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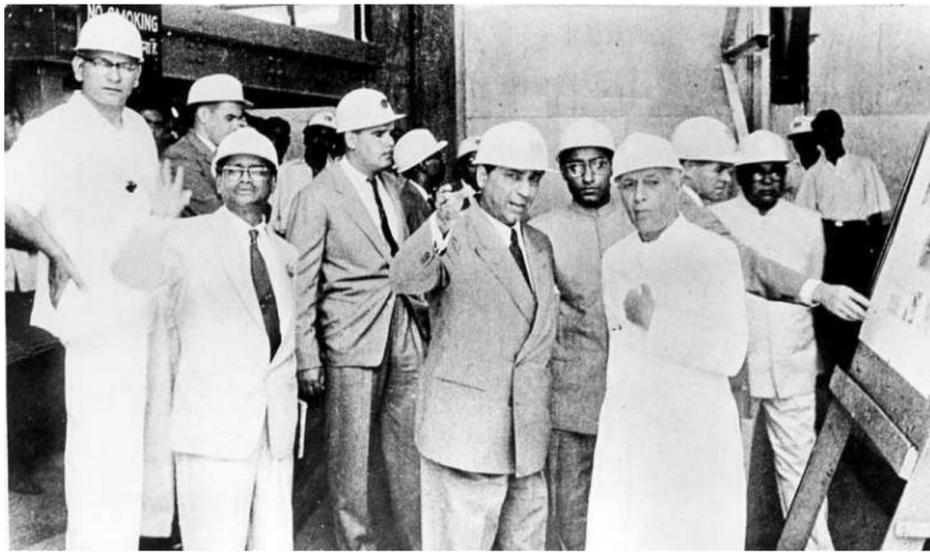
Nation's Pride

Every year on November 14th, India celebrates Children's Day with enthusiasm and joy. This day honours our first Prime Minister Jawaharlal Nehru, a visionary and beloved leader. Born on November 14, 1889, Nehru is remembered not just for his role in the freedom movement and nation development but also for laying the foundational principles for child rights in India. **Deiva Abirami** takes us through the great leader's life and contributions...

Bal Diwas
Children's Day, is celebrated across India on November 14, the birthday of Pandit Nehru. This is because of the love and affection that Nehru showered on children, and the work that he did for securing the future of the children of this nation. He considered children as "buds in a garden that should be carefully and lovingly nurtured." To this effect, he invested a great deal of effort in elementary and primary education. "I have always felt that the children of today will make the India of tomorrow, and the way we bring them up will determine the future of the country," he said.

Nehru's five-year plan included a commitment to provide free and compulsory primary education for all children in India. To achieve this, he oversaw the construction of thousands of schools and the creation of mass village enrolment programs. Nehru established many institutions of higher learning, including the Indian Institutes of Technology (IITs), the Indian Institutes of Management (IIMs), the All India Institute of Medical Sciences, and the National Institutes of Technology.

Books for his daughter
Apart from his contributions to politics and nation development, Nehru also nurtured a passion for



Prime Minister Nehru and Dr. Homi Bhabha at Trombay. PHOTO: THE HINDU ARCHIVES

writing. He wrote many books. One of his most cherished works is a collection of heartfelt letters written to his daughter, Indira Gandhi. This compilation of letters, titled "Glimpses of the World History" covers 196 letters that reveal not only his thoughts but also his emotions during a challenging period. The collection opens with a "Birthday Letter," in

which he expresses his inability to present her with a material gift as he is in prison. Instead, he gifted her these letters as a symbol of his love and connection. In these letters, he affectionately mentions Indira Gandhi with the nickname "Indhu." In addition to this, his other work is a compilation of letters he wrote to his daughter in 1928, titled "Letters

from a Father to His Daughter."

A jumbo gift
The love and respect children had for Nehru extended far beyond India. For instance, there is a heart-warming story from Japan as well as Berlin (Germany) that illustrates this connection. Children in Japan were troubled

by the lack of animals in their country zoos. They wanted to see an elephant. They decided to reach out to the Indian Prime Minister. In a letter written to him, they said, "At Tokyo Zoo we can only see pigs and birds which give us no interest. It is a long cherished dream for Japanese children to see a large, charming elephant... Can you imagine how much we want to see the animal?"

Nehru received many letters like this, all echoing the same reason. He arranged for an elephant, which he named Indira after his beloved daughter and sent to Japan. This lovely elephant not only fulfilled the children's dreams but also became a cherished symbol of friendship between India and Japan. In his response to the letters written by the children, Nehru said, "I hope that when the children of India and the children of Japan will grow up, they will serve not only their great countries but also the cause of peace and cooperation all over Asia and the world. So you must look upon this elephant, Indira by name, as a messenger of affection and goodwill from the children of India. The elephant is a wise and patient animal, strong and yet, gentle. I hope all of us will also develop these qualities."



PHOTO: FREEPIK

World Children's Day

World Children's Day is celebrated annually on November 20th. This day marks the adoption of the United Nations General Assembly Declaration on the Rights of the Child in 1959 and the Convention on the Rights of the Child in 1989. This day highlights the importance of promoting the rights of children everywhere. World Children's Day is celebrated to raise awareness about the rights and well-being of children, it encourages governments and individuals to take action to improve their lives. Celebrations include activities such as events, educational programs and awareness campaigns. Many cities go blue, organise marches and illuminate places in blue lights, a representation of children's rights. This day is about empowering young voices and advocating for their rights. The UN Convention on child rights is the most widely ratified human rights treaty in history.

Life Skills 101

Life skills are a set of abilities that enable every individual to make informed choices, exercise their rights, and lead a healthy and productive life. It is as important as foundational skills such as the ability to read and count. Yet, many of us do not know much about life skills. This Children's Day, let us learn about some of these skills and ways to learn them.

Connection is critical!

Communication is like an invisible bridge between the minds and hearts of people. It holds more power than superheroes like Superman. Without it, we would live in a world where people would just walk aimlessly, like a zombie apocalypse. Society in itself would collapse. One of the most important aspects of communication is the connection it forms between people. A connection that comes from perspective, empathy, and knowledge. One which forms a bond that builds trust. Unlike its counterparts, interpersonal communication is more complex due to the influence of many aspects, like emotion, perspective, history, and ideals. In short, this communication can be defined as a conversation that is held between people with close relationships.

Being a good listener

Communicating with others is a skill that everyone must develop over time. But what exactly would entail 'good communication'? Well, the first necessity, would ironically be the exact opposite of 'speech'. That is listening. To have a good conversation, one would first have to be a good listener. Listening will allow the context of the conversation to flow into the mind so that a proper response can be formulated. However, one must learn to differentiate between hearing and listening. Hearing would be words flowing in one ear and out the other. Listening would mean the words of the other person flowing towards the mind, indicating an

The key to conquering communication



PHOTO: .GETTY IMAGES
understanding. When the act of listening is strong in a conversation, not only does it bring clarity, it also builds a powerful sense of trust between the interlocutors. They say that listening is one of the loudest forms of kindness.

Understanding emotion

When it comes to good communication, emotion must also be given value. One must know how to receive and convey messages. So how exactly can the emotion of a conversation be understood? Well,

90% of how well the talk will go is determined before the speaker steps on the platform.

Dale Carnegie
THE QUICK AND EASY WAY TO EFFECTIVE SPEAKING

that comes down to two things. Empathy and tone. While listening, you must try to understand the perspective of the speaker. This can be achieved by listening to their

PHOTO: GETTY IMAGES



WEB SOURCES

elearningindustry.com: <https://tinyurl.com/468r2d6c>
Betterup.com: <https://tinyurl.com/yc45uryb>
ThomasGriffin.com: <https://tinyurl.com/yc6woxym>

BOOKS

How to Win Friends and Influence People by Dale Carnegie
Just Listen, by Mark Goulston
The Quick & Easy Way to Effective Speaking, by Dale Carnegie

words and tone. The connection between their words and the overall topic will help provide an emotional understanding between the group. When it comes to an interpersonal conversation, listening should apply to everyone. The emotion can only be understood time is taken to decide whether or not your opinions

would add onto the conversation, or drive it somewhere else.

Clicking with clarity

Just like how the web slingers are powerful weapons for Spiderman, when it comes to communication, words are the most powerful tools in its arsenal. But similar to how

Spiderman needed to practice using his slingers with accuracy, words must also be used in a proper manner. With clarity and conciseness. The requirements to achieving this are as follows. First, when you are speaking in a conversation, don't beat around the bush. It is more important to get to the point so that you don't stray from the topic. Second, use simple language. Using active voice will ensure the subject is emphasised. And finally, avoid repetition. Bringing up the same point will

Communication works for those who work at it.

John Powell, Film Composer

prevent you from getting to the crux of your thought.

The Unspoken

Before the spoken word was created, sign language was used to communicate, but how exactly can one communicate sans speaking? Three terms. Gestures, eye contact, and posture. Gestures like nodding or shrugging would display your thoughts in the conversation, whether it be confusion or intrigue. Eye contact will strengthen the connection with the other person. As for posture, leaning forward would display interest, while slouching would show neglect. It is important to be wary of your body language whilst in a conversation, as it may accidentally display offence. It's as Stephen Hawking said, "Quiet people have the loudest minds."

EQ: Magic word in life skills

EQ (Emotional Quotient) has become one of the most valued interpersonal skills. It is a skill that helps build healthy relationships, helps you navigate through the multitude of challenges life throws, and also in the professional world.

A few decades ago, IQ was the buzzword. It appeared to reign our industry, with this quotient being a major deciding factor in the professional world. Or so people thought. Until, an abstract concept was discovered. This happened when it was noticed that mere IQ wasn't enough to succeed in life and that there was something else that ended up being the strongest predictor of performance. Enter emotional intelligence or EQ.

EQ (emotional quotient) has become one of the most valued interpersonal skills. It is a skill that helps build healthy relationships, navigate through the multitude of challenges life throws, both in personal and professional worlds.

So what's EQ?

EQ or emotional intelligence is the ability to manage our emotions as well as those around us. Now you can understand why this is important in the professional world.

When you are able to understand, manage and govern emotions well, it fosters a safe and collaborative environment which ensures more productivity.

It is also a skill one should have, to respond well to the many emotions we may encounter in this journey called life, ensuring better interpersonal relationships, professional relationships and psychological well-being.

How does the EQ help you?

Having a good EQ translates to having good social skills. It plays a direct role in how well you can interact with people, collaborate with them, and manage stress, ensuring a holistic well-being. It has a direct bearing on our success in the personal and professional arena and ensures better mental and physical health.

The four components of EQ

Experts agree on four major components of emotional intelligence. These core competencies include self-awareness, self-management, social awareness and



relationship management.

Self-Awareness

EQ governs our state of awareness. Self awareness is key to everything. It helps us understand ourselves, our strengths, weaknesses and also our emotions. This

knowledge or awareness empowers us with the ability to regulate and manage our emotions which will have a direct and positive bearing on the environment we work or interact with. It is all about being able to pause, take a breath and then

From the desk of a therapist

How well the EQ evolves in a child or an adult is directly related to the experiences, value systems and norms they experience as they grow up. This starts from their home, and then develops based on the experiences they have in pre-school, school, peer groups and eventually in college. Children learn from modelling, which lays thrust on how we show up in front of them. Skills such as empathy, sharing, and other competencies develop thus and eventually have a bearing on how well they integrate to the society. EQ is all about understanding one's emotions and managing them. It is a set of psycho-social competencies. A person who has good EQ will be effective in their communication, empathetic and capable of overcoming the challenges of life. What's interesting is that EQ can be acquired with proper training. By giving life skill training to children during the different stages of their life, they can acquire EQ. In the case of children, focus and consistent training matters. Adults can also develop these skills through training. What needs to be prioritised is that the training should be tailored to suit one's personality. One size fits all doesn't work as the set of psychological competencies needed by an extroverted personality will be different to that of an introverted personality. Life skill training should be based on personality types.

Dr. Aravind Thampi, senior consultant psychologist, KIMSHEALTH, Trivandrum, Kerala

BETTER EQ GIVES

- * Good social skills
- * Higher quality of personal relationships
- * Positive social interactions
- * Less stress and anxiety
- * Better well-being
- * More fulfilling relationships
- * Better success rates at school, college, work
- * Higher levels of satisfaction
- * Better conflict resolution
- * Improved leadership skills
- * Stronger relationships

respond to the situation, rather than getting carried away by the emotion.

Self-regulation

Self-regulation pertains to the ability to manage one's emotions. This plays an important role in any professional or personal environment, when you are under stressful situations. It determines how we react to setbacks and stressful scenarios. When you are equipped with a good EQ, you will be able to respond well to challenging situations. This allows us to show up as the best versions of ourselves, bringing out the best in others and this in turn seen to improve a teams' performance.

Social Awareness

Being aware of one's own emotions and managing that well isn't just enough. The larger picture involves your role in the



How to improve EQ

Write down emotions

Journaling can be a good way to reflect daily on yourself. This helps you record your emotions and how they impact you. This analysis helps in understanding your behaviour, your decision-making, interactions, and so on with respect to the emotion and understand whether the outcome was positive or negative. This self-reflection will help you respond well in future.

Ask your peers

While this can feel a bit intimidating, it can also give you a third party perspective on yourself.

Listen to your emotions

When faced with emotions, sit with it, ponder on why you are feeling that way and how well you can "respond" to it, instead of "reacting" to it. This helps you understand your emotions and prevent it from negatively impacting others.

Take up a course

There are many courses that help you with developing your EQ and eventually your life skills. EQ can be learned and developed.

society or the societal fabric you are involved with. This can be school, the community group you are part of, or your family. In short, it governs the roles you play in the society. Social awareness refers to being able to understand your peer group's emotions, being empathetic, understanding (feelings and perspectives) and having healthy communication with them. This improves the morale of the group and helps in overall growth.

Relationship Management/Social skills

Relationship management is all about the ability to influence others. This comes into play when you are in a leadership role where you will have to mentor others or where your actions have a direct bearing on the group/team you are managing.



PHOTOS: FREEPIK

Keeping ANGER at bay

Anger is a normal, healthy emotion that each of us experience at times, irrespective of age, gender, or whatever differentiator that you can think of. The rush of energy that accompanies uncontrolled anger makes it feel unstoppable, but the consequences of giving in to that urge make problems worse than better. Let's take a look at anger and how best we can deal with it...

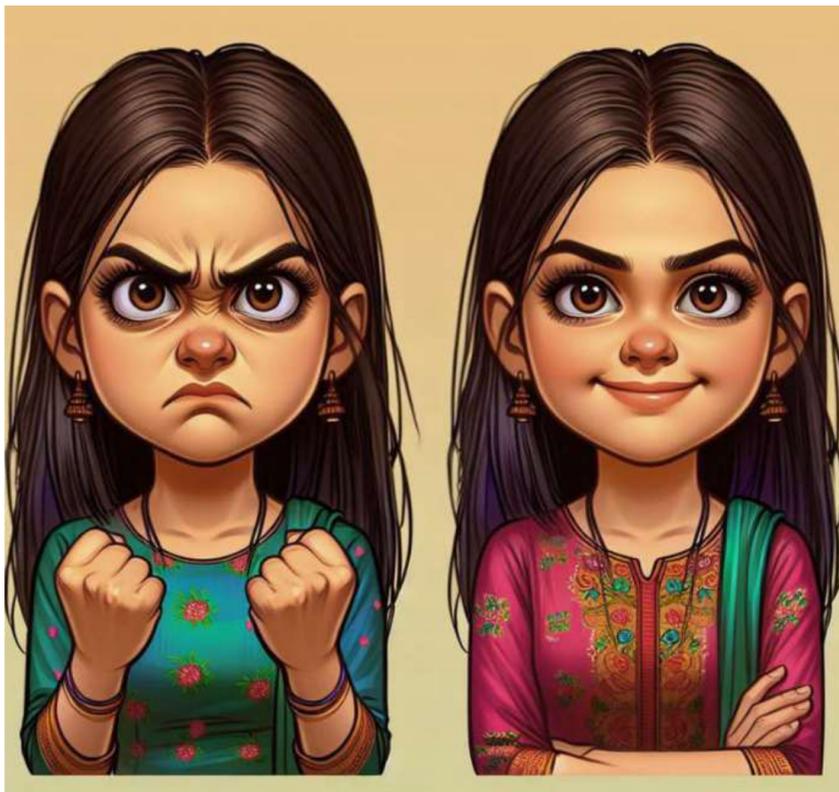


PHOTO: DALLE-3 (AI GENERATED BASED ON EDITORIAL INPUT)

THE ANGER CYCLE

We've all been through this. A **triggering event** – a difficult situation, frustration, or having been treated badly – leads to a series of **negative thoughts**. These thoughts are usually beliefs, ideas, or interpretations of the events. While not always rational, **negative emotions** stem out of those interpretations. Irrespective of whether or not they are true, these emotions lead to **physical symptoms**. Feeling your heartbeat racing, clenching your fists, or having flushed cheeks are some of the typical symptoms. These symptoms usually lead to certain **behavioural reactions**, ranging from fighting and criticising to completely shutting down. If someone exhibits an aggressive behavioural reaction, it normally tends to be a **triggering event** for those at the receiving end, thereby creating a cycle and escalating the situation.

The words in **bold** are the various stages of our anger cycle. It all happens in a whoosh generally as we normally go through all those stages rather quickly. It surely took you more time to read that paragraph about the anger cycle, than it usually takes for each of us to go through it.

How much more grievous are the consequences of anger than the causes of it.

MARCUS AURELIUS
Roman emperor (161-180 AD) and Stoic philosopher

HOW DO YOU DEAL WITH ANGER?

- People in general, and teenagers in particular, deal with anger in three broad ways: outward aggression, inward aggression, or passive aggression.
- Physical violence, belligerence, resisting direction, shouting, swearing, and losing control are ways in which outward aggression can manifest.
- Stuffing anger and blaming oneself is typical inward aggression, often leading to guilt, shame, and self-criticism. It in turn leads to behaviours like disordered eating and self-harm, and stops one from getting the things they need.
- Passive aggression is neither here, nor there, and can be seen in practice when teenagers make snide comments to parents, teachers, or adults; engage in manipulative behaviour; or even resort to bullying.
- What we've listed here are usually said to be unhealthy ways of angry behaviour. It can easily hurt and scare the people around us, including those who mean the most to us, and can create a lot of problems. Awareness of such behaviour is the first step to learn ways to handle one's feelings.

ANGER IN THE BRAIN

Anger is associated with the fight-or-flight response. Associated with a near-instantaneous sequence of hormonal psychological effects, it prepares the body in threatening situations to react quickly. The prefrontal cortex, which is the reflective, rational part of our brain involved in planning and decision-making, takes a back seat when you get angry. The emotional, survival-oriented amygdala is tasked with protecting us from the immediate danger and takes over in such situations, overriding everything else. Even if there is no actual danger, the amygdala makes us react based on what it perceives as danger, and this is what makes us say and do things when angry that we might regret later.

It is only with time that we can learn to recognise these signs, enabling us to slow down the next time when we are going through it, or even stop the process. Patterned responses with time become habits. If we are able to slow down and reshape our habits through practice and awareness, it then gives us more time to decide how we want to react to the situation.



PHOTO: PICRYL

WHERE TO START?

Regardless of one's age, losing control when in a situation and letting anger take over can feel very scary. There are, however, healthy ways to deal with anger that ensure your safety and that of those around you. Self-soothing, self-awareness, rethinking the situation, healthy self-expression, and continuously building resilience are at the heart of managing your anger. There are short-term goals that you can set yourself in terms of managing your anger and those that you can work for long-term results.

TIPS TO MANAGE ANGER IN THE MOMENT:

- Try to spot the signs leading up to the outburst.
- When you feel the heat of the moment, take some time out. Counting to 10 and breathing slowly are classical ways of exercising this, often with immediate positive results.
- Speak to someone, preferably an adult who will be empathetic. Try to discuss about what the trigger was, how you could have reacted better, and what you could do if faced with such a situation again.
- Distraction too can help. Listening to music of your choice, trying to express your feelings through words or art, can all help as a way to let out your anger in a healthy way.

TECHNIQUES TO MANAGE ANGER IN THE LONG-TERM:

- Recognise your triggers, better understand your feelings, and learn to accept what is truly out of your control.
- Start listening to others and better express your feelings. Misinterpretation is often at the heart of perceived reality and actual reality.
- Build your self-esteem and confidence. Find out how to assert yourself, while at the same time thinking through the consequences of your actions.
- This might be a cliché, but being more active and taking care of your well-being is crucial to managing anger. Get enough sleep, take a well-balanced diet, and engage in some form of physical activity.

Always be open to the idea of reaching out for help if things seem out of control. Remember that the goal with anger management is not to stop feeling angry. These techniques help interrupt the anger cycle and enable each of us to better express our anger in ways that serve us, rather than hurting ourselves and those around us.

FURTHER READING:

If you would like to read further on this subject, check out the following resources:

- 5 Evidence-Based Anger Management Techniques for Teens by Newport Academy: <https://v.gd/anger1> (short link). This academy is U.S.' leading teen treatment and recovery centre that helps adolescents dealing with various issues.
- Dealing with anger – for 11-18 year olds by Mind: <https://v.gd/anger2> (short link). Mind is a mental health charity in England and Wales that was founded in 1946.

Saving smiles: The power of financial literacy

Have you ever wanted to buy that cool toy or game but found your piggy bank a little too empty? Imagine if you could save up your allowance and buy it all on your own. That's the magic of understanding money.

Financial literacy is all about knowing how to use money wisely. It means learning how to save, spend, and plan for the future. Just like learning to ride a bike, understanding money can help you make smart choices and achieve your dreams. By getting a handle on your finances early, you'll be better prepared for big decisions later in life, like buying a car or going to college!

Understanding money

Money is like a special tool we use every day to get the things we need and want. It can come in different forms, such as coins, bills, or even digital currency. You can use money to buy groceries, clothes, toys, and even pay for fun activities like going to the movies. Understanding how money works means knowing where it comes from, how to spend it wisely, and why it's important to keep track of what you have.

Importance of saving

Think of it like planting seeds in a garden; the more seeds you plant (or money you save), the bigger your garden will grow over time. When you save, you learn how to set goals for things you really want, like that awesome toy or a cool new bike.

Saving also helps you make informed choices. When you have some money saved up, you can think carefully about what to buy instead of making impulse decisions. For instance, if you see a toy that you like, but you know you want to save for a special event, you might decide to wait and save instead of spending your money right away.



PHOTOS: FREEPIK, FLICKR. SPECIAL ARRANGEMENT

Incorporating Financial Literacy

Setting **budgeting goals** helps you plan how to use your money—whether for a small treat or saving up for something bigger. Start with short-term goals, like saving for a book, and long-term ones, like buying a bike by summer. **Saving in banks, instead of a piggy bank**, also allows your money to grow. Many Indian banks offer kid-friendly accounts where, with a guardian's help, you can learn about banking and manage your savings. Investing is another way to grow your money. Options like the *National Savings Certificate* and *Post Office Monthly Income Scheme* are government-backed choices suitable for young savers, providing steady returns and teaching financial growth basics. This is a fixed-income

scheme offered by the Indian Post Office. It provides a regular monthly income, making it a suitable option for those seeking a steady stream of income. A minor who is 10 years or older can open a POMIS account, but can only access the funds when they turn 18.

Spending wisely: The concept of Needs vs. Wants

- Needs are things you must have to survive, like food, water, and shelter.
- Wants are things you would like to have, but can live without, such as toys, games, or candy. For example, you need food to grow and stay healthy. But a toy is a want, something you would like to have but can live without.

BUDGETING GAMES

MONOPOLY

This classic game teaches players about buying properties, managing money, and making smart investments. As they navigate through the game, they learn to budget their money wisely and understand the value of assets.



THE GAME OF LIFE

In this game, players make decisions about their education, career, and family life while managing their finances. It helps children understand the importance of making informed choices and planning for the future.

Resources for financial literacy

Did you know there are easily accessible websites that make it easy to grasp everything from budgeting to investing?

Flab India Activities

This platform offers engaging activities designed to introduce children to essential financial concepts through fun and interactive learning.

(<https://flabindia.com/>)

- Expect creative games and activities that make learning about money enjoyable.
- Activities cover budgeting, saving, and basic investment principles.

NISM Financial Literacy Course for Bharat

The National Institute of Securities Markets provides a structured course aimed at enhancing financial knowledge among children and young adults.

(<https://www.nism.ac.in/financial-literacy-course-for-bharat/>)

- A comprehensive course that covers various aspects of finance, including savings, investments, and financial planning.
- Interactive modules designed to engage learners with real-life scenarios and practical tips.

RBI Financial Education

The Reserve Bank of India offers a wealth of information on financial education tailored for students and

educators. (<https://www.rbi.org.in/FinancialEducation/Home.aspx>)

- Expect easy-to-understand content on banking, saving, and smart money management.
- Resources include educational videos, infographics, and downloadable materials that simplify complex financial topics.

Expert advice

Aniket Dani, Director-Research at CRISIL Market Intelligence and Analytics, offers a compelling perspective on financial literacy for children.



In this interview, he highlights the often-overlooked importance of early financial education, exploring how it can shape children's futures and the collaborative roles parents and schools can play in cultivating these essential life skills.

Why do you believe it's essential to introduce financial literacy at a young age, and how can it impact children's future financial well-being?

Financial literacy is crucial for young minds as it builds the foundation for responsible money management. The discipline and ability to plan, manage, and monitor one's own finances leads to financial well-being. Children, in their formative years, absorb the information and discipline most effectively, which stays

DIGITAL BUDGETING FOR SMART FINANCIAL MANAGEMENT

Open-source budgeting apps are a great way to track your spending and learn budgeting skills. Splitwise

This app is ideal for tracking shared expenses, making it perfect for room-mates, friends, or family members.

Notion

While primarily a note-taking app, Notion can also be used to create databases for tracking income, expenses, and savings.

with them for life. The world of finance has become increasingly complex in the last few decades, therefore, introducing financial literacy from a young age will prepare them for this ever-evolving information, develop reasoning capabilities, and make better decisions. This, in turn, will help them later in their adult life to make informed decisions independently, in their day-to-day life as well as for life-changing events, without solely relying on others for advice.

In your opinion, what are the most effective ways to teach children about money management, and how parents and schools collaborate to build these skills early on?

Experiential learning is the most effective way to teach about money management. A formal education system should include basic content-related planning, budgeting, reviewing, etc. The teachers and parents then can collaborate to create projects in the house or school to implement this learning. For example, budgeting of the monthly allowance or household expenses or school events. Gamifying such projects could give children an incentive to perform better. These experiential learning and activities should vary across stages of youth considering their ability to process complexity.

Cooking Up confidence

Imagine standing on a stool, peering over the kitchen counter with a mixture of excitement and determination. With a spoon in one hand and a bowl of colourful ingredients in the other, they mix flour, sugar, and eggs, hoping to create a delicious masterpiece. This scene isn't just about making a tasty treat; it's a small step towards independence and self-sufficiency.

Cooking is more than fun for kids; it's a key life skill that boosts creativity, confidence, and healthy habits. Learning to cook helps children take charge of their nutrition and sets them up for lifelong healthy living.

Cooking as a Life Skill

Cooking builds confidence, self-reliance, and skills like following instructions, measuring, and problem-solving. It promotes healthier eating, as kids learn about ingredients and nutrition. Experimenting with flavours and techniques also nurtures creativity and resourcefulness.



PHOTOS: SPECIAL ARRANGEMENT, FREEPIK

Basic skills to start

- Knife Safety:** Begin with child-safe knives and proper cutting techniques to build confidence.
- Measuring Ingredients:** Using measuring tools teaches maths and precision.
- Following Recipes:** Simple recipes improve reading and organization skills.
- Fire Safety:** Learning safe handling of heat and flames is crucial.

Cooking together can be a great family bonding experience, bringing everyone together over a shared activity.

Meet this young chef

Meet Baby Chef Sabhya and Mommy, the dynamic duo on Instagram whose feed will inspire you to whip up the mouth-watering

dishes that this talented nine-year-old chef creates. Ruchika Gupta, mother of the nine-year-old talks about Sabhya's journey of finding himself as a chef.

What inspired you to start creating cooking content with your child?

Sabhya's love for cooking started when he was just nine months old, mimicking the whistle of a pressure cooker and playing with my kitchen utensils. By 1.5 years, he was already experimenting with fireless cooking. His early fascination naturally grew, and watching him develop his skills inspired me to create content that captures his passion. It's been an amazing journey to see him evolve from pretend play to real cooking!

In what ways do you think learning to cook at a young age helps children build confidence and independence?

Cooking has helped Sabhya become fearless. He takes risks without worrying much, whether it's trying a new recipe or making decisions for himself. This has made

him more decisive, and he's left behind any hesitation to try something new. He often tells me, "If I hadn't tried this, I would've missed something great!" He takes charge, like when he carefully measures ingredients, fully owning the process. Beyond cooking, he has learned to share love through food—a beautiful love language he expresses effortlessly. It has helped him connect with people and spread joy in a unique way.

What advice would you give to other parents who want to introduce their children to cooking?

Let them explore and make mistakes—don't rush to correct them. Start with simple tasks and build up as they gain interest and skill. It's important to let kids take ownership of their little kitchen experiments. Sabhya started with fireless cooking and now prepares full dishes. Patience and encouragement are key.

How do you see the future of cooking as a life skill for children in the digital age?

With so much digital content available, kids can easily access tutorials and get inspired by watching others. But it's the hands-on experience that truly matters. Cooking will always remain a valuable life skill, helping children understand health, culture, and self-sufficiency. I believe Sabhya, like many others, will carry this skill confidently into adulthood, blending both digital learning and real-life application. But with so much data available online, children can not only learn from it but also create their own content after mastering skills, inspiring others in the process. Sabhya is already doing this, and it's wonderful to see him grow through it.



THE HINDU

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The art of making choices

Choosing between spending the Saturday lying in bed or determining the next internship to chase is a quest at every corner of a student's life. It is one of the most crucial skills for students navigating their academic tour and prepping for adulthood. Making a decision might sound daunting but it can be a journey filled with personal growth and confidence shaping one's academic journey and future career.

The future depends on what you do today - Mahatma Gandhi

For students, it is crucial to hone decision-making skills to prepare for life challenges ahead. Each decision one makes - academic, relationships or extracurricular activities - shapes an individual character and influences their life. To assess options, consider the results and learn from mistakes is an ability to develop confidence. With strong decision-making skills, one can easily navigate the complexity of life with clarity and purpose.

Building confidence

The daily choices might seem trivial but every decision one makes boosts their confidence. Whether deciding



to stay in and watch a movie or go out for your swimming classes, having the ability to make an informed decision empowers an individual to take control of their

life. Effective decision-making skills build confidence which is immensely important during adolescence - a period of rapid changes and self-exploration.

RESOURCE BOX

To make better decisions, watch & read the following:

1. YouTube
 - Before You Decide: 3 Steps To Better Decision Making by Matthew Confer
 - The Power of Decision-making by Benedikt Ahlfeld
 - How to make hard choices by Ruth Chang
2. Books
 - *Blink: The Power of Thinking Without Thinking* by Malcolm Gladwell
 - *Deep Work* by Cal Newport

IMPORTANT TIPS TO MAKE INFORMED DECISIONS

- Always think of long-term benefits: Are you deciding whether to go to the same college as your best friend? The short-term benefit is that you will spend more time together, but the long-term consequence might be that the school isn't the right one for you and you have a poor educational experience.
- Gather information: We will never know all there is to know about anything - and so once we have just enough information to be well-informed, make your decision.
- The impact: If you are confused choosing a career between English Literature and Linguistics, the end result will impact only you. But when you are choosing between state university and private college, then the decision will impact you and your parents as well. So consider making a thoughtful decision when several people are getting impacted by it.
- Set a deadline: Set time limitations for yourself on each decision you make. Assess the importance of your decision and if it has a large impact, you might need a longer time frame to decide, which can help you improve your time management skills.
- Weigh the options: Write the pros and cons list it can help you look at your decision in a structured format and objectively at all the advantages and disadvantages. This can help you improve your analytical, critical thinking and problem-solving skills.



“The ability to make decisions is not a matter of having all the answers but finding ways to ask questions and separating wheat from chaff when it comes to information. In the end, you must understand how to operate with confidence and agility amidst clarity or uncertainty; a balancing act that only gets better with time.”

Pro Chancellor Col. Dr. Rashmi Mittal
LOVELY PROFESSIONAL UNIVERSITY

“As the saying goes, “Children are like mud; whatever falls on them makes an impression.” Today's millennials learn by observing. In an ever-changing and competitive world, one must begin nurturing decision-making skills at an early stage. For important choices, such as subject selection, students must begin with aptitude and skills assessments and gather information in making informed decisions about their careers and personal happiness.”

Dr. Kevin Brady
PRINCIPAL AT GD GOENKA PUBLIC SCHOOL, VASANT KUNJ, DELHI

a sense of responsibility in them. When one makes a choice, they learn to accept the consequences of it - good or bad. Each choice is a lesson in disguise teaching an individual about the value of prioritisation, time management and the world around them. This understanding is crucial for a student's personal growth and also fosters a sense of responsibility and accountability to make informed choices in the future.

Becoming future-ready

With the transition to adulthood, the decisions a student makes become more consequential and can be extremely daunting. In the formative years, it is essential to develop strong decision-making skills to be prepared for future challenges such as choosing a career path, managing finances, doing household chores, etc. One learns to assess risks and opportunities and make more informed choices that match their

values and be future-ready.

Knowing values

The core of every decision-making skill lies in the significance of one's understanding of their values. Be it academic success, personal growth, extracurricular activities or a mix of all three. One must take the time to reflect and understand their priorities to help them gain clarity when faced with choices to make. While making any decision it is important to not underestimate the power of your intuition. For instance, while applying for colleges, you choose the one which is far from home but you are drawn to its extracurricular activities and several clubs. Trusting your instinct can lead to a more fulfilling experience than solely focusing on future homesickness. Most of the time our gut feeling guides us towards the right choice.

Fostering responsibility

Have you ever chosen to go out with your cousins during peak exam time and as a result received poor grades? Lesson learned. Every decision an individual takes instils

Home work that you must not miss

Keeping the space in which you stay clean - be it your room at home, hostel, or school - is not rocket science. It does not require technical skills. All you need is awareness about the importance of cleanliness and hygiene, and a commitment to routine. Home-making skills help prepare individuals to face life challenges. It comes in handy when children transition from school to college or to work, and leave home to live in another city for the first time. Learning how to do laundry and dishes, cook healthy meals, clean and repair stuff helps them become independent.



THE POWER OF HYGIENE

Imagine entering your home to a fresh, flowery scent and gleaming surfaces. Hygiene is a critical part of home-making, and goes a step beyond achieving mere cleanliness. It is important to focus not only on personal hygiene but also on our surroundings. Sweeping to remove dust, mopping the floors, dusting shelves and cabins, disinfecting bathrooms, kitchen, and sinks, is important for your health. Several studies have found that the better the hygiene standards at home, the lesser the chances of children and the elderly falling sick.

TIPS & TRICKS

1. When you wake up in the morning, make sure to make your bed first thing.
2. Every day spend 10-15 minutes tidying up your room/space by sweeping and mopping.
3. Keep your bathroom supplies handy and make sure to disinfect every surface.
4. Store everything in air-tight containers and always make sure to check the expiry date on the products.
5. Create a monthly/weekly cleaning schedule to mop and sweep every corner of your space.



BUDGETING

It is an essential life skill to know how to allocate a budget for groceries, household expenses and personal needs. Mastering finances at home contributes vastly to one's understanding of financial management. From juggling tuition to everyday expenses, students often face challenges and developing budgeting skills prevents stress and promotes financial literacy. One can start by tracking monthly expenses which will instil discipline and provide a sense of empowerment to make more informed financial decisions.

TIPS & TRICKS

1. Create a spreadsheet and list your expenses + income to understand how much you spend monthly which helps in identifying unnecessary spending.
2. Focus on the needs (food, rent, utilities) before splurging on wants (dining out, movies, etc)
3. Make the most of all the discounts available for students such as transportation, food, entertainment, etc.
4. Try to cook in batches to reduce the cost of food and try to not eat outside.



WASH, RINSE, FOLD

Learning the basics of laundry can save a lot of time and prevent you from smelling foul. While there are many laundry shops in big cities and towns, washing your clothes at home prevents their exposure to harsh chemical-based detergents, polluted water, etc, thereby keeping your skin safe from allergies.

TIPS & TRICKS

- Always sort clothes according to the colour to prevent colour bleeding. Use a mesh bag for frail clothing items.
- Set a regular laundry day to keep your clothes clean and to avoid last-minute mishaps.
- Learn basic and quick stain removal techniques using baking soda and vinegar. Always keep them handy.
- Make sure to air-dry your clothes to extend the life of your clothes.
- Master the art of basic folding to save space and keep clothes wrinkle-free.



CLEAR THE CLUTTER

Decluttering the house helps enhance productivity, reduce stress, and fosters a calm mindset. People save significantly more time in an organised household, where they do not have to search for stuff.

Decluttering promotes minimalism and improves decision-making skills. While decluttering a space, one understands how to prioritise quality over quantity. Over time these skills help an individual build a comfortable and inviting environment.

TIPS & TRICKS

- Schedule a monthly or quarterly cluttering session.
- Always start small. Focus on one area at a time such as room, drawer, closet, shoe rack, etc. to avoid being overwhelmed.
- Buy types of furniture that serve multiple purposes.
- Make sure for every new product get rid of an old item to have space.
- Invest in organizers, bins, or shelves to help keep items sorted and accessible. Vertical storage can save space.

FIX IT YOURSELF

Just as a first-aid box, a toolbox is also a must-have in every house. Learning and understanding basic home repairs is one of the vital skills to live independently. From learning how to change a bulb to fixing an overflowing sink, one can prevent significant issues by fixing them early. Besides being one of the vital home-making skills, learning basic repairs also helps in enhancing problem-solving abilities to handle everyday challenges and contributes to maintaining a safe environment.

TIPS & TRICKS

- Start small like changing bulbs, tightening screws, etc.
- Know how to use basic tools like hammers, screwdrivers, etc.
- Watch YouTube tutorials for visual guidance.
- Build a repair kit by assembling all the essential tools for quick fixes.
- Always make sure to read manuals before using any appliances on your own.

Minimalism as a way of life

In a world filled with plenty of options and choices, is it possible to be content and happy by focussing only on what is truly important and intentionally living with fewer possessions? Minimalism is a lifestyle philosophy that calls your attention to these practices. Read on to find out more...

WHAT IS MINIMALISM?

Minimalism is a lifestyle philosophy or choice wherein you emphasise on simplicity, clarity, and intentionality in all walks of life. It involves reducing unnecessary clutter and focussing only on what's important and what adds value and meaning to one's life. It is definitely not about depriving oneself of things, but instead, is about intentionally curating a life that completely aligns with one's values and priorities by being mindful of one's choices and commitments. When done correctly, minimalism can create a space for freedom, creativity, and fulfilment, while living a more meaningful and intentional life.

Designed by Ludwig Mies van der Rohe, a German-American architect who adopted the motto "Less is more" to describe his aesthetic, the 330 North Wabash in Chicago is a minimalist building. Minimalism can apply to all walks of life. PHOTO: J. CROCKER / WIKIMEDIA COMMONS



ARE THEY SAYING LESS IS MORE?

Indeed. Even though it might sound counter-intuitive, the idea suggests that life isn't about collecting possessions – physical or otherwise – but instead is more about focussing on those few important things and staying true to them. In addition to intentional living and simplifying all aspects of life, choosing quality over quantity is another important principle in the practice of minimalism.

There's a common misconception that minimalism is about physical possessions alone. This can't be further from the truth as the concept can be applied to all walks of life, including emotional and mental aspects. It also isn't a one-time event, but instead should remain a personal ongoing process.

DIGITAL MINIMALISM

Technology has almost become omnipresent, changing the way we live and do things. In such a scenario, it becomes all the more important that we have a philosophy for how best we can interact with it on a daily basis, including where to draw the lines.

Most of us have probably been in a situation where we are surrounded by friends or loved ones, only to see that each of us are too busy with our own gadgets and devices. Even though the concept of "digital minimalism" has been around for some time, the idea has gathered momentum since Cal Newport, a professor of computer science, coined this term in a book of the same name and argued in favour of building a minimalistic digital lifestyle. Digital minimalism could well help humanity to reclaim conversations – face-to-face instead of always being from one screen to another.

WHERE CAN I START?

Even though minimalism as a way of life is all-encompassing, it might be intimidating to go all-in right away. Think about the facets of life where you might need it most, and get started there.

If your shelves are a mess, decluttering them, retaining only what is necessary, and getting rid of the rest might be a good place to start.

If you are going through a tough mental phase, sitting down with an empathetic adult or mental health advisor and going through what's in your head and trying to retain only that which is important could be a good way of emotional decluttering.

Or if you think you are spending too much time on your devices, then devise ways that will limit the overall time you spend with these. Find out how you enjoy the time thus freed up. It could be by reading a book, going out to play with friends or cousins, or even enjoying solitude!

While it varies from person to person, minimalism is associated with a number of benefits. These include reduced stress, improved relationships, more freedom, and even finding yourself with a greater sense of purpose. Even if you don't appreciate some of these things at the moment, they will definitely come to the fore in adulthood. Rather than wait till you grow old, you might as well get started here and now. After all, finding what's truly important to you and focussing on it is definitely time well spent.

BOOKS TO EXPLORE

Hooked onto the idea of minimalism? Try reading these books to delve further on the subject:

The Paradox of Choice: Why More is Less by Barry Schwartz. In this book, the author suggests that an excessive number of options in everything – basically the world we live in – could lead to decreased happiness and satisfaction. Re-evaluating consumerism, living more simply, and even imposing voluntary constraints are some of the ideas suggested to cope with it.

Digital Minimalism: Choosing a Focused Life in a Noisy World by Cal Newport. In this book, Newport makes a case for applying minimalism in the way we personally engage with technology and also a persuasive argument for intentional technology engagement.

Mastering the art of survival

In this technology-driven world, it is imperative for children to know basic survival skills essential for their safety in order to prepare them to navigate at critical junctures in life. Here are a few sets of life skills that every child must be aware of.



PHOTO: AFP

Swimming

Did you know babies demonstrate a diving reflex from birth until the age of six months? It's an ability that goes in vain if not properly utilised. Around 38,000 drowning-related deaths happen in India, with the age group of 5 to 15 at higher risk, according to data released by the National Crimes Record Bureau in 2022. More than the health benefits, swimming is an essential skill needed for staying safe in waters. In fact, drowning could be easily avoided if you are equipped to stay afloat and call for an emergency if required. Schools could possibly support building the skill of students by teaming up with outside swimming academies and allocating a 'zero-hour' period for students to learn and get over their fears. Learning to swim also helps one to understand the potential hazards in water, such as underwater drop-offs and strong currents, which might be difficult for people who don't know to swim. The dangers of rising sea levels looming large in coastal cities calls for an initiative to teach children to swim.

Cycling
One of the most exhilarating experiences one can have in life is to have a cycle balance. Motor skills such as balance, coordination, steering, and braking and cardiovascular health can be improved if children get to ride every day. This will also help them boost their self-confidence. Also, having spatial awareness to navigate through different terrains will help them assess their surroundings. Riding bicycles to workplaces and schools is promoted, especially in the Netherlands, where a separate path is designated for cyclists, as a sustainable mode of transportation. It is also said that cycling reduces carbon emission by 75%. So, ask your parents to buy one if you don't have one. You could learn with the support of your friends or family. It's a known fact that once you learn to ride a bicycle, it stays with you forever.



PHOTO: THE HINDU



Navigation

Imagine you get stranded somewhere. GPS seems to be not working. What could you possibly do in this situation? That is when a compass or a map comes in handy. Having an understanding of the compass and the cardinal directions, or even a map, is invaluable during an event of crisis. Imparting these skills could potentially protect an individual from dangers. One way to improve navigation skills is to visualise the route where you would be walking. Pay attention to your surroundings (landmarks, signboards, etc.) without delegating the task to someone, and don't forget to carry your compass.

Building a tent
This is a fun activity for children to truly understand how much they can survive in the wild. It also teaches valuable lessons such as patience and problem solving, and interpersonal skills. What we need to do first is identify a flat, even land away from rocks, trees, or any other obstacle. Ensure that the opening of the tent faces away from the wind. Locate the poles that fit into the tent's sleeves and slide them into the sleeves, ensuring they are secure and properly positioned. Hammer the stakes into the ground around the perimeter of the tent. This might test your patience, but with practice, you can protect yourself from any unforeseen circumstances. You could also search for YouTube videos or visit websites like Appalachian Mountain Club and REI Expert Advice.



PHOTO: UNSPLASH

Tick-Tock Tips: The art of time management

Does anybody really know what time is? How do we mark time? How much of a bearing does time have on us? Do we have enough time? The concept of time can have different meanings, but what we can all agree upon is that having an hour or more wouldn't hurt. If you have been struggling to manage time, this article is for you.

24 hours. Nothing more, nothing less. We all have the same amount of time, as our Earth rushes to complete one rotation on its axis. But some of us feel that we don't have enough time to do all the things we want to accomplish in a day, wishing that things would be different if we could have a couple of more hours in a day. Feel familiar?

What if it were possible to get more "time" by managing our "time" well? We may not often feel over-burdened or fall behind on deadlines and end up submitting our work late if we could just master the art of time management.

Why focus on time-management? Managing time properly helps you give time for yourself. It helps you explore new ideas, new hobbies, and lead a healthy lifestyle. It helps increase our productivity, efficiency and alternately free up some time for us.

How to manage time

There are different techniques to organise your work around the time we have so that we finish our tasks on time.

Making a list

The first step involves making a list of tasks that you have to accomplish. This can also be a set of tasks that you do on a routine basis. Make a to-do list. When you have noted down everything you need to do, you get an idea of what and how you can accomplish those goals.

Prioritising

The next step is all about organising tasks as per their importance. This involves

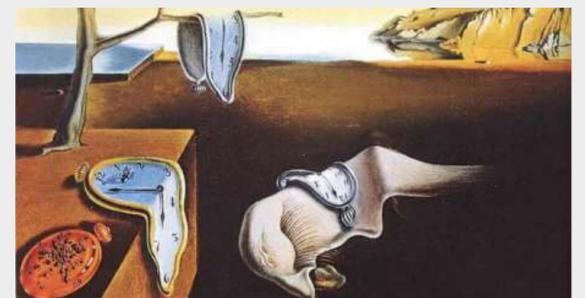


PHOTO: SPECIAL ARRANGEMENT

categorising them into groups of urgent, important and non-urgent. This helps you plan your work, manage time and complete tasks that are urgent without missing any.

How do you know which task is urgent and which one is important? Urgent tasks are tasks that need attention right away, missing which could have consequences.

Planning

Once you have made a list of tasks, the next step is to plan your schedule. This helps you get an understanding on how much time you would require to finish your work and eventually allocate your time accordingly.

Breakdown every task

Breaking down our task/work helps manage time well. It also ensures that you are not overwhelmed with the work at hand. Plus it helps to tackle the task with ease. Another aspect you may want to consider is the time of the day when you are the most productive.

Some people may find the mornings the best time to work while others may feel that they are more productive in the evenings. Allocate the tasks accordingly.

Fix deadlines

Setting a time for you to finish a task can be a great way to meet your goals. The deadline you set for yourself should be realistic and you must ensure that you

RESOURCES:

Apps
*Remember the Milk
*Rescue Time
*Microsoft To Do

Books

**Eat That Frog!: 21 Great Ways to Stop Procrastinating and Get More Done in Less Time*
**Getting Things Done*
**168 Hours: You Have More Time Than You Think*
**The 7 Habits of Highly Effective People*

adhere to it.

Calendar

The calendar is your best friend when it comes to managing time well. By noting down important tasks /appointments /exams, you ensure that you are caught up with your commitments and that you won't miss any.

Avoid distractions

It is important to avoid distractions. According to experts, an average person can have anywhere between 12,000 and 60,000 thoughts per day.

Now this coupled with other environmental distractions are enough to take our attention away from work. What we can do is prevent the distractions that are in our control.

This means switching off your notifications, choosing a quiet, organised, clutter-free space to work.

Delegation

Often times we may feel overburdened with work and may not find time to tackle all the tasks at hand. This is when we can delegate tasks.

Saying No

Saying 'No' is saying 'Yes' to yourself. It is okay to say no to friends or family if you are pressed for time. This also applies to added responsibilities that may come your way if you are handling important roles in your school. Instead of accepting and taking on too many responsibilities which can affect our pace as well as quality of work, say no to the person and tell them that you do not have time.

WHAT YOU GET WITH BETTER TIME MANAGEMENT

- *Absence of stress
- *More productivity
- *Improved decision-making
- *Time for yourself
- *Better quality of work
- *More free time
- *Energetic, healthy life

First Aid: The life-saving skill

DROWNING: When someone is drowning, their body is deprived of oxygen, which can lead to brain damage and death. When water enters lungs, it can cause asphyxia. Here's what needs to be done once a drowning person is rescued and brought to shore.

What to do?

- Remove any obstruction in the airway causing suffocation.
- Make the person lie on their back
- Perform CPR - do not interrupt the process until the person wakes up and breathes normally, or a person trained in CPR comes and takes over, or until you become exhausted.
- Once the breathing becomes normal, cover the person and take them to a hospital.

India lost 474 people to road accidents every day in 2023, according to the government's statistics. Many of these were deaths preventable through the administration of critical first aid to the victim. Despite being such an important skill, first aid is hardly taught to children in schools or colleges.

While India has just one percent of the total vehicular population in the world, it accounts for more than six percent of road accident related deaths. In total, we lost 2,50,000 people to road accidents in 2023. Meanwhile, the World Health Organization says about 5-6 lakh people in India face sudden cardiac death (SCD) every year. Many of these deaths could have been prevented if timely first aid was administered. Yet, very little effort goes into making first aid a part of school or college curriculum.

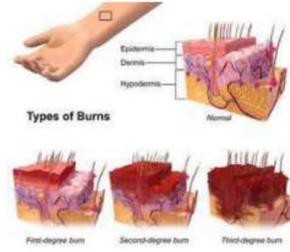
Only four in ten people have the basic first aid skills to save a person bleeding out, having a cardiac arrest, or choking, says a study conducted by St. John Ambulance, a first aid training centre based in Chennai. First aid training helps people be prepared to act quickly in life threatening situations, not just for their loved ones but also for the general public. Let us look at some of the major situations that need first aid to be administered. We shall also discuss the tips and techniques to do so.



CHOKING: Choking is when a person can't speak, cough, or breathe because something is blocking (obstructing) the airway. No air can get through. If the airway stays blocked, it can lead to a loss of consciousness and death. This is a problem, especially if you have small children around the house, who tend to put anything and everything in their mouth.

What to do?

- Stand behind the choking person and put both hands around him.
- Form a fist and position it between the person's lower breastbone tip and navel. Using this fist, hold onto the other hand.
- Bend the person choking forward, with your fist firmly pulled upward and towards you.
- Give five abdominal thrusts (Note: this method is used on people older than one year).
- If the victim is unconscious, perform CPR.



BURNS: Burns can be from chemical, fire or electrical accidents. This is a common occurrence during Deepavali and other festivals when fire and crackers are around us. There are three degrees of burns, classified by how deep the burn penetrates the skin. First-degree burns are superficial burns. These only affect the outer layer of skin. Second-degree burns are known as partial-thickness burns, and they affect both the epidermis and the dermis, the layer of skin beneath the epidermis. Third-degree burns are also known as full-thickness burns, and they affect the deep layers of skin, including the subcutaneous fat.

What to do?

For minor burns:

- Immediately run cool (not cold) water over the burn for 10-15 minutes.
- Fresh aloe vera or honey, if available, can be applied to cover the burn wound.
- Dress the wound with a clean cotton cloth.
- Do not apply any medicine, pastes, or creams to the burns.
- Make sure the burnt casualty drinks sufficient fluids.

WHAT IS CPR AND HOW TO PERFORM IT?

CPR or cardiopulmonary resuscitation is performed when a person suffers from cardiac arrest - when the heart stops beating or beats ineffectively, leading to shortage of blood supply to the brain and other vital organs.

- Kneel down and place the person on their back.
- Two hands should be on the centre of the chest.
- Shoulders should be directly over hands; elbows locked.
- Use the head-tilt/chin-lift technique to open the airway to a past-neutral position.
- Close your nostrils tightly, inhale normally, and cover the person's mouth completely with yours.
- Every breath should last around a second and make the chest rise; let the air out before taking another one.
- Continue to give 30 sets of chest compression and 2 breaths until the person breathes normally.

To know more:

Read the resource below for a full tutorial:
<https://www.redcross.org/take-a-class/cpr/performing-cpr>



Road accidents: Road accidents can cause a wide variety of injuries, often many of which may not be visible at first glance. There could be internal injuries, blood clots, etc.

What to do?

- Check if the victims are responsive.
- If the person is not breathing, resuscitation has to be provided.
- Remove the unconscious person(s) from the vehicle if there is an immediate danger like fire or explosion.
- Call for an emergency or transport them to a nearby hospital.

FOR FURTHER REFERENCE

The Indian Red Cross Society has a detailed manual for you to learn first aid techniques and best practices. You can find it on the link below:
<https://www.indianredcross.org/publications/FA-manual.pdf>

For severe burns:

- Pour water on the burn for 10-15 minutes.
- Try not to touch the person's wound.
- Using a clean cotton cloth, cover burn wounds and do not open blisters.
- It is ideal to remove jewellery from the victim's skin.
- Take the victim to the hospital.

PHOTOS: PIXABAY, WIKIMEDIA COMMONS

Bleeding (in general)

- Put the person in a comfortable position.
- Press the wounds with both hands. Use a clean cloth or a bandage to slow down the bleeding.
- Make sure the bandage is tight, and at the same time, doesn't obstruct blood flow.
- If the skin under the bandage changes colour or is swelling, loosen the bandage a little but do not remove it.
- Use a tourniquet if the bleeding cannot be directly stopped.

STRESSED OUT?

Stress affects people of all ages. Incrementally, it is a problem that students face when they take up competitive exams, ahead of results, and even while participating in sports activities or due to peer pressure. Stress takes a toll on our mental well-being. In that case, how do we effectively manage stress? Deiva Abirami S explores...

Understanding stress

Stress is a natural human response to the challenges and threats we face in life. It is, hence, impossible to avoid stress.

However, we can learn and practise a few techniques to manage it. "Different people react to stress in different ways," says Arundhati Swamy, Family and School Counsellor, and Head of Parent Engagement Programmes at ParentCircle. "Some attempt to escape from it while others confront it. A few others might simply freeze in a state of helplessness, without knowing how to react."

Adolescence is a critical phase of life. It is a time when we easily absorb the emotions and feelings that swirl around us. This includes stress, which is triggered by many factors.

What causes it?

Various factors contribute to stress in students' lives. The relentless demands of academic achievement put immense pressure on them, leading to overwhelming feelings as they juggle assignments, exams, and extracurricular activities. Beyond academics, issues such as family dynamics and societal expectations also play significant roles.

"When stressed out, students struggle to concentrate in class. It affects their marks and grades. It will also affect their ability to socialise with friends," says Chennai-based counselling psychologist, Vasuki Mathivannan. "It also affects their ability to communicate with their parents or express their thoughts, feelings, and emotions."

What are the signs?

Behavioural change is the most common sign of stress, says Vasuki. "For instance, when under pressure, the student will lose interest in



activities and hobbies that they once found enjoyable. They start neglecting their passions. There will also be fluctuations in eating habits (eating too much or too little) and sleeping patterns. Further, students experiencing stress tend to isolate themselves and avoid peer interactions."

The triggers

Intolerance: "Many children today exhibit a lack of tolerance," claims Vasuki. "They seek instant rewards and struggle with the idea of waiting. Another issue is the inability of many youngsters to accept the word 'NO'. This stems from a trend wherein parents excessively indulge their children. As a result, children find it difficult to cope with rejection and failure."

Adolescence: "Adolescence is a time of physical and mental change. During this period there are significant transformations in the brain, which are characterised by feelings and emotions," says Arundhati. "This process is known as brain restructuring."

Academic pressure: In recent years, the intense competition within academic circles has created pressure on students to excel,

particularly in the race toward careers in engineering or medicine.

This relentless pursuit of success can lead to overwhelming stress among students, who often feel trapped in a high-stakes environment.

What can be done?

There is a need to inculcate stress management skills among students, opine experts.

"They must be encouraged to take regular breaks, recharge their mind, pursue a hobby or an activity," says Arundhati

Vasuki pointed out that the new education policy aims to enhance flexibility by allowing breaks during their studies, which can significantly lower the pressure.

Experts also pointed out the need for trained counsellors to be present in all schools, whom the children can approach when they deal with stress. "Some schools rely on teachers or principals to fulfil this role. But the unique value that a qualified, neutral and non-judgmental counsellor brings is critical for the emotional wellbeing of students," says Vasuki.

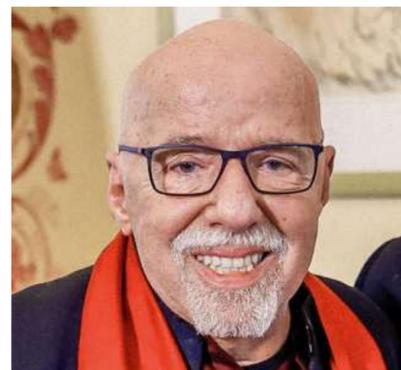
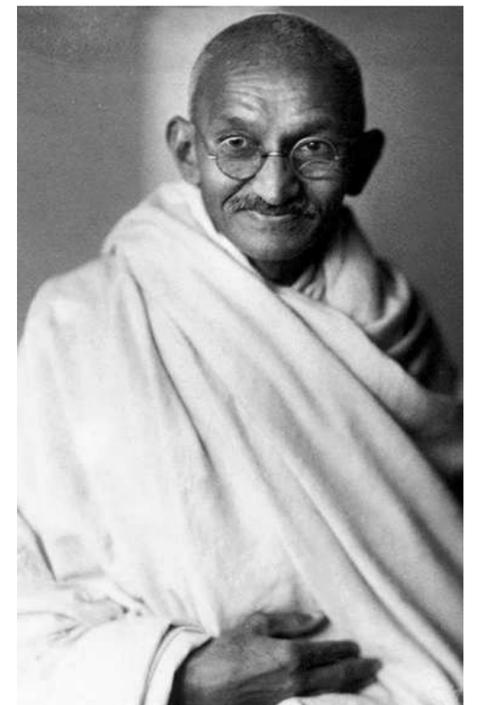
Unfortunately, these changes are rarely explained to teenagers, leaving them confused and unsure. This itself becomes a cause for stress."

Pearls of wisdom



“Do you think you can teach even a child? You cannot. The child teaches himself. Your duty is to afford opportunities and to remove obstacles.”
Swami Vivekananda

“The law of love could be best understood and learned through little children.”
Mahatma Gandhi



“A child can teach an adult three things: to be happy for no reason, to always be curious, and to fight tirelessly for something.”
Paulo Coelho

“Let us sacrifice our today so that our children can have a better tomorrow.”
Dr. APJ Abdul Kalam





INDIAN English Newspaper

Deccan Chronicle,
 Economics times,
 Times of India,
 Mirror
 Financial Express,
 Hans india,
 Indian Express,
 New Indian Express NIE
 The Hindu,
 Mint, Newspaper
 Business standard,
 Business Line
 , States Man
 , Tribune, Newspaper
 pioneer Newspaper
 millennium Post Newspaper
 Hitavada Newspaper
 The Daily Guardian,
 The Telegraph
 Eastern Chronicle
 The Goan
 First India
 Free Press Journal
 Mid day English Gujarati
 Maharashtra time
 And also editorials of all English newspapers.
 Etc.....

© Also avialble Hindi, Andhra Pradesh language papers
 Bengali: |
 Tamil: |
 Marathi:
 Kannada
 Mumbai samachar
 Sandesh news paper
 gujrati samachar
 The Goan
 International Magzine
 International Newspaper
 Gujrati Marathi newspaper
 Urdu Newspaper
 Telangana kannada, Malayalam, Tamil Telug

International newspaper

The Economist
 The Financial Times
 The Observer
 The Guardian
 The Daily Telegraph
 Daily Express
 Daily Record
 Daily Mirror
 Daily Mail
 The Globa Mail
 The Sun
 The Times
 The Independent
 The Cricket Paper
 The New York Times
 The Wall Street Journal
 USA Today
 The Washington Post
 The Washington Times
 New York Post
 Los Angeles Times
 Chicago Tribune
 San Francisco Chronicle
 The Boston Globe
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