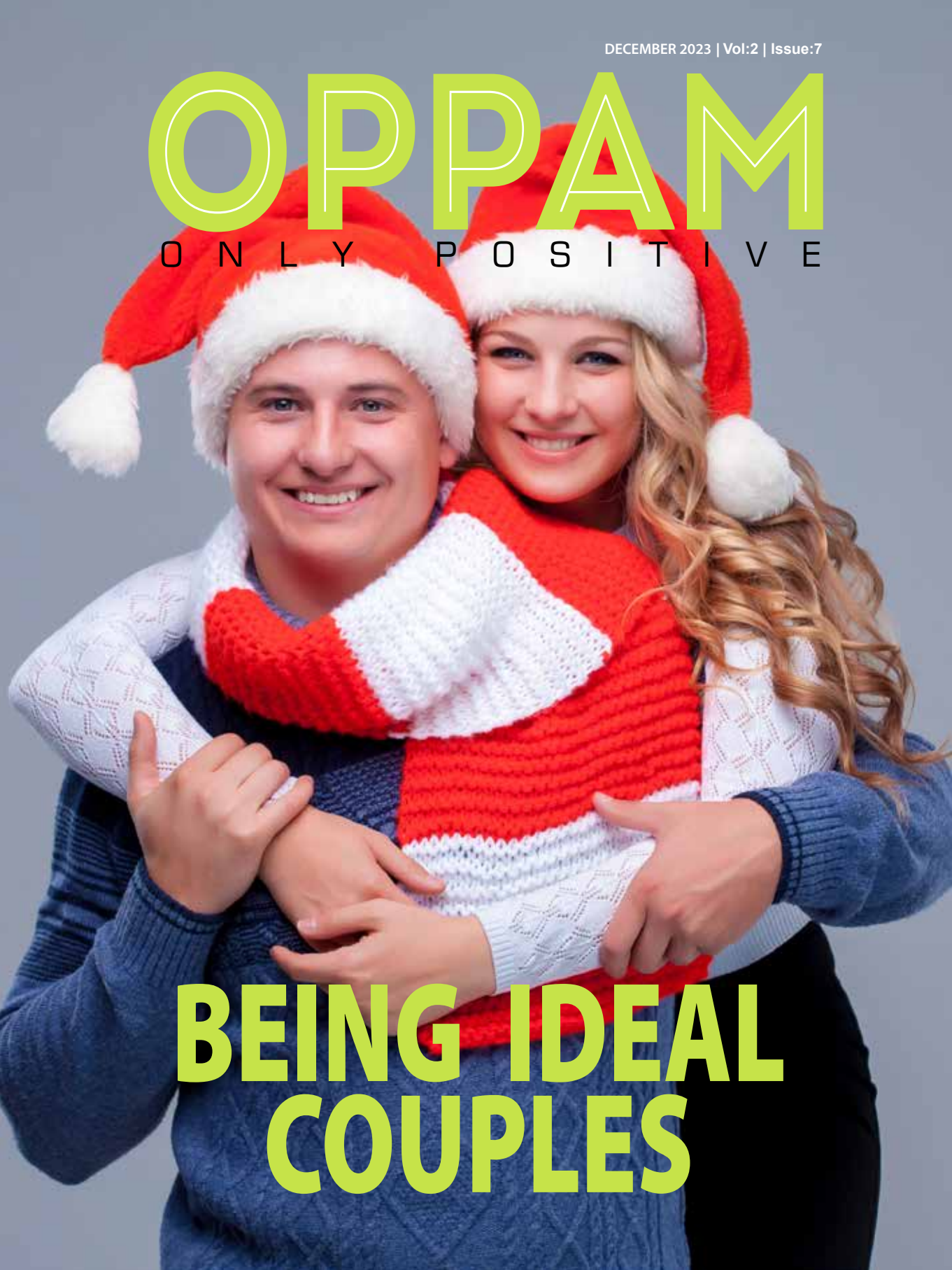


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BEING IDEAL COUPLES



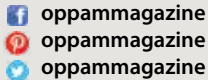
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Editorial

PROF ANTONEY P JOSEPH
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THE MOST BEAUTIFUL MOMENT IN LIFE

“What is the most beautiful moment in your life?” This question was posed by a journalist to everyone who passed by on that busy road in the city. Many people gave different replies. But the journalist was not satisfied with the answers until he heard a very satisfying reply from the last one. The man said: “The most beautiful moment in your life is the moment you are happy.”

Isn't he right? The most beautiful moment in life is the moment you are able to experience happiness. But, how many of us are able to rejoice in life? Why someone is not able to rejoice? A person who has low self-esteem, who has no confidence in his capabilities, and who is not able to be proud of his achievements will not be able to experience happiness. You will not be able to rejoice if you keep comparing yourself with others and grudge at them. It is neither money nor fame that is the reason for happiness but it is living meaningfully every moment of your life and finding meaning in life.

What we have to rejoice is just this moment. Nobody has the right to destroy our right to rejoice at this moment. Often, we lose our happiness not due to big reasons, but because of trivial quarrels, misunderstandings, and stubbornness. They destroy the moments in our lives that could otherwise be made joyful.

Rejoice and let others rejoice. Or be a reason for others' happiness. What else can we do for others? Leo Tolstoy says that there is no happier moment in life than to express our selfless love and positive thoughts.

One more year is passing. How do you look at the years that have gone by? How do you assess them? How was this year for you? You may have had moments that were painful and poignant. But, there definitely were some good moments to cherish. Recall them. Rejoice in them. Bury your desperate memories. Believe that happier days will dawn in your life. Go ahead with the pledge that I will create happier days in life.

Wish you all success!

Prof Antony P Joseph

MAKE CHILDREN SELF-SUFFICIENT

There are many young people around us who are not capable of doing their own things properly even after they reach adulthood. Why is this happening? This is a defect in their personality due to the extreme love of their parents from an early age which did not allow them to do anything of their own free will or forbade them to do many things they wanted to do. To avoid such a situation, it is necessary to inculcate self-sufficiency in them from a young

age. What should parents do about it?

Don't do everything for your children

Most parents compete to do everything for their children, thinking that it will be helpful for them. There are many people who do many things for their children. Don't stop children when they start doing things by themselves. Don't restrict them, it's like learning to walk by falling many times and then landing on the right one after



Don't criticize your children when they make mistakes. Criticism is a hindrance to trying again. So instead of doing that, introduce the point through examples.

many mistakes. Even if they make mistakes many times, they will finally get it right. The confidence this creates in them is not insignificant.

Don't get involved in what is being done

Parents help their children by interfering with their activities. It shouldn't be. Studies show that repeated failed attempts instill in children a sense of self-sufficiency and independence. So, don't interfere with what the kids are

doing. Allow them to do what they are involved in.

Give age-appropriate tasks

It is said that you should not pick stones with your trunk. That's right. Don't pick stones, but you can pick the stumps. Likewise, make children do tasks according to their age and development. Children develop self-confidence and become self-sufficient when they do simple tasks alone.

Give time

When giving tasks to children, be patient until they finish. Give time. Children do not necessarily complete the work within the time we intend. So, don't be angry or impatient. Be patient and wait.

Be clear and precise in the instruction

The instructions given by parents to



their children should be clear and precise. Instructions should be given in a manner that children can understand.

Teach problem solving

Quarrels between children are common in most homes. Usually, parents step in to solve this problem. But the children have to solve this problem themselves. Parents should only intervene if the situation seems out of hand. By being willing and successful at solving the problem they are facing on their own, they will have the confidence to find solutions to problems in the future and become self-sufficient.

Be as good as you can

There are also things to watch out for when correcting children when they make mistakes. Most of the parents are correcting their children by raising their voice saying that this is how it should be done. Don't criticize your children when they make mistakes. Criticism is a hindrance to trying again. So instead of doing that, introduce the point through examples.

Delegate responsibilities

Give your children every responsibility. By taking responsibility at an early age, it will be easier for them to do great things in the future.

Say 'yes' when it comes to helping

When the children come to help their parents, take them along. When asked if you want to do it, simply answer 'yes.'

Let children play as their will

Playing is an easy way to grow into self-sufficiency. Let the children play freely. Through this their creativity increases and social relations are formed, also improving problem solving skills.



ENSURE MENTAL HEALTH AND PRACTICE GOOD HEALTH HABITS

New reports indicate that we live in a society where mental health is deteriorating. According to the World Health Organization, depression is a disease that is spreading rapidly around the world. Once depression grips a person, life becomes dull. The answer and solution to this is simply to follow a healthy lifestyle. Creativity and positivity in lifestyle and minimize risk of getting depression.

Regular exercise

Physical exercise is not only good for the body but also improves mental health. Exercising regularly releases

endorphins from the body and helps maintain a good mood. Exercising for at least 150 minutes a week can significantly reduce the risk of depression. Walking, cycling, dancing, etc. can help achieve the same goal.

Balanced diet

Nutrient-rich food plays a crucial role in mental health. It is not enough to eat something to satisfy your hunger, but it should also be healthy for your body and mind. Fruits, vegetables, whole grains, and protein-rich foods all ensure brain health. Eating fish and walnuts that are rich in omega-3 also



Getting seven to nine hours of sleep a day is good for mental health. Going to bed very late and waking up late is the prevailing trend.

significantly reduces the risk of depression.

Adequate sleep

Getting seven to nine hours of sleep a day is good for mental health. Going to bed very late and waking up late is the prevailing trend. There is also a habit of going to sleep at the same time. Plan a regular bedtime and wake-up time schedule. It is also good to create a peaceful sleep environment.

Social relationship

Better social relationships are conducive to mental health. Live in relation to the community. Good personal relationships, work relationships, and family relationships are all helpful for social bonding. Isolation can increase the chances of depression. So, live a social life and strengthen your personal relationships.

Stress Management

Constant stress can lead to depression. Stress in life for many reasons can gradually lead to depression. So, learn to manage stress from the beginning. Meditation, deep breathing and yoga are helpful for this. Indulging in some fun activities can also reduce stress

Quit alcohol

Alcohol is a solution some people find to reduce stress, but it does more harm than good. Avoid alcohol.

Be goal oriented

It is essential to have self-respect and a sense of purpose. A person who realizes that he has a purpose and acts with a sense of purpose cannot succumb to depression. Even if you have to face hopeless situations, if you have a sense of purpose, you can overcome them and reach your goal in life

Seek medical assistance

If you are experiencing symptoms of depression, seek help from your doctor. There are effective treatments in this area today. Therapies and medications can help in overcoming depression. Never hesitate to see a doctor.





WHY SHOULD I CONTINUE IN THIS RELATIONSHIP?

In every relationship, whether it is friendship, marital relationship, official relationship, or relationship between neighbors, there is a foundational factor: respect for the opposition. Except for cracking harmless jokes, we should always speak and deal with others with respect. If we are surrounded by people who frequently scorn us and mock us, then life will be hell. In that case, it is better to withdraw from such relationships.

Even though you have loved someone sincerely and stayed loyal to that person, he or she points at another person and tries to prove that the other person is better than you, then continuing in that relationship is not advisable. It means that the other person is loved

and preferred over you. If you do not get the love and friendship you have invested in him/her, why should you continue in that relationship bearing low self-esteem?

It is trust that decides the beauty of every relationship. Mutual trust is essential between couples, friends, and neighbors. Continuing in a relationship when the other one has publicized or misused your secrets, will make you a fool.

There are people who tell lies always. Be honest to those who are close to you. Honesty is the best policy in the world. What does it benefit you in continuing a relationship with someone who is not honest to you? It also can cause evil results.

In a relationship, there should be at least one factor that is enjoyable to both. It is true that each one is different. Each one has different tastes and interests.

In a relationship, there should be at least one factor that is enjoyable to both. It is true that each one is different. Each one has different tastes and interests. Admitting all these, there should be some common interests that is essential for the smooth growth and sustenance of every relationship. Instead of these, if both of you have contradictory ideologies and interests, such a relationship will never be long-lasting. Find it early and keep away from such toxic relationships.

For certain people, their interests are all what matters. For them, the pain of a thorn in their foot will be greater than the pain of the amputated leg of

another person. These people will not be kind or empathetic. For them, their pain is bigger... their happiness is bigger... their success is bigger. If you find 'ego' and selfishness are dominating in their dealing, avoid such people.

Body shaming is bad in all circumstances. Everyone is a unique creation. Everyone is different from the other in height, color, weight, shape, face, and limbs. If someone is frequently insulting you by pointing at your features, you do not need to maintain that relationship. Never maintain a relationship with someone who constantly leads you down to inferiority feeling.

At the same time, some relationships provide us with solace and happiness. When we are with them, we feel that we are in a protective hand. Their presence makes us so comfortable. If their presence and closeness is attracting you, stay close to such people. At the same time, run away from all negative and toxic relationships.



DO YOU HIDE YOUR TENSIONS?



Some people are always seen with a smile. Those who see these persons will say in their mind: “What a pleasant face!” But some therapists say that all smiles are not real.

For many people, a smile is a mask to hide their inner stress and anxieties. These people are reluctant to express their inner feelings.

They think that it is shameful to reveal their inner stress before others. So, they wear a mask of smile on their faces just to show others. At least the smiles on the faces of some people are thus, says therapist Amber Smith.

Silence is an indication that a person is tensed. They are not ready to reveal their anxieties. The tension they bear within obstructs them from speaking naturally. Even if they speak something, it will not be a proper conversation. So, they keep silent so as to hide their inner stress.

In our day-to-day life, we have come across people browsing mobile phones and rotating their pens to divert their attention. Some people bite their nails and play with their hair. These are indications of tension.

Another indication of tension is to get away from society and sit alone. If someone is frequently avoiding social gatherings, he or she is laden with stress.

If you are losing concentration or you are not able to focus on anything, then it means that you are experiencing some kind of stress.



WHAT WILL OTHERS THINK?

Very often we are very concerned about what people think about us. We are often laden with this concern.

This is the reason why we very often abstain from doing many things. “What will you think?” “What will others think?” The truth is that others are not thinking about us as we imagine them to be. The reason for our concern and botheration is our own insecurity and egoistic thoughts.

Others may be thinking well of us, or they may not be thinking ill of us as we imagine. We arrive at certain conclusions based on our whims and fancies. We imagine that others think so

about us. The truth is that they do not have enough time to think about their problems. Then how can they get time to think about us?

Otherwise, what if they think about us? Suppose they are thinking ill of good deeds I am doing. But I know what I am doing. They may think well of some of my actions and may praise me. But I know that my act does not deserve praise.

This being the fact, what is the relevance of others’ thoughts? It is not others’ thoughts that matter, but my thoughts.

If I understand my inner being and

actions very well and define them well, I will not be bothered about what others think.

Because I know what I did. I have sometimes shrunk when I got praise which I did not deserve. I know very well that I have not done anything to be praised so much. I know that I have not been so sincere when I did something that was greatly praised.

So, I have not taken into my heart undeserved praises. For me, they are fingers pointed at me.

As we advance in age, we are pulled back by the thought: "What will others think?" During our younger age, we do not care about what others think. That

is how young people become arrogant. At some point in our age, everyone is arrogant.

But once we are tied up into the confines of our circumstances, we will be curbed by these reconsiderations. We are more prone to please others and to prove that we are good. We will lose our daring mind which says: "I don't care whatever you think."

The challenge before us is to have a mindset, "I don't care whatever others think about me; It is enough that my thoughts are good." Our success rests on our decision to conquer our both-eration on others' thoughts about ourselves.



WHEN DO YOU TAKE BATH?

A morning bath is an indispensable thing. Most people have a bath in the morning before engaging in other activities. Many people cannot even think about going for a job or setting out on a journey without taking a bath in the morning. But there are certain people who do not like morning bath. Especially working women. They are concerned about the health issues of travelling with wet hair. Such people shift their bath to the evening.

Naturally, a doubt will arise in your mind. Which is better? Morning bath or evening bath? Which one is more healthy practice?

There is no doubt that a morning bath can refresh you. We feel a verve when we take a bath in the morning along with other morning routines. A bath can give us the energy to go ahead in the whole day.

Likewise, an evening bath has its own benefits. An evening bath is an easy way to relax after a day's toil and sweat. Evening baths or baths during twilight will help you to have a good sleep. A bath can give immense relaxation and relief to a person who returns tired after a day's hard work. They are going to bed after washing away all the dirt and sweat from the body. On the other hand, if we go to bed without taking the evening bath, we are going to bed with the dirt, chemicals, and sweat on our bodies. This dirt will get attached to the

blankets and may cause allergic itching later. It may also cause dry skin issues and pimples.

In short, the time of bathing is each one's personal choice. Morning bath and evening bath have their own unique benefits. So, let each one decide when to take a bath.



TASTES AND PREFERENCES

A restaurant is a place where varied interests and tastes meet. Just pay attention to each customer who comes into a restaurant.

Each one is different not only in external appearance or character but also in taste. Some people prefer to eat food from street vendors, while some others want their food from middle-class restaurants. There is a difference in the style of ordering food in restaurants which may vary according to their grade.

Preferences of people coming from the same family are different. Let us

take tea for instance. One person needs strong tea, while another one wants medium tea. Yet others may prefer light tea or black tea. Some of them want to add more sugar, while some others prefer less or no sugar at all.

While dining, some people prefer bread and sandwiches, while some others pizza. Some people choose chappatti with egg curry, while some others love to have chappatti with lentils. Some people like beef, while others go for chicken. Certain people are allergic to beef and dairy products. There is another



We need to bother about someone's personal decision only when it affects the existence of the whole society or when it gives a definite negative result or message to all.

er set of people who will not be able to sleep unless they eat rice. Some people like white rice, while some others like brown rice.

I do not understand why we are not able to accept and tolerate other people with different preferences and tastes. Why should we be adamant that everyone should be alike and uniform? Why do we want everyone to have the same opinion and taste? If only we were able to be more tolerant towards the preferences of others, we could avoid many

clashes and arguments.

Uniformity is only an external covering – an outer shell. It is only an indicative common factor that makes the students of a school or the employees of a company a part of that institution. Even with the uniforms how different are they inside? How different would be the content of their tiffin box while they wear the same dress? Their complexion, height, shape etc. are so different.

There have always been efforts to suppress differing opinions. How does a person become deplorable just because he or she holds a different opinion? Once they reach marriageable age, most young people marry. Once they complete their studies and secure a job, they think about marriage. By that, is it necessary to condemn those who do not marry? They may have their own reasons not to marry.



I have come across some people who evade marriage because they are scared of delivery. I have also seen people who do not marry due to some physical disability. Some people do not marry because they have an apathy towards the opposite sex. This may not necessarily be their defects alone. This may not be their conscious choice.

As differences in taste buds decide people's liking, once they are diabetic or have elevated cholesterol, they change their preferences unknowingly. It may be their own choices. Who are we to judge?

We need to bother about someone's personal decision only when it affects

the existence of the whole society or when it gives a definite negative result or message to all. I think there is no reason to bother about someone as long as his decisions and tastes are his own personal concerns.

India holds the vision of unity in diversity. All Indians are not alike. There is no uniformity of culture here. If we can accept others and their culture, leave it to themselves.

I am not at all like you. My taste buds are not your taste buds. I think, act, and behave in my own way. My tastes are unique and different. I need to accept it. It is up to you to accept it or not. I am least bothered about it.



BEING IDEAL COUPLES

Most couples have mutual respect and love. But they limit expressing these to certain occasions. As they advance in age, they become less and less expressive.

As years pass by, couples are reluctant to spend time together and strengthen their emotional bonds. Especially, when they have grown-up children. There are some couples who are reluctant to express mutual love or even sleep in the same room once their children have grown up.

There is no point in feeling shy or hesitant in these matters. However advanced by your age, you are still couples. You have the responsibility to ensure

mutual love and grow it up. You need to share love and row the boat of marital life. It is not by doing big things that you remain and grow in love, but also by doing little things. Here are some ways to grow your love:

Sleep hugging each other

Some couples touch mutually only when they are about to engage in sex, and once the sexual act is over, they turn apart and fall asleep. When they have no plan to have sex, they take care not even to touch mutually. Especially when they have lived together for decades. This is not a good practice. Hugging each other while sleeping will deepen their bond.



This will help them feel more secure and ensure a good sleep. It will also build their mutual love.

Make each other happy with a smile

Always try to make your spouse happy. An open smile on the part of partners will enhance the relationship. A smile from your partner will help you overcome many adverse situations in life. By smiling at your spouse, you are actually telling “Never be sad dear.”

Change your dress in front of your partner

Do you feel reluctance to change your dress in front of your life partner? Then your relationship is not so warm. It is natural to feel awkward to change your dress before a stranger. Because we do not know them. But our life partner is not so. If you still feel uneasy to change your dress before your spouse, it means that your relationship is not deep enough.

Exchange words in the bedroom

Before going to sleep, speak to each other. It will help both of you to assess the day objectively, relieve your stress, and plan out the coming day effectively. But what we often see is that couples never talk in their bedrooms. The moment they see the bed, they fall asleep. Some others stay awake, but will never communicate.

Give a holiday to the kitchen

At least once a month or according to your financial status, give a holiday to the kitchen. Go out together and have a dine-out. Visit a park or beach. Watch a movie or go shopping. These are all small steps to grow in mutual love.

Take a bath together

Taking a bath together will enhance marital love. Similarly, do the kitchen chores together. Watch the television together. Find time for these things and have a heart to practice them.





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