

HOW TO

BEST WAYS TO **BOND** WITH FAMILY

As more and more families become nuclear, time spent with family members is shrinking. Blame it on hectic schedules that every family member is burdened with or the lack of planning; familial bonding, that have been in a rough spot for a while, needs a boost. Let's find a

way to deal with the problem. Experts say it will take a huge effort to ensure that family members converse with each other more. Bonding helps us sail through difficult times with ease and provides moral support. Here are four ways in which you can bond better with your family.

UNDERSTANDING

Understanding each other in a family is very important. Family is like a big machine and we are all nuts and bolts of this machine. If one nut goes missing, the machine may not work, or malfunction. In the same way, if we don't understand each other in the family we're bound to have conflicts. Understanding of how much to hold on to and how much to let go is also important.

HUMILITY

Humility is an important aspect to learn right from childhood. Saying Thank You for the help you received and saying Sorry for any mistake is sign of basic decency. Your parents may not want the Sorry or the Thank You but it's a way to show gratitude towards the relationship. Once humility is a part of our nature, it benefits us even outside of the family.



DISCIPLINE

Discipline is an essential quality required by kids and adults alike. While adults have to lead by example, you will have to maintain discipline by following some home rules and by setting up a schedule for studies. Discipline can also be a shared effort that will allow parents and you to bond better.



FAMILY DISCUSSION

Mobiles and other technical distractions have made family discussions redundant. However, it is through healthy discussions – which involves all (or most) members of the family – that we maintain good familial bonding. Discussion time is of great importance as it allows family members to understand each others' needs.

GIFT WITH A TWIST

MEMORY BOOKS TO GIFT YOUR GRANDPARENTS

There is no need for a special occasion to gift your grandparents. They are there for you whenever you have need them. If they can drop everything they are doing at the moment to help you in your chores, the least you can do is to thank them with a gift to showcase your love and gratitude

HERE ARE A FEW MEMORY BOOK IDEAS THAT YOU CAN GIFT:

MEMORIES FOR MY GRANDCHILD:

This is an overall pick because of the thoughtful guiding questions it provides in a beautiful keepsake cloth-covered book. Grandparents will love completing simple prompts on archival paper, knowing the memories will be maintained in the years to come. The prompts focus on family history, beginning with anecdotes about the grandparent as a baby and young child, and continuing through the grandparent's life, education, friendships, and hobbies. There is also a family tree for the grandparent to complete. The back cover includes pockets to store photos, documents, and other small mementos.



GRANDPARENT+ GRANDCHILD PEN PAL KIT:

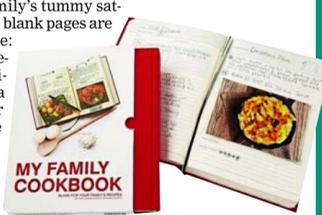
A little different from a memory book, this writing kit is both an engaging activity between a grandchild and grandparent, and if saved, will act as a darling keepsake. Included in the set are eight correspondence sheets that can be completed by both parties and mailed back and forth, along with envelopes for each sheet. Not only will this set boost writing skills for you, but it's also a fun way to engage with grandparents who are near or far away, and will thrill you when they get their own letter in the mailbox.



MY FAMILY COOKBOOK:

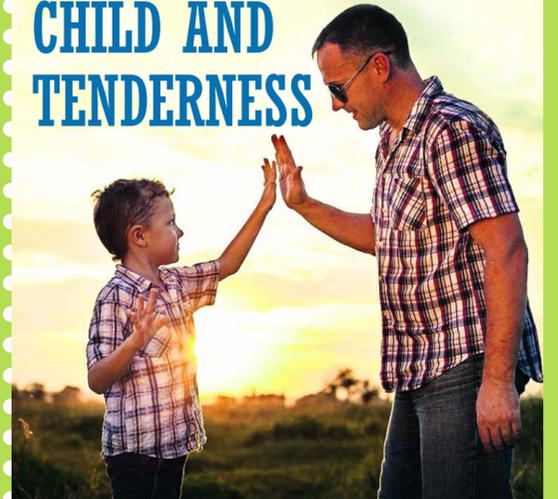
We are obsessed with the idea of passing down recipes from one generation to another, so if food is your family's love language, consider this book as a gift to your family's tummy satisfaction, and memories. The blank pages are formatted like a recipe:

There's room for ingredient lists, recipe directions, and even a photo and notes. If your grandparent cooks all the family favourites just from memory, grab this book and jot those recipes down. Food is an essential part of our culture. Preserve it.



LIFE LESSON

FATHER, CHILD AND TENDERNESS



ZAIGHAM HASAN - THE SPEAKING TREE

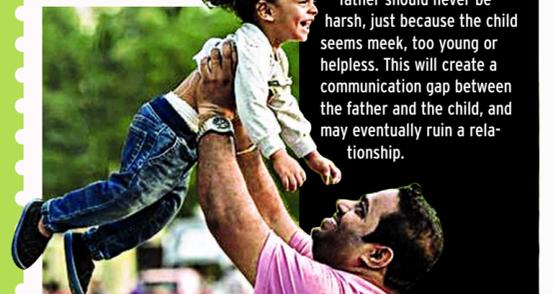
Nobody on earth has said so beautifully and telegraphically than the way Pythagoras has said it. He was a great mystic, philosopher and mathematician. He said, "BE A GOOD SON". Fathers have always been neglected because most of the scriptures talk about only mother, e.g. "Paradise lies under the feet of the mother" or statements like, "the mother deserves three times more good treatment from her children than the father deserves", etc. For centuries the father has remained overshadowed.

Long ago, I was reading "The Golden Verses" of Pythagoras, where I read this significant statement, "Be a Good Son". What actually he means by saying, "Be a Good Son"? On the face of it, the statement seems very simple and easy, but he explains... In an ordinary sense, you can become a good child by being absolutely obedient, but Pythagoras has meant something else – if you are highly obedient, you might be doing what your father has told you to do out of your sheer obedience, even if you are not convinced. If you are not convinced and do something just to honour your father, it will be fake obedience. Anything which you do, unwillingly, unconvincedly or reluctantly, will be untruthful.

As per Pythagoras, a good son means a child with understanding. A child who understands his father, because the father along with mother is also the first teacher. If one obeys out of understanding, it will be with his own will. There wouldn't be any kind of reluctance in following the father's instructions. If you listen to your father respectfully, with an open mind and a willingness to understand, you are a good child; whether you act as per your father's will or go against it, you will remain a good child. If you disagree with him and tell him openly that you disagree with him, he will be happier because you demonstrate that you are not faking obedience; you are just exhibiting what you think. If he tries to convince you and succeeds because of his experience and knowledge, you will understand it and follow him immediately without any reluctance. If he fails to convince you, he will get convinced or confident and will not tell you to do something just because of his ego. This kind of relationship is the relationship of understanding. But this can be possible only if the father is also treating the child with tenderness.

THE RELATIONSHIP BETWEEN A FATHER AND A CHILD MUST HAVE TENDERNESS.

Father, who actually represents the outer world, may seem harsh, but he prepares you for the real world you would have to live in. A father should never be harsh, just because the child seems meek, too young or helpless. This will create a communication gap between the father and the child, and may eventually ruin a relationship.



FUN-DAY!

TIGER, JELLYFISH OR DOLPHIN: FIND WHAT IS YOUR MOM-TYPE

Here is a fun game for you to play this weekend. You can compare notes with your friends in school on Monday or over an email on a Sunday. So, we do know that there is nothing that can come close to a mother's unconditional love for her child. But did you know that there are specific ways of rearing a child that different moms believe in? Find out more here... (PS: No matter what category best describes your mother, keep in mind that she wants the best for you and your future.)

TIGER MOMS

Tiger moms tend to follow really strict structures and formulas while raising kids. They usually end up managing their kids' daily routine – from the moment they wake up to bedtime. Tiger moms are often against the idea of their children "wasting their time", which is why they may not value playing or leisure activities. On the bright side, kids who grow up with a structured system know and respect the value of one's time, grow up to be disciplined, and are ambitious.



JELLYFISH MOMS:

Jellyfish moms believe in the idea to support you only for as long as you truly need their help and guidance. Their parenting style involves making kids learn to grow as independent individuals, with everything they do and learn. Their focus is on "what my child wants" and they do not go overboard in controlling their children's lives. If anything, they could be completely against the idea of being strict or authoritative. They rather enjoy being a friend. Children of jellyfish moms appear more confident and are driven to pursue activities based on self-motivation. Since there is more scope for spontaneity and exploration, the child may be able to get closer to their own unique selves faster.

DOLPHIN MOMS:

A dolphin mom tries to create a balanced lifestyle – by making some concrete rules and establishing a sense of responsibility, along with allowing kids the time to enjoy a carefree life. A dolphin mom would gradually prepare her kids for the harder life ahead, without pressuring their present. Their biggest asset is their sense of flexibility as per their child's needs. This means they could turn into the scariest moms if the child treads down a wrong path, and they could be the gentlest in their loving moments. Kids with a dolphin mom grow up to be more creative. They have the ability to make their own decisions since they are able to more or less evaluate all aspects and the consequences of their actions and decisions.



"If you persevere long enough, if you do the right things long enough, the right things will happen."
Manon Rheume, former ice hockey player

SATURDAY, AUGUST 27, 2022

ON YOUR MARK,

GET SET, ROLL

Indians and their love for movies and sports go hand-in-hand. When these two come together, it makes for an unforgettable experience. A look at inspiring sports biopics – like the recently-released 'Shabaash Mithu' – that have brought the struggles of sportspersons and the magic of sports on to the big screen...

SHABAASH MITHU

This 2022 biographical film is based on the life of the former Test and ODI captain of the Indian women's national cricket team, Mithali Raj. The film revolves around her journey and gives a peek into the struggles of women in this male-dominated sport.

Tapsee Pannu essays the role of Mithali Raj.

It's a great opportunity to get the journey of women's cricket in our country. It is also important in a way for people to know and understand when and what hardships women athletes have to go through in our country, with the support system and in the way society perceives woman athlete. - Mithali Raj



MITHALI RAJ

SOORMA

Based on the life of hockey player Sandeep Singh, Soorma is a 2018 sports drama that revolves around the unbelievable comeback story of the legendary hockey player Sandeep. His beginnings in the world of hockey, his injuries, the accident, and his comeback that shocked every Indian is portrayed in the movie.

The film has featured brilliant stars like Diljit Dosanjh, Angad Bedi and Taapsee Pannu in lead roles.

People who follow hockey, they know who Sandeep Singh is. They know I have been the Indian hockey team's captain, but they don't know about the struggle and the life after being shot. The film brings my tragedy to the forefront. - Sandeep Singh



SANDEEP SINGH

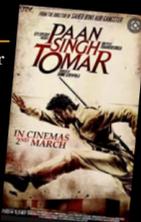
PAAN SINGH TOMAR

Released in the year 2012, Paan Singh Tomar is a movie about the athlete Paan Singh Tomar, who won a gold medal at the Indian National Games and was a soldier in the Indian Army. The story takes a look at the seven-time national champion athlete, a jawan in the Indian army, who later turns into a dacoit due to some land feud.

The late Irrfan Khan has played the lead role, with Mahie Gill, Vipin Sharma and Nawazuddin Siddiqui in the supporting cast.



PAAN SINGH TOMAR



RASHMI ROCKET

This 2021 movie is inspired by events in the life of an Indian sprinter, who overcomes societal barriers and goes on to become a national-level athlete. However, her career hits rock bottom when she is forced to undergo a gender test. Even though it's not a biopic, the plot of Rashmi Rocket is reminiscent of

the life of Indian sprinter Dutee Chand, who became India's first athlete to openly come out as a member of the LGBTQ+ community in 2019.

The film features Tapsee Pannu in the lead role, along with Priyanshu Painyuli and Abhishek Banerjee.



DUTEE CHAND

SACHIN: A BILLION DREAMS

A 2017 documentary on the life of Indian cricketer Sachin Tendulkar, it is the tale of the master-blasters' dreams, struggles and his journey to becoming the God of Cricket. The film brings back memories of Tendulkar's childhood, his early days and his personal life. The movie captures Tendulkar's passion and dedication towards the world of cricket. It not only shows Sachin as a cricketer, the movie even captures his life as an individual.

This film is about chasing my dreams, my dream was not only my dream, it was a dream shared by billion plus people. - Sachin Tendulkar



SACHIN TENDULKAR



GOLD

Inspired by true events and people, Gold is based on the journey of India's first national hockey team that made it to the 1948 Summer Olympics. It follows the life of Kishan Lal, the man who won India its first gold medal as the captain. It is a fictional take on the story of India bringing home the first Olympic hockey gold as an independent nation.

Akshay Kumar plays Kishan Lal with Kunal Kapoor and Mouni Roy in supporting roles.



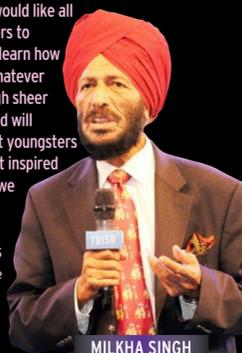
KISHAN LAL

BHAAG MILKHA BHAAG

The movie is based on the life of "Flying Sikh" aka Milkha Singh, the Indian athlete who put India on the world map with his Commonwealth Games victory. The film summarises the life of Milkha Singh from losing his family in the India-Pakistan partition to his rise as a sportsperson who represents India at several international sports events, wins several medals for the country, and becomes one of India's most iconic athletes.

Farhan Akhtar essays the lead role. Also part of the cast are Sonam Kapoor and Divya Dutta.

Yes, the movie "Bhaag Milkha Bhaag" is based on my life from childhood up to this point. I would like all the youngsters to watch it and learn how I achieved whatever I have through sheer hard work and will power. I want youngsters in India to get inspired by it so that we can have thousands of Milkha Singhs in India. - the late Milkha Singh



MILKHA SINGH

MARY KOM

This 2014 film on the life of star boxer Mary Kom tells us how the daughter of a rice farmer in Manipur dared to dream beyond what she allowed to do, and eventually became a five-time world champion. It's a story on the hardships of being a woman pursuing a career in boxing and how she reaches the epitome of her career.

Priyanka Chopra plays the lead role, along with Darshan Kumar and Sunil Thapa in supporting roles.

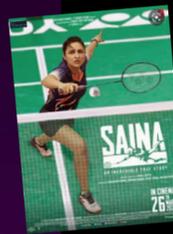


MARY KOM

SAALA KHADOOS

This is an inspirational sports drama, based on some true incidents. The film revolves around the theme of exalting women to join and shine as sports stars. The film is inspired by a real-life coach named Mohammed Ali Qamar from Kolkata, who became the first Indian to win a gold medal in boxing at the Commonwealth Games in 2002.

The main lead of the movie is played by R Madhavan and Ritika Singh.



SAINA

The movie based on the life of badminton player Saina Nehwal follows the career highs and lows of the former world no 1 shuttler. It also pays tribute to the people who immensely contribute to her resilience and unbreakable spirit.

The main lead of the film is essayed by Parineeti Chopra.

I have felt overwhelmed. It is a tough life. People think that we are practising when we aren't on the court, but at the same time we have to do so many other things which also keeps us in the limelight. They always want to see us on the court and are happy when we are winning. But doing these activities and other things ensures that we are charged up after the break when we get back on court. - Saina Nehwal



SAINA NEHWAL

MS DHONI THE UNTOLD STORY

This is a 2016 biopic based on the life of former Test, ODI and T20I captain of the Indian cricket team, Mahendra Singh Dhoni. The film traces the life of Dhoni from a young age till his achievement in the world of cricket.



The main role of Dhoni was played by the late actor Sushant Singh Rajput, along with Disha Patani, Kiara Advani, and Anupam Kher.

This film is informative in a lot of ways because people, who know me in Ranchi, don't know what I did in Kharagpur when I lived there for four years. After that from 2004 till now I played internationally. This movie to some extent brings everything together. - M S Dhoni



MAHENDRA SINGH DHONI



MAHAVIR SINGH PHOGAT

BABITA PHOGAT

GEETA PHOGAT

DANGAL

This 2016 sports drama is based on the life of Mahavir Singh and his two daughters, Geeta and Babita Phogat. The film traces the inspirational journey of a father, an ordinary man from Haryana who trains his daughters to become world-class wrestlers in a men-dominant country.

The film features Aamir Khan, Sakshi Tanwar, Fatima Sana Shaikh, Zaira Wasim, and Sanya Malhotra.

After watching the movie Dangal, every parent will encourage their daughters to give their best in sports as well as in academics. After watching this movie parents' approach towards this game will change. They will take lessons from this movie and I am sure, it (movie) will bring change in the social order (Positive change, about women playing in male dominant sport) - Mahavir Singh Phogat



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