

Find Your Space

A monthly column that shares some pearls of wisdom that life has taught the writer; which she hopes comes in handy as we all try to find our spaces. She welcomes the readers' thoughts on these topics too.

Emie Roy



WINNING IS AMAZING BUT LOSING IS IMPORTANT!

We have all had our fair share of wins, and we tend to indoctrinate people around us be it the little kids, subordinates or even our peers on how to win. How to take it all with a pinch of salt, how to be humble while winning, how not to appear rude and undermining when you win, and so forth.

However, has anyone been taught how to lose? Ever?

When we consider the number of times anyone meets with a win/loss, the loss certainly scores higher points. Given the fact, it will be helpful to get ourselves trained to look past our losses and bounce back from them. Losses are very much part of our everyday lives spanning from trivial ones like missing the morning train on

the way to work, to the ones with larger impact like your job contract being terminated. And every time something like this happens, the feeling of emptiness, yearning and despair sets in; which in turn will lead to greater emotional issues. The point here is, the better you learn to lose, the faster you will come back to your routine life, and get on with it. And this is where resilience - the skill to bounce back takes the limelight.

I recollect reading somewhere losses/ issues happen in less than 1 minute, rather just 60 seconds; but the impact could potentially last for many hours or even days. Why do you want to spoil 4,700 seconds of your day for something that occurred in just 60 seconds? Better still, think in dollar terms. If you

lose 60 dollars, will you trash of the rest of \$4,640 you possess? If the answer is no, how come it is different when it comes to time?

Resilience is unarguably one of the best traits we can gift ourselves with these days. Life is far from smooth sailing, and the more resilient we learn to become, the more productive we could be

Building resilience can be broadly categorised into two - for adults and for kids. For adults, being resilient is sometimes misunderstood as being the strong, silent type; which is not the case. It actually is possessing the emotional strength, self-awareness and positive sense of self. Some strategies that are known to work in developing resilience are building on

strengths, developing our social support systems and learning to accept changes as they are.

On that note, it is important that we teach little children what we never got taught - to learn to cope with losses, and how to be resilient, in order to prep them up to face bigger losses like rejection, natural calamities etc. as they face the wider world. How do you practically do this for kids? Are you a parent who goes above and beyond to fulfil the wishes of your kids? Please don't! DO NOT just gift them every toy they want, or every item of clothing they yearn for. Catch them young train them to cope with loss, despair, disappointment and how to be resilient with these small, simple things, and gradually they will

build up on this skill for certain.

Imagine a world built with all these resilient people around they will know how to manage crises, one of the disappearing traits of mankind in the personal as well as social space. These bunch of people will progressively bring about a society that is more tolerant; and lo and behold, what a big dream that is!!

Emie is a Speaker, Writer and Media Producer. She can be reached at www.emieroy.com

Mumbai: Fighting back tears, Yuvraj Singh Monday announced retirement from international cricket, ending a "rollercoaster" career during which he became the hero of India's 2011 World Cup triumph and fought a gritty battle with cancer.

"After 25 years, I have decided to move on. Cricket has given me everything and is the reason why I stand here today," the 37-year-old Yuvraj said addressing the media here.

"I was extremely lucky to play 400 games for India. I could have never imagined it when I first started playing cricket," he added.

Yuvraj played 400 ODIs and 50 Tests. He put together the longest in the one-day in which he success.

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left-hander l World Cup ix sixes in an gland in the T20 and his hundred,akistan in 004, as the ost special ts of his

career.

The battle with cancer soon after the 2011 World Cup triumph was perhaps the biggest challenge that he encountered.

"I was not going to let that disease defeat me," he said.

However, his cricketing form had been on the wane for a while. Yuvraj last played for India in a T20I against England in 2017. His last Test appearance was back in 2012.

He turned up for Mumbai Indians in this year's IPL but didn't get many chances.

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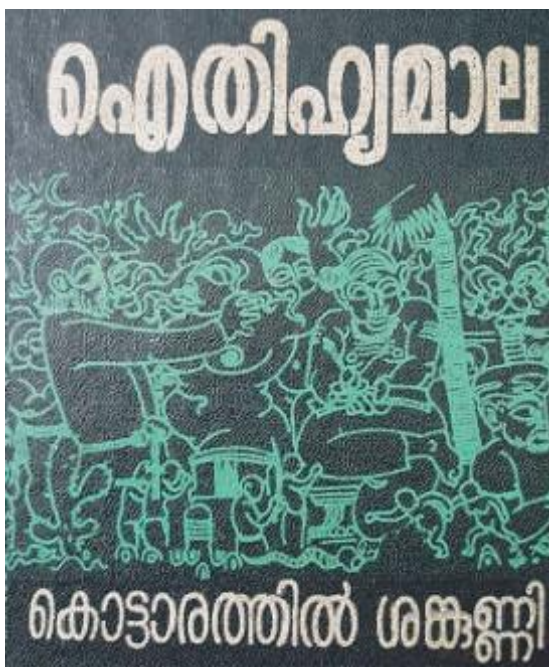
History is full of instances where a member of a family often a royal family or one with considerable influence does not live up to the expected standards and ends up being ridiculed. Even today, we can see the same happening in successful business houses or even politics, where the person is expected to lead from the front fails because he is not fit for the job. Being born into a family doesn't always mean one can take it further like the generations before him. Aithiyamala, the Book of legends, also has a few such stories. Let's consider the story titled 'Kottayathu Rajavu (King of Kottayam)'. The Kings of Kottayam were traditionally known for their extensive knowledge and wisdom as well as good rule. It so happened that at one point in time, the kingdom was left with only a young ruler, who was barely into his teens. To make matters worse, unlike his ancestors, he was a dimwit and could learn nothing. The queen mother did everything in her power to educate her son and make him worthy of his title. But the young king couldn't even remember the simplest of things he was taught. It so happened that a King of a neighbouring princely state passed away. In those days, it was customary for the other friendly kings to offer their condolences

and help when a king dies. Since there was no one else but the dimwit young king to represent Kottayam, the queen mother had to reluctantly send him to pay the respects on behalf of the country. Since she knew her son's limitations, she tried to prepare him by teaching him what to say when he meets the new king. She taught him a simple Sanskrit sentence "Mayaa Kim Karthavyam" (What can I do to help) and asked him to repeat the sentence until he reaches the destination so he won't forget it. But, even remembering such a simple sentence was too much for the poor youngster. Upon arrival at the deceased king's palace, he asked "Maya Kim karthavyam". As he pronounced the word Mayaa wrong, all the people present there understood he was a dimwit. They ridiculed him saying 'You should pronounce properly'. Back home, the queen mother was overcome with anger and shame when she heard about the incident. She felt it was better not to have a child than living with humiliation.

She asked the guards to tie the young prince and put him in a waterfall called 'Kumaradhara'. This waterfall fell from the rocks and had a height of around 20 meters or so. No one could survive for even an hour in this waterfall. However, if someone survives, he is known to be blessed with unlimited wisdom and knowledge. As per the queen mother's orders, the guards tied the young king and left him in the waterfall to die. However, when they returned the next day, they were surprised to see him alive, albeit barely. He

was frozen and couldn't move his limbs. They took him out of the water and back to the palace, where he was given warm clothes, food, and medicine. As he recovered, he surprised everyone by talking wisely and with great knowledge. The mother's happiness knew no bounds. She soon arranged for wise teachers and experts in scriptures to educate him and soon the young king mastered everything. He gained so much of expertise and command of the language that soon he began creating his own literary works. Among his famous works are the ones he wrote as 'Aattakatha' or songs to be performed along with the art form Kathakali. His Attakkathas are famous as 'Kottayam Kathakal' among Kathakali circles even today. He became a famous poet and has many literary works to his credit. His first work was 'Bakavadham' the slaying of Baka, which, according to his teacher was too simple that the women could use it for Kaikottikali a simple, traditional dance form. The second one was 'Kirmeera vadham' the slaying of Kirmeera, which the teacher told was so complex that the students of language and grammar could learn it with the help of suitable guides. He then wrote

'Kalyanasaugandhikam', which the teacher told could portray him as henpecked. Unperturbed, he went on to write 'Nivaathakavachakaalakeyavadham', which got the instant approval of the teacher, making him a celebrated author even today. It is said that although the young king managed to surpass all the accomplishments and fame of his ancestors, he had to run away to the forests during the attack of Tipu Sultan and he eventually lost the control of his kingdom. Regardless, he is remembered even today for his literary contributions. In the story, although the young king was lucky enough to turn things around, thanks to his surviving in the waterfall, the same cannot be said about many of the so-called young princes and princesses of modern times. Many of them are forced to take up the legacy of their families even when it is evident they are not suitable for the role. As a result, many lives are destroyed in the hope that they will succeed one day unfortunately, there are no magical waterfalls for them to turn their life dramatically around. So, it would be better for them (and others around them) to accept the reality and move on. That way, they can at least live life their own way without constantly trying to fill in the shoes too large for their feet.



PM Modi makes unscheduled visit to Colombo's bombed church; pays tribute to victims

Colombo: Prime Minister Narendra Modi on Sunday pledged India's solidarity with the people of Sri Lanka as he made an unscheduled visit to the St Anthony's church, one of the sites of the horrific Easter Sunday attacks, and paid tributes to the victims of the deadly terror strikes that killed 258 people, including 11 Indians. Prime Minister Modi's entourage made a detour to the Catholic church in Colombo on their way to the Presidential Secretariat for official engagements. "I am confident Sri Lanka will rise again. Cowardly acts of terror cannot defeat the spirit of Sri Lanka. India stands in solidarity with the people of Sri Lanka," said Modi, the first foreign leader to visit Sri Lanka after the Easter attacks on April 21. "My heart goes out to the families of the victims and the injured," Modi added. Nine suicide bombers, including a woman, carried out a series of devastating blasts that tore through St Anthony's Church in Colombo, St Sebastian's Church in the western coastal town of Negombo and another church in the eastern town of Batticaloa, and three high-end hotels frequented by tourists in the country's deadliest violence since the devastating civil war with the Liberation Tigers of Tamil Eelam (LTTE) ended in 2009. The Islamic State has claimed the attacks, but the government has blamed local Islamist extremist group National Thawheed Jamaath (NTJ) for the bombings. Modi's visit is considered as a sign of India's affirmation of solidarity with Sri Lanka in the wake of the deadly Easter terror attacks in April. "First stop

- St. Anthony's church. PM @narendramodi visits St Anthony's Church in #Colombo as a mark of respect for those killed in the Easter terrorist attacks. India is with Sri Lanka on the fight against terrorism," External Affairs Ministry spokesperson Raveesh Kumar tweeted. Later, Modi was accorded a ceremonial reception at the President's House. Sri Lankan President Maithripala Sirisena held an umbrella to provide cover to himself and Prime Minister Modi from rain. "Together with you - come rain or shine. Some glimpses of the ceremonial welcome extended to PM @narendramodi at the President's Office in #Colombo. With gracious host Sri Lankan President @MaithripalaS," Kumar tweeted along with the pictures of the two leaders. Modi also planted a sapling of the Ashoka tree at the Presidential Secretariat. Thereafter Prime Minister Modi and President Sirisena held bilateral talks. Modi arrived in Colombo from Maldives where he held wide-ranging talks with Maldivian President Ibrahim Mohamed Solih on Saturday. His visit to Maldives and Sri Lanka demonstrates the priority that India attaches to the SAGAR (Security and Growth for All in the Region) doctrine, official sources said. Under Prime Minister Modi the bilateral ties between India and Sri Lanka have touched a new high, be it in security co-operation, trade or cultural ties. President Sirisena visited India last month to attend Modi's swearing-in ceremony. Modi visited Sri Lanka twice earlier

Social media corner

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Dental care during childhood

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Oral health care is equally important as to general health care. Oral health care of an infant starts right at the time of birth. At the time of birth the oral cavity of an infant is sterile and free of bacteria or virus. Gradually over a period of time it acquires bacteria through feeding, sharing of utensils, kissing etc. At infant stage itself the baby's gum pads should be cleaned after every feed with sterile gauze or a clean cloth wrapped on the index finger of the parent. The deciduous tooth in a child erupts from 6 month onwards. It is very important to preserve and retain the milk teeth till the time of the eruption of its permanent successor. The deciduous teeth play a significant role in a child's oral health. The milk teeth help the child in chewing food, speech and aesthetics. The child's first visit to a dentist should be done at the eruption of the first tooth in the oral cavity or not later than the first birthday of the child. All the milk teeth erupt in the oral cavity of a child by around 3 years of age.

The permanent teeth start to erupt by 6 years of age. It is very important to know that the permanent teeth if lost due to any reason will be lost forever. Parents should ensure that the child maintains a good oral hygiene and visits the dentist at least once in a year.

Primary Tooth Eruption

Generally, the first primary tooth erupts between 6 and 9 months of age, and by 3 years of age your child should have 20 primary teeth. If your child does not develop his first tooth by 9 months, you should consult a pedodontist. Healthy primary teeth are white without spots or stains, and healthy gums are smooth and pink.

Cleaning Primary Teeth for Optimal Oral Health

From birth to 12 months, you should gently wipe your baby's gums with a clean baby washcloth or gauze. When the first tooth appears, clean the surface using a baby toothbrush and water. According to the American Academy of Pediatrics, the best time to clean your baby's teeth is after breakfast and before bedtime. For children 12-24 months of age, use a child-size toothbrush and a pea-size amount of toothpaste.

Brushing and flossing are a very important part of your child's dental hygiene regimen; therefore, it is very

important to use the proper technique. To brush your child's teeth:

- Angle the brush at 45 degrees to the gums.
- Move the brush gently back and forth.
- Brush all surfaces of teeth (outer, inner, and chewing).
- To brush the inner surface of the front teeth, tilt the brush vertically, and brush gently up and down.

Brush your tongue to remove any bacteria. You and your child can brush and floss together. Dental hygiene should be a fun bonding activity for you and your child. Dentists recommend that you periodically check the effectiveness of your child's tooth brushing.

Brushing, Bottle-Feeding and Thumb-Sucking

Once the baby teeth arrive, protect them as they allow the jaw to develop. Taking your child to the dentist as a toddler allows his or her oral health to be monitored for early problems and abnormalities. It's important to monitor the following:

- Supervised and supported brushing and flossing
- Thumb- or finger-sucking effects and cessation
- Nutrition and baby bottle use

Baby teeth can develop cavities if they lack homecare or have a diet that is high in fructose sugars, especially when ingested through a bottle. Your dentist can advise you on what should be put in a bottle and when to discontinue bottle use. Additionally, they can provide instruction on oral hygiene and fluoride treatment to prevent decay. Pacifier use, finger- and thumb-sucking are all normal to a degree but should be discouraged if it affects the proper development of the teeth and jaw. By seeking dental care early, your baby will be on the right track for healthy development.

Mixed Dentition

Once kids begin to lose baby teeth and the permanent teeth begin to erupt, they have a "mixed dentition," which brings specific concerns. Your child may begin to participate in sports, show signs of teeth crowding and make poor choices in their diet. Again, your dental professional will recognize

what preventative or interventional treatment is necessary. This may include:

- A sport's mouth guard to protect the teeth and jaw.
- Referral to an orthodontist.
- Nutritional counseling to help your child makes healthy dietary choices.
- Fluoride treatment and dental sealants to prevent further decay.

Braces and Wisdom Teeth

Once your child enters his or her teen years, stress the connection between a healthy mouth and healthy body. Teenagers can appreciate how important a healthy smile is, and take responsibility for keeping it that way. At this age, they may have braces or just finished orthodontic treatment. Teenagers' oral hygiene habits for the prevention of cavities and gum disease should be a priority as well, and the eruption of the wisdom teeth need monitoring.

Their dentist can provide the tools needed to transition to a healthy adult mouth. They will focus on the following:

- Proper diet, nutrition and exercise.
- Brushing and flossing.
- Monitoring the eruption of wisdom teeth and referral to oral surgeon if needed.

Most teenagers will not have enough space in the jaw for the third molars to erupt. If this is the case, it is vital to have them removed to avoid future problems including infection, pain and physical effect on adjacent teeth. Very often, if they have had braces, the orthodontist will watch these teeth by taking a special x-ray and making the oral surgery referral him- or herself.

Developmental milestones are important in your child's life, from infancy to young adulthood. Your understanding of these milestones can transition to them taking

responsibility for their overall health as an adult. By beginning dental care early and upholding regular visits to the dentist, you're setting your child on the right track for a lifetime of healthy smiles.

Whether you are a new parent or one who has been at it for a few years, you should do whatever is necessary to ensure that your child is happy and healthy. When it comes to oral health, you want the best for your child, too.

Always direct questions and take any concerns you may have about your child's dental health to your dentist. Children should start to see the dentist at an early age. Remember that starting a dental routine and establishing good oral habits while your child is young can help prevent oral disease and ensure a happy healthy smile for a lifetime.

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