

HELPING HAND

TIPS TO HELP

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Undoubtedly, your parents help you in every stage of your life. Whether it is your science project or learning a new skill, your parents are always there to help and support you.

However, you must realise that they also need help. Helping your parents will not only make your bond stronger but also help you acquire life skills. These skills are important for you to feel confident, especially, when you go out of your home.



YOUR PARENTS AT HOME

HERE ARE A FEW CHORES YOU CAN HELP YOUR PARENTS WITH

1 CLEANING YOUR ROOM: You can include organising your toys and making your bed for everyday activities. You can also add setting up your cupboard and closet to a weekly routine.



2 SERVING FOOD: If your mother or father cooking food for the family, you can help them serve the food to others. In fact, if you all eat together, you can serve everybody and ask them if they need anything else as well.

3 GROCERY SHOPPING: Help your parents with grocery shopping. Ask them what they need from the other counter and get it for them. This will save time and will give you a sense of independence.



4 FOLD LAUNDRY: This activity sometimes helps you initiate some deep conversations and results in the best advice from parents. Start with small clothes like socks, handkerchiefs, etc. You will also develop the habit of folding laundry which otherwise seems like a herculean task.



LIFE OF A PARTY

WHY IS IT IMPORTANT TO GO OUT WITH FAMILY?

There is nothing new in going out with your friends to have fun. But having fun with your parents is the new 'it' thing. Outings and picnics are a great way to strengthen familial bonds. On days that parents are working or the kids are busy with school, there's seldom any time left for the family to spend together. So, go out for a picnic once a month or two months – spend time away from routine. Parents can relive their childhood memories with their kids and the kids can happily spend time listening to stories from their parents. Parents will be able to bond better with your children in this fun time.

RELAX AND UNWIND

Picnics and outings are a great way to relax and unwind. We will all agree on the fact that almost every day we work quite hard to meet our goals and stick to our routine. We are so engrossed with the tightly packed schedules, that we seldom stop to think about how it's all affecting our mental health. Picnics and outings are a great way to help with that. Take a day off once in a while. Calming down will help you to go back and focus on your goals better.

LEARNING THROUGH FUN

Picnics and outings can be fun and knowledgeable. Let's take the example of school excursions, for instance...you might not realise this but you really do learn a lot about the place of your visit – even if you do so through stories. That's one of the most important benefits of a picnic with friends – everyone ends up learning without even realising.



STAY PHYSICALLY HEALTHY

When it comes to picnics and outings, we generally associate it with a lot of outdoor games. Like a game of badminton. Almost every picnic group you come across will have a pair of badminton racquets. Also, you are always very excited if you get a chance to defeat the elders at a game. Running along with you will also keep your parents from feeling guilty about not working out as often as they would like to.

FESTIVITIES

DON'T NEED AN OCCASION TO GIFT YOUR SIBLING

You don't have to wait till next Rakshabandhan to gift something to your brother or sister. These timeless ideas make for perfect gifts to tell your siblings that you share a strong bond with them

PRO TIP: To make your gift extra special, try your hands at a DIY item which goes a mile to show how much you care for them

1. SCENTED CANDLES:

Everyone loves to walk in a scented room. These candles can help alter one's mood as well. And, guess what, you can easily gift it with your saved pocket money. It ranges from 250 to 999.



2. CHOCOLATE BOX:

One chocolate can never satisfy an individual. What is better than one? A whole box. There are two ways to gift this. Either you buy the whole box from the shop or buy your sibling's favourite types of chocolate and put it in the box yourself. To add a personal touch, you can also add personalised notes in it.



3. PAIR OF TRENDY T-SHIRTS:

You might need your parents' help to get this gift. There are multiple number of clothes brands that can help you choose apparels inspired from your favorite movie, TV series or books.



EXPERT TAKE

HOW TO EAT RIGHT THIS FESTIVE SEASON

The festive season in India is incomplete without a scrumptious table full of treats. Relishing traditional delicacies and devouring desserts of the season with friends and family is what makes festivals so special. While doing so there is always a thought at the back of our mind – how much should we eat without hampering our diet or how much we would have to exercise after eating sweets. Some even go to an extent of avoiding all festive foods, fearing weight gain.

Let us tell you, the festive season is all about enjoying mouthwatering cuisine, not fearing them. You need to make conscious choices and not run away from eating out or at dinner parties. As per celebrity nutritionist Rujuta Diwekar, enjoying food during 4-5 days of festivals does not make you gain weight. It is what you do all year round that matters. "If you eat healthy year-round, then eating out during festivities would not matter much."

Nutritionist Nмами Agarwal stresses the importance of mindful eating during Diwali and other celebrations that follow the big day. They both recently took to Instagram to share some smart eating tips during the upcoming holiday season. Here are some takeaways from their posts.

DO NOT SKIP MEALS

On most occasions when people have to go out for dinners or parties, they skip a meal or fast so that they can eat whatever they want later. They do this with the belief that skipping a meal can balance calorie consumption.

What they are not aware of is that this strategy can backfire terribly. Skipping a meal makes you feel bloated and you overeat later which means you would consume more calories than usual and also feel uncomfortable. Both Diwekar and Agarwal suggest eating guilt-free and following a normal exercising routine on days you have to go out. You just have to choose your food wisely when you are out. As per Diwekar, have only 2 starter dishes, and 3 items from a single cuisine for your main meal.



For desserts, avoid dishes that are available on regular days, like ice-creams. Go for traditional sweets prepared only during the festive season.

CHOOSING SWEETS



We all fear sugar, but what is a festive without sugary treats? The experts recommend not to hold yourself back from relishing desserts, just be smart about what and how much you put on your plate.

Both nutritionists recommend having homemade and traditional sweets. "It is better if you can make traditional sweets at home or get it from the local sellers," said Diwekar. These sweets are healthier and nutritious.

EATING FRIED FOOD

Oily food items have always been considered unhealthy. It is linked with heart problems and weight gain. But not all foods that are deep-fried are unhealthy. It all depends on how much you eat it and how it has been prepared.

Diwekar advises you not to fear relishing deep-fried food this season. She suggests avoiding processed oil and opting for the traditional oil used by your grandparents for preparing the same dish. "You can eat deep-fried foods guilt-free. Just don't reuse the oil. Only homemade ghee can be reused," she says.

The nutritionist strictly asks to avoid air-fried and microwaved foods as they can increase sugar-craving and make you feel acidic later.



Both my parents were rice farmers. I could not afford shoes, but they asked me to make the best of what I have.
Hima Das, Indian athlete

SATURDAY, AUGUST 13, 2022

WRESTLING | 6 GOLD | 1 SILVER | 5 BRONZE

BAJRANG PUNIA / SAKSHI MALIK / DEEPAK PUNIA / RAVI DAHIYA / VINESH PHOGAT / NAVEEN KUMAR

ANSHU MALIK

Sakshi Malik

Naveen Kumar

Bajrang Punia

POOJA GEHLOT / POOJA SIHAG / DEEPAK NEHRA / DIVYA KAKRAN / MOHIT GREWAL

A WEALTH OF MEDALS AND EXPERIENCES

With 61 medals – 22 gold, 16 silver and 23 bronze – in the kitty, India placed fourth in the medals tally at the 2022 Birmingham Commonwealth Games. A round up of the victories...

WEIGHTLIFTING | 3 GOLD | 3 SILVER | 4 BRONZE

SAIKHOM MIRABAI CHANU / JEREMY LALRINUNGA / ACHINTA SHEULI
SANKET SARGAR / BINDYARANI DEVI / VIKAS THAKUR
GURPREET SINGH / LOVEPREET SINGH / GURURAJA POOJARY / HARJINDER KAUR

TT | 4 GOLD | 1 SILVER | 2 BRONZE

SHARATH KAMAL / SHARATH/HARMEET-SATHIYAN-SANIL / SHARATH-SREEJA

SHARATH/SATHIYAN

PARA-TT | BHAVINA PATEL

BADMINTON | 3 GOLD | 1 SILVER | 2 BRONZE

P V SINDHU / LAKSHYA SEN / SATWIK RANKIREDDY - CHIRAG SHETTY

ATHLETICS | 1 GOLD | 4 SILVER | 3 BRONZE

ELDHOSE PAUL

MURALI SREESHANKAR / PRIYANKA GOSWAMI / AVINASH SABLE / ABDULLA ABOOBACKER

SANDEEP KUMAR / ANNU RANI / TEJASWIN SHANKAR

PARA POWERLIFTING | 1 GOLD

SUDHIR

HOCKEY MEN'S TEAM | SILVER

KIDAMBI SRIKANTH / GAYATRI-TREESA

JUDO | 2 SILVER | 1 BRONZE

SUSHILA LIKMABAM / TULIKA MANN

HOCKEY WOMEN'S TEAM | BRONZE

VIJAY YADAV



BOXING | 3 GOLD | 1 SILVER | 3 BRONZE

NITU GHANGHAS / AMIT PANGHAL / NIKHAT ZAREEN

SAGAR AHLAWAT

JASMINE LAMBORIA / MOHAMMAD HUSSAMUDDIN / ROHIT TOKAS

SAURAV GHOSAL BRONZE

SAURAV - DIPIKA BRONZE



LAWN BOWLS | 1 GOLD | 1 SILVER

RUPA - LOVELY - NAYANMONI - PINKI GOLD

SUNIL - NAVNEET - CHANDAN - DINESH SILVER



SQUASH | 2 BRONZE

SAURAV GHOSAL BRONZE

SAURAV - DIPIKA BRONZE

SAURAV GHOSAL BRONZE

SAURAV - DIPIKA BRONZE



India's best-ever finish was at the 2010 Games with 101 medals, including 38 golds