

#WELL-BEING

International Mind-Body Wellness Day

Get the year started off right by participating in various forms of learning and practicing to keep mind and body healthy and well.



International Mind-Body Wellness Day is the perfect time to make a renewed commitment to love your body and your mind by implementing new ideas for growth and health in the coming year!

In a society, that is often rushed by the demands of modern life, it is important to take a moment to reflect, think and actively participate in behaviours that promote holistic wellness. The observance of this day invites people around the world to

embark on a journey of self-discovery and self-care. This day encourages individuals, all throughout the world, to emphasize on self-care, mindfulness practices, and healthy lifestyle choices because it recognizes the significant impact that a balanced mind-body relationship has on overall wellness. It acts as a reminder of how crucial it is to promote balance between our bodily and mental selves, ultimately enabling people to live longer, happier lives by adopting intentional, all-encompassing wellbeing practices.

How to Celebrate International Mind-Body Wellness Day

Take a look at some of these ways to celebrate International Mind-Body Wellness Day! Use the day to get started on some healthy new habits like some of these.

Take a Yoga Class

Yoga offers all sorts of benefits that integrate the mind with the body. In addition to critical movement and stretching exercises, yoga also incorporates deep breathing exercises that can help with calmness and relaxation of the mind while reducing stress. Consider some of these

benefits of taking up yoga on a regular basis!

- Increased flexibility and muscle tone.
- Improved energy, vitality and respiration.
- Circulatory and cardio health.
- Promoting a balanced metabolism.

Practice Breathing Exercises

While everyone breathes all the time, intentional breathing practices can provide the body and mind with many benefits. Deep breathing exercises allow more air to flow into the body, which helps to calm the nerves, reduce stress, lower pain levels and even increase the attention span. This type of breathing can even lower the blood pressure and help with management of the symptoms of anxiety and depression.

bring it back to the chosen word or sound, returning the attention to the present.

- **Belly Breathing:** Placing one hand on the upper chest and one on the belly below the rib cage, allow the belly to relax and then breathe in slowly through the nose until the hand on the stomach begins to rise. Exhale slowly with pursed lips, noticing that the hand on the chest moves very little. Repeat for a few minutes several times a day.
- **Box Breathing:** Exhale for a count of four. Hold the lungs empty for a count of four. Inhale for a count of four. Hold for a count of four and then begin again.
- **Mindfulness Breathing:** Choose a calming sound or positive word and repeat it silently while slowly inhaling and exhaling. If the mind drifts, simply

Drink Lots of Water

Hydration is a critical part of keeping the body healthy which, in turn, keeps the mind working properly. Dehydration can cause a variety of physical health prob-

lems, including urinary and kidney problems, high heart rate with low blood pressure, muscle soreness and cramps, dry skin, physical exhaustion and fatigue.



Social Media Ban for Children...

Who has the patience to take half an hour or more to feed an active and restive child? Once the habit gets ingrained, the mobile becomes the main appliance to divert a difficult child. Experts vehemently advise that mobile devices be kept away from a growing child. They have a large array of reasons for doing so. They allege, amongst many, that vision, hearing, intellect and physical wellbeing can be affected. The child can become demanding and cranky when mobile ban is enforced. Further, the sleep patterns may be affected. The controversies abound and each set of parent will vouch for their way of bringing up to be the best way to do so.



Dr. Goutam Sen
Cardiothoracic & Vascular Surgeon

In the whole animal kingdom, the upbringing of the next generation is a major concern. They are basically divided into foraging and good nutrition, survival instincts and pro-creation. They vary according to the species. Birds and smaller animals are focused on survival while larger predators are inclined towards training how to hunt for food. It is amazing that the methods used for all these have not changed since the beginning of time. It has become a part of their genetic makeup. The main reasons for variation have been the climate and terrain. For example, birds have been known to disappear from breeding areas if water and plants are scarce or there are too many predators. Larger animals have moved into urban areas due to shrinking forests.

It is the human species which has had to modify its systems from the early foraging, hunter-gatherer days to what is considered 'modern' today. The last century is probably the one with largest number of innovation and inventions, requiring re-evaluation of

the methods of upbringing the younger generation. Of course, it has been confusing too. One of the instances, which bring out the changes vividly, is the changing concepts about feeding of an infant in the first six months. Breastfeeding with supplements of water and juice was the accepted and traditional norm. The idea of foster mother and milk banks arose out of these requirements. Then came a time when mothers felt that their physical beauty needed prioritisation and canned milk powder came into vogue. The Chinese have always maintained that breastfeeding or even milk is not required for their infants. They transfer the child to semi-solids very soon after birth. The children thrive and look quite healthy. The present day tendency to breastfeed, with complete abstinence of water and sugar in infancy, has become the new standard.

The modern unit family has tried to modify the upbringing of the youngster in many ways. Where healthy food has been advocated, there are instances when fast food (unhealthy) have been given due to convenience, particularly when both the parents are wage earners and have little time to cook at home.

With the introduction of electronic gadgets and easy communication through the internet, many new practices have insidiously slipped into the young one's life. Although every parent agrees that mobiles and I-pads should not be given to a growing child, they are the first ones to break the rules for their own convenience.



#SOCIAL MEDIA BAN



Handing over a mobile to the child while feeding has become an acceptable way of life!

Who has the patience to take half an hour or more to feed an active and restive child? Once the habit gets ingrained, the mobile becomes the main appliance to divert a difficult child. Experts vehemently advise that mobile devices be kept away from a growing child. They have a large array of reasons for doing so. They allege, amongst many, that vision, hearing, intellect and physical wellbeing can be affected. The child can become demanding and cranky when mobile ban is enforced. Further, the sleep patterns may be affected. The controversies abound and each set of parent will vouch for their way of bringing up to be the best way to do so.

All the same there is universal concern about using devices to divert the growing child. Recently, the use of mobile devices and heavy influence of the social media has become a red hot issue. It has even become a major concern at the governmental level. The Australian government proposes disallowing children below the age of 16 years from using the internet, particularly to participate in the social media. The

Australian government has cited concerns about online safety, cyber bullying, and mental health as the main apprehensions. By reducing exposure to cyber bullying, the ban could protect minors from these negative experiences. Social media can be a breeding ground for unwelcome experiences (pornography and pedophilia) and sexual harassment. Excessive social media use has been linked to increased rates of depression, anxiety and other mental health concerns. There are medical reports stating that it retards the growth of the brain cells up to the age of 20 years. A ban could help mitigate these risks and improve mental health. By invoking the ban, minors might be less likely to encounter online predators, explicit content or other safety risks. Finally, there is increased focus on education and extracurricular activities. Without the distraction of social media, minors might focus on their studies, sports, and other activities better. On the other hand, the ban may restrict freedom of expression. It could be seen as an infringement on minors' right to express themselves and connect with others online. Social media can help minors develop social skills, inter-



Perihelion Day

While the Earth does rotate around the Sun, this orbit pattern does not fall into a perfect circle but, instead, happens in an oval shape called an ellipse. This means that the Earth is regularly moving closer to, and then further away from the Sun. In the year 1596, the scientific understanding of the Earth's proximity to the Sun continued to be explored by scientists and astronomers. It was in this year that the term 'perihelion' was coined by Johannes Kepler. At the same time, the term 'aphelion' was used to note the day when the Earth was the furthest from the Sun, falling in the summertime.

#CULTURAL EXTRAVAGANZA

Jaigarh Heritage Festival

The largest cannon in the world installed at this formidable fort is a product of the cannon foundry that it once had on its premises. For close to 100 years, it has drawn tourists from all over the world.



Sadhana Garg
Journalist & Social Entrepreneur

Some heritage sites like humans have a way of being in the news. Jaigarh fort is one of them. During the Emergency, it was a hot bed of excavations due to the supposed buried gold treasure, initiated by the then Indira Gandhi Government of India. The largest cannon in the world installed at this formidable fort is a product of the canon foundry that it once had on its premises. For close to 100 years, it has drawn tourists from all over the world. This time though, thousands of tourists, who thronged to this fort were driven by 'art in every heart', a Vedanta group slogan, that was also the Presenting Sponsor of the three-day Jaigarh Heritage Festival (JHF).



Curated by Teamworks of the JLF fame, Sanjoy Roy, its founding Managing Director, when being congratulated for this cultural extravaganza, good-naturedly said, "Oh, I'm always up to some mischief" and what a mischief it was! Its sheer scale and diversity of content was both impressive and immersive. Different art forms of India were showcased. There could not have been a better end to the year, that was going by, for the culturally evolved city of Jaipur.

There is no denying that the JHF fostered appreciation and showcased India's rich heritage. It also provided a platform for organic jelling of modernity with living traditions, a dire need that successive governments have endorsed but have lacked the will to put their money where their mouth is.

The fort terraces and courtyards came alive with morning ragas and Dhrupad, followed by panel discussion and talks. At the panel discussion on Jaipur's cultural identity 'Jaipurnama', all speakers were unanimous in expressing their anguish at the Pink City fast losing its character. To quote 'Tripti Pandey, one of the panelist at the session, "The ugly concrete structures spread all over the city, that the

government has built, are not only killing the Jaipur skyline but are an eyesore to every Jaipurite."

The various sessions and the cultural performances were, of course, a "brave attempt to liven the fort, but the organisers certainly need to review the dates for future editions," says the travel writer. She is not the lone voice expressing the dire need to review the timing of the fest. Granted, the stakeholders must have been encouraged to take advantage of the heavy tourist influx at the end of the year that Jaipur always witnesses but it also made confusion more confounded. Many gasped for breath telling you that it had taken them almost 3-4 hours to reach the venue. Also, the weather tends to play the spoil sport, it is customary for the 'mawar' showers, virtually mawar from the heaven, to pour at this time of the year. Jaigarh Fort's location, not being easily approachable, the arduous uphill drive makes

it impossible for enthusiasts to have a break during the day. Said a bureaucrat, "We had thought going home in the afternoon and coming back for the evening performance, but looking at the traffic snarls and the hours it has taken us from home to the fort made us change our minds." Many like him had to leave early because the two most sought performances were too late. Of course, Char Bagh, the venue for Kailash Kher, the Bollywood Sufi singer, was chock-a-block full but only the shake-a-leg generation or yuppies could make it. Said another music lover, "You know, it's one thing to have a wedding function at Jaigarh Fort, where all your comforts have been taken care of, but public performances, at this late hour in this bone-chilling weather, are a different ball game."

The workshops on different arts, whether on a *nagada* or *kathak* too, were a welcome feature if we have to catch 'em young. I think like everything else, the venue of the festival was a double-edged tool. The sheer effort of getting to Jaigarh on a cold frosty morning and the distance must have kept the rowdy raucous crowd out. Also, the green corps of the city have expressed their concern about music blabbing at full blast and high voltage lighting and its fallout on the ecosystem. The concerned government departments must have given all the necessary permissions, needed to roll out this festival. Think about it, which bureaucrat in his right mind will refuse in the present scenario? The steel frame of India lost its backbone many eons ago! Rima Hojja, an Archaeologist and a panelist, at one of the sessions, said, "It is important to look into the future and ask whether fifty years down the line, at this rate, will we have heritage sites left for posterity?"

Padmanabh, the young 26 year old erstwhile Maharaja of Jaipur, has the vim and the vigour to look into issues that have since gripped the city. The JHF is seen as his brainchild. He is important enough to address the issues and blessed with an ability to deliver a more citizen and eco-friendly Jaigarh Heritage festival. May the New Year usher in mindful leisure and responsible tourism for all of us!

acting with friends and family, and build relationships. Implementing and enforcing a ban on social media for minors could be challenging, as many platforms are accessible through various devices and networks. By enforcing the ban might drive minors to seek out alternative methods, potentially riskier online platforms or activities.

Two countries that have tried restrictions on social media for minors in some way or other have found objections being made!

China has implemented strict regulations on social media, including age restrictions and censorship. While this has reduced the spread of misinformation to an extent, it has also raised concerns about freedom of expression. Personally, my belief is that freedom of speech has to be acquired and is not a birthright.

Germany has introduced regulations requiring social media platforms to remove hate speech and other objectionable content. This approach focuses on regulating content rather than restricting access according to age. This has more flexibility!

There are huge implementation difficulties. Ensuring that minors are not

accessing social media platforms could be challenging, as age verification methods are not foolproof. Social media platforms might resist or not fully cooperate with the ban, making enforcement difficult for obvious commercial reasons. Smart minors might find ways to access alternative social media platforms or online services that are not subject to the ban. Parents and guardians might need to take a more active role in monitoring their children's online activities. This could be time-consuming and challenging. Educating minors, teachers, parents and the broader community about the reasons behind the ban and potential risks associated with social media use could be essential for successful implementation.

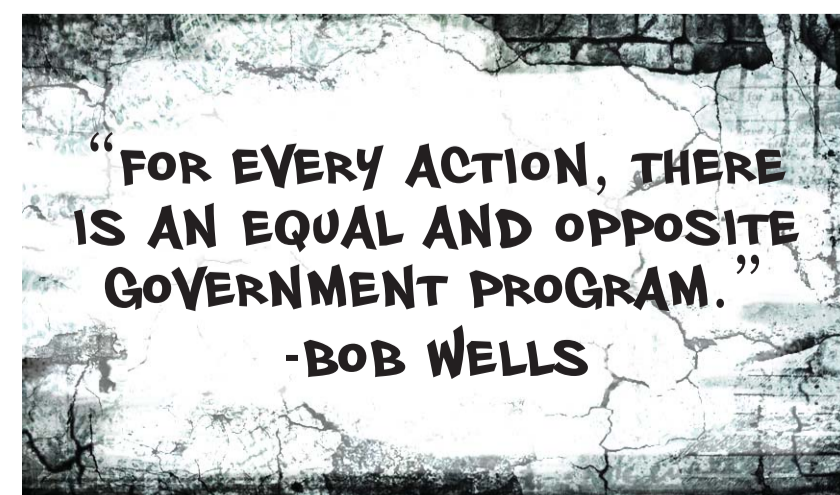
Some examples of Healthy Social Media Initiatives are Instagram's 'Take a Break' feature. This encourages users to take regular breaks from the platform. Similarly, Facebook's 'Mental Health' resource provides users with access to newer mental tools. Twitter's 'Healthy Conversations' initiative aims to promote healthy online conversations and reduce harassment.

Parents and guardians might need to take a more active role in monitoring their children's online activities, which could hinder their personal pursuits. All the same, this will be beneficial to the children and parents alike. For one, it will be a major renewal of bonds, which are sorely lacking in the unit families, particularly, with the wage earner. The pres-



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THE WALL



BABY BLUES



By Rick Kirkman & Jerry Scott



ZITS

