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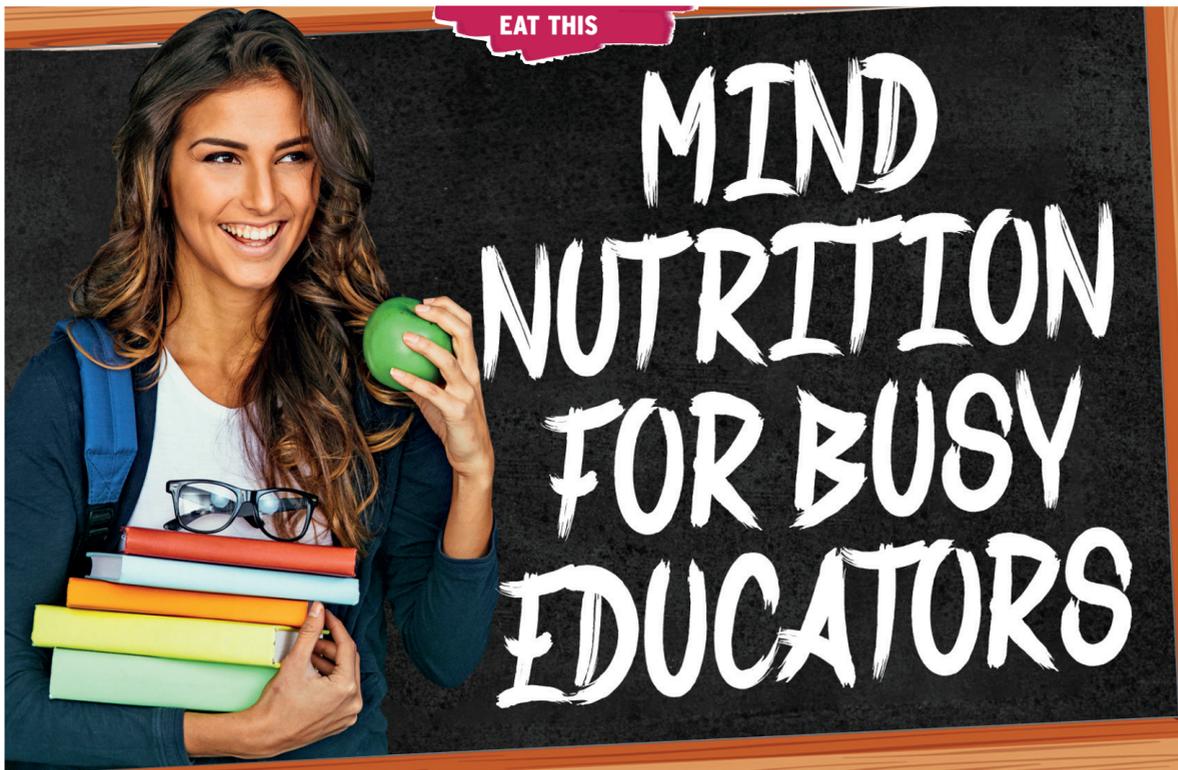
STUDENT EDITION

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EAT THIS



MIND NUTRITION FOR BUSY EDUCATORS

By starting the day with some brain food, teachers can drastically improve their clarity of thought and performance

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Have a fistful of almonds every day", most teachers would tell their students when they space out in the classroom. Wonder if they said it from personal experience? In the course of a single school day, educators must make hundreds of decisions and wriggle out of myriad situations that life in the classroom throws at them. They have a high-energy job, so it's essential that they prime their brain and body with the right fuel. A breakfast heavy on carbs and low on nutrient-dense foods won't suffice. Perhaps why concepts like 'brain food breaks' are being introduced across the world to not just feed nutrition to kids but also their teachers.

What is brain food?

Nutritional psychiatry says that food nutrients such as zinc, magnesium, omega 3, and vitamins B and D3 can visibly improve your mental capacity. A nutritious brain diet follows

the same logic as a heart healthy regimen or weight control plan. Limit sugary and high-fat processed foods and opt for plant foods like fresh fruits, veggies and whole grains. The diets that seem to provide the most

benefit for mental health are those that are considered to be 'traditional diets'. These include the Mediterranean diet, Norwegian diet and Japanese diet since they are high on whole grains, fermented food and healthy fats – all ingredients for a

happy body and mind. A Mediterranean diet, rich in whole grains, legumes and seafood as well as nutrient-dense leafy vegetables that are high in fibre, promotes a diverse population of helpful bacteria in the gut that directly helps the brain.

EATING HABITS OF A SUCCESSFUL TEACHER

EAT A REAL BREAKFAST

Teachers get up before the birds, and they often work long into the night. Keeping simple healthy things in the fridge that you can grab and eat on the go is a must. Make a green omelette or simply toss together some fresh fruit, yoghurt, nuts, and granola. It's filling and nutritious.

KEEP BRAIN-FRIENDLY SNACKS NEARBY

When lunchtime seems too far away or you feel a little more hungry than usual, make sure you have access to healthy snacks.

AVOID DRINKING CALORIES

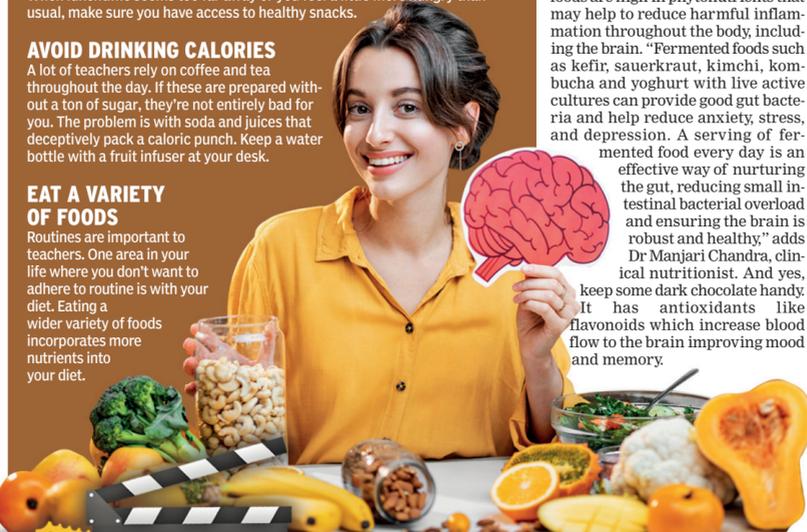
A lot of teachers rely on coffee and tea throughout the day. If these are prepared without a ton of sugar, they're not entirely bad for you. The problem is with soda and juices that deceptively pack a caloric punch. Keep a water bottle with a fruit infuser at your desk.

EAT A VARIETY OF FOODS

Routines are important to teachers. One area in your life where you don't want to adhere to routine is with your diet. Eating a wider variety of foods incorporates more nutrients into your diet.

Keep the gut happy

Multiple studies have found a correlation between a diet high in refined sugars and impaired brain function – and even a worsening of symptoms of mood disorders, such as depression. Dr Drew Ramsey who founded the Brain Food Clinic in New York City, recommends "eating the rainbow," that is, consuming a wide array of colourful fruits and vegetables like peppers, blueberries, sweet potatoes, kale and tomatoes. Such foods are high in phytonutrients that may help to reduce harmful inflammation throughout the body, including the brain. "Fermented foods such as kefir, sauerkraut, kimchi, kombucha and yoghurt with live active cultures can provide good gut bacteria and help reduce anxiety, stress, and depression. A serving of fermented food every day is an effective way of nurturing the gut, reducing small intestinal bacterial overload and ensuring the brain is robust and healthy," adds Dr Manjari Chandra, clinical nutritionist. And yes, keep some dark chocolate handy. It has antioxidants like flavonoids which increase blood flow to the brain improving mood and memory.



NETIQUETTE

HOW TO PUT YOUR BEST FACE FORWARD?



A basic grooming and etiquette guide for teachers at the time of screen presence

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"The only person who is educated is the one who has learned how to learn and change." – Carl Rogers

If ever something has challenged us in all ways possible – it's the year 2020. Thanks to pandemic, phrases like unprecedented times, the new normal and upskilling are part of our daily life. Everyone is adapting, re-learning, unlearning and picking up new tricks as they go along – including the teachers. Online formats of learning have opened up new challenges for the teachers and they have had to turn students for a bit to unlearn what they knew.

The new ways bring with it new etiquette norms and rules, believes international business etiquette and communication expert Suneeta Sodhi Kanga. She says, "Earlier, when you used to work face-to-face, you could impress the other party with your larger than life personality, what you are wearing and posture. It was a

"Teachers must be the one to walk the talk to ensure discipline: dress up well, stay well groomed and mind your posture – and 80% of your job is done" – KONKONA BAKSHI, image and etiquette consultant



DRESSING 101

- Wear high contrast colours like blue and white initially – to establish authority. Lighten the palette with each class
- Keep the accessories to a minimum. Wear only one statement piece, if at all
- A little make-up can go a long way to make you appear well-groomed
- Keeping your hair tied up is very important. Keep it loose only if it is well set. Your head is the most visible part, create that frame properly
- Don't wear creased or ill-fitting clothes. Check for stains/tears on the upper part
- A statement accessory on the upper frame like a scarf, brooch or a tie can create a visual anchor
- If shoes help you feel more professional, go ahead and don your heels
- A blazer can really help to enhance your visual credibility

multi-sensorial experience. Now, the only senses left to interact with are speech and sight – and more of the former." A big reason why teachers need to start working on their speech, voice modulation and presentation skills. Here's a guide to make your lessons more effective.

DO YOUR PREP

Soft skills and English language trainer Swati Rai suggests doing a basic run-through before a big session. "Familiarising oneself with the tech interface completely so one is confident of deftly handling it is important," she says. Nothing kills the session as a speaker fumbling for the right links. Rai, who herself is taking online courses, says that setting ground rules is most important before every session.

What to do: A mock run through if you are using new tech, create cue cards.

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THAT ONE ACT OF Kindness

Here are some teachers in movies you must look at again to celebrate Teacher's Day

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Do you remember that one moment when you felt all alone, anxious and no one around you understood what you were going through? I do. Possibly, we all do. At some point in our lives we have felt this awful pit in our stomach because nothing seemed right and all we wanted to do was retreat to our corners, cry out loud or silently, or just go on, keeping hurt buried deep

within as if nothing happened.

Now try and recall if there was one person in your life at that time who saw through it, broke your emotional barrier and just said, you will be okay, or you can do this, I'm with you. Someone who listened to you, understood you and made your heart feel lighter. It could be a friend, a parent, grandparent, or your teacher in school. In this article, let's focus on teachers, who on celluloid, have made us believe all will be alright with us because we are worth it. Self-worth isn't built in a day. When you have a guide around you who

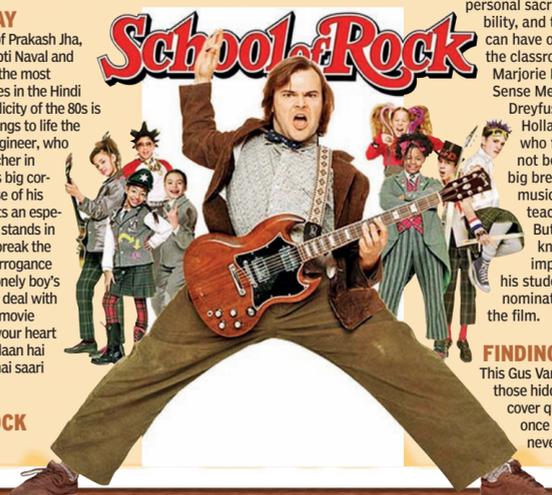
does not let you feel unappreciated, your courage grows... There are quite a few films that come to mind when we think of this subject – 'To Sir With Love', 'Lean on Me', 'Taare Zameen Par', 'Chak De...India'. Watching them all again is worth it as acts of kindness can lift our spirits. But here are a few other films that you must watch this weekend. Here's why...

HIP HIP HURRAY

This directorial debut of Prakash Jha, starring Raj Kiran, Deepti Naval and Nikhil Bagga, is one of the most underrated sport movies in the Hindi film industry. The simplicity of the 80s is unmatched and Jha brings to life the story of a computer engineer, who takes up a job of a teacher in Ranchi as he awaits his big corporate job. In the course of his teaching days, he meets an especially brattish boy who stands in his way. How does he break the arrogance barrier? Is arrogance really arrogance or a lonely boy's defence mechanism to deal with the world? A beautiful movie apart, its songs touch your heart too. For example, 'Maidaan hai saari zindagi aur khel hai saari umr ka'.

SCHOOL OF ROCK
This one's a Richard

Linklater masterpiece, the one not as talked about as his 'Before' trilogy. One of Jack Black's best performances, this film was a huge commercial success and got Black his first Golden Globe nomination. The movie begins with Dewey Finn, a struggling musician, who is forced to leave his band and go undercover as a substitute teacher at a



college-preparatory school to earn some cash. He discovers that his students have the gift of music. The rest is a hilarious, musical ride that will have you laughing and tapping your feet at the same time.

MR HOLLAND'S OPUS

"The movie offers a poignant look at personal sacrifice, responsibility, and the impact teachers can have on students beyond the classroom," wrote Marjorie Kase on Common Sense Media. Richard Dreyfuss plays Glenn Holland, a composer who finds it frustrating not being able to get a big break as a symphony musician, and having to teach students music. But even he doesn't know how much of an impact he leaves on his students. Dreyfuss was nominated for an Oscar for the film.

FINDING FORRESTER

This Gus Van Sant film is one of those hidden gems you discover quite by chance. But once you do, you can never forget it, and will



IOBAL

This Nagesh Kukunoor film is about a cricket-obsessed boy, who has a hearing and speech problem. But that doesn't stop him from dreaming about being a part of the Indian cricket team. To fulfil his dreams, he gets a coach who can train him not just to be a good cricketer but to deal with life. Shreyas Talpade and Naseeruddin Shah are at their best. This movie was a huge commercial success and won awards for its empathetic look at societal problems.

go back to it from time to time. A brilliant teenager, Jamal Wallace (Rob Brown), is invited to attend a prestigious private high school, where he is not made to feel welcome as a black man and for belonging to a poor family. Quite by accident, Jamal befriends a reclusive writer, William Forrester, played brilliantly by Sean Connery, who helps him refine his skill as a writer, and accept his identity with pride.