

PARENTS' TRIDENT

Quarterly Parents' Newsletter of Shiv Nadar School - FBD

NEWS & FEATURES

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By Ms Amita Bajaj

M/o Kabeer and Samar Bajaj / 3 Gir & Nursery
Sariska

'Creativity has no limits. Being creative you can see art in anything and almost everything.

Looking around I could see everything alive, be it pebbles, or kitchen tiffins, shoes, useless paint brushes and much more. So, with my passion towards bringing everything to life, I painted things and gave them an altogether new shape.'





Parenting and its Influence on Child Development

By Dr Vasundhara Nangia Nagar
M/o Raghavendra Nagar / KG Sariska

Being a parent is the most important job you will ever have. Why? Because how you fulfill this role will have a lifelong impact. A parent is a child's first teacher as well as their first best friend and also their lifelong companion. Therefore, it is essential that we parents juggle these roles to the best of our capacities to help our children become emotionally, socially and intellectually strong individuals.

Each child is unique. Each parent is unique, too, and each situation that requires parenting is even more unique. All children are not alike and hence require different parenting styles to flourish and develop into wholesome adults. Couple this with a parent who is an evolved individual with a strong personality, attitudes, motive, and interests along with social and emotional capabilities. All of these individual parts combine to determine how a particular parenting situation will be handled. The repeated management of such situations in turn determine what style a parent uses to raise her/his child.

Let's consider a scenario. It's been a long day of family outing. Lunch high on trans fats and sugar followed by a late afternoon at the multiplex watching the latest Marvel blockbuster. Kids are thrilled, over stimulated and tired. You are extremely exhausted and waiting to get home to your favourite couch. You and the family finally reach home after an hour of driving through the weekend traffic. And, as you walk through the main door, your daughter jumps for the TV remote.

'Just like providing healthy food, clean water, comfortable home, good education and healthcare to children is a must and a right, teaching them how to read books passionately is a skill that they need to live in life, living by values, and think logically, and know what's right from wrong, and have a compassionate heart.'

And you:

A) Yell and say, 'What's wrong with you? How dare you watch TV! Give me the remote NOW!'

B) Think to yourself, 'Oh great! I can take a long shower and relax.'

C) Say, 'Sweetie, that's not the best thing to do right now. We've all had a long day with a lot of screen time. Let's find something enjoyable to do before you shower and get ready for dinner.'

D) Don't notice that your daughter has the remote and return to your work calls.

What option would you say best describes your behaviour? A, B, C or D? If you chose A, you behaved in an Authoritarian style of parenting. If you chose B, you behaved in a Permissive style. If you chose C, you acted like an Authoritative parent. And lastly, if you chose D, you behaved in a Negligent style of parenting.

Psychological research has delineated four main styles of parenting based on parents' behaviours. Authoritative, Authoritarian, Permissive and Negligent styles of parenting. Although each style has its own advantages and disadvantages, in the long run, research has shown that an overall Authoritative style of parenting leads to higher EQ and IQ in children. Children of parents who are firm yet democratic, honest, communicative, and empathetic grow to be assertive, self aware, high achieving and emotionally strong individuals. Hence, it is vital for a parent to have self-awareness to choose the correct behaviour when parenting.

However, we are all human first and parent later. We all have our moments of weakness and frustration. The unmet expectations we have from ourselves, on numerous occasions, transmit onto our kids. We make mistakes. We regret. We most definitely also repent.

So, next time you face a temper tantrum thrown by your child at a family get-together, try not to react. But **ACT!**

'For a small child there is no division between playing and learning; between the things he or she does 'just for fun' and things that are 'educational.' The child learns while living and any part of living that is enjoyable is also play.'





Imagination: A Magical Wand for Children's Growth

By Ms. Rachana Ludhiarich
M/o Hridaya Ludhiarich / Nursery Gir

'Imagination is more important than Knowledge.' Einstein

In February 2020, at the outset of Pandemic, my son Hridaya was barely 14 months old and had just started exploring the world around him after a well-protected first year. Due to reasons well known and for our health and safety, we all were forced to be confined within the four walls of our homes. There was no connection with the outside world and being in a nuclear family, away from our parents, it was really tough. As a mother I was worried that this would hamper his socio-emotional growth and thus may lead him to be a shy, introvert, lonely child and also affect his physical growth. It's a well-known fact that 'Imagination allows children to develop forces of creativity.' Imagination is the door to possibilities. It is where creativity, ingenuity, and thinking outside the box begin for child development. Imaginative and creative play helps children to learn about the world. As parents, we should nurture children's imagination and find joys in their creative thoughts and acts. All the parents are definitely in favour of creative imagination, but practically, if we focus on how much time we allocate for it, it is altogether a different attitude.

There are many ways to foster imagination in our kids. Storytelling, role-plays, active involvement in painting, molding, drawing and encouraging art activities are commonly practiced. Spending time outdoors (which was clearly not an option for me because of COVID), helps them to imagine and learn something new every day. Limited screen time and giving them unstructured, unscheduled time definitely presents an opportunity to imagine and create.

But the one habit or we may say life skill, which I firmly believe in and gives your imagination wings is reading. I have always loved reading not only because it is fun, but because I could step into another world. I knew I could count on my imagination to take me to places only one could dream of. Imagination is an important part of life not only for children but also for adults.

The doors of our houses were closed, but books came to my rescue and opened a door to countless adventures and helped me nurture the imagination and thus creativity and confidence in him. Once things normalized and world started opening post COVID, to my surprise

Hridaya was not oblivious to the world around him. Books really helped us to fantasize and explore the world together.

Since we introduced reading to him very early, I started incorporating reading into the free and bedtime routine. Hridaya never skips a night and always brings us a book to read, no matter how much tired, busy we are or we simply forget. Now, he reminds us that reading is important.

Reading is one of the best ways to foster imagination. The more our children read, the better they can build up and expand their knowledge. They can be open to new ideas and have an understanding of new things. Reading helps them practice imagination by letting the words describe a certain image while the reader or listener manipulates/creates a picture in the mind.

Reading plays an essential role in a child's development. By learning to read, your child can develop better confidence, creativity, imagination, and ability to relate to others. As a parent, you can begin the development of your child's reading ability by reading routinely to your child.



'Imagination is more important than knowledge. Knowledge is limited. Imagination encircles the world.'



'When children pretend, they're using their imaginations to move beyond the bounds of reality. A stick can be a magic wand. A sock can be a puppet. A small child can be a superhero.'

Start early. Read illustrated storybooks to them during their toddler years and make it a bedtime routine. Read aloud, discuss the book as you read, let them point at pictures, scan and turn the pages of the book as they please. This helps develop their deep love for books, which translates into a lifelong habit.

When we help kids bond with books with love and affection, they get a friend for life and will never be lonely and have a forever companion to explore the unknown.

Let's read every day to encourage our children to imagine characters and situations from storybooks. With daily reading, you'll promote literacy while enhancing healthy imagination.

We all know the benefits of healthy imagination. A child with good imagination is happier and more alert, is better able to cope with life's twists and turns, and more likely to grow into a well-adjusted, secure adult.

Help your children to imagine, create and inspire.

Try some of these fun activities to fuel imagination and creativity, while keeping the kids busy and entertained.

Build a Fort.
Create Your Own Gym.
Bake Together.
Sidewalk Chalk.
Have a Picnic.
Dress up and Pretend Play
Superhero
Shopkeeper
Hopscotch
Scavenger Hunt
What's Missing
What happens next? - Storytelling



DIABETES AND MINDFUL EATING

By Dr Mahak Sharma
M/o Madhav Bawa / 1 Corbett

India is a country with vast culture, food, religion, and festivals. Recent researchers commented on the notion of 'food as well-being', indicating the impact of healthy food choices on happy life and longevity. Unhealthy eating habits and a sedentary lifestyle are leading to many non-communicable diseases. Diabetes is one of the non-communicable diseases that is emerging as a public health problem in India and is increasing day by day. It is estimated that by 2025, the number of people with diabetes will increase and reach 69.9 million in India. Type II diabetes is a metabolic disorder that results in hyperglycemia (excess amount of glucose in the blood) due to the body's inability to utilize the insulin hormone produced by the pancreas to maintain blood glucose. Nutritious food with mindful eating, which includes both the amount of food and pattern of eating, combined with regular physical activity, can improve the blood glucose level of diabetic individuals. This will also help them to prevent diabetic complications. Following these guidelines can help control diabetes:

1. Consumption of complex carbohydrates and high-fiber food like multi-grain cereals, millets like ragi, jowar, bajra, barnyard millets, and salads (cucumber, beetroot, carrot, capsicum).
2. Low glycemic index fruits like apple, orange, guava, jamun, pear, grape fruit, and peaches.
3. High biological value proteins like milk, egg, lean meat and fish should be consumed.
4. Non-starchy vegetables should be preferred: cucumber, drumstick, bitter gourd, cabbage, cauliflower, all green leafy vegetables, lady finger, and eggplant.



'Unhealthy eating habits cause major health problems, such as diabetes and heart disease, and can also lead to food insecurity, disrupted eating patterns, and low self-esteem.'





'Even if you can't be totally mindful at every meal, if you can say a blessing, silently if necessary, or offer up a prayer for someone, something beyond yourself and your food, the prayer helps to transform eating into something that affects not only our hunger at that moment but the greater world.'



5. Omega 3 fatty acids should be consumed. Oily fish (salmon, mackerel, tuna, herring, and sardines), fish oil, flaxseed, chia seeds, and nuts are some examples.

6. Small and frequent meals (6-meal pattern).

7. Consume food every 2.5–3 hours: Breakfast, mid-morning, lunch, tea time, and dinner helps in controlling blood glucose level.

8. Never skip any meal, especially breakfast.

9. Consume breakfast within 1 hour 30 minutes after you wake up.

10. Keep a combination of protein and carbohydrate sources in every meal.

*Amount and proportion of food vary according to the body composition of individuals and the severity of diabetes.

Food consumed with good portion control, a joyful attitude, and at proper timing is a definite path to enjoying life with good health.





Kiss the Ground!

Mother - Ms Mansi Kalia

By Meher Rajat Mehra / 4 Corbett

During the Dussehra break since there was no rush to leave for school, I had the time to help my nani with gardening. It was then that I started talking about what I had learnt at school, about soil and its importance in our lives.

My mother, seeing my curiosity and interest, decided to help me learn more about it and showed me a documentary on Netflix, Kiss the Ground.

It is a story of a simple solution to heal our planet and keep our species off the extinction list. The solution it talks about is right under our feet. We call it soil, earth or ground. If we get the soil right, we can fix a lot of our issues. How?

Healthy soil -> healthy plant -> healthy animal -> healthy human -> healthy water -> healthy climate.

The quality of soil is a huge influence, because it is the beginning of the quality of our food. That quality of food provides quality health, and so it all comes from the Earth.



By the time we see that climate change is really bad, your ability to fix it is extremely limited... The carbon gets up there, but the heating effect is delayed. And then the effect of that heat on the species and ecosystem is delayed. That means that even when you turn virtuous, things are actually going to get worse for quite a while.





If you truly get in touch with a piece of carrot, you get in touch with the soil, the rain, the sunshine. You get in touch with Mother Earth and eating in such a way, you feel in touch with true life, your roots, and that is meditation. If we chew every morsel of our food in that way we become grateful and when you are grateful, you are happy.



The soil contains an entire universe of life within it, it is alive. In every handful of healthy soil, there are more organisms than the number of people who have ever lived on planet Earth. Taking care of the microbes in the soil is critical for human health. But spraying the soil with toxic chemicals kills the very microbes we need for good health. The more tilling is done, the weaker the soil gets, and the more farmers feel compelled to use chemical sprays. This is the vicious cycle of industrial agriculture.

These chemicals go into the soil, into the water, and into our bodies. It's not just on the food we eat, it's everywhere. Since chemical agriculture ramped up worldwide in the 1970s, we have lost one third of the Earth's topsoil. But industrial agriculture isn't just harming our soil. It is also affecting something much larger.

When we damage soil, carbon goes back to the atmosphere. Damaged soil releases water and CO₂, healthy soil absorbs water and CO₂. This dries out the soil and turns it into dust. This process is called desertification. Desertification is when the land turns to desert. About two-thirds of the world is desertifying. It is estimated that by 2050, approximately 1 billion people will be refugees of soil desertification. Poor land leads to poor people. Poor land leads to increased frequency of floods and droughts. According to the United Nations, the world's remaining topsoil will be gone within 60 years. In other words, unless we find a way to save our soil, we have 60 harvests left.

Soil and the plant and the climate are connected. Plants take carbon from the atmosphere via photosynthesis, and then it goes into the root system. This carbon then sloughs off and turns into humus.

Plants are feeding soil microorganisms carbon, and the soil microorganisms are bringing plants minerals and nutrients. They make pockets in the soil to control the flow of air and water. And that is one of the ways that carbon gets fixed in the soil. In other words, soil has the unique ability to sequester carbon dioxide out of the atmosphere.

Since 1750, when the Industrial Revolution began, we have pumped about 1,000 billion tons, or gigaton of carbon dioxide into the atmosphere. It is called our legacy load of carbon.

We can fix a lot of our issues, if we bring the CO₂ down into a living plant and put it back into the soil where it belongs. Drawdown is the most comprehensive plan ever proposed to reverse global warming.

In other words, the very practices that will heal our soil, will also heal our climate.

Last month, I had to miss school for a few days because of the incessant rainfall in Delhi. The rainfall broke all records set earlier. This is climate change we are experiencing first hand. There is a lot we can do, but to start with I am going to collect the food scraps, turn them into compost, look after the soil in my plants and not leave any bare patch because a covered planet is a healthy planet.

For millions of years our planet has self-healed and self-balanced. But today, we face its biggest test. Our mission is simple. We must harness the regenerative powers of Earth itself. Every action that we take affects every other action like a ripple in a pond.



The earth is rocky and full of roots; it's clay, and it seems doomed and polluted, but you dig little holes for the ugly shriveled bulbs, throw in a handful of poppy seeds, and cover it all over, and you know you'll never see it again, it's death and clay and shrivel, and your hands are nicked from the rocks, your nails black with soil.



Care for your Eyes

By Dr Vineeta Arora
M/o Aditya Arora / 7 Kanha

The most common eye problem kids face nowadays is COMPUTER VISION SYNDROME.

Symptoms caused by CVS

Staring at a computer screen for too long can cause:

- Eyestrain
- Blurry vision
- Trouble focusing at a distance
- Dry eyes
- Headaches
- Neck, back, and shoulder pain

Prevention

CVS problems can be easily prevented.

1. Should get Regular eye examination to rule out any refractive defect (glasses power).

2. Ergonomic work station - The best position for monitor is slightly below eye level, about 20 to 28 inches away from face. We shouldn't have to stretch neck or strain eyes to see what's on the screen.

3. Desktops are better than small screens.

4. Outdoor games - More time spent outdoors by children can slow myopia progression and decrease the risk of new myopia onset by almost 50 percent.

4. Better lighting Change the lighting around you to reduce the effect on your computer screen. If light from a nearby window casts a glare, move your monitor and close the shades.

What is Computer Vision Syndrome (CVS)?

Computer Vision Syndrome (CVS) is the general term used to describe a variety of vision related symptoms that may be aggravated by regular use of a computer for two or more hours a day.



' If you had weak eyes, they needed exercise to get strong. Glasses were like crutches. They prevented people with feeble eyes from seeing the world on their own.'





'Women in particular need to keep an eye on their physical and mental health, because if we're scurrying to and from appointments and errands, we don't have a lot of time to take care of ourselves. We need to do a better job of putting ourselves higher on our own "to do" list.'

6. Give your eyes a break. Follow the 20-20-20 rule. Look away from the screen every 20 minutes or so and look at something around 20 feet away for about 20 seconds. Blink often to keep your eyes moist. If they feel dry, try some eye drops.



7. Eat for good vision

- Green, leafy vegetables such as spinach
- Salmon, tuna, and other oily fish
- Eggs, nuts, beans, and other non-meat protein sources
- Oranges and other citrus fruits, amla or juices

Fun Facts about Human Eye

- Your eyes focus on 50 different objects every second.
- The only organ more complex than the eye is the brain.
- Your eyes can distinguish approximately 10 million different colours.
- It is impossible to sneeze with your eyes open.
- Ommatophobia is a fear of the eyes.
- 80 percent of all learning comes through the eyes.
- Your eyes can detect a candle flame 1.7 miles away.
- Heterochromia is the medical term for having two different coloured eyes.
- Only 1/6 of your eyeball is visible.
- Your eyes are comprised of rods and cones. Rods allow you to see shapes, while cones are responsible for detecting and deciphering colours.
- The average person blinks 12 times a minute (bet you just blinked!).
- The shark cornea is nearly identical to the human cornea, and has even been used in human eye surgery!
- Your eye is the fastest contracting muscle in the body, contracting in less than 1/100th of a second.

Go, Live it!!

By Ankita Goel

M/o Pragnnaya Goyal & Adhya Goyal / 3
Corett & Nur Ranthambore

An early Monday morning buzzing with messages from fellow moms: some informing kids being unwell, others questioning the responsibility of being informed. Yet some doubting if it is still safe to send kids to school!

All this brings back the realization that we have been left so vulnerable in the last two years. There is not a single family or individual who was left untouched by this pandemic. We all lost friends, relatives, near and dear ones. Besides losing time and energy, it also impacted the mental well-being of all of us.

And now that we are all back to living life 'Kingsize', we are thankful to God for each day as he showers his blessings on us. With each passing day we realize how important it is to have elders in the family, who are the roof to the walls standing together to build a home; who keep the house a guard at all times, even when sleeping; who churn up stories from their bag of experiences for the little ones, bridging the generation gap by connecting the culture of their times with the facts of today.

We are much more grateful for our loving families who, despite the innumerable flaws in each one of us, come back to the warmth, which is a prized possession for us, definitely more than before. We now cherish our friends more than ever.



'Respect and learn
from your elders, have
manners, listen and
absorb from their
decades of wisdom.'

LIVE YOUR
BEST LIFE

'Happiness is a deep sense of flourishing, not a mere pleasurable feeling or fleeting emotion but an optimal state of being.'



The sheer importance for each one of us to have our friends, be it school/ college groups or from work and peers is visible in the fact that they have kept us connected and helped maintain our emotional and mental well-being during these unimaginable times.

Coming back to the present day! I believe, we all are ready now! To face the challenges thrown at us. We are stronger and smarter to understand when it is more important to sit back and wait, and when to take precaution and prepare, and when to take a plunge.

Because whatever said and done: it is now or never. And as they say we have just one life, 'Go live it!'

Some tips to increase your energy and live a happier, healthier, more productive life:

Eat nourishing food.
Sleep seven to eight hours per night.
Keep company with good people.
Avoid news overdose.
Get regular exercise.
Do something meaningful each day.
Recognize that you have choices.
Reduce negative self talk
Be forgiving.
Practice gratitude.
Cultivate compassion.
Identify and use constructive feedback.
Be more loving.
Think positive.
Confront your struggles.
Accept what you have, not what you want.
Surround yourself with social support.
Be generous.
Give a compliment.
Celebrate little victories.
Find your work-life balance.
Smile.



Where is my Surprise?

By Dr Gurpreet Kaur Malik
M/o Gurbani Sambhi / Nursery Ranthambore

Where is my surprise? This is one question most often asked by my four-year-old daughter Gurbani.

Gurbani loves surprises. It doesn't have to be anything big as long as it has a word 'surprise'.

But giving her surprises have been as fun as getting them myself.

None of the surprises are expensive gifts or something out of the ordinary. Here I am sharing my list of little surprises which didn't cost me a dime!

- Treasure hunt for a snack. Whether it's just a fancy grilled cheese sandwich, a yummy smoothie, or a freshly baked cake, the suspense is always fun.
- Announcing a game night over weekends. Gurbani waits especially for the weekends when we play a small family game at home.

Some sweet ways to surprise your children on Children's Day

1. Hide a message in your children's handkerchief or towel. When they open it, they'll be in for a pleasant surprise.
2. Order a cake for your child with your personalized message written on it (you can even bake one if you can).
3. If your child is a teen and is on a social media platform, you can send a message to their account. You can even get it especially designed and send it as e-greetings.
4. Get your child's favourite gift delivered to them with your message written on the gift card.
5. 'I love you' notes hidden in various places around the house can set them off on a treasure hunt. And, wouldn't that be the best message for your little one?



Each day holds a surprise. But only if we expect it can we see, hear, or feel it when it comes to us. Let's not be afraid to receive each day's surprise, whether it comes to us as sorrow or as joy. It will open a new place in our hearts, a place where we can welcome new friends and celebrate more fully our shared humanity.

Surprise!



Contextualizing Metaverse for Engineers of Future

By Mr. Kumar Gaurav
F/o Agastya Sharma / 9 Gir

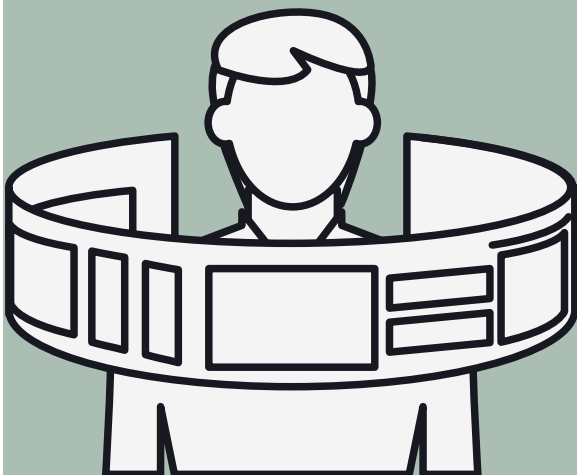
We live in physical world, but for every part of our lives, we have an online identity in terms of emails, avatars for social interaction, gaming users, chat bots, among others. For the gamer and social media enthusiast in you, having a virtual experience is nothing new which means, we are going to augment your current understanding of unreal or virtual world, to build a better understanding of Metaverse.

A little Background on Metaverse

Definition by Wikipedia: In futurism and science fiction, the metaverse is a hypothetical iteration of the Internet as a single, universal and immersive virtual world that is facilitated by the use of virtual reality (VR) and augmented reality (AR) headsets. In colloquial use, a metaverse is a network of 3D virtual worlds focused on social connection.

In simpler words, Metaverse could be a world where every experience can be constantly shaped and replicated in both the virtual and the physical world, reprogramming human beings and machines. Anything (images, videos, songs etc), that can be represented digitally, you should be able to bring to your metaverse. Art will become even more immersive, think about it as holograms. You should be able to interact with people across the globe when you wanted, or hit your bubble when you want to meditate, in a completely designed space at your discretion.

Metaverse, as how big brands like Meta defines them.



Mark Zuckerberg's version conjures an image of virtual everything: You attend work meetings as an avatar using the Quest VR headset and use a device on your wrist to secretly text friends. When you go outside, you'll wear smart glasses that offer an augmented reality as well as record what you see and hear. The metaverse will be accessible through phones, computers, wearable tech, and headsets (or a combination of these) and it will be where you work, shop, exercise, socialize, watch movies, and game.

But the term long predates many of the technologies that could make it possible. The prefix meta means 'behind or beyond', it can also mean 'more comprehensive' and even 'transformative' (like metamorphosis). The second half of the word, verse, derives from the word 'universe' and describes either a specific sphere or area (like Twitterverse) or a fictional world, like the omegaverse, a speculative alternative universe literary genre known to organize characters into alphas, betas, and omegas. As a whole, the word 'metaverse' generally refers to a virtual world that lies beyond on top of, or is an extension of the physical world.

[Let me tell you, Metaverse was not developed recently](#)

In the 1970s, MIT created the Aspen Movie Map, which enabled users to take a computer-generated tour of the town of Aspen, Colorado. This was the first time we could use VR to transport users to another place. Way before most of us were born, this happened.

The term 'metaverse' was first used in Neil Stevenson's 1982 novel, *Snow Crash*. Stevenson's metaverse was a virtual place where characters could go to escape a dreary totalitarian reality.

In the early 1990s, Sega introduced VR arcade machines like the SEGA VR-1 motion simulator, which users enjoyed in many arcades.

In 1998, Sportsvision broadcast the first live NFL game with a yellow yard marker, and the idea of overlaying graphics over real-world views quickly spread to other sports broadcasting.



'Technology integration is not an event. It should be an everyday part of classroom-like crayons and breathing.'





Movie poster of '*Ready Player One*'



Movie poster of '*Avatar*'

Palmer Luckey, an 18-year-old entrepreneur, and inventor, created the prototype for the Oculus Rift VR headset in 2010. With its 90-degree field of vision and use of computer processing power, the revolutionary headset reignited interest in VR. Now, who doesn't know what current versions of Oculus Rift can do? Simply mind-blowing advancement.

But the mainstream conversation around Metaverse (something people wanted to be a part of)

Quick flashback: In *Ready Player One*, there is a virtual world called Oasis which you access through gadgets that let you live and interact with that world. In *Avatar*, there is the planet Pandora in which humans can transfer their consciousness through a capsule to a humanoid being living on the planet. These films show that what happens in Oasis or Pandora has a direct effect on reality, and it is because both Oasis and Pandora have been merged into a single entity with our world.

The lockdown promoted and reassured the use of digital platforms as alternative means to entertain, socialize, shop, work and more. We have made these digital means part of us. This is reflected in data collected by Wunderman Thompson, where 61 percent of the surveyed say that their current life is technology dependent. Jon Radoff, an American entrepreneur, explains the impact of the Metaverse in our lives through human-machine trends:

1. Virtual Mainstreaming

People tend to make the digital world as real as the physical world. If you've ever played Farmville on Facebook, you will sense the feeling of reality in these games. We unconsciously use the digital version of what we do physically in the real world, and we love it. As Beth Kindig writes in her article for Forbes: 'If you experience moments where your virtual life online feels as real as your physical life, then you 've dipped your toe into the idea of a Metaverse.'

2. Simulating Reality

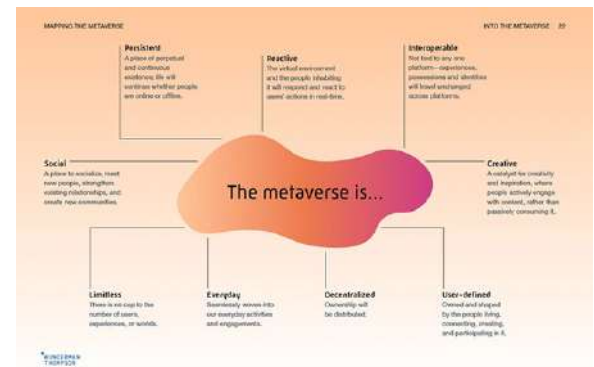
As Jon Radoff mentions in his article, we will go beyond the Internet of Things (IoT) to an Internet of Everything. Technological advances let us think that in the coming years, machines will be able to acquire and process huge amounts of data from our world in real-time, allowing the Persistent and Reactive properties mentioned in the Wunderman Thompson report. In addition, with the arrival of the Nvidia Omniverse, digital twins will allow us to simulate and explore better ways to optimize and operate real objects in much more controlled environments. This allows us to simulate how a factory operates like in BMW, how it feels to live in an apartment in downtown, or to generate military tactics.

Education: Metaverse is a portal to new ways to Teach and Learn

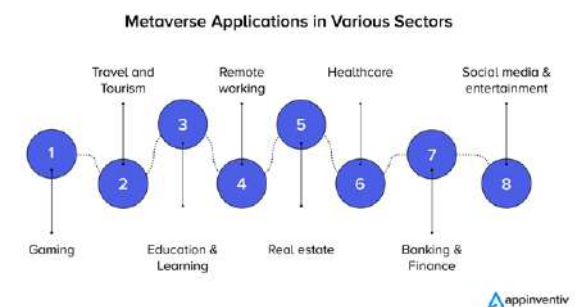
The new generation of virtual reality (VR) headsets is the portal to the metaverse. Head-mounted VR displays invokes various senses offering a never before immersive experience. You can imagine ecosystem around in 3D scenario and also, interact with it. These VR handsets allow you to play games with and without internet as well.

Metaverse Can Positively Impact Learning and Capability Building

1. Learn and connect in an immersive virtual campus.
2. Enhance real-world skilling in Virtual and Hybrid environments.
3. Explore different worlds through visualization and storytelling
4. Build human capabilities in interpersonal or difficult situations
5. Improve accessibility for people with disabilities.
6. Increase data capture on learning performance.



9 dimensions to understand what Metaverse is



Parental Engagement Groups (Book Review)

Unaccustomed Earth

By Jhumpa Lahiri

By Ms. Shefali Kalra

Parent Partnership Office, Faridabad

A book of short stories, it is divided into two parts. The first part has short stories with different characters living abroad. There are five stories in this part.

Part 1

Chapter 1 talks about the relationship between a father and daughter – their unsaid love, support and care for each other.

Chapter 2 is about the relationship between a mother and daughter, and their inner loneliness.

Chapter 3 is about the relationship between a husband and wife rediscovering their lost love.

Chapter 4 is about the relationship between a brother and sister – the sister's unwanted guilt of not being present for the family or for anything wrong that happens in the family, emotional chord.

Chapter 5 is about the relationship between friends – a heart rending story that revolves around love and betrayal.

The second part of the book has three stories, and all three stories are about Hema and Kaushik and their relationship. The stories revolve around their friendship, love and separation.

I feel that the author has portrayed different relationship and the characters' emotions and feelings are very well portrayed. The stories are not dark nor are the characters. All are just normal characters with their good and bad traits and react to the situations just like any normal human being would in real life. All the emotions mentioned in the book are overwhelming. This is the stunning USP of the book, which connects a cord with the readers and one could find one's own story in them. The author's power of observation and imagination make these stories and characters very real and believable.

About the Author

Jhumpa Lahiri was born in London and brought up in Rhode Island. She is the recipient of a Guggenheim Fellowship, and author of two previous books. Her debut collection of stories, Interpreter of Maladies, was awarded the Pulitzer Prize, the PEN/Hemingway Award and The New Yorker Debut of the Year. Her novel The Namesake was a New York Times Notable Book, a Los Angeles Times Book Prize finalist and was selected as one of the best books of the year by USA Today and Entertainment Weekly, among other publications. She lives in Brooklyn, New York. She is also the winner of the 2000 Pulitzer Prize for Fiction.



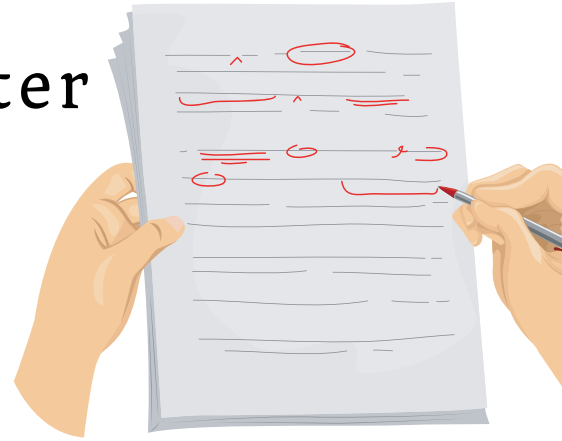
Rating – 4/5

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Thank you