

From the desk of
WARDEN, JAMUNA HOSTEL
<http://hostels.iitm.ac.in/jamuna>

Text for Education:2

We should wake up the “next” day

April 4, 2007

Posted again for the benefit of the inmates on Feb. 7, 2008:

When the Dean (students) climbed on the stage to hand over the gift, the stage was empty, the guest had athletically jumped down; next fraction of the second, he was on the stage again to receive the gift! I had a pressing question to Mr. Narayana Kartikeyan: “what time does he get up?”. I have this question also for Mr. Tendulkar, Mr. Pathan, Ms. Aishwairya Rai, Mr. Bill Gates or even our Prime Minister Mr. Singh. You may guess the answer.

All the people listed above are so called “successful people”. We can take up some more examples and there may be some “rare cases” as well. The point I am trying to drive is: what is a typical time to wake up and why? Nationwide at every IIT, classes start at 8:00 AM. It is almost sure that in a week (or in a month) each of us will have at least one interesting class at 8:00 AM. A well-known human tendency is to avoid some thing that disciplines you. There is another thing called the “Biological clock”- which you must have experienced many a times till now.

We get up at some time as per our schedule. The problem is not with the getting up. It is with the time we chose to go to the bed. *If we wish to get up the next day we should go to the bed before 11:59 PM on the previous day.* Note that 12:01 AM belongs to the next day. A seven-hour sleep makes your face look beaming for Janta in the institute; you yourself will feel better (from inside). Take these suggestions, otherwise who knows, someone may bang at your door at 7:30 AM when you are looking forward for a sleep of 4 more hours!

Prem B Bisht
Warden, Jamuna

You may also like to remember a poem you must have read during your primary education about getting up early , describing the redness of the sun, washing the face, brushing; blooming of the flowers, movement of butterflies, birds.... Do not be upset if you hear monkey’s sounds while in Jamuna.