



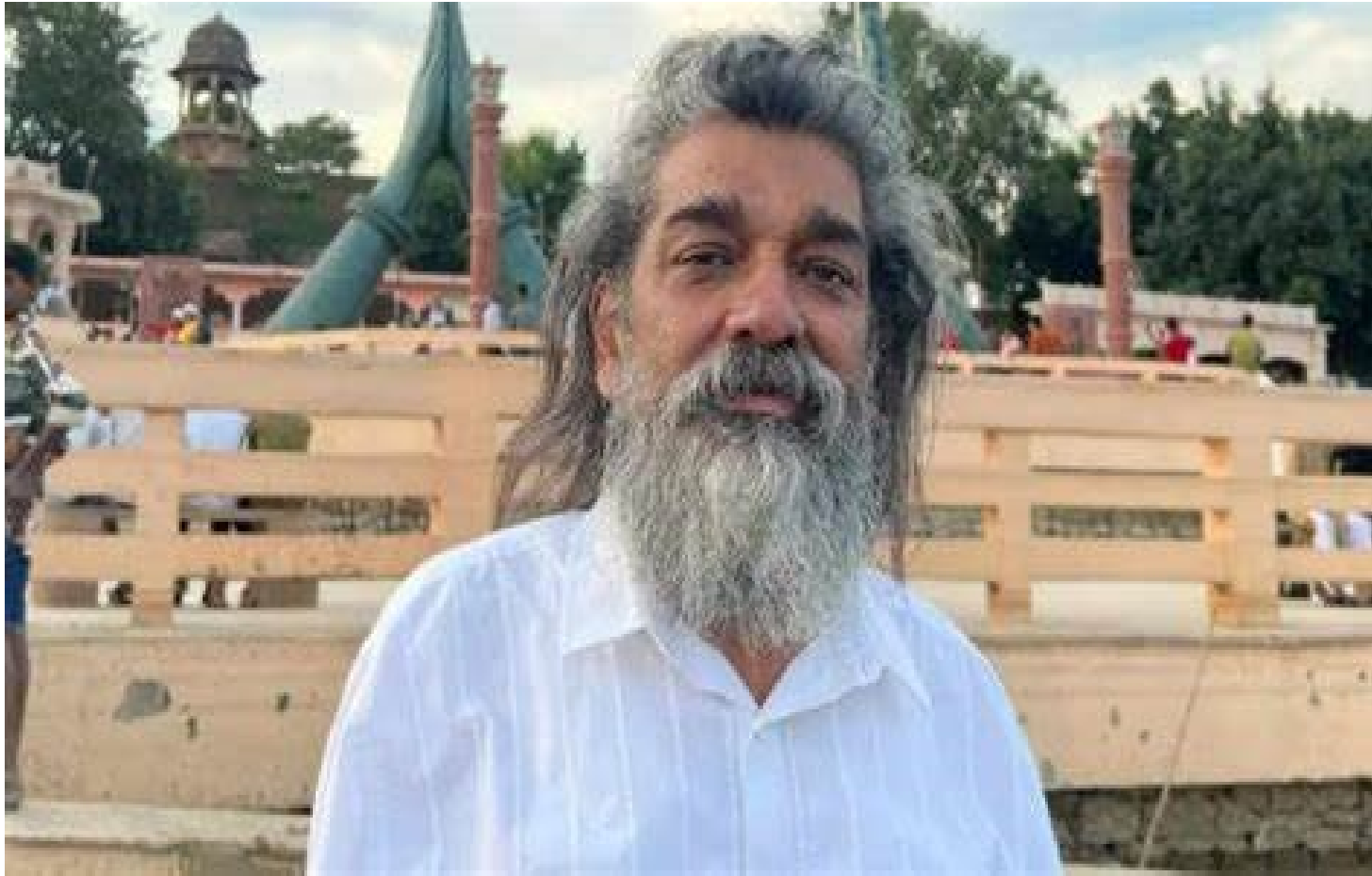
FAILED

pixta.jp - 57596515

Handling Failures

- S Ranganathan

Can you identify this person on the slide ?

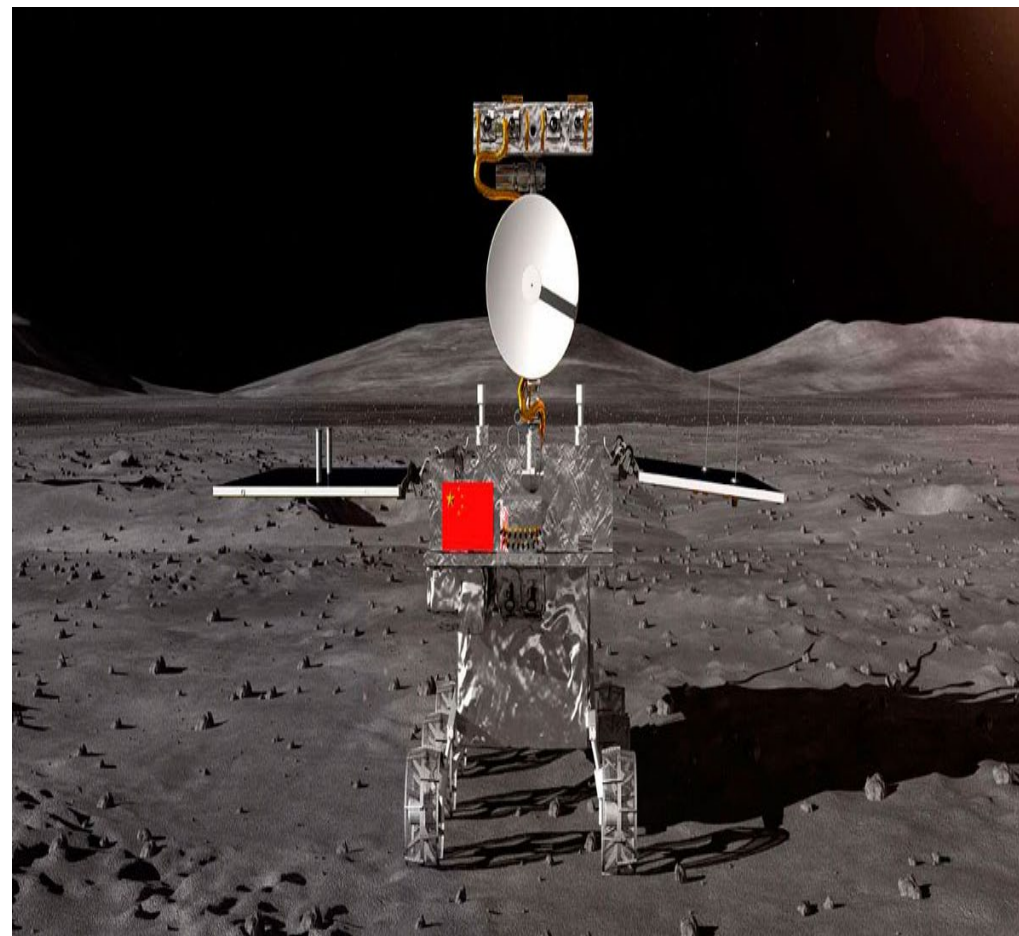


This personality?



I myself and my wife - in order to escape the disgrace of deposition or capitulation - choose death. It is our wish to be burnt immediately on the spot where I have carried out the greatest part of my daily work in the course of a twelve years' service to my people.

Can you identify this image?



The fate of Chandrayaan - 2

- Chandrayaan-2 - India's second lunar exploration mission launched on July 22, 2019 by ISRO, scheduled to land on the Moon's south pole on Sept. 7, 2019.
- However, the lander (Vikram) lost communication with the ground station during the final 500 m and crashed due to last minute software glitch.
- **Leading to the failure of the mission**
- Primary reason for the failure of the Vikram lander was attributed Navigation and Guidance anomalies, communication break-down , altitude anomalies and software flaws.
- The ISRO has put in place a mission to rectify the mistakes and relaunch Chandrayaan 2 next November.

So much personal ...

Failure is subjective - means different things to different people.

Inability to achieve one's goals or desires

Perception of being inadequate or inferior to others.

Range of negative emotions, such as disappointment, frustration, anger, sadness, guilt, shame, and regret.

Extreme cases can also trigger suicidal thoughts or actions.

Failure invariably is a result
of

Expectation!!



Possible reasons why failure may lead to negative impact:



People with low self-esteem and self-worth usually base their identity and value on their achievements and performance. When they fail to meet their own or others' standards, they feel worthless, hopeless and undeserving of happiness or love. They blame themselves for their failures and believe they cannot change or improve. These feelings make them vulnerable.

Failure may trigger or worsen depression and similar mental disorders, such as anxiety, bipolar disorder or borderline personality disorders. These conditions can affect a person's mood, thoughts, behavior and physical health. These also impair a person's ability to cope with stress, solve problems, and seek help. Depression is specially associated with higher risk of suicide as it can cause feelings of hopelessness, helplessness and worthlessness.



Some people may use alcohol or drugs to cope with failure or escape from their negative emotions. However, substance use can also impair a person's judgement, lower their inhibitions and increase their impulsivity.

Failures may result in loss or fear of loss of important aspects of one's life, such as relationships, career, reputation, money, health or freedom. These losses can cause grief, anger, shame, or isolation. They can also affect a person's sense of identity, purpose, or belonging.



Some correlation with failures

Every year an estimated 703,000 people end their life [India accounts for about 165,000]

For every suicide committed, there is an approximate 20 attempted or failed suicide attempt

While suicides can happen in any age group, it is very prominent (fourth leading cause) in the 15-29 olds

More than three-fourth of the cases are reported in low and middle income countries

Very strong link between suicide and mental disorders like depression, alcohol/drug use, vulnerable groups, sense of isolation etc.

Many suicides happen impulsively in moments of crisis and breakdown – inability to deal with stresses in life.

Some depressing stats

- The adjoining table accounts for about 100 million people in 20 select countries
- Globally 280 million people are estimated to suffer from depression (~4% of world population)
- Market size for Anti-depressants grew from USD 17.2 billion to USD 18.0 billion between 2021 and 2022
- Projected to grow to USD 22.1 billion by 2028 at a CAGR of 3.5%

		Population in lacs	Antidepressant users per 1,000 people	Number of prescribed users
	India	14,286.27	9	1,28,57,643
	Brazil	2,164.22	58	1,25,52,476
	Norway	54.74	61	3,33,914
	Germany	832.94	62	51,64,228
	Austria	89.58	63	5,64,354
	Slovenia	21.19	63	1,33,497
	Czechia	104.95	65	6,82,175
	Greece	103.41	70	7,23,870
	Finland	55.45	81	4,49,145
	Belgium	116.86	83	9,69,938
	Denmark	59.10	84	4,96,440
	Chile	196.29	90	17,66,610
	Spain	475.19	92	43,71,748
	Sweden	106.12	105	11,14,260
	UK	677.36	108	73,15,488
	USA	3,399.96	110	3,73,99,560
	Australia	264.39	122	32,25,558
	Canada	387.81	130	50,41,530
	Portugal	102.47	139	14,24,333
	Iceland	3.75	161	60,375

Broad classification

BUSINESS FAILURES

- › Losses / decline in market size
- › Bankruptcy or insolvency
- › Data breaches
- › Employee related – POSH, frauds
- › Scams & scandals
- › Competition gaining upper hand
- › Regulatory breaches
- › Breach of ESG standards
- › Consistent missing of deadlines
- › Loss of a significant client

PERSONAL FAILURES

- › Family & relationship issues
- › Physical / mental health issues
- › Loss of close ones
- › Financial Issues
- › Lack of support

PROFESSIONAL FAILURES

- › Missing a target
- › Missing a promotion
- › Not getting a desired job
- › Termination of job
- › Losing a client
- › Bad performance review
- › Low on evaluation

Why do people behave like that

Negative impact usually follows perceived other people's views – Shame facing others or inferiority communicating.

Log kya kahenge/sochenge

Bullied in young age – not good enough – physically or mentally or emotionally

Had a bad impact of similar thing at an early age – Miserable or insecure – Having a leaving experience

Self hatred and self doubt – inner critic

So difficult to compliment oneself but so easy to censure (doesn't come naturally)

Fear/Shame of failure

Fear of failure forces one to avoid taking risks try new things and impairs potential to reach one's goals

Shame is an emotion where one feels worthless and humiliated

Characterized by avoidance, procrastination, anxiety, perfectionism

Have relationship problems/drooping shoulders

Failure is a normal part of learning process

Learn from failures and keep moving forward



**Identify this
personality**



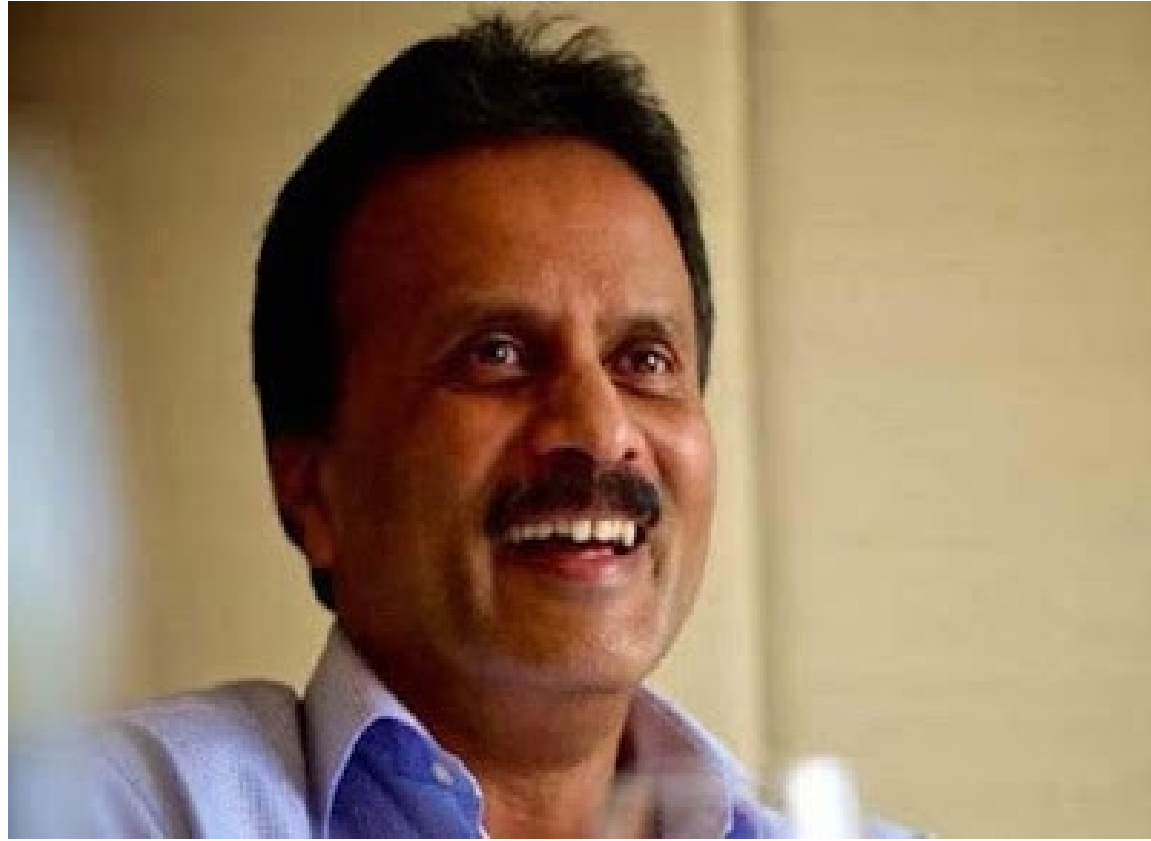
- Founder & Owner of Café Coffee Day.
- Held a master's degree in economics from Mangalore University
- He began his professional career at 21.
- Established his coffee trading company in 1993 with a turnover of Rs. 6 crores.
- Set up Café Coffee Day in 1996 – a chain of “youth hangout” coffee parlour
- The chain had about 1,700 cafes attracting 40 – 50,000 visitors every week.
- Acquired stakes in Sical and Mindtree
- Empire included Coffee Day Enterprises: A holding company that owns Café Coffee Day; Mindtree, IT services company; Way2Wealth, a financial services company; Tanglin Developments, a real estate company and Manjeera, a bottled water company.

I have failed...



A screenshot of a web browser displaying a news article on the Hindustan Times website. The browser's address bar shows the URL: https://www.hindustantimes.com/india-news/i-have-failed-i-am-sorry-wrote-ccd-founder-vg-siddhartha-in-letter-to-staff/sto... The article title is "'I have failed... sorry', wrote CCD founder VG Siddhartha in letter to directors". The article is dated Jun 06, 2020 08:27 PM IST. The browser's taskbar at the bottom shows the Windows logo, a search bar, and the date 14-09-2023. On the left side of the browser window, there is a vertical advertisement for Canara HSBC Life Insurance, featuring a 'YOUNG TERM PLAN' with a 'Life Ki Har Googly Ke Liye Tayyar' slogan and a price of ₹663* per month. Below the advertisement, there is a 'Get Quote' button and a 'Young Term Plan Hai to #LifeSetHai' hashtag. The main content area of the browser shows a 'TOP NEWS' section with three news items: 'BJP's 3-line whip to MPs for special Parliament session: "Be positively present"', 'Jaahnvi Kandula death: India demands probe after US cop mocks incident', and 'IMEC will reshape global trading routes, says G20 Sherpa Amitabh Kant'. The article being viewed is the first one in the list. The Hindustan Times logo and navigation menu are visible at the top of the page.

Company;
Tanglin
Manjeera, a



- Unwavering commitment to husband's dreams and determination
- Bold steps to bring down the debts from Rs. 7,000 crores in 2020 to Rs. crores in 2021 and to a manageable Rs. 465 crores in 2023
- Strategically partnered with Blackstone and Shriram Credit Company
- Internal structuring to focus on downsizing and streamlining operations; closing outlets which didn't make money
- Empathetic approach to 25,000 strong workforce giving assurance and building confidence
- Maintained trust in the brand on the face of extremely challenging adversity



What did she do, that he couldn't

Benefits of Failure

Learning to handle failure makes you more resilient. When you fail, you are better able to bounce back from setbacks and challenges.

Failure can help you develop better problem-solving skills. When you fail, you are forced to think critically about what went wrong and how you can improve.

It can help you to become more self-aware. When you fail, you learn more about your strengths and understand your limitations.

Helps you set realistic goals. When you fail, you reset your targets into more pragmatic ones and make better decisions in the future.

Failure can also motivate you to work harder. When you fail, it can make you more determined to succeed.

- [Benefits of Failure - Speech by J. K. Rowling, Author of Harry Potter - YouTube](#)
- [Failure is an event, never a person. | Anupam kher - YouTube](#)

Few things that have worked

Talk to someone you trust about your failure. This could be a friend, family member, therapist, or mentor. Talking about your failure can help you to process it and move on. Reflect with mentors/counsellors.

Give yourself time to grieve your failure. It is normal to feel disappointed, angry, or upset after you fail. Allow yourself to feel these emotions, but don't dwell on them. Listen to your self talk.

Set realistic goals. Don't set yourself up for failure by setting unrealistic goals. Start with small, achievable goals and work your way up to bigger goals.

Don't compare yourself to others. Everyone is different and everyone experiences failure differently. Don't compare yourself to others, focus on your own journey.

Remember that failure is not the end. Failure is just a stepping-stone on the path to success. Keep moving forward and don't give up

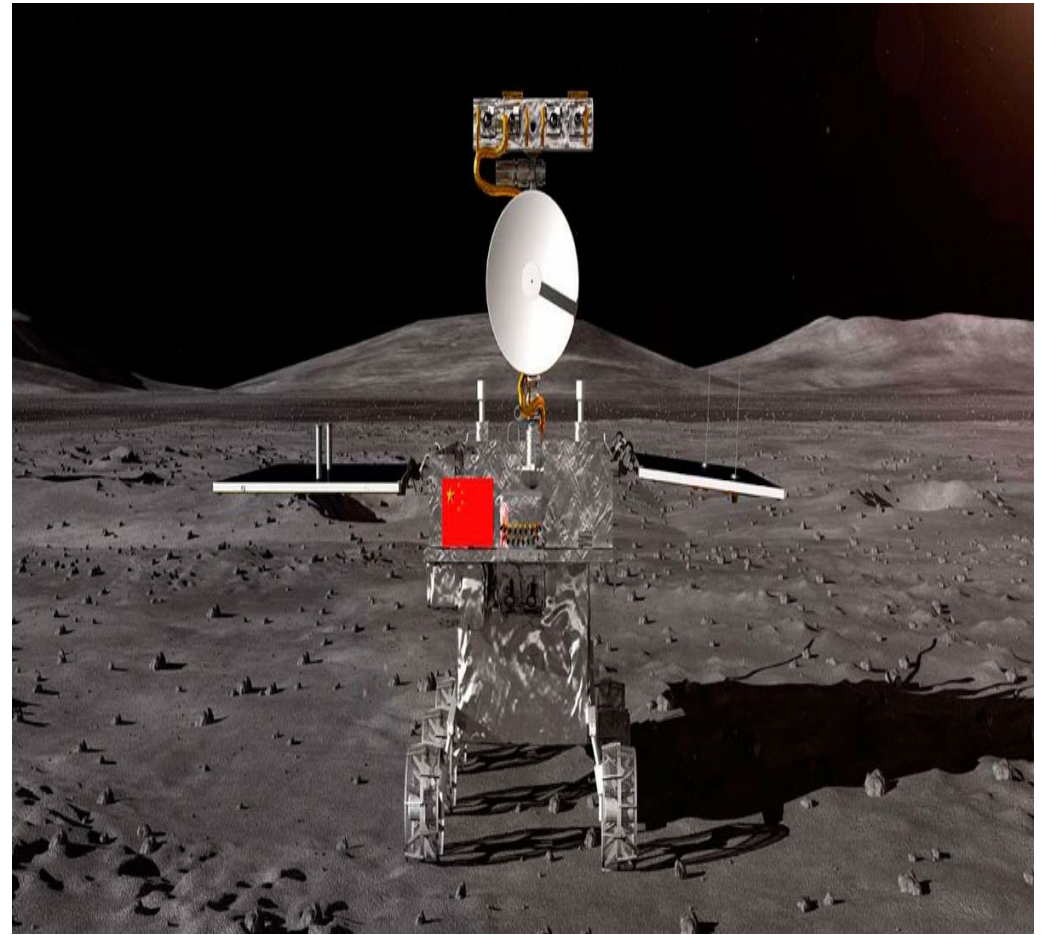
Prepare yourself

- Catastrophic thinking
 - Anxiety disorders
 - Oppressive – Compulsive Disorders
 - Depression
 - Attention Deficit Hyperactivity disorders
 - Post traumatic stress disorder
- Practice Yoga and Vipassana
 - Breathing exercises
 - Meditation
 - Mindfulness exercises
- Gautam Buddha and Maharishi Patanjali are greatest teachers
- Control emotions

Psychiatrist views

- Human ability to handle adversity
- Resilience = Optimism + Gratitude
- Situation is not as important as the manner you react to a situation
- Reflect on the event after a few days
- Turn to the occult

Chandrayaan 2 again.....



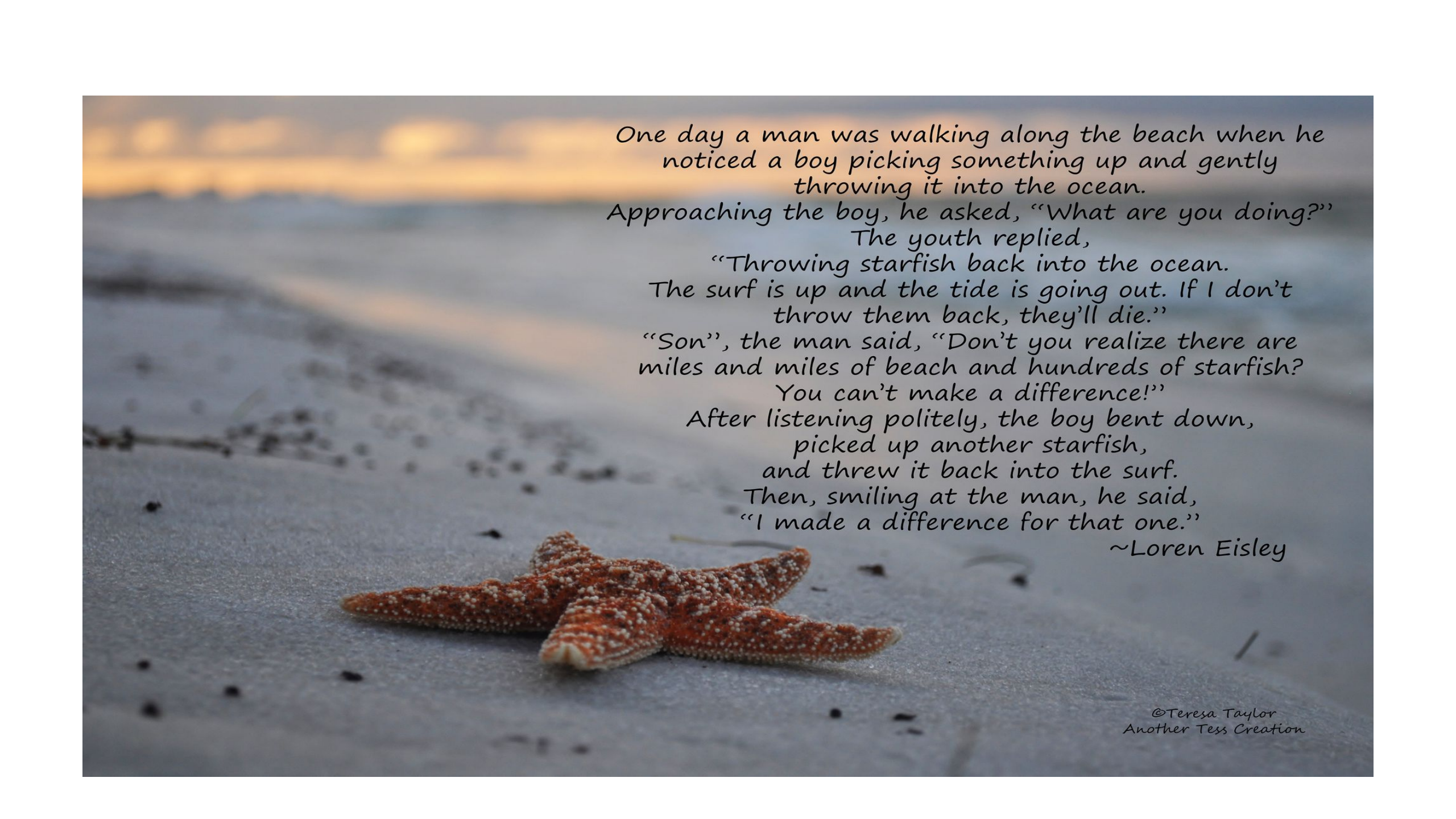
That counsellor



[Leadership and Failure Lessons:Satish Dhawan
Kalam. #isro - YouTube](#)

The fate of Chandrayaan - 2

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A photograph of a beach at sunset. The sky is a mix of orange, yellow, and blue. The ocean is visible in the background. In the foreground, a single starfish with orange and white spots lies on the sand. The text is overlaid on the right side of the image.

One day a man was walking along the beach when he noticed a boy picking something up and gently throwing it into the ocean. Approaching the boy, he asked, "What are you doing?" The youth replied, "Throwing starfish back into the ocean. The surf is up and the tide is going out. If I don't throw them back, they'll die." "Son", the man said, "Don't you realize there are miles and miles of beach and hundreds of starfish? You can't make a difference!" After listening politely, the boy bent down, picked up another starfish, and threw it back into the surf. Then, smiling at the man, he said, "I made a difference for that one."

~Loren Easley

Conclusion

[Muniba Mazari Leaves The Audience Speechless | Most Watched Motivational Speech - YouTube](#)