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COVER 2

LETTER FROM
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of advice on ways and means to ensure that children excel academically, star on sports fields and attract thunderous applause for co-curricular activities (dance, drama, elocution/debate) is available at the click of a mouse, and happy smiling families are beaming at them from every communication medium, parents eager to do their best for their increasingly spoilt and demanding children, are experiencing severe stress.

Therefore in our cover feature last month, we cited several parenting and lifestyle experts, psychologists and counsellors who advised parents to chill and take time out from parenting duties and look out for themselves. The gist of the advice we proffered was that parenting should be a joyful experience for couples and not an unending round of duties and obligations for the well-being of their offspring.

Nevertheless while self-care and emotional balance is the pre-condition of parenting, there's no denying that raising and nurturing children is a serious and long-duration enterprise for couples who decide they want to experience the joys of parenthood. Since parenthood is no longer the inevitable consequence of marriage or togetherness as it used to be in yesteryears, people who choose to have children need to love, care and educate them as best as they can until they attain adulthood and are able to fend for themselves. The days when children had to be seen and not heard and do as they were told without any explanation, are history. Today children's rights and parental obligations are legislated and codified in most countries and by the United Nations. And even if not, careless and oppressive parenting is certain to invite social opprobrium and often sanctions.

In foreign countries – although not in India as yet – universities and think tanks conduct substantial research on ways and means to raise happy, confident and self-assured children. Drawing on these research studies, in this issue of *PW* we present a report on various parenting styles. There are a surprisingly large number of parenting options available – lighthouse, natural, active, gentle, cultivated and slow. And others best avoided: egg-shell and bulldozer. Check them out and perhaps mix and match to ensure that raising and nurturing little ones becomes a happy, fulfilling and joyful experience for parents as well as children.

As usual cover story apart, there's much else in this Diwali issue of *ParentsWorld*. Check out our Early Childhood essay in which pediatrician Dr. Chiranth R. enumerates the benefits of storytelling in developing language skills of youngest children and the informative Health & Nutrition story providing valuable guidelines on reading and understanding nutrition labels.

ELPRO

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MAILBOX



Practical tips thanks

Your Middle Years article on 'Difficult subjects parents must discuss with children' (*PW* September) set off an alarm to address an obligation I have been putting off for months. Especially when smartphones, tablets and the internet have become ubiquitous, and parents are at a loss about ways and means to censor information

Speaking from my own experience I suspect my procrastination stems from the fact that I was never sure if my daughters were old enough. But I would rather they hear from me about the dangers of sexual abuse, mental health, and even substance abuse than read some random information on the Internet.

Thank you for the practical tips on managing sensitive discussions, and creating a safe and non-judgmental environment for initiating them. The sooner we accept this is the age for open conversations focused on providing age-appropriate, honest answers to difficult questions, the better!

Tanmay Ayare
Mumbai

Valuable bonding advice

Your Special Essay titled "How parents can promote positive sibling relationships" (*PW* September) authored by developmental and clinical psychologists Marissa and Sheri was insightful. Especially since the authors state that the quality of sibling relationships in young adulthood is a predictor of strong bonds in later life.

I agree that it's very important for parents to manage sibling rivalry to ensure that each child feels accepted and valued. By recognizing each child's unique strengths and encouraging teamwork through shared activities, parents can reduce competition and promote cooperation. Overall, this essay provides valuable insight for nurturing sibling bonding, essential for emotional development.

I also enjoyed reading your Parents Corner article on 'Building strong sibling bonds' which was a validation of your Special Essay.

Nighat Ashraf
Ootacamund

Valuable cover story

Your September cover story on parental burnouts is relevant and revealing. In the age of nuclear families, I wonder which working parent hasn't experienced near burnouts given the 21st century societal pressures towards pursuit of perfection. The structured guidance on self-care, particularly seven types of rest, which I now follow religiously, has ushered in a semblance of balance in my life despite my extremely demanding professional and personal life.

Moreover, the subject of parental guilt and the unrealistic expectations set by social media prompted me to rethink and reflect. The strong messages of embracing imperfections and taking time out for rest and creativ-

ity were truly empowering. After all, prioritizing self-care directly benefits our capability of mindful caring for our children and maintaining strong family bonds

Dr Divya Bhasi,
Bengaluru

Useful advice

It was reassuring reading child psychologist Ayushika Anand's views (*PW* September) on separation anxiety. My two-year-old son Dhruv is so attached to me that he even refuses to stay with his work-from-home father when I leave for work.

Thank you for raising my awareness that separation anxiety is common among young children.

I am very relieved that short separations and goodbye rituals recommended by you have worked wonders!

S. Chitra
Mumbai

Confirming study

All through my childhood, my mother would regulate my consumption of red meat but allowed liberal amounts of chicken or mutton liver giving me health pep talks every time I questioned her.

After I married and had children, I followed the same practice. Many years later, it is something that I follow religiously. White meat over red meat anyday.

Which was why I was delighted to read the news byte (*PW* September) detailing a research study conducted by Cambridge University, which links Type II diabetes with consumption of red or processed meat. I hope all readers, particularly parents, will take serious note of this study.

Ryan D'Souza
Bangalore

DPS

NEWS BYTES



Stayfree's healthy periods campaign

Stayfree®, one of India's leading menstrual hygiene brands, launched its latest digital campaign on International Daughters Day (September 22) 2024, to highlight the importance of 'healthy period' conversations within families that help girl children to become comfortable about menstrual periods. Stayfree's multimedia campaign encourages parents to talk to male children about periods from young age.

"In the new campaign, Stayfree has collaborated with popular national and regional influencers to highlight the importance of healthy period conversations within families sharing personal experiences of how they have normalised period conversations with their sons. The digital campaign will be seen across Youtube, Meta and leading OTT channels," said Rahul Mathew, Chief Creative Officer, DDB Mudra Group, which conceptualized the campaign.

Babies born via IVF have higher risk of heart defects

The risk of being born with a major heart defect is 36 percent higher in babies conceived after assisted reproductive technology such as in vitro fertilisation (IVF), according to results of a very large study published in the *European Heart Journal* (September). Researchers from the University of Gothenburg, Sweden say the study also indicates that heart defect risk is greater in common cases of multiple births.

The research studied all children born in Denmark between 1994-2014; children born in Finland between 1990-2014, those born in Norway between 1984-2015 and children born in Sweden from 1987-2015 — aggregating 7.7 million. Researchers compared data on babies born following assisted reproduction, including IVF, intracytoplasmic sperm injection and embryo freezing, with data on naturally conceived infants, taking into account child's year of birth, country of birth, mother's age, whether the mother smoked during pregnancy, or if the mother had diabetes or heart defects.

"Previous research indicated that babies born after assisted reproductive technology have a higher risk of birth defects in general. However, we have found a higher risk also in congenital heart disease," says Prof. Ulla-Britt Wennerholm of Gothenburg University, Sweden, who led the study.

Yoga Nidra prompts deep relaxation-cum-awareness

A functional MRI study on Yoga Nidra practitioners by researchers of IIT Delhi, AIIMS Delhi and Mahajan Imaging & Labs has revealed that experienced practitioners exhibit a unique neural mechanism during the ancient yogic practice which enables deep relaxation concurrently with awareness,

According to the study published in *Scientific Reports* journal (September), researchers explained that daydreaming, thinking about ourselves, and mind relaxation occur against the brain's "background mode". Moreover while listening to guided instructions during the practice, experienced meditators and novices showed activity in several parts of their brains involved in processing language and movements as expected.

"According to yogic texts, Yoga Nidra bring *samskaras* (subtle mental impressions caused by thoughts, intention and action) buried in deep subconscious minds to the surface and eventually releases them, thereby promoting health and controlling anxiety in some cases," explains Prof. Rahul Garg of IIT Delhi, co-principal investigator of the study.

New blood test identifies obese children infirmities

A new blood test that analyses lipids will make it easier to identify obese children at risk of complications including type II diabetes, liver and heart disease, say scientists from King's College London. In a study published in *Nature Medicine* (September), the researchers dispute the common assumption that cholesterol is a leading cause of obese children suffering health complications.

The team assessed lipids of 1,300 obese children of whom 200 of them were put on the HOLBAEK-model — a lifestyle intervention for obese people popular in Denmark — for one year. Subsequent readings showed that in the intervention group, counts of lipids tied to diabetes risk, insulin resistance and blood pressure decreased, simultaneously with limited improvements in some children's BMI. "With a simple blood test, we can now assess a much broader range of lipid molecules that could serve as vital early warning signs of illness," says Dr. Cristina Legido-Quigley, a group leader in Systems Medicine at King's College London, Head of Systems Medicine at the Steno Diabetes Centre, Copenhagen and principal author of the study.

CHITKARA

COVER
STORY

New-age Parenting STYLES & OPTIONS

New thinking is that Generation Alpha needs parenting that amalgamates traditional and new parenting styles. Consequently, child psychologists and experts are propounding new-age parenting styles to nurture precocious children in the new VUCA (volatile, uncertain, complex, ambiguous) world

KIRAN BALIMANE & CYNTHIA JOHN

Not many parents are aware that like there are haute couture fashions and styles, there are parenting styles and choices. While right until the second half of the 20th century, parents learned and adapted parenting styles from their own experience and (decreasingly) from their own parents and agony aunts of the media, US-based clinical and developmental psychologist **Diana Baumrind** (1927-2018) created a stir in the parenting advice industry when in 1995 she famously categorised three parenting styles — authoritarian, permissive, and authoritative.

More famously in the new millennium, **Amy Chua**, an ethnic Chinese professor at Yale Law School, stirred a hornet's nest with her bestselling *Battle Hymn of the Tiger Mother* (2011), in which she glorified authoritarian Asian parenting style vis-a-vis American-style soft parenting.

Since then, there's heightened interest and discussion in society about how best to nurture children to develop their self-confidence and capability to cope with life's challenges in the new age of the internet and heightened competition complicated by the pulls and pressures of

instant communication and ready information provided by social media. The new thinking is that Generation Alpha needs parenting that amalgamates traditional and new parenting styles. Consequently, child psychologists and experts are propounding new-age parenting styles to nurture precocious children in the new VUCA (volatile, uncertain, complex, ambiguous) world.

In the pages following, parenting experts and child psychologists provide valuable advice on ways and means to raise confident, well-balanced children in the new era defined by the pulls, pressures and temptations of instant digital communication and pervasive social media.

LIGHTHOUSE PARENTING

Ideated and propounded by US-based paediatrician **Dr. Kenneth Ginsburg** in his best-seller *Raising Kids to Thrive* (2015), a lighthouse parent serves as a lighthouse, observing and guiding their progeny sailing turbulent seas. Parents are the guiding light, providing direction but permitting children to navigate challenges on their own. According to Ginsburg, lighthouse parents are watchful and present to offer support, but like a 'light-



house' are distant observers and trust children to learn-by-doing. Pune-based child psychologist **Aarti Takawane** says lighthouse parenting is "about how to balance love with expectations and protection with trust. This balance may be different for each family depending on levels of trust already established and boundaries parents want to set. But lighthouse parenting nurtures confident and resilient children."

Takawane advances eight reasons why millennial parents should adopt lighthouse parenting.

1. Promotes healthy boundaries. This style encourages children to develop independence with responsibility, as they learn to navigate the world within a defined rules framework. By setting healthy boundaries, lighthouse parents promote security and predictability, which is important for children who may feel overwhelmed or anxious about challenges.

2. Creates a supportive parent-child relationship. Lighthouse parenting values open communication and self-reflection. It encourages children to reach out to their parents for guidance and support, building the



Aarti Takawane

foundation for a strong and supportive relationship.

3. Builds better coping skills.

Lighthouse parents offer guidance only when needed, rather than constantly intervening and solving problems for children. This style develops children's learning-by-doing skills and resilience.

4. Allows adjustment of strategy based on age.

Children's needs and capabilities change as they grow. Lighthouse parents adjust their approach accordingly. Younger children may require more hands-on guidance, while older ones benefit from greater autonomy. By tailoring their parent-

ing style to their child's age and developmental stage, lighthouse parents provide the support and guidance needed for optimal growth.

5. Sets boundaries and expectations. Lighthouse parents draw clear boundaries. This enables children to clearly understand expectations while enjoying a sense of structure and independence. Setting boundaries also protects children from indulging in harmful or risky behaviour.

6. Encourages open communication. Open com-

COVER
STORY

munication is vital for a healthy parent-child relationship. Lighthouse parents encourage children to share their thoughts, feelings, and experiences. By listening patiently and providing support, parents create a safe and welcoming space for discussion and debate.

7. Provides support without solving problems.

Rather than solving children's problems, lighthouse parents offer guidance and advice. This enables children to develop problem-solving skills, think critically and build confidence.

8. Celebrates successes and stimulates learning from failure.

Proponents of this parenting style stress that it's important to acknowledge and celebrate children's achievements. Positive reinforcement boosts their self-esteem and motivation. Simultaneously children learn from their mistakes. This develops their growth mindset and capability to use challenges as opportunities for learning and growth.

EGGSHELL PARENTING

As highlighted in our last month's cover story (Danger! Silent parental burnout epidemic, *PW* September), a growing number of millennial parents are experiencing stress and burnout as they struggle to cope with child-rearing duties, family and societal pressures, and umpteen challenges of modern life. This stress is reflected in their parenting style, i.e., they are often angry

and harsh with children.

Coined by US-based clinical psychologist **Dr. Kim Sage**, children of stressed parents "walk on eggshells", uncertain about parents' unpredictable behaviour, tantrums, and emotional instability. This not only stifles their childlike qualities but also sets the stage for damaging adult relationships, says Sage.

Pondicherry-based child psychologist **Nivedha N.**

concur. "Eggshell parenting has long-term negative effects on children's mental health. The unpredictability of parental behaviour generates stress and often hypersensitivity in children, as well as difficulties in establishing inter-personal relationships. It increases the risk of anxiety, depression, and pushes children to become people-pleasers. Children start viewing society through a screen of fear and uncertainty," she says.

Nivedha lists the defining characteristics of eggshell parenting which self-correcting parents should look out for: frequent emotional outbursts and

tantrums, lack of empathy, communication difficulty, reacting angrily to even minor issues, high expectations from children and criticising them frequently. "Parents have an obligation to be kind, caring and supportive of their children. If you are an eggshell parent, I recommend that you start with encouraging open communica-



Nivedha N.

tion with your children; practise patient listening while children express their feelings and fears; appreciate their efforts and educate yourself about effective parenting styles, emotional regulation and anger management techniques. Children emulate parental behavior, therefore role model healthy ways to cope with anxiety, stress, and negative emotions. If the problem is intense, seek professional support and family therapy/counseling sessions,” advises Nivedha.

HELICOPTER PARENTING

American psychologist **Foster Cline** and education consultant **Jim Fay** coined the descriptive ‘helicopter parenting’ in their book: *Parenting with Love and Logic* (1990). They described helicopter parents as couples confused about the difference between love and saving children from themselves. Another descriptive for helicopter parenting is “overparenting”. Helicopter parents become over involved in every aspect of their child’s life, constantly hovering over their children, monitoring their decisions, activities, and micromanaging their lives.

Dr. Priyanka Goenka, child psychologist at Sir Ganga Ram Hospital, Delhi, believes that a substantial number of millennial parents are over parenting their children. “Today, too many parents are over-involved with their children’s lives. They are scared about their children’s future and don’t trust their ability to navigate the world. By constantly hovering over them and advising them at every turn, helicopter parents are likely to raise children lacking independence and emotional resilience. This can adversely affect them in adulthood,” says Dr. Goenka.

Dr. Goenka’s advice to parents to resist helicoptering:

- **Don’t solve children’s problems.** Instead help them to learn from their mistakes and support them to overcome challenges. The parent’s role is of a mirror, listening, absorbing, reflecting and guiding children towards the right pathway.
- **Promote age-appropriate responsibilities.** This nurtures independence and makes children self-reliant.
- **Allow children to experiment with new activities.** Within safe limits and under adult supervision.
- **Making mistakes and learning from them is essential for child-adulthood transition.** When parents micro-manage children’s lives, they curtail their ability to think for themselves and make decisions, denting self-confidence.

Some cynics who believe that children should be seen and not heard, opine that there are as many parent-



ing styles as there are parents. Therefore, several other popular parenting styles have emerged.

OTHER NEW-AGE PARENTING STYLES

Natural parenting. This focuses on incorporating an instinct-led approach to parenting, with parents practising exclusive breastfeeding, free play and impulse-led family activities.

Active parenting. This is a hands-on, involved parenting style under which parents become actively involved in all areas of their children’s development. They practice positive discipline and consistent communication, and support children in academic and extra-curricular pursuits.

Gentle parenting. This style prioritises parent-child emotional bonding and connectedness. Parents are not pushy and patiently guide children. They teach without punishing, yet without being too lenient. Aka ‘soft parenting’, it focuses on nurturing and empowering children with love and compassion.

Free range parenting. Free-range parents want their children to become independent and self-reliant. They aren’t afraid to allow them to play freely in public playgrounds/parks, try a new sport or venture out to do things on their own within safe limits. The expectation is that children will learn to use their freedom judiciously and become autonomous and manage themselves. Not to be confused with ‘neglectful parenting’ where parents totally ignore and neglect their children.

Cultivation parenting. Here, parents study and explore the talents, interests and skills of their children and provide opportunities to nurture and develop them thereby setting the stage for growth, learning and a spirit of enterprise.



Dr. Priyanka Goenka

COVER STORY

Snowplough or bulldozer parenting. In 2015, former US high school teacher **David McCullough** published a book *You Are Not Special*, in which he implored parents to back off and let their children fail. He defined snowplough or bulldozer parents as those who want to push all obstacles out of children's way to ensure their success and prevent them from experiencing hardship. This parenting style is often confused with helicopter parenting, which involves hovering over a child to rescue them swiftly once a problem arises instead of trying to clear the obstacles all together. Repeated snowplough parenting tactics have negative effects on childhood development, and reinforces the belief that children can't learn and play independently.

Slow parenting. Aka simplicity parenting is increasingly finding favour with latter-day educationists, psychologists and parents worldwide. A social response to helicopter parents who micro-manage children's lives by organising a host of structured activities including academic tuitions and after-school music/sports classes,

slow parenting encourages children to learn, live and grow at their own pace in non-stressful home environments. The phrase 'slow parenting' was first used by Canadian journalist **Carl Honore** in his best-selling book *In Praise of Slow* (2004) and later explained in extenso in his second oeuvre *Under Pressure: Rescuing our Children from the Culture of Hyper-Parenting* (2008).

"Slow parenting is about bringing balance into the home. Children need to strive and struggle and stretch themselves, but that does not mean childhood should be a race. Slow parents give their children plenty of time and space to explore the world on their own terms. They keep the family schedule under control so that everyone has enough downtime to rest, reflect and just hang out together. They accept that bending over backwards to give children the best of everything may not always be best policy. Slow parenting means allowing our children to work out who they are rather than what we want them to be. Slow parents understand that childrearing should not be a cross between a competitive sport and product-development. It is not a project; it's a journey," writes Honore in *Under Pressure*, described by the global best-selling *Time* magazine as "the gospel of slow parenting".

Reflect and take your pick.



GREENWOOD

EARLY
CHILDHOOD

DR. CHIRANTH R.

Numerous benefits of **STORYTELLING**

The ancient art of storytelling is a powerful method to nurture language development in children, going beyond mere entertainment, captivating their imagination, enriching vocabulary, and fostering a love of reading and learning

Early childhood is a critically important physical and cognitive development phase for youngest children. While the capability to observe and respond is developed early, children's speech development evolves gradually. At this stage in children's lives, parents have to discharge an important duty to guide and support them to acquire language skills through creative, stimulating activities. An especially impactful way of enabling children's language and speech skills is through storytelling.

The ancient art of storytelling is a powerful pedagogy to nurture language development in children. It goes beyond mere entertainment, captivating their imagination, enriching vocabulary, and fostering a love of reading and learning.

Storytelling is very effective for the unique ability of stories to engage children. A well-crafted story goes way beyond words; it paints vivid pictures, stimulating children's imagination, and prompting development of cognitive skills such as attention, memory, and reasoning — all essential for language learning.

Moreover, storytelling introduces new vocabulary within meaningful context, making it easier for children to comprehend and retain new words. Unlike traditional pedagogies, which tend to be disconnected from everyday life, storytelling immerses children in memorable experiences. It introduces them to sentence structure, language rhythms, and formation of questions, while simultaneously enhancing their listening and comprehension, laying the foundation of effective communication skills.

Interactive storytelling takes these benefits up another notch by involving children in the process. When children ask questions, predict outcomes, and contribute their ideas to story-crafting, they learn critical thinking



and articulation.

Beyond language development, storytelling strengthens emotional bonds between parents and children. It stimulates intimacy and trust, creating positive, joyful experiences that enhance children's readiness to learn.

Customising storytelling techniques for children of different age groups is crucial to maximise impact:

Infants (0-1 year). Try soft, melodic storytelling with expressive facial gestures. Infants are naturally drawn to the human voice, and early exposure to language lays the foundation for future learning.

Toddlers (1-3 years). Use simple, repetitive phrases and encourage participation. Toddlers thrive on repetition as it helps them anticipate what's coming next, keeping them engaged and promoting language development.

Preschoolers (3-5 years). Use lively character voices, vivid imagery, and props to bring stories to life. Preschoolers' active imaginations allow them to follow complex narratives, enhancing their vocabulary and



understanding of story structure.

Early school-age children (5-8 years). This is the stage to questions and introduce moral values and character-building into storytelling. In this age group, children can engage in abstract thinking and start connect stories with their experiences, developing critical thinking and empathy.

Older children (above 8 years). Encourage shared storytelling where children contribute to shaping the narrative. This not only enhances creativity but also helps children understand story structure while practicing expressive language skills.

Encouraging children to becoming storytellers themselves is another empowering way to support language development. Start with shared storytelling where you begin the story and children add to it. Use prompts such as pictures or objects to inspire them. Ask them to recount their day in story form — this helps them organize their ideas and express themselves clearly.

Creative activities

- A creative exercise with unlimited possibilities is the 'story bag'. Fill a bag with well-known characters and encourage your child to create a story around the name she pulls out. This will spur her to think inventively and fit different elements into a cohesive narrative. Ask open-ended questions: "What happens next?" or "How does the character solve the problem?" to prompt further exploration of ideas. Praise creativity to boost confidence and enthusiasm for storytelling.

- Introduce children to books of different genres and styles. This broadens their understanding of creative writing and introduces them to new vocabulary and story structures. Storytelling games, such as using story dice or collaborative writing apps, offer structured options to encourage creative thinking.
- Model storytelling by sharing your own stories, whether from real-life experiences or imaginative. Demonstrating the joy of storytelling inspires children to create their own stories. Encourage them to visualize their story before telling it — this makes the narrative more vivid and engaging.
- Novels play a key role in supporting storytelling. Read stories aloud to children. Thereafter, discuss the story to encourage deeper engagement and critical thinking. Inspire children to create new stories based on book themes or characters.
- At the dining table, encourage children to narrate their day or conversations with friends. Children are quick learners, and this daily ritual can be done in more than one language, enhancing their communication skills.

Through storytelling, children develop language skills, creativity, critical thinking, and inter-personal skills. It is invaluable for children's development and gateway to lifelong learning.

(Dr. Chiranth R. is assistant professor of paediatrics and neonatology, CDSIMER, Dayanand Sagar University, Bengaluru)

SPECIAL
ESSAY*Praise children the*
RIGHT WAY

AMANDA NILAND

Parents say 'good girl' and 'good boy' all the time. Here's why you should try and say something else



Good girl! Good boy! Parents, relatives and teachers say these phrases all the time and mean them positively.

They may use it when a child puts on her shoes when asked, when she draws something interesting, or get a maths question correct.

But this kind of language may not always be healthy or helpful. One issue is it doesn't actually give children clear feedback on what they just did or said.

What could you say instead?

PRAISE AND PARENTING

Praise has been acknowledged as a key part of raising children for decades. In the 1950s, influential US psychologist B.F. Skinner believed rewards, including praise, positively reinforce desired behaviours.

In the 1970s, amid rising interest in self-esteem, psychologists and other child development experts emphasised the importance of praising children.

But since the 2000s, psychology research has moved away from regarding self-esteem, and hence praise, as

central to a child's well-being.

Instead, early childhood education has shifted towards providing children a positive sense of identity. This means children having a sense of safety, belonging and capability, rather than a strong opinion of themselves.

Nevertheless, praise is still frequently mentioned in popular advice to parents.

DIFFERENT KINDS OF PRAISE

Some psychology researchers have defined praise as either informational (telling children about their strengths and actions) or evaluative (telling children whether or not they are good enough).

In similar vein, US psychologist Carol Dweck categorises praise as “person praise” or “process praise”.

Person praise focuses on stable characteristics such as personality or appearance. Process praise focuses on behaviours or effort directed towards achieving an outcome, such as learning to ride a bike or a baby taking first steps.

Research has found person praise can decrease young children's motivation to challenge themselves and lead to feelings of helplessness if they fail.

In contrast, a long-term study of children whose mothers used process praise showed these children were more likely to be confident in preschool and later in primary school.

Process praise is informational, giving children feedback on their efforts and strategies in achieving an outcome (“I can see by your puffing how hard you ran in that race”). Person praise tends to be evaluative, often where there is little possibility for change, or only after success (“What a winner!”).

SEEKING APPROVAL OR SEEKING IMPROVEMENT?

More broadly, constant praise may mean children unconsciously feel they are doing things for adult approval, rather than for themselves.

This can work against the development of self-regulation and a healthy sense of identity.

Adults who over-praise (particularly evaluative or person-focused praise) may assume children need external rewards to do the right thing. This doesn't enable children to make good choices on their own.

Recent research suggests inflated praise, using words such as “incredible”, “amazing” and “wonderful”, can foster narcissistic traits by causing children to have an unrealistic sense of their own competence.

This can lead children to become upset or angry when they fail, partly because they perceive their worth to be conditional on meeting adults' standards. So, counterintuitively, inflated praise can lower self-esteem.

THE GENDER QUESTION

“Good girl/boy” also raises other issues around gender identity and self-esteem.



Research involving adults found men are more likely to see praise as informational (reflecting their competence) whereas women are more likely to see praise as evaluative (implying their need to conform to set ways of behaving).

Studies of children that compared boys' and girls' responses to praise also found girls tended to respond more negatively to evaluative praise.

While some of this research is decades old and done in the United States, it is interesting to think about why this might be, and whether it relates to how we socialise children into gender roles. What kind of unconscious messages are we communicating through our praise?

WHAT SHOULD PARENTS BE DOING INSTEAD?

Three principles can support a healthy approach to praising kids.

1. Give children realistic feedback about their behaviour or actions. For example, “Well done. I can see you're trying there with your kicks” as opposed to “Amazing kicking! You're a superstar!”

2. Focus on children's own learning or improvement rather than on competing with others For example, “Next time, when you play that piece, how about trying it faster?” rather than “That wasn't as quick as Sophia can play it”.

3. Use praise that shows children they are valued regardless of what they may or may not do. For example, “Well done! I know you studied every day for this test” as opposed to “You're Dad's straight-A angel!”

These approaches all support confidence, empathy and resilience in children — qualities we all need in our complex world.

(Amanda Niland is lecturer in early childhood, University of Sydney)

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ADOLESCENCE

End stigma & support teens' mental and **EMOTIONAL WELL-BEING**

Social stigma and misconceptions about mental health prevent many parents and teenage children from seeking professional advice. In this essay, I focus on adolescent mental health and how parents can support their children's emotional well-being

REENA CHOPRA

Adolescence is characterized by dramatic physical, emotional, and social changes, which are both exciting and challenging. For many children, navigating these roller coaster changes are emotionally demanding and draining. It's an important parental duty to support children during this turbulent phase. However, there is lack of awareness and knowledge about ways and means parents can support teenage children's mental well-being. Moreover, social stigma and misconceptions about mental health prevent many parents and children from seeking professional advice. In this essay, I focus on adolescent mental health and how parents can support their children's emotional well-being.

Common mental health problems

Adolescence is a time when most teens experience heightened emotions, peer pressure, academic stress, and the urge to become independent. While these challenges are normative, sometimes they trigger anxiety, depression, and eating disorders in teenage children. The World Health Organization estimates that 10-20 percent of adolescents globally experience mental health problems. Among them:

- **Anxiety disorders** — characterized by excessive worry, fear, and nervousness.
- **Depression** — persistent melancholia, hopelessness, and lack of interest in activities.
- **Eating disorders** — anorexia or bulimia.
- **Substance abuse** — turning to drugs or alcohol to cope with stress.
- **Self-harm** — deliberately hurting oneself as a coping mechanism for depression/anxiety.

It's important to remember that mental health problems are not a sign of weakness, but a sign that professional help and support are needed.



Mental health stigma

Despite growing awareness of mental health issues, teens struggle to talk about their psychological problems. Mental health stigma is defined as “negative or discriminatory attitudes that others may have about mental illness”. This stigma often makes teens feel ashamed and embarrassed to admit they are struggling emotionally, leading them to conceal symptoms and avail professional help.

Major reasons why teens avoid discussing mental health include:

- **Fear of being judged or misunderstood.** Many teens worry that their friends, family, or peers will view them as weak or broken if they open up about their mental health struggles.
- **Misconceptions about mental health.** There is a general belief that mental health illnesses only happen

to “other people” or that they should just “rough it out” on their own.

- **Lack of awareness.** Teens may not fully understand and/or recognize signs and symptoms of mental illness.

Addressing mental health stigma requires open conversations and education. By normalizing discussions about mental health, parents can change children’s mindsets.

Warning signs and symptoms

It’s difficult for teens to recognise mental health problems in themselves. They believe it’s normal to experience mood swings, stress, and sadness during adolescence. Therefore, it’s important for parents to keenly observe their children’s behaviour. Some warning signs:

- **Persistent sadness or hopelessness.** Feeling down most of the time, even when there’s no clear reason.
- **Withdrawal from friends and activities.** Avoiding social interactions or losing interest in hobbies that were once enjoyable.
- **Changes in sleep or eating patterns.** Sleeping too much or too little, or drastic changes in appetite and weight.
- **Irritability or mood swings.** Frequently feeling angry, frustrated, or overwhelmed.
- **Difficulty concentrating or making decisions.** Struggling to focus on schoolwork, activities, or everyday tasks.
- **Physical symptoms.** Unexplained headaches, stomachaches, or fatigue that don’t have a clear medical cause.
- **Thoughts of self-harm or suicide.** Thoughts of hurting oneself or ending one’s life are serious and require immediate attention.

It’s important to let teenage children know that mental illness is not their fault. Encourage them to reach out to a trusted adult, such as a parent, teacher, or counselor, as a first step.

Ways to seek support

Here are some ways teenage children can seek support for mental health problems:

Talk to someone you trust. Discuss and share your feelings with a trusted adult. This could be a parent, relative, teacher, or school counselor. Even if they don’t have all the answers, they will guide you towards appropriate counseling support services.

Seek professional help. Mental health professionals, such as therapists or counselors, are trained to enable teens to develop coping strategies. Cognitive-behavioral therapy (CBT), talk therapy, and other evidence-based treatments can be highly effective in addressing mental health issues.

Enroll in a support group. Connecting with peers who are going through similar experiences is incredibly validating. Support groups provide a safe space to share your struggles, learn from others, and build a sense of community.

Practice self-care. While professional support is important, self-care plays an essential role in maintaining mental well-being. Encourage teens to develop healthy habits such as regular exercise, sufficient sleep, and mindfulness practices. This reduces stress and promotes mental wellness.

Utilize school resources. Many schools offer mental health services, such as counseling or wellness programs. These resources are designed to support students in managing stress, anxiety, and other mental health challenges.

Crisis Hotlines. If a teen is in distress, crisis hotlines are available to provide support 24/7. Organizations such as the National Suicide Prevention Lifeline or local helplines offer confidential, judgment-free assistance.

How parents and communities can help

Parents and local communities play a vital role in supporting teenage children’s mental health. Here are some ways to create a supportive environment:

- **Encourage open communication.** Encourage open dialogue about mental health at home. Create a safe space for children to discuss their emotions without fear of judgment or criticism.
- **Educate them about mental health.** Schools and communities should prioritize mental health education, teaching teens the importance of mental wellness and providing information about common mental health issues and coping strategies.
- **Reduce academic/social pressure.** Teens often face much pressure to succeed academically, socially, and athletically. Parents and educators should set realistic expectations and emphasize the importance of balance and self-care.
- **Model healthy behavior.** Parents and caregivers should model positive mental health behaviour by prioritizing their own well-being, practicing stress management, and seeking professional help when needed.

Prioritizing adolescents’ mental health and well-being is critical for ensuring they grow into resilient, confident adults. Parents, educators, and local communities must take the lead in fostering an environment that promotes mental wellness and empowers teens to seek professional advice and counseling. Mental well-being is just as important as physical health, and requesting professional diagnosis and therapy is a sign of strength, not weakness.

(Reena Chopra is a well-known child psychologist and founder of Saar Holistic Wellness, Chandigarh)

ASK YOUR COUNSELOR

Managing child anxiety and STRESS



USHA RANI

My nine-year-old daughter often feels overwhelmed by schoolwork and extracurricular activities. How can we help her manage her time and stress effectively?

— *Vivikta Srinivas, Bengaluru*

Have a freewheeling conversation with your daughter to identify the specific causes of stress and difficulty. Is it the amount of homework, pressure to perform well academically, or lack of free playtime? Once you understand the root causes, you can work together to find solutions.

Encourage your daughter to prioritize her tasks and activities, take short breaks, engage in physical activity, and pursue hobbies she enjoys. This will reduce stress.

Here are a few suggestions to calm her down when she's feeling overwhelmed.

- Schedule activities to manage time well.
- Practice deep breathing to relax physically and emotionally.
- Journaling will help self-expression and stress management.

My son is very shy and hesitates to speak up in class. Please suggest ways to develop his self-confidence.

— *Samanvika Choudhry, Delhi*

Start by identifying and highlighting his strengths to boost self-esteem. Encourage him to participate in small peer group discussions or one-on-one conversations with his class teacher. You could help by prepping him for these discussions. Role-play social interactions through play and positive reinforcement and praise his efforts and accomplishments — this will boost his confidence. Encourage self-expression through writing/art.

Discuss with his class teacher about how your efforts can be reinforced in school. Gentle encouragement at home and school will motivate him to build confidence and become more assertive in the classroom. Be patient and consistent with your support.

My eight-year-old daughter has disturbing nightmares. We've tried consoling her, but she is scared. Please advise.

— *Joshi Ronit, Mumbai*

When she wakes up from a nightmare, offer empathy and reassurance without dismissing her fears. Encourage

her to describe the nightmare and listen attentively. This helps her process and express her emotions.

Visualisation may also help — ask her to imagine a 'magic paintbrush' that paints dreams with vibrant colours and teach her to use positive affirmations like 'I am brave,' 'I am strong,' and 'I can chase away scary dreams and enjoy good dreams'.

You can whisper positive affirmations in her ear while sleeping. Deep breathing and meditation will calm her mind and body before sleep.

Most important, maintain a consistent sleep schedule, ensuring her bedroom is cozy and dark. Avoid stimulating activities and digital screens before bedtime. If nightmares persist, consult a child psychologist.

My child has started telling lies frequently. How can I address this behaviour and encourage honesty?

— *Jean Jacob, Trivandrum*

You can begin with using simple and clear language to explain the importance of honesty and consequences of telling untruths. Here are some simple ways to communicate this message.

- "Remember, honesty is important. If you lie, it can hurt people's feelings and damage relationships."
- "I appreciate your honesty when you tell me the truth, even if it's hard."
- "Lying is not okay, but I know you can make better choices. Let's try again."
- "Your honesty makes me proud! Keep telling the truth, even if it's difficult."
- "Tell the truth, and you will make people happy. Lying hurts people, so always tell the truth."
- You can share stories such as 'The Boy Who Learned to Tell the Truth'.

By using positive reinforcement and clear communication, parents can encourage children to become honest and tell the truth. Patience, understanding, and consistency are key to developing the virtue of honesty.

(Usha Rani is a Bangalore-based psychologist with over 18 years of experience)

GODREJ

CAREERS WATCH

Rising demand for trendy **TEXTILE DESIGNERS**

India's ancient and once highly respected textiles and garment industries are experiencing a renaissance

The nationwide buzz generated by the Lakme India Fashion Week staged in Mumbai annually, is an indicator that India's ancient and once highly respected textiles and garment industries are experiencing a renaissance.

Unlike in an earlier era when textile designing in India was a hereditary profession handed down from generation to generation, in the new competitive era when the textile and garment industries have to keep pace with ephemeral trends and preferences of the crystallising global market, there is a growing demand for professionally qualified textile designers.

Some textile design professionals have already established themselves as *haute couture* fashion designers and their creations range from exclusive sarees to *prêt-a-*

porter garments which are marketed in chic boutiques and mushrooming retail chain stores. Among them: Tarun Tahiliani, Rohit Bal, Ritu Beri, J.J. Vallaya, Abraham & Thakore, Malini Ramani, Manoviraj Khosla etc. These new generation fashion gurus have set their sights on national and global markets for their highly creative textiles and off-the-peg garments. Not surprisingly, they are constantly looking for textile and garment designers endowed with creativity, resilience, self-confidence, and talent.

Most textile design institutes of learning in the country require Plus Two as the minimum qualification. Thereafter, aptitude tests which evaluate artistic ability, spatial perception, and aesthetic and colour sensitivity are administered to applicants. The selection process also





In the new competitive era when the textile and garment industries have to keep pace with ephemeral trends of the crystallising global market, there is a growing demand for professionally qualified textile designers

evaluates attitude, motivation, and interest together with academic qualifications, general awareness, scientific, and technical aptitude.

STUDY PROGRAMMES. The duration of study programmes in textile design ranges from two to five years. Polytechnics run by state governments as also private sector edupreneurs offer two to three-year courses in one or more specialised areas of industrial design including textile design (commonly offered by women's polytechnics). Some art colleges offer specialisation in textile design as a component of their bachelor of fine arts (BFA) degree courses. Among them:

- Sir J.J. School of Arts, Mumbai
- College of Arts and Craft, Lucknow
- Kala Bhawan, Shantiniketan
- Lalit Kala Institute, Jabalpur
- College of Art, New Delhi
- Banaras Hindu University, Varanasi
- Allahabad University
- Apeejay Institute of Design, New Delhi
- Pearl Academy of Fashion, Delhi, Jaipur and Chennai

NATIONAL INSTITUTE OF DESIGN. The most comprehensive study programme in industrial design (which includes textile design) is offered by the National Institute of Design (NID), Ahmedabad. Christened the School Leaver's Professional Education Programme (SLPEP), it is of five years duration during which students go through a mandatory foundation course followed by optional specialisations, one of which is textile design.

NID has devised a three-prong admission programme. Initially, it scrutinises application forms to evaluate factors such as motivation, interest, attitude, and perception for a career in design as revealed by applicants' answers to questions set out in the form. After careful scrutiny, shortlisted applicants are summoned for an admission test which evaluates competence in mathematics, science, social studies (secondary school standard) and drawing/sketching. Applications for SLPEP are advertised in October, the written test is conducted in January and interviews follow in April/May.

A two-year diploma course in textile design and development (TDD) is also offered by the National Institute of Fashion Technology (NIFT), New Delhi. This programme is open to graduates with a 50 percent average.

REMUNERATION PROSPECTS. With the domestic fashion industry booming, there is constant demand for artistic and innovative textile designers. A rash of freelancers have set up shop in the metros in particular and most of them are inundated with assignments. Moreover a growing number of textile manufacturing companies have their own design ateliers and beginners could start off with monthly pay packets of Rs.10,000-plus. Also in the fray are fashion consultancy firms which have sprung up and earn handsome profits.

(Excerpted from 101 Great Careers for the 21st Century by Indra Gidwani, 2016)

RESOURCES

Apps for special needs **CHILDREN**

Here are four apps designed to enhance learning and communication skills of children with special needs

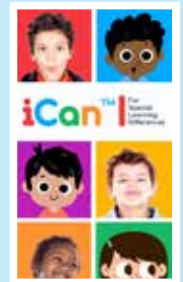
KIRAN BALIMANE

ICAN

Platform: Android, iOS

Age group: 3-14 years

iCan is an educational app that supports children with learning disabilities by focusing on developing their socio-emotional, self-care, cognitive, and academic skills. It offers several engaging activities tailored to develop independence and learning from them. The app's interactive design encourages exploration and growth, making it an excellent resource for parents to aid their child's development through play-based learning. Parenting a child with disability needs creativity and imagination. This app provides a vast array of activities that will appeal to children, while stimulating their thinking and analytical skills.

**AVAZ AAC**

Platform: Android, iOS

Age group: All ages

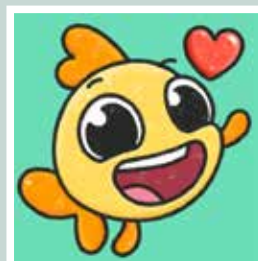
Avaz AAC is an augmentative communication app specifically designed for children with autism and speech-related problems. It offers a user-friendly interface that enables children to express their thoughts through customizable vocabulary. The app's simple and engaging design encourages interaction and communication, making it an invaluable tool for enhancing verbal expression among nonverbal users.

OTSIMO: SPECIAL EDUCATION

Platform: Android, iOS

Age group: 3+

Otsimo is an educational app for children with autism, Down syndrome, and other development delays. It features play-based learning activities that enhance speech, language, and cognitive skills. The app offers personalized learning plans and educational games focused on developing important skills. Colourful and well-designed, with user-friendly interface and regular updates, Otsimo is a valuable resource for parents to support special children's education in a structured yet engaging style.

**SPEECH BLUBS**

Platform: Android, iOS

Age group: 3-10 years

Speech Blubs is a speech therapy app designed to aid children with speech delays, Down syndrome, and autism to develop communication skills. It uses video modeling and voice-activated games to encourage children to imitate sounds, words, and phrases. The app provides personalized activities to motivate children to work on speech development. Speech Blubs also offers progress tracking, enabling parents to monitor their child's growth. Specially recommended and valuable for parents struggling to improve their child's speech and language skills.

BLUE BELLS

KIDZONE

Heart to HEART

Do you want to make a difference in society?

There are many ways in which we can make an impact on the lives of others. We can protect the environment, create awareness of social needs and reach out to help those who are in need.

The satisfaction of making a difference is inestimable. *PW* Kidzone provides practical ideas to help you make society better by bringing joy and cheer to others.

*Make a* DIFFERENCE!

Anitha Bennett

Doing something that will make the world a better place is a two-way gift. You do something for others and feel great yourself! Try these simple ideas.

- Celebrate your next birthday with residents of the nearest old age home or orphanage. It will be a party to remember!
- Volunteer to organise games, book reading or craft sessions at a children's home.
- Tutor kids who can't afford tuition in subjects you are strong in, or help them learn better spoken English.
- Locate your nearest animal shelter and volunteer to help.
- Collect funds for earthquake victims or an NGO. Get together with friends and come up with ideas to raise money.
- Be alert to people in need. It could be your classmate struggling with maths, an aged neighbour who needs help with her groceries or a friendless little girl. Offer to help as and when required.

- Gather your friends and form a club to promote environmental awareness. Together you can plant trees, segregate waste or make a compost pit.
- Pledge your body organs with parental consent.
- Give generously. Find people or children in need and bless them with an unexpected gift. Make kindness a habit!



Short STORY

Preetha's winning move

Preetha was cycling to school, excited. At the Sports Day event that evening, Preetha was a finalist in the Slow Cycle Race. She was an expert and usually won.

On the way, she saw a little girl crying, and looking lost in a crowded street.

She stopped near the girl and got off. The girl was still crying and looking around, as if she were searching for someone.

"Where's your mummy?" Preetha asked her, but the girl cried louder.

"She is obviously lost," Preetha thought. She picked up the little girl and rocked her comfortingly.

A man nearby looked at her. "Is the girl lost? I'll take her to the police station," he said.

Preetha thought he looked suspicious.

She remembered her Slow Cycle Race. It would start soon, and if she waited to help the girl, she would miss it!

"I'll help her reach her mother safely," the man said again. If she handed the girl over to the man, she could get to school on time.

'No, I need to make sure the girl is in safe hands. I just don't trust this man,' she told herself.

She quickly walked away from the man, trying to soothe the child and wondering how to locate her mother. After a while, a lady came running towards her. She was crying and calling out, 'Ammu! Ammu!' The child turned and gurgled happily, holding out her hands to the woman.

There was no doubt that it was her mother. She thanked Preetha profusely and explained how the child had wandered away.

'The Slow Cycle Race must be over by now,' Preetha thought, hurrying to school.

She was disappointed that she hadn't been there for the race. To her surprise, the principal was announcing a special prize for Preetha, a girl

who had made the school proud by helping a lost child find her mother. The mother had informed the school!

She was thrilled. She knew she had done the right thing.



Teacher's CORNER

Choose a charitable organisation that you want your class to support.

Set a Saturday apart and organise a charity sale. Divide and assign tasks to groups of children.

One group could make posters and banners. Another group can write out invitations to parents and well-wishers. Another set can

discuss and plan the items that should be brought to the sale. Students can contribute cakes, cookies, candy, craft items and knick-knacks to sell.

When the sale is over, go with your class to the charity you are supporting and hand over the money collected!

KIDZONE

GREAT INDIAN BUSTARD

Name: Great Indian bustard

Food: Arthropods, worms, small mammals, reptiles and insects

Life Span: Upto 12-15 years

Habitat: India and Pakistan, Punjab, Haryana, U.P (Uttar Pradesh), M.P (Madhya Pradesh), Odisha, A.P. (Andhra Pradesh), Rajasthan, Gujarat, Maharashtra

Other Facts:

- The great Indian bustard is a large ground bird with a height of about one metre. It is unmistakable with its black cap contrasting with the pale head and neck.
- The body is brownish with a black patch spotted in white. The male is deep sandy buff coloured and during the breeding season sports a black breast band.

ing the breeding season sports a black breast band.

- The crown of the head is black and crested and is puffed up by displaying males. In the female which is smaller than the male, the head and neck are not pure white and the breast band is either rudimentary, broken or absent.



FLYING SQUIRREL

Name: Flying squirrel

Young ones: Kits

Food: Nuts, berries, eggs, insects, mushrooms, flowers.

Life Span: 5-8 years

Sounds: Rasping squeak, tseets

Habitat: Most species of flying squirrel are found in Asia. Some are also found in North America, Mexico, Central America and Europe

Other Facts:

- Flying squirrels are a tribe of 50 species of squirrels.

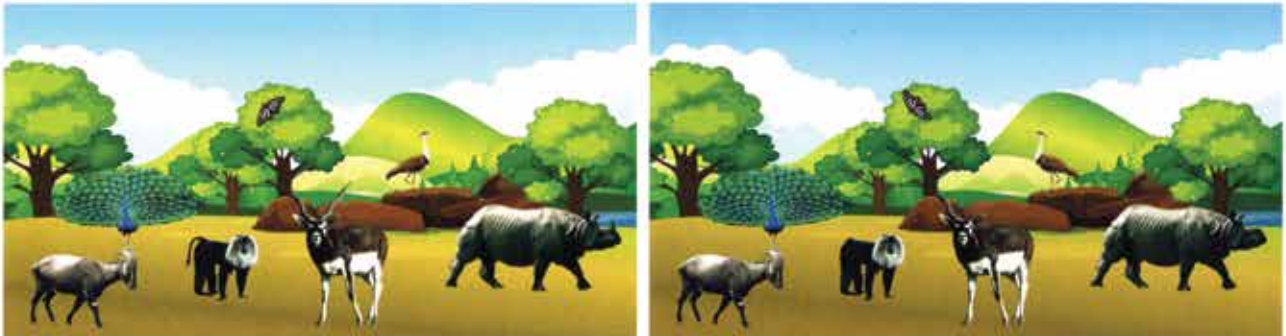
The largest species are the red and white giant flying squirrel.

- They weigh up to 56 kg. Flying squirrel glide, drift with their patagium like membrane and wrist spurs instead of wings from tree to tree.
- They glow and also search for food at night. Flying squirrels can gather up to 15,000 nuts in one season.
- They spend most of their time in trees to be safe from predators. They are clumsy and instead of running, hide from predators.



(Excerpted from *Why I am Not an Elephant* by Dr. Swati Popat Vats, ECA-APER, 2020)

Spot and circle 5 differences in the pictures below.



This activity helps in understanding debugging which is an intrinsic aspect of coding.

Refer to the colour code key on the left and colour each box for the given animals as per their characteristics.

Characteristics:

Stripes	
Fury	
Heavy in weight	
Light in weight	
Short tails	
Long tails	
Hangs on tree	
Can swim	
Can run fast	
Moves in solitary	
Moves in group	

This activity helps in understanding sorting by data variable which is an aspect of coding.

CHIREC

HEALTH & NUTRITION



DR. DEEPAKASHMI

How to read and understand NUTRITION LABELS

Nutrition labels on food products often remain unread, like any other small print. But Dr. Deepalakshmi Sriram, a pediatric and neonatal nutritionist at the Cleft & Craniofacial Centre, Sree Balaji Medical College & Hospital, Chennai, explains to PW's Kiran Balimane why it's important to read and understand 'Nutrition Facts' labels. "A nutrition facts label provides details of the amount of calories, carbohydrates, fat, fibre, protein, and vitamins per serving of the food, making it easier to compare the nutrition details of similar products and make healthier food choices," says Dr. Sriram.

Here are Dr. Sriram's guidelines to reading and understanding Nutrition Facts labels.

LOOK OUT FOR THESE LOGOS

Here are some critical quality certification logos to look out for:



- FSSAI logo with licence number
- ISI hallmark for packaged drinking and mineral water and certain processed foods such as infant food, milk and skimmed milk powder
- AGMARK for all agricultural products such as vegetable oil, pulses, cereals, spices, honey, fruits and vegetables
- Green dot for vegetarian food



- Red dot for non-vegetarian food, including eggs
- Logo for fortified food which confirms that essential nutrients such as vitamins and minerals have been added.

IMPORTANT INFORMATION CHECK



- Always check the date of manufacture/ date of expiry/best before/ date for freshness.
- Carefully read the list of ingredients. Common allergy-causing ingredients include casein in milk, tree nuts including peanuts, eggs, fish, shellfish, soybean, and proteins in wheat. Consuming these even in small quantities can cause severe allergic reactions in some people.

- Check for food additives such as artificial/ permitted flavouring and colours. Class I preservatives are preferred over class II.
- Product ingredients are listed by quantity, from highest to lowest amount. A good thumb rule is to scan the first three ingredients, because they form the largest part of what you're eating.
- If the ingredients list is longer than two-three lines, you can safely assume that the product is highly processed.

Nutritional Information* Quantity Per 100g	
Energy	510kcal
Protein	7.4g
Fat - Total	24g
- Saturated Fat	14.4g
- Monounsaturated Fat	6.8g
- Polyunsaturated Fat	1.8g
- Trans Fat	0g
- Cholesterol	0mg
Carbohydrate	66g
- Sugars	25g

NUTRITION FACTS

- Check the serving size. It's usually written as the number of servings per container/packet or the weight/volume in g/ml.
- Check net weight.
- The Nutrition Facts Label information is generally based on one serving/

per 100g /100ml, but many packages contain more than one serving or more than 100g or 100ml.

- If there are two servings/200g/200ml in one packet and you eat the whole packet, you have consumed double the calories and nutrients mentioned in the Nutrition Facts label.

ENERGY

- Carefully read the calories per serving, given in kilocalories (kcal).
- If the food packet contains two servings and calorie content is 100 calories per serving; then you consume 200 calories if you eat the whole packet.
- Fat-free does not mean calorie-free. Lower fat items may have as many calories as full-fat foods.

Nutritional Information		
Nutrients	Per 100g**	Per Serve (40g)**
Energy (kcal)	407	163
Protein† (g)	11.8	4.7
Total Fat (g)	9.5	3.8
Saturated Fat (g)	2.0	0.8
Cholesterol (mg)	0	0
Total Carbohydrate (g)	68.5	27.4
of which Sugars (g)	0	0
Total Dietary Fibre† (g)	10.0	4.0
Soluble Fibre (g)	3.8	1.5
Insoluble Fibre (g)	6.2	2.5
Iron (mg)	2.5	1.0
Magnesium (mg)	106	42.4
Sodium (mg)	9.5	3.8
Zinc (mg)	2.0	0.8

**Approximate Values

FATS AND CHOLESTEROL

- Use the label information to select foods that are lowest in saturated fats, trans fats, and cholesterol. This ensures good heart health.

SODIUM

- To reduce risk of high blood pressure, select foods that are lowest in sodium content.

CARBOHYDRATES

- Check for sugars, especially added sugars, which substantially increase the risk of obesity.

PROTEIN

- Look for foods that are rich in proteins. Proteins are the building blocks of our body and promote healthy growth of muscles, bones, hair, skin and tissues.

Nutrition Information	
per 100g product (approx.)	
Carbohydrates	70g
Sugars	20.5g
Dietary Fibre	6g
Protein	7g
Fat	20g
Saturated fatty acids	10.5g
Mono Unsaturated Fatty Acids	7.5g
Poly Unsaturated Fatty Acids	2g
Trans Fatty Acids	0g
Cholesterol	0mg
Energy	488kcal

DIETARY FIBRE

- Check amount of fibre in the food product. Fibre improves digestive functioning and overall health.

VITAMINS AND MINERALS

- Select foods that are rich in vitamins as they ensure overall good health.

GUIDELINES FOR DAILY ALLOWANCE (GDA) OR DAILY VALUE % (DV%)

- Some foods display Guidelines for Daily Allowance or Daily Value%. This explains what percentage of the daily requirement of particular nutrients is fulfilled by that food product.
- DV is based on a 2000-calorie diet. If a nutrient DV is listed as 20 percent then it meets 20 percent of the total amount of the nutrient your body needs per day to function properly.
- Usually a DV of 5 percent or less means the food item is low in that nutrient while 20 percent or more translates to high content.

HEALTH & NUTRITION



PRIYA GUPTA

Festive TREATS

Faridabad-based Priya Gupta, founder of the popular YouTube channel 'Recipes Tried and True', shares three healthy and nutritious recipes of Indian sweets ideal for the festive season of Dusseshra and Diwali

DRYFRUITS DATE LADDOO

(5 servings)

A sugar-free recipe that uses dates and dry fruits for natural sweetness

INGREDIENTS

- 1 cup dates
- ½ cup foxnuts
- ½ cup almonds
- ½ cup cashews
- ¼ cup pistachios
- ¼ cup raisins
- ¼ cup walnuts
- 2 tbsp ghee

PREPARATION GUIDE

- De-seed dates. Set aside.
- Dry roast foxnuts on a medium flame for 5-7 minutes until crunchy. Set aside.
- Roast almonds, cashews, pistachios and walnuts in ghee until slightly aromatic and golden. Set aside.
- Roast raisins for a minute.

- Grind dates coarsely in a mixer.
- Coarsely blend nuts separately.
- Mix dates mixture and dry fruits.
- Apply a little ghee on your palms and shape the mix into laddoos.
- The laddoos can be stored for three weeks.

HEALTH BENEFITS.

These sugar-free laddoos are rich in fibre, antioxidants, and healthy fats. Dates provide natural sweetness and potassium, while almonds, cashews, and walnuts aid heart health and provide proteins and essential nutrients.





AATA LADDOO

(3 servings)

INGREDIENTS

- 1 cup wheat flour (aata)
- ¼ cup ghee (melted)
- ½ cup powdered sugar
- ¼ cup mixed nuts (chopped)

PREPARATION GUIDE

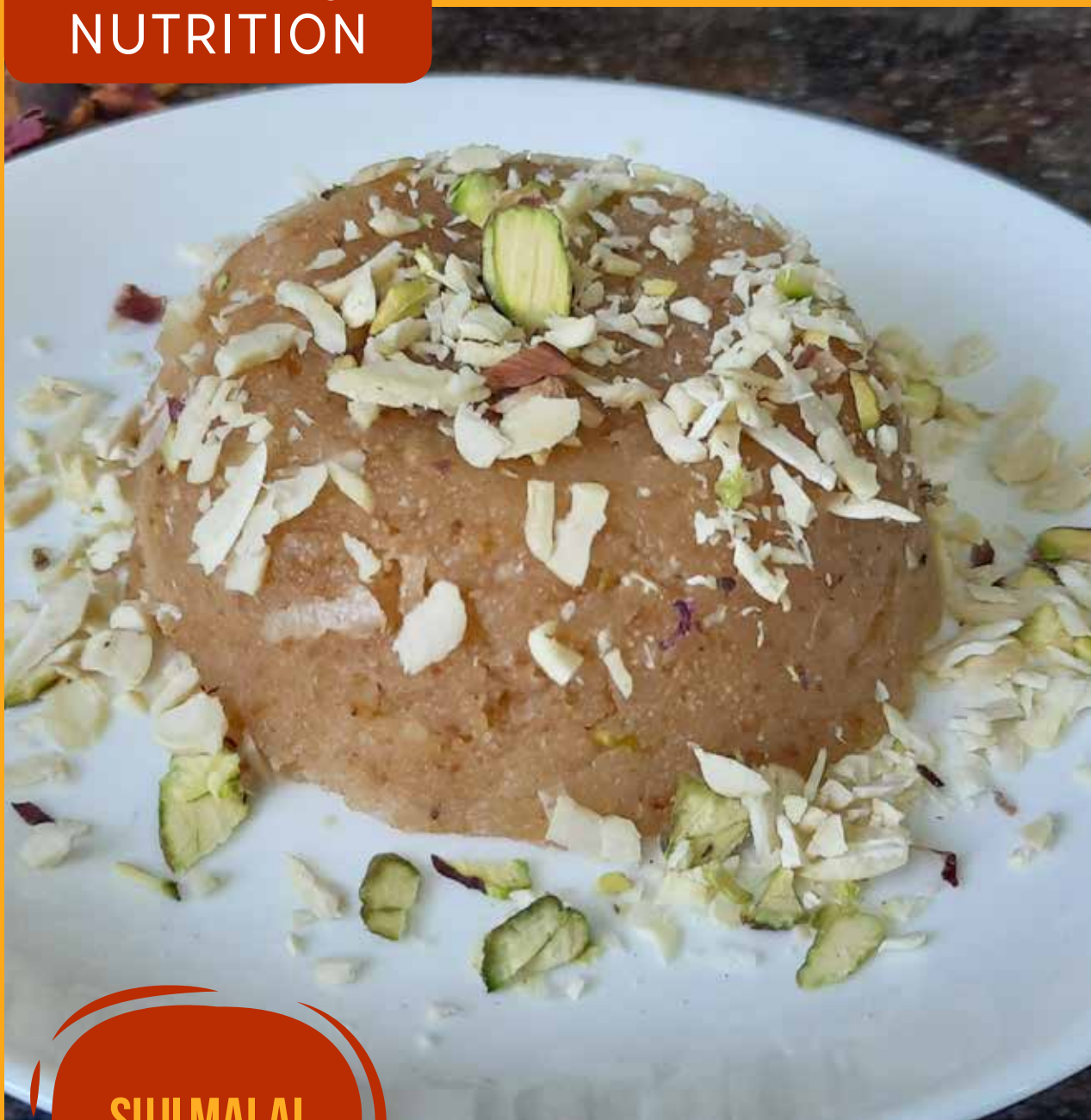
- Pour a little ghee in a pan. Add wheat flour and roast over low flame until it gives a pleasant aroma. Be careful not to burn it.
- Roast chopped nuts for a minute.

- Transfer roasted wheat flour onto a wide plate.
- Add sugar powder to the roasted atta once it cools down to room temperature.
- Mix everything well with a spoon. Use dry hands to shape the mix into laddoos.
- Store laddoos in a clean dry air-tight container. They will stay fresh in room temperature for 10 days.

HEALTH BENEFITS.

Aata laddoos are a rich source of fibre, good for digestive health. The ghee provides healthy fats while nuts essential vitamins, minerals and proteins.

HEALTH & NUTRITION



SUJI MALAI HALWA

(3 servings)

INGREDIENTS

- 1 cup rava / semolina (suji)
- 1 cup fresh *malai* (milk cream)
- 1 cup sugar
- 2 tbsp chopped dry fruits
- 1 ½ cup water

PREPARATION GUIDE

- Pour fresh *malai* in a heavy bottom pan. Let it melt.
- Add suji and stir continuously till it changes color.
- Add some nuts.
- Now add sugar and stir continuously.
- Add milk and stir continuously till the ghee separates.
- Garnish with nuts and serve hot

HEALTH BENEFITS.

Semolina aka suji is rich in carbohydrates. Fresh *malai* provides healthy fats, promoting satiety and smooth skin, while dry fruits add essential vitamins and minerals, boosting immunity.

LODHA

ASK THE DOCTOR

Protecting children against air POLLUTION



DR. NITHIN M

We live in Delhi where air pollution levels are very high. To what extent will this affect my six-year-old child's health?

— Manik Chander, Delhi

The air in the national capital is so polluted that one in every three children in the city suffers from impaired lung function. One of every ten deaths among children globally is attributed to air pollution-related health complications. India loses one child every three minutes due to air pollution.

Unlike adults, children don't have fully developed body organs. They have narrower airways, weaker immune systems, and inhale more air (and more air pollutants) per unit of body weight than adults. Children spend a substantial part of the day outdoors, playing and engaging in physical activity in polluted air.

Moreover, younger children tend to spend more time with their mothers who often cook in kitchens with polluting fuels and devices. Children also tend to breathe through their mouth, which does not have natural filters (such as cilia and mucus), that the nose does. They also do not display symptoms as quickly as adults, delaying diagnosis and treatment.

My three children (12-year-old twins and a ten-year-old girl) are mildly asthmatic. I live in Delhi and need to proactively protect them from pollution. Please advise.

— Sima Sinha, Delhi

Here are some suggestions to protect your children against air pollution:

Monitor air quality. Keep yourself informed about air quality in your neighbourhood. You could use air quality monitoring apps and/or follow government data. On days with poor air quality, keep children indoors.

Promote indoor activities. On days when air quality is poor, reduce outdoor activities, especially in the afternoons when pollution levels are higher. Encourage indoor play.

Create a clean home environment. Improve indoor

air quality by using air purifiers with HEPA filters. These filters absorb pollutants and push clean air back into the room. Practice wet mopping instead of sweeping or vacuum cleaning inside homes. Thoroughly remove mould, pet dander and dust.

Promote physical activity and yoga. Encourage children to exercise regularly, follow good respiratory hygiene and practise breathing exercises such as yoga and pranayama.

Air-filtering plants. Keep air-purifying indoor plants such as spider plants, peace lilies, or snake plants to improve indoor air quality

Ensure proper ventilation.

Ensure your home is well-ventilated. Keep windows open daily for fresh air circulation. This reduces indoor pollutant levels

Masks. For outdoor activities on high pollution days, encourage children to wear N95 masks, which filter out fine particles.



I work as a teacher and have two children (9 and 13 years). I want to raise awareness about air pollution and measures to reduce it. Please share suggestions.

— Mishi Kumar, Mumbai

Both as a teacher and mother, you can do plenty to create awareness about air pollution.

- Encourage children to undertake air pollution awareness drives and activities in the school/home neighbourhood.
- Encourage children to use school buses for transport instead of private cars.
- With your school management, discuss installing green energy generators instead of those which use fossil fuels.
- Motivate children to undertake trees-planting drives on the school campus and in the neighbourhood.
- Advocate installation of effective waste management and rainwater harvesting systems on the school campus.

(Dr. Nithin M is consultant neonatologist and paediatrician, Motherhood, Bangalore)

FUN WITH WORDS

Turning Words on their Head with ASTEISMUS

ROOPA BANERJEE

“Can you lend me a hand?”

“Sure, but I might need it back later.”

This playful exchange of words between two speakers presents a typical example of asteismus, a witty retort or banter where a word or phrase is used in a meaning different from its original use, often in a humorous and ironic way. The subtlety of asteismus lies in how the response reinterprets or twists the initial question or statement.

Asteismus has its roots in ancient Greek and is derived from the word *asteios*, meaning city-bred or polished, in reference to the refined, sophisticated humour typical of city-dwellers. The ancient Greeks valued this type of wit as a mark of sophistication and intellect. Over time, it evolved to describe a specific type of repartee that plays on double meanings of words. In English literature, asteismus was adopted to describe witty banter that turns on wordplay, particularly when the second speaker humorously reinterprets or subverts the first speaker's words.

The use of asteismus in literature allows writers to craft clever dialogue that reveals characters' intellect, mood, and interpersonal dynamics. Some of the most iconic examples are from classical literature and well-known plays.

In Shakespeare's *Twelfth Night*, asteismus is frequently used, particularly in witty exchanges between characters. A notable instance is between Maria and Sir Andrew Aguecheek:

Maria: “My purpose is, indeed, a horse of that colour.”
Sir Andrew: “And your horse now would make him an ass.”

Maria uses a phrase which means something of the same kind, and Sir Andrew humorously twists it into a literal image, turning it into a quip about foolishness. The repartee is not just amusing but also revealing of Sir Andrew's foolishness, as he doesn't fully understand the complexity of Maria's wordplay.

Similarly, Oscar Wilde's *The Importance of Being Earnest* was a masterpiece of witty dialogue, often using asteismus to entertain and comment on societal norms. In one scene, Gwendolen and Cecily engage in verbal sparring:

Gwendolen: “You have filled my tea with lumps of sugar, and though I ask most distinctly for bread and but-

ter, you have given me cake.”

Cecily: “I am sorry. But I thought you liked cake.”

The humour arises from Cecily's feigned innocence and literal interpretation of Gwendolen's remark, twisting her words to expose the absurdity of the situation. Wilde uses asteismus to subtly critique the pretensions of the upper class.

Asteismus isn't confined to classic literature. It's alive and well in modern pop culture, especially in TV shows and films. In the popular sitcom *Friends*, asteismus is often used to create comedic tension. A classic exchange between Chandler and Joey:

Chandler: “Do you know what's a great icebreaker?”

Joey: “Is it ice?”

Here, Joey takes Chandler's metaphorical ‘icebreaker’ and interprets it literally, subverting the original meaning with a naive but humorous response.

However, asteismus is more than just a tool to convey wit and humour in literature and cinema. For example, in Shakespeare's work, asteismus often signals a character's superiority in intelligence or social standing. Characters who successfully engage in wordplay are frequently portrayed as more refined, while those who misunderstand or bungle it (like Sir Andrew in *Twelfth Night*) are cast as less capable.

Whether in the pages of Shakespeare or the banter of sitcoms, asteismus continues to charm audiences with its playful twist on language and meaning.

Exercise

Here are five books that generously use asteismus. Guess their authors.

BOOKS

1. *Much Ado About Nothing*
2. *The Importance of Being Earnest*
3. *Pride and Prejudice*
4. *Pygmalion*
5. *The Adventures of Huckleberry Finn*

AUTHORS

1. William Shakespeare
2. Oscar Wilde
3. Jane Austen
4. George Bernard Shaw
5. Mark Twain

LEISURE & TRAVEL

Coastal temple towns of **Odisha**

Almost three decades ago Kolkata-based poet-author Jayanta Mahapatra was moved by the splendour of "the drunk sea" of Chandipur, and intrigued by an abandoned British cemetery in Balasore, once a major centre of the Indo-Burma trade across the Bay of Bengal, and connected to Calcutta (Kolkata) by boats plying on the river Hooghly



LEISURE & TRAVEL

Balagopalpur, Balasore



An unusual tidal phenomenon, a conglomeration of ancient Shiva temples, a defence ministry research base, and historic remnants of India's freedom struggle make Balasore and Chandipur-On-Sea in Orissa (now Odisha) must-visit tourist destinations in eastern India.

Almost three decades ago, Kolkata-based poet-author Jayanta Mahapatra was moved by the splendor of "the drunk sea" of Chandipur, and intrigued by an abandoned British cemetery in Balasore, once a major centre of the Indo-Burma trade across the Bay of Bengal and connected to Calcutta (Kolkata) by boats plying on the River Hooghly. Through his poetry, Mahapatra highlighted the man versus nature 'war' in the state. Since then, his observations relating to the fragile ecology and social structure of the region have acquired greater significance in the 21st century.

A coastal riverine town bordered by Midnapore district of West Bengal to the north, the Bay of Bengal to the east and Bhadrak district on the south, Balasore (pop.2.31 million) retains its bucolic charm despite its emergence as a (mainly domestic) tourism destination that provides sustenance to the local population.

Though the district is still struggling to become a leisure and pilgrim centre (on a par with Puri), it already occupies an important place on India's political map. Neighboring Chandipur-on-Sea houses the Defence Research & Development Organization (DRDO), famous for Agni, Nag and Bhramos test-fired missiles. Entry into this area is restricted.

Numerous mythological tales are linked to the christening of this north Odisha's habitation as Balasore. One

tale traces its roots to a Persian phrase bale-e-shore which translates into 'town on the sea'. Another, that it was named after Lord Baneswar (Shiva) and later morphed into 'Baleswar'.

Today, Balasore and its eponymous district is spread over an area of 3,634 sq. km and divided into three geographical zones — a 81-km-long coastal strip with ridged sand dunes and brackish water (apt for coconut and betel cultivation, shrimp culture, and salt manufacturing); a fertile deltaic alluvial plain, and the north-western hilly region (Nilagiri sub-division) with a 1,783 ft. peak as its highest point.

Given the size of the district, more than a few days are required to tour Balasore. The main attractions are its beaches, temples, cultural traditions and history. An ideal travel itinerary would be to combine Balasore town with a therapeutic trip to Chandipur-on-sea and other beaches, known for their remarkable tidal phenomena.

Day 1: Balasore

Most travelers visit Balasore for a cultural-cum-historic tour of this ancient, sacred town. However, it's important to remember this is not a destination for luxury tourists, and its charm at best is rustic. A three-five day stay is sufficient to cover the town and its environs.

On the itinerary of most visitors are French and Portuguese ruins (cemeteries and buildings) known as **Farasid-inga** and **Dinamardinga**; and the **temples of Mahadev Baneswar, Jhadeswar and Lakshmi Narayan**. Although most of these temple complexes have become

inter-mixed with concrete houses and constructions, they retain their age-old stone carvings and wall murals. For the literary-inclined, a homage visit to the shrine (**Shanti Kanan**) of eminent writer, poet, editor (founder of *Utkal Press*), critic and administrator Fakir Mohan Senapati, should definitely be on the agenda. Also recommended is a visit to **Khulia**, a scenic settlement of aboriginal people about 33 km from Balasore, and the scenic **Blue Lake** dubbed as 'Ladakh of Odisha'.

Historically this region was a component of the ancient Kalinga kingdom. In 1568 the Moguls annexed it and ruled until 1750. Post 1751, the writ of Marahata Rajas of Nagpur ran here until the early 19th century, when the East India Company officially took it over and declared it a district of the Bengal Presidency (1828).

Chasakhand. A mere 9 km from Balasore (a 15-minute drive on the NH 5), Chasakhand is known for its memorial to revolutionary 'Bagha' (Tiger) **Jatin Mukherjee**, a young rebel who with his friends took on the might of the British empire. Tourists undertake this rakhtatirtha ('blood pilgrimage') to pay respects to these largely unsung freedom fighters.

Remuna. Also 9 km from Balasore, Remuna hosts the multi-coloured **Khirochora Gopinath temple** built by King Langula Narasimha Dev (who also built the Sun Temple at Konark, 30 km from Puri). This area has been a bastion of Hindu Vaishnavism for centuries, and it's believed that Madhavendra Puri, Guru of Sri Chaitanya

Mahaprabhu worshiped the Lord at Remuna. The simple ritual of specially prepared milk doled out as prasad, is a highpoint for the faithful.

Other temples and sites in the vicinity are **Biranchi Narayana**, **Asta Durga**, **Ayodhya** (mythological remains have been unearthed at this site) and **Bhudhar Chandi**. Stone carvings adorn the walls of these temples, situated within the Nilagiri Raj military base of Sajanagarh.

Envisioned as a replica of the original Puri Jagannath temple, the 78-feet-high **Emani Jagannath Temple** built with red-stone on a sprawling three-acre plot also witnesses substantial tourist footfall. This is located 5 kilometers km distance from Remuna and easily accessible by road.

Day 2: Deokund

This scenic leisure and picnic spot in the **Meghasani Valley**, 95 km from Balasore, offers breathtaking vistas of silver waterfalls slicing green hills of the valley. This is nature in pristine glory, and all one can do here is to behold and revel in it.

Accommodation. A range of hotels are available to suit all budgets. **Mid-range:** Palette Nocci Residency (Rs.3,891 per night), Hotel Shree Hari Inn (Rs.2,755), Hotel Barjorjis Banjara (Rs.2,307); **Budget:** Atithi Hotel and restaurant (Rs.1,457), The Royal Beach Resort (Rs.1,477), Hotel Nishi (Rs.1,269). Moreover, there are several small hotels which offer rooms priced between Rs.500-Rs.1, 000 per night.

Chawmukh and Dagara



LEISURE & TRAVEL

Chandipur beach, Balasore



Local transport. The public transport available is less than rudimentary. Therefore, the best option is to get around in taxis which charge Rs.900-1,200 for the excursions outlined above. Local buses and metered autorickshaws ply within municipal limits.

Shopping. Odisha *ikat* saris, lacquered toys of Balasore and brass artifacts of Remuna are favourite purchases of visitors.

Getting there

By Air. The airports nearest to Balasore are Bhubaneswar and Kolkata. From both, Balasore is a five-hour drive depending on road conditions.

By Rail. The nearest rail heads are Bhubaneswar, Kolkata and Puri. Trains run at regular intervals.

Balasore is 220 km (by road) & 232 kms (by rail) from Kolkata and 215 km from Bhubaneswar (Kolkata-Chennai national highways pass through the district. NH 5 covers a distance of about 66 km and NH 60 covers a distance of 53 km). Private vehicles and bus services are available.

Day 3: Chandipur-on-Sea

From Balasore town, Chandipur is a bumpy 30-minute ride (16 km) along the Grand Trunk Road built by King Sukumar Sen in 1827 for pilgrims from Bengal. Chandipur is legendary for its amazing low tides, when the sea recedes 3-5 km from the shore every morning, exposing a flat continental shelf. Instead of usual hurtling waves, a placid stretch of unending land greets the visitor. Sunrise is the best time to enjoy the view when a carrot globe peeps from behind the clouds and casts a warm glow on the wet

and spongy beach. A walk on the sand soothes aching feet, while birdsong fills the air.

Most hotel complexes resemble composite villages by the sea. Among the more notable is **Hotel Santi Niwas**, proclaimed by a dilapidated and dusty board, but offering a splendid hand-painted reception hut. This property, featuring a 25-year-old Shiva temple, is sited within a spectacular grove of coconut, mango, casurina, eucalyptus and keya trees. Huts are connected by brick pathways on which geese, hens, dogs and parrots are ubiquitous. The hotel offers concrete residential structures and thatched huts. Large, globular glass lamps hang precariously from wooden beams. A common veranda encircles the rooms.

The hotel complexes of Chandipur are perfect for languid afternoons and beach baths. The tide rises around 5 pm and keeps rising until midnight. Evenings and nights are tranquil, with light sea breezes accompanying the roar of waves. Most beach hotels arrange for firewood (Rs.5-10 per kg) for beach parties, where nature lovers can enjoy the company of eerie bats, brown-white barn owls and chubby beetles.

Day 4: Panchalingeswar Temple

Balasore's history allowed Hinduism, Buddhism, Jainism (popular in 10th and 11th centuries), Islam, Christianity and even Sikhism (gurudwara at Remuna) to flourish in north-east Orissa. However, the main tourist attractions of the district are the Shiva temples of Panchalingeswar, Chandaneshwar, Baneshwar, Jhadeshwar, Bhusandeshwar and Maningeswar. Especially notable among them is the

600-year-old **Panchalingeshwar temple**, 45 km from Chandipur. Set in a dense forest atop a rocky outcrop of the Nilagiri hills, visitors must climb 600 steps to reach the summit and pay obeisance to its five lingams washed by a perennial stream. Devotees tie bunches of red bangles and thread on the prop roots of an old banyan tree, praying for wish fulfillment.

Balaramgadi. Sited 2 km from Chandipur on the banks of the River Budhibalang, this is one of Chandipur's main fishing harbours. Tourists can watch fishing trawlers and boats laden with hilsa, pomfret and prawns. The catches are stored in in-built cold storage units on trawlers. Ice is fed into rusty ice crushers on the jetty that gobble chunks of ice physically thrown in by young men. In seconds, crushed ice fills a vat embedded in the trawler's hull.

Nilagiri. This is one of the sub-divisions of Balasore district, in the foothills of the Eastern Ghats and is famous for its **Jagannath temple** at Rajbati (40 km from Chandipur). Also on view are the dilapidated ruins of the princely state of Nilagiri.

Day 5: Beaches

Chandipur is a good base for visiting the **beaches of Kashaphal, Chawmukh and Dagara, and Kharasahapur.** Most of them are ringed by casurina and eucalyptus trees, and are a beach-comber's delight, strewn with sea shells and driftwood. Fishing excursions with locals is *de rigueur* with the price thereof determined by the whims and fancies of country boatmen.

The pick of the beaches is Kashaphal (36 km from Balasore), a small fishing harbour near Basta village lined with whistling casurina trees. Other hamlets with inviting beaches are Chawmukh and Dagara (replete with red crabs), and Kharasahapur, a sandy beach about 37 km south-east of Balasore, featuring a Mangala temple and a

jetty that allows boating.

Accommodation at Chandipur-on-Sea. It's best to book for residential accommodation on the internet or take a chance on arrival. Tariffs range from Rs.50 onwards per bed to Rs.1, 000 per night or more for an air-conditioned room. Some options are: Arpitha Beach Resort (Rs.2,820 per night), Hotel Cipron Inn (Rs.2,000), International Tourism Resort (Rs.1,726).

Shopping. Street shops are stocked with bric-a-brac, textiles and handicrafts. Especially popular are shell and pearl jewellery, wooden artifacts, hand-made baskets and beautiful stone carvings.

Getting there. Chandipur is a mere 16 km by road from Balasore. Besides private taxis (Rs.500 onwards), buses, auto-rickshaws (Rs.200) and public taxis (Rs.200) are the other modes of transport for reaching there.

Travel advisory

- Average winter temperatures in Balasore fluctuate between 22-32°C.
- The best time to visit Balasore/Chandipur-on-Sea is November-February after which temperatures can shoot up to 40°C.
- Even in winter, sun and heat protection gear is essential. Light cotton clothes, sunscreen, sunglasses, hat, cap or scarf recommended.
- Carry special medicines and basic travel essentials.
- One could pack a tent and sleeping bag (if adventure is on the cards). However, only group camping is advisable.
- Learning a few words of Oriya helps while communicating with the locals.
- It's advisable to opt for local cuisine (Rs.25 or more for a vegetarian thali). Stick to packaged drinking water.

Bhavana Pingali Datta



PARENTS CORNER

Ensuring children **CONNECT WITH NATURE**

PW invited parents from CHIREC, Hyderabad to share their thoughts on how they ensure their children engage with nature



“I encourage my child Venkat Rishi (class XII) to play outdoors and enjoy nature, even during his travels for tournaments. He helps with gardening and loves plucking

mangoes from our trees, sometimes even climbing them! We practice "Reduce, Reuse, Recycle" to protect the environment and focus on conserving water and energy. We never litter and always use dustbins. Our vacations are planned around nature, whether in the hills or by the beach” — **Sangeeta Batlanki**, homemaker

“Nature heals and strengthens body and soul. In our urban lives, it's vital for children to spend time outdoors. We take Annickah (class IV) on hikes, visit conservation parks, and explore wildlife sanctuaries.



Some favourites around Hyderabad include Kasu Brahmananda Reddy Park, Mrugavani National Park, and Osmansagar Lake. Weekends are spent in nature, making it both fun and educational for Annickah and us”

— **Dr Sree Pavani Mandava**, dentist



“Growing up visiting villages helped me appreciate nature, and I believe engaging with nature is essential for the overall development of my children — Vaibhav (class III) and Yashana (class VIII). Living in the city, we remain connected with nature by play-

ing outdoors, going on nature walks and identifying plants, trees and animals, gardening together to learn about caring for living things. Moreover, we organise family camping or hiking trips to disconnect from technology, sharing educational books, documentaries, and activities about nature; practicing mindfulness exercises, like birdwatching or stargazing; teaching sustainability through recycling and waste reduction. We also take scenic drives to appreciate nature and relax on beaches.”

— **Manoj Gaddam**, director, Workato India Pvt. Ltd

“Every weekend, we take Divit (class IV) to our farmhouse for a no-screens escape. We spend time gardening, planting seeds, and cooking meals together with fresh produce we have grown ourselves.



Divit loves harvesting vegetables and learning about the journey of food from the soil to plates. These weekends are about unplugging, enjoying simple joys, and deeply connecting with nature” — **Ankur Agrawal**, businessman

SETH MR

PARENTS CORNER

Ensuring children follow a **BALANCED DIET**

PW invited parents from Edify School, Tirupati to share their thoughts on how they ensure their children get balanced nutrition



“We are very mindful about the right combination of carbohydrates, proteins, fats, fibres and minerals in the meals that we provide our daughter Aditi R (class VIII). For breakfast, we ensure supplementing her regular idly, dosa, and upma fare with eggs, fresh fruits and dry fruits. Lunches

are focused on vegetable salads and fruits followed by a healthy homemade snack such as dry fruit laddu or peanut chikkis etc. Aditi enjoys a protein-rich smoothie in the evenings, and wraps up the day with a vegetable salad and fruits” — **Dr. Radhika H**, Intensivist at Amara Hospitals

“Children’s diet should ideally be based on age, weight and metabolism among other factors. For our teenage daughter Nythik (class X), we pack her meals with proteins, fruits, vegetables, grains and dairy



white taking care to limit sugar, salt and saturated fats. Focusing on dense foods helps children get the nutrients they need. To improve her nutrition, we encourage her to consume homemade healthy meals and snacks, follow an eat healthy mantra ourselves, and avoid battles over food” — **Dr. Swapna Allareddy**, Consultant Oral and Maxillofacial Surgeon, Super Specialty Hospital, Tirupati



“Ensuring my son Srisanth (class X) gets balanced nutrition involves rustling up a variety of healthy meals that include proteins, vegetables, whole grains, and healthy fats and fruity snacks. However I restrict his consumption of processed foods and

those containing excess sugar. Most weekends I involve my son in meals preparation so I can teach him about health and dietary habits. Setting a good example and always staying positive towards the foods we eat can greatly help in developing healthy food habits” — **Sumalatha Venamadala**, Homemaker

“Balanced nutrition for my son Rishaan (class VI) means making mealtimes enjoyable and educational. My focus is on providing him a variety of fruits, vegetables, whole



grains, and proteins to cover all nutritional bases. I also involve him in choosing and preparing meals to spark his interest in healthy eating. By keeping healthy snacks handy and setting a good example by eating healthy ourselves, I help him learn the value of balanced nutrition” — **Shivani Mohan**, HR Consultant

COVER 3

COVER 4