

VIDYAPOST

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BROKEN HOMES
BROKEN CHILDREN

Placing children's security, health, and well-being at serious risk?

CHILDREN EMOTIONALLY AFFECTED IN LONG TERM!

According to a research, the top five reasons why people got married are; to signify a life-long commitment, to make a public commitment, for legal status or for financial security, because of religious beliefs, and security for children. However, when parents get divorced, the children's security and wellbeing is seriously at risk.

According to Polilegal report around 0.11% of the total population of India is divorced, i.e., 1.36 million people first marriages ended in divorce and remarriages end in divorce. With these kinds of statistics, and with all the problems and pain a couple goes through, why do people still want to get married?

Even though marriage receives so much bad press these days, walking the aisle is still a very popular exercise. After all, it is human nature to want to feel nurtured and secure. Getting married is still very much desired for all its promise of unconditional love and companionship.

But marriage is so much more than just the wedding ceremony or the honeymoon. It is more than just the intimacy and fun that every couple deserves. Marriage is also about building a family. Traditionally, raising children is part and parcel of a marriage partnership --- a task that entails the provision of shelter, clothing, education, and love without which no child can live without. Just as couples want to feel they belong to a loving relationship, so do their children. It also goes without saying that if a marriage is broken, the children would be emotionally affected by it together with their parents. The effects of divorce on children are important to any good parent. But it's not always easy, when a marriage is struggling and someone is hurting, parents



should also consider what the specific effects of divorce will be on their children.

There have been many specific studies focusing on the effects of divorce on children. Studies show that children from a broken family are emotionally affected by the marriage breakup and they know that nothing will ever be the same again. They fear change. Not just that the mother or their father will not be around, but they may also lost contact with their extended family, or school routines may change.

Children have a fear of being abandoned. When parents are at odds and are either separated or considering separation, children have a realistic fear that if they lose one parent, they may lose the other. The concept of being alone in the world is a very frightening thing for a child.

Children who have a natural attachment to their parents also fear losing other secure relationships such as those they have with their friends, pets, siblings, neighbors, and so on.

Sometimes children are simply attached to their surroundings, and moving into new surroundings can cause an understandable negative reaction. Divorce has also been found to be associated with a higher incidence of depression; withdrawal from friends and family; aggressive, impulsive, or hyperactive behavior; and either withdrawing from participation in the classroom or becoming disruptive.

Academically, children are greatly affected because of their parents divorce or separation. Children from divorced families drop out of school at twice the rate compared with children from "intact" families. They also have lower rates of graduation from high school and college. Children from divorced homes performed more poorly in reading, spelling and math.

Moreover, children of divorced parents are more likely to become delinquent by age 15, regardless of when the divorce took place. Anecdotal evidence points out that parental divorce

and living in a single-parent household can influence a person to have thoughts of committing suicide. Drug use in children is lowest among those children who have been spared from the effects of parental divorce.

Even if there are having been tension and problems at home, some children will be shocked to learn that their parents are getting a divorce. It may take some time for them to acknowledge and accept that their lives will be different. To help a child cope with shock and stress, parents should be patient with them, ease into the new routines and living situations if possible and constantly express and reassure their love to them.

Based on research, these are the top five reasons why people get married:



1. To signify a life-long commitment
2. To make a public commitment
3. To legalize their partnership or for financial security
4. To formalize their partnership as part of religious belief
5. To provide security for children.

But long after the celebration of the wedding and years after the honeymoon, when reality sets in, many marriages fail to survive. Despite all the happiness and joy that was shared between the man and the woman during the early years of marriage, they end up separated or divorced --- placing their children's security, health, and well-being at serious risk.



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Steps to Helping Your Asthmatic Child, This Rain Season

Parents of asthmatic children often feel powerless to help. This article discusses the signs of child asthma, the best way to administer medication, and what to do during an asthma attack.

The first and most important step to take is to decide to take charge of your child's asthma. Parents of asthmatic children suffer a range of contradictory feelings. Strongest is the natural concern for their child. Are you giving them the best treatment, or is there something you have not thought of or are unaware of? Then there are the doubts about being over or under protective. If they have non-asthmatic siblings do you treat all of your children the same? Perhaps there is some guilt that asthma may have been inherited and it is your fault your child has the condition.

Let's take charge of the situation and dispel this myth straight away. You have not willed it onto your child. It is



nobody's fault or a judgement of some sort any more than an inherited ability that makes someone more likely to be good at sports or singing. You can also take charge by educating yourself about the condition. Do not waste time worrying if there are better treatments or medications for your child. Find out. Use the medical profession, library and internet. The best prescription is knowledge.

The next step is to be aware of your child's health. One problem with having an ill child is their inability to clearly explain how they feel. An asthmatic child may not come to you in the middle of the night and mention difficulty breathing, or persistent coughing. Instead they may leave their condition to worsen until their lungs have expanded enough to start pressing on their stomach. At this point they may mention they feel sick.

Some children just take a rest when their breathing becomes difficult and never mention they feel out of breath.

If you suspect your child may have asthma you probably know the classic signs to look for: coughing, wheezing, shortness of breath, changes in color of skin, nails, or lips, and a tightness of the chest. But also be aware there are other signs that suggest there may be a problem: nausea, lethargy, and low appetite. Also notice if your child has to hunch forward as they exhale if they are feeling short of breath.

If possible take a look at your child's breathing as they sleep. This will enable you to see how they breathe when they are relaxed. Then you will be able to tell when their breathing becomes labored.

Next, ensure your child takes any inhaled medication properly. Many asthma medications are delivered by inhalers and it is often difficult for a child to understand and perform the necessary sequence of breaths to take these medicines. How long did your child take to learn to blow their nose properly? I know of one child who insisted they were holding their breath while they kept their lips firmly together as they breathed through their nose. Many children feel they cannot hold their breath for the required interval and end up dramatically gasping for air. If your asthmatic child has to take medicines through a metered dose inhaler it is often best to use it with a spacer or aero-chamber.



You need to be prepared for an asthma attack. Know what to do. If your child suffers an asthma attack keep calm and resist the urge to cuddle your child. Though this is perfectly natural it will constrict their chest and make it harder for

them to breathe.

If you are driving your child to ER or a physician while they are having an asthma attack you must still buckle them into their child seat. Do not hold your child. Imagine what would happen if there was an accident.

To deal with asthma effectively you have to understand the disease and understand your child. You may be tempted to let your doctor make all the decisions, but there is so much more you can do than just administer medication. You

can improve the condition by making changes to the home environment, to your child's diet, to how they breathe, and to the exercise they take. The more you know about asthma the more effectively you can control it.



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From the Schoolyard to the Internet: The Phenomenon of Online Bullying

Online bullying, also known as cyber-bullying, is becoming increasingly rampant among school-age children. Like traditional bullying, it can cause the victim to feel stress and anxiety, triggering depression, and in extreme cases drive them to commit suicide.

The tragic death of thirteen year old has caught the attention of millions of parents educators, medical professionals, an child advocates worldwide. She had committed suicide the day after a boy she met and became friends with on the popular social networking website MySpace, abruptly ended the relationship and began sending her nasty messages online. The incident was brought to school attention after it was discovered that the identity of boy was apparently the creation of a family, primarily the mother, who lived in her neighbourhood who wanted to know what the girl was saying about their daughter online. The two girls had previously been friends but had a falling out recently.

This case has brought to light a growing threat to many children and adolescents---the phenomenon of online bullying. Online bullying, also referred to as electronic bullying or cyber-bullying, can be defined as the

repetitive and willful harassment through the use of the Internet, mobile phones or other forms of interactive and/or digital communication, usually with the intent to humiliate, torment and threaten an individual in order to assert the perpetrator's power over the victim. It is speculated that about one in ten children have experienced some form of bullying, but others insist that the numbers of victims are higher.

According to a study, cyber-bullying can take different forms, such as sending mean, vulgar, or threatening messages or images; posting sensitive, private information about another person; pretending to be someone else in order to make that person look bad; and/or intentionally excluding someone from an online group. This is usually done through e-mails, instant messaging (IM), text or digital imaging messages sent on cell phones, web pages, web logs (blogs), chat rooms or discussion groups, and other information communication technologies. This kind of bullying is often limited to children, pre-teens and teenagers.

Traditional bullying is distressing enough; however, cyber-bullying is even more



terrifying because the harassment can occur continuously at any time of the day or night, with the messages and images distributed quickly to a very wide audience. With the advent of camera phones, perpetrators can take pictures of their intended victim in compromising and potentially humiliating situations and post it on the Internet. Examples of these can be seen in websites such as YouTube which allows members to post pictures and videos online and subsequently viewed and downloaded worldwide. It may also be circulated through whatsapp in the form of attachments. This increases the humiliation felt by the victim, often heightening the stress and anxiety they feel. For

her, the bullying aggravated her condition; she had been diagnosed with depression and attention deficit disorder. The girl was extremely vulnerable and this was what ultimately drove her to kill herself.

Online bullying can be classified as a computer crime punishable by law; however, prosecuting the perpetrators of this crime is limited by the laws that are in place in the state or country where it happened, mostly because computer crimes are very much a new thing. And as with any crime, in order to prosecute one must have sufficient evidence. Unfortunately, unlike traditional bullying, cyber-bullying is difficult if not impossible to trace. This is because the

youthful perpetrator can remain anonymous online, supply false identifying information or constantly change online personas.

This is exactly what happened in girl's case. The account was created and maintained in order to gain her trust, and while her parents acknowledge that no one could have predicted that the eventual outcome of the scheme, they feel that the offending family should be held accountable for what they did.

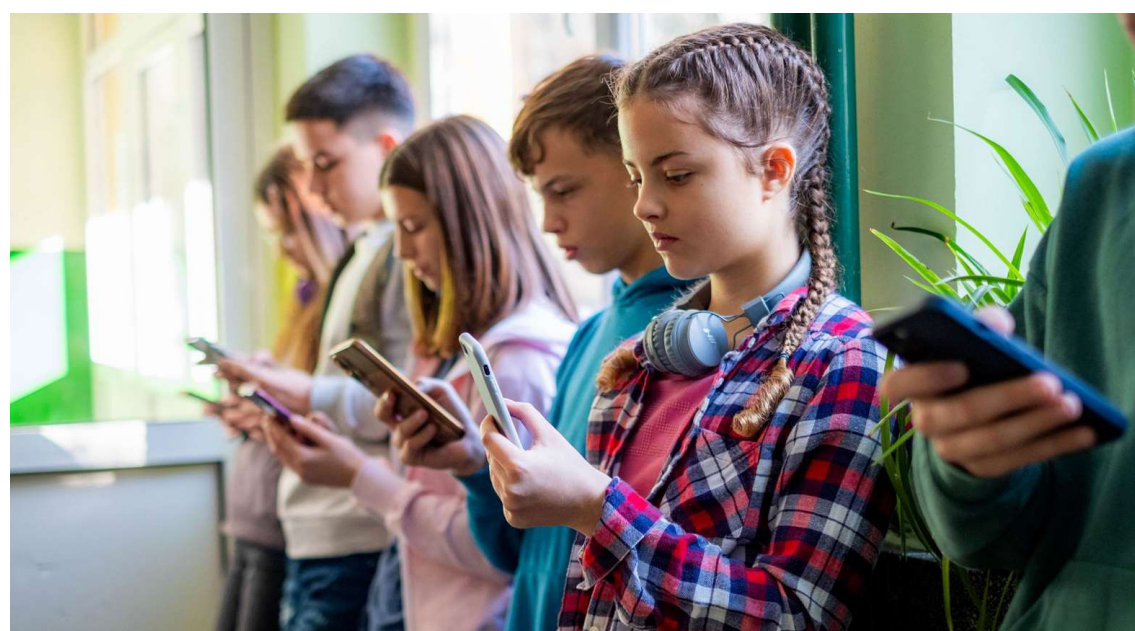
The family had been storing a foosball table for the family that created the personal online. When her parents found out that it was that family that had driven their daughter to suicide, they destroyed the table and dumped the remains on their neighbor's driveway. This is perhaps the only payoff that they'll get for losing their beloved daughter, however paltry it may be. But girl's tragic death may not be in vain; lawmakers in her community have proposed a new ordinance related to child endangerment and Internet harassment. While it comes too late to save her life, it may save other children and give them some way of getting back at their oppressors.

Students Equipped With Latest Gadgets in Colleges

According to the National Retail Federation, college student spend \$8.2 million on electronics to get them through the semester. Now these products have grown in sophistication, just like the students toting them.

With increasing class workloads and demanding social schedules, it makes sense that students have turned to mobile computing to help keep track of their hectic lives. Replacing piles of paper, reference books and Post-it notes with handhelds-such as the tabs, laptops with built-in Wi-Fi-keeps students organized and in sync when they are away from their dorm room.

Handhelds make things such as taking notes, whatsapp the professor questions and carrying around electronic research-rather than heavy reference books-a breeze. Combine the handheld with a wireless keyboard and students have a cheaper and more portable alternative to a laptop. AI software also makes it easy to



write essays using Microsoft Word, finish homework with Excel spread sheets or even practice a presentation using PowerPoint.

In addition to handhelds, the National Retail Federation found that 85 percent of college students own a cell phone and 80% percent of them access the

Internet through it. Students are demanding smarter phones with more features-they want it all (e-mail, instant messaging, Web access, Microsoft Office applications, streaming video and audio and more). These cell phones on steroids, called "smartphones," are the newest trend. According to In-Stat, the

smartphone market grew over 70 percent year after year and will continue to grow significantly during the next coming years.

Thanks to high-speed networks, data speeds (used for getting the Net or for streaming video) on these smartphones are now as fast as the traditional

DSL connections commonly used in homes and businesses. Today, using the newest smartphones, students can perform a Google search while soaking up sun in the quad, listen to live video podcasts in the library or watch their favorite television programs from video streaming off the Internet.

Thanks to these latest gadgets, tech-savvy students will be able to keep track of everything from sports practice to dates on Friday night, all in something that will easily fit in their pocket.

Today's savvy students appreciate high-tech handhelds.



Business Students Thinking Moving Towards Globalization

Where does the business student fit in, and how is he or she impacted?

There are huge transactions and deals being made across the globe today that can, in time, alter a firm's positioning power or just adversely impact their earning per share for shareholders. Some nations, even third-world nations, are now starting to play a significant part in the delivery of goods and services to world markets. Certain key corporations are relocating overseas and shifting their business philosophy in sync with staying competitive. With certain of these US company exits, where does the business student fit in, and how is he or she impacted? How might they impact the national and global business structure in the future?

College graduates in the coming years must try their best to incorporate a number of areas that will be helpful to them as far as becoming successful businesspeople are concerned. Students are not only competing with their worldwide counterparts but also competition abroad. It is not merely about a student's GPA, class rank, GMAT score, institution he has gone to,



internships, college business affiliations or college organizations participation. These are properly oriented in their position; but it is the adjustment of educating students to address global demands for their organizations or businesses. These skills will be imperative and must not be confined to the lack of any business schools' intellectual thinking process. They need to be properly diversified in international business activities, domestic culture, social, political

and intra relationships towards various cultures in order to become the movers and shakers of the global business unit. The theories, practicum's and concepts not only need to be taught in classes, but need to be practiced and students should proactively go for attending seminars, workshops and more training classes so that they are well rounded, ready and settled in the culture where they will be working for or with. An on-site environment or group of the culture within an environment is

a beginning in offering the important work of that culture. Professors and schools are pivotal to the developmental processes for the students to compete on the global level by assisting in giving the tools for global success.



5 Best Games for Pre-Schools Children!

There appears to be increasingly more pressure upon parents today to put their preschool kids into all kinds of new learning schemes. There is swimming and music lessons, craft facilities and movement, motor skill or sporting capability activities.

Did you know that some of the best learning resources for your children are at your fingertips, quite literally! We as the main carers and thus the initial teachers of our children prior to them attend school. Without all the lessons and activities that we would pay for our children to undertake, simply playing basic games for children, your children will receive all the stimulation and encouragement that they require to get off to the best possible start.

By giving them a stimulated environment with free activities centered in your school and locality you will receive quality time with your children and at the same time enhance their creativity and imagination.



Top 5 Child Games /Activities- Indoors

1. Storytelling- Telling your children stories builds language, listening and imagination. Don't get stuck reading off books, talk to your kids about a special family story which makes them realize their place within the world. How mum and dad met, how great grandpa traveled across the seas aboard a tall-ship to make a new home in a foreign land, or the tale of their birth. These stories will entertain them again and again, perhaps you have pictures to enable them to put names to faces.

2. Dressing Up- As kids the dress-ups box was always our go-to treasure chest for making up characters for a play or story. Playing at being dinosaurs, truck drivers, doctors, zoo keepers or even mum can entertain children for hours. The more props the better so always have a supply of blankets for cubbies or tents and various boxes for cars, dolls beds or wherever their imagination leads them.

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Freedom of self employment in the world of engineering: Architectural Engineering career

Anyone who is adept at planning, production and operation of a building can have the potential to achieve a successful career in architectural engineering. An architectural engineer designs and plans the interior functioning and base of a house or building.

Architectural engineers are the ones in charge of the plans and blueprints for anything ranging from high-rise city buildings and bridges to small rural homes and upscale mansions. An engineer must be adaptable and resourceful and yet respectful of local building codes and ordinances. There are several careers available when working in the field of architectural engineering, including self-employment. A competent professional can create a home or building plan, which is both exterior and interior elevations, foundation and floor plans, roof details, electrical layouts, cross sections and other general information.

In order to pursue a profession in architectural engineering, a person needs to become licensed by an accrediting institution. Additionally, an architect engineer needs to familiarize themselves with building codes,

local ordinances and regulations and needs to be proficient at his or her craft. To learn this information, hopeful engineers need to earn a college degree and learn first-hand about how the process goes about working. As well as creating a home or structure, engineering professionals also alter already created plans. This can be changing blueprints for a home,

business or monument so that it will be tailored to the individual or local area requirements. Some people contract an architectural engineer to manage the design and construction of the project, while others choose to hire one after construction has already started.

If problems arise in the construction or they simply need a helping hand, many

individuals and companies turn to the world of engineering for a professional evaluation and redesign. Concerns surrounding both energy costs and safety have, in recent years, prompted many areas to require an architect and/or engineering seal be placed on a blueprint prior to construction. In addition to the actual design process, many engineering professionals review plans and offer consultation services on independent creations.

While many engineers find great success within a design and development firm or working directly with individuals or companies, many find that they are happy working on a freelance or consultant basis. This means that they work directly with the company or individual, own and operate their own business and handle every decision within the company.

The freedom of self-employment in the world of engineering can be very fulfilling, both financially and emotionally. Much like a doctor, lawyer or accountant who branches out into their own private practice, engineering professional may also enjoy that same freedom.



7 Key Time Management Activities for High School Students

Developing a time management is very much like simply the same as creating a budget. Just like the purpose of a budget is to put an organization on your finances, your purpose in time management is to reclaim control of your time.

Time is money to most people. Companies have understood this for a long time. The longer you take on a specific job, the more money will be incurred or paid, depending on the company. Companies do not like it when they pay employees who spend their time doing irrelevant things. They value individuals who can deliver the job accomplished in rightful time and right way.

In the schools, you are asked to accomplish more assignments, often by various teachers or managers who are not concerned with the other assignments that you are working on. It solely relies to you on how you will handle all your assignments so that you can complete them within the given time frames provided to you.

Even so, maybe you would also like to spend some time

enjoying your youth and living a happy and complete life.

Here are a few tips in that you can utilize so that you can beat all your deadlines and have an organized and well-planned timetable.

1. For the following week, have a printed copy of all your activities.

Place in your record the time you will allocate to each activity, what types of activity you should do and how long you generally take to get them completed. Organize all these data in any way you want, but make sure you place all of your available time to be budgeted. You should also ensure that you record in your record the time when you are free or are doing nothing.

2. Learn how you will manage your time. Then, attempt to come up with the following:

- What have you seen it?

- Have you done all the work assigned to you prior or on the due dates. For example, have you already done your homework?

- Did you have time to attend other things you enjoy besides your commitment at school?

- Did you have time to do all your responsibilities at home?

- Do you have time for your friends anymore?

- What are the activities that you enjoy doing but have no time at all to do it?

After you have provided answers to the above questions, attempt to contemplate how you can improve your time management.

3. Attempt to seek additional information on the internet. There are numerous search engines which can assist you in enhancing your time organization.

4. Choose or create your own table to use to place a schedule for yourself for the entire week. Make sure that you leave some time for relaxation and work. Be reasonable in your expectations. Test your schedule for a full week, have an exact record of each activity.

5. Change is the only constant thing in a human's life.



What you were doing with your free time may not be what you will be doing six months or a year from now. If you are participating in a winter game, you can see that when winter comes to an end, your calendar will surely change.

6. If you are involved in a school event or any drama presentation, it should be assumed that you will be more hectic prior to the date of performance than you will be at the beginning of rehearsals.

Look at the overall picture first before you do anything else. What do you imagine your calendar for next year will be like? Pick the dates on that calendar and create a calendar that you can stick to.

7. Create a schedule for the upcoming five weeks. Ensure that you include any changes you anticipate because of your recreational activities and other happenings that have seasons and peak periods. Use the calendar and prepare to offer comments on it when the five weeks are complete.

How was it? Don't be pessimistic in turning back and make sure that the resources are scheduled, or look elsewhere for other resources.

For high school students, it is always anticipated that they will have a hectic time for studies and recreation. Nonetheless, regardless of how busy the schedule is, it is still necessary that one has proper time management to have guidance.

Importance of Teaching How to Achieve Financial Freedom in Schools?



Work hard, excel in school, and you will have a promising future!

I am fairly certain most of you have been brainwashed by your instructors with this mantra while you were pupils. And your vision of a promising future is probably going to be a lawyer, doctor, engineer, or businessman. Whatever that guarantees a high-paying job.

Your school assisted you in attaining your aspiration. It provided you with the required set of skills to succeed in your profession. But is your school preparing you on how to handle your finances when your money begins coming in? Does your school inform you that you will cease to earn that kind of money the moment you retire? Do your

instructors provide lessons on the necessity of earning residual income and how to handle personal debts? Does your school educate you on how to become financially free?

Your high-paying job allows you to reside in large houses, drive expensive cars, have hundreds of country club memberships, take annual vacations, and purchase the things you have always wanted. But wait! Did the thought of you losing your job ever occur in your mind? The economic bubble burst.

Companies crash. Your company's cash flow from operations turns into the red. Your company directors prefer to save costs. Your directors decide to retrench people earning fat pay packets. You happen to be among them. Your world ends up crashing when you were retrenched. You then realized that you could no longer sustain your luxurious lifestyle. Your luxurious home is mortgaged to the bank in your neighbourhood. You borrowed money for your high-performance vehicles. You have not cleared your credit card

balances. You tap into your savings to pacify your creditors during the initial few months.

But pretty soon, your creditors came knocking on your house door every few days and flood your voice mail with reminders to pay your debts. While earning a great amount of money is crucial, handling your money is what matters the most to allow you to attain financial independence. If you acquire financial independence, you could break out of the rat race, have extra time to pursue what truly delights you, vacation as long as you want and enjoy the lifestyle you desire!

Educating children to become financially free. Educate school children about handling their money because teaching at school level likely to last for life time. There are no deficiencies of materials out there for you to read and teach. Money is a two-edged sword. It might make or ruin you. But if you can excel in handling it, money would be working for you.

Set out on the school student path to become financially free. Learn. Become financially free.

5 Best Games for Pre-Schools Children!

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3. **Music**- Children enjoy an opportunity to dance and bounce around. At the age of three they will already have some favorites which will likely have actions to go along with them. With the opportunity to march, stomp, clap or any other loud action will be gladly followed by any musical instruments that you have in the house. If you don't have any, a pot and wooden spoon will work just as well!

4. **Craft**- By using recycled materials you just need some glue, a little inspiration, and your child's creativity will do the rest. Materials can be used to create collages, space rockets, animals and a whole lot more. Keep a ready supply of recyclables by keeping cereal boxes, toilet rolls, candy wrappers, magazines and yoghurt containers. Other crafty ideas can involve play dough, paint, crayons, chalk and modelling clay! The ideas are endless.

5. **Board Games and Card Games**- Fun for the whole



children or just two bored kids looking for something to do on a rainy day. For younger children these games help them with numerical skills, taking turns and gamesmanship, as well as the concept of chance and that anyone can win the game. Super for holidays as they are easy to set up and can last for hours. There are many card games to learn from easy kids games right up complicated ones for teenagers and adults. Best of all, the only equipment needed is a deck of cards. Board games like Scrabble and Monopoly have been played for generations and will continue to be, unless everything becomes computerised!

Most of these activities will be known to everyone, but have children played them all? If not, then get out there and enjoy some child games with your tribe, they'll love you all the more for spending some one on one time with them.