

Dr: 31/12/2025

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Vice Chancellor

"If you want to test your memory, try to recall what you were worrying about one year ago today" – E. Joseph Cossman.

Dear Student,

Wishing you a very Happy New Year-2026!

May this year be filled with new opportunities, meaningful learning, and joyful experiences. The New Year is always a time of fresh beginnings, renewed energy, and hopeful aspirations. As you continue your journey at RV University, we wish that every day brings you closer to your goals, strengthens your spirit, and enriches your academic and personal growth.

Yet, in the tapestry of daily life interwoven in our collective unconscious is the anxiety arising out of our worries about the fructifications of one or all of these in the vicissitudes of future time. Worries have this unique characteristic of creeping in ... we become conscious of their existence much after they have sprouted and taken root in our thoughts. If we take cognizance and intentionally worry "too little" we run the risk of being branded as flippant, laid back or even escapist. However, if we flow with the flow and unconsciously worry "sufficiently" we run the risk of unintended consequences of dissonance in our physical and mental harmony, true to the saying of Seneca, Roman Philosopher, 65 AD – "There are more things likely to frighten us than there are to crush us; we suffer more often in imagination than in reality."

According to interesting research carried out by James Gordon Gilkey in the year 1934, based upon the problems men and women had brought to him through his years of service as a pastor, he found that their worries largely fitted into the following categories:

<i>Worries about disasters, as later events proved never happened, things that never happened :</i>	<i>About 40%.</i>
<i>Worries about decisions made in the past, decisions about which we could now of course do nothing :</i>	<i>About 30%</i>
<i>Worries about possible sickness of self, near & dear ones, neither of which materialized :</i>	<i>About 12%</i>
<i>Worries about near and dear including friends – worries arising from the fact that 'I forgot that these people have an ordinary amount of common sense' :</i>	<i>About 10%</i>
<i>Worries about real problems:</i>	<i>About 8%</i>

According to this analysis, 92 percent of all our worries are about things imagined or over which we have little or no control. This is also reflected in a Swedish proverb: "Worry often gives a small thing a big shadow." And a Hindi proverb: "चिंता चिता समान" (Chinta Chita Samaan), which means "Worry is like a funeral pyre." It conveys that excessive worrying consumes a person from within, just as fire consumes a body.

As you continue your journey at RV University, please accept from us this letter to equip with a filling your reflection dairy/ Life Recap Reel/ Mood Board /Yearly personal note in a calendar/Page filled a '**worry drop box**'. I invite you to use the pencil to write and unburden all your worries engaging you at the moment (irrespective of their number) and drop them in the worry drop box. While doing so, you may utilize illustratively the other tools around you to soothe the senses of smell, sound and taste.

It is my belief that this exercise helps us unburden ourselves of the baggage of imaginary anxieties and when we revisit our worry drop box, we may validate the findings of James Gordon Gilkey. It is in this state of mind that the exploration of our true potential begins. It is here where we discover happiness with its many hues, shades and colors; the ability to live your life more fully in harmony with your inner self; to be mindful to the infinite possibilities that present themselves in our lives; and to be truly immersed in the oceans of happiness and contentment.

May you have an abundant and amazing time ahead at RV University, and may all your dreams come true.

Ram
31/12/24

Warm Regards,

Ram

(on behalf of RVU Community – Dr. Ram Kumar Kakani)