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IT'S TIME TO GIVE BACK

It's the season of giving thanks. Our "Little acts of thanks" could result in a more positive mood, better health, and less depression and worry. Experts recommend that parents who want to develop academically successful leaders "hook kids early on giving back", writes Swati Sharma

Shiva Reddy with son Dhruv



It begins with small steps

In a world where children feel entitled to what they receive from their parents, instilling gratitude for what they have may be a difficult task. "My son Dhruv is a single child. I was concerned about how he would develop because he does not lack for anything, nor does he have a need to share his belongings. But I found that if you demonstrate that you are comfortable sharing things with your friends and family, sharing will come naturally to your children. They simply reflect what they have seen at home, or learned at school during the most formative years of their lives," says Shiva Reddy, fashion designer and entrepreneur. "So, as parents, I believe we must first get our act together before we can teach our children anything. And I strongly believe that educational institutions must instill values in children by providing extracurricular activities or some kind of curriculum that requires them to give back, come up with ideas to help others, or engage in some kind of social activity."

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'I'm a B'wood actor, sir.'

F1 racer Martin Bundle fails to recognise Ranveer Singh

Ranveer Singh attended the Abu Dhabi Grand Prix, where he met Jamaican runner Usain Bolt, England cricketer Ben Stokes, and former West Indies cricketer Chris Gayle, among others. He also spoke with Martin Bundle. However, the former race and commentator "momentarily" forgot who Ranveer Singh is. "The video of the F1 veteran and actor has gone viral. Martin appears in the video and asks Ranveer how he is. 'I can feel the adrenaline and exhilaration,'" Ranveer's response, Martin inquired, "I have temporarily forgotten who you are, could you please tell me?" "I'm a Bollywood actor, sir. I hail from Mumbai, but I am an entertainer," Ranveer told him. The reply by great actor to former race left everyone grinning him for the modesty he showed.



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IT'S TIME TO GIVE BACK

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I introduced hands-on learning methods for students. The curriculum covers everything from the social media basics to useful platforms like Khan Academy and Canvas. I visit schools at least once a week and assist with classes. Classes are held for students in Grades 6 through 10, and each lab has 30 seats. The goal is to bridge the digital divide by exposing these children to the digital world, which will help them in their future careers and help them on par with more privileged children their age," says Zora. She is involved in the whole process, from selecting the educational activities, meeting the participants, listing the volunteers, planning the activities of the teachers and ensuring the classes truly help students. KMS intends to expand with new and exciting projects such as literature and coding camps. The program should begin in early 2023. "My sister, Yana, comes along on occasion, and we enjoy spending time with students. We are so fortunate to be able to give back," says Zora.



Small acts of gratitude

They would go to a nearby class area with carts of fresh homemade during the summer and their smiles on the faces of the people there showed them. They'd get mango juice and share it with their community's security guards, who stand in the sun all day. All of these moments are ingrained in my soul, and I will be eternally grateful to my parents for providing these wonderful opportunities. Each experience made me feel like my brother is ever in the situation. We had the idea of creating a weekly happiness calendar. We devised 12 activities that require only a few spare moments, but can contribute to the creation of happiness in someone. Says Anan Dhanraj, a student of Grade 8, who for his recent birthday, asked all his friends to gift him stationery so that he could give it away to an NGO, Geeta.



Giving back helps you grow

It is my inspiration for how someone can become someone by giving back. Akash Yalamanchili says of his maternal grandfather, Sri Chittappa Srinivasaraya Rao, who hailed from a lower middle-class background and became a very successful entrepreneur and founder of the Sri Chaitanya Educational Institutions. Akash, along with his friend Harish Chettiar, began a community service initiative in a variety of ways, including using the GIVE BACKED RESOURCES IN A VARIETY OF WAYS, INCLUDING USING THE UNSPENDINGING GET ME LAAP. PUTTING UP STALLS AT SCHOOL EVENTS, AND PLUGGING THE INITIATIVE TO COMPANIES TO SECURE FUNDING.

Grateful parents have grateful children. "Because my parents are from an educational background, they have helped me get a better understanding of what students require," Akash says, with Harish adding "My parents Rameshmanjan J Chettiar and Rajlatharathi Raghunathan were instrumental in developing a strong sense of justice in me and teaching me to care for others. When I saw the poverty around me, I felt that something needed to be done, no matter how small the impact."

BEING GRATEFUL



Dr. Anjali Prasad, a psychologist and a member of Maharashtra Health and Wellness Society, says, "It's been in our culture for a long time, but as our lives have become fast-paced and everything has started revolving around the clock of a human, we have started taking things for granted. One of the reasons we are experiencing health and depression in children is because of their inability to appreciate the simple things in life. Practising gratitude helps us focus on what is, rather than what is not. The practices we develop early on in life are reinforced throughout life, be it brushing our teeth or brushing, practicing gratitude helps children develop the capacity to look at things positively and appreciate them, providing a sense of happiness and satisfaction while taking the first step away from negative thoughts and apprehensions. In our support group programs at Monash, we promote a gratitude exercise every day through paragraphs of being grateful for simple things in life."

HOW TO BUILD THE PRACTICE

PRAYER - Thanking God, the Universe or whatever you believe in helps us look for positive things around us. It can be anything from the morning breeze, the sun's rays, the smell of breakfast, family, friends and even technology that serves us.

TEACHING BY EXAMPLE - Saying Thank You out loud when someone opens a gate, gives you a glass of water or cleans the house, even if it's their job to do so, teaches us to be grateful. When children see adults doing that - when you ask your child to pick something up for you and then thank her for doing it, for example - they pick up the habit.

Being thankful for our own sake rather than for the person/situation which is thanked. Thanking someone is not for the sake of making the other person happy but for appreciating and feeling good about something. Practising gratitude even if it's good rather than the bad. It's an action and not a reaction and therefore not a cultivated act for the sake of getting something in return.



ANAN DHANRAJ, A STUDENT OF GRADE 8, WHO FOR HIS RECENT BIRTHDAY, ASKED ALL HIS FRIENDS TO GIFT HIM STATIONERY SO THAT HE COULD GIVE IT AWAY TO AN NGO, GOONL.

Drive for Kindness

Thanksgiving by students for Support Staff is held every year," says Anjum Babubhan, Director of Education at Glomedia Academics. They serve food and present gifts to Support Staff. Students' Festival of Rice Initiative - this year, a collection of 250 kgs by Grade 5 along with the food to an orphanage. PwP children donated used clothes, winter wear, and toys, and many other such initiatives can make a difference."

