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## **Boosting Your Creativity**

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**Creativity is the emergence of a novel, relational product, growing out of the uniqueness of the individual". \_\_\_\_\_ CARL RODGERS**

Creativity is defined today as something new, a novelty that is useful. Creativity is all about finding new ways of solving problems and approaching situations. Creativity means bringing into being; it involves the generation of new things or ideas or the transformation of those previously existing. Creative people invent, imagine, problem-solve, create and communicate in fresh, new ways. Everyone requires creative thinkers in the form of scientists, engineers, medical researchers, technology innovators, business entrepreneurs, artists, performers, writers and illustrators, designers, inventors, educators and parents. Those with the ability to "think outside of the box" will lead the future and make special things happen. Creativity is not necessarily innate it is a skill that can be developed. When a child comes up with a creative idea, praise and positively reinforce.

There is something important here and that is the notion of appropriateness. If a child comes up with an idea that is inappropriate, we would want to teach him right from wrong, but we would not want to push him/her never to be creative again.

A highly creative person has strong capacities in each of these four areas:

- Fluency: the ability to produce divergent ideas.
- Originality: the uniqueness of ideas. Originality is vital for creativity. All creative things, ideas, and solutions must be original.
- Flexibility: producing ideas that come from different categories of thought. For instance, when asked to brainstorm about "strong things," one person might think of different types of superheroes. Superheroes are one category of thought. Another person may conjure ideas of "strong things" from multiple groups of thought: super glue, bad smells, and gravity, for instance. When a person taps into different categories of thought, they are more flexible in their thinking.
- Elaboration: the continual exploration of a line of thought. Elaboration is when creative people often say they are "on fire" about a particular topic or project – they are unable to focus or think of nothing else.

Obviously, finding ways to get our students to be more creative requires some creativity on our part too. We've got a lot of resources that can provide us with some starter ideas, but we know educators and students can come up with many more. If we've had some success with activities in our classroom that inspire creativity,

- Be dependent on yourself, rather than on anyone else. Don't take this to mean that you should disobey your superiors--just start learning to do tasks on your own. This can be a little tough if you try to do it all at once. Start small, and work on becoming more independent each day.
- Keep thinking. In fact, try to designate some time each day purely for thinking. Start at about ten minutes a day, and increase it as you feel more comfortable. Situations such as traveling in a vehicle also give you plenty of free time that you can use just to think.
- Don't Panic. This is an important step in developing a great personality because it will help you interact with others in a more positive manner.
- Be creative at all times! This means that you should do some creative things in your free time. Things like painting, drawing, sculptures, or writing will help.
- Learn a new language. Learning a new language will broaden your horizons beyond that which you have known since you were just a few years old.
- Enjoy life. While there is no need to be decadent, the ultimate purpose of life is happiness to improve your life experience. You need to alter it to suit your own personality that will help you benefit from it even more.

To conclude we may say that creativity is the expression in number of different forms, depending on unique people and environment. It boosts our knowledge. Creative mind can solve their problems in different ways. Hard working people study the work of people before them and within their current area, become experts in their field.

Finding ways of developing your creativity through every day experiences is a great, time efficient way of exercising the right side of your brain. Once you practice this over a period of time, it will become much easier to tap into your "creative side".

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