

ATHENS NEWSLETTER

Sci-FLUX: Fueling Minds, Illuminating Paths.



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Raising Future-Ready Children

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In our first newsletter article, we discussed the emergence of **ATHENS as a derivative product originating from coaching institutes**, which is now acknowledged as 'A Scientific Concern'.

This month, we delve into the transformative power of education, shifting the focus from **mere results to unlocking potential**. This article examines the critical dynamics of coaching, drawing an analogy between the relationship between a wrestling coach and their student and the current landscape of coaching education in India. By analyzing this parallel, the article aims to highlight the crucial differences in approach and advocate for a more collaborative learning environment. We embark on a quest to understand how education can transcend traditional paradigms and empower students to become more resilient, innovative, and future-ready individuals.

WHAT'S NEW?

- Raising Future-Ready Children
- The Wrestler's Journey
- The Wrestling Coach
- Coaching Education in India: A Misplaced Focus?
- Unlocking Student's Potential
- How can we bridge the gap in Teacher-Student-Parents triangle?
- Supporting children on their unique journey
- Partnering with ATHENS Mentors for personalized guidance

1. The Wrestler's Journey

Imagine a young wrestler embarking on a rigorous journey of self-improvement. Years are dedicated to honing their craft **within the ring**, enduring intensive physical conditioning regimes encompassing strength training, cardiovascular exercises, and flexibility drills. This unwavering commitment is driven by the need to build the necessary athleticism and endurance demanded by their chosen sport. Their days are meticulously structured, incorporating personalized training plans and dietary regimens crafted by qualified trainers and nutritionists for optimal performance and injury prevention. The mental aspect is equally crucial, requiring wrestlers to develop visualization techniques, meticulously analyze opponents' strategies, and cultivate unwavering focus and determination. This commitment often necessitates significant personal sacrifices, including limitations on social life, familial interactions, and even personal aspirations. It is a testament to their unwavering dedication that these individuals persevere through setbacks and injuries, fueled by an unwavering ambition to achieve success in the ring.

2. The Wrestling Coach

As the Wrestler embodies dedication and perseverance within the ring, Coach serves as a crucial architect of their success **outside the ring**. They serve as a guiding light, offering expertise and unwavering support on both technical and non-technical aspects. Their primary function is to help the wrestler envision their goals, igniting a fire within them and empowering them to unleash their full potential. Through years of collaboration and personalized guidance, the coach contributes significantly to the wrestler's journey. However, when the wrestler finally clinches that coveted Olympic medal, while the coach undoubtedly deserves recognition for their contribution, the majority of the credit rightfully belongs to the wrestler. After all, it is their unwavering dedication, constant struggle, and daily grind that pave the path to victory. Not everyone possesses the resilience to endure such demands, but those who do often emerge triumphant.

3. Coaching in Education: A misplaced Focus?

Shifting our focus to coaching education in India, a concerning observation emerges: parents are seen placing **coaching institutions inside the ring** while positioning **students outside**. The narrative shifts, with an overemphasis on coaching institutes rather than on intrinsic empowerment and nurturing students themselves. This is evident in the prevailing trend of parents prioritizing finding "best coaching institutes" or "daily tuitions", often neglecting the crucial task of identifying students who have the potential to become exceptional learners or derive the maximum benefit from mentors. **True coaching is a catalyst for growth, journey of self-discovery, not a pre-packaged solution.** Much like aspiring wrestlers who fuel their own dedication to reach greatness. Exceptional achievement stems from an internal drive, not just external pressure.

—Parents rather than fostering collaboration to nurture students' potential, **their emphasis tends to shift towards assessing the assurances from coaching institutes.** Even institutes with a history of favorable outcomes may not guarantee success in competitive exams without actively engaging the student in the learning process. And those boasting hundreds of images may have millions of students enrolled across their various branches. While these institutions play a significant role in facilitating learning, ultimately it is the students who must actively engage in the learning process, take ownership of their education, and drive their own academic journey.

This drastic shift in perspective is partly attributed to the emergence of coaching centers, particularly in Kota, Rajasthan, which has altered the way people view education in India today. Once renowned as an "Education Hub," it has unfortunately developed a reputation as a "Kota Factory," infamous for making exaggerated promises and guaranteeing success in competitive exams like medical and engineering entrances.



- They serves as a stark reminder of the pitfalls of prioritizing results over the journey of learning. Enticing parents with assurances and prospects of lucrative annual packages, essentially selling them an illusion while downplaying the vital role individual student effort plays in achieving success. Parents, often swayed by these tempting promises, unknowingly invest in a system that they haven't thoroughly evaluated, **leaving their children vulnerable and isolated** within a purely transactional learning environment. *This approach carries the dangerous risk of imposing unattainable dreams and terrible pressures on our children, potentially stifling their unique talents and passions.* As a harsh reminder of this risk, we have witnessed tragic incidents, including suicides, happening in Kota itself.

4. Unlocking Student's Potential!

While coaching institutes can offer valuable support, such as unlocking hidden talents, promoting critical thinking, and fostering stress management skills, – overly relying on them may not be the most effective strategy for fostering long-term academic success. They should complement rather than replace the student's own drive to learn and grow. **The abilities and experiences of teachers can only be effectively utilized by those who have a thirst for learning.** For instance, imagine someone who is already full after a meal; no matter how tempting the offer, whether it's a delicious pizza or a chocolate treat, they may decline because they are satiated. Conversely, consider someone who has been hungry for hours; they would eagerly accept even a plain piece of bread without any accompaniments. This analogy holds true in teaching or mentoring a child. Regardless of how exceptional a teacher or coaching program may be, its impact ultimately relies on the **child's willingness to engage and learn.**

–Therefore, a more sustainable approach emphasizes cultivating a culture of self-directed learning and critical thinking within students. **This approach involves empowering students to discover and develop their unique learning abilities while still benefiting from the guidance and expertise of mentors.** By fostering a strong foundation in knowledge and information, smart extraction techniques, mind mapping, and the ability to adapt to new situations, this approach cultivates a growth mindset and equips students with the tools necessary for long-term success. It's important to remember that many individuals who have achieved remarkable feats did so without attending top coaching institutions, often fueled by a fervent desire for knowledge and self-directed learning.

The primary concern is ensuring if our child is in capable hands. Simply enrolling children in coaching institutes and paying the fees fall short. Each stakeholder, whether student, parent, or teacher, must acknowledge their role in this educational journey.

5. How can we bridge the gap in Teacher-Student-Parents triangle?

- **A good teacher** should prioritize harnessing a student's potential, not making unrealistic promises and fixed guarantees. It is a *'transformative process, not a static product'*. Viewing coaching as a one-dimensional solution focused on quick fixes and guarantees is a detrimental mindset.

Instead of fostering complete dependence in their students, a teacher should strive to instill independence in their students by equipping them with the necessary skills for growth and development, **much like they acquired themselves.** They should provide a comprehensive storyline of the subject, presenting a series of topics to grasp all aspects of the subject matter, yet allowing for gaps to be filled by students through textbook references or other essential resources. Utilizing smart extraction techniques, they can highlight crucial facts and points. This approach enhances students' learning abilities, which they can utilize in the long term.

While a teacher instructs all students collectively in a class, it's the students' focus, concentration, and active participation that determine the learning outcomes. Furthermore, the dedication they demonstrate at home through revision and practice significantly impacts

their progress. This process extends over months or even years, forming the foundation for academic achievement, including the attainment of top ranks.

- **A good student** should identify their strengths and weaknesses, set goals, seek guidance from teachers and mentors, and work hard with dedication, **just like a wrestler training within the ring**. A teacher should avoid constantly simplifying tasks for the student; rather, the student should cultivate independent learning skills.

1. *Firstly*, students should **openly communicate** what they find difficult to grasp or understand, without hesitation, as everyone in the class is there to learn.
2. *Secondly*, merely attending coaching sessions is insufficient; students must **actively participate in daily revision and practice sessions**.
3. *Thirdly*, students should **consistently communicate with mentors or teachers** to review their progress and discuss their effectiveness.



- **A good parent** should assist their child in learning from setbacks and failures, rather than solely focusing on success throughout the year. They should encourage open discussions about challenges, mistakes, and the lessons gained from them. **Avoiding discussions about failures and emphasizing only success could instill fear or pressure in students, which is where we falter**. This mindset can hinder their willingness to take risks and explore new avenues of learning. Parents play a crucial role in mitigating this by fostering an environment where failure is viewed as a stepping stone rather than a roadblock.

An hour-long exam does not determine a person's genius; it merely reflects their performance during that time frame. A student's potential exceeds those three hours. Parents should acknowledge and celebrate their children's unique abilities, supporting them as they carve their own paths. This acknowledgment empowers children to explore diverse interests and pursue their passions, paving the way for them to carve their own paths to success and fulfillment.

6. Supporting Children on Their Unique Journeys—

To awaken the latent potential within each child, we must discard the "one-size-fits-all" mindset and adopt a collaborative approach centered on self-discovery. This is how we can

empower our children to liberate themselves from societal constraints and unleash their complete capabilities.

>**Remember, not every child is meant to pursue traditional careers like medicine or engineering.** They may be aspiring innovators, entrepreneurs, architect or future game-changers in entirely different fields. As parents and teachers, our greatest accomplishment lies not in molding them into our image, but in nurturing their unique spark and watching them shine in the path they choose to create for themselves. So, how can we, as parents and teachers, bridge this gap and empower our children to unlock their full potential? Here's a four-pronged approach:

A. Cultivating Open Communication:

Cultivate a safe space where your child feels comfortable expressing their biggest dreams and deepest fears. Let open dialogue become the bridge you build together, a bridge that spans their interests, aspirations, and even anxieties about the future.

[Avoid imposing your own unfulfilled desires or societal pressures. Instead, provide support by understanding your child's unique aspirations and offering resources and opportunities to help achieve them].

B. Recognize and Appreciate Unique Abilities:

1. **Early Identification:** Pay attention to your child's natural inclinations. Do they love building things? Maybe there's a future entrepreneur or architect! Does their voice light up when they tell stories?
2. **Strengths Spotlight:** Actively celebrate their unique talents. Is your child a math whiz? Frame their perfect test score and display it proudly. Does your child create imaginative narratives? Plan a 'Mini Debate Session' to highlight their creative flair.
3. **Consequences of Not Celebrating Individuality:** When a child's individuality feels unappreciated, their confidence can suffer. They may lose interest in exploring their talents or feel pressure to conform to unrealistic expectations.

C. Avoid Comparisons, Foster Confidence:

1. **Focus on progress:** Instead of comparing your child to others, track their individual progress. Did they improve their task management skills? Celebrate! **Did they overcome shyness and participate in class discussions? Make a big deal about it!**
2. **"You Are You" Mantra:** Emphasize that their value isn't defined by others. Phrases like "You are so special because you can..." or "We love how you..." build self-esteem and a strong sense of self.

D. Collaborative Approach:

Incorporate a weekly or periodic check-in with your child to gauge their understanding of the material covered in their coaching sessions. Should they indicate understanding, delve deeper to determine the amount of time they dedicate to reviewing and practicing what they've learned. Simply being taught by teachers isn't enough; it requires significant personal effort to truly internalize and incorporate knowledge into one's personality.

7. Partnering with ATHENS Mentors for Personalized Guidance

ATHENS has emerged as a revolutionary derivative product within the coaching education domain, committed to eliminating all loopholes prevalent in traditional approaches. Rejecting

the notion of running high-strength student batches, managing students in bulk, publishing fake results, and providing uniform guidance irrespective of individual capabilities, ATHENS is pioneering a new path in education.

As a startup project in the education sector, ATHENS is committed to 'One-To-One Mentoring' tailored to each student's specific requirements. We believe in a personalized approach that recognizes and addresses the distinct individual strengths, weaknesses, and aspirations of every learner, whether they're a prodigy or facing challenges. That's why we've introduced two cornerstone initiatives dedicated to unlocking your child's full potential: the **"ATHENS Pulse Probe"** and **"Special Care Meetings"**.

A. Conducting a 'Comprehensive Evaluation Exercise' with the ward:

1. Obtain a copy of the **"ATHENS Pulse Probe"** document, which offers a dynamic and systematic analysis of educational and cognitive data, providing real-time insights into learning patterns and performance trends.
2. Dedicate ample time to sit down with your child and gather responses from him/her with absolute honesty and thoroughness. This comprehensive analysis will greatly benefit your child's academic growth and development.

B. Personalized Learning For Your Child:

Work together to customize your approach to your child's unique needs and learning preferences. This may entail exploring different learning techniques, consulting with educational experts, or linking them with mentors in their area of interest. ATHENS mentors are available to assist with this process through **'One-To-One Mentoring'** sessions known as **"Special Care Meetings"**, providing technical support and personalized guidance.

In conclusion, our exploration of education has revealed the crucial need to move beyond simply delivering information and instead ignite the limitless potential within every student. We shouldn't restrict them to a narrow path, but rather empower them to fly freely. By comparing the commitment of a wrestler (**inside the ring**) and their coach (**outside the ring**) to the educator's role, we've highlighted the importance of creating a collaborative learning environment where students and educators work together.

Unlock deeper layers of wisdom and insight by immersing yourself in the captivating **books authored by Neeraj Kansla himself:**

1. Rise of Binary Suns- Bharat 2148
2. The School Coaching Juggling Act- Dual Discourse of Triumph

-Available on Amazon/Flipkart

Embark on an exploration of futuristic vistas and the transformative potential of education, delving into the intricacies of societal evolution and pedagogical innovation.