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## Celebrating Childhood

Childhood is about playing, learning, action, adventure, exploration, discovery and connecting. Children use all their senses to observe and explore everything in front of them. Set some basic boundaries and let the children explore. Playing is what makes children more creative and articulate. Playing not only allows a child's imagination to run freely but also strengthens their motor, cognitive, social, emotional and language development skills.

Parents play an important role in their child's social learning. Today parents are worried about the safety of their kids and the end result is that they shut their children in the little cage of electronic media. While e-media can provide entertainment

and education, addiction to e-media can ruin the talent of the kids.

Playing gives children, a chance to practice. Whereas e-media makes them lazy and sluggish. While throwing and catching a ball, the child develops grasping skills, eye - hand coordination and master individual gross motor skills. Playing with peer group is like a therapy for the children. They learn to socialize, solve problems and stabilize their emotional skills.

Toddlers are given a crayon or a pencil only once they turn 15 months old. But these days, kids are exposed to electronic media from the very first month they are born. Instead of giving a car or a doll, the



parents gift a tab or a mobile phone to the child to play with. Electronic media may ensure physical safety of the child but what about the mental health of the child?

This children's day, let's teach them to play with colours and clay instead of swiping and scrolling in mobile phones and laptops. Let us give them a safe and healthy society to play in, and pave the way for them

to enjoy the beauty of nature, and indulge in outdoor games, art and crafts and household activities.

*Prof. Nikita Mariam Joseph,  
Dept of Media Studies*

## KID'S FASHION

Fashion is something which is accepted by all. Fashion is thriving due to its creativity and uniqueness but at its foremost reins the concept of acceptance. Acceptance is paramount in fashion. When talking about kid's fashion, the concept of acceptance is overwhelming. Anything and everything worn by kids are admired. Kids have the liberty to try anything and there lies the key for fashion wonders. Kids are provided with the opportunity to try several combinations. Garments for kids are made with style along with comfort at its helm. Style which is for adults look great when tried over kids as they are obviously filled with cuteness. Various styles like stripes, solids, punk, hip - hop, beach wear, casuals etc suit them. Generally, kids prefer light weight and loose garments as those don't restrict them while playing. They are attracted to bright and vibrant colours with prints of their favourite fictional characters over it. Their favourite character inspires them to dress up just like them. They are easily influenced by the style they see in cartoons and movies.

They are filled with enthusiasm and curiosity and try out anything they see. We could always find kids indulging in crazy activities. They put on everything eccentric like hats, watches, chains, hand wear, neck wear etc. So kid's fashion can be pretty outlandish as they are the one who actually enjoys fashion at its most. They try all combinations with joy and without hesitation. It's this joy and happiness that fashion provides to all. It is enjoyed at its utmost by the kids. Kid's fashion is the most crazy and quirky and it's from them that we can learn to be a little more open and acceptable to newness and change.

*Prof. Babli Shome  
Dept of Fashion and Apparel Design*



## Childhood in the Digital Era



It is no surprise that children today are more attracted to video games than comic books and there is no doubt about this fact that digital age is here to stay. Not only are we enthralled by the ability of a digital medium to send and receive information, but children are also equally smitten. Very often we hear parents lament the fact that they are not able to get back their iPad or laptop from their young child who is busy browsing the web, watching videos or playing games on the device.

We surely love the pool of possibilities that modern technology has bestowed us with. There is also little doubt that different technologies, led by the internet are influencing our children's ability to think. But like everything, there are always two sides to every coin. For example, before the inception of internet, when reading was more prevalent, a child was encouraged to be focused and imaginative. In contrast, the rise of the internet

is strengthening a child's ability to gather information rapidly and quickly. Good or bad, digital is here to stay, and stay in the lives of our children as well.

**Here are a few ways in which digital technology is changing childhood - The Good and the Bad**

- 1) Attention Span-In this era of digital technology, patience is increasingly being lost. We live in the era of "click and go". If we need to wait for more than a second, we get angry. This isn't just a state of affairs for adults, but kids too are losing tolerance due to too much exposure to internet at a very young age.
- 2) Spelling, Grammar & Language- There is a general decline in kid's ability to spell and use grammar correctly. Chatting, texting and online shortcuts have contributed to the trend. Kids' as young as six and seven are using cell phones and texting like it's the norm.
- 3) Easy Learning - With plenty

of information that can be found digitally, learning has become a lot easier for children. One can find help in the most common or most obscure of areas. If a child needs help with math, spelling, languages or otherwise, online educational assistance always comes to the rescue.

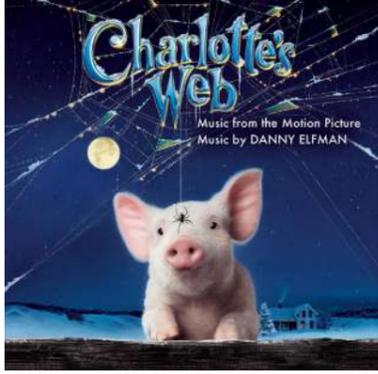
4) A World of Opportunity -The digital era has truly made the world a child's oyster. At the touch of one's fingertips via mobile phone, tablet, laptop or otherwise, a kid can be transported to the farthest reaches of the planet or beyond. "World travel" has become possible with the help of images, video, language support and more.

5) Interactivity -The development of the internet has transformed the level of communication and interactivity amongst the younger generation. From simple online games and multi-platformed gaming to video and real-time involvement on various levels, options for children of the digital age are more than ever.

With the advent of digitalization, we might have been opened to a whole new world, a world that has boons and banes. It is up to us to teach our children to make use of it in such a way that it helps them to become more enlightened, creative and imaginative.

*Prof. Anosua Chakraborty  
Dept of Media Studies*

# 5 Films Every Kid Must Watch Before Turning 12



**CHARLOTTE'S WEB**

This is an adaptation of E.B. White's 1952 Newbery Award-winning book. Barnyard animals are reluctant to befriend Wilbur, who's fated to be served up as the humans' Christmas dinner. But Wilbur (voiced by 10-year-old Dominic Scott Kay) is so sweet, curious, and affable that they're soon won over. And Charlotte A. Cavatica, the spider who spins her webs in the barn doorway, decides to find a way to save Wilbur's life. Families can discuss the importance of words and their role in Charlotte's Web. How are words important for communicating, even between species? How do they help shape our impressions of others?



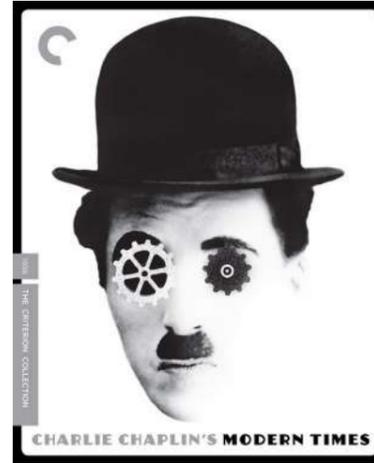
**TOY STORY**

TOY STORY follows the adventures of the toys that belong to a boy named Andy. His favourite is a sheriff named Woody, who acts as the leader of the rest of Andy's toys. All is going well until Andy gets a very special birthday present: a toy spaceman named Buzz Lightyear. Woody gets jealous, and, in an effort to keep Andy from taking Buzz with him on an excursion, accidentally knocks Buzz out the window. Feeling very bad about what he's done, Woody follows, determined to bring Buzz back home to Andy. There's plenty of cleverness throughout this film, and the story keeps moving at a great pace. Families can talk about friendships, loyalty, and rivalry in Toy Story. Young kids are exploring all these issues, and the movie has great models.



**THE LION KING**

The Lion King is the story of Simba, the cub of Mufasa, the king of the jungle. Simba "just can't wait to be king." But his evil Uncle Scar, bitterly jealous of Mufasa, wants to be king, so he arranges for Mufasa to be killed in a stampede and makes Simba think he's responsible. Simba runs away and finds friends in Pumbaa the warthog and Timon the meerkat, who advise him that the best philosophy is "hakuna matata" (no worries). Simba grows up thinking that he has escaped his past, but his childhood friend Nala finds him and tells him that, under Scar's leadership, the tribe has suffered badly. Families can talk about facing problems instead of running from them. Why doesn't the idea of "hakuna matata" always work? Can anyone get through life without a little worry and conflict?



**MODERN TIMES**

MODERN TIMES is about two people struggling with the isolation of the industrial era. Charlie Chaplin is an assembly line worker who loses his job after a work accident. Soon he finds himself leading a communist parade while just trying to return a red flag to a man who dropped it, and is sent to prison. When he comes upon an attempted escape, Chaplin captures the prisoners and releases the guards, and is pardoned because of his heroism. Chaplin soon is determined to go back to jail, and finds his chance when he sees a poor girl stealing bread, and confesses that it was he who stole it. But a witness identifies her. After a series of missteps and trips through jail, Chaplin and his

friend eventually walk off into the sunset together. Children will adore the slapstick in this movie. Families can discuss in what way a silent film is different from a "talkie"? How do the characters in Modern Times demonstrate integrity and perseverance? Why are these important?



**SOUND OF MUSIC**

The beloved musical The Sound of Music tells the fictionalized love story of Maria von Trapp, who does not fit into the abbey where she lives. While she means well, she's constantly in trouble. The wise abbess sends her away to be the governess for the seven children of stern widower Captain von Trapp. The children are uncooperative until Maria wins them over, sharing her love of music and teaching them to sing. In the end, he chooses Maria, and entering the singing contest turns into an escape from the Nazis. Talk about the songs in the movie. What does the song, "Climb Every Mountain" mean? What about "My Favourite Things"? If you were going to write the song, what would be on your list of favourite things?

*Dr. Shiba Daveskar*

*Dept of Media Studies*

## Visual experiences lead to Vasudhaika Kutumbam



When a child is born, parents dream that he would be the best human being in future. The child, when introduced to books, becomes so. When books have an essential role in the lives of children, their vocabulary, language skills, learning experiences, social skills enrich, endowing them with personal taste and aesthetic sense in the very early phase. Teachers, parents, guardians and community members should encourage children to read Indian literature in English/Regional languages/Global literature for carving their all-round personality. This is true for any child in the world

and no less true for an Indian child.

Children should be careful in selecting which books to read, which genre to follow and which writer to love. To return to the favorite writer means as Mari Evans says in Clarity as Concept: "This is who we are, where we have been, where we are. This is where we must go. And this is what we must do." Once our children develop a passion for reading which has been vital in developing their cognitive skills to be active, it would be a hobby shaping them not only as book-lovers but also as high achievers. As identified by writer, Donna Norton in Through the

Eyes of a Child (2010), the value of establishing young book-lovers with opportunities to respond to literature promote their own tradition as well as those of others; build up their EQ, creativity, personality, life skills and social skills. As children develop their own opinions through analysis and evaluation of what they've read, their cognitive skills are strengthened. Norton recommends wordless picture books as excellent stimuli for acquiring oral and written language skills.

Child book-lovers naturally develop positive attitudes towards their culture and other cultures as and when they read stories, poems, folktales encouraging them acceptance of cultural differences depicting culture and homeland as an important piece to be treasured and valued. Reading nurtures them to reflect on the realities around them and be the best empathetic souls. Let our children create a community where true happiness thrives!

*Dr. S.D. Sasi Kiran*

*Dept of Indian And Foreign Languages*

### Let us Gift our Children a Human Life to live Humanely and Happily

Digitalization has changed the way a child programmes, right from the womb of the mother. Gone are the days when pregnant women used to take rest for the complete nine months to take care of the child in the womb by providing them physical nutrition through balanced food and mental nutrition through personal interaction with the baby and exposing to natural sounds of the earth. Nowadays, some mothers can be seen working till the 9th month and delivering the baby right after the first day of the maternity leave or sometimes in the workplace. The globalization and freedom to enjoy equal rights between men and women might have provided employment and economy to women but it has spoiled the positive human behavior of the children. Before the child turns three months, children lose the warmth of love and care of mothers and they are forced to be dependent on baby sitters or play schools. Working mothers are forced to report back to work after three months of maternity leave. Is it more important to earn when you

know your children are not going to value your hard earned money? In the 21st Century, god has gifted one additional organ to the human being, "Smartphones". The era of playing with toys in the ground and playing with other children is coming to an end. Technology might have helped to do things faster in our lives but it has taken away the values, culture, personalization experience, and ethics in our lives and in our children's lives, resulting in deterioration of the health and behavior. Inhuman behaviors such as rape, robbery, sexual harassment, suicide, and terrorism etc. are rampant these days due to negative mental health. Diseases such as Diabetes, Heart attack and Obesity is encountered by the children as young as five years of age. The solution to gift our children a Human life is to review the way we connect the hearts between the parent and children positively to live humanely and happily.

*Dr. D.P. Sudhakar*

*Dept of Hotel Management*

# The Visionary Superhero behind All Superheroes



“Stan Lee” was a fiction, a mask that eventually became a face. It was a pen name designed by a teenage boy, not to gain fame but to hide work he thought would embarrass him. The man who would become the editor-in-chief of Marvel Comics was born Stanley Lieber, the child of Romanian Jewish immigrants, in New York City. A verbally adept child and lightning

becoming the editor of the entire Timely Comics line in 1941, when he was only 19. Timely Comics would invent itself every decade or so, first as Atlas Comics in the 1950s and then as Marvel Comics in 1961, but Lee remained at the editorial helm until 1972, interrupted only by his wartime service.

fast writer, he attended DeWitt Clinton High School in the Bronx.

He dreamed of writing the Great American Novel and took the name Stan Lee when he started writing comic books because he wanted to keep the Stanley Lieber name for the serious work he would one day produce. Under the guise of Stan Lee he achieved much global impact. After graduation in 1939, he went to work for Timely Comics,



owned by Martin Goodman. He quickly rose in ranks,

to dynamic art, and he in 1956 was able to recruit the two most visionary artists to ever work in superhero comics, Jack Kirby and Steve Ditko. In the late 1950s, Ditko and Kirby were already helping to energize Lee’s line with popular monster comics, done in the spirit of Godzilla movies. But the real revolution would come in 1961 when Lee and Kirby launched The Fantastic Four, the cornerstone of Marvel Comics. One of the cast members, the Thing, looked like an escapee from monster comics. The blurring of the lines between good and evil would be a recurring theme of the series. In

gritty Spider-Man and the psychedelic Doctor Strange. Because Lee encouraged Kirby



and Ditko to cross-pollinate their narratives, Marvel Comics started to gain the cohesion of a shared universe, an innovation in popular culture that would later be replicated in Hollywood as the Marvel Cinematic Universe. Stan Lee, the midwife of the Marvel Universe, died on November 12, 2018, at age 95.

*Nisha Mukherjee  
Dept of Media Studies*



characterization and soap opera plots, the Fantastic Four quickly evolved to a sprawling cosmic roman-fleuve. The title set the pace for Marvel Comics. The formula for Marvel Comics evolved helter-skelter as Lee and Kirby poured out many monthly titles: flawed heroes, stories that mixed folklore with space opera, open-ended plots, and allegorical allusions to contemporary politics frequently touching on the evil of discrimination. Lee and Kirby brought this formula to a host of characters: Thor, the Hulk, the X-Men, the Silver Surfer, the Black Panther and many more. Ditko collaborated with Lee on the

Lee’s true genius was not as a writer or creator but as an editor. Lee remained at the top of Timely. Lee was sensitive



## BANGALORE COMIC CON

The Mecca of all things pop culture is finally here so get your wigs, blasters, and convention badges ready!

This weekend kicks off the iconic New York Comic Con, 7th Edition of Bengaluru! It will be taking over Bangalore, at the KTPO Trade and Convention Centre Whitefield. It will become ground zero for all thing’s entertainment – everything from films, television, video games, and of course, all things comic book. Blink too fast, and you might miss an iconic character walking down a hallway between panels, turn the corner and you might encounter Superman piercing the place with his laser beam! Big names such as Warner Brothers, Marvel and “Star Wars” have filled the halls of the convention center throughout the years, bringing in the stars and talent behind

big movies and television shows, alongside convention-exclusive swag! The weekend also brings the opportunity to walk the exhibit hall, where hundreds of vendors are expected throughout the event. Pop culture is great, but what exactly is it that draws fans to an event like Comic Con? Comic-Con’s popularity has unified people throughout the world with its deep sense of community. We look at popular culture as something that connects us. It offers a place for people to connect as a result of mutual interests. It is this sense of community and belonging that makes so many fans willing to spend the time, the energy, and of course the money to come together and witness the surreal experience.

*Nisha Mukherjee  
Dept of Media Studies*

# UPCOMING EVENTS

## GCU - End Semester Exams Tips to beat the Exam Blues

Examinations are designed to test a student's ability to synthesis information and to organize their thoughts on paper. Examinations are important but it increases the stress level of students. The word examination itself creates anxiety among the students. When exams knock at the door, it is common to go paranoid. There is a constant worry on how your performance will be and whether you are preparing right is a major concern. As the students of GCU are preparing for their upcoming end-semester exams, here are stress buster tips that can help the students to calm them a bit during this time.

- Have some realistic target. Always it is advisable to students to have some realistic revision targets every day. This would not squeeze your brain in a single day and doing a bit of revision in regular basis would help to reduce stress.
- Have a proper balance diet during this time. Intake of sugar should be avoided and opt for some snacks or ample fruits and veggies to maintain blood sugar



level. Students, who study for long time, need to have some protein. A 10 minute walk will not only keep your body fit and active, but will also refresh your mind.

- Take small breaks in between. Whenever you plan to study, always make it a point to take a 10 minutes break in every hour. This would allow you to refresh your mind and once your brain has a few minutes rest it can function well. You can spend this break time to listen to your favorite music, talking with a friend, playing some small

fun game etc.

- Ignore all kind of procrastination. Any kind of social media platform can be notorious mode of procrastination which needs to be avoided before exam. Once you have completed your study for the day, you can certainly think of going online and spending a few minutes to refresh your mind

Nidhi Kunjilwar  
Dept of Media Studies

## The National Summit on Technology and Entrepreneurship

Research and Innovation Council (RIC), Entrepreneurship Club & the Department of Commerce & Management of Garden City University is organizing The National Summit on "Technology and Entrepreneurship" on 24th November 2018, for the Corporate delegates, Research Scholars and students.

This program will be unique in nature to bring diversified background of participants to facilitate expert sharing sessions and panel discussions to understand the best practices and innovations to be adopted in the corporate and academic leadership.

The prime objective of this program is to develop and strengthen the corporate and academic leadership through best research practices.

This program will help in developing Industry Institute interaction and to facilitate incubation activities in the University.

Nisha Mukherjee

Dept of Media Studies



**GARDEN CITY UNIVERSITY**  
EMPHASIS ON LIFE

Corporate connect through Research and technology

**National Summit on  
Technology and Entrepreneurship**

Organized by  
Research and Innovation Council (RIC) & Entrepreneurship Club  
& Department Commerce & Management  
Garden City University, Bengaluru

Date	24 <sup>th</sup> November 2018	Venue	Garden City University
<b>Objective</b>			
<ul style="list-style-type: none"> <li>• To enhance knowledge of participants in latest Technology developments and start up opportunities</li> <li>• Facilitating the Acquisition of Managerial, Technical skills, Leadership and corporate communication best practices</li> <li>• To provide analytical knowledge on the recent developments in Internet of Things (IOT) and Artificial Intelligence(AI) and Robotics</li> <li>• It is platform to facilitate Experts to share the best practices in Research and technology advancements</li> </ul>			
<b>Content</b>			
<b>Track-I</b>	Leadership and Entrepreneurship		
<b>Track-II</b>	Operations and Supply Chain Management		
<b>Track-III</b>	Fusion Technologies		
<b>Track-IV</b>	Technology Developments: Internet of Things (IOT), AI and Robotics		
<b>Track-V</b>	Infrastructure and Smart cities		
<b>Track-VI</b>	Experience sharing by participants		
<b>Who can participate?</b>			
<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="border: 1px solid #ccc; padding: 5px; background-color: #e0e0e0;">Corporate</div> <div style="border: 1px solid #ccc; padding: 5px; background-color: #fff9c4;">Industry Experts</div> <div style="border: 1px solid #ccc; padding: 5px; background-color: #e0e0e0;">Academicians</div> <div style="border: 1px solid #ccc; padding: 5px; background-color: #fff9c4;">Research Scholars</div> <div style="border: 1px solid #ccc; padding: 5px; background-color: #e0e0e0;">Students</div> </div>			
<b>Expert Speakers</b>			
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<div style="border: 1px solid #ccc; padding: 5px; background-color: #e0e0e0;"> <b>Dr.Y.V.Rao, Dean-R&amp;D</b> Garden City University         </div>			
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<div style="border: 1px solid #ccc; padding: 5px; background-color: #e0e0e0;"> <b>Mr.Anand Hangal</b> E-mail: anand.hangal@garden.city.university         </div>			
<b>Registration</b>			
<div style="border: 1px solid #ccc; padding: 10px; background-color: #fff9c4;"> <p><b>Rs 1000</b> for Corporate/Academicians</p> <p><b>Rs 500</b> for Research scholars/Students</p> <p><b>Registration:</b> (Includes working lunch, Tea and snacks)</p> </div>			

## Recipe of the Week

### BEANSPROUT AND BANANA RELISH

Dr. D.P.Sudhakar,  
Dept. of Hotel Management

Sprouts are packed with multiple nutrients essential for the mental and physical wellness of the human body. Bananas are free from fat, cholesterol and sodium. In addition, Bananas provides instant happiness and energy. Let us celebrate Children's Day 2018 with Beansprout and Banana Relish,

#### Ingredients:

1. Country Style Ripe Banana-2 Nos
2. Beansprouts- 200 grams
3. Coconut- 200 grams
4. Brown Sugar- 100 grams
5. Cardamom - 2 Pearls

#### Method of Preparation:

1. Wash the Beansprouts in Luke warm water and strain.
2. Add the sprouts in a blender and add 150 ml of cold water. Blend well and strain the beansprout milk.
3. Rinse the blender, add beansprout milk, sliced banana, grated coconut, brown sugar and cardamom. Blend well until the mixture is creamy.
4. Take a Toll Collins glaass and rim with brown sugar.
5. Add the Creamy Mixture in the glass and garnish with a slice of Banana studded with fresh Beansprout.

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