

TALKING TOM

Why you must interact with your parents

Unnati Gusain

At a growing age like yours, social interaction is key. How you hold a conversation and how you perceive others is crucial, not just for your self development but it will help you in whatever profession you choose to be in. Psychologists have said that the first habit of social interaction begins at home (much like charity). They say, to make socialising one of your stronger qualities, start interacting with parents and elders in the home. How do you make that happen? Start by discussing small matters, even downloading all that happened at school for starters is a welcome idea. Remember any social interaction is a two way street, so speak and listen.

Here are a few easy conversation starter ideas...

1. ASK YOUR PARENTS ABOUT THEIR DAY:

Sounds mundane right? But believe us this is one question that can set the ball rolling. There is just too much happening in our parents' lives but no one asks them about it. Why don't you



make it a habit to know what's going on in their job life, slowly start enquiring about their personal life too. In return, there are high chances that they will ask the same of you. That is the chance where you can learn to engage your audience with interesting true stories without making them feel bored or tired.

Pro tip: Don't push the envelope when it comes to asking about personal questions. Remember if your parents are not comfortable about talking about

something, you have to respect their decision.

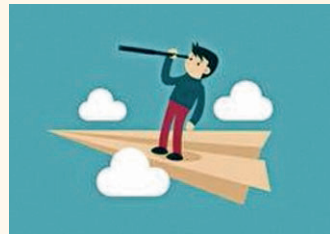
2. TALK ABOUT SITUATIONS YOU CANNOT HANDLE:

Sometimes, you encounter situations at school or with friends that you are unable to tackle. For instance, when your friend is crying because of reasons you cannot understand, and

LET'S DISCUSS

you do not know what to do. You feel helpless. Interact with your parents on what should be your next step. This is considered to be a good way to bond with your parents and siblings.

you can relate to. Discuss those parts with your parents and tell them what you think about them. This can also be done with any recent topic that is in news or in trends.



3. DISCUSS MOVIES:

After watching a movie, tell your parents what your take-away was and compare notes. Movies are meant for entertainment purposes only but it is also important to intake parts which

4. TELL THEM ABOUT YOUR FUTURE GOALS:

Parents want you to study hard so that you can achieve whatever you want in the future. You might sometimes feel that they are creating pressure. But if you involve them in your plan or at least show them that you have something planned out, it will ease their tension and also increase your chances of social interaction with them. Even when your dreams are changing every day, involve them and ask how to go about it.

Check the writing prompt given to get started!
How about you tell us 'My Conversation Starter with Dad/Mom' in 100 words. Keep it short and crisp. Don't forget to mail it to us at toinie175@gmail.com



WRITING PROMPT

(JUST TO GET YOU STARTED ON THIS EXERCISE)

1 Think of casual topics to begin with. No one wants to talk heavy duty stuff every day.

2 Bring out the topic for discussion in the first paragraph itself so that the reader knows exactly what the conversation is going to be about at the very onset.

3 This is a no brainer but keep the beginning very smart and engaging. Who wants to lose the interest of the readers from word go, right?



TRAVEL WITH FAM

FAMULOUS VACATION IDEAS

We are sure you have a study calendar for the rest of the year pinned to your study table but how about a travel calendar too? In the new normal (post COVID-19), everything is slowly but finally falling in place – so why not a much needed family vacation? Look out for days that are convenient for every one in the family. Look at dates when your tests are over and you have a window for a short travel. Here are some places in India that can be explored with family.

JAIPUR

It is a wondrous destination, that has managed to preserve all its old-world forts, palaces, lending to an over all charm. There is so much to see and do here. And if you are a history buff, there's no place better than this to know, and understand.



DELHI-AGRA

Exploring Delhi is like exploring a whole different world. There is so much to do in Delhi, from its old streets to the newer plush attractions, it is a never-ending saga. But you cannot just leave Delhi without taking a road trip to Agra. After all, this is where you can see the world-famous Taj Mahal!



DARJEELING

The ritual of families from the plains of Bengal heading to Darjeeling in the summer months has not gone out of fashion till date. It is a love story that cannot be replaced by any number of international destinations. The sight of Kanchenjunga is almost a meditative moment, and its crisp cold air will give you chills you won't forget.



RANTHAMBORE NATIONAL PARK

India's foremost wildlife destination, Ranthambore, is a place where the family can have a good time. Located in Rajasthan, it is one of the most renowned places to spot animals in the wild. Its low hills, and untamed jungles make a stellar home for tigers, elephants, and more. And when you are not in the safari, take time out to visit a conversationalist or a zoologist to know more about the flora in the area. Makes for a knowledge-and-fun trip.



KERALA

It offers a natural world that very few destinations have managed to preserve. The state has managed to marry modern facilities with its ancient roots, and nature, resulting in a wondrous experience.



LET US KNOW

Tell us in about 100 words your last travel experience with family. What did you learn from the travel, did you sample local cuisine? We want to know everything! Send in your write-ups to toinie175@gmail.com

ALL IN THE FAMILY

Did you know: Sibling bond can be 'strongest force'

When temperaments fit well together, siblings can be a powerful team. Next to the relationship between parent and child, sibling relationship is the longest and closest in most people's lives. Since siblings belong to the same generation and share a perspective on their parents, they tend to feel close to each other. So much so that loyalty between siblings is also considered one of the strongest social forces.

SHARED GENES, DISTINCT PERSONALITIES

Genetically, siblings share on average half of their genes. This is the same percentage shared between each parent and each child. Identical twins, of course, share 100 per cent of their genes; fraternal twins share about 50 per cent, just like other siblings. But any parent of more than one child will say that the in-born differences between siblings are often profound. One is easy as a baby, the other tremendously challenging. One likes books, the other



climbs trees and does cartwheels from morning to night. One seems eager to please, the other opposes authority. Parents have little say in these temperamental characteristics. At best, they can understand and adapt to them.

These differences in temperament also affect siblings' relationships with each other. Children also learn many skills directly from their older siblings. It's commonplace for a younger child to learn letters and numbers from her older sister, for example, and later to learn about boys and dating.

By watching siblings and how they get along with their parents, children can try out different be-

haviour styles at a distance. Over time, these lessons learned from siblings can have a powerful shaping force on the child's personality.

WHAT SIBLINGS MEAN TO PARENTS

For many parents, sibling relationships take on a deeper meaning than just whether or not the kids get along. Parents who see their children as sup-

portive of each other take satisfaction in having created a strong family.

When siblings don't get along, or are distant, parents often feel that they have failed in some way. Sibling conflicts are often among the most stressful problems a family has to deal with.

There is bound to be some jealousy between siblings. If it is not severe, it probably helps children to grow up more tolerant, independent, and generous.



FAMILY 101

GRANDPARENTS ARE MORE ACTIVELY INVOLVED WITH THEIR GRANDKIDS



Grandparents hold a very important role in your life. As per a latest research, they are key to human civilisation. Grandparents are able to babysit, make tools, teach skills, and most importantly, pass on vital wisdom on human relationships to their grandchildren. Grandmothers have an important role in cooking healthy food and teaching the skill so that children are healthier. Studies carried out by the Natural History Museum in London emphasised the importance of experience in food gathering.

Grandchildren are a great bonus of growing older. You may have heard the old joke, "If I knew grandchildren were going to be this fun, I would have had them first." Today's grandparents serve an ever

more important role. According to a recent MetLife study, there are more grandparents than ever in the US – and despite the stereotype of Granny sitting on the porch in her rocking chair, today's grandparents are more actively involved than ever with their grandkids.

It is the same story in India where 'grandparenting' has become a culture. "Indian families prefer to let their children grow in an organic set up which consists both set of grandparents. It is because we have realised that for our children to grow and develop, the role of the granny is key. It is mutually beneficial too. Living with young children ensures that the elder is kept happy and active too," said family coach Neelam Bhaduri to the 'The Times of India'.

PLAY BRAIN GAMES & WIN REWARDS

SUPER KIDS CUP

LIVE ONLINE CURRICULUM-ALIGNED CONTESTS FOR CLASSES 1-8

LEARN
CBSE STEM TOPICS, PUZZLES & MORE!

COMPETE
WITH TOP STUDENTS ACROSS THE GLOBE

WIN
EXCITING PRIZES & CERTIFICATES

25+ CONTESTS **5000+ CONTESTANTS** **₹2.5 L PRIZES & GOODIES**

QUIZZES SPEED MATHS SMART CHARTS SHAPES & PATTERNS

REGISTER FOR FREE NOW

www.portal.gosupernova.live SUPERNOVA (+91)-9110439358

Photo: GETTY IMAGES

KEEP THEM ROLLING

LOVELY CHOUBEY

Lovely Choubey, Nayanmoni Saikia, Pinki, Rupa Rani Tirkey, Sunil Bahadur, Navneet Singh, Chandan Kumar Singh and Dinesh Kumar. If these names seem familiar, but you are not really able to place them, it's because they just bagged medals for India at CWG 2022 in a discipline we had barely heard about - Lawn Bowls. The women's team won a gold while the men's team bagged a silver. Let's understand what Lawn Bowls is all about.

KNOWING THE GAME

Lawn Bowls is an outdoor sport played by rolling a set of balls, one at a time, towards a stationary ball called 'the jack'. The balls are rolled on the ground, referred to as a Lawn. The objective is simply to get the balls as close to the "jack", as possible.

The balls are not perfectly round bowls. They are unsymmetrical and unproportioned, hence are called biased. This poses a challenge as the ball travels in a curved path.

Lawn bowling is mainly played on natural grass precisely levelled, manicured and rectangular field, which is also known as bowling green. In some countries, it is played on an artificial turf that may be indoors.

Lawn Bowling demands heavy concentration and presence of mind. It takes years of practice for players to become champions.

THE RULES

The game is played in four formats - singles, pairs, triples, and fours. Only two teams can compete in a single game.

The game kicks off with a team rolling the jack to the opposite end. The jack must travel at least 23 meters for the game to proceed. The point where the jack settles becomes the target for the players.

Teams then roll balls towards the target in turns. The number of attempts per team from each end depends on the format. Lawn Bowling is played in sets and there are four balls in each set. A player gets four attempts in the singles format. In the multi-player formats, a team gets two throws per player. The scores are calculated after each team completes the allocated number of throws. This marks the completion of that end or round, and the game moves on to the next end.

SCORING

The team which manages to put more balls closer to the target wins the point for that end. The number of points awarded is determined by the number of bowls a team has managed to place closer than its opponent. For example: If team A manages to put two balls closer to the target than team B's closest ball, they get two points for that end. If it gets three balls closer to the target than team B's closest ball, it wins three points for that end.

In the singles format, a winner is declared if the player reaches 21 points the opponent. In other formats, the team with more points after 18 ends of throws wins the game.

Players are allowed to strike other players' bowls with their own with the aim of gaining a strategic advantage or to get their ball closer to the jack.

EQUIPMENT

Bowls or Balls: Each ball weighs around 1.5 kgs. It is heavier on one side, giving it the name biased ball. This allows a player to curl it. The bowls are also called woods though they may be made of rubber, wood or other material.

Jack: This is a small, often white ball, as big as a billiards ball.

Photo: AFP



Measuring Tape: to measure the distance that each ball travels.

Photo: GETTY IMAGES



Players require shoes with flat soles while playing.

Equipment for disabled: Bowls & jack lifters, bowling arm, bowlers folding walking stick

HISTORY

The sport, called bowls in England, derives from a game first developed in Egypt 5000 years ago. A form of Lawn Bowls was played in Ancient Egypt and slowly became famous in continental Europe. There are many variations in different cultures on this theme: bocce (Italian), bolla (Saxon), bolle (Danish), boules (French) and ula miaka (Polynesian).

CWG connection: Lawn Bowls has been a part of the Commonwealth Games since the first edition in 1930 and has featured in every edition except for 1966. In this year's edition of the Games, the sport gained more popularity.

CHAMPIONSHIPS

World Outdoor Bowls Championships

Commonwealth Games

World Indoor Bowls Championships

World Singles Champion of Champions

Pacific Games

Southeast Asian Games

Asian Lawn Bowls Championship

USA Lawn Bowling Championships

European Lawn Bowl Championships

LAWN BOWLS IN INDIA

Lawn bowling made its entry into India several years ago and since the 2007 national games, Orissa and Jharkhand have emerged as hubs for the discipline. Indian bowlers have made it to the podium at the Asian championships and Asia-Pacific

championships in recent years.

Indian bowlers participated in the Commonwealth Games in 2010, 2014, and 2018 editions. India finished fourth in the women's triples event in Delhi in 2010 while the men's fours

team finished fourth in Glasgow in 2014.

The Bowling Federation of India has been popularising the discipline in India through State Bowls Associations in every state.

INDIAN WOMEN BAG GOLD AT BIRMINGHAM

The sport of lawn bowls was not seen as a medal contender when the Indian contingent left for the 2022 Commonwealth Games, but the game saw the biggest success at Birmingham. The Indian Women's Lawn Bowls team of **Lovely Choubey, Pinki, Rupa Rani Tirkey** and **Nayanmoni Saikia** scripted history as they beat South Africa in a high-pressure game to bag the first-ever medal for India in the sport - **a gold**.

Photo: PTI



Photo: ANI



SILVERLINE FOR MEN'S TEAM

The Indian team comprising **Sunil Bahadur, Navneet Singh, Chandan Kumar Singh** and **Dinesh Kumar** won its second medal in lawn bowls competition at the Commonwealth Games 2022 when they won a silver, losing to Northern Ireland in the final.

Sunil Bahadur | Chandan Kumar Singh | Navneet Singh | Dinesh Kumar | Mridul Borgohain | Pinki | Tania Choudhury | Rupa Rani Tirkey | Nayanmoni Saikia | Lovely Choubey are among India's most successful lawn bowlers

FAMOUS INTERNATIONAL PLAYERS

Nicky Brett | Stuart Anderson | Robert Paxton | Paul Foster | David Gourlay | Rebecca Field