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DADDY'S LITTLE PRINCESS



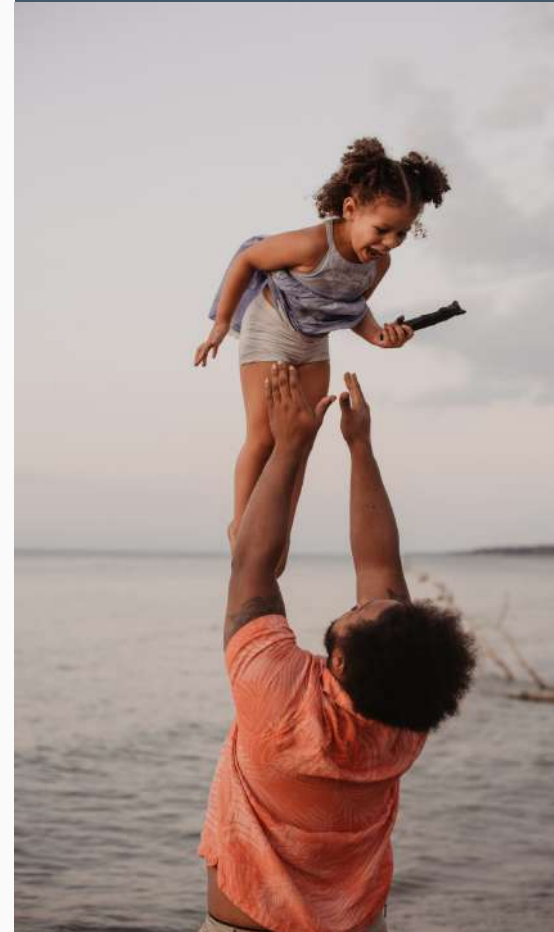
A very comically portrayed character, yet a little sentimental. It's obvious we all are familiar with the titular word, all thanks to memes and trolls. Not to fill up pages, but just a new try to explore the kind of relationship between a Tough Father and a daughter who can get away with anything.



It's a matter of fact that no one can deny. No matter how strict and strong a man can be, he is always soft and warm towards his children, especially daughter. A small excerpt from a post, I saw long ago on Facebook by some anonymous user,

**"When mom worked, it was a duty
When my wife worked, it didn't
bother me much. When my
daughter worked, I felt the pain
behind hard chores."**

Well, it's true! Kudos to whoever wrote this.



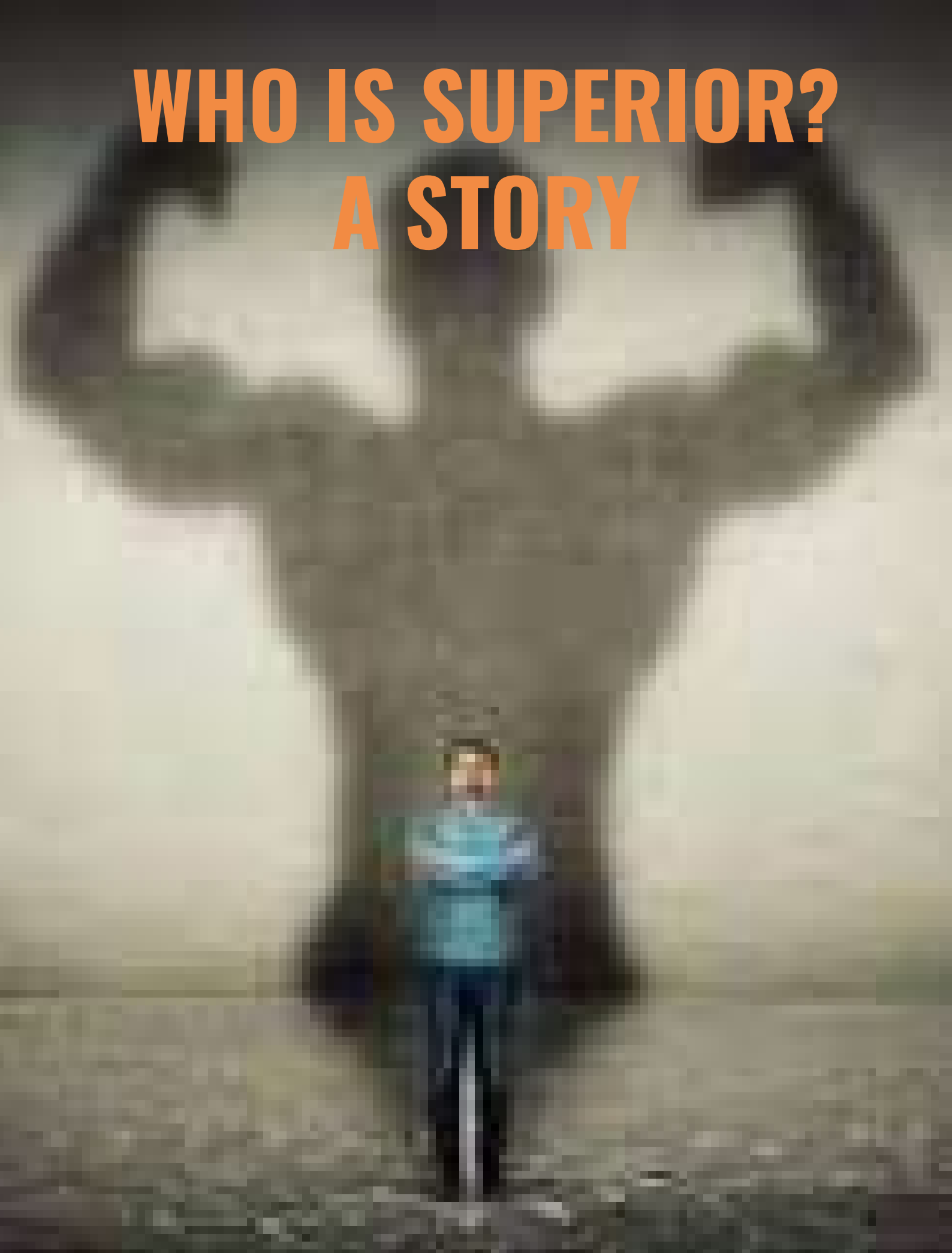
Fatherhood is a phase of life where a man gets to know about his existence. Taking in hands his own lineage, he feels nothing but happiness and abundance of joy. The thrill is doubled with the arrival of a girl child. It's just like seeing a female version of themselves who eventually grow into beautiful ladies. And maybe that's the reason behind their soft corner for daughters. No doubts, boys bring in the same amount of joy, but the fact that girls bring in a different vibe can't be avoided.

Dressing them up like pretty dolls, making two piglet pony, decorating them with colourful bands, bright bangles, shimmering earrings and accessories...phew! That's a lot!! For father's, this kind of life is completely new, which is poles apart from their life of jeans and shirts. Bringing up boys is just like doing the same which they did to themselves.



Now here we get to know, why daughters are special to daddy and sons to mommy. Every child is equal and unique. They become special with the kind of character they acquire. To end, Dad's little Princesses do know cooking and we don't burn the entire house in the process! And we will remain the same small kid to our father.

WHO IS SUPERIOR? A STORY



It was a dense forest with shrubs and plants of all kind. All the trees lived in harmony and shared a beautiful time. Below them were small weeds and herbs.


The trees were fed up with an Oak tree that always boasted about its strong structure and tall height. The Oaktree always made fun of a small weed plant. It said, "Hey you! How bad your luck is standing next to a robust and beautiful tree-like me with lush green leaves. Pity you." The weed plant replied in a soft tone "Yes, I am small. I don't have big branches. But that's okay. I feel it's all for a purpose. " Oaktree chuckled and continued with its phrases.

One day, a big storm hit the area. Trees swung left and right in the wind. The weed plant being small, managed to survive the storm. The Oaktree couldn't stand the terrible winds and laid uprooted on the ground. The weed plant spoke up, "I am not tall and strong like you but definitely you aren't strong by roots like me. I pity your sad end Mr Oak."



**MORAL OF THE STORY:
DON'T JUDGE SOMEONE BY THEIR
PHYSICAL APPEARANCE. WHAT MATTERS IS
THEIR INNER STRENGTH AND POTENTIAL.**

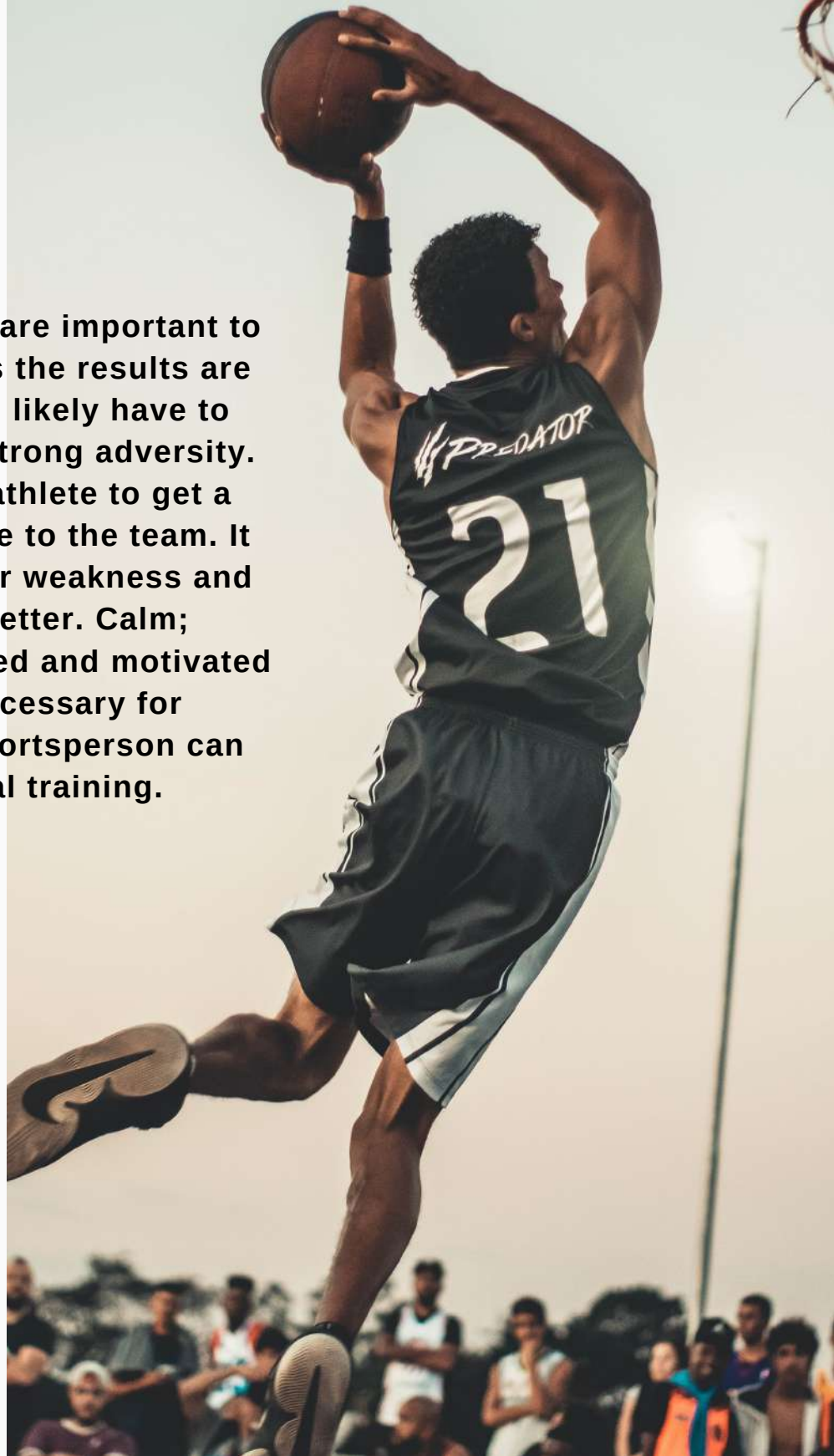
SPORTS PSYCHOLOGY

A person with short dark hair, seen from the back, wearing a white athletic shirt. They are looking towards a basketball hoop. A basketball is suspended in the air above the hoop. The background is a bright, slightly blurred outdoor setting, possibly a sports field or court.

Sports psychology is the branch of psychology which involves the reaction of a sports person during the athlete or any other sport. It plays an important role in enhancing the performance of an individual. In simple words, sports psychology is how performance affects the mind and how the mind affects performance. Mental stability is something which is required in every part of life; likewise, sports psychologist also helps athletes to stay mentally strong.

WHY ATHLETES NEED MENTAL TRAINING

Hard work and dedication are important to win a game but sometimes the results are not in favour. Athletes will likely have to deal with distractions or strong adversity. Mental training helps the athlete to get a better chance to contribute to the team. It helps them to identify their weakness and prepare them to perform better. Calm; confident, carefree, focused and motivated states of mind which is necessary for mental toughness for a sportsperson can only be achieved by mental training.



Mental training includes different steps such as:



WHAT IS THE ROLE OF A SPORTS PSYCHOLOGIST?

- Sports psychologist plays a vital role in filtering out the positive aspects, behavioural control of an athlete and he also works in an emotional balance of an individual.
- He helps to enhance the interpersonal communication skills of an athlete.
- He teaches the athlete how to cope with the failure and also teach resilience.
- Sports psychologist helps to manage irrational thoughts.
- He assesses and corrects the psychological disorder.

Mental stability is something which is required in every phase of person to take a correct decision, cope with negative thoughts and do not let negativity to win over the positivity. Positive self-talk is necessary to enhance performance during the match. It helps to visualize the situation and to make the decision accordingly. An individual can perform well in sports if he/she is physically as well as mentally strong.

HELPING YOUR FIRSTBORN ADJUST TO A NEW BABY



Birth of a child is a beautiful moment for the parents. It makes way for new roles, new responsibilities, new learnings and a lot of unlearning. Parenting has its own challenges and along with the excitement, there can be a whole new set of fears, anxieties and errors. As the child grows, the parents learn the ways their child functions, in the same manner, the child is learning new things about themselves each day.

However, just as the parents have begun to understand and adjust to them being 'parent', they often have to gear up for the process, all over again, which signals the arrival of another child in the family. Yet, this time, there may be a slight difference. The arrival of the newest family member not only requires adjustment and preparation on the part of the parents, but also on the part of the first child, who would now have to take up a new role of an elder sibling.

Change, of any nature, requires adjustment on the part of the people who are likely to be a part of that situation. This also applies to the first child, who would soon be an older sibling. Parents have to be aware of the fact that although it's a happy moment for the family, the news of the new baby's arrival can be overwhelming for the first child, especially if the first child is also small enough still. Yet, the arrival of the new baby can be made a relatively smooth process for the first child by consciously doing a few things even before the baby arrives.



Preparing the elder child for the younger one's arrival.

It is important for the parents to use child-friendly and age-appropriate terms while informing the child about the new sibling. This is necessary as the use of difficult terms and inadequate information can give rise to a number of doubts and questions in the child's mind that they may not be able to find answers too. Additionally, they may also get stressed because of the anticipation of the new sibling's arrival because they have not been given a clear idea.



Encourage the child's participation in the preparation of the new baby's arrival.

Accepting the new sibling is likely to be easier for the older one if they have been able to form a bond with the sibling before its birth. The parents can do this by taking the elder child's help in selecting clothes for the baby, seeking their opinion while choosing baby names, encouraging the elder child to read stories to the mother and the yet-to-arrive baby, talking to the baby. Additionally, in the later stages of the pregnancy, the child can also be asked to accompany the mother for the ultrasound as seeing the sibling on the screen can help strengthen the bond.





Give reassurance to the child.

The arrival of the new baby can often make the older sibling anxious and insecure as they may feel that they may not get the love and affection that they had been receiving from their parents and other relatives. It is important for both the parents to sit down with the child and have a conversation about this issue. Each doubt should be clarified in age-appropriate terms. Further, even though the new baby's arrival may lead to a few changes in the family's routine, conscious efforts should be made to continue the child's routine and parents should spend quality time with both the child on a regular basis.



Further, if the child is too attached to the mother, the arrival of the new sibling can be overly difficult for the child. In such possibilities, the child should be encouraged to spend time with the father or any other close family member so that he or she continues to receive attention and support, even when the mother gets busy with the baby.

Encouraging a child's effort to help.

Older children may be very enthusiastic in taking up their new role as 'big brother' or a 'big sister'. This feeling should be encouraged as it helps the child to strengthen their belief that they are cared for and valued for irrespective of the arrival of the young child. This also increases the child's sense of responsibility and affection towards the sibling. Valuing the older child's help in taking care of the younger one would also help them feel included and reduce any insecurity that they may have. With parents' supervision, the older sibling can be encouraged to help bathe the sibling, change their clothes and put them to sleep. They can also be encouraged to cuddle with them and read to them if they feel like. It is important for the parents to note that although these guidelines can help almost all elder children who have to adjust to a new sibling, there can be visible differences towards acceptance and adjustment, depending on the age of the older child. If the older child is also a toddler when the younger sibling arrives, the insecurities can show up in the form of temper tantrums, crying and confusion, while children who are a little older may be able to talk about their feelings in a better way. Despite these differences, the child is most likely to adjust well to the arrival of the sibling if the parents continue to provide the relatively same amount of attention and affection to the child. Parenting is certainly not an easy task and one can never completely learn how to be a 'parent'! It can get overwhelming and confusing; it can get annoying and sometimes terrifying. However, consistency and support towards the child can make all the efforts worthwhile!





BOOK REVIEW

Book name : The Subtle Art of not giving a F*ck

Author: Mark Manson

Reading Age: 14 years and above

Recommended for :

Those who have anxiety around their goals, who want to build self-awareness and to understand where we should give importance in life .

WHAT THIS BOOK TELLS:

This book completely dwells on introspecting a meaningful life . It slaps you with harsh reality on not running away from your problems , instead feeling positive on it by dealing with it . The book tells problems are a sign of change. It tells you how to perceive things and ultimately tells you to focus on your goals and aspirations. It also tells finding something important and meaningful in your life is the most productive use of your time and energy. The main message is key to living a good life is not giving a fuck about more things, but rather, giving a fuck only

about the things that align with your personal values.

At the end of this book , you'd find your thoughts, clear and have a vision of what you want to do in life . It is a deeply inspiring book which tells you the facts of reality straight away.

This book can definitely make you feel free and liberating and is the best investment to make you lead a grounded and contented life.



FIVE CELEBRITIES WHO SUFFERED FROM MENTAL HEALTH ISSUES



DEEPIKA PADUKONE

This Bollywood diva had suffered from clinical depression and made a bold move in conveying it. Deepika said, “I was also experiencing a hollow, empty feeling in my stomach. I would break into a sweat every now and then. I would have these panic phases where I would just need to get out and gasp for breath. I would just break down and cry.” She strongly believes in the feeling of hope and even quoted what Martin Luther King said in one of her speech. “For in the words of Martin Luther King, everything that is done in this world is done with hope.” She has set up a Live Love Laugh foundation where she helps people with mental illness.



MANISHA KOIRALA

She had acute depression due to personal and health issues and isolated herself for a long time. During an interview, she had said, “How slowly, shadows of my past friendships are becoming a distant dream... did I have a bunch of friends with whom there were promises of a lifetime? Disappointed, yes I’m...but then life fills you with new hope, new friends... hoping this time around it would be rooted in deep values rather than just crazy, fun times!!” She has even written a book “Healed” where she has written her journey of depression and how she overcame it.



DANIEL RADCLIFFE

The famous Harry Potter star, had OCD or Obsessive Compulsive Disorder since age 5 and underwent therapy since then. His fame had made his childhood difficult and got into OCD and alcoholism as he grew up. But he stands tall now by overcoming it through lifestyle changes and therapy.



LEONARDO DICAPRIO

The Oscar-winner has admitted that he often feels compelled to walk through doorways numerous times and step on sidewalk stains left by using chewing gum, though he claims he can keep these tendencies under control with some practice and regularity. When he played Howard Hughes in "The Aviator," obsessive-compulsive disorder that plagued his childhood was reawakened. He seems to have overcome, through lifestyle changes.



DEMI LOVATO

Demi Lovato has been a performer since teens. Since her teenage, she has come up with addiction, bullying and many disorders.

During her treatment for eating disorders and addiction, she was diagnosed even for bipolar disorder. She learnt coping skills and learnt to control her emotions since then. Currently, she is the celebrity spokesperson for Be Vocal: Speak Up for Mental Health campaign.



COMIC SERIES - 2

BE LIKE LILY AND PIKU






What is she doing? Finally I planted the seed



Lily.,Is that a plant? Yes, it will become a tree soon



This will create more trash..

But it will also give Shadow..



Wow..This is so nice

This is the price of being patience..

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