

# ParentsWorld

NURTURING 21st CENTURY CHILDREN

January 2018 Rs.70

## FIGHTING THE CHILDHOOD OBESITY EPIDEMIC

**FIDGET SPINNERS  
HELPFUL OR HARMFUL?**

**GET FREE PLAY INTO YOUR  
CHILD'S DAY**

**INTERVIEW  
ROHIT ROY**

**SAY YES TO  
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## **IDISCOVERI PRESCHOOL SECTOR 46**

Nursery School Site, Near Plot No 1393

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LETTER FROM  
MANAGING EDITOR

**ParentsWorld**  
NURTURING 21st CENTURY CHILDREN

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**T**

he celebrated British economist and Cambridge professor Joan Robinson (1903-1983) famously said “whatever you can rightly say about India, the opposite is also true”. Thus, even as the country cruelly hosts the largest number of malnourished children in the world — 43 percent of our under-five children are underweight and 48 percent stunted — India also hosts the second largest number of obese children worldwide.

This paradox of malnutrition and obesity within the country's 480 million children and adolescents has become more pronounced over the past three decades. While economic prosperity of the growing middle class in urban India has led to an alarming increase in child (and adult) obesity, in the nation's rural hinterland — completely bypassed by the gains of economic liberalisation — the children of the poor are lucky to get two square meals per day.

Nevertheless paradoxically, recent reports/studies published in highly respected international medical journals are warning that India is fast becoming the epicentre of childhood obesity. An October 2017 study published in *The Lancet* says 97 million children and adolescents in India are obese and that this number has risen ten times since 1975. This fantastic rise in childhood obesity in India is attributed to unhealthy dietary regimes, unchecked consumption of junk food, sedentary lifestyles, lack of outdoor physical activity and tech addiction among children.

But surprisingly, few if any alarm bells are ringing. Within Indian society, plump and potentially obese children are mollycoddled as healthy and cute. In our first issue of 2018, we examine the causes and dangers of rising childhood obesity in India and how parents can help fight this epidemic which is the precursor of diabetes, high cholesterol, high blood pressure, cardiac problems and liver dysfunction. The overwhelming consensus among healthcare experts is that parents need to become seriously engaged in the fight against childhood obesity by encouraging healthy food habits, physical activity, sports and fitness regimes and restricting digital technology usage.

There's much more in this issue of *ParentsWorld*. Check out our Middle Years feature on whether the low-tech fidget spinner is helpful or harmful for children and our Adolescence section where we present useful advice on ways and means to help teens draw the online line.

Happy New Year!

*Summiya Yasmeen*

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## MAILBOX



### Message of hope

I am the parent of a child with special needs and loved reading the December *PW* cover story on empowering special needs children.

Though raising special children is challenging, there's no need to despair. Parents of special needs children are blessed for they are giving, loving and large-hearted. Every day we overcome adversities to integrate our children in schools and society. There are days when life seems impossible, but through love, dedication and early intervention, special needs children can become achievers, as demonstrated by the heart-warming story of Monica Patel whose autistic son is a maths wizard.

Thanks for sharing the message of hope, encouragement and optimism.

**Priya Sharma**  
KODAIKANAL

### Precious peels

Thanks for the very informative article on the benefits of fruit and vegetable skin peels (*PW* December). As a nutritionist, I have been telling my clients about the importance of root-to-stem eating, and why every part of a plant — be it the root, stem, peels or leaves — is an important

source of nutrients. Stripping away the peel removes vital vitamins and minerals.

The colourful peels of tomato and orange, for instance, are a concentrated source of phytochemicals. Vegetable peels are a source of roughage and help prevent constipation. Apple peels are rich in pectin which can control blood sugar levels. The humble potato skin has more fibre, iron, potassium and B vitamins than the starchy white inside. I have taken printouts of the article to distribute among my clients. Keep up the good work!

**Pooja Reddy**  
HYDERABAD

### Useful parenting primer

*ParentsWorld* is a wonderful magazine with very insightful content. I especially enjoy reading your early childhood and middle years sections as I have a five-year-old and one-year-old. The feature 'Let's talk safe and unsafe touch' was well-written and offered useful advice on educating young children about their bodies through age-appropriate language.

The Health & Nutrition section is also very relevant. It's a challenge to get my five-year-old to eat healthy and fruits and vegetables in particular. Dr. Nisha Miriam George's advice on how to gently guide children in the direction of healthy food choices was very useful.

**Madhulika K.R.**  
PUNE

### Excellent resource

Thank you for the excellent Resources section in *ParentsWorld*. There is so much information overload in the online world that it's difficult to distinguish one app/website from the other. The four apps

featured in the November issue on monitoring children's online activities were very valuable. As the parent of a teenager and a 'tween', I am constantly worrying about their social media and other online activities and whether they are vulnerable targets of cyberbullying.

As parents we have to strike a balance between Internet access and setting rules and monitoring their online usage. I have downloaded the Secureteen app recommended by you which allows me to set parental controls. I realise I don't have to be anti-technology but an alert and aware parent.

**Debjani Chakrabarty**  
KOLKATA

### Make children inclusive

Parenting is perhaps the toughest job of all. As a working woman, I feel I am not doing justice to my role as a mother. Mostly, I feel torn between my work and family responsibilities. Perhaps this is why I may have spoiled my children by indulging them too much. But still, they seem to be whining about something or the other.

In this context, I found your cover story on empowering special needs children and the tips you have offered to make children inclusive very useful. I have realised I need to sensitise my children and make them more empathetic to children with physical and mental disabilities as also to those who come from underprivileged households. Learning compassion and empathy is as important as learning a subject or skill.

**Shanti Sundar**  
BENGALURU

Letters are welcome. Please email your letters to [editorial@educationworld.in](mailto:editorial@educationworld.in) — Editor



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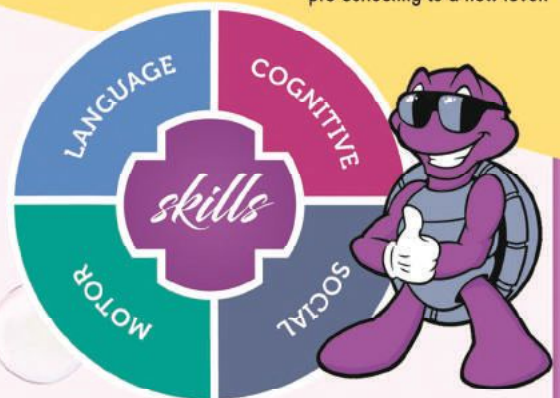
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# NEWS BYTES



## Gadgets addiction makes teens suicidal

Prolonged use of smartphones and computers is likely to increase the risk of depression and suicide-related behaviour in teenagers, especially girls, warns a study conducted by the US-based San Diego State University. The study published in *Clinical Psychological Science* (November 2017) evaluated suicide statistics of the US Centre for Disease Control and Prevention between 2010 and 2015, as well as questionnaire data from more than 500,000 teens.

It found that the suicide rate for girls in the 13-18 age group increased by 65 percent between 2010 and 2015, and the number of girls experiencing "suicide-related outcomes" — hopelessness, suicidal impulses, planning for suicide or attempted suicide — rose by 12 percent. Moreover, 48 percent of teens who spent five or more hours a day on electronic devices reported at least one suicide-related outcome, compared to 28 percent of those who spent less than an hour a day on tech devices.

According to Jean Twenge, professor of psychology at San Diego State University and lead researcher, the findings point to an urgent need for parents to monitor the screen time of children. "These increases in mental health issues among teens are very alarming. Teens are telling us they are struggling, and we need to take that very seriously," says Twenge.

## Gestational diabetes & heart diseases linkage

Women who develop gestational diabetes and high blood pressure in pregnancy could be at a higher risk of developing these diseases in later years, and become more susceptible to heart diseases, says a study published in the *American Journal of Epidemiology* (November 2017). The study found that mothers diagnosed with diabetes and high blood pressure are six times more likely to develop hypertension.

According to researcher Kaberi Dasgupta of McGill University, Canada, having either of the conditions increases a woman's risk for diabetes in the future 15 times, but if a woman develops both, it increases her risk of diabetes 37 times. The researchers hope their findings will help physicians and gynaecologists to identify and work with pregnant women and mothers at risk, and help them make lifestyle changes to mitigate those risks. The study surveyed 40,000

women in three cohorts: those who developed neither blood pressure nor diabetes during pregnancy; those who developed one or the other; and those who were diagnosed with both.

## Active breaks help kids perform better in school

A recent study conducted in the UK has found that giving school children short breaks to participate in physical activity of their choice improves attention and memory. The study, conducted by Stirling and Edinburgh universities, examined how taking a break from the classroom to participate in physical activity could affect mood and cognitive capabilities. A total of 11,613 primary school-age children participated in the research study and were asked to complete memory and attention tasks before and after they participated in each of three prescribed outdoor activities of varying intensities.

The researchers found that after a run/walk, children's ability to remember words in sentences improved, they were more attentive and better at controlling their responses. "We found that 15 minutes of self-paced exercise significantly improves a child's mood, attention and memory, enhancing their ability to learn," says Naomi Brooks of the University of Stirling.

## Money can't buy happiness

People who earn more money tend to experience positive emotions focused on themselves while people who earn less take greater pleasure in relationships and ability to connect with others, according to a study published in the journal *Emotion* (December 2017).

The study which surveyed 1,519 people highlights that people at the higher end of the socio-economic spectrum tend to experience emotions focussed on themselves — contentment and pride (as well as amusement). Those who earn less, however, take greater pleasure in their relationships and "are more likely to experience emotions that focus on other people. Poorer individuals also experience more awe and beauty in the world around them".

Comments lead author Paul Piff, assistant professor of psychology at the University of California, Irvine: "The more money you have, the more you should be able to afford things that equal happiness, but research continues to show that that's not necessarily the case."



## RESOURCES

## Top apps/websites for EXPECTANT MOMS

Until recently, for most expectant mothers 'pregnancy' guidebooks were the only source of reliable information on what to expect when you're expecting. Now with the Internet and smartphone revolution, moms-to-be have a choice of myriad apps, YouTube channels and websites providing useful and interactive information and videos detailing the ups and downs of pregnancy. **Indulekha S.** presents a shortlist of the best



DISCOVERY CHANNEL, The Ultimate Guide to Pregnancy  
1,415,838 views

### THE ULTIMATE GUIDE TO PREGNANCY — DISCOVERY CHANNEL

This YouTube channel helps expectant parents visualise what's going on inside the womb. From the moment of conception, the videos show the development of the foetus, growth of its body organs, etc. The videos also explain the physical changes experienced by pregnant women. Knowing and understanding what is going on inside the womb helps make the period of waiting less anxious and stressful for expecting moms and dads.

### PREGNANCY MUSIC COLLECTION 200

This mobile app offers a collection of music to help soothe nine months of physical and emotional stress. Several studies have concluded that unborn babies are influenced by what they hear. While the mother and father's voices are the best sounds for a baby's

ears, music can stimulate brain development and have a calming effect on both mother and baby. The app comes with beautiful background pictures and a handy sleep timer.



### 280DAYS: PREGNANCY DIARY

Most pregnant women tend to experience food cravings, physical and emotional highs and lows. This app helps you record every small and big milestone of the nine months, including experiencing your baby's first kick, daily food cravings and details of health

check-ups. Expectant fathers and mothers can both share the diary. The app will help create a pregnancy record you and your children can cherish and reminisce about years later.

### WWW.BABYCENTER.IN



Tired of old wives' fables and superstitious pregnancy advice? Babycenter.in — promoted by the US-based medical and pharma multinational Johnson & Johnson — offers customised pregnancy advice and information. After an expectant mom signs up on the website, she gets a customised page and updates based on every week of the pregnancy. The week-by-week updates detail foetal growth, as well as how the mother-to-be feels.

The website also features excellent in-utero videos highlighting the different stages of foetal development. Other useful tools include Baby

Names Finder, Due Date Calculator and Pregnancy Diet Charts customised for the Indian palate. Moreover post-delivery, the website provides useful guidance about baby care, weaning, breastfeeding, vaccinations and more.

COVER  
STORY

# *Fighting the childhood* **OBESITY EPIDEMIC**

**Unhealthy dietary regimes, unchecked consumption of junk food, sedentary lifestyles, lack of outdoor physical activity and tech addiction are pushing an entire generation of children to pile on kilos, imperceptibly damaging their health and well-being. The onus is on parents to lead the fight against childhood obesity by promoting healthy diets and active lifestyles from early age**

**GEETHA RAO**

- Amazing but true. India hosts the second largest number of obese children (14.4 million) worldwide, according to a study published in *The New England Journal of Medicine* (June 2017)
- A 2012-2014 survey of 17,000 children across India by Fortis SRL Labs and SRL Strategic Initiatives found that 66.11 percent of children have abnormal blood sugar levels
- According to the *WHO-South East Journal of Public Health*, India is becoming the epicentre of adult and childhood obesity
- One in three children in India has an unhealthy BMI (body mass index), says the *EduSports Annual Health Survey 2016-17* which examined 169,932 students aged 7-17 in 86 cities countrywide
- A recent report of the World Health Organisation (WHO), which describes childhood obesity as an

“exploding nightmare”, says that 22 percent of urban children and adolescents aged between 5-19 years in India are obese.

**B**y these accounts, India is facing a childhood obesity epidemic. Over the past four decades, economic prosperity within the country’s growing middle class (200-300 million) has led to an alarming increase in child and adult obesity. A study published in *The Lancet* (October 2017) says that the number of obese children and adolescents worldwide is ten times higher in 2016 than in 1975 — rising from 11 million to 124 million. Of this, 97 million adolescents between the ages of 10-15 are Indian.

Yet among the parents’ community, there is little awareness about this ticking child healthcare time bomb. Within the Indian psyche the cute, plump child with chubby cheeks is endearing and seldom regarded as unhealthy. But the grim reality is that childhood obesity-



linked diseases and disorders — metabolic syndrome, diabetes, high cholesterol and high blood pressure — are on the rise among children and adolescents countrywide. Unhealthy diets, unchecked junk foods consumption, sedentary lifestyles, lack of outdoor physical activity and tech addiction are pushing an entire generation of children to put on kilos, imperceptibly damaging their health and well-being.

There's more bad news. A study published in the *Indian Journal of Medical Research* (February 2016) warns that “childhood obesity is a forerunner of metabolic syndrome, poor physical health, mental disorders, respiratory problems and glucose intolerance”. Other associated health risks include high cholesterol, high blood pressure, cardiac problems, diabetes, polycystic ovaries and irregular menstrual cycles in adolescent girls, mobility problems, sleep apnoea, and liver dysfunction.

“Child obesity is increasing at an alarming rate in urban India. This is primarily because of unhealthy food choices, consumption of junk and packaged foods and lack of exercise. Unfortunately this is resulting in a high number of children developing health problems such as Type 2 diabetes,” says **Dr. O.S. Santhosh**, a highly-respected paediatric and adolescent endocrinologist who consults at the Karnataka Institute of Endocrinology and Research, Bangalore. Santosh is currently treating 33 children with obesity-related Type-2 diabetes, the youngest ten years old. “Type 2 diabetes was earlier reported only in adults. It was unheard of in children. Now it is one of the more common referrals to our endocrine practice and is directly

linked with obesity. In fact, we are also seeing a rise in children below two years of age reporting obesity. Though childhood obesity is higher in urban than in rural India, numbers are quickly rising in rural areas too,” he warns.

#### CAUSES OF CHILDHOOD OBESITY

According to Santhosh the two major factors behind exploding childhood obesity are genetic propensity to put on weight and gradual shift towards unhealthy lifestyles. The latter involves consumption of energy-dense foods, reduced physical activity, and tech gadgets addiction. “Other contributing factors include low or large birth weight and excess maternal weight gain during pregnancy. Obesity can also sometimes be attributed to hormonal imbalances. Also, within Indian society, family, friends and acquaintances tend to complement chubby children and disparage skinny ones. The mother of the thin child therefore feels compelled to overfeed her and that's the beginning of a vicious cycle. Parents need to realise that children can be thin, active and healthy. Obese children are highly likely to become obese adults,” adds Santhosh.

#### VICTIMS OF ENVIRONMENT?

**Dr. Rekha Harish**, professor and head of the department of paediatrics at the Government Medical



Dr. O.S. Santhosh

COVER  
STORY*Active children, healthy*  
**CHILDREN**

In a first-of-its-kind worldwide survey — Global Matrix 2.0 — the Active Healthy Kids Global Alliance, a Canada-based network of researchers and health professionals, assessed the quantum of physical activity among children and youth in 38 countries. *The India Report Card 2016* of the survey, jointly funded by the Canada-based Johnson Shoyama Graduate School of Public Policy and EduSports Pvt. Ltd, Bangalore, found that Indian children and youth

College, Jammu, believes that obese children are victims of a family, school and national environment which promotes unhealthy eating and sedentary lifestyles. “Parents, the extended family, school, media, the popularity of junk over home-cooked food, and lifestyle changes have all contributed to rising childhood obesity in urban India. In school and at home children are forced to study long hours, and the rest of the time they watch TV or play on smartphones or computers. It’s a vicious cycle. We are ruining the future of our country,” says Dr. Harish, former national convenor (2012-15) of the Indian Academy of Paediatrics Task Force for Prevention of Childhood Obesity and Life Style Disorders.

**NO PLAY AND TECH ADDICTION**

Reduced physical activity and neglect of outdoor play is emerging as one of the biggest contributory factors to childhood obesity. According to the Active Healthy Kids Global Alliance — an international initiative to compare the physical activity of children and youth in 38 countries from six continents — India fares poorly in its *Report Card on Physical Activity for Children and Youth*. The 2016 report highlights that physical inactivity and sedentary behaviour within children is on the rise in India (see box).

Likewise the *EduSports Annual Health Survey 2016* conducted by the Bangalore-based EduSports Pvt. Ltd, which examined 169,932 students in the age group 7-17 years in 86 cities countrywide, found that one in three kids don’t have a healthy BMI (body mass index), two in five children lack adequate lower body strength, and one in three don’t have normative sprint capacity. “Lack of playtime has become a growing concern in India with neither parents nor schools making efforts to encourage children to exercise and play. This national physical activity deficit increases the risk of obesity and health problems in

fare poorly on key indicators of physical activity in comparison with other countries.

Indicator	Grade
Overall physical activity	C –
Active transportation	C
Sedentary behaviour	C
Government strategies and investments	D

**OTHER KEY INDICATORS**

- Physical activity is not integral to Indian lifestyles, especially in urban areas
  - Biking or cycling to school is rare, because of road safety fears, rising pollution, crime, and other reasons
  - Children don’t regularly participate in organised games and sport activities
  - Families and peers don’t encourage children and young people to become physically active
- Read more at <https://www.activehealthykids.org/>



Saumil Majmudar

adolescence and adulthood. Global recommendations on physical activity for children stipulate at least 60 minutes of moderate to vigorous intensity physical activity every day. Unfortunately, in India, in spite of growing awareness on the importance of sports and physical activity, fitness levels among children are less than optimal. Ideally schools should promote physical activity and improve the fitness of children. Our 7th Annual Health Survey indicates that schools enforcing structured, age-appropriate sports programmes witnessed a substantial improvement in health and fitness levels. Research also shows that physically active children are healthy, fitter and have greater attention spans and perform better academically,” says **Saumil Majmudar**, co-founder and CEO of EduSports, which offers sports and fitness programmes to 800 schools across India.

Over the past decade, the already-poor physical activity record of Indian children has become worse with the phenomenal growth of the Internet and social media

## PROMOTE HEALTHY FOOD HABITS EARLY



**Sheela Krishnaswamy**, a Bangalore-based nutritionist and wellness consultant, offers parents advice on making healthy food choices for children.

Your children eat what you do. Therefore, parents need to model healthy eating habits,

opt for nutritious foods at home and while eating out. Similarly, teachers in school where children spend a major part of their day, need to pay greater attention to what's in their students' lunch and snack boxes, and advise parents if necessary. Here are some tips to promote healthy food habits in children:

- Stock the kitchen and refrigerator with healthy, non-fussy foods such as fresh fruits and vegetable sticks, yogurt, hummus, sprouts, roasted nuts (almonds, walnuts, pista, cashew, peanuts, etc), dry fruits (raisins, figs, dates, black currants, etc), puffed rice, roasted *channa*, and corn.
- Don't stock aerated beverages, biscuits, cookies, fries, *namkeen*, sweets, chocolates, bakery items, pastries or

other high fat/high salt/high sugar items at home.

- Offer high fat, sugar and salt foods only on special occasions such as birthdays and festivals.
- Don't force children to eat as much as you think they should. Let them decide the quantity of food to consume. As a parent, you decide the quality of food they eat, not quantity. This balance helps prevent obesity.
- Encourage and allow children to draw up the menu once a week
- Ensure that every meal includes nutrients essential for children's growth and development. Ideally, a balanced meal should comprise cereal grain, protein and vegetables. The cereal could be rice, wheat or millet; protein could be *dal*, pulses, meat, eggs, and any vegetables or fruits. Additionally, if your child wants dessert, the choice could be between a fresh fruit or a homemade pudding made of fruits, dry fruits, and milk.
- Discourage addition of sugar in milk, fresh fruit/vegetable juice, and smoothies. Instead sweeten with jaggery or dates. Also encourage children to drink buttermilk and tender coconut water.
- Don't offer comfort foods, especially sweets or desserts, as rewards for good behaviour
- Expose children to stories and cartoons that promote healthy diets and physically active lifestyles.

which have resulted in children spending obscene amounts of time on computers, smart phones, tablets, gaming consoles, etc. Solitary tech addiction which limits children's social interaction and outdoor playtime is also contributing hugely to obesity. "The lure of digital devices is preventing children from participating in physical play and activities. Even sports-loving children are unable to ignore these devices. It's become an easy entertainment option for parents and children," says **Rachita Chowdhury**, a Bangalore-based graphic designer and mother of a seven-year-old.

Chowdhury believes parents need to do more to promote healthy food choices, encourage outdoor play and strictly monitor digital screen time. "Most families eat out twice a week, and fast food is definitely on the menu as it's tasty and convenient. It's unfortunate that most adults endorse the 'junk food = fun' myth. I believe, as parents we need to make the effort to enforce healthy lifestyle options for children. For instance it's easy to substitute multigrain bread for white bread sandwiches. Parents need to take the first step in healthy diets, providing opportunities for outdoor play and restricting screen time," she says.

### PSYCHOLOGICAL IMPACT

Irreparable damage to health and well-being apart, obesity has deep psychological impact upon growing children.

Overweight children are often subject to bullying and body shaming and suffer depression and low self-esteem. This escalates their negative perception of body image, further prejudiced by media role models, leading them to avoid group activities and social events. "Overweight children tend to develop an inferiority complex, feel isolated and lonely and become depressed and over-anxious. As they grow into adults, they lack self-acceptance, and often set themselves up for failures in their personal and professional relationships," says **Meera Ravi**, a Bangalore-based child and family counsellor.

Ravi advises parents to support and help overweight children to reduce weight while helping them cope with the social and psychological impact of obesity. "It's important for parents to love and accept children unconditionally. But simultaneously we should help our children to get back into shape, and stop family and friends from overfeeding and/or ridiculing children's physical traits. If an unhealthy diet and lifestyle is the root cause, ensure the entire family switches to well-balanced meals and active lifestyle.

Appropriate role modelling by parents and other significant adults has a good influence on children. While avoiding crash diets and food fads which interfere with children's natural metabolism process, parents ought to lead exercise workouts and support the idea of sustained fitness rather than the unhealthy goal of weight loss," advises Ravi.

# COVER STORY

## HEALTHY EATING AT SCHOOL

Though the role of parents in fighting the childhood obesity epidemic is pivotal, the consensus of opinion among pediatricians and health experts is that schools also need to play a proactive role in educating and providing children with healthy diets as well as promoting physical activity and sports. Yet a common complaint against the overwhelming majority of school managements is that they promote junk food in their canteens.

A 2014 report titled *Junk Food Targeted at Children*, published by the New Delhi-based Centre for Science and Environment (CSE), highlights that schools are “the ideal place for children to learn about healthy eating and nutrition” and that “high-calorie, high-fat, high-salt or high-sugar foods” should be banned on school campuses.

“Schools need to ban junk food in canteens and lunch boxes. They also need to check children’s BMI annually. The normal BMI graph is an important indicator. When there is a rapid deviation or deflection, parents need to be informed and action taken. I believe schools have to play a more proactive role in educating parents and children about healthy diets and promote fitness and well-being. We



need a strong partnership between schools and parents to tackle the national childhood obesity problem. I recommend all parents/schools to follow the 5-2-1-0 formula, i.e, 5 cups of fruit and/or vegetables every day, 2 hours of digital screen time after the child is two years of age, and one hour of moderate physical activity. Zero refers to saying “no” to all sugar and aerated beverages,” says **Dr. Rekha Harish** who contributed to the CSE report.

With childhood obesity becoming a huge and growing problem especially in urban India, the onus is on government, media, schools and parents — in whom children repose full trust and faith — to work together to fight this national health crisis by promoting healthy dietary habits and active lifestyles from early age •

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# EARLY CHILDHOOD

## Get Free Play into Your CHILD'S DAY!

**The overkill of planned, supervised activities is robbing children of free play and the simple joys of learning through exploration**

**Jayalakshmi Vaidyanathan**

**T**he average urban middle class child's day in contemporary India is packed with school, tuitions, extra-curricular and sports education classes.

Within this tightly planned schedule, there's no room for free play. With increasing pressure on parents to develop children into fast-learners, multi-taskers, creative thinkers, and more, the focus is on children attending as many coaching classes as can be crammed into the school week with weekends not spared either. According to several studies, latter day children spend only four hours per week in unstructured play compared to more than two hours every day, and nine hours over the weekend in 1980-90.

This overkill of planned, supervised activities is robbing children of free play and the simple joys of learning through exploration. There's emerging consensus among child psychologists and educators worldwide that lack of free play is leading to rise in anxiety, depression and other mental disorders in children. **Peter Gray**, a professor at Boston College and author of *Free to Learn* (2013) writes in *Psychology Today*: "By depriving children of opportunities to play on their own, away from direct adult supervision and control, we are depriving them of opportunities to learn how to take control of their own lives."

Free unstructured play involves imagination, fantasy, creativity and role play. It gives children the opportunity to draw upon their past experiences to create play scenarios.

### **BENEFITS OF FREE PLAY**

- Free play creates an environment where children explore and discover without adult interference.
- It is engaging, enhances language development and communication skills, and develops imagination and creativity.
- When children play with building blocks, jigsaw puzzles, or draw patterns, they put in hours of 'work' boosting their knowledge and logical reasoning skills.



- Outdoor group play builds social skills. Children learn to co-operate with one another and accept failure. On the other hand children who spend time playing video/online games are irritable and likely to experience loneliness and depression.
- Unstructured play helps children synthesise happiness and forget fears.
- Play should be experimental, stress-free, with no fear of failure or of being judged, resulting in a happy, fulfilled and cooperative child, who doesn't need constant approval of adults.
- A good session of play canalises a child's abundant energy, leaving her calm and content — resulting in a good night's sleep.
- Children who indulge in free play have higher self-esteem and the ability to bounce back after failure.

### **CHILDREN DENIED FREE PLAYTIME**

- Don't learn adequate social skills and struggle in the middle years to make friends or develop lasting friendships.
- Fail to develop problem-solving skills and depend on parents to find solutions.
- Show increased anxiety or depression and lack empathy.

Free play is natural in the process of growing up. It is the universal language of childhood and integral to successful adulthood. Therefore it's imperative for parents to provide time for free, unstructured play in children's lives and not fully replace it with organised classes/activities.

MIDDLE  
YEARS

## FIDGET SPINNERS

*Helpful or harmful?*

**Even as there's no stopping the popularity of fidget spinners, worldwide concerns are being raised about whether these 'harmless' toys pose safety and health risks for children**

**Aruna Raghuram**

**I**n a world swarming with high-tech electronic gadgets, who would have thought the low-tech fidget spinner would become a rage among children? After storming the toys market early last year, this device is a bestseller both online and offline. Hawkers at traffic junctions across the country sell them for Rs.80 onwards. Fancier variations with lights, Bluetooth speakers and other upgrades are priced up to Rs.3,500.

Most children tend to own multiple variants of this three-pronged colourful device with ball bearings that is held between the thumb and middle finger and spun with the index finger. Unsurprisingly given its huge popularity,

there is an active online community that uploads spinning videos, DIY home-made spinners, organises spinning contests, etc. Such contests are also hugely popular in schools with children competing for the best 'spin attacks' or the longest spin.

Why has this toy achieved legendary popularity in such short time? **Dr. Gayatri Menon**, professor at the National Institute of Design (NID), Ahmedabad, who mentors students in the areas of toys and games design, explains. "The popularity of fidget spinners worldwide is because of two reasons. First, it is a simple toy — there is no high learning curve involved. Secondly, it fits naturally into the human behavioural pattern of fidgeting with things around you. Moreover the school system expects children to sit in class, rote learn and regurgitate their learning in exams. There is minimal participation in sports activities with most schools lacking playgrounds. Hence, there is a lot of pent-up energy in children. Playing with this toy is an outlet."





### STRESS RELIEVERS?

However even as there's no stopping the popularity of fidget spinners, worldwide concerns are being raised about whether these 'harmless' toys pose safety and health risks for children.

Manufacturers claim spinners are beneficial, providing relief from stress and anxiety as also helping children suffering from ADHD (attention deficit-hyperactivity disorder) increase their attention and concentration spans. Also, there is a general belief that fidget spinners help children stop annoying habits such as nail biting, and address the problem of boredom.

While no studies have been conducted specifically to support these claims, there has been considerable research on fidgeting in general. Studies indicate that physical movement can assist cognitive activities, just as doodling helps thinking. Likewise, it's possible that fidgeting can help children think and express themselves better. But according to **Julie Schweitzer**, director of the Attention, Impulsivity and Regulation programme at the University of California, Davis, MIND Institute, "there is no evidence that fidget spinners can help with ADHD".

**Malini Menon**, a Bengaluru-based educational therapist, concurs. "Fidget spinners excite and distract children rather than help them focus," says Menon, a therapist with over ten years' experience of working with children with learning difficulties. "Fidget spinners provide too much visual and auditory stimulation to be beneficial for ADHD children. In fact they are distracted by the speed with which the toy spins or the tricks they can perform with the spinner. Instead, to calm children with ADHD, it's better to do deep breathing exercises, play a board game or puzzle."

However there is some evidence to suggest that fidget spinners may help autistic children. "We have seen children with autism enjoying spinning hangers, spoons and plates. Similarly, playing with fidget spinners is likely to be a joyful activity for them. Any moving object soothes the anxious mind and facilitates ventilation of restlessness. Also, any activity which breaks the monotony of routine will enable children to focus better," says psychologist **Dr. Sumithra Prasad**, general secretary, Dorai Foundation, Chennai, which works with special needs individuals.

### THE DOWNSIDE

Many schools in the US and Europe have banned fidget spinners — the toy is considered a distraction not only for children playing with the device, but also those around them. There are safety concerns as well — some spinners have lead content and are a choking hazard for young children. Worse, metal spinners with blades can cause injury.

In India too, some schools are following suit. The Ahmedabad-based Anand Niketan group of schools is among those which has banned fidget spinners from the campus. "We have strictly instructed students not to bring spinners to school. I believe playing with these toys is addictive. Rather than relieve stress, I think this toy fosters the competitive spirit and induces stress. There are several other child-friendly and skill-based activities which can keep children gainfully occupied and relieve stress as well," says **Nashy Chauhan**, director of the Anand Niketan group of schools.

Though opinion is divided over the benefits and dangers of the humble fidget spinner, there is no denying that it is better for children to play with this simple toy than get hooked on an electronic gadget.

## ADOLESCENCE

## *Help teens know where to draw the* **LINE, ONLINE!**

**With one cybercrime being reported every 10 minutes, it's imperative for parents to educate vulnerable teens about the dangers of the online world**

**Mini P.**



**T**he Internet and social media are ubiquitous, and millennials have taken to the new digital revolution like ducks to water. However, though the online revolution has radically improved human communication and knowledge sharing, it has also opened up a Pandora's box of troubles. It's a grim reality that even as the Internet and social media are transforming Indian society, children, particularly teens, are becoming vulnerable victims of cheating, online bullying, sexual and other forms of abuse. According to the Indian Computer Emergency Response Team (CERT-In), 27,482 cases of cybercrime

were reported between January-June last year — i.e, one cybercrime every 10 minutes.

Easy connectivity without digital literacy and online safety knowledge has exposed children and teens to the ugly underside of the worldwide web. Pre-teens and teens are especially vulnerable to online abuse and criminality as they are at a stage in life when they are developing their personalities and identity and are heavily influenced by peer opinion. Therefore they tend to readily share personal details, photos and family information on social media and other online forums. According to the US-based Pew

Research Centre, 92 percent of teenagers post their real names, 82 percent list their dates of birth and 71 percent disclose their city or town of residence in their social media profiles.

Against the backdrop of the rise in online crimes and abuse, it's become an urgent parental duty to educate, enable and guide teens to use the Internet safely and wisely rather than arbitrarily restrict online access. Here are some online risks you need to educate your teenagers about:

### SEXTORTION

This is “the secret control of webcams or smartphone cameras to run extortion rackets against young people and adults. And it is a growing problem,” says a feature on *HuffPost* (December 17).

**Ritesh Bhatia**, cybercrime investigator and cyber security consultant, V4Web Cyber Security, Mumbai, says sextortion starts when a user unintentionally downloads certain games or software, which results in malware (malicious software) being downloaded as well. “This can contain viruses, ransomware or spy software which enables racketeers to remotely turn on and monitor laptops/phones. For instance when the intended victim is caught on camera changing her clothes, they record the video. Spyware can also obtain details of email ids and social media accounts. These

online predators use the videos to blackmail victims, asking for sexual favours, money, or worse, force them into sending more obscene/explicit videos. If the latter refuse, the blackmailers threaten

to post the video on social networks. Teenagers are usually hesitant to share their problems with parents and give in to extortion,” he says.

**PRECAUTION.** Close the laptop screen when not in use; stick a post-it or sticker over the webcam, or cover it with a piece of cloth except when you are using it.

### SHARING PERSONAL DETAILS

Refrain from sharing personal details such as date of birth and phone number or e-mail address. Sharing date of birth in the DD-MM-YYYY can leave teens vulnerable to scammers and identity thieves.

**Location:** Giving out your location information is dangerous because it tells potential predators/thieves that you might not be at home. Also, never put out your entire home address and warn your children about doing this too. Similarly, refrain from sharing your phone number.

**Vacation plans:** Never put vacations plans online. It could put your home and belongings at risk.

**Driver's license, Aadhar card, passport number.** A government identity card contains important information about date of birth, photo and other personal details, so think twice before posting it even as a joke.

**PRECAUTION.** Don't put year of birth on social media profiles; just use month and date. It is best to post the pictures of a vacation once you have returned. Avoid tagging yourself with school names, hangout spots and other details that can reveal your location.

### SHARING PHOTOS

Posting pictures of your children or your friends' children tagged with their names is dangerous. There are thousands of unmonitored child sex offenders and cyber predators out there, so it is best not to name children. And just because the access settings say, “Friends only”, it doesn't mean much. Sometimes, others could put up group photos, tagging your child and her school on Facebook. Please warn family and friends against doing so.

Teens are very susceptible to posting informal photos — so advise them against posting cleavage or sultry come-hither photos. Remind them that a digital footprint stays forever, so monitor what they are uploading, so it doesn't haunt them later in life. Their pictures could also be misused by people posting pornographic literature. No one

wants the embarrassment of seeing a photoshopped picture of themselves in the nude, shared on social media.

**PRECAUTION.** Ask your teen to check social media settings to ensure that she cannot be tagged without permission. Ensure pictures are visible only to

friends and not ‘friends of friends’ or the public. Monitor your child's social media activity, so that you can monitor pictures posted.

### ONLINE SCAMS

Children and teens are unlikely to fall for deals offering them millions of dollars or pounds, but they might fall for scams that offer things they may prize such as free access to online games. “Young people are easy marks for scams because they have not yet learned to be wary. Cybercriminals can use sites popular with children to identify potential victims, and then promise them something in turn for what they want — like parents' credit card information,” warns cybersecurity firm Kaspersky Lab.

**PRECAUTION.** For young or old, the best protection against scams is knowing that if an offer sounds too good to be true, it probably isn't true. Teach your children to be wary of online offers that promise too much.

**Pre-teens and teens are especially vulnerable to online abuse and criminality as they are at a stage in life when they are developing their personalities and identity and are heavily influenced by peer opinion**

ASK YOUR  
COUNSELOR

AARTI RAJARATNAM

## Helping children cope with illness OF FAMILY MEMBERS

**My 12-year-old son is very close to my nephew (my sister's son), who is 17 years old. The latter was diagnosed with leukaemia years ago, and to our anguish, we have just learnt that the treatment is not working and nothing more can be done for him. How do I break this shattering news to my son?**

— *Jayalakshmi Chandran, Chennai*

As a 12-year-old, your son would have already sensed that his cousin's health is deteriorating. So, speak to your son one-on-one and explain the nature of the illness and the medical treatment being administered to him. However don't paint a grim picture. Answer all his questions to the best of your knowledge and don't insulate him from information. Even if you breakdown and cry, let your son know it is alright to feel sad when we face such tragedies. Ask him what he would like to do to help — he may want to spend more time with his cousin, make or do something special for him or find his own ways to deal with the situation. Ensure he isn't forced to hide his emotions. Let the two children communicate in whatever way they are comfortable.

**My daughter's clinginess is a family joke. Though 10 years old, she refuses to sleep in her own room, and weeps inconsolably if we ask her to do so. Please advise.**

— *Puja Reddy, Hyderabad*

Her behaviour indicates that she is suffering anxiety. It will be a great step forward if adults stop ridiculing her. Childhood fears are very real for children. To be able to sleep alone, children need to develop emotional readiness. But since she is already experiencing anxiety, you need to be patient and set a 'fear ladder' in place that has small 'steps' for her to climb. The final goal on the ladder will be for her to sleep alone. First, she could sleep in the same room with you for a week, then, in a bed in your room.

Thereafter she can sleep in her room with you and a night lamp that doesn't cast scary shadows. Next, encourage her to sleep in her own room, while you can read to her until she falls asleep. Discuss her fears with her and help her work with you to find the solution. Promise her you will check on her twice or three times in the night. Soon she will settle down.

It will also help if she gets 60-90 minutes of sports or outdoor play and an early dinner. The bedtime routine should include a warm bath, comfortable clothing, and a bedtime story. Restrict use of gadgets/electronic content for at least two hours before bedtime. Also veto horror and violent movies or content on television.

**My teenager and her best friend have quarrelled but she refuses to talk about it. Now, my daughter is teary-eyed because her best friend is blocking her calls, has unfriended her on Facebook, and doesn't speak with her in school. How can I help?**

— *Priya S, Bengaluru*

When adolescents encounter relationship problems, they like to face them alone. Since your daughter has not confided in you, best not to cross the line and interfere. It's common for children to have rifts. Relationships in each generation come with different challenges so your experience and wisdom may not necessarily help her. But be supportive by being around, and having neutral chats with her every day. This is likely to make her trust you enough to share her problems. Your best role is that of a responsive parent ready to help if she reaches out. If she opens up, don't take sides; listen carefully and ask the right questions. She is likely to feel more empowered when she finds answers to her problems on her own.

**(Aarti Rajaratnam is director of the Child Guidance Centre and Counseling Clinic, Salem/Chennai)**

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## ASK THE DOCTOR



DR. NISHA MIRIAM GEORGE

## Why does my child get a COLD SO OFTEN?

**When my eight-year-old daughter gets a cold/flu, it lasts for two-three weeks, and there is a lot of phlegm. I don't want to give her antibiotics all the time. Is this normal or is her immunity poor?**

— Sheila, Bengaluru

**D**on't worry, it's normal for children to experience six-12 episodes of the 'common cold' per year. These are usually caused by viruses, and only complications arising from a cold — such as ear infections and sinusitis — require treatment with antibiotics. Also, getting a common cold doesn't mean her immunity is low. Children are more susceptible to infections because in school they are exposed to numerous viruses. Susceptibility lessens as they grow older, and the frequency of colds decreases. The only known 'preventive' measure is the yearly influenza vaccine that prevents infections from the influenza viruses. I recommend that you encourage your child to lead a physically active life with outdoor play, and include lots of fruits and vegetables in her diet.

**Recently, my son's school had a health check-up and I got a note that my 10-year-old is overweight. His height is 152 cm and weight 51 kg. Is this a cause for worry? He is studious and does well academically but is not a sporty child, preferring chess to football.**

— Sonia Mehta, Delhi

As paediatricians, we also monitor the Body Mass Index (BMI) of children. BMI is calculated using the height and weight of a child. The Indian Association of Paediatrics has issued an age-appropriate BMI chart for male and female children. As per the chart, your son's BMI is in the range of overweight.

Child obesity has become a growing problem worldwide including in India. It needs to be addressed in childhood to prevent long-term health complications such as diabetes, hypertension, liver and cardiovascular diseases.

My advice is that you focus on helping your child lead a healthy life rather than focusing on weight reduction.



Indeed, the whole family needs to adopt a physically active life involving exercise and sport, as well as switch to a healthy diet. Re-examine the family diet and include more fruits and vegetables, and foods with high fibre content. Moreover, a big contributor to obesity is television. Restrict TV viewing of children, and particularly the habit of eating while watching TV. Instead, switch to family meals without the television.

**My 10-year-old son has a lisp that has not improved with speech therapy. Is there a solution?**

— Kīran Vēer, Pune

A lisp is not something to be worried about. It is a common difficulty of speech and can be successfully treated. If your son's lisp has not improved through speech therapy, I suggest you consult a speech pathologist who will draw up a suitable therapy plan after clinical assessment.

**(Dr. Nisha Miriam George is a paediatric consultant at Sundaram Medical Foundation and Dr. Rangarajan Memorial Hospital, Chennai)**

# Montessori is the way to go: Priti Sait

Priti Sait is the Founder and Managing Trustee of the Vidyaniketan Education Trust, which governs Legacy School and Legacy Early Years in Bangalore. She has over 30 years of expertise in early childhood education; she believes that the Montessori pedagogy helps students to take ownership of their learning and develop the essential knowledge, skills and dispositions that make them life-long learners.



PRITI SAIT

**You have been an educator for a little over 30 years now and have co-established four unique educational institutions, how fulfilling has the experience and journey been?**

Looking back over my journey in the field of education over the last three decades and looking ahead, I am filled with a sense of happiness, fulfillment, hope and excitement. I am deeply grateful to all our parents who have believed in us and given us the opportunity to help their children explore, learn and grow with us. I am indebted to my family and friends for their ever constant encouragement and support. Having positively impacted the lives of so many children during their important formative years and now seeing them as contributing members of our society is a very gratifying experience. I feel blessed to have had the opportunity to serve our community by being an educator and mentor to so many teachers who have gone on to start their own schools.

**What was the impetus that made you choose to start your Montessori school?**

In the early eighties, as a young mother, I began exploring the extremely limited pre-school options that were available in Bangalore for my elder son. I spent a great deal of time learning about and reviewing the early childhood programs and the methods of teaching that were being adopted at these various schools, and this is when I discovered the Montessori approach to teaching and learning and found it to be a wonderful fit for my son.

The Montessori system follows a child-centered approach and the school environment allowed my son to learn through hands-on, self-paced exploration of the world around him, using his senses and the specifically designed Montessori learning materials. The Montessori program allowed him to participate in collaborative and challenging

activities that enabled him to have a joyful learning experience. He would come home each day bright-eyed, energetic and enthused to want to share his experiences. He would excitedly narrate his stories about what he did and what material he worked with and I was fascinated listening to him; however, I also did feel a sense of disconnect as I did not know sometimes the materials that he was referring to. This was the pivotal moment in my life; I realized that I wanted to be more than just a mom - I wanted to learn all that there was to learn about teaching children in their early years.

I was so impressed with what the Montessori approach had done for my son and was truly inspired by Dr. Maria Montessori's vision. This desire to learn motivated me to complete the Montessori teachers training course. After having worked with a few Montessori schools, I was keen to start a Montessori school on my own in our neighbourhood of Richards Town in Bangalore. In 1984, I co-founded our first Montessori school in an idyllic setting, under the mango tree in our historic and charming British bungalow opposite the beautiful Richards Park in East Bangalore. We named the school 'Vidyaniketan Montessori House of Children' meaning 'House of Knowledge' and became one amongst the first few Montessori schools in Bangalore.

**How have your teaching and leadership experiences helped you to evolve your thinking as an educator?**

Early in my teaching career, I learned the importance of being spontaneous, curious and creative while staying tuned into my inner child. This gave me the ability to see each child as an individual and to appreciate them for their uniqueness.

I first started in my role as a school leader and mentor 33 years ago. Over these years, my experiences have developed in me very integral attitudes and values of patience, empathy, kindness, fortitude, humility. It has taught me to be a good listener so that I can better understand others and to always believe in myself even when the odds are stacked against me. I think a very important perspective that I as an educator keep in mind is the need to role model learning; we all must keep learning to remain updated and

relevant, particularly in today's world where the only constant in change.

**How relevant is Montessori education in India?**

In our country, unfortunately education is still primarily centered on the teacher and not the student. Emphasis is given to pass on pre-existing information from the teacher to the student either through a lecture, dictation or copy-write style of learning, even though we are in a digital age and the information available online doubles every 72 hours. A lot of emphasis is given by educational institutions, parents and society to marks, exams and ranks. There seems to be a sense of familiarity or comfort using these as indicators to pass a value judgement of a person's ability, caliber or intelligence. We are so exam driven, and this results in a great amount of effort being placed on cramming as much information as is possible into our children's minds in a short span of time and then expecting them to memorize and reproduce this on cue. Unlike the one-size-fits-all approach of the traditional systems, the Montessori approach to learning is centered on each individual child that encourages each child's curiosity to be aroused. Learning leads from the concrete to the abstract and is self-paced, hands-on, inquiry-driven, scientific, experiential and challenging.

The traditional schooling systems do not effectively allow children the opportunity to develop their critical thinking, reasoning and analytical abilities, as they are not encouraged to learn through questioning, exploration and application while working independently or collaboratively. In a Montessori school, children learn using all their senses and we further nurture their multiple intelligences as well. Instead of learning to just pass an exam, students actually take ownership for their learning and develop those essential qualities that make them life-long learners. Montessori is definitely the way to go!

**What are your personal interests and how do you maintain a balance in your life?**

I maintain a work-life balance by ensuring that I spend quality time taking care of my health and my loved ones, particularly my two-year old grandson. I enjoy practicing yoga, meditation and brisk walks every day. I also enjoy the company of my friends and we ensure that irrespective of our busy lives we all spend quality time with one another and explore travel destinations together.



## INTERVIEW

# “Be open to advice, but follow your own heart”

Dipta Joshi interviewed well-known television and Bollywood star **Rohit Roy** on balancing a hectic career with raising daughter Kiara in a social-media obsessed world

**M**umbai-based **Rohit Roy** is a successful television and Bollywood star who made his TV debut in *Swabhimaan*, one of India's most popular television soaps aired on the state-run Doordarshan in 1995. Over a two-decade screen and stage career, Roy has starred in several blockbuster theatre, television and film productions. Off-screen, Roy is a doting father of 15-year-old daughter Kiara whom he raises together with wife Manasi Joshi, also an acclaimed actress.

#### WHAT IS YOUR PARENTING PHILOSOPHY?

My parenting philosophy is 'Keep it simple'. Parenting is challenging but not rocket science. Every child is unique; hence every parent becomes unique as well. So my *mantra* is: be open to advice but always follow your heart because no one knows your child better than you. Most important, never lie to your children. They are way smarter than you think and will appreciate an honest relationship and see through lies and pretence.

#### HOW DO YOU BALANCE YOUR WORK AND RESPONSIBILITY AS A PARENT?

Manasi took a sabbatical from work since she wanted to spend time with Kiara during her formative years. I make time for her every single day and attend all the special occasions at her school. I will not sacrifice my family for work. With Kiara turning 15 this year, Manasi has returned to work and I have started doing longer duration



outdoor shoots. We will make up for whatever we sacrificed in terms of work. I see it as a win-win situation.

#### BEING IN THE GLAMOUR TELEVISION INDUSTRY HAS ITS PERKS BUT ALSO MAKES CHILDREN SUSCEPTIBLE TO BECOMING SPOILT BRATS. YOUR COMMENT?

Thankfully, our daughter is anything but a spoilt brat. We do spoil her but it's her own sense of responsibility that has kept her grounded and she has never made any unreasonable demands.

#### THANKS TO SOCIAL MEDIA STAR KIDS NOW HAVE A FAN FOLLOWING OF THEIR OWN. DO YOU SHIELD YOUR DAUGHTER





**Rohit Roy with wife Manasi & daughter Kiara**

#### **FROM THE MEDIA?**

Being the child of actors has its pitfalls and the unwanted media attention used to bother Kiara because she's shy and hates being photographed. However, having grown up, she has become better at dealing with publicity. But there are perks too. Kiara loves fashion and so when she gets to walk the ramp with her mother or me, she's happy doing it. But, she is a private person and stays away from the paparazzi as much as possible. On my part, I shielded her as much as possible when she was younger and continue to do so even now.

#### **DO YOU APPROVE OF THE ACTIVE INVOLVEMENT CHILDREN HAVE WITH GADGETS AND SOCIAL MEDIA THESE DAYS?**

Yes and no! We are fortunate that Kiara is not glued to the phone or the tablet but I do sense a growing dependence on smart phones in today's generation of which I don't approve! When Kiara was younger, she would get a dedicated hour on the iPad or phone. Fortunately, the habit stayed with her and she herself rations her time with digital gadgets. She also manages her time efficiently on the Internet for research projects. I feel most children are missing out on their childhood because they have their noses buried in their phones.

#### **PARENTING HAS BECOME MORE COMPLEX THAN EVER BEFORE IN URBAN INDIA. HOW DO YOU SUGGEST PARENTS COPE WITH ITS MANY CHALLENGES?**

Take one day at a time sorting one problem at a time and please, I repeat, keep it simple. Kiara is a well-behaved child but as and when we do have our differences, we handle it with sensitivity. Parents need to understand their children's problems and tackle them at the root while involving the children in the solution process. The one thing I learnt about parenting is from Kiara herself — she always wants us to be honest with her. Transparency is the key to healthy parenting!

#### **WHAT KIND OF EDUCATION DO YOU VALUE?**

The type of education that makes her value life and is not limited to academics. Education should prepare you for life and not just a vocation. I am grateful that Kiara's school — the Dhirubhai Ambani International School — believes in preparing children for life. We have never forced her to study or pushed her into extra-curricular activities or implored her to take up a sport since we believe children naturally gravitate towards their areas of interest. We are not tiger parents and that has worked for Kiara.

#### **WHAT IS YOUR ADVICE TO OTHER PARENTS?**

Love is the only way; it will make your children flower into balanced human beings. My advice to parents is to not make heavy weather of problems and challenges. Sort it out with love and a smile on your face. Importantly, learn to recognise your child's problems and be their support system.

# Resurgence of the 'GURUKUL'

**I**T IS COMMON KNOWLEDGE THAT ancient Indian custom was to send a child to live in the home or 'ashram' of his 'guru' or mentor from the age of 12 or so.

This was done so that the teacher could inculcate in the child's personality all the right sense of values required to help him grow into a self-sufficient, strong and capable individual in all aspects of living.

In the modern context this ancient practice is reappearing in the form of residential schools in and around cities. In the over populated and polluted metro cities, boarding schools just on the outskirts of the city offer clean and green campuses and a serene atmosphere for the child to blossom in, while the weekend outings keep them in touch with the excitement and rush of the big city life. Co-educational residential schools are particularly well received by the parent communities as the mingling ensures that the students grow up with the premise of a healthy perspective and with equality.

Parents today, happily opt to send their sons and daughters to residential schools either for weekly or full boarding arrangements as they recognize the definite benefits of the focused, child centric, planned approach to grooming their children in all aspects of education.

Childhood is the most critical stage of development when an individual's personality, health and social skills take shape. Without proper monitoring, guidance and resources it would be very easy to miss out on the key aspects of one's growth and evolution. Traditionally

a lot of these factors are taken care of in schools by subject experts and trained mentors who ensure that all students grow up to be responsible, caring and truly educated individuals who confidently lead the way for all around them.

As much as we must applaud academic achievements and the crucially important role of studying and training, we must also ensure that our children imbibe the true meaning of education, which includes a sound foundation of values, principles and morals imparted with gentle guidance and tender loving care. These values like sharing, caring, honesty, integrity, hard work and respect for all inject the most important ingredient in character building.

Today residential schooling almost automatically implies the best of facilities and infrastructure coupled with excellent co-curricular and academic support for every boarder. Individual attention, prompt medical care and a healthy, happy peer group to build friendship with are the real take away from today's leading boarding schools. Often students do not wish to leave the boarding houses and their friends behind.

All this liberty, autonomy and free spirited environment is housed within the acceptable limits of discipline and rules which cause the just balance required to nurture young minds and keep them safe and secure in a closely monitored and regulated surrounding.

Changing times demand an upgraded set of life skills which every parent is not always equipped to handover to their wards. In such



**Nisha Bhakar**  
Principal, SCJ World Academy

cases too, residential schools help parents groom their child into the best person the child can be and offer the opportunities that allow the child to absorb what he needs to survive and cope with stress and pressures of the upcoming adult world.

**B**ASIC SELF-SUFFICIENCY, self-dependence and social adjustment are also mastered and hence a teenager is also prepared for college life abroad or in country minus any added worry for the parents.

As the concept of self awareness and mutual understanding develops in a child, self confidence and motivation automatically increases leading to willing participation in academics, sports and social interactions which as a result are far more enjoyable and beneficial.

And just as in the 'gurukuls' of the earlier times, the residential schools of today successfully and with great pride nurture and graduate generations upon generations of leaders, dreamers and doers of the future. Even a prince or a princess needs their fair share of grooming to take to the throne and so does every child deserve due support and opportunities to become their best self and take on the world as it unfolds for them.



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# ACTIVITY ZONE

## CYCLING

*Profit from pedal power!*

**Cycling boosts health and fitness, children's concentration and helps families bond**

**Arundhati Nath**



Shruthi S. Murthy

In 21st century India's overcrowded cities clogged with heavy traffic and noxious fumes, cycling has lost its charm. Upto the early 1990s, children cycling around their neighbourhoods or to school was a common sight. Unfortunately, today with urban India recording perhaps the highest road fatalities worldwide — 17 deaths every hour — children or adults cycling on the country's unsafe roads is a rarity.

But the good news is that there's growing interest in outdoor cycling trips/excursions either in groups or as family. Long distance cycling away from the city's choked roads helps reduce stress and body fat levels, and improves cardiovascular fitness, muscle strength and flexibility. Cycling is widely acknowledged as the ideal low-impact exercise to boost health and fitness.

A 2017 study published in the *British Medical Journal* has found that cycling to work is associated with substantial decrease in the risk of death from cancer and cardiovascular diseases, compared with non-active commuting by car or public transport. While cycling is good for adults, it is even

better for children as it boosts their concentration. A 2012 study in Denmark, which surveyed 20,000 children between the ages of five and 19, found that kids who cycled or walked to school, rather than by car or public transport, performed measurably better in tasks demanding concentration, such as solving puzzles.

### FAMILY-FRIENDLY ACTIVITY

Cycling is also great for family bonding. Comments **Pankaj Mangal**, founder and trip leader at Art of Bicycle Trips, Bengaluru, which organises family/group cycling excursions: "Cycling is refreshing compared to other outdoor activities because it's a simple and active sport in which all family members can participate. Adults and children will enjoy the journey and destination if they cycle together. Three years ago, we organised our first seven-day family bicycle tour of Kerala. Since then, we have had many families signing up for day trips in Kochi and Udaipur," says Mangal.

Bangalore-based **Shruthi Shivshankar Murthy** (27), who left her corporate job to cycle from Kashmir to Kanyakumari to spread awareness about gender equality, believes that parents must encourage children to take up cycling as a hobby. "Children love cycling as it is a fun activity and it gives them freedom and independence. It also develops mental positivity and boosts health and fitness. I took up cycling as a hobby, and soon realised that not many women were into cycling. Society viewed cycling as a man's sport. This spurred me to break the stereotype and go on a cross-country cycling trip to promote gender equality," says Murthy whose journey began on February 8 last year from Jammu.

Cycling an average 100 km daily, she conducted interactive workshops on gender issues and menstrual health in schools en route. In all, she covered over 4,000 km in 45 days, on her trusty Rockrider bicycle.

So, take a break from the monotonous city life and explore the countryside on family biking excursions. It will rejuvenate bodies and minds.

### FAMILY/SOLO/GROUP CYCLING TRIP ORGANISERS

**Art of Bicycle Trips** organises unique cycling and multi-sport adventure tours across India and Asia. Contact Pankaj Mangal at 78294 86953 or email [pankaj@artofbicycletrips.com](mailto:pankaj@artofbicycletrips.com).

**GIO Adventures.** Apart from camping, hiking and rafting activities, GIO Adventures also organises cycling trips. Contact them at [info@gio.in](mailto:info@gio.in) or call +91 7895979203 or visit <https://www.gio.in/>

**PEDL by Zoomcar.** The car-rental agency Zoomcar also rents bicycles. You can rent a cycle in your city at just Rs.10 per hour and pay via PayTM, and drop off the cycle at any Pedl location in the city. Book online at <https://pedl.zoomcar.com/>

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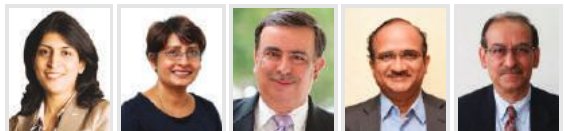
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# CAREERS WATCH

## *Numerous options in* **CLASSICAL DANCE**

**With formal study and acquisition of degrees in dance now commonplace, trained classical dancers can become professional performers, teachers and choreographers**

**F**rom royal courts, *kothas* and temples, Indian classical dance has acquired social respectability moving into the halls of higher education institutions, and is being considered by a growing number of youth as a dignified and worthwhile profession. With performance opportunities multiplying, a career in dance could prove very satisfying for classical dance aficionados, because it has also transformed into a financially rewarding option.

India boasts dance traditions stretching back five

millennia. Among the most well-known classical dance forms are *Bharatnatyam* of Tamil Nadu; *Odissi* (Odisha); *Kathakali* and *Mohini Attam* (Kerala); *Kuchipudi* (Andhra Pradesh); *Kathak* (Lucknow and Jaipur) and Manipuri (Manipur).

Individuals trained in classical dance can become professional performers, teachers and even choreographers. In the life of a performing artiste, there's very little time for activities not directly linked to dance. Most of them also run their own schools or





**With performance opportunities multiplying, a career in dance could prove very satisfying for classical dance aficionados, because it has also transformed into a financially rewarding option**

institutes where they pass on their skills and expertise to the next generation. Many dance divas form troupes from among their students and stage dance dramas and ballet performances. With formal study and acquisition of degrees in dance now commonplace, teaching dance has also become an attractive career choice. Teachers well-versed in the theory and practice of classical dance are much sought after by schools, universities and cultural institutions as a rapidly growing number of children are signing up for classical dance lessons.

**STUDY PROGRAMMES.** Training in dance imparted by professional institutes tends to be comprehensive, covering theory and practice of various dance forms, and prepares students for performance or teaching careers. Admission eligibility is usually completion of secondary school (class X).

Among the leading classical dance teaching institutions are:

- Natya Institute of Kathak and Choreography, Bangalore (BA and postgrad diploma)
- Nalanda Nritya Kala Mahavidyalaya, Mumbai (BA, MA and Ph D)
- J.G. College of Performing Arts, Ahmedabad (BA, MA)
- Rukmini Devi College of Fine Arts at Kalakshetra Foundation, Chennai (two-year post-diploma programme)

- University of Madras (MA Bharatnatyam)
- Kalamandalam, deemed university for art and culture, Thrissur, Kerala (BA and MA)
- College of Indian Music, Dance and Dramatics, MS University, Baroda

**REMUNERATION PROSPECTS.** With the entertainment industry and performing arts enjoying boom conditions, and a growing number of middle class parents anxious to encourage co-curricular and cultural education of children, teachers both part-time and full-time are always needed in schools and universities. For professionally trained choreographers, there are opportunities aplenty in films, stage, television and video music programmes. Professionally qualified teachers start at Rs.25,000-30,000 per month in high-end international schools and universities, and those who run their own schools can easily bank Rs.50,000. The services of performers and choreographers too are much in demand and once they acquire name and fame, financial rewards are huge. With performing artistes' careers being short, most of them also teach part-time which qualifies them to become full-time teachers after retirement from the stage.

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

# SCHOOL PROFILE



## GD GOENKA WORLD SCHOOL

### *Gurgaon*

**N**estled within the 60-acre G.D. Goenka Education City sited in the picturesque foothills of the Aravalli range on the Sohna-Gurgaon Road, the IB (Geneva) and CAIE (UK)-affiliated GD Goenka World School (GDGWS) has acquired an excellent nationwide reputation for offering globally-comparable academic, sports and co-curricular education. Promoted in 2003 by A.K. Goenka, well-known industrialist and chairman of the G.D. Goenka Group of institutions which comprises 70 K-12 schools, the G.D. Goenka World Institute and G.D. Goenka University, GDGWS

hosts 1,050 students including 300-plus boarders from over 30 countries.

A recipient of the British Council International School Award for promoting internationalism, GDGWS offers a fully wifi-enabled, air-conditioned campus with meticulously maintained playing fields, lawns, state-of-the-art laboratories, sports facilities and contemporary residential accommodation complemented by IT-enabled pedagogies. In the latest EducationWorld India School Rankings 2017-18, GDGWS is ranked among the country's Top 15 international day-cum-boarding schools and #2 in Delhi NCR.





**GDGWS Leader**

*Dr. Neeta Bali, director-principal*

A graduate of Miranda House, Delhi with a Masters in psychology and education from Delhi University, Dr. Neeta Bali is a nationally respected authority on K-12 education. During her three-decade career in education, she has served in reputed institutions such as Mater Dei School, Delhi, Apeejay School, Noida, Kasiga School, Dehradun and Podar International School, Powai. Former principal and head of GDGWS from 2008-2014, Bali returned to take charge as director-principal last year. Since then, she has signed up international partnerships with Oban High School, Scotland and Wasatch Academy, Utah (USA).

**SNAPSHOT**

**ESTABLISHED**  
2003

**STUDENTS**  
1,050

**FACULTY**  
90

**EXAMINATION BOARDS**  
CAIE & IB

**CAMPUS SIZE**  
60 acres

**DAY-CUM-BOARDING SCHOOL**  
K-12

**CO-EDUCATIONAL**

**CO-CURRICULAR EDUCATION**

- ⊙ Western music
- ⊙ Indian dance and music
- ⊙ Painting
- ⊙ Pottery
- ⊙ Sculpture
- ⊙ Mural art
- ⊙ Clay modelling
- ⊙ Theatre
- ⊙ Cookery
- ⊙ Web designing
- ⊙ Filmmaking
- ⊙ Photography
- ⊙ Elocution

- ⊙ Debates
- ⊙ Model United Nations

**SPORTS EDUCATION**

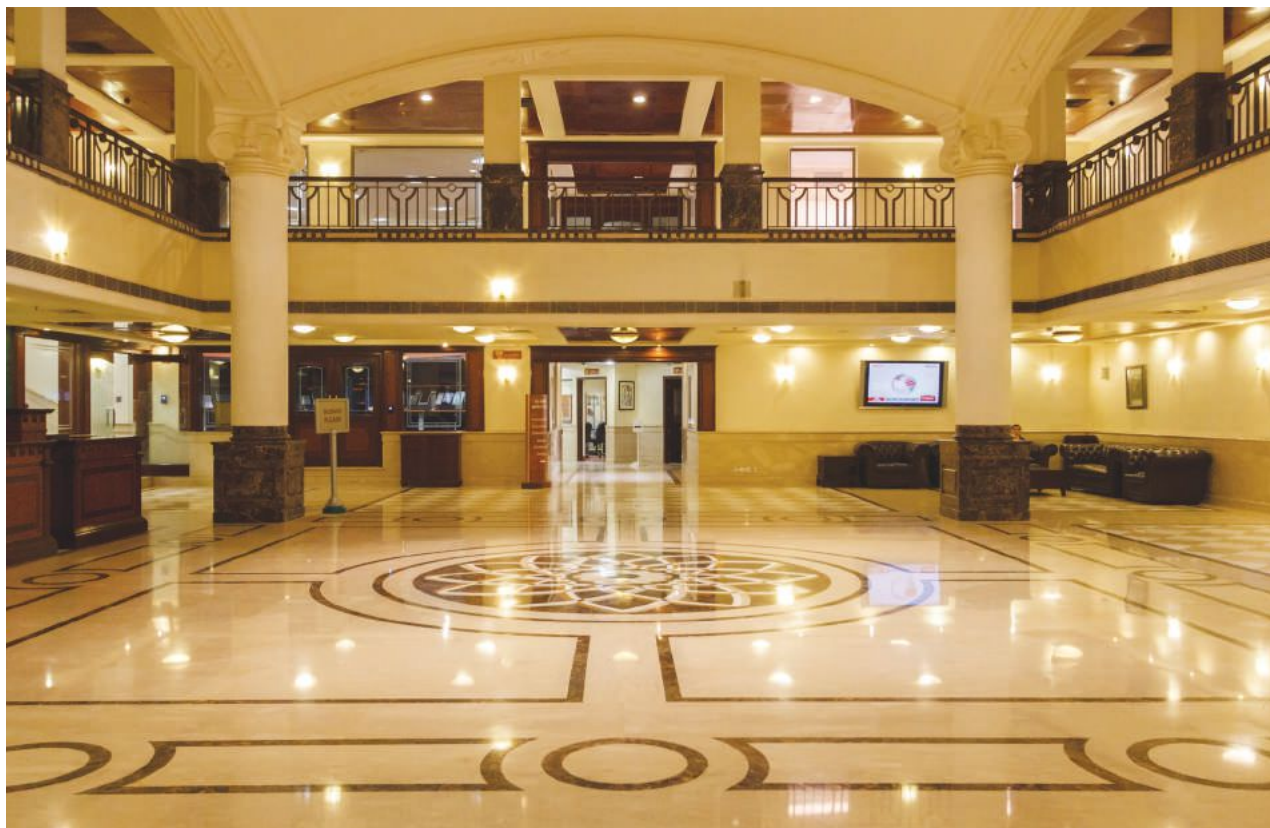
- ⊙ Basketball
- ⊙ Swimming
- ⊙ Squash
- ⊙ Table tennis
- ⊙ Lawn tennis
- ⊙ Badminton
- ⊙ Cricket
- ⊙ Soccer
- ⊙ Yoga
- ⊙ Horse riding

**GDGWS is ranked among the country's Top 4 international schools for infrastructure provision in the latest EW India School Rankings 2017-18**

# SCHOOL PROFILE

## CAMPUS INFRASTRUCTURE

The GDGWS management has invested liberally in world-class infrastructure to enable delivery of globally benchmarked holistic education. The wifi-enabled campus dotted with playing fields interspersed with grassy knolls, manicured gardens and tree-lined avenues hosts nine fully air-conditioned buildings with a built-up area of 1 million sq. ft. Facilities include IT-enabled classrooms, state-of-the-art science, language and computer laboratories, a 1,000-seat Refectorio (dining hall), en-suite residential accommodation, an infirmary, a stationery store and beauty salon. Moreover, GDGWS is the only school countrywide with a fire tender on campus.



The school's three well-stocked libraries for primary, middle and senior students offer quiet study spaces for reading, research and reflection.



GDGWS students have been welcomed into top-ranked higher education institutions in India and abroad including Bristol and Brunel universities (UK), California State and Florida universities (USA), City University of Hong Kong, and Christ University, Bangalore

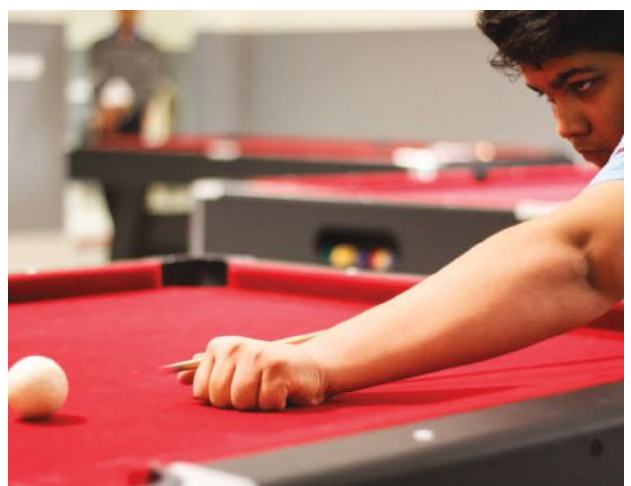
## CO-CURRICULAR AND SPORTS EDUCATION

The school offers excellent sports facilities including football and hockey fields, a cricket ground, 400-metre athletics track, basketball, tennis and volleyball courts and a world-class Fitness Centre housing a high-tech gymnasium, two glass-backed squash courts with spectators' galleries, table tennis and billiards rooms, and an indoor swimming pool.

Co-curricular education facilities are equally impressive. Ranked among the country's Top 10 international day-cum-boarding schools on the parameter of co-curricular education in the latest EW India School Rankings 2017-18, GDGWS offers facilities for learning the performing and visual arts, elocution, debate and culinary skills.



**The school's swimming team won six medals in the State Swimming Championship, 2017**



# SCHOOL PROFILE

## GDGWS MILESTONES

### MILESTONE KEY



Academics



Co-curricular



Sports Education



Global Exposure



Awards



»» In the IGCSE (class X) examination of June 2016, Kartikeya Thiyam Sundaram was declared the global topper in information and communication technology. ««



»» A GDGWS swimming team won 32 medals in the District Swimming Championship 2017 organised by Gurgaon district ««



»» GDGWS is the only school countrywide to offer internships to students in association with GD Goenka University in digital photography, law, website design, hotel management, cookery, fashion illustration and filmmaking among other subjects. ««



»» Thirty-five students were awarded silver and bronze medals in the International Award for Young People Programme. ««



GDWS boasts three visual art studios and four specialist studios for the performing arts, music and dance



### ADMISSION & FEES

The K-12 GD Goenka World School is an international day-cum-boarding school. The school admits students twice a year — in April and September.

**Annual tuition fees.** Rs.3.5 lakh (day boarders); Rs.7.5 lakh (resident boarders)

For further information visit <http://gdgws.gdgoenka.com/>

# FUN WITH WORDS

## *Haiku keeps it* **SHORT AND SWEET**

A Japanese poetic form, haiku is loved for its simplicity and brevity

**Cynthia John**

**H**aiku is a Japanese poetic form loved for its simplicity and brevity. It originated in 17th century Japan, and writing haiku in English became popular in the early 20th century, though the style was heavily influenced by translations of Japanese haiku. This short poetic form typically of three lines is especially popular in schools with children encouraged to write haiku as an exercise to develop creative writing and poetry appreciation skills.

Legendary Japanese poet Matsuo Basho (1644-1694) is acknowledged as the father of haiku. Here is one of his most quoted haikus, penned in 1688.

*Now then, let's go out  
to enjoy the snow... until  
I slip and fall!*

### HAIKU RHYTHM

The first line of a traditional haiku contains five syllables, the second seven, and third only five. Each syllable is a single sound unit made up of a vowel or a vowel-and-consonant combination. This gives haiku a steady rhythm pattern. Rhyming words are rarely used and haiku is always written in the present tense. Since most of the famous haiku were written by Japanese masters in Japanese, the 5-7-5 pattern is sometimes lost in translation.

### 'KIRU' AND 'KIGO'

Traditionally, a haiku has a 'kiru' or 'cutting' word which creates the juxtaposition of two images or ideas. The two ideas are typically separated by a punctuation mark. For example,

*No oil to read by . . .  
I am off to bed  
but ah! . . .  
My moonlit pillow*

— **Matsuo Basho**

The missing oil lamp, the disappointment of being unable to read at bedtime is 'cut' by the new discovery of the 'moonlit pillow', giving a twist to this brief but lustrous tale.

'Kigo' refers to a word representing a season. The most common theme in haikus used to be nature, with new sea-

## Haiku

• Here is an example of Haiku:

A glistening trail (1) The first line will have 5 syllables.  
on fallen leaves is all that (2) The 2nd line will have 7 syllables.  
remains of the snail. (3) The 3rd line will have 5 syllables.

Haiku has 3 lines.

Haiku has specific syllable patterns.

What makes this a haiku?

sons, and season-related ideas capturing moods or feelings associated with nature. However in modern haiku, poets experiment with different themes.

Here's a haiku which beautifully depicts the spring season:

*Fanning out its tail  
in the spring breeze,  
see — a peacock!*

— **Masaoki Shiki**

The imagery is strong while metaphors and similes are avoided. Capitalisations and punctuations are avoided except for the 'kiru'.

Modern variations include the one-line monoku, haiku written in four or more lines, or the 5-3-5 syllable pattern.

### DIY HAIKU

Get your children to write some haiku capturing their perceptions of the changing seasons. Here are some tips:

- Suggest themes or topics the family would like to explore. Make a list, ideally, linked to nature.
- Write down different thoughts, ideas and images that you associate with the topic.
- Experiment with the 5-7-5 syllable pattern.
- Try to give it a twist that would make the reader think. Suggest two ideas with a good link.

Set up a haiku display board at home, where all family members can put up their haiku on Postit notes!

## HEALTH &amp; NUTRITION

# Say Yes to LESS SALT

**Given that consumption of excess salt adversely impacts the health and well-being of children, it's important for parents to calibrate the quantity of salt included in children's diets**

## DR. GITA MATHAI

**S**alt is an essential ingredient of cooking, flavouring food with a tang that makes it palatable. It is one of five basic flavours recognised by our taste buds, the others being sweet, sour, bitter and *umami* (savoury). But it's pertinent to note that children are not born with the ability to appreciate the flavour of salt. Infants like slightly sweet things, because breast milk is mildly sweet. The ability to appreciate salt manifests itself only after the age of five months.

Given that consumption of excess salt can adversely impact the health and well-being of children, it's important for parents to exercise caution and calibrate the quantity of salt included in children's diets. According to a 2016 report of the Delhi-based George Institute for Global Health, the average adult Indian consumes between 9-10 gm of salt per day — twice the World Health Organisation (WHO) recommended dosage. The study highlights that salt is a “major contributing factor to high blood pressure — a leading cause of cardiovascular disease (CVD)”, and calls for “urgent action in India to reduce salt consumption”.

### DO INFANTS NEED SALT?

Salt is an easily acquired taste. Ideally, infants should be exclusively breast-fed for the first 120-180 days. Thereafter, they should be weaned on home-cooked cereals with

no added salt. But since young children are fussy eaters, refusing or spitting out their weaning food, anxious parents resort to making bland cereals more appetising by adding salt — an absolute No.

**Recommended salt intake per day** (not per helping)

**Infants up to 12 months:** Less than 1 gm (1/5 teaspoon)

**Toddlers between one to three years:** 2 gm (less than 1/2 teaspoon)

**Children between three and six years:** 3 gm (a little more than 1/2 a teaspoon)

Many parents opt to wean their babies on pre-cooked packaged food. However, most pre-cooked cereals contain around 130 mg of pure sodium or 0.3 gm of salt per 100 gm (3 tablespoons). If two to three feeds are given, the entire salt quota has been artificially provided and exhausted



for the day. Some parents wean on “milk biscuits”. These contain refined wheat flour, trans fats and 1-1.2 gm of salt per 100 gm. Bread is much the same.

### HOW MUCH SALT DO ADULTS NEED?

Acceptable levels of salt intake are 2.3 gm a day for those in the age group six to 50 years. One teaspoon of salt is 5 gm. This means that a four-member family can use 10 gm or two teaspoons of salt for a day’s cooking. Any salt consumed in processed food, sauces, butter, bread, pickles and chutneys is additional.

### SALTS IN THE BODY

Salt accounts for 0.15 percent of our total body weight. It is found in body cells, blood, lymphatic, extracellular and amniotic fluids. The minerals and nutrients in our bodies are in a constant state of flux, regulated by osmotic pressure and ion exchange between the cells and fluid. Sodium is essential for healthy body functioning as it helps regulate nutrition, maintain blood pressure, brain and muscle movement. But the body can regulate its own salt content. The kidneys excrete any excess salt consumed. If the body is deficient, salt is retained.

### WHEN THE SALTS RISE/DIP

Normal sodium levels in the body are 135-145 milliEquivalents/litre (mEq/L). If the sodium level rises beyond this range (hypernatraemia), children/adults experience lethargy and irritability. Levels above 155 mEq/L can cause seizures and are a medical emergency as they can be fatal. Hyponatraemia (levels below 135 mEq/L) can occur if too much plain water is drunk, especially during bouts of diarrhoea and vomiting. It causes headache, irritability, muscle weakness and cramps.

Oral Rehydrating Solutions (ORS) are widely used for diarrhoea and vomiting. These need to be reconstituted exactly as instructed, usually with six level teaspoons in a litre of water. Otherwise the sodium levels in the blood can fall or rise dangerously. Rehydration with lightly salted *khichdi*, made by pressure cooking equal quantities of rice and *moong dal* fed alternating with sips of water is a safer option for rehydration.

While parents guard children against obviously harmful foods such as cola and fries, it is equally important to safeguard them against everyday food ingredients such as salt.

**(Dr. Gita Mathai is a Vellore-based paediatrician and author of *Staying Healthy in Modern India*)**

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# HEALTH & NUTRITION

## *Truffles & Treasured* NEW YEAR TREATS!

Ring in 2018 on a sweet note and create wonderful memories by making these special treats with your family

**RASHMI NATH SINHA**

### CELEBRATION COOKIES



#### INGREDIENTS

- 1/2 cup unsalted butter at room temperature
- 1 cup *maida* (refined flour)
- 1/4 cup powdered sugar
- 1/2 tsp vanilla essence

#### PREPARATION GUIDE

- Beat butter and sugar until creamy and fluffy.
- Add vanilla essence.
- Add the flour and knead it lightly.
- Flatten the dough, cling wrap and chill the dough for an hour.
- Pre-heat the oven for 10 minutes at 175°C.
- Line baking tray with parchment paper.
- On a slightly floured surface, roll the dough and use cookie cutters to cut into cookie shapes.
- Place the cookies on the baking tray and set it to chill for 10 minutes.
- Bake for 8-10 minutes.
- Cool on a wire rack.





## CHOCOLATE TRUFFLES



### INGREDIENTS

- 200 gm cooking chocolate, cut into small pieces
  - 100 ml fresh cream, at room temperature
  - 1 tablespoon butter, cut into small pieces
  - Cocoa powder

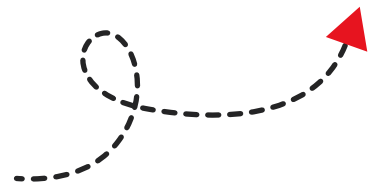
### PREPARATION GUIDE

- Heat the cream and butter in a small pan over a low flame.
- After the cream and butter mixture boils, pour it over the chopped chocolate.
  - Stir with a spatula until smooth.
- Store in the refrigerator until the truffle mixture is firm, ideally overnight.
  - Remove the truffle mixture from the refrigerator.
  - Take a small scoop, and roll the chocolate into balls.
  - Now, roll the truffle in the cocoa powder coating.
    - Store in the refrigerator until firm.
  - Bring to room temperature before serving.

# HEALTH & NUTRITION



## SWISS ROLL



### INGREDIENTS

- 75 gm castor sugar
- 75 gm *maida* (refined flour)
- 3 eggs
- 2 tsp vanilla essence
- 1 tbsp hot water
- 150 gm milk chocolate
- 50 gm fresh cream

### PREPARATION GUIDE

- Pre-heat the oven to 220°C. Prepare a rectangular baking tray with butter paper and grease the paper.
- Melt the chopped chocolate and fresh cream in the microwave and stir till smooth. Set aside.
- In a large bowl, add the eggs and castor sugar.
- Keep beating for 5 minutes until the mixture becomes thick ribbon consistency and pale yellow in colour.
- Next, fold in the flour in three additions using a spatula. Add the vanilla essence and fold it in. Do not overmix or your mixture will deflate.
- Add 1 tablespoon of hot water and fold in to the flour. The batter should be thick.
- Pour the batter in the prepared pan.

- Bake in pre-heated oven for about 10 minutes at 220°C, until the top is golden brown.
- Spread a thin cloth over your kitchen counter. Once the cake is baked, take it out and dust some icing sugar on top of the cake.
- Invert the cake pan on the cloth and peel the butter paper carefully.
- Dust icing sugar on top of the cake.
- While it's hot, roll the cake along with the cloth from the shorter end. Let it cool to room temperature.
- Unroll it and spread over the filling and roll again, this time without the cloth.
- And your delicious Swiss roll is ready!

(Bengaluru-based Rashmi Nath Sinha teaches baking and the art of cake decoration at [www.magicbites.in](http://www.magicbites.in); [facebook.com/magicbites](https://www.facebook.com/magicbites))

Every child is unique and educators what to bring out their full potential. However, they are made to sit in the same class, with the same teachers and syllabus, with only marginal activities on the side that allows them to pursue a hobby or a passion.

To nurture future leaders we need an education system that is customised to them, that can change and adapt the way the student learns, and to have a curriculum designed individually to their needs.

Education providers such as Valedra with their new Advanced Development Program are able to provide this today but at a very steep price. However, this is much lower than it was ten years ago. Personalised education once restricted only to the ultra-wealthy and super-rich is now available to even the moderately well off.

The limiting factor has always been the sheer cost of providing this education. Valedra's programs, for example, requires dedicated counselors, external faculty from industry and top colleges, technical experts in psychology and activities, multiple foreign and domestic experiences, and a team-based approach to each child.

While this is fine for those who can afford it, in the future technology will bring this level of education and detail to everyone. Adaptive learning systems and automatic psychometrics will feed into an array of experiential education tools ranging from AR to complete VR.

Big data predictions would allow individual profiling to give predictive outcomes of education decisions allowing parents greater insight into how their education choices affect their children's future in advance.

With personalization technology in twenty years, education will look very different from what it is today.

As technology starts doing the heavy lifting of measurement and direction, this will free up teachers who can often teach up to 50 students to be able to concentrate their efforts and time better. Weekly counseling sessions will be replaced by in-class measurement systems that will be able to track everything from attention span to daily learning outcomes.

This technology evolution is silently happening behind the scenes in schools such as Apeejay and is very different from the over-marketed and overhyped but most often useless technology implementations that have occurred in the last few decades in the education system. Many parents and schools have fallen prey to glamorous looking technology interventions that while look good in the classroom during tours, rarely are used by the teachers, and the educational outcomes for the student are not increased.

In fact studies around the world have shown that indiscriminate inserting of technology in school, for example, giving every child a laptop, can degrade their learning and education process. Gone are the days where parents worry about if their children will be technology literate, and rightly so today, they focus on finding what value exactly is this technology bringing into the lives of their scholars.

Personalized education enabled by technology thus is a unique example of a discriminate and exacting use of technology that promotes great educational outcomes. There are a number of challenges that need to be overcome to make this future a reality. The first and foremost is the requirement of massive funding to enable schools to afford and implement this new technology across the board. In that sense once again cost is the limiting initial factor. With salaries of adaptive systems reaching the multi-crore levels in corporations, what hope do schools have to employ and enable this early on?

The second is the retraining of teachers who are used to a certain

manner of teaching, and while enthusiastic about new technology, will take time to adjust to how it would increase their effectiveness. The key is to move it from being an idea to an everyday habit - a transition which is hard to make even in the best of circumstances.

The third is getting parents involved in the process. All too often parents are fooled by glitzy marketing, and "social proof," and while they want the best for their children, are unable to look under the hood of the education process and understand the layering that takes place to create an effective long-term curriculum. Parents will have to get more involved to understand and respond to this adaptive feedback and retrain themselves to provide a home environment that reinforces that of the school.

As with every change, there will be parents who are early adopters who will get maximum benefit out of this trend early on. They are the ones who will be willing to spend above and beyond to get their children early access to programs such as that offered by Valedra. Then there will be a section of parents who will wake up to the change years later, perhaps a little late, but then would be willing to find the state-of-art at the time and fully involve themselves in their child's personalized education. Lastly, there would be the parents who would wait until the technology is readily available and cheap enough for everyone to use on a daily basis, hopefully for their children, they will have kids only 15-20 years from now to truly take advantage of the affordable personal adaptive solutions.

There is thus an urgent need for governments and large enterprises to support the development of this technology early on to maximize benefits to parents today. The world as it stands today has become an 80-20 scape, where 20% of students will capture 80% of the value in the future. Current predictions even go so far as to show this will become 90-10, and eventually, 99-1, where only the most well trained, exposed and enabled students will be able to thrive and succeed vastly beyond their peers in the future.

This is putting and will continue to put an incredible amount of pressure on parents to invest and ensure their child has the best environment growing up. Unfortunately, doing well in class, and doing a few extra-curricular activities is no longer enough, the bar is being set higher and higher each year for what is defined as exceptional, able and capable. As parents, we have a responsibility to the next generation, and personalized education offers a unique solution to what is becoming a universal problem with very few tangible and workable options.

While we wait for technology to catch up and bring its rewards, as parents, there is much that can be done to give children a lasting competitive advantage, and edge, that allows them to be successful, and at the same time find their passion and path to happiness. At the end of the day no matter what changes in terms of technology, parents have the central role to play in taking key decisions early on that deeply affect a child's future.



**Mr. Aditya Berlia**

Member Management Board Apeejay Education Society

LEISURE &  
TRAVEL

# UNESCO

## World Heritage Sites (Part III)

Currently 36 cultural and natural sites in India have been designated Unesco World Heritage Sites. In the third and final series, *ParentsWorld* overviews Unesco World Heritage Sites of central, eastern and north-east India

In 1965, the United States of America called for creation of a World Heritage Trust that would promote international cooperation to protect “the world’s superb natural and scenic areas and historic sites for the present and the future of the entire world citizenry”. The idea was accepted by nature preservation organisations and in 1968 the International Union for Conservation of Nature (IUCN) drafted similar proposals

which were presented at the United Nations Conference on Human Environment in Stockholm in 1972. The UN General Assembly referred the idea to the United Nations Educational, Scientific and Cultural Organisation (Unesco) and that very year, Unesco drafted an international treaty under the name and style of the Convention concerning Protection of the World Cultural and Natural Heritage. The prime objective of the treaty was to promote the identification, protection and preservation of cultural and natural heritage sites around the world, believed to be of outstanding value to humanity.

Currently, there are 1,073 sites (832 cultural, 206 natural, and 35 mixed properties) spread across 167 countries worldwide on the World Heritage list, with Italy leading the scroll (47).

Widely acknowledged as one of the oldest civilisations of the world, India has a rich cultural and natural heritage. Unfortunately due to centuries of neglect, many valuable heritage sites have fallen to ruin and require extensive



restoration work before they can be included in the World Heritage list. Currently only 36 (28 cultural and seven natural and one mixed) sites in India have qualified for the standards of the UN World Heritage Convention.

Last month (December), five of the 36 World Heritage Sites of India were identified and highlighted on these pages. In this issue we feature seven Unesco World Heritage Sites located in the central, eastern and north-eastern regions of India.

### **KHAJURAHU GROUP OF MONUMENTS**

In the rural heart of the central Indian state of Madhya Pradesh (pop. 73.34 million) is the village of Khajuraho — famous on the world map for its legendary 10th century temples. Once upon a time the capital city of the Chandela dynasty which reached its apogee between

950 and 1050 AD, Khajuraho's magnificent temples dedicated to Shiva, Vishnu and Jain *tirthankaras* were built by Chandela kings who claimed descent from the Moon god. However, of the 85 temples, only 20 are extant, the rest sadly were vandalised by Muslim invaders, British adventurers and other treasure hunters. Nevertheless these restored temples symbolise the cultural glory of medieval Indian art and architecture. Khajuraho (361 km from Bhopal) was declared a World Heritage Site in 1986.

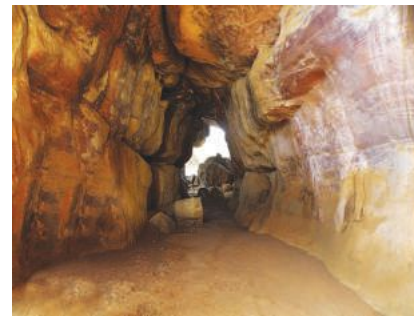
The 20 surviving and substantially restored temples of Khajuraho enshrine Hindu and Jain deities, striking a near-perfect balance between architecture, sculpture and placement. The most popular **Kandariya temple**, embellished with exuberant carvings and decorative motifs in stone, is ranked among the masterpieces of Indian medieval art.

During the past six decades of post-independence India, Khajuraho has transformed into one of the most popular tourist destinations in India attracting over 300,000 domestic and more than 100,000 international tourists annually. Set amidst a parkland landscape, Khajuraho in its restored form has the character of a nature preserve with manicured lawns, rose beds and ornamental trees. Yet its global renown is attributable to the erotic sculptures adorning the walls, and numerous frescoes and pillars of the temples of Khajuraho (derived

from the Hindi word *khajur* meaning date palm).

However, the interior walls of the Khajuraho temples are bereft of erotic art forms which are depicted only on exterior walls. Some of the temples have double layered walls featuring miniature erotic carvings only on the outer portion of the inner walls. Yet the great majority of the external carvings and stone adornments project human forms with perhaps only 10 percent depicting sexual themes. The rest portray the everyday life of the times, with musicians, potters, farmers, and other common people being ubiquitous.

### **ROCK SHELTERS OF BHIMBETKA**



Located in the foothills of the Vindhya Mountain range in the heart of the Deccan Plateau, the Rock Shelters of Bhimbetka are a recent (2003) addition to the World Heritage

Site list. Discovered in 1888 in the Raisen district of Madhya Pradesh (45 km from Bhopal), the Bhimbetka shelters exhibit the earliest traces of human life in the subcontinent and its rock paintings are estimated to be over 9,000 years old. Five groups of natural rock shelters were discovered underneath massive sandstone outcrops. Within the shelters are paintings that shed light on a little-known period in history — the Mesolithic Age (20,000-18,000 BC).

The area surrounding the rock shelters is covered by thick vegetation, has abundant natural resources in terms of perennial water supply and rich diversity of flora and fauna, and bears a significant resemblance to rock art sites of the Kakadu National Park, Australia, cave paintings of the Kalahari Desert, and the Lascaux caves in France.

Since the original discovery in 1888, more than 700 such shelters have been identified, of which 243 are in the Bhimbetka group and 178 in the Lakha Juar group. Archeological studies have revealed a continuous sequence of Stone Age cultures (from the late Acheulian to late Mesolithic), depicted on the world's oldest stone walls and floors.

The cave paintings still exhibit a rich hue of red and white paints with occasional use of green and yellow and are an invaluable record of workaday events of different ages such as hunting, dancing, music, horse and elephant riders, honey collection, makeup and decoration of bodies, and household scenes. The superimposition of paintings above existing impressions shows that the shelters were inhabited by different people over the ages.

The fact that the cave paintings have not faded even

# LEISURE & TRAVEL

after thousands of years continues to amaze scientists and researchers. The paints were an admixture of earth, vegetable dyes, roots and animal fat, while materials derived from fibrous plants were composited into paint brushes.

## BUDDHIST MONUMENTS OF SANCHI

This oldest Buddhist sanctuary in the world dates back to 300 BC. Sited in Sanchi (pop. 6,785), a mere 40 km from Bhopal (Madhya Pradesh), it was accorded World Heritage Site status in 1989. An eclectic collection of intricately carved monolithic pillars, exquisite palaces, temples and monasteries in various stages of conservation, they are an eloquent tribute to the aesthetic prowess of medieval sculptors.

The *piece de resistance* of the Sanchi monuments is the Great Stupa, which was originally commissioned by Emperor Ashoka in the third century BC. The original monument was a simple hemispheric brick structure crowned by a *chatra*, a parasol-like structure constructed to shelter the relics of the Buddha.

A century later during the reign of Pusyamitra Sunga the stupa was vandalised, but restored by later Sunga kings, who expanded it to almost twice its original size. During the Sunga era, the dome of the stupa was flattened at the top and crowned by three superimposed parasols within a square railing. This flat-topped dome became symbolic of the wheel of law.

Following the decline of the Sunga dynasty, the Satavahanas rose to power in Sanchi and they added their own touches to the already expanded stupa. Additions of stupas, temples, monasteries and other religious structures continued upto the 12th century. But with the

decline of Buddhism and following the Muslim invasions and rule from the 13th-18th centuries, the monuments fell into neglect and were forgotten until 1818 when a British military officer and amateur historian, General Taylor accidentally stumbled upon them. Following this extraordinary discovery, several British archaeologists and treasure hunters ravaged the site until 1881, when restoration work was initiated.

## MOUNTAIN RAILWAYS OF INDIA



The mountain railways of India comprise a collection of four distinctly different lines located across the country. The lines include: the **Darjeeling Himalayan Railway** (inscribed in 1999); the **Nilgiri Mountain**

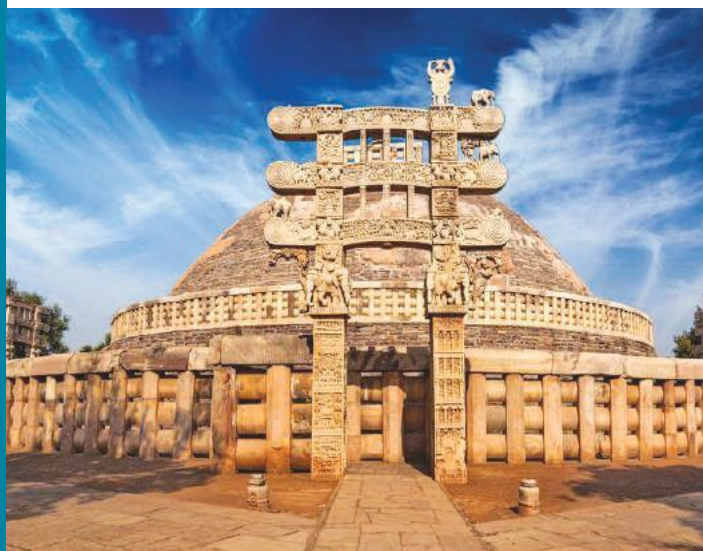
**Railway** (inscribed in 2005); the **Kalka-Shimla Railway** and **Matheran Hill Railway** (inscribed in 2007). These railway lines were accorded World Heritage status because they are outstanding examples of bold, ingenious engineering solutions which established durable and enduring links through rugged, mountainous terrain.

The Darjeeling Himalayan Railway (DHR) runs on a 2 ft (610 mm) narrow-gauge line from the plains of Siliguri to the Darjeeling hills of West Bengal. The 86-km line laid between 1879-1881 rises from a height of 340 ft (Siliguri) to 7,480 ft (Darjeeling), powered by steam engines. This was the second railway worldwide to be accorded World Heritage status after the Semmering Railway, Austria (1998).

Fondly known as the 'toy train', DHR passes through a scenic mountainscape of the Himalayan foothills through Kurseong and Ghoom, where it takes a 360 degree turn known as the Batasia loop. Though it takes well over eight hours to negotiate 86 km, the stunning mountain vistas make the ride eminently worthwhile.

The Nilgiri Mountain Railway (NMR) connects the town of Mettupalayam on the Deccan plain with the hill station of Udagamandalam (Ooty) in the Nilgiri Hills of Tamil Nadu. Flagged off in 1899, NMR trains powered by steam engines continue to haul people and farm produce over a 3.3 ft narrow gauge track.

The 'Nilgiri Passenger' train covers a distance of 26 km (16.2 mi), travels through 208 curves, 16 tunnels, and across 250 bridges. The steady upward journey through the densely wooded Nilgiri hills is exhilarating, as the train



## Sun Temple, Konark



chugs uphill for 4 hours and 50 minutes from Mettupalayam to reach Ooty (7,228 ft) via Coonoor (5,616 ft), Wellington (5,804 ft) and Lovedale (7,694 ft).

The 2 ft 6 in narrow gauge Kalka-Shimla Railway links the hill stations of Kalka and Shimla in the Himalayan state of Himachal Pradesh. Noted for the breathtaking views of the hills and surrounding villages it offers, within the engineers' fraternity it is also venerated for the sharp incline of its 96 km stretch. The construction of this scenic railway line was started in 1898 by the Delhi-Umbala Co at a then astronomical cost of Rs.1.73 crore, and was completed in 1903. Subsequently it was purchased by the British India government in 1906.

The 20 km Matheran Hill Railway links the town of Neral, 87 km from Mumbai (Maharashtra) to the hill station of Matheran. The narrow gauge (2 ft) rail track was laid between 1901 and 1907 under the supervision of Abdul Hussein Adamjee Peerbhoy, and financed by his father Sir Adamjee Peerbhoy of the Adamjee Group at a cost of Rs.16 lakh. The unique feature of this railway line is that it runs through large swathes of forest of the Western Ghats connecting holidayers and picknickers from India's commercial capital with their favourite hill station, where motor cars are banned.

### SUN TEMPLE, KONARK

The glory of the eastern seaboard state of Orissa (pop. 44 million), the majestic Sun Temple at Konark (65 km from the state capital Bhubaneswar) was inscribed into the list of Unesco World Heritage Sites in 1984. Also known as the Black Pagoda because it is executed in black gran-

ite, this 13th century temple was commissioned by King Narasimhadeva I (AD 1236-1264) of the Eastern Ganga Dynasty. The entire temple complex resembles the chariot of Surya, the Sun god drawn by seven spirited horses on 12 pairs of exquisitely wrought wheels. Two imposing lions guard the portals, each crushing a war elephant. The elephant in turn is mounted on a human body.

Constructed according to the tenets of the Kalinga School of Architecture, famous as much for its imposing dimensions and faultless proportions as for the harmonious integration of architectural grandeur, the Sun temple's fine tracery and scrollwork, as well as the natural cut of animal and human figures, give it a marked superiority over other temples.

There are several theories to explain the decline and fall into ruin of the Sun temple. According to one version, Kalapahad, a brahmin who converted to Islam, invaded Orissa in 1508 and destroyed Konark, as well as a number of Hindu temples including the Puri Jagannath temple. After the fall of Kalapahad, Orissa fell under Muslim rule in 1568 and then followed a long history of attempts to destroy Hindu temples across the state.

The final nail in the Konark temple was hammered in 1626 when Raja Narasimha Dev took away the Sun divinity to Puri, together with the celestial idols of the Sun and Moon and installed them in the Jagannath temple complex. Later in 1779, the Arun Pillar was also removed and installed in front of the Lion's Gate of Puri Jagannath. Thus by the end of the 18th century Konark lost its glory and was overrun by forest cover until clearance and restoration work began in 1924.

# LEISURE & TRAVEL

## KAZIRANGA NATIONAL PARK

Wild, exotic and abundant, the Kaziranga National Park is arguably India's most well-administered wildlife sanctuary. Sited in the heart of Assam, it hosts the world's largest population (2,200) of the Indian one-horned rhinoceros. Besides, it teems with a rich feast of other fauna, namely tigers, elephants, panthers and bears, and thousands of birds. Sprawled over 860 sq. km, the park attained World Heritage Site status in 1985.

The history of Kaziranga National Park can be traced back to the beginning of the 20th century, before it was formally declared a protected sanctuary on February 11, 1974. Earlier during the 19th century, the area around Kaziranga was notoriously famous for wild animals,



and terrorist activity. This rugged national park in the Himalayan foothills extends across the borders of Bhutan and is alive with rare and endangered wildlife and game including the Assam Roofed Turtle, Hispid Hare, Golden Langur and Pygmy Hog. The park is named after the Manas River, a major tributary of the Brahmaputra which flows through the park.

Situated in the Eastern Himalayan foothills, Manas Natural Park is densely forested, with six rivers including the Manas, flowing through the sanctuary. The weather is salubrious throughout the year.

## SUNDARBANS NATIONAL PARK

The gem among the country's national parks, encompassing two countries (India and Bangladesh), the Sundarbans sprawl over 10,000 sq. km of land and water in the Ganges delta of eastern India. Untamed, natural, and real, the park contains the world's largest mangrove swamps and hosts the lordly and endangered striped beast — the Royal Bengal Tiger. Indeed the Sundarbans delta of West Bengal, is one of the largest reserves of the Bengal Tiger.

Accorded World Heritage Site status in 1987, the park comprises 54 small islands and is crisscrossed by several tributaries of the Ganga, with 26 mangrove species. Currently there are over 200 Royal Bengal Tigers in the reserve, distinguished for their man-eating tendencies and capability to swim in saline waters.

malaria, frequent floods and the unpredictable course of the mighty River Brahmaputra. With the rise of the tea industry in Assam, the forests of the area were gradually cleared for settlement and plantations.

Conservation efforts in Kaziranga began soon after a visit of Lady Curzon, the American first wife of Lord Curzon, Viceroy of India in 1904. Concerned about the dwindling rhinos, Lord Curzon took action to save the endangered beast. Thus the 57,273 acre Kaziranga Proposed Reserve Forest was cleared on June 1, 1905. Subsequently the boundaries of the Park were extended several times in 1913, 1917 and lastly in 1967 towards the south to provide a corridor for the animals to cross over to the Karbi Anglong Hills, when the Brahmaputra is in spate.

## MANAS WILDLIFE SANCTUARY

The north-eastern state of Assam (pop.31 million) also boasts the Manas Wildlife Sanctuary, given World Heritage Site status in 1985, to protect it from rampant poaching





**Premier Kidz Awards- India's first Inter playschool competition  
Organized by Affairs Exhibition and Media Pvt.Ltd  
Designed and Executed by White Canvas India.**

The finals of the Premier Kidz Awards- India's first Inter playschool competition saw a huge response at The Premier School Exhibition, Expocentre Noida. More than 300 enthusiastic children from more than 40 leading playschools of Noida and Indirapuram participated in the final.

The auditions for the same were held in more than 50 leading playschools of Noida, and Indirapuram. More than 3000 children had participated in the auditions. The contests included Coloring the Doodles, Show and Tell, Baby Walk and Baby Yoga based on age groups of 2yrs to 5years only.

Earlier the Finals of the Gurgaon edition saw a similar huge response at the Apparel House, Sector 44 Gurgaon where more than 250 children

and parents enthusiastically participated in the finals. Cradle to Crayons was judged the best playschool at Gurgaon with more than 5 finalists winning various titles. Post Gurgaon and Noida the event has travelled to Guwahati, Lucknow, Patna, Jammu, Ludhiana and Chandigarh too and attracted more than 5000 participants in its first year since inception.

**“We sincerely like to thank the very young ones who came out in large numbers and high spirits to participate in the finals and especially on stage at such an early age** “expressed an excited Mr.

Sanjeev Bolia, CMD, Affairs Exhibitions and Media Pvt. Ltd.

Satisfied with the first season's response we are keen to make it more exciting and much bigger the next season, exclaimed Pranita Shah, Director Operations, White Canvas India.

Post the event the traction on various Facebook pages has been very high too with



post engagements in excess of 5000 views across various Facebook pages.

Full details and pictures of the event available at [facebook.com/premierkidzawards](https://facebook.com/premierkidzawards). Keen on the first year success, we are keen to reach out to students of various other Indian cities in association with the India and International Premier School Exhibition calendar.

The event was designed and executed by White Canvas India- Management consulting company based in Noida and expertizing in Marketing, Promotion and Sales Strategy. To enroll your playschool or school into the competition or to participate as sponsor call us at 8826353856.



# PARENTS CORNER

## *Strategies to improve children's behaviour*

**PW invited parents of former students of Knowledge Bus Preschool, Delhi to share the most effective strategies to improve children's behaviour**



“Much of our learning comes from observation, instinct and instruction. We have seen the impact of conscious role modelling of respectful behaviour on our twin

daughters Advika (4) and Malvika (4). They are gradually growing up into polite and respectful children. How we manage interpersonal relationships at home gives children vital lessons in behaviour. We always use the magic words “please” and “thank you” and phrases like “good work!” or “I am proud of you!” in admiration. We have also recently introduced a rule never to indulge in rude behaviour or use foul language with the children. We speak to them sternly only when the need arises.” — **Komal Aggarwal**, homemaker



“A happy and positive home environment plays a vital role in shaping children's behaviour. As parents, we have nurtured our daughters Suditi (4) and Jivisha (1) into happy children through basic courtesies practiced at home. We

make it a practice to wish each other in the mornings and evenings with a smile and warm embrace to show our love and affection. Moreover, we maintain a courteous attitude towards our domestic help. We also encourage tea and dinner-time conversations with the children. I am happy to share that Suditi gives me a daily school bulletin which sometimes transforms into long debates.” — **Radhika Kohli Khanna**, former civil aviation industry employee



“My children Radhya (4) and Rudra (1) make me proud when they display exemplary behaviour. As a professional physiotherapist, I understand how

impactful sports can be in inculcating positive behaviour, companionship, sharing and caring, and teamwork in children. Therefore, I encourage Radhya to swim, cycle and play with other children of her age group. After work on weekdays, we play indoor games with the children. And bed time stories are a must because they provide meaningful lessons in positive behaviour.” — **Dr. Richa Adatia**, consultant physiotherapist



“It does children a lot of good when we involve them in making rules, because it gives them the chance to take responsibility for their own behaviour. My four-year-old daughter Aahana used to demand

my attention to the point of turning cranky, especially when I was driving. I explained to her that if I didn't concentrate on the road ahead, we could meet with an accident! Now Aahana keeps herself busy when she is in the car with me. A year ago, she also had the annoying habit of scattering her toys all over the house. I inspired her to tidy up by explaining to her in fairy tale fashion how lost her dolls would feel if they weren't put back with their family of toys. Now she makes it a practice to keep her toys in their rightful place and even encourages her little play pals to do the same. A dollop of patience and simple logic is all it takes to instill good habits in young children.” — **Dr. Divya Goel**, radiologist



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INTERNATIONAL SCHOOL, NOIDA

*Opening Minds, Widening Horizons*

*...where students are engaged and happy*

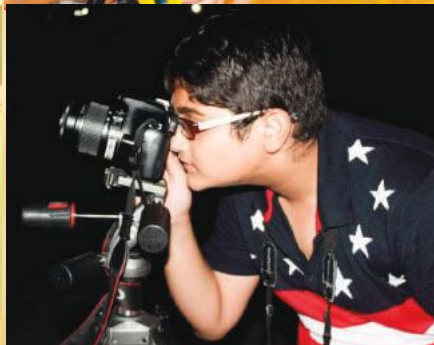
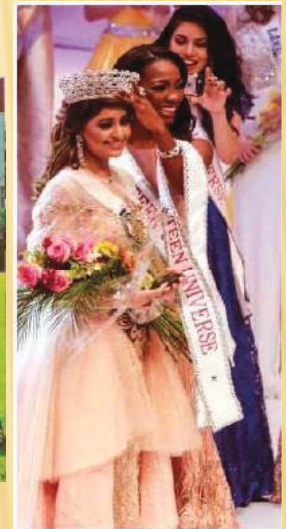


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