

MARCH 2021

RAJENG/2019/77832 | VOLUME 3 | ISSUE 3 | INR 100

BLUB WORLD

INSPIRING

CHILDREN

ACROSS

THE

WORLD

INSIDE

**FILTER
FORTIFY
FIND
FINALIZE**

**EAT + WATCH =
REGRET**

EXCLUSIVE

**Interviewing
the Young
Graduate,
Elliot Tanner**

**World Teen
Parliament**

GRADUATE AT 11

Elliott Tanner



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VOTERS' CODE OF CONDUCT

In Tamil Nadu's Madurai exists a village named Ottevedu (meaning - a home) which has 250 houses and 650 voters. During election campaigns, posters and banners are prohibited here; use of flags, loudspeakers, entry of the political leaders, workers and candidates in the village is not allowed; neither can contesting candidates distribute money to the voters. The villagers have been practicing this Code of Conduct since three generations. They have a unique practice of inviting all the political candidates at the entry point of the village and listen to their election-promises and then bid them adieu. All political parties also follow their Code of Conduct.

Election commission declares the Code of Conduct for all the political parties, their candidates contesting for the various seats in different constituencies; which they have to follow for being liable for the election. In the same way, can we

and should we the voters not impose a Code of Conduct upon ourselves as well as upon the political parties and their candidates just like the people of Ottevedu?

By following the example of this village, the 911 million eligible voters of India can make a revolutionary change by facilitating a corruption-free, nuisance-free, time-saving, energy-saving and a really organic election process in the country.

The money, energy and time saved should then be used by the candidates and their co workers in the effective execution of their election manifesto for the upliftment and welfare of the people.

In another example again from Southern India, the citizens have decided to impose a limit on various election campaigns, use of posters, loudspeakers, abusive language and denigration is prohibited, secularism has to be followed during campaigning,

leaders, workers, contestants without mask will face social boycott while dressing for impressing voters will also be unacceptable.

Being responsible citizens of a democratic republic, is it not our duty to ensure the proper operations of the system?

When democracy is at stake around the world, a self-imposed Code of Conduct by the citizens/voters for themselves and the political leaders during election campaigns can be very effective.

So friends, if voters get activated, nothing can prevent the political leaders and contestants from becoming the real game-changers in making the world a better place to live.

"If Winter comes, can Spring be far behind." - P. B. Shelly

- Veena Bhavnesh Gaur





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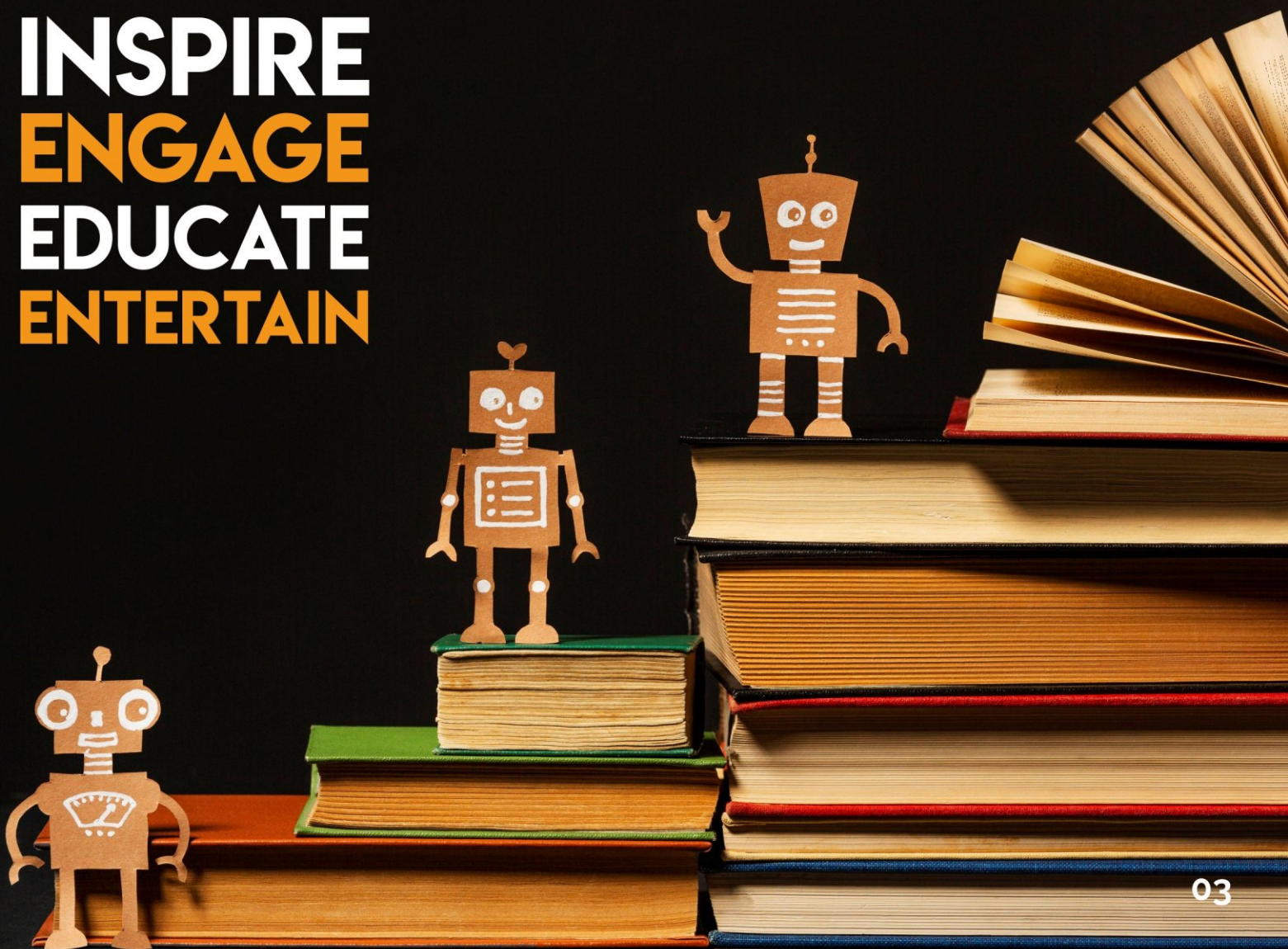
BLUB WORLD

Blub is the sound that a fish makes. Like all its bubbles of expressions, we aim to capture every creative and inspirational inclination of children in the age group of 13-19 years.

Believing in Peer-to-Peer inspiration, Blub World is always on the hunt for teens

who are child prodigies, have achieved success using their innate talents or have done something exceptional or innovative in their life so far. We share such stories through our flagship section 'Childern of Blub World' and aim to bring every inspirational story here.

INSPIRE
ENGAGE
EDUCATE
ENTERTAIN



#childrenofblubworld

AMEYA LAGUDU

Ameya Lagudu, a Class VIII student of Sri Sathya Sai Vidya Vihar, Visakhapatnam, has been awarded the prestigious Pradhan Mantri Rashtriya Bal Shakthi Puraskar 2021.

She won this award under the category of Art and Culture (for 2021). Ms. Ameya has been learning south Indian classical dance forms

of Bharatanatyam and Kuchipudi since the age of 4 years. She has performed more than 100 programmes on various national and international platforms. She performed her 'Arangetram' (first official public performance) in June 2015.

She has set her name in Record books like Asia Book of Records, India Book of Records,

Telugu Book of Records, RHR of UK, World Records India, Amazing Kids Records, Wonder Book of Records, among others.

Source - Vizagcityonline.com,
Thehindu.com
Image Source - Thehansindia.com



SUCHETA SATISH

Sucheta Satish, a 13-year-old girl won the 100 Global Child Prodigy Award for singing in most languages during one concert and the longest live singing concert by a child. The Indian girl from Dubai can sing in 120 languages.

Satish recently launched her second album 'Ya Habibi' in the presence of Malayalam superstar Mammooty and actor Unni Mukundan. She started singing in foreign languages in the year 2016.

A student of Dubai Indian High School, Sucheta told Khaleej Times, "I was selected for the award for my twin world records for singing in most languages during one concert and the longest live singing concert by a child which I had set as a 12-year-old two years ago in Dubai at the Indian Consulate Auditorium when I sang in 102



Image Source – News18.com

languages for over 6.15 hours."

Satish practices music every day and balances it along with her studies. However, she further added, "I have to admit that the CBSE curriculum is tough. I have felt it would be nice if at least the

homework given to students is significantly reduced so that students can concentrate on extracurricular activities like arts and sports even better."

However, Satish's biggest dream is to perform at Expo 2020 Al Wasl Plaza. She wants to sing her song "Fifty Glorious Years" live with the composer Monty Sharma and his orchestra.

Source - Shethepeople.tv



Image Source - Newshonk.in

ANANYA RAJARAMAN

Ananya Rajaraman, class 10th student of Greenwood High International School was awarded the famed 100 Global Child Prodigy Award (GCPA) 2020 for her finesse in writing. She has two published books in her name and her favorite genre to write in is a crime thriller.

At the age of two years, Ananya started composing and reciting stories. Astonishingly, by the age of five, she had composed a series of a whopping 175 short stories in the genre of fantasy that had characters drawn from her imagination. Furthermore, at the age of seven, Rajaraman wrote her first adventure novelette and came out with a crime fiction novel at nine. The genre of crime has always appealed the young author as she seeks solace in thrill

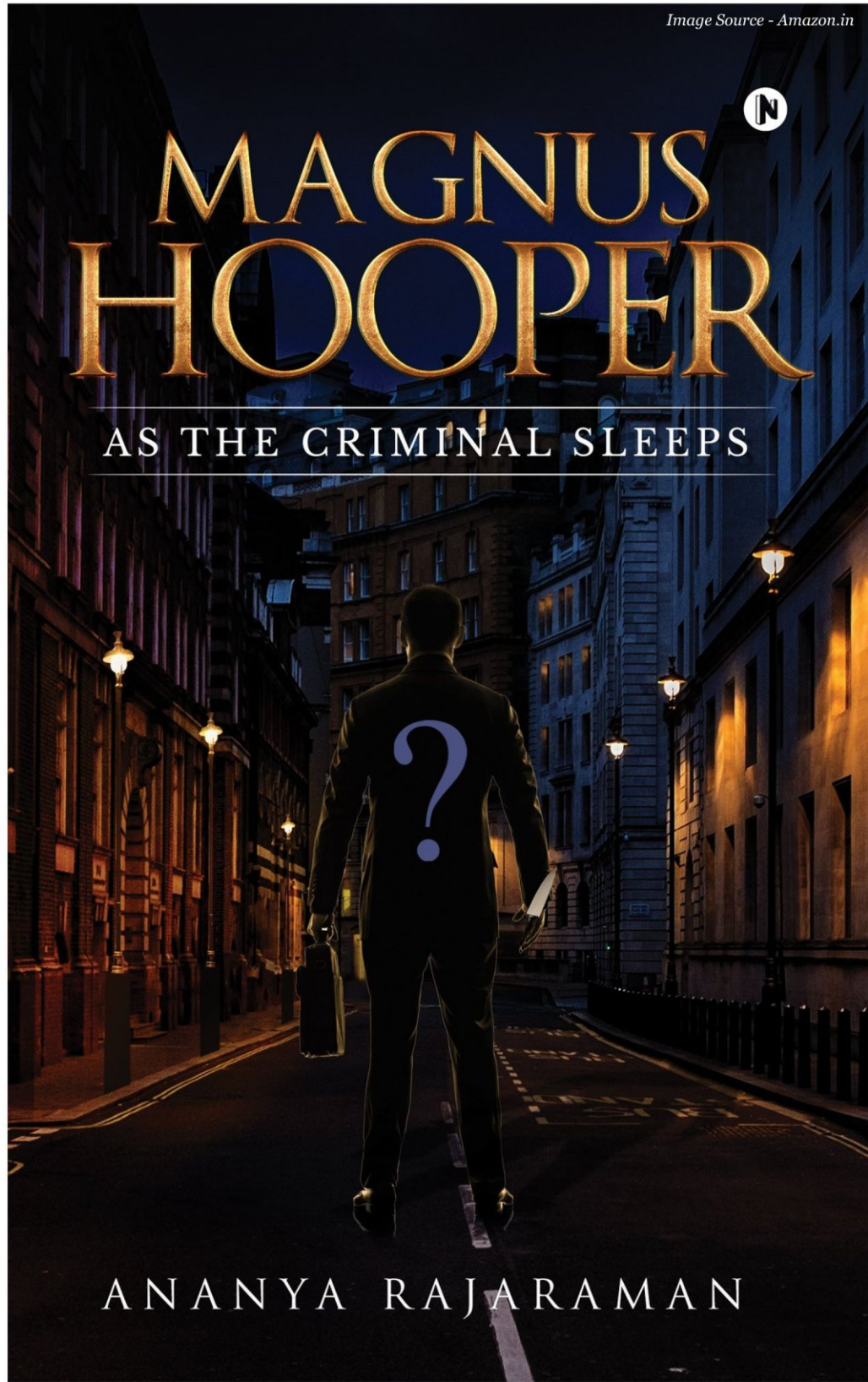
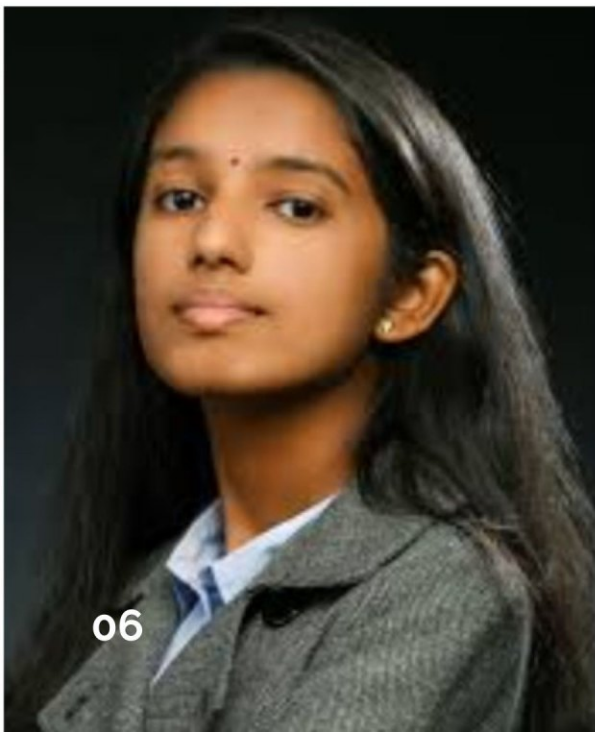


Image Source - Amazon.in



and logic.

Her first book, Magnus Hooper (as the Criminal Sleeps), which she wrote at the tender age of 10 was published in 2016. The India Book of Records recognized her as the youngest crime-fiction author in India for the same. Furthermore, in 2018, she published another book in the series, A Magnus Hooper: A Contentious Inheritance. She aspires to be a theoretical physicist in the future.

The GCPA is an initiative to

recognize, appreciate and support 100 child prodigies every year in different categories from around the world, and provide them with global exposure to excel in their respective fields. AR Rahman and DR APJ Abdul Kalam International Foundation support The 100 Global Child Prodigy award.

Ananya was selected after a rigorous process of screening that took over a year and a half. The international jury picked 100 adroit children including the Bengaluru

girl from over 15,000 nominees across 45 countries. Kiran Bedi, the retired IPS officer currently serving as the Lieutenant Governor of Puducherry presented the award at a gala event held on 3rd January 2020, at The Ashok Hotel, New Delhi. Nobel Peace Laureate Kailash Satyarthi, senior Parliamentarians, music stalwarts and many other dignitaries graced the grand function with their presence.

Source – Shethepeople.tv



AARSHA MUKHERJI

Mumbai's Aarsha Mukherji uploaded a video on YouTube for a school project and it is going viral. The 15-year-old student is seen singing a song about the beauty of India but in a total of 22 Indian languages.

For her school's project, Aarsha Mukherji composed a song about India's glory and heritage. She composed the song in English. However, to show the diversity of the country, Aarsha did something that eventually made her viral over YouTube and other social media sites.

"This song is about my India, and what I want it to be. It is a beautiful country, but can we make it even more beautiful than it already is."

With help, Aarsha Mukherji translated the song into the 22 official Indian languages mentioned in the Constitution. On YouTube, she explains "For my school's IB-MYP Personal Project, I composed a song, wrote original English lyrics for it and sang it in all 22 official languages of India as per the 8th Schedule of the Indian Constitution."

It is not easy to sing in 22 different languages. Aarsha's song included well-known languages like



Image Source - Whistlingwoods.net

Hindi, Tamil and Bengali but also lesser-known ones like Santali and Meiti. She sang in languages like Bodo as well, which is a Sino-Tibetan language spoken primarily by the Bodo tribes of Northeast India.

She also mentions that she has been working on the song for four months. She says, “I am extremely grateful to everyone who has helped in translating the lyrics and teaching me the languages over the last four months. I’ve tried my best to be authentic in my pronunciations, but please forgive me for any errors.”

Aarsha Mukherji thanked

her parents for all their support. Apart from her parents, she also thanked the music director Raja Narayan Deb, who works in the Bollywood and Bengali film industry. “Here’s one person I couldn’t have done this without—Raja uncle (Raja Narayan Deb) — the fabulous music director who helped me learn so much about arrangement.”

The song contains lines like “hate is not the emotion we should live by”. Another line goes “we need love in our hearts, unity in our prayers.” Aarsha Mukherji’s song speaks mainly about the current scenario of the country. While our

country is beautiful, she says, it “is torn apart by politics.” We must not live by “hate, division, rejection and fear.” The young student appeals to everyone to embrace love. “There is still hope for us to come together,” she sings.

Source - Shethepeople.tv



Image Source - Ibo.org



ELLIOT TANNER

Graduate at 11

Elliott Tanner is only 12 and already a college student and a researcher. The young American with immense interest in Maths, Science and Computer Programming, in May 2020, graduated college with a Associate of Science degree in Mathematics at just 11 years of age.

Residing in Minneapolis, USA, Elliott in the fall of 2020 started his senior year at the University of Minnesota, where he is on track to graduate with a Bachelor of Science degree in Physics and minor in Mathematics when he is 13. He is the youngest college graduate in Minnesota.

Elliott has made national appearances on shows such as Kids

Say the Darnedest Things with Tiffany Haddish and The Strahan and Sara show. In his free time, he loves playing board games, reading, traveling, and listening to some of

“... I was excited about the periodic table, particle physics and mathematics at 5 years old but I didn’t have any interest in super heroes like other kids.”

his favorite musical artists which includes The Beatles, Billy Joel, and his father, Patrik Tanner.

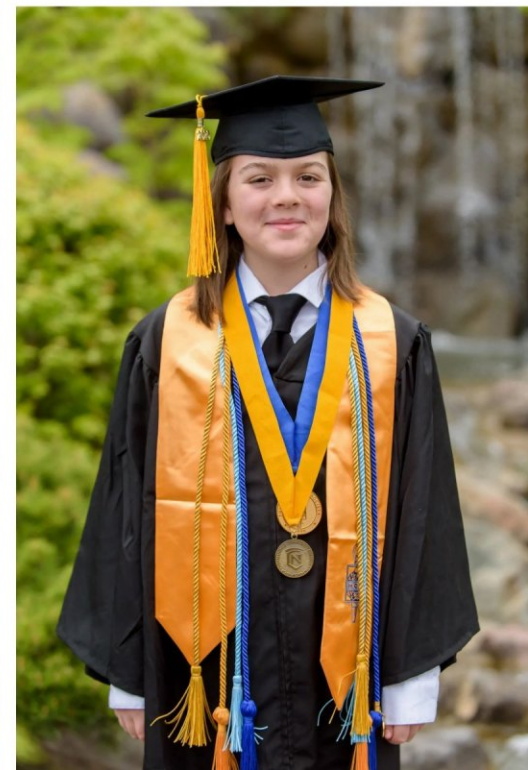
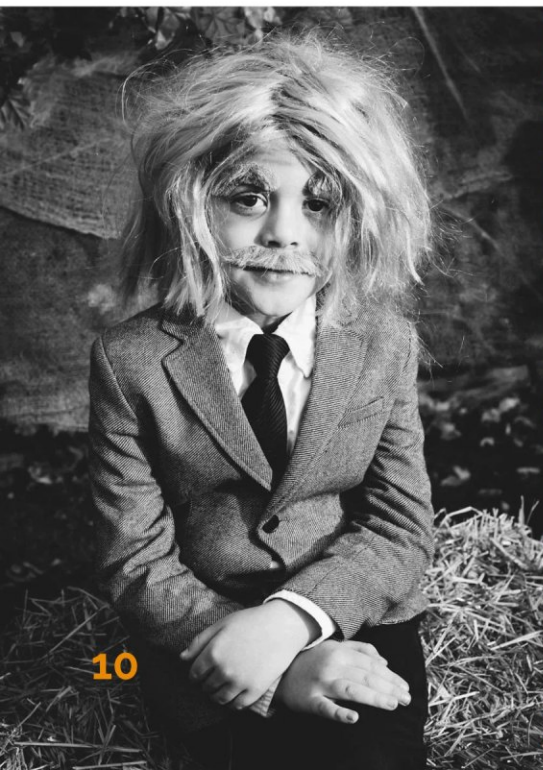
In an exclusive interview with Blub World, Elliott shares his favorite accomplishment so far, reactions of his college mates with him around in the campus, and the home rules that he wishes to tweak. Read on:

Who is Elliott Tanner?

Hi! I am a 12-year-old, 4th year student at the University of Minnesota. I am majoring in Physics with a minor in Mathematics.

List your five major accomplishments so far? And which among them is your favorite, and why?

1. I was inducted into Johns Hopkins





University SET program

2. I started college on campus full time at 9 years of age
3. I received my first college degree in Mathematics when I was 11
4. I was awarded a \$20,000 merit Presidential Scholarship from University of Minnesota
5. I am working in research on the SBND (Short-Baseline Near Detector) project (with Fermilab) to find new neutrino flavors

My personal favorite is receiving my first college degree because it's a big milestone for me. I'm proud that I was able to obtain

such an accomplishment at 11 years old.

What's on your list of goals/bucket list?

Being a Physic Professor is up there on my goal list. I want to be able to inspire the next generation of physicists.

My bucket list also includes being able to visit more state and national parks because it's soothing to be able to experience all the nature around me.

What made you so popular?

It is most likely that I started college at 9. I'm also told that I have a great personality and am humorous, and easy to talk to. I think people enjoy those qualities. People have told me

they have enjoyed seeing me on TV interviews because I am personable.

When and how did you realize that you are gifted? What was your parents' reaction?

I didn't quite realize I was gifted, myself. I just knew I really enjoyed

"... People seem pretty curious at first that there is such a young person on the university campus and in their class."

learning and I learned quickly. My parents just seemed confused that I started reading years earlier than what was expected of a child. It became more apparent to me when I didn't fit in with other kids in preschool. My interests were very different. I was excited about the periodic table, particle physics and Mathematics at 5 years old but I didn't have any interest in super heroes like other kids.

How do other students in college react when they meet you?

The first few times when other college students see me, they ask, "Are you supposed to be here?" People seem pretty curious at first that there is such a young person on the university campus and in their classes but then they get to know me. I enjoy seeing friends on campus and in my classes. I have made some good friendships in college.

One thing that a teen knows but adults don't understand.

I don't know because it seems like everything I've done as a kid; my mom has done twice over. But I think going to school as a teen now is a little different than when my parents were teenagers. They didn't have social media and the ramifications that can come with online bullying.

One thing about you that the world would be surprised to know.

I think that not a lot of people would understand that I can play with kids my own age and I can relate well with people of all ages. Even though my education is accelerated, I still really enjoy hanging out with kids my own age. Just as I like to be able to talk about high level physics concepts with my college peers and professors.

You look really adorable in long hair; any particular reason for growing them?

Thanks! I like the style. I've noticed a lot of other well-known physicist have long hair too.



One thing from any part of the world, you wish should be accessible to every child.

A good quality education that meets them at their level. It's so important that children are able to have the

"... Even though my education is accelerated, I still really enjoy hanging out with kids my own age."

opportunity to learn at their speed and level.

How different is your life from any regular American Teen?

Not much, besides being in college. I still play with friends and enjoy video games as much as any other American teen. I just happen to go to school with 22-year old students!

How do you want the world to change?

For the better! I would like to see more clean energy resources and I feel like there should be a better educational system that meets students at their level as I mentioned before. I would like to actively help the world by trying to reduce my carbon emissions, drive a clean car (when I'm old enough), and reduce the amount of plastic consumption that I use. I hope that others will also make changes to help Earth.



“... I would like to actively help the world by trying to reduce my carbon emissions, drive a clean car (when I’m old enough), and reduce the amount of plastic consumption that I use.”

What do your friends have to say about your growing popularity? By the way, which age group are they from?

My friends don’t seem to have much to say about it but they think it’s cool when they see me on TV. One time one of my friends wanted a picture of my college ID to show his friends at school that he knew me and that I was 12 in college. I play with other kids around 12-16 years old. We like to hang out, play video games like Minecraft, and we also play Dungeons and Dragons.



Does your faculty at college treat you any different? How do you feel?

I am treated about the same as the other students. However, sometimes professors will introduce me at the beginning of the first class so that other students know who I am and that I am supposed to be there. Although, most students seem to know who I am on campus now, I am expected to perform and behave as any other college student. I enjoy the times when I can visit my professor’s office hours to talk about



things that interest me such as modeling the hydrogen atom.

Studying at college is an adult thing; do you feel that you are missing out on your childhood? How do you cope?

I most certainly do not feel like I’m missing out on my childhood! I play with friends quite often and enjoy other activities that other kids my age like. I love going to amusement parks and playing games with my friends. I have a Minecraft server with my friends, and I built an iron factor and a system that gives us



automatic armor.

Who is your role model and why?

I’m inspired by Richard Feynman. He developed a revolutionary technique for quantum mechanics called “quantum electrodynamics”. He developed another technique the Feynman diagram that helps one visualize reactions in particles. He was a humorous professor as well. He was able to make learning about quantum mechanics enjoyable and I inspire to be such a professor!

Which is your favorite memory with a friend and why?

I have a great friend named Brittney who I enjoy playing videos games with. I hung out with her at the Mall of America on Pokémon Day in 2020 before Covid-19 started. She gave me a Kirby plush that day. I also got the opportunity to visit the set of Young Sheldon and meet Iain Armitage. That was a really exciting day to hang out in Hollywood and make a new friend in Iain.

What is that one thing that the ongoing pandemic of Covid-19 has taught you about life.

Open book exams on Zoom are a lot more fun than closed book, in person exams! The Covid-19 pandemic has taught me resilience and to learn to flow with the curveballs life can throw at you. Everything can change in the matter of a day. Learning how to be adaptable to change can be frustrating, but helpful in the end. And wash your hands. A lot!

Which country do you wish to reside in, other than America and why?

Sweden would be cool! My dad is from Sweden and I have some family living there that I would love to be closer to. I was able to visit Sweden a few years back and I really liked the architecture and food, especially the hot dogs! The culture seems similar to Minnesota, where I am from. And

of course, it's the home of the Nobel Peace Prize.

Which three career option would you like to explore?

I would like to be a particle physicist or a physics professor. If I would have to choose one more then may be a video game designer. I do enjoy coding.

If you were in a class filled with ten-year old children, how would you entertain them?

I would probably try to relate to them and tell some jokes. Although I would love to teach them some of the easier calculus concepts like derivatives.

Which board games do you like and why?

I love board games! Some of my favorites include The Settlers of Catan and Othello. I like them because they have a good number of

strategic elements.

What would you do if you made the rules at home?

A later bedtime would be fun! I think I am respected at home and I am respectful of my parents so there hasn't really been any need for rules. I am treated fairly. But it would be nice to eat ice-cream without having to brush my teeth again.

What are your pet peeves?

One of my pet peeves is when people write $(a+b)^2$ as a^2+b^2+2ab .

What message would you like to give to our teen readers?

I just want to say that you should always speak up for yourself. Always advocate for yourself. It's important to remain true to who you are, even if it's different! ✨

*Image Source - Elliotttanner.com
Exclusive Interview*



#blubworldpoetry

SPRING - THE MAGICAL SEASON!

Spring sprung with a Yellow
Flower
A Jingle-Bell of the Happiness
Hour
The Blooming Season with a
Blooming Shower
Seducing us for a Leisure - Walk
in a Comfy Brar*!

The Pleasant Breeze is a call to
seize the Smiles floating in the
Air

The clear blue Sky is patting us
to Dream and Dream Mair*!

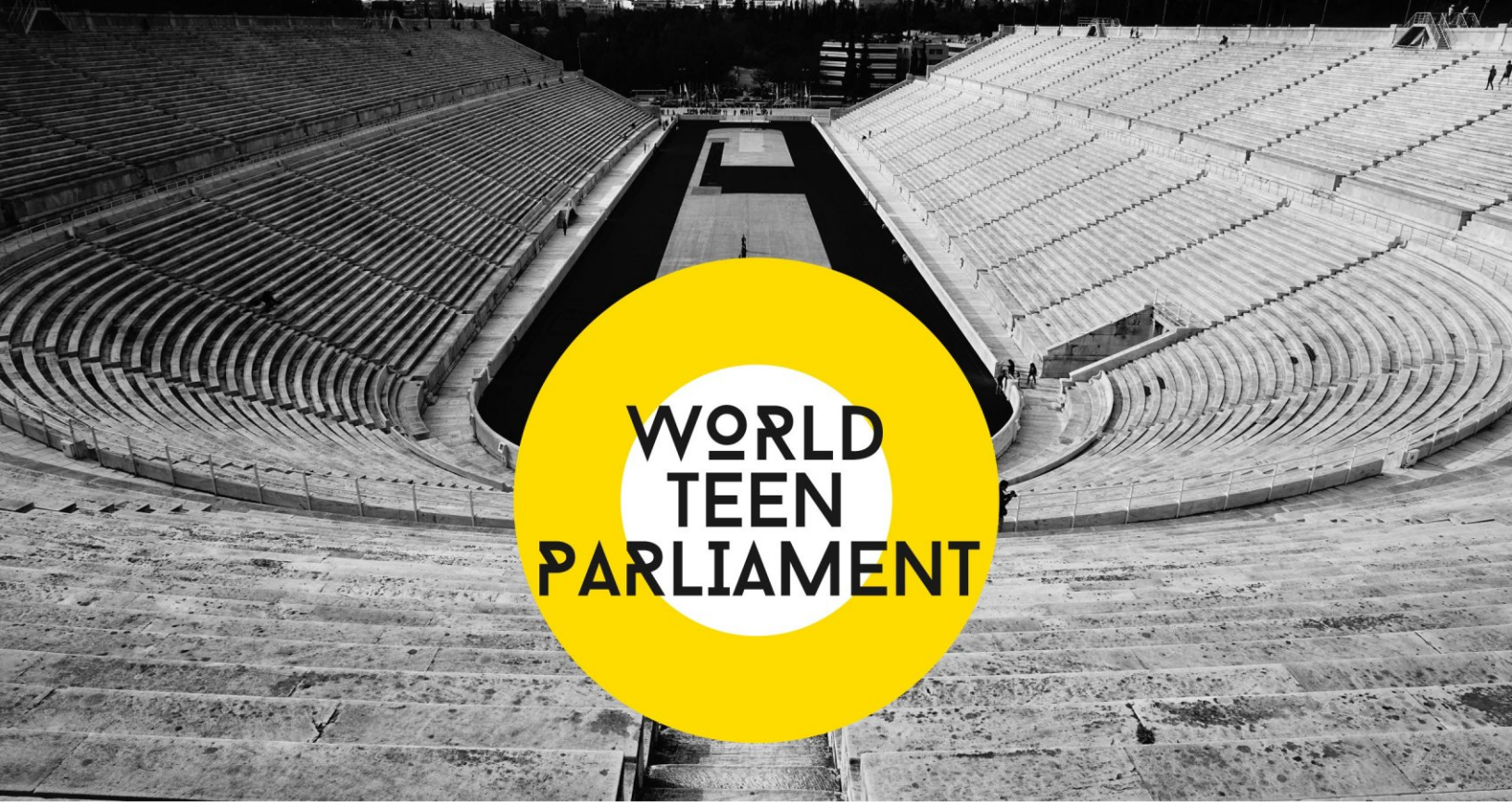
Touch the Goosebumps Nature
provides to feel the Magic in
You
Feel the Magic, be the Magic,
create a Spring of You!

- Veena Bhavnes Gaur

**Brar - Flipflop in Spanish Language*

**Mair - More in Scott and Northern English*





Inviting Teenagers from across the world to share Innovative Solutions for their Local and Global Problems with the World Leaders and push for a Positive Change in the World by answering:

'HOW WILL I IMPROVE THE WORLD?'

At the
World Teen Parliament

Virtual Parliament Sessions
Ideas to Improve Life
Push a for Positive Change
Share Solutions for Local to Global Problems
Pursue Global Leaders to address Challenges often neglected

World Teen Parliament is a body of teens with a clear aim to make the world a better place to live; will opine and push on everything that empowers Life!

We are identifying 1,00,000 Global Teen Change-Makers in 2021 to

ENCOURAGE - ELABORATE - EMPOWER - 'CHANGE'

The election to the Teen Parliament will only depend on the 'IDEA' that the Teen gives with the execution plan for any local to global problem.

Each session will be chaired by Global Leaders to give this body immunity from influence and persuasion.

WORLD TEEN PARLIAMENT INVITES TEENS TO "INSPIRE CHANGE"

Visit www.blubworld.com/worldteenparliament



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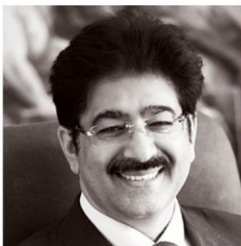
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CEO, Education, Skilling
& Consulting Services,
Ampersand Group



Mrs. Veena B. Gaur
Chairperson, Blub World,
Renowned Poetess,
Ex-Voluntary Member,
UNICEF India

**Arranged in Alphabetical Order*

WHY TEEN PARLIAMENT?

Teen age is the most energetic and innovative age bracket of any human being because he or she is not stuck with a lot of mental blocks of past experiences and advice. This makes them immune from maximum prejudices, giving them freedom to innovate. And this very freedom can become the premise of innovative solutions that could change the world for a better future.

WHY PARTICIPATE?

SCHOOLS

The future of the world lies in your lap. Give a voice to them to improve the world for good.

Make your school the epicentre of ideas that improve life globally.

Prepare teen thought leaders & innovators, who can influence the world.

Give your students a global platform to represent your institution and become an inspiration for teens across the world.

TEENS

Learning the 21st century skills from the most respected global faculty.

Meeting global leaders to present your ideas.

Inspiring teens across the world with your speeches.

Controlling the world's first & biggest exclusive teen parliament.

Making your ideas a reality.

PARENTS

Your children deserve to be leaders, don't let their energy and intellect go to waste in just following instructions.

Let them be the leaders in whatever they do in life and not just followers.

This is your chance to set them free from any barrier that stops their growth or their vision.

Give them the confidence to lead in any field that they choose for their future.

UNIVERSITIES

You are the visionaries of education.

Let us support schools and teens across the world to bring together the best ideas that improve life.

Lead the initiative to bring together the whole education ecosystem around you.

Become a patron for the world's first exclusive teen parliament.

EDTECH

Technology runs the world, and you run that technology.

The world needs future leaders who are well equipped for a future carved by technology.

You prepare them, we connect them, to design and build a future of their dreams.

Support this parliament of ideas.

GOVERNMENTS

You are the custodians of life in your countries.

Give these young minds and little hands a chance to assist you in achieving your vision.

They are the repositories of innovation.

The future cannot be imagined without their intervention.

They are the future, in the present.

WHAT WILL THE PARTICIPANTS LEARN?

Answering the theme question will develop the following skills in you.

EMPATHY

The first step to solving a problem is to identify one, and that can only be done via empathy.

CRITICAL THINKING

The solution to every problem lies in our minds, the only way to reach it is via thinking critically.

CREATIVITY

In the process of finding the solution, you will have to be creative to think of solutions that are not obvious and straightforward.

COMMUNICATION

The journey of an idea from ideation to realisation starts with communication. Your communication skill will determine the support that you get for your idea.

COLLABORATION

The idea can only become a reality if you collaborate with the right people and learn to make them stick with you and your idea.

LEADERSHIP

Only a true leader can complete the journey of an idea. If you have the guts to lead the world towards a better future, only then, will people follow.

**Eligibility For
Participating in WTP 2021**

15 to 18 years of age

**Tenure of the World Teen
Parliament**

12 months or 1 year

**Total time commitment
from a participant**

21 days in a year

STEPS TO PARTICIPATE:

1. Answer the theme question in a 59-second video
2. Upload the 59-second video on the Facebook page of Blub World
3. Get maximum likes and shares for your video
4. The most viral video participant, gets elected to participate in the Live Zonal Parliament
5. Speak at the Live Zonal Parliament and get the maximum support from Live Voting to get elected to the World Teen Parliament
6. Become a Member of Parliament of the World Teen Parliament & address Teens from across the World
7. Get trained in Leadership, Global Governance and Policy making from Global Faculty
8. Plan and execute the selection process for constituting the next World Teen Parliament

SELECTION PROCESS

50% Practicality & 50% Popularity



A target to reach 1,00,000 teen change-makers across the world in 2021.

Teens from across the world will answer the question, "How will I improve the world?" on video within 59 seconds and gather support for their idea and plan to get invited to the Live Zonal Parliament.

We will be hosting Zonal Parliamentary Sessions to select the best 100 teens from varied geographies to become a part of the World Teen Parliament.

The election to the Teen Parliament will depend on the 'IDEA & PLAN' that the Teen gives, for any local or global problem.

Each idea will have to balance the 'practicality' and 'popularity' aspect of it, as is the need of every democracy.

The Teen Parliamentarian has to learn to respect the merit and the mandate balance of democracy, making them a much more responsible global citizen.

Each session will be chaired by leaders from different parts of the world to give this body immunity from influence and persuasion.

INVITING DYNAMIC SCHOOL LEADERS

Progressive & Dynamic School leaders from across the world are invited to become a part of the working committee of the World Teen Parliament for their zones and enable many more teens to participate and share their vision for the world.

Interested school leaders can share their profile with us on worldteenparliament@gmail.com

To Apply

Visit www.blubworld.com/worldteenparliament



FILTER – FORTIFY – FIND – FINALIZE

So much information we have on the internet, but nothing can be of use until and unless we know how to utilize it. Kids every year, from across the globe are faced with the trouble of deciding their line of career. While some are prompted from a very young age that they wish to become a Pilot, a Vet, a Chef, a Coder or an Artist, but things are not so easy for others, especially children who are unable to figure out their passion or their calling.

Faced with the dilemma of too much information, pressure, hobbies, interests, ideas and opinions or sometimes lack of guidance, knowledge and resources,

teens today have the freedom to pick what they like to do, but sadly many

“... Faced with the dilemma of too much information, pressure, hobbies, interests, ideas and opinions or sometimes lack of guidance, knowledge and resources, teens today are confused, chaotic and very much concerned.”

students, including the bright ones have difficulty figuring out their line

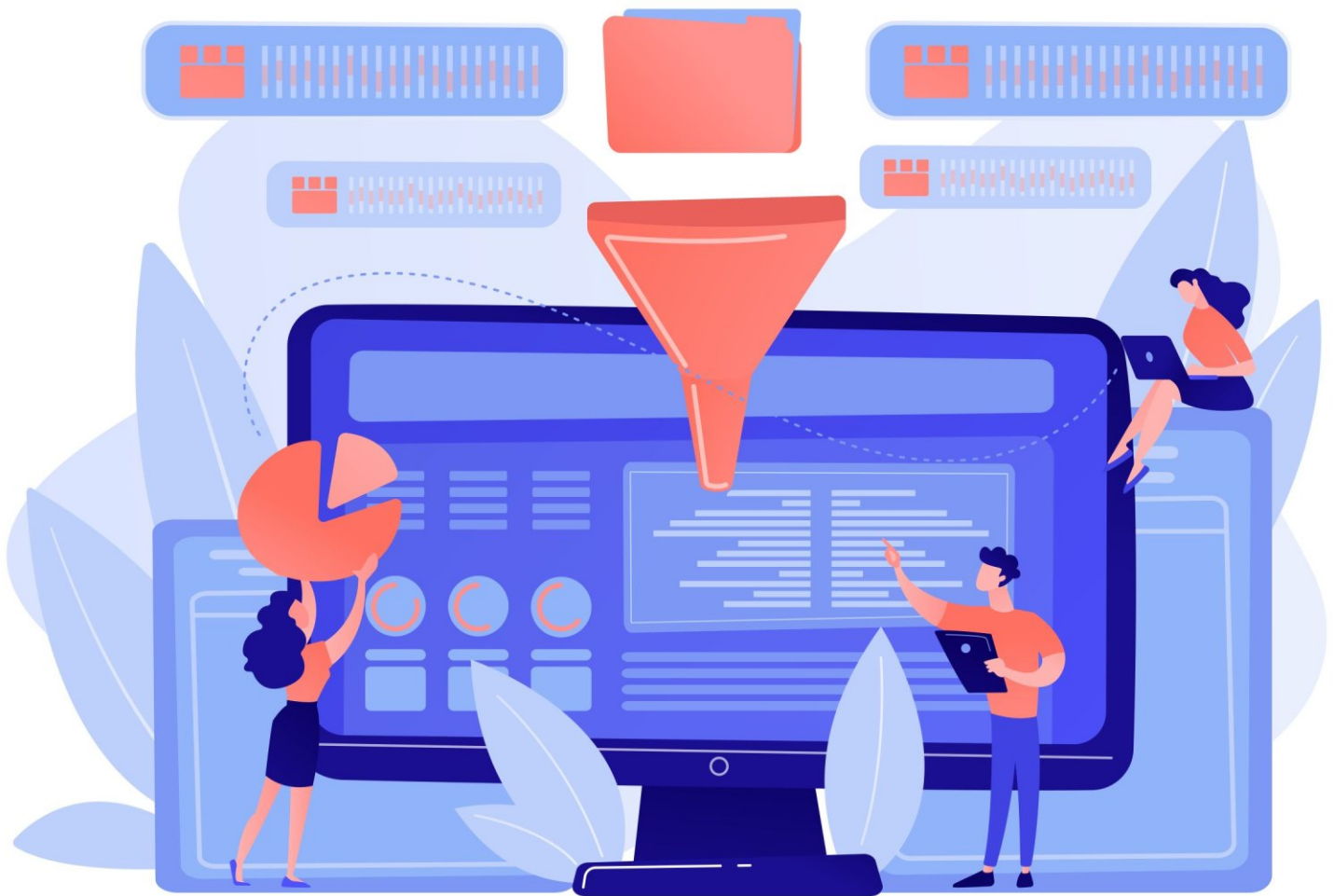
of career. While earlier due to limited options and liberty from parents and the society, it was easier to decide, but today with endless choices one can build their professional self in, children are confused, chaotic and very much concerned.

It is not all that easy or difficult to decide but sooner or later, and with little efforts one can understand or foresee a future they wish for themselves. Below are a few ways which might help students and anxious parents decide or reach a conclusion. Let's see how:

Filter:

One of the very crucial steps in





picking a career path or in life in general is, sieving what's not required. If we don't know what to do, then focus and filter out all those things which we just don't want to do. List down all the subjects, careers and professions you don't wish to pursue. At least then your options would be limited and you will have an idea of what's interesting for you. Also consider and understand with your parents about your family business. From colleges, entrance exams, options picked by your friends and cousins, to ideas proposed by the well-wishers, you will at least now have segregated information that's useful from the unwanted.

Fortify:

When in Grade 10th and 12th, we at least know where and how we wish to build a future. From picking the country, city, topography to the climate, to deciding on doing a

“...List down and filter all the subjects, careers and professions you don't wish to pursue.”

business, 9-6 job, or freelancing, make small little choices which can be helpful to you. Be sure to know if you wish to travel and explore another nation, live near the beach or in the hills, within your native city

and with or without your parents. It is okay to change your decision later in the years, but at least foresee a future of your desire. This will not just help you but also your parents to pick the right universities, plan an education budget as well as restructure their retirement plan. This will again help you explore and identify prospects in those particular locations like business opportunities in a tourist destination that you wish to settle in for some time or a local business in your hometown. Freeze as much of such information as possible basis which more dots can be added to figure out a plan. Also make a list of your hobbies and the entire forte that you have.

Find:

Explore the city, opportunities and people in the location you have chosen. Try to reach out to a few to understand their life and work profile. Pick vocational schools, colleges, and universities to comprehend the courses offered and opt for a week or a month's distance learning course in the subject of your interest. If your interest continues, plan a visit to the city with your parents.

If location is not your guiding factor, then from the list of your leisure pursuits, pick each one; figure out its prospects like growth, cities and countries for job opportunities, salary and educational criteria, requirement of the profession in the future and the added courses one may require to stay updated. Always connect with people from the said fields to understand their career and lifestyle. Search for free online courses and opt to complete them. This will help you figure and

concrete your interest in a particular field.

Finalize:

Be open, flexible to finalization and take the first step. With all your heart and sincerity, learn about it. Explore your area and specialization. Question yourself,



your professors, parents, friends and the people in that field to clear all your doubts and be sure to know what you are getting into. Know of people who have succeeded and failed in those areas and be sure to make notes. Now help yourself with

a good SWOT Test (Strength, Weak, Opportunities and Threat) and get your remaining answers. Be open to suggestions and fine with unanswered questions. Gradually, step by step and with genuine efforts you will reach the spot where you exactly will know your line of career.

As a bonus advice, if nothing still works out for, work on any of your three hobbies. Get a degree or a certificate training done for each, and keep a tap on its latest developments. Keep yourself updated and practice it every day. In these three, pick the first one to make your career in and earn your livelihood from. Maintain the second one in case you need extra funds or if the first line of career fails. And work on the third one as a leisure pursuit so that at the end of the day, you will know ways to be happy with your own actions. The ultimate aim is to be happy with whatever you do! Pick your happiness! ❖❖



"...It is okay to change your decision later in the years, but at least foresee a future of your desire."



“... While eating a meal, one is expected to be mindful of what he or she of any age, is consuming.”

#blubworldthinks

EAT + WATCH = REGRET

Food Eating is an experience and a way to enhance our mind, body and soul. Healthy eating not just helps us maintain body weight and balance but also nourishes our organs, bones, and tissues. From helping us fight diseases, building muscles and stamina, the act of having meals together is also often considered an important part of social interactions to celebrate and satiate life.

However, in the last few

decades, the concept of eating and watching TV/ Mobiles developed which started as a casual combination but today has become a habit with effects way too detrimental. In order to simply distract our mind, cheer our self up, watch a certain movie or a program, eating and watching together can be harmful in the long run, here's how:

1. While eating a meal, one is expected to be mindful of what he or

she of any age is consuming. From immersing in the taste, texture, color, quantity to understanding the nutritive value of each food item, we must also try to comprehend different ingredients used in each recipe. This not helps in conscious and limited eating but diverts our mind into something more beneficial and creative. But when we are watching a movie, our mind is engaged elsewhere, so much that sometimes we over-eat or simply forget to eat

2. What we watch on the television or on our handheld also defines our speed of eating and body posture. Sometimes we forget to chew, eat slow and at times, we just gulp down big bites while sitting uncomfortably, thereby damaging the natural digestive process

3. Eating in front of the idiot box also makes us sit for a longer duration until a particular episode gets over. This is unhealthy. From delaying keeping the plates, washing hands, clearing the table to winding up the kitchen, more often than said, it gets pushed to the next day. One must note that these small little activities or movement is quite essential for the gases to clear and for us to have a relaxed slumber

4. Often preoccupied while eating, we also forget to talk to our family members thereby reducing communication. This not just kills the time for general table conversation but also beats the opportunity for sharing some interesting news, day's highlights, dreams and goals or making plans for another day or occasion

5. When we watch and eat every day, even with people around, a sense of loneliness, boredom, lack of enthusiasm and connectivity creeps in as everyone becomes less expressive and open. This can be damaging for our mental and physical well-being while also makes relationships cold and distant

6. Food is always prepared with a lot



of love and effort. When we are busy, very often we forget to be appreciative of what's on our plate while also make food eating a task

“... Watching a delectable dessert on the screen unnecessarily tempts us to eat sweet dishes.”

instead of savoring our favorite delicacies made with much love and affection

7. When we sit to eat focused on the food, we eat by keeping in mind our body needs and requirements. We

stick to the diet plans and do not get carried away into eating limitlessly

8. Watching a delectable dessert on the screen unnecessarily tempts us to eat sweet dishes. While eating something not required is already insanitary, not consuming it also leads to immense dissatisfaction created simply due to a television commercial. Something easily avoidable!

9. We are often in a hurry when a serial is on, sometimes eating directly from the container or the food pack, thereby eating in a much higher quantity – clearly very harmful



“... Often preoccupied while eating, we also forget to talk to our family members there by reducing communication.”

making us lethargic, irritable and stressed

Eating and watching looks like a small distraction but can be truly damaging for our well-being. We must eat with focus; watch with ease but separately, while also ensuring sticking to our timelines. This way, we can be undisturbed and unregretful, and can beyond doubt, unwind! ❖

10. When we get free to eat and watch, our time-table also gets disturbed as a 30-min activity goes on for hours. Not only do we tend to sleep late, skip the night routine and

bedtime reading, but also end up watching a lot of content right before sleeping giving us a disturbed siesta. This makes us agitated the next day, reducing efficiency and interest, and



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by Yuval Noah Harari

“Interesting and provocative! It gives you a sense of perspective on how briefly we’ve been on this earth, how short things like agriculture and science have been around, and why it makes sense for us to not take them for granted.”

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THE NUMBER ONE BESTSELLER

Yuval Noah Harari



Sapiens

A Brief
History of
Humankind

‘A RARE BOOK...THRILLING AND BREATHTAKING’
OBSERVER

VINTAGE

INTERNATIONAL WOMEN'S DAY

International Women's Day is a global holiday celebrated annually on March 8 to commemorate the cultural, political, and socioeconomic achievements of women. It is also a focal point in the women's rights movement, bringing attention to issues such as gender equality, reproductive rights, and violence against women.

If you want something said, ask a man; if you want something done, ask a woman.

- Margaret Thatcher

A woman is like a tea bag - you can't tell how strong she is until you put her in hot water.

- Eleanor Roosevelt

There is no limit to what we, as women, can accomplish.

- Michelle Obama

A girl should be two things:

Who and what she wants.

- Coco Chanel

Where there is a woman, there is magic.

- Ntozake Shange

Women are the largest untapped reservoir of talent in the world.

- Hillary Clinton

A strong woman looks a challenge in the eye and gives it a wink.

- Gina Carey

Little girls with dreams become

women with vision.

- Unknown.

We realize the importance of our voice when we are silenced.

- Malala Yousafzai

A woman with a voice is by definition a strong woman. But the search to find that voice can be remarkably difficult.

- Melinda Gates





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