

The Teenager Today

October 2020 ₹30

**TEENAGERS
& MENTAL
HEALTH**

**DEFINITELY
NOT THE LAST
FOR DHONI!**

**FEEL THE FEAR
AND DO IT
ANYWAY!**

**“YOUNGISTAN”
CHALLENGES THE
DRAGON!**

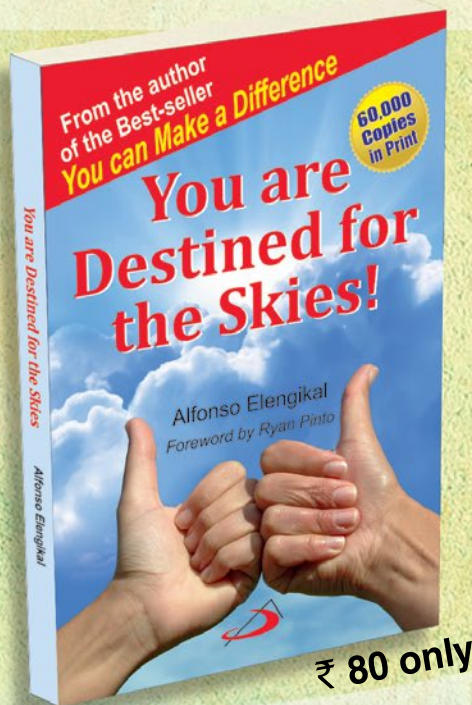
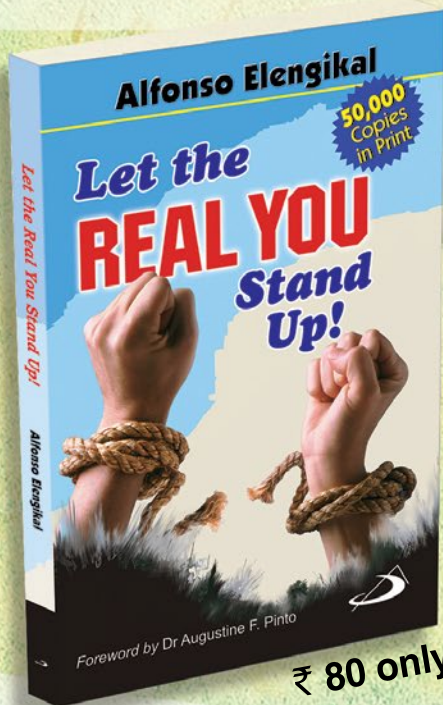
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FROM THE CHIEF EDITOR

BACK IN YOUR HANDS, AGAIN!

The Teenager Today is delighted to be back in your hands again, dear friends, after a long wait for nearly six months. Of course, we never missed even a single issue, despite the lockdown resulting in the loss of many working hours, closure of offices and printing plants, disruption of road and rail transport, and postal services. Thanks to our dedicated team that kept working through odd hours, we kept reaching via email and WhatsApp, as many of you who could access these. With effect from the present issue, *The Teenager Today* will reach you in hard copy, once again.

We are aware that we could not reach so many of you (during the months from April to September) who have subscribed to the magazine through your schools. Our sincere apologies to you. Those of you who have their subscriptions valid beyond last April, are entitled to get, and can get, from your schools those many copies depending on the month of expiry of your subscription, without having to pay for them.

Those of you whose subscriptions ended with the April or May 2020 issue, need to renew their subscriptions to continue receiving the magazine from your school/Institution. Our office has been informing individual/single subscribers over the past three months about the time of expiry of their subscriptions. Please contact our office, compulsorily with your e-mail id/WhatsApp number, if you want to receive the e-editions of the issues you missed. You may even forward these issues to your friends, and introduce *The Teenager Today* to them, inviting them to subscribe to your favourite magazine from the present issue.

Beginning with Gandhi Jayanti that falls on October 2, the month of October reminds us of many significant dates. Taking into account St. Francis of Assisi's great love for animals and our planet itself, animal lovers the world over keep up October 4, his Feast Day, as World Animal Day. Jubilee Cardozo, once a regular contributor to our magazine, joins *The Teenager Today* family once again, inviting us all to be foster parents to animals, whether they be our pets, or stray ones who have nowhere to go or no one to take care.

Another significant day is World Mental Health Day, celebrated annually on October 10. C. Joseph, a close associate of *The Teenager Today*, and currently Counsellor at St Joseph's College, Jakhama, Nagaland, in his article *Teenagers and Mental Health* creates awareness about the need of tackling mental distress and similar problems at the right time before they lead people to serious mental disorders.

These and many other special articles await you, in this issue, to help you spend your precious time creatively and profitably during the month. Happy reading and all the best!

Alfonso Elenqikal

IN THIS ISSUE

October 2020

REGULARS

- 3 FROM THE CHIEF EDITOR
- 5 SOUL STRINGS
- 6 T-MAIL
- 8 DEAR YOUTH COUNSELLOR
- 10 T-POINT OF VIEW

SPECIALS

12 **FEATURE**
Feel The Fear And Do It Anyway!

14 **CURRENT TOPIC**
Teens & Mental Health

16 **HOBBY LOBBY**
Are You An Animal Lover?
Become A Pet Foster Parent

18 **FEATURE**
Flow With The Law
Of Acceptance

20 **TIPS**
How To Be A Hit At Parties

22 **YOUNG ACHIEVER**
Shreenabh Agrawal
A Prodigy In The Making

24 **CULTURE**
Lesser-known Art Forms Of Kerala

26 **MUSIC**
Lauv

28 **TEEN SPACE**
Look vs Outlook



30 **SPORTS**
Definitely Not The Last For Dhoni!

32 **MOVIE REVIEW**
Enter My World
A Musical Film From Nagaland

34 **FIRST PERSON**
Indian Air Force
It's Not Just About Flying!

36 **CAREERS**
A Career As A Stockbroker

38 **INNOVATIONS**
"Youngistan" Challenges The Dragon!

T-ZONE

41 READERS BLOG

42 **WEIRD & WONDERFUL**
Strange jobs that (sadly)
don't exist anymore!

43 POETS & POETRY

44 PHOTO PIK

45 DYK

46 WIRED

47 SCI-TECH

48 MIND GAMES

49 FUNNY BONE

50 **BOB'S BANTER**
Grandma's Take-Home Gift!



Life is a journey filled with unexpected miracles.

Random Thought

Soul Graffiti

Fall in love with taking care of yourself. Fall in love with the path of deep healing. Fall in love with becoming the best version of yourself but with patience, with compassion and with respect to your own journey. ~ S. MCNUTT

DON'T BE AFRAID TO START OVER

IT'S A CHANCE TO BUILD SOMETHING BETTER THIS TIME



Pearl of Wisdom



“Step out of the history that is holding you back. Step into the new history you are willing to create.”

~ OPRAH WINFREY



Be the person who breaks the cycle

If you were *judged*, choose *understanding*.

If you were *rejected*, choose *acceptance*.

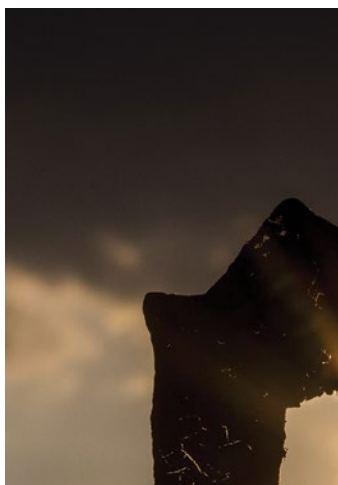
If you were *shamed*, choose *compassion*.

Be the person you needed when you were *hurting*, not the person who *hurt* you.

Vow to be *better* than what broke you, to *heal* instead of becoming bitter, so you can act from your *heart* not your *pain*.



I give up freely what is no longer serving me. I release it to create space for what inspires me.



“Empathy is seeing with the eyes of another, listening with the ears of another, and feeling with the heart of another.”

~ ALFRED ADLER

Congratulations to you for the September 2020 issue of *The Teenager Today*. The magazine is making history even amidst the Covid-19 situation. Very inspiring and very helpful to teenagers. Your team work always gives a facelift to the magazine. You are the most successful editor in the country with a special love for the North East. The youth of North East loves you.

C. Joseph
Jakhama, Nagaland

Amidst these challenging times, *The Teenager Today* team truly lives up to the challenges. Everyone here who sees the magazine highly commends your efforts and initiatives! You make the magazine accessible to us when many other simple pleasures are not within our reach.

Navniit Gandhi
Kuwait

I am really proud to see Kiara D'Souza, a student of our College, featured on the cover page of the September issue of your magazine. I'm amazed that in spite of the lockdown, *The Teenager Today* team comes out with so many inspiring and trending articles, every month.

Magi Murzello
Rector, St Andrew's College, Mumbai

The September 2020 issue of *The Teenager Today* with Kiara D'Souza on the cover is yet another feather in your cap! Keep up the good work that you do through the magazine for the youth across our country!

Harry MacClure
Editor, *Anglos in the Wind*

The Teenager Today is well-edited and presented. Your editorial skills are commendable. Of course, you have long time experience and expertise. Hearty congratulations!

Dr M. D. Thomas
Institute of Harmony and Peace Studies, New Delhi

are interested, you may check out the videos on the YouTube channel of Dhyan Kutir, Andheri (E), Mumbai". Instead, it should have been "Check the videos on the YouTube channel, and type 'Meditation for All'" and not Dhyan Kutir channel.

Ittoop Panikulam, SVD
Dhyan Kutir, Andheri (E), Mumbai

Congratulations on this masterpiece! The September 2020 issue of *The Teenager Today* is really great!

Dr Teresa Joseph, FMA
Lonavala

The Teenager Today is a great platform for young writers. I look forward to serving and supporting the magazine for many more years to come, in whatever possible way.

Atishay Jain
Meerut

TTT is an amazing magazine and one of the best magazines I have ever come across. It's just

awesome! I keep waiting for each month's issue. I totally love it; *Fashionista*, *Sci-Tech*, *Weird & Wonderful*, *Mind Games*, and of course, *Funny Bone* are my favourites. TTT is an emotion, not a mere magazine.

Divyakriti Masaun
Bangalore



There was an editing error in the May 2020 issue of *The Teenager Today*, in which you had published my article *Keep Calm and Boost Your Immunity*. Towards the end, the edited version read: "If you

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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MY FRIEND TRUSTS HER BLINDLY

A girl in my class always creates a misunderstanding between me and my best friend. My friend trusts her blindly and fights with me for nothing. I can't do without talking to my friend and I find this situation unbearable.

Aishwarya (15)

Dear Aishwarya,

Looks like you feel really helpless and annoyed when your best friend blindly trusts the other girl in your class, and fights with you. If it takes such little effort to make her fight with you, then it is obvious that she doesn't exactly trust you — and trust is the foundation of friendship. In that case, it seems that you consider her your best friend more than she considers you her best friend.

If this friendship means so much to you, then it is important to have a frank conversation with her and understand what triggers her to fight with you. Let her know that it hurts you when she does this. If she does care about you, then mutually decide what action either of you can take if someone tries to create misunderstandings between you both — perhaps you can check with each other before drawing conclusions or taking action. If she doesn't agree to participate, or change her responses, then I'm afraid you better off finding new friends who trust you as much as you trust them!

I HAVE A PROBLEM STUDYING

I am a student of Class 12. I have a problem in my study. Earlier when I used to get bad marks in exams it really affected me and gave me the will to study harder. But no matter how much time I put into studying I was still not improving which eventually turned me into a person who is hardly affected by marks and is not taking my studies seriously. While trying to improve myself in studies my whole life I never really indulged

in other activities much, so I don't have other talents. I want to change myself, but how?

Bahaar

Dear Bahaar,

You sound so very discouraged and have almost given up on yourself. But I am glad you said, 'I want to change myself'. However, you don't need to change yourself; instead you need to change how you learn.

By 'studying hard' I assume everyone means to cram for many hours to try to remember stuff. How about doing it differently? Study smart instead.

Effective study involves being able to actively recall what you have learned. So, a) Clarify all doubts and understand the topic, b) Transfer information from one form to another form which suits you, e.g., listen to a lecture and take notes or draw visuals/diagrams; Audio record key points and play it back later. Make studies fun: You can make a comic strip, study memes and more!, c) Actively recall by writing, reciting (you can do this even while dancing, tossing a ball, etc.), drawing, and most importantly doing a mock test — and what you don't know, revise it again.

Also, study according to your brain's needs: Study with focus for 25-minutes at a stretch, followed by a 'reward break' where you do something relaxing and creative. If you do this daily, then 2-3 hours a day is sufficient. Revise topics that you have already learned at regular intervals, instead of studying them just once. The rest of the time, develop a hobby/talent and also relax — it is equally important. Good luck!

MY PARENTS FREQUENTLY FIGHT WITH EACH OTHER

In recent days my father and mother are in depression due to financial problems and frequently fight with each other. My brother and I get worried and blame each other for the troubles. How can I stop these fights and bring my family together?

Jennifer (15)

Dear Jennifer,

You are understandably worried about your parents — their frequent fights due to financial problems make you quite tense. It is unclear why you and your brother 'blame each other for the troubles', but instead of playing the blame game, help your family to take positive steps to find solutions to the problem.

Empathize with your parents and appreciate them — tell them that you know that it must be a difficult time for them and that they are worried about how to manage, especially to provide a good life for you both. Then suggest that you can have a discussion and agree to the different ways in which the family can reduce expenses. Also encourage your parents to think of different ways in which they can generate more income. As youngsters, you too may have new ideas to share.

Set aside family time: Pray together, eat together and share simple joys despite hardships. Most of all, as a family build hope and express gratitude for what you have received and are still to receive.

If you still think that they are depressed and unable to help themselves, encourage them to seek help from a professional counsellor: now, there are several helplines available.

HE CONSIDERS ME AS HIS SISTER

I'm in love with my brother's best friend; I'm just crazy about him. But he considers me as his sister. What should I do? Should I tell him that I love him?

Sheena (16)

Dear Sheena,

Looks like you have very strong feelings for your

brother's best friend and are in a rush to tell your crush that you are crazy about him.

If he considers you as his sister — it is either because he doesn't have feelings for you or because of his friendship with your brother. If it is the former, then those feelings can't miraculously appear.

On your part, how well do you know this boy? Are you friends, too? Or is it just a 'hi' and 'bye' relationship? What makes you sure he considers you as his sister? If you don't yet know him well enough, then being friends with him is the first step to take. As regards your brother, have you spoken to him about your feelings? What are his views? Will he be upset?

If you want to respect your brother's friendship and yet find out whether he will change his mind, then focus on friendship. If he still sees you as a sister, then you can move on without embarrassment and spoil relationships. If he begins to see you in a different light, and the relationship works out, more joy to you.

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*.



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THIS 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.

In political terms, secularism is the principle of separation of government institutions and persons mandated to represent the state from religious institutions and religious dignitaries.

The principles of secularism which protects and underpin many of the freedoms we enjoy are:

1. **SEPARATION** of religious institutions from state institutions and public sphere where religion may participate but not dominate.

2. **FREEDOM** to practise one's faith or belief without harming others, or to change it or not have one according to one's own conscience.

3. **EQUALITY** so that our religious beliefs or lack of them doesn't put any of us in any advantageous or disadvantageous position.



Joseph Praveen Kumar (18)
Sri Chaitanya Jr College, Narasaraopeta,
Guntur

India has been and is a country fundamentally united, and the aim of the government has been to develop this great country as a democratic secular state where all citizens enjoy full rights irrespective of the religion to which they belong. All is not well in India. Democracy and secularism are in doldrums. Fall of secularism is very much possible in this situation. So, it is necessary to hold hands

together and preserve the secularism of India.



Sneh Taneja (15)
St Francis de Sales School, New Delhi

Secularism is a controversial topic and it has never-ending debates in our country. Looking at the current scenario of constant communal riots in various cities/towns of our country, even though secularism is the key principle of Indian Democracy, I feel people need to coexist with each other accepting each other's faith instead of competing with one another for supremacy.

Senjuti Saibal Bhattacharya
A C Patil College of Engineering, Kharghar, Navi
Mumbai

Secularism means the state shall not officially promote any one religion, but rightfully accept the co-existence of all others. A recent event caught the eye of the entire nation, it was more than a wait of decades for conclusion; a trepidation that result in favour of either parties might mean riots all over the nation. Sad but the unassailable truth is that despite being secular, our country hasn't succeeded in breaching this gap from its citizens' hearts. Only when that is accomplished can we be truly called secular nation.



Diya Vinod Surjuse (16)
Wardha

Secularism means religion should not be involved in civic matters. Our constitution directly follows the key principle of secularism. People belonging to different religions live without fear, with full satisfaction. All the festivals of different religions are celebrated happily in our country. The decision to revoke Article 370 in J&K gives a message to the whole world that the Indian society protects the rights of all citizens. Another case is that of the Ayodhya Temple issue. Both the communities involved in Ayodhya issue agreed with the decision of the honourable Court, proving that secularism is still vibrant in the Indian society.



Anamika Singh (15)
St Joseph's Convent High School, Jethuli,
Patna

Today, the constitutional secularism is swallowed up by the party-political secularism. It respects only the majority religion; never criticise it but recklessly demonise others. The political dominance of Hindu nationalism has called into question the future viability of the country's secular traditions.



Rashmo Mehta (14)
St Joseph's Convent High School, Jethuli,
Patna

Secularism is one of the most important factors of the Indian democracy. India is a country where people of different religions, caste, colour and race live together in harmony. Secularism is the very essence of our democracy. Involvement of religion in the “States” affairs will ruin the very crux of democracy.



Dhwani K. Thacker (19)
KDM College, Nagpur

India does partially separate state from religion. Secularism as practiced in India, with its marked differences with Western practice of secularism, is a controversial subject in India. Overlapping of religion and State, has given rise to state supporting religious schools and personal laws. Secularism in India, does not mean the separation of religion from state. Instead, secularism in India means a state that supports or participates in a neutral manner in the affairs of all religious groups.



Shweta Pranay Mhatre
Joshi Bedekar College, Thane

Indian philosophy of secularism is related to “Sarva Dharma Sambhava” which means equal respect to all religions. Yes, I do believe that secularism is taking a backseat in our country. All religions are not being treated equally and not given equal rights. There is widespread anger due to which riots are taking place among people of different religions and communities. We see politicians gaining their votes in the name of religion. India can become a superpower only if we follow the path of secularism. Atal Bihari Vajpayee rightly said, “If India is not a secular nation, then India is not India at all.”



Samarth Chawla (15)
St Francis De Sales Sr. Sec. School, Janakpuri, New Delhi

Secularism means keeping an attitude of neutrality and impartiality towards all religions. India doesn't have its state religion because law requires the State to enforce parliamentary laws instead of religious laws. Secularism safeguards democracy, providing full rights to people belonging to minority communities, too.



Simrat Kaur (13)
St Joseph's Convent School, Jalandhar

India's secular fabric faces a major crisis, these days. In India, religious nationalism is a potent force. The right wing in India is trying to change the social fabric of the nation. There has been a tremendous rise in violence against the Muslims, Dalits and Christians in India. There is a need to save secularism in India so that no religion is at risk in our country.



Guneev Kaur (11)
St Joseph's Convent School, Jalandhar

Secularism is put to great danger, when the leaders of a nation wedded to secularism, plays a major role at the religious ceremony of a particular religion, to please the majority community and safeguard their vote bank, sending wrong signals to people belonging to other communities.



Sargun Kaur
St Joseph's Convent School, Jalandhar

Secularism means separation of religion from political, economic, social and cultural aspects of life. It provides freedom of speech, and the freedom to practise any religion of one's choice, as explicitly mentioned in our Constitution. However, a country cannot become a secular country, just by writing this in bold letters in the Constitution.



Amrit
St Joseph's Convent School, Jalandhar

NEXT MONTH'S TOPIC: “Accepting criticism is not a sign of weakness, but a mark of the strength of character.” Your take.

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

DENNY JOSEPH

Years ago, some scientists did an experiment on a bullfrog. They threw a bullfrog into a container of boiling water, and the bullfrog instantly popped out of the container. Then they put the bullfrog into a container of cold water. The bullfrog liked it and stayed in the container. The scientists then turned on the heat at the bottom of the container. As the water got warmer, the bullfrog relaxed and took a nap. The bullfrog was so comfortable that it stayed on in the container and was 'cooked'.

Many of us are like that; we are settled in our comfort zone, and we don't take risks. Many students and even teachers come to me after my seminars to thank me personally. Usually I give the participants a chance to express their views at the end of the sessions. But very few come to the stage and say a few words. Many want to come but don't have the courage to face the audience. Their hands get sweaty, heart pounds, and they get a weird feeling in their stomach. Most of them think: "Will I make any mistake? What will others think of me? What if I stutter? Fear stops them from expressing themselves.

Fear is natural to everyone. Whenever we start a new project, take up a new venture, or do something new there is usually a fear of failure. Unfortunately, most people let fear stop them from taking the necessary steps to realize their dreams. Successful people, on the other hand, feel the fear along with the rest of us but don't let it keep them from doing what they want to do. They have learned to feel the fear and do it anyway.

The comfort zone heavily relies on social conditioning. It started with our parents telling us what to do and what not to, later our

teachers told us what is right or wrong, then our friends told us what is acceptable and what is not. When we were young and behaved in a way our parents/teachers didn't like, they scolded us, and even punished us.

This manifests in our fear of failure, being ridiculed, rejected, being looked down upon, or being judged negatively. This is very true of children. Most children, when they are in their pre-school days, don't have such fears. But as they grow up they become conscious of what others think of them and they shrink to their comfort zone. Make a list of the things you are afraid of or uncomfortable doing, but know would be beneficial for you. Maybe fear of speaking in public? Asking

doubts in class? Meeting new people? Sharing your feelings? Starting a project? Leading a group?

Within your comfort zone you won't grow. Only when you get out of your comfort zone you begin to grow. Step out now; there is a whole world of opportunities awaiting you. Many people make an effort to move out of their comfort zone only when tragedy strikes. That's the time they realize that they cannot remain where they are. That's the time they take risks and



Feel the
fear and
do it
anyway!

realize they were capable of doing great things.

I have come across many businessmen who started a business after they were retrenched. I have also met people who overcame life-threatening illnesses and have made significant contributions to society. Since they faced the worst in their life, fear of failure or social rejection cannot stop them from doing what they want to.

It is interesting to know that all the significant changes throughout history happened as a result of the courage and commitment of individuals like Mahatma Gandhi, Joan of Arc, Albert Einstein, Abraham Lincoln, Thomas Edison, Steve Jobs, Nelson Mandela, Mother Teresa and so on. Believe that you have a unique purpose in this world. Believe that you can and will make a difference! Recognize that everything you do, every step you take, every sentence you write, and every word you speak or don't speak counts!

At the end of your life you will regret the things you were capable of doing but did not do for the fear of failure. You were capable of taking that leap at a certain point in your life, but fear kept you back. So you lost an opportunity of a lifetime. Take some time and recall those opportunities you lost because of fear. *Feel the fear and just do it anyway.*

Once you get started in spite of the fear, your mind will focus on how to get the job done. Action produces confidence. Inaction strengthens fear. Every time you take a risk, you expand your comfort zone. Successful people don't avoid risks. They embrace and manage risks and win more. To win big you have to be willing to risk big.

I can tell you from my experience that things seldom go according to our plans. Eighty per cent of the goals you set and the plans you make will not go the way you want. Things will mess up and obstacles will appear to knock you down. It's

all part of the game of life. Many times I felt that I had problems I could never solve. There were times when I felt that life was unfair to me, and too painful to live. What kept me going forward was the feeling that *no matter how bad it gets, the problems will not last forever*. Dawn always breaks in after the darkest hour.

Adversities and defeats make us stronger, resilient and tenacious. Successful people bounce back with enhanced energy and achieve more

At the end of your life you will regret the things you were capable of doing but did not do for the fear of failure. You were capable of taking that leap at a certain point in your life, but fear kept you back. So you lost an opportunity of a lifetime. Take some time and recall those opportunities you lost because of fear. Feel the fear and just do it anyway.

than what they had achieved earlier. Most people give up when they face an obstacle. Successful people affirm that the journey is easier once you clear the obstacle, as it gets less crowded as you approach the finishing point. For winners the challenges, the problems and the brick walls are just another learning experience. They learn from them and move on.

What happens when you ignore problems? They keep coming back,

more menacing than before. If you don't learn the lesson that needs to be learnt and change yourself, the pattern will keep repeating itself in your life until you change.

After meeting hundreds of people in my training career, I discovered that everyone has problems. It's just that our problems differ. The only people who have no problems are those lying in their graves! I have also come to realize that successful people face more problems than others. The more successful you are, the bigger the problems you will face.

We all make mistakes, and if you don't make mistakes you are not really living. Look at mistakes as opportunities to learn. Instead of thinking, "I always mess up", remind yourself that it's not always — just this time! Next time you encounter a problem, take it as a challenge, a situation that needs your attention, an opportunity to grow.

Look at Henry Ford who built a single block engine even when all his engineers said it wasn't possible. Think of Abraham Lincoln who overcame depression, bankruptcy, and "endless" political defeats before he won his first election. Their perseverance always paid off in the long run. Never surrender to adversities and turbulences. Hang on until you succeed. Most of us do only those things that we are assured of success. We give up our dreams at the first roadblock, as we don't want to be ridiculed by others.

The greater the success you want in life, the bigger the hits you need to take. There is a price to be paid for *everything*. And so is with success. Always remember, *whatever doesn't kill you will only make you stronger!*

Denny Joseph is an International Corporate Trainer, Career Coach and a certified Neuro-Linguistic Programme (NLP) practitioner. He is the author of *Design Your Destiny* and *Speak With Confidence*. He is the founder of Genius Minds Academy (GMA) in Bangalore and co-founder of Nexus Training International in Singapore.



C. JOSEPH

World Mental Health Day is celebrated every year on 10 October, with the goal of creating mental health awareness, particularly among the youth. All of us can make our contributions to ensure that young people struggling with mental health problems can live happily with dignity.

Today, teenagers and adolescents are experiencing many physical, emotional, cultural and social shocks. They live in a polluted environment. They are passing through a crucial stage of development with regard to their psychological, social and emotional well-being. These have a profound effect on their mental health.

The suddenness and the rapid pace with which these changes take place generate a number of problems and special needs, which they find difficult to understand on their own. Most of them become intensely concerned about their physical appearance and are highly self-conscious; anything that makes them different from others upsets them. They need proper care and attention from parents, teachers and their peers.

Teenage is a transitional period in which many changes occur in their bodies, thinking process and their social life. There is also a silent cry in the teenagers for an 'independent identity' to grow as unique individuals. It is a time of exploration, exuberance and youthful search characterized by a number of cognitive, emotional, physical and social changes. These very 'changes' become a real problem for them and to their parents and in a larger context they become their real challenges, as well.

It is a time when conflict with parents is especially high. Conflicts between parents and adolescents/teenagers are more likely when they experience depressed moods and other problems like substance abuse, dating, etc. In youngsters in their early 20's, we find the highest prevalence of a variety of risky behaviours. Substance abuse, rash driving, contracting sexually transmitted diseases are some of the examples. Stress and depression are also serious problems for adolescents. Stress is characterized by feelings of tension, frustration, worry, sadness and withdrawal symptoms that commonly last for a few hours to few days.

Traditional culture and its values are being substituted by drugs, pornography, tobacco use, excessive internet use, easy money, pleasure-loving and easy going culture. The advancement of science and technology is being made use



Teenagers & MENTAL HEALTH



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of for adverse purposes. Thus, adolescents are under constant pressure from stress, tension and depression.

It is in this milieu that parents, teachers, elders and counsellors have a great role to play in

A lot can be done to help build mental resilience from an early age to help prevent mental distress and illness among teenagers and young adults. Prevention begins with becoming aware of and understanding the early warning signs and symptoms of mental illness.

WORLD
MENTAL
HEALTH
DAY



and epidemics. Those living in such situations are particularly vulnerable to mental distress and illness.

Half of all mental illness begins around the age of 14, but most cases go undetected and untreated. In terms of the burden of diseases among youth, depression is the third leading cause. Suicide is the second leading cause of death among 15 to 29-year-olds. Harmful use of alcohol and drugs is also a major concern in many countries, including our own country, and can lead to risky behaviours. Eating disorders are also another concern.

helping them to pass through this stage of “storm and stress” in an unstrained manner and to equip them with sound knowledge and skills to live a happy and meaningful life. The greatest challenge of our time is to create a healthy atmosphere where our young people can grow up gracefully without fear, with a positive outlook, and live an uncompromised life.

Teenage and early years of adulthood are periods of life when many changes occur: changing schools, leaving home, and starting university are exciting times.

But, these are also times of stress and apprehension. If not identified and managed in time, these feelings can lead to mental illness. The expanding use of online technologies, while undoubtedly bringing many benefits, can also bring additional pressures, as connectivity to virtual networks at any time of the day and night grows. Many young people today are living in areas affected by humanitarian emergencies such as conflicts, natural disasters

Fortunately, there is a growing recognition of the importance of helping young people build mental resilience, from the earliest ages, in order to cope with the challenges of today’s world. Evidence is growing that promoting and protecting adolescent health brings benefits not just to the adolescents’ health, both in short- and long-term, but also to economies and society, with healthy young adults making great contributions to Institutions, families and society as a whole.

A lot can be done to help build mental resilience from an early age to help prevent mental distress and illness among teenagers and young adults. Prevention begins with becoming aware of and understanding the early warning signs and symptoms of mental illness.

Parents and teachers can help build life skills in children and adolescents to help them cope with everyday challenges at home and at school. Psycho-social support can also be provided in schools and other community settings and of course training for health workers to enable them to detect and manage mental health disorders can be put in place.

Investment by governments and the involvement of the social, health and education sectors in comprehensive, integrated, evidence-based programmes for the mental health of young people is essential. This investment should be linked to programmes to raise awareness among adolescents and young adults of ways to look after their mental health and to help peers, parents and teachers know how to support their friends, children and students.

“It’s up to you today to start making healthy choice. Not choices that are just healthy for your body, but healthy for your mind.”

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.



JUBILEE CARDOZO

The lockdown is the perfect time to indulge ourselves in a hobby — all of us must have pampered ourselves with an indoor activity of interest for pleasure and relaxation during this testing stint. How about pursuing some outdoor unconventional hobbies during this slow unlock phase?

One thing that kept us sane during the lockdown has been our favourite hobby. Either we have been baking delicious cakes and pastries or reading our favourite books on our wishlist. Now as we slowly unlock ourselves let us continue to do things that keep us happy — not just our own selves but let us strive to make others happy by spreading happiness around.

With humans self-isolating and quarantining themselves in their homes due to the lockdown, our forests have been at peace (during) with animals venturing out due to less vehicle movement.

Are you an animal lover? Become a Pet Foster Parent!

But millions of India's street animals — monkeys, cows, dogs and cats — have been suffering during the lockdown. They do not have enough food and water to survive as the people who generally feed them cannot move out because of the lockdown. Some stray animal lovers procured special curfew passes to feed stray animals during the lockdown. In places like Mumbai, Jammu and Kashmir, the local administration has been urging people to feed stray animals and birds.

But most of them are still deprived of our love, care, and affection. It's time to compensate by showing them our compassion and getting into action. Some organizations like the World Animal Protection, Animal Welfare Board of India

(AWBI), Blue Cross of India and People for Animals (PFA) are encouraging people to come forward as volunteers.

So as we start unlocking ourselves we can still indulge in a hobby — this time as a foster animal parent or volunteer. By volunteering for pet fostering we will be able to provide temporary care to shelter animals till they find a permanent home. Fostering them for a while will help them recover from neglect, abuse, illness, injury and hunger.

Fostering pets and animals is one of the latest entries in the list of hobbies. Being a foster parent means opening our homes to an animal in need. Fostering is an amazing way to help give a second chance to animals that need to survive. Now is the



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Animal Shelters

People For Animals (New Delhi)

Charlie's Animal Rescue Centre (Bengaluru)

Friendicoes (New Delhi)

The Bombay Society For The Prevention Of Cruelty To Animals (Mumbai)

The Sanjay Gandhi Animal Care Centre (New Delhi)

Visakha Society for the Protection And Care For Animals (Andhra Pradesh)



World Animal Day, celebrated on 4 October, is a very important day. It is internationally celebrated to raise awareness about the protection of animals. It is a time to celebrate our relationship with the animals that share our planet and enrich our lives in different ways.

perfect time to foster a pet! Fostering gives dogs and cats the time, love and care they need to find forever homes.

Many animal shelters rely on caring foster parents to provide a temporary loving home for animals. Fostering is important because it helps reduce overcrowding in shelters and provides the rescued animals with immediate medical attention. These rescued animals, usually kept in a network of volunteer foster homes, live in their temporary homes before they get adopted. According to HUFFPOST, "Fostering here means bringing in a cat or dog — or parrot, or baby pig,

or any other homeless pet — with the goal of nurturing them for a while until they can be dispatched to a permanent home with a family who'll love them forever. It's a crucial part of the animal rescue world."

The primary task of becoming a pet foster parent is to provide shelter and day-to-day care (such as feeding and routine grooming) for a homeless animal. If you want to do something to help animals, fostering

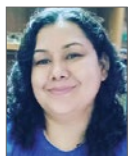
can be a flexible, and rewarding volunteer hobby. Fostering is best done through a local animal shelter or rescue group. By working with the right organization, most people would make great foster parents.

Fostering animals is one of the most wonderful things you can do as an animal lover. People are adopting and fostering dogs, cats, and even chickens! It's a truly generous and compassionate thing to do. But talk with your parents to see if fostering will work for your whole family as well as you.

Whether you consider it a hobby or a part-time job, fostering animals is a noble act of caring. Fostering animals is an incredibly awesome way to spend our time. To begin as a foster parent, we need to reach out to our local animal shelter and see how we can provide our help to them.

The most obvious benefit of fostering is the emotional reward. It turns out doing good makes you feel good. Many dogs in foster homes come from a history of neglect or abuse. The people who foster these dogs feel a great sense of accomplishment seeing their personalities bloom as their fear melts away.

Jubilee Cardozo is a freelance writer and blogger. Her writings on sports and fashion have appeared in several online and print publications. She loves animals and lives in Mumbai. She has been closely associated with *The Teenager Today* for quite some time now.



Flow with the Law of Acceptance!

Photo: © HASSAN OUAJIBIR / PEXELS.COM

ITTOOP PANIKULAM

Turn wherever you will, nature is there. God our Creator has imprinted in the book of nature an eternal law of acceptance which gets clarified as you read this article. A non-accepting mind creates havoc within oneself and in others. Take time to understand the language of nature and flow with the law of acceptance.

1 Accept life as space does it

We imagine that space is somewhere up in the sky. The truth is space is everywhere, outside of you and inside of you. No matter what you do or where you go, there is no way you can get outside of space and shake it off from you. It sticks on to you all the time like an invisible live membrane. You may be asleep or awake; sit, walk or run; cycle, be in a car, a train or a plane; be in a boat or a ship, you are always enveloped by and in space.

You may try to destroy the space, abuse or pollute it; it keeps on accepting you always and in the same way. The space is not interested to know whether you belong to any religion, caste, creed or culture. It's non-judgemental. Its approach and attitude is the same with anyone and everyone, women, men and children; animals, birds, fish, trees; all living and inanimate beings. The silent language of space is one of acceptance, eternal acceptance of you as you are. Without it, you and I drop dead. In very ancient times, sages called space, spirit. This invisible sack of space that carries us around all the time, keeps on reminding us that we are inside a cosmic womb, till death will take us beyond to divine space. That physical, ever-enveloping thin reality, space, presence, power or energy has an eternal message for you: *"Flow with the law of acceptance"*.

2 Accept life as air does it...

Air gives us a sense of movement which space doesn't. It never stands still; follows us where-ever we go. If it doesn't, you wouldn't be there to read this, nor me to write this. Whatever be the situation you are in, the mood you are engulfed in, the behaviour you engage in, whether you pass on blessings of love or curses of hatred, air keeps on giving us the best; it has the oxygen of acceptance and keeps you alive. It is least interested to know if your nose and nostrils belong to any particular religion, cast, creed or culture. Its approach and attitude is the same if the one who breathes it in, is a woman, a man or a child, an elephant or a whale or a frog. You will be dead if it chooses to be absent from you for more than 15 minutes. The Creator of air and the nostrils, decided to keep your nostrils ever open, even while you are asleep. We want to be aware of that surrounding presence, power or energy like an ever-alive invisible oxygen cylinder kept as close as life can be, till the day we stop breathing. That physical thin, invisible reality, always moving towards you, into you and within you has an eternal message for you: *"Flow with the law of acceptance"*.

3 Accept life as earth does it...

At the very start of our lives our mothers and we lie upon the earth, unaware of its presence at all. You took your first steps upon the earth. Earth was and is too big to be seen anywhere. You walk, sit, stand or run; you are always on the body of Mother Earth. Whatever you do from morning till evening and at night, the earth is there, accepting you and all of us as we are. The earth

The earth does not distinguish between the religions, castes, creeds and cultures you belong to. Its message ever is: "I am there for you always".



does not distinguish between the religions, castes, creeds and cultures you belong to. Its message ever is: "I am there for you always". The earth keeps on being the same for everyone; man, woman or a child, an elephant or an ant. The response from the ever-taken-for-granted-earth to those who keep doing the good, the bad and the ugly is ever the same, one of eternal acceptance. It will be there till we become earth-free spiritual beings and its message for us is: "Flow with the law of acceptance".

4 Accept life as water does it...

One of the first things every child gets to experience is the warm intra-uterine liquid in its mothers' womb, inside the smallest swimming pool. From then on, water becomes an essential companionship component of yours. In fact, about 60% of you is water. We can make all the pools, lakes, rivers and seas as unclean and un-potable beyond all imagination; it will continue to treat you with acceptance, equality and dignity. Its attitude and behaviour is the same with everyone all over the world, black, white or brown, irrespective of religions, castes, and cultures. It makes no difference between a

woman, a man or a child, a beggar or a king, an eagle or hummingbird. Without it we will dry up like deserts. Water will be there all the time by our side, and its message to us is: "Flow with the law of acceptance."

5 Accept life as fire does it...

As we wake up, we almost naturally search for the fire element. Without fire and light, all of us would have been in a hell of darkness. With fire, energy flows in, lights go on and everything around shines. Without light our open eyes are incapable of seeing. Imagine a world without fire or any light from anywhere,

living in dark dungeons all the time! The fire and the rays of light do the same for everyone irrespective of religion, caste, creed or culture. It treats everyone alike a woman, a man, a child, a lion and a cat, and a rat. It keeps on giving light to all, to the one who may choose to kill and to the one who tries to prevent it; to the one who robs something and to the one who prevents someone from doing it. That warm physical element will be there for you as long as you have eyes to see and till you are gifted with spiritual eyes that can see without light, and its message to us is: "Flow with the law of acceptance".

All the five elements effortlessly follow the path of our Creator who

With fire, energy flows in, lights go on and everything around shines. Without light our open eyes are incapable of seeing.



keeps on accepting us as we are: nothing or no one will ever stop you from accepting you as you are!

Itoop Panikulam, SVD, is a trained counsellor, psychotherapist and spiritual guide. Having healed himself of asthma, he conducts workshops for asthma and allergy patients psychotherapeutically and without medicines. He guides bi-weekly holistic meditations for people of all religions at Dhyana Kutir. The Higher Consciousness Circle (HiCoC), composed of professionals from various fields, was formed there three years ago.



NOEL KEYMER

One thing almost everybody is looking forward to, once things settle down, is to go out and party! But some of us are still a little apprehensive about being stranded, or if in company, whether we'll have something intelligent to say.

Here are some Hi-5 tips to ensure that you are a HIT at any party.

How to be a HIT at Party

1. Bring something... anything!

Don't be naive to believe a host who says, "Just bring yourself!" or "No need to bring anything!"

It would be great to live in a world where people always say what they mean, but we don't and, if you still arrive at a party empty-handed, after reading this article, then shame on you!

Your gift could be from flowers to chocolates, a book or a bottle of perfume or wine or... anything, depending on your budget.

Believe me, people do appreciate it when you bring something.

2. Dress to impress...yourself.

Most people tend to shop for a new wardrobe for a party, but actually, this is not a good idea. The fact is that a new wardrobe makes most people over-conscious and hence detracts from their ability to really relax and mix around.

A good choice of clothes would be to wear something which has "good energy" and in which you've had a good time before.

If you want to stand out in a crowd, wear something a cut above the rest. For example, if you know that almost everyone will be wearing 'denim', then it would be a cool idea to wear 'khaki.'

However, if you feel you're going to be more comfortable blending in, then wear what you feel everyone else will be wearing.

3. Plan your conversation

Most of us think we can just fade in and chat people up, but it's not that easy. Serious preparation is a must.

Start by storing away jokes, anecdotes, incidents and observations on life at large, that will be fun to share. Practise enarrating these stories, detailing them if you must.

Other good conversation starters are: current events, music, movies, books, TV shows, etc. They may be common topics but the fact is that they still make for good conversation.



ties!



The old maxim of getting someone to talk about themselves works well, too, but you can also start the ball rolling by sharing a little bit about yourself first.

Warning: Avoid talking about politics, religion or other controversial topics at a party.

4. Show up for sure

If you said you're going to show up, do show up.

This might seem obvious, but this is the number one way to guarantee you get invited again.

Most parties are planned based on remembering the successes of the previous party "Remember the last party when ...?"

If you don't show up, you're more likely to be forgotten during the planning process/lists for future parties.



Also, if you tend to cancel too close to the date of the party, you get a reputation as a ditcher. And if you do this too often, then my friend, your partying days may be over.

5. Put your phone away

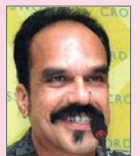
You're at a party, so ask yourself what you are doing sitting in the corner of the room staring at your phone screen, making yourself unapproachable?

Yes, you may use your phone to take photos and videos, share your 'live' experiences on FB, but later, not in the middle of a party!

The best guests are part of the action, not photographing it, videoing it, or tweeting about it. So switch off your mobile, as soon as you enter the hall.

Follow these 5 expert tips and get ready to go... and you'll be eagerly looking forward to your next party, for sure!

Noel Keymer is an ex-RJ AIR & 93.5 RED FM, who now lectures on Radio & Communication to post-graduates at leading colleges. He is also a freelance writer and author who has written and published four books; the latest, an e-book *Dal Bhat for the Indian Soul*.



Photos: © FREEPIK.COM

MOIN QAZI

Child prodigies have been with us, always. However, many of them have had their genius questioned, as to whether or not a parent or a mentor was behind their amazing skills. It is only when their talents were authentically established that people around them could acknowledge them as prodigies. Sixteen-year-old Shreenabh Agrawal from Nagpur is one such amazing kid who proved the sceptics wrong and consistently displayed his precocious genius after he unfurled it at several acclaimed forums.

Shreenabh's mother realized her son's potential when she noticed his stunning memory and creativity at age three. She found he could memorise lengthy scriptural passages and paint like an artist. "As a child prodigy, he seemed to have

emerged fully formed at birth, his talent already developed, his gifts fully ripe," recalls Tinu who has obsessively coached him all along and shown enormous patience and discipline in her desire to nurture and foster Shreenabh's natural abilities. It began with the toddler smearing paints and dripping splatters around; but the nimble fingers soon started turning out pictures with the proficiency of an artist.

His parents began noticing changes in him, and started understanding his special needs. They bought him books because he announced that he preferred them to toys. He seemed to have a natural affinity for painting and figures. Later on, in Class 5, he showed a flair for figures. He cleared the *Gauss Contest* conducted by the Association of Mathematics Teachers of India. The test is aimed at discovering and encouraging students who have the capacity

for original and creative thinking, readiness to solve unfamiliar and non-routine problems, exhibiting a general mathematical ability appropriate to their level.

True to a genius' stereotype, Shreenabh was not endowed with robust physical health, but displayed several uncanny traits and a remarkable aptitude for logical thought-building at his young age. His mind is like a sponge with a high capacity for soaking up knowledge. He has been a star student and high-achiever at his school, Chanda Devi Saraf School, and secured All India Rank 3, scoring 99.2% in the ICSE examinations.

As Shreenabh kept shooting far ahead of other children his own age, and doubled up as a teacher for his peers, his mother wondered if they ought to try to hold him back a little. "I didn't quite understand where we were heading with him

SHREENABH AGRAWAL A prodigy in the making!



during those early years. Shreenabh is now a happy, well-adjusted child who loves to laugh and enjoy life. I no longer worry about his social life, since he has plenty of friends. He loves books, but he is not a bookworm. He can forget books and studies and enjoy himself when he needs it. Despite his devotion to study, he finds time to play chess and indulge in arts."

The list of Shreenabh's accomplishments are truly astonishing: First prize in the 2018 International Essay competition organised by the Government of Japan in collaboration with several



multilateral institutions; First prize winner in 2018 Pendle War Poetry Competition, London, in the Under-18 Overseas category; part of a contingent of World Peace Leaders for a live interview conducted by Radio Chico Schweiz Switzerland for the fifth World Peace Week, September 2019; winner of 'Himalayan-2016' title in the scientific talent search examination Vidyarthi Vigyan Manthan (VVM) held at IIT Delhi; appointment as the first international freelance youth reporter for Radio Chico Switzerland, and many others.

Shreenabh has published two books, 150 articles, five research

papers, and has one patent "Triple Lock Bore Hole Protection Lid" to his credit. He loves applying STEM [Science, Technology, Engineering and Maths] in creative ways to solve social problems. He also presented a research paper titled *Mahila e-Haat: A Gender-based e-Commerce Initiative* that was selected for the 2019 IIM-NASMEI Summer Marketing Information Systems Conference at IIM Indore. His project got an A grade and citation at the National Children Science Congress 2019.

As a wonder boy, Shreenabh sparked public interest and media glare quite early. It's fair to say that



the parents have helped turn their son into a mini-celebrity, making him available for scores of interviews and news conferences. People seem to have a natural tendency to glorify exceptional children and ascribe incredible behaviours to them on account of their nebulous perceptions. But Shreenabh's parents have been careful to dispel all these. "He is simply a normal boy with a high capacity for learning," they affirm.

Moin Qazi holds PhDs in Development Economics and English. He worked for three decades at State Bank of India in various developmental roles. He served as Chancellor's nominee in Nagpur University and as a Member of National Committee on Financial Inclusion at NITI Aayog. He is the recipient of the UNESCO World Politics Essay Gold Medal, Dr Babasaheb Ambedkar Gold Medal from Dalit Sahitya Academy and Rotary International's Vocational Excellence Award.



At school, Shreenabh works towards collective success of his class. "I'm generally pretty shy, hesitant to show my work," he admits. This reticence poses a challenge for those who need to explore Shreenabh's diverse repertoire of talents and the vast knowledge base. Shreenabh hasn't found the media coverage demanding. Does he feel uncomfortable being called a child prodigy or a genius? "I've got used to it. I feel like I'm in my rightful place," muses Shreenabh.

His father, Moujesh, is a technocrat in the Central Government and

mother, Tinu, is director of *Prarambh*, an HR organization. They never expected the life into which Shreenabh has led them, but neither have they been intimidated by the pressures. In pursuing it Tinu seems to enjoy the diligence it takes to nurture such a child. The challenge for prodigious

children is the successful transition to adulthood.

"We want Shreenabh to be happy," say his parents. "We want him to grow into a well-adjusted person capable of living a fulfilling life. We have not set the achievement bar too high for him. All we ask is that he is able to achieve his goals. We have tried to give him the tools and faithfully stood by him and set him on what we think is the right path!"

GURU VIJAY SHANKER

Lesser-known Art Forms of Kerala

The southern state of India, Kerala, is known for its rich diversity of art forms. Way back in 1930, Mahakavi Vallathol established Kerala Kalamandalam and introduced two distinct classical dance styles, namely, Kathakali and Mohiniattam, that enthralled even European audiences when performed by Kalamandalam dancers led by the great poet. While the two classical dances gained international recognition, there are several other art forms of Kerala that are comparatively lesser known, some of which I enlist here, that captures the attention of the common people. I dedicate this article to three devoted performers whom I met personally: Veteran Koodiyattam artiste, Mani Madhava Chakyar, Mumbai-based Chakyar Koothu artiste, K. K. Rajan, and Ottam Thullal artiste, Kalamandalam Geethanandanam, who literally collapsed on stage during a performance at a young age!

literally means dancing together and is also based on the 'sastras', and the language of hand gestures is derived from *Hasta Laksha Deepika* and is the original form of dance drama and theatre. Kathakali is considered the refined and decorated form of Koodiyattam that portrays stories of Hindu mythology in a dramatized form. While the costume and make-up of Koodiyattam is comparatively simpler, Kathakali moves forward with stylised make-up

traditional family of Chakyars. Chakyar and Nangiars are two particular communities of Kerala that have devoted their lives to the propagation and promotion of this unique performing art. The artiste is attired in a strange style that symbolises a bird, and gives a comic



Chakyar Koothu

touch to the personality of the artiste. The artiste is known as a court jester or *vidhushak* who has a distinct role to perform.

While narrating varied stories from epics, the performer also portrays, enacts and narrates various ills of the society that need to be corrected for the betterment and welfare of the people. During the days of royal patronage, it was not easy for common people to reach the king; hence they would face several problems regarding their survival, and were exploited by rich landlords or feudal lords. Hence this art form was used as a social corrective, so as to attract the attention of the king. While narrating the stories with wit and humour, they would also be related to contemporary society and at times make fun of people from the audience in a different context. While Chakyar Koothu is performed by men, Nangiari Koothu is performed by women.



Koodiyattam

Koodiyattam

Koodiyattam is considered the mother of Kathakali, and also the greatest form of Sanskrit theatre that led to the development of the dramatic art form of Kerala. Koodiyattam

and costumes that changes according to the character portrayed.

Chakyar Koothu

Chakyar Koothu for generations has been performed by the

Ottam Thullal



Puli Kali



Ottam Thullal

The word ‘Ottam’ means ‘running’ and ‘Thullal’ means a form of ‘dancing’. In other words Ottam Thullal is a playful dance with entertainment, accompanied by a message and with plenty of puns and satire. Kunjan Nambiar was a great promoter of this art, who also composed the lyrics in Malayalam which can be understood by the common people. For instance “*Ottam Thullal thulli Verumbo, Veetil Kanji KudikyanIlla, Ethera Valliye Vanna Thadiyan, Yedenna Kollam, Yendena Kollam, Ullokeya Polay Oru Thannine Kollam*” (After the Ottam Thullal, the artiste returns home but has no food to eat, what is the use of being such a big man when he is unable to take care of his basic needs). Known as the ‘poor man’s Kathakali’, the make-up, costume and technique of performance is comparatively quite simple.

Theyyam and Puli Kali

Theyyam is a ritualistic dance form wherein pantheistic deities are summoned to the body of the performer. The performers are generally men and they perform



Theyyam

in a *kaavu* (small rain forest) manifesting varied aspects of nature. The performers are decorated with leaves, garlands, flowers and fruits. The headgear is really big and personifies Chamundi Theyyam who is the goddess invoked. Particularly prevalent in North Malabar, there are several types of Theyyam, and the dance is performed near temples. There are particular communities that follow this custom with strict adherence.

Puli Kali is the play of the leopard or tiger; dancers are attired with masks and are completely made-up like tigers. It is performed by men, women and children during festivals like Onam. Pot-bellied men practically shake their bellies that are painted with the face of the tiger! It has more of recreational value of fun and frolic and is prevalent in many districts of Kerala.

Guru Vijay Shanker is a professional Kuchipudi-Kathakali exponent, actor, choreographer and arts critic for more than four decades.



VERUS FERREIRA

Ari Staprans Leff is an American musician, singer-songwriter and producer, who has many hits under his name. You still don't know who he is, right? That's okay, because Ari is popularly known by his stage name Lauv. Lauv is one of the youngest new artistes, and was to perform in June this year in Mumbai, but like most music events, it was cancelled due to Covid-19.

Best-known for his single *I Like Me Better*, the musician is well-known in the Indie music society. In the past few years, Lauv has changed his whole appearance and even collaborated with many renowned artistes.

Lauv was born in San Francisco, California, and spent his early childhood in a suburb of Atlanta, Georgia, before his family relocated to Philadelphia, Pennsylvania. From an early age, Lauv was interested in music. By the age of 11, he was able to play guitar, piano, drums, and viola. He started writing songs when he was hardly 14. Many of his songs during this period focused on heartbreak and break-ups, despite at the time never having had a girlfriend.

He also played in several bands and studied jazz before moving on to electronic music. He was so immersed in this and playing for shows that he had no interest in anything else that would divert his mind. Leff formed his first band *Somersault Sunday* and released his first single *Say Hello To The Ground*. He was known for his basement concerts in his early middle and high school years.

Lauv graduated from *New York University* majoring in *Music Technology at Steinhardt School*. While at University, he studied in Prague and was a member of the Zeta Psi fraternity. During his days at *NYU*, he interned for two of his four years at *Jungle City Studios*.

During his last year of University, Lauv moved away from his earlier style of songwriting and explored contemporary options and paid attention to production techniques. He was particularly inspired by an interview of Paul Simon, in which he mentioned his songwriting process.

The young musician is of mixed ethnicity as his mother is of

Latvian descent and his father is of Russian and Polish-Jewish descent. But the singer holds American citizenship. So it worked for him by choosing 'Lauva' which translates to 'Lion' in Latvian. Also interestingly his first name, Ari, means "lion" in Hebrew and his Zodiac sign is Leo. With his popularity gaining up, he decided to adopt the stage name 'Lauv' in 2014. This take-off on his name gave birth to the song *The Other*, a mix of rhythmic and indie pop beats.

The Other was co-written by Michael Matosic and released under Lauv's new stage name. The song came at a time when Lauv was getting over a break-up and needed consolation. Despite not having any big producer to back him, the song went viral, and entered the Top 100 list on Spotify. The song also gained blog attention

and, after he uploaded it to SoundCloud in 2015.

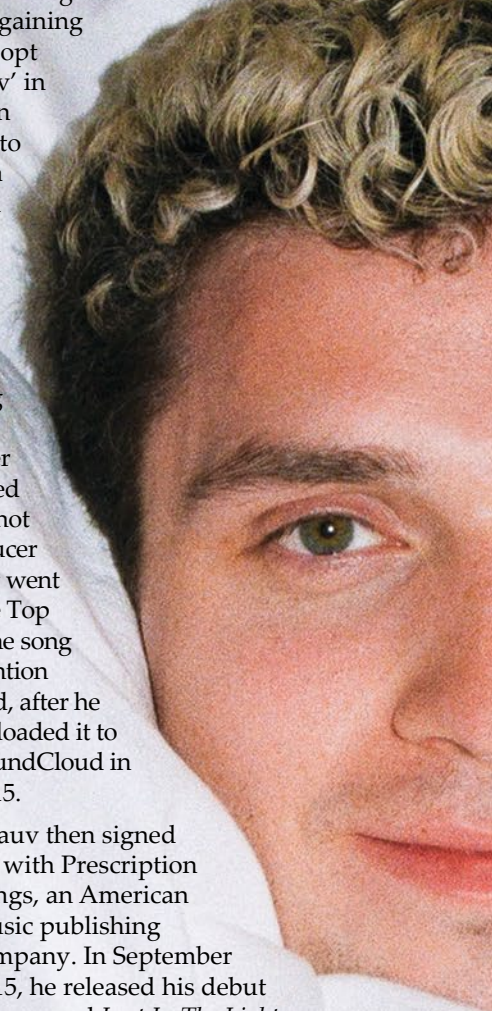
Lauv then signed up with Prescription Songs, an American music publishing company. In September 2015, he released his debut play record *Lost In The Light*, with five songs, including his first hit *The Other*. The song was also featured in the 2018 movie *To All The Boys I Loved Before*.

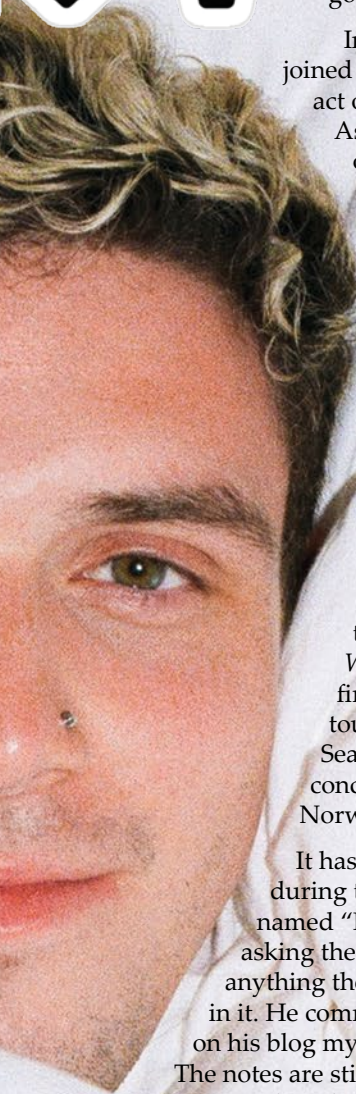
Apart from releasing the single *Question*, featuring Travis Mills, in 2016, Lauv worked on writing songs for other artistes. Many fans would notice the songs he co-wrote and co-produced, namely, *No Promises* for *Cheat Codes* and *Demi Lovato* which reached No. 7 on the Billboard Pop Songs Chart.

On 19 May 2017, Lauv released the single *I Like Me Better*, an up-tempo



LA





track inspired by his relationship that began shortly after he moved to New York City. The song peaked at No. 27 on the Billboard Hot 100 and earned him platinum certification in seven countries and gold certification in three.

In September that year, Lauv joined Ed Sheeran as the supporting act on his *Divide Tour*. Sheeran's Asia tour dates were cancelled or rescheduled as a result of injuries he sustained from a bicycle accident, but Lauv proceeded with promotional tours in cities like Manila, Philippines, officially kicking off the *Divide Tour* with Sheeran in Singapore in November.

Lauv, now saddled with enough of confidence and experience of the tour travels, embarked on his first world tour titled, *I Met You When I Was 18*, in the first half of 2018. The tour began in January in Seattle, Washington and concluded in April in Oslo, Norway.

It has been reported that during the tour, he had a box named "My Blue Thoughts", asking the fans to write down anything they wanted to and put in it. He commemorated the notes on his blog mybluethoughts.world.

The notes are still on the blog. Later, sometime in August, he released the single *Superhero*, a song inspired by a note from the box.

In May 2018, Lauv released *I Met You When I Was 18 (The Playlist)*, a 17-track collection of new and previously released tracks, including the singles *I Like Me Better* and *The Other* that he had been working on over the course of a few years. If one had to look at the playlist it chronicles his move to New York City and the first time he fell in love.

In June 2018, Lauv ranked No. 1 on Billboard's Emerging Artists chart. As of 29 September, he was at the top spot of the chart for 13 weeks. He also released the single, *There's No Way*, in collaboration with pop singer and then girlfriend Julia Michaels.

Fans will surely remember the dashing youngster when he visited Mumbai and performed on 13 May 2019. Come 2019 and Lauv opened the New Year with a single *I'm Tired* with Troye Sivan, followed by a string of songs like *Drugs* and *The Internet*, which he wrote when he was struggling with feelings of emptiness and depression.

It was around this time that he released single tracks from his forthcoming album. *Sad Forever*, *Chasing Fires*, *Feelings* and *Mean It* were well-received by his growing fans who by now wanted to not only hear him, but also see him. Lauv had now become a star who was followed all over the world. His music made him what he is and he knew he had the world in the palm of his hand.

He also worked on *Boys* with Charli XCX and also did a track with Canadian songbird Celine Dion with *Imperfections*. Fans of BTS erupted with joy when Lauv made his debut in K-pop through his collaboration with BTS for the song *Make It Right* which is an ode to ARMY (BTS fans). He made another song with BTS called *Who*.

Lauv with K-pop group BTS



With his frequent visits to India, Lauv made contacts with Bollywood, and soon enough his debut in Bollywood came through, a collaboration with composer Rochak Kohli on the song *Dil Na Jaaney* from the film *Good Newwz* (2019).

Lauv just managed to get his debut album *How I'm Feeling* off the ground in March this year. The 26-year-old, whose birthday falls on 8 August, is today a massive star and there's no stopping him.

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





Look vs Outlook

DR SHEFALI BATRA

Aren't looks the biggest thing in life, particularly in adolescence? Not just an outward physical appearance; this really is about sounding right, seeming good and appearing like the best at what we do, in the eyes of others. We care about how we *look* to others, and in the same light, we also possibly tend to see others based on how they *appear* to us (not how they really are).

Outlook, hence, is an abstract concept. It is all about the mind,

and never about the eyes. Like an attitude, on which we base the meaning of our perceptions. Somewhat like a brain that receives light signals and breaks them up into colour and perceives colour. Likewise, we perceive intentions, actions, emotions and ideas based on the emotional receptor mechanisms in our mind. These seem complex but they are thought filters through which we see the world. These are called biases.

What a bias really is

We are all familiar with partiality, right? Have you noticed how you sometimes blindly accept some people, follow what they say, and obey them unconditionally? And on the other hand, you immediately and instinctively reject others, even though they may be making the right suggestions for you? Bias is the reason for this. Biases are pre-judgements and they're very automatic. Because we have biases,

we see things from a subjective point of view and make it about us and our viewpoint. This way we lose context of reality. A common example here could be some negative behaviour like not studying, for instance. Parents would say you should, but some of your peers insist that you could just play some online game or go for a movie together instead. And you most likely follow your friends. You are biased towards believing that your friends are right and parents, probably wrong.

Automatic nature of biases

Cognitive biases are automated patterns of thinking that lead to inaccurate or rather unreasonable conclusions. But then you might wonder, why do we use biases? We should just sit back and think and then make our decisions impromptu in most situations. We would be safer that way. But the advantage of a cognitive bias is that it helps us make quicker decisions. It's like an automatic reaction which occurs without thinking. But these decisions aren't always accurate. It's important to be aware of your cognitive bias and attempt to counter their negative effects whenever possible. Like how you blindly follow what a particular friend says because you have pre-decided that he or she is right, be it about studies or sport or a general opinion. This makes you always turn to this friend or confidante for guidance. But what if this person is wrong and you get misguided? We have to make the automatic process a little more conscious to make sure you are making the right call.

Actor Observer Bias

Have you been in a situation where you see your own actions as a result of external factors and another's actions as internal? When you do that, your entire outlook changes. Like the time when you fared badly in an exam and you thought it's

because the examiner was unfair. And when friends fared badly, you believed they didn't study hard enough. Being biased changes how you see people and how you feel about them. It could make you oblivious and out of sync with your real motivations because you can't see things the way they *are* anymore.

Anchoring Bias

When you use this negative filter, you tend to jump at the first piece of information and unconsciously use it to anchor your decision making on it, even if it is faulty. This skews your judgement and you don't take the time to reason through your beliefs. Let's say you've had a bad experience in an elocution where you fumbled and forgot your lines. If you *anchor* on it and believe that your social awkwardness will govern every public situation, you will never be comfortable socially and will always believe that you have incurable social anxiety. It won't do you any good. In fact, if you remember your positive experiences and assume that they will repeat, you will have a more positive outlook to things and this itself will make you succeed.

Stubbornness and Confirmation Bias

We are stubborn creatures, all of us. Rigid thinking leads to confirmation bias. Our brain has a tendency to search for, and focus on information that supports what we already believe. It makes us ignore facts that go against those beliefs, in spite of their relevance. Basically, we begin to do everything emotionally. We go out of our way to prove that what we think is right, even though the reality is in our face — that it isn't. To understand this better,

think about a friend who you feel doesn't like you for some reason. You have no evidence for this, it's a misconception. But you believe it. And so, you don't talk to them or smile at them, or help them with notes or homework. This behaviour of yours in fact makes them dislike you. And your bias gets confirmed. You get conned by yourself. And yet, you just refuse to change.

Knowledge and Hindsight Bias

Knowledge is a good thing. But sometimes that works negatively when you have a hindsight bias. Here you beat yourself for things you should have realized or known in the past, which actually are obvious now with the benefit of more knowledge and perspective today. You can't be upset with yourself about some past failure and blame yourself now. Back then you did not know, you were not evolved enough, and much of the information you needed to solve your problem, simply wasn't available. Don't beat yourself for it. Don't overlook your virtues and become overly self-critical.

The world is not black or white. There are many shades of gray that make it beautiful. Black or white would be a line diagram. Learn to spot your negative cognitive biases and change your outlook. It's a rational and cognitive approach.

- ★ Identify that you have the bias.
- ★ Challenge your distorted thinking.
- ★ Play the alternatives in your mind.
- ★ Change the way you think and feel.
- ★ Apply the positive outlook to life.

And see how that works better.

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 @drshefalibatra.



GP CAPT ACHCHYUT KUMAR

When the inaugural T20 World Championship was to be played, no one gave India even a slender chance of winning the Championship. Some of the better-known names were missing from the Indian squad and Mahendra Singh Pansingh Dhoni was made the scapegoat captain to lead a team that would not lose face even if it returned without a single victory. What happened finally is history but above all it brought into limelight a new potential captain for the Indian cricket team.

Dhoni was no Samson with all his strength in his long hair but a captain who remained cool as a cucumber even under the most stressful situation. It was only a matter of time before M.S. Dhoni would be handed the reins of India cricket to be in the safest of hands. Dhoni appeared at the international arena in December 2004 when he made his One Day International debut against Bangladesh.

Perhaps the month of December had a special significance in Dhoni's career; he made his Test debut against Sri Lanka in December 2005 and the following December, his T20 debut against South Africa.

Dhoni draws his ancestry from the District of Almora in Uttarakhand but was born in Ranchi, then in the State of Bihar and now in Jharkhand, the district to which his father moved for employment. Since the Bihar youth teams of various age groups were not all that strong, Dhoni had to put up outstanding individual performances to remain in the limelight. However, once in the Indian team, he remained an invaluable asset for the team in all the three forms of the game and once the leader, his achievements remained unparalleled.

In 90 Tests, Dhoni known lovingly as Mahi, scored nearly 5,000 runs at an average of a fraction over 38 but it was his efficiency behind the stumps that accounted for the 256 catches and 38 stumpings. However, Mahi's achievements in the shorter version of the game remain enviable. In 350 ODIs, he scored 10,773 runs at an average of 50.53 with a highest score of 183 not out and a record number of victims behind the stumps; 321 catches and the number of stumpings with the integers reversed standing at 123; a total of 444 victims. In 98 T20 Internationals, Dhoni scored 1,617 runs at an average of 37.60 and accounted for 91 victims behind the stumps in the form of 54 catches and 37 stumpings.

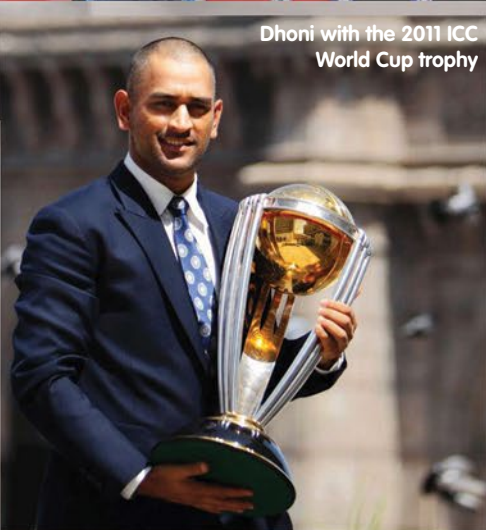


DEFINITELY NOT THE LAST FOR DHONI!





Dhoni with the 2011 ICC World Cup trophy



However, what puts Dhoni in a class of his own are his achievements as a captain. He remains the only captain who led his team in winning all the three limited overs ICC trophies; the ICC World T20 in 2007, the ICC World Cup in 2011 and the ICC Champions Trophy, in 2013. In addition, he led the Indian team to victory in the Asia Cup in 2010 and again in 2016. Under his captaincy, India also achieved the distinction of achieving the top Test ranking. There can be no greater recognition of Dhoni's leadership than the fact that the record eight times he was included in the ICC's ODI XI, he was named as the captain on five occasions.

Dhoni has been considered as one of the greatest finishers in limited overs cricket and his 82 unbeaten innings are a testimony to his rare talent, however, when the time has demanded he was always ready to lead from the front and the most outstanding instance was when he decided to open the innings in the final of the 2011 ICC World Cup. One rare unique behaviour that Dhoni introduced was to hand over the won trophy to the junior-most member of the team once he was back with the team after receiving

the trophy. Nothing can be more motivating for any youngster in a team where Dhoni was the skipper.

As a leader of the Chennai Super Kings team in the IPL, Dhoni's achievement is another example of his great leadership. Of the ten times that CSK has participated in the 12 IPL tournaments so far, Dhoni has led his team into seven finals, winning the title on three occasions.

M.S. has been a recipient of several awards, some of the more prestigious being the Rajiv Gandhi Khel Ratna, Padma Shri and Padma Bhushan. The Territorial Army conferred the honorary rank of Lieutenant Colonel and he justified the honour by undertaking a two-week training stint with his unit.

Dhoni's retirement and abdications have come in stages but the respect that he wielded among his teammates was always evident when the man behind the stumps took the liberty of resetting the field and it was never contested even when someone else was at the helm of affairs. I hope that the Government of India will hold a similar view when it comes to awards and honours for achievements that hitherto have never been reached by any other captain in bringing glory to the Indian cricket team.

Dhoni's retirement from international cricket may be a disappointment for many of his fans but we all have definitely not seen the last of M.S. Dhoni. The number 7 in yellow jersey will still be seen playing the helicopter shot for the CSK in the IPL and the team's opponent batsmen will still not dare to venture out of their batting crease as long as the man behind the stumps is the one who has the world's maximum number of stumpings in limited overs cricket.

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.





Are you tired of watching commercial movies — the next one more predictable than the last one you watched? Or are you a cinema buff for whom the independent cinema selection on online portals is way too limited? The good news is that if you are looking to widen your horizons when it comes to movies there are plenty of short films that are catering to the tastes of those looking for off-beat films to watch. Your alternative movie-watching experience would also help you engage in conversation with fellow movie lovers and perhaps even make new friends.

The best films have a few key things in common: concise storytelling, great performances, an original concept, and stunning visuals. You can learn from each film as you go by.

Dimapur-based couple, Moa and Arnela Subong, who are also part of the band *Abiogenesis*, have been making short films through

Abiogenesis Films since two decades. *Enter My World*, their latest film, is set to the tunes of a homegrown genre of world music that infuses jazz, rock and pop with tribal Naga chants. It is a sound Arenla has grown up hearing: “How-ee, how-aa, how-ee, how-aa”. For her ancestors across tribes in Nagaland, this was the go-to chant for any group activity, be it farming, fishing, or even dancing. Today, the chant has evolved into a genre of world music.

The film is a 75-minute Howey musical that has a simple premise. A writer (Arnela) and her assistant get lost in a jungle and are held captive by hunters in a Naga village suspecting them to be spies. It is then that they realize they are caught in another era altogether: a folk era. The end is electrifying with the tiger-spirited man and the boar-spirited man confronting each other and the writer and her assistant trying to flee. The unique and colourful Naga costumes and culture, along with the

picturesque location of Nagaland make this film a real treat. But the highlight, admits the duo, remains the music. “It is a Howey musical while the spoken dialogues are in English, the tunes are all Howey.” What makes *Enter My World* so special? “If you listen to our music, you will feel like singing. It’s fresh and it comes from the heart. Howey has the potential to energise both the listener and the singer,” says Arenla who has scripted, directed and acted in all the films they’ve done.

Moa and Arnela have also produced two other films: *Lichaba’s Daughter* (2017) and *Big Time Buddies* (2003), both of which were screened at the Days of Ethnographic Cinema in Moscow in 2012.

Lichaba’s Daughter is based on Ao-Naga folklore which has been modified and modernized by the writer for a more dramatic appeal. The Naga tribe has been known to communicate with one another through singing and they also sing

or chant while working in groups or alone. This is shown widely in the film, as also the traditional attires and the landscapes in Nagaland.

The story goes that Lichaba, the maker of the universe, had a daughter Tsungrosenla (Arnela), who while hunting with her friends was captured by neighbouring tribesmen. Tsungrosenla married one of the men Miga (Moa) and settled down to a family life. One day she reminisced her days with her father, her beautiful looks and everything she had and hoped she could get it back. Her husband consented to her pleadings and agreed to get the special food from Lichaba. But before returning to his wife, Miga was warned by his father-in-law to refrain from opening the food box he sent his daughter. Noticing a change in her appearance, Miga suspected it was something to do with what his wife's father had sent. While we would usually love a happy ending, what follows will surprise you.

Big Time Buddies is a cocktail of compassion, rage, and tragedy; simultaneously a delicate romance and the coming of age of youngsters



who come to terms with the dreaded HIV/AIDS infection. The film gives a message through the youth, rather than loud proclamations from well-known personalities. Played by youngsters and solved by youngsters, the whole crisis is brought out through music and simple dialogue. The film made for

Nagaland St AIDS Control Society has brought out many conversations that have otherwise been dormant for a while.

Do watch *Lichaba's Daughter* and *Big Time Buddies* on YouTube. Enter *My World* is available on Amazon Prime Video.

Verus Ferreira is a freelance journalist, photojournalist, and author with over 27 years of experience in entertainment journalism with the Indian media and has contributed to a variety of leading newspapers and magazines in Mumbai. Learn more about him at verusferreira.com



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October 8, every year, is observed as Indian Air Force Day, in India, to commemorate the day the Indian Air Force was officially established in the year 1932.

INDIAN AIR FORCE (IAF) It's not just about flying!

GP CAPT ACHCHYUT KUMAR

The coming of October 8, each year, brings back memories of the twenty-eight years and four months of service with the Indian Air Force; a life-changing experience. I had all my education in English medium and had played several games at the University level before joining the Indian Air Force but little did I know that the Air Force years were destined to keep me away from my past and add absolutely new experiences.



Any new person to whom I am ever introduced has a primary question to ask: which aircraft did I fly? It is, perhaps, disappointing for them when I tell them that I was an Air Traffic Controller and not a flier. Quite rightly, the IAF is always related to flying but there is so much more to it than flying. In fact, the flying crew forms only a small fraction of the total strength not only of the IAF but also in any other Air Force around the world. Flying an aircraft requires a large support service in terms of technical as well as administrative support.

Apart from the primary duties that any individual has to perform in the IAF, there are several

different types of secondary duties that one has to handle in one's career that adds to an individual's learning and helps in the all-round development of one's personality. While man-management is a primary learning for every officer, the secondary duties would be quite unthinkable for any outsider.

It is not only the Accountant Officers who have to handle cash and gain proficiency in maintaining ledgers and books of accounts but it becomes a necessity for those handling any secondary duty. One of the first things that I learnt while conducting distribution of pay



and allowances was to count currency notes like bank cashiers. When one had to distribute lakhs of rupees, slipping one note on another like an amateur would never end the distribution in a single day.

Taking care of the Station Dairy or the Station Cinema Hall opened the doors for a learning that one can rarely ever think in civil walks of life. Running of Messes gave the same learning as the running of hotels without any degree in Hotel Management. Recording Courts of Inquiry



The camaraderie of the service years continues even after retirement.

Contrary to what is the general idea of wielding of authority in the Armed Forces, the IAF is a very democratic set up and even the junior-most person is free to discuss matters with the senior-most rank with no love lost despite a serious argument. Seniors always take adequate care of their juniors and try to groom them in the best possible way.

I never played the same games for the IAF as I did at the University level but went on to learn mountaineering, rafting, water skiing, rowing and kayaking. In fact, I was part of a White Water Kayaking Expedition of the IAF down the River Beas and a Trekking Expedition in the hills of Gharwal. A PRO tenure was good enough to learn the intricacies of journalism and it culminated in being a Hindi commentator for both the *Akashvani* and *Doordarshan* for several events.

These are possibly some and definitely not all of the learning experiences of my IAF tenure. However, the greatest learning has been that of a never-ending sense of brotherhood, definitely not limited to the Air Force or even to the Armed Forces of India but one that extends beyond the boundaries of the country. Such was the experience when I was a part of the Indian Peace Keeping Force in Sri Lanka and part of a Security Delegation team to the U.S.



The IAF puts up impressive performances during the Republic Day Parade. (Pictured here) The Air Force Marching Contingent passes through the Rajpath, at the 71st Republic Day celebrations in New Delhi on January 26, 2020.

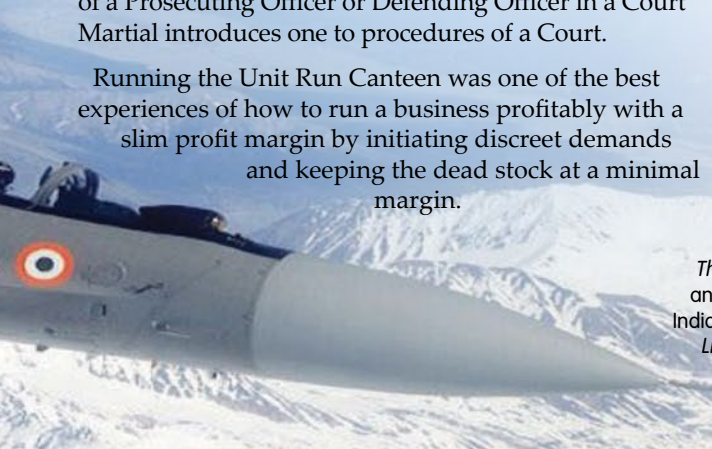


Sports remains the best activity to ensure fitness as well as camaraderie.

is another experience that exposes one to learning the art of inquiring to arrive at relevant issues while the role of a Prosecuting Officer or Defending Officer in a Court Martial introduces one to procedures of a Court.

Running the Unit Run Canteen was one of the best experiences of how to run a business profitably with a slim profit margin by initiating discreet demands and keeping the dead stock at a minimal margin.

I should end with a small incident of my first meeting with one of the Counsellor Generals of the Republic of Netherlands at his office. After an initial introduction, he went back to his cabin, saluted me and handed me his visiting card with a remark, "Sir, just a Lieutenant." There can be no better example of the global fraternity of the Armed Forces.



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.





DR VIBHA GUPTA

Photo: © SCYTHEERS / 123RF.COM

and advise them when to buy and sell and at what rates. At the same time, stockbrokers also ensure that their stock trading company also makes maximum profit in the long run. Initially, brokers spend many hours on the phone building up a client base.

Stockbrokers may specialize in either private client or institutional client work; in dealing or in advising; or in certain types of securities. The work is, mainly, sales-oriented and is conducted on the telephone. Since the industry is performance-driven, one has to be on their toes all the time to keep pace with the market movement.

A Career as a Stockbroker

Do you have excellent communication, negotiation and analytical skills?

Do you like working in a fast-paced and challenging financial environment?

Advising and counselling clients on appropriate investments and working as a stockbroker may be the career for you.

What's this career about?

Stockbrokers deal with a variety of investments, including stocks, bonds and mutual funds. They invest in the stock market for individuals or corporations. Only members of the stock exchange can conduct transactions, so whenever individuals or corporations want to buy or sell stocks they must go through a brokerage house.

Brokers explain the workings of the stock exchange to their clients and gather information from them about their needs and financial ability, and then determine the best investments for them. The broker then sends the order out onto the floor of the securities exchange by computer or by phone. When the transaction has been made, the broker supplies the client with the price. The buyer pays for the stock and the broker transfers the title of the stock to the client and



Photo: © RAWPIXEL / 123RF.COM

performs clearing and settlement procedures.

In order to provide the best advice to their customers, stockbrokers continuously research publicly traded companies, their products and finances. They also stay abreast of market trends and know which stocks offer good long-term and short-term investments.

Apart from work, stockbrokers always remain in touch with their clients in order to understand their needs. They constantly update them about the fluctuations in the market

All the operations today are computerised, with highly-trained and qualified specialists keeping a close watch on the market. One can survive in the stockbroking career only if they have a knack of thinking on their feet and be adaptable in an ever-changing environment.

How do I get there?

Minimum requirement is graduation in any discipline preferably Commerce. Since stockbrokers must be well-informed

about economic conditions and trends, courses in business administration, Finance & Control and Economics are helpful especially in the larger securities firms.

Some big broking firms prefer MBAs with specialization in Finance or Chartered Accountants. PG programmes in capital market studies, and in stocks and securities are also available in selected universities and institutes.

The Securities and Exchange Board of India (SEBI) is the authorized body which regulates the operations of stock exchanges, banks and other financial institutions. All stockbrokers need to be registered under SEBI and are governed under the rules, laws and regulations of this authority.

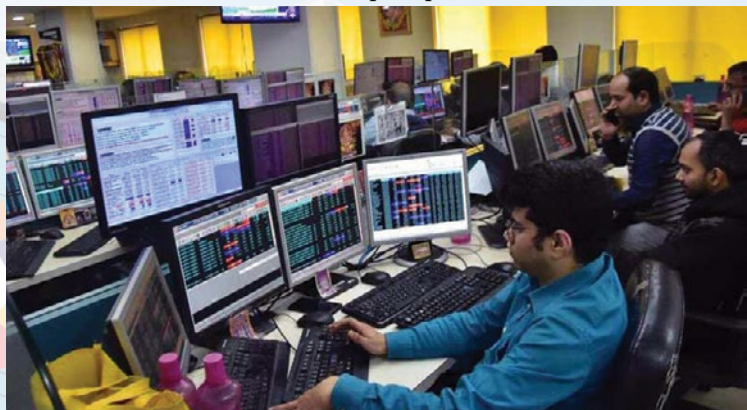
Besides registering with the SEBI, stockbrokers must become members of one or more stock exchanges such as the National Stock Exchange (NSE) and the Bombay Stock Exchange (BSE). To attain membership of the stock exchange, one has to go through training under a broking firm for a period of minimum 6 months. The training aims to impart knowledge of subjects like accountancy, law-related subjects, capital markets, securities and portfolio analysis, etc. Most employers provide on-the-job training to help stockbrokers meet the requirements for membership.

Their application forms are closely evaluated by the exchanges before granting membership. Most major exchanges require stockbrokers to pay a security deposit and a membership fee, which usually involves a considerable expense.

NSE India has created the National Institute of Securities Markets (NISM) to educate stock brokers, sub-brokers and investors about the stock market. In some cases, having the certification of the NISM is mandatory by some broking firms.

What key skills do I need?

- ✓ Assertive, quick and decisive regarding other people's money.
- ✓ An aptitude for numbers.
- ✓ Able to work in a stressful and competitive working environment.
- ✓ Excellent sales skills.
- ✓ Energetic and willing to work hard.
- ✓ IT competence.
- ✓ Excellent communication and interpersonal skills, including strong negotiating skills.



Institutes

National Institute of Securities Markets (NISM), Mumbai (nism.ac.in)

National Stock exchange, Mumbai (nseindia.com)

Mumbai Stock Exchange Training Institute, Mumbai (bseindia.com)

Institute of Chartered Financial Analysts of India, Hyderabad (icfai.org)

Institute of Company Secretaries of India, New Delhi (icsi.edu)

Indian Institute of Capital Markets, Navi Mumbai (utiicm.com)

The Narsee Monjee Institute of Management Studies, Mumbai (nmims.edu)

BSE Institute Limited at various places (bsebti.com)

Pay package

Stockbroking is a lucrative job. Most broking firms pay performance-based commissions along with a salary. Earnings from commission vary and are likely to be high when there is much buying and selling and low when there is a slump in market activity. They can start with 5-8 lakh rupees per annum; those

with MBAs and post-graduates with a qualification in stockbroking earn more. Some receive a bonus, if they meet certain established goals.

Employment profile

Stockbrokers work in the stock exchanges, business houses, financial institutions, or investments banks. They can also start their own consultancies.

The easing of regulation of the banking industry, and the many new stock options made available are rapidly creating new employment opportunities. Though the use of the internet for online trading can hamper the growth, still many investors rely on stockbrokers to assist them in selecting the proper stocks, mutual funds, and other financial products. The demand for securities sales representatives fluctuates, as the economy expands and contracts.

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





“Youngistan” challenges the

DRAGON!

SINI K. THOMAS

Raising a threat to China’s web conferencing solutions in the world market, Vconsol, a new product developed by a young web research and development company, Techgentsia Software Technologies Pvt Ltd, from Cherthala in Alleppey district of Kerala became the one-crore worth winner of the Prime Minister’s Innovation Challenge.

While announcing the winner on 20 August 2020, Minister of Electronics, Communications and IT, Ravi Shankar Prasad, noted that it gives an indication of the changing India where technological advancements can take place even in small towns. Thus, a locally-made Vconsol becomes an Indian solution to web

conferencing while pushing down the entry of Chinese-American app Zoom and Google Meet and beating giants like HCL and Cisco.

The company will get financial support of Rs 10 lakh for the next three years for operation and maintenance and will be the official web conferencing solution partner for the Government of India during this period. When asked about the experiences of the company in the venture, its co-founder and CEO, 43-year-old Joy Sebastian humbly says: “It’s a team effort. The co-founder of the company, Tony Thomas, and CTO Ankur Deep Jaiswal have done a great job along with the entire team of 50 members to achieve this.”

The Indian achievement comes on the eve of a survival challenge in the global pandemic condition that hit India’s and China’s billion club population putting them in social distancing and travel restrictions for months along with other nations. Thus, quantum leap innovations of this kind from India are an indication of her potential to become an active player in world software technology market. “It is time for India to become a country where apps are also uploaded... Since video conferencing was an important instrument, we always discussed the possibility of a ‘Made in India’ video conferencing. The government is committed to developing India’s software product and mobile app



Techgentsia team in Alappūzha in Kerala. (Photo: Techgentsia)

JOY SEBASTIAN

“A voyage to strive, to seek, to find and not to yield!”

The voyage of Joy Sebastian, son of a fisherman, from Cherthala of Alleppey district of Kerala is ‘to strive, to seek, to find and not to yield’. Joy’s parents, Sebastian and Mary, struggled hard throughout the year to keep the pot boiling with their meagre income from seasonal fishing. Their children, Joy, and his elder brother, Job, were brought up in a government-sponsored one-room colony where education was a luxury. The parents had to choose between buying textbooks and day-to-day ration.

A determined mother, Mary, always preferred spending on her children’s education to household expenses and even restrained her husband from buying an ordinary fishing boat of their own. The children could not think of new clothes or a good meal, especially during the rainy season. Their struggle came almost to an end when Job completed his polytechnic education and got a job. The family was on the verge of fortune when he got an appointment in a polytechnic college as a lecturer, but he died in a bike accident before joining. Struggling, Joy continued his MCA getting a scholarship from the company where his brother worked and with the support of friends, and by giving tuitions.



He could not get through many interviews because of poor communication, as he had only vernacular schooling. “Even poor family background would have adverse effect on your talent during interviews,” Joy recalls. “That is why I decided to rebuild myself without having any support from corporate companies,” he added. Joy always keeps a village touch, and looked for quality and talent in the applicants to his company rather

than looks and high grades. “Most of the employees in my company are from our locality as my vision is to give jobs to local aspirants and to give them a decent livelihood!”

He started his office from home in 2007 getting assignments from a company where he was working. His company, Techgentsia, was registered in 2009 with zero investment with a friend Tony Thomas as co-founder. Techgentsia expanded in 2013, shifting the office to a hired building in Ernakulam. For more than a year, they had to really struggle hard, depending only on one client; slowly started getting more clients, also shifting the office to Info Park, Cherthala. From here the company started its success journey along with an array of international clients. With a desi touch and maintaining international standards, Techgentsia has now won the one crore worth *Innovation Challenge*, beating HCL and SOHO and challenging web conferencing solutions like Zoom and Google Meet.

economy in a big way and efforts like this will take us a long way in that direction,” the minister added.

To develop Vconsol was not an easy task for Joy Sebastian. “Security aspects of the product are a great concern for us. Vconsol is the result of a ten-year-long research of Techgentsia. While the government’s task was to develop a web conferencing solution

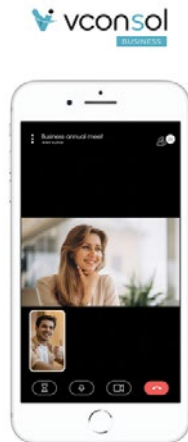
that can actively participate 25 people, we developed a solution to accommodate 100 active participants and another 300 spectators at the same time. It will work even at a low internet speed. It does not require different video streaming for each person that enriches the data quality and ensures less data usage compared to other solutions,” Joy Sebastian explains.

The *Innovation Challenge* was open for participation from industries, start-ups and individual experts. The competition was held in three stages — Concept, Prototype and Product Stage. Among the 1,983 companies selected for submitting the prototype only 12

were shortlisted for the next stage and were given Rs 5 lakh to develop the prototype. In the third stage, five companies were selected and Rs 20 lakh each was given to three companies and Rs 15 lakh each for two companies to develop the final product in one month.

The homegrown video app, Chingari, is an answer to TikTok, which won first prize in the *Aatma Nirbhar Bharat App Innovation Challenge* in the social category and will receive Rs 20 lakh. The second and third winners are YourQuote, India’s largest writing app, and Koo News app, winning Rs 15 lakh and 10 lakh respectively. The jury identified 24 apps for prizes across all categories and another 20 apps for special mention. The app innovation challenge sought entries for nine different categories.

India’s call to boycott Chinese products in the wake of the



Galwan Valley skirmish on 15 June 2020 that claimed the lives of 40 Chinese soldiers and 20 Indian soldiers, created an anti-China sentiment even at the local level. However, promoting *desi* solutions within a short period is practically very difficult due to India's high dependency on China for parts, hardware and many other items. India has \$75 billion worth imports from China every year. Hence, making India 'Aatma Nirbhar Bharat' is an emotional goal which cannot be achieved without engaging *youngistan* in boosting small scale local production in all walks.

A self-reliant India does not mean cutting off from rest of the world. Many start-ups and young IT companies have silently made an entry in the global market. As Joy Sebastian puts it: "We have clients worldwide. Europe-based Easy Meeting, U.S based Kaipura Inc. Corp., Brand Commerce, Ireland-based I-Connect are some

In a country like ours where being elite means western-educated and being local is considered inferior, a vernacular-school-trained man from a coastal hamlet sets his goal in the world market, posing challenges to multinationals, using local human resources in the IT sector and showing a way forward is to tame the dragon.

has grown from zero to 1,50,000 pieces a day in two months by the beginning of the month of May. It has a capacity to produce more than two lakh kits a day. The PPE industry in India is worth Rs 7,000 crore (U.S. \$980 million) and in two months it grew second only

using 100 per cent homegrown technologies and solutions is another important shift.

Among many such shifts in the recent past, the relevance of success of Techgentsia is to be analysed for its vision to bring in a revolutionary change in the space of formal IT education. Joy Sebastian reveals, "My company gives more importance to talent pool than any reputation of an engineering institute. We are even not bothered to know whether the aspirant is an engineering graduate or not. Our team has employees who did not complete an engineering degree and some others have joined engineering college to get a degree after availing their expertise from Techgentsia."

Adding more to its vision, he says, "Our company has a vision to rebuild the society around us. It is our social responsibility to engage in developing people around us to 'hi tech locals' by providing human resource and IT solutions for better community life. My preference is to give job to more people in my locality. When I failed to clear interviews of world companies due to my local flavour, I decided to bring the world into my locality."

Efforts of Techgentsia could be re-read in a post-Covid world order as a company that makes a difference with its vision at par with the concept 'Atma Nirbhar Bharat'. Its product, Vconsol, is the best example of 'local' becomes 'vocal.' In a country like ours where being elite means western-educated and being local is considered inferior, a vernacular-school-trained man from a coastal hamlet sets his goal in the world market, posing challenges to multinationals, using local human resources in the IT sector and showing that the way forward is to tame the dragon.



Joy Sebastian (left) and Tony Thomas (right), the founders of Techgentsia Software Technologies in Kerala. (Photo: Techgentsia)

of our clients. We give solutions to Mumbai-based Global One, C-dac in Trivandrum and ITI Ltd. Indian Startups are getting a momentum in the global market."

Apparently, India has shifted her focus to many other fields to enhance self-reliance during the pandemic. The personal protective equipment (PPE) sector of India

to China. In another venture, India re-purposed her various automobile sector industries to collaborate in ventilator-making. Announcement of a 'Made in India' 5G network by Reliance Jio



Sini K. Thomas is the Information Officer of Kerala House in Delhi.

WRITING IS TRULY MAGIC!



Posted by:
NIMRA MARIYAM PATEL (15)
St Agnes CBSE, Mangalore

“Writing is like thinking through fingers.”

It is the best way to relax. Especially nowadays it is effortless for things to become messy in our minds. When we write things down, organize our thoughts we realize that things are not that serious. If you just start writing then you realize it is difficult to stop.

Writing in a journal or diary is like talking to a friend whom you can trust with anything. Writing a story is also a stress reliever, when you make up characters, situations, etc. You can make up your own little world in a story, make a character as perfect or as annoying as you want. There are no rules; it is your story, let your

You can make up your own little world in a story, make a character as perfect or as annoying as you want. There are no rules; it is your story, let your imagination flow.

imagination flow. It’s like creating a world where anything is possible because it is you who are controlling it all.

You can put down your entire life on paper and make it the way that you want, minus all the problems, adding all the fun and excitement you want.

Making up your own characters is the most magical part of writing — people flying around, people who shoot lasers with their eyes, animals that talk; the possibilities are endless.

There will be someone who will like it, someone in the world who can relate to your characters. Your writing can be life-changing for someone. You don’t have to write for others; you write for yourself, write down all your problems, and for people who are reading it, it is just something

the character is facing. If they face the same thing then relating to the character is one of the best help the person can get.

After writing, you will realize how refreshing it feels. You feel like all your problems just disappeared as if you left them all on the paper. It is truly magic! ■

A LITTLE KINDNESS CAN WORK WONDERS!



Posted by:
SINCHANA DEVANANDA (19)
Bengaluru

When you ask someone about what comes to his/her mind when they hear the term ‘depression’, they will give another word as a descriptor and it’s a three-letter word. If you guessed it right then you know what’s really going on. The three-letter word is ‘sad’.

Sad is what comes to most people’s minds when you say ‘depression’, but how many of us know that it is more than being sad? That it’s a cave a person is trapped in where he/she can see no cracks of lights or possible way out to the outside world. No sunlight reaches him/her, no proper air

to breathe in, no human connection to make her/him feel alive.

How many of us punish our own selves by confining to such caves just because of the fear of stigma attached around seeking help or worried about what others might think or say when they find out. They might call us “weak” or worse, what if our friends or relatives call us “insane”?

A person whom I dearly admire once said: “Your life isn’t yours if you care too much for what others think of you!”

There are millions of people around the globe going through depression and it does kill. It’s not something you

A little kindness can work wonders on someone’s aching soul.

or your friend or your loved ones make up in their heads. It’s not like they planned or made a choice of suffering from this problem.

Many people fail to recognise depression as a real disease. The reason is because it’s an invisible disease. A person suffering from depression might appear quite right physically but there might be a war raging inside their heads.

To some of us it might seem as though that very person is just

being lazy but it is loneliness disguised as laziness. We might never really know what a person is going through but

we must understand, and be kind. A simple hug can save a person’s life.

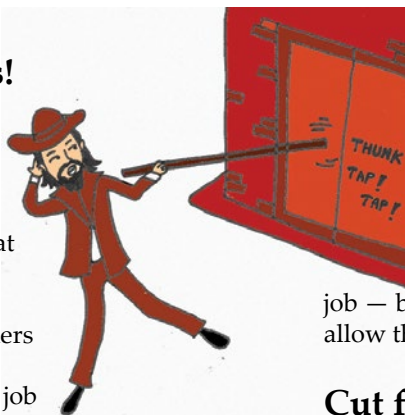
Healing can start with the feeling of being safe. That’s why it’s necessary to check on our loved ones who are suffering from depression. Encourage them to reach out when they need help. A little kindness can work wonders on someone’s aching soul. ■

Compiled by RAMA RAMESH

You'll find plenty of regular jobs like software engineer, journalist or plumber, and occasionally you'll come across exciting ones like chocolate taster or island caretaker. We're going to look at jobs that were common in the 19th century and before that.

Wake up, sleepyheads!

If you want to wake up at 5 a.m. to study or go for a job, you'll probably have your alarm clock (or the one in your smartphone) do the job. But what about 150 years ago when this was not an option? In industrial districts of England where workers often started work as early as 6 a.m., "waking up people" was a job for professionals! Enter the knocker uppers. These people — often employed by the companies — went around knocking on people's doors with sticks to wake them up. And sometimes, they used pea-shooters to strike pebbles on the windows of upper stories!



Strange jobs that (sadly) don't exist anymore!

dam blocking water and causing a flood. So log drivers were appointed as log traffic regulators. Often floating on logs themselves, they did their best to prevent logs from going rogue simply with the help of pike poles. In fact, the phrase "left high and dry" is attributed to this job — being stuck high up a river too shallow and dry to allow the logs to float all the way down.

Cut for the job

Have you wondered how people dealt with storing stuff before the days of refrigerators? In places where it snowed and the ice froze solid, ice cutters were hired to carve out blocks that were assembled to make ice boxes for storage. This was a tough job that involved clearing out snow with horse-drawn ploughs and sawing ice from frozen lakes and rivers into chunks that were then floated through a water channel from where they were picked up and delivered.

The official book reader

What if people had a boring, monotonous job of rolling cigars, hour after hour and day

after day? And what if there were no earphones to plug into your ears? And what if even transistor radios were not available? Well, such workers spoke to their union and pooled in their money to appoint a lector to read out popular books or other materials. The lector had to have excellent qualifications in terms of voice, narration style, and fluency to get selected!



Row, row, row your logs

Back in the early days of the lumber industry, the easiest way to transport cut tree logs near a river was to allow them to float down to the saw mills located downstream. If unchecked, these logs could jam and form a



Bringing light to others' lives

Much before electric lights were the norm, people were hired to go around the streets with a long pole, a ladder, a wick-trimmer, and blubber or oil to light the street lamps. Even before that, people who had to walk the streets in the dark hired the service of a linkboy who carried a flaming torch to show the way. It wasn't always safe, though. Some linkboys didn't hesitate to take a commission from robbers to lead people down dark alleys straight to them!



Strewing herbs as a profession

In medieval times, when the streets were dirty and stank, wealthy people and royalty hired women to rectify the situation when they chose to step out. Called "herb strewers", these women carried fragrant herbs and flower petals and strew them on the path to make their travel more pleasant. They were especially important during coronations.

The butterfly

There was once a butterfly
With bright colours crowned
Oh, she can fly
So far from the ground!

She likes to sit on the flowers
At the garden nearby
She drinks all their nectar
Which give her energy to fly.

She is very beautiful
But has very less age
Oh, please don't
Lock her up in a cage!

Good children brush their teeth
In the morning and at the night
Moths are dull
But butterflies are bright!

Dua Fatima (Class 3)

Lamartiniere Girl's College, Lucknow

The independent woman

Blessed the woman
Who stands on her own two feet.
A special soul
Who fights for her beliefs;
Going against society's idols.

May we be unique spirits
Flowing with our truth,
Healing our world.

May we inspire,
Protect our sisterhood.
I am a creation of you.
I am nothing on my own.

We are all connected by a thread
Of life-giving force;
God's army of warriors.
Shine, my sister,
Be fearless!

Lisa Jose

Johannesburg, South Africa

Opportunity

There's a light in every hollow,
Like the world you never knew.
There's a place where days are
golden
Right here, waiting for you.

There's a place of darkness,
From which you will have to
grapple.
Hoping that you will find a little
piece of daylight,
God will send you a map that
you will have to read on the long
journey.

Go ahead, go ahead...
If you succeed, you will perceive a
paradise.

Go light your spark,
Set fire to the dark.
You will see that all the shadows
lie behind you.

Just like a dark new moon,
Slowly changes into bright new one,
That covers the whole sky in its light
With millions of beautiful stars.

To shimmer like gold,
Blaze like a sun.

Sukanya Kumari

St Joseph's Convent High School, Jethuli, Patna

With you

Loving you is an adventure
Whose beauty lies in the enchanting days I
relish
Sorting you out, combing your moods and
expressions.

Every tale foretold thrills me to look out for
more.

And my eyes smiling whenever I recall;
The times my stomach made
Several twists and turns
And hiding every bit of excitement
Seemed quite impossible.

The warm lovely days,
Where my face lit up in your presence
And every atom fading with each embrace,
Where listening to your words seems to be
All I can do my whole life.

And every second spent with you
Discloses to me
The only destiny
My heartbeat races to reach.

Tanuja (17)

Fr Agnel School, Greater Noida



Anshuman Jaiswal (14)
Jeevan Marg Sophia
Sec. School, Deoria



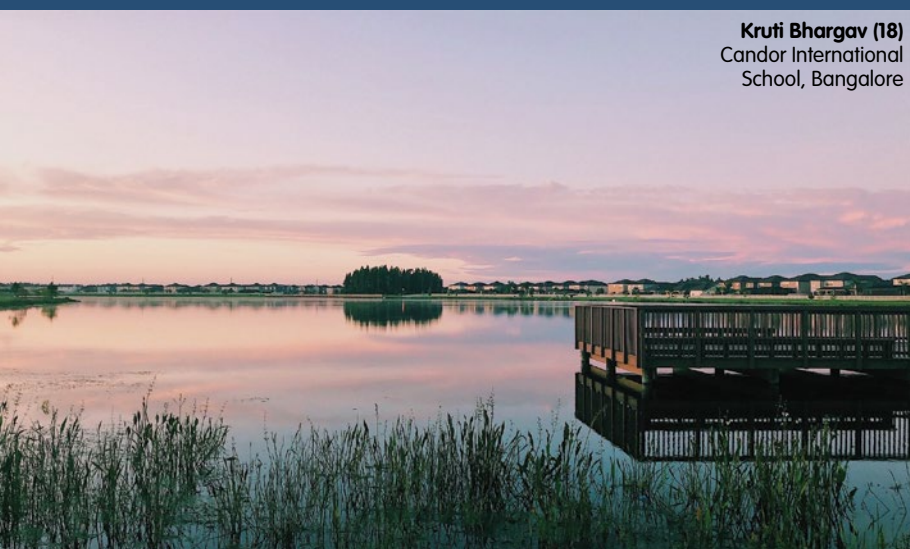
Shafaque Seraj
St Joseph's Convent High
School, Patna, Jethuli



Shreya Mahure (15)
Agragami Convent
School, Wardha



Satyam Yadav
Notre Dame School,
Badarpur, New Delhi



Kruti Bhargav (18)
Candor International
School, Bangalore



Jewel Cardozo (15)
(Ex) RBK International School,
Bhayandar (E), Mumbai

Compiled by CAROLINE C. D'SOUZA



After a meal, a **Burmese python's heart grows by 40%**. This addition to its heart's muscle mass happens within 48 hours of feeding. The change enables the python to meet the metabolic demands of digesting a meal. The process is reversible, with the snake's heart shrinking back to its original size once feeding ends. One of the world's largest snakes, the Burmese python can grow as long as 25 feet and weigh as much as 90 kilos. Native to Southeast Asia, it preys on mammals, birds, and other animals, which it swallows whole.

Some trees may 'social distance' to avoid disease. Many forest canopies maintain mysterious gaps

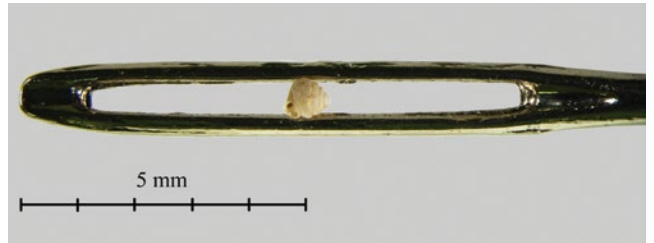


referred to as 'crown shyness'. The phenomenon occurs in some tree species when spaces appear in the canopy to prevent branches from touching, forming channel-like gaps which could help trees stay healthy.

The United Kingdom is the only country not required to name itself on its postage stamps. In 1874 the Universal Postal Union exempted the United Kingdom from its rule which stated that a country's name



had to appear on their postage stamps, so a profile of the reigning monarch was all that was required for identification of the U.K.'s stamps.



puzzles. Shortz achieved this one-of-a-kind degree by designing his own curriculum through Indiana University's Individualized Major Program (1974). He started making puzzles when he was 8 and sold his first one professionally at 14. He owns over 20,000 puzzle books and magazines dating back to 1545, reportedly the world's largest private library on the subject. He's also the founder of the World Puzzle Championship and the American Crossword Puzzle Tournament.

The world's smallest snail can fit ten times in the eye of a needle! Measuring 0.86 mm in size, *Angustopila dominikae* snail is just visible to the naked eye. The snails are found on limestone cliffs in

Guangxi province, Southern China. Its conservation status is Critically Endangered (CR), because the species has only been found once, and in one place in the world.



New York Times crossword puzzle editor, Will Shortz, is the only person in the world to have a degree in enigmatology, the study of

American astronauts can cast their vote from space according to a law passed in 1997 by the state of Texas. The ballot is sent to the Johnson Space Center's Mission Control in Houston, Texas, which sends it to the International Space Station (ISS) electronically, along with a particular code for the astronaut to access their personal ballot. After the astronaut votes, the ballot is sent back to Mission Control which delivers it to the voting authorities in Texas. In 2004, Leroy Chiao became the first NASA astronaut and the first American to vote in a presidential election while in space.

The word 'infant' comes from the Latin word *infans*, meaning 'unable to speak' or 'speechless'.

Tiny Android 10 smartphone packs a punch

Billed as “the world’s smallest Android 10 4G smartphone”, the Unihertz Jelly 2 is roughly the size of a credit card, with a 3-inch, 326-ppi screen, an 8 MP front camera and 16 MP rear camera, and weighs just 110 gms. It supports dual SIM cards, microSD expansion of its 6GB internal storage, USB-C charging for its 2,000 mAh battery, NFC support for contactless payment, GPS, and nearly every possible band of LTE, plus fingerprint unlocking and 128 GB storage. This mini smartphone is designed to act as a companion device to your regular cell, for times when a large smartphone would be inconvenient or when taking a break from your full-sized smartphone.



Audio trumps camera in smartphone buying decision

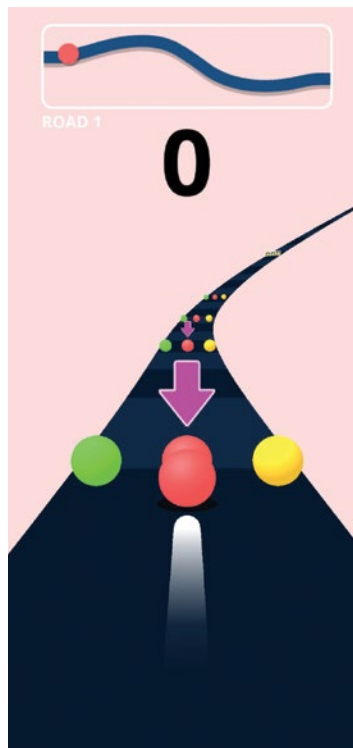
Audio quality is the most important feature consumers consider while buying a smartphone, according to a report by CyberMedia Research. The group surveyed respondents aged 18-40 across six cities in India. Consumers ranked battery life and camera quality as the next important features while physical appearance of the smartphone ranked lowest. Smartphone users consume audio mostly through listening to music on popular audio OTT platforms (94%), watching video, movies, OTT content, or videos on social networks (96%).

Tips Use audio from other Reels on Instagram

Found a song or audio clip you like on another user’s Reel and want to make one using the same audio/music? Just tap the music and select ‘Use Audio’.



American computer scientist Russell Kirsch revolutionised digital images with his invention of the pixel and then the world’s first digital photograph. He is also recognized as the developer of the first digital image scanner. Pixels are digital dots used to display photos, video and more on phone and computer screens. In 1957 Kirsch created a 2x2-inch, 172 x 172 pixel image of his baby son. Using a device he created at the U.S. National Bureau of Standards, this was the first image ever scanned into a computer and was made up of just 31,000 pixels (the latest iPhone captures images containing 12 million pixels). Kirsch made his pixels square which meant that image elements were not as smooth as real life, giving rise to the term “pixelated”. Kirsch’s discovery laid the groundwork for digital photography, satellite imagery, CT scans, barcodes, virtual reality, and more. 91-year-old Kirsch passed away in August 2020 in Oregon (USA).



Game on Color Road!

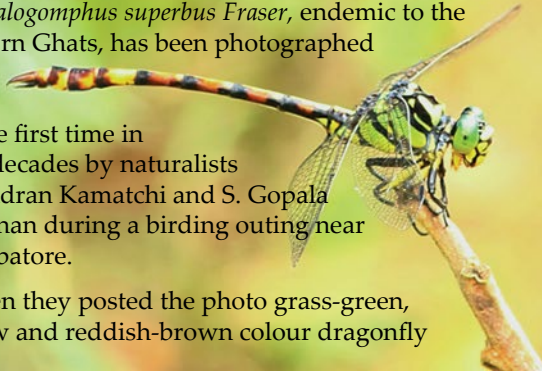
Color Road! is a simple 3D ball running game in which you control a rolling ball as it moves down a single road. Obstructing your rolling ball are other balls arranged in rows of three with different colours. You must roll the ball to the ones with the same colour. There are also ramps on the road that changes your rolling ball’s colour. Hit a ball with a different colour than yours and you’ll be met with a game over. The farther the ball goes, the higher the score, the higher the coin. Use the coins to unlock new balls and new roads. Free for iOS and Android.

Rare dragonfly spotted in almost nine decades

Megalogomphus superbus Fraser, endemic to the Western Ghats, has been photographed

for the first time in nine decades by naturalists Ravindran Kamatchi and S. Gopala Krishnan during a birding outing near Coimbatore.

When they posted the photo grass-green, yellow and reddish-brown colour dragonfly



with bottle-green eyes on the WhatsApp group 'Odonates of the Western Ghats', they learnt that it was a rare discovery. Scottish botanist Fraser F. C. had described it as the most beautiful species in the book, *Fauna of British India*.

"Fraser spotted it in 1931 and 1934 at the Boluvampatti forest range near Siruvani, Walayar (Kerala-Tamil Nadu border) and Kallar near Mettupalayam. The dragonfly belongs to *gomphidae* family which has six dragonflies – two in Tamil Nadu and Kerala, one in Sri Lanka and three others in the North East," says Kalesh Sivadasan of Travancore Natural History Society. "As aerial predators, they play a crucial role in pest control. It is an aquatic water species that thrives in fresh water, and feeds on mosquitoes and insects that are harmful to humans."

Schoolgirls from Surat discover earth-bound asteroid

Surat schoolgirls Radhika Lakhani (14) and Vaidehi Vekariya (15) discovered the asteroid, which they named HLV2514. The asteroid is currently close to the orbit of Mars – but in 1 million years, it will change its orbit and move closer to Earth.

The girls were participating in a project by Space India and International Astronomical Search Collaboration (IASC), a NASA-affiliated citizen scientist group. Students across India were taught how to spot celestial bodies using software which analyzes images collected by NASA's PAN Star telescope positioned at the University of Hawaii.



Paul Chodas of the Centre for Near-Earth Object Studies at NASA's Jet Propulsion Laboratory in California, said

that it's unusual for human eyes to discover asteroids. Algorithms typically do the hard work of spotting an unexpected object moving across the frame.

Asteroids and comets pose a potential threat to Earth. In 2013, an asteroid heavier than the Eiffel Tower exploded over central Russia, leaving more than 1,000 people injured from its shockwave.

Vekariya said, "This was a dream. I want to become an astronaut", while Lakhani added: "I don't even have a TV at home so that I can concentrate on my studies."

28 trillion tonnes...

... the amount of ice that Earth has lost since 1994 due to global warming, according to British scientists who analysed satellite surveys of the planet's poles, mountains and glaciers. 60% of the ice loss was from the northern hemisphere, and the remainder from the southern. The rate of ice loss has risen by 57% since the 1990s – from 0.8 to 1.2 trillion tonnes per year. This has drawn attention to the fact that the melting of ice in staggering quantities is reducing Earth's ability to reflect solar radiation back into space. Melting glaciers and ice sheets could cause sea levels to rise dramatically. Every centimetre of sea-level rise means about a million people will be displaced from their low-lying homelands.



Compiled by MAYA SHAH

WOTSIT?



WHOSE EGG IS IT?

If Anish's peacock jumps over the fence onto Rahul's property and lays an egg there, whose egg is it?

RIDDLE ME NOT

Why do we carry umbrellas?

FIGURE IT OUT

WORD PLAY

Which word is the odd one out — stun, ton, mood, letter, evil, bad, snap, straw?

CRACK IT

Add an English word to the following set of words in such a way that the first word is completed and the second word starts. For example, foot-----pen; Answer = ball So, its football and ball pen.

- business-----ship
- roman-----pad
- sketch-----stand
- power-----full
- postal-----book
- candle-----house

- double-----road
- grave-----stick
- waste-----lord
- street-----weight

NUMBER CRUNCH

Find the numbers that fit the blank squares.

CHANGING ORDERS

Four friends met for dinner last night at a local restaurant. They had an enjoyable evening of excellent food and good company. But as it happens, each person ordered an item off the special's menu, then asked for one thing to be removed and something different to be added. Privately, the waiter thought that their changes were rather odd. However, he did his best to accommodate them. Determine the full name of each friend, what each friend ordered, what was removed from each dinner plate and what was added.

Sara, whose last name wasn't Lost, didn't order the Caesar Salad.
Ms. Lost didn't add butter to her meal.
Mr. Wilde wanted the sauce removed, but didn't want peas added.

	Heart	Lost	Street	Wild	Burger special	Caesar salad	Chicken Parmesan	Prawns	Egg	Butter	Cashews	Peas
Derek												
Edward												
Sarah												
Wendy												

The person who ordered the meal with no broccoli wanted to add cashews. Neither of the men ordered the Burger Special.

Wendy, whose last name wasn't Heart, wanted egg added to her meal.

The person who ordered the Chicken Parmesan added butter to the meal. Derek, whose last name wasn't Street, didn't ask to remove parmesan cheese.

The person whose last name was Heart, ordered the prawns but didn't add the peas.

Edward didn't order the Chicken Parmesan but he did want the carrots removed from his meal

ANSWERS: Wotsit?: Working overtime / Whose egg is it?: Peacocks do not lay eggs. Peahens do. / Word Play: Letter. If you read them all backwards, letter is the only one that does not make another word. / Figure It Out: C. Boxes rotate clockwise and opposite segments are shaded. / Riddle Me Not: 'Cos umbrellas can't walk. Crack It: 1. partner, 2. number, 3. pen, 4. house, 5. stamp/address, 6. Light, 7. cross, 8. yard, 9. land, 10. light.

Number Crunch
 $3.5 + 4.5 = 8$
 $+ \quad +$
 $9.5 - 3.5 = 6$
 $|| \quad ||$
 $13 \quad 8$

We can make four equations:
 $A+B = 8$; $C-D = 6$; $A+C = 13$;
 $B+D = 8$

Now we have four variables with four equations to solve. If we add the four equations,

$$A+B+C-D+A+C+B+D = 8 + 6 + 13 + 8$$

$$2(A+B) + 2C = 35$$

$$2C = 35 - 2*8 \text{ — by replacing } A+B$$

$$2C = 35 - 16 = 19$$

$$C = 9.5$$

Similarly, $D = 3.5$; $A = 3.5$; $B = 4.5$

Changing Orders

	Heart	Lost	Street	Wild	Burger special	Caesar salad	Chicken Parmesan	Prawns	Egg	Butter	Cashews	Peas
Derek												
Edward												
Sarah												
Wendy												

Sudoku

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

Teacher: "1 book + 1 book equals...?"
 Student: "Two books!"
 Teacher: "4 books + 5 books equals...?"
 Student: "Nine books!"
 Teacher: "1045 books + 2005 books + 500 books equals...?"
 Student: "A library!"
Sent by Suriya Verma S. (11)

When you do homework for 5 minutes...



Three friends lived in a flat on the 100th floor. One day when the lift was not working they decided to tell each other stories as they walked up the stairs.
 The first friend told a comic story till the 50th floor, the second told an action story till the 99th floor and the third told a horror story in just one sentence — "I forgot the flat keys in the car!"

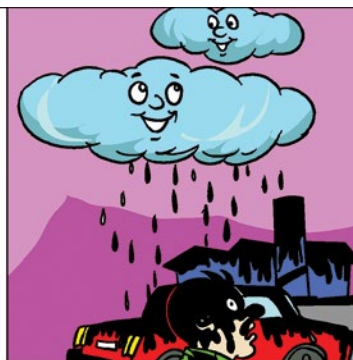
Ghosts have their own 'atma'sphere'!

Teacher: "'Construct a sentence using the word 'sugar'.'
 Pupil: "I drank tea this morning."
 Teacher: "Where is the word sugar?"
 Pupil: "It is already in the tea!"

Teacher: "John is climbing a tree to pick some mangoes. Begin this sentence with the word 'mangoes'."
 Student: "Mangoes, John is coming to pick you..."

75% of students are good in Maths.
 I belong to the remaining 15%!

Silence Please!



Teacher: "Name the nation people hate most."
 Student: "Exami-nation."

A contractor promised a minister that he would bribe sumptuously if the contract was approved. Believing him, the Minister wrote on the file 'Approved'. But even after two days, the bribe money was not given and the minister felt cheated. The minister's peon said: "Don't worry, sir. I will bring the file and you simply write 'Not' before 'Approved'". So the contract became 'Not Approved'! Two days later, the contractor paid the bribe to the minister. The minister was worried as to what to do now. The peon again came to his rescue, brought the file back and said: "Write 'e' after 'Not'." So the contract became 'Note Approved'!



When someone says that Maths is an easy subject...

Now the minister was very happy; the contractor was very happy... so, who is running the government?
 The peon!

What did the confused egg say?
 I don't 'unda'-stand.

Forest department slogan: "Shoot the bird with a camera, not a gun!"
 Traffic department slogan: "Donate blood, but not on the roads!"
 Petrol pump slogan: "Don't smoke... your life may be worthless, but our petrol is costly!"
 And finally, the hospital board slogan: "If you still want to continue looking at girls after your death, donate your eyes!"

The landline phone bill was exceptionally high so a family meeting was called to discuss the issue.

Dad: "This is unacceptable. I don't use the home phone, I use my work phone."
 Mum: "Me too. I hardly use our home phone. I use my company's phone."
 Son: "I always use my office mobile, I never touch the home phone."

All of them were shocked and together looked at the maid who was patiently listening to them. Maid: "Why are you looking at me? So we all use our work phones. What's the big deal?"

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

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

ROBERT CLEMENTS

Grandma's 'Take Home' Gift!

Grandma, lying in her comfortable bed, heard her door opening.

"Hello, grandma!" said her teenage granddaughter, as she swept into the room.

"Hello, my dear girl!" said Grandma. "How nice of you to see me today! I missed you yesterday!"

"Oh grandma, I had such fun yesterday!"

"You did; come sit and tell your grandmother all about it," said grandma as she shifted a bit, and lovingly made place for her granddaughter. "So tell me what did you do?"

"Oh grandma, you know the malls are open, so I went shopping, and since I was out, called Susan and Kumar, and we went over to a bar and had a few beers. It was such fun, grandma!"

"Ah my child, I hope you wore a mask while doing all this?"

"You can't sip a beer with a mask on, can you, grandma?" said the teenage girl, and they both laughed heartily imagining the scene.

"Looks like you've brought a gift for me?" asked the grandmother staring at a covered bowl, "Open it, dear, so grandma can know what you've brought me from the outside world!"

The scream that came from the old lady echoed round the house and even to the neighbour's and the street below, as her granddaughter uncovered the bowl, and the green and yellow virus sprang out, caught the old lady around her throat and slowly entered her lungs.

A few days later, the family lit her funeral pyre. Grandpa couldn't come for the funeral as he was

beginning to feel sick!

Gruesome as this story may sound, this is exactly what we do, when we from the younger generation break norms prescribed to keep the virus away.

I spoke to a group of youngsters a few months ago, just after the lockdown had been imposed and asked them what they felt about being locked in at home. I felt so glad as youngster after youngster talked about it being a necessary sacrifice to keep their parents and grandparents alive and safe.

"If we don't catch the virus, we are saving their lives!" they all said.

Rightly so!

"What they don't know," said the virus, chuckling,

"Is that many of them never know I've got into them, and it's only when a senior member picks it up at home, they

realize they were asymptomatic all along, as they mixed and mingled with each other and loafed round without precautions! Ha, ha, ha!"

I personally know someone who went shopping, bought the best of delicacies for all at home, from the beginning of the lockdown. Today, she lives, while the two older ones are dead!

"Please don't warn them, Bob!" mutters the virus angrily, "I quite like being a take home gift!"

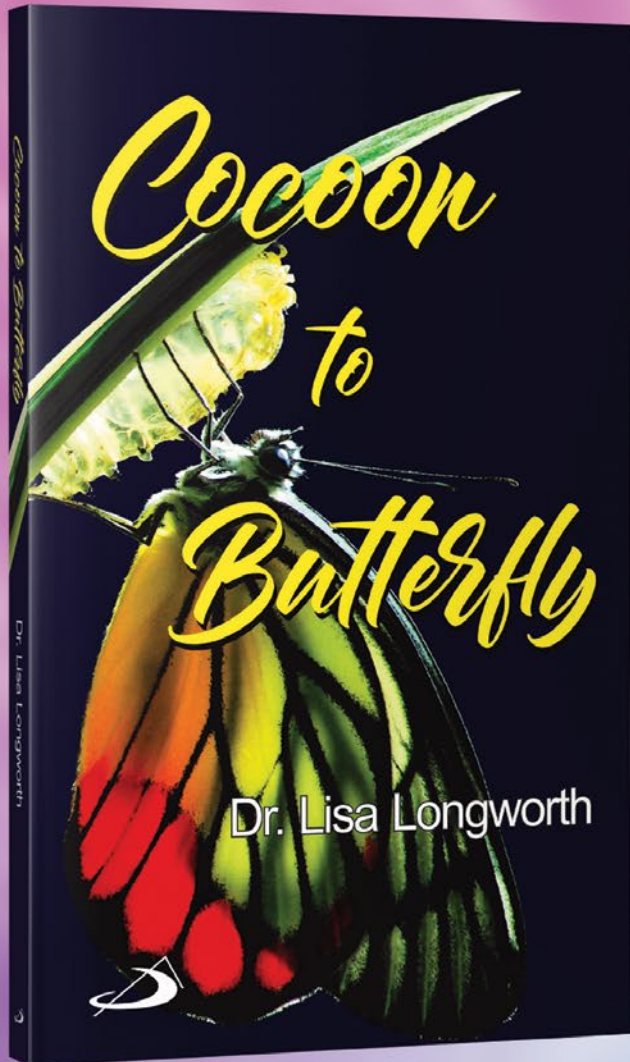
Robert Clements is a journalist and newspaper columnist. With an estimated 6 million readership, *Bob's Banter* is published in over 30 newspapers and magazines in nearly every state in India, as well as in the top newspapers of Bangladesh, Dubai and Pakistan, and is also translated into Hindi.





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