

#HEALTH

Here's How Much Sleep You Need

How much sleep do you need at various stages of life, and why do our requirements shift all the time?



leep is a moving target. When you were a new-born, you slept for most of the day, then, less as an older child, as a teen, you slept later. A senior's

bedtime is earlier, part of a lifetime journey of rising and falling sleep needs depends on age. How much sleep do you need at various stages of life, and why do our requirements shift all the time?

New-borns and Babies

Babies aged zero to three months sleep 14 to 17 hours out of every 24, partly a function of the new-born's introduction to the world after three trimesters in the darkness of the womb. A large share of time in the womb is spent sleeping, and the reason for so much slumber is the same, both before and after birth, growth. Babies triple their weight between birth and one year old, and it's during sleep, especially the deep



cycle called slow-wave sleep, that growth hormone is most prodigiously released. Adding to this, babies triple their weight between birth and one year old, and it's during sleep, especially the deep

Toddlers and Pre-Schoolers

In the one to two-year age group, sleep needs drop again to 11 to 14 hours, and fall further to 10 to 13 hours, from ages three to five. This is due to a somewhat slower growth rate as children move out of babyhood. Cognitive needs change too. Learning is consolidated when we're sleeping, and it's in the first months and year or two of life that we vacuum up the most basic knowledge.

Kids and Teens

Kids from six to 12 years maintain patterns not unlike pre-schoolers, with sleep needs falling only slightly, to nine to 12 hours per night, but the need for naps disappears. As puberty hits, however, there is a big change. Thirteen to 18-year-olds need about eight to 10 hours of sleep per night, but the sleep schedule shifts, with bedtime

coming later in the evening and wake-up coming later in the morning. Parents raising teens will commonly notice that the child who once bounded out of bed at 7:00 A.M. on weekends is now sleeping till 11:00. That is because the release of the sleep hormone melatonin changes, occurring later in the evening.

Adults

ast the teen years, the body is done growing and the brain is more or less finished developing. That's when the need for sleep falls to seven or eight hours a night. There's less cognitive growth, and it's more maintenance mode for the body. Adults, who need significantly more than eight hours, may be suffering from a sleep disorder.

Seniors

For people aged 65 and older, the release of melatonin slows, leading to a bit less sleep as well as lighter sleep. Circadian rhythms also advance, seniors go to bed earlier and they wake up earlier. Age-related physical changes, such as prostate problems in men that lead to frequent

bathroom trips during the night, can also have an impact on deep and steady sleep. For people who are having a hard time sleeping the right amount of hours for their age group, consulting a sleep doctor might be in order. It's always worthwhile to see a specialist if there are any significant struggles.



A Man For All Seasons And Schools

PART: I



Compiled by Divij Sharma Edited by Anjali Sharma

he passing away of R. K. Rajendra Deo Singh of Poonch, who left us on August 27, 2024 has left us all deeply saddened and bereft. Rajendra Deo Singh was a beacon of wisdom, compassion, and strength to his family, friends, and community and leaves behind a legacy of dedication to education, leadership, and community service. Born on October 20, 1934, in Poonch, the son of Raj Kumar Padamdev Singh, he made a fine reputation as a distinguished academician and educator, whose contributions shaped the futures of countless students. He studied at the Mayo College, where he excelled academically and athletically, earning the President's Medal in 1951 for the best All Round Merit Student. He went on to earn his B.A. and M.A. in History from Agra University. He began as a history

A Man To Remember



Maharaja of Jodhpur, President, Mayo College & Mayo School Chopansi.

teacher at Mayo College, Ajmer, and later joined The Doon School, where he made a lasting impact as House Master, Chairman of the Games Committee, DEAS Supervisor. His expertise in history was widely recognized, serving as the Chief Examiner for ICSE and a paper setter for ISC. In an international role as Principal of The Kings School, Thimphu, Bhutan, he collaborated with a UNESCO team to revise Bhutan's education policy. He went on as Principal of Yadavindra Public School, Chandigarh, where he established and expanded it to

class XII. His commitment to education led him to a key role in reviewing the intake of Sainik Schools into the NDA, a task appointed by Defence Minister, Mr. Arun Singh. He went on to be Principal/Director of Delhi Public School, Mathura Road, New Delhi, where he represented public schools at the NCERT in reviewing CCE and evaluation techniques. He returned to Alma Mater, Mayo College, as Principal from 1983-1996, where he brought about transformative changes in the curriculum, house systems and cultural and sporting activities. Even in his later years, as a member, he continued to play a pivotal role in the collaboration efforts at Mayo College, opening five new schools under the brand name 'Mayoor School'. As Director, he played an instrumental role in establishing the Mayoor Chopansi School, Jodhpur and trained everyone according to the Mayo culture, whether it was



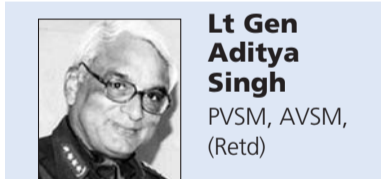
His Highness Maharaja Gaj Singhji II of Marwar-Jodhpur with late R. K. R. D. Singhji -1.



At the school in Thimphu, Bhutan.

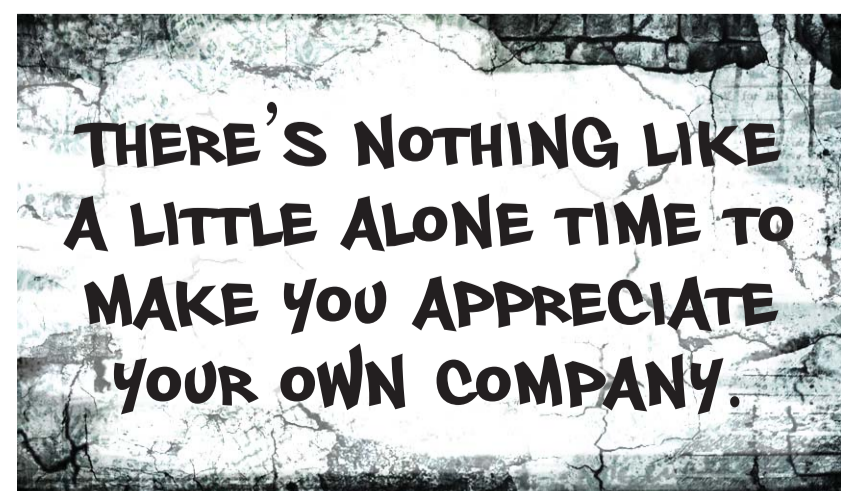
'GOODBYE MR. CHIPS'

Raj Kumar Rajendra Deo Singh or 'R. D. Sir', as he was affectionately known, lost his battle with cancer on 27 August 2024, just short of his 90th birthday. His was a full life in the field of education. An all-rounder, he excelled in academics and was a brilliant sportsman. His name finds display on many boards including that of the Tennis Captain of 1950-51. Padma Sri JTM Gibson, OBE enrolled and groomed him as a teacher. He was thus one of the first 'Old Boys', along with Thakur Raghubar Singh of Badnore and Rawat Nahar Singh of Deogarh to join as staff at Mayo College. This induction was a part of the efforts for rejuvenation and adaptation of Mayo College to its present form. He taught us history. I distinctly recall how his stentorian baritone commanded instant interest and obedience among all of us. He had the knack of enlivening the subject for 10-year-olds and always held us in awe. At Doon School, Dehradun where his public school background, teaching and sports ability endeared him and made him one of the most popular staff members, he was housemaster and played cricket, football and hockey with equal flair. A number of Doscocs, whom I

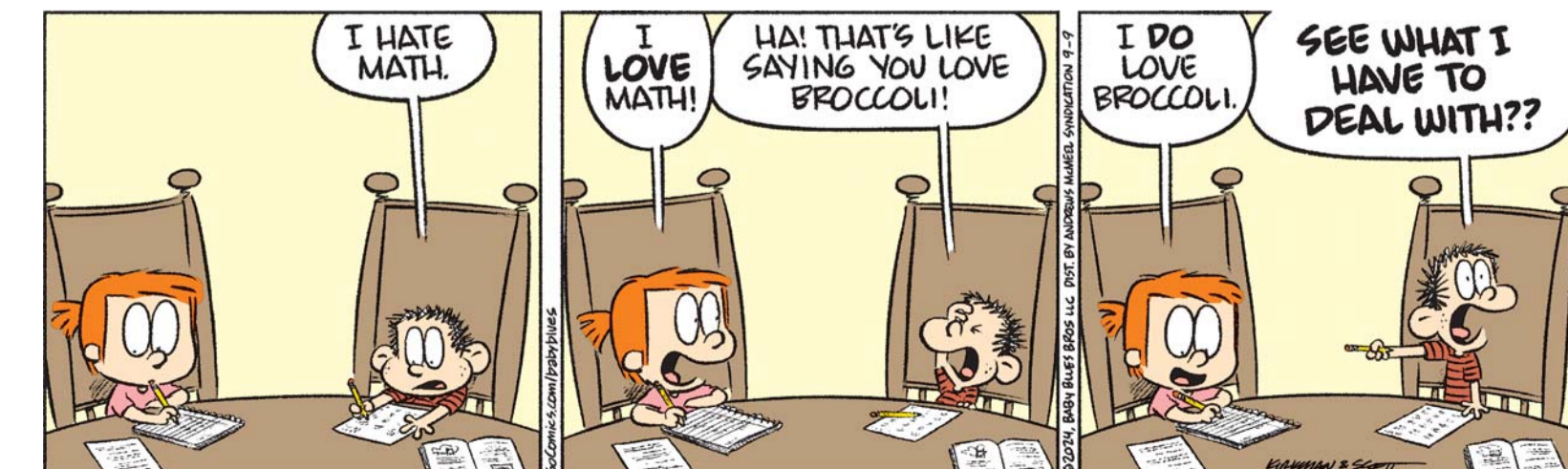


Lt Gen Aditya Singh PVSM, AVSM, (Retd) met over the last five decades, have spoken of him with reverence. His was in Bhutan as Principal of the newly set up Yangchenphu Public School in Thimphu. He was there for almost 5 years, and built it to be one of the premier institutions of the country. He spoke fondly of his days there, especially, the trout fishing. At YPS Mohali, as its second Principal, developed on the foundations and made it a leading school in the Tricity. As Principal of Delhi Public School, Mathura Road, which was among the top in the NCR, I was Commandant of 'The President's Bodyguard in Delhi, at that time and we met often. In 1983, he was recalled to his 'alma mater', Mayo College as its Principal. He thus enjoys the unique distinction of being the first Old Boy of Mayo College to head the School. He served as Principal till 1996

THE WALL



BABY BLUES



Leukemia and Lymphoma Awareness Month



The effort to raise awareness for these two cancerous diseases, both leukemia and lymphoma, has been active for many years. The purpose of this event, sometimes called Blood Cancer Awareness Month, is to educate the general public about the symptoms of these cancers, especially because early detection has a significant impact on the long-term outcomes. In addition, raising awareness also helps with financial support that can facilitate research in hopes of finding a cure.

A Life Celebrated

First remember him as Uncle R.D., a friend of my father's, when my father was posted in the IMA and Uncle R.D. was a teacher at the Doon School in the mid '60s. Subsequently, we interacted when he was Principal of Yadavindra Public School, Mohali, where he started horse riding and I, as adjutant of the 61st Cavalry, was tasked with finding him a riding instructor. On his move to Delhi Public School (DPS), Mathura Road, he was regular at the Polo Games at the Jaipur Polo Grounds, Delhi.



Chairman Mayo College Committee, President Mayo Old Boys' Society, Commandant The President's Bodyguard, Commandant 61 Cavalry.

To my son's good fortune, he became Principal, Mayo College and his Principal. Mr. Singh, was fond of riding and my son rode with him, and he remembers the breakfasts at his home after riding, where he invited all the new boys. Mayo College not only thrived academically but also saw the revival of equestrianism, an intrinsic part of Mayo's cherished tradition, which continues to this day. The Equestrian Complex at Mayo College has been named after him. On my retiring from the Army, and relocating to Jaipur, he was working with the Jaipur Royal Family Club and we interacted regularly at many functions and our relationship changed to friendship. He was responsible for encouraging me to take up golf, and very kindly, included me in his foursball. He was a legend on the golf course, a stickler for propriety and fair play. He did not suffer fools and was always willing to encourage anyone who wanted to play golf. In the last chapter of his life, we were truly dedicated to the service of others. May his soul rest in peace.

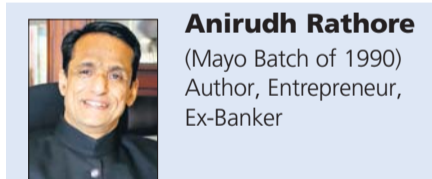


R. D. Singh

#REMEMBERING

A statu pupillari / in loco parentis

I am most honored and humbled to get a chance to pay a tribute to our Ex-Principal of Mayo College, Ajmer, Shri R.K. Rajendradeo Singhji of Poonch (popularly known and referred to as R.D. Singh Ji). I passed out from Mayo College in 1990 and Shri R.D. Singh Ji joined as the Principal of Mayo College in 1993, therefore, I can relate to that era and have a strong sense of belonging. Students of that era studying in boarding schools were of two types, 'battle-hardened' or 'battle-scarred.' To manage such students, the leader had to be an exceptional disciplinarian and also required to be accommodating and conciliatory at the same time. These were the times when the student-headmaster relationship in a boarding school like Mayo College was emblematic of the in statu pupillari / in loco parentis (state of pupilage/ in the place of a parent) dynamic. Shri R.D. Singh Ji was the perfect representation of this spirit and ethos. Shri R.D. Singh Ji's family traces its parentage from the royal family of the State of Poonch. The original Poonch is split into two parts now, under India and Pakistan. His father Shri R.K. Padam Deo Singh ji of Poonch was the 'Wazir-E-Jamzar' (Governor) in the erstwhile Jammu and Kashmir State. He grew up in Jammu and Kashmir (shifting between Poonch Kothi on Talab Tillo road in Jammu and a hunting lodge in Kud, a hill resort with extraordinary scenic beauty)

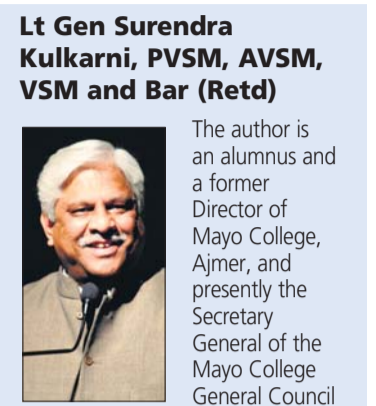


Anirudh Rathore (Mayo Batch of 1990) Author, Entrepreneur, Ex-Banker till his teenage years. Later, the resultant complications of the 1947 partition unfolded in which the family was unanticipatedly put on an airplane and relocated to Dehradun. It is a family that has first-hand experience of the life-altering affects that households and entire communities went through during that tough period in Indian history. R.D. Singh ji's mother was from Kunaudi, so, along with all his cousins, he was sent to Mayo College. While in Mayo College, R.D. Singh Ji excelled in academics as well as sports. He was the Gold Medalist of 1951 batch as well as the Mayo College Tennis captain of 1950-51. Gibson O.B.E later inducted Shri R.D. Singh Ji in the teaching staff of Mayo College. History was his chosen course and his students, to this day, are in deep reverence for his command of the subject and selfless guidance given to them. After the stint at Mayo college, he moved to Doon School, Dehradun. Here, once again, he excelled in all fields and was much respected by students and staff of the school. With him being sta-

tioned in Dehradun, many close and extended family children joined Doon School, Welham Boys' School and Welham Girls' School as students. He became the local guardian to over 20 children from these schools. Interestingly, the King of Bhutan, Jigme Singye Wangchuck was looking to select a Principal for his school Yangchenphu Higher Secondary School in Thimphu. In a chance meeting of the King of Bhutan with an Indian Foreign Service officer, who fervently recommended R.D. Singhji's name for the Principal of the school, based on his stupendous academic and administrative credentials, a stint in Bhutan also offered him a learning experience into a fresh culture. Over the past few years, I was fortunate to get a few opportunities of meeting Shri R.D. Singhji, along with my father Retd. I.P.S. Rathore (Mayo batch of 1960), whom he always treated as a younger brother at our home in Jaipur. What struck me was his indomitable spirit, untiring energy levels and enthusiasm to be part of various demanding positions in the Mayo College Governing Body, inspite of ailments of an advanced age. These are lessons for all to learn and imbibe. Statusque personalities like Shri R.D. Singhji leave an indelible impact on generations of students and members of society. We can only offer our heartfelt condolences and prayers to the entire family.

'FROM MAYO COLLEGE WITH LOVE'

What can you say about a man who died at the ripe old age of ninety? That he lived life to the fullest and showed others how to do it in a working life of over six decades? That he was a visionary and a wordsmith? That he loved History and Sports and Students and Mayo College? Not necessarily in that order. That he was the first alumnus to head the school?



Lt Gen Surendra Kulkarni, PVSM, AVSM, VSM and Bar (Retd)

Many tributes have been paid to him since his passing on 27 August, this year. Each of them had a first person ring to it. His impact on people and institutions was palpable. Right from his days in school, he embodied the essence of 'holistic education', a concept that is flaunted in recent years as a wonderful discovery. His excellence in all facets of education earned him the much coveted President's Medal as he finished school at the beginning of the sixth decade of the 20th century. In a few years, he was back as a teacher, not only in Mayo College but in many other exceptional schools. He continued to serve in various capacities into the second decade of this century. His impact was so huge that each of the institutions stake claim on his legacy. He understood the importance of history as the bedrock of learning. He also understood that history can create a heritage trap. He was a man who saw tomorrow much like the title of a recently released biography about one of his predecessors at Mayo, Shomie Das. In deference to tradition, he revived riding and polo, sports in which generations of students had excelled at the international

level. He knew intrinsically that soft skills sowed the seeds of future success in all walks of life. He introduced the Gibson Debates and Quiz (named after a legendary predecessor and mentor), which has now become a flagship event of the school calendar. He served the Mayo College General Council as a Life Member for over three decades, overseeing many of the initiatives during this period. In Board meetings, he consistently supported viewpoints that valued both tradition and modernity. He sincerely believed in the adage that good governors are meant to provide 'advise and consent,' nothing more, and nothing less. The temptation to interfere rather than intervene must have been very strong for a lifelong educationist. He never went down that path. His wise counsel was repeatedly sought by the two Presidents of the General Council that I worked with. As one of his successors, both as an alumnus, and as the head of our beloved school, we should cherish and celebrate his legacy. This is our humble tribute to R. D. Sir, with love.



A thespian in Dehradun, in a production of the city's Amateur Theatrical Society in the 1970's.



As Principal, Mayo College, with HH Jodhpur and the Nepal Royals.

A Man To Appreciate

There are two sides, first, R. D. Singh ji who had excelled in his performance as a student at Mayo College, he was made a Life Member of the General Council in due course. He spent most of his career at the Doon School, he excelled in his work there, receiving appreciation both from the school authorities and from students whom he taught. An illustrious Mayo old boy I met him later when he had taken up assignment at Delhi. On the other hand, I was associated with my contemporaries in developing the Delhi chapter of Mayo College. They included some of us, Darshan Lal, Jaideep Singh, Daya Krishan, Vijay Kapoor and others. I could come in contact with R. D. Singh ji only when he had taken up assignment at Delhi to head the Delhi Public School, Mathura Road. Jaideep Singh and I had approached him (on instructions from Mayo College) to request him to return to Mayo and to be Principal. He was gracious in agreement and took up the appointment. With his vast experience, R. D. Singh ji initiated the work as Principal in his own way. He also performed as Secretary of the General Council and received appreciation. He stated for his own reasons that he



Sharat Javali Member of Mayo College General Council, Sr. Advocate, Supreme Court of India would limit his tenure as Principal to one term of 3 years. His background as a student of excellence, followed by experience at Doon School as asst in DPS, Delhi, had been his assets in performance at Mayo. I had the privilege of being close to him in his work, mainly as that of a consultant. It gave me a chance to appreciate his approaches, all for the progress of school. The clear sound and tone of R. D. Singh ji ring in my ears. His speeches made an impact at meetings, small and large. One would notice that he was the most experienced amongst us and commanded respect. His acquaintance and familiarity with school and members of the General Council and the Board were special benefits. I would recall his participation at full meeting and effective contribution to the subjects of debates. He received attention and appreciation for his views and statements.

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By Rick Kirkman & Jerry Scott

ZITS



By Jerry Scott & Jim Borgman