



Global Family Day

Each year, Global Family Day comes with opportunities to celebrate the importance of the family unit as a building block for a better tomorrow. Most people wish for world peace and many people are working towards making the planet a better place. And one of the most important ways that less violence and more peace can be experienced in the world may be related to building and strengthening families. The connection between world peace, communities and families is what Global Family Day is all about!

#PARENTING

Parenting tips to help your child speak up and be heard

Parenting 101: How parents can foster confidence and communication in their kids to speak confidently, handle conflict and stand up for themselves.



In today's era, especially post-pandemic and more so in urban spaces, speech delays and communication gaps among children have been prevalent. There are many reasons for this but the focus here is on how we approach communication and teach kids to speak up. Children learn speaking skills primarily from their peers, caregivers and role models, including parents and siblings. They pick up the tone, word usage and nuances from what they observe around them.



Societal Expectations and Communication Challenges

- Children are educated about when and how to speak or not to speak.
- From an early age, children are taught to speak softly, respectfully, or are sometimes asked to 'use their inside voice.'
- Often children are shushed or told to 'keep quiet' when they want to express a point of view, and asked to 'speak up' when they mumble. These mixed signals can confuse children.
- In many societies, the

Teaching Assertiveness over Aggression

- Assertiveness is key to helping children speak and become empowered individuals.
- Aggressive voice: Shouting, using loud voices and many gestures to be heard.
- Passive voice: Avoiding eye contact, mumbling, or

Why is it important for Kids to 'Speak Up'?

- Talking things out can resolve conflicts and differences of opinion.
- Emotional Intelligence: Speaking up allows children to understand and cope with difficult situations.
- Regular one-on-one conversations with your child can help them rationalise events and explore ways to handle them.
- Safety and Self-Protection: Children who speak up are more likely to seek help when in unsafe or uncomfortable situations.
- Role-playing can help teach children to react in such situations.



The tooth temple was refurbished again as it was attacked by the Liberation Tigers of Tamil Eelam (LTTE), very recently in 1998. In early 1998, Sri Lanka was ready to celebrate its 50th independence anniversary from Great Britain. Charles, Prince of Wales, with several foreign dignitaries, were scheduled to arrive in the following days. Kandy City was chosen as the host for such an important event on February 4th. On 25th January 1998, the LTTE exploded a massive truck bomb inside the Temple of the Tooth premises. The attack caused severe damage to the temple, especially to its roof and the facade. But neither its inner chambers nor the tooth relic were harmed. Complete restoration took more than one and a half years to complete. Earlier also, the temple sustained damage from bombing in 1989, but was fully restored, that time also. All damaged sculptures were made new, and damaged paintings on lime plaster were reassembled and reintegrated with the existing pieces.

GAUTAM BUDDHA'S SACRED TOOTH'S JOURNEY FROM INDIA TO SRI LANKA



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When Buddhism spread beyond India, Sri Lanka was the first nation it took roots in. Kandy is a large picturesque city in central Sri Lanka. Covered with lush green rainforests and surrounded by mountains, I found the city extremely beautiful, almost mesmerizing. The city is embraced by many tea plantations in and around. It is famed for sacred Buddhist sites, including the Sacred Buddha Tooth Relic Temple. The Buddhist shrine is locally known as the Sri Dalada Maligawa. The temple is spread along the Kandy lake and is located in the Royal Palace Complex of the former Kingdom of Kandy. It was declared a World Heritage site by UNESCO in 1988.

I got the wonderful opportunity to visit the temple. As I entered the hall of the main shrine, I was captivated to see the old wooden architecture. From the hall, two separate staircases go upstairs (from left and right directions), where Buddha's original left upper canine tooth has been preserved. The sacred tooth is conserved in the inner chamber of the upper floor of the two-storied Sri Dalada Maligawa temple. The temple is designed in traditional style, with a decoration of uniquely built 128 lotus gold flowers on the roof. Two large elephant tusks are placed in front of the shrine. The Lotus flower has great significance in Kandy: When I walked to the upper floor, people were offering lotus flowers in front of the sacred tooth chamber to fulfill their wishes.



Preserved Tooth Relic.



Elephant tusks outside the Preserved Tooth.

#SACRED



Temple of the Tooth, Sri Lanka.

The Journey of the Tooth

After the parinirvana of Gautam Buddha, the body of Buddha was cremated in Uttar Pradesh's Kushinagar district in India. Buddha's left canine tooth was retrieved from the funeral by his disciple, Khema. Khema then gave the tooth to the Kingdom of Kalinga's King Brahmadatta. It became a royal possession and was kept at Dantapura in Odisha. Thenceforth, the Tooth relic of the Kalinga became an object of great veneration by generations of Kalinga kings. Consequently several attempts were made to destroy the Relic by the fanatical rulers. Yet, the Tooth relic was miraculously saved every time.

In the 4th Century AD, the last Indian ruler to possess the Tooth relic was Guhasiva of Kalinga. Guhasiva, in order to prevent its possession by his enemies, who made war, sent the tooth to Sri Lanka through his daughter Princess Hemamali and her husband, Prince Dantha. Princess



Princess Hemamali and her husband, Prince Dantha. Princess Hemamali carried Gautam Buddha's tooth relic, hidden in her hair, to Sri Lanka.

At that time, King Kirti Sri Megavanna was the ruler of Sri Lanka, and as a pious Buddhist, he received the sacred Tooth Relic with great veneration. He built a beautiful palace within the Royal Palace Complex itself, and enshrined the Relic in it. As time went on, the land was threatened with foreign invasions, and the seat of the kingdom shifted from Anuradhapura to Polonnaruwa, and thereafter to Dambadeniya and other cities. With every change of capital, a new palace was built to enshrine the Relic. Finally it was brought to Kandy where it is at present, in the Sri Dalada Maligawa temple.

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Elephant Raja stuffed remains.

After every 5 years, through a grand procession of ten days 'Esala Perahera', the replica of the tooth is brought out for public viewing. With parades of dancers and drummers, the procession is celebrated like a festival to pay homage to the Sacred Tooth. In the procession, a royal male elephant carries the great relic of Sacred Tooth. Since 1990, a casket has been carried instead of the relic, due to fear of robbery. Elephant Raja Maligawa was the sacred casket bearer of the procession for around 50 years. On 20th August 1986, former Sri Lankan President, J.R. Jayewardene declared Raja as a national treasure, in recognition of his valuable services to the religion and culture of Sri Lanka. Raja died in July 1988 and his death prompted the government to order a day of national mourning in Sri Lanka. A postage stamp was issued in his memory on 12 December 1989. Raja's stuffed remains are presently kept in a special museum within the Temple premises. The shrine complex is surrounded by a beautiful garden and there are various associated buildings and structures in the temple such as the Royal Palace, Audience Hall, and Mahamaluwa.

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Temple Sacred Tooth Relic, Kandy, Sri Lanka.

#COLOUR OF THE YEAR

Top Paint Colour picks for the year

The 2025 colours of the year are all about creating a cosy, relaxing atmosphere.

The 2025 colours of the year are already starting to roll in, and we can't get enough of the rich, saturated shades. From a gorgeous jewel-tone blue to a deep, chocolate brown, these colours have been hand-picked by paint experts with the latest design trends in mind.

So far, the 2025 colours of the year are all about creating a cosy, relaxing atmosphere without sacrificing bold saturation. Whether you're looking to update your walls or refresh a tired piece of furniture, allow these gorgeous hues to inspire your next home renovation project.

Mocha Mousse by Pantone

Pantone's 2025 pick for Colour of the Year is Pantone 17-1230 Mocha Mousse, a medium-shade brown, that's both modern and sophisticated. Shades of brown are the design world's hottest neutrals at the moment, so this rich shade comes as no surprise.

"Sophisticated and lush, yet at the same time an unpretentious classic, Pantone 17-1230 Mocha Mousse extends our perceptions of the browns, from being humble and grounded to embrace aspirational and luxe," said Leatrice Eiseman, Executive Director of



the Pantone Colour Institute, in a press release. Resembling the creamy combination of whipped chocolate and coffee, Mocha Mousse can be used as an indulgent shade in a luxurious formal setting, or as a timeless classic in a traditional living space.

Cinnamon Slate by Benjamin Moore



Benjamin Moore opted for a slightly moody, nature-inspired hue for their colour of the year: Cinnamon Slate is a balanced mix of rich plum and smooth chocolate brown that the brand calls 'adaptable, yet distinct.' Cinnamon Slate was chosen because it is captivating on its own, but isn't so bold that it takes over a room. The paint colour is part of the brand's 10-color palette, which features five warm and five cool shades, that can be used in any combination, for a subtle and relaxed pop of colour. "Cinnamon Slate is an inviting hue that offers enduring style and modern sensibility," Andrea Magno, Colour Marketing and Development Director at Benjamin Moore, said in a press release. "Its depth and richness bring an air of approachability and sense of comfort throughout the home, making it a new favourite for many to come."

Brick Red by Glidden



Another Glidden colour of the year, it's all about spray paint. Brick Red, a rich and warm shade, that complements Glidden's 2025 colour of the year, Purple Basil, revamps pieces from lamps to vases with a sophisticated pop of red. The brand hopes the hue encourages consumers to embrace the power of colour in their homes, and perhaps, pair it

with Purple Basil for a saturated yet harmonious space. "We're empowering consumers with the freedom to choose a bold colour and giving them the tools to complete the look of their room or project," says Ashley McCollum, PPG Colour Expert for Glidden. "Brick Red evokes a rare sense of luxury and sophistication, that easily adapts to both contemporary and traditional homes."

Encore 8002-45G by Valspar



Blue paint colours reigned in 2024, and it's clear that they're not going anywhere in 2025. Valspar's colour of the year is Encore, a rich, saturated jewel tone, that is a sophisticated departure from the vibrant light blue that the brand chose last year. The colour trend experts at Valspar chose this shade for its versatility, the deep blue blends seamlessly with both modern interiors and Old World

design styles. "Its atmospheric deep blue tones emulate both the elusive luxury of old world design and the futuristic blending of our physical and digital world, making it a colour that feels familiar and unexpected at the same time," says Sue Kim, Valspar's director of Colour Marketing. Make a bold statement by using the paint colour to create a stunning accent wall, or jump on the jewel box bathroom trend.

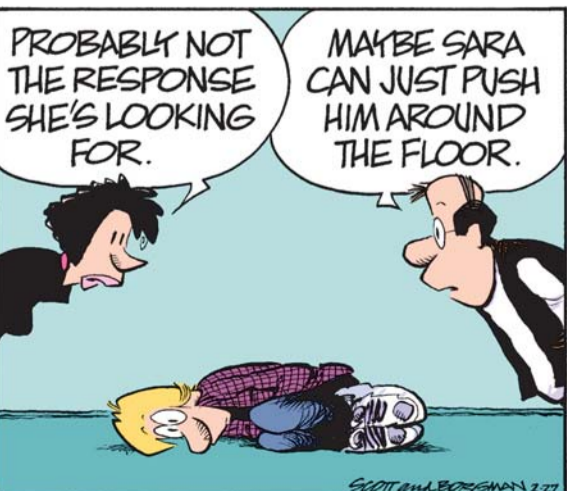
THE WALL



BABY BLUES



ZITS



By Rick Kirkman & Jerry Scott

By Jerry Scott & Jim Borgman