



# HAPPY CHILDREN'S DAY

"Children need models rather than critics."  
- Joseph Joubert, French moralist

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# Listen, Folks...

Innovators, writers, entrepreneurs, gamers et al, talk to Times NIE on how they are the 'forces of change' that wish to mend the society and its decade-old practices, and usher in a new and improved world...



## A YOUNG WRITER | OISHIKA BANDYOPADHYAY, 14 |

CLASS IX, GITANJALI DEVASHRAY SCHOOL, HYDERABAD

"Work is a part of life. Not life itself"

An avid reader with a flair for writing, Oishika is currently the Deputy Student Editor of her school magazine.

Also an International Gold Medal holder in karate, she wears many hats. However, her greatest achievement so far has been winning the International 1st rank in the SOF English Olympiad.

### Life lessons for adults

As the pandemic hit us, I was ecstatic as I thought that my parents would finally have some time off to spend with me. But the exact opposite happened!

My mom is a teacher and my dad, a scientist. They already have enough work; sometimes I feel that I need to book an appointment to spend some time with them. With the onset of Covid-19 and lockdowns, my mom was stuck

for hours on her laptop and my dad, being a scientist, had to start on his projects from home almost immediately. My dad had to work for longer hours including calls at odd hours.

Let me now stop talking about my experiences and get to the point. I think that adults should maintain work-life balance. They want to spend time with their children and pursue hobbies, but the workplace situation makes it impossible for them to do so. Adults should make it clear to their bosses that they will work only during office hours.



## THE NEW AGE GAMER | VEER KASHYAP, 11 |

CLASS VI, NAVY CHILDREN SCHOOL, KOCHI

"Board games are not just for kids"



When the world was grappling with the unexpected changes thanks to Covid-induced lockdown in March 2020, Veer got busy in creating his own board game to utilise the extra time he got. He made Corona Yuga Board Game, an entertaining and educative game on Covid-protocol and pandemic-related issues, for

which he won the PM Rashtriya Bal Puraskar 2021 and the Young Achiever Award from various bodies. Veer has made a 'print and play' board game 16.12.1971 on the military, with the army, air force, navy, tackling war-like situations, enemy areas, combat roles and getting the Vir Chakra award, thereby making children aware of the tough situations and roles played by the armed forces.

### Life lessons for adults

Children and adults are too much into online games and social media. Kids tend to imitate parents. So, board games should be used by adults so that everyone can learn new concepts; it will also enhance family bonding. We need to spread the board game culture.

He also created another board game Tour de Goa, to create awareness about Goa tourism. Veer intends to pursue a career in board game designing to make the world more aware about various issues.

## ROOTING FOR WOMEN | ARYAHA LODHA, 13 |

CLASS VIII, AMERICAN SCHOOL OF BOMBAY, MUMBAI

"Breaking taboos around period is crucial"



When her menstruation cycle started at the age of 12, Aryaha felt the absence of a nutritional supplement for the same in the market. That got her thinking and after extensive research with chefs, nutritionists and gynaecologists, and with the help of the Young Entrepreneurs Academy (that teaches young people to launch their businesses), she launched 'High5 Snacks' - a food brand that sells granola (in five flavours: Very Berry, Ginger and Date, Chocolate and Orange, Rose and Fennel and Paleo) to replenish lost nutrition for women during their menstrual cycle. Along with the school curriculum, she set up her website and figured an eco-friendly packaging for her dream product too. The response to this unique granola bar from across India has

been phenomenal and Aryaha also received an award for social entrepreneurship from the Governor of Maharashtra Bhagat Singh Koshyari.

### Advice for adults

There is no reason for any shame that women face around menstruation and addressing their monthly cycle health needs is important. Parents, especially in rural areas, should talk to their daughters about this natural cycle and schools should educate women about correct hygiene related to it.



Adults, please strike a work-life balance!

"Passion is the key emotion that helps you walk your talk"

"Beat boredom with board games. Playing board games will keep you young and sharp. Don't stop and grow old"

"If every adult takes a strong, brave and wise decision, any field can come forward"

"Get rid of taboos. We are no longer in 16th century"

Just my small thought - "Why shouldn't we popularise paleontology" led to this. Just like this, if every adult can take a strong, brave and wise decision, not just paleontology, but any field can stand to become big. If I was in power, I would include paleontology and study of fossils through school syllabus.

## THE FOSSIL FINDER | ASWATHA BIJU, 15 |

CLASS IX, CHAITNAYA TECHNO SCHOOL, CHENNAI

"We have to understand the history of Earth"

That Aswatha is the country's youngest paleontologist is a fact not so popular. But this young fossil finder has a passion for paleontology and plans to make it more popular. Introduced to the subject by her mentor Ramkumar and with the help of a neatly-labelled hand drawn map by him, she collected 26 fossil specimens of distinct species.

### Advice for adults

The most common question I received from my family members and grown ups: Paleontology is an unfamiliar subject among people, so why should you take this up? My response: "Why don't we popularise the field then?" I too started research on how to make it happen. With 72 fossil specimens of distinct species and some knowledge, I started creating awareness. Now, I have educated nearly 8,700 students and others globally and I have been consecutively celebrating International Fossil Day

## A CHANGE MAKER | SOUMIL KALRA, 16 |

CLASS XI, DPS WHITEFIELD, BENGALURU

"Adults, be more hands-on for charity"

Working as the operational head of the youth-run organisation Rutuchakra East (since a year) that strives for menstrual equality is no small feat. A couple of months ago, Soumil initiated a crowdfunding campaign to provide biodegradable menstrual pads to women in Anekal village (outskirts of Bengaluru). The team raised more than ₹1.6 lakh in less than a month and used this

amount to provide more than 2,000 unprivileged young women with six biodegradable pads each. He plans to hold this campaign every six months to reach out to more needy women.

### Life lessons for adults

If I was an adult, I would set up menstrual pad vending machines in several localities and schools. Adults should contribute generously for such initiatives as this move will benefit our society.

# CELEBRATING INNOCENCE WITH LOVE

## STUDENT'S QUOTE

A child is like a star. He shines in his own time and in his way.  
HIDIA SOHAL, class VII E, DAV Public School, Sector 49, Gurgaon

On the occasion of Children's Day, I share the joy of going back to school, where each day spent was like a magical stream. In this pandemic, as we can't change the direction of the wind, so let's adjust our sails to steer winds.  
TEJASVEER SINGH CHHATWAL, class VII, Sachdeva Public School, Rohini

As you grow up, you see responsibilities where you once saw objects of wonder. And Children's Day is when you can look at them with unabashed awe again.  
PRISHA SOOD, class X, Tagore International School, Vasant Vihar, Delhi

On this very special Children's Day, let us all celebrate our inner beauty, innocence and the purity within us. Let us feel precious in every way that we can. Because we are the future! Let's build a happy, peaceful and safe world. Happy Childrens Day!  
RIDDHIMA, class VII, Air Force Bal Bharati School, Lodhi Road, New Delhi

Dear children, life is an ocean of opportunities, but it is you who decides whether you grasp it with a spoon in your hand or a bucket. Do not limit yourself, always dream big and achieve it.  
ANKITA DUREJA, TGT Chemistry, DAV Public School, Sector 49, Gurgaon

Angela Schwindt said "While we try to teach our children all about life, our children teach us what life is all about". A lot can be learnt from the tiny humans that we call our children. From showering unconditional love on all to finding joys in the smallest of things - they can turn any sombre moment into a gleeful celebration. Taking life one day at a time, staying calm and enthusiastic at the same time is something one can learn from these little jewels.  
VEENA MISHRA, Principal, National Victor Public School IP Extension, Patparganj, East Delhi

The most important lesson I have learnt from my students is that 'Silence is not always golden'. A silent classroom can depict obedience but not necessarily learning. Children don't learn by having a teacher in front of them talking and instructing but they learn when they are engaged. Once students get engaged and start talking about the lesson - that is when the actual learning takes place.  
TAPASYA BANERJEE, TGT Social Science, Manav Sthali School, R - Block, New Rajender Nagar

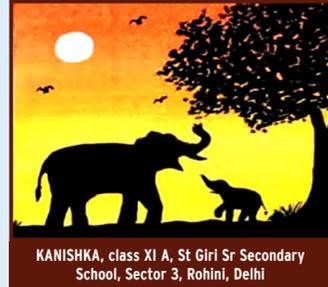
I extend my blessings and wishes to all the young cherubs on the occasion of Children's Day. They have always been a priceless treasure for me. It has been 32 years that I have been surrounded by tender minds and it never ceases to amaze me how much my children have taught in their own unique way. Amidst their company, I feel jovial, young, energetic and full of life. They have kept the child alive in me by stimulating a sense of happiness and innocence. They have made me learn to see the best in everybody and appreciative about every little thing in life.  
ALKA KAPUR, Principal, Modern Public School, Shalimar Bagh, Delhi

I, as an educator, want to share that education is a never-ending process. A true teacher learns something new everyday from his or her students. Curiosity of students becomes the passion, which leads us towards the heights of perfection. We search, invent and conclude with different strategies. When we cross the boundaries of books and facilitate our students to apply practically, we also learn new things. Many years ago, when I was about to address my students on the occasion of global fest, one of my students of class I loudly tried to gain my attention and said, 'Best of luck ma'am' in front of everyone. This incident taught me a lesson of true bonding. It is very important to be ready to learn for every

My students have given me moments of immense happiness and pride. They have taught me that the simplest and the smallest things bring greatest joys and love grows when you share it and the real joy of living is to live your life on your terms. Wear your attitude.  
MANVINDER KAUR, Principal, Presidium school, Indirapuram

teacher. Before Principal, I am a proud teacher and for this I give absolute credit to my students and my team members.  
DR ANUROOP KAUR, Principal, Bharat Ram Global School, Indirapuram

## Student Corner Children are the future of the nation



KANISHKA, class XI A, St Giri Sr Secondary School, Sector 3, Rohini, Delhi



MARYAM NAIEM, class VIII A, Hamdard Public School, Sangam Vihar, Delhi

Children are the future of the nation! If they are nurtured in beautiful garden, Upbringing of children in right direction, Will determine the country reflection, education plays a very important role, where children understand their goal. Children have the equal right, As they have very beautiful sight Chacha Nehru loved children a lot, He believed children will be super future robot, Children look at this world in different way. That why Chacha Nehru used to say, 'The children of today will be the future of tomorrow.'  
RIYAARTH SINGH PARMAR, class IV C, Ryan International School, Sector-40, Gurugram



# No Child's Play

Children's Day evokes images of little children having a fun time, playing, laughing and enjoying themselves. But there are some who spend their childhood going through the rigours of tough training, competing, and sweating it out so they can make their country proud. Here is their take on promoting sports in India...



**WATER GLIDER | SRIHARI NATARAJ, 20** | SRI BHAGWAN MAHAVEER JAIN COLLEGE, BENGALURU |

Youth Olympic medalist, Commonwealth Games, World Championships winner

*"The gym is my happy place and pain is satisfactory"*

An accomplished swimmer, Srihari Nataraj has represented India at the 2019 World Aquatics Championships, South Korea, 2017 Asian Indoor and Martial Arts Games, Turkmenistan, 2018 Asian Games, Indonesia, 2018 Commonwealth Games, Australia and the 2018 Summer Youth Olympics, Argentina. The 20-year-old qualified for the Tokyo Summer Olympics after competing in the Sette Colli Trophy in Rome, where he set a national record

going for movies and other socialising. But I had my own group of friends among the swimmers and it was a different kind of socialising. I come from a family of sports persons and I enjoy training and swimming. I began swimming at the age of 2 and started competing at age 5. I enjoy what I do. The gym is my happy place and pain is satisfactory.

### Inspiring youngsters

Given the size of our population, we don't have as many swimmers as we should. We have a huge pool of talent. But often athletes who start out don't understand what it takes to get to the next level. They are

not nurtured properly. Instead, there is too much pressure to win right from the beginning. So a lot of them end up dropping out. If this approach is corrected, perhaps more people will take up sports. What is important is understanding the sport and growing in the sport. One must enjoy the training and focus on getting the technique right, making corrections along the way. It is important to progress as a swimmer as a whole, with focus on building strength, endurance, composure, mental strength. Parents tend to put a lot of pressure on winning. My coach always says that one does not have to peak at age 10-11. When that happens, there is early burnout.

Age 15-16 is a good time to decide if you want to be a competitive swimmer. It is when you can

see where you stand and how far you can go. If you are sure that you enjoy training and racing, then you can peak at age 20 and go on progressing.

### Making India a sporting nation

Support kids to have fun and enjoy the sport. Increase awareness of the importance of sports. Support the thought of having a career in sports. Provide better monetary support at the higher level. Schools must take up sports more seriously. How athletes train is lost on most children. They must know sportspersons have better chances of getting into US universities. We must develop the pool of talent because success in sports as a nation shows who is a superpower.



**ON HER MARK | KOMALIKA BARI, 19** | ALUMNA OF SHIKSHA NIKETAN SCHOOL, JAMSHEDPUR |

Youth World Championships and World Archery Youth & Cadet Championship medalist

*"Hard work will automatically yield good results"*

One of the most promising young archers in women's recurve archery, she made a mark securing a medal for India in the Youth World Championships in Wrocław. Bari bagged a gold in Women's Cadet Recurve category in the World Archery Youth & Cadet Championship 2019. She defeated Waka Sonoda of Japan by 7-3 in the finals. It also made her the only second Indian after ace Indian archer Deepika Kumari to achieve the feat

because I feel I have enjoyed every aspect of life as a child. If there is anything that I miss, it is my family, with whom I do not get to spend enough time. However, my coaches, supporting staff, friends are my family now so I enjoy with them. It is true that I have achieved a considerable lot in life but for me this is just the beginning. I want to achieve even more.

### Childhood rigours

It is not true that I have missed out on a lot compared to other children

### Inspiring youngsters

I would like youngsters to take up archery because the sport is coming back into the limelight if you play the

sport well, it can open up new avenues for you, even for a career after you stop competing.

All you need to do is to set a goal. If you are good in a sport all you need to do is work hard. Archery needs a lot of patience. Results may not come easily and you should not think of the results at all in the beginning. Hard work will automatically yield good results. It is important to apply all that you learn from your coach, while playing in a competition and also be happy while you perform.

My achievements have changed my life a lot. Earlier no one knew me. People in my country and even abroad have come to know about me through my sport. In my family also there have been some changes. Due to my

achievement, people respect my parents also. I am happy that I could make them proud, apart from my coaches.

### Making India a sporting nation

Today, children are smart enough to understand that choosing a sport is important for both physical fitness and mental agility. As for archery, the government is helping us in many ways. The equipment available in India is also of a high quality hence it aids in playing the sport.

Every sportsperson in the country should work hard and achieve something so as to set an example for our juniors and also open more avenues for them.

**THE SHARP SHOOTER | MANU**

**BHAKER, 19** | LADY SRIRAM COLLEGE, DELHI | Medal winner at ISSF President's Cup, ISSF World Cup 2018 and 2019

*"Sport is a uniting force"*

The youngest Indian to win a shooting Gold, the Olympian has won individual and mixed team medals in 10m air pistol at the 2018 ISSF World Cup, Mexico. At the ISSF World Cup 2019 she bagged 10 gold medals and has triumphed at the Asian Shooting Championships and Asian Airgun Championships. Manu Bhaker booked her ticket to the 2021 Tokyo Olympics after she finished 4th place at ISSF World Cup, Germany. She has accumulated 17 gold medals and 2 silvers in her international career. In her latest outing, she has won two golds at the ISSF President's Cup, Poland

coverage to all sports, and not just to cricket! Keep politics out of sports.

The government must make the policy on sports fair and transparent. It should also build good sports infrastructure to encourage players and ensure good training.

Leagues like IPL, pro-kabaddi or wrestling league should be set up for all games. Business houses must come forward to support such leagues. They must also take over more responsibilities in channelling some of their CSR funds towards sports.

Another way the corporate world can help is by giving sportspersons from all sports the opportunity to feature in their advertisements, and related material, rather than using just filmstars.

**MASTER STRATEGIST | NIHAL SARIN, 17** | CLASS XII, NATIONAL INSTITUTE OF OPEN SCHOOLING, NIOS |

FIDE Chess Olympics, World Youth Championship winner

*"Try to develop your own path to success"*

Nihal Sarin is a chess prodigy who became a grandmaster at the age of 14 and is currently among the top 10 players in the country. The 17-year-old has won the U-10 World Blitz Championship, the U-10 World Youth Chess Championship, gold medal in FIDE Chess Olympics, and U-18 World Youth Championship. He has beaten the likes of Magnus Carlsen. He is the fourth youngest player in history to cross the Elo rating mark of 2600, and the youngest Indian to play in World Cup 2019

### Childhood rigours

Sometimes I do feel I missed out on things others my age do. For example I don't get to meet my school friends as often as I would like to. But luckily, I have good friends within the chess fraternity and it's comforting.

### Inspiring youngsters

Chess is a great game to play. You get to enjoy a lot. You make friends in tournaments, and even online. I would say play as many times as you can. Think a lot about what you have played. I don't

idolise players or consider any single player my idol. When I was younger I had favourite players, Alexander Alekhine being one of them. But that does not mean I want to follow in someone's footsteps. I would rather live my way. Try to develop your own path to success.

I don't say play only chess, but do play some game.

### Making India a sporting nation

Make sports fun-filled and interesting. As far as chess is concerned, I think we should make it interactive and fun for the children to play. If we make it too theoretical, they lose interest. Do not enforce too many rules, it usually backfires. I think we should show the game in an

interesting way and have a lot of fun games. It is a tried and tested way to make anyone fall in love with chess.

I was lucky that I had a great coach in my earliest years. He taught chess at my school and he made it really fun to play. I think it is important to get the right guidance at an early age to be able to enjoy a game and have fun playing it.



### Childhood rigours

Yes, I have missed out on lots of things, especially staying home, fighting with siblings, school masti, going shopping in public, attending college functions and a lot of other things. I also missed out on spending time with my father.

### Inspiring youngsters

Sport is a uniting force. Youngsters must take up not just one sport but should play all kinds of sports.

Playing helps one keep fit and energetic. Failures, and other technical glitches should be seen as a testing time and a lesson learnt from the incident. I believe we can create chances to do better and excel in life.

### Making India a sporting nation

We must learn to honour achievements of players in all sports equally. The media - TV, Radio - must give equal

