

HOW TO

# WAYS TO HELP PARENTS GETTING THE HOUSE IN ORDER

The festive season is the best time for you to bond as a family – over healthy meals and also via decluttering your home. Apart from decorating the house with earthen pots and fairy lights, we also believe in cleaning every corner of the house to welcome a feeling of positivity. It's a great idea to get involved in the chores as you de-clutter and freshen up the home. Here are four ways in which you can help your parents...

## 1. CLEANING

Start with your room. Sometimes you might get lazy and let unnecessary stuff pile up around your room. Get a garbage bag and go around your room. Put everything that you could throw away in the bag. It can be helpful to have a little garbage can in your room for you to throw things away. Make sure you clean it out when it gets full. Not only will this make your room less cluttered, but garbage also attracts bugs and other pests. Plus, it smells. Getting rid of it will make your room smell better.



## 2. DECORATION

Craft is a way of nurturing your imagination, creativity and motor development. You can paint diyas, make paper lanterns and many more. What do you need: To make paper lanterns, you only need coloured sheets of paper, glue, scissors and sticky tape (or cello tape) with mirrors, pearls or sequins for decoration.

## 3. SHOPPING

You can be a helping hand for your parents while they go around shopping. Your mother could do with some feedback on what is good and what can be avoided while she is deciding on items for the home. You can help her decide what to take and help with the bags.



## 4. PUT OUT DONATION BOXES

Most of the stuff that you discard from your almirah, can probably help others. Your clothes and books can be easily passed on to people who want it. Make boxes for donation and keep piling up your things in there. Once you are done, hand over these boxes to the nearest community centre. Note: Make sure you pass on items that can be used by others in some way.

MUST LEARN



## 5 BASIC ETIQUETTES

your parents want you to abide by

As the term implies, social etiquette refers to the manners one uses while interacting with members of the family, friends, or complete strangers in public. In order to coexist and live in harmony, one must abide by social norms. Social etiquette helps you realise the importance of empathy and gratitude and confidently navigate different social situations.

Here are a few simple efforts your parents make to ensure that you learn social etiquette

### Frequent interactions with neighbours:

When you run into someone you know, give them a friendly greeting as a display of respect. Respecting people around demonstrates great modesty.



### Performing small acts of service:

Small gestures of kindness are what keep society functioning well. Things like opening doors for your partner, or elderly relative, cleaning up dropped objects or allowing someone to go first in line instead of fighting for the same go a long way. Your parents do not ask to interact with strangers every time, because they sense that you find it unsettling; instead, they educate you on how to do so safely.

### Saying "Thank you" to everyone

Thank everyone around you for little of the things they do. Thank the domestic help that comes to your place to clean your house or any technician that might have come to fix something. Nowadays, many children (and adults) forget to express gratitude to the individuals who assist them on a daily basis in numerous small ways, such as waiters, shop clerks, instructors, and bus drivers. It's not only about being courteous but also about you value and respect the contributions of others.

### Be punctual

While going out for a vacation or for any event, always try to fix a time and get ready for the same on time. Your parents and teachers keep telling you to work with time. Being punctual is a sign of respect for others. Additionally, you will learn how to manage transitions from one task to the next.

### Wait for your turn



While having conversations at home with your parents and other family members prefer talking in turns. Do not keep speaking or interrupt the other person speaking. It is important to let the other person put their point forward and to listen carefully. This will help make them more polite, understanding and forming lasting relationships.

DID YOU KNOW?

A new study published in 'Frontiers in Psychology' studied the impact of passive screen use on the cognitive development of a young child. It revealed that screen exposure, whether from a TV or a mobile device, might be beneficial depending on the context in which it's viewed. Researchers from the University of Portsmouth and Paris Nanterre University, France, analysed 478 studies published in the past two decades. Their findings found exposure to television early on may be detrimental to play, language development and executive functioning, particularly for young infants.

Dr Eszter Somogyi from the department of psychology at the University of Portsmouth said: "We're used to hearing that screen exposure is bad for a child and can do serious damage to their development if it's not limited to say less than an hour a day. While it can be harmful, our study suggests the focus should be on the quality or context of what a child is watching, not the quantity."

"Weak narrative, fast pace editing, and complex stimuli can make it difficult for a child to extract or generalise information. But when screen content is appropriate for a child's age, it's likely to have a positive effect, particularly when it's designed to encourage interaction."

## WATCHING TELEVISION WITH PARENTS MAY BE BENEFICIAL: STUDY



### RIGHT CONTENT IS KEY

While the right type of content can do more good than harm, the study warns watching TV shouldn't replace other learning activities, such as socialising. Instead, it is imperative to inform caregivers of children younger than 3 about the risks associated with prolonged exposure to screen viewing in the wrong context. The authors recommend reinforcing

contexts that promote learning, such as viewing chosen age-adapted content, viewing with adult supervision, and not having a second device or TV screen on in the background.

Sociologist Geeta Sethi says that content like historical documentaries make for a good watch for the entire family. "When we watch television, our focus should be on edutainment and not primarily on entertainment. Hence programmes

on environmental awareness (some shows on Discovery and NatGeo are good for a weekend watch). Shows on History TV18 are also a good option for an early evening watch. Other than historical shows and programmes on nature, families can also watch detective series on the OTT. (Tip for parents: Make sure you are watching something that is okay for your children to watch at their age. Best bet is to go by the viewership ratings).

### WATCHING TOGETHER IS BETTER

Studies also show screen time is more beneficial to a child if a parent or adult is present, as they can engage with them and ask questions. "Families differ a lot in their attitudes toward and the use of media," explains Dr Somogyi. "These differences in the viewing context play an important role in determining the strength and nature of TV's impact on children's cognitive development. Watching television with your child and elaborating and commenting on what is viewed can help enhance their understanding of the content, reinforcing their learning during educational programmes."



ADVENTURE TIME

## Ways to spend weekends with your parents

Weekdays keep both you and your parents busy. Quality time with parents is proven to impact your growth and development and improve your parents' health as well. Neither you nor should your parent overlook the importance of discovering ways to spend the weekends together. A well-planned weekend can give room for a lot of fun and help you strengthen the bond with your parents.

Many things can be settled when you enjoy a good time with your parents on a weekend. You will get more time to find out their needs and feelings. It can be a good time for your parents as well to encourage the values they wish to cultivate in you. Since your parents can facilitate undivided attention for you over the weekends that are relatively free, you can find out what they are actually missing and wanting in their lives and fulfil them too. Weekends are time to feel closer with your parents, develop a sense of empathy and get to know them better. Creative ways to find enjoyable weekends with parents can help you experience life deeply.



### TEAM GAMES:

Weekends give you time to plan interesting activities including swimming, golf, tennis, basketball and any other sport your parents love. This is also a good way for you to learn a thing or two about the game from your parents.



### PLAN A DAY OUT:

Start after breakfast and plan some interesting activities like a picnic, visiting places, going to adventure parks, watching movies and relishing dinner at your favourite restaurant. Whatever you have lost during the weekdays can be effectively found over such a great weekend.



### GO CAMPING:

Camping is a highly exciting way to spend the weekend. This is a great activity for all ages as it gives enough ways to engage with different outdoor activities. Being close to nature and spending time with your parents are the ultimate benefits of weekends.

### RELAX AT HOME:

Cook, eat, chat and watch movies together – what is better than combining relaxation with bonding?



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"The tennis ball doesn't know how old I am. The ball doesn't know if I'm a man or a woman or if I come from a communist country or not. Sport has always broken down these barriers."  
**Martina Navratilova, former tennis player**

SATURDAY, OCTOBER 8, 2022

Photo: GETTY IMAGES

**MITHALI RAJ | CRICKET**

**Debut:** Considered one of the greatest cricketers of all time, Mithali Raj made her debut for India on June 26, 1999, against Ireland. In her debut match, opening for India, she scored a century.

**The first big:** Her first big achievement came at the age of 19, in her 3rd Test match, when she broke Karen Rolton's record of the World's highest individual Test score of 209, scoring 214.

**High points:** In 2013, she became the No. 1 women's ODI cricketer in the world. She was the leading run scorer in women's cricket with 10,868 runs. Mithali played on the big stage for a good 23 years, leading the team to two World Cup finals.

**Last match:** She announced her retirement from cricket in June, 2022 after a decade-long career – having played her last ODI on March 27, 2022 against South Africa. Her last Test was in 2019, against Australia.

**Future plans:** Mithali wants to be part of the administration of Indian women's cricket. Women understand women's cricket much better, she says.

**JHULAN GOSWAMI | CRICKET**

**Debut:** On January 6, 2002, at the age of 19, Jhulan made her debut in international cricket against England in a WODI match at Chennai. Her Test debut followed the same year at Chennai. Her WT20I debut was also against England, in 2006, at Derby.

**The first big:** In 2018, she became the first to take 300 international wickets in women's cricket. Jhulan is the only Indian to score 1000 runs, pick 50 wickets and take 50 catches in one-day internationals.

**High points:** Fastest women bowler to bowl constantly at 120 kph after Cathryn Fitzpatrick. Only women cricketer who has grabbed 200 plus ODI wickets, with a total of 255 wickets in this format. She has taken the highest Test match wickets for India – 44 in just 12 matches. In 2007, she was awarded ICC Women's Player of the Year.

**Last match:** India's 16-run win over England in the third and final ODI in London in Sept 2022.

**Future plans:** The star pacer has kept her options open to play the inaugural Women's IPL, which is in the pipeline for some time now.

**Trivia:** Cricket Association of Bengal (CAB) announced that they are planning to name a stand at the Eden Gardens after Jhulan Goswami.



Photo: PFI

**RACHEL HAYNES | CRICKET**

**Debut:** She made her debut with a Test against England in 2009. However, by 2013 she had been dropped and was contemplating retirement. A recall came for the 2017 World Cup and a short while later Haynes was named captain.

**The first big:** She made 98 on Test debut against England in 2009 forming a record sixth-wicket stand of 229 with Jodie Fields.

**High points:** In 2009, she was chosen for the England tour. At the 2013 World Cup in India, she was Australia's leading run-scorer. In 2011-12, she joined the Lendlease Breakers. Haynes was promoted to vice-captain of the Breakers and played a key role in the team winning both the WNCL and the WT20

in the 2014-15 season. In 2018, Haynes was vice-captain of the Australian Women's cricket team, which went on to win a fourth ICC World T20 championship. Her most important innings came in the 2018 and 2020 T20 World Cups. She was named ICC Player of the Month in April 2022.

**Last match:** Her last appearance was the gold medal match against India at the 2022 Commonwealth Games, which the Kangaroos won by nine runs.

**Future plans:** The star batter will continue to play in the Women's Big Bash League with the Sydney Thunder from October but will not be part of the New South Wales team's domestic campaign.



Photo: GETTY IMAGES

**ROBIN UTHAPPA | CRICKET**

**Debut:** The "walking assassin", Robin Uthappa, made his debut in the blue jersey in an ODI against England in 2006.

**The first big:** In his debut match, he scored 86 runs, which made him the then highest debut scorer for India in limited-overs.

**High points:** In the NatWest Series 2007-2008, he scored 47 off 33 balls to take India to a thrilling victory. He scored a crucial 50 against Pakistan in the 20-20 World Cup in 2007, making him the first Indian to score a 50 in a

T20I match. He holds a world record of making 40+ scores in 10 consecutive innings in the IPL, which he achieved in 2014. He was also the winner of the coveted Orange cap for scoring most runs (680) in the 2014 edition of the IPL.

**Last match:** He was last seen in Indian colours in 2015 and announced his retirement in September, 2022.

**Future plans:** Uthappa has been seen in the commentators role in the recently concluded India Vs Australia T20I series.



Photo: PFI

**SURESH RAINA | CRICKET**

**Debut:** Mr. IPL or as fans call him 'Chinna Thala', Suresh Raina donned the coveted Indian jersey when he debuted in the ODIs on July 30, 2005.

**The first big:** During the 2010 ICC World T20, he became the first batter in T20I and World T20 history to make a century while batting at no. 3 or below.

**High points:** At the age of 23, he became the 2nd youngest captain of the Indian cricket team. On his Test debut, in 2010, he scored a century thus becoming the 12th Indian cricketer to do so.

In the 2019 edition of IPL, he became the first batsman to cross 5000 runs in IPL.

**Last match:** Raina announced his retirement from all forms of cricket in September 2022. He played his last international match in 2018 and announced his retirement from international cricket in August, 2020.

**Future plans:** Raina is set to explore T20 leagues around the world. He is also setting up a cricket academy in Jammu & Kashmir to nurture future talents.



Photo: TOI

# CALLING TIME ON A GLITTERING CAREER

Roger Federer's announcement to retire evoked a flood of emotions among fans of the star. Away from this spotlight, there were several other players who gravitated away from the field in 2022. Here is a look at some of them...

**ROGER FEDERER | TENNIS**

**Debut:** Considered one of the all-time great tennis players, finest sportsman of his generation, he made his debut professional match in Swiss Open Gstaad, in 1998.

**The first big:** His big achievement came at age 21, when he won his first major singles title at Wimbledon in 2003.

**High point:** In 2004, Roger Federer won three Grand Slam singles titles and became the No. 1 for the first time after winning the Australian Open. He has held the rank for 310 weeks, including a record 237 consecutive weeks. He has won a record 20 Grand Slam singles titles and has 103 ATP singles titles, the second most of all time.

**Last match:** Federer announced his retirement from tennis on September 15, 2022 due to prolonged injury.

**Future plans:** Federer wants to play exhibition matches and commentate in Wimbledon games as well.

**SERENA WILLIAMS | TENNIS**

**Debut:** Considered one of the toughest women tennis players of all time, Serena Williams made her debut in professional events in October, 1995 at the Bell Challenge in Quebec.

**The first big:** Her big achievement came at age 19, when she won her first major title at the US Open in 1999.

**High points:** She has won 23 Grand Slam singles titles, the most by any player in the Open Era, and the second-most of all time. She has also won 14 major women's doubles titles, with her sister Venus Williams. In 2002, she was ranked world No. 1 by the Women's Tennis Association. She has won all four Grand Slam titles simultaneously to become the No. 1. She has held the No. 1 ranking for 319 weeks, including a record 186 consecutive weeks.

**Last match:** Serena announced her retirement from tennis in August, 2022, with her last match played on September 3, 2022.

**Future plans:** Serena plans to evolve away from tennis and concentrate on her investment ventures.

**SANIA MIRZA | TENNIS**

**Debut:** Sania first played at the All England Lawn Tennis Club as a 14-year-old during the 2001 Wimbledon Junior Championships where she reached the second round in singles while exiting from girls' doubles in the opening round.

**The first big:** In 2003, Sania became the first Indian female tennis player to win a Grand Slam at any level. She paired with Russia's Alisa Kleybanova and clinched the girls' doubles title.

**High points:** She ranked world number 1 in doubles on April 13, 2015. With this, she became the first Indian woman to achieve world number 1 ranking in the sport. She also won three mixed doubles Grand Slams in the mixed doubles category – Australian Open in 2009, the French Open in 2012 and the US Open in 2014. She is also the first Indian woman to clinch a Women's Tennis Association (WTA) title.

**Last match:** At the 2012 Aegon International, Mirza played the last singles tournament of her career. Sania Mirza along with Mate Pavic, played her last match in the world's oldest Grand Slam in 2022, after which she retired from professional tennis.

**Future plans:** Sania pulled out of US Open 2022 due to a forearm and elbow injury. In an Instagram post, she wrote: "I will be out for a (few) weeks and have pulled out of the US Open. This isn't ideal, and it's terrible timing. It will change some of my retirement plans, but I will keep you all posted."

**ASHLEIGH BARTY | TENNIS**

**Debut:** Considered as one of the greatest women tennis players of all time, Ashleigh Barty made her professional debut at the age of 14 in the ITF Women's Circuit in April, 2010.

**The first big:** Her big achievement came at age 15, when she won the Wimbledon girls title in 2011.

**High points:** She has won the Australian Open, French Open and Wimbledon singles titles. She has a record 12 doubles titles.

In 2019, she was ranked world No. 1. She has held the rank for 114 weeks, the fourth longest in WTA history.

At 16, Barty made it to the Australian Open finals, making her the youngest Grand Slam finalist since 2004.

**Last match:** Ashleigh Barty announced her retirement from tennis in March, 2022, barely two months after winning the Australian Open, her third Grand Slam title.

**Future plans:** Barty's future project will see her working with indigenous children.

**CARLOS TEVEZ | FOOTBALL**

**Debut:** Tevez made his international debut for Argentina in 2004, earning 76 caps.

**The first big:** In the 2010-11 season he won the Premier League Golden Boot. He won a gold medal and was the Summer Olympics Golden Boot winner at the 2004 Olympics.

**High points:** Former Manchester United and Manchester City forward Carlos Tevez has announced his retirement at the age of 38.

Tevez played 76 times for Argentina, including at two World Cups, and was a part of the gold-medal winning team at the 2004 Olympics in Athens.

He was awarded the South American Footballer of the Year three times, and the Footballer of the Year of Argentina twice. He won two Serie A titles with Juventus.

**Last match:** He has not played a match in over a year.

**Future plans:** He wants to become a coach after his retirement.



Photo: GETTY IMAGES