"The strength of a family, like the strength of an army, lies in loyalty to each other."

MARIO PUZO

03

Four ways to improve your

RELATIONSHIP WITH FAMILY

According to Yashita Arora, happiness coach from Gurgaon, bonding with family members helps us sail through difficult times with ease and provides us with moral support. But these days, building strong family ties -given our busy schedules -require effort and patience. Here are ways you can bond better with your family

MAKE EATING TOGETHER

ind time to share a meal with your family, no matter how busy you are. Studies have shown that families who eat together, three or more times a week, are

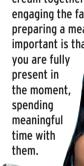
healthier. Family meal times when set well reduces the risk of developing depression, and encourages healthy eating patterns - resulting in healthy weight and a healthy relationship with

Eating with your family also helps you get to know each other better as you share stories through conversations. Schedule a meal each day -or at least a few times a week -to engage with family.



pending quality family Itime doesn't have to be complicated or expensive. You can start by doing activities that your family

enjoys. This could be a movie night, solving puzzles, getting ice cream together, or simply engaging the family in preparing a meal. What's important is that you are fully present in





In whatever activity you and your parents are interested in, be proactive and genuinely engage with them. Be inquisitive enough to know how they are doing, ask questions and listen sincerely. These simple gestures matter to them and can help

bring you closer. By expressing genuine interest in topics or activities closely connected to that person, you give them a gift - a sense of importance, well-being and value.

HOW DO YOU LIKE TO BOND

Tell us in about 100 words how you like to bond with family. Do you frequently eat meals together or would you rather bond over a game night? Send us your note at

ONE-ON-ONE TIME WITH EACH FAMILY MEMBER

onversations with the entire family like those at dinnertime are good, but individual chats with your sibling and each parent strengthen relationships as well. Don't get stressed about scheduling these. Just sneak these one-on-one conversations at any time during the day, while on a walk, during breakfast, in the car, or whenever you find 10 or 15 minutes free together.

Knowing what is happening in each family member's life is a vital strategy to deepen



HOW TO IDENTIFY SOCIAL MEDIA ADDICTION

Dr Vihan Sanyal, psychotherapist

ost ofus use different social media platforms to stay connected with friends, to read the latest news, or maybe to follow our idols.But have you ever caught yourselflosing time surfing social media? Multiple studies have shown that teenagers who use social media excessively, do so because they are either bored, need an escape from their immediate physical environ-

ment, are feeling overwhelmed and stressed, are lonely, have few realtime friends or need to feel appreciated and validated Using social media in modera-

tion is the key to a healthy mind.It can help boost serotonin and other feel-good chemicals in the brain and can help uplift your mood.But the problem starts when we don't know when to stop and it becomes a habit.



HOW MUCH TIME SHOULD SOMEONE SPEND ON SOCIAL MEDIA?

Studies have found that thirty minutes ofsocial media usage helps give a boost to a person's mood while using social media for more than two hours a day can increase the risk ofdeveloping depressive symptoms. One needs to strike a balance and use social media tools effectively.

HERE'S HOW YOU CAN ASCERTAIN IF YOU ARE ADDICTED TO SOCIAL MEDIA



- When you are thinking about and talking about social media all the time
- If you use social media multiple times a day
- If you are using social media instead of attending to other important things in life
- If you are procrastinating on other important tasks and
- using social media instead ■ If you get frustrated and throw tantrums if you are unable to use social media
- If there is a fear of missing out on "life" if you don't stay
- connected on social media ■ If social media usage has affected your studies
- If you keep checking your accounts during conversations
- If you avoid social events
- to be on social media
- If you lie about the time spent on social media
- If you have not been able to reduce the time spent on social media, even after trying multiple times

TELL MOM THAT

Three signs of ADHD, according to a child psychologist

ttention deficit hyperactivity disorder (ADHD) is a neurological disorder which affects a person's capacity to pay attention. Children with ADHD usually have difficulty at school and can also struggle in managing their emotions, such as temper. If not managed properly, it can make it difficult for the child to fit into their social circle. As a parent, one must know the signs of ADHD, and monitor the child's ability to understand lessons at school as well as the development of social skills. Irina Gorelik,a child

psychologist at Williamsburg Therapy Group,says that signs of ADHD can get mixed with other disorders.Which is why she lays down some common signs which should signal

you to consult a

professional.

Gorelik shares with CNBC that one of the reasons why ADHD can be difficult for parents to identify is because it could present itselfin various ways. The primary three ways in-

HYPERACTIVE-IMPULSIVE: The child is feeling restless and has trouble with impulse control

INATTENTIVE: The child gets distracted easily

COMBINATION: Both the above types are equally present in the child

To start, here are some signs you can observe which might be an indicator that your child needs treatment.



THEY HAVE TROUBLE **STUDYING**

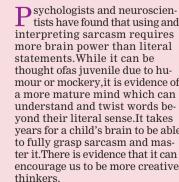
School teachers are often the first to notice symptoms of ADHD in a child. Teachers may observe a few actions ofthe child, which may help them suspect ADHD.For example,the child could be having trouble in starting or finishing a task, especially, those involving multiple steps. They could be facing difficulty in following instructions or directions. Inability to complete one task, such as a

worksheet, without pausing, is also a sign of ADHD.

THEY ARE QUITE **UNORGANISED**

Kids with ADHD are often messy with their things, unorganised and unusually forgetful. For example, they could be constantly misplacing their things or struggle with categorising items in folders. It is often said that the only consistent thing about children with ADHD is their inconsistency As the child grows up,

they may also experience difficulty in being able to maintain any consistent



IS BEING ASK THE EXPERT **SARCASTIC GOOD?**

Experts say sarcasm is a sign of intelligence and creativity

INCREASES CREATIVE THINKING

Atic mind is that it's creative.Researchers have found that expressing, understanding and even recalling sarcastic comments can fuel your creative tank.

In an experiment called the 'Candle Problem',researchers gave the participants a candle,a pack of matches and a box oftacks.

They were asked to attach the candle to the wall so that it can burn without dripping wax on the floor.The correct

nother power of a sarcas- way to achieve this is to empty the box oftacks,pin it to the wall and place the candle in-

> Before finding the solution,the researchers asked some participants to recall a sarcastic interaction, while others were asked to remember a sincere or neutral ex-

The results found that sarcastic memories increased the success rate of solving this problem to more than 60 per

SHOULD WE ENCOURAGE SARCASM? enough to understand context

fcourse.But keep in mind that your sarcasm is harmless and should not reflect incorrect remarks.

and humour. Also, it's not just knowing Just know that scientifically, it's a versa-



WHAT SCIENCE SAYS

arcasm is the use of ifdone without any harm,

mock or criticise with the ers that being quirky with

spond with sarcasm.But ness coach Niti Chopra.

Your parents are often a sign of aflexible and in-

it can actually be a sign of

your mental growth, sign

ofability to play with lan-

guage and humour."This

may come as a surprise to

many parents and teach-

words through sarcasm is

ventive mind,"says well-

words or expres-

opposite of what the per-

son actually wants to com-

municate.It can be a sub-

tle and effective way to

annoyed when you re-

tool ofhumour.

sions to mean the

mour or mockery, it is evidence of ers, the same words were used as a more mature mind which can sarcastic criticism. yond their literal sense.It takes years for a child's brain to be able standing other people's intento fully grasp sarcasm and master it. There is evidence that it can encourage us to be more creative greater activity in semantic

In a recent experiment at the volved in humour.

Psychologists and neuroscientusists have found that using and tists have found that using and the participants were lying in an fMRI scanner as they read various scenarios ofcommon events. In some cases, the statements were intended to be ironic while in oth-

These fired up the mental network involved in undertions.The researchers also found that sarcasm triggered networks in the brain regions in





PULLELA GOPICHAND | BADMINTON

The beginnning: After retiring as a player, Gopichand was named coach of

Credentials: He served as the official coach for the Indian team at the 2016

Olympic Games in Rio de Janeiro. A slew of well-known players have won career-

making titles under him: Saina Nehwal, PV Sindhu, Sai Praneeth, Parupalli Kashyap,

Srikanth Kidambi, Arundhati Pantawane, Gurusai Datt, and Arun Vishnu, among oth-

ance. PV Sindhu, likewise, won the silver medal at the 2016 Summer Olympics, the

the Padma Bhushan, India's third-highest civilian award, in 2014.

coach for India's national badminton

The beginning: Satpal

Kumar bagged five gold medals,

two silver medals, and four

bronze medals across his

Singh emerged as a leading wrestler

in India after winning several titles at the Asian

Games and Commonwealth Games. Following his successful

run as a wrestler for India, he retired as a player and opened his own

Credentials: Satpal Singh's Akhada nurtured wrestling talents like Amit Kumar,

career in the Olympics, Asian Games, and the Commonwealth Games.

Awards: In recognition of his invaluable role as a coach and his contri-

Dronacharya Award in 2009. He was awarded the Padma Shri in 1983,

one bronze medal in the Commonwealth Games and the Olympics.

bution to Indian wrestling, he was conferred the prestigious

the Arjuna Award in 1974, and the Padma Bhushan in 2015.

Meanwhile, Dahiya, also a disciple of Singh, won four gold, three silver, and

Present role: Singh continues to run

his Akhada, training wrestlers. He also serves as Deputy Director

of Education, New Delhi,

ation of India.

and is President

of the School Games Feder-

ers. Saina Nehwal won the bronze medal at the 2012 Summer Olympics under his guid-

bronze medal at the 2020 Summer Olympics, and became the first Indian to win a gold

the Indian national badminton team in 2006.

medal at the BWF World Championships.

Championships. He turned coach after a wrist injury

The

beginning:

in 2000.

Vijay Sharma was a

well-known weightlifter, winning a bronze at the 1992 National

Credentials: Sharma has mentored

weightlifters. Jeremy Lalrinnungas,

Chinta Sheuli, and Vikas Thakur won

VIJAY SHARMA WEIGHTLIFTING

laurels at the Common Wealth

Games. His most famous pupil, how-

silver at the 2020 Tokyo Olympics.

Present role: National

from his Akhada.

coach.

ever, is Mirabai Chanu, who won a Gold at the 2022 Commonwealth Games, and

Awards: He received the Dronacharya Award

SATPAL SINGH | WRESTLING

many of India's well-known

"The ability to conquer one's self is no doubt the most precious of all things that sports bestows." Olga Korbut, former gymnast

JUDE FELIX SEBASTIAN | HOCKEY

The beginning: Sebastian was an international hockey player for over 13 years. Following a successful playing career, he began coaching at the Singapore Recreation Club in 1995. He began coaching the Indian senior men's hockey team in 2014, and now, has over 21 years of experience as a coach under his belt.

> Credentials: He has been an important factor in India's hockey success in the last decade. Under his mentorship, the senior

men's hockey team won a gold at the 2014 Asian Games, and the junior men's team won a silver at the 2018 Sultan of Johor Cup as well as a silver at the 2014 Commonwealth Games, in Scotland.

Awards: He is a recipient of the Arjuna Award and Dronacharya Award for excellence as a player and coach.

> Present role: Jude Felix Sebastian is currently head coach of the junior national team.

SIMPLY SPORTS

SATURDAY, SEPTEMBER 17, 2022

L IBOMCHA SINGH | BOXING

The beginning: L Ibomcha Singh came to prominence as a boxer when he won a bronze medal for Manipur in the 1981 National Games, a first for the state of Manipur. Thereafter, he joined the Sports Authority of India (SAI), Imphal, in 1987 as a coach.

Credentials: Ibomcha Singh coached a number of beginners at SAI, of whom 38 have participated in international championships, including two Olympians, two Arjuna awardees, and one World Military Games Champion. Some of India's most prominent boxers -L Sarita, NG Dingko Singh, P Narjit, S Suresh, and M Suranjoy -have trained under him. He is most well-known, however, as the coach to MC Mary Kom. Under his guidance, she won her 2012 Olympic bronze, her 2014 and 2018 golds at the Asian Games and the Commonwealth Games, and gained her international first-rank position. Ibomcha Singh has also given training to athletes from other parts of the country, most famously, Olympian

Awards: L Ibomcha Singh was conferred the Dronacharya Award in 2010, in recognition of his invaluable contribution as a boxing coach.

Vijender Singh.

Present role: Singh continues to train boxers at SAI, Imphal.

The beginning: The late Sved Abdul Rahim (1909 - 1963) is widely hailed as one of India's greatest-ever football coaches. In 1943, he began as coach of Hyderabad City Police FC. Rahim's first assignment as the coach of India was to train the team that toured Ceylon in 1949.

Credentials: Rahim is widely credited as the architect of Indian football's golden age. At the Asian Games in 1951, Syed led the team to a gold medal, a feat repeated at the 1962 Asian Games. In 1956, under his supervision, the Indian team made it to the semi-finals of the Melbourne Olympic Football Tournament, making India the first ever Asian team to do so.

SYED ABDUL RAHIM | FOOTBALL

Under his coaching at that tournament, players like Neville D'Souza, Samar Banerjee, P K Banerjee, and J Krishnaswamy, achieved fame worldwide.

The beginning: The late Ramakant Achrekar (1932 - 2019) began his coaching career in 1967-68. However, the turning point in his career came when he founded the Kamath Memorial Cricket Club at Shivaji Park, in Mumbai, where he ran cricket

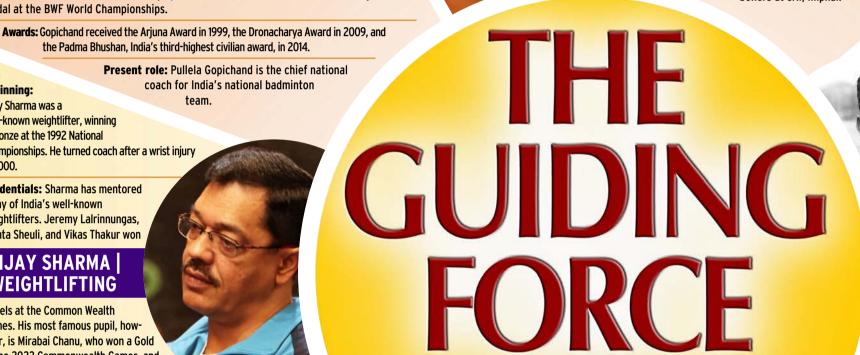
RAMAKANT ACHREKAR **CRICKET**

trials, regular training, and summer camps.

Credentials: Achrekar is credited with moulding the talent of many iconic cricket players across generations. Ajit Agarkar, Chandrakant Pandit, Vinod Kambli, Ramesh Powar, and Pravin Amre passed through his hands, though he is most famous for Madhukant Pathak spent being the coach of much of his early career not as a

Sachin Tendulkar. Awards: He was conferred

> the Dronacharya Award in 1990, and received the Padma Shri in 2010.



They are the force behind the power. The people who put in as much hard work as the players. They count their achievements by the accomplishments of their trainees - the mentors and coaches, who often remain unacknowledged. We take a look at a few of the best coaches our country

has had Akhada in New Delhi in 1988. A number of India's wrestling champions have emerged Yogeshwar Dutt, Sushil Kumar, and Ravi Kumar Dahiya. Under Singh's coaching, Sushil bowls coach, but as a cricket umpire. However, his interest in lawn bowls was piqued, and in 2007, in Ranchi, he began to handpick and train players in the

PURNIMA MAHATO | ARCHERY

The beginning: Purnima Mahato won a silver medal at the Commonwealth Games in 1998. However, by then she had already begun her coaching career, having joined the Tata Archery Academy as a coach in 1994. She balanced her career as a player and a coach, simultaneously, for many years before going into coaching full time.

Credentials: Mahato has coached a number of India's archery talents. She trained Deepika Kumari during her 2012 Olympic stint. She coached the Indian national team at the 2010 Asian Games and Commonwealth Games. Under her coaching, the Indian archery contingent brought home two bronze medals at the 2010 Asian Games, and three gold and two bronze medals at the 2010 Commonwealth Games.

Awards: She was awarded the Dronacharya Award in 2013.

Present role: Purnima Mahato continues to coach cadets at the Tata Archery Academy in Jamshedpur, Jharkhand.

women's team. In his latest moment of glory, the women's team won a gold medal in the **MADHUKANT PATHAK**

Credentials: Pathak is India's only certified lawn bowls

coach. He was the national coach from 2010 to 2019.

The men's team of Dinesh Kumar, Sunil Bahadur, and

Chandan Kumar Singh, who won a silver medal at

the 2018 Commonwealth Games, were all per-

sonally picked by him. However, his greatest

success so far has been his coaching of the

beginning:

game of lawn bowls.

fours team event at the Birmingham Commonwealth Games 2022. India also won a silver in men's singles.

WOMEN'S LAWN BOWLS

Present role: In addition to training upand-coming lawn bowls players in Ranchi, he is also president of Jharkhand **Athletics** Association.

OTHERS WHO MADE AMARK



Balkrishan Singh

He was coach of the hockey team that brought home the gold medal at the Moscow Olympics, in 1980



Bisweshwar Singh Nandi

A prolific gymnast himself, he was five times National Champion in gymnastics, and represented India in 12 instances. Dipa Karmakar is one of his most successful students. He won the Dronacharya Award in 2016.



OM Nambiar

Famously known as the man behind honing the talent of youngsters such as PT Usha. The former Air Force Sergeant-turnedathletics coach was awarded the Padma Shri decades after PT Usha shone for the country.



Gurbaksh Singh Sandhu

The man behind Indian boxing was the national coach from 1993 to 2013. He has trained the likes of Vijender Singh, and was instrumental in his 2008 Olympics bronze medal win.



Baldev Singh

Hockey players Sandeep Singh, Rani Rampal, and Harpal Singh have all been trained by this legendary coach. He has trained around 80 international stars in both the men's and women's teams.