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# The Teenager Today

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## 5 POSITIVITY HACKS

DO YOU HAVE A  
SUNSHINE SMILE?

BE TRUE TO  
YOURSELF

Skit for Teens

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April 2024

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Leaving The Familiar!





## DR SHEFALI BATRA

By nature, humans are friendly, pleasure-seeking, compassionate, kind, giving and forgiving creatures. Our “nature” or personality really comprises of unique inclinations that we cultivate in our thinking, feeling, and behaving to serve ourselves as well as connect with the larger world around us. Yet, from infancy and childhood, as we advance into teenage and adulthood, seeds of negativism begin to sprout. And some of them blossom into large spanning trees that colour our thoughts, emotions, and behaviours negatively. This unconstructive thinking clouds rational judgement and interferes with personal, academic, and interpersonal advancement.

You don't feel good when you're angry, sad, frustrated, upset, jealous or aggressive, right? By repeatedly feeling these negative emotions you could develop a thinking error that is commonly called a *negativity bias*. Like an anchor that locks the ship at sea, this makes you focus on that *one bad thing* even if there is a mountain of good things *right in front of you*. Think about the following situations:

\* When your teacher (who always loves your work) told you once that your assignment wasn't good enough, you can't stop thinking about how bad you are.

\* When your best friend's invitation to a party does not reach you due to a technical glitch, you think that your friendship has ended.

\* When you were asked to speak in front of the class, and your mind went blank, and you could not think of what to say, you felt like you were stupid.

\* You said something about a friend in front of everyone that

embarrassed him, and now you feel you cannot face your friends anymore, ever again.

\* Your parents did not acknowledge your dance performance and you thought that nobody ever appreciates you or notices that you're good at what you do.

All of them may have made you feel like you are not good enough or others are insufficient and that the world is an unfair place. You could become cynical and passive-aggressive too. You might change your outlook towards yourself and others and become pessimistic or negative. However, with deliberate effort and practice, you can learn to let go of negative thoughts and create a more optimistic outlook towards your life, irrespective of the bad that happens to or around you.

Here are five strategies to help you welcome positivity into your daily life.

### Be Mindful

Mindfulness is the art of being aware of your thoughts and emotions in the present moment right when they occur, without judging yourself or anyone else. Acknowledging negative thoughts and feelings without dwelling on them allows your rational mind to guide your focus back to the issue at hand so that you can take meaningful steps to resolve it. When you tame the emotional mind which is getting upset, you give yourself time to make the right choice. Regularly practising such mindful presence will make your brain a positivity magnet where negative thinking just cannot thrive. Realistic optimism then becomes a habit.

## 5 Hacks for Positivity





with DR VIBHA GUPTA



**I am interested in art and sketching, and I want to choose animation as my career. But I am confused as to how to go about it. Please help me in choosing the best path.**

*Rei (15) / Nagercoil, T.N.*

An animator brings a character or an item to life. They are focused on the design, drawing, layout, and production of graphically rich and appealing multimedia clips.

To pursue a career as an animator, you must be good at drawing and sketching. Only having an interest won't work. Start sketching; it'll help. A strong interest in computers, patience, hard labour, and attention to your task are also required for this field. After 10+2 (any stream), go for a Bachelor's in Fine Arts (BFA), a three-year course. You may also go for a diploma course, which usually lasts for 6 months to 2 years.

**What is the scope for a B.Sc. in Biochemistry? Do I require Maths in Std XII for this?**

*Naina (15) / Pune*

Biochemistry is a laboratory-based science that combines biology and chemistry. It explores the chemical processes within and related to living organisms. It focuses on what's happening inside our cells, studying components like proteins, lipids and organelles.

To pursue a career in this field, you should start with a B.Sc. in Biochemistry. Eligibility is 10+2 with Chemistry and Biology. Mathematics is not necessary. A bachelor's degree

is sufficient for advanced technician jobs, lab/research assistant positions, or testing and inspection jobs. An advanced degree is required for most other positions in the scientific field, for example, for jobs in management, sales, inspection, service, and some in applied research. A Ph.D. degree is needed for college teaching, independent research, and advancement to administrative positions.

**I am currently in Std X. I am confused about which subjects to choose after this. How do I choose the right subjects?**

*Shashank (15) / Mumbai*

"Which career should you go for?" There is no right way to figure out the answer. What is right for your

cousin may not work for you. What is fine for your friend may be all wrong for you. The reason being: You are unique, with a unique set of abilities, potentials and skills.

You have certain skills, abilities and aptitudes for a certain type of work. All of us have some skills, but we often don't give much thought to our special talents and try to swim in the wave of 'current trends', which may make our working hours a living hell. Conversely, when you match your preferences to the realities of a job, your work life can become meaningful and fulfilling.

Basically, deciding on your future career involves three steps:

**Step 1: Gather information about yourself:** Ask yourself... What do you like to do? What are you good





"From the stars to our hearts: Celebrating the legacy of Dr. APJ Abdul Kalam."

## A. P. J. ABDUL KALAM

"DREAM, BELIEVE, ACHIEVE: INSPIRING TOMORROW, A.P.J. ABDUL KALAM'S WAY."

"WINGS OF WISDOM, VISION OF PROGRESS: DR. APJ ABDUL KALAM, A LEGACY SOARING HIGH."

IN THE REALM OF STARS, A VISIONARY SOARED, DR. KALAM, SCIENTIST AND PRESIDENT ADORED. WITH ROCKETS AND DREAMS, HE REACHED THE SKY, A BEACON OF KNOWLEDGE, SOARING HIGH. IN HEARTS AND SPACE, HIS LEGACY WILL NEVER DIE.

Part 1



RAMESWARAM IN TAMIL NADU- 15 OCTOBER 1931. THE HOUSE OF JAINULABDEEN.

IT'S A BOY. THE MOTHER AND BABY ARE SAFE.

MASHALLAH...

A HANDSOME BABY BOY.



IT WAS THE BIRTH OF A GREAT SOUL WHO LATER BECAME THE LEADING LIGHT OF INDIA.

A FEW DAYS LATER-

I HAVE FINALIZED IT. AVUL PAKIR JAINULABDEEN ABDUL KALAM.

NICE NAME.

OUR SON WILL BECOME GREAT.

IT'S TIME FOR NAMAZ.



Compiled by RAMA RAMESH

## Charming, Spunky Pets We'd All Love to Have!



Have you ever wished you could cuddle up with your favourite fictional furry friend? Well, get ready to dive into the wonderful world of adorable pets from fiction and movies! From lazy cats to heroic dogs and everything in between, these critters steal our hearts and make us wish they were real. Whether they're soaring through the skies, solving mysteries, or just lounging around the house, we celebrate them on National Pet Day (11 April)!

### The cat that took a chill pill

When it comes to embracing the art of relaxation, it's hard to beat Garfield at the game. There is only one thing that makes this cool feline get excited — lasagne, the beloved Italian dish. He spends his fine, lazy days lounging around the house, avoiding Mondays and plotting new ways to obtain his favourite Italian dish — not a bad life at all! Despite his penchant for laziness, Garfield has time to keep his wits razor-sharp, and his irresistible charm has made him one of the most beloved feline pets ever!

### Flying ace? Tennis pro? Writer extraordinaire?

Snoopy is that and so much more! Charlie Brown's companion, Snoopy, brings imagination to life in the most delightful ways. From his epic battles against the Red Baron to his elaborate personas like the World War I Flying Ace or Joe Cool, Snoopy's

creativity knows no bounds. With his trusty typewriter and vivid imagination, Snoopy proves that every day is an adventure waiting to happen. He may not be the most loyal dog ever (he doesn't mind kicking the dog bowl at



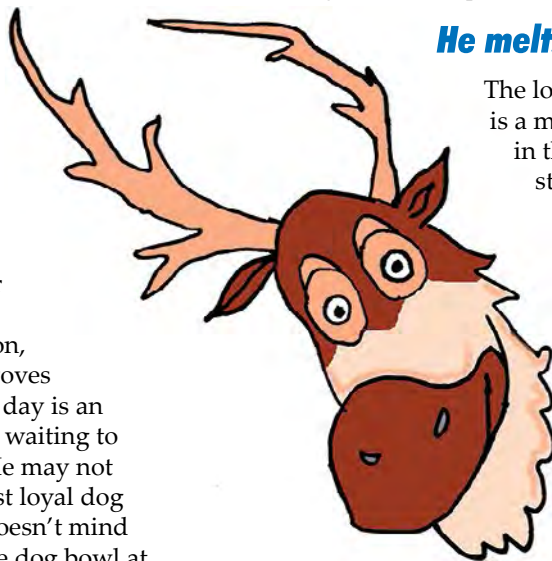
Charlie Brown if his dinner is late) but he's definitely a keeper — for, who wouldn't want a doggie that's a jack of many trades!

### From a trembling kitty to a mighty battle cat

Cringer is the shy, overgrown cat who is the pet of Prince Adam of Eternia. But when it's time to transform into He-Man, the Power of Grayskull makes Cringer undergo a dramatic transformation into the mighty Battle Cat. Despite his timid nature, Battle Cat fearlessly charges into battle alongside He-Man, showcasing the power of bravery and friendship. Whether he's prowling through the jungles of Eternia or lounging in the Royal Palace, Battle Cat's loyalty knows no bounds. And when the mission is over, he's back to being good old Cringer. That's as good as two pets rolled into one!

### He melts hearts, not snow

The lovable reindeer, Sven, is a memorable character in the movie *Frozen*, who steals scenes with his quirky personality and unwavering loyalty to Kristoff. Be it pulling sleighs through the snow or belting out some truly hilarious tunes alongside his human friend, Sven proves that reindeer are cherished companions capable of melting even the coldest of hearts.



STANISLAUS LOUIS

“Weak mind, weak fist; strong mind, no need for fist.”

— Shaolin saying

It is generally believed that Bodhidharma (Tamo, his Chinese given name), a travelling Buddhist monk, when in China, initiated a concept of fitness for the monks (the 18 Lohan movements, a series of postures with yoga breathing) and self-defence techniques. These initiations were due to circumstantial and existential situations. Historically, evidence shows that fighting, like kalarippayattu, Indian wrestling, and Chinese boxing, existed much before Buddha was born (the birth of Siddhartha Gautama of the Shakya clan was in 563 BC). Bodhidharma (Tamo) did not invent a martial art style called *Gung Fu*. Tamo’s true claim rests in being the first patriarch of the Buddhist practice known in China as *Chan* and in Japan and the rest of the world as *Zen*.

## Shaolin Gung Fu

Shaolin Gung Fu is made up of two words:

1. *Shaolin* (*Sil Lun* in southern China) is a sect or a school of *Chan* (*Zen*) Buddhism. It encourages a practical interpretation of a spiritual path, avoiding religious and scriptural trappings, but believes in a life based on meditation.
2. *Gung Fu* means hard work or skilled effort and was originally used in reference to the gruelling years of practice that were necessary to achieve mastery of a style. Over the years, this martial art has been known as *Chuan Fa* (fist arts), *Kuoshu* (pronounced *Gwo-Shoo*), which means ‘national art’, *Chung-Kuo Chuan* (Chinese boxing), *Wu Kung* (effective use of martial force), *Chuan Shu* (fist art), and *Wushu*.

## History of Gung Fu

After Tamo’s death in 534 CE, the regular practice of Lohan exercises seemed to dwindle, but some of his contemporaries kept them alive. In 610 CE, this saw it becoming a minor part of the Shaolin training. In fact, this signature Shaolin Gung Fu training didn’t enter the main curriculum for about another 700 years. It was the ‘heroic period’ (1100-1300 CE) in Shaolin history that saw the rise of a pragmatic attitude towards martial arts (it was a period when the temples were burned down). Only in 1399 CE was Fukien Temple rebuilt with a distinct *gung fu* syllabus.

## Shaolin Gung Fu Styles

The power of a *gung fu* practitioner lies in his ability to defend himself against seemingly impossible odds and

# Shaolin Gung Fu

(Shaolin Kung Fu)



situations, be they physical or mental in nature. Thus, he was encouraged to develop new skills. These new skills were developed by drawing inspiration from observing and mimicking the local wildlife. The natural outcome of observing the defensive habits of creatures gave birth to early styles. New routines known as the *Kuen* or Forms came into existence. These forms were named after specific moves of animals (tiger claw, white crane skewers frog in the pond, white ape attacks snake and snake creeping down).



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