

Scienti-fix

Five health benefits of spending time with family

A study conducted by experts at the John Hopkins Hospital, US, showed that participants' stress, happiness, and well-being levels were better predicted by their social circle strength than by the physical health data collected on a fitness tracker. This shows just how important time with family is to your physical and mental health.

HERE ARE A FEW HEALTH BENEFITS OF SPENDING TIME WITH FAMILY (A CONCLUSION THAT EXPERTS REACHED):

IMPROVES MENTAL HEALTH:

01 When we spend time with family—especially face-to-face communication, as opposed to digital—it significantly reduces the occurrence of depression, anxiety, and other mental illness. Being physically present with loved ones creates strong emotional support to buoy you up through life's challenges.



HELPS PERFORM WELL ACADEMICALLY:

02 On average, kids who spend time with family tend to do better in school. They learn communication skills and the importance of education. Just asking about their day and what they're learning will show your children how much you care.



LOWERS RISK OF BEHAVIOURAL PROBLEMS:

03 Children who are spending time with their family have shown less risk of behavioural issues, such as violence and substance abuse. When they receive positive attention for positive behaviours, it increases their desire to continue those healthy patterns. Being with family and doing activities together also provides an outlet for pent-up emotions that could otherwise lead to unhealthy decisions. Family also plays an important role when a child (or teenager) is dealing with issues and they look up to a senior because their advice can allow them to become better equipped to cope with problems and make positive choices.



BOOSTS SELF-CONFIDENCE:

04 Spending time with family builds confidence for all members. Parents can teach children to build self-esteem through specific skills such as problem-solving and communication. They can also model the ability to love oneself without degrading others. For parents and children, confidence grows simply with the knowledge that they are valued and appreciated by their loved ones.

PROMOTES ADAPTABILITY AND RESILIENCE:

05 Your ability to face life's changes and challenges is greatly improved by a strong family bond. Being with family gives you the feeling of knowing that you belong, you are cared for, and you are needed, which gives a sense of meaning and purpose. This assurance gives the motivation to push forward, grow, and succeed.

Did you know

These rituals can improve your bond with parents

According to research, a child who feels secure with a parent is more emotionally stable in the future. All this comes from positive techniques, an important part of which is connecting with you. You truly need to connect with your parents for a genuine, happy and long-lasting bond with them.

Every family and every child is different. Here are some basic rituals that can be incorporated to bond and strengthen ties with your parents. You can also modify them or add them to the list, based on you and your parents' interests and personalities.



PLAYING GAMES

A fun ritual that should not be skipped. Everyone loves to play and even parents can experience the joy of playing with Legos, cards, table tennis, and chess with you. Playing together will help you forge strong bonds.

MORNING HUGS

Start the day with love and positivity. Hugging should never get old. In fact, showing that you love and care can boost your confidence and your parents will feel assured that you are there for them through thick and thin.



DOING CHORES

It is not just the parents who have the job to run the house and take care of it. Encourage yourself to take part in household chores regularly, whether big or small. When you participate in the domestic chores with your parents, it further fosters team spirit and your sense of belonging. It will also help you to become more responsible and less dependent on others.

"HOW WAS YOUR DAY?"

This little question is something you should ask your parents every day when they get home from work, or before bedtime. And in return, you should tell them about your day. It will not just help you reflect on the ups and downs of your day, but sharing it with your parents can help you to get closer to them.



EATING TOGETHER

When you and your parents are busy in the outside world – school, tuition, job, friends – eating lunch and/or dinner together can become that one special moment to spend time, talk and bond over your love for food. You can also try cooking together and experience the joy of eating food cooked by each other.

Super-family

VALUES TO LEARN FROM THE BLACK PANTHER



Unnati Gusain
THE MOST WORTHY LEADER

Marvel's 'Black Panther: Wakanda Forever' released on November 11. In the previous movies, Black Panther's character emerged as a strong warrior and a humble leader. But apart from his leadership, he was also a brilliant son and brother.

Here are a few family values one can learn from the king of Wakanda.

A LOVING SON

A loving son in 'Captain America: Civil War', the Black Panther was shown to have enormous respect and love for his father. "T'Challa looks up to his father almost to the point of deifying him," the late actor Boseman said in an interview.



AN UNDERSTANDING BROTHER:

T'Challa was also seen as a supportive and fun brother. There were many instances in the movie that can be taken into consideration. The relationship between Shuri, his sister, and the king was fun and natural. The love and respect Shuri received from her brother made her realise her real potential and capabilities.

Black Panther reminds us that elders bring in wisdom and stability; that youngsters provide innovation and fresh perspective. And that we need to hold tightly to it all.



Travelogue

Three tips to plan family getaways

While we all look back to our family vacations with sweet reminiscence, planning one is not the easiest thing to do. Whether it is learning from others' experiences and making better decisions or simply planning ahead, making a travel itinerary for a family vacation is quite a task.

Here are a few tips on how to make a plan that will suit the entire family:

1 MAKE A FLEXIBLE ITINERARY

While travelling, it is important to remember that things may not always go as per plan. This is the main reason why we need to make a flexible itinerary. Planning a tight schedule makes it harder to follow and can also burden you. While planning something easy-going and flexible will reduce the pressure.



3 PACK SMART

Have you noticed, before every trip, your parents continuously ask you if you have packed or not? Sometimes, they also give you a hand in packing as well. This is because they know if you forget something they can remind you. Packing smartly not only means keeping all necessary items but also packing compactly. Rolling up clothes instead of folding them, stuffing socks and underwear inside shoes and wearing the heaviest clothes (like bubble jackets) for the flight are some simple tips that make packing easier.

2 STOP AND ENJOY

Whenever we are visiting a new place we tend to want to go everywhere and do everything in a short period. This is perhaps a common mistake that we all make. It is important to understand that it is

difficult to have a super-packed day with family.

It is therefore very important to make plans for having a nice experience rather than having all the experience.





"The more difficult the victory, the greater the happiness in winning."
- Pele, former football player

Photo: REUTERS



LIONEL MESSI

Arguably the greatest player of all time, Messi has yet to emulate past legends Pele and Diego Maradona by winning football's biggest prize. He did finally win a major international tournament with Argentina when he was the driving force behind their Copa America triumph last year. The 35-year-old has said this will "very likely" be his last World Cup and the team will be desperate to go one better than 2014, when Argentina lost. Lionel Scaloni's side have high hopes of winning a third world title.

- 785 career goals for club and country.
- 672 goals for La Liga giants FC Barcelona - Most for a single club.
- 7 Ballon d'Or - 2009, 2010, 2011, 2012, 2015, 2019 and 2021.
- 6 Golden Shoe - 2009-10, 2011-12, 2012-13, 2016-17, 2017-18 and 2018-19 seasons.
- 2014 World Cup - Golden Ball winner.
- 2009/10 - FIFA World Player, Pichichi Trophy and Golden Boot.
- 2020 - Laureus World Sportsman of the Year - first footballer and first team sport athlete to win the award.
- 91 goals in 2012 - most in a calendar year.

Brazil head into the tournament as favourites to win a record-extending sixth World Cup. The strong form of Neymar this season for PSG will be a big plus point for coach Tite after a difficult spell for the 30-year-old. Neymar heads to Qatar just two goals short of equalling Pele's all-time Brazil scoring record, albeit having already played 29 more matches. The Selecao were beaten by Belgium in the quarter finals four years ago, leaving Neymar still waiting to make up for 2014, when he missed the humiliating 7-1 semi-final thrashing by Germany on home soil through injury.

- 354 career goals for club
- 75 goals in 121 matches for Brazil since debuting at age 18 - second highest goal scorer for his national team, trailing Pele.
- 100 goals for three different clubs - one of only three players to achieve this.
- 2 - Golden Boot with 43 goals.
- 2013 - Golden Ball and FIFA Confederations Cup.
- 2011 and 2012 - South American Footballer of the Year.

NEYMAR



FIFA WORLD CUP:

THE STAR PLAYERS TO WATCH OUT FOR

The 2022 FIFA World Cup begins on November 20, 2022, in Qatar, with 32 teams vying for the top honour. France is hoping to be the first to successfully defend the title since Brazil 60 years ago. A look at some of the best players who will be competing...

The Poland captain will shoulder his country's World Cup hopes as the star in coach Czeslaw Michniewicz's squad for Qatar. The 34-year-old record scorer with 76 goals in 134 appearances, will captain the squad as he looks to get his first goals at a World Cup. He failed to get on the mark in his only previous World Cup appearance in Russia in 2018. Lewandowski has not had problems scoring for Barcelona since his switch from Bayern Munich, with 13 goals in La Liga and five in Champions League.

ROBERT LEWANDOWSKI

- 76 international goals - all-time top scorer for Poland and third overall men's international goal scorer in Europe
- 5 goals in less than nine minutes for Bayern against VfL Wolfsburg in 2015 - fastest in Bundesliga and any major European leagues - awarded four Guinness World Records.
- 3rd highest goal scorer in history of Champions League.
- 2020 - Club World Cup Golden Ball.
- 2 - European Golden Shoe - 2020-21, 22
- 2020 - Globe Soccer Best Player of the Year, European Sportsman of the Year, and World Soccer Player of the Year.



Photo: REUTERS

The Tottenham forward is undoubtedly Asian football's biggest star. He will be carrying South Korea's hopes in a tight-looking Group H. Son shared the Premier League Golden Boot last season with Liverpool's Salah, despite not taking penalties for Spurs. He has netted 35 times in 104 internationals, including the second goal of the Koreans' stunning 2018 win over Germany which dumped the reigning champions out in the group stage. Son has not always been at his best this term, but a recent run of seven goals in seven games for club and country shows he has lost none of his potency.

- 35 - International goals.
- 2018/2019, and 2019/2020 - Player of the Year for Tottenham



Photo: AP

SON HEUNG-MIN

- 2020 FIFA Puskas Award for his length-dribble goal against Burnley in 2019.
- 2021-22 - Premier League Golden Boot award with 23 goals. First Asian player to win it. Shared with Mohamed Salah.
- Top Asian goal scorer in both Premier League and Champions League history.
- 6 times Footballer of the Year for South Korea: 2013, 2014, 2017, 2019, 2020, and 2021.
- 2022 - Cheongnyong Medal, the highest order of merit given to a South Korea sport person.

CRISTIANO RONALDO

Messi's long-time rival for the status of world's best player, Ronaldo will also surely be appearing at this World Cup for the final time, aged 37. International football's all-time record scorer recently netted the 700th club goal of his career. Ronaldo won an emotional title at Euro 2016 with Portugal but their best effort with him on a global stage remains a semi-final exit in 2006. He will be expecting to score in a record-breaking fifth straight World Cup, surpassing Pele, Miroslav Klose and Uwe Seeler.

- 818 career goals for club and country.
- 117 - international goals
- 700 club goals
- 61 - matches to become fastest to score 50 goals in Serie A history - 2019/20.
- 37 goals - most in one season - 2019/20
- 5 Ballon d'Or awards - 2008, 2013, 2014, 2016, 2017
- 4 European Golden Shoes - the most by a European player.
- 32 trophies in his career - 7 league titles, 5 UEFA Champions Leagues, and the UEFA European Championship.
- 2021 - Guinness world record for most international goals.



Photo: REUTERS

KYLIAN MBAPPE

The French team's most important player, the Paris Saint-Germain forward became the first teenager to score in a World Cup final since Pele with his strike in the 4-2 victory over Croatia. After winning the best young player trophy in Russia, he will have his eyes set on the senior prize this time around.

- 19 years - youngest French goal scorer in World Cup history in Group C win over Peru.
- 2017 - Golden Boy finished as Ligue 1 top scorer for four seasons.
- 2018 FIFA World Cup - Best Young Player and French Player of the Year.
- 4 Ligue 1 titles, three Coupes de France.
- 3- Ligue 1 Player of the Year awards
- 2018 - Knight of the Legion of Honour, the highest French order of merit, in 2018.
- 2018 - Kopa Trophy for the world's best footballer under the age of 21.
- 2021 - Globe Soccer Best Player of the Year.



Photo: REUTERS

SADIO MANE

The Bayern Munich winger, who finished second in the Ballon d'Or voting behind Benzema, will be tasked with inspiring Senegal into the knockout stage. There are high hopes the African champions can go deep into the tournament. Mane scored the winning penalty in a shootout as Senegal beat Egypt, and his former Liverpool teammate Mohamed Salah, to qualification. The 30-year-old's team has been given a kind draw alongside hosts Qatar, the Netherlands and Ecuador in Group A, as they bid to match the shock run to the 2002 quarter finals.

- 152 club goals playing for 6 different clubs.
- 34 international goals, highest goal scorer for Senegal.
- 2 minutes 56 seconds - record for the quickest Premier League hat-trick, netting three times for Southampton against Aston Villa.
- 2 times African Player of the Year winner.
- 2019-20 Premier League - helped Liverpool end 30-year league title drought.
- 2018-19 - Golden Boot, joint-top goal scorer in EPL with 22 goals.
- 2018 - first Senegalese player to score in the final of UEFA Champions League - against Real Madrid.



Photo: REUTERS