

## Science-backed reasons

# WHY YOU SHOULD SPEND TIME WITH YOUR GRANDPARENTS

Most of us have fond memories of growing up with our grandparents – be it visiting them during vacations, enjoying special treats or listening to their stories. Here are five ways that you'll benefit from spending time with them.

### Learning resilience

Grandparents teach children about family history and share emotional stories. This makes kids resilient because when you learn about their set of challenges, you know how to bounce back and fight your battles too. This sharing of courageous stories makes you feel – you can overcome all odds.

### You will turn out to be less ageist and more respectful

Staying close to your grandparents teaches you good manners. According to a study, kids who share a loving, helpful relationship with their grandparents are least likely to be disrespectful or ageist!

### Best for the grandparents' health too!

According to a recent study, grandparents who stay in touch and took care of their grandkids added



an average of five years to their lives. They are less likely to suffer from problems of loneliness, anxiety and other age-related issues.

### Promotes growth and stability

It's important for growing children to have some kind of stability in an ever-changing environment. When you have working parents, parents can help and fill in those shoes.

it can be hard for you to connect with them but grandparents can help and fill in those shoes.

### Learning familial and moral values

Primarily, it is the parents' job to instill good values and morals in their kids and teach them empathy and kindness but your grandparents can be a bigger help in this matter. Acting as pillars of support, love and nourishment, they can regale you with great stories, impart wisdom and have an overall good influence on your life.

### WRITING PROMPT

Let us know in 70 words the bond you share with your grand dad and grand mom.

### THESE ARE SOME POINTS YOU COULD COVER

- 1 Have you taught them something new recently?
- 2 Have you learnt anything specific from them?
- 3 Do you share a common hobby?
- 4 Is there any personality trait that your grandparents have which you think you share?

Send your mail at [toiniel75@gmail.com](mailto:toiniel75@gmail.com)



## IT'S SHOWTIME...

### ANIMATION WITH A TWIST: TOP FILMS TO WATCH WITH PARENTS THIS WEEKEND

We can't keep calm about 'DC League of Super-Pets' which is set to release in August, 2022. It is an upcoming animation based on DC Comics superhero team Legion of Super-Pets, featuring a group of super-powered pets from the DC Universe. The family-friendly comedy offers a glimpse of Superman's dog, Krypto, trying to foil the plans of Lex Luthor's evil guinea pig.

If this excites you, here are a few more such animations that you could watch this weekend with mom and dad. (Disclaimer: The list is not in any particular order of merit. Our editorial team has picked out what they felt would make for a decent watch during the weekend).

### SOUL

Pixar's 'Soul' looks at the meaning of life. It tries to prove that life is more than just a competition that we either win or lose.

The film stresses on the need to enjoy the little moments in life, because that is what matters in the end. The film also talks about dreams and how it's never too soon or too late to realise what we want.



### TURNING RED

The film addresses everything from intergenerational trauma, the constant need to seek validation from our parents to the chaotic time of puberty. 'Turning Red' does so, while bringing in elements that are relatable – like a boy band that's every teenager's favourite. It aims at viewing parenting from a different angle and also focuses on the need to find oneself.



### LUCA

'Luca' is about more than just Luca, the character. It's about friendship, overcoming one's fears, and acceptance. The film focuses on the need to learn and gather knowledge – the kind that not only comes from books but also while exploring oneself.



### ENCANTO

The film explores the subject of "fitting in" and the pressure of putting a facade because that's how our families or society perceive us. Without being preachy, the film teaches us to love ourselves and keep seeking answers at any age.

### RAYA AND THE LAST DRAGON

'Raya and the Last Dragon' is a typical new-age Disney adventure that you will fall in love with. This animated fantasy drama is about grief and everything that comes while we learn to grow around it. The film also revolves around betrayal and what it takes to build trust all over again. And, the journey that focuses on finding our inner happiness.



## From cancel culture to BIG YIKES, SOME WORDS to teach your mom

We cannot deny the generation gap between our parents and us. Where parents are struggling to bridge the gap, you may also step in to do the same. Let's start by getting them acquainted with some of the lingo you commonly use around them and what they mean. Note: It is advisable to stick to the original word because it helps you build language proficiency.



### 1. BIG YIKES

Big Yikes is used when you're so embarrassed that 'yikes' doesn't do justice.

### 2. SIP TEA

Sip tea is an alternative to 'spilling the tea', meaning you're sitting back and listening to the gossip rather than partaking in it.

### 3. BOUJEE

This term can be used if you are describing something or someone that is extravagant or fancy.

### 4. CANCEL CULTURE

Cancel culture is a form of shaming. It involves shaming the actions or opinions of a public figure, company, or organisation.

### 5. BET

It is a term of affirmation, agreement, or approval along the lines of 'Cool!' or 'I'm down!' It can also be used to express doubt or disbelief. It's also even more proof that Gen Z appears to love recycling trends from the '90s, since bet can be traced back to that decade.

### 6. OK BOOMER

Gen Z and Millennials are two distinct groups, but they found something to agree on with the term 'OK boomer'. Both generations helped popularise the phrase starting in 2019, and it's still going strong today. 'OK boomer' is used as a clapback when people from older generations post condescending or out-of-touch things about younger generations online. It's also used in a humorous or ironic way to dismiss out-of-touch commentary from people of any age group.

## FIVE VINTAGE GAMES TO PLAY WITH PARENTS

Ever heard of retro gaming? A game (played online or offline) which is at least 15 years old is said to be retro. There are many such games that you may have played during your childhood but have forgotten all about. This weekend, engage in some retro games with family. You can pick your favourite from our list below.



### 1 Ludo:

Every generation has played this game at some point of time. Thanks to the pandemic, ludo is back in a more accessible way. You can choose to play it online, just add every member of your family in the app and you are all set!

**HOW TO PLAY:** We suggest you go completely retro for this one and play it in its original board game avatar – more fun guaranteed.



### 2 Cascading Dominoes:

Is another fun game to play with your siblings. According to experts, the game boosts cooperation, planning and teamwork. It only requires a large space, anywhere and a set, or multiple sets, of domino tiles and a large, flat surface.

**HOW TO PLAY:** Map out a simple design and place domino tiles in a pattern the player devises. For straight lines, place tiles about 1/2 inch apart. To create a corner, dominoes should be closer in distance on the inside of the turn. To create a split, place two tiles side by side at the end of a straight line so they branch out in different directions. Flick, and watch the dominoes topple.

### 3 Thumb Wrestling:



Best played for boosting speed, strength and coordination. Not to forget, this game is an excellent team building exercise.

**HOW TO PLAY:** Players face each other and extend their right hands into a handshake position but clasp their fingers and rest their thumbs on top of closed fists. Moving thumbs back and forth, players chant: "1, 2, 3, 4, I declare a thumb war! 5, 6, 7, 8, try to keep your thumb straight!"



### 4 House of cards:

For planners, patient kids and budding architects. It only requires a deck of cards, slightly worn.

**HOW TO PLAY:** Lean two cards together to fashion a triangle in an inverted V shape (see pic.). Form a second triangle next to the first. Balance one playing card on top of the two triangles. Form a triangle on top of that. This is the basic structure. Once the builder gets the hang of it, they can add more triangles at the base and more stories to the building.

### 5 Jacks:

For building nimble fingers and quick reactions. It requires a small ball and a set of jacks (10 altogether).

**HOW TO PLAY:** Player 1 scatters the jacks. That player then tosses the ball into the air, grabs 1 jack, lets the ball bounce and catches it with the same hand that tossed it initially. (All players must commit to using one hand to scoop the jacks, toss the ball and catch it.) If Player 1 successfully grabs a jack and captures the ball without missing, they go again, in each round scooping up an extra jack in a similar manner. The action continues until Player 1 drops the ball, drops a jack or accidentally touches another jack on the floor or table. Then Player 2 takes a turn and continues playing until they miss.



# WINNING STROKES

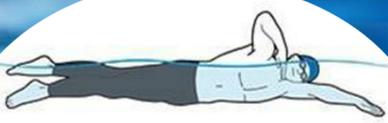
For competition or for leisure, swimming is a fascinating activity that appears to be simple, but requires training and strength. While one may feel light in water, the drag from the water keeps the muscles moving, eventually leading to an overall workout for the body. Let's understand the finer points of swimming...

## KNOWING THE SPORT

Swimming is a sport where a person moves in water through coordinated movement of the arms, legs, and body, in motions called strokes. Participants compete to be the fastest over a given distance. The distances vary depending on the level of competition. Over a period of time, various competitive swimming events have evolved. The most common strokes used in competitions are the front crawl, backstroke, breaststroke, butterfly, and sidestroke. An appropriate warm up before a race and a cool down routine after the event is an essential part of swimming competitions. The sport is governed internationally by the Fédération Internationale de Natation (FINA).

## FOUR KEY STROKES

1



### FRONTCRAWL/ FREESTYLE

The stroke used almost universally in freestyle races is the front crawl, as it is the fastest. In the front crawl the body is in a horizontal position, face down in the water. The head is in a neutral position and moves from side to side, only to allow for breathing. The arms move alternately, one extending up and forward, and the other sweeping downwards. A flutter kick is used, where one leg rises while the other descends. This style is the most used over long distances.

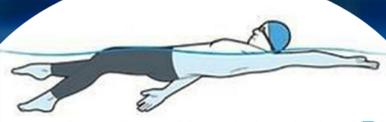
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### BREASTSTROKE

In this style, also known as the frog stroke, the swimmer is on the chest, the torso does not rotate, but shifts from horizontal to inclined. The torso assumes a 45-degree angle above the water with the head aligned with the body. The arms stretch forward, outward, backwards to meet under the chest and finally downwards in a synchronised movement. The legs stretch and then knees bend to go towards hip, in a whip like movement. The breaststroke is the most difficult in competitions as it requires great leg strength and immense endurance. The stroke itself is the slowest of any competitive strokes.

3



### BACKSTROKE

The backstroke, also sometimes called the back crawl or the upside-down freestyle, has the advantage of easy breathing, but the disadvantage is that swimmers don't see where they are going. The torso lies horizontal, face up on the water. The outstretched arms rise above the water and fall backwards, to complete a full circle. The legs move alternatively in the vertical directions with pointed feet. It is the only competitive swimming style that has a different start. Both backstroke and front crawl are long-axis strokes.

4



### BUTTERFLYSTROKE

The butterfly, colloquially known as fly among swimmers, is a stroke swum on the breast, with both arms moving simultaneously. The arms are stretched out straight ahead, push the water back and lift out of the water, perpendicular to the body. The head is always in line with the torso with the face down in the water. It lifts as the body rises. A butterfly kick or the 'dolphin kick' is used where there is a whipping action of the legs with pointed feet. The butterfly is a difficult stroke that requires good technique as well as strong muscles. It is the newest swimming style in competition. This stroke was first done in 1933. It originated out of the breaststroke.

## OTHER STROKES

**Side stroke:** Swimmer's body leans on one side while motioning with asymmetric arm and leg motions.



**Combat Side-stroke:** A more difficult variation of the side stroke

**Trudgen:** Named after English swimmer John Trudgen, it is also known as the Racing Stroke. It is a mix between the sidestroke and freestyle, with the sidestroke's scissor kicks and freestyle's arm motion

## RACES

Races may be held in pools or in the open waters. Generally, swimmers go through the preliminary and semi-final races before making it to the finals. The 50m, 100m, 200m and 400m are the most common.

## TYPES OF RACES

**Relay Swimming:** A race in which teams of four race consecutively.

**Open Water Swimming:** Competitive swimming races held in rivers, lakes and oceans, over various distances. The distance is 10km at the Olympics.

**Triathlon:** An athletic competition, which consists of three events, usually swimming, cycling, and running, in consecutive order.

**Quadrathlon:** An endurance sports event composed of the four individual disciplines of swimming, kayaking, cycling and running – also called quadriathlon.

**Fin swimming:** An underwater swimming sport where athletes race against each other while wearing breathing apparatus.

**Aquathlon:** A continuous race involving swimming followed by running.

**Biathlon:** A combination of swimming and running as part of a single race. It is usually over a shorter distance than the aquathlon.

**Triathlon:** A shortened version of

the Modern Pentathlon, athletes compete in shooting, swimming and running events as a part of a single race.

**Aquabike:** A shortened version of triathlon. Athletes swim followed

and beach running.

**Modern Pentathlon:** An event in the Olympics that comprises five events: fencing, 200m freestyle swimming, show jumping, and a combined event of pistol shooting



Photo: GETTY IMAGES

by cycling.

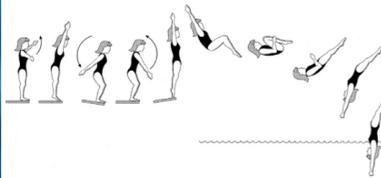
and 3200m cross country run.

**Ironman Surf lifesaving:** Combines four major aspects of surf lifesaving into a single race: swimming, board paddling, ski paddling,

**Synchronised swimming:** Athletes perform synchronised dance routines to music while floating in the water.

## DIVING

Diving is an aquatic sport where the competition is based on how an athlete dives into a swimming pool from a raised launch pad, while performing acrobatic movements. Based on the launch pads used, diving is split into two types, springboard and platform. Springboard dives are made from two height levels, 1 meter and 3 meters. Platform dives have several height levels from five to ten meters. Both types of dives have two disciplines, individual and synchronised. In competitions, events of different formats are separately conducted for both men and women.



## HISTORY

Swimming as a sport picked up in the late 19th century. Amateur swimming clubs began conducting competitions in the United States and Great Britain. In the United States, colleges and universities, such as Yale University, Indiana University, and the University of Southern California, played an important role in spreading interest in swimming as a competitive sport. In 1837, competitions were held in man-made pools in London. The National Swimming Society in England organised the competitions which grew quickly in popularity. The very first indoor pool in the history of swimming was constructed in 1862 in England. In 1880, the Amateur Swimming Association of Great Britain, an organisation with more than 300 member clubs, was formed. In 1875, Matthew Webb of Great Britain became the first person to swim across the English Channel.

## INTRODUCTION TO OLYMPICS

Swimming joined the Olympics in 1896 as a men's sport. They competed in the categories of 100-meter and 1500-meter freestyle. These were held in open water. Events with breaststroke, backstroke, butterfly, and individual medley, were added gradually. Women's swimming made its debut in 1912. There are now 16 races for men and women, totalling 32, held in the Summer Olympic Games. The Special Olympics also has 22 swimming categories for men and women each.

## EQUIPMENT FOR COMPETITION

Competition pools – for FINA events these are 25 or 50 meters in length. Swim suits in comfy materials, caps, goggles, fins, mesh bags, snorkels, towels, and water bottles are among the other equipment required, depending on the type of race.



## FAMOUS SWIMMERS

### INTERNATIONAL

Michael Phelps | Mark Spitz |  
Matt Biondi | Ian Thorpe | Katie Ledecky |  
Janet Evans | Caeleb Dressel

### NATIONAL

Virdhawal Khade | Sajan Prakash | Srihari Nataraj |  
Sandeep Sejwal | Shikha Tandon | Bula Choudhury |  
Nisha Millet | Maana Patel