



How exercise may increase self-control

SMART LIVING

Study suggests that exercise may increase our willpower and perhaps help us avoid making impulsive choices

FOR MOST of us, temptations are everywhere, from the dessert buffet to the online shoe boutique. But a new study suggests that exercise might be a simple if unexpected way to increase our willpower and perhaps help us to avoid making impulsive choices that we will later regret.

Self-control is one of those concepts that we all recognise and applaud but do not necessarily practice. It requires forgoing things that entice us, which, let's face it, is not fun. On the other hand, lack of self-control can be consequential for health and well-being, often contributing to problems like weight gain, depression or money woes.

Given these impacts, scientists and therapists have been interested in finding ways to increase people's self-restraint. Various types of behavioural therapies and counselling have shown promise. But such techniques typically require professional assistance and have for the most part been used to treat people with abnormally high levels of impulsiveness. There have been few scientifically validated

options available to help those of us who might want to be just a little better at resisting our more devilish urges.

So for the new study, which was published recently in Behavior Modification, a group of researchers at the University of Kansas in Lawrence began wondering about exercise.

Exercise is known to have considerable psychological effects. It can raise moods, for example, and expand people's sense of what they are capable of doing. So perhaps, the researchers speculated, exercise might alter how well people can control their impulses.

To find out, the scientists decided first to mount a tiny pilot study, involving only four men and women. These volunteers, who had been sedentary and overweight, were told they would be taking part in an exercise program to get them ready to complete a 5K race, and that the study would examine some of the effects of the training, including psychological impacts.

The volunteers began by completing a number of questionnaires, including one that quantified their "delay discounting," a measure that

psychologists use to assess someone's ability to put off pleasures now for greater enjoyment in the future. It tests, for instance, whether a person would choose to accept \$5 today or \$15 a week from now.

The delay-discounting questionnaire is generally accepted in research circles as a valid measure of someone's self-control.

The volunteers then undertook a two-month walking and jogging regimen, meeting three times a week for 45 minutes with the researchers, who coached them through the sessions, urging them to maintain a pace that felt difficult but sustainable. Each week the men and women also repeated the questionnaires.

Finally, a month after the formal training had ended, the volunteers returned to the university for one more round of testing. (Later, two of them also ran 5K races.)

The results were intriguing, the researchers felt. Three of the four participants had developed significantly greater self-control, according to their delay-discounting answers, and maintained those gains a month after the formal training had ended. But one volunteer, who had missed multiple sessions, showed no changes in impulsivity.

A four-person study is too small to be meaningful, though, so the researchers next repeated the experiment with 12 women of varying ages, weights and fitness levels. The results were almost identical to those in the pilot study. Most of the women gained a notable degree of self-control, based on their questionnaires, after completing the walking and jogging program. (In this experiment, they were told they were training for better fitness.) But the increases were proportional; the more sessions a woman attended or the more her average jogging pace increased, the greater the improvement in her delay-discounting score. These gains lingered a month after the training had ended, although most of the women had

tapered off their exercise routines by then.

The upshot of these results would seem to be that exercise could be a simple way to help people shore up their self-restraint, says Michael Sofis, a doctoral candidate in applied behavioural science at the University of Kansas who led the study.

These two experiments cannot tell us, though, how exercise helps us to ignore a cupcake's allure. But Sofis says that many past studies have concluded that regular exercise alters the workings of portions of the brain involved in higher-level thinking and decision-making, which, in turn, play important roles in impulse control.

Exercise also may have more abstract psychological impacts on our sense of self-control he says. It is, for many of us, a concentrated form of delayed gratification. Exerting ourselves during a workout is not always immediately pleasurable. But it can feel marvellous afterward to know that we managed to keep going, a sensation that could spill over into later decision-making.

Of course, with a total of only 16 participants, these experiments remained small-scale and limited, relying on a fundamentally artificial, mathematical measure of self-control. The scientists did not, for example, track whether the volunteers became less impulsive in their actual daily lives. Sofis and his colleagues hope to conduct follow-up studies that will look at the real-world impacts of exercise on self-control.

But for now, he says, these results suggest that normal people "can change and improve their self-control with regular physical activity."

Exercise is known to have considerable psychological effects. It can lift moods, for example, and expand people's sense of what they are capable of doing. So perhaps, researchers speculated, exercise might alter how well people can control their impulses



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The various faculties are represented as

- Care Educational Academy
- Care Institute of life sciences
- Care community services
- Care women empowerment
- Care skill development project

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CARE ANIMAL WELFARE PROJECT:

Care has also worked for the project against cruelty against animals.

CARE COMMUNITY SERVICES:

This is a mission with the aim of

5 Veg Foods to up your protein quotient

A lot of class one protein comes from non-veg food and contributes to a major part of a weight training individuals' diet. So, if you are cutting out eggs and chicken from your diet, here are 5 vegetarian replacements that will help you hit your protein intake levels.

WHEY PROTEIN SUPPLEMENT

Many of you may already be consuming it and may be aware of its benefits. A single scoop of 30 grams can provide anywhere from 22-30 grams of protein, depending on the brand you use. It's easy, convenient and effective.

SOYBEAN GRANULES

Another vegetarian staple, 100 grams of soy comes with 52 grams of protein and 33 grams of carbohydrates. Granules in particular are easy to cook and can be mixed with a variety of dishes.

LENTILS AND PEANUT BUTTER

The carbs-to-protein-to-fat ratio of the above two is pretty poor. Peanut butter provides very little protein and very high calories. Also, lentils/dais are high on carbs and not so much proteins, as usually assumed.

PEANUTS

100 grams of peanuts packs around 26 grams of protein with 50 grams of fat and roughly 17 grams of carbohydrates. Distribute it evenly throughout the day.

PANEER

Again, a no-brainer choice! A 100 grams of paneer gives you about 23 grams of protein. Be caution, it's also loaded with fat with about 27 grams per 100 grams. So, yes, calculate your macros first.



11 KNEE PAIN do's and dont's

Dr. Sourav Shukla



Knee pain at any age group is either due to recent injury or arthritis which is present for years. These 11 do's and dont's are suggested to help reduce the intensity of the knee pain and make the knee feel better.

NO- TO EXCESSIVE REST

WHY?- Too much rest can weaken your muscles, which can worsen joint pain.

Gentle exercise such as walking and light aerobics should be done daily which is safe for knee.

YES TO EXERCISE

WHY? Cardio exercises strengthen the muscles that support your knee and increase flexibility. Weight training and stretching do, too.

Walk, swim, light aerobics, stationary cycle are all good for the knee, one must be encouraged to do these. Gentle Yoga will help improving balance and muscle strength

NO-TO RISKING A FALL

WHY? A painful or unstable knee can make a fall more likely, which can cause more knee damage. A well lit home, using handrails on staircases will help reducing the chances of fall.

YES TO "RICE"

WHY? Rest, ice, compression, and elevation (RICE) is good for knee pain caused by a minor injury or an arthritis flare.

Give your knee some rest. apply ice to reduce swelling, wear a compressive bandage, and keep your knee elevated for around 5 days.

NO TO OVERWEIGHT

WHY? one kg of weight gain applies 4 times more pressure on one knee joint Even a small change of weight loss helps significantly If not reducing, atleast don't allow it to in-crease any further!

YES TO A WALKING DEVICE

WHY? A crutch or cane can take the stress off of your knee by sharing the weight of the body.

Knee splints and braces can also help you stay stable, especially on an uneven pavement. A word of caution though! Brace should not be used for a very long period as it leads to knee muscle weakness. Use it

when the pain is acute and then stop its use

NO TO A BAD SHOE

WHY? Overused shoe sole can aggravate the knee pain Cushioned insoles can reduce stress on your knees. For knee osteoarthritis, doctors often recommend special insoles (such as especially on the outer side for bow legs) that you put in your shoe. This may helping in reducing the pain due to knee arthritis

YES TO PLAYING WITH COLD AND HOT

WHY? For the first 48 to 72 hours after a knee injury, swelling is due to blood accumulation. Ice pack will help hi reducing swelling in acute pain.

A bag of ice used for 15 to 20 minutes three to four times a day helps reducing pain and swelling. Cover the skin with towel before applying ice. After a week, one can use warm bath, a warm towel or a heating pad for 15 to 20 minutes, three or four times a day to reduce the chronic pain.

NO TO HIGH IMPACT SPORTS

WHY? High-impact exercises can further injure painful knees. These can worsen pain and, if not done correctly, cause injury Avoid jarring exercises such as running, jumping, and kick starting scooter or motorcycle. Also avoid doing exercises such as deep squats that put a lot of stress on your knees.

YES TO AN EXPERTS ADVICE

If your knee pain is new, get a doctor to check it out. It's best to know what you're dealing with ASAP so you can prevent any more damage

NO TO LONG DURATION PAIN KILLERS

WHY? Commonly prescribed pain killers if taken for a longer duration can cause kidney failure, raised blood pressure and aggravate existing asthma.

If knee is swollen, a short duration of them are safe to take after food and along with an antacid. Pregnant women or those suffering from pre-existing renal disease, high blood pressure, asthma should consult their doctors before taking these.

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ENERGY DRINKS CAN KILL YOU!

Drinking even a small amount of caffeinated energy drinks may trigger serious cardiac events in some people with a genetic heart condition that can cause rapid, irregular heartbeat, a study has warned.

The researchers assessed the risk of cardiac events following consumption of energy drinks in patients diagnosed with congenital long QT syndrome (LQTS), a condition that affects one in 2,000 and that can cause rapid, irregular heartbeat that can lead to sudden death.

The study, published in the International Journal of Cardiology, showed that even small amounts of energy drinks can cause changes in the heart that can lead to life-threatening arrhythmias or "improper beating of the heart."

"The potential cardiovascular risk of energy drinks continues to emerge as an important public health issue," explained lead investigator Christopher Semsarian of University of Sydney and Centenary Institute, Australia.

"The population most at risk is teenagers and young adults, representing the population these drinks are most heavily marketed towards. Since energy drinks are widely available to all ages and over the counter, it is important that cardiovascular effects of these drinks are

investigated," Semsarian said. The study was designed to assess the acute cardiovascular responses to energy drink consumption in patients with familial LQTS and to discover whether any identified cardiovascular effects correlate with changes in blood levels of the active ingredients - caffeine and taurine.

Investigators recruited 24 patients aged 16 to 50. More than half were symptomatic before diagnosis and receiving beta-blocker therapy.

Participants were assigned to energy drink or control drink groups for the first study visit.

The energy drink consisted of two sugar-free cans totaling 160mg of caffeine and 2800mg of taurine, totaling 500ml.

The control drink was a cordial-based 500ml drink with no caffeine or taurine.

The results of the study showed that three patients exhibited dangerous QT prolongation following energy drink consumption and two of the three had sharp increases in blood pressure.

"Some individual patients may be at a higher risk," Semsarian said.

"We therefore suggest caution in allowing the consumption of energy drinks in young patients with LQTS," Semsarian noted.

Carbs at end of meal may ward off sugar spike



SAVING THE bread for last at mealtime could help people with diabetes keep their blood sugar under control, new research suggests. People with type 2 diabetes who ate protein and vegetables before they consumed carbohydrate-heavy bread and orange juice had a significantly lower increase in blood sugar after the meal, compared to when they ate carbs first, Dr Alpana Shukla and Dr Louis Aronne of the Comprehensive Weight Control Center at Weill Cornell Medicine in New York City found.

The decrease "is comparable to the kind of effect you see with some of the drugs we use to treat diabetes," Shukla told Reuters Health. "Eating carbohydrates last may be a simple strategy for regulating post-meal glucose levels."

Keeping blood sugar in check is crucial for people with type 2 diabetes, in part because it helps protect them from severe complications including heart disease, vision loss and nerve damage, Shukla noted. Typically, the researcher added, diabetic individuals are advised to cut down on their carb intake and stick with complex carbs rather than simple sugars.

To follow up on small studies showing that eating protein before carbs led to a smaller bump in blood sugar than vice versa, the researchers had 16 men and women with type 2 diabetes consume the exact same meal on three separate occasions, one week apart, eating the items in a different order each time. Study participants ate bread and orange juice

first took a 10-minute rest and finished up with chicken and salad; ate the meal in the reverse order; and consumed the chicken, veggies and bread as a sandwich, accompanied by orange juice. Every time, participants consumed the same amount of calories and carbohydrate.

When people ate the carbs last their post-meal blood glucose levels were about half as high as when they ate carbs first and about 40 per cent lower than when they ate all meal components together. The carbohydrate-last meal was also associated with lower insulin secretion and higher levels of glucagon-like peptide-1 (GLP-1), a gut hormone that helps regulate glucose and satiety. Insulin levels required to keep study participants' glucose under control were about 25 percent lower when they followed the carbs-last plan.

"We all recognise that while it's good to eat less carbs to control blood sugar levels, it may sometimes be difficult to follow this advice," Shukla said. The new findings offer people a simple strategy for preventing glucose spikes when consuming carbs, she added. "In the real world, when people actually eat carbohydrates at the end of the meal after consuming vegetables and protein, they will probably end up consuming somewhat less," the researcher noted. The lower insulin requirements and increase in GLP-1 the study team observed suggests that closing a meal with carbs may also be helpful for weight management, Shukla added, although more research is needed

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For Betterment of Universities

Making Universities Student-Centric, Adopting Concept of Community Colleges Need Of The Hr

Either we manage our universities and colleges with honesty, transparency and vigour, or outsiders will mismanage them further, as already observed, pushing us towards a demographic disaster. As of now, we are minimally student-centric, but maximally administration-centric. When there is no students' union, the administration often tends to be more opaque, impervious and arrogant. We prefer to adopt the path of least resistance, and grow bunches of self-financing courses, without surveys, instead of carrying out healthy development of existing resources and courses, thereby damaging the ethos of older departments.

Dhirubhai Ambani's warning to be aware of three Cs—chelas, chamchas and cronies—echoes on our campuses. A wise vice-chancellor is fair, trustworthy, student-centric, excellence-recognizer, creativity-promoter, facilitator-

inspirator and less visible outside.

In the name of discipline, we prefer punitive measures more than even beginning healthy corrective traditions. In one stroke, it weakens our Indian culture, buries our centuries-old Guru-Shishya parampara, and sows new seeds of uncivilized behaviour in our students. We forget about the agony of graduates who continue to remain not only unemployed but unemployable.

Although the UGC and the government had sent a three-member team to study the advantage of community colleges started by US president Roosevelt, the core concept has not yet been adopted by us properly. It is running excellently in the US, providing infinite vertical and horizontal academic mobility and employability for students without diluting the quality of degrees. We all know about exponential growth of global knowledge. The



minimum requirement to cope with it is to have teachers who can create new modules to make the most difficult topics easy to learn for our students.

This is the most efficient way to ensure knowledge flow to rejuvenate our universities. If this is not done the student bags will overburden them and we will have an army of

graduates without quality. An ideal teacher becomes the best student in his own class. He lives as a guide by the side; and a web weaver of useful information. He loves to teach the magic of words; and art, science and technology to stand on the horizon of known and unknown. (The writer is an educationist and has been the vice chancellor of four UP universities.)

FOUR MALARIA STRAINS IN BLOOD, BASTAR BOY IS A TEST CASE

Science journal says 14-year-old Hunga Ram Kashyap of Bastar the first in India to carry all four types of parasites; a medical anomaly he is currently healthy

IN JULY this year, American scientific journal Public Library of Sciences documented the case of a 12-year-old boy from the forests of Darbha in Bastar, Chhattisgarh, as the first reported case in India of someone having all four types of malaria parasites in his bloodstream.

Hunga Ram Kashyap hasn't heard of any such "first". "Who will come and tell me?" he smiles.

In Bastar, it's not uncommon for people to live the tenuous line between life and death. Now 14, Hunga has had malaria at least twice and has seen his family being attacked by Maoists and chased out of their home for defying a diktat to send him to school. He laughs as he tells these stories.

In July 2015, the National Institute of Rural Tribal Health (NIRTH),

under the Indian Council of Medical Research, set up a malaria clinic at the primary health centre (PHC) in his village. Darbha itself is representative of the Bastar narrative—it is heavily forested and the PHC is less than 5 km from the site of the 2013 attack on a Congress convoy by Maoists, leaving 28 dead. Darbha has another problem too: Malaria.

Amomth after the small, one-room malaria clinic opened, Hunga, then 12, hobbled up to it, helped by a boy one year his senior. They both came from the Darbha government boys' hostel, 2 km away, and Hunga remembers he could barely walk, the lines were long and everything was done in a hurry, and thus, Ranu Ram, a Class 7 student, became 'Hunga's father' in the paperwork that was filled.

Dr. Sanjay Basak, the then district



Hunga Ram Kashyap has had malaria at least twice

malaria officer of Bastar/tri-tribe and one of the authors of the PLOS paper, told The Indian Express that after a consent form was filled, a little blood was taken from under the fingernails of the patient, and studied under a microscope. "The RD kit we used at the clinic could read two types of malaria bacteria—plasmodium of falciparum and vivax — and said 'mixed' if there were more types. We immediately started the boy on medicines for the

two strands of malaria that we detected and kept him at the Darbha clinic, which has a few beds. Fortunately, he recovered after a week and was sent back to the hostel," Basak says.

While Bastar has an acute malaria problem, he adds, the cases are usually limited to two strands. "There are four malaria strands in total—falciparum, vivax, malaria and ovale. The first two are the most prevalent in Bastar, and in India in general.

Ratlike mammal is earliest fossil in human ancestral line, claims study

BRITISH SCIENTISTS have discovered two fossilised teeth and described them as "the earliest undisputed fossils of mammals belonging to the line that led to human beings". The 145-million-year-old teeth, found by a University of Portsmouth student, belonged to two separate species, both of them furry and ratlike, researchers from the university write in a study published Tuesday in Acta Palaeontologica Polonica.

The adjective "undisputed" has a context, for there has been another claimant to being the earliest fossil of a mammalian ancestor of humans. Juramaia sinensis, found in China, was described in 2011 from a fossil that was 160 million years old. The new study, however, disputes the claim that Juramaia was a eutherian, or placental mammal, a grouping that includes humans.

"Various molecular studies have come up with a much later date for the origin of Eutheria, thus eliminating juramaia from Eutheria, but these are all theoretical," Steve Sweetman, lead author of the new study, told The Indian Express by email. "In contrast, fossils provide physical evidence and Averianov 2015 [a study] does not accept Juramaia as a eutherian based on dental characters, and in this we agree," Sweetman added. "Our teeth are unequivocally eutherian and so, at least for now (!), are the earliest examples."

The newly published paper cites the 2015 study by Alexander Averianov of the Russian Academy of Scientists. Neither Averianov nor Zhe-Xi Luo, the paleontologist who had described Juramaia in 2011, had responded to emails from The Indian Express at the time this

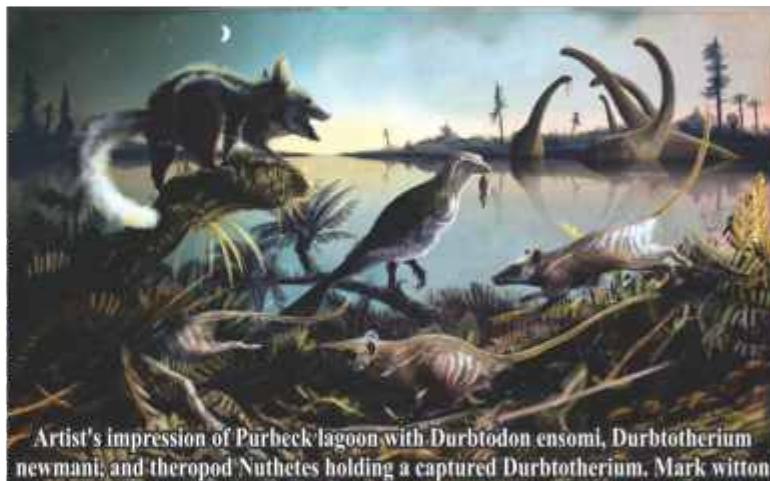
report was being written.

The two newly described species have been named Durlstrodon ensomi and Durlstotherium newmani. The University of Portsmouth team credits Grant Smith, an undergraduate student, with finding the two teeth among earliest Cretaceous rocks collected on the coast of Dorset in Southern England. Smith is now reading for his Master's degree at the university.

"I was asked to look at them and give an opinion and even at first glance my jaw dropped!" Sweetman said in a statement released by the

skulls, and study of the brain shape and nerves indicates that many of these animals had eyesight adapted to nocturnal activity."

After Smith, the university student, had found the teeth, his supervisor, palaeobiology professor Dave Martill, confirmed that they were mammalian. "We looked at them with a microscope but despite over 30 years' experience these teeth looked very different and we decided we needed to bring in a third pair of eyes and more expertise in the field in the form of our colleague, Dr. Sweetman," Martill said in the university statement. "Steve made the connection immediately, but what I'm most pleased about is that as student who is a complete beginner was able to make a remarkable scientific discovery in palaeontology and see his discovery and his name published in a scientific paper. The Jurassic Coast is always unveiling fresh se-



Artist's impression of Purbeck lagoon with Durlstodon ensomi, Durlstotherium newmani, and theropod Nuthetes holding a captured Durlstotherium. Mark Witton

university.

One of the ratlike mammals fed on insects, while the other may have also eaten plants. Both were likely nocturnal creatures. Sweetman explained how a study of the teeth led to those conclusions. "One of the species (Durlstotherium) had teeth that very closely resemble teeth of modern insectivores; the other had more robust teeth that indicate it may have eaten plant material as well as insects," Sweetman wrote to The Indian Express, in response to a question. "Some early mammals are represented by skeletons including

be made right on our doorstep." Of the two new species, Durlstotherium newmani has been named after Charlie Newman, the landlord of the Square and Compass pub in Worth Matravers, where the fossils were discovered.

Your Thoughts Can Make Or Break You

Thoughts are potent. The power of thoughts can help us achieve our goals. Those who want to succeed are driven by thoughts that it is possible and that they can gain the skills to be successful, which in turn inspires them to achieve that goal.



If we take the road of positive thinking, whether for others, or by thinking positively about our goals ourselves, it will lead to success. However, if we listen to negative comments of others, or our own negative self-talk in our minds, we may become discouraged, give up and not reach our goals.

The spiritual path is one that leads us to firsthand experience of God. The practice that leads us there is meditation. To meditate properly, one needs to still one's mind so no thoughts intervene with our focus of gazing within. To be successful, we need to put in time and have a positive attitude to keep practising day after day. A positive attitude will prevent us from giving up.

Negative thinking brings thoughts of sadness, anger, depression, disillusionment, or despair. Once we are in that cycle, it is hard to emerge. When we become negative, we may think meditating is useless and that we may never reach our goal. How can we keep our thoughts positive, especially when faced with so many difficult challenges in life?

As we go through life, we have choices to make. When we need to use our mind for work and communication, we can also use it for keeping our thoughts positive or negative. If we keep them negative, we slow down and when we keep them positive, we progress, both in spiritual and worldly domains. We cannot accomplish our best work when we are weighed down with negativity. But if we are positive, we can move forward spiritually and in the mundane sphere. We should watch our thoughts as we go about our day. Let us awake each day and put positive thoughts in front of us, leaving negative thoughts behind. Let us forget all the negative things people have said or done to us.

When we wake up in the morning and meet our family, let us keep positive thoughts before us. When we go to work, let us focus on the positive things people do and say. Let us overlook any negativity that happens. In this way we can move forward spiritually and also in the mundane sphere of life. We will feel better physically and mentally because we are not stressed by the negativity. We will not be burdened with thoughts of anger and vengeance. We can sail through life happily and peacefully.

Optimism is the ability to see the bright side of the situation and live as if that would happen. Too many of us are pessimists. We tend to look at the bleak side of everything. People who are pessimistic tend to avoid trying things that could lead to their success. They already predetermine that it cannot happen and they do not even try to take the necessary steps towards their chosen goal.

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Mobile phone use during Pregnancy not affect kids



Using mobile phones during pregnancy is unlikely to adversely affect the child's brain development linked to language or movement abilities, a study claims. Researchers from Norwegian institute of Public Health found that children born to mobile phone users had a 27 per cent less risk of having lower sentence complexity and 14 per cent lower risk of incomplete grammar at age 3, compared to children of mothers who reported no mobile phone use. They also found that children born to mobile phone users had an 18 per cent lower risk of low-motor skills at age 3.

बिना एन.ओ.सी. न दें बिजली

एलडीए से नक्शा पास होने या अनापत्ति प्रमाण पत्र जारी होने के बाद ही जा रही हैं। इसी कारण महायोजना 2031 का मूल स्वरूप विगड़ गया है। व्यावसायिक इमारतों के लिए बिजली कनेक्शन मिल सकेगा। एलडीए वीसी नहीं बाहरी इलाकों में अवैध कॉलोनिओ की बाढ़ सी आ गई है। प्रभु नारायण सिंह ने इस संबंध में लेसा चीफ को पत्र लिखा है। वीसी के मुताबिक, लेसा से कहा गया है कि बिना कागज देखे कनेक्शन न दिए जाएं। हालांकि पिछले कई वीसी भी इस संबंध में लेसा का पत्र लिख चुके हैं, लेकिन हर बार यह कयायद महज कागजी ही साबित हुई। अमीनाबाद और पुराने शहर के अलावा गोमती नगर, जहानपुरीपुरम और हजरतगंज जैसे वीआईपी इलाकों में भी घड़ल्ले से अवैध निर्माण हो रहे हैं। एलडीए वीसी प्रभु नारायण सिंह के मुताबिक, आवासीय प्लॉटों पर व्यावसायिक इमारतें बनती बिजली कनेक्शन दिए जाने को अवैध निर्माण में सहयोग माना जाएगा।



सुरक्षित होगी टाइगर रिजर्व के पास के 271 गाँवों की जिंदगी

केन्द्रीय मंत्री मेनका गांधी ने शनिवार को सीएम योगी आश्रित्यनाथ से उनके कार्यालय में मुलाकात की। मुलाकात में उन्होंने टाइगर रिजर्व के आस-पास बसे गाँवों के लोगों की समस्या समेत अन्य मामले रखे। सीएम से मुलाकात के बाद मेनका गांधी ने कहा, पीलीभीत स्थित टाइगर रिजर्व के आस-पास 272 गाँवों में जो लोग रहते हैं, उनकी जिन्दगी काफी मुश्किलों में बीतती है। मुख्यमंत्री से इस बारे में बातचीत हुई। उन्होंने आश्चर्य किया है कि एलपीजी कनेक्शन समेत अन्य सुविधाएं गांव वालों का वी जाएंगी। ताकि उनको जंगल में जाने की जरूरत न पड़े।

योगी सरकार की तारीफ की: मेनका गांधी ने खुबे में चल रही योगी सरकार की तारीफ की। वह बाली, यह न्यायप्रिय सरकार है। मैं काम-काज से खुश हूँ। यह बात मैं मंत्री की हैसियत से नहीं बल्कि सांसद के तौर पर कह रही हूँ। टाइगर रिजर्व के आस-पास आई बाढ़ के हालात का जायजा लेने सीएम खुद गए थे। पिछले दस साल में तो मैंने किसी सीएम को वहां नहीं देखा।



'Treating insomnia can ease depression and paranoia'



Treating young people who suffer from insomnia by using online cognitive behavioural therapy (CBT) could reduce debilitating mental health problems such as anxiety and depression, scientists have said. In a large trial published in *The Lancet Psychiatry journal*, researchers at Oxford University's Sleep and Circadian Neuroscience Institute also found that successfully treating sleep disruption eased psychotic symptoms such as hallucinations and paranoia. "Sleep problems are very common in people with mental health disorders, but for too long insomnia has been trivialised as merely a symptom, rather than a cause, of psychological difficulties," said a researcher. The research involved 3,755 university students from across Britain who were randomized.

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Coffee may cut diabetes risk, says study

Scientists have identified a compound in coffee that may cut the risk of developing Type 2 diabetes. Researchers from Aarhus University Hospital in Denmark also found that one of these previously untested compounds appears to improve cell function and insulin sensitivity in laboratory mice. The finding could spur the development of new drugs to treat or even prevent the disease. Previous studies show that a compound in coffee called cafestol increased insulin secretion in pancreatic cells when they were exposed to glucose. Cafestol also increased glucose uptake in muscle cells just as effectively as a commonly prescribed anti-diabetic drug. Researchers wanted to see if cafestol would help prevent or delay the onset of Type 2 diabetes in mice. After 10 weeks, both sets of cafestol-fed mice had lower blood glucose levels and improved insulin secretory capacity compared to a control group, which was not given the compound. Cafestol also did not result in hypoglycemia, or low blood sugar.

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मोटी आज स्कूल के आने के बाद बहुत उदास लग रहा था। हालांकि स्कूल के साप्ताहिक मैथ्स टेस्ट में उसके बढ़िया मार्क्स आये थे। मम्मा पापा ने उसे इसके लिए शाबाशी भी दी, लेकिन उसे कुछ अच्छा नहीं लग रहा था। शाम को जब पापा ऑफिस से आये, तो उन्होंने मोटी से उसकी उदासी का कारण पूछा। मोटी ने क्लास की पूरी घटना पापा को बता दी, उसकी वजह से वह परेशान था। उसने बताया कि आज मैथ्स के सर ने उसे और वरुण को 9 का फ्लैग (टेबल) ब्लैकबोर्ड पर लिखने को कहा। तो पूरी टेबल लिख दी, लेकिन वरुण ने उससे बहुत कम समय में यानी कुछ सेकंड्स में ही पूरी टेबल लिख दी।

वरुण ने किस तरह लिखी टेबल? पापा ने पूछा। उसने पहले 9, 18, 27, 36, 45 लिखा और फिर इन सभी अंकों को उलटकर यानी 54, 63, 72, 81, 90 लिख दिया। सर ने इस होशियारी पर वरुण की तरह अपनी सोच विकसित करने के लिए कहा। मोटी ने एक सप्ताह में सारी बातें बता दीं।

पापा ने कहा वरुण ने आउट ऑफ बॉक्स सोचा। इसलिए वह तुमसे आगे निकल गया। वे आउट ऑफ बॉक्स क्या होता है पापा? क्या मैं वरुण की तरह सोच सकता हूँ मोटी ने पापा के सामने प्रश्न रखे। पापा ने बड़े ही धैर्य के साथ मोटी के सवाल सुने फिर बताने लगे - यदि हम किसी प्रश्न को सीधे-साधे ढंग से सोचने की बजाय क्यों-क्या कहाँ-कब और कैसे के बारे में खुद से सवाल करें, तो यह सोच आउट ऑफ बॉक्स कहलाती है।

कोई भी व्यक्ति प्रयास और अभ्यास से ऐसा सोच सकता है। मैथ्स या किसी अन्य विषय के सवालों को हल करने के अलावा, यह ट्रिक रोज की दिनचर्या में भी इस्तेमाल की जा सकती है। पापा ने आगे बताया कि आउट ऑफ बॉक्स सोच हमें थिंके-पिंटे डरें से भी आजादी देती है हम किसी भी चीज या विचार करने लगते हैं। हमें बात की प्रामाणिकता के बारे में अवश्य फता लगाना चाहिए।

यह कैसे संभव है पापा?, मोटी ने सवाल किया इसे तुम इस तरह से भी सोच सकते हो। मान लिया जाये कि मम्मा - पापा मोबाइल की बजाय तुम्हें खेल के मैदान में खेलने के लिए कहते हैं। तुम इस आदेश को मानकर या तो चोरी-छिपे मोबाइल पर गेम खेलने लगते हो या उनके कहने पर यह घर से बाहर निकल जाते हो। यदि तुम इस बात के बारे में पता लबाओगे



तो तुम्हें असंख्यक पता चलेगी। लगातार कई घंटे तक मोबाइल देखने से हमारी आंखें छोटी उम्र में ही क्षमा लगाने की आशंका उत्पन्न हो जाती है। वही करीब एक घंटे तक मोबाइल-भाग वाला खेल खेलने से न सिर्फ हमारी मांसपेशियां मजबूत होती हैं, बल्कि दिमाग भी तंदुरुस्त होता है यदि कोई गलत बात कह रहा है, तो उस पर आंख मूंद कर विश्वास करने और सिर हिलाने की बजाय अपनी बात जरूर कहें। पापा ने इस बात को जानने के खयाल से मोटी से एक सवाल पूछा। मोटी ने जैसे ही सवाल सुना कुछ सेकंड्स में ही उसने सोचकर जवाब दे दिया। उसने पापा के बताए अनुसार आउट ऑफ बॉक्स सोचा और आसानी से उत्तर दिया। मोटी का जवाब सुनते ही पापा उसे खुब शाबाशी देने लगे। अब मोटी बहुत खुश था कि कल तब वह स्कूल जाएगा तो सभी प्रश्न चुटकीवैधे देगा।

यदि आप चाहते हैं कि आपके बच्चे आउट ऑफ बॉक्स सोचें, तो उनके उनके साथ बोर्ड गेम्स जैसे कि सुडोकू, पजल आदि खेलें। इससे उनकी रचनात्मकता बढ़ेगी। उन्हें खोल बोल करने तथा स्वयं भी कुछ कार्य करने की आजादी दें। एक बांस की तरह हमेशा उनके क्रिया-कलापों पर अंकुश न लगाते रहें। घर में टीवी, मोबाइल को ज्यादा देर तक चलने न दें। रचनात्मक कार्य जैसे कि नाटकों के लिए किये जाने वाले रिहर्सल ड्रॉइंग-पेंटिंग तथा प्रिय लेखकों की किताबों को पढ़ने के लिए उन्हें प्रेरित करें।

सोनिया पुआर,
मनोचिकित्सक

अंजू सिंह

चतुर्वेद से संस्कृत का एक वाक्य है अहम् ब्रह्मास्मि जिसका अर्थ है मैं स्वयं अहम् हूँ ब्रह्म यानी निर्माणकर्ता, सृजनकर्ता निर्माता। इस लिहाज से इस वाक्य का अर्थ हुआ मैं स्वयं अपना खुद निर्माता हूँ। शब्दिक अर्थ के अलावा इस वाक्य का आध्यात्मिक अर्थ है - मैं ईश्वर अंश हूँ। उसी ईश्वर का अंश जिसके सभी दूसरे अंश हैं, यानी हम सब एक जैसे हैं। हममें किसी तरह का कोई भेद भाव नहीं है। यह वाक्य हमें यह महसूस कराने के लिए भी है कि सृष्टि के जिस निर्माता ने बड़े-बड़े, सागर, पर्वत, ग्रह, पूरा ब्रह्मांड बनाया, मैं भी उसी अखंड शक्ति का स्रोत हूँ। इसलिए मुझे अपने अन्दर की उसी ऊर्जा, अंश को जगमगत कर वैसा ही बनाने का प्रयत्न करना चाहिए। तभी हमारी खुद, की देश की, राज्य की वहां तक की संसार की नैतिक, भौतिक, आत्मिक उन्नति होगी। ईसा, पैगंबर, बुद्ध, गांधी, नामक महावीर सभी ने किसी न किसी रूप में यह बात कही। सभी ने अपने भीतर झांकने और खुद पर भरोसा रखने की बात कही। महात्मा बुद्ध ने भी कहा था कि अल्प दीर्घ भव यानी अपने सीये खुद बनो। खुद जलो तो अंधेरा दूर होगा। अक्सर हमें यह बात है कि हमारे आधुनिक समाज में सह - सरोकार का भाव 'मैं', सिर्फ मैं और सिर्फ मेरा मैं तिरोहित हो जा रहा है। आधुनिक दौर में ज्यादातर युवा अहम् 'ब्रह्मास्मि' की उपरोक्त सीख से अलग हैं सिर्फ मैं, सिर्फ मेरा को अपनी जीवन शैली का केन्द्र बना चुके हैं। उनके इसके मैं के दायरे में घर, परिवार, पास-पड़ोस, प्रांत, समाज, देश तो दूर भाई-बहन, दोस्त, रिश्तेदार, तक शामिल नहीं हैं। ऐसे दौर में हम मानवीय मूल्य और सामाजिक सरोकार की बात को सोच भी नहीं सकते। जाहिर है यह अभाव हमारे युवाओं में मानसिक सनाव, विमारी, टूटन, घुटन, और अभाव की वजह बनता जा रहा है। आजकल आधुनिक युवा इस तरह की खबरें पढ़ने को मिलती है कि फलां जगह की अपराध, घटना या हादसे के बाद अगर पीड़ित को समय से सहायता मिल जाती, अस्पताल पहुँचा दिया जाता, तो उसको मदद मिल जाती। तभी मामलों में उनकी जान तक बचाई जा सकती थी, पर अपने में मस्त होने या फिर अपनी सामाजिक, मानवीय जिम्मेदारियों से बेपरवाह होने के चलते नजर में आने के बावजूद लोग अनदेखा करते रहे और वाक्य के शिकार लोगों की जान बचाई नहीं जा सकी। क्या ऐसे हालात हमारी संस्कृति और सभ्यता से मेल खाते हैं? नहीं। सुफियों की कहानी है कि दो आदमी एक रास्ते पर चल रहे हैं। एक आदमी के हाथ में लालटेन है तो दूसरे के हाथ में नहीं है। कुछ घंटों तक दोनों साथ-साथ चलते हैं आधी रात हो जाती है, लेकिन जिसके हाथ में लालटेन नहीं है, उसे इस बात का खयाल भी पैदा नहीं होता कि मेरे हाथ में लालटेन नहीं है। लालटेन की जरूरत भी क्या है? दूसरे के लालटेन से रोशनी मिल रही है उसके भी उतनी ही रोशनी मिल रही है जितनी लालटेन नहीं रखने वाले के हाथ में। फिर वह जगह आ जाती है जहां से वे अलग होतें हैं। फिर लालटेन न रखने वाले की राह में लुप्त अंधेरा छव जाता है। यह कहानी यह संदेश देती है कि राह अगर एक है तो किसी एक की लालटेन से भी दूसरे राहगीर की राह रोशन हो सकती है तो दोनों को अपनी अलग अलग लालटेन रखनी होगी। सभी धर्मग्रन्थ वेद, पुराण, गीता, कुरान, रामायण, महाभारत, बाइबल, गुरु ग्रन्थसाहिब ऐसे उत्तम से भावों से भरे पड़े हैं। बशर्त हम उन पर चलें।

महाभारत के एक प्रसंग का उल्लेख यहाँ समीचीन होगा। यक्ष - युधिष्ठिर संवाद में जब युधिष्ठिर संवाद में जब युधिष्ठिर धर्म रूपी यक्ष द्वारा ली गई परीक्षा में उसके सभी प्रश्नों का उत्तर देने में सफल रहते हैं, तो यक्ष द्वारा किसी एक भाई के जीवित किए जाने का वरदान मांगने पर नकुल को जिला देने की बात कहते हैं। यक्ष के यह पूछने पर कि सगे भाई बलशाली भीम या धनुर्धर अर्जुन की जगह पर नकुल को जिंदा कर देने की वजह क्या है? युधिष्ठिर जवाब देते हैं कि मेरे पिता पांडु की दो पत्नियों में माँ कुंती की संतान के रूप में मैं जीवित हूँ। नकुल के

सहकार का भाव

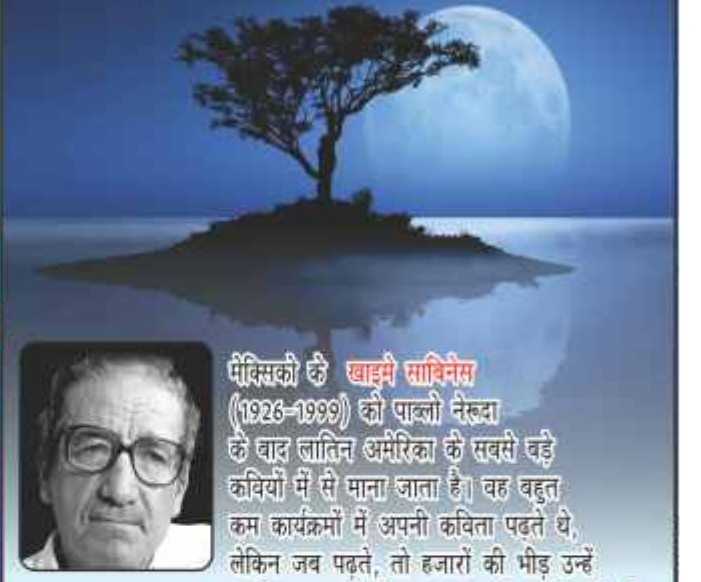


जिंदा होने से कुंती की संतान के रूप में माद्री की भी एक संतान होजाएगी। हमें अपने भीतर भी भाव को जगाना है।

समय-समय पर अपनी पैरेंटिंग स्टाइल की जांच करते रहें। क्या आप उन्हें न कहने से डरते हैं। बच्चों की हर बात जानने पर उनके हली और आत्मकेंद्रित होने की संभावना बनी रहती है। उनके साथ समय बिताएं। उन्हें भौतिक चीजें देने की बजाय किसी एक दिन यह जानने में बिताएं कि आजकल उनकी जिंदगी में क्या चल रहा है? उनकी गतिविधि कैसी है। मैं और मेरा की बजाय हम और हमारा पर जोर दें। उनमें दया भाव विकसित करें। ब्यालु बच्चे जानते हैं कि दूसरे कैसा महसूस करते हैं। उन्हें मिलने वाली पॉकेट मनी से कुछ पैसे जरूरतमंदों को देने तथा अपने खिलौनों को स्ट्रेल्टर छत्रों में दान करने के लिए प्रेरित करें। उनकी कोई भी मांग तुरंत पूरी करने की बजाय उन्हें 24 घंटे इंतजार करने को कहें। इससे उनमें सहनशीलता विकसित होगी।

- सोनिया पुआर, मनोचिकित्सक

विश्व साहित्य से.....



मैक्सिको के **खामे साविनेम** (1926-1999) को पाब्लो नेरुदा के बाद लतिन अमेरिका के सबसे बड़े कवियों में से माना जाता है। वह बहुत कम कार्यों में अपनी कविता पढ़ते थे, लेकिन जब पढ़ते, तो हजारों की भीड़ उन्हें सुनने आ जाती थी। एक बार तो आयोजकों को सड़कों पर कई किलोमीटर तक लाउडस्पीकर लगाने पड़े थे। यह उनकी लोकप्रियता का आलम था। इस कविता का अनुवाद सीधे स्पैनिश भाषा से किया गया है।

चाँद

तुम हर दो घंटे में चाँद को चम्मच में भरकर खा सकते हो या कैप्सूल में भरकर। उससे नींद की गोली जैसा फायदा मिलेगा और दर्द-निवारक गोली की तरह भी। और उन लोगों को उससे खास फायदा होगा जो कुछ ज्यादा ही फिलांसफी झाड़ा करते हैं। अगर अपने बटुए में तुम चाँद का एक टुकड़ा रखोगे तो वह भालू के बाल या खरगोश के पैरों से ज्यादा चमत्कारी होगा।

उससे तुम्हें एक प्रेमी खोजने में मदद मिलेगी या चोरी-छिपे धनवान बन जाने में भी। उसके कारण डॉक्टर और अस्पताल भी तुमसे दूर ही रहेंगे जब बच्चे सोने से मना करें, तब तुम टॉफियों की तरह उन्हें दे सकते हो चाँद। अगर बुजुर्गों की आँखों में दो बूंद और चाँद डाला जाए तो वे ज्यादा आसानी से प्राण छोड़ पाते हैं।

चाँद का एक नया पता अपने तकिये के नीचे रखकर सोओ और जो चाहे, सो सपना देखो। चाँद की हवा से भी भरी हुई बोटल हमेशा अपने पास रखकर चला करो। इससे तुम पानी में डूबने से बच जाओगे। कँदियों और निराश लोगों को चाभी की तरह दे दो चाँद। जिन लोगों को सजा-ए-मौत मिली है और जिन लोगों को सजा-ए-जिंदगी। ऐसे लोगों के लिए चाँद से बेहतर कोई टॉनिक नहीं है वे उसे थोड़ा-थोड़ा, लेकिन नियमित लिया करें।

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TOWARDS A SCHOOL OF FESTIVITIES

Schools can be an excellent platform for religious harmony and preservation of our rich culture and unity in diversity. As part of their school life, children should be encouraged to celebrate festivals along with classmates, peers and teachers

As one of the most diverse countries in the world, India enjoys a fair share of cultural and religious festivities throughout the year. In tune with our syncretic culture and the traditional values, festivities always brought the entire neighborhood, communities and families together to celebrate. Back in the days of joint families and community living, each of us recall fondly setting off fireworks for Diwali, decorating a tiny tree for Christmas and visiting friends for Eid. With families becoming nuclear all this has changed. Rare are community celebrations of festivals and rarer are schools celebrating all festivals. "Today festivals are an excuse for holidays. Most schools tend to give their students a vacation for festivals that spread over two or three days. This is so incorrect. A good school, however, must encourage the learning, understanding and following of all faiths. Whether it is Diwali, Dussehra, Easter, Christmas, Eid or Gurupurab, students must be taught the importance of peace, harmony, celebration and that divinity is in understanding each other," reiterates Uma Pandey, a

school principal. Some may argue that schools are secular places and they must not celebrate any religious festival of any community. "Having such a perspective is counterproductive it does not help children in the long run. If we are to raise children fit to live and work in a global community, we must develop in them qualities of cooperation, peaceful co-existence and respecting each other's difference? —whether social or religious. Parents and schools seriously need to do away with the restrictive idea of secularism that raises eyebrows if schools celebrate religious festivals," asserts Sanjeev Roy, an education expert for EU and SAARC. "No matter how many books you may ask a child to read on the connotations of each festival or how many talks in the school assembly you may give explaining the stories, morals and the lessons behind each festival, they will never suffice. Children learn what they see and not what they hear. This is exactly why all festivals must be celebrated in school and at home too. We make sewain on Eid, bake a cake on Christmas and take my kids to the gurdwara to do sewa and have

'tengar' too apart from celebrating our own festivals at home. I am glad that my kids look at people as persons and not as religious denominations," avers Rashmi Gautam, a parenting counsellor. The school years are formative years in the life of every individual and all learning imparted stays with them for a lifetime. Celebrating festivals in school ensures that students learn to accept and respect all religions. "Given the divisive times we live in, respecting other people, religions and beliefs becomes crucial if at all we must live in harmony. Celebrating festivals in school not only forms memories, but also shapes characters. If we desist from celebrating our unique and distinctive socio cultural and religious diversity, by the time the next generation comes, they will not know what a festival is," notes senior lawyer Faisal Asad



All learning imparted in school stays with children for a lifetime

Hussain. We must endeavour to children the values of harmony, tolerance, acceptance of diversity and celebrating differences alia young age when their minds are not influenced by caste community, social divide and parochial perspectives. Celebrating all festivals in school in tie true spirit of togetherness is a good place to start.

Fostering creativity



Contrary to the popular assumption that creativity is an inborn faculty, creativity is a skill more than an inborn talent. It is an unrestrained form of self-expression, a process of bringing something new into being. Creativity determines the quantum of success in nearly everything we aspire to do and it is a vital component in all our endeavours of life, not limited to a particular realm. Childhood is perhaps the best period of life to develop and enhance creativity as a skill. Parents and teachers can play a supportive role in making a child creative, through passion and commitment. There is nothing more rewarding and accomplishing for children if they are able to express themselves overtly and without

Childhood is perhaps the best period of life to develop and enhance creativity as a skill. Parents and teachers can play a supportive role in making a child creative

criticism. Provide the resources they need to express themselves, for it pays a lifelong dividend. Learning when embraced with creativity, could be interesting and innovative. Believe it or not, a child's home is the best place for basic learning and to activate his senses. While schools also encourage creativity in kids besides enhancing academic profile, the area of social and cultural enrichment is mainly done

by parents and elders at home. Parents can engage with young children by involving them in cultural festivals. In the Indian culture, festivals have their own significance and importance for children. Festivals give children an opportunity to know their cultural tradition, and learn to appreciate not only their own but also that of others. When, how and why(s) of festivals open a new window to the world for children. Enactment of stories of Janamashtami, making a 'rangoli' or 'kolam' on the floor, talking about the significance of Navratri, explaining the background of Holi, Diwali and Eid fan be of immense interest to children and at the same time encourage them to understand their religion and traditions in a better perspective. When children are allowed to actively participate in festivals, they learn more through sharing and discussion with their peers and other people. Festivals foster creative thinking and stimulate children's brain, help them

to inculcate respect for their elders, build a strong character, a robust personality, and above all, instill in them love and regard for humanity. "Celebration of festivals and other cultural activities add a lot of enlightenment and gaiety to our life, which would be rather mundane. It is children who make the most of just any festival they celebrate. They have something new to learn. It gives them the freedom and autonomy to explore their ideas and what they want. Cultural festivals are the best platform for a child to develop holistically, which aligns them to their faith and religion, while also develops moral values. Telling kids stories about festivals and reasons for celebration of the same can enhance children's religious and social values," says Mahendra Mishra, principal of a school. Likewise adds Sangeeta Srivastava, -a preschool teacher, "We all wish to be creative, as it is of vital importance to our development. The evidence for the positive impact of creativity in child development is overwhelming. Creativity as a whole

The importance and significance of festivals can be best understood by the exuberance and vivacity they bring to children's life, enhancing their creativity

involves cognitive, emotional, physical and social development. Festival celebrations can be a passageway for the most profound aspects of life. The divine celebration is based on our faith and it is equally relevant for children. It is our moral obligation to create cultural awareness in the upcoming generation." She further says, "To illustrate that Dussehra is indeed a fascinating festival for kids and children, parents and teachers can motivate them to be aware of the history and significance of celebrating the festival; and similarly all other festivals as well. A person who believes in his culture and religion, is more flexible and adaptable to constantly changing environment."

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Fun Time

FIND 7 DIFFERENCES BETWEEN THESE PICTURES?

CHACHA CHAUDHARY PRAN

SIR I BE CAREFUL I MAY NOT YOU COLLIDE WITH MY DOG?

THANKS! I WANT TO MEET CHACHA CHAUDHARY! COULD YOU, SIR! TAKE ME TO HIM?

SEEMS YOU CAN'T SEE!

THE MAN YOU'RE SEARCHING, IS STANDING BEFORE YOU! LET ME FEEL HIS TURBAN!

WHY DID YOU WANT TO MEET ME? I SOLD MY HOUSE FOR ONE LAC RUPEES. I WANT TO DONATE THE AMOUNT TO ORPHANAGE. I'M LOOKING FOR SOME ONE WHO WOULD TAKE ME THERE!

SIR I WOULD YOU GUIDE ME?

DON'T WORRY, SIR I ROCKET WILL TAKE YOU THERE!

??

KHARA I'LL HAVE TO SNATCH HIS ONE LAC RUPEES!

FIRST I'LL KILL THE BEAST!

BUT WOULD THE DOG ALLOW US TO ROB THE BLIND MAN?

BANG! I MISSED HIM! THERE ARE STILL FIVE BULLETS LEFT IN REVOLVER!

OW! WOW!

OHH! RUN!

GRRRR! MERCY!

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PRAN'S FEATURES

Home Improvement

7 IDEAS FOR A FESTIVE REVAMP

A moody monsoon gives way to the festive season and you want to open your house to friends and relatives. Start with some new trends to ensure sunshine and chase away the clouds. Paint your walls in sunshine yellow, buttercup yellow, sunny sky blue, tangerine.

WALLS OR WONDER

Create a garden like haven complete with dragonflies, insects, long willowy leaves and foliage, in different tones of greens with grey, organic wall coverings, or even murals with garden themes reminiscent of Seneca Senenayeke or Henri Rousseau paintings. These make a magical impact upon one or two walls of the living space or entertainment area. On other walls, choose themes in solid colour palette from the artwork on the wallpaper.



TRADITIONAL TOUCHES

With festive dandiya, Dussehra, Diwali, in the air, celebrate your living rooms and dens with an exquisite ethnic touch. Think mirror work and woven crafts, like Kutch embroidery, Rajasthan bandhani and mirror work, Phulkari throws, Ladakh kilims, Kantha fabric upholstery, woven durries - that are now a rage all across Europe. Our Gujarat-and-Rajasthan-carved jharokhas make dramatic frames. Use Kalamkari sheets framed as screens in the room.



Our wealth of Indian arts and crafts adds panache to your rooms, with your purse not getting too tight. The one danger of going ethnic is that it's easy to go over the top. Keep it to just occasional accents intertwined with a trendy, global, neutral look.

IN THE THROWS

You may not need to change the upholstery - just use a tribal Toda shawl as a throw and pick up some cushions in red and black.

INTO THE WILD

Make one room - facing the sea or a garden - outdoor-sy, designed with a garden theme but with all the comforts of indoors. It's the Big Trend this year. Start with an assortment of oversized palms or even faux banana trees in earthen urns, echoed with chartreuse, lime, citron, moss green and ocean blue on walls and furnishings. Augment lamps with botanical paintings. Large picture windows with foliage hung on the outside, florals on chairs and an occasional couch or lamp shade make a statement. Wallpapers (in first point) echo this theme.



WATER WAYS

Waterbodies with floating water lilies and candles, simulated natural looking lotus, give a festive sparkle and create a calm spa-like ambience in your home. Natural finish woods, stone accessories enhance this soothing ambience.

LAMP IT UP

Look for lamp bases in unlikely stone sculptural art and new age steel forms. Even Indian Dhokra work sculpture with inbuilt lighting is delightful in its tribal allure. Japanese rice paper pendulum lamps in clusters of sizes and colours transform corridors and passages. Use them in organic shapes atop the coffee table, dining space or a corner/nook seating area.



LIGHTS EVERYWHERE

Pepper the lamps with tiny LED lights, nearly invisible within these large lighting features. These animate works of art become the focal point or the showstopper of your festive decor changes.

Nisha Jamwal
Interior Architect

BREATHE EASY, BREATHE RIGHT



How an incorrect breathing pattern ruined my workout...

After a spree of dinners post wedding, the only compliment I got was 'hey, looking well fed!' or 'bursting with joy or what?' The compliments soon became comments and the waistline not so desirable. It was time to shape up. Going back to the gym was about spending endless sessions getting the posture and technique right. I did sweat it out but always returned tired and breathless. Every workout was a huff and puff affair. I wasn't breathing right.

BREATHE IN

Even the leanest people sometimes can have no stamina or strength while working out. The culprit in many cases is a flawed breathing pattern. Why the workout was taking a toll on me was because I ignored the most important aspect of exercising and focused on everything else. I could neither build stamina nor push myself, and as a result, I was always 'out of breath'. The postures all fall into place if one gets the breathing right. Depending on the activity - practising yoga, lifting weights, running or simply stretching - breath awareness and proper technique can help you maximise your workout results and reduce your chances of injury.

RESPIRE TO PERSPIRE

Fitness expert Siyath Hameed says one of the most common mistakes that everyone makes is jumping on the bandwagon. Everyone wants to do hard core cardio and strength training without understanding breath. "Improper breathing while doing a stretch or lifting weights is a common mistake. Worse still, some even hold their breath while doing strenuous exercises," he explains. Hameed says the body needs extra oxygen during exercise and that can only be provided by breathing well during a workout. He says the fatigue and dizziness that follow a workout session are mostly due to lack of oxygen.

WORK OUT YOUR LUNGS

Let your lungs be the boss. If you need to breathe

deep, heavy breaths, let it happen. A natural breathing pattern is best. Breathing and knowing when to inhale and exhale is most important to drive maximum benefit out of your workout asserts yogacharya Surakshit Goswami. Rather than complicating your exercise regimen and reading too many manuals on breathing, Goswami suggests simple tips to be kept in mind. "While walking, focus on deep breathing. This strengthens your flungs and gives the body much needed extra oxygen. For strenuous workouts, the basic rule is to inhale when doing anything against gravity and exhale while returning to original pose," he explains. Put simply, he suggests, you should inhale while

lifting weights or legs during ab exercises and insists on breathing through nose always.

Do 5 min of deep nasal breathing before getting out of bed to ensure you have enough oxygen to see you through the day

CATCH A BREATH

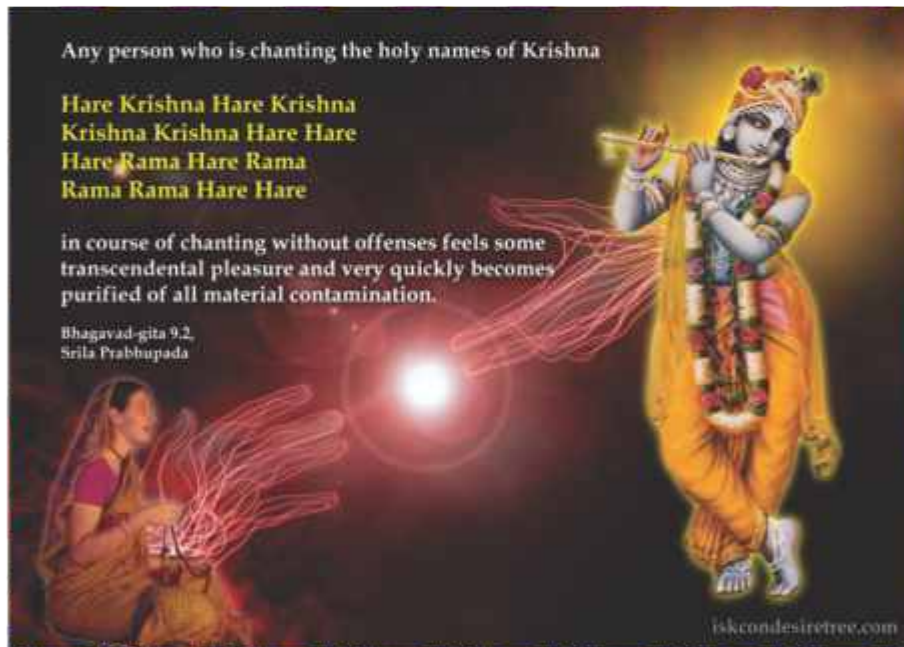
- The warm-up is the perfect time to refocus the priority on your breath
- Try strength training for the respiratory muscles.
- To breathe deeply and properly, the key is to engage your diaphragm, located just below your ribcage. You'll know you are breathing correctly when your stomach goes out on the inhale, and in on the exhale.
- Ditch the cigarettes, correct bad posture, and keep allergies and asthma in check.
- Nose breathing has benefits, including increased CO2 saturation in the blood, which creates a more calming effect. With nose breathing, all five lobes of the lungs are used to breathe rather than just the upper two.

Any person who is chanting the holy names of Krishna

Hare Krishna Hare Krishna
Krishna Krishna Hare Hare
Hare Rama Hare Rama
Rama Rama Hare Hare

in course of chanting without offenses feels some transcendental pleasure and very quickly becomes purified of all material contamination.

Bhagavad-gita 9.2,
Srila Prabhupada



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