



THE TIMES OF INDIA

www.toistudent.com

TODAY'S EDITION

► What are the signs of a parentified child? Find out more on 'Family Time'

PAGE 2



► A student narrates how an incident in school taught her to focus on little joys of life, and ways to improve herself

PAGE 3



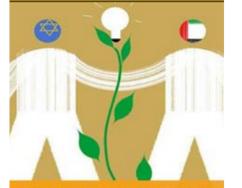
► India eye must-win game against South Africa to stay live in the series

PAGE 4



STUDENT EDITION
FRIDAY, JUNE 17, 2022

After Indo-Pacific, a 'new Quad' for West Asia



India has joined another Quad-like grouping along with Israel, the UAE and the US, which will hold its first virtual summit next month. Called I2U2, this is part of the Biden administration's efforts to re-energise and revitalise American alliances across the world, according to the White House. PM Narendra Modi, US President Joe Biden, Israeli PM Naftali Bennett and UAE President Mohammed bin Zayed Al Nahyan would attend the summit, which will take place during Biden's trip to the Middle East from July 13 to 16.

ISRAEL-ARAB TIES
Biden's visit will also focus on Israel's increasing integration into the region, both through the Abraham Accords with the UAE, Morocco and Bahrain; through deepening ties between Israel, Jordan and Egypt; and also entirely new groupings of partners, I2U2, according to the White House

'WEST ASIAN QUAD'
In October 2021, external affairs minister S Jaishankar attended a meeting of the foreign ministers of the four nations dubbed the 'International Forum for Economic Cooperation', which has been renamed as I2U2. At that time, a UAE diplomat had described it as 'West Asian Quad'

The rupee has been hitting new lows each passing day. It crossed the \$78 mark this week amidst a resurgence in dollar strength...

5 FACTORS DRAGGING RUPEE to record lows

POLICY TIGHTENING

1 The US is witnessing a four decade-high inflation. Its central bank has been tightening the monetary policy, and is expected to follow the trend in weeks to come. This makes the dollar an asset for investors.

US BOND YIELDS

2 The US bond yields are on a rise due to decade-high inflation rate. The rise in 10-year US bond yield is contributing to the dollar strength as funds move towards dollar assets, thus making it stronger.

RISK TO GLOBAL GROWTH

3 The increasing risks to global growth have increased the safe-haven demand for dollars. Reports that China has once again imposed lockdown restrictions in

Beijing have severely dented investor sentiments. Several global agencies, such as the World Bank and OECD have downgraded global growth forecasts.

HIGHER OIL PRICES

4 Oil prices continues to remain elevated at above \$120 per barrel. This is putting pressure on India's external position. The trade deficit in May rose to a record-high of \$23.3 billion, and is expected to remain elevated amid a pickup in demand as well as higher commodity prices. Supply disruptions due to

Covid-19 spike in China, and the ongoing Russia-Ukraine war have pushed the oil and commodity prices further. With import costing more, the rupee has to bear the brunt.

FPI OUTFLOWS

5 Foreign portfolio investment (FPI) have remained net sellers in the domestic market for nine straight months now. With interest rates in the US likely to go up much faster than elsewhere, FPI inflows into emerging markets, such as India are likely to remain muted.

FOR THE RECORD

The US dollar has been rising consistently against the rupee for almost 15 years now - since the fag end of 2007. There have been multiple reasons, most persistent of which are India's

current account deficit and its dependency on crude oil, a volatile commodity. The rupee is not the only currency that has lost value against the dollar. Other currencies such as Yen, Yuan, Turkish Lira and Pakistani rupee have all suffered significant losses



Hardik Pandya named captain for Ireland T20Is

Eight months can be a long time in cricket. From a point where he was dropped from Team India after enduring an ordinary time in the T20 World Cup in the UAE last October-November, Hardik Pandya on Wednesday reached another high point in his fairytale comeback when he was named as the captain of the Indian team for the two T20Is against Ireland later this month. Seamer Bhuvneshwar Kumar has been named as his deputy. Team India will play two T20Is on June 26 and June 28 in Dublin. Batting legend and current National Cricket Academy chairman VVS Laxman will be the head

coach of the side during the two-match tour. NCA coaches Sitanshu Kotak, Sairaj Bahutule and Munish Bali will also accompany Laxman.

The 31-year-old, who plays for Maharashtra, has done consistently well in the past few IPL seasons. The selectors' decision is a just reward for Pandya, who led Gujarat Titans to the IPL title this season. He also scored 487 runs in 15 games and picked up 8 wickets



NEWS IN CLUES

THIS IS THE MOST POPULAR BEVERAGE IN THE WORLD.

- CLUE 1:** It can be used as a mosquito repellent
- CLUE 2:** This is available in about 3,000 types
- CLUE 3:** A Chinese legend makes it 5 millennia old

Answer: TEA. A Pakistani minister has asked the countrymen to cut back on drinking tea to save foreign exchange reserves. Pakistan is the world's biggest importer of tea spending over \$515 million a year on its import. But the country is facing a long-brewing economic crisis and finding it difficult to pay crippling debt with dwindling foreign reserves.

It's time to talk 5G speed now

The central government has approved the proposal for the auction of 5G spectrum - less than a month after communication minister Ashwini Vaishnaw made the first 5G call. The government said 5G services would be 10 times faster than the existing 4G connectivity - vital for emerging technologies, such as self-driving cars and artificial intelligence. The auction will begin on July 26. A total of 72 GHz (gigahertz) of 5G spectrum will be put to auction, with a validity period of 20 years.

Only in-house private networks will be allowed to participate in the auction. As of now, India's telecom services are run by specialist companies - state-owned MTNL and BSNL (not part of 4G network), and private firms - Vodafone Idea,

Bharti Airtel Ltd and Reliance Industries Ltd's Jio. Besides, specialist companies, tech companies, such as Amazon, Google and Facebook (Meta), will also be able to bid for bandwidth for networks for their private use

India is the world's second-biggest wireless market with over a billion subscribers



'SRI LANKA NEEDS TO GO

Atmanirbhar Bharat way to survive'

From streaming live his interviews with CEOs on social media to hosting his own YouTube channel 'Cinnamon Chat With Nethila' and setting up a business academy, 'Marspreneurs', for teen entrepreneurs, 13-year-old Nethila Nimsath from Sri Lanka has already got his business plan in place. In an exclusive to Times NIE, Nimsath talks on how Sri Lanka needs to rebuild itself from scratch now by developing its local markets...

HOW DO YOU THINK SRI LANKA ENDED UP IN SUCH ECONOMIC CRISIS?

Sri Lanka opened its economy in 1977 and we started importing almost everything. I have never bought a toy made in Sri Lanka because I had enough imported toys. No government has encouraged local manufacturing. Sri Lankans were becoming mass consumers. This led to a massive negative balance of payment.

Since none of the governments have encouraged local manufacturing, our country is very weak when it comes to exporting compared to countries like India. Historically, we have been self-sufficient in rice production but have been importing many food items because the local production wasn't sufficient.

WHAT IS THE PRESENT SITUATION?

Currently, the economic crisis has led to an energy crisis and people are suffering without LP gas, fuel, and electricity. I checked with my moth-



er and she had purchased 1kg of dal in February for ₹ 150 and today, it is priced at ₹ 650. The financial crisis has also led to a political upheaval, mass protests by common man, leading to fall of the government.

HOW CAN SRI LANKA TACKLE THE CRISIS?

The financial crisis and lack of essential goods and services have given an opportunity for entrepreneurs. Some smart entrepreneurs have innovated stoves that run on charcoal, coconut shells, firewood, and sawdust. Some people started selling off-grid solar systems and power backups for computers and wifi routers.

The way I see it, there is only one solution to overcome this crisis. Only one group of people can bring foreign income to this country to solve the problem and they are entrepreneurs. Unfortunately, the traditional school systems and university systems have not been designed to produce entrepreneurs, producers, and those who can make innovations and value-added products. When somebody decides to become an entrepreneur, society questions them and pushes them to work for someone. Our only option is to create more entrepreneurs and exporting great products and services to the global market. -As told to Malini Menon

THE TIMES OF INDIA

www.toistudent.com

FATHER'S DAY SPECIAL

Read all about the science of dadhood as we celebrate Father's Day (June 19) by featuring interesting research and studies on fathers and fatherhood

PLUS: 10 inspiring quotes for Father's Day

STUDENT EDITION

SATURDAY, JUNE 18, 2022

TRIVIA TIME

Father's Day celebrations continue as we trace the history of how this day came about and how it is celebrated around the world

PLUS: Easy-to-follow fitness tips for dads; famous people on their fathers and fatherhood

INTERNATIONAL YOGA DAY

June 21 (Tuesday) is International Day of Yoga - a day instituted by the United Nations in 2015 to celebrate the gift of yoga. Find some interesting trivia about this day

PLUS: Famous yoga gurus; What's your 'pet' workout?

BOOKS & MOVIES

On Sunday, India celebrates National Reading Day - and authors tell us why we must never stop reading

PLUS: Books and movies for Father's Day

SPORTS

Fathers and sons in sports

Your Weekender

WHY IT'S WRONG FOR PARENTS to depend on kids for emotional support

The set of duties and responsibilities in a parent-child relationship is most often clear. While parents have to look after their children, take care of their needs and necessities, kids need to follow certain rules to steer clear of danger and focus on their growth.

However, sometimes, there is a complete role reversal, where a child is 'parentified', i.e., the children suddenly find themselves acting as a parent or a caregiver – when children are placed in a position where they feel more like a parent than children. This is called 'parentification'. In such scenarios, kids become responsible for themselves and their parents. From looking after the house to being a support system to their parents, children have to take on roles that may leave a lasting impact on their mind.

TYPES OF PARENTIFICATION

There are two types of parentification: instrumental and emotional. Instrumental parentification occurs when parents burden their children with roles and responsibilities that aren't appropriate for their age. This involves grocery shopping, cooking, cleaning, paying bills, etc. On the other hand, emotional parentification refers to situations where parents depend or rely on their kids for emotional support. 'Parentified' kids are expected to decipher what their parents are going through and then provide support for the same.

Both forms can be destructive for the child's mental state and may affect them in the long run.



HOW TO MAKE THINGS RIGHT



SIGNS OF A PARENTIFIED CHILD

Some of the possible signs of a parentified kid are as follows:

- Stress and anxiety
- Physical symptoms including stomach problems, unexplained headaches and more
- Aggressive behaviour and academic problems
- Social anxiety, reluctance to participate in events and engage with other kids

HOW IT AFFECTS CHILDREN

Raising children is challenging. So, imagine how kids would feel if they are to manage grown-up responsibilities at a young age.

With no experience, no guidance and hardly any support, taking on the role of a parent can be highly overwhelming and stressful for children. Experts believe the pressure of parentification can often result in anxiety, depression and other mental health problems in children; and with no one to



talk to about it, it could linger on to their adult life. Furthermore, parentification can

also lead to aggressive behaviour in kids, could affect their academic progress and lead to social difficulties, according to 'The Developmental Implications of Parentification: Effects on Childhood Attachment', a 2012 research study by Jennifer A. Engelhardt, PsyD, from the Teachers College at Columbia University.

The first and foremost step to take is to identify whether you are burdening your child with too many responsibilities. The earlier you recognise an unhealthy parent-child dynamic, the better it is for you and your child.

Although most children who experienced parentification do not necessarily need therapy or treatment; when they suffer from long lasting negative effects, consult a professional. Since anxiety and depression are possible outcomes of parentification, cognitive behavioural therapy (CBT) may help with the healing process.

Most importantly, help parentified kids reconnect with their inner child.



BECOME A CALM PARENT WITH THESE 5 TECHNIQUES

No parent wants to be known as the 'monster' in their children's lives. Parents don't scream and yell on purpose. They get caught up in the moment and believe there is no other way to get control of the situation than to yell and scream. Once you've identified your anger triggers, start by addressing the root of the problem. Every parent requires a break from their responsibilities. When you're trying to do everything on your own, it's natural to feel burned out.

HERE ARE 5 STEPS TO BECOMING A CALM PARENT

1. SENSE OF HUMOUR

The most popular adults on the block are parents with a sense of humour. It's no surprise that their children enjoy bringing their friends home. In families, good humour encourages open and unrestricted communication while also providing relief from life's stresses. Stress hormones are reduced, endorphins are stimulated, and the immune system is strengthened.



3. EMOTIONAL DISPLACEMENT

Almost every parent is stressed out, and something has to give. Patience is, unfortunately, one of the most common casualties. Emotional displacement is a defense mechanism in which a person takes feelings that belong in one situation and places them elsewhere. Learning to recognise and positively process feelings can help to prevent emotional displacement by preventing feelings from exploding.

4. EMPOWERMENT

From their first steps to driving a car, children are born with an innate desire to define themselves and develop their unique strengths and talents. Good parents encourage their children's independence by instilling personal responsibility and self-reliance. Empowerment isn't contingent on social status, intelligence, or bank account – you can pass it on to your kid every day cost-free.

5. CHANGE IN PERSPECTIVE

The first change that must occur is a shift in your perspective on life. Everything isn't going to be smooth. As your children grow, they will pass through various milestones that will necessitate extra attention and guidance. These changes in your child's behaviour and habits have nothing to do with you. As a parent, your job is to stop taking your child's development and growth too seriously. All children scream, yell, and push boundaries. Continue to address your child's needs with consistent messaging and with quiet confidence.

"MY PRE-TEEN DAUGHTER DOESN'T WANT TO SPEND TIME WITH FAMILY"

ASK THE EXPERT



QUERY: My 11-year-old daughter spends a lot of time talking to her friends over the phone, chats and just about everywhere. I want her to spend time with the family too. But she finds excuses. It feels like she is getting emotionally distant. Is this a normal part of growing up or something is wrong?

Response by Komal Mishra, Counselling Psychologist, Kaleidoscope:

Hello Reader, Thank you for the query. Your daughter is 11-year-old, so she is moving towards the adolescent period. During teens and pre-teens, it is common for children to get engrossed in their own life and wanting to spend time with their friends. Children during this age often get overly engaged with social media. However, this is a crucial stage to establish and sustain the emotional connection with your daughter.

Children at this age go through a lot of changes and everyone reacts to the same differently, depending on their experiences and the kind of support they get from family and friends. But they learn the most from you. Preaching them about something won't make a difference unless the same is shown to them through actions.

TO GET CONNECTED WITH YOUR CHILD, YOU CAN USE THE FOLLOWING STRATEGIES:

- As parents, we tend to always give instructions to our children and forget to listen to their problems. The first strategy to build an emotional connection with your child is to listen to them effectively.
- All humans fear judgements, so do our adolescents. Hence, provide your child with a free space to discuss their emotions and have unconditional positive regard so that your child feels that she can disclose her emotions.
- Do not trivialise their feelings and emotions.
- Do not impose restriction on them and neither give constant instructions.
- Disclose to them about your emotions and open a window for emotional disclosure.
- Do not restrict them from talking to their friends completely.
- Engage them in family recreational activities.
- You can provide her with emotional support by creating an open space for her to talk to you, with no judgements, this will encourage her to open up with you, deepening the emotional bond.
- In addition, you can set some house rules. Ask her to take some time every day without her phone and engage in a family activity such as helping lay out the dinner table, playing some game or watching TV together, but don't impose this on her, ask your daughter to find time in a day when she would like to do this.
- Give her some space, try to rationally think if she is actually

making excuses or does something keep coming up. With everything happening online, it may be possible that she is also struggling to find a balance between home, school and social life.

Adolescence is a very crucial stage in a child's life. It's the stage where a child starts finding meaning to their life, explore themselves, and come out of the fairy tale fallacies. At the same time, children also go through multiple biological changes in the adolescent phase, which promotes their risk-taking tendency. They also start believing and behaving on the thought that – "This is only happening to them and nobody else has experienced this". In this process, they get pulled away from parents and trust more in their friends.

If you have a parenting query to share, send it to us at toinie175@gmail.com

"MY 11 YEAR OLD DAUGHTER IS ALWAYS OVERWHELMED THESE DAYS"

QUERY: My 11 year old daughter feels very confused and overwhelmed these days. She tells me she can't explain why she feels like she is not the same happy person anymore. I don't know how to help her.

Most kids have days where they feel sad, lonely or they don't want to do their daily activities. There are many reasons why children go through such mood swings. While one can owe these changes to puberty related changes, there are a couple of other factors that may contribute to such changes – such as school related issues, home environment, social changes, physical changes etc. Although this is a common change we see in most children, if you feel your child seems persistently sad or hopeless and it is affecting her day to day life, then we need to give it some attention.

Some of the steps you can take are:

1. Talk to your daughter about her feelings. Ask her about how her day was in school or anywhere else and try to figure out if there were any particular event that has her bothered. Further, the basics for maintaining good mental health include a healthy diet, enough sleep, exercise and positive connections with other people at home or at school.
2. Talk to and listen to your child with love and understanding. Encourage her to share her feelings. Help your daughter look at problems in a more positive way.

3. Avoid pressurising her with respect to academics or any activity at the moment, if at all you do.

4. Keep a check of the environment at home. Avoid any fights, arguments or disagreements in front of her, and till whatever extent it is possible, try to maintain a happy environment at home.

5. Talk to a professional therapist. They may recommend psychotherapy which involves counselling to help with emotions and behaviour.

