

# IP DAY BLOG.

---

## IP AND YOUTH – INNOVATING FOR A BETTER FUTURE.

On this precious intellectual property day, the topic given is IP and youth – innovating for a better future.

Q)What does intellectual property mean?

A) IP or intellectual property is term given to any sort of invention, idea, creation, or design etc. That an individual has invented and laws in this safeguards him and prevent other people from copying that particular idea. In today's era where majority of focus is on self reliance and so is the belief of youth of the nation .there stride or will to become self reliant given rise to number of creators and innovation by youth of nation. In such scenario 'intellectual property rights' sounds rewarding to creators and provides motivation and increase the capability and will of other youngsters to invent and create.

- Under this topic I was more interested in creating a impact on people's mind and hearts. Personally I believe healthy mind leads to healthy and better future, so , to create impact on minds of people instantly I

remember a speech given by *NATALLIE PORTMAN* (an actress or shall I say academy award winning actress) This speech was not intentionally heard by me, but it was more. Of a coincidence but see Universe is connected on the IP day this speech “**DON'T DOUBT YOURSELF**” is helping me with my work.

- Ohh no one more blog on mental health is what people are thinking while reading this but don't worry guys **mein bore nahi karti**😊
- While writing this blog, am just thinking why this topic, what made me choose this 21 minutes speech given by natallie portman in Harvard University ,whats the reason ,but the answer is always ready , For betterment of future, *your present should be healthy, for a healthy present, past should be remembered in a good way, letting go of darkness etc are the things will lead us to a enhanced future.*
- Myself as a youth of a developing country like India, where people have made the depression, anxiety, mental health issues a “ so called social media trend” but,but,but ,this is so much of a sensitive topic to be talked about or so much of a sensitive issue to be made.

- In Today's world each and every people or individual is aware about the mental health issue , everyone is talking about the topic- likewise I think this are not the topic to be talked instead it should be cured, by listening the speech the first time, the first word in my mind was

**SELF DOUBT = A FAMOUS WORD RIGHT.**

- JUDGEMENTS, OPINIONS, EXPECTATIONS, GREEDINESS, SELF-CONSCIOUSNESS, always lead to self doubt but the speech was about not doubting yourself then why the first word in my mind was self doubt because it's a human nature, human emotions which will always lead us to disgrace ourselves.
- Yes “ think positive” is the way the world is renownwing the future for youth- but that world simultaneously keep an individual in a situation where it become a necessity to feel that emotion, and believe me this is the darkest emotion felt .this emotion drain you, the connection between the Harvard degree she holds and an profession of being an actress.
- I want to state the lines that created an impact or catch my attention and those lines were:-
  - I. *Insecurities about yourself*
  - II. *The feeling of not being smart enough.*

- III. *Mistakes.*
- IV. *Seriousness is sick.*
- V. *False predictors .*
- VI. *If you are afraid then runaway.*
- VII. *Comparison.*

This were negative points that grab my attention from the speech, but we are expert in finding a solution right.

- Solution to all this perceptions, thoughts, points, judgements were itself given in speech, and they are:-

- I. *Don't always prove yourself.*
- II. *Carve your own path.*
- III. *Your insecurities and inexperience can lead you to embrace other peoples expectations, standards, values.*
- IV. *Prize is always more exciting than game itself.*
- V. *Achievement is wonderful experience when you know why you're doing it.*
- VI. *Self-confidence is the key.*
- VII. *Your degree represent you in your own way.*
- VIII. *Deal with your heart brakes.*
- IX. *Cry.*
- X. *Deal with your darkness.*

- XI. *Get overwhelmed.*
- XII. *Its not about perfection its about taking pleasure, feeling beauty of process.*
- XIII. *Always learn to be good.*
- XIV. *Experience is meaningful.*
- XV. *Only thing separate you from other is your flaws.*
- XVI. *You can never be best technically, someone will always have a upper hand but you can be best at developing yourself.*
- XVII. *Take risks.*
- XVIII. *Human interactions are legit in many ways.*
- XIX. *You are not the center of universe so chill.*
  - By number of points stated by my personal experience positive points are obviously gonna be more in number because at last moral of the story is to HEAL not to survive with a damage heart and a damage mind .
  - As stated there are infinite number of reasons to self doubt, but I don't believe in being stuck at one place yes it take time to get yourself out of certain situations which are hard to escape or cope whereas people can find that situation very easy to get out , neither listen to them nor give up take your time, heal yourself, don't compare your situations, emotions are important as well as precious feel them to the

fullest and then their will be time you yourself will get out of those situations.

- World is not a bad place to live our mindsets create the scenario, thinking positive cannot always be your defense mechanism to hide your emotions , show them, feel them ,think negative if that's making you stronger.
- **Long story short – DON'T RUN AWAY FROM YOUR EMOTIONS= FACE THEM.**
- So don't doubt yourself was a speech which can surely help us creating a great, nice, warm mindset which will lead us to a empathy, bond, harmony, agreement, compatibility, togetherness, sympathy, kind of vibes which will automatically give people an healthy and happy mind / heart which equals to **good present which leads to happy and healthy individuals for a better future**
- I don't really know why I chose this topic on intellectual property day.....logically I should write on inventions made, patents, creations all sort of things but my emotional connect is not allowing me to think about future in this materialistic direction ,,.....as more of an emotional person I always thought of future

through my present values and ethics.....so my ethics made me write this blog.....which according to me is for future betterment...but **literary** is also a part of INTELLECTUAL PROPERTY which give me the right to express myself my thoughts for future enhancement but it is more about **living your present**.

❖ To be or not to be is not the question, wider question is how to be and how not to be😊

By jadav kinal

Semester 8

# Bpharm.