

My Dear Researchers,

We are living with uncertainties. Some time these uncertainties further galore; as under current scenario of COVID-19. In such a situation, most often, we start imagining of a rather blurred picture of path ahead. At a deeper level, as many people believe, our fear of uncertainty rests on the mind's negativity bias, wherein we begin doubting our capacity to cope with the unexpected. People also say uncertainty needs to prevail as the seeds of opportunity lie in the unexpected. Therefore, no harm in trying to be comfortable even with this unexpected situation. Let me quote here Eckhart Tolle, a spiritual teacher and author of the #1 New York Times bestseller *The Power of Now*, he says "When you become comfortable with uncertainty, infinite possibilities open up in your life".

People say, positive attitude helps overcome the fear and irrational thinking emerging from uncertainty. But I know our brain keeps on wandering between two opposites of negative and positive; it requires a little help by consciously selecting something positive to think about. Now is the time to give it a try - result, I believe, will be bright.

Tim Brown CEO of innovation and design firm IDEO mentions "One of the greatest weapons that we have against uncertainty is creativity. It's how we forge something new out of it." Other people say, creativity is: (i) the energy of change, (ii) the ability to adapt and grow, (iii) what powers your capacity to choose. It is also believed, creative pursuits can be a fun and fascinating way to develop the psychological resilience to manage anxiety emanating from unexpected and prolonged uncertainty - as in present case of COVID 19. Time will tell what creative movements will be inspired by this most recent challenge to the humanity. However, we should be optimistic that the creatives will definitely find their way to voice through this uncertainty. Jonathan Fields, author of the book *Uncertainty: Turning Fear and Doubt Into Fuel For Brilliance*, in an interview states "Being in a state of uncertainty is critical to the creative process. It opens you to the possibility that you don't know everything."

With this backdrop of uncertainty and creativity, let me now come to the point. As for others, under current situation, all of you are forced to work from home. That means, this is the time when you can sit alone for a while and think freely. Your supervisor is not around to suggest certain defined ways of expressing your research. Am sure, you must be taking benefit of this situation for being more original and creative in your research. My suggestion is to, think through your own lenses of imagination for innovative and creative research. My intuition say, these days of intense uncertainty will make you a robust, more productive and established researcher. Am sure, many of you will use this time effectively in bringing-out their hidden talent. Please allow uninterrupted flow of your talent and creativity for betterment of yourself, society and the humanity. Once, days of lock down are over, Institute shall be happy to keep an exhibition of creative creations of our researchers.

**Till that, observe social distancing, remain positive and stay healthy.**

Best wishes.

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