

 [Rules about emotion, a discussion by Meetu khosla](#) by Louise S. [2015, Jul 19]

Dear Louise,

Hi.How are you? Well I am back home now [from Poland]. I wanted to share this post of mine...

Take care,
Meetu

My Golden Rule...Smile:)

JUNE 18, 2015LEAVE A COMMENTEDIT

There is a rule in my class..Everyone has to smile...I cannot teach frowning faces...When i went to St Olaf College..my friend asked me there.."Meetu..how will you begin your lecture?" I replied.."Well I will welcome them and ask them to smile and then go on with the introductions..etc"..She immediately replied.."No no..you don't do that here, they might not like it..I suggest...."

I was little amazed.How could a smile upset someone? how could it be intruding? I will get suffocated if I don't smile...New place, new culture, new students, new life..and no Smiles?

As I walked to my classroom, I kept thinking about how to start my class? How to break my Golden rule that I followed over the past 20 years?

So when I entered the class I introduced my self and told them"Had I been in India, I would have asked my students to smile and then begin, but here I have been told not to ask you to smile..which I just cannot understand why...?" and immediately I saw huge smiles on all the lovely faces...My job was done..and I obviously reciprocated with a smile...

There is a big reason for my golden rule..I feel if you ask someone to smile, you create a moment of happiness, a moment of peace, a moment of warmth which is lacking in today's world..This moment also helps the person to forget his/her worries and concentrate on the given task/focus on the present moment.When one smiles, a hope is instigated, a pleasant feeling which rejuvenates and provides energy to cope with the stress;or seek out solutions for problems;or motivates us to do something! Moreover it helps to break barriers of resistance and open doors of friendship..increases opportunities for a receptive environment and perhaps a more meaningful relationship..Now I would rather be known as a cool teacher as my students

often call me.:)I'd rather give them a reason to smile..thats the least I can do.

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 [Comment by Louise Sundararajan](#) by Louise S. [2015, Jul 19]

Dear Meetu,

I just came back from Taiwan. Enjoyed your blog. I think it reflects the assumptions of a collectivist culture when smile can be "ordered". One of the universal rules about emotion is that genuine emotion is spontaneous--not made to order. One condition that can overrule this rule is relationship, which gives us the reason to "fake" emotion expressions for the sake of others. It is within this relational context that smiles can be made to order. Without this relational context, the individualist culture would stick to the rule that genuine emotion is spontaneous-- but can be elicited, which you managed to do when you told American students your story.

Louise

 [Comment by Meetu Khosla](#) by Louise S. [2015, Jul 19]

Goodmorning Louise, its always great to hear from you. I am surprised to know that in individualistic cultures smile is a spontaneous reaction, as I have often been told its politeness..also the word order is too strong.. I merely smile as I speak and request them that I love teaching smiling faces and instantly everyone smiles.. Though there are times when one or two would not smile.. Then I would discuss with them after the class.. If they were comfortable with sharing the reason.. Apart from family greivence, it was the cultural restriction from their family(much to my surprise). Yes you may share it with the group.:) Warm

Regards, Meetu

Dr Meetu Khosla.
Fulbright Scholar.

 [Comment by Michelle Brenner](#) by Louise S. [2015, Jul 19]

That is great. We all should see smiling as the healthy way to be. I am very grateful to my mother who at a young age decided she liked smiling and would do it as much as possible, so her children and my children have followed the family heritage and when ever we see anyone, family, friends or people in the street and eyes meet it automatically creates a smile on our face and as you say, Meetu, it is emotionally contagious. What a way to be a person.

kind regards Michelle

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"And take upon's the mystery of things,
as if we were God's spies."

Shakespeare, King Lear

Link to Department website: <http://www.polyu.edu.hk/mm/bond>

my latest book: "Understanding social psychology across cultures"

(2013): <http://www.sagepub.in/books/Book240293>

Latest book on social

axioms: <http://www.amazon.com/Psychological-Aspects-Social-Axioms-Understanding/dp/0387098097>

the latest addition to the "Forbidden City" of Chinese

psychology: <http://www.oup.com/us/catalog/general/subject/Psychology/Clinical/?view=usa&ci=9780199541850>

Recent book on Chinese organizational behaviour, edited with my M&M colleague, Xu

Huang: http://www.eelgar.co.uk/bookentry_main.lasso?id=14417&breadcru

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 [Comment by Bond, Michael \[MM\]](#) by Louise S. [2015, Jul 19]

Sure enjoyed this posting – might try it in my first class of “cross-cultural management” in Sept.

Photo’s neat, too! [attached]

michael

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