Wings are really an amazing part for the birds. I feel that birds are very lucky to have wings. Because they can fly high wherever they want. We have also heard of the angels in fairy tales. The angels are also depicted with beautiful wings. Angels are also luckiest to have wings.

If I have wings, I feel I’m the most luckiest on this earth. I will fly from place to place and explore things. I will fly upon the water levels and enjoy. I will fly across mountains, waterfalls and I will sleep across the nature’s lap in the top of hills.

Sky is the limit for me if I have wings. I will aim to reach for the sky and fly higher and higher competing with all birds. I can transport from one place to another and higher competing with all birds. I can transport from one place to another with free of cost. No petrol and no diesel... In this way I will do a small favour to the nature by not polluting it.
Creative Writing
A cartoon character I like

The show name is Doreamon. In this show there are so many characters like Nobita, Doreamon, Suneo, Dekisugi, Fuyan, Shizuka, Dorami etc. My favourite character is Doreamon. I wish I have a friend like Doreamon and my all time favourite gadget is anywhere door, which I could I have used to go anywhere in the world.
And the second gadget which I like more is time machine. So with help of that I can go in my childhood days or in my future.
I like Dekisugi also because he is good in the studies, art and craft, sports etc. and he always helps other people also.

Name: Muskan
Class: 5th A
25/12/2020

My Favourite Cricket Player

Virat Kohli:

My favourite cricketer is Virat Kohli. I like him because he is aggressive and a true leader. He is a professional player. He was born on 5 November, 1988 in Delhi. From childhood onwards, he was passionate about cricket and started playing cricket. He was three years old. Later, he was trained at Delhi Cricket Academy. His hard work, dedication and talent helped...
him to secure a place in the under 15 and later under 17 team. Virat performed consistently and later secured a place in the India under 19 team in 2006 against England. In 2008 he captained the ICC under 19 World Cup and the same year he was selected to the Indian cricket team. He was made the vice-captain of the team in 2010 and later the captain in 2014. He is the fastest Indian batsman to get 1000 international
runs and has already won the man of the match award 22 times. He is one of the finest Indian players in the history of cricket. Thank you...
My Ideal School

Education is something that makes our future better. My ideal school should be able to teach a person to make a good living and how to take care of our own responsibilities in life. My ideal school should be situated in an accessible area where students will have a short travel time, but it is important that it's not in the middle of the town where there are heavy traffics. It should be also far away from factories, so that it can create the learning atmosphere and students can concentrate on their studies.

The building also should be big enough to arrange the classes in an organized way and it must include all the facilities that a good school need to give the students a better education. There should also be a playground and recreation facilities where the students can refresh their mind during the breaks. The teachers should be able to prepare the lesson as interesting as possible and must be concerned about the students. It is necessary that they are capable enough to motivate the students to not only study but also solve their learning problems. Teachers should always be ready for the students when they need help not only as a teacher but also as a parent or a friend. In my ideal school, students should not be afraid to make mistakes or asking questions. I believe that the best way to learn is by asking questions. If they don't
Everyone can understand, they should know that no one is perfect and if they make mistakes, everyone should know that people make mistakes in a good way, so that the people can learn through their mistakes and can be a better person.

The exam marks should not be the only way to determine the ability of an student. The teacher should be more practical, try to make sure the students understand and get the lesson. There should be a library garden where our can be found books. It is

Important that the students right and placed in library too. The ideal school should be the place where all the students are happy to learn. From

right left. It must make sure that is enriched the atmosphere of cooperation to get the best future.
Prose Competition

Title:

On the wings of my dreams...

[Sanskriti]
Dream is not that which you see while sleeping, it is something that does not let you sleep. gratefully said by our A.P.J Abdul Kalam.

According to me, dream is not that which the golden angles gives us to see, dream is that which we try to achieving our goals. For that we have to do lot of hard work and stay attentive about that. We must have a dream and try to turn your dream into reality. As I know that, your firstly need is determination. This will help you a little to find your way to future. I have decided my dream and also planned for my future and it will take lots of time to pursue our goals but we have to wait till it done.

It doesn't matter how big your dream is, just focus on your hard work and your present and what is your tomorrow. This is very important because rushing to your dream will not going to help you in any way.
We should not have lack of motivation because it causes that a person force himself to leave his dream behind. So, staying motivated is also part of the goal and if you are not able to stay positive then you won't be able to achieve the dream. There are many people in world who think that they will not be able to complete their goals and quit the journey of their dreams mid-way because they had lack motivation.

For completing your dreams successfully you have to keep patience in your mind and remember your goals daily. There will be many hard times in which you will feel low but you have must remember your goal daily and stay positive.

And set a small target towards your dream and on fulfilling them reward yourself. These rewards can be anything from toffee to your favourite thing. So, make a scheduled timetable and engage yourself in other activities. Another thing is that not stay alone in life. So, be with people who appreciate you and stay away from your haters and motivates you.
Last and important thing is that, don't hesitate to make mistakes. We humans are always feared of making mistakes but we have learnt that mistake help us to learn. If you make a mistake try to face it and polish yourself and learn from it.

We can say that dreaming of goal is easier for us and fulfilling our dream is not easy.

So, if you work according to these plans will lead you to the right path and telling once again that not to dream big because it will create lots of obstacles in your life.

So, following this you will be able to fly with your wings of your dreams. All the very best!!

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My Ideal School

This is what an ideal school should have. The school be concerned about the child's physical and mental health. Along with this, attention should be paid to the moral development of the child. He should be given training which will enable him to be a balanced individual. It is through lessons in the classroom as well as lessons on the campus that training can be given. School should have proper arrangements in the classroom, clean well-arranged furniture and proper ventilation.

For the nursery classes, there should be charts and maps and pictorial presentations. A child learns much more by seeing than by mere lessons. Musical rhymes in simple words appeal to small children. They can hear, sing, dance and learn all together.

There should be arrangements for games and physical exercises for which special classes and periods be allotted. The development of the
mind and ideal school should after the part of a child’s physical development. If a child has natural ability or potential in a certain field, he should be given opportunity to pursue that field.

Overall, a school should be a place where children feel safe, secure and loved. The school forms a crucial part of a child’s life hence it should be beautiful place for them.
The hungry fox.

There was once a wolf, and he got very hungry, and so he went to have a look to see what he could find for dinner. After a bit he saw a ram feeding in a meadow, so he went up to him and said, “Mr. Ram, Mr. Ram, I’m going to eat you!” The ram answered, “Who are you, I should like to know, that you mean to eat me?” “I’m a wolf, and I’m looking for a good dinner,” said the wolf. “What sort of a wolf do you fancy you are?” answered the ram. “You’re not, you’re a dog!” “No, I’m not a dog,” said he, “I’m a wolf.” “Well then,” answered the ram, “if you’re a wolf, stand at the bottom of the hill and open your jaws wide. Then I’ll run down the hill and jump straight into your mouth.” “All right,” said the wolf. So he stood at the bottom of the hill and opened his mouth wide, while the ram climbed to the top of the hill. Then he ran down the hill very fast, and hit the wolf with his horns as hard as he could. The wolf rolled over, knocked senseless with the blow, while the ram ran off home. There lay the wolf, till at last he came to himself again, with all his bones aching. “Well, what a fool I must have been!” thought he. “Who ever saw a ram jump into one’s mouth of his own free will?” Then he went on further, just as hungry as ever, and after a bit he saw a horse walking in a meadow nibbling the grass. So he went up to him and said: “Mr. Horse, Mr. Horse, I’m going to eat you!” But the horse answered, “Who are you, I should like to know, that you mean to eat me?” “I’m a wolf!” “You think again,” answered the horse, “You’re only a dog!” “No, I’m not a dog,” said he, “I’m a wolf.” “Oh, if you are sure you’re a wolf, it’s all right. Only I’m not very fat yet, so you’d better begin on my tail, and meanwhile I’ll be munching some more grass and getting a little fuller.” So the wolf went up to him from behind, and was just going to get to work on his tail, when the horse let out at him as hard as he could! And the wolf rolled over, while the horse ran off. And there sat the wolf, and he thought, “Well, wasn’t I a fool! Wasn’t I a noodle! Who ever heard of anyone starting to eat a horse by the tail?” And so he wandered on further, when after a bit he saw a pig coming towards him, so when he got to him he said, “Mr. Pig, Mr. Pig, I’m going to eat you!” But the pig answered, “Who are you, I should like to know, that you mean to eat me?” “I’m a wolf.”
“You’re a queer sort of wolf,” answered the pig, “you’re only a dog!” “No, I’m not a dog,” said he, “I’m a wolf!” “Oh, that’s all right then,” answered the pig, “you just sit down on my back. I’ll give you a ride, and then you can eat me.” So the wolf sat down on the pig’s back, when lo and behold! the pig carried him straight into the village.

And all the dogs ran out, made a dash for the wolf, and began to tease him. And they teased him so much, it was all he could do to tear himself away and run off back into the forest. The silly wolf was never seen again.
Once there lived a scientist named, Mr.Bab-lab-lu Franken Justin. People called him Mr.Bablu. He loved doing experiments and making machines. He used to spend years in making machines. One day he thought “I should create a machine for those who scold or harm me.”
But what should I make? Yes, got an idea. He said and set to work. He worked for 11 months, finally machine was ready. “My machine is ready now. It is amazing like me.” he said. It has 4 buttons, and different buttons for different group of people. Green one is for my friends if they harm me, something green will fall on them. Red one for my wife if she disturbs me, something red will fall on her. Yellow for family and white for strangers. “I am tired now, let’s go and sleep.” So, he went to his room and slept. It was 1pm and he was still not awake. His wife was angry as Mr.Bablu overslept. She bought a bucket of water and threw over him. Mr.Bablu was awake but angry, so he pressed the red button, there was a tomato sauce rain in their room. As he was standing next to his wife, sauce fell on him too. He was angry and ran out of his room, went into the kitchen. His mother saw him with tomato sauce on him. So, she asked him to take a bath. He refused and said first, I want breakfast. His mother ignored and told him to take a bath. He was angry so, pressed the Yellow button. There was a noodle rain in the kitchen. Now he was covered with noodles and sauce. “My day is going bad, lets go to my friends place. Without changing his clothes he ran outside and went to his friend’s house. His friend was amazed to see him like that, still he welcomed him in his room. Manish, Mr.Bablu’s friend bought coffee. They both were drinking coffee and Manish brought his drawing book. Mr.Bablu was looking at the paintings that Manish made, but suddenly his coffee mug fell on his book. Manish was angry, he asked him to leave his house. Mr.Bablu said him sorry but Manish started scolding him. Mr.Bablu was angry and upset. He pressed the Green button, there was a rain of Spinach in Manish’s room. Mr.Bablu had sauce, noodles and spinach on him. He ran out and was walking slowly on the road. He was pushed by an athlete running in a marathon. Again, his face was red with anger. He pressed the white button now this time it was rain of eggs. Now
Mr. Bablu had sauce, noodles, spinach and toppings of eggs on him. On the way to home dogs saw Mr. Bablu and ran after him as they thought it was food. He too ran and reached home. He realized his mistake that if someone harms you, it doesn’t mean you too need to harm. You can talk politely and solve the problem. He threw his machine and lived happily.

Thank You
Has Social Media Change the way we work or think
Around the world, billions of us use social media every day, and that number just keeps growing.

We use it for every part of our lives – in our personal relationships, for entertainment, at work and in our studies. Our growing love of social media is not just changing the way we communicate – it’s changing the way we do business, the way we are governed, and the way we live in society.

**Across industries, social media is going from a “nice to have” to an essential component of any business strategy.** It started in the newsroom, as Claire Wardle of the Tow Center for Digital Journalism explains: “In just seven years, newsrooms have been completely disrupted by social media. Social media skills are no longer considered niche, and solely the responsibility of a small team in the newsroom. Instead social media affects the way the whole organization runs.”

It’s a trend that is already spreading to businesses beyond the newsroom, whether it be because of digital marketing or new customer service communication channels. Other industries should look to the lessons learned – or not – by the newsroom and ensure that they’re one step ahead of this social media-enabled disruption.

**Social media platforms may be the banks of the future**

Imagine being able to pay your rent or make an investment through your favourite social network. That might not be too far off, says Richard Eldridge of Lenddo. “Social media is transforming banking relationships in very significant ways, from improving customer service to allowing users to send money to others via online platforms. New financial technology companies are using social media to help people simply open a bank account. Social media can even impact your ability to get a loan.”

But it won’t be without its problems: “The biggest challenge is maintaining security standards and ensuring customers knowingly provide personal information. Banks will also have to implement sophisticated social media policies.”

**Social media is shaking up healthcare and public health**

The health industry is already using social media to change how it works, whether through public health campaigns or virtual doctor’s visits on Skype. It’s also helped groups of people, such as patients suffering from the same
condition, stay in touch, say Shannon Dosemagen of Public Laboratory for Open Technology and Science and Lee Aase of Mayo Clinic Center for Social Media and its Social Media Health Network: “Social media has been responsible for relevant changes in both personal and community health, especially by making it easier for large numbers of people to rapidly share information.”

That’s not always a good thing: while social media does help official agencies and experts share important information fast – such as during a disease outbreak – it has a downside. “Social media is a two-way street, and allows non-experts to share information just as rapidly as health agencies, if not more so.” It’s this future that the health industry will need to plan for: “Health agencies need to have plans in place ahead of time to be able to respond to and counter misinformation or support accurate information shared via social media.”

**Social media is changing how we govern and are governed**

Civic participation and engagement has been transformed with social media: “Social media allows citizens to be the source of ideas, plans and initiatives in an easier way than ever before” says Eileen Guo of Impassion Media. In the future, we can expect more and more leaders to embrace this type of transparent governance, as it becomes easier for them to interact with their constituents: “Whereas politicians and government officials once had to travel to interact with citizens, now online town halls strengthen the connections between them, while providing a platform for direct input on government initiatives.”

**Social media is helping us better respond to disasters**

From Facebook’s Safety Check – which allows users in disaster zones to mark themselves as safe – to the rise of the CrisisMappers Network, we’ve seen many examples of how social media and digital communications more broadly are helping respond to disasters.

That looks set to continue, says Heather Leson of the Qatar Computing Research Institute. In fact, more and more of us will be using social media to contribute to disaster relief from wherever we are: “Digital responders can immediately log on when news breaks about a natural disaster or human-created catastrophe. Individuals and teams are activated based on skill sets of volunteer and technical communities. These digital responders use their time and technical skills, as well as their personal networks in an attempt to help
mitigate information overload for formal humanitarian aid in the field.” These digital humanitarians will help close the gap in worldwide disaster response.
How has social media change the way we work and thing

People nowadays depend upon social media. We can get news on social media, we can connect to people from one place to another on social media. Three billion people, around 40% of the world’s population, use online social media – and we’re spending an average of two hours every day sharing, liking, tweeting and updating on these platforms, according to some reports. That breaks down to around half a million tweets and Snapchat photos shared every minute. People use social media to vent about everything from customer service to politics. In 2015, researchers at the Pew Research Center based in Washington DC sought to find out if social media induces more stress than it relieves. In the survey of 1,800 people, women reported being more stressed than men. Twitter was found to be a “significant contributor” because it increased their awareness of other people’s stress. The ability to connect and engage with people and information anywhere, anytime, and on any device is fundamentally changing everything we know about how we work, how we lead, and how we manage and it all started with the consumer web and social media. Nowadays mostly everyone is dependent on social media, from the child who attended online classes to the man who work in office or the man who is retired from job. Because of these covid-19 pandemic all students who studied in schools, college’s to all who work in offices all work shifted online. If you’re like me, each morning before checking Yahoo! Or Google News or an online newspaper site like USA Today or CNN, you first look at the stories your friends and people that you follow are sharing via Twitter or Facebook. After all, you didn’t choose the editors at newspapers and other publications, but you did choose the people and groups that you follow on Twitter, Facebook, or other social networks. Friends on social media are increasingly becoming people’s trusted sources of information, even more than search engines. It is easier than ever to start and launch a business today, in great part thanks to social media. We can not only locate potential collaborators and employees through interest-focused Facebook groups, Twitter searches, and niche social networks, but perhaps more importantly, social media gives people who have time, but little money for advertising, the chance to engage with others and promote their business. While business in the past was generally conducted with those in one’s immediate environment, social media, including everything from blogging to tweeting to posting videos on YouTube, has opened new possibilities for both customers and clients. Who we do business with and how we promote that business has moved increasingly online, and for small business especially, social media has proved valuable. People certainly still meet others at social venues like clubs and parties, but it is easier than ever to discover people who share our interests through social media, whether that means via groups on Facebook or following people on Twitter. Even if your interests lie in an obscure area, like 15th century poetry in France or Nepalese art, there is probably a Facebook group about it, and a Twitter search will likely turn up other people talking about the same subject. Communication that can happen through a social network, but via Tweetups and other in-person events, people are expanding these online interactions to face-to-face meetings. The introductions are initially made through social networks, then people develop the relationship using phone calls and in-person meetings. The old paradigm in communication was that people generally revealed very little of their fears and doubts. They tried to present the image of themselves to other people as completely confident and knowledgeable. The goal was to make sure that you appeared like you were always in complete control. But this is shifting, in part, because of social media. The paradigm is now no longer to try to appear perfect, but to be more transparent with your thoughts and feelings, to reveal your humanness. Large media outlets still control much of our attention, now with social media, power is increasingly more widespread. So-called mainstream media is no longer always the driving influencer of public opinion. On Twitter, some individuals now have a million or more followers, Facebook Pages can
also have hundreds of thousands of fans, and YouTube videos can get millions of views when they go viral. Most of this content is coming from regular people, rather than big, corporate-owned media organizations. For example, writer Brandon Mendelson, who has over 950,000 followers on Twitter, have used social media to increase their influence beyond what was possible for “regular people” in the past.

In every era, cultures go through numerous changes, and in recent years ours has been more impacted than anything else by social media. Large media companies are not likely to go away overnight, nor will the need to communicate by phone or meet people in person, but social media is providing yet one more means of engaging with people on this vast planet of ours, and if used effectively can give all of us greater choice in how we live and what happens in our world.

How has social media changed your daily life?
HAS SOCIAL MEDIA CHANGED THE WAY WE WORK AND THINK?

Social media is a tool that is becoming quite popular day by day because of its user friendly and unique features. Social media has changed all platforms. It became a vital part of our life, from chatting to marketing and money making. It helps to contact friends, family, and other people even though they live far away. It is given that social networking is a great means of communication. It is quick, easy, and simple. In other word, the entire world is at just one touch finger away and wholly thanks to social media. Today’s generation is particularly one of the most aggressive users of the social media.

And now the answer is that social media has changed the way we work and think. Technology has completely changed the way companies collaborate. Technology has helped us connect with people anywhere and at any time. This increased in collaboration has brought a high level of flexibility in communication that allows employees, co-workers, and managers to connect with each other easily. Research has shown that 82% of employees think that social media can improve work relationship and 60% believe social media support decision making processes. Now company has a wide platform to share their opinion to the people through advertisement. Advertisement is the unique way to attract people and social media is the platform, which serve it to us, and this leads to the increase in productivity and company’s growth. There are many people who had started their business online and day by day it become at large scale. Social media also give us lots of information and different ideas from different people, so that we have a variety of good ideas to choose and information to share. These days social media has
become more useful to us, as you all have to work from home and it became a way to do work without going anywhere.

Social media has subconsciously changed the way we think. I believed it has made us shallower and has increased the superficiality in our society. Through social media, standards and norms are more publicized; they have therefore become more prevalent in our lives. There is no doubt it gives us insanely unrealistic vision of what life is or should be. Spending too much time on social media activates herd mentality. This means you may lose your ability to think for yourself and form your own opinion because you’re more likely to go with what’s most popular.
A World Without Social Media
Nowadays, everyone is on social media, from your friends to all big company giants. I sometimes wonder, to what degree social media has affected us. It definitely started the never-ending debate over whether social media has killed communication or revived it. Whereas some people find themselves socializing more with others, others are found glued to their computer and mobile screen and too lazy to go for a walk outside. But, social media also has its own benefits.

Social media has, surprisingly, shown users just how far it can go to save lives across the globe. Users from all over the world participate in online social causes to better the world and humankind. Without social media, users would no longer have a place to start an online petition, there would be less of a chance to find an organ or a blood donor without the help of Twitter or Whatsapp, and less monetary funds would be supplied through social media platforms towards the recent floods in Central America.

Without social media, many movements like ‘Black Lives Matter’ may never have happened. Perhaps there would be less people power and more corporate and governmental control. For one, creativity would be harder to come by. There would be less Tik Tok, Instagram Reels and no more user-generated content. People wouldn’t have access to DIY websites or tools, and many would be scared of getting a lawsuit for borrowing or using content.

But, it is also true that without social media, we would no longer have access to each others’ accounts (Facebook in particular), thus social media users would see a drastic drop in stalking statistics and less trolling and online bullying.
All in all, a world without social media is a different one indeed. Yes, social media is bad. It’s also good. Like most things on the internet, it depends on how you use them. Filter out the negativity, limit your social media exposure, use it for the right reasons and bring your own positivity to your online world.
An unexpected gift can give us a lot of joy. When we do not expect to get anything and when someone gives us a gift, the joy is boundless.

A surprise gift gives incomparable joy.

The surprise element itself has the quality of making a person happy.

If the surprise is in the form of a gift it gives double happiness.

When a gift has been demanded and is given, it does not contain the surprise element and is only a satisfaction of a wish.

An unexpected gift is given out of love and bestows the highest happiness.
Among of all the gifts I have ever received, the first one is the best.

The best gift I ever received is none other than my parents, given to me by God on my birthday.

Nowadays, not every child is fortunate enough to have a mom to nurture him/her.

As for me, I am lucky to be raised by a loving mom.

She provide shelter and care so that we can live comfortably.

Furthermore, Mommy give me the best education along with security and financial support.

Other than that, I am also blessed with unconditional love and uplifting support from my mom.

An unexpected gift ever
Through thick and thin, my mom have always been a helping hand and a shoulder to cry on. My mom is my life counsellors because she know what is best for me.

Last but not least, it feels so joyful to live under one roof with a great cook and a good Samaritan.

I always prepares healthy, nutritious and tasty meals for the family and especially for my mom because she is not physically healthy.

In a nutshell, I am grateful to have such caring mom. She is the only who has been taking care of me and loving me for who I am.

Through their examples and teachings, I am brought up with good values. I love my mom and she means the world to me 😊.
2020! The COVID year!

The mask mania saving lives, hands consuming alcohol beyond permissible levels, social distancing and not social unity is recommended as the invisible virus invades nations across boundaries. Until recently these protective gears were identities of surgeons, a few factory labourers or specific professionals as part of their safety protocol.

In no time, the tables turned, didn't it? The entire world was on masks at the drop of the hat. The surgical ones, the cotton masks, three layered... talks about them on every medium. It is the new normal.

Hey….wait…. Wasn't the mask culture prevalent? Weren't we wearing masks in the pre COVID era?

Have we all forgotten about the much thicker, cynical and even more detrimental layer of shield above the true face? The masks….the guise.

Conditioned to censor, screen, filter, keep our true personalities under wraps; well guarded from the world; creating a universe of lies; manipulating with our inner consciousness these masks are even deadlier than the pandemic.

A well curated display of a facade of our choice is presented to the world. Sometimes a false smile or laughter, a pretentious pity or sympathy, a fanciful display of love or hate, revealing a picture devoid of any emotions at a time when we seethe and boil within are the handiwork of the veil that are our pride possessions.

Visibly surprised? Shocked?
That is another mask in action.

Let's face it. We all wear many social faces. We reflect only our best attribute. We are gentle to elders on roads, while we actually have no regards for the adults in the family. We sympathise with the younger lot, totally critical of the ones back home. We engage in a conversation, just to be polite. A subdued us, a polished us, a presentable us in the heat of a debate are meer masks. No matter what the topic of discussion is, we take a median path and reveal the accepted version of our social behavior. Suppressing our desires, views and reflections for fear of rejection, to avoid controversy reveals the sheer lack of empathy towards the victims of the society.
Is the world overly populated with human beings? Nope, it is highly infested with veiled faces thus creating a universe that is unnatural, synthetic, artificial, cosmetic and actually dreadful.

However, slowly and silently the culture of concealment has creeped and adulterated even the closest and intimate social system. Dropping lower, it has seeped through relationships where unconditional love, honesty should have taken the centre stage and where there is absolutely no place for a fancy facade.

We carry the overwhelming burden of our masks along with us every day - day in and day out to be precise, don't we?

Aren't we losing ourselves in its texture?

Haven't they become a natural extension of ourselves?

Don't we feel empty in its absence?

The masked life is wonderful, exciting and thrilling, yet empty, just like our lives.

We are trying to be comfortable with it. We are comfortable with it.

In fact we have begun to believe that we are the mask that we exhibit. Actually we are what our masks are.

We live many lives within the limited life span, living nothing in its true sense.

One fine day, I was lazing in my private space. I let myself loose. I took a deep breath, another one and another ....I wanted to relax and shun the outer world from my world.

I got deeper and deeper into my heart and soul; into myself. I was lost. I was lost into nothingness. Pop…. something fell on my lap. I popped my eyes wide to see what it was. It was me….my party face, glittering and shining bright. Alarmed, I threw it away. My hands were jittery. Shaking in fear.

Another thud. This time the intimate face fell on my lap. Oh! This is for my loved ones, all filled with love. I was shocked, taken aback, but I got curious.

I then began to peel them, my faces one after the other.

Next, came the heinous multifaceted face where I outlive my colleagues and play around to keep my position in tact.

The ones, just for my friends that giggles all the time, giggled away to the corner of the room.
The mask for those I dislike having no eyes to see the good in them, blinded by wrath, slid in the dark.

The face with a smile fixed forever came next, the one reserved for the society.

And there were a lot many hardly used recently, yet will come handy at the appropriate time.

I carefully placed one after the other. The space seems to be filled with masks and only masks of all colours and demeanour.

They smiled, stared, mocked and slowly raised higher in the air and began to dance, the dance of the mask!

The dance of the mighty masks!

Nothing deterred me. Lost amidst my shields, I kept discarding my faces, and threw them away in desperation; only that there seems to be no end to the task.

The dancing, giggling party mask suffocated me. I was lamed by the ones lying in the corner and on the table. I hid myself from the ones behind the tray. Then shied away from the subtle, professional mask, the mindful, intellectual meeting mask....

Masks, masks everywhere. I choked....gasped for breath. I coughed and coughed till I felt better.

I am wearing masks too? Another "Me too" moment. How would I look without the masks? I was intrigued. I loved to know. I wanted to see. I yearned and yearned to witness the real me. To feel the real me. To encounter the real me. I just couldn't quench the yearning. The desire was strong and as moments ticked away, it only got stronger and fiercer. I could no longer resist the blazing flames.

I got up, swept the swarming masks aside and rushed to the mirror. A stranger? A stranger at my house? No..no on my mirror. An ugly, dark, cruel looking, wicked stranger. I wiped it hard and looked for myself. There was this stranger again. Who is this? Who? Who? Any idea, who this is?

This is the real you! I heard someone say it. The words reverberating and resonating, blaring and deafening. I covered my ears hard.

The ugly stranger scoffed at me. I covered my face in distress and shame, for I would start disliking myself too. I rushed back to the couch and lay there wondering and contemplating on what I had just discovered. Time too flew like the masks, I guess.
Tiiing Toong ……

Jerked at the sound. Mind muddled and fizzy, I cleared my thoughts, shook my head, rubbed my eyes ….. it is the doorbell.

And at that moment, just at that moment all my faces scattered all over flew back and adorned my face as I presented the smile reserved for the world.

My masks are my saviour!
And I, its dutiful slave!
SISTAS!!

I was born to my parents in their middle age. When I was one year old, my eldest sister, 17 years older, got married. I do not have much memory of my elder brother for some reason, I suppose he did not travel with us to the small towns where my father was posted; he was left under the care of my maternal grandmother in the city of Madras. Then I remember him visiting us on weekends from University, before he left for the United States of America, and we did not see him for 20 years. So I shared my childhood and adolescent years with my older sibling who was seven years older.

I am trying to recall my relationship with my sister. Strangely, she enters my memory only when I am 10 or 11, though certain earlier incidents are clearly etched in my mind in which my sister does not play a part. Considering that we two were the only children living with our parents, we should have been very close. But no, that was not the case. I do not know if I was fond of her even. Why was that? Ours was a fairly close-knit family, and it seems odd that I am saying this. Yet, that is the truth.

My sister and I lived in two alien worlds and like the stars in the Milky Way our paths crossed with some Big Bangs. We participated in all family affairs together but as two individuals not as siblings. She was older and belonged in the correct generation, and had plenty in common with our cousins. I was the odd one out, and often the target of their humour. To them, I must have seemed an arrogant child.

She was studious; she was humble; she was religious and followed spiritual gurus; she was obedient and soft spoken; I remember only one time when she had a heated argument with my father regarding her marriage; she was artistic; she was beautiful; she never uttered a rude word; she was sensitive and empathetic too. Everyone loved her.

She strived to be good, kind, pious and holy, all the time. To me, it was all an act. And everyone else thought that she was Florence Nightingale. I was jealous and I hated her.

We were different - I was short tempered, and also had a sharp tongue; I was proud; I was sensuous; having read all the classics, and romance novels of the time, I had dreams of a knight in armour who would sweep me off my feet; I wanted to be an actress, a newsreader or a radio announcer. As a child, I saw myself in Maggie of "THE MILL ON THE FLOSS".

I could never confide in my sister. I felt she was not empathetic to me and I could somehow never come to trust her. In truth, I had no confidante within the family or outside. All my cousins were much older. My friends were my companions not my soul mates that I could discuss my deep thoughts and aspirations. I was a much misunderstood, or probably a child not understood by anyone. Throughout my life I was emotionally lonely, until I had children of my own, and they became privy to all my secrets. It was a handicap to be a late born child to my parents.

The only happy times I had with my sister that I can recall, is the time when we had a holiday in Bangalore, visiting our grand-uncle and aunt.

I hated her especially on the days when my mother was not there. I could never use the restrooms in school or college. My mother would keep all the doors open for me, anticipating my urgency. But my sister would come down slowly to open the door, and I would glare at her as I went rushing towards the bathroom.

Another time, my mother had washed my hair and left us two at home, to visit a sick relative. I had unruly hair, and only my mother knew how to bring it under control, though she also never really tried to understand my wild nature. On this particular day, I was annoyed with my sister, because
however hard she tried to braid my hair, I was not satisfied. In a fit of anger, I tried to chop off my hair. Somehow she managed to stop this terrible act of defiance. I agree that it would not have been easy being my elder sister.

Those were the days without gadgets. I was very fond of idlis, and my mother always requested my sister to do the grinding of the rice and lentil, as she was older, the little child could not be expected to do such manual work. She obeyed my mother, though grumblingly, cursing me for being such a pampered brat.

I was always a stickler for tidiness. I would know if my clothes were moved even by a centimetre. Often, she would borrow my saree or blouse, without my knowledge, and I would realise it the moment I opened my closet, just by the shift of my clothes. We had big quarrels over this. We never laid hands on each other, but verbal abuse was hurled at each other. My mother always had a harrowing time trying to stop this war of the siblings.

Then she got married. I was all excited, not at the thought of her moving away, but generally, as weddings are fun. There was no time to miss her absence particularly, because she was so soon back with us, owing to some discord in her marital harmony. There was more reason for everyone to sympathise and love her, though she never wanted any of that, to be frank. The worst part was that everyone expected me to be empathetic and generous to her. I just could not feel sorry in any way for her.

Being the person she was, academic and hardworking, she quickly registered for a doctoral thesis, and immersed herself in deep study of Saiva philosophy. J. Krishnamurthy attracted her, and she took up a teaching post in Rishi Valley, and was settled to a life of independence and adventure. I was the only one in the family who did not visit her in those beauteous surroundings. She wanted very much for me to visit her, but I evinced no interest.

I was also soon married and our relationship continued at the same pace, we did not grow any fonder nor did we drift apart. My mother was the main source of information for both of us.

Her life took many twists and turns, for worse, every time. I did not do much to alleviate her problems, I was absorbed in my own life to give her predicaments much thought. Now, after many years, I often regret this nonchalant stand and my own attitude of disregard of her needs.

Was I so evil as to let her suffer? Did my childhood envy get the better of me? No! Yet, I hid behind the pretence of distance and ignorance.

In 2002, my sister met with a fatal accident. She lost the use of her right leg, and after months of treatment, she regained partial use of her leg. At this time, my eldest sister and I cared for her, and soon she was able to return to work. But this was not the end to her difficulties. She was diagnosed with final stage of cancer.

These were trying times for all of us. The shock of the diagnosis, preparing her for the worst, and also readying ourselves for many days, or weeks, or months or years, of palliative care. I did all I could to make her comfortable. My eldest sister was of great emotional support, as I made the rounds to hospitals and doctors with my older sibling.

Her last words were of gratitude to her sisters who, she said, were the biggest blessings in her life.

As my son often tells me, do human beings always reach out only to aggrandise themselves?
Fifteen years after her passing away, I ask myself, was I bitten by envy? Did I appreciate her true heart? Did I love her? Even as I write this, tears well up in my eyes.....her memories have not faded......
You Are What You Watch

Every day, I look forward to going down for my evening walk with a friend. During a time like this, it is important to find time for some fresh air and for your friends, where you are allowed to bounce your thoughts on each other and brainstorm.

The evening walk calms my nerves, lets me relax and get away from the indoors. During our walks, my friend and I converse about almost about everything, from Politics to Psychology. It is good mental stimulation and leaves me profound, often thinking about the talks we have till the next day. We once came about a topic, wherein we talked about how children mimic their parents. It is an important part of their development and this is how they pick up the most basic habits like eating, sleeping and grooming.

During the walk, I saw a parent and child playing in sandpit and they were building sandcastles, the child was copying the parent. Child was trying to follow the parent by making a similar castle by scooping up the sand and using tools that parent was using. This is a good example of picking up through watching.

Infants and toddlers are the world’s best imitators. Young children learn everything from their parent or guardian. The child pays attention to every detail, often mimicking their parents doing daily tasks. Most of us have seen and observed when we sweep the floor or talk over the phone your little one pretends to do the same things in a playful manner.

It is safe to say and quite obvious that parents play a pivotal role in molding and shaping a child’s behavior this in turn
shapes their whole life. That is why it is important to be aware of ourselves in front of children. The values that the child has picked up influences their cognitive behavior. In simpler words it affects their personality and traits especially in a social setting.

Children start developing their sense of self through their parent’s behavior. Their tone of voice, body language and expression are absorbed by kids. They learn how to act by observing their parents.

Children learn always watching what we do, they observe how parents handle stress and complicated situations, this enhances their critical thinking skills which they apply to their daily life. They learn how to independently assess problems and figure out whether it is something they can handle on their own or require a parent help. They soak like sponges even when parents think that the child is not paying attention. It is important for a parent to be a positive role model.

According to “Social Learning Theory” children learn by watching parents and immediate family members. For instance, the ‘Bobo doll experiment’.

The Bobo Doll experiment was conducted by a renowned Phycologist, Albert Bandura. He studied children’s behavior. The children were exposed to a human model who behaved aggressively as well as non-aggressively for different group of children towards an inflatable Bobo doll (cartoon clowns).

In the experiment they made children watch a human model who would punch, kick and abuse the doll. After some time, the children were left in room a with a Bobo Doll and some tough puzzles which were a bit challenging to solve. Children
got frustrated as they were not able to solve the puzzle and they released their frustration on the Bobo doll by kicking and punching the doll using the similar words and actions that was also seen in the human model.

Through this experiment, Bandura demonstrated how children imitate and learn social behavior by watching. Researchers saw that children treated the doll the same way adults did. Children expressed the emotions that they were exposed to, copied acts of aggression and even kindness directed at the doll.

This experiment is an example.

A child finds a parent or an older guardian a safe and secure space. Despite not being in a classroom they learn important life skills. They learn how to interact with their surroundings in socially acceptable ways. We, ourselves have seen a lot of incidents at home as well as schools.

This increases the responsibility of teachers. Sometimes there are implications or gaps that a teacher needs to fill in. It is important to be empathetic and understand that when a child is being a bit fussy, they are acting in ways they deem to be morally correct and these actions could have picked up from absolutely anywhere.

Personally, I think that we have to be cautious of our words, actions and body language as we are being continually watched our own by children and students. We, as educators play a crucial role in our students and children's lives. It is important that we embody good behavior and build confidence and show patience not only to our students but ourselves. It is up to us to build a nurturing and caring environment that makes the child feel safe and thus reflects in their attitude. We must encourage the child to learn better themselves. We must
understand, as parents, teachers or guardians that only we can bring a change in this generation and it is as easy as simple kindness.
YOU ARE WHAT YOU WATCH

24 HOURS CHOCOLATE CHALLENGE! EATING ONLY CAKES FOR ONE WHOLE DAY!
NEETA AMBANI KI SHANDAR LIFESTYLE DEKHIYE!

Does this sound familiar? Well, these are some of the headlines that grab your attention as soon as you open Youtube on your device, be it mobile, laptop or PC.

The current pandemic has not only forced us to work online but by forbidding other forms of recreation like watching movies, eating out and visiting public places, online viewing has become the only form of entertainment for many. While watching TV and viewing videos on the internet has always been a popular pastime, the number of viewers and duration spent during the pandemic has increased significantly.

Various studies in the past few years have highlighted the effect excessive viewing can have on our physical health. But not much attention has been paid to the effect it can have on our mental health and psyche.

Recent research shows that the quality of shows we watch can shape our thinking, affect our political views and even impact our cognitive abilities. This holds true not only for adults but for children as well.
A study on children who watched the popular educational programme Sesame Street reported that regular viewers showed better academic performance.
From this it is clear that what we choose to watch is most important. Just as we need to eat a balanced diet to remain physically healthy, so also our daily dose of viewing should include a good mix of entertainment and educational/informative programmes.

When the pandemic began in March this year, those who were hooked to news programmes, felt depressed and developed anxiety-related issues. Excessive exposure to sensational and biased news can adversely affect our mental health.
Serials and soap operas, on the other hand, often portray regressive social practices and reinforce harmful stereotypes just to garner higher TRPs(
Television Rating Points). Viewers of these programmes unconsciously internalise the messages of gender and caste discrimination they convey.

Letting your child watch a cartoon like Tom and Jerry is harmless, right? Well, think again. I recollect an incident the principal of a school, herself the mother of two young boys, had recounted at a PTA meeting some years ago. When she reprimanded her older son for beating his younger brother and explained the little boy could be seriously harmed, his answer was shocking. “Mummy, Tom also beats up Jerry just like that and in a minute, Jerry is perfectly fine again. So what’s wrong if I hit chhotu?” Sadly, this iconic show and others like it, are giving children a very wrong impression about violence.

Youtube videos are another area of concern. What happens when someone repeatedly watches ads of luxury products or videos showcasing the extravagant lifestyles of billionaires and filmstars? Such content which may not always be authentic, creates a desire to own that product or emulate the rich and famous. Many youngsters with modest means have fallen into this trap blinded by the glamour they see on screen.

Food challenges wherein popular Youtubers eat only a particular type of food the entire day are just as bad. Instead of promoting a balanced diet, it encourages excessive consumption of unhealthy foods. Also, in a country where many can barely afford even one square meal a day, it is ironic to see the rich splurging on expensive desserts just to fulfil a challenge!

Then what should we watch, you may ask? Educational videos on any subject, ones which promote good values, content on wildlife and nature conservation and videos which demonstrate any type of creative skill—cookery, knitting, art and craft, woodwork, etc should definitely be on our list. Mindful viewing where we consciously choose exactly what we wish to see is the need of the hour.

(624 words)

SOURCE:

TOPIC

DISCIPLINE IN TEENAGERS

SANSKRUTI FESTIVAL
DISCIPLINE IN TEENAGERS

It is said that, "Discipline is the key to success." We have all studied and heard this quote, but fail to discipline ourselves. This is the root cause of all troubles and miseries. Unless and until somebody reminds teenagers, they fail to do the task in time.

During school days there are prefects, monitors, head boys, teachers, admins and Principal to remind them again and again. By the time they are fourteen or fifteen years old, they have heard and read about college life. Eventually, they are looking forward to it.

After spending three years in pre-school and ten years in school, the teenager is ready for college. No private tuitions, no uniform, no strict teachers and above all they have heard from the Seniors the very famous quote, "Nobody studies in Standard 11." They justify themselves that they have worked very hard in Standard 10. New clothes, new found independence, no strict attendance, own smartphone, travelling alone to renowned colleges, new friends and so on.
Now starts the downward spiral; nobody to remind them, rebellious nature of teenagers, hormonal changes in the body, laid back attitude of teenagers etc. Parents also take it easy since their child has crossed the first milestone in life. (passed S.S.C. exam)

Junior colleges in Mumbai are in the afternoon. The teenagers laze around and pass standard 11. Now they are in standard 12. Parents pay around 1 lakh to 1.5 lakhs and enrol their child in coaching classes. Teenagers juggle both junior college and coaching classes and manage to pass standard 12 with much difficulty. Now starts the blame game: blame the coaching classes, blame the subjects and convince parents that standard 12 is not as easy as standard 10.

Now comes the degree college. Nobody attends lectures. They sit in the parapet outside the college or spend time in canteen. Early morning 7:30 to 10:30 am: lectures. Oh! So boring! The grades go down. The student has no idea of the subject
Most of the degree college students end up with A.T.K.T. (Allowed to keep terms). Overambitious parents start nagging their child. The teenagers themselves wonder why their grades are dropping drastically. Some of them go into depression. Some dropout of colleges and start working in the numerous Bpo's and Kpo's which has mushroomed all over Mumbai. Percentage of dropouts or the so called undergraduates is high in both male and female students. Our youth get stuck up in this vicious circle.

Who is responsible for this? Teenagers themselves? Parents? Our education system? Or the degree colleges who conveniently blame the students by saying that they are grown-up adults and can take decision for themselves. Politicians also jump into the band-wagon and organize 'Job Mela' for the harassed teenagers.

The only way out of this vicious cycle is discipline. Discipline yourself.
Work hard, keep learning and equip yourself for any uncertainty. Hope the NEP (New Education Policy) will change this for good. The word 'undergraduates' will no longer exist. After 13 years of education, students will be given certificate. 14 years of education will get Diploma and 15 years of successful education will equip them with Degree.
YOU ARE WHAT YOU WATCH

It’s very true, as we all know that our eyes are the two souls of our body. ‘What we Watch’ or ‘see’, makes a tremendous impact on each one of us, irrespective of one’s age. Once we see something or watch, we start to imbibe it, soon thoughts are formed accordingly. We then come to our own conclusions on this and soon put it into play in our own lives. Later, for many of us it becomes a lifestyle to live according to what we have watched outside.

Today our exposure is very vast; to TV/INTERNET/NEWSPAPERS, MEDIA-in fact the information is available at the snap of our fingers. Our technology has enabled it to happen. So, what goes in as our major emotional diet every day is forming the type of human being each one of us are today. One has to be very alert always about what to watch and what not to watch. That which leads any human being to lead a productive, contended and emotionally balanced life is always welcome. Today’s generation has immense facilities for viewing good and bad, so one has to be very careful and selective for one’s own good. Good healthy emotional diet is good thoughts, words, and actions which ultimately help in leading a normal healthy balanced life. We elder as parents and mentors need to assist the younger generation in this game of What to Watch. At home parents should keep a tab on what their children are watching and advise them accordingly about the do’s and don’ts. Teachers in school can also play a similar role. This will help to build the child’s reasoning capacity to decide what is good or not good to watch. ‘Open to discussion’—should always be encouraged for any doubts that the youngsters have, by parents and teachers, as today many things that children watch or see is done without they really intending to do so—which causes doubts and anxiety in them later. This needs to be addressed in time with proper care and attention which is the need of the hour today. Right from birth, every human being is watching/seeing the world around him or her – absorbing everything knowingly and unknowingly and it is this emotional diet that shapes the type of individual we all turn out to be. So, the onus is on each one of us to take care about what we watch the whole day. We all need to do a lot of self-analysis of ourselves about what we watch on TV/INTERNET/MEDIA---because it is ultimately all this content that goes to make up our emotional structure or emotional wellbeing.

What you watch should be given the topmost priority in our lives today as this aspect is the deciding factor for the progress in each one of us and humanity at large—both at the intellectual level and emotional level and getting us to that goal, which is an emotionally well balanced, contended and productive life. Truly, today EMOTIONAL QUOTIENT is as much important, if not more than INTELLIGENT QUOTIENT and that depends on WHAT WE WATCH in our day to day life. Success in life is not a climb up on the intelligent ladder only---it is a combination of emotional and intelligent qualities where the emotional quotient plays the major role in the final outcome of where human being can reach.