

World Asthma Day

illions of people, all over the world, suffer from Asthma, which means that most people know someone who suffers from it. Those, who have someone with asthma in their lives, are typically familiar with the 'psssst' sound of the inhalers, that make a relatively normal day-to-day life possible for the ones who use them. World Asthma Day is dedicated to raising awareness about this pernicious disease. And it also seeks to bring awareness and advanced asthma care to sufferers throughout the world.

#PARENTING

5 best methods to teach language skills to your toddler

Training children's language skills is a rewarding journey that requires patience, precision and creativity



Teaching language basics is an incredible journey during a child's early life, laying the foundation for their communication and cognitive development. As parents, nurturing children's language skills is important, and thankfully, there are effective ways to facilitate this process. Here we explore five proven ways to nurture your little one's language skills.

Conversational talks
Engage your child in *engaging conversations* throughout the day. Ask them to describe activities, write about things around the house, and talk about daily activities. This constant use of language helps children effortlessly grasp vocabulary, sentence structure, and contextual understanding. Furthermore, responding positively to attempts at dialogue and communication strengthens their confidence and encourages language exploration.

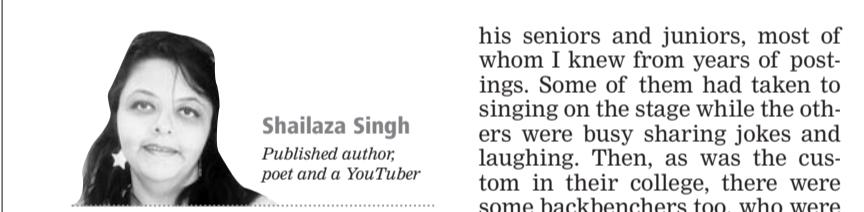
Always read aloud
Reading *aloud* to your child is an effective language development tool. Choose age-appropriate books with colourful illustrations and exciting stories. Make reading periods interactive by asking questions, encouraging them to point to photos, and predicting what would possibly occur next. Through storytelling, youngsters not only boost their vocabulary but also pick out grammar, syntax and narrative comprehension capabilities, laying a strong foundation for literacy.

Sing and make melodious music
Music and rhythm are powerful memory devices that contribute to language acquisition. Sing nursery rhymes, play nursery rhymes, and do silly things together! Phonological patterns and repetition in music make it easier to recognize pitch and pronunciation. Additionally, the addition of gestures and movement enhances *kinesesthetic* learning, making language learning a multisensory experience, that captures children's attention and improves retention.

Create a multilingual environment
Surround your child with a *multilingual environment* at home and outside. Plan play dates with your classmates, enroll in language immersion programs, if possible, and explore cultural experiences together. Speaking multiple languages and dialects provides linguistic variation and cultural awareness. Additionally, encourage activities such as drawing, activities and mind games, that stimulate language use.



OF Ragging and Other Mischiefs



Once upon a time, in the land of Army existed a place called AFMC. It was a place full of cadavers, doctors, classes, jokes and a lot of FUN. The Armed Forces Medical College was not just a college, it was a 'way of life' for thousands, who have passed through its doors.

Shailaza Singh
Published author,
poet and a YouTuber

Will make no bones about it, I am what they call an 'army brat'. For as long as I remember, I have been a part of this army life. Thanks to my father, who retired about a decade ago, I have

listened to his adventures, escapades and pranks ever since I could understand from AFMC (Armed Forces Medical College), Bangalore before he died.

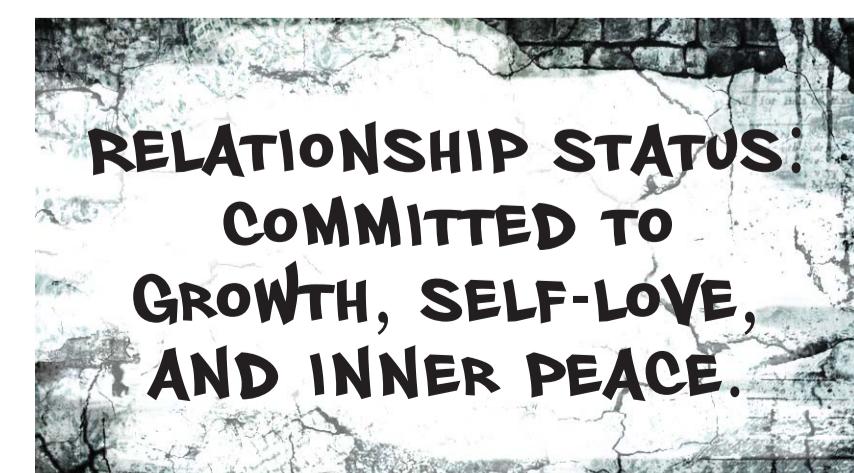
(Right) from the inception of the college, each batch of students has been given a letter of the alphabet to identify their year and seniority. So 'A' was the very first batch in 1966. After the 26 letters were over (that means 26 years), they started off with AA1. So far, 57 batches of doctors have graduated from this college.

So, when Major Dr. Meeta Singh and her husband, Ashok Singh organized the yearly event *Jalsa 2024*, I was only too happy to attend it because it meant listening and, in a way, reliving the naughty, spicy and interesting anecdotes of these 'army doctors.'

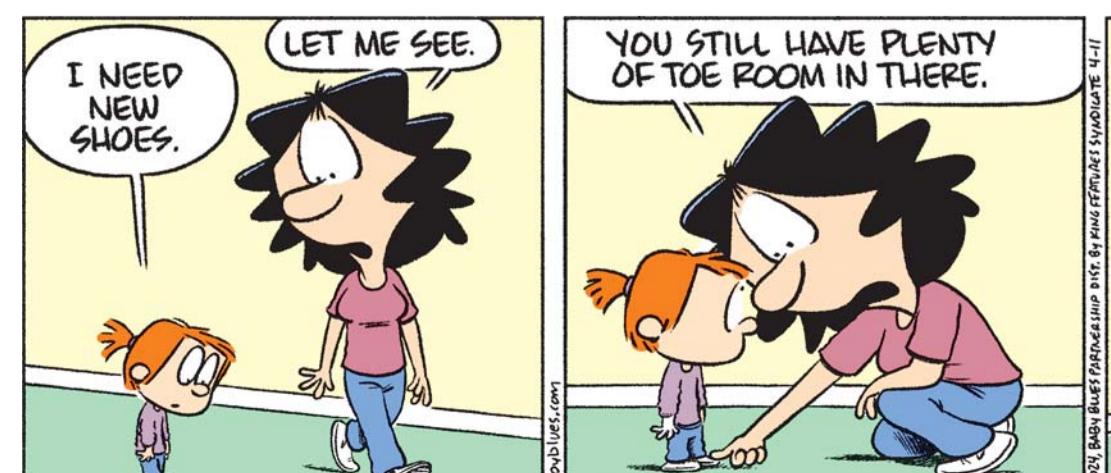
When I walked into the Stardom Resort, where *Jalsa 2024* was being held, it was like walking back in time and meeting my own childhood. I could see my father's friends, his classmates,

and creativity in an unstructured natural environment. Training children's language skills is a rewarding journey that requires patience, precision and creativity. By using these four strategies, reading aloud, music and rhythm, using educational materials, and creating a multilingual environment, parents can empower their children to become confident and competent communicators.

THE WALL

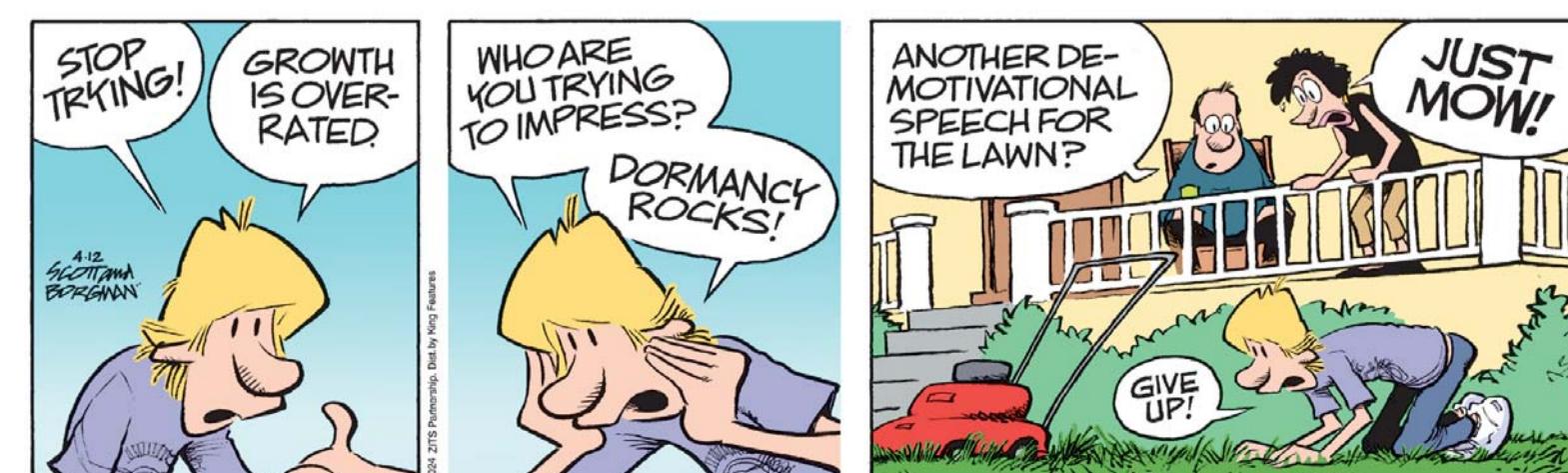


BABY BLUES



Rick Kirkman & Jerry Scott

ZITS



PART:1

3 Tricks To Feel Less Anxious @ Work

By writing things down, being guided by deadlines, and communicating often, anyone can reduce their anxiety at work.

Axiety about work can feel all-consuming. When you're really anxious about your job, you may think about it constantly, but feel paralyzed when it comes to actually accomplishing tasks or improving how you feel. This pattern of anxiety, followed by paralysis, but your productivity, takes a huge toll on your mental health, and also can impact your physical health. For instance, feelings such as anxiety, sadness, and loneliness have been known to negatively impact sleep, increase the risk of stroke, and increase the risk of developing dementia.

Here are top three tips to help you feel less anxious at work.

Write Everything Down

A major cause for job-related anxiety is being worried that you're forgetting something. To counteract that fear, we recommend having a 'written list of any tasks that you need to accomplish. You could write these out on a piece of paper, record them in a task management system, put them in a project management tool, or even keep them in your calendar.

And to help alleviate anxiety even more, we recommend the following do-list for management tips:

- Avoid putting fake deadlines on your tasks so that you end up with a massive amount of 'overdue' items that aren't actually late.
- Separate out your random ideas of things that you might want to do at some point from the must-do tasks. David Allen calls this having a 'Someday/Maybe List.' This reduces task clutter and increases clarity.

• Review your centralized list on a weekly basis and decide which are the most important tasks for the next seven days. You can then put those on a weekly task list so that you have fewer items to focus on completing and feel less overwhelmed by the number of items still left to do.

Be Deadline-Guided

We don't recommend having a 'deadline-driven' approach to your work because this can lead to hopping from one fire to another, feeling



- Break down larger projects into smaller tasks so that you have clarity on what to do when you reach your project time. This also makes it easier to restart a project after any interruption.
- If you can't find time on your calendar to get a project done, make time by cancelling or rescheduling meetings, delegating work off your plate, or asking for a deadline extension.
- Set up intermediate deadlines with your boss or a colleague so that you're forced to make progress before the final deadline.

Communicate Early & Often
One of the major causes of anxiety at work isn't necessarily the work itself. It's the stress created when you feel like you're letting people down. This anxiety compounds when you avoid communicating to others about what's going on. When you don't communicate, you not only feel bad about the incomplete items but also the unanswered emails.

To lower communication anxiety, we highly recommend:

- Follow up with stakeholders before they reach out to you. This reduces your sense of feeling pressured and ensures them that you haven't forgotten about the work.
- Don't make promises of specific deadlines unless you need to do so and actually plan to keep them. For instance, you can say something like "I'll get this to you soon" instead of "I'll get this to you on Friday."
- If you're not going to meet a deadline, let others know as soon as possible. They may not be happy, but at least they have time to prepare. If you don't share until the last minute that you're going to miss a deadline, you create more anxiety for yourself and them.



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संक्षिप्त

देवकीनंदन शास्त्री का धर्मसभा में चयन

श्रीमाधोपुर, (निसं)। थोई के ग्राम रामपुर निवासी पंडित देवकीनंदन

शास्त्री का धर्मसभा में चयन हुआ है।

कार्यक्रम संयोगीक जोरी ने बताया कि विक्रम सम्बत 2082 के

राष्ट्रीय तपवंश पर मतवत्ता

हुते दो विद्वानों

राष्ट्रीय ज्ञोतिष शोध संसारी धर्मसभा का आयोजन किया जाएगा। यह

कार्यक्रम 25 व 26 मई के द्वारा श्री

सूरजमल तपाड़िया आचार्य संस्कृत

महाविद्यालय जसवंतगढ़ नारों में

आयोजित किया जायेगा। ज्ञोतिष

शास्त्र में विशेष कार्य करने पर सास्त्री

का चयन किया गया है। शास्त्री को

पहले भी युवा ज्ञोतिष तत्व व

ज्ञोतिष गौरव सम्मान अवार्ड से

नवाजा जा चुका है।

अवियांश मीणा ने जीता गोल्ड मेडल

टॉक, (निसं)। सींकर में आयोजित

राज्य स्तरीय किंवदंशंग

प्रतियोगिता में

टॉक की टाइगर मार्गील आर्ट कैडमी

टॉक के

अवियांश मीणा

जीता।

अवियांश ने

टॉक जिले व

अपने गुरुजों, माता पिता का नाम

रोशन किया है। इस राज्य स्तरीय

प्रतियोगिता में गोल्ड मेडल लाने से

बहुत अवियांश राज्यीय प्रतियोगिता के

लिए चयन हुआ है, जो 21 से 26

उल 2024 तक महाराष्ट्र में

आयोजित राज्यीय प्रतियोगिता में

हिस्सा लेगा। जानकारी के अनुसार

अवियांश के पिता राजेश कुमार

मीणा थाना नारों टॉक पुलिस में

कार्यरत हैं।

किशन अग्रवाल

अध्यक्ष नियुक्त

कोटपूरती, (निसं)। दो पुष्टियों

एंड जनरल एसोसिएशन के चुनाव

आयोजित करने वाली नवीन

कार्यकारिणी का गठन किया

गया। कार्यकारिणी में

किशन अग्रवाल

टिंबल को

कार्यकारी चेन्टर

कुमार सैनी को

उपाध्यक्ष, रजत

नारों को

अध्यक्ष, चेन्टर

कुमार सैनी को

उपाध्यक्ष, रजत

कोपूरती को

महामंडल, सर्वोच्च

कार्यकारी चेन्टर

नियुक्त किया गया है।

कार्यकारिणी ने

सर्वसम्मिति से अमावस्या को

प्रतिष्ठान बनाए रखने का निर्णय लिया।

कोटपूरती किशन अग्रवाल

एक महीने तक रहेगा।

एक महीने तक रहेगा

वैकल्पिक शटडाउन

मालपुरा, (निसं)। मालपुरा केकडी

रोड 132 की जीएसएस पर उपर

द्रांसफार्म को बदल अधिक क्षमता

वाला नया पावर ट्रांसफार्म जयने

सहित आवास्यक रखरखाव कार्य के

चलते 7 मई से 30 मई तक निगम

द्वारा बैकलिंग शटडाउन लिया

गया। निगम अधिकारियों ने बताया

कि उत्तम सम्याचित में बैकल

व्यवस्था 132 की जीएसएस

टोडारापार्सें ह से की जायेगी।

नियमों ने आयोजन से अपील

करते हुये तमस्यावैधि में सोने

वालों नियुक्त परेशानों को लेकर निगम

को सहेयग करने की अपील की है।

अज्ञात कारणों से

जंगल में लगी आग

निवाई, (निसं)। निकटवर्ती गांव

सजिया के जंगल में सोमवार की

दोपहर अज्ञात कारणों से आग लग

गई। जिससे जंगल में लगे पांचे व

पेड़ जलकर राख हो गए। दमकल के

फायररेन देवारायग गुर्जर ने

बताया कि गांव सजिया के जंगल में

अज्ञात कारणों से आग लग गई।

जिसकी सूचना ग्रामीणों ने

दरमकल के फायररेन गुर्जर सहित

नमोनारायण मीणा, मोरें सौथी वै

प्रहलाद यादव यादव मैके पर हुक्कर

दमकल के सहायता से आग पर

काढ़ा पाया। उन्होंने बताया कि

सजिया के जंगल में कीरी 20

बीघा भूमि पर आग लगने लागे।

रुपए के पेड़ जलकर राख हो गए।

सोने वाले वैकलिंग

में वैकलिंग

