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# THE TEENAGER TODAY

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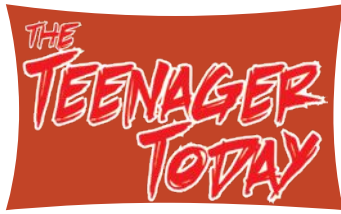
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**THE TEENAGER TODAY**





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**FOUNDERS**

J. Maurus & Aloysius G. Rego

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The Bombay Pauline Periodicals Society

**PUBLISHER**

Joby Mathew

**CHIEF EDITOR**

John Gilbert

**EDITORIAL ASSISTANT**

Caroline C. D'Souza

**EDITORIAL BOARD**

Joby Mathew, Naresh Karmalkar,  
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**CONTRIBUTORS**

Dr Vibha Gupta, Bittu Sahgal, Robert Clements,  
Dr Shefali Batra, Maya Shah, Shivani Manchanda,  
K. S. Joseph, Rama Ramesh, Prof Dr John Mathews

**MARKETING & SALES**

sales@theteenagertoday.com

**SUBSCRIPTIONS**

Arockiam K. (subscribe@theteenagertoday.com)

**COVER & LAYOUT**

Manoj Pal

**OFFICE**

**THE TEENAGER TODAY**

58/23<sup>rd</sup> Road, TPS III, Bandra (W), Mumbai – 400 050

Tel: +91-22-26557443 (D), +91-22-26403312

Email: editorial@theteenagertoday.com

Web: facebook.com/theteenagermag

twitter.com/theteenagermag

google.com/+TheTeenagerToday

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**EDITOR'S BLOG**

# **BUILDING YOUR SELF-CONFIDENCE**

Two grains were lying side by side on a fertile soil. The first grain said: "I want to grow up! I want to put down roots deep into the ground and sprout from the ground. I dream of blossoming in delicate buds and proclaiming the coming of spring. I want to feel the warm rays of the sun and the cool dew drops on my petals!" This grain grew up and became a beautiful flower.

The second grain, on the other hand, reflected, "I'm afraid. If I put down my roots into the ground, I don't know what they will face there. If I grow tender stems, they may be damaged by wind. If I grow flowers, they may be plucked up. So I'd rather wait for a safer time." Thus the second grain was waiting, until the chicken that passed by pecked it. The first seed was sure of itself, was full of hope, and was self-confident while the second was just the opposite.

Self-confidence is the self-awareness of one's abilities, self-assurance, determination and hope to achieve what one wants in life. Self-confident persons determine the goals and act resolutely to achieve them. George Kannanthanam, in the cover story of this issue, presents *Youth As Ambassadors Of Vision*. He narrates how the blindfolded were provided physical self-confidence as they were led by the truly blind. It was only symbolic of the self-confidence they achieved from this experience that emboldened them to donate their eyes and become ambassadors of vision, thus bringing about this social revolution in India. This is bringing hope to the millions of visually challenged persons who are waiting to see the world.

Self-confidence is extremely important in almost every aspect of our lives, and so many people struggle to find it. One of the things that hold us back from pursuing our dreams is the fear of failure and the lack of self-confidence to overcome fear. This fear can be overcome by boosting our self-confidence and self-esteem. Dalai Lama articulates, "With realization of one's own potential and self-confidence in one's ability, one can build a better world".

Here are some tips which may help you build your self-confidence: have the courage to do what you believe to be right, even if others mock you or criticize you for it, be willing to take risks and go the extra mile to achieve the goals you have set and be daring to admit your mistakes and learn from them. To be realistic, make a list of your goals and prioritize them, and identify the possible obstacles and setbacks to be overcome in achieving your goals. Exploring various ways and means to achieve them and your willingness to make the necessary sacrifice will take you a step closer to building your self-confidence.

*John Gilbert*

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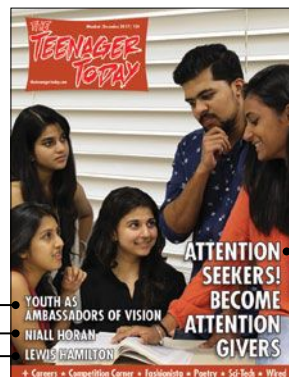
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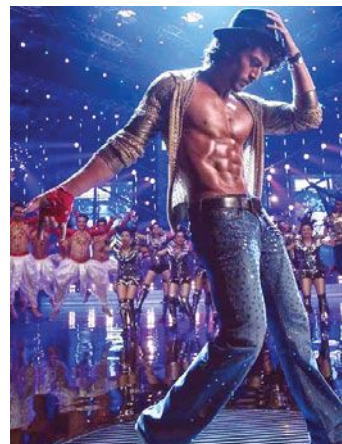
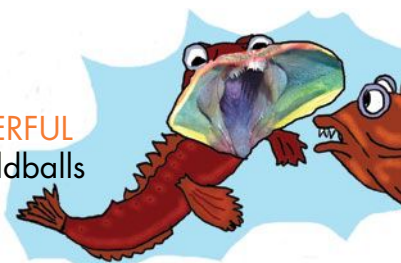
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**"Joy is not in things. It is in us."**

~ RICHARD WAGNER



*"May you be inspired by giving, changed by love, filled with peace and touched by miracles."*

~ MARY DAVIS



**"Remember that wherever your heart is, there you will find your treasure."**

~ PAULO COELHO

## THE BURNT LIGHT

A man and his friend were reflecting on the past year, whilst dining at a restaurant. The man started to complain about something that hadn't happened the way he wanted it to.

His friend focused his attention on a Christmas tree nearby. The man thought that his friend wasn't interested in the conversation, so he changed the subject: "This tree has beautiful illumination," he said.

"Yes, but if you look carefully you can see one burnt light among dozens," his friend replied. "It seems to me that instead of thinking of this year as dozens of enlightened blessings, you chose to look at the one light that did not glow."



**Let there be peace on earth,  
And let it begin with me.**



**If I could give you any gift,  
I would give you love and laughter,  
a peaceful heart,  
a special dream  
and joy forever after.**





TTT is a complete package for today's teens. It teaches us how to tackle our problems. I love *Career Q&A with Dr Vibha Gupta* and *Poets & Poetry*. I just love *Fashionista*; it's amazing! And the *Music* column is super cool. I can't wait for the next issue! Love TTT.

**Juveria**  
Mumbai

TTT magazine is really cool! My favourite part of TTT is the *DVD Review + Contest* column.

**Riya Nagpal**

I love TTT! My favourite columns are *Teen Space*, *Soul Strings* and *Funny Bone*. Thank you so much for printing my opinion in *T-Point of View* in the October 2017 issue.

**Ananya Srivastava (15)**  
Deoria

TTT is the best mag I have ever read. And after reading it, I feel very happy. I love *Soul*

*Strings* and the *Music* column and *Fashionista* very much. I have a request — it will be pleasure to read about the Malik brothers, i.e., Armaan Malik and Amaal Malik in the *Music* column. Please feature them.

**Atifa Hussain**

I first read TTT in my school library and I was totally taken up by it. It's so cool! I took it home and read

it over and over! I love *Soul Strings*, *Ask Dr Grugni*, *Career Talk*, *Fashionista*, *Photo Pik*, *Funny Bone*, *Bob's Banter*, *Sci-Tech* and *D.Y.K.* I wish it was a fortnightly mag.

**Aditya**  
Nagpur

Each month and with every issue I fall more in love with TTT! I especially like *Bob's Banter* and *Reader's Blog*.

**Ishita**  
New Delhi

TTT is a friend to every teen. It advises us on every topic, be it careers or fashion. It guides us, helps in developing our personalities and entertains and inspires us. It is our BFF.

**Deepak**  
Shimla



FACEBOOK FAN SPEAK

**Trishita Giri** I love TTT. I'm glad that you featured Harry Styles and his journey in the September 2017 Music column. I love the mag because of its different columns starting with *Soul Strings*, *Music*, *Careers*, *Teen Space*, *Poets & Poetry* and ending in *Contests*, etc. Thank you so much for everything. I would like TTT to do me a favour. Please feature *Charlie Puth* in the next issue.

*Thanks for writing in, Trishita! We featured Charlie Puth in our February 2016 issue. You can purchase a digital copy of the issue on magzter.com*

**Albert Debbarma** I just love your magazine. Keep up this good spirit of giving awareness to the teenagers.

**Yashika Sharma** Thank you soooooo much for featuring Harry Styles! It drove me and my class crazy!

This is the most amazing magazine I've ever seen. It is awesome to read. Every issue is different. *Ask Dr Grugni* is the best, and *Funny Bone* makes me laugh so much! TTT is the No. 1 magazine for teens like me.

**Vijaya**  
Kalina

Tweets @ theteenagemag

**sasha thomas @sashathomas26**

I love your magazine especially the *Music* column. Please do me a favour and feature on *Little Mix* and *One Direction*.

*Hi Sasha, we featured Little Mix in June 2013 & 1D in August 2012. The June 2013 digital issue is available on magzter.com*

**Jonas Pyngrope @PyngropeMary**

I have been subscribing to this magazine since 2007. It's been a decade but still it's one of the best.

*Hi Mary, it's been great to have you along with us for the past 10 years! You're the best.*

EMAIL, POST OR TWEET! ✉ editorial@theteenagertoday.com 📄 facebook.com/theteenagemag 🐦 @theteenagemag

We'd love to know what you think of the articles and columns in your mag.



## I WANT TO END MY FEELINGS FOR HIM

I am 17 years old. I have a huge crush on a guy who is about 6-7 years older than me. He is a family friend and I talk to him on Facebook. I have never met him in person but he seems to be a nice person. I am having difficulty in ending my feelings for him. I know these feelings would take me nowhere but only hurt me. I cannot talk about him to a family member because that would only add to my problems and talking to friends didn't help at all. I am pretty sure he has no feelings for me. I want to end these feelings for him. Please help me.

*Tiya*

Dear Tiya, your problem is about your "feelings" for a guy who is older than you, whom you have never met in person and only talk to on Facebook. Feelings come and go many times in life, as they are based on attractions and emotions, not on experience and serious reflection. You write that "he seems to be a nice person" but you are not sure about that. Besides, you are "pretty sure" that he has no feelings for you. Stop living by emotions and attractions as they will take you in a wrong direction and may end up hurting you. Concentrate on your family relationships, your studies and good friends around you. Do not forget to pray God who gave you love and life.

## MY FRIEND IS IN DEPRESSION

My friend is in depression since a year or so. And she has been taking counselling sessions as well. Previously it was not that bad an issue but now it is getting worse. She constantly hurts herself, does not sleep for 1-2 days. And now she stays away from everybody. When she is in class she wants to sit alone. She does not mind being with me. We are not in the same section so even if I want to sit with her, I cannot. But nowadays she does not even share her problems and when I ask she gets irritated. She is a very good and sweet person. She loves helping people. She is active on social media and you can say she is a 'social beauty'. She loves her mother a lot and in comparison to most girls she is very frank with her mother. But since a month ago, she is having some family issues and they are not that close right now. What can I do to help her?

*Ashi*

Dear Ashi, it is sad to read that your friend is in depression since one year. She needs expert psychological counselling and proper medical treatment. There is nothing you can do for her, except to pray God that he may help her. Let her family deal with this problem.

## MY PARENTS THINK THAT I AM USELESS

I try my best to perform well in my exams but my parents think that I am useless and can't do anything. I am not a dumb student. I have secured 78% in my exams. Due to my board class, my parents are not bringing my grandparents to our home but they really want to bring them and I also want that. So now there is more pressure on me. If I am unable to score more than 90% in my exams then it will create a huge problem and my family members will blame my parents only because in my city there is good medical facility comparing to other cities. Please help me. I am under a lot of pressure.

*Vatsala*

Dear Vatsala, you have secured 78% in your exams, therefore you are not a "dumb student". Your parents seem to have very big expectations about your future and are not satisfied; they expect more from you. Explain this situation to one of your teachers and ask your parents to talk to him or her, so that they can help them to appreciate your performance and have a more encouraging attitude towards you. Appreciation from the family will give you strength and will inspire you to give your best.

## MY FATHER ALWAYS SEES ME WATCHING TV

I am 14 years old. I finish my studies before my father returns home from office at night. But when he comes home, he always sees me watching TV. He scolds me, but I'm not able to make him understand that I have already studied. After returning from school I go for tuitions and then to play. After that I study and watch TV, and at that very time my father comes home! He tells me to study in the morning from 4 a.m., but I am not able to do so because of being tired the whole day. Please help me.

*Sid*

Dear Sid, you write that you are busy every day with tuitions and studies. Only after that you relax by watching TV. When your father comes home he sees you in front of the TV and thinks that you are wasting time and he scolds you. The members of your family who see you studying should explain the situation to him. You can also ask your father to talk to your teachers in school and they will confirm your good performance in studies. This will make your father happy.

**Dr Anthony Grugni, MD**, has a degree in medicine and is a professional counsellor. For 30 years he has been providing youth with practical advice to help them tackle urgent and troubling issues.



## THIS MONTH'S QUESTION: Is social media — Facebook, WhatsApp, Instagram, Twitter, LinkedIn, etc. in practical use, a boon or a cause of distraction?

Social media is an important activity in today's era. It's a boon as well as a major cause of distraction in teenagers, youth and adults. Spending more time on social media keeps you connected with every latest information around you but at the same leads to spending less time with dear ones and cause distraction to your study, work, exercise and causes mental disturbance. If its use is balanced, it is of advantage.



**Sejal Shingne (15)**

*Fatima Convent School, Achalpur*

Any technology, be it the internet, electronic gadgets, etc., brings a bane along with a boon. Similarly, social media apps like WhatsApp, Facebook, etc., have a positive as well as a negative impact. Anything and everything may become useful or distractive depending on the way people make use of it. WhatsApp has proved to be quite helpful for students as well working people as it helps them by making their work less time consuming. Also, these apps may become a distraction if people get addicted to them and make use of them only for entertainment purposes. Addiction to anything may prove to be harmful.



**Vishakha S. Keswani (19)**

*Kanoria College, Jaipur*

Social media, WhatsApp, Facebook, Instagram, etc. has inevitably become part of the millennial and the older generation as well. Social media has helped us stay connected to the rest of the world and keep us updated with the latest trends and news. Yet there is a dark side to it. Cyber crimes such as hacking, forgery, cyber bullying, online trafficking and unrestricted pornography give us second thoughts about the uses of social media. In reality these have turned out to be a cause of distraction when we give it the power to do so. The ultimate choice lies within us.

**Rhea Mariam Zenu (20)**

*All Saints' College, Trivandrum*

Social networking sites are nowadays a great platform to showcase one's skills, talent, passion and much more. People also update their knowledge and become tech savvy. It makes easy to reach our near and dear ones who are far away from us. But most youngsters spend their time on these sites and waste their time and energy. So I think that social media like WhatsApp, Twitter, Instagram, LinkedIn, etc., if used within limit and for good purpose, will give good result and make our society a better place to live with great opportunities.



**Sonali Sharma (16)**

*S. D. S. M. College, Dahanu Road*

The social media is a platform to communicate in a virtual world. But, the teenage is meant to learn the art of socialising with fellow persons in the actual world. Thus, the social sites are a distraction for teenagers as some of them are very immature to differentiate between good and bad and are prone to be trapped and thus can go towards the wrong path. Hence, they should keep distance from those sites and concentrate on their studies and make good "real" friends.



**Krishna Sharma (13)**

*St Anthony's Jr. College, Agra*

It completely depends how we use social media – if we use it efficiently it can have positive results, but if we use it carelessly it can have negative results. Today most teenagers use social media and it distracts them from studies and forces them to move on the wrong way.

Besides it can be a curse like the Blue Whale game which killed several teens. To conclude social media can be a boon when it is used properly and a distraction when used carelessly.



**Hemakshi Kapoor (12)**

*St Anthony's Junior College, Agra*

I don't think that social networking sites are a boon in any way. Facebook and Instagram especially are a great cause of distraction for students. Teenagers show no more interest in interacting with people they meet but the mobile has become their best friend with whom they are busy for hours. There was once an incident in which a person kept on posting his current status on Facebook and it took just two days for the robbers to monitor him and then they robbed his house. Today youth waste their precious time in social interaction sites instead of using their time to study and other recreations.



**Ananya Srivastava (15)**

*Jeevan Marg Sophia Sec. School, Deoria*

If used skilfully social media is very beneficial and if not, it can be distractive. It can build our knowledge and make interactions more effortless or creates an illusion about everything around us. When we use it can be distractive in excess. So it entirely depends on the individual. It is also the best platform for timid people to open up to the world but then addiction to it would be considered despicable. Social media can bring more good than harm, when people know how to make effective use of it.



**Tanisha Bhatia (15)**

*Convent of Jesus & Mary, Chelsea, Shimla*



In my opinion, today the world has become a global village much because of social media. Any person who is sitting in any corner of the world is just a click far from us. It connects us to the world and brings news, facts and stories from all around the world. But today people take social media as a game and post fake messages on Facebook, WhatsApp, Twitter, etc. and spread terror and give rise to cybercrime. Thus, if used in proper way social media can



do wonders. But if misused it can take the shape of a devil and turn to be our worst nightmare.

**Dhivya Malhotra (14)**

*St Joseph's Convent School, Jalandhar*

Teenagers are addicted to these social media apps which some of us think is an opening to the outside world. Being a teenager, I think, social media has positive effects; these might be a window to the world but we need to make sure we do not get addicted to these. It is hard to stay out of this loop and even harder not to get affected in our personal lives. We live in a society where looking cool on social media has become more important



than being ourselves. It can help us gain our knowledge. So, social media is a blessing if used responsibly.

**Rhea Popli (13)**

*St Francis de Sales School, Janakpuri, New Delhi*

Facebook, WhatsApp, Instagram, Twitter, LinkedIn, etc. have transformed the world into a global village. But they are also the biggest cause of distraction, especially for students. When I was small, I did not use WhatsApp. But now every day I use it and get distracted and I waste my time, due to which I have to sit till midnight to complete my homework. I have also experienced a fall in my grades. I feel that these are like high waves in one's life



which take away from the shore of life, family and friends, and end up in depression.

**Sargun Saini (14)**

*St Joseph's Convent School, Jalandhar*

There is nothing good or bad in itself. It all depends on the individual, how one makes use of these in his/her life. According to me, it is a boon to human kind as it provides a platform to be connected to friends, people who are distant miles away and much more. However, social media can become a cause of distraction if one is addicted to it and neglects studies and other activities in life. If an individual uses the social media to grow to be a better person, then it is a blessing if not it is a cause of



distraction. Hence, use social media wisely and have control over them.

**Nelson Nova S.**

*Christ College, Pune*

Social media is a great source of distraction for children as it affects their studies. Some of them upload such pictures which question their character and prove harmful for them in the future. These social networking sites help us to know the world affairs, but we forget our family affairs. Due to it, we can talk to our relatives abroad



but we forget the relatives living near us. So, I conclude that WhatsApp, Facebook, Twitter are a major source of distraction in our lives.

**Anahit Sandhu (13)**

*St Joseph's Convent School, Jalandhar*

Indeed, social media is a cause of distraction. It was created to bring lives closer and shorten the distance between friends but it is taking our close ones far from us. Besides, it even distracts us in studies. The sound of social media notifications distracts too much that it becomes difficult to concentrate. Children who spend hours and



hours on these sites lack the skills of interaction with people as these skills are confined only to chatting and typing messages.

**Aditi Jain (16)**

*St Anthony's Jr. College, Agra*

Social media websites like Facebook, Twitter and Instagram are a cause of distraction and affects the study of students. It takes discipline not to let social media steal your time of study. Nowadays students are usually found with mobile in hand and uploading photos on Facebook, a major reason for cybercrime. Students waste time uploading their status and worsen their performance in studies. I fear the day when technology will take away a student's interest for study and produce a generation of idiots.



**Arunima (12)**

*St Joseph's Convent School, Jalandhar*

Social media is a cause of distraction, especially for teenagers. Their lives get centred on social media which ruins their academic performance. Teens prefer to chat with friends for hours, and this leads to waste of time that could have been used for studying, playing or learning new skills. Getting too involved in social media can lead to addiction. This hampers their academic performance



and overall development. So, in my opinion it would be better to keep away from social media in your student life.

**Priyal Yadav (12)**

*St Francis Convent School, Agra*

**NEXT MONTH'S TOPIC: What is your New Year resolution? How will you implement it?**

Email your opinion in 100 words to [editorial@theteenagertoday.com](mailto:editorial@theteenagertoday.com) by **December 5, 2017** along with your name, age, school/college, city and a casual pic of yourself. Your opinions could appear in our January 2018 issue.

DR VIBHA GUPTA

Orthopaedic surgeons are involved in all aspects of health care pertaining to the musculoskeletal system. They use medical, physical, and rehabilitative methods as well as surgery.

## What's this career about?

Back pain, sports injuries, arthritic hips and knees, and stiff neck muscles are just a few of the musculoskeletal conditions that have an enormous impact on Indians and the entire healthcare system. For the proper diagnosis and most appropriate treatment options for musculoskeletal conditions, it is important to consult an orthopaedic surgeon.

These surgeons are specially trained in evaluating, preserving and restoring the structure and function of the spine and its extremities. They take care of bones, joints, ligaments, tendons, muscles and nerves — everything that allows you to move, work and be active.

Following the assessment of a patient's condition, an orthopaedic surgeon may recommend surgery or a non-surgical treatment, such as the external fixation to a limb of a mechanical device or apparatus. Minor surgeries are usually done on an outpatient basis and could range from casting bones to arthroscopic surgery. Major surgeries range from joint replacements and repairing shattered bones to doing spine surgery.

Orthopaedic surgeons spend around 40% of their time operating. In addition, these professionals are required to spend several hours doing office visits where they remove casts, fit patients for braces, consult with new patients and follow up sessions with current patients.

The role of the orthopaedic surgeon is a collaborative one, requiring

reliance on and consultation with other health care professionals. The radiologist's expertise in the areas of imaging techniques such as X-ray, radiography, ultrasound, and magnetic resonance imaging (MRI) plays a key support role in orthopaedics. The physical therapist and physiotherapist, in particular,

techniques and attending conferences and seminars is an essential part of this profession.

## How do I get there?

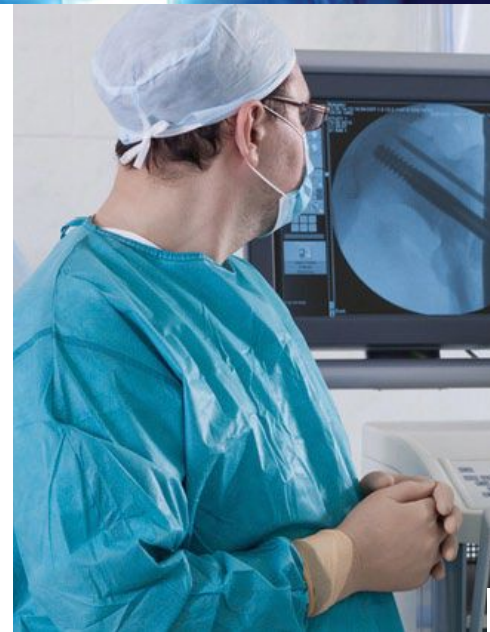
To become one, you should first go for MBBS, after 10+2 with Physics, Chemistry and Biology. This is a

# Do you have what it takes to be an Orthopaedic Surgeon?



though not directly involved with the orthopaedic procedure, do require an understanding of both pre- and post-operative therapies to achieve the desired patient outcomes of cessation of pain and restored mobility. These medical professionals are among the orthopaedic surgeon's crucial partners.

Typical areas of specialization for orthopaedic surgeons are joint reconstruction; paediatric orthopaedics; hand, spine and foot surgery and sports medicine. This is a specialty where it is crucial to always be up to date with the latest surgical





5½-year course. Then go for an M.S. degree in Orthopaedics or Diplomate of National Board (DNB-Orth).

Admissions of 100% seats of MBBS in various medical colleges except AIIMS and JIPMER Puducherry, is done through common entrance test called NEET (National Eligibility cum Entrance Test). This year NEET was conducted on 7 May 2017. For details, visit [cbsneet.nic.in](http://cbsneet.nic.in)

## Do you have these key skills?

- ✓ Good communication skills to explain complex medical terminology and procedures to patients and to provide emotional support.
- ✓ Able to foster good working relationships as part of a multidisciplinary team.
- ✓ Attention to detail and patience is paramount.

- ✓ Meticulous technique.
- ✓ Good time management and organisational skills.
- ✓ Conscientiousness and strong communication skills.
- ✓ A high degree of motivation and self-discipline.
- ✓ Be able to deal with patients who may be upset, distressed or in pain.
- ✓ Emotional stability and the capacity to make decisions in an emergency.

## Institutes

All India Institute of Medical Science, New Delhi ([aiims.ac.in](http://aiims.ac.in))

Armed Forces Medical College, Pune ([afmc.nic.in](http://afmc.nic.in))

Postgraduate Institute of Medical Education and Research (PGIMER), Chandigarh ([pgimer.edu.in](http://pgimer.edu.in))

Topiwala National Medical College and BYL Nair Charitable Hospital, Mumbai ([tnmcnair.com](http://tnmcnair.com))

Sri Ramachandra Medical College and Research Institute, Chennai ([sri ramachandra.edu.in](http://sri ramachandra.edu.in))

Banaras Hindu University, Institute of Medical Sciences, Varanasi ([bhu.ac.in/ims](http://bhu.ac.in/ims))

Bharati Vidyapeeth's Medical College, Katraj Dhankawadi, Pune ([bharativedyapeeth.edu](http://bharativedyapeeth.edu))

Christian Medical College, Vellore ([cmch-vellore.edu](http://cmch-vellore.edu))

Christian Medical College, Ludhiana ([cmcl.as](http://cmcl.as))

Jawaharlal Institute of Post Graduation Medical Education and Research, Pondicherry ([jipmer.edu](http://jipmer.edu))

Mahatma Gandhi Institute of Medical Sciences, Wardha ([mgims.com](http://mgims.com))

Manipal Academy of Higher Education, Manipal ([manipal.edu](http://manipal.edu))

## Pay package

Orthopaedics is considered as one of the highest paying medical specializations. The initial salary for an orthopaedic surgeon may depend on the place of work and reputation but on an average, they draw around ₹ 7-10 lakhs per year at a starting level. With years of experience, one can set up his/her own clinic to earn around ₹ 20-30 lakhs per year.

## Hot locations

Orthopaedic surgeons work for hospitals, clinics or in a private practice. Interested orthopaedic surgeons can apply for a teaching position at colleges and universities pursuing orthopaedics.

A career in this specialty is very rewarding and satisfying as it allows you to actually see the physical improvements in your patients. As an orthopaedic surgeon you will always be in demand in any healthcare settings that includes surgery of any type, from routine bone setting to trauma and emergency wards.

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



EMAIL YOUR QUERIES TO [EDITORIAL@THETEENAGERTODAY.COM](mailto:EDITORIAL@THETEENAGERTODAY.COM) WITH SUBJECT LINE 'ASK DR VIBHA'

Tindo was just 26 when he suddenly fell ill and died at Ramaiah Hospital, Bangalore. It was the most painful moment for his parents, Sunny and Silvy. But that did not stop them from making a very challenging decision. They gladly consented to donate his eyes. Tindo lives today through two persons who were visually challenged.

When Sebi and Manju lost their 5-year-old son Jacob, nothing could console them. Hesitantly, the members

of St Thomas Church, Bangalore, whose parish they belonged to proposed donating his eyes. Sebi took a positive call. "My son will not come back. Let his eyes continue to live." Jacob's eyes opened the eyes of two visually challenged persons the next day.

A new revolution is happening in India — a revolution that brings hope to the millions of visually challenged persons who are waiting to see the world.

# Youth as Ambassadors of Vision

## Youth-led change

Youth are leading a social revolution in India. They have rallied around the cause of blindness. Around 200,000 of them have taken a pledge to remove corneal blindness from India.

World Sight Day on 12 October saw this message being spread across campuses in India through a novel programme called BlindWalk. Developed by The Project Vision, a Bangalore-based non-government



organization, it provided an opportunity for youth to 'feel being blind'.

Young people across 250 locations from Shillong in the North East



to Mumbai in the West, from Chandigarh in the North to Thiruvananthapuram in the South, were taken on a 1-kilometre Walk across busy streets around their campuses... blindfolded! Their only help was the visually challenged person in front of them. After being blindfolded, they held on to them and walked the half an hour journey, as the blind persons in front showed them the way, using their white canes. The life-changing experience made them end the Walk with a pledge to help visually challenged persons.

## Why this revolution?

This move by young people is very significant since it addresses a major problem that India has been facing since long. India has the largest number of visually challenged persons in the world — 15 million or one third of the world's blind population. This means that more than 1 per cent of the Indian population is visually challenged.

The only bright side to this dark reality is the fact that about 20 per

**WORLD BLIND WALK**  
BY PROJECT VISION  
2017





cent of them can get sight. They are blind due to problems with the cornea and thus can get sight through a corneal transplant. In India, 20 per cent is about 3 million people.

The dark side is that only about 30,000 people came forward to donate their eyes in 2016.

## Who can donate their eyes?

People of all ages can donate.

People with eye problems can donate.

People with any sickness can donate.

There is no disfigurement on the face.

There is no blood, gender or age matching.

THUS EVERYONE CAN DONATE THEIR EYES.

## How do I donate my eyes?

1. Make the decision to donate.
2. To pledge, send an SMS: Type your Name and Place and send to 8055880011.
3. Inform your family members about your decision.
4. In the event of death, call the eye bank.

## Find your nearest eye bank:

To find your nearest eye bank anywhere in India send an SMS.

Type Eyebank, leave a space, type your 6 digit pin code and send to 9902080011.

Considering the fact that there were about 85 lakh deaths in our country last year, this is a very disappointing proportion. While 3 million people are waiting to see the world, we are burning or burying the corneas that could have given them sight.

Despite efforts by the government, the Eye Bank Association of India and various eye hospitals, there is no culture of eye donation among people in India. No religion or social or cultural group has promoted eye donation as a norm in society. Thus it requires a revolution and a movement by the youth of this country to change the attitudes of people. No visually challenged person awaiting a transplant should

die before getting a chance to see themselves, their beloved people and the world.

## How it started

George Kannanthanam, founder of The Project Vision, was living with about 200 persons affected by leprosy and HIV/AIDS for 12 years in the Sumanahalli Social Centre, Bangalore. About a dozen of them had lost their sight due to the long-term effects of leprosy or HIV medication. Sharing life with them and getting

that there cannot be a better way to help a visually challenged person than giving him/her sight. A group of about 50 socially committed individuals from different walks of life gathered together as founder members and The Project Vision was born in 2013.

## Vision and mission

The vision of The Project Vision was clear: LET EVERYONE SEE. This is because seeing is so essential to make life meaningful. One day at a session at St Joseph's College, Bangalore, Fr George was trying to explain the difficulty of blind persons. He told them that they

could not see their parents and they could not see the beauty of colours. A visually challenged student in the crowd stood up and

said, "My problem is not that I can't see others or colours. My problem is, I HAVE NOT SEEN MYSELF." This summarizes the pain of every visually challenged person.



to know their deepest pains in a personal way, inspired him to start a movement that could bring them sight. He realized





## The man behind the vision

The Project Vision was founded by Fr George Kannanthanam, a catholic priest (Claretian) and social worker. He has been involved with various social programmes for marginalized groups for about 30 years. He founded the HOPE Society in 1988 for alcoholics and drug addicts and lived with leprosy affected persons at Sumanahalli for 12 years. He initiated support centres in Bengaluru and Belgaum for HIV affected persons. His disaster management initiatives for people affected by the tsunami and the Nepal earthquake have been impactful. With a Masters in Social

Work and a Doctorate in Sociology, Fr George has written the book, *The Empty Nest*, on the rehabilitation model for leprosy-affected people. He was conferred the National Award by the Government of India, which he received in 2003 from then President of India, late Dr A. P. J. Abdul Kalam. He is the recipient of the Mother Teresa Award for Selfless Service in 2012 and the Best Citizen of Bengaluru Award from the Namma Bengaluru Foundation in 2013.

Fr George dreams of a world where everybody can see.

Fr George wanted to help every person who can get sight get it. This was in line with the World Health Organization's vision "To end every needless blindness", now being targeted through its programme VISION 2020 with a long-term target to end corneal blindness in the world. The second component of the mission is to help permanently blind persons live a meaningful life through various rehabilitation programmes. They also work to prevent blindness and to treat all forms of reversible blindness.

### 'Please take my eyes now'

In four years, the message has traversed the length and breadth of the country and abroad. The Project Vision went to college campuses, youth gatherings, national and state-wide youth conventions, talking about the possibility of the youth spearheading this social change. The response was tremendous. Young people had no hesitation in showing their solidarity to this cause and to make a decision to donate their eyes.

After listening to the sessions, some young people were so moved by the plight of the visually-challenged that they volunteered to donate one of their eyes saying, "Please take one of

my eyes now." While appreciating their generosity, it was explained to them that eye donation is permitted only after death.

### 100 donations... 200 get sight!

Meeting Kottaramma at the Shimoga BlindWalk was a great experience. She lost her sight when she was 16 and remained blind for

eight years. But she was very lucky to get someone to donate their eyes and her sight was restored at Shankara Hospital in Shimoga. Kottaramma now wants to donate her eyes too.

About 100 persons' eyes have been collected through the efforts of The Project Vision members and Vision Ambassadors so far. When 100 persons' eyes are collected, 200 visually challenged persons

## 10 things Vision Ambassadors can do

### A. Give them sight. Help them see again by the following means:

1. Learn about eye donation and the process.
2. Share information on eye donation with your family, friends and colleagues.
3. Pledge your eyes and get others to pledge their eyes.
4. In the event of death of anyone in your contacts, motivate the family to donate their eyes.
5. Contact the eye bank and coordinate between them and the family.

### B. Give them a life. For those who cannot get sight, give them a better life by the following means.

1. *Help them travel:* Guide them on the road, at stations and all means of transport.
2. *Help them study:* Be an angel reader or scribe. You could financially support the education of visually challenged children and young people.
3. *Help them with employment:* Give them a job or help them get a job.
4. *Help them get settled in life:* Organize the marriage of a visually challenged couple.
5. *Help them with accommodation:* Find a hostel or home for them. Include them in your housing schemes.





In Wayanad district of North Kerala, it was the youth belonging to National Service Scheme from 51 colleges who led from the front. Carrying colourful banners, they took to the streets holding onto visually-challenged persons. They did not stop there. Each of the 5,000 NSS members visited ten families each after the BlindWalk to enroll them for eye donation, reaching out to 50,000 persons on World Sight Day.

Every one of the 250 locations saw active participation from young people, mostly as

get sight, as only one eye is given to a blind person due to shortage of corneas. When we started The Project Vision, we wished that even if one person got sight through our efforts, we would be satisfied. It is very heartening to see hundredfold results.

five countries — U.S.A., China, Sri Lanka, Nepal and India. The youth organized. They participated. They volunteered. They pledged. They decided to be Vision Ambassadors.

In Chennai, it was the Rotaract that led the programme. Dhana Koti and Imran, who head the Chennai Rotaract, brought together youngsters from 30 college campuses for training and inspired them to organize BlindWalk around their campuses. Every one of them in turn motivated their counterparts, ensuring they blindfolded themselves and got an experience of a lifetime.

volunteers, helping the blind and the blindfolded participants. While All Saints College students were volunteers at Thiruvanthapuram, it was the Kalina University students at Mumbai, YMCA members in Delhi and St Ann's College NSS students in Bangalore.

## BlindWalk by the young

BlindWalk was conceived by The Project Vision to creatively involve young people for the cause of blindness. It was youth all the way in the 250 locations of BlindWalk on World Sight Day 2017 across

## Youth as Vision Ambassadors

Every one of the 100,000 participants of the BlindWalk pledged to be a Vision Ambassador — a concept developed by The Project Vision. They are to spread the message of eye donation in their places of study or work. They are also to coordinate between the bereaved family and the eye bank at the moment of death. Without any money being spent, with a bit of coordination, each youth can be a Vision Ambassador — an ambassador of sight.

With Vision Ambassadors in every village, layout, apartment, club, office and organization, the battle against corneal blindness will be won.

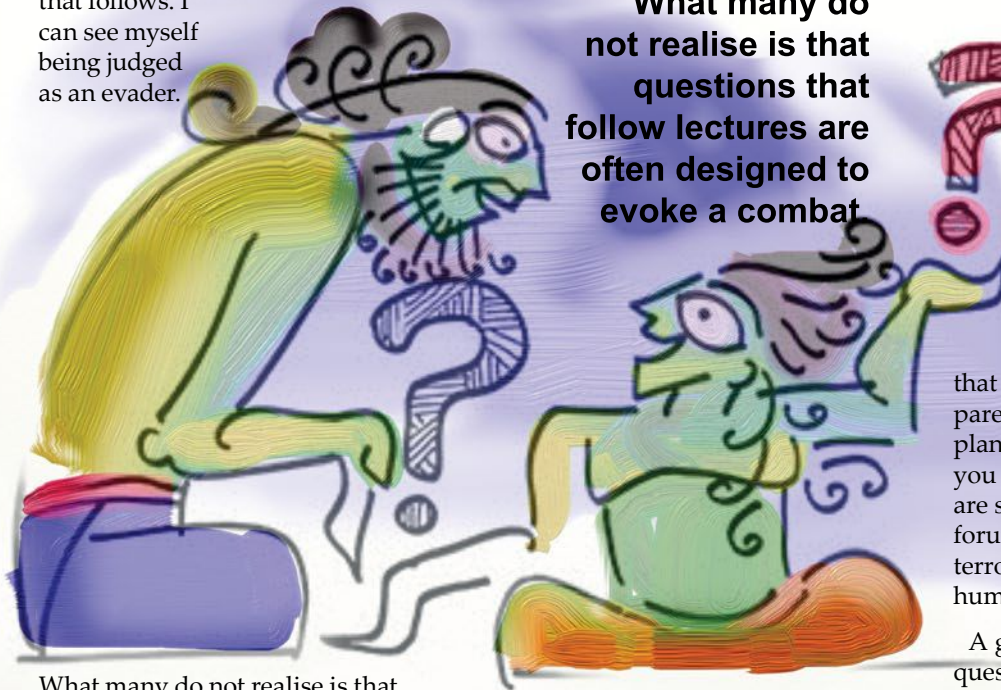
To be a part of the movement, email [director@theprojectvision.org](mailto:director@theprojectvision.org) and log onto [www.theprojectvision.org](http://www.theprojectvision.org)





DEVDUUTT PATTANAİK

At the end of my lectures I am often asked questions. I restrict my answers to clarifications on the topic of my lecture. Occasionally, I clarify on topics that were not part of the lecture, but have some indirect connection. For all other questions, I give clever answers, a joke maybe, or simply agreeing with an argument disguised as a question. I see the discomfort that follows. I can see myself being judged as an evader.



**What many do not realise is that questions that follow lectures are often designed to evoke a combat**

What many do not realise is that questions that follow lectures are often designed to evoke a combat. And, the combative questioner feels cheated, or tricked, when I do not participate in the game they have created, often unconsciously.

As a mythologist, I am asked to explain the behaviour of certain mythic characters: Why did Shiva behead Ganesha? Why did Ram abandon Sita? Why did Krishna not marry Radha? When I reply, 'I don't know', I can sense the disappointment. What those asking the question fail to realise is that embedded in the question is an answer they expect, something that satisfies their own fantasies. Often,

they are not propelled by curiosity. They are seeking affirmation of a conclusion they have already arrived at. You are expected to tick on the invisible multiple-choice answers they present. And when you don't, they moan.

It becomes awkward when some people assume that I am a defender of a religious order or a particular belief system or even the defending lawyer of a god or goddess in their imagined courtroom. When you

simply smile at the assumption, you can see the irritation, even rage. 'What a cop out!' I have heard so many times, by people so firmly entrenched in a particular paradigm of their own creation, that any attempt to show them that paradigm or provide an alternative is resisted with a vengeance.

The most embarrassing moment manifests when eager parents encourage their children to ask the most prejudiced questions and seek approval and appreciation or worse, use their children to put me in a spot, and so display their own, or their child's, cleverness. So, a child asks, 'So, you think primitive

tribes should not be taught science? You see the combative spirit in the parents as they wait with bated breath for the answer, totally lost on the kid, but not lost on the audience that suddenly gets excited at the possibility of an 'Arnab' moment. Screaming, shouting, disagreements, and drama! Fun! What does one do then? How does one tell a cute, little child that the word 'primitive' is condescending and disrespectful to tribes who have lived in harmony

## When asked a question

with their ecosystem for thousands of years and the Western technocratic capitalistic model of science that fuels the aspiration of his parents has done little to help the planet's ecosystem. People will hate you for censuring a child. Children are supposed to be adored in public forums. It is the same reason why terrorists often use children as human shields.

A good teacher never answers questions. A good teacher asks questions, not to confuse or confound, but to nudge the student to find his or her own answers, and take responsibility for what he/she discovers or invents. A good teacher presents paradigms that can facilitate the answer-finding quest. A good teacher questions the nature of the question and reveals new frontiers of thought. For the lazy, disinterested in expanding his/her own mind, a pat answer will do, especially if it makes them laugh.

**Dr Devdutt Pattanaik** is a medical doctor by education, a leadership consultant by profession and a mythologist by passion.





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NIALL  
HORAN



## VERUS FERREIRA

We really don't like to say it in this magazine, but let's be honest; Niall Horan's debut effort suffered a minor blunder when it was released on 20<sup>th</sup> October. Titled *Flicker*, whether it was Niall's cheeky play at words or a typography gaffe, from a distance the album poster screamed a rude word. The social media world freaked out and gave Niall much-needed mileage for his album, and if his current singles are anything to go by, we can truly say that Niall has brought out an album that we must listen to.

Niall is the third *One Direction* member to release a solo record, following in the footsteps of Zayn Malik's 2016 *Mind Of Mine* and Harry Styles' self-titled album released in May 2017. He also became the third member of *One*

*Direction* to score a No. 1 album in America as his solo debut *Flicker* debuted atop the Billboard 200.

Niall James Horan was born on 13 September 1993, in Mullingar, County Westmeath, Ireland. His parents divorced when he was five years old. He and his older brother, Greg, were shunted back and forth between their parents' two households before settling in with their father.

Niall attended St Kenny's National Primary School in Mullingar, where he performed in school plays and sang in the school choir. He attended secondary school at

Coláiste Mhuire (Mary's College), a Catholic boys school also in Mullingar. As a teenager, he performed at the Mullingar Arts Centre (in a fundraiser for the local football team, the Shamrocks) and at The Academy in Dublin. One Christmas, Niall's brother Greg got a guitar, but when he failed to play it regularly, Niall took charge of the instrument and taught himself how to play it

# NIALL HORAN

from YouTube videos. His aunt discovered his talent when she was in the car with Niall and he started singing. She thought the radio was on.

Niall's talent mushroomed slowly not only while he was in school, but even after he finished his school years. At 16, he auditioned for the TV talent show *The X Factor*. He moved up through several rounds of preliminary auditions culminating

in a performance for the show's judges, including Simon Cowell and guest judge Katy Perry.





He sang a version of Ne-Yo's *So Sick* and received mixed comments from the judges. Niall was finally put through to bootcamp and sang *Champagne Supernova* but once again failed to qualify for the "Boys" category. Although he was eliminated as a solo contestant after the semi-finals, the judges combined Niall with Harry Styles, Liam Payne, Zayn Malik and Louis Tomlinson forming *One Direction*.

For their qualifying song at "Judges' Houses" and their first song as a group, *One Direction* sang an acoustic version of Natalie Imbruglia's *Torn*. Simon Cowell commented that the performance convinced him that the group "were confident, fun, like a gang of friends, and kind of fearless as well." Nonetheless, they finished in third place, behind runner-up Rebecca Ferguson and winner Matt Cardle.

Although *One Direction* did not win the final round of *The X Factor*, they immediately received a £2 million record contract with Cowell's label Syco.

## Niall James Horan

**Age:** 24

**Nicknames:** Nialler, Niallator, The Cute One, Blondie, Potato, Nini

**Net worth:** \$50 Million

In 2016, Niall and golf player Justin Rose created the Horan and Rose Gala, a charity event in aid of Cancer Research UK Kids and Teens. The event included a dinner cooked by chef Jamie Oliver and a performance by singer Olly Murs.

Soon after, the boys began recording their debut album in January 2011. In February 2011, they along with other contestants from the series participated in *The X Factor Live Tour*, performing for 500,000 people throughout the U.K. After the tour concluded in April 2011, the group continued working on their debut album. Recording took

place in Stockholm, London and Los Angeles, with the final result being *Up All Night*, which became a bestseller in the U.K. and the U.S. Their first single, *What Makes You Beautiful* reached No. 1 in Ireland, Mexico and the U.K. while *Gotta Be You*, *One Thing* and *More Than This* had moderate success.

Niall is the only *One Direction* member born outside England, and the second youngest member of the band. He claims to be inspired by classic swing music citing his favourite artists as Frank Sinatra, Dean Martin, Bon Jovi and vocalist Michael Bublé. He considers Bublé as one of his biggest influences because they had similar life histories, as he was discovered by his aunt and the same thing happened to Bublé, except he was discovered by his father.

In November 2012, *One Direction* released their second album *Take Me Home* which became their first album to top the U.K. charts. It also reached the top spot in Australia, Canada, U.S., Ireland and New Zealand.

The band's third album *Midnight Memories* was released in November 2013 while their fourth album *Four*, released in November 2014, was their last as a five-piece. Their fifth album *Made In The A.M.*, released in November 2015, reached No. 1 in several countries, beating Justin Bieber's *Purpose*. This album was *One Direction's* last album before the hiatus.

On the personal side, Niall enjoyed playing a number of sports while growing up, including golf, football, and Gaelic football. He is a supporter of Football League Championship side Derby County and also loves golf; he can be seen at numerous golf

events and has participated in the MBW PGA Championship Pro-Am at Wentworth. He enjoys watching tennis and cricket occasionally; he attended the Australian Open twice and is friends with Novak Djokovic, and is a supporter of the Ireland Cricket team.

In 2010, while playing football with friends, Niall injured his knee and was diagnosed with a floating kneecap. The problem recurred several times over the next couple of years, including a 2013 incident where he dislocated his knee onstage during a concert in Antwerp, Belgium. After major reconstructive surgery in the U.S. in 2014, he was invited to undergo physical therapy with Chelsea FC by then manager, Jose Mourinho.

In September 2016, Niall signed a recording deal as a solo artist with Capitol Records. He released the singles *This Town*, *Slow Hands* and *Too Much To Ask* from his debut studio album *Flicker*. *Slow Hands* peaked at No. 11 on the Billboard Hot 100 and became his first No. 1 song on the Pop Songs Chart.

*Flicker* sold 152,000 copies in its first week of release, a number assisted in part by a deal that coupled physical albums with concert ticket purchases, to allow Niall to join Harry Styles and Zayn Malik as *One Direction* singers with solo number ones.

*Flicker* has definitely propelled Niall's post-One Direction career off to a bright start. Early this year, Niall received the award for 'Favourite Breakout Artist' at the People's Choice Awards. This is a promising and well-pitched effort by an artist to prove himself, and it suggests Niall knows exactly who he wants to be as an artist.

**Verus Ferreira** covers the hottest desi and international artists for THE TEENAGER TODAY. Passionate about music, he reviews music albums and movies and is the author of *The Great Music Quiz Book*. A freelance journalist for over 25 years, he also contributes to the *Afternoon DC* and *Musicunplugged.in*



# Why teens should say

DR SUHAS CHANDRAN

One common reason for consultation seen in hospitals these days, is problems associated with tobacco addiction. What is really striking is how strong the lure of cigarettes is to these individuals. Their stories are unique, and make you rethink what it takes to fight this raging addiction. One such story is that of a farmer and his son. The patient himself had bronchogenic cancer — a very severe form of lung cancer that had spread to his liver and abdomen. His 20-year-old son had started smoking a week after his father was diagnosed with the cancer, claiming that he needed to smoke to relieve the stress of dealing with his father's illness. A father who knew what was killing him but refused to stop smoking, and a son who knew what could potentially kill him but did not hesitate to start smoking.

In the search for the connection between the 'sick man', the 'frail man' and smoking, the clinical team realised that his father and uncles smoked and all his three older brothers smoked. He thought he was just copying his role models now. His mother didn't want him to smoke, and that made it even more attractive to him. He argued that women do not feel stress as much as "us men do" after a heavy day's labour; they are more relaxed and hence don't have to smoke. It's not their strength, they are "lucky" and smoking is a necessity that he will indulge to keep himself "mentally and physically fit" to work for the livelihood for the family. This makes you wonder whether we can try a new approach to the addiction problem. Maybe we should go in search of the connection between the 'lucky woman', the 'relaxed woman' and smoking. Why people smoke has been well explained over the years by biological and psychological mechanisms, maybe it's time we started



# to tobacco

looking at why some people don't smoke? Ninety per cent of women in India do not smoke because it is a cultural taboo. Having a close family member and a parent who doesn't smoke or has successfully quit makes it less likely that the individual will take up the same habit. Common myths seen in rural regions include, tobacco can relieve toothache, constipation, stomach acidity and that having 'paan' after food helps digestion. Using education as a tool to debunk these myths can help create a new generation of non-smokers.

According to WHO there are approximately 120 million smokers in India which amounts to 12% of the world's smokers. Approximately 900,000 people die every year in the country due to smoking as of 2009. In 2015, the number of those smoking tobacco rose to 108 million, an increase of 36%, between 1998 and 2015. Every year, on 31 May, WHO marks World No Tobacco Day, highlighting the health risks associated with tobacco use, and advocating for effective policies to reduce its consumption.



Cigarette smoke contains numerous chemicals, many of which are known to cause cancer. Smoking is also a major risk factor in chronic bronchitis, heart disease and stroke; and other conditions such as slow healing of wounds, sexual dysfunction, infertility, and peptic ulcer disease. On an average a smoker lives 10 years less when unchecked; tobacco-related deaths are expected to increase to over 8 million annually by 2030, 1.5 million of them in India. So where should we start? Maybe we should be targeting the youth with the long-term objective of a tobacco free next generation.

Nearly 9 out of 10 adult smokers started before age 18, and nearly all start by age 26. Reports estimate that about 3 out of 4 high school smokers will probably become adult smokers. Teenage smoking is an epidemic that is a product of several causes. Is it stress? Peer pressure? Enticing tobacco advertising? Or parents? One common

wrong messages to our youth; smoking is not harmless, smoking is not cool and smoking kills!

Despite several bans on advertising, sale to minors and smoking in public places, more than one in three adults use some form of tobacco in India. We probably have one of the world's weakest tobacco warning regimes. Currently, official cautions appear only on one side of the package, covering a mere 20% of the entire packet. Strip the glamour and glossy packaging that contain these tobacco products, and what is left? A product that kills almost 6 million people worldwide every year, one death every 6 seconds each year.

So why is it that even an educated teen aware of the risks of tobacco finds it so hard to put down that cigarette? The answer to that is nicotine. Nicotine present in tobacco products stimulates certain receptors in the brain releasing a chemical called dopamine that induces

feelings of pleasure. Nicotine is the nagging voice inside every smoker's head. It tempts every user who tries to quit into using it "one more time", "one last time" before giving it up. This is why it is so important to prevent the start itself. There is no magic remedy to quit smoking, and every method requires willingness and will power. Smokers should recognize the serious health risks they are facing every time they light a cigarette. Quitting smoking isn't easy. But every smoker can quit, there are proven tools available to help, and you're not alone.

The idea of being a non-smoker should make you feel good; you have to believe it's possible for you to quit. If you've tried to quit in the past, don't be discouraged. Research shows that most tobacco users try several times before quitting for good and it's never too late. Counselling helps and there are safe drugs to treat those dreaded withdrawal symptoms along with nicotine replacements in the form of nicotine chewing gums, pastilles, lozenges and even a nicotine transdermal patch.

But before replacement you need to choose to quit. Choose to be healthy. Choose to say no to tobacco. We all have a role to play and you can be a model of change.

Spread a simple message — tobacco kills. Don't start. If you have started — quit.

entertainment for youth is cinema. Bollywood has a long history of depicting characters smoking. According to a WHO study, tobacco is portrayed in 76% of Bollywood films, with cigarettes making up 72% of it. Influenced by Hollywood films, the heroes in Bollywood movies are shown to have more gusto, zeal, and machismo, all which is shown to be complemented by the use of cigarettes. Teens often try to mimic their celebrity idol's actions. We should be preparing youngsters from the time they enter primary school to resist this temptation and encourage them to steer clear of this problem. Let us not give out the

**Dr Suhas Chandran** is a final year MD Psychiatry resident in the Department of Psychiatry at JSS Hospital, Mysore. He has treated and worked closely with several teenagers with addiction problems. He believes prevention is the best form of treatment and tries to increase awareness among teenagers about mental health disorders.



MAJOR (RETD) PRADEEP KHARE

It is human nature not to like being criticized. But the fact is, you cannot avoid criticism! As Aristotle says: "Criticism is something you can only avoid by saying nothing, doing nothing, and being nothing."

We are always looking forward to appreciation. When people speak kind words we feel happy. When people find fault with us we feel miserable. But if we only accepted false praise and flattery, how would we ever improve in life?

There are two types of criticism — *constructive* and *destructive*. Learning to recognize the difference between the two can help you deal with any criticism you may receive. Constructive criticism is meant to help you. Destructive criticism is only intended to cause hurt.

# Don't avoid CRITICISM

## How to handle criticism

As criticism is inevitable, let's equip ourselves to face it without being thrown off balance.

**Respond to the content not the tone of the criticism.** Sometimes people make valuable critical comments and offer equally valuable suggestions. However, their tone and style of criticism is hurtful and sometimes offensive. It puts us down emotionally and we focus on their confrontational manner. In this respect, we need to separate the criticism from the style of criticism. Even if people speak in an angry tone, we should try to detach the emotions involved from the useful suggestions which lie underneath. This is easier said than done. It requires a lot of effort, but believe me, it is worth it.

**Don't respond immediately.** Give a deliberate pause to control your emotions. You don't have to blow

up every time someone passes a critical remark. Your first instinct might be to immediately respond or defend yourself, but it is best to resist the urge; delay your response until you've composed your thoughts. By doing this you prevent yourself from acting defensively or saying something you may regret later.

**Acknowledge that you might be wrong.** This is perhaps the most crucial and most difficult step for most of us. If you've identified criticism as constructive, then ignore the rude manner, harsh tone, and personality of the person offering said criticism. It's good to be confident of yourself and your abilities, but it's also important to accept that we cannot see our shortcomings. If someone is pointing out our shortcomings, let's accept it and make due effort to correct them.

**Change your perspective.** Know the difference between destructive and constructive criticism. You have to know where the feedback is coming from and understand the intentions of the person who is criticizing you. If it's a teacher or an elder, then chances are they only want you to perform better; but when it's coming from a friend, an acquaintance or even a stranger, then you have to



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ponder whether or not the person has your best interests in mind.

## Dealing with constructive criticism

If the criticism is constructive, then it's intended to guide you and help you to overcome your shortcomings, and improve as a person, not to pull you down and make you feel inferior in any way. Think coolly and try to understand each word of the critical statement. If you've analyzed that the criticism is intended to be constructive, then you have to break it down so you can start figuring out what to do next. Identify your shortcomings and start taking remedial measures to overcome them as soon as possible.

If you have been criticized in a friendly way, then first of all

a bad mood and felt like taking it out on someone. Whatever the reason, remind yourself that it had little to do with who you are.

It is wise to ignore destructive criticism. As Dale Carnegie says: "Any fool can criticize, condemn, and complain but it takes character and self-control to be understanding and forgiving." Sometimes we are criticized with no justification. Now that can be a painful experience. Yet, if we remain silent and detached the criticism can do us no harm.

## "I am perfect" syndrome

If you're convinced that you are perfect and can do no wrong, then you will be blind to your imperfections. Such people find it tough to deal with even the most well-meaning criticism. Most people see other's faults with

of comparing him with a sibling or a friend, as it may create an inferiority complex. It is better to praise some genuine quality in him and then politely mention that it would be great if he could change a certain habit. Sandwich constructive criticism between two positive statements to make it effective.

Criticism comes to everyone, eventually. It's inescapable, and more relevantly, it's a necessary part of growing up. As we can't protect youngsters from it, the best we can do is ensure that they are equipped with emotional fortitude and strength of character to face it sportingly.

## Advantages of criticism

Most criticism is probably based, at least in part, on some truths. Sometimes, criticism may appear negative. But through criticism we have the opportunity to learn and improve from their suggestions. Remember that all constructive feedback, including negative feedback, is a sign that people are observing your work with interest, and they want to help you to improve. It would be far worse for people to notice your shortcomings and remain unconcerned.

Almost every critique gives you a tool to overcome your weaknesses and create the tomorrow of your dreams. Your critics give you an opportunity to practise listening patiently. This means you resist the urge to give a quick rebuttal, and simply try to understand what the other person is saying.

Finally, and most importantly, make the choices that are right for you. People will criticize you either way, because as John Steinbeck aptly remarked: "Only mediocrity escapes criticism."

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**Know the difference between destructive and constructive criticism. You have to know where the feedback is coming from and understand the intentions of the person who is criticizing you. If it's a teacher or an elder, then chances are they only want you to perform better.**

---

thank the person and say that you appreciate the fact that the person has drawn your attention to something that can make you better.

## Dealing with destructive criticism

Understand the person's true motives. If you have perceived the criticism as completely destructive and hurtful, then analyze his or her state of mind. For all you know, he may be your rival or competitor who does not have the calibre to outperform you. Perhaps the person might have said such a thing to make himself/herself feel better. Maybe the girl was jealous of your new outfit. Maybe a guy said you're not a good writer because he's jealous that you just published a story. Maybe the person was just in

microscopic eyes, keep trying to correct them, thinking they are perfect, whereas they actually need to correct themselves.

To benefit from criticism we need to set our ego aside and accept the reality that we are far from perfect. Nothing closes an open mind like ego — impediment for your personal growth and damaging relationships.

## Criticism in the life of teenagers

Parents and elders need to be cautious when they feel the urge to criticize teenagers. Never criticize a teenager in front of his friends or peer group. Avoid the temptation

**Major (retd.) Pradeep Khare** served in the Indian Army for two decades, training officers at premier training establishments like Indian Military Academy, National Defence Academy, etc. He is an educational consultant, keynote speaker and personality development trainer. A columnist, author and active blogger, he is the author of *Real Inspiring Stories*.



# Breath of Life



ASHWINI NARAYANGAONKAR-KAMATH

How many of you have watched Sridevi swooning to the tune of the Been being played in the movie *Nagin*? Well, even though the scene may tickle your funny bone a bit, I want to draw your attention to the Been, also known as the Pungi. Let me ask you another question. Do you know what you can make with dried bottle gourd and bamboo? Donning your

Pungi is played without any pauses in the music. A true *Breathless* style, the feat is achieved not by the use of any computer software but, by a specific breathing technique to produce a continuous tone without any interruption.

While the Pungi is a folk instrument, there are many other wind instruments used in Indian Classical Music (ICM). And so, we come to the fourth category of

instruments called *Sushir Vadya* which use air, directly or indirectly to produce sound.

One of my friends brought back mesmerizing photos of her holiday in Ladakh. But what fascinated me were the images of a music instrument in the hands of some of the natives. A pair of long horns, almost seven feet in length, being played by Tibetan monks. Used in Buddhist ceremonies, the sound of the Tibetan Horns or *Dungchen* is compared to the trumpeting of elephants.

The earliest aero phones (wind instruments) were made of animal horns and even human bones. Excavations in the Indus



MasterChef cap and thinking, are you? Well the answer is, you can make a Been! Who would have imagined that a music instrument is made of vegetables!

The Pungi, Been or Tumbi is a popular snake charmer's instrument (hence the *Ichhadhaari Nagin* Sridevi reference) and originally developed as a folk instrument. With two reed pipes — one for melody and the other a drone, the

Valley have revealed the existence of whistles shaped like birds. Another ancient instrument popular in Indian rituals is the Conch (Shankh). This natural instrument can produce only one *swar* (note). According to a medical research conducted at the Berlin University, blowing the Shankh over several years boosts physical and mental health. It exercises the lungs, jaw and opens



up the nervous system. They also stated that blowing the Shankh kills typhoid, cholera and plague bacteria and viruses within 1,500 square feet around the Shankh blower. The theory may have credibility based on the physics of sound and the vibrations it causes in the surroundings and in our bodies.

While the Pungi, Dunchen and the Shankh may not be used to create music, instruments like the flute, shehnai and harmonium are very popular in both ICM as well as Light and Bollywood music. Wind instruments like the flute use air vibrations to produce tones and sounds while the harmonium uses air as a medium to vibrate a reed — a strip of material, and create sound. Another categorization of wind instruments is on a simple basis of the material used to make them — wood and brass. Instruments of both types differ not only in the material but also the playing technique. There are more brass wind instruments used in folk music than ICM.

I have very fond memories of waking up to the music of the Shehnai on Diwali mornings at home. The Shehnai is one of the most ancient instruments in India. Considered to be an important part of all auspicious occasions, the Shehnai is believed to be of Persian origin. Similar to

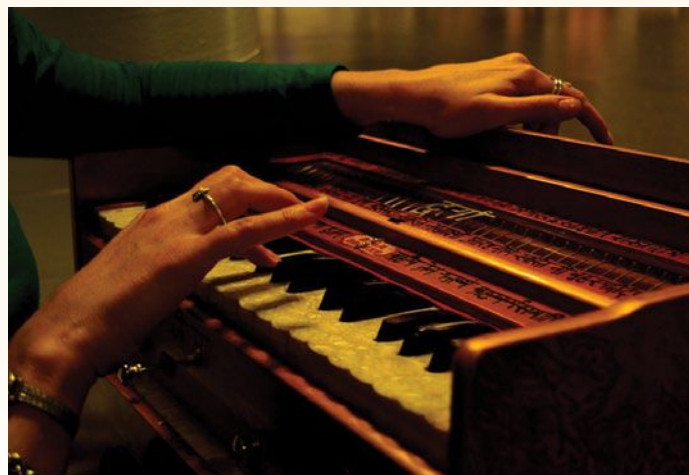


the Oboe, used in Western music and the Nadswaram in Carnatic, it also resembles the Greek Aulos if two Shehnais are tied together and played. It is usually accompanied by the Nagada — a percussion instrument. The Shehnai has not one, not two, but four reeds to produce sound. Made of wood it also has an ornately carved metal bell attached to one end.

Of all the wind instruments, the most popular and widely-known woodwind instrument is the flute. With multiple names like the Bansuri, Banshi, Venu, Murali, Vamshi and differing slightly in design and structure, it has been used since the Vedic era. A common finding in Buddhist, Hindu and Jain iconographies, the flute has also been observed in the stone carvings of Bali and Java

belonging to the pre-tenth century period. A humble-looking instrument, it creates the most soothing melodies through a cylindrical tube made of bamboo. Just like the santoor achieved its status because of Pt. Shivkumar Sharma, the Indian flute or Bansuri was improved and adapted for ICM post 20<sup>th</sup> century due to the efforts of Pt. Pannalal Ghosh and Pt. Hariprasad Chaurasia.

Perhaps the most complicated instrument of the lot is the harmonium. Essentially a keyboard, the wind supplied through the bellows, strikes the reeds and the musical notes emerge. Similar structures are known as the pump organ, reed organ and the melodeon. It is an indispensable part of ICM today even though its origins are in Europe. One of the good things that the British brought to India was the harmonium. In 1875, a musician by the name of Dwarkanath Ghose in Kolkata (then Calcutta) created an Indian version of the European harmonium — in simple words, he converted the foot-operated bellows to hand-operated bellows and halved the size of the harmonium. While initially there was plenty of scepticism about this instrument, well-known performers like Govindrao Tembe, Ganpat Rao and others adopted the harmonium into their shows and the Marathi Opera (Natya Shastriya Sangeet). It is also



commonly used in Sufi music, Bhajans, Qawwalis as well as in the musical score of Kathak performances.

Humans have always used material that was readily available to create items of necessity. Musical instruments are no different. While each of these may differ in their size, shape, material and technique, air is the common principle. Air — translating into oxygen for us to live is also the life of these instruments!

**Ashwini Narayangaonkar-Kamath** is a professional singer, musician and music guru. She is the eleventh generation of her family to be dedicated to the ancient art form of Indian classical music. She has performed in India and abroad, has music albums to her credit and successfully runs her classical music academy all over Mumbai. For more info, visit [www.deepakmusicacademychembur.com](http://www.deepakmusicacademychembur.com)



LIAM DIAS

There's nothing else that Lewis Hamilton wanted more than to seal his fourth world championship title with a win at the Mexican Grand Prix. Unfortunately for him, by the time he exited turn three with a puncture, it was off the agenda. The incident, however, showed how badly he wanted to fight for the victory, despite not needing it to secure the championship.

**“My thought process when I started racing was to make it into F1. Once in F1 the goal was to win the championship. After winning the first title, I was thankful for what I had, because most drivers don't ever make it to a title win. After winning the second, I had the same thought of being thankful. Then I had the third and now I have the fourth — and still have the same thought process.”**

— LEWIS HAMILTON

He had been three abreast with Max Verstappen and Sebastian Vettel going into turn one but recognized that continuing to do so would not end well and allowed them to go together through the corner.

They duly touched giving him the chance to go up the inside of two and the space to go in front through three. He had played the percentages and looked to be coming out on top until Vettel clipped him and the race changed.

Hamilton had checked to allow for Verstappen's compromised exit and Vettel, it seemed, had not reacted swiftly enough. He was told that Vettel could not make second place — the minimum needed to keep the title fight alive but Hamilton was unwilling to leave anything to chance. He had a broken diffuser but made eight overtakes on seven drivers, including a climactic battle with Fernando Alonso to take ninth — ensuring that even second would not be enough for Vettel. And that's exactly what's called title-winning determination.

“It doesn't feel real,” said Hamilton. “I'm really happy with this fourth. I'm going to have to take some time to really think about it but I'm proud of the flag and everyone who represents it. That's not the kind of race that you want but I never gave up.”

Hamilton's feat makes him the most successful British driver in Formula 1 history and draws the Mercedes





**“I believe I can win more championships, and if I have the car it should be possible. But my goal never was to reach Michael (Schumacher). I wanted to match Ayrton (Senna, who had three), but now I am beyond that and now the dreams could expand into an area I was never planning.”**

— LEWIS HAMILTON

driver level with Vettel and Alain Prost in the all-time standings.

Only five-time champion Juan Manuel Fangio and Michael Schumacher, who won a record-breaking seven, have won more drivers' titles in F1 history.

There was understandable joy and elation from the 32-year-old

at his remarkable achievement in becoming Britain's most successful racing driver and not a little relief after a race that had the driver, his team and fans on the edge of their seats.

“It was a horrible way to do it, to be honest,” he said after a run of five wins from the last six races meant he clinched the title with his lowest finish of the season. The race was won by Max Verstappen, his second victory of the season in the Red Bull.

**“I don't aspire to be like other drivers — I aspire to be unique in my own way.”**

— LEWIS HAMILTON

Vettel's fightback was determined but Hamilton had a 66-point advantage going into the race and it proved enough for him to take his place in the history books. After a season that has pushed him to perform at his very best, the end was nerve-racking but the championship deserved.

## Numbers that will blow your mind

**11** Hamilton has started 11 consecutive grand prix campaigns, and has won at least one race in each of those years.

**9** Hamilton has won 9 Grand Prix, more than double the tally of Sebastian Vettel (4), this season.

**72** The Canadian Grand Prix in 2007 marked Hamilton's first career pole position. He now has more poles than any driver in the history of the sport after surpassing Michael Schumacher's tally of 68 in Italy.

**40** Hamilton has won 40 races in his five seasons at Mercedes.

# HAMILTON



# Studying Abroad

## Statement of Purpose for International Universities

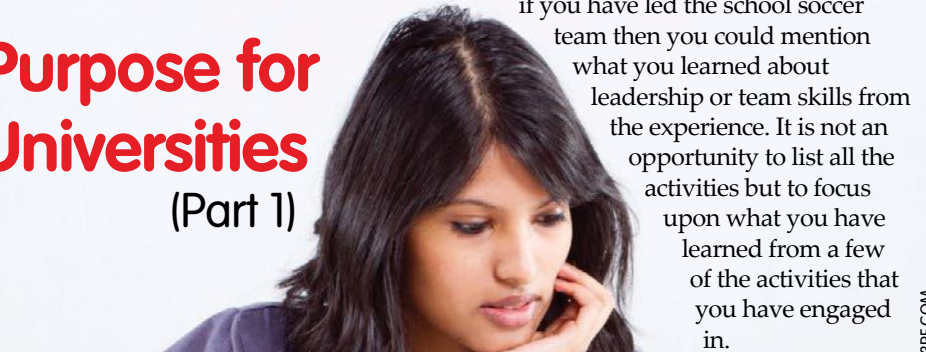
### (Part 1)

SHIVANI MANCHANDA

The Statement of Purpose (SOP) is probably the most challenging and exciting part of an application. It probably makes you, the applicant, most nervous before starting to write. Yet once it is well written it can bring out your personality and give your application a boost like nothing else can. The statement of purpose is an important component of your application. It is an opportunity for the admissions committee to know you personally as an individual rather than just as a number as indicated by your marksheets. You have complete control over this essay; how exciting is that! You can use the opportunity to talk about the aspects that have influenced your career path, your academic interests, etc. This is your opportunity to explain if there are any gaps or tangents in your background which cannot be understood from just numbers.

### Learning from academics and achievements

There is no set rule whether this should be chronological or as per its importance. The aim of the SOP should be to highlight your unique achievements in academics. However please don't leap from one year to the other and back again. If you are going to share the importance of high school then do so in completion before you move to college and then internship or job. However, if you think that something that happened in Class 12 defined you, then yes, start with that and then go back and



share an experience in Class 9. The SOP is your personal work and it needs to stay true to what you feel is important. For instance, you could mention any specific assignments or projects that you have done in a related area, if you have read any books that can highlight your interest in the topic. Any special seminars you have attended would also find a special mention here. It is important that you highlight what specifically you learned from the book/project mentioned.

### Learning from extra-curricular activities and achievements

Your extra-curricular activities and what you have learned from them

could be one part of your SOP. Thus, if you have led the school soccer team then you could mention what you learned about leadership or team skills from the experience. It is not an opportunity to list all the activities but to focus upon what you have learned from a few of the activities that you have engaged in.

### Why this department/ university

If you have researched the

work happening in the department you could mention in the SOP why it is that you are interested in studying in that University. For instance, if a faculty is doing research in stem cells and that is your area of interest then you could mention that in the statement. Try and stay away from generic statements like "your prestigious University", etc. This is your opportunity to demonstrate that you have researched the department well and are genuinely interested in studying there.

In next month's column, I will talk about simple tips to ensure that your Statement of Purpose uses appropriate language and sidesteps basic pitfalls. Watch this space.

**Shivani Manchanda**, Director Career Track, a Postgraduate in Counselling from the USA, is a warm and vibrant counsellor. Her expertise lies in counselling students on career development, stress prevention and international education. She is an enthusiastic speaker with over two decades of experience. Log on to [shivanimanchanda.com](http://shivanimanchanda.com) for more information.





# CATWALK

BITTU SAHGAL

None of the models that grace the catwalks of Paris, New York, or Milan come close to matching the grace of the felines that sashay elegantly through wild homes fashioned for them by nature. The catwalk you see here is a mile-long track in Uttar Pradesh's terai, which the ancestors of the fishing cat *Prionailurus viverrinus* pair have been walking before we humans came on the scene.

Going back in time, we see that all cats large and small evolved from a common felid ancestor something like 10.8 million years ago. Around 6.2 million years ago, the smaller cats branched off to give rise to some of the stunning 'lesser' cats we still see in India such as the Asian leopard cat *Prionailurus bengalensis*, rusty-spotted cat *Prionailurus rubiginosus*, Pallas's cat *Otocolobus manul*, fishing cat, jungle cat *Felis chaus*,

Indian Desert Cat *Felis silvestris ornata* and the familiar domestic cat *Felis catus* (which was delivered to us by nature some 3.4 million years ago, later hybridised).

At this point, I'm sure, most politicians, planners and economists have turned the page. They might have lingered longer if they knew how the fate of the millions who repose trust in them is linked to lessons hidden in the antiquity of these cats. The Scientific American explains why: "When sea levels were low, land bridges connected continents, allowing mammals to migrate to new domains. When sea levels rose again, animals on the continents were isolated once more."

Slow climatic changes, unfolding over thousands of years, caused the isolation of animals that then evolved into new species through a process called speciation. Things are different today. By comparison, we humans are heating the planet in a relative wink of an eye... just a few hundred

years. Consequently, between rising seas and climate oscillations, species are being denied the time to adapt to changing circumstances. This (coupled with our abysmal lack of planet-management) is what Elizabeth Kolbert, Pulitzer Prize-winning author of *The Sixth Extinction: An Unnatural History* identifies as the reason for Earth's rapid loss of biodiversity. Take my word for it (then verify at leisure)... if Earth's biodiversity goes... everything goes. Including the global economy, social stability, health, infrastructure, water... everything.

Bottom line? Stop pussyfooting around the climate issue. Let wild cats walk their catwalk... unhindered.

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**Bittu Sahgal** is the Editor of *Sanctuary Asia* ([sanctuaryasia.com](http://sanctuaryasia.com))



DEVEN RANDIVE

Being a teenager I guess you must be equally curious about your job or a 'Dream Job' to be more appropriate as I was 20 years ago. Now as I write this article with a sound background of working in the corporate world for over 15 years, I consider it as my moral responsibility to share with you my experience and lessons learnt during this long journey.

The first and foremost thing to do is to define your priorities with utmost clarity so as to make the right choices. For example, why do you want to work for a particular organization? What career prospects do you have there? Is the industry that you want to work in stagnant or growing? What are your personal financial priorities? You will need to answer an exhaustive list of such questions before you decide to take up a job in any company. If meeting your financial obligations is your top priority, then you can join any company which has a decent reputation in the market and pays an equally decent salary.

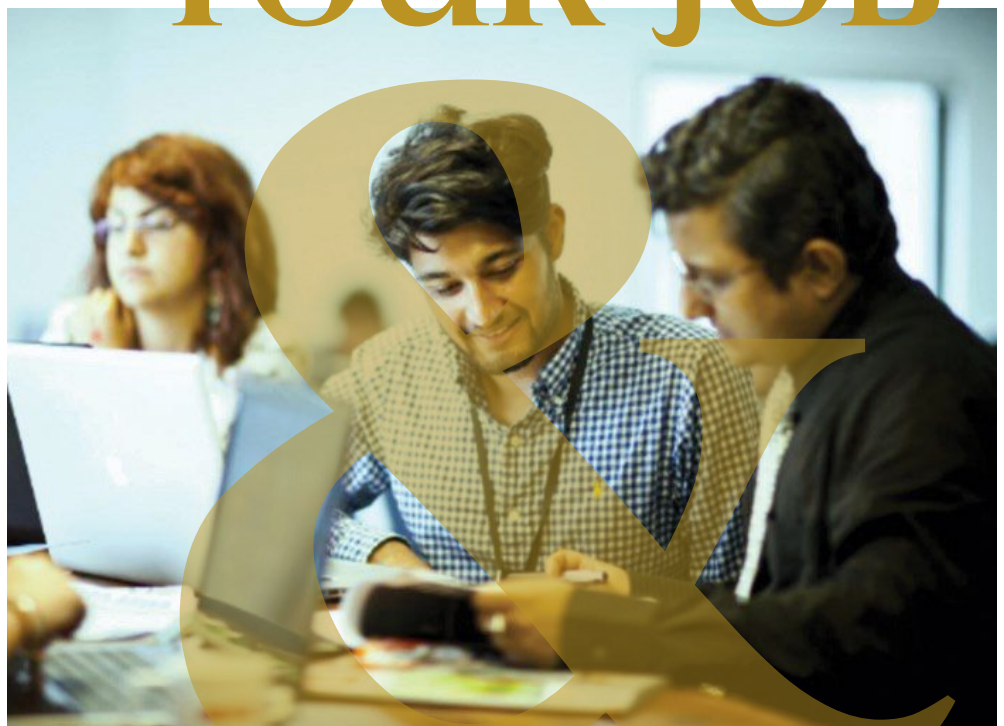
Once you join an organization, you need to look for the learning opportunities that are available there. Make your best efforts to get into every minute detail of the tasks and responsibilities assigned to you so as to gain expertise and be the one who can be looked upon as dependable. Once you have proved your worth to the organization, it becomes your rightful wish to ask for more responsibilities, higher pay and a suitable designation. Now here comes the grey area which has to be looked upon very cautiously. Don't get carried away with fancy

designations, because whatever your designation, your worth in the market will always depend on what kind of responsibilities you handle. Your prospective employers will always be interested in your detailed job profile rather than your designation.

Now as far as growth in the organization is concerned, there is

qualifications or any certifications that you should acquire that will add value to your credentials and will make you attractive for prospective employers. Whichever organization you choose to work with, it can satisfy your career needs only to a certain extent. If your priorities do not match with the organization, you will have to move on and seek

# YOUR JOB



# YOU

either vertical or horizontal growth. Vertical growth is about moving up in the hierarchy and horizontal growth is about getting a higher pay package. Time and again you will have to weigh your options against each other before you seek vertical or horizontal growth. Always be aware about what kind of higher

employment in another organization. Take care that you do not switch companies too often, otherwise it will spoil your CV. Similarly, staying too long with an organization without any growth in the hierarchy is equally disastrous.

A recent article published in the *Economic Times* says that there are



many people who are choosing to take up jobs with a lesser pay package since the place of work is near to their home and it saves them a lot of commuting time which they can spend with their family so as to strike a balance between professional and personal life. Of course, this is going to be a decision taken collectively by all the family members and not something which can be decided on at the spur of the moment.

If you feel that you no longer have any opportunity to learn new things, move up in the hierarchy, get a reasonably good pay hike and the sector which you are working in is not growing either, it's time for you to switch your company or altogether switch to an entirely different career. Keeping an open mind and an ability to take risks

can take you to better places in your career. Always try your best to maintain cordial relations especially with people who matter, such as your boss, your colleagues, and last but not the least, your HR department. Remember, HR guys in different organizations are connected to each other through various HR forums and spoiling relations with any one of them may cost you dearly. On a lighter note, even if you feel like giving a tight slap to your HR manager, do not show it on your face or body language either. Rather, make them feel that you are going to miss them terribly when you join another organization. Venting your

anger on them is not going to benefit you in any way.

Get into the habit of building a good network with people in different sectors so that you are well updated with the latest happenings in the industry as well as the opportunities that may open up in the near future.

Lastly, in addition to a good qualification and experience, having clarity about your priorities, making the right choices, maintaining good relations, keeping your eyes, ears and mind open and taking risks can go a long way in shaping your career in the right direction.

**Deven Randive** is a consulting Psychotherapist and is passionate about helping people realize their personal and professional goals by way of counselling and various psychotherapeutic techniques. You can reach him at [drandive@gmail.com](mailto:drandive@gmail.com)



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DR SHEFALI BATRA

General awareness, research and personal experience, all confirm that as human beings we love getting attention. But recent studies have shown that offering support and attention to others brings about even greater feelings of wellness and helps reduce our own stress.

Here's what giving attention to others does to you:

**Lets you feel you're in charge**

When you wait for someone to do things for you, clearly you are putting them in charge of your happiness. But when you decide to do something for someone, you gain the power to make a difference in his or her life. This sense of control can make you feel positive about yourself.

**Instils a sense of autonomy**

It's not uncommon to find ourselves dissatisfied even when people do something for us. We like to make own choices and we have our own preferences; hence when we pay attention to the needs of others, we sense freedom in our choice to do something for someone else. It's an accomplishing feeling.

**Makes you feel self-confident**

Adolescence is the period where we are beginning to formulate definitions of our own self. When we do something for others,

we prove to ourselves that we are capable human beings. This makes us believe in our virtues and makes us self-reliant and more confident of our own abilities.

**Enables you to feel connected**

All actions generate equal and opposite reactions. When we make others feel special we unmistakably draw them towards ourselves and initiate committed friendships.

Kindness goes full circle. When we are good to others we become bravehearts for our generosity and we feel connected with everyone around us.

**Gives you a sense of happiness**

Doing something for someone and making them feel nice sends signals to the happiness centre in the brain to secrete dopamine (the body's

# Attention Seekers!

## Become

# Attention Givers

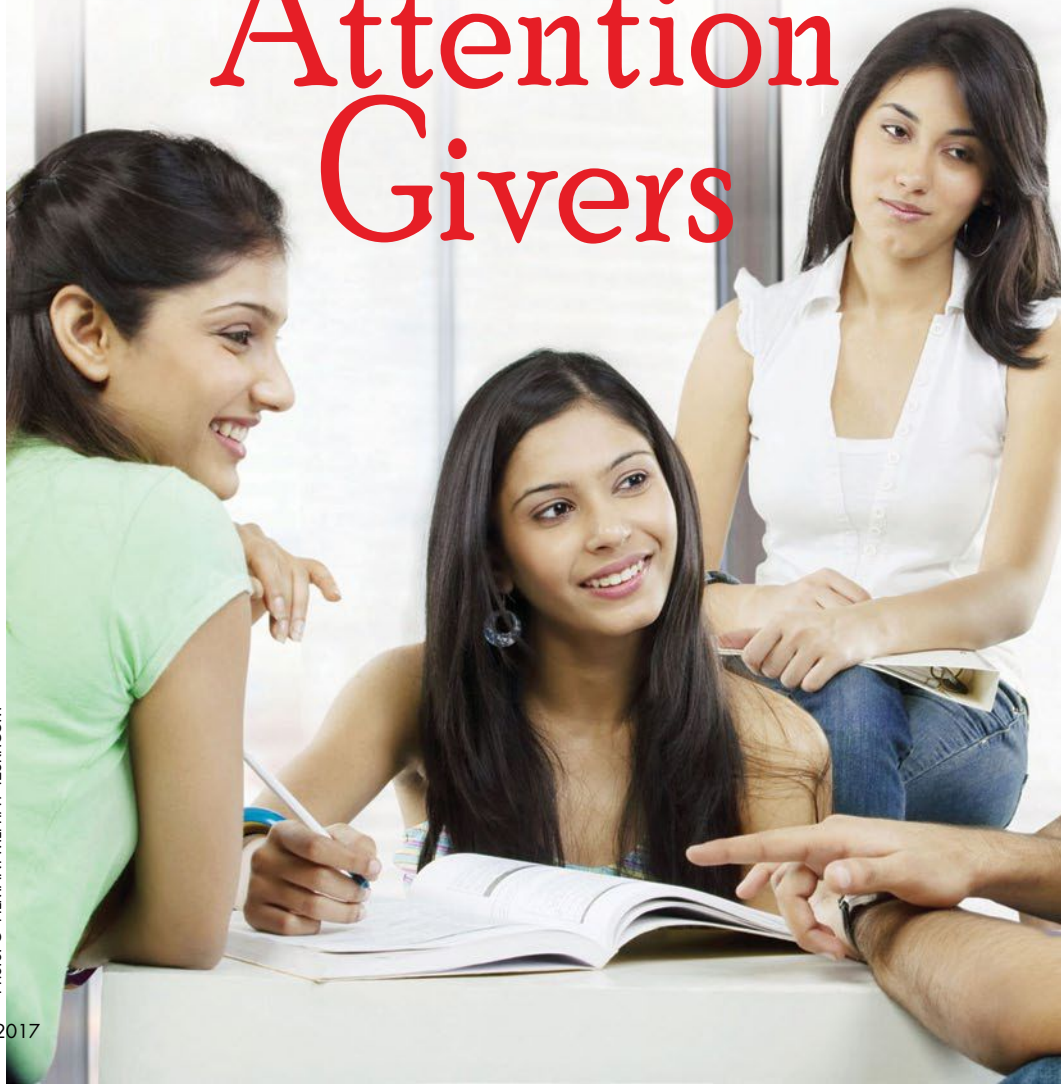


Photo: © HEMANT MEHTA / 123RF.COM



reward chemical), giving us a high like we experience when we win a race or stand first in a competitive exam or are encountered with a pleasant surprise.

## So how do we do this? How do we give someone attention?

These techniques not only help strengthen your existing relationships, in fact they help you reach out and network with newer and unknown people, too. After all we need social connections for our own wellness.

## Look people in the eye

Frequently enough we look into our phone screens or are lost in thought when friends and family are trying to grab our attention. It may also often be true that people who want to connect with you might be shy and need your help in making them comfortable. Making eye contact is a

sign of respect. And it allows people to know that you are there for them.

## Smile freely

Being grouchy is a sign of arrogance. It warns people to stay away from you by signalling that you are more focused on yourself (maybe your worries, fears or apprehensions), and less concerned about them. A smile is a sign of acknowledgement. When you smile at someone it sends across these ideas:

- You noticed this person
- You like something about him/her
- You would like them to be happy
- You want them to smile back.

## Listen willingly

As your eyes ought to make contact to make a difference, your ears need to be open to acknowledge what might mean the world to someone else even if it appears mundane to you. Your story is important to you and so is anyone else's to them. Zoning out is easy if you're bored and disinterested. If you're attentive to people's emotions, reflecting on their feelings allows you to be more involved in their life and makes them feel wanted.

## Seek to know more

Okay, so you listened. But once you have heard them out, asking sensitive questions can strengthen the bond between people. Of course, asking the wrong questions can be offensive, but perceptive questions open communication channels and build trust. If you pay attention to conversations and reflect back with focused

questions, you respect your friends and family, pay attention to their needs and make them respect you back.

## Make it more of them and less of you

At birth, we are all narcissistic — craving incessantly for food, warmth and a diaper change when wet! And we cry out really loud if we don't get what we want. As we grow though, we (hopefully) learn to accept that things cannot and will not be our way all the time. And we start understanding the needs of others. By making it more about them and less about ourselves, we can make people feel wanted, special and appreciated.

## Agree. Or agree to disagree.

All relationships are like emotional contracts. There are no openly discussed terms and conditions but being argumentative and complaining isn't equated with being nice. If you've decided to shower your goodness on others it becomes important to be more accepting and agreeable with them. It's also OK to not agree but what matters is how you keep the peace in the face of the disagreement.

We make yearly, monthly, weekly and even daily goals when we want to accomplish targets. We invariably fail to set behavioural goals though, of how we will speak at the party, or whether we will listen to what others have to say at class and how tolerant we will be if there's a difference in opinion with friends in the playground. Being nice and showering attention on others is an active process. It can't happen in the background. It has to become a mission, a habit, a way of life.



**Dr Shefali Batra**, Psychiatrist and Cognitive Therapist, is the Founder of Mindframes and Co-founder of InnerHour. She is available at [shefali@theinnerhour.com](mailto:shefali@theinnerhour.com). Read more at [mindframes.co.in](http://mindframes.co.in) and [theinnerhour.com](http://theinnerhour.com)



JANVI MANCHANDA

The winter wedding season is the best time to bring out all your dressy clothes. You need those designer pieces for that big fat shaadi! It's the time of the year when you dress up in the best possible outfits.

So, every year it's boring for me because I have no wedding to attend but this year I have a legit "Big Fat Punjabiyan ki Shaadi" to attend in Delhi! The lavish north Indian weddings call for amazing outfits. So, here's what you could wear this season.



## 1. Saree

A nice lace saree with a full-sleeves blouse? Why not! The full-sleeves blouse makes it look very retro and saves you from the chill weather. Use velvet or raw silk for the blouse as these two materials are somewhat warm and comfortable to wear and they look very rich. Ask your tailor to make bell sleeves if you use raw silk and maybe even a back cut in the blouse. You can also get a jacket made from the above mentioned material to wear on top of your blouse or maybe even a poncho.



## 2. Crop top & palazzo/dhoti pants

A nice embroidered pair of palazzo pants and maybe an off-shoulder crop top or kurta or even a bell-sleeved crop top would look amazing. You can also try a simple palazzo and crop top and add a heavy dupatta. You can also wear dhoti pants instead of palazzo pants. Dhoti pants are not the most commonly worn pants but they look pretty amazing.

## 3. Jacket on lehenga

Yes! You can get a long jacket with your lehenga! No, I am not talking about the western jacket, I mean like an Indo-western jacket. These days, lehengas with long jackets are very *in*. You can either get them stitched or buy them online. Many Instagram



## 4. Shawls

Add shawls and heavy dupattas to your look to make it more festive and save yourself from the chill in the air. A Karachi work dupatta or a Kutch work dupatta or even a nice printed shawl will do the job very well. Indian outfits look incomplete without shawls/dupattas. You can drape your shawl in different ways and you can also drape it on a saree.

# The Festive Season

stores, too, sell such outfits. You can buy from them or simply ask your tailor to stitch one for you. The long jacket in place of a dupatta looks unique and stylish.





love this outfit in the picture. It's so simple but at the same time very out of the box. It makes you stand out in the crowd.

## 2. Flowy skirts

So, this is what is in trend at the moment, but don't buy the usual skirt and top. Try a wraparound or a skirt with a different cut or drape along with a nice top — one that compliments your skirt or one that matches your skirt. Add some nice earrings, a ring and a clutch and you're good to go.

## 3. Great gowns!

You can wear a nice, simple, basic gown and accessorize it. You can get a lot of them online or on Colormeblackofficial (Instagram page). You can get them from Zoomberg, SrStore, Stalkbuylove and a lot of other sites. You'll find some nice cuts on cilory.com. Check out the gowns in lace and velvet as they're very festive. Go for colours like maroon, marsala, turquoise, violet, mauve and bottle green. Accessorize with classic stone/American diamond jewellery.



With Christmas and the New Year right around the corner, we all need some amazing outfits to show off. I hate to say this but I'm slightly biased when it comes to picking colours for these two festivals. Somehow I can't get over the fact that red, black and white are the colours for December. I always end up wearing such colours. But the fact remains that you can wear any colour, be it purple, grey, teal, peach, etc. Play with colours, dress up... I'll tell you how!

## 4. Contemporary dresses

How about Indo-western dresses for Christmas and New Year's? Pick a contemporary dress if you want to stand out.

Try a printed dress or a raw silk dress. You can also buy a georgette dress or get one stitched. You can

buy kutch work material and get a simple dress stitched. Go for a Rajasthani leheriya dress in a cold shoulder style or one shoulder style.

**P.S.:** All my readers can buy stuff from Palanquine by Sandhya Shah and give her my reference and get a good discount. You can also buy stuff from Colormeblackofficial (Instagram account) and get a discount by giving her my reference again. You can find Palanquine and Colormeblack official on

Instagram. In case you need any help, you can get in touch with me and I would love to help you out.



## 1. Retro Ruffles

You can wear ruffled pants with a crop top and a long jacket and belt. I

**Janvi Manchanda** is a 19-year-old lazy, animal lover. A BMM student of Lala Lajpat Rai College, Mumbai, she wants to conquer the world armed with a pen! She doesn't 'love' fashion, she 'lives' fashion. She says: "From your inner wear to your favourite leather jacket, it's all fashion and how you wear it is style."



DR K. S. JOSEPH

**A**djectives are words that modify or change the meaning of nouns or pronouns. To make this possible, adjectives take different forms or degrees of comparison. These forms are positive, comparative, and superlative. The Positive degree names a quality such as good, bad, tall, etc. The Comparative degree expresses a comparison between two objects or persons. It is normally followed by than (better than, taller than, etc.). The Superlative degree expresses the highest degree of quality. It compares three or more persons or things. It is normally preceded by the definite article 'the' (the best, the tallest, etc.).

There are two ways of forming the degrees of comparison. The first way is by adding -er and -est to the positive (cleverer, cleverest; taller, tallest). The second is by using "more" and "most" before the positive (more interesting, most interesting). This method is generally used for adjectives with two or more syllables.

Degrees of comparison can be changed without altering the meaning. Study the following examples:

- (i) He is the most stupid man I have seen.
- (ii) He is more stupid than any other man I have seen.
- (iii) No other man I have seen is so stupid as he.

If you study the above examples carefully, you will notice that they are superlative, comparative, and positive respectively. Although they change in the degrees of comparison, they express the same idea. This shows that degrees of comparison of adjectives can be interchanged without altering the meaning.

**Change the degrees of comparison of adjectives in the following sentences without altering the sense:**



## Interchange of Degrees of Comparison of Adjectives

1. Sonal is one of the cleverest girls in the class.
2. Her three sisters are not so tall as Mary.
3. Kashmir is the most beautiful place I have ever seen.
4. This is the most interesting story I have read.
5. The Ganges is the longest river in India.
6. She is the most suitable person for the job.
7. He is more generous than all his brothers.
8. No other people in the world are so courteous as the Japanese.
9. Kerala is more thickly populated than any other state in India.
10. She is the fastest player of the team.
11. Today is the hottest day of the month.
12. He is the best in the team.
13. My accent is worse than that of others in the class.
14. Most of the cities in India are not so big as Chennai.
15. Ashoka was the greatest of all kings of India.

### Check your answers

1. Very few girls in the class are cleverer than Sonal.  
Most of the girls in the class are not so clever as Sonal.
2. Mary is taller than her three sisters.  
Mary is the tallest of the four girls.
3. No other place I have seen is so beautiful as Kashmir.  
Kashmir is more beautiful than any other place I have seen.
4. No story I have read is so interesting as this one.  
This story is more interesting than any other I have read.
5. No other river in India is so long as the Ganges.  
The Ganges is longer than any other river in India.
6. No other person is so suitable for the job as she.  
She is more suitable for the job than any other person.
7. He is the most generous of all his brothers.  
All his brothers are not so generous as he.
8. The Japanese are more courteous than any other people in the world.
9. No other state in India is so thickly populated as Kerala.  
Kerala is the most thickly populated state in India.
10. No other player in the team is so fast as she.  
She is faster than any other player in the team.
11. Today is hotter than any other day of the month.  
No other day of the month is so hot as today.
12. No other person in the team is so good as he.  
He is better than any other person in the team.
13. My accent is the worst in the class.  
No other student in the class has so bad an accent as mine.
14. Chennai is one of the biggest cities in India.  
Very few cities in India are bigger than Chennai.
15. Ashoka was greater than any other king in India.  
No other king in India was so great as Asoka.

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





# Competition Corner

Helping students excel in competitive examinations



## A. Current Affairs

1. Name the newly-appointed FTII chairman.
2. Who won the Nobel Prize for Economics this year?
3. Name the badminton player who won the French Open Super Series.
4. Name the third Indian to join the celebrated NBA.
5. Who is the controversial Hollywood producer charged with a series of sexual harassment cases?
6. Which play of Brecht is to be staged by Aadyam at St Andrew's Auditorium, Mumbai, in the month of November?
7. Name the veteran historian who passed away recently.

## B. General Awareness

1. Shakuntalam was written by  
a. Kalidas b. Bhasa  
c. Kamban d. Ashvaghosha
2. In the third Battle of Panipat, the Marathas were defeated by  
a. Mughals b. Afghans c. British d. Sikhs
3. Who said, "Swaraj is my birthright..."?  
a. Lala Lajpat Rai b. Vipin Chandra Pal  
c. Bal Gangadhar Tilak  
d. Subhash Chandra Bose
4. Rana Sanga is related to  
a. Malwa b. Khajuraho  
c. Mewar d. Mandu
5. Kanishka started the Shaka era in  
a. AD 62 b. AD 78 c. AD 82 d. AD 88

Compiled by PROF. DR JOHN MATHEWS

6. Who was the first British Governor-General of India?

- a. Dalhousie b. Hastings  
c. Clive d. Canning

7. The British invasion of which area led to the Sepoy Mutiny?

- a. Oudh b. Bengal c. Mysore d. Delhi

8. Who was the last Governor-General of independent India?

- a. Mountbatten b. C. Rajgopalachari  
c. Sardar Vallabhbhai Patel  
d. Jawaharlal Nehru

9. Who was the writer of the Mahabharata?

- a. Kalidas b. Vedavyas  
c. Tulsidas d. Kautilya



10. Who built the Red Fort of Delhi?

- a. Sher Shah b. Humayun  
c. Akbar d. Shah Jahan

## D. One word substitutions

Obstinacy, invincible hardness of heart – **Obduracy**

Homage, curtsy, an expression of respect – **Obeisance**

Corpulent, abnormally fat – **Obese**

That is required by law, rule or custom, imposing duty, binding – **Obligatory**

State of forgetting or being quite forgotten – **Oblivion**

Public shame or reproach, abuse, censure, calumny – **Obloquy**

## C. General Intelligence & Reasoning

1. Four of the following five are alike in a certain way and so form a group. Which is the one that does not belong to that group?

- a. Father  
b. Mother  
c. Aunt  
d. Uncle  
e. Cousin

2. Amit walked 30 metres towards East, took a right turn and walked 40 metres. Then he took a left turn and walked 30 metres. In which direction is he now from the starting point?

- a. East b. South East c. South  
d. North East e. None of these

3. Pointing to Suresh, Meena says, "He is the son of my grandfather's only son." How is Suresh related to Meena?

- a. Brother b. Cousin c. Uncle  
d. Data inadequate e. None of these

4. Four of the following five are alike in a certain way and so form a group. Which is the one that does not belong to that group?

- a. Cotton b. Jowar c. Wheat  
d. Millet e. Corn

5. Four of the following five are alike in a certain way and so form a group. Which is the one that does not belong to that group?

- a. Pen b. Glass c. Plastic  
d. Book e. Tree



ANSWERS: Current Affairs: 1. Anupam Kher, 2. Richard Thaler, 3. Kidambi Srikanth, 4. Amaryoti Singh, 5. Harvey Weinstein, 6. The Three Penny Opera, 7. Satish Chandra / General Awareness: 1. a, 2. b, 3. c, 4. c, 5. b, 6. b, 7. a, 8. b, 9. b, 10. d / General Intelligence & Reasoning: 1. e, 2. b, 3. a, 4. a, 5. c

DHRISHTI BIJLANI

# IRON in the vegan diet

**I**ron is a mineral found in plants and animals and all living things. It's an important component of **haemoglobin**, the part of red blood cells that carries oxygen from the lungs to the body. Iron gives haemoglobin the strength to "carry" (bind to) oxygen in the blood, so oxygen gets to where it needs to go. Without enough iron, the body can't make haemoglobin and makes fewer red blood cells. This means tissues and organs won't get the oxygen they need.

If a person does not eat sufficient iron-rich foods, they may become iron deficient and suffer from a condition known as 'iron deficiency anaemia'. Symptoms include extreme tiredness, pale complexion, breathlessness and heart palpitations. Adolescent girls are particularly at risk of developing iron deficiency as they begin to menstruate. Thus, achieving adequate iron stores becomes important, especially for teenage girls.

## Types of dietary iron

There are 2 types of Iron namely, Heme Iron and Non-Heme Iron. These types are easy to identify in your daily diet. Heme iron comes from animals and non-heme iron comes from plants.

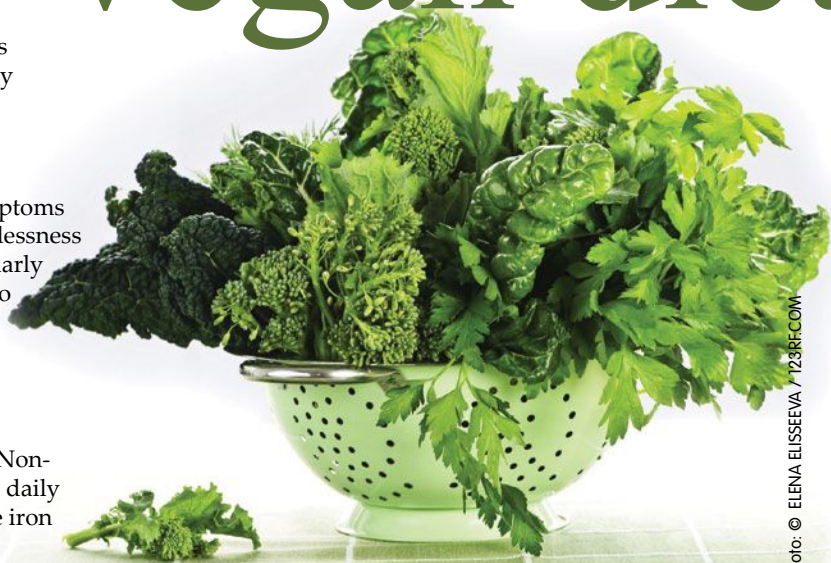


Photo: © ELENA ELISSEVA / 123RF.COM

	Heme iron	Non-heme iron
<b>What is the difference?</b>	Heme iron is the type of iron found in blood and muscle. Present in animal foods like red meats, fish, and poultry, heme iron is a significant source of the absorbed iron in a typical western diet, though it only makes up about one-third of dietary iron.	Non-heme iron is iron found in plant foods like green leafy vegetables, beans, and nuts. Non-heme iron is not combined with a heme protein, and this difference is the reason for the body's reduced ability to absorb non-heme iron. Slower absorption allows you to eat more iron-rich plants without worrying about iron toxicity.
<b>Food sources?</b>	Heme iron only exists in animal products or animal-based iron supplements. These heme iron supplements are available as powders, tablets, capsules, and even drinks. Heme iron-rich foods include oysters, red meats like beef liver, and fish like sardine.	Plant-based food is the best source of non-heme iron. You can boost your iron intake by eating more iron-rich foods like green leafy vegetables (spinach, kale, broccoli), lentils, and pumpkin seeds.

## Best vegetarian sources of iron

Plant-based sources of iron aren't absorbed as easily as in diets that include meat. As such, vegetarians need almost twice as much dietary iron each day as omnivores because of the lower intestinal absorption of iron from plant foods. Eating the following foods packed with iron, together with sources of vitamin C, such as citrus fruits, will improve your body's absorption of iron.

**1. Dark leafy greens:** It is important to note that greens contain more iron when cooked



than when eaten raw. Spinach is the king of all greens with a whopping 6.43 mg of iron per 1 cup (180 gms) when cooked. Collard greens, fenugreek, kale and turnip greens, all cooked, round out to 6 mg. If the taste of greens doesn't thrill you, try blending them in a smoothie with soy milk, a banana, and frozen fruit. Your taste buds will thank you!

**2. Spirulina:** Spirulina, one of nature's great superfoods, is a blue-green algae that grows in fresh water lakes. It is a complete protein, contains a significant amount of B12,



## Palak Channa Pulao

**Ingredients:** 1 cup spinach (chopped), 15 gms raw brown channa (soaked and boiled), 30 gms/1 katori brown rice (cooked), ½ small onion, 1 tsp. ginger-garlic paste, ½ small capsicum (chopped), 1 small tomato (deseeded, chopped), ¼ tsp. turmeric powder, 1 tsp chilli powder, 1 tsp coriander-cumin powder, salt to taste, 1 tsp oil, 1 tbsp. chopped coriander.

**Method of Preparation:** Heat a broad non-stick pan on a medium flame and when hot, add the onions and dry roast on medium for 2 minutes or till they turn light brown in colour. Sprinkle 1 tbsp of water if the onions start burning. Add the ginger-garlic paste, capsicum and tomatoes and dry roast on a medium flame for another 3-4 minutes. Lower the flame, add the spinach, turmeric powder, chilli powder, coriander-cumin seeds powder, salt and 2 tbsp of water and cook on a medium flame for 1-2 more minutes, while stirring occasionally. Add the kala chana and cooked brown rice, mix well and cook on a medium flame for 3-4 minutes, while stirring occasionally. Serve hot garnished with coriander.

### Nutrition Facts:

Energy (Kcals)	227
Carbohydrates (gms)	37
Proteins (gms)	7
Fats (gms)	6

as well as vitamins A and E and is rich in iron, calcium and magnesium. A tablespoon of dried spirulina contains 2 mg of iron.

**3. Whole grains:** Whole grains are another great source of plant-based iron and an opportunity to add variety to your diet (quinoa, oatmeal, barley, rice, bulgur, buckwheat and millet). Quinoa, for example, contains 2.76 mg of iron for a 1 cup serving.

**4. Lentils:** One of the healthiest foods on the planet, lentils are packed with iron and other nutrients and they're virtually fat-free. Great in soups and stews or served with rice, lentils are a cheap and iron-rich addition to your dinner plate.

**5. Nuts:** Nuts serve as higher iron-rich plant sources. Those who wish to increase their total daily iron intake should add nuts like almonds, walnuts, pistachios, cashew nuts and hazelnuts to their diet, as they contain the highest amounts.

**6. Seeds:** Pumpkin, sesame, hemp and flaxseeds are the seeds richest in iron.

**7. Dried fruits:** Dates, figs, prunes and apricots are packed with iron and fibre. Adding them to your porridge or simply having one of them as a mid-meal snack, will surely give you a boost of iron.



**Food Check by Dhrishti:** A medley of spices, veggies, spinach and kala channa make this recipe a real tongue-tickler. Brown rice enhances the fibre content of the pulao while spinach makes it look appetizing and colourful while providing a **BOUNTY OF IRON**. Kala channa is an ideal ingredient that boosts the nutritive value of this dish with its protein, calcium and vitamin A content. Ensure that you soak the channa well in advance so that it cooks faster and is easy to digest. Besides containing just the calorie secrets coming from brown rice, the presence of the two herbs, ginger and garlic, adds more to the flavour besides their medicinal properties.

## How to increase iron absorption from plant foods

The heme iron found in meat and animal products is generally more easily absorbed by the human body than the non-heme iron found in plants. However, there are various strategies that can be employed to increase the body's ability to absorb non-heme iron. Here are the best methods:

**Eat vitamin C-rich foods:** Consuming vitamin C-rich foods together with foods rich in non-heme iron may increase the absorption of iron by up to 300%. For example, adding some fresh lemon juice to spinach.

**Avoid coffee and tea with meals:** Drinking coffee and tea with meals can reduce iron absorption by 50-90%.

**Consume lysine-rich foods:** Consuming plant foods like legumes and quinoa that are rich in the amino acid lysine together with your iron-rich meals increases iron absorption by 50%.

**Dhrishti Bijlani** is a consulting nutritionist, clinical dietitian, weight-loss expert and certified diabetes educator. Armed with a Masters in Clinical Nutrition & Dietetics, her goal is to make it easier for everyone to eat right and well, and get habituated to a healthy lifestyle. Log on to [flabyouless.co.in](http://flabyouless.co.in) to find out more about her work.



# KNOW YOUR WORTH



Posted by:  
YUSRA LODI (17)  
Sacred Heart Convent Hr.  
Sec. School, Mathura

When you look within you, you will find that spark waiting to be fanned. Fanned by determination and self-confidence. All you have to do is to consider yourself worthy of great things, and believe how miraculously you can conquer the world.

You have to give up the wait for validation and start praising the person you are, without anyone's opinion. You have to turn deaf to their voices and blind to their actions. Once you start ignoring them and the way they try to bring you down, you will rise. Know that when people see the greatness in you, they discourage you by saying that you are made of stardust and remnants. Realize that there is no stardust and remnants; there are only galaxies. Galaxies that you own and galaxies that are meant to shine in.

Don't wait for a saviour or an igniter. Be your own saviour, be your own igniter. Become oblivious to your doubts and known to your greatness. Know there is no obstacle bigger than your obsession. Become obsessed by your dreams of success. Let no one ever set limits for you. There are no limits until we confine ourselves.

Know what a masterpiece you are, and don't settle for anything less than what you can do for yourself. Stop waiting for anyone to come and lift you. Lift your own self. Loving yourself before everyone and more than everyone is not being selfish. It's being fair. Fair with the self who has been there with you since your birth and to the self who will be with you till eternity.

Outgrow people, not to prove them inferior but because you need to. Never regret your dreams. They are the most beautiful things you will ever have. Have big dreams and think about them daily and one day those dreams will become reality. Shut all the people out who discourage you or say dreams don't come true.

Think of the time when you dreamed of the things you have now. All it takes is dreaming and the grind to reach where you want to be. No dreams are small or big.

Know that you are destined to do great things. Know that you are not

made of stardust and remnants. Know that you are a ruler over yourself and you're not captive of others' opinions. Know that you have the flame, you need fanning.

**Never regret your dreams. They are the most beautiful things you will ever have.**

Know that you're complete. Know that you're the ruler of the cosmos.

Know your greatness. Know your worth. Know that you can achieve it. ■

## THE CULPRIT

Posted by:  
SHAILZA AGARWAL (17)  
St Patrick's Junior College, Agra

My grapple with the world comes to an end here. Why was I blaming the people around for the happenings when I had the culprit in front of me all the time?

She stands firmly, with her eyes staring into mine whenever I come across her.

Such credence, charisma, solidity and pride that till now paled the crimes she did, the sins that brought me here. I never knew that I would have to face her with this someday when my faith and trust couldn't be rescued from the gallows.

We faced each other. Silence deafened. For the first time, I thought that she wasn't the only person I was about to deal

with. She had more shields. More masks. I saw laughter, tears, anger, disgust, smiles, struggling to view themselves all at the same time.

**She stands firmly, with her eyes staring into mine whenever I come across her.**

It turned scary. It turned horrifying. It turned illusionary. I had no control. I choked her to death.

Next day, I woke up smiling and elated. Stood in the same place and saw her smiling back at me, a pleasant one this time. I never knew that the other side of the mirror is all different but isn't just a reflection.

I'm just one within me now. ■



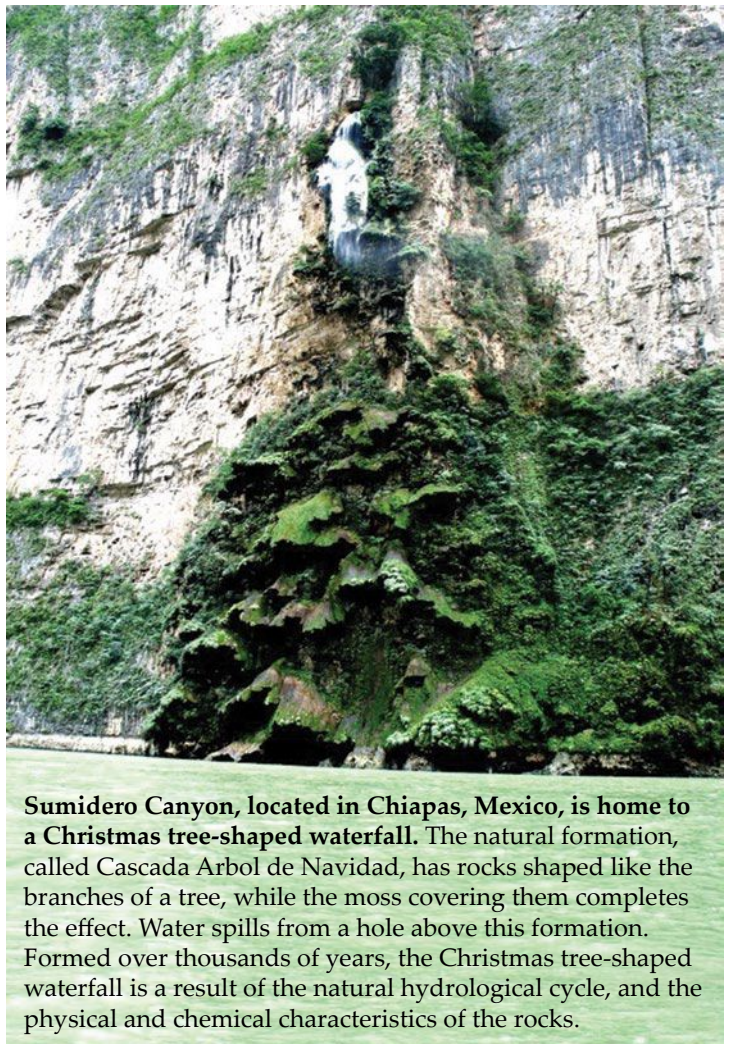
Compiled by CAROLINE C. D'SOUZA

## Bet you didn't know that...

... **India is the world's largest producer, consumer and exporter of spices**; the country produces about 75 of the 109 varieties listed by the International Organization for Standardization (ISO) and accounts for half of the global trading in spices.



**A new species of orchid with big flowers and a scent like champagne has been discovered in Madagascar.** *Cynorkis Christae* flowers have a 2-inch-wide lip and a 6-inch spur — larger than the flowers of *Cynorkis Gigas*, which until now was the most impressive species in the genus. The flowers are pure white, while the top petals have distinctive maroon markings.

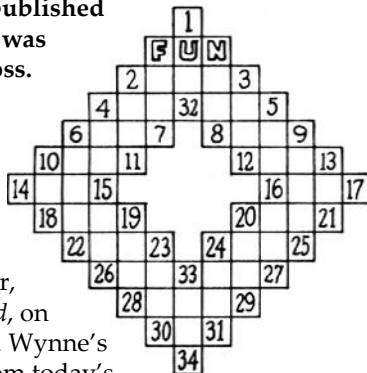


**Sumidero Canyon, located in Chiapas, Mexico, is home to a Christmas tree-shaped waterfall.** The natural formation, called Cascada Arbol de Navidad, has rocks shaped like the branches of a tree, while the moss covering them completes the effect. Water spills from a hole above this formation. Formed over thousands of years, the Christmas tree-shaped waterfall is a result of the natural hydrological cycle, and the physical and chemical characteristics of the rocks.

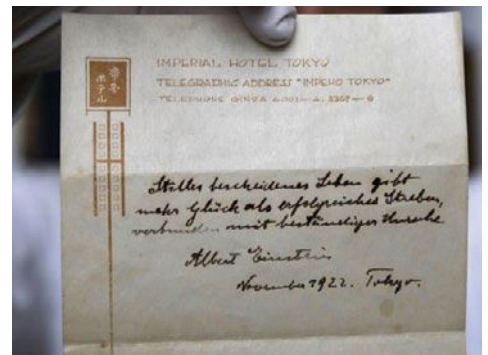
### FUN'S Word-Cross Puzzle.

The first-known published crossword puzzle was called a **Word-Cross**.

Created by Arthur Wynne from Liverpool (U.K.), it appeared in the 'Fun' section of a Sunday newspaper, the *New York World*, on 21 December 1913. Wynne's puzzle differed from today's crosswords; it was diamond shaped without internal black squares. A few weeks after the first Word-Cross appeared, the name of the puzzle was changed to Cross-Word as a result of a typesetting error. Wynne's sense of humour is seen in the clue for 18 Across: "What this puzzle is." The answer? "Hard".

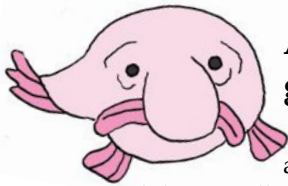


**A handwritten note on happiness by physicist Albert Einstein was sold at auction for \$1.56 million.** In 1922, Einstein was at the Imperial Hotel in Tokyo, where he was on a lecture tour, and had just learned that he had won the Nobel Prize for Physics. When a bellboy delivered a message to him, Einstein found he had no cash for a tip. So he offered a tip in the form of his theory on how to have a happy life. "A calm and modest life brings more happiness than the pursuit of success combined with constant restlessness," he wrote in German on a sheet of hotel stationery. Einstein told the bellboy that because of his fame, the handwritten note "will probably be worth more than a regular tip".



Compiled by RAMA RAMESH

# Fishing for the Oddballs



## A blob of gloom

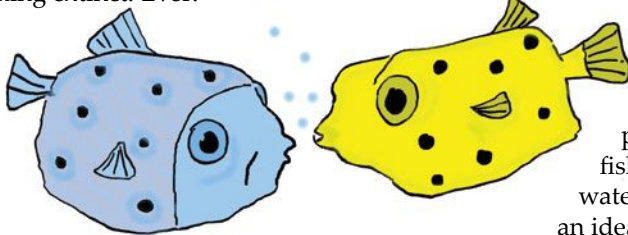
These little clowns are at risk of becoming extinct, and that's really sad... just look at their poor, droopy faces! Growing no more than 12 inches and dwelling happily at the bottom of the sea, the little Blobfish was relatively unknown until deep-sea fishing became popular. Despite being inedible, its only fault is to live around other tasty fishes. Sigh! To add insult to injury, the fish has been judged the ugliest animal on the planet. Can life get any more unfair?

## Hola, Molamola!

Weighing over 5000 pounds, the Sun Fish (scientific name: *Molamola*) is one of the heaviest known bony fish in the world. Interestingly, the fish does not have scales like many of its pals. It is covered by a thick elastic skin that hosts at least 40 different kinds of parasites. It also has four fused teeth that form a beak-like structure. But what's most mind-blowing about this fish is its tremendous reproductive capacity. At one time, a female Sun Fish produces 300 million eggs! This is one fish that's never going to worry about its species becoming extinct. Ever!

## All boxed up

Here's a fish that has bravely refused to take up the typical almond shape that fishes usually come in and instead look like a box with polka dots. Interestingly, the Box Fish is vibrant yellow in colour when young and slowly turn bluish grey as it ages.



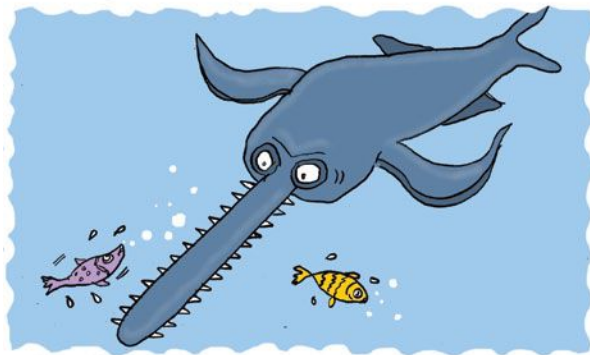
## A fish with a clear head

Can there be anything cooler than a fish with a completely transparent head? Like, you can see everything inside its head encapsulated within a clear fluid. Even though the Pacific Barrel Eye has been known for a long time, the fact about its transparent head was virtually unknown until recently, because once the fish was brought out of the water, the transparent head is no longer visible. The dark spots above its nose might look like eyes, but they're not — they are nostrils. The eyes



When you delve underwater, there are creatures aplenty, each weirder than the other. Cute, funny, scary, sarcastic, awesome — it's all there underneath the sea!

are like barrels, protected by the fluid in its head and capable of looking upward or forward.



## One tech-savvy fish

Nothing works better than a saw fitted right near your mouth to slash apart your prey or threaten your enemies. The saw-like

projection is equipped with 18 to 22 pairs of pointed teeth. But if you're thinking that the saw is just a weapon, you're mistaken. The saw is covered with tiny pores all over its surface that can pick up electric fields produced by other fishes that it can eat. Once detected, the saw becomes a sword for slaying the prey into two.

## Up, up, up

Ever tried climbing using your mouth? Probably not easy unless you are a Stimpson's Goby. Native to the seas around Hawaii, this fish easily puts Prince of Persia to shame. This fish can inch up a vertical cliff or even a waterfall about 100 metres tall. To give you an idea, it's just like Tom Cruise running a 42-kilometre long marathon, vertically upwards!

## Let's see who is better

Sarcastic Fringeheads are aggressively protective about their territories and very particular about not letting anybody step inside. But how do they establish the territory in the first place? To do this, two fishes of the species press their mouths against each other to determine who has a bigger head and hence more dominant, thus the rightful owner of the territory in question.

All of a sudden, the name makes a lot of sense.



## Hidden

I met you on the first day,  
The only one with a soft curve for a smile, and  
The softest eyes for a soul.  
Your warm hands grabbed mine  
With eagerness; your lips declaring with  
Utmost clarity, how glad you were to meet me.  
I believed you, that first day.  
I felt myself getting lost,  
In the vivid way you talked about your dreams,  
And there went my heart, fluttering away.  
I paid no heed to the warning signs,  
To the crooked smile you often bestowed on  
me,  
To the hurried glances you often sent my way,  
To the hidden meanings behind a number of  
your ways.  
I grappled along with your unsung promises,  
Only meant to flatter but not deliver.  
And when it was over, and I lay in meshes at  
your feet,  
The layer of trust in my broken heart, was  
Still higher than the walls of faith  
You chose to shatter.

**Anushka Hait (18)**

*Lady Shri Ram College for Women, Delhi  
University*

## Choose

Choose, they said,  
Between that strong man who raised you,  
And the mother who stuck with you against all  
odds.

Choose, they said,  
Between that gentle man who guided you,  
And the woman who made you laugh when you  
were about to cry.

Choose, they said,  
Between that perfect father and not-so-  
perfect husband,  
And that woman who taught you how  
to love.

Choose, they said,  
Between the man whom you call your  
father,  
And the woman who just can't stop  
being a mother.

Choose, they said.

**Lizann Ferrao (19)**

*Mumbai*

## I will simply walk away

I will simply walk away  
The moment I feel ignored.  
With tears soaking my eyes,  
Would be the last time you would see  
me.  
Without uttering a word,  
I will simply walk away.  
A little pain, but a tremendous peace,  
No more fights and a life full of ease,  
You won't be close,  
But I will have my mental quiesce.

I gave you many chances but I have my  
limits,  
And I won't be further trapped in your  
fake gimmicks.  
Even though you dumped my heart in  
a bay  
A victim of your foul play,  
My burning heart enlightens my way.  
With wings on my shoulders and the

desire to fly,  
Without uttering a word,  
I will simply walk away.

**Shivam Tiwari (22)**

*National Institute of Technology,  
Raipur*

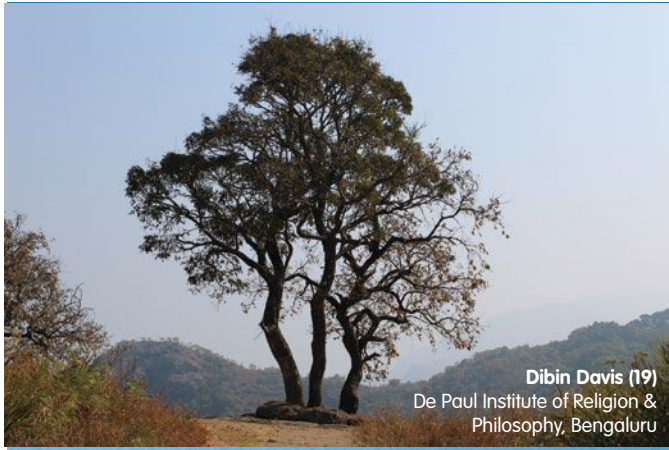
## Friendship

A friend gives hope,  
When life is low.  
A friend gives shelter  
When you have  
Nowhere to go.  
A friend is honest,  
A friend is true,  
A friend is precious,  
And that,  
My friend, is you.  
I love my friend;  
She is like a diamond  
True and rare.  
I feel so lucky that I found  
A friend as precious as you.

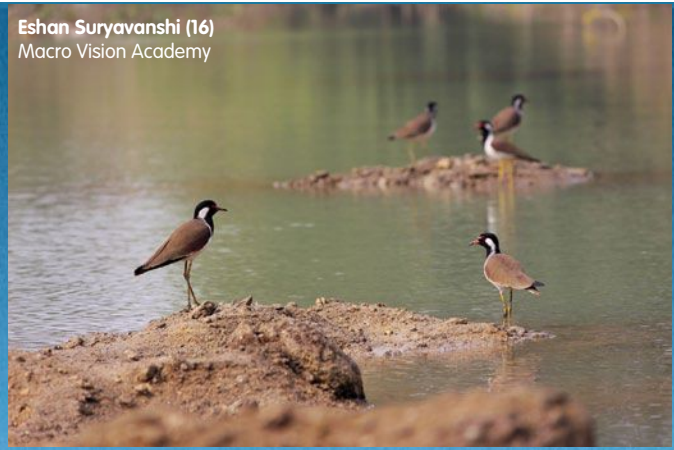
**Pavani Mehta (13)**

*St Joseph's Convent School, Jalandhar*





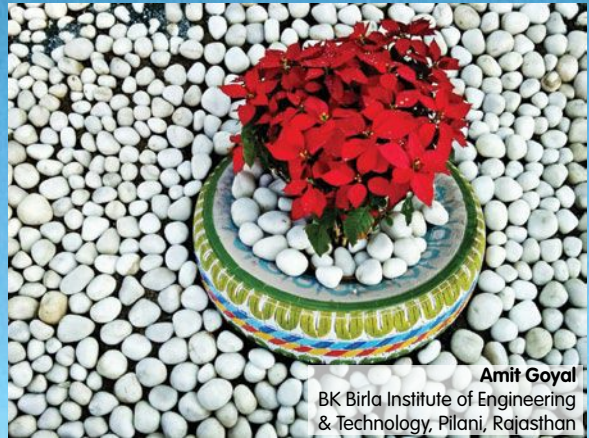
**Dibin Davis (19)**  
De Paul Institute of Religion &  
Philosophy, Bengaluru



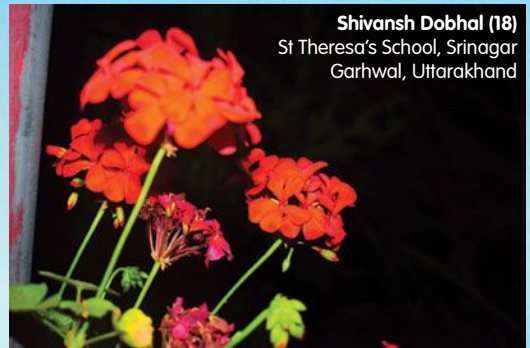
**Eshan Suryavanshi (16)**  
Macro Vision Academy



**Ramya (16)**  
Christ College, Bangalore



**Amit Goyal**  
BK Birla Institute of Engineering  
& Technology, Pilani, Rajasthan



**Shivansh Dobhal (18)**  
St Theresa's School, Srinagar  
Garhwal, Uttarakhand





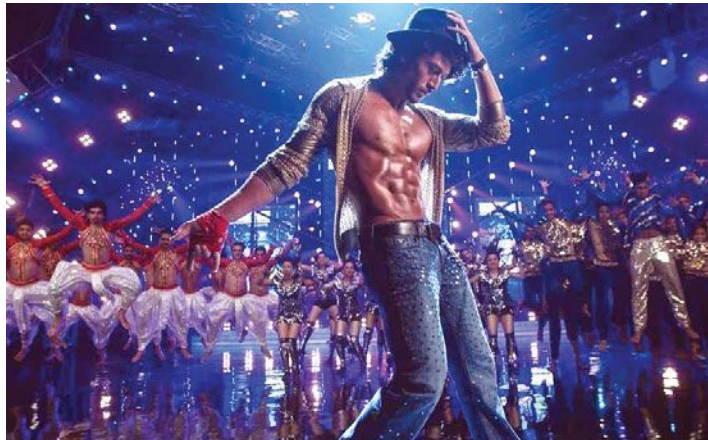
DVD

# MUNNA MICHAEL

Cast: Ronit Roy, Siddharth Nigam, Tiger Shroff, Nawazuddin Siddiqui, Nidhi Agarwal  
 Director: Sabir Khan

Tiger Shroff seems to be trying to make a mark in the film industry, but his moves unlike Michael Jackson, are a bit wrong-footed. In this film with half its title dedicated to Michael Jackson, there's an obvious dearth of references to the pop icon, apart from Shroff donning the black fedora and breaking into occasional moon walks. With song and dance as its main password, the film showcases Shroff in some crazy fun dance moves imitating Jackson in numerous ways.

Michael (Ronit Roy), a dancer inspired by (who else?) Michael Jackson, is a top dancer who lives off the money he makes dancing for films and other events. One day he is suddenly fired from his job for no reason. On his way home, he finds a newborn baby crying on the side of the road. Michael adopts him and names him Munna (Tiger Shroff). We don't get to see how Michael brings up the child, but we soon find Munna growing up to be an extraordinary dancer and a diehard fan of Michael Jackson. Seeing his past flash through him, Michael suggests Munna take up a regular job and leave dancing, keeping it as a pastime.



But our Munna won't have it. He visits dance clubs with his gang of buddies and challenges their dancers, thereby earning money in the process. One day Munna and his gang are refused entry into a club. Fights and threats are the order of the day. Some repeated dialogues go well with the film especially when you have a shirtless Shroff declaring "Munna jhagda nahi karta, Munna sirf peetha hai" (Munna doesn't fight, Munna only beats people up).

With no option, he leaves for Delhi where the first dancer he wins against turns out to be related to hotel owner-cum-gangster Mahindar Fauji (Nawazuddin Siddiqui). After minor fisticuffs with the gang, Munna is brought to Mahindar. While he waits to meet the don, Mahindar watches Munna through CCTV and learns about his dance moves.

A change of heart comes over Mahindar, who has a strange desire to be a "first-class dancer". The reason is that Mahindar is in love with a club dancer Dolly (Nidhi Agerwal). The fun starts when Munna begins to teach Mahindar to dance and learn a few English words for the posh Dolly. The plot intensifies when Munna meets Dolly and falls in love with her.

The music for the film is not very memorable, but we'll settle for the catchy *Main Hoon, Bas Yahaan* Mahadevan, Meet Bros, Sunidhi Chauhan and Siddharth Basrur among others.

— VERUS FERREIRA

Available on Eros International, ₹299



**3 DVDS TO BE WON!**



- 1) Munna is a die-hard fan of \_\_\_\_\_.
  - Michael Jackson
  - George Michael
- 2) Munna earns money by \_\_\_\_\_.
  - Visiting dance clubs and challenging their dancers
  - Dancing for films and events
- 3) Why does Mahindar want to be a "first class dancer"?
  - He wants to beat Munna in a dance-off
  - He is in love with a club dancer and wants to impress her

Name: ..... Date of birth: .....

School/College: ..... Home address: .....

..... Pincode: .....

Tel: ..... Mobile: ..... E-mail: .....

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LAST DATE TO SEND IN YOUR ENTRIES: DECEMBER 31, 2017



## OCTOBER 2017 CONTEST WINNERS

HAPPY BHAG JAYEGI DVDS

S. Santhosh Kumar, Visakhapatnam / Sejal Khanna, Santacruz (E), Mumbai / Yuktishree Sharma, Agra

# Charge your iPhone and AirPods together

PodCase combines three things in one: a protective case for your iPhone, a case for your AirPods, and a battery for both. No longer do you have to separate iPhone and AirPod and risk losing or

forgetting one or the other. The case uses a similar magnetic docking tech for AirPods as Apple's case.

PodCase incorporates a 2,500 mAh battery for a full iPhone charge or upto 40 AirPods charges. It comes with a USB-C cable which serves both the phone and the earbuds so that you can leave at least one cord at home. It will be available for the iPhone 7, the iPhone 7 Plus, and later on, a version for the iPhone 8 as well.

## App Appeal Curiosity

"Curiosity makes you smarter," according to the creators of this app. The app provides you with a dose of five different interesting facts daily so that you can learn something new every day. Besides short-form articles accompanied by stunning visuals, you can also enjoy educational videos. Search 5,000+ articles and over 1 million curated videos on every topic imaginable. A productive way to pass the time, this is an app for the highly curious and lover of lifelong learning. Free for iOS and Android.



the top-right corner of the screen. Under 'Settings', tap 'Push Notification Settings'. Scroll through the list of notification types, and tap any of the options to change your current setting (the blue checkmark will be to the right of the active setting).

## Internet inventor has this one regret.

Tim Berners-Lee, the father of the Internet and one of the greatest minds in computing history, has one regret — adding the double slash “//” after the “http:” in web addresses. The double slash, though a programming convention at the time, turned out to not be really necessary, he explained. Think of all the paper and trees that could have been saved, he said, if people had not had to write or type out those slashes on paper over the years — not to mention the human labour and time spent typing those two keystrokes countless millions of times in browser address boxes. (Today's browsers automatically fill in the “http://” when a user types a web address.)



## Phubbing

... is the practice of ignoring someone in a social setting in order to pay attention to one's phone or other device. The term is a combination of the words 'phone' and 'snubbing'.



Tips!

## Change push notifications settings on Instagram

Instagram has a variety of notifications settings, notifying you when users like or comment on your posts, follow your account and more. If you receive too few or too many notifications, here's how you can turn certain types on or off: Tap the profile icon in the bottom-right corner of the screen. Tap the gear near

## India becomes second-largest smartphone market

India has overtaken the U.S. and become the world's second-largest smartphone market — just behind China. Smartphone shipments in India reached over 40 million units in the third quarter. Samsung and Xiaomi, which shipped 9.4 million and 9.2 million units respectively, accounted for almost half of the total market. The list of top five vendors, including Samsung, Xiaomi, Vivo, Oppo and Lenovo, accounts for 75 per cent of total shipments in India.



## New purple pig-nosed frog found in Western Ghats

Scientists have discovered a new species of frog in the Western Ghats mountain range in India. The frog has shiny, purple skin, a light blue ring around its eyes, and a pointed pig-nose.

The species is called Bhupathy's Purple Frog (*Nasikabatrachus bhupathi*), in honour of herpetologist Dr Subramaniam Bhupathy, who lost his life in the Western Ghats in 2014.

Small eyes, a long snout, and short limbs equipped with hardened 'spades' enables the frog to spend almost its entire life below ground. The amphibians don't even surface to eat; instead, they use their long, fluted



Photo: Jegath Jaramani

tongues to slurp up ants and termites underground.

The only time the frogs surface is during the monsoons for the purpose of mating. Unlike the tadpoles of many frog species, Bhupathy's Purple Frog tadpoles develop mouths like that of a suckerfish. They use these orifices to cling to the rocks behind waterfalls created by the heavy rains, where they graze on algae with tiny teeth. The tadpoles spend about 120 days in the torrent, the longest they appear above ground during their entire lifetime. Once they complete their transformation, the frogs ready themselves for a solitary subterranean existence.

Bhupathy's Purple Frog is closely related to another purple frog (*N. sahyadrensis*) found in the region in 2003. Together, the two make up the only known members of their family. The find comes as part of an effort sponsored by the Indian government to sample the DNA of every frog and toad species in India.

## Moth eyes inspire major advance in smartphone design

A stealth trick used by moths to avoid predators could lead to smartphones and tablets that are easier to read even in bright daylight. Unusual structures on moth eyes that help them see at night have inspired a new anti-reflection film for electronic devices.

Researchers who developed the film were inspired by the 'moth-eye effect' — the unique pattern of anti-reflective nanostructures on the outer surface of a moth's corneas that allow light to pass into the eyes, but don't allow it to reflect out. This helps moths see in



the dark but also prevents their eyes from reflecting light that might give them away to predators.

Mimicking the moth eye, the new film contains tiny dimples, each 100 nanometres across — about 1,000th the width of a human hair — which cut down reflection.

To get around the reflection problem, many smartphones use a sensor to detect bright ambient light and boost screen brightness. While this improves readability, it also drains battery power. With this new coating, no additional power is required.

The film is expected to be inexpensive to manufacture, and has the added benefits of being scratch-resistant and self-cleaning. Being thin and flexible, it could be used in the future on flexible or foldable displays.



A small part of the Amazon between Brazil and Peru  
Photo: Brazilian things /CC BY-SA 4.0

# 14,003

The number of plant species that have been discovered in the Amazon rainforest. This is not the total number of plant species in the Amazon, only the number that have been formally identified. 6,727 of the plants are trees and all the rest are vines, herbs, liana, shrubs, and small trees. Estimates about the total number of undiscovered plant species in the Amazon range from tens of thousands to hundreds of thousands.

Compiled by MAYA SHAH

## SUDOKU

Fill the grid so that every row, every column and every 3x3 box contains the numbers 1 to 9.

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

## WOTSIT?

### FLUGOODENCE

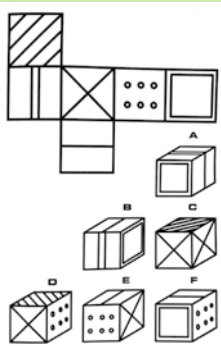
#### WORD PLAY

Find a six letter word made up of only the following four letters?

L	B
F	E

#### FIGURE IT OUT

Which of the constructed boxes - A, B, C, D, E or F, cannot be made from the pattern?



## CRACK IT

Discover the connection between the letters and the numbers. Which number should replace the question mark?

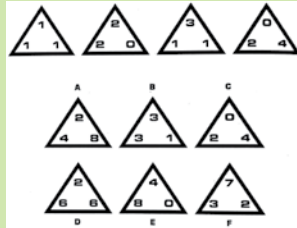
G	7
M	13
U	21
J	10
W	?

14	23	9
A	B	C
28	2	11
D	E	F

## NUMBER CRUNCH

Which triangle - A, B, C, D, E or F, continues the series?



## ODD ONE OUT

Which figure - A, B, C, D, or E, is the odd one out?



## PEOPLE, PLACES & THE WHOLE WORLD

ACROSS

- A small elevation with one or more steep cliff like sides. (4)
- The capital city of the United Kingdom. (6)
- Triangular alluvial deposit at the mouth of a river. (5)
- An evergreen tree which grows in the forests of Myanmar and Eastern India. (4)
- The direction in which the sun sets. (4)
- The colour of blood. (3)
- The gap between two mountains. (4)
- The liquid found in plants that nourishes them. (3)
- If you have one, you may not get lost on your travels! (3)
- Embankments built to prevent floods. (5)
- Egypt's biggest river - it flows into the Mediterranean Sea. (4)
- Last summer Delhi was in the grip of an intense \_\_\_ wave. (4)
- A small island situated in the South Pacific Ocean. (4)
- An abbreviation for India's most populous state. (2)
- Pointed tops of high mountains. (5)

DOWN

- The bottom of a river is called its \_\_\_\_\_. (3)
- A very powerful wind. (4)
- White ice crystals, usually falling in flakes. (4)
- Very small green plants usually found in damp places. (4)
- What does the sun do in the west? (3)
- Large inland bodies of fresh or salt water. (5)
- A dark oily mixture used to make roads. (3)
- A bit of land projecting into a sea or other body of water. (4)
- A silvery metallic element, used to make cans. (3)
- A barrier built to hold back or store water for example for irrigation. (3)
- Gangtok is the capital of this Himalayan state. (6)
- The canal which links the Atlantic Ocean with the Pacific Ocean. (6)
- A deep hole in the ground either natural or manmade like a mine shaft. (3)
- A large sea vessel. (4)
- The decline or go down; like the tide. (3)
- The name of a small part of a Union Territory located on the edge of the Rann of Kutch. (3)

	1		2				3		4
5		6				7			
	8			9					
10		11				12			13
			14		15				
16			17		18		19		
						20		21	
	22				23		24		25
26					27				
		28							
29					30				

**ANSWERS:** Wotsit?: Good influence / Figure It Out: C. / Word Play: Feeble / Number Crunch: B. The numbers in the first triangle total 3, the second 4, and so on. / Crack It: B. 23. The alphanumeric value of each letter is placed next to it. / Odd One Out: D. It contains EFH. The others contain consecutive letters of the alphabet.

Light & Energy

S	A	L	T	E	N	E	R	G	Y
E	L	E	C	T	R	I	C	A	T
E	W	A	T	A	S	A	P	E	R
E	A	S	A	S	A	P	E	R	E
E	A	S	A	S	A	P	E	R	E
E	A	S	A	S	A	P	E	R	E
E	A	S	A	S	A	P	E	R	E
E	A	S	A	S	A	P	E	R	E
E	A	S	A	S	A	P	E	R	E
E	A	S	A	S	A	P	E	R	E

Sudoku

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



One prisoner to another: "How did the police catch you?"

First prisoner: I robbed a bank and then..."

Second prisoner: "Then what?"

First prisoner: "I was counting the robbed money..."

Second prisoner: "Why, you idiot?"

First prisoner: "I saw a sign near the counter: 'Please count your cash before leaving the counter.'"

*Sent by Ayush Rai (14) / Notre Dame School, New Delhi*

A man asks a farmer near a field, "Would you mind if I crossed your field instead of going around it? You see, I have to catch the 4:23 train."

The farmer says, "Sure, go right ahead. And if my bull sees you, you'll even catch the 4:11 one."

*Sent by Ananya Srivastava / JMSS, Deoria*

Two men find three grenades, and they decide to take them to the police station.

One asked: "What if one explodes before we get there?"

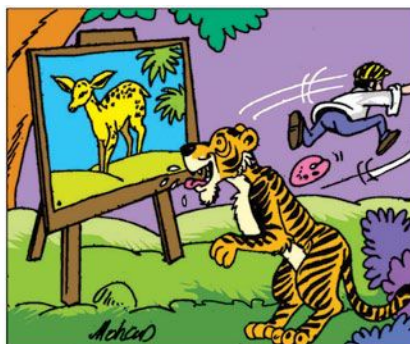
The other says: "We'll lie and say we only found two."

**When I was young, I was scared of the dark. Now when I see my electricity bill, I'm afraid of the light!**

The father of five children won a toy at a raffle. He called his kids together to ask which one of them should have the toy.

"Who is the most obedient?" he

## Silence Please!



**When you are eating lunch in class, and teacher suddenly looks at you.**

asked. "Who never talks back to mother? Who always does everything she says?"

Five young voices answered in unison: "Okay, dad. You get the toy."

While quarrelling, a husband said to his wife: "Look I'm not afraid of you."

His wife replied: "Don't lie! While coming to see me for the first time you came with 6 people. For the engagement you came with 100 people and for the wedding with 500 people. Look how daring I am. I came to your house all alone!"

**I don't always sleep well. But when I do it's always five minutes before my alarm goes off!**

A father and son are out shopping for Christmas presents for their family. The son asks, "What present are my sister and I going to get?" The dad answers, "I got you guys an

iPad and iPod."

"Wow, thanks," the son replies, "What will you give mom?"

The dad says, "Your mom is getting an iRon."

**Q: What is a lion's favourite Christmas carol?**

A: Jungle Bells.

Man: "Boss, can I take tomorrow off? My wife really needs help with Christmas cleaning."



*Sent by Nivan Veenith (16) / St Francis De Sales School*

Boss: "Are you out of your mind? I can't give you a day off for this!"

Man (relieved): "Oh thank you so much! I knew I could count on you!"

A man went to a restaurant. He saw there was a WiFi service, so he asked for the password. The waitress told him: "Eat first". So he placed an order. After eating he asked again for the password, and again, she told him: "Eat first." Frustrated, he ordered black coffee.

After coffee, again he asked for the password. They told him: "Eat first." Angrily, I walked to the manager and asked for the password. He replied: "Eat first!" He was about to explode, when he saw a sign on the wall saying: "WiFi password... EAT FIRST".

EMAIL YOUR JOKES TO [EDITORIAL@THETEENAGERTODAY.COM](mailto:EDITORIAL@THETEENAGERTODAY.COM) WITH SUBJECT LINE 'JOKES'.

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

ROBERT CLEMENTS

For many of us, the month of December is that of revelry, fun and parties!

Getting drunk, and getting high!

And for those of us with such a picture, allow me to present mine: I picture a tippler leaving a bar, swaying from side to side. It is the Christmas season and he feels it is reason enough to go home drunk. He sways to the door, and a taxi driver greets him, "Taxi, sir?"

## THE SPIRIT OF CHRISTMAS

"Yes, I am filled with spirits, hic, hic. I cannot walk, hic, lead me to your taxi!"

"Come sir, come into my taxi and let me tell you of the Spirit of Christmas!"

"I already know about spirits," says the drunk as he sprawls on the seat, "I have taken a lot of it from the bottle today!"

"Ah, sir," says the taxi driver, a twinkle in his eye, "It was to get rid of having to rely on that spirit of the bottle that the first Christmas happened more than two thousand years ago!"

"I... I don't need the bottle?"

"No, sir, the baby born in a manger, the little boy child called Jesus came to fill you with something different. Tell me, why are you drunk, sir?"

"Why am I drunk, hic?" asks his passenger, "Why am I drunk? I am drunk because I want to feel happy! I am drunk because my life has reached a point of no return, I feel frustrated and weak!"

"Sir, you are crying!"

"I cry, because I am lonely. Nobody wants to listen to me!"

And in my picture, the taxi suddenly rises in the air. "Where are you going?", screams the passenger.

"Back in time to Bethlehem, sir. I will drive you to a manger. There sir, what do you see?"

"A little baby wrapped in hay!"

"How do you feel, sir?"

"What feeling is this? I have never felt this sense of security! I feel as if the child in the manger is reaching out to hold my hand!"

"Yes, sir, as that child grows He will reach out and



hold the hand of every lonely individual in the world. He will say to the people, 'Come unto me all you who labour and are heavy laden and I will give you rest!'"

"Oh, what a feeling of peace!"

"Come, sir, let us return to my taxi," says the taxi driver.

"Yes," says the passenger. "Though I don't feel like leaving that baby in the manger, yet I know as I walk away that His spirit is in me."

"That, sir," says the taxi driver as he drives his cab into the sky and back to the city, "is the Spirit of Christmas! A spirit that will fill your heart and soul and mind, and give you the strength of an eagle as you go about your daily life. And a joy that will be beyond your understanding!"

That night as the passenger walks away from the cab into his home, his wife looks at him, and says, "Drunk again?"

"Yes!" he smiles, "With the Spirit of Christmas I found in a manger where a baby was lying..."

**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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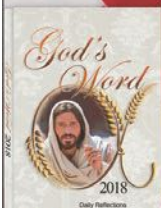
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