

TEDTALKS

IDEAS WORTH SPREADING



DAS STORIES

BUILDING BONDS



Approved by the Text Book Committee as a Reference Book.
Revised and Enlarged Edition—June, 1967.

POCKET DICTIONARY

[BENGALI TO ENGLISH]

(Thoroughly Revised and Enlarged Edition)

Containing

ENGLISH SYNONYMS OF ALL BENGALI WORDS, CURRENT,
COLLOQUIAL AND LITERARY, COMPOUND WORDS,
PHRASES AND IDIOMS, CURRENT TECHNICAL TERMS,
RECENT COINAGES, PROVERBS, TYPICAL PROPER
NAMES, MYTHOLOGICAL REFERENCE,
ETC., ETC.



ASHU TOSH DEV

Author of Favourite Beng. to Eng. Dictionary,
Students' Anglo-Beng. Dictionary, Dev's Concise
Eng. to Beng. Dictionary, Jewel Dictionary,
Students' Beng. to Eng. Dictionary,
Favourite Eng. to Beng. Dictionary,
Nutan Bangla Abhidhana,
Sabdabodh Abhidhana, Nabo
Bidhan, etc., etc.



The Psalm of Life

H. W. Longfellow

Tell me not, in mournful numbers,
Life is but an empty dream!
For the soul is dead that slumbers,
And things are not what they seem.

Life is real! Life is earnest!
And the grave is not its goal;
Dust thou art, to dust returnest,
Was not spoken of the soul.

Not enjoyment, and not sorrow,
Is our destined end or way;
But to act, that each to-morrow
Find us farther than to-day.

Art is long, and Time is fleeting,
And our hearts, though stout and
brave,
Still, like muffled drums, are beating
Funeral marches to the grave.

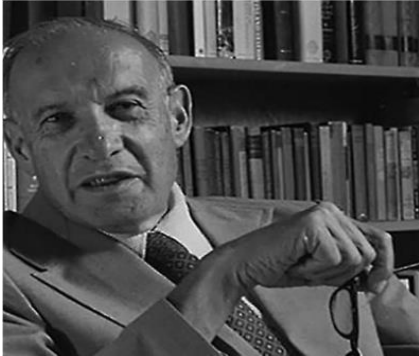
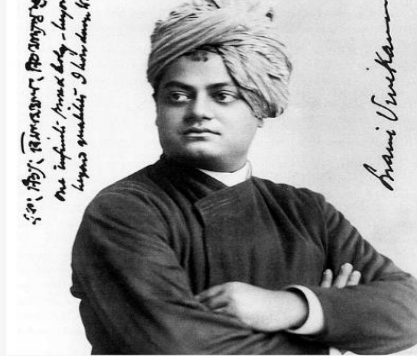
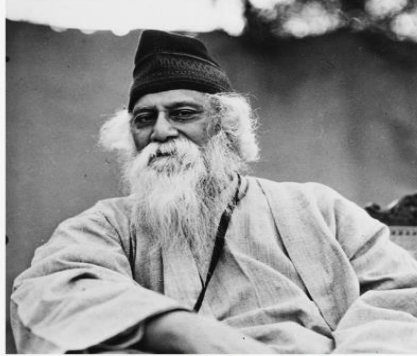
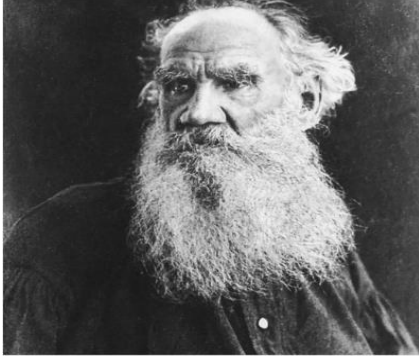
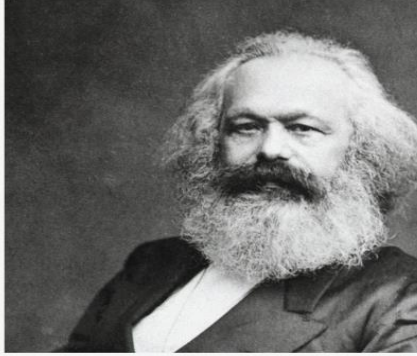
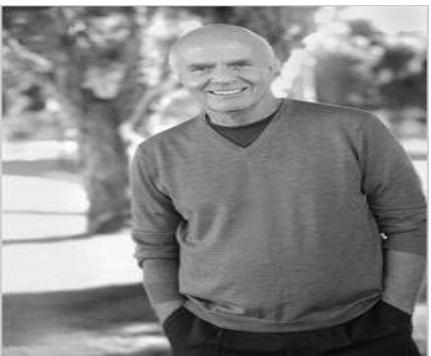
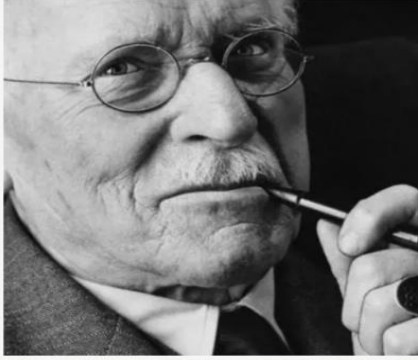
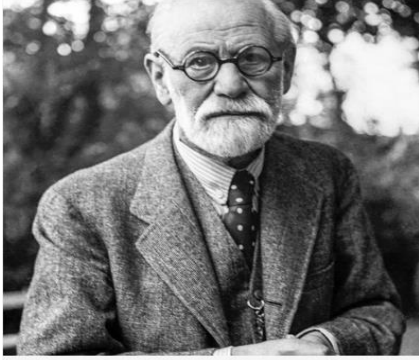
In the world's broad field of battle,
In the bivouac of Life,
Be not like dumb, driven cattle!
Be a hero in the strife!

Trust no Future, howe'er pleasant!
Let the dead Past bury its dead!
Act,— act in the living Present!
Heart within, and God o'erhead!

**Lives of great men all remind us
We can make our lives sublime,
And, departing, leave behind us
Footprints on the sands of time;**

Footprints, that perhaps another,
Sailing o'er life's solemn main,
A forlorn and shipwrecked brother,
Seeing, shall take heart again.

Let us, then, be up and doing,
With a heart for any fate;
Still achieving, still pursuing,
Learn to labor and to wait.





Liz Johnson

Brene Brown

courage over comfort

SAMRAT KAR

Brené Brown

C. Brené Brown
October 9, 1984

Why We Feel the Pain We Feel

Throughout our lives we must
experience... that are...
devastating...
cope with...
individual...
justificat...
this pain...
are person...
own nee...
guidelines...
not be...
season...



- Studies **Courage**, **Vulnerability**, **Shame** and **Empathy**.
- University of Houston – Research Professor. Holds Huffington Foundation Endowed Chair at the Graduate College of Social Work.
- University of Texas - Visiting professor.
- Brené's books have been translated into more than 30 languages, and her titles include
 - Atlas of the Heart
 - Dare to Lead
 - Braving the Wilderness
 - Rising Strong,
 - Daring Greatly
 - The Gifts of Imperfection.

The conflict of comfort

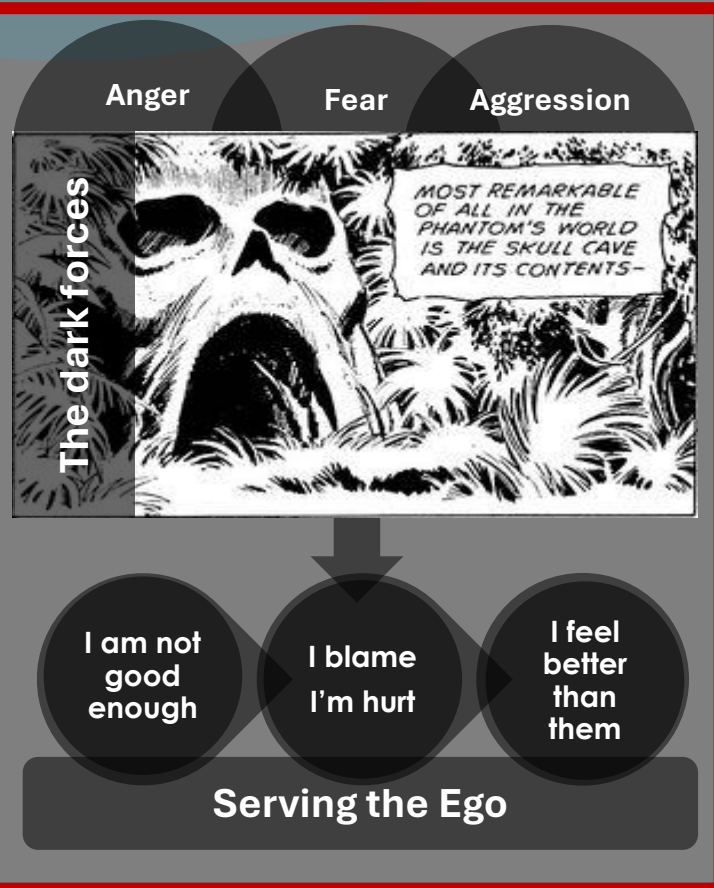


The Cave

- ... the cave is dangerous and strong with the dark side of the Force. Luke looks confused and afraid, but Yoda's response is simply, **in you must go**"
- What is in the cave? **Only what you take with you**"
- As Luke straps on his weapons, Yoda hauntingly advises, **Your weapons, you will not need them**"
- Only it isn't Darth Vader's face that's revealed; it's Luke's. Luke is staring at **his own head on the ground.**



Assembling the armoury – Engineering the Comfort



... but I actually, just stand still.
In the exact same place. In fear.
Assembling the Armoury!



slaying our own selves,
due to lack of awareness,
in the effort to protect our small ego,
and feel comfortable.

Vulnerability : Building the courage to show up



“**Ego** is that thin wafer of consciousness floating on an iridescent ocean called the soul.”
- Jim Hollis

Lean In . Show up when

Uncertainty

Risk

Emotional
Exposure

It is about saying, “**I know I will eventually fail.** And I am **still in**”. It is an awareness that **disappointments, failure and heartbreaks** are **inevitable**.

To love at all is to be vulnerable.

Love anything
And your heart will certainly be
Wrung and possibly be broken.

If you want to make sure of keeping
it intact,
You must give your heart to no one,
Not even to an animal.

Wrap it carefully round with
Hobbies and little luxuries;
Avoid all entanglements;
Lock it up safe in the casket or
Coffin of your selfishness.

But in that casket - safe, dark,
motionless, airless –
It will change. It will not be broken;
It will become unbreakable,
Impenetrable, Irredeemable.
- C S Lewis

Numb

Vulnerability

Numb

Happiness

Joy

Gratitude

Isolation

Daring Self

1 Imperfection



We are inherently flawed and broken beings. **Perfection is beyond us** Despite our intelligence, our science, we are all from close up, scared, unsure, full of regrets, longing and error.

2 Friendship



All of us – weak, broken, mad and mistaken – should inspire compassion for ourselves, and generosity towards other people. How to **reveal our vulnerability and brokenness becomes the bedrock of true friendship**, which we universally crave. We must be slower to judge and quicker to understand. Be Kind.

3 Insanity



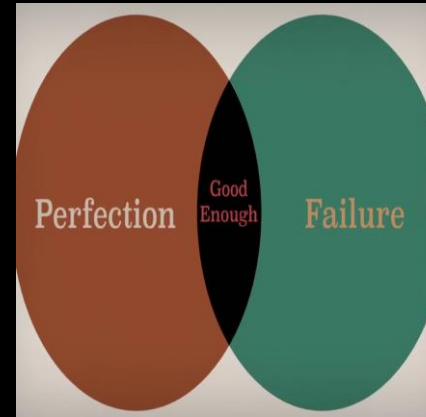
We cannot be entirely sane. But it is the basic requirement of maturity for us to try to understand the ways in which we are insane. Most of the insanity is due to childhood imbalances.

4 Idiocy



Don't run away from the thought that you may be an idiot, as if this was a rare and dreadful prospect in insight. **Embracing our idiocy renders us confident Infront of challenges.** Because messing up is to be expected. It should make us comfortable with ourselves and ready to extend a hand of friendship to our similarly broken and demented neighbours. We should overcome our shame and shyness because we have already overcome so much of our pride.

5 Good enough

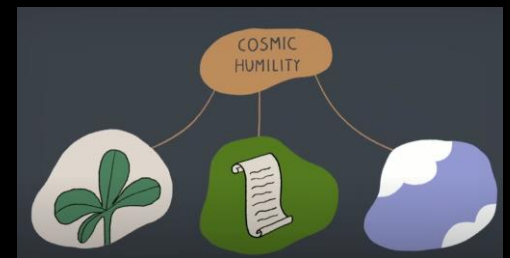


We should know that we are **good enough** Its about engaging in our lives from a place of **worthiness** It means cultivating the **courage, compassion, and connection** to wake up in the morning and think, No matter what gets done and how much is left undone, I am enough. It's going to bed at night thinking, Yes, I am **imperfect and vulnerable and sometimes afraid** but that doesn't change the truth that. **I am brave, and worthy of love and belonging**

6 Transcend ego



We are **miniscule** bundles of evanescent matter on an infinitesimal corner of a boundless universe. We don't count one bit in the grander scheme. That is the liberation. Cosmic humility taught to us by **nature history**, and **sky** is a constant alternative



Daring Leadership



Sr#	Armoured leadership	Daring Leadership
01	Driving perfectionism and fostering a fear for failure	Modelling and encouraging healthy striving, empathy and self compassion
02	Working from scarcity and squandering opportunities for joy and recognition	Practicing gratitude and celebrating milestones and victories
03	Numbing	Setting Boundaries and finding real comfort
04	Propagating the false dichotomy of victim or viking, crush or be crushed	Practicing integration-strong back, soft front, wild heart
05	Being a knower and being right	Being a learner and getting it right
06	Hiding behind cynicism	Making contributions and taking risks
07	Using criticism as self protection	Making contributions and taking risks
08	Using Power over	Using Power with, Power to, Power within
09	Hustling for our worth	Knowing our value
10	Leading for compliance and control	Cultivating commitment and shared purpose
11	Weaponizing fear and uncertainty	Acknowledging, naming, and normalizing collective fear and uncertainty
12	Rewarding exhaustion as a status symbol and attaching productivity to self worth	Modelling and supporting rest, play and recovery
13	Tolerating discrimination, echo chambers, and a “fitting in” culture.	Cultivating a culture of belonging, inclusivity, and diverse perspectives
14	Collecting gold stars	Giving gold stars
15	Zigzagging and avoiding	Straight talking and taking action.
16	Leading from hurt	Leading from heart

The Man in the Arena



It is not the critic who counts;
Not the man who points out how the strong man stumbles,
Or where the doer of deeds could have done them better.
The credit belongs to the man who is actually in **the arena**,
Whose face is marred by dust and sweat and blood;
Who **strives valiantly**;
Who **errs**, Who comes **short again and again..**
Who at the best knows in the end, **the triumph of high
achievement**,
And who at the worst, if he fails,
At least **fails while daring greatly.**

- Theodore Roosevelt

We are physically, emotionally, cognitively, and spiritually hardwired for connection, love, and belonging.

Connection, along with **love** and **belonging**, is why we are here,

And it is what gives us purpose and meaning to our lives.

Thank you

Shame & Empathy

1. Shame

Shame is the fear of disconnection. Shame is the intensely painful feeling or experience of believing that we are flawed and therefore unworthy of love, belonging, and connection.

2. Empathy

Empathy is not connecting to an experience. It is connecting to the emotions that underpin an experience.

Empathy Skills

1. Honor people's perspectives as truth even when they are different from ours. This is known as perspective taking. Perspective taking requires becoming the learner, not the knower.
2. Stay out of judgement
 - We judge people in the areas where we are most susceptible to shame, **and**
 - We judge people who are doing worse than we are in those areas.
 - The judgement of others leaves us feeling shame, so we offload the hurt by judging others.
 - Staying out of judgement means being aware of where we are the most vulnerable to our own shame, our own struggle.
 - We don't judge in areas where we feel a strong sense of self worth and grounded confidence. So, the more of that we build, the more we let go of judgement.
3. Understand and articulate the feelings of the self and others.
4. Mindfulness

Stockdale Paradox



... Another long pause, and more walking. Then he turned to me and said, “This is a very important lesson. You must never confuse **faith** that **you will prevail** in the end—which you can never **afford to lose**—with the **discipline** to **confront** the most **brutal facts** of your current **reality**, whatever they might be.”

<https://www.jimcollins.com/concepts/Stockdale-Concept.html>

unwavering **faith** in the endgame



stoically accept the brutal facts of reality