



सा विद्या या विमुक्तये

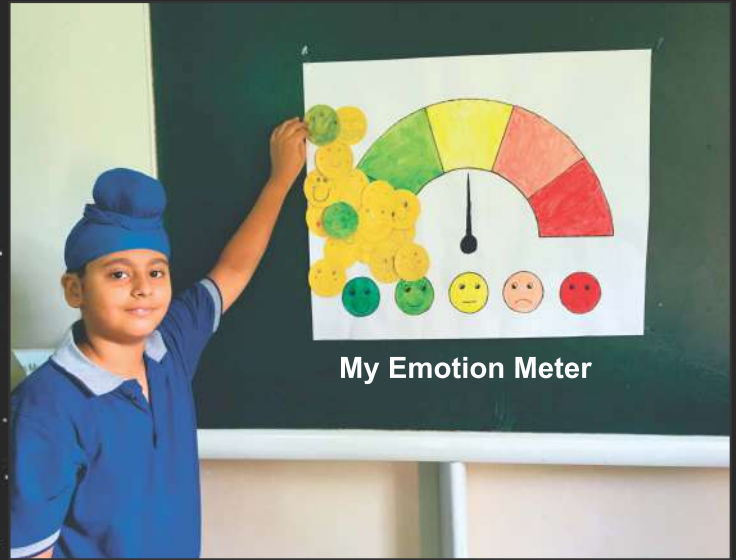
# Dikshant International School

## NEWS & VIEWS

Nov, 2022

Issue#2

### A VOYAGE TO DISCOVER YOURSELF



My Emotion Meter

Happiness comes with being more in touch with yourself, understanding what you want and who you want to be. Through self-discovery, we can tend to our needs honestly, establish a deeper connection between who we are and who we want to be. Addressing the above-mentioned thought, 'Discover I' was the theme for the month of July-August under the Happiness Curriculum. Educators planned various activities that made the road to self-discovery smooth and enriching for our students. It allowed them to connect with their own unique identity.



Calming the Llama



Shot on OnePlus



All About Me





# STUDENT EXPERIENCES



After doing the activity I realized that I am a kind-hearted person and if I am angry I just need to take a walk to calm myself down.

**Moesha(V-A)**

I really liked all the activities planned under the 'Discover I' theme of the Happiness Curriculum, but penning down my favourites was the best. While carrying out the activity and putting a lot of thought into it I realized that sketching is my strength and I have the potential to be a talented artist.

**Divanshi (IV-B)**

Like every other human, I cry when someone irritates me and I feel happy when someone makes me feel special. After doing the activity 'Manage Your Emotions' I understood how can I manage my emotions and react to a particular situation.

**Aamya Jain (IV-A)**

Calming the llama reflected the inner voice of my heart. I recalled incidents that made me feel nervous, scared, and anxious. With the help of my teacher, I was able to identify what I should have done in those situations in comparison to what I did. I learned to manage my emotions in different situations. Additionally, all the activities assisted me in learning more about who I am, my areas of expertise, and what sets me apart from others.

**Lavanya (IV-B)**

The activities under "Discover I" were highly engaging and made me aware of my tendency of being helpful, and the things I like and avoid doing. I developed emotional self-control after doing the My Emotion Meter activity. I am really happy and thankful that we get to do such interesting activities.

**Harshil (IV-A)**



# Lyrics of the Heart

(Self composed poetries)

The world is moving fast,  
 But, I am that vintage child,  
 Not a big fan of today's phone.  
 A day without a phone is alright.  
 Even it's day or night,  
 Or a month has already gone.  
 I can sleep and can close my eyes without  
 my silly (not that responsible) phone.  
 So, a day without phone is not a big deal.  
 I want to pursue my career in IT.  
 But still think that using a phone  
 everywhere and every time,  
 snatches your fun and enjoyable time.  
 A day without phone is alright.  
 It's okay if you use your phone for some time  
 But, a gentle reminder friends,  
 soon it will take over your brain and mind.  
 A day without phone is alright.

**Pushpinderjot Kaur (XI)**



## The Wynnorrific Eve

Upon the rustic walls,  
 Laid a shadow, shadow too dry.  
 In the trees beyond, laid the carnelian of fall;  
 And I stroll away, into the vestige foliage ply.

In my little cabin,  
 many boring days had flown by,  
 but it was a conquest gladden;  
 for I shall accompany Mother Nature up among dancing ryes.

Spread across, a roseate sweet smell;  
 stood I amongst boughs and vined ringlets twined.  
 And there flew a tender breeze that whispered yells,  
 the two-faced blustery-zephyred whine.

On the soled verdure of the autumn leaflets,  
 were the outlandish disc-caps of the stem,  
 and o'er these mushrooms, laid the hived-nests,  
 amidst the chirps of crickets unkempt.

Little petaled wings that fly,  
 lead to the cascades of the stream,  
 the godly water that ripples, like tiny pulse, beats sly;  
 of the meager rill that flows for the boundless sea.

Rhinestones of the velvet sky,  
 shine ever so brightly,  
 but, oh!- in the sky, the hazy gloam lies,  
 Will my cindered flame guide me back, so untimely?

The wind ruffles the autumnal forest floor;  
 sending jitters down my spine;  
 for in this land where dark galored,  
 Neither the waned moon nor the canopied stars shine.

A gust of cool breeze flew by,  
 and I shivered off cold,  
 but a gift of second sight was it, perhaps,  
 For I could only fathom occult lores told.

Amidst the blinding darkness that lay,  
 there were distinct ruffles of the stream,  
 the godly water that rippled, faint amongst my pulse beats;  
 the meagre rill that flows, for the boundless sea.

**Srishty Sharma (X-A)**

## Deeds of Kindness

It comes all from the heart,  
 Filled with purity is termed Kindness  
 It is a gift that everyone can afford,  
 The one who shows it, is kindred to the lord  
 It costs nothing, but means everything,  
 One who buys, it is known to be the king  
 It is easy to underestimate someone who is kind,  
 But when it comes to you, it is difficult to be alike  
 Keep kindness alive,  
 And you will make everyone smile.  
 When the world hangs tough it helps you fight  
 Kindness is what helps you survive  
 If you cannot find someone, just be the one.



**Vinpreet (VIII-A)**

## LIMERICK (IP Projects by Grade-V)



### What if we will fly?

What if in future we will fly?  
 There will be a crowd in the sky  
 High above where the diamonds lay  
 We'll fly with a shine in our way  
 With wings on our back away we fly

**Navya Aggarwal**

### Lizard in my Room



In my room there's a lizard,  
 that moves about like a Wizard.  
 It is so lazy  
 and is also a bit crazy.  
 In my room it creates a blizzard

**Rupaanshi**

### Boy who flies a kite



There was a boy who use to fly kites.  
 He was different as he flew it at  
 night.  
 Was he crazy? or  
 Was he lazy?  
 But the way he flew was right

**Navya Gupta**



# XPERIENCES

## INDIAN AIRCRAFTS *Ruling the Skies*



I recently had the chance to attend the exciting air show at Chandigarh's Sukhna Lake. It was an experience of a lifetime. The show opened with an incredible paragliding display. There were more than 70 helicopters and airplanes. The aircraft featured Dakotas, Tejas and Sukhoi supersonic planes as well as Mig-21 and Mig-29. The deafening boom of these planes startled everyone. It was exciting to watch skillful manoeuvres by the the MI-17 helicopter. The two Chinooks flying in pairs made beautiful patterns, but the Trishul made by Tejas was one of my favourites. I had the opportunity to interact with one of the officials of the air force, which was extremely motivating.

**Kunal Nara (VIII-A)**

It was an amazing experience to witness the grand air show at Sukhna Lake. Approximately 70 military aircraft and helicopters, including Rafale, Prachand, Sukhoi Su-30, Jaguar, Chinook, Apache, and MI-17, showcased the valour of the Indian Air Force. The air stunts performed by all the aircrafts left the audience wide-eyed. After watching the show, my admiration and respect for the armed forces multiplied manifold.

**Aniruddh (VI-A)**

## CULTURAL FEST



I had a fantastic time participating in Cultural Fest 2022. I took part in music, and it was more enjoyable than I had anticipated. I learned about my vocal abilities and really enhanced them. All the hard work paid off, when our house won the award. -**Shomili (VII-A)**

The cultural festival was an incredible experience for me. I took part in the play and learned that I

am capable of far more than I had thought. -**Soumya KC (IX-A)**

Inter house Cultural Fest is one such occasion at school when everyone is in high spirits. The air is marred with excitement as everyone tries their best to get their house on top. During the event students from each house presented brilliant performances. All over it was a fun-filled event. -**Shreya (X-A)**



# EXPERIENCES



## Anandpur Sahib & Virasat-e-Khalsa

The trip to Anandpur Sahib and Virasat-e-Khalsa was a special experience, as after two years I went on a trip that too with my friends and teachers. I enjoyed clicking pictures, playing antakshri, and dancing in the bus. Not only I enjoyed but also enriched myself with the history and culture of Punjab.

**-Manvi Jain, Navya Arora (V-B)**

Visiting Virasat-e-Khalsa with friends and teachers gave us memories to cherish for life. Moving through the galleries of Virasat-e-Khalsa, we got an insight into events that happened in Punjab, the vision of the Sikh Gurus, and the rich cultural heritage of Punjab. In the afternoon, we visited the gurudwara, offered prayers, and ate langar. It was my first time eating langar in gurudwara and it was really very tasty. Dancing, eating, and chatting with friends I had a great time.

**Divya (V-B),**

**Dhruva, Navya and Smarth (V-A)**



## Science City, Kapurthala

It was a heartwarming experience to go on a trip with teachers and friends post-pandemic. When we reached Science City, I realized that there was so much to explore. The fascinating thing for me was watching the movie Everest in the Space Theatre. It was amazing to discover how Mt. Everest was formed, and how high altitude challenges a climber's physical and mental capabilities. Witnessing a 3D dinosaur at Dino Park was another wonderful experience. Me and my friends enjoyed getting ourselves clicked there.

**Ayaansh, Aniket (VI-A)**

Our class went to Science City, Kapurthala, and had a great time. Not only the destination but the journey was equally fun. We ate, danced,



and had some fun conversations with our friends and teachers. Overall, it was an amazing experience. There is so much to learn and explore at Science City but my favourites were the rocket ship simulator roller coaster, laser show, climate change, testing illusions, and watching a movie in the planetarium.

**Surbhi Gupta (VI-B)**

My experience in Science City was quite enjoyable. It was fascinating to see the virtual reality show, 3-d show, laser show, and climate change show. Some unknown facts about the evolution of humans and

the whirlpool effect were added to my knowledge base. The highlight was the movie on Mount Everest which inspired me and taught me never to give up in life.

**Arya Singla (VI-B)**



## Pine Trails Resort, Kasauli

I would like to thank my school for planning the exciting and educational trip to Kasauli. It improved my understanding of mountainous locations' flora-fauna and terrace farming practices. The adventurous activities and trekking were the highlights. We had a terrific time gathering pinecones as it began to rain on the way back to the resort. It was fascinating to observe nature so closely.

**Abhinav (VIII-A)**



# X PERIENCES

## CLASS PRESENTATION



I liked the decorations done in the hall. The atmosphere there lifted my spirit to perform to the best of my abilities. **Navya Bansal**

Performing at Class Presentation boosted my confidence and I liked the encouragement and mentorship by the teachers **Kartikey**

I was happy to see my parents watching me

perform. **Nayra**

I liked when my teachers and parents appreciated me. **Shreshth Sisodia & Ishana Bhardwaj**

The presentation helped in boosting up my confidence and speaking skills. **Vedansh and Saanvi-**

Doing the enactment of the play was fun and exciting **-Vania**

## MUN



It was a wonderful experience participating in Inter-School Dikshant MUN. Interaction with delegates gave me a good exposure towards the issues around the world. The event concluded with a social, which was held at the Holiday Inn. We all had a great time and highlight were the memes created by the organizing committee.

**Deeya (VIII-B)**

I was the rapporteur of UNICEF in Dikshant MUN. It was a great experience for me as I learned a lot and had fun. All the delegates were

cooperative and I got to make new friends. The amusing part is that I still call a few by the name of the country assigned to them, as I still don't know their real name.

**Adya (IX-B)**

I had a fantastic time participating in MUN. As a rapporteur, I got to observe many people engaged in a debate and how enthusiastic everyone was. Being given the opportunity to serve on the organizing committee was one learning experience

**Sehaj (IX-A)**

## TEDx DikshantSchool

x = independently organized TED event

I participated as a volunteer for the TEDx event and being in the core team was a different experience within. I enjoyed the whole process and most importantly learned from it. It was great listening to all the speakers and inferring the quality of being selfless and determined to work for a cause.

My favourite speakers were Manjari Chaturvedi and Sidhivinayak Singh, because of the causes they were working for and the projects they had come up with. It was great meeting such young people with fresh ideas to bring a change in society. **Manvi Longia (XI Humanities)**

It was a different experience for me. I enjoyed hearing all the speakers and the way they were using their innovative ideas to spread awareness and motivate people in society.

My favorite speaker was Ugesh Sarkar. I loved his personality and humble nature. His skills to deliver a powerful and influential talk were something that fascinated me a lot.

**Harshit Mittal (IX-B), Priyanshi (X-A)**



I was a volunteer at the TEDx event, pre-event and post-event tasks were a learning experiences. It was an amazing experience throughout.

My favorite speaker was Megha Parmar. Her personality and striving nature amazed me and I got a chance to interview her also. It was motivating to know about the problems she had faced in life, but she still shined brightly.

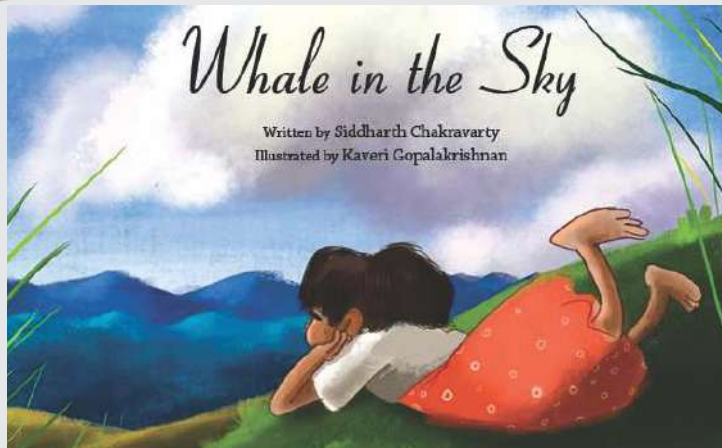
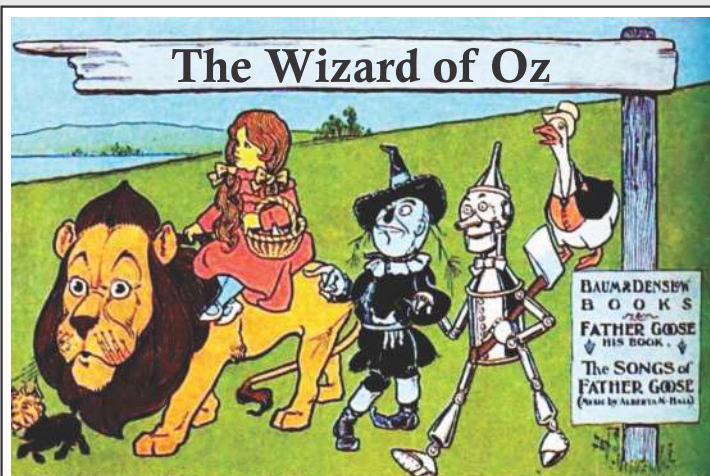
**Ojas Kulshreshtha, Abhinav Gupta (IX-A)**



# Let's **REVIEW**



## Book Review



Whales in the Sky written by Siddharth Chakravarty is a story about a girl named Muznah who likes to stare at the sky along with her Dadu. Muznah enjoys finding shapes in the sky and she had spotted clouds shaped like a cauliflower, moon and a whale. Seeing Muznah's excitement towards watching clouds and finding patterns, her dadu told her the meaning and origin of her name. Muznah was happy to know that her name means, Clouds carrying rain. Suddenly Muznah's eyes spotted another cloud which looked like a whale. Muznah had a great time and was quiet astonished to know some unknown facts about the queen of the ocean.

**Rupaanshi (V-A)**

My recent read was *The Wizard of Oz*, written by L. Frank Baum, and its illustrations are done by Paul Granger. This book is about a little girl named Dorothy who was blown up in a cyclone with her dog, Toto. Their house landed in a magical world of witches and wizards. The only way to get home was to go to Emerald City and ask the great wizard of Oz for assistance. Along her way home, she and her dog met many scary and friendly creatures. The Scarecrow, the cowardly lion, and the tin man, each hoping to meet the great wizard. My favourite character in this book is Dorothy, as she was kind and was able to make new friends very quickly. This book has a perfect blend of adventure, humour, and fantasy. I highly recommend this book to all the students of my age.

**Titiksha (V-B)**



## WEB SERIES REVIEW



I recently watched a web series titled *Breaking Bad*. Vince Gilligan created this show, and it first aired in 2008 on a channel called AMC and then in 2013 it aired on Netflix. For the story's context, *Breaking Bad* is a show based on the life of a chemistry teacher named Walter White. He was a man of morals and he was too afraid of the consequences or the things that could happen to him and his family. But until one day, on his birthday to be specific, he gets to know that he has been diagnosed with cancer. He started dealing in drugs along with his ex-student, Jesse Pinkman, out of fear of what might happen to his family if he died. Walt's behaviour in the first season was different than in the last season. He turned from a man of morals to a dangerous, ruthless, and intimidating drug lord. We see a change, how a good becomes a bad guy just because he made a lot of bad decisions in his life. This show is a masterpiece. It's an emotional rollercoaster, consisting of many tragic, heartbreaking, as well as beautiful moments. If the start looks boring, then wait till you see the end. This is a show of self-realization, confidence, and decision-making in a person's life. It is a demonstration of how a person's decisions can change his or her life. I highly recommend this show.

**-Arsh Jha (IX-B)**





# Instagram Influencer

## MostlySane

Queen of craziness, Creator of comedy content, and the cause of change, she is none other than Prajakta Koli, founder of 'Mostly Sane'. I am talking about Instagram and Youtube sensation who can make us laugh up to our last breath. Her success story is as incredible as she is. I started following her long back when she almost had 500K subscribers on YouTube and at present, she has a big family of 6.75M subscribers. She not only reviews comedy videos but also raises some social issues, 'Shameless' is one of them. It's a song she wrote against body shaming. From the time she started her journey of content creation, there is no looking back. From writing, and editing her YouTube videos on her own to now working with

one of the most famous production house 'Dharma Productions', she is achieving all her goals. She is a youth icon and I look up to her as she worked really hard to enjoy the luxurious life, she always wanted for herself. She did it with all her courage while keeping all odds at bay. In the end I would like to suggest to the readers a few of her videos worth watching- 5 Things To Remember When You Are Working Towards Your Dream! And The Best Never Comes Easy.



**Prajakta Koli** Digital Creator

By- Ishita Tyagi (X-B)



# MUSIC ALBUM

## BLACKPINK

Blackpink is a South Korean girl group formed by YG Entertainment, consisting of four members Jisoo, Jennie, Rosé, and Lisa. They recently released a new music album, Born Pink on 16 September 2022. This album contains 8 songs; each has a different concept, however, my favourite song is Pink Venom and Shut Down. I really liked all the performances, from Lisa's dance to Jisoo's melodious vocals. Blinks(fans of BlackPink) made this album a big success. I would recommend the same to the non-blinks also. Unfortunately, Blackpink is getting disbanded in 2023, which is not a good piece of news for all the blinks, but for me, their union is immortal.

- Nilakshi (VII-A)





# UPDATE FOR YOU FROM...

## AURA CLUB



Being in the Aura club is an amazing experience. It feels good when we all cook new dishes together and work as a team. The best part of the club is that teachers taste the dishes made by us and give feedback accordingly.  
- Myra (X-B)

I am fond of cooking, experimenting with ingredients, and learning to make new cuisines. In the Aura club, I get to do a lot of that, and that too with my friends.  
-Heena (IX-B)

## IT CLUB



Keeping up with the most recent technologies is something I am particularly interested in. I want to be a professional in this field. When I get the chance to work on new software, I become quite thrilled. The finest experience was working on Canva and Pivot Animator.  
- Kinshuk Jain, Suyash (X-A)

I'm curious about computers. I've improved my ability to utilize Microsoft Office programmes like Word and Excel thanks to the IT club. I enjoyed creating the school's logo on Canva and creating the animations in Pivot Animator.  
- Sparsh Dhiman (VI-B)

## SPORTS Activity (CHESS & CARROM)



I like playing Carrom and mastering the skills and strategy required to defeat my opponent. It is an enjoyable time as I play with my friends. Regular practice of the game has built up my confidence to win the competitions as well.

Atharv Gupta (VII-B), Divyansh (IX-A)

I enjoy playing Chess and finding new tricks to defeat the opponent. One of the reasons to choose this sport was that it requires a lot of brainstorming to master the tricks

- Sidhi (VII-B), Tisha (X-A)

From a very young age, I started playing Chess. Mastering the tricks to defeat the opponent is what that attracted me towards this sport.

- Veerman (VII-A),  
Aryan (XII)



# TRAIN OF THOUGHTS A NIGHT BEFORE THE EXAM



Hear it from me, who experiences a lot of stress and is also not able to sleep properly the night before the exam. Studying till late at night and waking up early to revise what I do during exam days. A lot of thoughts invade my brain, and a few of them are- whether I'll be able to achieve my target. Would I be able to complete my paper on time? What if I leave half of the paper untouched? Every single moment before an exam is full of nervousness and anxiety. But what I have observed and experienced is that if one has prepared well for the exam, there is no need to be scared off. Goals and targets can be achieved if you have done your preparation with full dedication and hard work.

-Avika (VI-B)

# ART GALLERY



PARV KAPOOR (V-A)



Hinaya  
I-A



Viraj Jain (I-A)



Viraj Jain  
I-A



Shaurya Sood (I-B)

# Parents' Corner

## Pen Art



by  
Ms. Geetika Bhardwaj  
(Mother of  
Vrinda Bhardwaj  
VIII-A)



## Hobby - Collecting Stamps

Philately is the collection and study of postage stamps, stamped envelopes, postmarks, postcards, and other materials relating to postal delivery. You can call me a Philatelist as I have the hobby of collecting stamps. My collection includes -

- 1) **Miniature Sheets** (small group of postage stamps attached to the sheet on which they were printed).
- 2) **Flower Stamps** - stamps with the fragrance



Ms. Jaspreet Kaur  
(Mother of Yatharth Jain VIII-A)





# Serving Health- Bitter Gourd Khichdi



## Ingredients:-

Bitter gourd- 1 medium, Ghee 1 tsp, Rice-1/2 cup, Coriander powder, salt, black pepper- according to taste, and a pinch of turmeric.

**Method:-** Grate the bitter gourd and put some ghee in a pressure cooker. Roast the grated bitter gourd. Then take half a cup of rice and wash it thoroughly.

Mix the rice in the roasted bitter gourd. When the bitter gourd and rice are mixed well, add coriander powder, some black pepper, and salt according to taste, and mix well. Then add a pinch of turmeric to it.

Add water (four times the amount of rice) when everything is mixed well. Allow it to cook for 5-6 minutes in the pressure cooker. Serve hot and relish.



**Ms. Neetu Bansal**  
(Mother of  
Smarth Bansal, V-A)

## Travelogue by Monica and Varinder Choudhary (Parent of Tanisha Choudhary, IV-B)



After examinations, it's crucial to give kids some leisure time. This year after the September exams we decided to take our daughter Tanisha (IV-B) on a trip to Leh, Jammu, and Kashmir. It was encouraging to see that she was familiar with the topographical details of the area as she had studied that part under her Social Science curriculum. Additionally, we went to the Kargil War Memorial, to pay respect to the brave soldiers who sacrificed their lives to protect our country from enemies. It felt like heaven on earth when we visited Pahalgam and Gulmarg. We also purchased local goodies including apples, saffron, walnuts, and almonds from the locations we visited. Getting up close and personal with nature was enjoyable for the whole family.

## Lost back in a day

- Ms Rina Jain  
(Mother of Anika Jain (IV-A)  
describing her daughter's  
feelings after the trip.



Trips and tours I like the most,  
Super excited I'm when the school was the host.  
Religious, learning, fun, and adventure,  
Sharing caring with teachers and backbenchers.

The bag was packed but not a single book,  
Coke, Lays, Kurkure all junk hooks.  
Had to get up early, so sleep well, said mommy  
Brain busy in planning made me crazy.

Early in the morning reached school and soon we left,  
At Royal Dhaaba had yummy breakfast.  
Taken blessings from almighty at Anandpur Sahib  
Learned facts about Sikh history at Virasat-e-Khalsa.

Had langar in lunch, the form of prasaad,  
Shopping in the local market, made us glad.  
The evening was the time to reach back timely,  
Tired we were, so slept calmly.

Thank you Dikshant for planning a trip in such a way,  
The day is added as my favourite day  
The trip was completely Unforgettable  
A bucket full of memories are always cherishable.



# OUR TALENTED TEACHERS

## एक सुबह ऐसी भी हो

एक सुबह ऐसी भी हो,  
जो सपनों के जैसी हो  
कमरे की खिड़की के बाहर,  
सुन्दर सा नजारा हो  
हाथ में गर्मा गर्म चाय का प्याला हो  
ना कहीं जाने की जल्दी,  
ना किसी काम की चिन्ता हो  
हमारे सपने बस हमारे हों  
जिन्दगी के कुछ पल सिर्फ  
और सिर्फ हमारे हों  
एक सुबह ऐसी भी हो,  
जिसमें मेरी सांसें मेरी हों  
वक्त मेरा हो, यह जिन्दगी भी मेरी हो  
एक सुबह ऐसी भी हो,  
जो सपनों के जैसी हो

-अलका भटनागर (कम्प्यूटर टीचर)



## God Bless You My Children



God bless you, my dear children, may you live long  
May every cherished dream come alive  
May you live a charmed life  
May you rule the world with your wit  
May the world bow to your feet  
May you drive your dream car  
And live in an abode that is eyes treat.  
You take a trip to the exotics of the planet  
But My lord, bless my children to embody the wisdom  
That allows them to choose their dreams.  
Dreams that are not built on the corpse of the innocent.  
Nor they eye on charms of the fools.  
May you disdain the vicious  
God bless you my dear children, may you live long  
May you always have the meal of honor  
May you rest on the bed of concord.  
May you look into the eyes of truth and righteousness  
May you be the star in the eye of the lord.  
God bless you my children, may you live long  
And grow into a human being that I can take pride on.

- Ms. Sonal Singh, (English Educator)

## TEACHER EXPERIENCES

**TEDx**  
**DikshantSchool**  
x = independently organized TED event

TEDx was a new experience for me, and a sense of excitement was there for the ideas that speakers at the event were about to share. After the event, I felt extremely motivated by the inspiring stories of the speakers and all the hardships they had to go through to achieve their goals and make a difference in society. -  
**Ms. Cheena (Maths Educator)**

Ideas are everywhere. And the world is nurtured through them. Few people have the confidence and power to unleash those ideas into reality. We are indeed fortunate to live in a time of transition and abundance, with all the resources necessary to create something greater than ourselves.

As many as ten speakers took to the stage, each talking on a different subject, leaving the audience baffled. They discussed many social challenges and gave some insightful perspective into their struggles and success. Ideally all the talks proved to be super useful for young leaders. A distinguishing feature of this event was the young adult speaker, Anwasha Mongia, who seized this opportunity to make a difference. TEDxDikshantschool endeavours to do the same for its community.

- Ms. Monika (Pre-primary Educator)



## DO READ

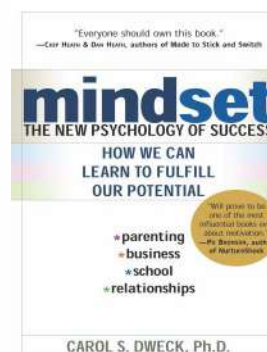
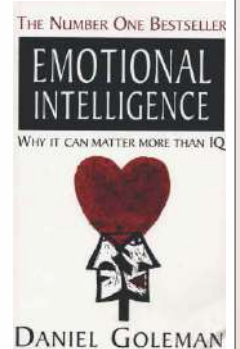
Book recommendations  
by Sumita Verma  
(Economics Educator)



### EMOTIONAL INTELLIGENCE

BY Daniel Goleman  
(Self-help book)

The book explains the importance of emotions in ones life, and how they help and hurt the ability of a person to navigate the world, followed by practical advice on how to improve your own emotional intelligence.



**Mindset:**  
**The psychology of  
success by Carol Dweck**  
(Self-help book)

The book basically talks about the mindset - fixed and growth. Also it help to choose which one to adopt to be successful.