

Encouraging Body Positivity In Children: Cosmetologist Offers Valuable Tips

In today's world, where appearance is often prioritized, many of us strive to achieve the "perfect" body. While going to the gym and following a diet works for some, not everyone has the time to maintain a healthy lifestyle. This can be especially tough for those who struggle with weight loss and face body-shaming from society. Sadly, this pressure often leads young kids to consider surgical procedures to meet societal beauty standards. So, what can parents do to encourage body positivity in their chil-

dren? Well, cosmetologist Dr Jaishree Sharad shared valuable insights on this topic during her appearance on the podcast 'The Therapy Diariez.' Dr Jaishree Sharad said, "You have to make sure that you are constantly saying positive things to the child. You are constantly encouraging the child. Sometimes the child overhears you saying I am fat or I am not good looking or my nose is not sharp enough. Constantly parents have these discussions, and the child gets that. So then the

child begins to feel that being fat is a bad thing. The parents will say it so casually, however, that will stay with the child. Parents should encourage open conversations. Parents should help them and motivate them to focus on their health – to eat right, to exercise, to do everything in moderation, cultivate hobbies. Your creative mind starts working. You are not just confined within the four walls where you are with your gadgets, all the time." While sharing this video, the official Instagram page of The

Therapy Diariez wrote, "India's top cosmetologist, Dr. Jaishree Sharad gets candid about the beauty industry's impact on self-identity and how this trend of botox & fillers is stealing our uniqueness. If you've ever questioned beauty standards or wanted to know how to stay true to yourself, then this EP 4 of TTD is the conversation you need to check out; streaming now on Youtube & other platforms." Promoting body positivity in children requires a conscious effort from parents



and caregivers. As highlighted by Dr. Jaishree Sharad, fostering a nurturing environment through positive reinforcement and open conversations is key. Parents should avoid self-critical remarks about their own appearance, as children often internalise these attitudes. Encouraging healthy habits, balanced

lifestyles, and creative outlets can help kids focus on their overall well-being rather than societal beauty standards. By modelling self-acceptance and supporting children in developing a positive self-image, parents can empower them to embrace their uniqueness and grow with confidence in an increasingly appearance-focused world.

Early Warning Signs & Symptoms Related To Brain Tumour

A brain tumour is an abnormal growth of cells in the brain that can be either benign (non-cancerous) or malignant (cancerous). These tumours can develop in different parts of the brain, affecting various functions depending on their location. As a tumour grows, it exerts pressure on surrounding brain tissue, which can interfere with normal brain activity. While the exact causes of brain tumours aren't always clear, factors such as genetic mutations, radiation exposure, or family history may play a role. Early diagnosis and treatment are critical, as brain tumours can significantly affect cognitive and physical functions. Read on as we share some common signs and symptoms of brain tumour one should look out

for.
10 Signs of a brain tumour to look out for
1. Persistent headaches
Frequent, severe headaches that worsen over time are one of the most common signs of a brain tumour. These headaches are often more intense in the morning or during activities like coughing, sneezing, or exercise. The pressure from the growing tumour causes this discomfort.
2. Seizures
Unexplained seizures or convulsions can indicate a brain tumour. Tumours can irritate brain cells, causing abnormal electrical activity. These seizures can vary in severity, including full-body convulsions or localised muscle twitches.
3. Changes in vision
Blurred vision, double



vision, or even partial or complete loss of vision can be symptoms of a brain tumour. Tumours pressing on the optic nerve or regions responsible for vision can impair sight and cause visual disturbances.
4. Nausea and vomiting
Persistent nausea and vomiting, especially when unrelated to food intake or illness, can be a sign of increased

intracranial pressure caused by a brain tumour. These symptoms are often worse in the morning.
5. Balance and coordination issues
Difficulty maintaining balance, clumsiness, or uncoordinated movements may result from a tumour affecting the cerebellum or brainstem, which control motor function and coordination.

'New device may help diagnose, treat dizziness'

London: Scientists have developed a new vibrating device that is placed behind a patient's ear to diagnose dizziness, and offers significant advantages over the current tests. Researchers from the Chalmers University of Technology in Sweden developed the testing device using bone conduction sounds. Hearing and balance have something in common. For patients with dizziness, this relationship is used to diagnose issues with balance, according to the study published in the journal Medical Devices: Evidence and Research. Commonly, a 'VEMP' test (Vestibular Evoked Myogenic Potentials) needs to be performed. A VEMP test uses loud sounds to evoke a muscle reflex contraction in the neck and eye muscles, triggered by the vestibular system — the system responsible for our balance. However, today's VEMP

methods have major shortcomings and can cause hearing loss and discomfort for patients. "We have developed a new type of vibrating device that is placed behind the ear of the patient during the test," said Bo Hakansson, a professor at Chalmers. "The vibrating device is small and compact in size and optimised to provide an adequate sound level for triggering the reflex at frequencies as low as 250 Hertz (Hz). "Previously, no vibrating device has been available that was directly adapted for this type of test of the balance system," Hakansson said. In bone conduction transmission, sound waves are transformed into vibrations through the skull, stimulating the cochlea within the ear. Half of over-65s suffer from dizziness, but the causes can be difficult to diagnose for several reasons, researchers said. In 50 per cent of those



cases, dizziness is due to problems in the vestibular system, they said. "Thanks to this bone conduction technology, the sound levels which patients are exposed to can be minimised," said Karl-Johan Freden Jansson, a postdoctoral researcher at Chalmers University. The new vibrating device provides a maximum sound level of 75 decibels. The test can be performed at 40 decibels lower than today's method using air conducted sounds through headphones. "This eliminates any risk that the test itself could cause hearing damage," said Jansson. The benefits also include safer testing for children, and that patients with impaired hearing function due to chronic ear infections or congenital malformations in the ear canal and middle ear can be diagnosed for the origin of their dizziness, researchers said. The vibrating device is compatible with standardised equipment for balance diagnostics in healthcare, making it easy to start using, they said.

Covid mRNA Vaccines Contributing To Deaths, Doctors Call For Suspension

Doctors and healthcare professionals across the world have signed a petition calling for the immediate suspension of all COVID-19 mRNA products due to concerns that the vaccines may be contributing to an alarming rise in excess deaths. "A growing body of evidence suggests that the widespread rollout of the novel Covid-19 mRNA vaccine products is contributing to an alarming rise in disability and excess deaths," reads the Hope Accord petition. The petition, known as

the HOPE Accord, has attracted signatures from several healthcare professionals and highlights the need for a comprehensive re-evaluation of the vaccines. The vaccines use "gene-based technology" and were given emergency medical authorisation to tackle the COVID-19 pandemic. "This new technology was granted emergency use authorisation to address a situation that no longer exists. Going forward, the burden of proof falls on those still advocating for these products

to compellingly demonstrate that they aren't resulting in net harm. Until such evidence is presented, regulators should suspend their use as a matter of standard medical precaution," the petition mentions. It demands full transparency from government bodies and the pharmaceutical industry, including access to previously undisclosed anonymised patient-level data from clinical trials and surveillance programs. It also highlights the need to mitigate publication

bias, where unfavourable results are often rejected or withheld due to fears of reputational damage. Dr. Aseem Malhotra, a British Indian Consultant Cardiologist, has written an open letter to the General Medical Council (GMC) of the UK, stating that the vaccines cause greater harm than benefit. "Serious harms from the vaccine have been confirmed from a combination of clinical, mechanistic, randomised controlled trials, observational, pharmacovigilance, and autopsy data. In these



studies, the majority of deaths that occurred within two weeks of taking the vaccine died as a result of the mRNA product," he writes. According to the petition, calls for independent investigations should be properly resourced to allow a comprehensive re-evaluation of all COVID-19 vaccine products.

"There must be a full exploration of mechanisms of harm to provide insight into their impact on the human body, both short and long term", the petition states. It also urges for a comprehensive review of the actual clinical impact on illness and mortality, rather than relying on modeled assumptions.

EDUCATION PLUS

Staying motivated in a virtual classroom



We live in a digital society. Today's youngsters inhale and exhale technology like the air we breathe. Traditional classrooms have accepted and adopted smart classrooms with grace. Honestly, we would be lost without search engines and the sea of information we have access to, through them. Online courses have revolutionised contemporary learning. "The obvious big advantage is that you get to learn what you want to learn which may or may not be available in local colleges," says, Tarun, a second PUC student who has enrolled for saxophone lessons online. For involved learning

Why choose an online course? A university programme in this country or abroad is too expensive and the temptation of avoiding travel, campus distractions and of course, the convenience and freedom to study in the comfort of your home tips the scale in favour of online studies, is the general consensus. So, many universities have realised the advantage of virtual education. The traditional four-year curriculum and the various options are now available online. You choose. They provide. What is important here is how invested you are in the learning process. Involved learning happens when you are engaged in learning what you wish to learn. As Benjamin Franklin once said, "Tell me and I forget. Teach me and I remember. Involve me and I learn." Online learning can be further enhanced with these:

Concise information: Sulekha, an online facilitator, insists that preparing course material for an online programme is far more challenging than for a traditional pedagogic situation. "Thoughtful and careful editing is required to re-sequence lesson components," she adds. Time is an important element in these short-term courses and time efficient lessons which are concise and absorbing are important. Web accessibility for all is crucial. Students do not appreciate study materials that pose barriers in the learning process. Prompt feedback: In a virtual classroom, where you could well be the lone student, self-motivation is the key to stay on track. But external support and regular feedback on performance, badges and points, and finally the certificate, act as powerful reinforcements. "I have a course based e-portfolio, which is like a planner and progress chart," explains Subhash, who is very excited about his online lessons. He also points out that self assessment can be at once motivating and a humbling experience, when one has to assess ones own involvement and performance. Experts agree that response to student queries should be immediate. While e-mails and discussion forums are the regular norm or standard procedures used, to keep communication open, universities and even private tutorials offering online programmes, have instant messaging, a live chat room, an interactive homepage or even a link to a social media platform. There are video and audio inputs to make the lesson much more interesting.

Use of innovative technology: Social media can be used to spice up a course homepage. Adding a Twitter account or a Facebook link is an exciting way to extend your virtual classroom. When used cleverly, creatively and sparingly, it can create

a sense of classroom among students, and between students and instructors too. A popular technique is the screencast video, which is digital recording of computer screen output. This is often enhanced with a narration that explains the process. This is also known as video screen capture. Students and instructors use this extensively to record video, demonstrate solution to a problem, share and collaborate for group projects, and on a touch-friendly online interactive whiteboard.

Student engagement
Distance learning is all very well but the self-pacing aspect of the study modules calls for initiative and focus on the part of the student. There are three key factors to student engagement in an online programme:

The length of time spent in front of your system.
The type or quality of time you give to each session.
The intensity of interest during the learning experience.

Here are a few tips that can help you stay firmly on the seat of learning:
Remember that it would never do to become too comfortable in a home environment when it is study time. Have a uncluttered table, a straight-backed chair and good lighting while take the online class.

Take regular breaks to avoid staring at your computer screen for long.
Keep your goals realistic and achievable. Don't leap before you learn to walk. It is smart to start with the familiar and work steadily towards the unfamiliar. This helps play on your strengths first and seek support where you lack skills.

Create a master study plan for each module or unit of study for a specific length of time, maybe a week or month. Set deadlines to keep as close to the schedule as possible.

Zoom out of the lessons and assignments when they threaten to overwhelm you. Sit back, remind yourself of the positive outcomes in the future. The big picture will relieve the mind of the immediate clutter of work.

Often, one may get distracted and go off-track while learning online. To avoid this and ensure productivity, all possible distractions need to be minimised. This can be easily done through a variety of ways. For instance, one can consider installing a productivity app.

Reward yourself after you meet each short-term goal, like completion of a task, or reaching a level of competency in your learning. You can celebrate your achievement too, by treating yourself to something which makes you happy. "I allow myself to text my friends and just chill for a while," a youngster reveals.

Turn a deaf ear to demotivating comments. You are the best judge as to why you picked the course and you know where you are going with it. Stay positive and you will have the last laugh when you earn the credentials at the end of it all.

Online courses are the perfect options for students and working adults who have multiple demands on their time. It is for self-driven individuals who want to learn something new, despite busy schedules. So, stay positive and follow these tips to ensure a successful completion of your course!