

The Teenager Today



September 2020 ₹30

**KIARA
D'SOUZA**

**A New Star
on the Rise!**

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PANDEMIC OF ANXIETY**

PREVENTING SUICIDES

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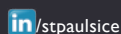
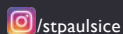
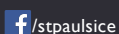
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FROM THE CHIEF EDITOR

MARK FONSECA: TEACHER AND MENTOR

As the country gets ready to celebrate Teachers' Day on September 5, hoping that schools in many States will reopen in early September, we at *The Teenager Today* (formerly *The Teenager*) are mourning the loss of a very special teacher, and the "first" editor of the magazine, Fr Mark Fonseca, who took over the reins of the one-year old periodical from its founding editors, J. Maurus and Aloysius Rego. He left us for his eternal reward on August 2, 2020.

Besides being editor of *The Teenager* for two terms, he taught many of us to speak the English language the way the British speak, with special emphasis on correct pronunciation and grammar. He taught me early lessons in journalism, and literally made me write short articles which he published regularly in *The Teenager* of those years, giving me the confidence to write for other periodicals, as well.



Born at Kandivli, North Mumbai, he did his early studies at St Andrew's High School, Bandra, and then joined St Xavier's College, Mumbai, graduating from there in 1953. Keenly interested in reading, Fonseca frequently visited the *Examiner Press Bookshop*, not far from the College. Regular visits to this premier Book Centre, and proximity to the variety of books he read there, gradually led him to join ST PAULS, the Institute that owned the Centre.

After the initial training and study of languages in Mumbai and Allahabad, he was sent to Italy for further studies at the completion of which he returned to India and was appointed the Editor of *The Teenager*, in Allahabad (U.P.), founded there a year ago in November 1963.

After nearly six years, he went to Los Angeles (U.S.A.) to do his post-graduate studies in Mass Communication. His studies completed, and returning to India, he was appointed Director of the Correspondence Course in Journalism at the Regional Communication Centre, AMRUTHAVANI, at Hyderabad. After a term of three years there, he came back to Allahabad to take up the responsibility of the Editor of *The Teenager*, a second time.

After a brief stint of services rendered at different places, including Africa, he came back to his native Mumbai, to join the Editorial sector of *Better Yourself Books*, where at the ripe age of 88, he breathed his last. May his soul rest in peace! We lovingly dedicate this issue of *The Teenager Today* to Fr Mark Fonseca, teacher, mentor and pioneering editor.

Alfonso Elengikal

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September 2020

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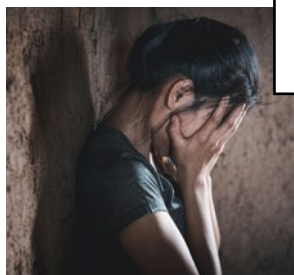
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"When life gives you a hundred reasons to cry, show life that you have a thousand reasons to smile."

~ CHARLIE CHAPLIN



Be proud of yourself
for how hard
you're trying.

Random
Thought



Soul
Graffiti

*Behind you, all your memories.
Before you, all your dreams.
Around you, all who love you.
Within you, all you need.*

"Never regret being a good person to the wrong people. Your behaviour says everything about you, and their behaviour says enough about them."

~ MARC & ANGEL CHERNOFF

Pearl of
Wisdom



A great career

A man asked a wise man: "Tell me, sir, in which field could I make a great career?"

The wise man replied with a smile: "Be a good human being. There is a huge opportunity in this area and very little competition."



How to stay motivated

Take it one day at a time.
Surround yourself with positivity.
Reward yourself.
Believe in yourself.
Recognize your progress.

Visualize accomplishing your goals.
Be kind to yourself.
Don't compare yourself to others.



Your magazine is packed with a lot of excitement, enthusiasm, and a tinge of patriotism and laughter in every issue. The format of the magazine is so eye-catching that it compels one to go through carefully every single line of the text. A million thanks to your team for such an amazing magazine, good for all ages. A very special thanks for publishing my articles and inspiring me to write more.

Ananya Malhotra (16)
MGN Public School, Jalandhar

I would like to express my appreciation for your August 2020 issue, which so beautifully packaged our Independence Day and the Parsi New Year. But, I have one comment to make about Irwin Almeida's otherwise brilliant article, *Independent India: The New Challenges*. He should not have ended it by quoting Mussolini — the fascist par excellence. May God continue to bless you and your work.

Ignatius Gonsalves
President, ICPA

I simply adore TTT! It has such good content for teenagers. There are many such magazines around, but I prefer TTT because of its regular columns like *Music*, *Poets & Poetry*, *Teen Space*, *Wired* and *Photo Pik*, all my favourites.

Every page of your magazine is really awesome.

Shereen (15)
Mumbai

TTT is the most amazing magazine, and has become my best friend over the years. It has everything that appeals to teenagers like me. My favourite columns include *T-Point of View*, *Career Talk*, *Weird & Wonderful*, *Sci-Tech* and *Mind Games*.

Neetu (16)
Bangalore

I always spend a little time with TTT every day, even during my exams! I love to read specially articles contributed by teenagers, particularly *Teen Point of View*, *Poets & Poetry* and *Reader's Blog*. The photos in *Photo Pik*, shot by young people, are awesome! The magazine is one that all teens can relate to.

Alka (16)
Delhi

Every article in *The Teenager Today* is great but I love *Photo Pik*, *D.Y.K.*, *Teen Space* and *Funny Bone* very much. I have been reading the magazine for the past one year and it's just wonderful! It has played a major part in

helping me to improve my character and building my personality.

Arun (15)
Chennai

TTT is truly a wonderful magazine, inspirational and motivational. As

a teenager, I have learned so much from it. I never missed a single issue since 2018. *Funny Bone* really makes me laugh out aloud; I love the *Silence Please* cartoons, too, and *Bob's Banter* and *Soul Strings* are always inspiring.

Elizabeth (16)
Madurai

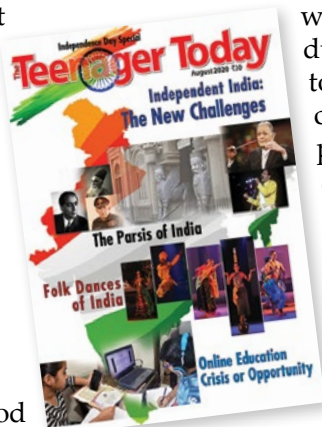
TTT is now a part of my life and has helped me discover my potential. It is a must for youngsters dealing with any problem. It not only helps solve your personal problems but also entertains you anytime, anywhere!

Rajesh (15)
Jaipur

I have been reading TTT since my school days. Every month I wait eagerly for the magazine to arrive. *Soul Strings* rocks! It helps us to be positive and

confident. It is really close to my heart. I enjoy reading *Bob's Banter* and the feature articles, too.

Sunita (17)
Navi Mumbai



We would love to hear from you what you think about TTT!

Do send us your 'take' on the magazine. You might even win a surprise gift!
Limit your comments to 100 words or less.

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The Teenager Today

The best friend of youth!



The only magazine for young people in India

The Teenager Today is the only magazine in India that focuses on youth issues. Over the past 56 years, it has been a friend to Indian youth, supporting them through their growing years, and being there through their joys and sorrows.

The Teenager Today features articles on youth issues, careers, counselling, interviews, fashion, music, sports, health, general knowledge, science & technology. Plus photography, jokes, games, poems and lots more!

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PEOPLE THINK I'M VERY PROUD

I am a 19-year-old girl and my problem is that people think that I am very proud. My behaviour creates the impression that I am short-tempered, due to which people hesitate to make friends with me. Even boys are afraid to talk to me. Those who know me well say that I have a good nature. I really don't know what to do.

Sheena

Dear Sheena,

Sounds like you're feeling very discouraged that you cannot make friends easily because others see you as proud and short-tempered.

If you find yourself being short-tempered, i.e., getting irritated and angry, easily, reflect on what makes you angry. Work through your anger using calming techniques such as mindfulness, breathing and physical exercise. Use creative expression like art and music to help you to be less irritable.

Proud persons are generally pre-occupied with themselves. They want things their way and believe themselves to be right always; they don't like to ask for help nor do they accept their mistakes, and do not have respect for others.

It is quite possible that more than being proud, others see you as unapproachable. Perhaps you wait for others to make the first move? So, if you want to be more approachable, smile! When you greet others, smile and make eye contact. Keep your body language relaxed and more open, and be less stiff. Also make sure your body is turned towards them. Take interest in others and in what they say by listening, asking

questions and acknowledging them. A great way to open a conversation is to pay someone a genuine compliment. Practise getting the focus off yourself and you will automatically appear more approachable to others!

I FEEL INFERIOR AND EMBARRASSED!

I am a boy of 16 and have just entered college. My problem is that though I have a good knowledge of English, and my vocabulary is good, I am not able to express myself fluently. Whenever I have to reply in English, I end up saying something which I never wanted to say, due to nervousness. Sometimes I speak other languages along with English. I feel this degrades my self-esteem, and I feel inferior to those who speak English well. It is one of the reasons why I don't approach others and make friends easily; I am not able to mix with girls either. When this happens, mainly in front of girls, I feel very embarrassed.

Rishi

Dear Rishi,

Your nervousness and lack of fluency while speaking English causes in you both frustration and embarrassment. Spoken expression in a language is always done in a social setting, which makes it more difficult than writing because of the fear of ridicule from others.

We feel nervous and self-conscious when we seek others' approval... and we do this because somewhere we don't approve of ourselves; our self-esteem is low. So, instead of wanting to be perfect, help yourself by changing your mindset from "I want to be perfect and competent" to "I am constantly learning," "I learn from my mistakes," and "It is okay to make mistakes." This will make you feel free from within and slowly you will begin to enjoy speaking.

Fluency in a language comes with preparation, rehearsal and practice. So, make it creative: Join a public speaking class; Find friends who are fluent, who will helpfully correct you. Watch more English movies; Write a speech and deliver it in front of your mirror, then to a small circle, then to a larger circle... later, try an extempore speech; Take up a topic from

the news and in front of your mirror speak for and against it; Take two chairs and play the roles of two different people... as you have a dialogue change your chair. Once you let go your self-consciousness, your focus will be off your mistakes, and you will begin to enjoy interactions!

I NEED A BOYFRIEND!

I am a 16-year-old girl who is very popular in school, and among my friends. But I do not have a boyfriend. I feel jealous seeing my friends with their boyfriends. I am the centre of attraction wherever I go, but boys always treat me as a good friend or as a sister, which I hate! I want to have a proper boyfriend like any other normal girl and not just loads of friends!

Karina

Dear Karina,

Sounds like you feel quite frustrated that even though you are immensely popular among your friends, you are seen as just a buddy or a sister.

If guys treat you like a buddy or a sister, it would help to reflect on whether you might actually be playing that role with them without realising it. Notice your own behaviours — Do you treat guys like buddies? Do you use the same language that they do? Call your friends 'bro' or 'yaar' or something similar? Notice the kind of topics you discuss — are they about sports or something general, or about *their* girlfriends? Do you dress to hide your femininity and blend with the boys?

You say that you envy your friends who have boyfriends. Reflect on whether you prefer your popularity or would like to hang out with one guy and perhaps miss some of the attention you get. At the end of the day, it is not so much about 'what guys really want', but *what you want* and thus *what messages you send out*. When you are ready for a relationship, you will send out that message, and things will move in that direction.

I AM DARK-COMPLEXIONED

I am a boy of 17, and I have been living in a hostel for two years. I am dark-complexioned because of which my friends call me 'blackie'. This makes me very angry and I shout at them, but they insult me even more and do not talk to me. I feel very sad.

Aditya

Dear Aditya,

You must feel deeply hurt when 'your friends' mock you for your skin colour. Looks like you feel quite helpless that you cannot stop them, and this makes you shout angrily. Unfortunately, when you shout, people don't take you seriously at all, and instead they make fun of you.

Speak calmly but firmly to these people. Each time they laugh or mock, stand still and look at them directly and state: "I don't appreciate it when you call me 'blackie'. I request you to stop." If they continue to mock you, state it again and state that you have had enough. Then walk away calmly. Let *them* shout, but *you keep calm*.

If they continue to hurt you, ask yourself — are these really your *friends*? Friendship is about accepting someone just as they are, and not making fun of them. It is always better to make friends with those who accept you the way you are.

Finally, learn to appreciate your own worth and value. Accept and love yourself the way you are. There are many people who are dark-skinned and yet are considered handsome or beautiful. However, more than physical beauty, work at becoming a beautiful and kind person. You may have dark skin, but you can spread light!

Nasreen Hashambhoy is a Counsellor, Life Coach, Consultant and Facilitator of training programmes for schools and corporates. She works with her clients to enable positive change so that they can achieve their true potential. She is the author of the series *Values In Action* published by *Better Yourself Books*.



THIS MONTH'S TOPIC: "Suicide is a sign of self-defeat, and self-defeat is the worst defeat!" Comment.

One commits suicide when unable to protect himself/herself, and loses his hope to live. One forgets the good experiences in life but remembers only the bad. This is self-defeat as one fails to make one's life meaningful, seeking instead idiotic solutions to escape from problems.



Durva Garg (13)

St Joseph's Convent School, Jalandhar

Suicide is the act of killing oneself. If one has learnt to have control over one's anger or emotions then he/ she can easily defeat 'suicidal tendencies. There are ways by which we can control ourselves like doing yoga regularly which makes our minds fit and healthy, getting connected with family and friends, practising hobbies, reading good books, etc.



If we succeed in doing this, we can say we have conquered 'self-defeat'.

Anamika Singh (15)

St Joseph's Convent High School, Jethuli, Patna

Suicide is the biggest sin. We should learn to face the obstacles that keep on coming to our life. Suicide is not a solution to the perplexities that we face; we should counter these difficulties by remaining optimistic. Difficulties will keep on coming and going, but a successful person will always face those challenges courageously and will rise up. Remember, even the darkest night will end and the



sun will rise, again

Samarth Chawla (15)

St Francis De Sales Sr. Sec. School, Janakpuri, New Delhi

We are living in a world where no one cares for what the other is going through. People don't support you, they only make you feel worse as much as they can, and listening to them makes you feel still worse depressed and we end up killing ourselves because of that. Why do we end our lives because someone said some rubbish?



Riya Bidhuri (14)

Notre Dame School, Badarpur

Before one experiences suicidal tendencies, he/she begins to show signs of self-defeat, and doesn't see any meaning in life. Often, such people get the feeling that no one understands them, as

well. Emotional pain, trauma or not being able to achieve success in life, etc. can lead one to suicidal tendencies, which if not attended to in time can lead to a tragic end of life.



Rashmo Mehta (14)

St Joseph's Convent High School, Jethuli, Patna

Suicide is final submission to self-destruction, prompted by self-defeat. People who are silently struggling with inner burdens do that. Suicide can be considered as the worst defeat, since it is nothing short of destroying one's own life.



Rajesh Yetukuri (17)

Sri Chaitanya Junior College, Guntur

Nowadays, not only teenagers but also well-educated persons resort to suicide instead of cultivating a fighting spirit. We should not feel dejected but should take failures, defeats and rejections as opportunities to strengthen our resolves.



Nianonika (13)

St Joseph's Convent School, Jalandhar

No other defeat is worse than self-defeat. That's what suicide is. We face a lot of hurdles in our life. At times, we also face setbacks one after another. But getting depressed, accepting defeat, is not a solution. Returning with more strength is the real solution. Life is God's gift to us, and only He has the right to take it back.



Dhwani K. Thacker (18)

KDM, Nagpur

We are most often inclined to maximize pleasure and exaggerate pain. We condemn ourselves for negative outcomes which are caused by factors beyond our control, and then give in to self-defeating behaviour.



Khyati Aggarwal (14)

St Joseph's Convent School, Jalandhar

Suicide is seen as self-defeat when a person has given up on life, and sees no light at the end of the tunnel, and succumbs to the devious inner voice, saying "enough is enough!" We face many battles in life, and defeats too. But, losing to one's own self is the worst defeat. .



Aashi Dixit (20)

Babasaheb Ambedkar University, Lucknow

We are hearing these days about many suicide cases including that of Sushant Singh Rajput. Suicide is the worst form of defeat. We should love our life and shouldn't lose hope, but should always give confidence and hope to ourselves and to others. Suicide shatters everything within a second. Let's remember that when life gives us 1000 reasons to cry and to die, there are 10,000 reasons before us to smile and to shine.



Erica Bali (14)

St Joseph's Convent School, Jalandhar

One of the reasons why someone commits suicide is that he/she sees that his/her long-cherished dreams do not come true. One feels depressed also due to the pressures/expectations from the family and society which one thinks that he/she can't live up to.



Hence accepts defeat instead of facing such problems bravely.

Rashmi Mehta (15)

St Joseph's Convent High School, Jethuli, Patna

Suicide and self-destructive behaviours result from a negative thought process, depression, low self-esteem and hopelessness. Suicide is the worst form of defeat because one thinks there is no hope left. One should be confident, hopeful, and emotionally



supported in order to defeat such self-defeat.

Namya Malhotra (13)

St Joseph's Convent School, Jalandhar

We are seeing a huge rise in the number of suicides, in the recent years, in India. Honestly, nobody can comprehend the agony of a person who chooses the path of suicide as he/she feels dejected and defeated. This is the worst defeat as there is no more will left in the person to do anything other than giving up life.

Senjuti Saibal Bhattacharya (19)

A C Patil College of Engineering, Kharghar, Navi Mumbai

Nobody is ever defeated until one accepts defeat! No doubt, self-defeat is the worst defeat. Suicide is the last step of a chain reaction that goes like this — failure, guilt, depression, acceptance of the scupper and then the end. Let's keep in mind, "Failure can never overpower one if his or



her determination to succeed is strong enough!"

Diya Vinod Surjuse (16)

Wardha

Suicide is running away from problems. When you run away from your problems you forget that there's another version of you that is reliable, passionate and strong. Self-defeat, doubting one's capabilities is the worst form of defeat. Suicide



doesn't relieve you from your problems. It only adds another burden to your life.

Disha Vig (16)

St Joseph's Convent School, Jalandhar

Attempt to suicide is an indication that something is gravely wrong in a person's life. To escape unbearable sufferings a person commits suicide, taking it as the last option to get over the sufferings one goes through. To those who consider it, it



might look like the most logical solution, but in reality it is not!

Sonali Garg

GGSIPIU, New Delhi

Whether we are in the middle of a storm or flood, suicide is not an option. Suicide plunges one's heart into an abyss of nothingness. It is the end of any growth in a person. We are not created for self-



defeat, but for a glorious rising from ashes and storms.

Arunima (15)

St Joseph's Convent School, Jalandhar

NEXT MONTH'S TOPIC: Is secularism, one of the key principles of Indian democracy, taking a backseat, judging from the recent happenings in the country? Your comments.

Email your opinion in 60 words to editorial@theteenagertoday.com by **September 5, 2020** along with your name, age, school/college, city and a casual pic of yourself. Your opinions could appear in our October 2020 issue.



Kiara D'Souza hit the tennis court when she was barely seven, not out of love for the game, but because she was overweight and her parents wanted her to reduce, and enrolled her in the nearby Willingdon Gymkhana. Today, as a teenager, she is passionate about tennis without neglecting her studies. She recently passed out of St Andrew's Junior College, Bandra, Mumbai, with distinction. *The Teenager Today* team met Kiara at our office for a short interview. Excerpts:

Kiara D'Souza

A New Star on the Rise!

form of physical activity. I had a lot of difficulty coping with the game as I did not have an athletic body. Also, my coach was not sure about me taking up tennis as my foot movements were very slow... but by then I was already passionate about tennis and decided to pursue it as a career. What I did have was the drive to become the best. That determination, fighting spirit and

cherished but winning gold in both the events was like the icing on the cake. One of my most exciting moments was when *MIDDAY Mumbai* covered the event with the title "Double Delight for Kiara D'Souza". This was one of the most emotionally-satisfying victories for me.

Who do you look up to as your role model in tennis?

Serena Williams has always been my idol. She revolutionized women's tennis with her powerful style of play. Her powerful serves, groundstrokes and superb athleticism have inspired me to push myself to the next level.

Hi Kiara, *The Teenager Today* is delighted to meet you! Would you like to tell us briefly about your early years: any special memories?

I was born on 21 November 2002. Both my parents worked in the banking sector. So my grandmother took care of me. I had sweet memories of my grandma making delicious food, and feeding me with lots of love. I started putting on weight because of no physical activity. In fact, my doctor told my parents that I was 14 kgs more than my desired weight and he suggested that I take up some sport for physical activity. My parents enrolled me in the nearby Willingdon Catholic Gymkhana and I took my first steps to the tennis court when I was barely 7.

What made you choose lawn tennis as your most favourite game?

I was so-so about tennis in the beginning because at that age I didn't want to practise at all. It was just a

patience was inculcated in me by my parents at a very early age. I was taught never to give up and trust in God. It helped me to stay calm and composed in dealing with my insecurities.

Do you recall the first tournament that you played and won? Surely you were very excited! Would you share some of those feelings with us?

Participating in a tennis tournament at the age of 12 was an unforgettable experience. I won both U-14 singles and doubles events at Maharashtra State Lawn Tennis Association. Reaching the finals of the two events was something I always

Kiara with her parents



Tell us about some of the major tournaments you played and won. Which is the most prominent among them?

I have a list of achievements and none of these would have been possible without my Lord Jesus who gives me the strength to do well whatever I do every day. In 2019, I represented Maharashtra State for Nationals at

as an athlete I am doing my off-season training on fitness and skill sets so that when the season begins I am fit for the tournaments. I do my high-intensity workouts along with brushing up my skills (working on my mechanics/technical corrections) in the limited space at home.

How do you cope with your hectic schedule of being a regular student,

You were a student of St Andrew's Junior College, Bandra, for the past 2 years. How did the college support you in your tennis journey?

My principal, Dr Marie Fernandes, my sports director and my teachers believed in me from day one and they were always there to motivate me. The college recently felicitated me as the Most Outstanding Sportswoman of the Year.

Kiara with Dr Marie Fernandes, Principal, St Andrew's College, Bandra, and the Sports Director.



SGFI New Delhi. One of my most remarkable tournaments was when I qualified to play International Tennis Federation Women's 25K in November 2019.

Do you have a coach? How long has he/she been coaching you?

Yes, I have an official coach. She is Supriya Mallaya who has been training me for the past one year. She accompanies me to all the tournaments.

How many hours do you practise daily?

I practise for nearly three hours daily on skill sets and another two hours for fitness training.

What about the lockdown days? How did you manage to have your daily practice during these months?

Covid-19 has caused maximum disruption to an athlete's life. It's very difficult to pursue the sport with all the precautionary measures; however,

your practice, and the outstation journeys for tournaments?

I have learned to manage my time effectively. It is very important to plan and prioritize, which means giving up on many time-consuming distractions, seeing the bigger picture and reminding me of my goal. Also I had great support and special guidance from my teachers especially when I missed my classes for outstation tournaments.

What else are you interested in other than tennis?

I am very fond of singing and strumming my guitar; it helps me to ease out.

How do you rate yourself as a tennis star? Your tennis dreams?

As a tennis player I had a very promising start, but I have a long way to go. I believe in putting my 100% effort and then surrendering to the Lord. My dream is to represent my country and to win Grand Slams.

Your future plans?

God-willing, my future plans include training abroad to be a pro tennis player.

A brief personal message for our readers?

Everyone wants success but only a few work for it. They are the ones who realize their dreams!

"There is no way around hard work, embrace it," Roger Federer once said. I have to tell this to everyone that it doesn't matter how old you are or how young you are... You can achieve what your heart desires. In my own case, I was not a born athlete with any natural skills. I had to work very hard, dedicate myself and be determined. In every field you require focus, hard work and most importantly self-belief. Sometime, you gotta be your own cheerleader. Above all, it is very important to stay connected with God; that's where you get the strength you need to work hard!

The country celebrates, every year, Teachers' Day on September 5, the birthday of Dr S. Radhakrishnan, one of the most erudite Presidents India has ever had. Students all over the country, this day, pay loving homage to their teachers who spend/have spent hours of their precious time with them, guiding them to heights of excellence. SHREEPRAKASH SHARMA, an experienced teacher for many years, tells us of some of the "greatest" teachers of the world who continue to teach us values for life with their well-lived lives, without coming to classrooms, without scoring high percentage of marks, and without having degrees tagged to their names. Some of them were even dropouts!

8 "Greatest" Teachers No High Marks, No Degrees!

Let me ask you a very easy question — what is the one wish that is uppermost in the minds of all the students in the world? The answer is simple: they all so earnestly dream of achieving a high percentage of marks and excellent grades in the examinations.

But sometimes, things do not happen the way we desire and this turns out to be the reason for disappointment for many. So, here comes another question of serious self-introspection: does only high echelons of marks and grades make a sure-shot formula of professional and personal successes in life? Do good marks alone make or mar one's life?

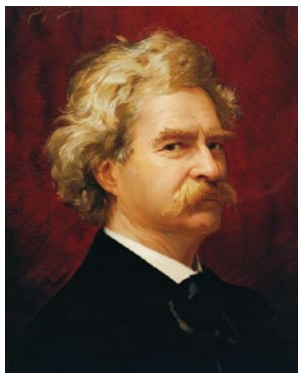
World history is replete with great personalities who rose to the pinnacle of success without having any outstanding academic excellence and even formal education. They were self-made people who brought about incredible changes in the lives of the common people. They braved challenges, fought hardships and struggled against a host of adversities with indomitable courage and resolute determination.

These great personalities are

like milestones that will keep on motivating future generations to realize their cherished dreams despite challenges and critical circumstances they will face.

Mark Twain

America's most famous writer and humorist, Mark Twain, is immensely popular for his beautiful classic novels. He started his life's journey with the ordinary job of a printer. He had only minimum formal



education in his early life. He used to spend his entire evening reading books in a library after the day's work. He had a very short stint in the Confederate Army after which he travelled across the country. During this period, he started writing what proved to be the beginning of the historical odyssey of an internationally famous writer. His life is an epitome of the

plain truth that formal education and high percentage of marks are not all that is required for a promising career.

Steve Jobs

Do you know that he did not even complete college education? But he was blessed



with a superb and exceptionally sharp technical mind. He had only six months of college education but this did not prove to be a stumbling block in the introduction of sophisticated devices like the iPod, iPhone and iPad. It was the result of his unfathomable will-power to rise to the apex of success in spite of insurmountable problems.



Henry Ford

He was not only a noted U.S. industrialist and entrepreneur of his time but also an extraordinary visionary who single-handedly created the automobile industry of the United States. He too did not have a high formal education. He left home at the age of seventeen and worked as an apprentice in Detroit. Very few people then might have imagined that Henry Ford's job of an apprentice carried the seed of the dawn of an industrialist and entrepreneur of global fame and fortune. Lack of formal education never came in his way to the journey of making Detroit (USA), the Motor City.

Winston Churchill

He is considered as one of the greatest political figures of the twentieth century in the United Kingdom. He is also called the "quote machine". He was born in an affluent family where he was provided with all the facilities for a formal education. But he was very poor in studies, and had no interest in formal education. He used to be punished for his dismal record in school. He suffered in the military services, too, due to a poor academic performance.



An anecdote goes that he got a job at a junk shop where a lawyer sold a few old books of law. He went through those books and as a result he turned out to be one of the reputed lawyers of his time. He rose to become the U.S. President and the credit

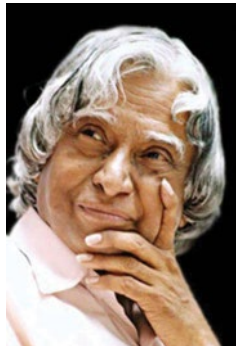
for this achievement goes to his forbearance and self-taught lessons he learnt from his life beset with difficulties and misfortunes. Marks and percentages never prevented him from reaching the highest office of his country.

Physics. Can you believe that a man of such spectacular achievements was a school dropout? Yes, he was! He wanted to go for a university education but failed in the entrance examination. Finally, he joined college and got a degree but the fact that the greatest intellectual supermind of the 20th century was a high school dropout is too hard to digest.



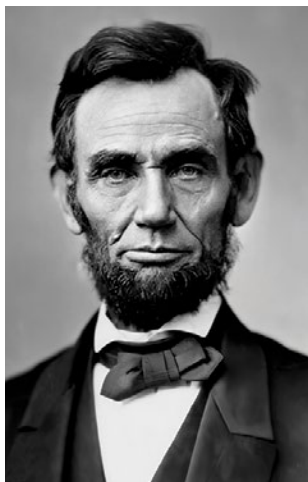
Dr A.P.J. Abdul Kalam

Known as the Missile Man, the former President of India, Dr Kalam spent his childhood in abject poverty. He used to sell newspapers in his hometown, Rameshwaram, to supplement the expenses of his education. Specialized in aeronautical engineering, he wanted to be a fighter pilot which was his 'dearest dream'. But he could not realize it as he came in at the ninth position in the qualifying test while only eight slots were available in the Indian Air Force.



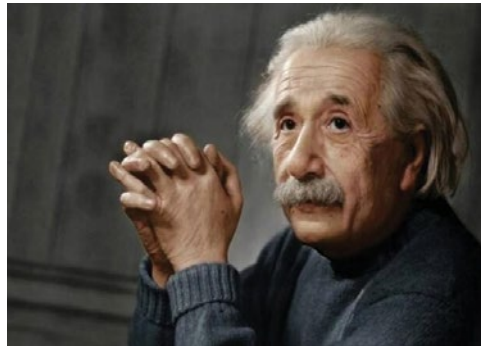
Abraham Lincoln

The 16th President of the United States is the most unique example of a person who bravely suffered an array of predicaments and tragedies in his life before getting elected to the helm of affairs of the most developed nation of the world. His life is the story of a self-made and self-educated person.



Albert Einstein

The great scientist, Nobel Laureate and internationally-known physicist, Albert Einstein, was truly a genius with more than 300 scientific papers attributed to his name. He propounded the 'Theory of Relativity' which made him one of the legendary figures in the realm of



Thomas Alva Edison

The great U.S. inventor and thinker of the 20th century, has to his credit many inventions that earned him unprecedented popularity. Yet he had only three months' formal schooling. He was sent back home by his class teacher with a written note

saying that he was not fit for formal education. But his brave mother took a vow to teach him at home, and she patiently taught Edison, who also had a hearing problem, everything that he needed to know at that age. The rest is history. Edison rose to become the greatest scientist of his time. His quotation about a series of failures in life has become the source of inspiration for millions of people who fail in their endeavours despite their best efforts: "I have not failed. I have just found 10,000 ways that won't work."

Shreeprakash Sharma is the Principal of Jawahar Navodaya Vidyalaya, Mamit, Mizoram. He writes articles in Hindi and English for a number of magazines and newspapers, and also contributes to All India Radio (AIR).



DR ROSITTA JOSEPH

Reading in Covid times

The title of this article is inspired by Gabriel Garcia Marquez's classic romantic novel *Love In The Time Of Cholera* (1985). Marquez set his novel against the raging cholera epidemic in early 20th century Latin America. In fact, epidemics and pandemics have ravaged the world at regular intervals — from plague to smallpox, and influenza to yellow fever. Since the past few months, Covid-19 has become the new normal in our lives. A pandemic that has spared no corner of the globe, it has changed and affected our existence in many ways, big and small. For young people bursting with life and energy, the confinement to home, sometimes solitary, faced with an uncertain future, has not been a very pleasant experience. There have been cases of abuse, addiction, depression, trauma, suicide, etc.

Then, how do we survive in these tough times? How do we ensure a good quality life along with safety? I'm sure you must have got a lot of suggestions.

Let me dwell on just one concrete suggestion — reading for specific reasons, with some specific purpose in mind. I do not say that you should read all or most of the books in this list, below. It would be more than enough if you choose just one area that appeals to you most and read with passion just one book in that area, and try to live fully what you have read.

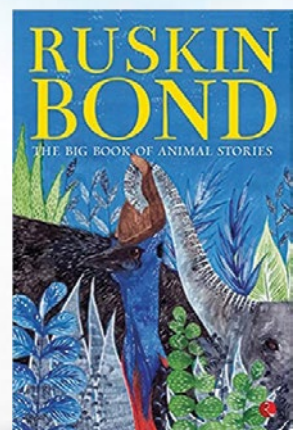
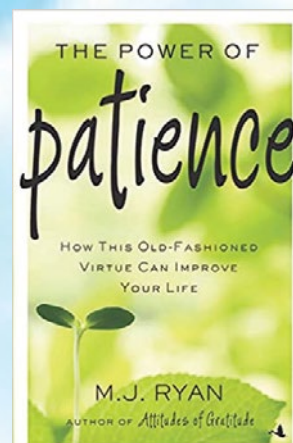
1. Patience: When the going gets tough, the tough get going. Sometimes waiting it out is the best way to handle a period of crisis. There is no healer and no problem-solver like time. Once you imbibe a spirit of patience, things will slowly start to fall into place. No pandemic or epidemic has lasted forever, and humans have eventually found ways to overcome all of them. There are three books I would suggest in order to develop patience. The first one is *The Power of Patience* (2018) by M. J. Ryan.

Ryan gives some amazing insights into how one can slow down the rush of everyday life and really enjoy

every moment by learning to be a bit more patient. The second book is *Patience: The Art of Peaceful Living* (2012) by Allan Lokos. The third book is *Perfecting Patience: Buddhist Techniques to Overcome Anger* (2018) by the Dalai Lama. The latter two books focus on Buddhist teachings aimed at teaching humans to overcome anger and annoyance.

2. Care, Safety, Responsibility:

While some of us debate over the use of masks, while many of us crib about not being able to go out, let us remember that prevention is always better than cure. We owe it to ourselves and to those around us. The carelessness of one individual might ruin a hundred lives. We are fortunate to have health workers and security



personnel to go out and wage the battle for us. Let us cooperate with them.

One remarkable book that powerfully conveys the need and the ways by which we can overcome the obstacles of life and take responsibility and ownership for our actions and shortcomings, our decisions and our destiny, is, *Braving the Wilderness: The Quest for True Belonging and the Courage to Stand Alone* (2017) by Brene Brown.

3. Positive Use of Time: Time is precious and the wise know how to

subject or skill online... If you really think of it, the list is endless.

Create your own bucket list of things that you always wanted to do. *101 Things to Do before You Die* (2008) by Richard Horne might give you some great ideas. Some of these ideas may be outlandish or absurd, but the aim here is not to follow the book literally, but to get the spirit of the book and create your own 'to do' list.

4. Return to Nature: This is a great time to re-establish the vital connect with nature. Take up gardening; look at the birds, flowers and trees; keep and care for a pet; meditate; breathe

the early morning air; eat healthy; exercise vigorously; keep your mind and body engaged. Slowly, you will realise that these are the real luxuries of life! It would be worth enjoying the feast that literary classics have to offer us. Read the poems of Wordsworth, Keats and Shelley! Two essays you should not miss out are — *Shooting an Elephant* by George Orwell and *Everything I Need to Know I Learned in The Forest* by Vandana Shiva. But if you love fiction, then you will really enjoy Ruskin Bond's *The Big Book of Animal Stories* (2015) and Jack London's classic novel *The Call of The Wild* (1903) with a dog named Buck as its hero.

5. Creative and Positive Thinking: You may be depressed because of a break in your studies, a pay cut or a loss of job. Of course, it is hard!

But it is not the end of the world. Think positive, be creative. Think of new avenues of employment, of self-employment, of new ideas. Remember, you will not lose until you lose hope.

A wonderful book I would strongly recommend is *Build Your Dreams: How to Make a Living Doing What You Love* (2013) by Alexis Irvin and Chip Hidden. Based on a real-life career workshop that inspired thousands of American college students, this book is a great guide for youngsters who are passionate about making a living out of their passions and interests.

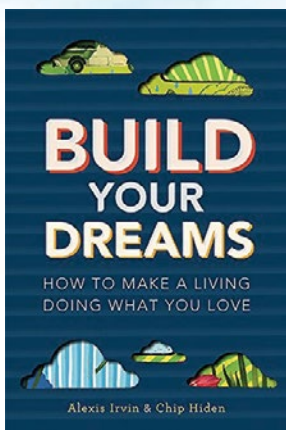
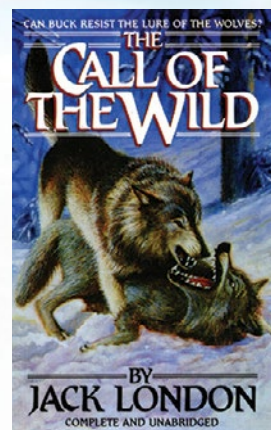
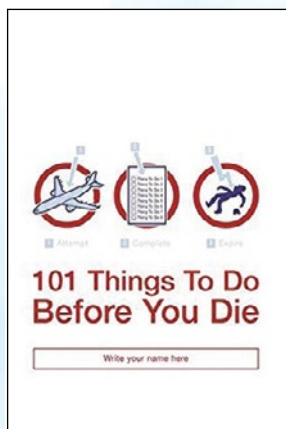
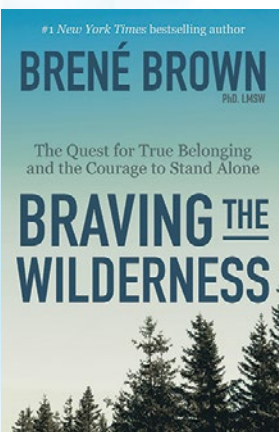
6. Giving a Helping Hand: This is the time to re-awaken our long lost humane instincts. If you can, in whatever way you can, help those who are in a worse situation than you are — emotionally, materially, mentally, physically. This can range from monetary help to a phone call to help with essential supplies to online guidance to a positive text message. When you help your neighbour's boat to reach the shore, you will find that you too would have reached the shore in no time. Reaching out to others is the best way to get over feelings of depression and self-pity. Often, our own struggles seem small when we look at the enormous challenges faced by others.

Perhaps there can be few things better than reading about one of the greatest givers of all times. Try to get hold of Navin Chawla's *Mother Teresa* (2003).

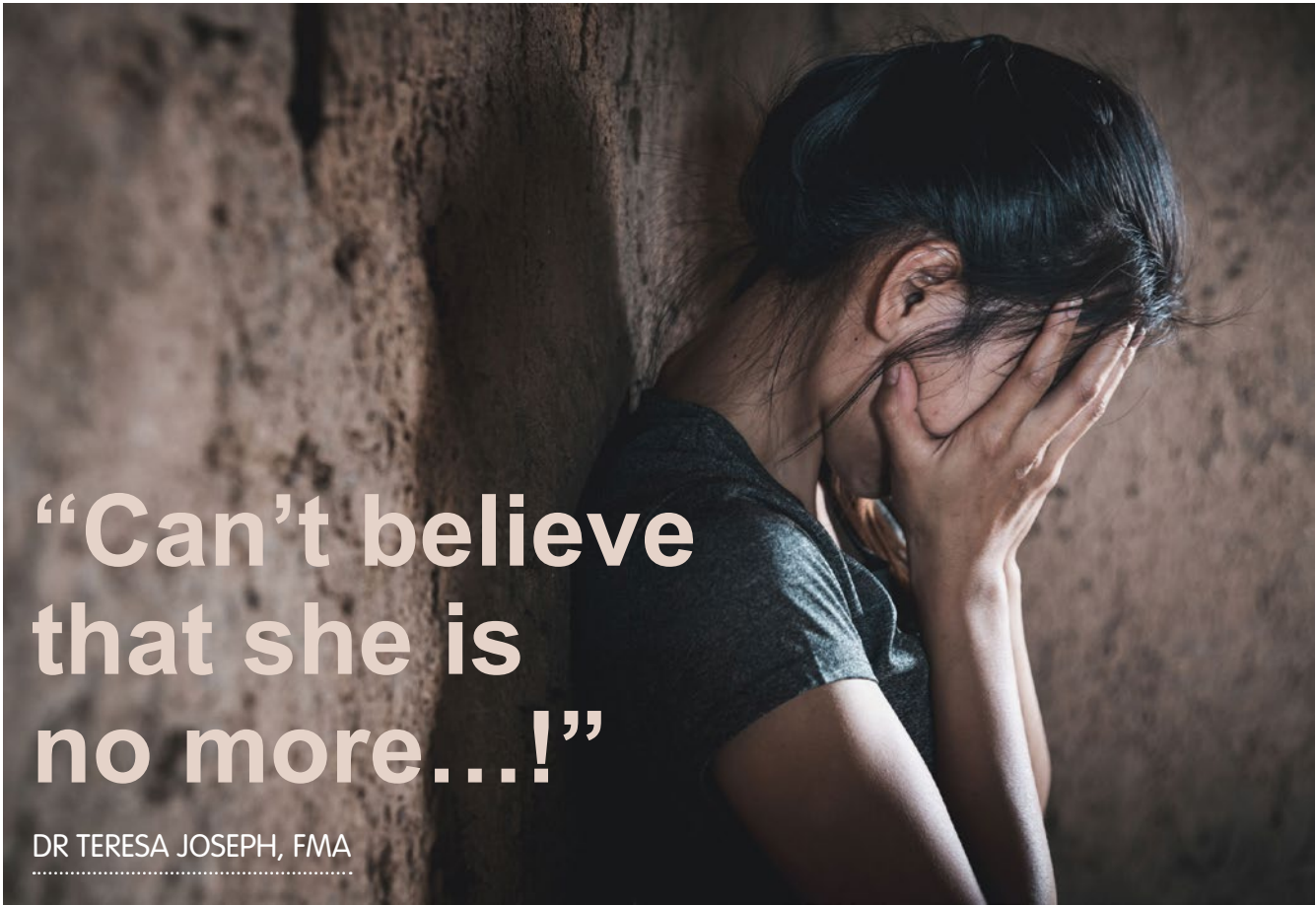
7. Pray: A tree with strong roots can withstand even fierce storms. Spirituality, connecting with the divine, is a powerful way of establishing strong roots that can guide us safely through the ups and downs of life. Whichever religion you may belong to, you can always connect with the positive energy in the universe, with the strong belief that life and joy are much more powerful than death and disease. Let us hope, pray and believe that we shall come out of the Corona crisis safer, happier and wiser, sooner than later!



Dr Rositta Joseph is Fellow of the Royal Society of Arts (UK), Former Visiting Fellow, University of Edinburgh (UK), Assistant Professor of English, GITAM Deemed University, Vizag.



use it well. In fact, the lockdown and work or study from home has freed up a lot of personal and family time. Use it for things we always wanted to do — catch up with family and friends virtually, read great books, watch amazing movies, learn music and dance, learn a new skill or craft or hobby, decorate your home, cook favourite dishes, take up teaching a



“Can’t believe that she is no more...!”

DR TERESA JOSEPH, FMA

Recently, I heard friends and dear ones of a youngster who ended her life in a jiffy say: “Can’t imagine that she has done this; she was everything to us, and was everywhere, was so smart ...”

Suicide is the second leading cause of death among teenagers. Suicide in teens is a serious and growing problem. The National Crime Records Bureau reports a student suicide every hour in India. In most cases, youngsters between the ages of 14-30 years commit suicide. There are various issues that teens are grappling with: peer pressure, emotionally turbulent and stressful years of life, issues related to their very personality: self-esteem, lack of confidence, loneliness, feeling of not fitting in anywhere, depression, etc., can lead one to commit suicide. There are other risk factors such as childhood abuse, traumatic experiences, lack of reference points, non-friendly home,

social or school environment, and familiarity with others who often speak about teen suicides.

These facts made me reflect deeply on the ever-increasing number of suicides. What preventive measures do we need to take to reduce the alarming rate of suicides? In the field of education and especially with regard to value education and personality development what more can we do? I put these questions to some of the scholars that I know. This is what they had to say:

Prof. Shazia Kardar, King Khalid University, Department of English writes: “Students usually don’t understand that suicide means self-defeat. Different issues trigger negative thoughts in their minds. In school classes to boost self-esteem, stressing the value of life and the reason for life, etc., should be introduced. Effective life skills also need to be taught. The students

should also be encouraged to open up about any problems they are experiencing.”

Prof. Antony Kannanayakkal Joseph, Cultural Anthropology and Theology, says: “One of the possible reasons that leads a person to suicide would be running out of alternatives or options. Not that options are not available but the capacity or skills of identifying alternatives are not developed. A world which rejects a loser, conducts elimination rounds to select the fittest is another cause. Training to reject such mentality, withstand peer pressures which promote competition, ability to design one’s own standards, and methods of life’s goals are also critical.”

Prof. Henry Olders, Psychiatry & Computer Engineering, says: “An important contribution to increasing suicide rates is that more and more people are being prescribed anti-depressants which can trigger

Photo: © TINNAKORN JORRUANG / 123RF.COM

violence, including suicidal and homicidal behaviour. Here is a section of an essay I wrote on anger and violent behavior (<https://henry.olders.ca/wordpress/?p=1404>)."

Prof. Vasil Grigoriev noted: "Suicide is a consequence of depression. The cause of depression is a disorder of physiological processes in the body, and is caused by improper functioning of the human body which leads to stress and punishment by the brain's punishment system."

Prof. Preeti Oza affirms: "Students today are the victims of over expectations. Moreover, educationists have failed to accept our students in complete totality. We have burdened them with our own anxieties and this burden becomes too much for young minds. Parents, teachers, and society have a collective responsibility to accept our students as they are."

World Suicide Prevention Day

To create greater awareness of suicide and risk factors associated with it, September 10, every year, is observed as World Suicide Prevention Day in partnership with the International Association for Suicide Prevention and the World Health Organization. Attending two seminars organized in Maharashtra to mark this day for two consecutive years helped me to understand the pain and sorrow of those who lost their dear ones due to suicide.

Suicide is intentionally taking one's own life, and it comes from the Latin word *suicidium*, which literally means "to kill oneself". Suicide is the tenth leading cause of death globally. There are myths and facts around suicides. One such myth is: "People who talk about suicide really won't do it." The fact is: Nearly everyone who attempts suicide has given some warning or sign!

Recognize the warning signs

Among the strong warning signals from teens who are pondering suicide are: drastic change in eating and sleeping habits, withdrawals, aggressive behaviour, escaping, drug and alcohol, indifference to personal appearance, drop in the quality of performance in school/college, tiredness, complaints about pains, no to praise or rewards. Be alert and act up on even indirect references to death or suicide. Expressions like:

Isolation and inability to form relationships were identified as important factors in suicidal attempts. Identifying the risk factors and recognizing the warning signs can help to prevent suicide. We need a comprehensive approach to suicide prevention: a blend of efforts that work together to address various aspects of the problem, endorsement of wellness, and mental health.

"Mom, you'll be sorry when I am gone", "There seems to be no way out," etc., are packed with suicidal feelings.

Feelings of "I am good for nothing", hopelessness, considering self as a burden; talking about death or suicide, sharing possessions, lack of interest in activities, high mood swings, etc., calls you to intervene. Speaking frankly and honestly about suicidal thoughts and feelings can help to save a life.

A loving dialogue

Various authors have shared their insights on how to talk to a teenager threatening suicide. Enter into a dialogue. Dialogue accompanied by prudence and discretion; listening with empathy, stepping in with apt questions: "Can you talk to me what is going on within you?" Gently ask: "Is there any specific event that pushed you to suicidal thoughts?" Do not enter into a lecture or a reactive mode. Keep off judgement and try not to disagree with their feelings.

You are initiating a new dialogue, your task is to search together for alternatives: no to suicide and yes to life. How and when? As quick as possible; suicide is never a solution. Play for them a tape of affirmation and love; suggest alternative options that will promote life. Ensure that you are there to stand by, that they can trust you.

Isolation and inability to form relationships were identified as important factors in suicidal attempts. Identifying the risk factors and recognizing the warning signs can help to prevent suicide. We need a comprehensive approach to suicide prevention: a blend of efforts that work together to address various aspects of the problem, endorsement of wellness, and mental health.

Experts are teaming up to reflect together how best to support teens in an increasingly digital world. Research efforts are already moving in this direction with focus on Teens, Tech and Mental Health. "*Preventing suicide: A global imperative*" is the first WHO report of its kind. A strong network among countries to develop/strengthen comprehensive suicide prevention strategies is the need of the hour. Together, teens, educators, and parents, we can do much to prevent suicide to save a life.

Dr Teresa Joseph, FMA, is a Salesian sister who holds a Master's degree in Science of Education. She has authored several books including *Dream Big, Dream True* and *Teachers Are Like Stars* (betteryourselfbooks.com).



Preventing suicides by working together

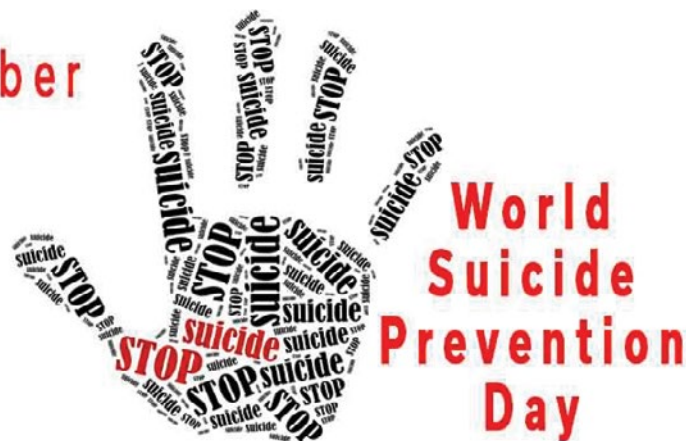
C. JOSEPH

World Suicide Prevention Day (WSPD) on 10 September is organized by the International Association for Suicide Prevention (IASP) with the purpose of creating awareness around the globe that suicide can be prevented.

Suicides by people of all ages, particularly the young, are on the increase on a daily basis, quite unlike before, and that too by people whom we least expect to take an extreme step like suicide. It is only a united effort by all concerned at all levels that can put an end to this ever-increasing menace. To begin with, we need to keep in mind the following, and act accordingly:

Threats of suicide should always be taken seriously. Always act on the cry for help, however insignificant you feel the cause of the threat is. We are dealing with people in pain and their perceptions are not necessarily close to everyday reality. In the majority of cases, an actual suicide is the result of a temporary

September
10th



mental aberration or instability — the person is just off balance rather than insane. An anxious event or something quite small pushes him/her beyond his/her limits of personal normal functioning and control. There are social pressures too, that increase the likelihood of suicide.

Usually people don't just wake up one morning and decide to kill themselves; there is generally a history of threat or hints that suicide is an option. If the person has some rudimentary plan such as time, place and method, then the threat is very real and one would be wise to obtain

professional help as quickly as possible.

In the event, one (you are) is faced with such a situation, here are some suggestions that may help you or someone you know to cope with while securing professional support:

Avoid platitudes and treat the issue as very real. Take the person and his declarations as if he means what he says. Do not attempt to negotiate. Sometimes people commit suicide as a form of retribution or paying back someone else to make them feel sorry. In such cases do not dwell on that person or how they might react to the intended suicide but rather keep the focus of the conversation on the suicidal person.

Give the person your total regard and listen to him, using plenty of summary statements so that you can show in a very real way that you understand his/her position, feelings and emotions. Many, especially young people, harm themselves because there has been a breakdown in communications with those who are significant in their lives. Coupled with this intense listening, refrain from making any judgemental comments or indeed trying to negotiate or talk them around. They will see what you are doing and you will lose their trust. It is far better to

keep them talking until they are all talked out.

If it looks as if the person really is going to kill himself then you move from being non-directive and get the person to a hospital or a crisis centre and/or notify the police as soon as possible. Tell the

have every right to prevent someone harming himself/herself or others and this overrides any contract you have with the individual. Once the event is over and the person is safe you will enjoy his/her positive regard again.

All of us can make our contribution in preventing suicide. Suicidal

exclusive insight and unique voices. Their experiences are invaluable for informing suicide prevention measures and influencing the provision of supports for suicidal people and those around them. The involvement of people with lived experience of suicide in research, evaluation and intervention should

be central to the work of every organization addressing suicidal behaviour.

Every day, we lose many lives to suicide, and many more are profoundly impacted by their deaths. We acknowledge all who experience the

challenges of suicidal ideation, and those who have lost loved ones through suicide.



C. Joseph is a counsellor at St Joseph's College, Jakhama, in Nagaland. He has written a number of articles and has produced several music albums in English and Tamil.



Every day, we lose many lives to suicide, and many more are profoundly impacted by their deaths. We acknowledge all who experience the challenges of suicidal ideation, and those who have lost loved ones through suicide.

person that you understand that he is in real psychological pain but that this will pass with time and that he must hang on and give himself a chance. This is the only area where you will not be expected to be bound by the confidentiality protocols. You

behaviour is universal, knows no boundaries so it affects everyone. The millions of people affected each year by suicidal behaviour have

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VERUS FERREIRA

Jambili is a folk-rock band that was formed mainly to preserve and bring back Karbi folk songs that were almost forgotten by the people from district Diphu in Assam. The idea to form a band was conceived when school friends came together and played for the first time, trying to bring back the folk songs that were almost forgotten.

Daniel Engty Kathar of *Excruciator* fame whose songs are very popular among fans of all ages and has also played with Grammy-nominated band from Dimapur, *Abiogenesis*, which has performed in Thailand, Russia, Bhutan and Myanmar, is the force behind *Jambili*. He brought together a few friends and formed the band in 2007. Daniel also played a role in

the *Abiogenesis* Films *Enter My World* as an Ahom warrior.

Their current line-up comprises Daniel Engty on vocals/kum dengdong/flute /guitars/krongchui (jaws harp), Thong Timungon vocals/Chenkpi/Chenkso/Chenkburuk (all traditional drums)/kum li eng, Talo Tisso on guitars/vocals/chenkpi, Sarlongki Teron on bass guitar/vocals and Sar-im Tisso on drums/chenkburuk/vocals. VERUS FERREIRA had a telephone chat with the band members. Excerpts.

Can you tell us how the band was formed?

Daniel: In 2007 I accompanied some scholar friends who were recording folk songs and stories for archiving and research purpose to the rural part of our district. I found that only a few elderly people knew our folk songs and many of them didn't even know the complete versions of many songs which only meant the extinction of our cultural songs which had no written or recorded preservation. So a sudden need to popularize them

JAMBILI

Reviving Folk Songs



was realized and a discussion among musician friends led to the ensemble of this venture, to repack the age-old traditional Karbi folk songs with modern equipments and sounds. That's how Jambili got ensembled and played its first gig in Diphu the same year in the famous Roots Music Fest of North East India. Jambili with just its first gig got immediate attention and played its second gig the same year on an invitation to Autumn Fest in Shillong.

Did you guys sing in the local language Assamese, or was it English songs and covers?



Thong: We are from the hill part of Assam where we speak Assamese only as *lingua franca* and Karbi is spoken in our region. *Jambili* plays fusion of only the Karbi folk songs and music, though we also have performed Bhupen Hazarika classics and Bihu in our own style.

Daniel: Well, cover music was out of the question since its origin had a specific motif, but we'd like to pay tribute to the works of legendary musicians from across the seas in our folk fusion way.

How did the band get the name *Jambili*?

Daniel: 'Jambili Athon' is a national

or spiritual 'totem' of the Karbis that has five branches representing the five sub clans of the Karbi community. It may also mean 'Jamborong' or 'Jarong' (a traditional Karbi utility sling bag to carry essentials from betel nuts and betel leaves to lime and tobacco to money to pen knife and matches). So, we justify our representing both the meaning as to bringing in spirituality and representation in our music meanwhile carrying universality and essentials in our bags.

Talo: We had no other name, it was always known as *Jambili*.

Were you or any other members in any other bands before forming *Jambili*?

Daniel: Yes, me and Edward the bass player, were members of *Excrciator* that played metal music from 1999-2005 and the guitarist Habey Phangcho and drummer Langkai Terang were members of *Boycott*, the first band to perform Metal in Karbi dialect. We also released an album *Voodoo du* in 2004. We have also Doloi Terang, the brother of the drummer who played the *Muri Tongpo* (traditional Karbi wind music instrument) for us and thereby giving shape to the sounds of *Jambili* in a new direction.

Have you released any albums, EPs, music videos to date?

Daniel: First song to be ever recorded with *Jambili* was a single *Drums Struggle Movement* (later an amateur music video was shot with a handy cam by a friend in 2011. Though we've not released any full length album as yet, we have songs like *Kingchili Liberation Front* and *Kaziranga* (protest song against the poaching of one horned rhino in Kaziranga National Park) that were released in 2008 in a compilation album *Spell Peace* alongside various artistes of Northeast India produced by Henry

Martin Institute, Hyderabad. Later in September 2015 we released singles *Oso Menthu* and *Hacha Kekan* collaborating with Vishal J Singh of Amogh Symphony (internationally critically acclaimed *avante garde* instrumental band). We have also done an OST for an after movie of 44th Karbi Youth Festival in 2018 called *The Spirit of Hachakan* an instrumental track produced by

Hongjai (The Karbi Vlog).

Thong: In 2018 we were selected alongside five other bands from North East India to record two tracks for a compilation album *Brahmaputra Raga Jazz* produced by Banyan Tree in association with Tata Trusts, *Oso Menthu* which is a re-work of our previous single.

Sar-im: In December 2019 we released a Christmas song *Sining Arecho*. In February 2020 we released another single *Dei Arnam* (a prayer of the Karbi faith)

Is there any message in your songs?

Sarlongki: Songs like *Drum Struggle Movement* talks of the passing of

our tradition to the next generation through the oral tradition which was practised by the community as there was no written or recorded format of Karbi folk songs, music or stories. The song is also about resisting acculturation and because of the identity crisis situation across the region many youth have been brainwashed to join the arms struggle movements. So this song plainly counters the act.

Thong: Again songs like *Hacha Kekan* talks about the harvest and the custom to call for a feast to celebrate the abundance of the harvest with the fellow villagers have been depicted, a traditional practice of the Karbis which we still do.

Are all your musical instruments locally made?

Thong: Yes, all the Karbi musical instruments are locally made. I play the 'kum li eng' (one-stringed bowing instrument), the sound hole is made from dried gourd and the strings are supposed to be made by rolling out of a kind of tree core and the bow strings supposed to be horsetail hair, but I have made a shift to get the best tone and have attached an electronic pick up to amplify the volume for

live performances. All the traditional drums are locally made.

Daniel: I play Kum Dengdong (two-stringed banjo kind of instrument) the first string from down up is 'Deng' and the second string is Dong; so it's called Dengdong.

Tell us something about the Dimasa-Assamese folk fusion music video, and your collaboration with Rajlaxmi Bora.

Daniel: Rajlaxmi is a multilingual folk singer who sings in different indigenous dialects of Assam and she wanted to do this Dimasa song *Rajabasa*. She wanted some collaboration, and thought that Jambili's approach to the song would go well. We jumped into it and first recorded *Ajanta Charangsa* (a Dimasa folk instrumental), then we laid our sound over the Dimasa traditional melody and *Rajabasa* was ready. The video was done by Kamki Diengdoh of the State of Mind production, Shillong.

You are not much on social media, so how does one really find you?

Daniel: We have always neglected the most essential part of the music business specially by not being active on social media or releasing any full-length album, so this time around our plans are for a music album, music videos and also make ourselves available on social media with our updates so people can follow our activities; the good thing of all is there are enough material ready to be worked, reworked and released.

What does the future hold for Jambili?

Daniel: Sometimes we don't fit in as we're too folk for some rock concerts and too loud for folk fusion festivals, but again sometimes it's overwhelming to be belonging to both when appreciation and invitation arrive from both the ends at the same time. By now we've also conditioned ourselves to acclimatize to the platforms; (pauses) meaning invite us to any gigs and we'll be there to rock you.

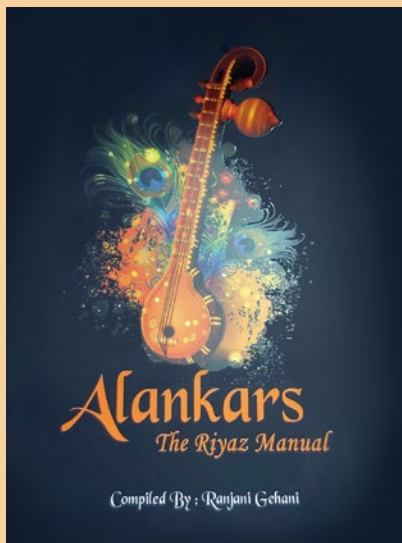
Verus Ferreira covers the hottest desi and international artists for THE TEENAGER TODAY. Passionate about music, he is the author of *The Great Music Quiz Book* and *The Great Rock Music Quiz Book*. A freelance journalist for over 27 years, he contributes to *Musicunplugged.in*



The Ultimate Handbook for Classical Music Lovers

Whether you are a beginner in music or a seasoned musician who needs to continue honing your art, *Alankars — The Riyaz Manual* by Ranjani Gehani is really useful. Practising these *alankars* will help a student to gain a good knowledge of the *swaras*, will also help in *RaagVistar*, *Taan*, train the vocal cords and improve tonal quality. For instruments, it improves the fluency in playing them.

The book is filled with musical knowledge and is a compilation of 2541 *alankar/paltas*/swar patterns. It's a reference book, the ultimate handbook for *riyaz*/practice for singers and instrumentalists. All possible combinations of 1 to 5 *swaras* have been compiled into *Paltas* and presented.



Says Gehani: "The book is the culmination of seven years of dedication and hard work, which started when I was on the hunt for a reference book on *Alankars*. Having not found anything that covered all *Paltas*, I decided to pen one myself".

The book has been enthusiastically welcomed by renowned musicians who have praised it. It has already received a lot of recognition, from those who used the book for practice. It did so well that the first edition was sold out, and a second edition was released in July this year.

Available on *Amazon.in*. You can also visit Ranjani Gehani's Facebook page.

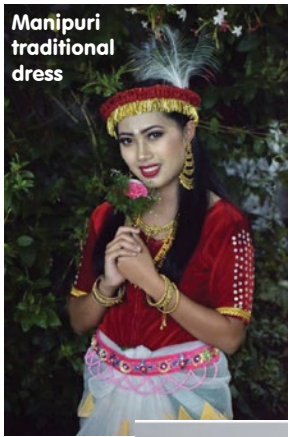
— Verus Ferreira

C. JOSEPH

Described by Jawaharlal Nehru as 'the Land of Jewel', Manipur boasts of an exotic landscape with gently undulating hills, emerald green valleys, blue lakes and dense forests. It is the tranquillity enveloping it, interrupted only by the soft breeze that sets it apart from the other northeastern states, and makes it an ideal gateway. Manipur, also literally meaning the Land of Jewel, is a paradise on earth where Mother Nature has been extra generous in her beauty.

Manipur has also other popular names like *Meitei Leibak*. According to the Kalika. Purana, it is the place where the waist of Devi fell at the time of Daksa Yajna. Another account states that her outer garment *Mekhela* fell to the ground here while she was dancing.

Manipur is famous for its rich culture and traditions, scenic landscapes, natural beauty, and mouth-watering cuisines, and is surrounded by nine hills with an oval-shaped valley at the centre



Manipuri traditional dress

resembling a necklace, justifying its name.

People and Culture

The people are simple and welcoming, and speak softly and politely. People of different ethnic groups live together here, peacefully for centuries. These ethnic groups include Bishnupriya Manipuris, Naga, Kuki and



Manipuri women

Meitei-Pangal (Muslims), although the majority are Meiteis.

Manipuri folklore, myths and legends, dances, indigenous games and martial arts, exotic handlooms and handicrafts are filled with the mystique of nature. The hill tribes of Manipur, although divided into a number of clans and sections, can be grouped under two major divisions: Nagas and Kukis. Though Manipur is a mosaic of traditions and cultural patterns, it is best known for its many dance forms.

Tribes of Manipur

While the different tribes generally communicate in their own dialects among themselves, communication between different groups is in *Meitei*, the official language of Manipur. Despite the socio-political and linguistic differences among them, all the tribes originate from the same Mongoloid group having similarities in cultural and traditional domains. The recognized tribes who made their home in Manipur for years are:

Aimol Tribe is listed under the Kuki tribes found living both in Assam and Manipur. They speak Aimol, classified under Kuki-Chin-Mizo language. They live in parts of Chandel and Senapati districts, and around Loktak Lake in Bishnupur. They practise slash and burn agriculture and are primarily Christians.

Anal Tribe is one of the oldest dwellers in the southern hills of Tengnoupal district. They were recognized as a tribe in 1951. Earlier, they were recognized as one of the oldest Kuki tribes; nowadays they identify themselves as a Naga tribe.

Chiru Tribe: Chirus are among the earliest inhabitants of Manipur and Assam. It was recognized as a scheduled tribe in 1956. They are found in the four districts of Tamenglong, Kangpokpi,

Manipur The Land of Jewel!

Dzukou Valley



Aimol Tribe

Churachandpur and Thoubal, and speak *Chiru*, one of the Kuki-Chin-Naga languages.

Chothe Tribe: They are settled in Chandel and Bishnupur districts and speak a Kuki-Chin dialect. Their main occupations are cultivation, livestock rearing and weaving. Some of them are blacksmiths.

Gangte Tribe: One of the major Kuki-Chin tribes dwelling in Churachandpur, Tamenglong and Senapati districts. They have a very strong population with around 40,000 worldwide, as of 2018. The Gangtes are also one of the well-educated and developed lot, with 99% literacy.

Hmar Tribe: Belongs to Kuki-Chin-Mizo group concentrated mainly in Churachandpur district. Agriculture and weaving are their main occupations. They adopted Christianity in 1910. Hmar have their village administration consisting of Lal (chief), Khawnbawlupa (chief minister) and Khonbols (ministers).

Kharam Tribe: The Kharampallen village is their largest settlement. They were recognized as a scheduled tribe in 2003. Most of them follow Christianity.

Khoibu Tribe: One of the Naga tribes of Manipur, speaking Khoibu dialect and call themselves 'Uipo'. Khoibukhullen is the oldest and their first Khoibu settlement is in Chandel district. The tribe was recognized as a scheduled tribe of Manipur in 1949.

Koirao Tribe: Also called 'Thangals' they are settled mostly



Gangte Tribe



Kharam Tribe

Kom Tribe: Settled in Churachandpur, Tengnoupal and Senapati districts, they speak languages similar to that of Koireng, Aimol and Chiru and closely related to the Hmar. Their major festivals are Seling, Hlungphun, Belam and Lamkut.

Festivals

Lui-Ngai-Ni: A collective festival of the Nagas observed on the 15th day of February, this is a seed-sowing festival after which the Naga tribes begin their cultivation. Social-gathering, songs and dances are the highlights of the festival.

Yaoshang: Celebrated for five days commencing from the full moon day of Phalguna (February/March), it is the premier festival of Manipur. The Thabal Chongba, a Manipuri folk dance, where boys and girls holding hands together sing and dance in a circle, is a special feature of this festival.

in Senapati district. They are close-knit and live in villages located along the National Highway No. 2. Thangals, in general, may be grouped under two divisions — Nagas and Kukis.

Cheiraoba (Manipuri New Year): People clean and decorate their houses and prepare special dishes which are first offered to various deities. Celebrated during April, a part of the ritual entails villagers climbing the nearest hill tops believing that it will enable them to rise to greater heights in their lives.

Kang (Ratha Yatra of Manipur): One of the most important festivals of the Hindus, and is celebrated for ten days in July.

Ningol Chak-kouba: A social festival of the Meiteis. Married daughters of the family come to their parental homes along with their children to enjoy the



Chumpha Festival



Gang Ngai Festival



Kut Festival

festivities. It is celebrated on the second day of the new moon in the month of Hiyangei (November) of the Manipuri calendar.

Kut Festival of Kuki-Chin-Mizo: This is an autumn festival of the different tribes of Kuki-Chin-Mizo groups. Celebrated on 1 November, it is a happy occasion for the

villagers whose food stock is bountiful after a year of hard work.

Chumpha Festival of Tangkhul Nagas:

Celebrated for seven days in December, it is a great festival of the Rangkhul Nagas, held after the harvest. It lasts for three days.

Gang-Ngai: Celebrated for five days in December/January. Gang-Ngai is an important festival of the Kabui Nagas. It opens with the omen-taking ceremony on the first day and the rest of the days are associated with a common feast, dances of old men and women and of boys and girls are devoted to social gatherings.

Dances

Just as Manipur is called the Land of Jewel, it is equally known as the Land of Dances, as Manipur



Manipuri dancer in Krishna attire



Thang Ta Dance

has a wide variety of dance forms (both classical and folklore), that is intrinsically linked with its religious traditions of the past.

Manipuri Dance: Known also as *Jagoi*, it is one of the major classical dances which gets its name from the state of origin — Manipur. It is multi-faceted, ranging from the softest feminine to the vigorous masculine, making it a true absorbing and exhilarating experience. The term “Manipuri dance” is a generic name, covering all the dance forms of the land, some of which are listed below:

Raas: Also known as the Jewel Dance, its themes mostly centre around the different episodes in the life of Lord Krishna, *Vasant*

Raas, which is the most popular of all “Raas Leelas” depicts the eternal love of Radha (Krishna’s devotee and consort) for him, and is performed on *Chaithra Purnima* in the full moon night of *Chaithra* (April-May).

Dhol, Dholak Cholam: It is performed using dhol, dholak and a variety of drums. and is specially performed during *Holi*, known as *Yaoshang* in Manipur. Dressed in colourful costumes, the dancers perform a variety of rhythms, showing some acrobatic feats, as well.

Punk Cholom or Drum Dance: A very unique form of Manipuri folk dance which involves dancing, and playing a drum simultaneously. A combination of sound and movement it demands acrobatic skills, as well.

Jagoi Dance



Luivat Phezak Dance: It is one of the most popular dances of the *Tankhul* Naga community. It depicts different stages of cultivation and simple lifestyle of the people and is performed during the traditional festivals of the state.

Shim Lam Dance: Also known as the Fly Dance, Shim Lam is the traditional folk dance of the *Rongmei* community. Decked in bright colourful traditional attire, the performers spin in circles around each other, following the rhythm of the chanting singers in the background.

Thang ta Dance: Known as the art of sword and spear, this traditional dance form features a wide range of

martial arts and weaponry in their performance like metallic swords and wooden spears.

Sports Personalities

Mary Kom: Chungneijang Mary Kom Hmange, popularly known as Mary Kom, is the most popular Olympic boxer. She is the only female to set a six-time record of winning the World Amateur Boxing Championship and the only female boxer to win a medal in each of the total seven world championships. Mary Kom became the first Indian woman boxer to win a gold medal in the Asian Games in 2014 in South Korea and is also the first Indian woman boxer to win gold at the 2018 Commonwealth Games.



Mary Kom



Bombayla Devi Laishram



Anuradha D. Thokchom

The Government of Manipur has conferred on her the title “MeethoiLeima”. She has also been felicitated with the Padma Bhushan, Arjuna Award, Padma Shri, Rajiv Gandhi Khel Ratna Award and many more. A Hindi film *Mary Kom* was released in 2014 about her.

Anuradha Devi Thokchom (Hockey): She has more than 80 international cups to her name and even scored 3-1 over Canada which happened to be India’s final match before the Rio Olympics. Earlier, she won the bronze medal at the 2014 Asian Games.

Bombayla Devi Laishram (Archery): She represented India at the Beijing, London and Rio Olympics. She started archery in 1996 and made her international debut in 2007. She received great recognition after winning a gold

medal at the 2010 Commonwealth Games in Delhi.

Kalpana Devi (Judo): At the age of 9, in 1998, Devi won the silver medal in the Sub-Junior National Championship. She later won four gold medals at the Junior National Championships and also managed to bag a gold medal at the Asian Junior Judo Championship.



Ngangbam Soniya Chanu (Weightlifting): She won gold twice in 2009 and 2010 at the Commonwealth Weightlifting Championships in Malaysia. She won silver in the 48 kg weightlifting category at the 2010 Commonwealth Games in New Delhi. Coming from a poor rural family, Chanu has overcome many hurdles to achieve her goals.



Khumanthem Ninthoinganba (Footballer): Because of his hard work and skill he was selected for the Under-17 FIFA World Cup coaching camp held in Goa to form the Indian team. Fortunately, he was selected to represent India at the FIFA U-17 World Cup 2017.

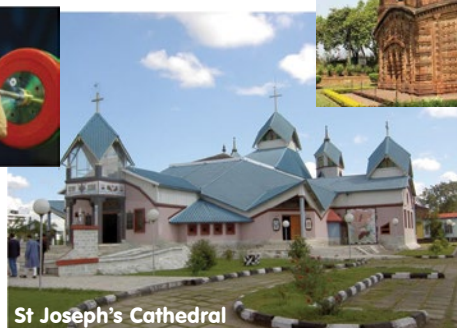
Places of Special Interest

Imphal: Imphal is the most beautiful capital city of Manipur and is recognized as a tourist place in the far north east of India. Modern Imphal has undergone tremendous change with the rise in the tourism industry along with the other industries prevailing in Imphal.

St Joseph's Cathedral: Located at Mantripukhri, on the outskirts of Imphal, the church was built in 1999. The architecture is an Anglo-Manipuri fusion. The splendid architecture makes it one of the

unique landmarks of Imphal, with the Hills in the background and beautiful buildings enhancing the view.

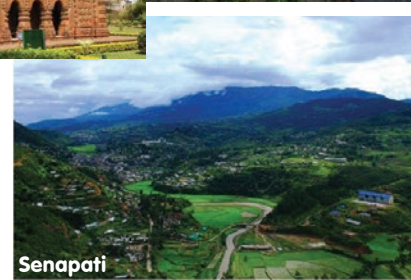
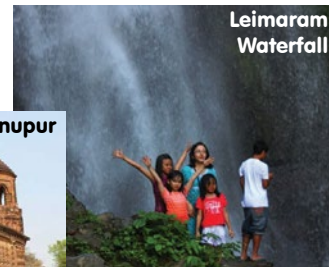
Senapati: The District is endowed with kaleidoscopic landscape of blue hills, green



Tamenglong: Tamenglong is one of the biggest of nine districts of Manipur. It is located on the western boundary of the state having a north-south spread bordering Assam and Nagaland state.

Leimaram Waterfall: Leimaram

Waterfall is a scenic waterfall which has become a major tourist spot in the past few years. The place is



valleys, serpentine streams and rivers flowing through mountains and deep gorges. Rich varieties of flora and fauna adorn the land. Agriculture is the main occupation of the people here.

Andro: Located 25 km towards the east of Imphal, Andro creates an authentic Manipuri village along with the cultural complex established and run by the Mutua Museum Imphal.

said to have not only one but three waterfalls, but only the first (the lowest) is the most visited one.

Bishnupur: Bishnupur is one of the smallest districts in Manipur, but what it lacks in size, it more than makes up for in its natural beauty, historical and cultural attractions. A tourist looking to have a peaceful but quality time will find it a great place to visit.

C. Joseph is a counsellor at St Joseph's College, Jakhama, in Nagaland. He has written a number of articles and has produced several music albums in English and Tamil.





Be your best, Give your best!

SR ESME DA CUNHA

Head of crossroads? These are “road signposts” that tell you where each road leads to. You come to that junction, and if you want to proceed you have to make up your mind as to which road you want to follow.

I consider this as a symbol of some crucial point in one’s life when one has to make a decision: this way or that? Which place, which school, what course, which career? Life goes on like this!

I feel that at almost every moment of life, we are at a crossroad. We have to keep making decisions continually, seemingly insignificant ones and really important ones. We have choices before us and we have to choose between them. Life is never a straight path!

Another metaphor explains life as ‘unravelling’ — like unrolling a carpet. You see its complete design only when it is fully unrolled. Or climbing mountains: you climb one range and then you see another one ahead of you!

Isn’t that what makes life such a wonderful, enriching and thrilling experience, one that keeps us on our toes, curious and eager about

another tomorrow? There is always the unexpected, the unforeseen opportunity. Take it or leave it! It may never come again.

That can make life exciting, and unpredictable too! In life, there are tremendous possibilities. But we have to make our choices. Inevitably we come to those crossroads. This may paralyze us with fear, insecurity, worry ... with so many ‘ifs’ and ‘buts’!

As a child, I loved to watch the birds flying — they seemed to do it so gracefully, effortlessly, against the backdrop of a blue cloudless sky. That, I thought, was a perfect image of freedom. Fly where you will, when you will, as you will, in the infinity of space... no one to hinder you, or chase you or quarrel with you!

As I grew up, I realized how fettered we really are, how unprepared we are to make choices on our own. We seek to please, we beg for praise and approval. We slink away from those who criticize us or find fault with us. We go with the crowd, yielding to peer-pressure. We prefer to be safe and comfortable in our own cocoons. But little is achieved that way!

In the meantime, precious opportunities flow by. Study these openings carefully. Careers, hobbies, places, new ventures... get all the information you can. The world is evolving fast. New courses are available to train you for new challenges. Get help from your mentors. Know your strengths, cultivate your talents. Be prepared to take calculated risks, count the costs. Discover the various avenues open to you. Where would you feel most at home; most yourself?

Enter into your inner self; feel the tugging of your heart. What do you really want in life? What is life offering you at this moment? And then, finally, muster up courage and take the plunge. These are your skies. Fly into those endless blue skies! You will never fully see the vast horizons that are awaiting you and opening up for you spontaneously. **Be your best, give your best.**

Esme Da Cunha, FDCC, is a member of the Congregation of the Canossian Sisters, and presently resides at Allahabad. She taught Physics for many years at St Joseph’s College for Women, Alleppey (Kerala). She loves writing, particularly on youth-related topics.



Coping with the Pandemic of Anxiety, Fear and Stress

JOE ERUPPAKKATT

The coronavirus pandemic had forced a 20-year-old MBBS student, studying in Russia, to return to her home in India in July 2020. As she landed in India, she was quarantined in a house where she was all by herself. Five days later she ended her life by hanging from a ceiling hook. She took the extreme step due to anxiety, fear and mental stress of being under surveillance and in total isolation. One can imagine how she longed for emotional support and encouragement from her dear ones. But all what she got was the loneliness of fearsome nights, countless hours of boring days and a home empty of human presence.

Anxiety disorder is a consequence of the corona virus pandemic. It causes fear and stress to many, especially as they are compelled to change their routines, lifestyle, plans and programmes. We are at a juncture when nothing can be planned for future. It is a distressing, frightening and worrisome time. Even after 7-8 months, since it first appeared, new cases are still on the rising spree.

Educational institutions have remained closed for several months now. Those who have given examinations are unable to obtain the results. There are millions who have not been able to give exams or get promoted to a new academic year. Others have completed their study and yet unable to pass out from their college and try their luck in the job market.

It is hard for most people to handle the uncertainty caused by the pandemic. They fall into a state of panic, tension, worry, nervousness, irritability and

unease. They are unable to concentrate on anything properly. Anxiety disorder can lead people to the extremes of avoiding work, school, friends, and social events. In the worst scenario, such a state can cause depression and even the thought of ending one's life. Here are some simple ways of how we can cope up with our anxieties.

Stay connected to God

A beautiful prayer card reads: "Today I will pray more, worry less;

All religions advocate prayer and meditation as a sure means of attaining joy, peace and tranquillity.

laugh more, stress less; hug more, hurry less." Prayer to the God of love takes away our worries. The book of Psalms in the Bible says, "I sought the Lord and he heard me and delivered me from all my fears. (Psalm 34:4).

A new study published in the journal *Sociology of Religion* suggests that prayer can help people come out of anxiety. All religions advocate prayer and meditation as a sure means of attaining joy, peace and tranquillity. Here is a wish that we can share with others: "Today I pray that you be free of anxiety. I pray that you will be able to give your worries to God, and he will give you peace."

Stay connected to people

The pandemic compels us to maintain social distancing and stay away from

people. The idea of 'work from home' has gained popularity among several companies. Students miss the company of their friends. There seems to be an almost total embargo on all social gatherings and activities. Visiting families and relatives has become a thing of the past. All these restrictions are aimed at 'breaking the chain' of virus spread.

But "man is by nature a social animal," wrote Aristotle. According to him, "a man outside a society is either a beast or a god." It is necessary that we keep some form of connectedness in order to live a healthy life. We depend on each other for many things. "Man owes his strength in the struggle for existence to the fact that he is a social animal," reiterates Albert Einstein.

Despite voluntary as well as enforced distancing during the Covid-19 pandemic, it is important to stay

connected in some ways. Thanks to the advancement in information technology, there are ways we can connect with our family, relatives and friends, and reach out for support and care we badly need. We can use phone and social media to interact with our dear ones. A face-to-face video conversation with family and trustworthy friends acts as a 'vitamin' for our mental health. It can significantly reduce the risk of anxiety, fear and depression. Social media has the great capacity to bring us closer to people who are otherwise beyond our reach.

Although the social media platforms offer the best of possibilities in this time of the pandemic, we have to exercise extreme caution. There is need for putting a limit on the time spent on

Photo: © FREEPIK.COM

social media and the type of people we interact with. Short of this control and discipline, we are at a high risk of falling into the trap of dangerous relationships that will further plunge us into anxiety and depression.

A face-to-face video conversation with family and trustworthy friends acts as a 'vitamin' for our mental health.



Photo: © FREEPIK.COM

Staying in isolation and social distancing does not mean doing nothing and wasting away precious time.

it together. There might be people around who feel powerless, hopeless, and desperate. When we engage in helping others, our own fears and anxieties will vanish.

People who focus on others and reach out to them with help tend to be happier and healthier than those who are selfish. Helping another person can make a difference to that person. But it can make you a better person as well. When we do a

seems most challenging," says Joseph Campbell, author, editor and professor. We can turn a crisis into an opportunity to discover our deeper powers. Staying in isolation and social distancing does not mean doing nothing and wasting away precious time. It's the best time to bring out one's latent talents like painting, music, dance, public speaking, reading, writing, blogging, computer graphics, etc.

The pandemic is not in our hands, at least for now. We are still a long way from the end of the dark tunnel. However, we can make our own efforts to combat the virus by making the world around us a better place to live in. There is always a positive side to everything, even in the global coronavirus pandemic. We have a choice either to focus on the negatives and get anxious, stressed out and worried or on the brighter side of the situation and find new meaning to it. Rabindranath Tagore once said: "If you shed tears when you miss the sun, you also miss the stars." How true this is!



Joe Eruppakkatt, a former editor for ST PAULS Publications and The Teenager Today, has been actively involved in the field of print media in India, the U.S., Great Britain and Nigeria. He is currently working for ST PAULS, New Delhi.



When we do a kind act, it can fill our own hearts with joy, peace and a sense of satisfaction.

Engage in helping others

Former U.S. President Barack Obama once said, "The best way not to feel hopeless is to get up and do something. Don't wait for good things to happen to you. If you go out and make some good things happen, you will fill the world with hope, and also fill yourself with hope." It is easy to be caught up in the fear and anxiety resulting from the pandemic. But we need to remember that we are all in

kind act, it can fill our own hearts with joy, peace and a sense of satisfaction.

Engage in doing something new

"Opportunities to find deeper powers within ourselves come when life

Major Dhyan Chand

The Undoubted Wizard

GP CAPT ACHCHYUT KUMAR

What King Pele is to Soccer, Donald Bradman to Cricket, Dhyan Chand is to Field Hockey. However, no one ever broke Bradman's bat or Pele's leg to see if there was any spring hidden inside them. Legend has it that so wonderful was Dhyan Chand's dribbling and ball control that during an international match, his hockey stick was broken to see whether there was anything inside the stick that attracted the ball like a magnet. Such has been the versatility of Dhyan Chand's stick work.

In 2014, names of two players were recommended for India's highest civilian honour; the *Bharat Ratna*. However, it was a rare occasion when the immortal Major Dhyan Chand ended as a loser. In fact, the irony remains that our hero did not even get the honour of receiving the second highest civilian award of the country. However, there is one honour which shall continue to be exclusive to Dhyan Chand among all sports personalities and, that is, that his birthday continues to be commemorated as the National Sports Day.

Dhyan Chand was born to Sameshwar Dutt Singh and Shradha Singh, at the historical city

of Allahabad, on 29 August 1905. Among his two younger brothers, Roop Singh and Mool Singh, the former also went on to be a great hockey player whose glory as a player would have been the greatest but for the presence of his elder sibling.

One may be left wondering as to how Dhyan Chand came to be known so while everyone in the family carried the family name 'Singh'. There are two stories in support of the title of 'Chand' carried by Dhyan Chand. The less supported story is that while in the Army, he used to practise his hockey skills after duty hours under the moonlight and 'Chand' being the Hindi word for 'Moon', people started calling him Dhyan Chand instead of Dhyan Singh. The other and more digestible story is that Dhyan Chand's coach saw the innate talent in Dhyan's hockey and made a prophecy that one day he would shine like the Moon. Consequently, he started calling the youngster as Dhyan Chand and that name stuck to him forever.

At the age of seventeen, Dhyan Chand followed his father's footsteps and joined the British Indian Army, in 1922. Prior to joining the Army, Dhyan Chand had hardly any credentials to back his hockey talent but soon his talent was in the limelight. Dhyan



Chand was a member of the Indian Army hockey team that went on a tour of New Zealand and what that team did during the tour was totally unexpected. While the Test series against the New Zealand team ended with one victory for each of the teams, the Indian Army team won 17 of the other 19 matches with two of them ending as a draw.

The Southern Hemisphere may have been better suited to Dhyan Chand's stick work because during a later tour of New Zealand and Australia, in 1935, he scored 201 goals in 43 matches. By the end of his international, Dhyan Chand finished with 570 goals in 185 appearances.

When the first National Hockey Tournament was organised, the Indian Army team was not a participant in the five-team competition. Since the newly-formed Indian Hockey Federation was planning to send an Indian team to the 1928 Summer Olympics, the Army permitted Dhyan Chand to represent his home state of United Provinces.



Dhyan Chand with the ball vs. France at the 1936 Olympic semi-finals in Berlin



Dhyan Chand (standing second from left) with the Indian hockey team at the 1936 Berlin Olympics

With Dhyan Chand as the centre-forward for the UP team, the title was a foregone conclusion.

When the Indian team left for the 1928 Amsterdam Olympics, it was low on funds and had a not-so-encouraging departure as it lost a match to Bombay XI. However, once on foreign soil, it was a different story. In fact, due to the ignominy of a defeat against India in a pre-Olympic game, the England team decided not to participate in the 1928 Olympics.

Thanks mainly to Dhyan Chand and later supported ably by his equally talented younger brother,

Roop Singh, India won the hockey gold medal again in 1932, at Los Angeles and in 1936, at Berlin. At the latter, Adolf Hitler's theory of 'Aryan Supremacy' was sent for a toss right under the dictator's nose when Jesse Owens won four gold medals and the German hockey team received a drubbing of 8-1, in the final. It is said that Hitler offered the rank of Colonel to Dhyan Chand in the German Army which the Indian refused.

The Southern Hemisphere may have been better suited to Dhyan Chand's stick work because during a later tour of New Zealand and Australia, in 1935, he scored 201 goals in 43 matches. By the end of his international, Dhyan Chand finished with 570 goals in 185 appearances.

The Second World War robbed the sporting world of two Olympic Games and perhaps, Dhyan Chand of some greater glories. In 1956, Dhyan Chand retired from the Punjab Regiment of the Indian Army. The same

year he was awarded the *Padma Bhushan* by the Indian government. In December 1979, the Wizard bid his final farewell to everything mundane.

Unfortunately, Dhyan Chand lived in an age when sport was neither financially rewarding nor appreciated highly in India. However, the fables of Dhyan Chand shall continue to inspire sportsmen forever and till eternity.

Gp Capt Achchyut Kumar has been associated with *The Teenager Today* for more than 50 years; initially as a reader and later as a contributor on varied topics. Having worked in the Indian Air Force and in India's oldest company, *Forbes & Company Limited*, he is now practising as a lawyer in Nainital High Court.



Director: Anu Menon
Cast: Vidya Balan, Sanya Malhotra, Amit Sadh, Jisshu Sengupta
Released on: July 31, 2020
Release platform: Amazon Prime Video
IMDB rating: 6.3/10
My rating: 3.5/5

Background: A woman who was once told that if she wants to be big in life, the world will call her “bada aadmi” (successful man) because no one has ever heard of any “badi aurat” (successful woman) in the 1930s, this lady was always ‘herself’ — fierce, unapologetic, and no cry-baby in distress and with that she promised herself to become a “badi aurat” one day. Today we (and for many more centuries to come) know her as the ‘Human Computer’ — Shakuntala Devi, a genius mathematician, astrologer, author of many amazing books and a politician (she contested the Lok Sabha elections against Indira Gandhi from Medak) is played by the very confident and amazingly talented Vidya Balan in this beautiful biopic.

From playing a fearless, beautiful actor Silk in *The Dirty Picture* (2011), a working independent talented housewife Sulu in *Tumhari Sulu* (2017) to a brilliant scientist in *Mission Mangal* (2019), Vidya Balan has come a long way, encouraging women to chase their dreams without thinking about societal stigmas. Now she is back with her never-ending support to women empowerment with her well-played role of Shakuntala Devi, India’s first woman mathematician to make it to the

Shakuntala Devi



Guinness Book of World Records for her calculation speed and mental solving skills.

Sanya Malhotra, known for *Badhai Ho* (2018), *Dangal* (2018), *Photograph* (2019) plays Shakuntala’s daughter, Anupama (Anu); confident as always, she is very crisp in her dialogue delivery this time.

The supporting cast is sure a cherry on this cake because of the well-known but less appreciated talent

of Amit Sadh in the role of Anu’s husband. He has proved his mettle in *Kai Po Che* (2013), *Sultan* (2016), *Breathe* (Amazon Prime web series 2018 and 2020) and *Avrodh* (Sony Liv 2020).

Storyline: Told through the lens of her stressed relationship with her daughter Anu, the film highlights the very different struggles and aspirations of Shakuntala Devi since childhood. Anupama started to hate her mother from the time she



Vidya Balan in a scene from *Shakuntala Devi*

Trivia

- * Shakuntala Devi attained universal fame when she demonstrated her ability to multiply two random numbers of 13 digits on 18 June 1980 and gave the correct answer within just 28 seconds.
- * She once beat the then world's fastest computer, Univac, by 12 seconds in calculating the 23rd root of a 200 digit number.
- * Actress Vidya Balan, director Anu Menon and costume designer Niharika Bhasin Khan walked through Shakuntala Devi's style evolution.
- * Director Anu Menon is also known for her flawless direction in *Waiting* (2015), *London Paris New York* (2012), *X: Past Is Present* (2015).
- * Vidya Balan plays a mother on-screen for the first time to an adult actor; she is only 13 years older than her on-screen daughter played by Sanya Malhotra.
- * Shakuntala Devi died on 21 April 2013 with her daughter, Anu, by her side. Her indomitable spirit continues to inspire us to chase our dreams and live life to the fullest.



Vidya Balan with her on-screen daughter played by Sanya Malhotra

realised that Devi was so dominating and controlling that she even had plans for Anu's post-wedding life, insisting Anu and her husband to live with her.

To some extent, Anu's allegations proved correct on different milestones throughout the journey of Shakuntala Devi's childhood, rising popularity, never-ending stage shows, love life, travelling schedules, married life and parenthood. Her tight schedule even made her distant from her newborn daughter

and divorce her husband, Paritosh Banerji (Jisshu Sengupta).

Her pride, selfishness, fame and game of numbers somewhat overshadowed her family responsibilities as a mother, wife and child, she abandoned her parents and ran to London to start a new life, divorced her charming Calcutta-based, bureaucratic husband to take

full custody of the daughter and bereft her of a normal childhood as well.

The film lets down its viewers only by its over-dramatization of some events and clingy scenes that instantly disconnects it from being a biopic on a woman who was not just a genius but also ahead of her time. After all, it is Bollywood. There is a scene in the beginning where Shakuntala Devi says, "We Indians love drama"; so much (drama) that the two-hour long film seems exhausting and inconsistent in the second half. The screenplay by Menon and Nayanika Mahtani moves back and forth over the years like a highlights reel of Devi's life.

I would have appreciated seeing a bit more of the Maths genius being built up. The film only briefly touches on parts of Shakuntala Devi's life, like her political ambition and why she wrote a book on homosexuality.

Anu Menon's direction and co-scripting with Nayanika Mahtani and Ishita Moitra very briefly gives us a hint of these two parts (writer and politician) of Shakuntala's real life, but sadly, doesn't shed much light on it, which for me was a big let-down.

But at the end of the day what matters is that Shakuntala Devi was an extraordinary woman who insisted on living life on her own terms; a nimble-witted humorous lady always full of life, for whom age was just a number and she loved numbers.

Were the researchers and psychologists, after running tests on her brain for her calculation capacity and speed, able to find out how she did that? Find out yourself in this must-watch biopic of India's Human Computer.

Atishay Jain is an engineer and banker by profession and a writer by choice. He is passionate about movies and web series of various genres across platforms and languages.



DR SHEFALI BATRA

Adolescence is a time to build connections that often last for life. When someone you know tells you they're overwhelmed or stressed, do you respond with empathy? Or do you react? Also, do you realize the difference?

Every day, several times a day, we are gambling over our understanding of one another. Not in technical words, but we hear people say these things to each other often. Have you heard them or said them too?

- ♦ "Why can't you understand?"
- ♦ "You just don't seem to get me!"
- ♦ "What part of my language isn't clear?"
- ♦ "Never mind, you'll never know how I feel!"

Of course, everybody's talking about empathy. Some surveys are claiming that empathy is declining in the world. And yet at many places, there are mass movements to enhance empathy by guiding parents, children, organizations and individuals to rediscover ways of opening the window into people's souls.

Empathy is the talk of the town. Whether people have it, or not.

The question is — how can you love someone, anyone; be their friend, or even work with them if you aren't going to be able to connect with them, and improve your interpersonal relationship? Empathy is human beings' way of understanding others. It is the talent that helps people get along with each other better — an emotional connection tool.

Sympathy vs. Empathy

Because we know so little about what both really entail, we conflate sympathy and empathy. Sympathy at its core is pity. It creates a power differential. For example, when friends go through a hard time and

Building Connections: The Art of Empathy

Empathy builds a bridge and then the other person can walk across it, and connect meaningfully with you.

you tell them, "You must be feeling miserable, I feel so bad for you", it's not really conveying that you care or understand. It appears that you are looking down on them as measly miserable creatures. This is pity or sympathy. As against saying, "This is a really rough time; you are so brave to be able to face something like this". This reflects how they feel, without judging or labelling them. And in fact, you're acknowledging their pain and courage for enduring that pain. Empathy builds a bridge and then the other person can walk

across it, and connect meaningfully with you. Sympathy breaks communication bridges and fixates on one thing — the person's misery. Nobody likes that. We all want to be cared for and we do want to care, too. We just often don't know how to.

Photo: © FREEPIK.COM

Stepping into someone's shoes

Empathy is a capacity to sense other people's emotions — so we can imagine what they might be thinking and feeling. In a spiritual way we can say it's letting someone know *they're not alone*. Having our voice heard, and being understood is a

Empathy is a capacity to sense other people's emotions — so we can imagine what they might be thinking and feeling. In a spiritual way we can say it's letting someone know they're not alone.

basic human need. There's nobody who will say I don't want others to understand me. When we are empathic, the other person gets the feeling that we are seeing *their world* and *their problems* exactly from *their point of view*. Like we have a window into their heart and soul and are looking through it. And of course, walking in their shoes too, to see where and how they hurt.

Empathy is not easy

Like any other skill, empathy can be learned. Some of us think we know

how to feel for others and I bet the majority of people are right. Yet, we could be mistaken. We might believe that we understand others, while we really do not. Empathy helps us get in touch with our feelings and gives us an emotional understanding of ourselves, then others. This is vital to all relationships.

- ◆ Friends
- ◆ Classmates
- ◆ Sports buddies
- ◆ Parent-child
- ◆ Teacher-student
- ◆ Any relationship at all.

When we don't feel understood, we can't see meaning in the relationship.

Empathy is about being mindful

We tend to think we're sending vibes of compassion and understanding; but what if the other person does not feel cared for or understood? That's the checkpoint. Empathy is two-way. You can't say you are empathic, while the other person does not agree that you are. It's true that it's very hard to empathize, but it's also not impossible. Once you learn the art, you cannot help always applying it in practice.

Here is a clear 4-step process for empathy.

Step 1: See the world and problems, as others see it.

Step 2: Don't judge them for how they feel or think.

Step 3: Actually understand how they are feeling.

Step 4: Communicate your understanding to them.

It's not always sequential. We can go to any step without having the others met but following from 1 to 4 makes us caring and empathic people.

Can we empathize if we don't feel happy?

We can't be nice to others if we are not at peace. When we are in any kind of pain (physical or emotional), our focus is eternally on ourselves. Haven't we all been in situations where we were going through a rough time and someone we know discussed their problem with us? And we thought immediately, or even said it out aloud: "Hey, you should listen to my story, you'll forget yours". Maybe we're trying to make this friend or family member feel better in comparison, but in the process, we discount their pain. If you think about the four steps above, we failed at each — we did not acknowledge their pain, we judged them for not being able to cope with something so trivial, we did not understand them; and we certainly did not communicate any empathy.

Strike the balance

We have to work on balancing the thought and emotion component of people's troubles. So, we care for ourselves, stay strong, help others, and don't lose ourselves in the bargain. Empathy of course doesn't just *happen*. We work towards it. Here are some tips that will help.

- ◆ Be open-minded.
- ◆ Be true to yourself.
- ◆ Create a connection.
- ◆ Open ears, and doors.
- ◆ Allow people to speak.
- ◆ Don't be quick to judge.
- ◆ Don't pretend, truly listen.
- ◆ Respect other's viewpoints.
- ◆ Allow frank communication.
- ◆ Ask questions, so you learn more.
- ◆ Make it about them, not about you.

When you become more empathic, you build better relationships and carve a better world.

Dr Shefali Batra is a Senior Psychiatrist and CBT Expert, and is the Founder of MINDFRAMES (mindframes.co.in). She posts and conducts regular 'lives' on Instagram @drshetalibatra.



Career Talk

with Dr Vibha Gupta

Q I am a student of Std XII with PCM and good at it. But I'm not sure if I want to make a career as an engineer, as

they say "just because you can, doesn't mean you should". I am

good at Maths and I write very well. I want to take the SAT exams to study in the U.S. but I don't know what I should major in. I know that I can clear JEE Mains but I don't want that as a career. I am more interested in Poetry, Music and History of Art. I am really confused as to what I should do.

Sheerin

A Using your creativity doesn't mean you're doomed to poverty. However, your choice of career inevitably has implications for your future earning power and lifestyle. For example, would-be musicians should expect to have some downtime between two events. If you're attracted to a poetry-based career, your income and working hours will typically be unpredictable.

Also, employment in the creative industries is typically less structured and formal than in other industries, and high levels of competition for work can make it difficult for newcomers to get a break. It's important to build up your knowledge and skills through work experience or extracurricular activities or both.

Alternatively, you may go for stable paid employment in another area and pursue your creative ambitions in your spare time. Decide on your future career, based on your interest and aptitude. Along with that, you may find paid work that enables you to use your creativity in other ways.

Q I am a student of Std XII (Humanities). I want to be an English news anchor, magazine editor or journalist but I am confused as to which one I should pursue. Please help me learn about the career options in Journalism and Mass Communication. I also want to know



about the eligibility, entrance exams, and pay package so that I can take the right decision.

Namrata Yugavrata (17) / Assam

A Though one of the most exacting and strenuous of all careers, journalism furnishes an opportunity for self-expression and the chance to affect social change. The prospect of meeting leading men and women is an added bonus of being in this field.

A Bachelors in Mass Communication is a three-year course, for which eligibility is 10+2 in any stream. Generally, institutes conduct their own entrance test followed by an interview for the selection of suitable candidates. The objective of these tests is to judge awareness of current events and the essential skills required for a conscientious journalist. Personal qualities rather than training are more important for becoming a good journalist.

An element of show business comes with the job of a news anchor — not only do you need to be comfortable in front of the camera, but you need to connect with the audience so that people want to watch you as opposed to your competition.

In the early years of one's career, journalism does not pay the big bucks like other professions. National newspapers and popular commercial magazines pay the best, but of course, they hire very few people without experience. Initially, just slog on with the sole aim of gaining experience. Once you gain that invaluable experience, salaries begin to catch up very fast.

Q I would like to take up Astronomy as a career. What should I do after doing PCMB after Std X? How many years of study will I have to undergo and what is the cost involved?

James D'Souza (15) / Mumbai

A Astronomers use the principles of physics and mathematics to answer questions about the fundamental nature of the universe, including the sun, moon, planets, stars, and galaxies. Since most of the work is related to Research & Development, it's always better to pursue a doctorate degree (Ph.D.). So after 10+2 with Mathematics and Physics, do graduation honours



in Physics, followed by post-graduation in Astronomy or Physics. Adding all these together, you would require seven years of study after Class X. Thereafter, you pursue Ph.D., which may be done along with work. Cost is not much as compared to other professional courses. Graduation and post-graduation fees in the universities is only a few thousands.

Q I am doing my B.Com. (1st year) and simultaneously pursuing C.A. In future, I want to be an entrepreneur. How should I proceed? Are there any P.G. level courses in entrepreneurship in India?

Aishwarya Jain (18) / Bangalore

A Masters in Entrepreneurship is specifically designed for graduates who intend to set up an impactful and innovative business. The programme imparts essential knowledge of how to start one's own business venture and the various facts that influence successful set-up and operations. You'll learn about the fundamentals of management, human resource development, accounting methods and finance, advertising, marketing and preserving an organization. This programme also gives opportunity to develop your entrepreneurial and managerial skills and may have individual mentoring sessions.

Many institutes offer a one-year PG diploma in Entrepreneur Development, including the following:

- Madurai Kamaraj University, Madurai (mkuniversity.ac.in)
- Mother Teresa Women's University, Kodaikanal (motherteresawomenuniv.ac.in)
- Indian Institute of Foreign Trade, New Delhi (iift.ac.in)

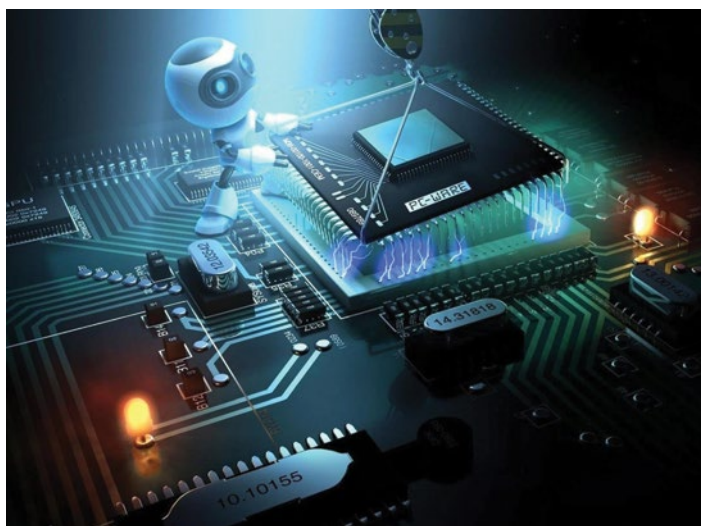
Q I want to study Computer Hardware and Networking. Please list some good institutes that offer this course. What is the scope of this course?

Andrea (18) / Chennai

A Computer Hardware is the combination of physical components or parts that make the computer system. Physical components include monitor, keyboard, mouse, hard disk drive, graphic card, RAM, motherboard, etc. Networking is the field of computer science that allows computers to exchange data or information. Data can be exchanged either using cable media or wireless media. The network devices are Router, Switch, Modem, Hub and Data card (Dongle). Network Interface Cards (NICs) are the most common type of hardware network on a network. Internet is the largest example of computer networking.

Due to heavy use of computers, laptops, mobiles, desktops and internet in private and government organizations, there are huge career opportunities in the field of computer hardware and networking.

Courses ranging from certificate level to master's level are available in Computer Hardware and Networking. Eligibility is 10+2 with Physics, Chemistry and Mathematics.



Diploma courses are offered by:

- NIIT (niit.com/india)
- Jetking (jetking.com)
- National Institute of Electronics & Information Technology (beta.nielit.gov.in) at various places throughout India.
- VIT-AP (vitap.ac.in) offers B.Tech. with specialisation in Networking and Security.

Dr Vibha Gupta is a Ph.D. in Mathematics from IIT Roorkee. A feature writer, her book *Careers: A Pathfinder* and articles in various publications attempt to guide students in choosing a career according to their natural strengths, talents and skills.





PROF. K. S. JOSEPH

In two of the earlier issues of this magazine, we discussed adjectives and adjective phrases, and adverbs and adverb phrases, respectively.

As we have already seen, phrases are groups of words that do the work of parts of speech. Phrases in sentences generally do the work of adjectives, adverbs or nouns. Accordingly, there are adjective phrases, adverb phrases and noun phrases. In this issue, we'll take up nouns and noun phrases.

In a sentence, nouns and noun phrases generally function as subjects, objects or complements. In other words, they act as subject or object of a verb, or as complement of a subject or an object. As a rule, the person, thing or anything about which the sentence speaks is the subject of the sentence. Object is the person or thing on which the impact of the verb reflects. Complement either reflects back to the subject (subject complement) or on the object (object complement).

Now study the following pairs of sentences carefully:

(a) It is my ambition.

(b) To become a great scholar is my ambition.

Nouns and Noun Phrases

(a) I hope it.

(b) I hope to win the prize.

You know that the pronoun "it"

is the subject of sentence (a). In sentence (b), the group of words "to become a great scholar" replaces "it" which shows that the group of words does the work of a noun and therefore, it is a noun phrase.

Now look at the second pair of sentences above. In sentence (a), "it" is acting as object of the verb "hope". In sentence (b), the group of words "to win the prize" has replaced the pronoun "it". This shows that the group of words is doing the work of a noun and hence it is another example for a noun phrase.

A few sentences containing a noun phrase are given below. Pick out the noun phrase in each case and state whether it is acting as subject or object of the verb or reflecting back to the subject (subject complement) or back to the object (object complement).

1. Taking an umbrella was a good idea.
2. Gandhiji's mission of life was to serve the nation.
3. She wishes to have a lot of wealth.
4. Radika loves riding bicycles.
5. To rise early is a good habit.
6. The manager refused to give him admission.
7. He loves playing cards.
8. I do not expect to fail in the exam.
9. To top the class is his ambition.
10. Do you enjoy reading books?
11. Cats like to play tricks on mice.
12. She likes wandering over the country side.
13. Swimming in cool water delights me.
14. To speak such rotten words is disgraceful.
15. He prefers starving to begging.

Check your answers

1. Taking an umbrella (Noun ph., subject)
2. to serve the nation (Noun ph., subj. complement)
3. to have a lot of wealth. (Noun ph., object)
4. riding bicycles (Noun ph., object)
5. To rise early (Noun ph., subject)
6. to give him admission (Noun ph., object)
7. playing cards (Noun ph., object)
8. to fail in the exam (Noun ph., object)
9. to top the class (Noun ph., subject)
10. reading books (Noun ph., object)
11. To play tricks on mice (Noun ph., object)
12. wandering over the country side (Noun ph., object)
13. Swimming in cool water (Noun ph., subject)
14. To speak such rotten words (Noun ph., subject)
15. Starving to begging (Noun ph., object)

Dr K. S. Joseph, M.A. (English); M.A. (Linguistics), M.Ed., Ph.D., teaches M.Ed. students at Titus II Teachers' College, Tiruvalla, Kerala. He has authored ten books and over sixty papers.



MAKING MAGIC THROUGH BAKING!



Posted by:
SWETA D'CRUZ
Mumbai

As the only daughter of my parents, it wasn't common that I was attracted to the kitchen. I didn't particularly enjoy cooking, except for when I was helping mum in cutting the vegetables. However, there was just one part of cooking that I was attracted to, baking.

I used to love cakes. I would cry for hours together until my parents got me a piece of cake. I was so addicted to chocolate cake, and my mum used it against me. She would ask me to help her in the kitchen or even wash the clothes for a piece of chocolate cake!

I would gladly do all that and even more to get my piece of cake as my mum is great at baking. She knows how to spice them up with fruits and other sweet additives. In my fourteenth year, I baked my first cheesecake and got plenty of positive feedback from my mum and dad.

As I grew up, my interest in cake decoration intensified. I would go to parties and carefully observe the decorations on the cakes. Then I would come home and ask my mum what she thought about it. I got my

first camera and took tons of cake pictures that I found interesting. As my curiosity grew, my family adopted the idea that I was the chief baker. I baked all kinds of easy cakes for deserts. From cakes to pies and delicious bread, my love for baking grew with me until I went to college. My family was sad and I was devastated because I had to focus on my studies and miss out on my passion for baking.

Dad didn't want me to go into the confectionary business without

Each time I baked a cake, I felt a spark of joy in my soul. It felt like I was born to mix flour and make magic from it.

at least getting a professional certificate, and I surely understood his plight. My first year in college was very hectic, so I had no time for my hobbies, especially baking. I made new friends and found some that lived around. Made a few visits and found that one of my friends lived close by with her family and they were open to my visits.

One day, while I was having dinner with them, I talked about my

baking expertise and how I missed doing what I loved most. The family suggested I bake for an upcoming birthday. I showed up very early on the day before the celebration and got down to work with the help of the family. They were sceptical at first, but as we were halfway into the process, they were amazed at my skills in baking.

The cake turned out better than they had expected, to my amazement. I did a special decoration, and the celebrant never stopped thanking me. I got a few recommendations, as well, and did other side baking gigs while in college, too.

Baking was my way of relaxing. I loved the smile on people's faces when they tasted my cake or pie, and it gave me a strong push to do something better.

Each time I baked a cake, I felt a spark of joy in my soul. It felt like I was born to mix flour and make magic from it. I have other hobbies, no doubt, but none can compare it with my love for baking.

At the end of my college days, I took to another profession but always bake whenever I get the chance. Baking will always be special to me, and I hope to pass down my skills to my children after I get married.

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Compiled by RAMA RAMESH

Boss birds

Birds are special as it is — they boast of a dinosaur lineage, after all! Some are even cooler than others, in terms of their awesome style statements, antics and plain strangeness. Ready to learn about birds you've probably not heard of before?

Fashionable hairstyle

Quite different from regular puffins, the tufted puffin possesses beautiful golden tufts of hair, at least during the mating season. This is not the only thing that makes this bird stand out, though. It can hold up to 20 fish in its mouth at a time and bring them back to feed its chicks. That's one extra happy meal!



Acoustic experts

While dances, songs, and attractive displays are common among birds during mating, a kakapo will take that extra step. During the season, male kakapos gather in a special arena. They dig bowl shapes in the ground and sit in or near them, making loud boom sounds and high-pitched metallic sounds that are enhanced by the curved shape of the bowls. This can go on for nearly eight hours each

night for two or more months!



Stay away, y'all!

With its Mohawk-style, blue face, a fascinating plumage, and a striking resemblance to flying dinosaurs, the hoatzin has every reason to feel proud of itself. But there's something else very unique about this bird that has earned it

the name "skunk bird". It turns out that the bird is much like a cow, allowing leaves to ferment inside its crop, which gives the bird a distinct "stinky" smell. It keeps predators away, so that's a major win, too!

Spill out your lunch...

A magnificent frigatebird's most prominent feature is the intimidating pouch in its neck. While its appearance is definitely magnificent, the same cannot be said about its behaviour. When a magnificent frigatebird feels hungry, it chases after other birds and forces the unfortunate victims through intimidation to regurgitate their last meal! The good parents teach their chicks the skill at a tender age, and the little birds practise chasing each other with sticks in their mouth. When a chick drops a stick, another swoops down to grab it!



Fooled you!

Killdeer, despite its name, thankfully has nothing to do with killing deer! Killdeers are instead best known for tricking predators. When an adult killdeer sees a fox or another predator approaching its nest, it moves away from the nest dragging its wing, pretending to be hurt. The predator, more interested in a fully-grown bird meal, follows along. After gaining enough distance away from the nest, it flies away back to its nest!

Hisss... I'm an owl!

Owls live in trees. Not burrowing owls, though. They're the rebels that chose living in burrows. You probably guessed that the owl's feet or beak aren't designed for making its own burrow. So what it does is borrow pre-made burrows of other small animals — whether they want to give it

up or not! And how does it keep away others curious about its new home? It hisses like a rattlesnake, scaring away even the bravest at heart. Now, that's talent!



The flower of hope

A war was raging,
A hibiscus bloomed
Fierce and bright red
Like the colour of the tear
That fell from his wound.

Streaked with venom,
Shaking with agony
Pangs of pain
Like a repetitive alarm
Killing so many.

All for a country,
A religion, a faith
People dying, killing
Many at home
For their husbands would wait.

But that day never came,
Many moons passed
But her husband lay dead
In a pile of many more
And that hibiscus
Faded at last.

Noor K. C. (14)
Tridha, Mumbai

In the moment

Paving a road for the future,
We trample the present,
Failing to live the moment before it dies.
Just a glance back,
Fills this empty human vessel with anxiety.
Uncertainty looms in the air,
With a whiff of the desolation and guilt of the past,
Of unfulfilled promises,
Of wrong decisions,
Of broken hearts,
Of a lost moment.
Images of luxury sold by the merchants of war,
Makes us forget
The sense of the shattered road behind.
We forget the past and pass with a mind ahead,
The excitement of the future is resentment in disguise,
Failing to live life for the moment.

Abhinav Sardesai (17)
Amity International School, Gurgaon

Yet another day

We love the smile; but at times, where does it go?
We try to find the answer, but we end up alone.
In search of the light we swirl too deep in grief
We try to skim, but can't stay afloat.

We try, we cry... we look at the sky
The sun goes down; look how it frays
But what makes the difference is that it tries to persist
It falls off the horizon but comes yet another day.

You think what you feel
You feel what you think
The mind is so good at concealing
You lose though you stand at the brink.

Shouldn't you play the game, too?
Your smile must be wooed by you
Since the misery starts with you
You must be the one to strangle it, too!

Khushi Yadav (14)
Air Force School, Chakeri, Kanpur

The beautiful heart

The heart is another soul found inside you;
Your heart is full of colour, this is true.

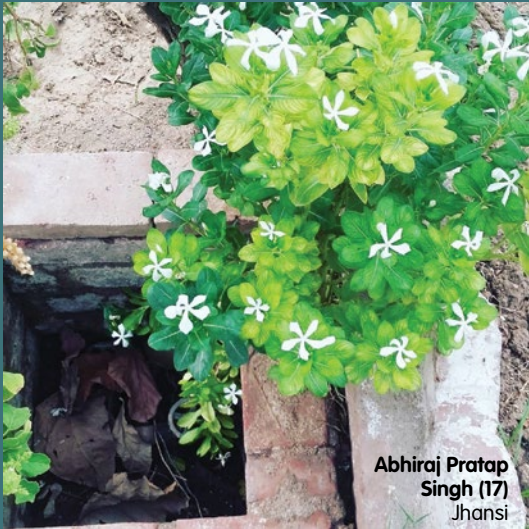
The colour of joy;
The colour of love.
Inspires you to enjoy;
Sometimes it is tough.
Tough to control feelings;
Feelings beyond this earth.

The peaceful heart improves birds' singing
The creative heart makes us inhale the fragrance of the earth.

This is always true;
Your heart is in you.
Waiting for the moment
When you smile.

Parthvi (14)
Delhi Public School, Rudrapur

Anmol Singh Bisht (18)
DSB Campus, Nainital



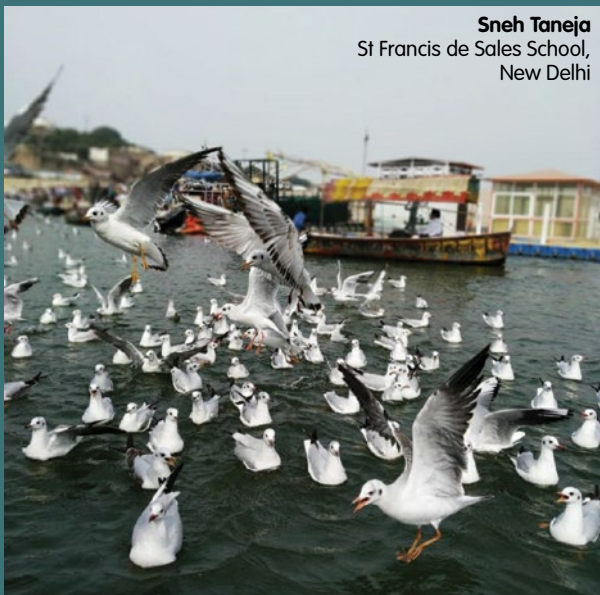
Abhiraj Pratap Singh (17)
Jhansi



Purva Lawhale (14)
Holy Cross Con. Eng.
H. School, Amaravati



Shambhavi Singh (16)
Presentation Convent
Sr. Sec. School, Jammu



Sneh Taneja
St Francis de Sales School,
New Delhi



Umang Sharma (16)
Notre Dame School, BTPS

Compiled by CAROLINE C. D'SOUZA



A Himalayan butterfly named **Golden Birdwing (*Troides aeacus*)** is India's largest butterfly. With a wingspan of 194 mm, the female of the species is marginally larger than the Southern Birdwing (190 mm) that Brigadier William Harry Evans, a British military officer and lepidopterist, had recorded in 1932. But the male Golden Birdwing is much smaller at 106 mm. While the female Golden Birdwing was recorded from Didihat in Uttarakhand, the male was from the Wankhar Butterfly Museum in Shillong.

Earth is worth a bank-breaking \$5 quadrillion dollars, according to an astrophysicist who came up with a calculation for valuing planets. Greg Laughlin, assistant astronomy and astrophysics professor from the University of California, developed a special formula for determining how much worlds are worth. The calculation accounts for factors such as a planet's size, mass, temperature, age, etc., to arrive at a price. "The formula makes you realize just how precious Earth is and I hope it will help us as a society safeguard what we have," said Laughlin.

September 21 is **International Day of Peace (Peace Day)**. This day is dedicated to peace or specifically the

absence of war. The theme for this year is: Shaping Peace Together. The Peace Bell, cast from coins donated by children from all continents, is rung at U.N. Headquarters, serving as "a reminder of the human cost of war". The inscription on it reads: "Long live absolute world peace".

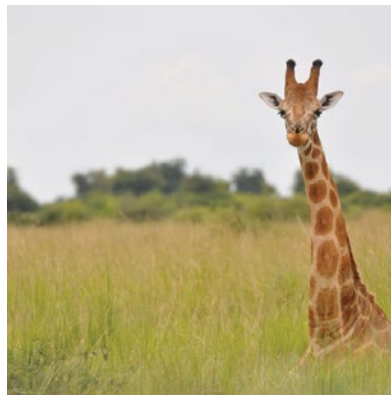
The Anglo-Zanzibar War is the shortest war in history. Fought between Great Britain and the Zanzibar Sultanate on 27 August 1896, the conflict lasted between 38 to 45 minutes. The immediate cause of the war was the death of the pro-British Sultan Hamad bin Thuwaini on 25 August 1896 and the subsequent succession of Sultan Khalid bin Barghash, who was not favourable to British interests. About 500 Zanzibari

soldiers and civilians were killed or wounded while just one British seaman was injured.

The word "rainbow" comes from the Latin *arcus pluvius*, meaning "rainy arch". In ancient times, it was believed that rainbows were a path created by the Greek goddess of the rainbow, Iris, linking us to the immortals. The world's longest-lasting (or longest-observed) rainbow was seen over Sheffield, England on 14 March 1994 — it lasted from 9 a.m. to 3 p.m.



The giraffe has the highest blood pressure of any animal. An adult giraffe's blood pressure can reach 300/180 mm Hg, according to zoologists. That's roughly twice that of an adult human.



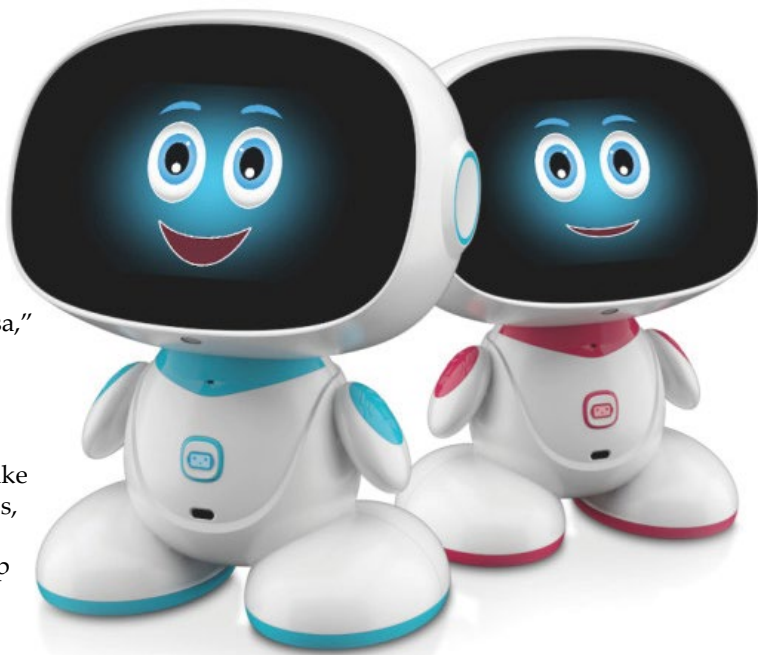
The sun is the most perfectly round natural object known in the universe. It is a 99.9997% perfect sphere. A precise measurement of the sun's equatorial bulge or its "oblateness" revealed that the sun doesn't

It is 1.4 million kilometres across, but the difference between its diameter at the equator and between the poles is only 10 kilometres. Scaled to the size of a beach-ball, that difference is less than the width of a human hair.



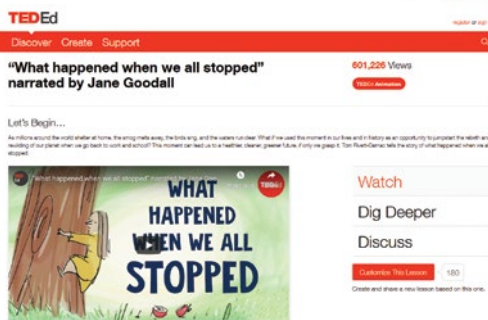
This social robot is a family companion

The Misa Next Generation Social Family Robot is smart, interactive, mobile and aims to be a true family companion. Misa uses Natural Language Understanding (NLU) along with speech to forge relationships with its family. Simply say, “Hey Misa,” followed by a question, and Misa will get to work on an answer. Misa is knowledgeable on a variety of topics, with more being added over time. Misa’s four wheels and multiple sensors let it travel, learn and interact with the world around it. Misa can make video calls, set alarms, teach good habits, tell stories, play music, videos, open apps, create personalized display messages and more. The Misa Connect App allows a user to be in total control of Misa. All user data is protected with end-to-end encryption.



Site watch TED Ed

TED Conferences LLC is best known for its popular TED Talk YouTube videos. But it also has a youth and education initiative called TED Ed. TED Ed lessons feature the words and ideas of educators brought to life by professional animators. With the motto “Lessons Worth Sharing”, it invites young people to explore a wide range of topics through short, animated videos that are easy to understand, conveying vital information or core concepts and ideas. Besides helping curious students, the videos can also be used by teachers to illustrate a lesson in class. Log onto ed.ted.com

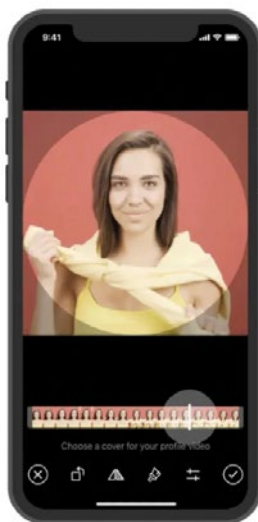
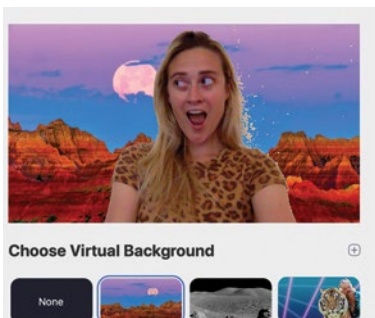


A stronger version of Gorilla Glass is coming

Corning, the company that makes the glass used for basically every major smartphone brand, has announced a new version of their signature Gorilla Glass line. It’s called Gorilla Glass Victus and can withstand drops from up to roughly 6.5 feet onto “hard, rough surfaces”. The company also claims it is twice as effective at scratch resistance as the last iteration, Gorilla Glass 6, was. Samsung will be the first manufacturer to use Victus in the “near future”, according to the company.

Tips Add virtual background to Zoom meetings

Zoom’s virtual background comes in handy if you have a messy room or cluttered environment you want to hide during a video call. You can either choose from the available virtual backgrounds or upload your own. Go to Settings. Click on Virtual Background from the left sidebar. Select a background or click on the add icon to upload from your PC.



Telegram update lets you use videos for your profile image

Messaging app Telegram now allows users to set a profile video that will play whenever someone opens their profile. Users can replace their static profile image with a video of their liking. “Capture yourself in action, or wink and wave at people like you’re in a magical picture from Harry Potter,” reads the blog. An integrated media editor will help users enhance video quality; users can also add animated stickers to the video.

Assam keelback spotted for the first time in 129 years



The Assam keelback has been rediscovered by a team from Wildlife Institute of India (WII) near a reserve forest on the Assam-Arunachal Pradesh border.

Herpetoreas pealii was discovered 129 years ago by Samuel Edward Peal, a British tea planter based in upper Assam. Peal collected two specimens of the non-venomous snake from the evergreen forests that made up what is now Assam's Sivasagar district. The specimens were kept in the Zoological Survey of India (ZSI), Kolkata, and the Natural History Museum, London. "The species has never been reported since then — nobody knew where it lived, how it looked, and everyone considered it a lost species," said Abhijit Das, a scientist with WII.

In September 2018, Das was among the five scientists who retraced the Abor expedition — an iconic expedition that took place from 1911-1912 that yielded a rich list of flora and fauna of the Assam region. In this expedition, researchers recorded 400 plants, 270 butterflies, 25 amphibians and 44 reptiles, 239 birds and at least 20 mammals. "We just happened to find this harmless snake while we were surveying the Poba Reserve Forest (RF)," said Das who collaborated with the Natural History Museum, London, to identify it. The species is about 60 cm long, brownish, with a patterned belly.

The snake's 'lost' status has a lot to do with the habitat it occupies — a lowland evergreen forest. "These forests have been selectively degraded during the last 100 years: tea plantations have been made, selective logging has taken place, and other activities such as oil exploration and coal mining," says Das.



Kongara Ramesh, a farmer from Tarluwada village in Andhra Pradesh has developed a mango variety with low levels of sugar. "The total soluble sugar (TSS) of this variety is only 16 as against 20 and 25 that of common mango varieties. Despite being low in sugar, the taste is fine," he says. The Horticulture Research Station at Sangareddy has certified that this variety has only 16 TSS. Each mango tree grows to a height of 10 feet and yields 300-400 mangoes. The seed is small, the skin is thin and the pulp quantity ranges between 80%- 85%, occupying a greater part of the fruit. The fruits are yellow in colour and weigh 200 grams each.

Venus is still volcanically active

Scientists have discovered 37 volcanic structures on Venus that appear to be still active today. This discovery has refuted the fact that Venus is a dormant planet.

Venus has shown evidence of a warm interior and geological activity on its surface through coronae, ring-like structures that form when plumes of hot material rise up through mantle layer and crust from deep within the planet.

Previously, the coronae were considered signs of ancient volcanic activity and that Venus had cooled enough to slow geological activity in the planet's heart and harden the crust so much that any warm material from deep inside would not be able to puncture through. But the new study suggests otherwise.

Scientists created high-res 3D simulations of coronae formation. These simulations showed coronae on Venus are still evolving which indicates that the planet's interior is still active.



The active coronae on Venus are clustered in a handful of locations, suggesting areas where the planet is most volcanically active, which can provide clues as to the workings of the planet's interior. The study's results can help identify target areas where geologic instruments should be placed on future missions to Venus, such as Europe's EnVision, scheduled to launch in 2032.

Compiled by MAYA SHAH

WOTSIT? COVER POLICE

CRACK THE CODE

Given the initial letters of the missing words, complete the phrase:

86,400 S in a D

Hint: You have up to 24 hours to solve this.

RIDDLE ME NOT

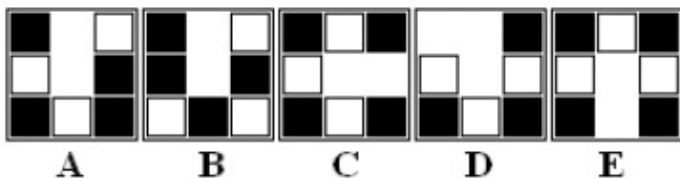
When is a door not a door?

THE AGE PROBLEM

Tom is 34 years younger than Joseph, who is as many years past 50 as Tom is below 40. Find their ages.

ODD ONE

Which figure is the odd one out?



MIND MAYHEM

At one time, a number of immigrants consisting of Armenians, Frenchmen, Russians, Spaniards and Englishmen were admitted into our country. Now, if the Armenians are less than $\frac{1}{3}$ of the number of Spaniards and 3 less than $\frac{1}{2}$ the number of Englishmen, then the Frenchmen and Spaniards would outnumber the Russians and Englishmen by 3. The Russians and Spaniards would be 1 less than $\frac{1}{2}$ the total number of immigrants, while the Englishmen and Russians would consist of $\frac{7}{16}$ of the total number of immigrants. How many of each nationality would be represented?

SUDOKU

Fill the grid so that every row, every column and every 3×3 box contains the numbers 1 to 9.

			7					
3			5			6	9	1
		2				4		8
	2			1	5			
4						8		
		1						6
9	6	7						
	5			2				
			6	1				

NUMBER CRUNCH

What number is missing from this grid?

A	B	C	D	E
7	5	3	4	8
9	8	8	8	8
6	4	9	3	5
8	3	6	?	9

BIRTHDAY MONTHS

Who was born in which month?

☐ Priya was not born in the first month.

☐ Sneha was born three months before Veda.

☐ Namrata was born seven months after Aditi.

☐ Veda was born in the twelfth month.

☐ Aditi was born eleven months before Veda.

☐ Priya was born four months after Aditi.



Veda



Sneha



Aditi



Priya



Namrata

ANSWERS: Wotsit?: Undercover police / **Crack the Code:** 86,400 seconds in a day. /

Riddle Me Not: When it's a-jar. / **Odd One:** D. / **Mind Mayhem:** 7 Armenians, 14

Frenchmen, 15 Russians, 24 Spaniards and 20 Englishmen, totalling 80 immigrants in all.

/ **The Age Problem:** Joseph is 62 and Tom is 28. / **Number Crunch:** 2. $(A \times B) - (D \times E) = C$ / **Birthday Months:** Veda: December, Sneha: September, Aditi: January, Priya: May, Namrata: August

Sudoku

8	1	6	7	9	4	2	3	5
3	7	4	5	8	2	6	9	1
5	9	2	1	3	6	4	7	8
6	2	9	8	1	5	7	4	3
4	3	5	6	7	9	8	1	2
7	8	1	2	4	3	9	5	6
9	6	7	3	5	8	1	2	4
1	5	8	4	2	7	3	6	9
2	4	3	9	6	1	5	8	7

Boy: "Hello! Hello! Police! Two people are following me to kill me. Please help me!"

Officer: "Where are you, sir?"

Boy: "In the park."

Officer: "And what are you doing?"

Boy: "Playing PUB-G!"

Sent by Naman Tyagi (13) / St Francis De Sales School, New Delhi

What did the flower say to his girlfriend?

"Why do 'phools' fall in love?"

2020 is really the Year of the Rat...

1. We are all in hiding.
2. We only go out to get food.
3. We store food to eat later.
4. When people come close to us, we run away!

Teacher: "Today's online class is over. Any doubts?"

Student: "Behind you... that person who has come to give you tea... is he your husband?"

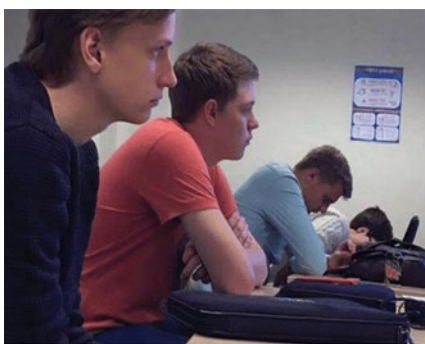
Why do noses run, but feet smell? Shouldn't they do the opposite?

Man: "How much salt to add to the vegetables?"

Wife: "You've been making vegetables for the past three months; still you can't guess how much salt to add! Yet you write in your resume: "Quick learner and extraordinary decision-making skills!"

I was so bored that I went outside and knocked on my own door, then came back in and asked: "Who is it?"

Silence Please!

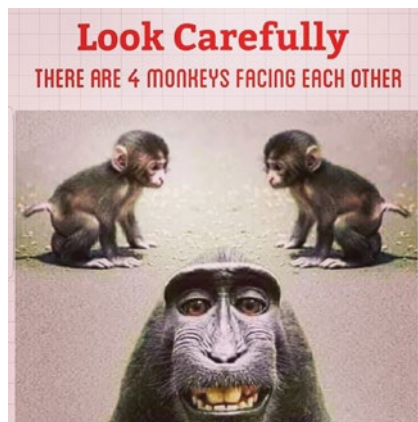


The four stages of a Maths class!

Interviewer: "What if earth rotates 30 times faster?"

Candidate: "We will receive our salary daily!"

A man was in a hurry to leave the house. He couldn't find the lock, so he wrote "Covid-19 Positive" on the door and left.



When he came back, he saw that the inside of his house was empty, and his Corona notice had disappeared. In its place instead hung another notice: "Disinfection done. Everything cleaned."

What did the buffalo say to his son when dropping him off at school?
"Bi-son!"

Teacher: "Why are you sleeping in class?"

Student: "Your voice is so sweet and soothing that it lulls me to sleep."

Teacher: "Then how come the other students aren't sleeping?"

Student: "They aren't listening to you, ma'am!"

Maths teacher: "How can you distribute 8 apples among 6 people equally?"

Student: "Make juice and distribute it among them!"

A teacher asked a student to write 55.

Student: "How?"

Teacher: "Write 5 and beside it another 5!"

The student wrote 5 and stopped.

Teacher: "What are you waiting for?"

Student: "I don't know which side to write the other 5."

Want to be 1st in your class?

1. Wake up every day at 5 a.m.
 2. Have a good breakfast.
 3. Go to school at 6 a.m.
- Nobody will be there in your class... you are now 1st in your class!

One day, I asked my heart: "What is love?"

My heart replied: "Look bro! My function is just to pump blood. So don't ask any question out of syllabus!"

Tolu: "Why are you removing two wheels of your car?"

Molu: "Because the sign says: "Two-wheeler parking only!"

Teacher: "Which is the shortest month of the year?"

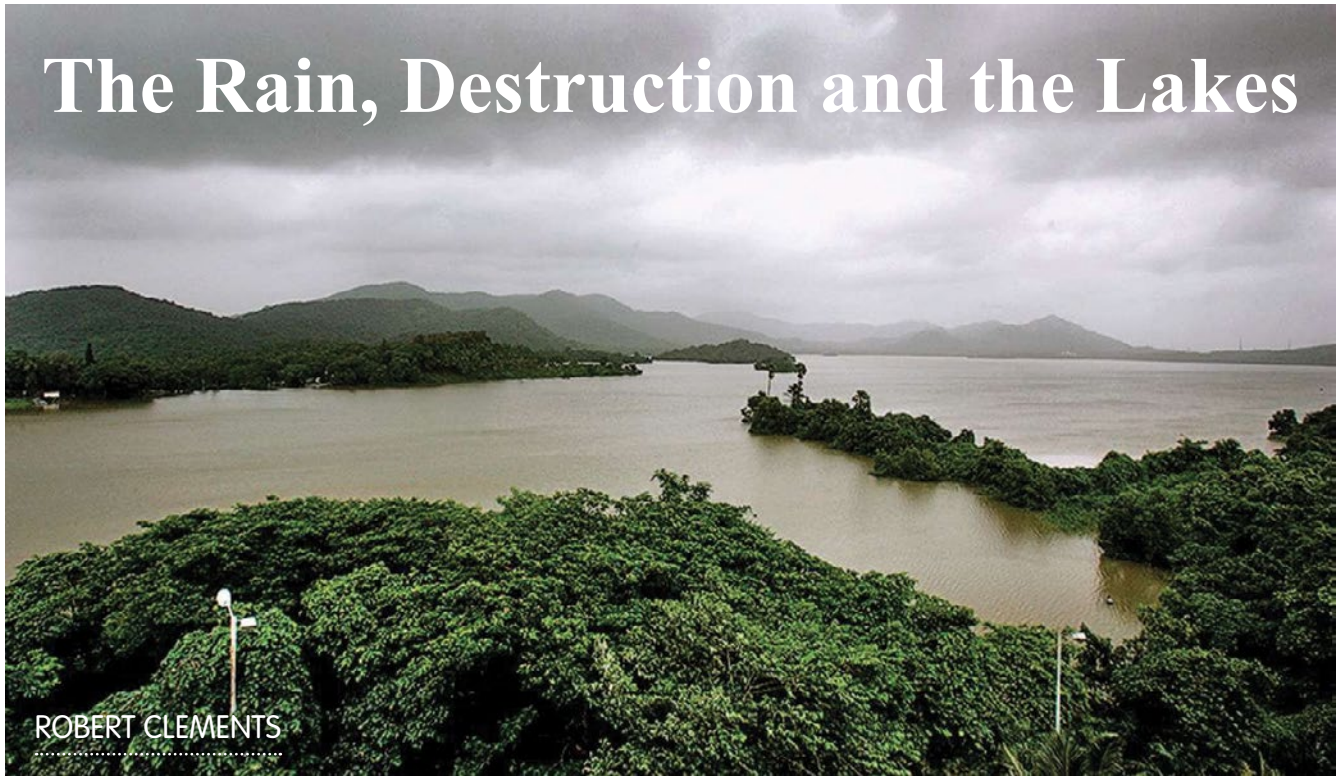
Student: "May... It only has three letters."



EMAIL YOUR JOKES TO EDITORIAL@THETEENAGERTODAY.COM WITH SUBJECT LINE 'JOKES'.

Include your full name, age, school/college name.

The Rain, Destruction and the Lakes



ROBERT CLEMENTS

For weeks I've been hearing the sound of the pitter patter of rain outside my window, but was told that though the rain was falling in the city, it wasn't falling in the lakes, which meant that after the monsoons retreated there would be a scarcity of water in the city.

"For the lakes to be filled, you need strong winds to blow the rain clouds inland, and over the lakes," explained a friend to me.

The strong winds obviously didn't come, and soon a twenty per cent water cut was introduced in the city. A twenty per cent water cut when announced transmits into a fifty per cent cut, as the municipality never announces the severity of the cut they make.

And then the strong winds came. They came with such force that the newspapers reported that trees fell, a landslide happened and old buildings collapsed, even as people got electrocuted because of the floods!

"The lakes are filling!" said, the same friend to me gleefully.

"Thanks!" I told my friend, because he reminded me that beyond the immediate, which was trains not running and water getting into home and streets, there was a big picture being created, a picture that told you and me that we could be in the happy position of having water without a cut for the next whole year.

And my eyes stray to the same newspaper which reports the floods, the landslides and no mention of the

lakes... is it doing the same with this pandemic?

Is there a bigger picture forming in the background that no one is talking about?

Has there been a bigger awareness that life is short and all the politics, and money building is futile because we may not be here tomorrow?

Are we still involved in property disputes with a brother or sister, fighting over a piece of land, which this pandemic might never allow us to build on?

Even as the newspapers point their cameras at the virus stalking outside our doorsteps, and forcing us to shut ourselves inside, have we found joy in a long-lost friend calling to ask how we were, and being happy for the concern shown? Maybe a relationship growing stronger, bonding taking place during this lockdown?

Have we found during this catastrophic time that our faith has increased, our righteous living grown more pronounced and a sense of stillness and peace quietly taking over ourselves?

That, dear friends, is the sound of the lakes filling even as the winds, the rain and the floods make their presence outside!

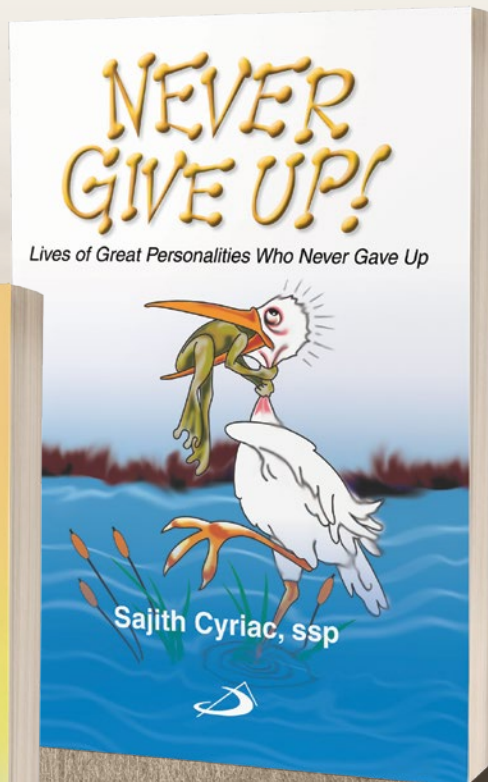
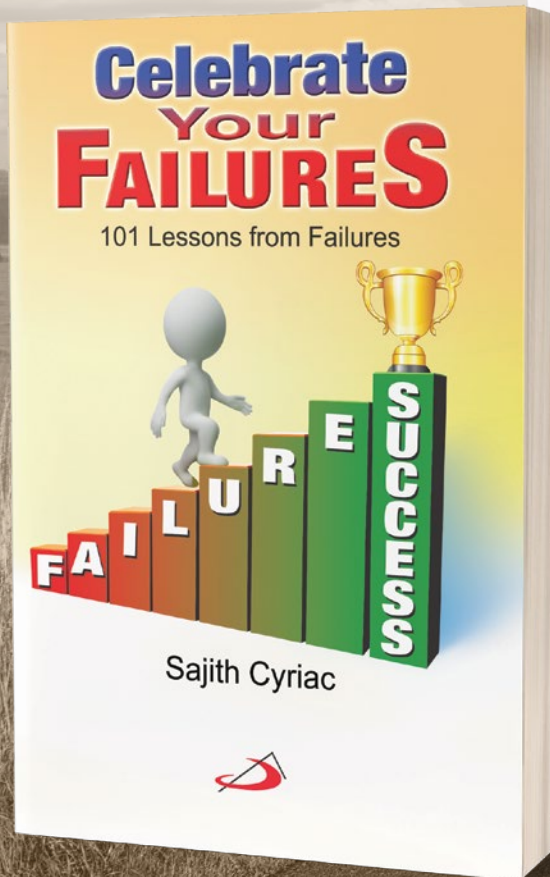
Robert Clements is a journalist and newspaper columnist. With an estimated 6 million readership, *Bob's Banter* is published in over 30 newspapers and magazines in nearly every state in India, as well as in the top newspapers of Bangladesh, Dubai and Pakistan, and is also translated into Hindi.



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