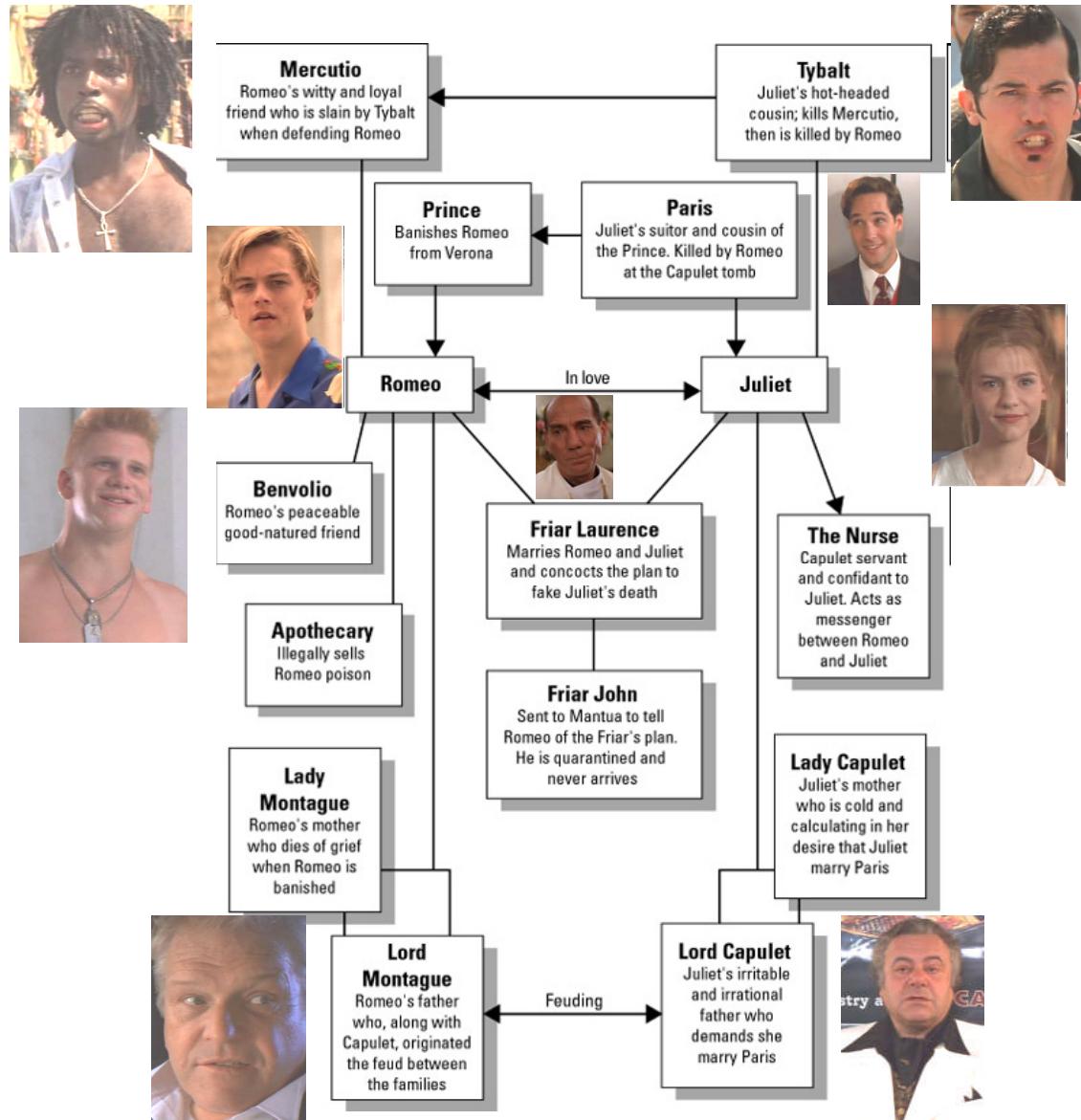
Romeo and Juliet kill themselves.



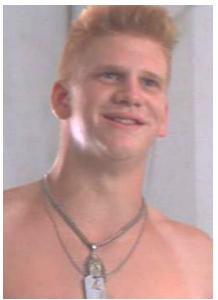
www.goodticklebrain.com

Romeo and Juliet

Character map



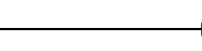
Characters



- **Romeo** - The son and heir of Montague and Lady Montague.
- **Juliet** - The daughter of Capulet and Lady Capulet.
- **Friar Lawrence** - A Franciscan friar, friend to both Romeo and **Juliet**.
- **Mercutio** - A kinsman to the Prince, and Romeo's close friend.
- **Tybalt** - A Capulet, Juliet's cousin on her mother's side. He hates Montagues.
- **Paris** - A kinsman of the Prince, and the suitor of **Juliet** most preferred by Capulet.
- **Benvolio** - Montague's nephew, Romeo's cousin and thoughtful friend.
- **Mercutio**, friend of both family.

from

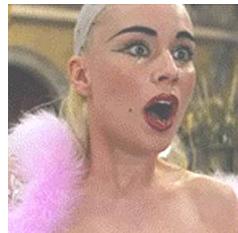
<http://www.sparknotes.com/shakespeare/romeojuliet/characters.html>



Characters



- **Fulgencio Capulet**
- **Ted Montague**
- **Balthasar**
- **Gloria Capulet**
- **Samson**



from [http://screencrush.com/
baz-luhrmanns-romeo-juliet-then-and-now/](http://screencrush.com/baz-luhrmanns-romeo-juliet-then-and-now/)

MONTAGUE vs. CAPULET

- ❖ Romeo
- ❖ Lord Montague (his dad)
- ❖ Lady Montague (his mom)
- ❖ Mercutio (friend)
- ❖ Benvolio (cousin)
- ❖ Juliet
- ❖ Lord Capulet (her father)
- ❖ Lady Capulet (her mother)
- ❖ Tybalt (cousin)
- ❖ Nurse

The Montagues

Lord Montague – father of Romeo

Lady Montague – mother of Romeo

Romeo Montague – in love with Juliet

Benvolio – nephew of Montague and friend of Romeo

Balthasar – servant to Romeo

Aram – servant to Montague

The Capulets

Lord Capulet – father of Juliet

Lady Capulet – mother of Juliet

Juliet Capulet – in love with Romeo

Tybalt – nephew of Lady Capulet

Nurse – takes care of Juliet

Peter – servant to Juliet's Nurse

Other Characters

Prince Escalus – ruler of Verona

Mercutio – kinsman of the Prince and friend
of Romeo

Friar Laurence – a Franciscan priest

Friar John – another Franciscan priest

Count Paris – a young nobleman, courting
Juliet

Themes

in Romeo and Juliet

- Light and dark
- Time
- Fate

Light and Dark

Look for references to light and dark:

- References to “light” words, such as “torches,” “the sun,” adjectives that describe light (“bright”)
- References to “dark” words, such as “night” and “gloom”

Time

Look for references to time:

- References to “time” words, such as “hours”
- References to the passage of time, especially if it seems “rushed”

Fate

Look for references to fate:

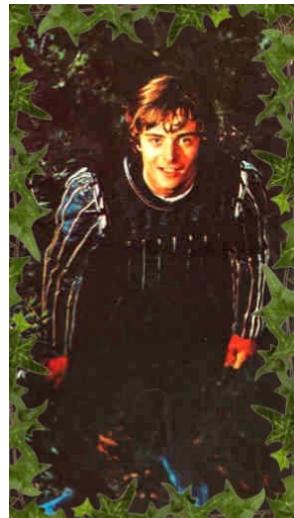
- Look for instances where events are blamed on “fate,” “destiny,” or “the stars”

A Pair of Star Crossed Lovers...

“My only love sprung from my only hate!

Too early seen unknown , and known too late!”

~ Juliet; Act I, Scene V



Tips for Understanding Romeo and Juliet

- ❖ Romeo and Juliet is based on Arthur Brooke's long narrative poem the *Tragical Historye of Romeus and Juliet* (1562).
- ❖ The play has a highly moral tone: disobedience, as well as fate, leads to the deaths of two lovers.



Background

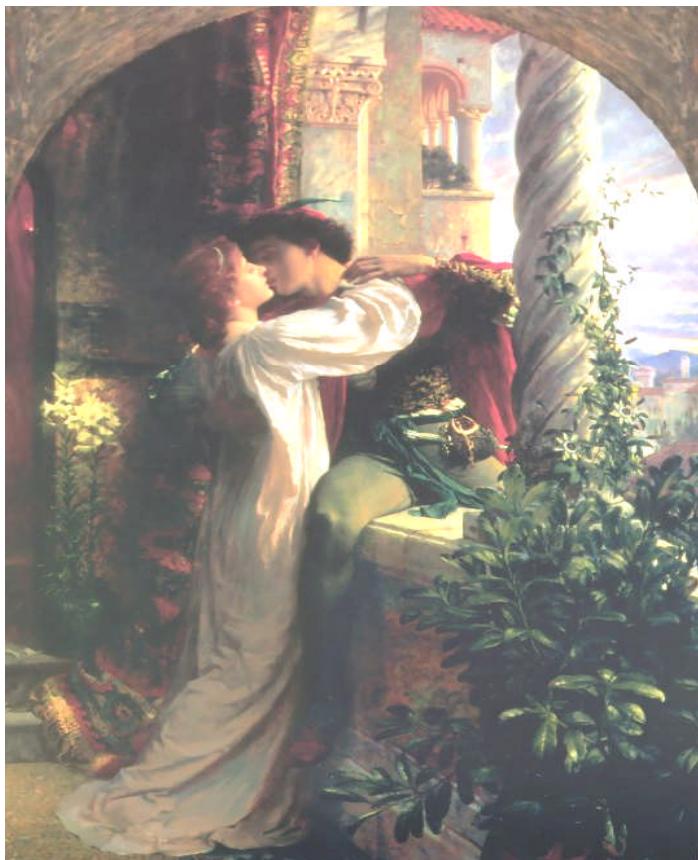
- Play was written around 1595 and was very popular in its time
- The play is a tragedy – an ancient form of play that was very popular way back in Ancient Greece
- The circumstances of the play would have appeared very different to the people of the time because attitudes towards marriage, courtship, honour, fate etc were radically different from our present attitudes.

Romeo and Juliet as a Tragedy

- A tragedy is a form of play in which a happy and successful character suffers an untimely death after a series of disasters.
- They were very popular in Ancient Greece and Roman times. Examples include *Antigone* and *Oedipus the King*.



Romeo and Juliet as Tragedy



- The whole play is tinged with sadness because in the prologue, we are told the characters die.
- The main reason they die is due to fate or “the Heavens”
- They are innocent victims of their parents’ feud.
- We enjoy watching them fall in love and wish them well but it is heartbreakingly tragic when things fall apart for them.

Motifs in Romeo and Juliet

1. Power of Love
2. Violence from Passion
3. The Individual vs. Society
4. The Inevitability of Fate
5. Youth Versus Age

The Nature of Love

- Love is presented in very different ways in *Romeo and Juliet*
- On the one hand it is a beautiful, gentle thing
- It is also hurtful, and brutal.



The Nature of Love

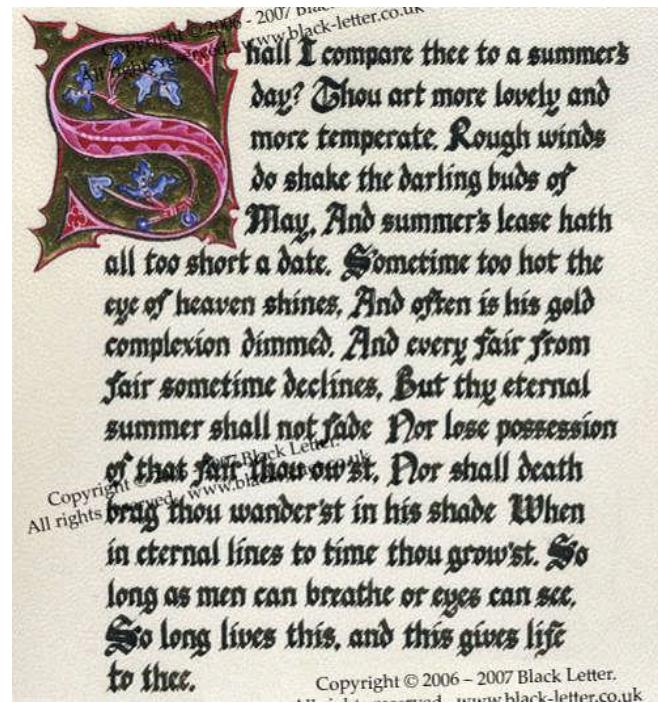
- Shakespeare shows the true nature of love through his use of language
- He uses oxymorons to reflect the contradictory nature of it:

*“O brawling love, o loving hate,
O anything of nothing first create!
O heavy lightness, serious vanity”*

(act 1, scene 1)
- This example from early in the play is before Romeo genuinely falls in love. Interestingly, it is a true reflection of love as things turn out for him.

The Nature of Love

- Shakespeare also uses *poetic form* to highlight the beauty and passion of the love Romeo and Juliet share.
- The couple share the lines of a sonnet when they first meet.
- A **sonnet** is a **14 line poem** with an **iambic pentameter** and a specific rhyme scheme.
- The verbal imagery is genuinely beautiful...

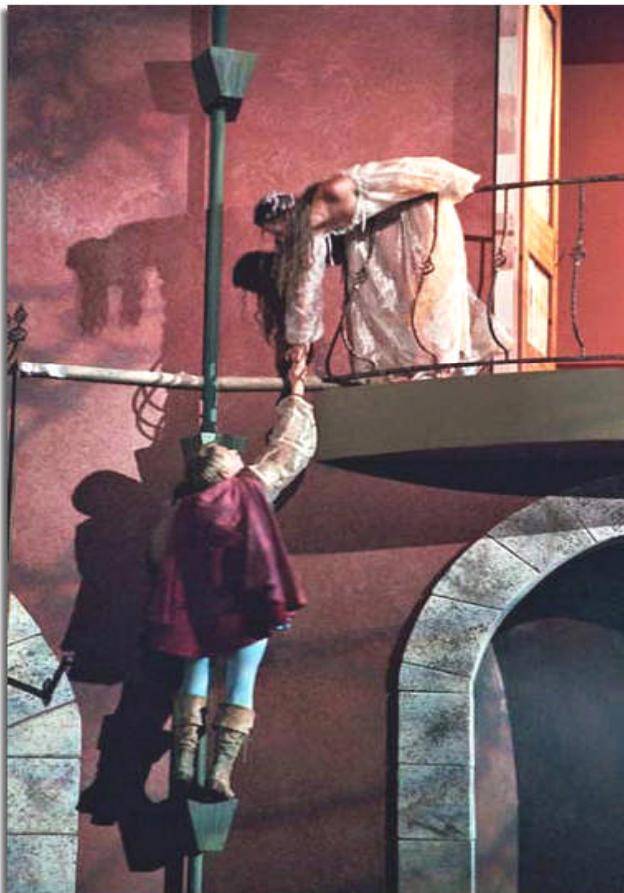


The Nature of Love

*“Love is a smoke made with the fume of sighs:
Being purged, a fire sparkling in lovers’ eyes;
Being vexed, a sea nourished with loving tears.”*

*“This bud of love, by summer’s ripening breath,
May prove a beauteous flower when next we
meet.”*

The Nature of Love



Andy Butterfield and Julia Motyka

- Being in love changes the characters too.
- At first, Romeo has “a soul of lead” that “stakes” him to the ground.
- This contrasts with the way he climbs over the Capulet wall after he meets Juliet:

“With love’s light wings did I
o’er perch these walls”

The Nature of Love

- Love causes the couple to act rashly though and their reaction to situations that keep them apart is to kill themselves.
- In this respect, love is a cause of violence. It heightens tensions and passions and leads people to do things rashly.
- In this sense, love is closely related to death. Clearly seen when Romeo first notices Juliet and Tybalt spies him.

The Nature of Love

- The power of love is reflected in the way Shakespeare uses religious imagery to describe it. Romeo and Juliet both use this type of language in their sonnet in Act 1

R: This holy shrine, the gentle sin is this:

*My lips, two blushing pilgrims ready stand
To smooth that rough touch with a tender kiss.*

J: Good pilgrim you wrong your hand too much,

Which mannerly devotion shows in this –

For saints have hands that pilgrims' hands do touch

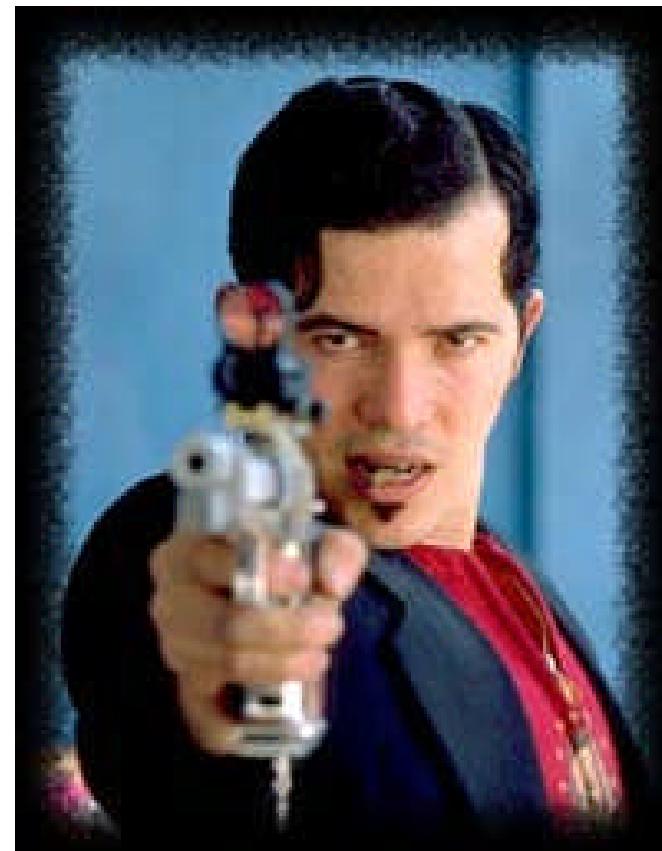
And palm to palm is holy palmers' kiss.

The Nature of Love

- Love is compared to elements of **nature** at various points in the play. Figurative language is used extensively:
- ***“Too like the lightning, which doth cease to be Ere one can say “It lightens”***
- ***“This bud of love, by summer’s ripening breath, May prove a beauteous flower when next we meet”***
- ***“My bounty is as boundless as the sea, My love as deep”***

Individual Vs Society

- Romeo and Juliet both have to battle with the society they live in.
- They are both constrained by the feud
- Elements such as honour, patriarchal power, religion and the law all act as complications in the narrative.



Individual Vs Society

- The feud is main complication.
- Their “names” may be irrelevant to them but it is crucial to everyone else.

“Tis but thy name that is my enemy.

Thou art thyself, though not a Montague”

“Call me but love, and I'll be new baptized.

Henceforth, I never will be Romeo.”

Individual Vs Society (Honour)

- The honour of the characters plays a large part in the demise of Romeo and Juliet.
- The fights that erupt escalate because someone's honour is called into question –
“I bite by thumb at you”
- Mercutio fights Tybalt (and dies) because he is horrified at Romeo's capitulation in the face of Tybalt's insults – **“O calm, dishonourable, vile submission!”**

Individual Vs Society (Honour)

- Romeo, in turn, kills Tybalt in revenge, claiming

*“O sweet Juliet –
Thy beauty has made me
effeminate,
And in my temper softened
valour’s steel.”*

- Paris also tries to defend Juliet’s “body” as an act of honour.



Individual Vs Society (Patriarch Power)

- Both Capulet and Montague exert a great influence on their families. They are the catalyst of the feud and do little to quell the fighting.
- Capulet in particular is presented as a typical renaissance father – he is very much in charge and expects Juliet to obey his instructions in any matter.
- When Juliet refuses to accept the marriage to Paris, he reacts angrily...

Individual Vs Society (Patriarch Power)

*“I'll give you to my friend:
And you be not, hang, beg, starve, die in the streets! –
For, by my soul, I'll ne'er acknowledge thee..”*

- This reaction places Juliet in a very vulnerable position and she finds herself completely alone as a result.
- She has to make her own decisions and cut herself off from her family (a family that she loves).

Individual Vs Society - Religion

- Religion played a much larger part in people's lives than it does for many people today.
- Many of the speeches and actions of Romeo and Juliet would be regarded as blasphemous.
- The intensity of their love leads them to "break the rules"



Individual Vs Society - Religion

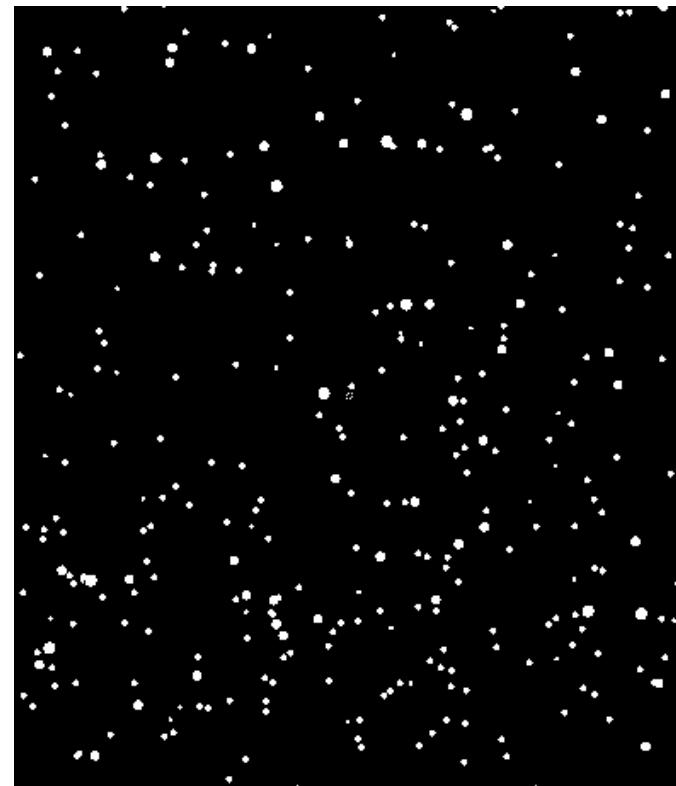
- Romeo and Juliet wait till they are married before consummating their marriage
- Juliet is affronted when she believes Romeo wants more than just courtship during the balcony scene – “***What satisfaction cans't thou have tonight?***”
- However, their suicides are mortal sins and would be seen as very un-Christian. It is a powerful way of expressing the power of their love.
- The way they speak of each other in religious terms would also be seen as blasphemous.

Individual Vs Society - Law

- The law acts as a complication in that the Prince's decree after the brawl means that Romeo is banished. He has to break that law to be with Juliet on their wedding night and also to be with her in death.
- Romeo breaks the law by buying poison. -
I pay thy poverty and not thy will.
- Where the Prince advocates calm and order, the passion of the characters in their hate, (and R +J's hate) leads to disaster.

The Inevitability of fate

- In Shakespeare's day, it was believed that fate was a power that was vested in the movement of the **stars**.
- References to the stars would have had this significance to the Elizabethan audiences.



The Inevitability of fate



- From the outset, Romeo and Juliet are described as “**star-crossed lovers**” who take their lives.
- This ties in with the idea of your future being pre-determined. No matter what they do to avoid it (or otherwise), their death will happen. This permeates the whole play.

The Inevitability of Fate

- There are constant references to the idea that their destiny is pre-destined. Here are some examples:
 - *I fear, too early – for my mind misgives / Some consequence, yet hanging in the stars*
 - *He that hath the steerage of my course / Direct my sail!*
 - *Thou desperate pilot – now at once run on / The dashing rocks thy seasick weary bark!*
 - *Then I defy you stars!*

How many more can you think of?

The Inevitability of Fate

- Both Romeo and Juliet see terrible omens relating to their lives.
- These *foreshadow* their deaths at the end of the play
- They help to remind the audience that these “star crossed lovers” take their life.

*“With this night’s revels, and expire the term
Of a despised life closed in my breast,
By some vile forfeit of untimely death”*

*Methinks I see thee, now art so low,
As one dead in the bottom of a tomb.
Either my eyesight fails, or thou look’st pale”*

*“I dreamt my lady came and found me dead – strange dream , that gives a dead man leave to think! –
And breathed such life with kisses in my lips that I revived ...”*

The Inevitability of Fate

- This theme is closely linked to dreams. These omens often come in the form of **dreams**.
- The power of dreams is debatable though.
- Mercutio argues that actions born of dreams are more to do with the dreamer's personality than any powerful force.
(Queen Mab speech)
- Romeo agrees with this early in the play as he states "**Thou speak'st of nothing.**"



The Inevitability of Fate

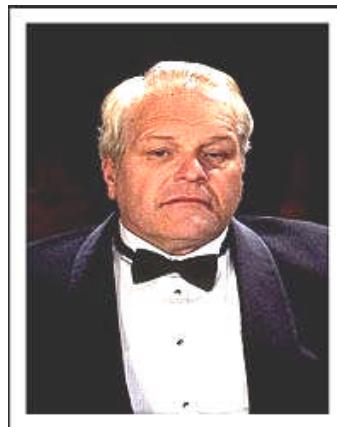
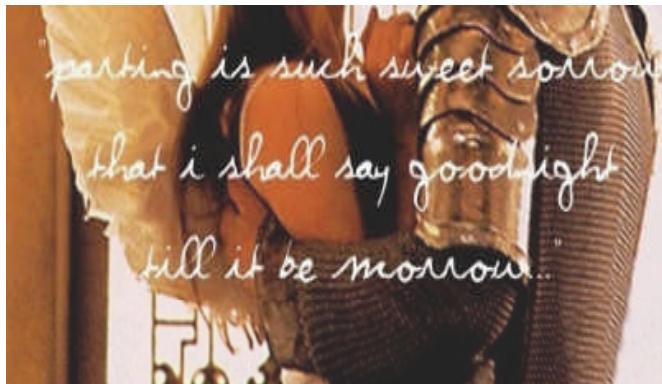
- There is **irony** in the fact that Romeo, Juliet and the friar take actions to escape and break free from fate while all the time playing into its hands.
- Romeo shouts “***Then I defy you, stars!***” and then makes plans to take his own life – just as fate would have it!
- Similarly the plans they make to solve their difficulties all lead to their untimely deaths.

The Inevitability of Fate

An interesting variant on this theme is the idea that fate is simply a force that emerges from the personalities of the characters (in the same way Mercutio argues that dreamers simply act according to what they are like and what they do)

Perhaps Romeo and Juliet were just too passionate and rash – something the friar warned them about.

Youth Vs Age



- The youth and passion of Romeo and Juliet contrasts with the wisdom of Friar Lawrence.
- Shakespeare presents both of them with faults – the rashness of R+J and the ongoing feud between the parents.

Youth Vs Age

- Friar Lawrence is the wise figure of the play. He advises Romeo:

“Wisely and slow. They stumble that run fast.”

*“These violent delight have violent ends,
And in their triumph die – like fire and powder,
Which, as they kiss, consume.”*

Youth Vs Age

- Compare the friar's words to those of Juliet:

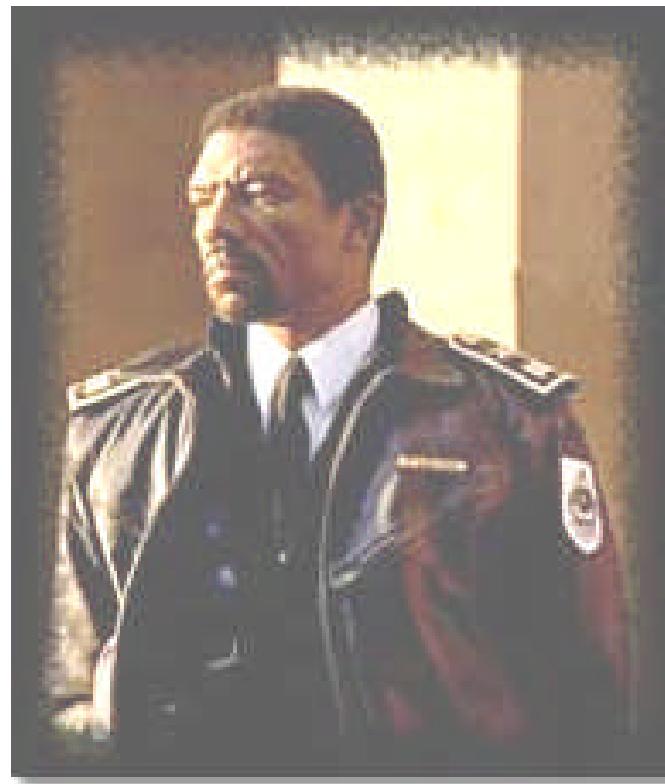
***“my true love is grown to such excess
I cannot sum up sum of half my wealth.”***

- Both Romeo and Juliet are quick to turn to suicide when things go wrong. It reflects the rashness of their youth.

Find examples in the play.

Youth Vs Age

- The end of the play sees the Prince addressing Montague and Capulet.
- He makes them realise the folly of their actions and the feud is resolved.
- It takes the death of their children to make them realise. As the Prince states, “**all are punished.**”



Language in Romeo and Juliet

- Shakespeare's language is one of the elements that makes his work so magical.
- The play is full of **metaphor** which gives the text a richness that is almost unsurpassed.
- Shakespeare also uses poetic form and punning to help his **characterisation**.
 - Characters with status and intelligence speak in verse, while
 - Characters from the “lower classes” speak only in prose.
 - This creates a contrast between them.

Language in Romeo and Juliet

- Romeo and Juliet share a sonnet, the traditional form used for love poetry, when they first speak to each other. This highlights the shared attraction and genuine nature of the love that is growing.



Language in Romeo and Juliet

- This sense of intelligence is also portrayed through the characters' ability to engage in punning.
- Romeo and Mercutio exchange words at the beginning of Act II, Scene 4.
- Mercutio's character is likeable because he has the wit and intelligence to mock those around him. It is one of the qualities that we admire.

Language in Romeo and Juliet

- Juliet also shows her wit and intelligence through her use of language.
- She manages to conceal her true feelings for Romeo from her mother while still agreeing with her. This is done through skilful writing on Shakespeare's part:

*“Indeed, I never shall be satisfied
With Romeo till I behold him – dead –
Is my poor heart, so for a kinsman
vexed.”*

Language in Romeo and Juliet

- There is a contrast between the imagery used by Paris and Romeo.
- Where Romeo is passionate and genuine, Paris is sincere but a little staid.

Find examples which highlight the difference.



Motifs – Light and Dark

- Light and darkness are continually referred to throughout the play.
- At different times, the characters prefer one to the other.
- It is not as simple as light is good and dark is bad.
- Each one symbolises something different depending on the situation.

Motifs – Light and dark



- Juliet is described by Romeo using light imagery in the balcony scene.
- ***“Arise, fair sun and kill the envious moon”***
- ***“The brightness of her cheek would shame those stars
As daylight doth a lamp.”***

Motifs – Light and Dark

- A similar blurring of night and day occurs when the two lovers wake after their first night together
- ***“It was the nightingale,
and not the lark,
That pierced the hollow
of thine ear”***
- They debate over the light, wishing it to be night.

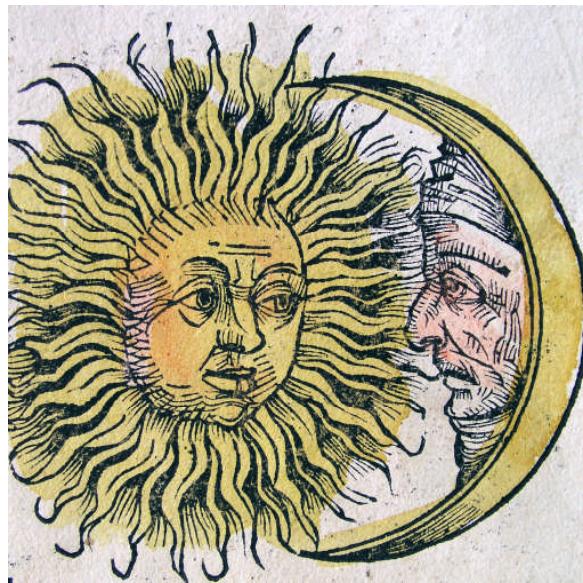


Motifs – Light and Dark

- In this case, the couple want it to be night because it offers them concealment.
- This relates to the theme of the individual vs society.
- The darkness offers them privacy and secrecy, hiding their relationship and Romeo's presence in Verona.
- The dual nature of light and dark is reflected in Romeo's line, ***“More light and light, more dark and dark our woes.”***

Motifs – Light and Dark

- It has been argued that the recurring images of light and dark hint at the alternatives available to the couple. This then ties in with the theme of fate.



Motifs - Dreams

- As mentioned earlier, there are many dreams mentioned in the play, many of them foreshadowing the deaths of Romeo and Juliet.
- The nature of dreams and their importance is contradictory though.
- Mercutio mocks them in his Queen Mab speech as “***children of an idle brain***”

Motifs - Dreams

- This contrasts strongly with both Romeo and Juliet who look on their love as real and powerful.
- Their dreams are unnerving and poignant (and ultimately come true)



Dramatic Irony

- Shakespeare uses dramatic irony extensively in the play.
- It is vital in creating the tension.
- At times Shakespeare “layers” the dramatic irony, making it harder and harder for Romeo and Juliet to escape their untimely deaths.
- This is an important technique to refer to when writing about the play. There are many examples.
 - Note down as many examples as you can think of.

Dramatic Irony

- Some of the most poignant moments in the play come from the knowledge that we cannot share with the characters. We are impotent.
- When Romeo says the lines, ***“Beauty’s ensign yet is crimson in thy lips and in thy cheeks, And death’s pale flag is not advanced there”*** it is heartbreaking because we know why – she’s alive!



Quotes

Quotes

- "That which we call a rose by any other word would smell as sweet" -- Juliet in soliloquy 2.3
- "I will make thee think thy swan a crow" -- Benvolio to Romeo 1.2.94
- "From forth the fatal loins of these two foes/ a pair of star-crossed lovers take their life..." -- Chorus in the Prologue

Quotes

- Night's candles are burnt out, and jocund day stands tiptoe on the misty mountain-tops -- Romeo to Juliet 3.5.9-10
- Thank me no thankings, nor proud me no prouds -- Capulet to Juliet 3.5.157
- Death, that hath suck'd the honey of thy breath, hath had no power yet upon thy beauty. Thou art not conquered. -- Romeo about Juliet 5.3.92

Quotes

- Good night, good night. Parting is such sweet sorrow that I shall say, Good night till it be morrow. -- Juliet to Romeo
2.2.200
- “She is the faerie’ midwife, and she comes in shape no bigger than an agate stone”-- Mercutio about Queen Mab 1.4

Quotes

- Prince: “And I, for winking at your discords too, Have lost a brace of kinsmen. All are punish'd.”
[Because he neglected to act sooner, the Prince has been punished with the deaths of two of his family].

Prologue and Epilogue

- Prologue is the introduction.
- Epilogue is the conclusion.
- A prologue in sonnet form summarizes the play for the audience.
- Most lines in the play, like the lines of a sonnet, are in iambic pentameter -- ten syllables of a steady unaccented/accented pattern
- Soliloquy is a Monologue - a long speeches by a single actor onstage—let the audience understand the thoughts of characters.

Prologue of R&J

Two households, both alike in dignity,
in fair Verona, where we lay our scene,
from ancient grudge break to new mutiny,
where civil blood makes civil hands unclean.
From forth the fatal loins of these two foes
A pair of star-cross'd lovers take their life;
Whose mis-adventured piteous overthrows
do with their death bury their parents' strife.
The fearful passage of their death-mark'd love,
and the continuance of their parents' rage,
which, but their children's end, nought could
remove,
is now the two hours' traffic of our stage.

Things to think about...



- What would you do if your parents did not approve of someone you were dating?
- How important is the opinion of your family in decisions that you make?
- Does violence solve problems?

Essay Option 1

Answer the question: Is Romeo a hero?

In answering the question, address at least three different aspects of his character, showing how they are revealed in his interactions with other characters in the play.

(Note: The answer “In a way he is a hero, and in a way he is not a hero” is an acceptable answer! However, you must give examples of his heroism and his stupidity).

Essay Option 2

Answer the question: Is there true love in
Romeo and Juliet?

In answering the question, address at least **three different kinds of love** or three different relationships that are portrayed in the play, and analyze what Shakespeare uses these relationships to say about the nature of true love in the play.

THE
Tragical Historie of
HAMLET,

Prince of Denmarke.

By William Shakespeare.

Newly imprinted and enlarged to almost as much
againe as it was, according to the true and perfect
Coppie.



AT LONDON,
Printed by I. R. for N. L. and are to be sold at his
shoppe under Saint Dunstons Church in
Fleetstreet. 1605.

Hamlet

Hamlet, Prince of Denmark
– A play by Shakespeare

Story

- Prince Hamlet returns home from university to discover that his father is dead and his mother has married his uncle Claudius.
- And now Claudius has declared himself king.

Story

As if that's not bad enough, the ghost of his father appears to Hamlet

The ghost tells Hamlet that he has been murdered by his brother Claudius, and ask Hamlet to take revenge.

Story

What should Hamlet do?

Instead of jumping into any action,
Hamlet broods over his options -
and then starts acting mad.

Story

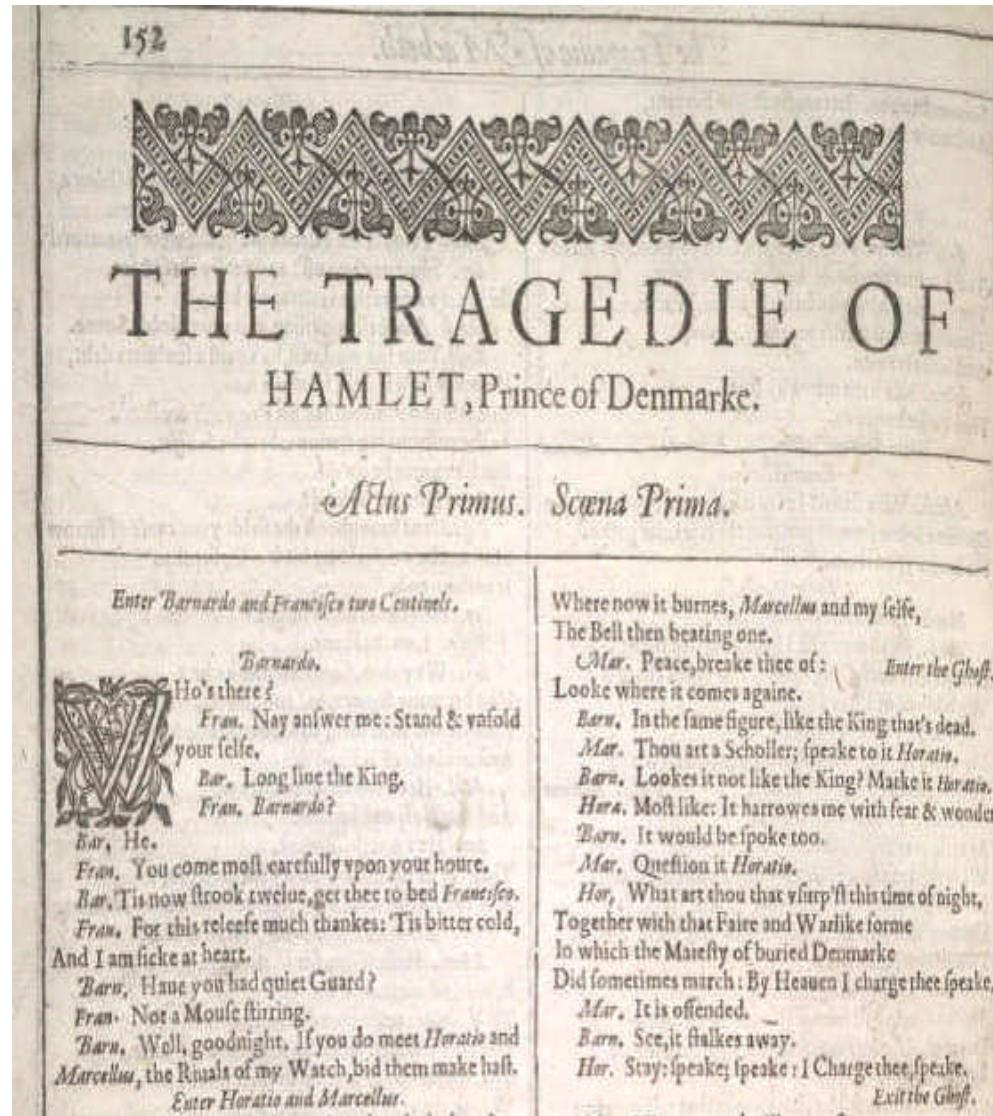
- Hamlet starts talking in riddles.
- He acts cruelly to Ophelia, a girl who loves him.
- He's suspicious of everyone.

Story

- Why is Hamlet acting like this?
- Is he insane? Or faking insanity?
- Will he make up his mind to take action?
- Should he kill his uncle?

Blank Verse

- The language of the play is unrhymed.
- This is called blank verse.
- This is based on a pattern called iambic pentameter.



Iambic Pentameter

Like dance or rock music, iambic pentameter is based on a beat that is pleasing to the ear.

- It includes an unstressed syllable followed by an stressed syllable:

“To BE or NOT to BE . . .”

- It matches the sound of a beating heart: daDUM daDUM



Printing: Spellings and fonts

THE TRAGEDIE OF
HAMLET, Prince of Denmarke.

Aetus Primus. Scœna Prima.

Enter Barnardo and Francisco two Centinels.

Barnardo.
Ho's there?

Fran. Nay answer me: Stand & vnfold your selfe.
Bar. Long liue the King.
Fran. Barnardo?

Bar. He.
Fran. You come most carefully vpon your houre.
Bar. 'Tis now strook twelue, get thee to bed Francisco.
Fran. For this releefe much thankes: "Tis bitter cold, And I am sicke at heart.
Barn. Haue you had quiet Guard?
Fran. Not a Mouse stirring.
Barn. Well, goodnight. If you do meet Horatio and Marcellus, the Riuals of my Watch, bid them make hast.
Enter Horatio and Marcellus.
Fran. I thinke I heare them. Stand: who's there?

Where now it burnes, Marcellus and my selfe,
The Bell then beating one.
Mar. Peace, breake thee of: *Enter the Ghost.*
Looke where it comes againe.
Barn. In the same figure, like the King that's dead.
Mar. Thou art a Scholler; speake to it Horatio.
Barn. Lookes it not like the King? Marke it Horatio.
Hora. Most like: It harrowes me with fear & wonder
Barn. It would be spoke too.
Mar. Question it Horatio.
Hor. What art thou that vsurp'st this time of night,
Together with that Faire and Warlike forme
In which the Maiesty of buried Denmarke
Did sometimes march: By Heauen I charge thee speake.
Mar. It is offended.
Barn. See, it stalkes away.
Hor. Stay: speake; speake: I Charge thee, speake.
Exit the Ghost.
Mar. 'Tis gone, and will not answer.

Different Quartos (prints) with different "To be or not to be"

Bad Quarto (1603)

Ham. To be, or not to be, I there's the point,
To Die, to sleepe, is that all? I all:
No, to sleepe, to dreame, I mary there it goes,
For in that dreame of death, when wee awake,
And borne before an euerlasting Judge,
From whence no passenger euer return'd,
The vndiscouered country, at whose sight
The happy smile, and the accursed damn'd.
But for this, the ioyfull hope of this,
Whol'd beare the scornes and flattery of the world,
Scorne by the right rich, the rich curst of the poore?
The widow being oppressed, the orphan wrong'd,
The taste of hunger, or a tirants raigne,
And thousand more calamities besides,
To grunt and sweate vnder this weary life.

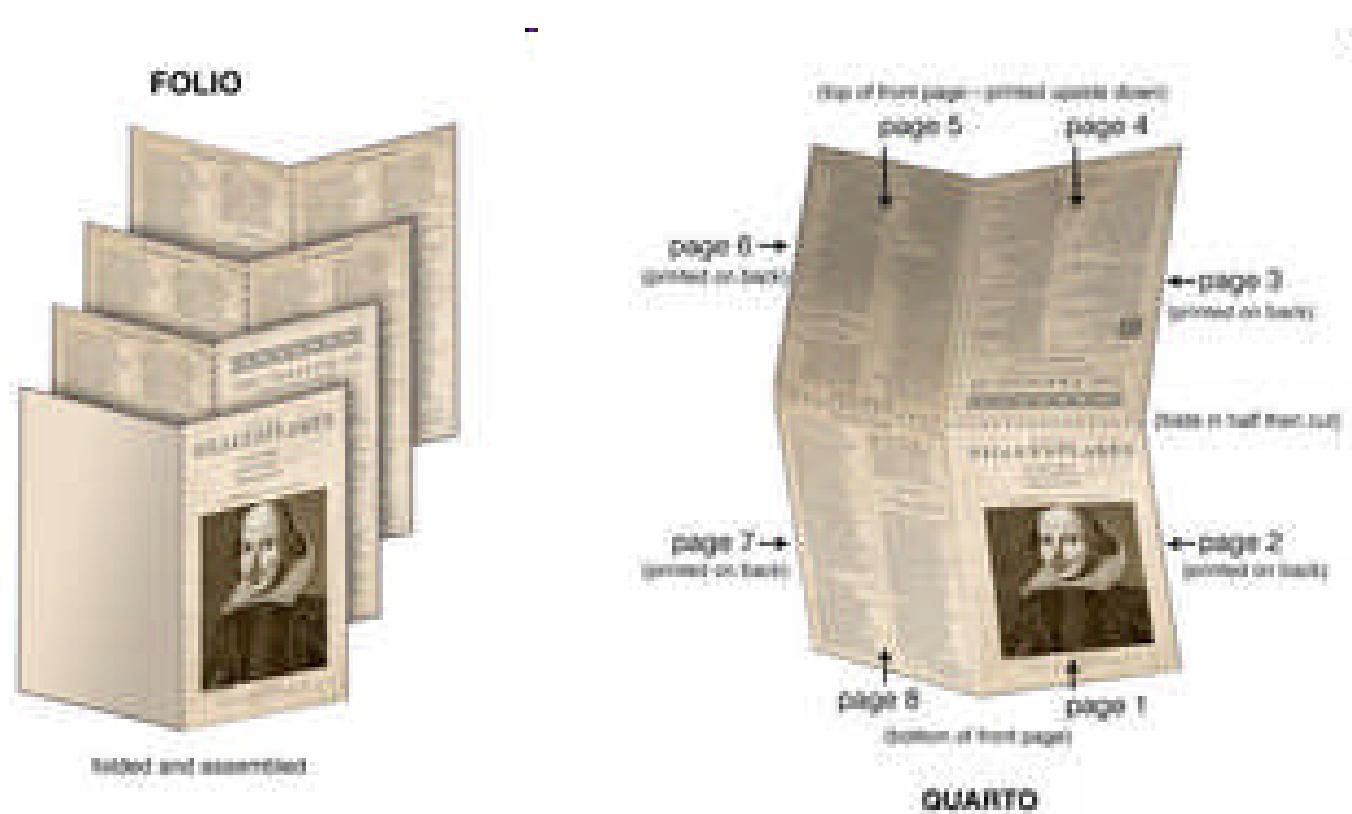
Good Quarto (1604-1605)

Ham. To be, or not to be, that is the question,
Whether tis nobler in the minde to suffer
The slings and arrowes of outragious fortune,
Or to take Armes against a sea of troubles,
And by oppofing, end them, to die to sleepe
No more, and by a sleepe, to say we end
The hart-ake, and the thousand naturall shocks
That flesh is heire to; tis a consummation
Deuoutly to be wiſht to die to sleepe,
To sleepe, perchance to dreame, I there's the rub,
For in that sleepe of death what dreames may come
When we haue ſhuffl'd off this mortall coyle
Muſt giue vs paufe, there's the respect
That makes calamitie of so long life;
For who would beare the whips and scornes of time,

First Folio (1623)

Ham. To be, or not to be, that is the Question:
Whether 'tis Nobler in the minde to suffer
The Slings and Arrowes of outragious Fortune,
Or to take Armes against a Sea of troubles,
And by oppofing end them : to dye, to sleepe
No more; and by a sleepe, to say we end
The Heart-ake, and the thousand Naturall shocks
That Fleſh is heire too? 'Tis a consummation
Deuoutly to be wiſht to die to sleepe,
To sleepe, perchance to Dreame; I, there's the rub,
For in that sleepe of death, what dreames may come,
When we haue ſhuffl'd off this mortall coyle,
Muſt giue vs paufe. There's the respect
That makes Calamity of fo long life:
For who would beare the Whips and Scornes of time,
The Opprefſors wrong, the poore mans Contumely,

Printing: Folio and Quarto



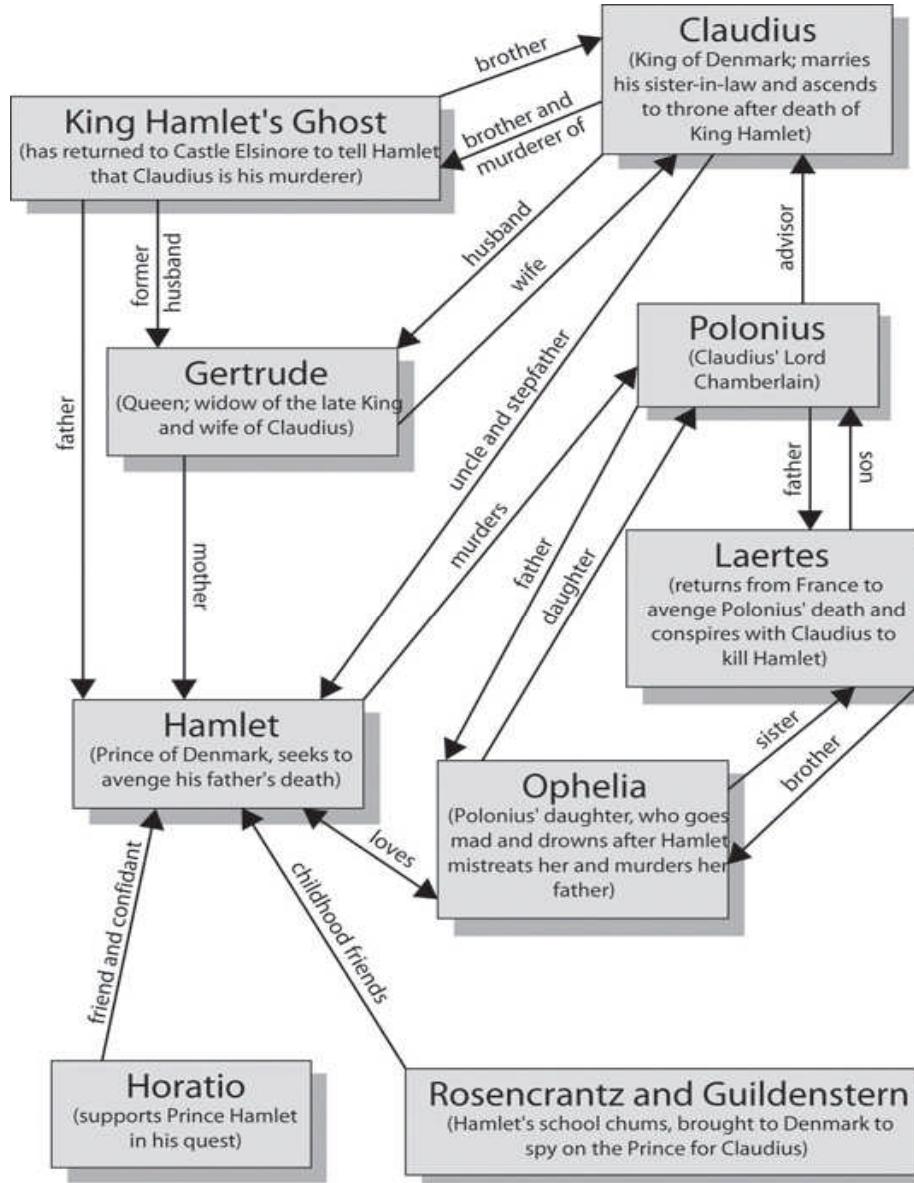
Hamlet is filled with imagery of

Decay and death

1. Corruption and dishonesty
2. Reality versus unreality



CAST



Plot

- The King of Denmark is killed by an apparent snakebite while sleeping in the garden.
- His brother Claudius assumes the throne and marries the widowed Queen, Gertrude, within weeks of the King's death.
- Hamlet, the Prince of Denmark and the dead King's son, mourns for his father and anguishes over his mother's hasty remarriage.
- The father's ghost tells Hamlet that he was murdered by Claudius.

Plot

- Hamlet becomes paranoid as his friends (Rosencrantz and Guildenstern) betray him by spying on him for Claudius and his "girlfriend" Ophelia obeys her father and avoids Hamlet.
- Hamlet with help of Horatio, asks a troupe of actors to put on a play re-enacting the murder scene.
- Hamlet realizes that Claudius's reaction will help him determine if what the ghost told him was true.



Plot

- Hamlet accidentally kills Polonius (advisor to the king and father of Ophelia and Laertes, Hamlet's friend).
- Ophelia has lost her mind and is accidentally drowned.



Plot

Ophelia's brother, Laertes returns and wants revenge on Hamlet, for his father Polonius's and sister Ophelia's deaths.

- He plans a fencing competition with Hamlet, secretly poisoning his sword tip and Hamlet's wine cup.



- Hamlet's mother drinks the poison wine.
- The poisoned sword is exchanged during the fight.



Plot: Tragedy in the end

All of them die:

- King,
- Queen,
- Prince,
- Ophelia,
- Laertes,
- Claudius



Themes - The Impossibility of Certainty

- What separates *Hamlet* from other revenge plays is that the action we expect to see, particularly from Hamlet himself, is continually postponed while Hamlet tries to obtain more certain knowledge about what he is doing.
- This play poses many questions that other plays would simply take for granted.

from

<http://www.sparknotes.com/shakespeare/hamlet/themes.html>

Theme – Complexity of Action

- How is it possible to take reasonable, effective, purposeful action?
- The other characters obviously think much less about “action” in the abstract than Hamlet does, and are therefore less troubled about the possibility of acting effectively.
- They simply act as they feel is appropriate.

Theme - The Mystery of Death

- In the aftermath of his father's murder, Hamlet is obsessed with the idea of death, and over the course of the play he considers death from a great many perspectives.
- He ponders both the spiritual aftermath of death, embodied in the ghost, and the physical remainders of the dead, such as by Yorick's skull and the decaying corpses in the cemetery.



Theme- The Nation as a Diseased Body

- The welfare of the royal family is connected to the health of the state.
- The play's early scenes explore the sense of anxiety and dread that surrounds the *transfer of power* from one ruler to the next.
- Throughout the play, characters draw explicit connections between the moral legitimacy of a ruler and the health of the nation.

Theme- Nation as a Diseased Body

- Denmark is frequently described as a physical body made ill by the moral corruption of Claudius and Gertrude.
- The ghost as a supernatural omen indicating that “something is rotten in the state of Denmark” (I.iv.67).
- The dead King Hamlet is portrayed as a strong, forthright ruler under whose guard the state was in good health, while Claudius, a wicked politician, has corrupted and compromised Denmark



Theme – Words and truth

- Words are used to communicate ideas, but they can also be used to distort the truth, manipulate other people, and serve as tools in corrupt quests for power.
- Claudius, the shrewd politician, is the most obvious example of a man who manipulates words to enhance his own power.

Theme – Words and truth

The sinister uses of words are represented by images of ears and hearing, from Claudius's murder of the king by pouring poison into his ear to Hamlet's claim to Horatio that

“I have words to speak in thine ear will make thee dumb” (IV.vi.21).



Symbolism

- Symbols are objects, characters, figures, and colors used to represent abstract ideas or concepts.
- As Hamlet speaks to the Yorick's skull, he fixates on death's inevitability and the disintegration of the body.



Symbolism

- Hamlet frequently makes comments referring to every human body's eventual decay,
- noting that Polonius will be eaten by worms, that even kings are eaten by worms, and
- that dust from the decayed body of Alexander the Great might be used to stop a hole in a beer barrel.

Quotes

God has given you one face and you make yourself another

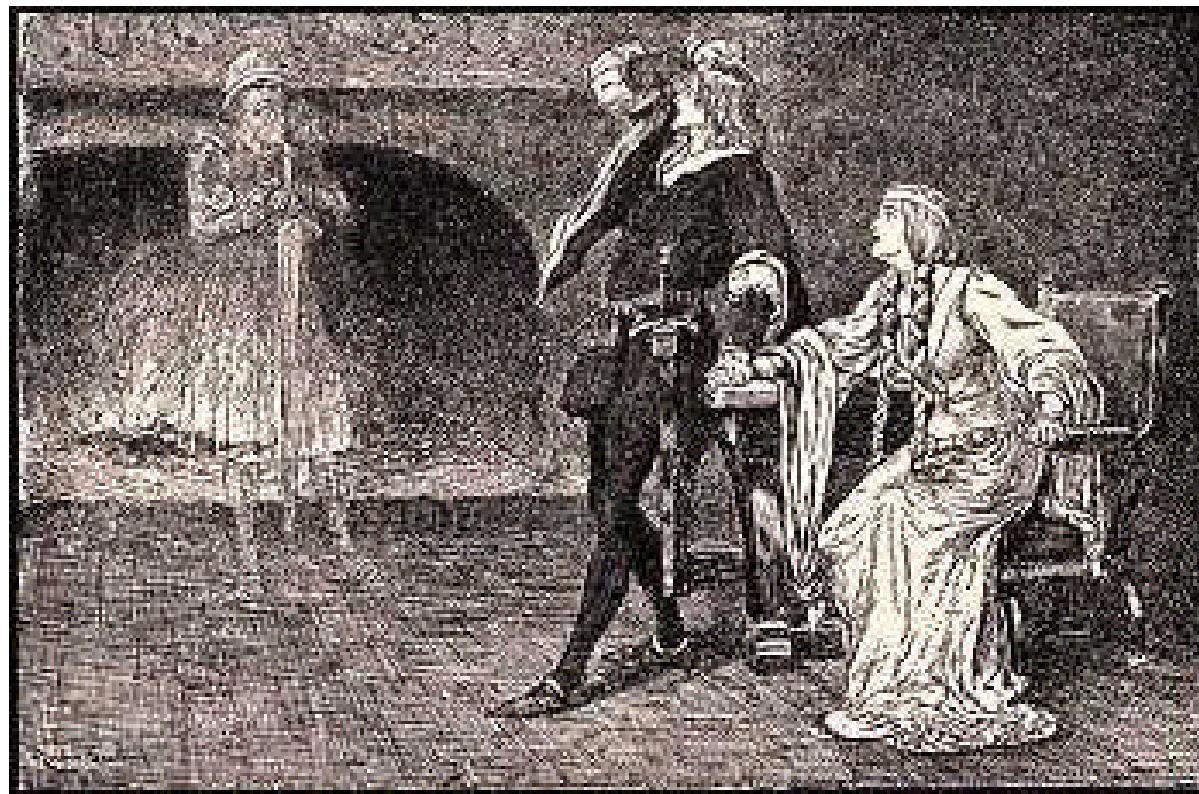




How weary, stale, flat, and unprofitable
Seems to me all the uses of this world ?



The play's the thing wherein I'll catch the conscience of the king



I'll speak daggers to her but use none

- Alas, poor Yorick! I knew him, Horatio: a fellow of infinite jest, of most excellent fancy: he hath borne me on his back a thousand times; and now, how abhorred in my imagination it is!





His purse is empty
already; all's golden
words are spent.

Quotes - Words, words, words."

1. "To be, or not to be - that is the question" – III.1
2. "Neither a borrower nor a lender be; For loan often loses both itself and friend, and borrowing dulls the edge ..." - I.3
3. "To die, to sleep - to sleep, .. to dream ... For in this sleep of death what dreams may come..."
4. "There are more things in Heaven and Earth,,, than are dreamt of in your philosophy."
5. "Though this be madness, yet there is method in it."

Quotes - Words, words, words.

1. “Brevity is the soul of wit.”
2. “Conscience doth make cowards of us all.”
3. “Give every man thy ear, but few thy voice.”
4. “Something is rotten in the state of Denmark.”
5. “There is nothing either good or bad, but thinking makes it so.”
6. “My words fly up, my thoughts remain below:
Words without thoughts never to heaven go.”

More
quotes

HAMLET: To be, or not to be—that
is the question; / Whether ‘tis nobler
in the mind to suffer / The slings and
arrows of outrageous fortune/ Or to
take arms against a sea of troubles /
And by opposing end them.

III. i. 56-60
(Act 3, Scene 1, lines 56 to 60)

HAMLET: Why look you now, how
unworthy a thing you / make of me!
You would play upon me. You
would seem / to know my stops.
You would pluck out the heart of
my / mystery.

- III. ii. 371-74.

HAMLET: 'Tis now the very
witching time of night, / When
churchyards yawn, and hell itself
breathes out / Contagion to this
world. Now could I drink hot blood
/ And do such bitter business as
the day / Would quake to look on.

- III. ii. 394-98.

KING: O, my offence is rank. It
smells to heaven. / It hath the
primal eldest curse upon't, / A
brother's murder.

- III. iii. 36-38.

KING: My words fly up, my
thoughts remain below. / Words
without thoughts never to
heaven go.

HAMLET: Here is your
husband; like a mildewed ear, /
Blasting his wholesome brother
. . . For at your age / The
heyday in the blood is tame . . .
Would step from this to this?

III. iv. 65-72.

GHOST: . . . This visitation / Is
but to whet thy almost blunted
purpose. / but look, amazement
on thy mother sits. / O, step
between her and her fighting
soul! Conceit in weakest bodies
strongest works.

III. iv. 111-15.

HAMLET: . . . Lay not that
flattering unction to your soul, /
That not your trespass but my
madness speaks. / It will but
skin and film the ulcerous place
/ Whiles rank corruption, mining
all within, / Infects unseen.

III. iv. 146-50.

HAMLET: . . . 'Tis a
consumation / Devoutly to be
wished. To die, to sleep— / To
sleep—perchance to dream.
Ay, there's the rub. / For in that
sleep of death what dreams
may come . . . Give us pause.

III.i. 63-68.

CLAUDIUS: Madness in
great ones must not
unwatched go.

III. i. 190.

OPHELIA: You are as good
as a chorus, my lord.

HAMLET: I could interpret
between you and your love, I
I could see the puppets
dallying.

III. ii. 254-56.

Questions

Questions

- Hamlet is troubled by the marriage of his uncle to his mother and by his uncle becoming king.
- Who would you expect to be king after Hamlet's father dies?
- If Hamlet were your friend, what advice would you give to him?
- How does power shift in Hamlet's family after his father's death?

Questions

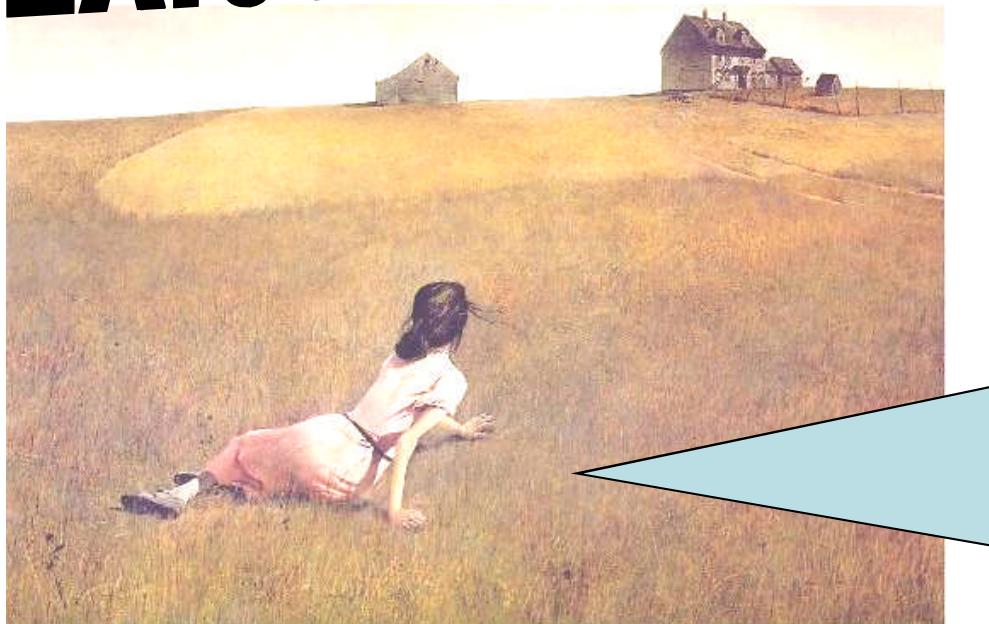
Discuss (2)

Hamlet believes that his father's ghost is asking him to get revenge for his murder.

- How would you react in this situation? Why?
- Do you think revenge is a good response to criminal acts? Why or why not?

Existentialism and Theatre of the Absurd

EXISTENTIALISM



A complex philosophy emphasizing the absurdity of reality and the human responsibility to make choices and accept consequences!

ANDREW WYETH

Christina's World (1948)

Big Ideas of Existentialism



Despite encompassing a huge range of philosophical, religious, and political ideologies, the underlying concepts of existentialism are simple...

MARK ROTHKO

Untitled (1968)

~~Cogito ergo sum.~~

Existence Precedes Essence

Existentialism is the title of the set of philosophical ideals that emphasize the existence of the human being, the lack of meaning and purpose in life, and the solitude of human existence... “Existence precedes essence” implies that the human being has no essence (no essential self).

Absurdism

- The belief that nothing can explain or rationalize human existence.
- There is no answer to “Why am I?”
- Humans exist in a meaningless, irrational universe and any search for order will bring them into direct conflict with this universe.

Choice and Commitment

- Humans have freedom to choose.
- Each individual makes choices that create his or her own nature.
- Because we choose, we must accept risk and responsibility for wherever our commitments take us.
- “A human being is absolutely free and absolutely responsible. Anguish is the result.” –*Jean-Paul Sartre*

Dread and Anxiety

- *Dread* is a feeling of general apprehension. Kierkegaard interpreted it as God's way of calling each individual to make a commitment to a personally valid way of life.
- *Anxiety* stems from our understanding and recognition of the total freedom of choice that confronts us every moment, and the individual's confrontation with *nothingness*.

Nothingness and Death

- Death hangs over all of us. Our awareness of it can bring freedom or anguish.
- *I am my own existence. Nothing structures my world.*
- “Nothingness is our inherent lack of self. We are in constant pursuit of a self. Nothingness is the creative well-spring from which all human possibilities can be realized.” –Jean-Paul Sartre

Human Subjectivity

“I will be what I choose to be.”

*It is impossible to transcend
human subjectivity.*

“There are no true connections
between people.”

*My emotions are yet another
choice I make. I am
responsible for them.*

Edward Hopper

“New York Movie” (1939)

All existentialists are concerned with *the study of being* or **ontology**.

TO REVIEW: An existentialist believes that a person's life is nothing but the sum of the life he has shaped for himself. At every moment it is always his own free will choosing how to act. He is responsible for his actions, which limit future actions. Thus, he must create a morality in the absence of any known predetermined absolute values. God does not figure into the equation, because even if God does exist, He does not reveal to men the meaning of their lives. Honesty with oneself is the most important value. Every **decision must be weighed in light of all the consequences** of that action.

Life is absurd, *but we engage it!*

Human existence cannot be captured by reason or objectivity — it must include *passion, emotion and the subjective*.

Each of us is responsible for everything and to every human being.

—Simone de Beauvoir

GEORGIA O'KEEFFE
Sky Above White Clouds I (1962)

Some Famous Existentialists

- Søren Kierkegaard (1813-1855)
- Friedrich Nietzsche (1844-1900)
- Jean-Paul Sartre (1905-1980)
- Albert Camus (1913-1960)

THEORY.ORG.UK TRADING CARD



Simone de Beauvoir

“A woman is not born...she is created.”

de Beauvoir’s most famous text is *The Second Sex* (1949), which some claim is the basis for current gender studies.

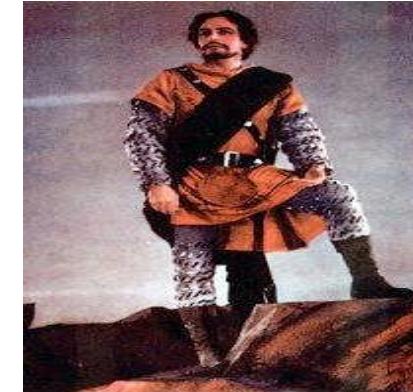
Famous existential novelists

- Sartre
- Karnad
- Dostoevsky
- Kafka
- Camus
- Beckett
- Shakespeare's Hamlet.
- Stoppard

Nietzsche and Nihilism

“Every belief, every considering something-true is necessarily false because there is simply no *true world*. Nihilism is...not only the belief that everything deserves to perish; but one actually puts one’s shoulder to the plow; *one destroys*. For some time now our whole European culture has been moving as toward a catastrophe, with a tortured tension that is growing from decade to decade: restlessly, violently, headlong, like a river that wants to reach the end....” (*Will to Power*)

Out, out, brief candle!
Life’s but a walking shadow, a poor player
That struts and frets his hour upon the stage
And then is heard no more; it is a tale
Told by an idiot, full of sound and fury,
Signifying nothing.



Macbeth

“You will never be happy if you continue to search for what happiness consists of. You will never live if you are looking for the meaning of life.”



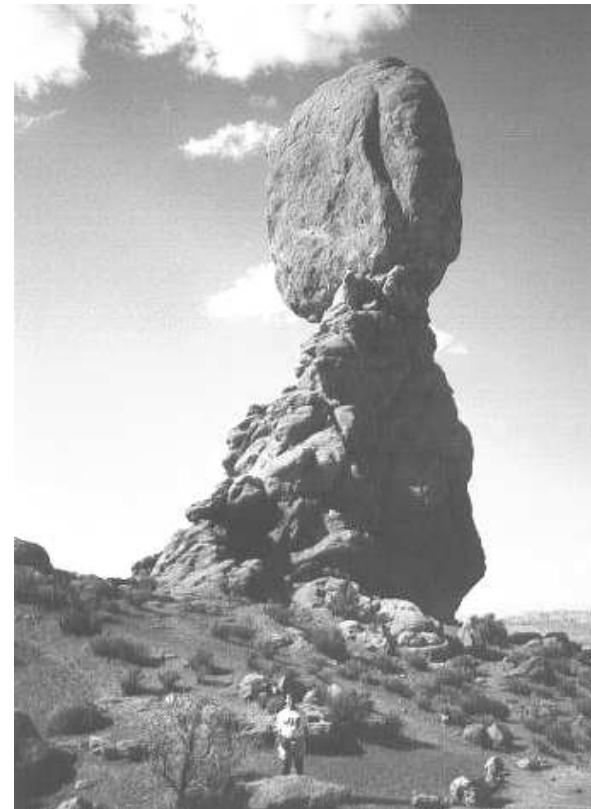
“It was previously a question of finding out whether or not life had to have a meaning to be lived. It now becomes clear, on the contrary, that it will be lived all the better if it has no meaning.”

Jean-Paul Sartre
[Awarded Nobel Prize in 1963,
but he did not accept it]



Basic Sartre: Objects

- Objects exist and have an “essence” (identity, nature)
- All objects have an essence: e.g. “A rock is a rock”
- Sartre called this “being in itself”



Basic Sartre: People

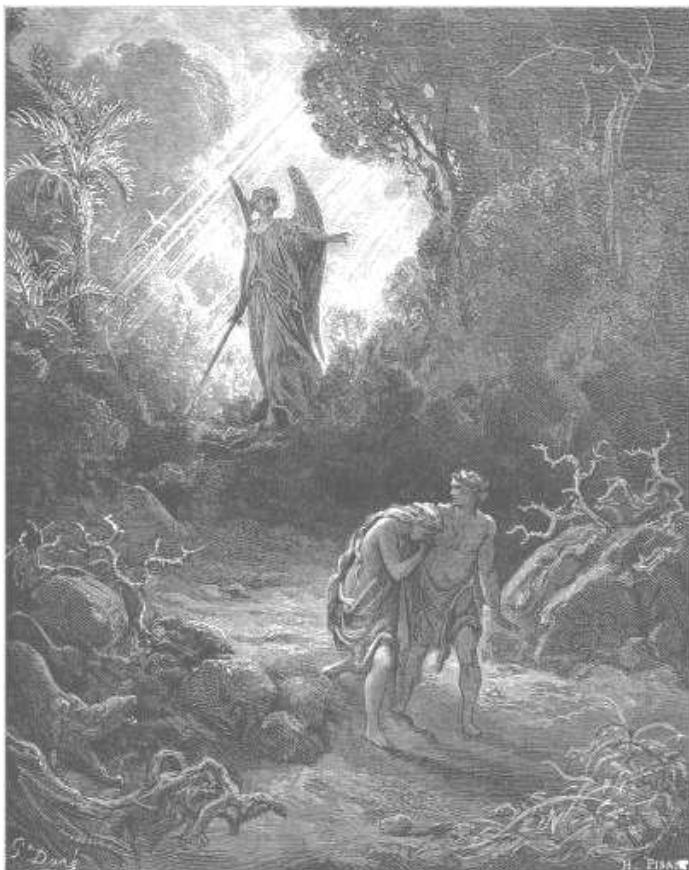
- **Human Beings:** "existence precedes and rules essence" (being for itself).
 - We are conscious of our complete free will
 - We have existence but no essence except for what we make for ourselves
- All responsibility for what we are is our own.

Concise Summary

- “Existentialism maintains that in man, and in man alone, existence preceded essence.
- This simply means that man first *is*, and only subsequently *is this or that*.
- In a word, man must create his own essence: it is in throwing himself into the world, suffering there, struggling there, that he gradually defines himself.
- And the definition always remains open ended: we cannot say what this man is before he dies, or what mankind is before it has disappeared.”

- From "A propos de l'existentialisme: Mise au point," *Action Magazine*, December 29, 1944

Bad Faith



- Denial of personal responsibility resulting in blaming our situation on something else
 - To Sartre all religions are bad faith because they seek to blame human despair on something else
 - Sartre used this reasoning to argue there was no God.
- Bad faith leads to an “inauthentic” life.
 - No Self-definition

The Un-Meaning of Life

- **No God = No Truth**
 - For Sartre there is no universal Truth (purpose, meaning) beyond what we create ourselves. This “despair” is a necessary consequence of our freewill.
- Life is a meaningless void until we create what we want of it (anything is okay as long as it is really okay with ourselves)...then we die, having finally achieved our essence!

Albert Camus, 1913-1960
Nobel prize winner.



The Stranger

- Meursault is an anti-hero
- His only redeeming quality is his honesty, no matter how absurd.
- Meursault does not believe in God, but he cannot lie. This inability to falsify empathy condemns him in the eyes of others.
- While Meursault is executed for killing an Arab, he is hated for not expressing deep emotion when his mother dies. Meursault has faith in nothing except that which he experiences and senses.
- He is not a philosopher, a theologian, or a thinker. Meursault exists as he is, not trying to be anything more than himself.

Main ideas

- The individual has the sole responsibility for finding meaning in life
- Despite absurdity, alienation and boredom, one must live life with passion and sincerity
- Kierkegaard: “Any life-view with a condition outside it is despair.”

The Dancer

- If a dancer loses their leg in an accident, their despair is overwhelming unless they realize that their existence and reason for being was never dependent on their identity as a dancer. Once this crisis is resolved, they can continue life without despairing.
- It is possible to “despair without despairing”
- Their identification as a dancer was not true “reality”

Albert Camus

- Developed the concept of “the absurd”
 - much of our life is built on the hope for tomorrow yet tomorrow brings us closer to death and is the ultimate enemy;
 - people live as if they didn't know about the certainty of death; once stripped of its common romanticisms, the world is a foreign, strange and inhuman place;
 - true knowledge is impossible and rationality and science cannot explain the world: their stories ultimately end in meaningless abstractions, in metaphors. "From the moment absurdity is recognized, it becomes a passion, the most harrowing of all."
- The Myth of Sisyphus: condemned to ceaselessly roll a rock up a hill, only to have it roll down to the bottom.
- The importance of persisting through the absurd

Movies with existential themes/plots

- Hamlet
- The Matrix
- Memento
- Citizen Kane
- Groundhog Day

Existential music lyrics

- Pink Floyd, The dark side of moon:
 - So you run and you run to catch up with the sun but it's sinking
 - Racing around to come up behind you again.
 - The sun is the same in a relative way but you're older,
 - Shorter of breath and one day closer to death.
- Queen's 'Bohemian Rhapsody'
 - Is this the real life?
 - Is this just fantasy?
 - Caught in a landslide
 - No escape from reality
 - Open your eyes
 - Look up to the skies and see

Existentialist novels

- Nausea, by Sartre
- The Trial, by Kafka
- Invisible Man, by Ellison
- Notes from the Underground, by Dostoevsky
- The Stranger, by Camus
- Waiting for Godot, by Samuel Beckett
- Rosencrantz and Guildenstern are Dead, by Tom Stoppard.

(Post-War drama)

The Theatre of the Absurd

Waiting For Godot

1953, is an absurd play by
SAMUEL BECKETT's
(1906-1989).



Historical background



The nuclear bombing of Hiroshima, 1945

- The aftermath of World War II increased by the **Cold War**.
- The **atrocities** of the Nazi concentration camps.
- The Allies' **atomic bomb**.
- Disillusionment coming from the realization that Britain had been reduced to a **second-class power**.



The infamous entrance to Auschwitz.

New meaning of existence

- Awareness of **man's propensity to evil** and conscience of the **destructive power of scientific knowledge**.
 - The lack of moral assurance and the **decline of religious faith**.
 - The **disillusionment** with both the liberal and social theories about economic and social **progress**.
 - **Mistrust in the power of reason.**
-
- A sense of anguish, helplessness and rootlessness developed especially among the young

French existentialism

- **Existentialism** saw man trapped in a hostile world.
- Human life was **meaningless** and this created a sense of **confusion**, **despair** and **emptiness**.
- **The universe was not rational** and defied any explanation = **ABSURD**
- **The main exponent of this philosophical current was the French Jean Paul Sartre.**



Jean Paul Sartre (1905-1980)

POST-WAR DRAMA: GENERAL INTRODUCTION

- During the **1950's= REVIVAL of DRAMA in Britain**
showing → **REJECTION of TRADITIONAL VALUES**
- **TWO MAIN TRENDS** in new post-war drama:
ANGER and **ABSURD**

“ANGRY YOUNG MEN”

**EDUCATED middle class or working class
playwrights (left-wing ideas)**

Also called **the KITCHEN-SINK DRAMA** (squalid setting)

- Formally NOT innovative plays ⇒ **REALISTIC PLAYS**
- but **INNOVATIVE CONTENT** ⇒ **STRONG CLASS CONSCIOUSNESS**
- **Frustration of the younger generation** who rejected their parents' middle class values and wanted to expose their unfair situation
- **Direct/real language** of the working class
- **Attacks against the establishment** (the ruling classes and their values)

main exponent = John Osborne – ***Look back in Anger* (1956)**

The theatre of the Absurd

Influence of **Camus** and **Sartre** (existentialism)



pessimistic view of man's existence=
no purpose at all in man's life, totally absurd

=

After 2 world wars, in a world with no religion, with no
belief → **Man is lost**

?

A **BIG** existential question
WHAT IS THE PURPOSE OF HUMAN EXISTENCE?

NO MEANING AT ALL

A tragic situation

Beckett's plays want to represent just this

The absurdity and Irrationality of Human Existence

To represent this ...

...he could not follow a realistic form of drama
→INNOVATIVE FORM

Main THEMES of Beckett's plays

(influenced by existentialism)

- **The sense of man's alienation.**
- **The cruelty of human life.**
- **The absence or the futility of objectives.**
- **The meaninglessness of man's struggle**

The theatre of the Absurd

- Term applied to a group of dramatists:
 - Ionesco (Romanian)
 - Adamov (Russian)
 - Beckett (British)
- Each worked on his own

Waiting for Godot

- First written **in French** and performed in Paris → *En Attendant Godot* (1953) (written in a foreign language to maintain the language as simple and detached as possible)
- Then translated (by Beckett himself) **into English** (1954) and performed in London
→ *Waiting for Godot* (1955)

General situation of B's plays

All of his characters ARE TRAPPED by a situation from which they can not escape (buried in earth, in dustbins)

Main features: plot

TRADITIONAL DRAMA

- There is a **story developing in time**
- Portrait of society through **realistic characters** who move in a **definite period of time**
- the **audience can identify themselves** with the characters

WAITING FOR GODOT

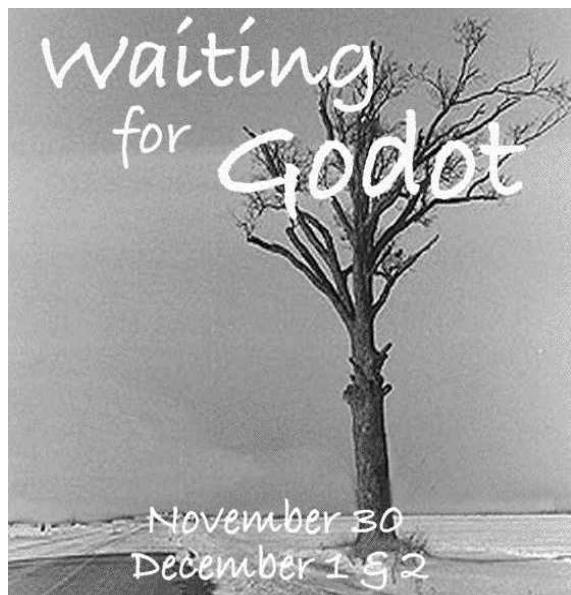
- NO STORY, NO PLOT (**static work**) nothing happens
- The characters interact to **fill up their time**, pauses and silences are as important as words
- They quarrel, they put on or off boots (estragon) or hat (vladimir)
- **They speak but not to communicate** something – **they just fill up the time** to avoid silence
 - **Emphasis on INNER REALITY (A DRAMA OF THE MIND)**

Main features: time

- TRADITIONAL DRAMA
- Events narrated in a chronological way, there is a development, a climax, a conclusion
- WAITING FOR GODOT
- No development in time
- No past, no future = the characters do not remember their past or figure out their future
- one day similar to the following
- Not a beginning not an end (sort of nightmare)
- First act almost identical to the second

Main features: setting

- TRADITIONAL DRAMA
= Realistic setting
and scenery
- WAITING FOR GODOT
- A country road, a
bare tree (everywhere)



Symbolical setting
(expressionism= the representation of the mind and its existential desolation and despair)

Main features:CHARACTERS

- Two tramps ESTRAGON (gogo) and VLADIMIR (didi)
- Other two tramps POZZO (the boss) and LUCKY (the slave)
- The boy announcing the arrival of GODOT (that never comes)

Who is godot?

It may recall the idea of God (In French= Little God)

Go + . (dot) (they want to go but they do not move)

N.B.: Beckett never said it was God

This is what the characters do:

just **WAITING FOR GODOT (main theme)**

Godot = something/someone that could relieve man
from an unbearable situation

But..... **GODOT NEVER COMES**

Main features: characters

TRADITIONAL DRAMA

- Realistic characters
- with their personalities
- Belonging to a specific social class

Versus WAITING FOR GODOT

- Tramps - No defined personality or social class – (symbolical of an existential situation)
COMPLEMENTARY (two different aspects of the same personality = body (gogo) and mind (didi))

they need each other

Vladimir (didi ⇒ *dit dit* – he speaks) ⇒ more intellectual, he plays with his hat

Estragon (gogo ⇒ *go,go* – problems with his boots) – he has to do with corporal activities (he is angry, sleepy, he always complains he is beaten by someone during the night,)

+

Pozzo (the oppressor/ the power of the body)

Lucky (the slave / the power of the mind, he can speak-when he has his hat on)

COMPLEMENTARY, too = Linked to each other by a rope, kept by Pozzo (but in the second act the role is the opposite – Pozzo is blind and needs Lucky who has become dumb)

GODOT The “saviour” or the “saving event” that never comes

Main features: language

TRADITIONAL DRAMA

- Realistic,
- Characters speak to communicate

WAITING FOR GODOT

- Incoherent babbling, puns, gags
(language loses its meaning too)
- Many PAUSES, MIMING, SILENCES
- What happens on the stage is often contradicted by the words spoken by the protagonists

Vladimir “Well, Shall we go?
Estragon “Yes, let’s go”
[they do not move]

Main features: Style

- It is pervaded by a **grotesque humour** (irony about everything because everything is equally meaningless)
- It may be considered a **Tragi-comedy**
- **Tragedy=** they would like to commit suicide to put an end to their absurd, desperate situation
- **Comedy=** There is no tragic end, they fail, they cannot escape their existential situation
- **Its tone is tragic and desperate.**

Beckett's Life (1906 -1989)

- **IRISH** - Born in Dublin (Anglo-Irish parents)
- Graduated in **Modern Languages** (French, Italian) at Trinity College, Dublin
- 1928 **Paris** (lecturer at Ecole Normale)
- Influenced by **EXISTENTIALISM** (Camus, Sartre)
- Met Ionesco and Adamov in Paris
- Back to Ireland: Teacher at Trinity College Dublin
- 1931 (25 years old) ➤ **vagabond years** across Europe ➤ finally Paris (1936)

Beckett's life

- World War II ⇒ fought in the **Resistance Movement**
- **1945** in Paris (met Joyce)
- Wrote in French and English, indifferently
- En **Attendant Godot** = Instant success
- He wrote other plays (*Endgame*, *Happy days*), critical essays, radio plays.
- **1969 NOBEL PRIZE** for LITERATURE

t205 “We’ll come back tomorrow” (from about minute 6 of the video)

FILM (English)

<http://www.youtube.com/watch?v=TDjgThErfIM>

THEATRE (English)

http://www.youtube.com/watch?v=X7_g52JrshE

t206 “Waiting” (from about minute 1:35 of the video)

http://www.youtube.com/watch?v=YELhHkDvwZM&feature=mfu_in_order&list=UL

Miscellaneous scenes from Waiting for Godot

THEATRE (Italian)

<http://www.youtube.com/watch?v=GBfJaHDDZI8&feature=related>



HAPPY DAYS <http://www.youtube.com/watch?v=4f9wM-6OLI8&feature=related>

Rosencrantz and Guildenstern are Dead

By Tom Stoppard

- Background Information
 - Plot Summary
 - Character Analysis
 - Themes and Motifs
 - Lines and Speeches
 - Bibliography

By Temwa Chisi

Background

Rosencrantz and Guildenstern Are Dead is an absurdist, existentialist tragic comedy by Tom Stoppard.

The play expands upon the exploits of two minor characters from Shakespeare's Hamlet, the courtiers Rosencrantz and Guildenstern.

The action of Stoppard's play takes place mainly 'in the wings' of Shakespeare's, with brief appearances of major characters from Hamlet who enact fragments of the original's scenes.

Between these episodes the two protagonists voice their confusion at the progress of events of which—occurring onstage without them in Hamlet—they have no direct knowledge.

Background on Godot

Waiting for Godot, Beckett's first play, was written originally in French in 1948. It premiered at a tiny theater in Paris in 1953. This play began Beckett's association with the Theatre of the Absurd, which influenced later playwrights like Harold Pinter and Tom Stoppard.

In *Waiting for Godot*, two men, Vladimir and Estragon, meet near a tree. They converse on various topics and reveal that they are waiting there for a man named Godot.

While they wait, two other men enter. One of the men, Pozzo pauses for a while to converse with them.

Lucky, the other man entertains them, and then Pozzo and Lucky leave. After Pozzo and Lucky leave, a boy enters and tells Vladimir that he is a messenger from Godot.

He tells Vladimir that Godot will not be coming tonight, but that he will surely come tomorrow.

Background on Godot

The next night, Vladimir and Estragon again meet near the tree to wait for Godot. Lucky and Pozzo enter again, but this time Pozzo is blind and Lucky is dumb. Pozzo does not remember meeting the two men the night before. They leave and Vladimir and Estragon continue to wait.

Shortly after, the boy enters and once again tells Vladimir that Godot will not be coming. He insists that he did not speak to Vladimir yesterday. After he leaves, Estragon and Vladimir decide to leave, ending the play.

Existentialism is a philosophy that emphasizes the uniqueness and isolation of the individual experience in a hostile or indifferent universe, regards human existence as unexplainable, and stresses freedom of choice and responsibility for the consequences of one's acts, the common view in *Rosencrantz and Guildenstern Are Dead*.

**A Summary of
Rosencrantz and Guildenstern are Dead**

Presented By Jamie Fery

Plot Summary

- Specific plot is hard to decipher
- Two minor characters (from *Hamlet*) are turned into major characters
- Based on the same period of time as *Hamlet*

Plot Analysis

- Randomness
- Chance
- Foreshadowing



**The Characters of
Rosencrantz and Guildenstern are Dead**

Presented by Taylor Moore

Major Characters

- **Rosencrantz**

A gentleman and childhood friend of Hamlet. Along with his companion, Guildenstern, Rosencrantz seeks to uncover the cause of Hamlet's strange behavior but finds himself confused by his role in the action of the play. Rosencrantz has a carefree and artless personality that masks deep dread about his fate.

- **Guildenstern**

A gentleman and childhood friend of Hamlet. Accompanied by Rosencrantz, Guildenstern tries to discover what is plaguing Hamlet as well as his own purpose in the world. Although frequently disconcerted by the world around him, Guildenstern is a meditative man who believes that he can understand his life.

Major Characters

- The Player

The leader of the traveling actors known as the Tragedians.

The Player is an enigmatic figure. His cunning wit and confident air suggest that he knows more than he is letting on. The impoverished state of his acting troupe makes him eager to please others, but only on his own terms.

- Hamlet

The prince of Denmark and a childhood friend of Rosencrantz and Guildenstern. Hamlet is thrown into a deep personal crisis when his father dies and his uncle takes the throne and marries Hamlet's mother. Hamlet's strange behavior confuses the other characters, especially Rosencrantz and Guildenstern.

Minor Characters

- The Tragedians

A group of traveling male actors. The Tragedians specialize in melodramatic and sensationalistic performances, and they are willing to engage in sexual entertainments if the price is right.

- Claudius

Hamlet's uncle and the new king of Denmark. Claudius is a sinister character who tries to exploit the friendship between Rosencrantz, and Guildenstern and Hamlet to learn what Hamlet believes about the king's marriage to Gertrude.

Minor Characters

- Gertrude

Hamlet's mother and the queen of Denmark. Although she has disgraced herself by marrying Claudius so soon after her husband's death, Gertrude does seem to care for Hamlet's well-being and sincerely hopes that Rosencrantz and Guildenstern can help her son.

- Polonius

A member of the Danish court and adviser to Claudius. Polonius is a shifty man, willing to interrogate Hamlet and even spy on him to learn what he wants to know.

Minor Characters

- Ophelia

The daughter of Polonius and Hamlet's former beloved. Ophelia spends the play in a state of shock and anguish as a result of Hamlet's bizarre conduct.

- Laertes

The son of Polonius and brother of Ophelia. Laertes does not appear in the action of the play, but his corpse appears in the final scene.

Themes and Motifs in **Rosencrantz and Guildenstern are Dead**

Presented By Mia Young

Themes and Motifs in **Rosencrantz and Guildenstern are Dead**

- Absurdity
- Existentialism
- Fatalism
- Insignificance

Absurdity: “Heads.” “Heads.” “Heads.” “Heads.”

- Characters are unable to recognize laws that regulate nature
- Character’s language is an obstacle to expressing thoughts
- Nothing in life has meaning, except the meaning we give to it

Samuel Taylor Coleridge's poem
What If You Slept?

What if you slept?
And what if
In your sleep
You dreamed?
And what if
In your dream
You went to heaven
And there plucked a strange and beautiful flower?
And what if
When you awoke
You had that flower in your hand?
Ah, what then?

Existentialism: **“Nothing is more real than Nothing”**

- Existence precedes essence
- Traditional storyline replaced with fleeting, abstract images
- The world is incomprehensible
- Rejection of Determinism

Fatalism

- Characters are unable to change course of events
- Stoppard differs from existentialists in his use of determinism
- Schrödinger's cat
- Death is inescapable

Insignificance

“Who'd have thought we were so important?”

- Plot of *Hamlet* continues, regardless of Rosencrantz and Guildenstern's actions
- Differs from nihilism (particularly Beckett) in that, rather than having no role in universe, men are trapped in unfathomable roles
- Expendable pawns in uncontrollable universe

Quotes from R&G

Presented By Jenny Kirsch

Quotes

- “Do you remember the first thing that happened today?”
- Guildenstern (pg 19)
- “My name is Guildenstern, and this is Rosencrantz.”
–Rosencrantz (pg 22)
- “Give us this day our daily mask.” – Guildenstern (pg 39)
- “To be taken in hand and led, like a child again, even without the innocence, a child- it’s like being given a prize, an extra slice of childhood when you least expect it...” – Guildenstern (pg 40)

Lines and Speeches

- “What are you playing at?”... “Words, words. They’re all we have to go on.” – Rosencrantz and Guildenstern (pg 41)
- “He murdered us.”... “Half of what he said meant something else, and the other half didn’t mean anything at all.” – Rosencrantz (pg 57)
- “ Each move is dictated by the previous one- that is the meaning of order.”
– Guildenstern (pg 60)
- “Uncertainty is the normal state. You’re nobody special.”
– Player (pg 66)

Lines and Speeches

- “A man talking sense to himself is no madder than a man talking nonsense not to himself.” – Guildenstern (pg 68)
- “... for all the compasses in the world, there’s only one direction, and time is its measure.” – Rosencrantz (pg 72)
- “The play” – Player (pg 81-82)

Lines and Speeches

- “ I like to know where I am. Even if I don’t know where I am, I like to know *that*. If we go there’s no knowing.” – Guildenstern (pg 95)
- “ Life is a gamble , at terrible odds- if it was a bet you wouldn’t take it. Did you know that any number doubled is even?” – Player (pg 115)
- “ There must have been a moment, at the beginning, where we could have said-no. But somehow we missed it.” – Guildenstern (pg 125)

Discussion Questions for **Rosencrantz and Guildenstern are Dead**

- Act I
- Act II
- Act III

Act I - Discussion Questions

1. Why do you believe that Tom Stoppard chose to display Rosencrantz and Guildenstern as two characters that don't exactly know where they are, what is going on, or even why they are in the position they are?
2. Why do Rosencrantz and Guildenstern, at the end of the first act, use role play to practice asking questions of one another?
3. Why is it that Rosencrantz is always expecting people to appear?
4. Why did Rosencrantz put his hand under the player's foot?
5. What is the significance of Guildenstern's repetition of "Give us this day our daily..."?

Act II - Discussion Questions

- G: "You'll never be able to... taste your tears"
R: "Your breakfast."
G: "You won't know the difference."
R: "There won't be any."

When Rosencrantz says that there will be no difference between the flavor of tears and breakfast because you can't taste any,

- is he right?
- How does perspective affect the truth?
- Is there a difference between perspective and truth?
- How do individuals reconcile their own perspectives with "accepted" truths in society, such as the belief that tears and breakfast taste dissimilar?
- Why does Stoppard choose to incorporate exact dialogue and characters from Shakespeare's *Hamlet*?

Act III - Discussion Questions

- At what point did Rosencrantz and Guildenstern lose control of their destiny? How do individuals decide whether they control fate, or whether fate controls them? What is the relationship between fate and God?
- A modern audience laughs at Guildenstern's proclamation that he "never believed in England anyway", yet people are, more or less, hardwired to be doubting Thomases. A modern audience also laughs at individuals who, on the other end of the spectrum, are considered gullible. How do we find middle ground? How do we decide who or what we trust? How does a disbelief in England from an average Dane in Hamlet's day compare to a disbelief in the galaxy Andromeda or quantum mechanics today?

Act III - Discussion Questions

- Why do you think the author chose to write about Rosencrantz and Guildenstern over any other minor characters in history?
- Why do you think Hamlet switched the letters? Why couldn't he just go back? Could he have worked around getting Rosencrantz and Guildenstern killed?
- Do you believe that they were in a parallel universe? What happened when they died?

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