

TOWARDS TOMORROW

INTERNATIONAL CAREER MAGAZINE



Choosing a right career

WHAT ARE MY OPTIONS?

Mental health

NUTRITIONAL EVALUATION TO ACHIEVE HEALTHY BODY AND MIND

Interview with Principal

WHAT MEASURES A STUDENTS SUCCESS?



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TOWARDS TOMORROW

Letter from the editor

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We proudly present the first publication of Towards Tomorrow, an international career magazine for youth. As you flip through the pages of the magazine you will read articles related to career, STEM, psychology, nutrition, arts and more.

We cover the interviews with youth professionals from various educational background with an intention to share a clear guidance on the possibilities and opportunities of studying in a particular field. We also encourage students studying abroad or away from their home country to share their experience and the challenges they face in a new country. We promote talents of young achievers who deserve an applause, and share their achievements to the right set of people who value talent. Nevertheless, we still cover the achievements of any age group which is unique and needs a word of appreciation, with an intention of inspiring the youth generation.

I hope you enjoy reading the articles in the magazines, the stories and interviews inspires you to follow your dreams and have a successful career growth.

Never stop learning!

Namitha Tantri

Chief editor

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CONTENTS

STEM



Vedic Mathematics,
Interview with teacher
Anshupriya Agarwal

6

Climate change

10

Empowering students
through coding

12

HOBBY & CREATIVITY

Importance of hobby

14

The sky is the limit, a
motivational story

16

COVER



My career choices

20

HEALTH AND MIND

Nutritional evaluation

22

Mental Health of Today's
Youngsters

24

GROWING MIND



Disability into an ability, an
inspiring journey of Prisha

26

FUN & ENTERTAINMENT



Studying abroad, Interview with Rupkatha

28



My fashion statement

36

PRINCIPAL INTERVIEW

INTERVIEW with principal Wayne Johnson

40



PARENTS CORNER

My Journey of Parenting, journey of a mother

32

Vedic Maths - The hidden treasure of INDIA



In conversation with teacher Anshupriya Agarwal, *a dedicated mathematician.*

Interview By Upasana Sahay

Anshupriya Agarwal is a young mathematician based in Muscat, Oman. She has worked as a Credit Manager in Punjab National Bank, Mumbai India. Due to passion of teaching she left her luxurious job and now teaching maths online and offline to students all over the globe. She was also awarded by Indian Embassy, Muscat, Oman for conducting Vedic Maths workshop.

WHAT IS VEDIC MATHS?

Vedic Mathematics is the name given to the ancient system of Indian Mathematics.

Vedic Mathematics is a super-fast way of solving Math problems whereby you can do supposedly complex calculations like 49875×49725 in less than five seconds. It is highly beneficial for school/college students and students who are appearing for competitive, scholarship examinations & National/International Olympiads

WHO FOUNDED IT? WAS IT TAKEN FROM VEDAS?

It was rediscovered from the Vedas between 1911 and 1918 by Bharati Krishna Tirathaji Maharaj (1884-1960). He claims that these sutras/techniques he learnt from the Vedas especially 'Rig-Veda' directly or indirectly and he intuitively rediscovered them when he was practicing meditation for 8 years.

WHAT MAKES IT A UNIQUE CONCEPT?

Vedic Maths is delightful learning for all human beings. It helps in developing interest in Math & helps them to improve accuracy, speed, sharpen focus, grasping power & mental faculties. It enables the learner to adopt creative Math problem-solving strategies.

HOW IT CAN HELP STUDENTS?

In the Vedic system 'difficult' problems or huge sums can often be solved immediately by the Vedic method. These striking and beautiful methods are just a part of a complete system of mathematics which is far more systematic than the modern 'system'. Vedic Mathematics manifests the coherent and unified structure of mathematics and the methods are complementary, direct and easy. Following are few advantages of learning Vedic mathematics:

- Score very good marks in quantitative sections of competitive exams & National/ International Olympiads
- Get rid of the fear of mathematics & develop an interest in studies specifically Mathematics & Science
- Divide numbers within a flash of time and calculations just mentally with speed and accuracy.



WHAT IS THE FUTURE OF VEDIC MATHEMATICS?

Vedic maths can create a huge transformation in the way we look at mathematics. Today Vedic maths is being taught in some of the most prestigious institutions in England and parts of Europe. NASA scientist applied its principle in the area of artificial intelligence. Vedic mathematics with simplify automatic and algebraic operations has increasingly found acceptance world wide. Expert suggest

that it could be a handy tool for those who need to solve mathematical problems faster by the day.

CAN YOU GIVE AN EXAMPLE FOR OUR YOUNG READERS

Let's see, and explore the magic of Vedic Maths through this eg:

Finding square of a number ending with 5

$$25*25=625$$

$$35*35=1225$$

$$95*95=9025$$

$$75*75=5625$$

So here we multiply the unit digit 5 by 5 and put 25 as our right part of answer. for the first half of the answer we multiply the tens digit by one higher number for example 2 is multiplied by 3 ,3 by 4 , 9 by 10 and 7 by 8 to get the answer 6, 12 ,90 and 56 respectively.

similarly numbers where ten' s digit is same and you unit digit add to 10, the same theory can be applied.

43 X 47 =2021 here five time 4 gives 20 and 3 x 7 gives 21.

similarly we can see below examples

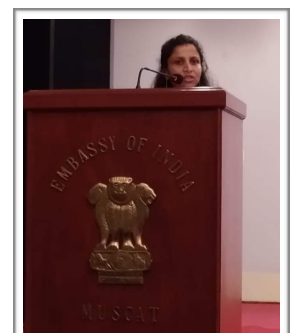
$$52 X 58 = 3016$$

$$73x 77 = 5621$$

$$84 X 86 = 7224$$



Anshupriya Agarwal
Founder at [Vedic Maths Oman & Gulf](#)



Facts about Universe

- 1) When you look into the night sky, you are looking back in time.

The stars we see in the night sky are far away from us, the star light we see takes a long time to reach us. While gazing at stars we are actually experiencing their past. For example, the bright star Vega is only 25 light years away, so the light left the stars 25 years ago.

- 2) Our solar System's biggest mountain is on Mars.

Olympus Mons is the mountain's name. It is the tallest mountain in the solar system. It is 26 km tall and about 600 km across! This mountain is taller than 3x Mount Everest!

- 3) A year on Venus is shorter than its day.

Venus is the slowest rotating planet in our Solar System. It takes longer to fully rotate than to complete its orbit. This means that 1 day is longer than its year. On the planet there are constant electronic storms, and it is covered in clouds of sulfuric acid.

- 4) It is estimated there are 400 billion stars in our galaxy.

Sun, the centre of our Solar System, the source of our light and energy is one of the many stars that our galaxy is made up of. The estimates currently suggest that there are about 400 billion stars in our galaxy - The Milky Way!

- 5) Voyager 1, a space probe launched by NASA, captured the most distant photograph of Earth.

In 1990 when a mission of the spacecraft was still going on, Voyager 1 turned the camera on and took the most distant photograph of our planet Earth. This was called ***The Pale Blue Dot***. The picture was taken from 6 billion km away!

Astronomer Carl Sagar, who first had the idea of taking a photo, said: *“From this distant vantage point, the Earth might not seem of any particular interest. But for us, it's different. Consider again that dot. That's here. That's home. That's us.”*

Article by : Kavan Shah

Age : 12 Yrs

School: ONZE-LIEVE-VROUWCOLLEGE PLUS



Climate change

What is climate change?

Climate change describes a change in the average climate conditions such as temperature, rainfall, snowfall etc., in a certain area for a given period of time. One of the evidence is the warming temperature. Scientists claim that there is a substantial increase in temperature which is higher than the past. When it is observed to be warmer in some places there is also a certain change in rainfall, droughts and other natural calamities observed in other areas. It has become a matter of concern for scientists and others, including the future generation, as there will be a major impact in future if climate change continues.

What are the evidences?

A rise in temperature thus leading to more warmer days

Rise in sea levels

Melting mountain glaciers

Decrease in snow level

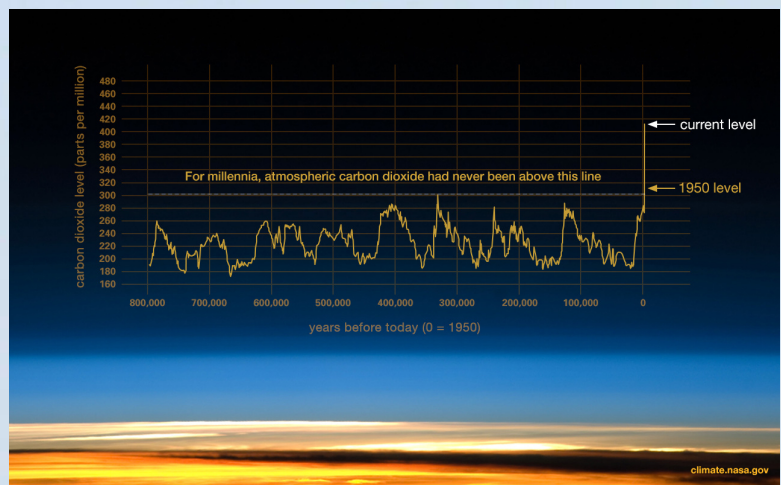
Causes for climate change

A common process takes place in the earth atmosphere, the sun radiation enters the earth and there is a certain amount of radiation/ heat that is sent outside the earth. But in the current situation, there are gases such as CO₂, methane that are blocking the heat from escaping the surface. This effect is called the **greenhouse effect**, resulting in the warmer atmosphere. These gases are the result of human activities that has taken place after the industrial revolutions.

A lot of other factors also contribute to the climate change, but the one that is in our control are the human activities.

How can we solve this?

Countries are working together as a team to solve the issue of climate change and keep the environment much safer for the future generation. Some of the initiation taken by governments from different countries include, encouraging individuals to **use public transport** and reduce usage of



Teen Activist



Greta Thunberg

Greta Thunberg is an environmental activist from Sweden. Internationally known for her activism to address the problem of climate change.

"We deserve a safe future. And we demand a safe future. Is that really too much to ask?"



-Article by Namitha Tantri

Empowering students through coding!

“If you had to choose between compliant, engaged, or empowered, which word would you want to define your children? #innovatorsmindset

Regardless whether we agree or not, sooner or later distance learning will become a new norm for the future generation. Unfortunately, or fortunately the old-fashioned classroom educational system with expensive textbooks and swarming classrooms scenario is going to be outdated. During my past experience as a Digital Design teacher in an international school in Belgium, I have seen the physical and mental adjustments that all parents and children have done in the COVID-19 pandemic and their journey of embracing the turbulent academic session. Grown up kids and parents can understand that the process of digitalisation has increased the productivity in both private and public sectors and increased opportunity of education across the world. But while understanding digitalisation, my heart has questioned many times- “How can I provide my children and students a fruitful screen time where I provide a platform for their empowerment? How can I make technology fun, creative and engaging for students rather than simply being a consumer by watching and reading online stuff? ”

Among the various skills needed in the 21st century, I strongly believe that handling uncertainty is one of the biggest skills that the young minds require to sustain. Our digital world is completely driven by languages and mathematics behind the scenes. But does digital literacy make sense without coding? My teaching methodologies use hands on coding to drive home the concepts of digital interaction into the minds of the participants. This ability to proactively engage and craft your own journey in the digital world allows students to understand and empower them to sustain in the fast-moving digital world.

Why is coding important, especially now?

The process of remote learning has forced educators to reflect the technology knowledge needed in this transition phase. Moreover, various facilities like accessing high speed internet are not experienced by many of the young and curious minds. This results in an academic gap and social inequality as it leads to the career prospecting gap as well. Coding skills play a particularly important role here by allowing students to understand technology both in the presence and absence of internet.

My teaching styles and courses in coding helps the young minds develop various skills as given below-

- **Curiosity and imagination-** We start coding by providing problem statements which are related to daily life and personal interests e.g., game design, digital storytelling, interactive greetings and so on.
- **Logic-** We use the Work Break-down Structure (WBS) to decompose the problem into small pieces while solving the specific challenge.



- **Creativity-** We explore different ways of solving the problem and enhance the various possibilities of the solution from different angles.
- **Maths-** We then identify the related mathematical concepts (Geometry, Algebra, Trigonometry etc.) and algorithms.
- **Collaboration and Communication-** The final step is an exercise in putting yourself in the shoes of the user and thinking about how the user will perceive the final product and hence improve through self-evaluation and peer evaluation. My students always love to share their projects in class, and we all appreciate the accomplishments.

This results in a holistic experience for the course participants beyond the mechanics of coding. Coding is being used as an enabler and an enhancer in every discipline, ranging from arts to science. It is no longer the preserve of the computer scientists alone. Is it the call of the situation that kids learn coding from an early age?

P.S. As of now I conduct online classes in scratch and python coding along-with design workshops.

By Saswati Choudhary
Founder in [Connecting Dots Academy](#)



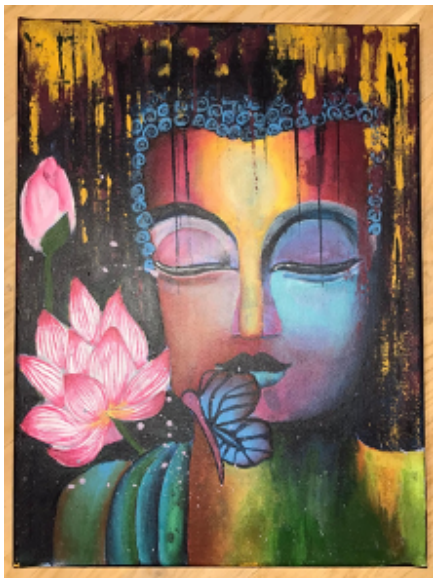
Importance of having a hobby

“Every child is an artist. The problem is how to remain an artist once he grows up.” – Pablo Picasso

A hobby is a way to divert your mind in a productive way from school, daily chores, etc. There are different types of hobbies, for example, collecting themed items and objects, engaging in creative and artistic pursuits, playing sports, pursuing other amusements, and much more.

A few people might think watching TV or playing video games are hobbies because it's something they like and are interested in. In these two activities, you are passive, you are not using any skill. On the other hand, if you are creating or filming a movie, it is considered as a hobby, since you are using your own creativity and filming skills. It's the same thing for video games. Creating a video game can also be a hobby.

Hobbies have no strict rules and that is the beauty of it. You play with your imagination. I would like to share my hobby, which is **painting**. When I paint, I have more freedom to exhibit my creativity. I am free to choose the colours, the brushes, the blending techniques, the opacity, the shapes and figures, the materials, and many other things.



2018



2020

Here, I have made a painting that I recreated two years later. As we can see, the used techniques are better than the ones in the previous painting. I also used different tools, and not just paint brushes, to recreate this painting. Whenever we are improving, we can predict better results. **Hobbies develop your patience.** Sometimes we have to trust the process because the result could be surprising. After trying several times, I was convinced with the result and Finally, it turned out better and brighter than my expectations.



Hobbies are supposed to be a pursuit for ourselves, but public appearance affects our motivation level. **Here's a personal experience.** When I was 10 years old, an organisation invited me to exhibit my artwork with adult artists. There were a few photographers, magicians, musicians, singers, comedians, etc. I brought a few of my paintings and drawings to hang on a wall with my name mentioned on it. My parents were arranging them because I was too short to do it. After a while, I saw people coming to my mother and appreciating her skills, thinking she is the one who painted them. My mother later understood the confusion and told them that she isn't the one who painted them. When she introduced me, they were very surprised. A few moments later, the host added a label indicating my age as well. This event boosted my motivation and I started giving more finesse to my work.

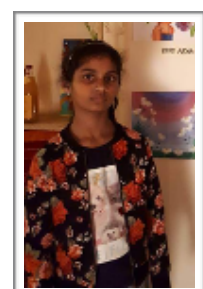
I have experienced that hobbies develop our **confidence and interaction with others.** There are a lot of people with similar interests. We can learn new things from them and vice versa. Hobbies can **provide many opportunities**, like fame and money. If you're lucky enough, your hobby can become your profession.

Hobbies are necessary during the adolescence age because two important things happen: *Identity Formation and Differentiation.* Identity formation is the process of becoming an individual. Differentiation is a crucial part of the identity formation. That's where the hobbies come in. Your hobby makes you unique and different from the others.

So, what's your hobby?

Article by Arya Shembule

Student of 2nd Secondary
Collège Saint-Michel
Etterbeek - Belgium



Sky is the limit

A fiction short story by Dr. Taniya Chakraborty

Sit down, please”, gestured Mr. Manoj Maity to everyone while entering the board room. Everyone around the round table took their seat.

Mr. Manoj Maity is the Chairman of ‘The Skylark Group of Companies’, one of India’s leading corporate houses. Mr. Maity is in an interview panel to select some fresh talent into his team of architects. Despite the fact that the HR department is taking a lead and doing a good job in the entire recruitment process, Mr. Maity has expressed his ‘wish’ to be there in the panel, and everyone knows that his ‘wish’ is an ‘order’! The preliminary round of selection was done through a series of campus interviews, and today, the shortlisted candidates have been called for the final round. Mr. Maity wanted to meet these young fellows as he believes that the decision to hire must be motivated by the amount of zeal seen in the young generation.

The last candidate for the day is Arijit Roy, a young Engineer who has just graduated out of his college, and he is facing the interview panel which is chaired by Mr. Maity. Roy seemed to be a shy fellow. An ordinary physique but with a pair of very sharp eyes. Mr. Maity, however, could read the ‘fire’ in his eyes at once! He threw a challenging question to Roy – “What is your source of motivation, young man?” Undaunted, and with a sheer sense of firmness, replied Roy - “My mediocrity, Sir! I was born into a mediocre family, which was nothing but my fate. And now, my dream is that, in future I am counted among the renowned persons with my potential!” At these words, a pin drop silence prevailed over the hall. Everyone present there, was amazed with this answer! A mysterious smile was spread on the face of Mr. Maity. He is well acquainted with this zeal, this killer instinct! Yes!! His expert pair of eyes could, at once, identify the future descendent of the company. He was looking for such a jewel for long.

“So, what is your salary expectation, Mr. Roy?” – Mr. Maity asked the young aspiring professional. The young man with a strong determination in his eyes, answered in a low, but, confident tone - “Well, Sir, you can reward my skills, but, my potential is invaluable! So, it’s up to you how you like to remunerate my skill! I trust you on that”. Mr. Maity remains awe-struck with his answer! What a gut! What a confidence! He could see the replica of a young Manoj Maity of twenty-five years back! The same zeal, the same confidence which kept Manoj a distinct face in a crowd!

Looking at Arijit, as if, he could hear the pale murmurs of his ailing father, “Manoj, my dear son, life is a journey through thorny ways. A very few people get the opportunity to make road for themselves. Create your road, it’s an inexpressible feeling!” Manoj could never forget these words. Rather unconscious in his thoughts, Manoj went down the memory lane, back to his childhood days. Recollection of those days kept showering on him like rain drops as he kept on reminiscing the bygone days. Manoj was born in a poor family living in a small village near the Sundarbans.

His father was a fisherman, and his mother was a daily wage earner. Eldest among his siblings, he was also the first in his family who could read and write. Due to the paltry supplies that his parents could bring, Manoj could hardly remember a day when he had two square meals. Supply of electricity and seamless flow of drinking water were a longed-for dream to them. The only thing that motivated him was their poverty! Yes, being the elder child, he did enjoy the favour of his parents. They used to feed him with the portion of their food, of course with the expectation that he might grow up and bring better days for them in return.

Manoj was unbeatable throughout of his career! His sole focus was on his aim that he has to survive, by hook or by crook! The daily struggles of a poor family, the remoteness of their locality, the insufficiency of opportunities and moreover the saline water of the sea influenced him so much that he started to believe that he was born for struggle. He had to witness the untimely death of his younger sister. She could not be saved because there was no hospital nearby and the village medical unit was devoid of a doctor for a long period of time. Manoj felt utterly helpless, as he loved his younger sister very much. He, however, promised himself that he won't succumb to the situation. Days passed, and with the progress of time he grew more determined in his goal. He was the first boy of the village school. All the teachers loved him very much and with their support, he could perform very well in his studies. After he had completed his primary education, his grandfather wanted him to take to the sea to work as a helper to them. But his father did not agree. He could somehow identify his potential and despite all oddities, he supported him strongly to continue his studies. Manoj was admitted to a high school which was far away from their village. He did not have a bicycle, so he used to start for school immediately after dawn every day and it took almost couple hours by foot to reach there. Manoj endured everything, defied everyone with only one single goal in his life, to live life as it should be, not like animals, deprived of the basic rights.

Throughout his academic career Manoj pursued his education by the help of the scholarships, which he earned on his own merit. He passed Higher Secondary level of education and was admitted to a Diploma Engineering college. Until the higher secondary level, the medium of instruction was Bengali, his mother tongue, which made his studies quite comfortable. The engineering level of studies threw a new challenge to him –he had to follow classes delivered in English! Next to this, he was expected to converse in English, whereas his proficiency in this language was less than a beginner. Manoj felt like his back against a wall, he struggled terribly, he felt tormented by the situation. Quite often he tend to flee, and wanted to go back to his village but the hopes and anticipation of his parents held him back.

One evening, Manoj faced a severe ragging during the so-called "introduction ceremony" in his hostel by the senior students. His seniors claimed some money from him for a treat. He refused and consequently he was beaten-up so brutally that he had to be admitted to the hospital. *Lying on the hospital bed, he once again recollected the struggle and hardships he had to undergo since his birth.* Energised with this than ever before, it was a metamorphosed Manoj when he was back to college after his recovery! He concentrated in his studies, sought due help from his teachers and even tried to speak consistently in English.

His dedication, his passion and motivation brought him the sweet success that he dreamt of. He secured a first place across the board of diploma engineering. He evolved as a big matter of pride for all his teachers. Subsequently, he completed his bachelors and master's in technology courses and was absorbed into a reputed technology consulting company through campus interviews.

Manoj went on to become a very successful information technology architect but his hunger for excellence never died down. A decade after he started his career, he launched his own architecture firm called "The Skylark" which is today one of the examples of its own in the industry and so is Mr. Manoj Maity as an entrepreneur.

"Sir, when do you expect me to join?" The trance was broken by the question of Arijit. Mr. Maity found his question very interesting. He asked, "How do you know that we are going to hire you?"

"Sir, I know you nurture them who dare to defy the destiny. I have read about your life."

"Ok, my boy, you can join us from tomorrow itself! When you get an opportunity – grab it immediately! And don't forget, the sky is only the limit! Welcome on board, and I wish you lot of success, growth and job satisfaction at Skylark!!

Dream
Believe
Achieve
Lead

“SKY IS THE LIMIT”



Story writing by Dr. Taniya Chakraborty

Ph.D. in English Literature and writer



My career choices

4

What is your goal in life?

1

2

3

1. **Krishang Sahay:** A tennis player and win grand slam. Because I love playing tennis.
2. **Utkarsh Deshmukh:** A Realtor. Its really fun and I like to communicate with others, also like to sell dreams.
3. **Amritpal Saini:** A Business man like Elon Musk, and invent technology, because technology has always seem interesting to me and as I want to make the technology affordable for everyone to buy.
4. **Aayush Deshmukh:** A Brand Manager
To influence people with my charm and developed skills.



6

5

8

7

5. **Deev Kamdar**: A Scientist. There's lot to discover Yet
6. **Dev Kamdar**: A Social activist. I like to help people and bring a smile on their face
7. **Manit Mehta**: An architect. It would give me a chance to express my creativity and build wonderful structures
8. **Shreyansh Sahay**: A space scientist so I can explore the vast universe.

Nutritional evaluation to achieve healthy body and mind for teenagers

In consonance with the *doctrine of APHA member*, Nicole Larson, I feel the road to good health in adulthood is paved with the decisions made during the teenage years. And as they continue to grow, there are daily nutrients and habits they will need to keep them happy and healthy.

“In the transition from the childhood to the teen years, nutritional needs increase with the rapid physical growth that occurs during those years,” says APHA member Nicole Larson, 'So there's an increase in energy demands, but it's also important to think about increase in nutrient demands'. The teenage years are a time of rapid growth and development, so a healthy balanced diet is particularly important. If you are a teenager, it's important to eat well-balanced meals, rather than too many snacks that are high in fat, sugar or salt.



Pic credit: Stocksnap



Pic credit: Mansi Singh

Teenage group need a variety of nutrients, such as iron, calcium, folic acid and protein, which can be found in lean meats, whole grains, low-fat dairy foods, fruits and vegetables. Iron is essential for teens, but especially for teenage girls, as they'll lose more of it after starting menstruation. Good sources of iron include meat, fish, poultry, green leafy vegetables, nuts and seeds. Another group of nutrients that's important to be seeking out daily for bone health is calcium and vitamin D. Good sources of these nutrients are low-fat milk, other dairy foods and dark green vegetables, along with fortified foods like fortified juice and cereal. Last but not the least this age is concern about their glowing skin, good hair and a fit body.

To achieve that, drinking lot of water throughout the day is important, which keep the system internally hydrated. Addition of vitamin C, vitamin E and omega-3 rich foods like freshly pressed fruit juice, flaxseeds powder, vegetable or fruit salads in diet will help to get a good skin and hair. It is advisable to have breakfast before heading out and have a habit of healthy snacking by consuming dry fruits, peanuts or boiled chickpea in the form of **chatpata chaat** (Indian snack) will help to get the satiety and reduce consumption of unhealthy snacks and foods. And this little tweaks will directly reflect on skin and body.



Pic credit: Stocksnap

While foods and beverages, high in calories, saturated fats, sodium and sugar aren't off limits. Consuming such foods and beverages on a regular basis can have long-term health consequences into adulthood. Research has found evidence of a significant, cross-sectional relationship between unhealthy dietary patterns and poorer mental health in children and adolescents and observed a consistent trend for the relationship between good-quality diet and better mental health and some evidence for the reverse. A habitually poor diet (e.g. increased consumption of processed foods) is also independently associated with a greater likelihood of, or risk for depression and anxiety. Although stress and depression can also promote unhealthy eating.

Good nutrition for teens starts at home. Parents who want their teens to practice better nutrition should make healthy food readily accessible. Hence it is advisable to keep portable foods high in calcium and vitamin D, such as yogurt and lower fat string cheese, in the fridge for teens. Low-fat granola bars and whole-grain crackers are an easy way for teenagers to get their fix of iron and whole grains. Pre-washed veggies and fruits like carrots or sliced apples are also good on the go. Parents should also encourage teens to eat breakfast before school, to pack their lunch during the school and have rest of the meals adequately. And in this way only we can enable our future generations to face there diversities with able bodies and healthy minds.

By Parna Roy Sengupta

Clinical Nutritionist (critical care and renal nutrition)

Diet and wellness counselor and Diabetes educator

Kolkata, West Bengal

Mental Health of Today's Youngsters

Ben is the school bully. Although he is only in the fourth grade, he is big for his age. He picks several fights a day. His attacks are both physical and verbal, but his victims are always smaller and weaker than him.



Sofia has no interest in studies in Germany because she appeared to have no aims in life. Although she used to score 90% in her previous school in Turkey, now she often bunks her language classes and is addicted to internet.

Mental health disorders in childhood and adolescence are pervasive, often carry into adulthood, and appear to be inversely associated with social status. It has been examined how structural aspects of neighbourhood context, specifically, socioeconomic stratification and racial/ethnic segregation, affect adolescent emotional well-being by shaping subjective perceptions of their neighbourhoods. Youth in low socioeconomic status (SES) neighbourhoods perceive greater ambient hazards such as crime, violence, drug use, and graffiti than those in high SES neighbourhoods. The perception of the neighbourhood as dangerous, in turn, influences the mental health of adolescents: the more threatening the neighbourhood, the more common are the symptoms of depression, anxiety, oppositional defiant disorder, and conduct disorder.

Inferiority complex is another one of inappropriate behaviour in terms of underlying ideas and feelings which are part of most people's experience. On the other hand inferiority complex can lead a person to master in other direction. According to Adler's theory an individual adopts a style of life which leads to relieve feelings of inferiority. Thus a boy feeling to be inferior in sports devotes

himself to his studies. *Demosthenes finding a way to overcome his stammer by speaking on the seashore with pebbles in his mouth became the greatest orator in Greece.* Striving for success, self assertion, low and self- aggrandisement thus reflect both the will to power and its obverse, a sense of inferiority. This has its roots in the circumstances of childhood. A child feels inferior if he lacks affection, acceptance and approval.

Our goal now include not only teaching youngsters basic skills but, also, how to learn and how to cope more effectively in a progressively more sophisticated and demanding environment. Teaching children how to cope with the stress of modern living is a valuable educational objective. Many mental health programs have been developed to prevent emotional/behavioural disturbances which can be utilised in social setting. The goal is to foster psychological growth by teaching skills that enable children/youngsters to more effectively and objectively deal with personal problems. Which will be a open path for their peaceful life.

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By Ms Snigdha Mohanty



Disability into an ability

An Inspiring journey of Prisha



Prisha (beloved God's gift) was born after many prayers! Born 7.5 years after her brother and 2 cousins with other disabilities (Albanism and Down syndrome), she was a dream come true. I would sing, dance and keep talking all day and 8 months later we found she was never hearing all my songs and chatter as she was born severely to profoundly deaf! It was the toughest phase of our lives. We knew nothing about deafness.

We went to an ENT and then audiologist who asked us to try hearing aids. We knew nothing about them, how could we choose. We educated on hearing aids and then chose behind the ear aids. Yet with the aids and speech therapy it did not seem to work. We searched for answers around to know if any deaf person could speak. No one around or online could educate us on deafness! Eventually we met *mrs. Alka Hudlikar* who was teaching deaf children for 40 years. I learnt under her and then we both went through intense speech therapy sessions twice a week. I became her speech therapist and taught her all her waking hours. Pushing, frustrating her into speaking. She was very strict and was never easy to please her. But only a tough task master like her could get us to learn! Soon Prisha started to speak and I started to document her life to spread awareness through blog and YouTube. I also started to support parents of deaf babies. Audiologist in India played up with her hearing aids which did not give enough sounds to her. Yet I worked harder to give her adequate language. Using art, craft, music and dance to aid her growth also help her use her residual hearing to listen and avoid lip reading. She started to speak and also sing. We never used sign language.



We moved to **Germany** and got better services in hearing. We started to spread awareness on how deaf can speak through talks in classrooms. When we moved to **Indonesia**, she faced immense bullying, she persevered. we didn't give up but started to share her journey through talks and seminars held by universities, schools and even the ministry of education special needs Indonesia. While I gave speeches, she danced to show deaf can do anything if we work hard in early years through early intervention. We became an example for many.



She has gone to international schools and is mainstreamed only because the family works like a team. Today she is in grade 11 wanting to graduate as an IB student and pursue art and Psychology to help other people. She breaks down often as world around is never accepting or lacks empathy. But our positive work on her and around her, keeps her motivated. She never gives up and works hard to pursue her dreams. She sings, dances, gives her presentations and works harder than her peers to stay in the high honour roll category. **She blogs on her life too and her journey is documented on "Impaired but Empowered" on Facebook and blogger.** We have been covered by Femina and many international forums. As a mom now I mentor other mothers on speech therapy, early intervention and child behaviour through **pro Bono online work**. When you see her you know, if you have a disability, it needs hard work, perseverance and a family to bring independence! Early intervention and hard work in early years can make any disability an ability to achieve anything. Her life so far has inspired so many parents and children around the world.



Studying abroad

Interview with Rupkatha.

Rupkatha is studying in final semester of 4-year Honours degree in Psychology at York University, Toronto, Canada.



What motivated you to choose Psychology as your major?

I find Psychology special because it is a very interdisciplinary field that blends with a lot of other subjects like biology, statistics, sociology and even business. So it is a very flexible program and you can combine it with practically any other major or minor to forge your own unique university path. It also teaches you lots of transferable skills like critical thinking, professional writing, data analysis and effective communication, which are valuable in a wide range of career paths like research, therapy/counselling, teaching, content writing, marketing, customer service and human resources, to name a few.

Do you think its important for you to pursue higher studies in Psychology?

If you want to work in a clinical area, like counselling, social work or therapy, you will either need to complete extra certifications beyond your undergraduate education, or a Masters degree, or in some cases even a PhD.

How should you prepare yourself to be successful in university?

The best advice I can give is: choose to pursue the thing that you truly like. Even if it is risky or a lot of work. Because chances are, if you like something, you will be willing to put in the work required without

having to force yourself. Doing something because you *want* to, is a way bigger motivator than doing something because you *have* to. So you are much more likely to be better than others at something you like, and thus more likely to succeed.



What kind of hurdles to expect?

If you are going to a large commuter school like York, the biggest hurdle is finding a sense of community. Psychology is probably the biggest program here, so there are *so* many people, and you never see the same people twice. So it can feel pretty isolating and be hard to make friends if you are not from Toronto. The best thing to do is to join clubs. This is a great way to meet people who share the same interests as you, or are from the same culture/background.

Sometimes, you may need extra academic support, but feel lost because you are not sure what options you have and which ones are best. Most universities have some sort of a student centre where you can ask these questions. They may also have peer mentoring programs, in which you are matched with a senior student who is there to guide you as you settle in. Lastly, most universities should have free mental health and counselling support for current students. They will be able to provide you with a list of resources that best fit your needs.

What do you do in your free time?

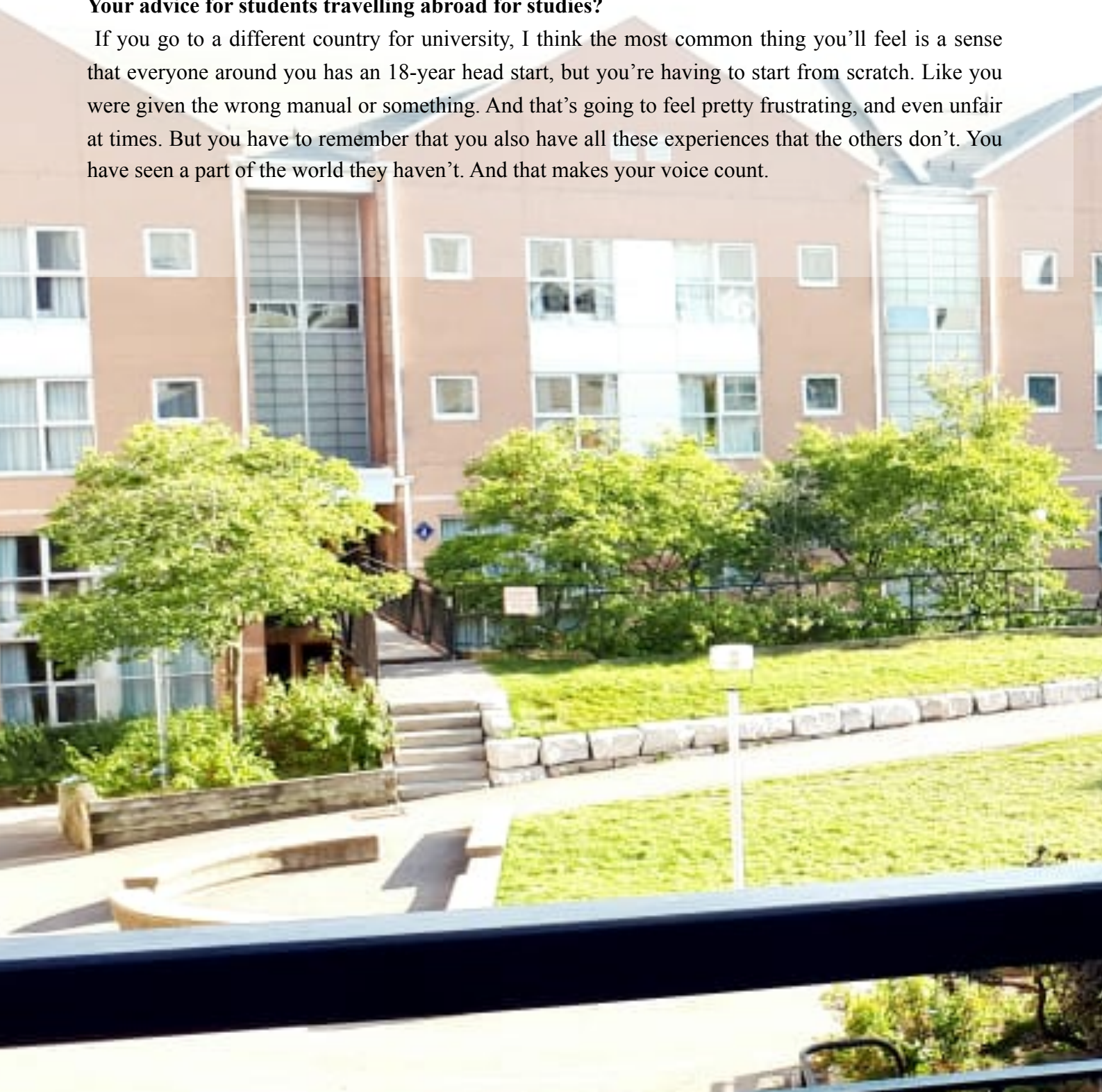
There is always something going on, whether it is a social get-together, movie night or party. You will usually see flyers stuck all over the hallways on campus advertising events organised by student clubs. There is also trips. Before COVID we would frequently go to Montreal, which is a city in the neighbouring province, or Blue Mountain, which is a local skiing village. As a student, you can also get discounted tickets to the amusement park, sports games, the aquarium and other tourist attractions that are normally quite expensive. You can also get a Student Price Card, that gives you additional discounts at some retail stores. So take advantage of those!

How different is life from India?

Completely different. For one, the climate here is off the charts. Winters can be really hard if you don't have a car. But I guess with time you just learn to deal with it. Canadians really are polite, it is not just a stereotype. I had to get used to smiling and saying 'hi how are you?, sorry, please or thank you' to everyone on the street. But I feel like the biggest difference was just the culture shock I felt over completely trivial things. Like when my Canadian friend talks about some TV show they grew up watching and I have no idea because I am not from here. Or when I walked into a shopping mall in Toronto for the first time and felt a wave of homesickness because I didn't recognise the names of any of the stores. Canadians have dinner at 6 pm, which is completely crazy to me (that's the time for an evening snack in India!).

Your advice for students travelling abroad for studies?

If you go to a different country for university, I think the most common thing you'll feel is a sense that everyone around you has an 18-year head start, but you're having to start from scratch. Like you were given the wrong manual or something. And that's going to feel pretty frustrating, and even unfair at times. But you have to remember that you also have all these experiences that the others don't. You have seen a part of the world they haven't. And that makes your voice count.



“ Doing something because you *want* to is a way bigger motivator than doing something because you *have* to. So you are much more likely to be better than others at something you like, and thus more likely to succeed. ”

-Rupkatha



My journey of parenting



Parenting is a journey, one that is challenging, yet beautiful. There is no one right way to engage in parenting. There are different paths one may take or create. It is as diverse as the diversity among children and among parents themselves. Parenting is a team effort. Each parent may have their own attitudes and styles. Based on their strengths and temperament, they can focus on different aspects of the child's upbringing. Yet, consistent and clear messaging could be adopted.

I wish to share my story of parenting my daughter, who is now in her twenties, and hope that it may serve as some kind of roadmap which could help you on your journey. It is completely up to you to make your own choices in the best interest of your child and yourself and set off on this journey.

Make time for your kids. Be a good listener and friend.

I have attempted to spend some quality time with my daughter since she was young. I remember how we would have a chat once she came back from school when I asked her about her day and the nightly phone calls when she was at college in another city. And the spontaneous chats where we shared stories and experiences from life or discussed about various topics ranging from relationships and society to emotions and life.

I have seen that when we communicate, it not only helps strengthen our bond, but also creates a healthy atmosphere where she knows she will be heard and can feel safe to share her thoughts and feelings. I feel that sometimes all a child may want is to feel loved and valued and to have someone they can share their moments with. It is ok if you are busy; what matters is that during the time you spend with your child, you listen to them without judgement and make them feel you are there for them. Be a friend to them.

Treat your children as individuals

We involve our daughter in the decision-making in the house and make sure her opinion matters. We give her chores to do so she experiences responsibility. Starting young, it may be a good idea to let your child take their own decisions, even if it is as small as what dress to wear. Encourage them to take the initiative to do things. Give them the freedom to make their own decisions in life and make them feel responsible for their actions. Even if they do something wrong, don't scold them in public, as the humiliation remains in them for a long time. Instead, talk to them alone and explain their mistakes. This helps them realise their mistakes and actually make an effort to change for the better.

Be a role model, but also realise you're human

Practise what you preach. Children learn better by observing rather than just listening. We used to often play role reversal when my child was young. I felt it was a good way of understanding how she has observed me as a parent and also to rectify my mistakes, if any.

Yet, at the same time, in the pressure of being a good parent, understand that it is ok for you to be human, have fun and make mistakes too. Pressurising yourself won't help anyone; instead, see it as a journey of learning and growing as a person and not just as a parent.

Make them disciplined

While I have been talking a lot about being a friend to your child, it does not mean that you should give in to their whims always. It is perfectly okay to say no, now and then. In this age of instant gratification, saying no and delaying desires would actually help your children develop some restraint and patience and be more responsible in the long run.

Teach your children to value time. Set aside time for studying, playing, extra-curricular activities and other things and make sure they abide by it. But even better, let them develop their own schedule and feel responsible to achieve the goals they set for themselves. We encourage our daughter to make schedules and targets for short and long-term goals while studying and make a record of what targets were achieved and what needs work. We often tell her how important it is to manage time as it is a way of managing life.

Another thing to keep in mind is to make your children understand that you need some space as well and this way, teach them to respect every person's space. When my daughter would interrupt me when I was on phone calls, I would tell her to respect my space and let me have some me-time as well.

Let your child be who they are

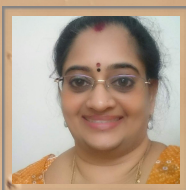
Children are unique individuals with hopes and dreams of their own. Let's give them the space to be themselves. Don't compare them. Each child has their own potential and dreams. Just like you can't compare a fish to a monkey by its ability to climb a tree, you can't compare one individual to another.

Don't impose your dreams on them. When my daughter said she wanted to be a writer, despite being confused, we supported her in her choices and let her pursue her dreams. Let your child explore and discover what they wish to do in life.

Teach them to be strong individuals able to distinguish right from wrong, resulting in a clear conscience. I would tell my daughter, "Whenever in doubt, listen to your heart. Do what lets you sleep with a clear conscience." Encourage them to do anything their heart desires without falling into any pressures. For, this is their life after all.

Parenting is a balancing act between giving children freedom and making them responsible. Yet, at the end of the day, make sure that all involved have fun in the process! Enjoy and cherish the experience of parenting.

By Ramya Sangameshwar



“ Whenever in doubt, listen to your heart. Do what lets you sleep with a clear conscience ”

- Ramya Sangameshwar





“Fashion can be perceived as a reflection of one’s personality”

NIKKI SAHNI
Belgium



“Look for magic in every moment and you would find it staring right at you”

SHIVANI SRIVASTAVA
IT engineer
Kuwait

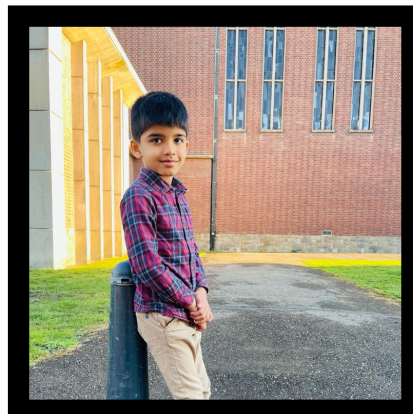
Smiling faces



Reyansh, 4 Years



Gargi, 6 Years



Aswath, 6 Years



Aarusha, 4 Years



Maitreyi, 3 Years



Rishab, 2 Years

Send your child's picture to contact@beyondmyboundary, with name and age.
(Accepting pictures of children for 'smiling faces' only from age 0-6 years)

Congratulations Arya and Prisha!



Star of the season!



Want to share your kids achievement to right people who value the talent?
Email contact@beyondmyboundary with achiever's picture, bio and a story.

Principal interview



INTERVIEW with Wayne Johnson

Head of School at International School of Belgium (ISBe)

Wayne has been the Head of School at ISBe since August 2019 and has over 20 years experience in international education including school leadership roles in Europe, Asia and Africa.

1. What inspired you to pursue a career in education field?

My mother was an educator, although I came into teaching after having first worked in journalism and the media. I love creative industries, and education is arguably the most creative industry. It is also a tremendously rewarding one as you have such an influence and responsibility to influence the next generation. There are very few careers where you can watch people develop from four years old and literally see them grow into adulthood when they graduate at 18 years. I am also a keen believer in the benefits of globalisation and interchanging of different cultures and beliefs. This is why I am passionate about being in international education and working in international schools.

2. What's the school's vision under your leadership?

To be one of the leading international schools in Belgium and beyond. Also a school where we put holistic learning and student welfare at the centre of everything we do.

3. Teaching is a very challenging mission. How do you keep your teachers motivated?

Teaching is a unique profession which attracts people with a high emotional IQ. Therefore, there is not one definitive answer to this question. However, there are a number of things, which as a leader I put in place to help with teachers' motivation. Most important is creating a culture of trust where the leadership listens to teachers concerns and fosters an environment where opinions are valued. Other important initiatives are social and fun activities for staff outside of working hours and personal professional development opportunities. Point number one has been even more important as we have faced the unique challenges in the 12 months, with Covid-19 pandemic.



4. How did you manage the studies and activities during the COVID lockdown situation?

It has been a very tough time for everyone but my job has been made easier by the fantastic attitude of the teachers, staff, students and parents. Our community has been very supportive of the school through this time and trusted our decision making. We were able to smoothly transition to online learning when we had to go into lockdown due to the fact that from Class 3 and above students have their own school chromebook as part of our programme. Consequently, they were able to access live lessons while at home and complete work hosted on platforms such as Google Classroom, Seesaw and Zoom. During online learning our students followed a regular timetable which included many live lessons and we also created a *lockdown gym website* to help everyone stay fit.

5. In your opinion what are the significant indicators of a student's success?

As a school leader I have a number of success criteria, e.g. all students are able to enter University when they graduate, they are able to maximise their potential in all areas. They are exposed to different ideas and given opportunities they would not get elsewhere. Also, they should thoroughly enjoy their time at school - something which is often overlooked

6. Its always said that creativity can't be taught, it can only be nurtured. How does ISBe create an environment to nurture and enhance creativity?

The skills which encourage creativity can be taught and the environment can be created which encourages creative thought. Curriculum and style of teaching have a vital role to play here. We follow the International Primary Curriculum (IPC), Cambridge IGCSE and IB Diploma Programme in ISBE. All of these programmes encourage critical thinking and discourage rote learning. In our school, students are required to *'think outside the box'*, question what they know and learn through puzzle solving and deep exploration of the topic. For creativity to flourish it is also important to have a culture where mistakes are allowed and failure is not criticised. Instead mistakes are something to be learned from.

7. How would you evaluate the role of Academics and Co Curricular Activities for a balanced life?

They both have an equally important role to play in a successful international school. Students have diverse talents and interests and school should reflect that, and give the opportunities to excel in a number of areas. Academic excellence is the default requirement but at the International School of Belgium we also emphasise quality in sport, art, drama, music and other life skills such as public speaking and student leadership.

8. What value system makes ISBe an ideal place for Expat/ International students ?

Our guiding statements are DREAM, ACHIEVE, CELEBRATE, UNITE and these guide everything we do. A great international school teaches good morals and character as well as academics, and our mission is for ISBE graduates to leave, as a well-rounded global citizens. Our curriculum, activities, student leadership etc are designed around this goal.

9. What would be your career advice for the passing out students?

Follow your desires and passions so that you enjoy what you do. Dream big and do not be afraid to take risks in work and life, so that you can grab opportunities when they present themselves.

Interview by: Upasana Sahay



“ Follow your
desires and
passions so that you
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Dream big
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work and life ”

- Wayne Johnson

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