Womenia

Awesome debut: Divya Pathak's kathak arangetram mesmerises Hyderabad

Young dancer Divya Pathak marked a graceful milestone with her Kathak Arangetram, delivering a performance that blended tradition, precision and expressive storytelling. Held at Ravindra Bharati under the guidance of award-winning guru Raghava Raj Bhatt and the aegis of Akruti Kathak Kendra, the debut captivated audiences throughout

A graceful celebration of rhythm, devotion, and classical excellence unfolded at Ravindra Bharati as young dancer Divya Pathak marked her Kathak Arangetram with a performance that held the audience spellbound. Organised under the auspices of Akruti Kathak Kendra, the evening showcased the arrival of a promising artiste deeply rooted in tradition and refined training.

The debut was presented under the mentorship of noted Kathak exponent and Sangeet Natak Akademi awardee Raghava Raj Bhatt, whose guidance was evident in every detail of the recital. Divya opened the evening with Guru Stotram, offering a devotional invocation that set a serene tone. She then moved into an elegant presentation of Teen Tal, the popular 16-beat rhythmic cycle of Hindustani classical music, displaying impressive command over footwork, posture, and laya control. Her expressive depth shone in a lyrical interpretation set to a Meera bhajan, where rhythm and emotion blended seamlessly. One of the most captivating segments portrayed the divine love of Radha and Krishna during Holi, performed in the Dhamar style of Dhrupad. The choreography beautifully combined storytelling with technical finesse, evoking festivity and devotion in equal measure.

A semi-classical Thumri followed, rich in abhinaya and delicate rhythmic variations. Drawing from devotional ragas and reflecting the refined aesthetics of the Lucknow tradition, the piece stood out for its emotional nuance and visual grace. Divya further impressed the audience with Dashavataram, effortlessly transitioning through varied mythological themes and moods with striking clarity and energy. The recital concluded on a vibrant note with a traditional Tarana, bringing the performance to an exhilarating close.

The evening was also marked by blessings and tributes. Renowned Bharatanatyam guru Dr. Rajeshwari Sainath conveyed her blessings and fondly remembered the late Dr. Mangalabhat, honoring his invaluable contributions to Kathak. Appreciation was extended to Guru Bhatt for his thoughtful choreography and dedicated mentorship. Among the distinguished guests, Ashar Faran, Trustee of Lamakaan, wished Divya a bright future and encouraged her continued journey in dance. A touching highlight was Divya's Guru Pooja, a heartfelt gesture of reverence reflecting the spiritual essence of the classical arts.

The recital was elevated by an accomplished live orchestra led by Fateh Singh Ganga on pakhawaj. Vocal support came from Madhu Prasad, with instrumental accompaniment by Uday Kumar, Lavanya Ambade, Puneet Sisodia, Raghav Sai, and Harika. Presentation by Amit Kumar, lighting by Basava Raju, and stage design by Madhav Raj Bhatt added visual richness. The sabha was smoothly coordinated by Parag Pathak.

With poise, devotion, and artistic maturity, Divya Pathak's debut announced the rise of a Kathak dancer to watch.

Parenting

Raising emotionally brave kids

WHY LETTING CHILDREN FACE SMALL FAILURES BUILDS LIFELONG RESILIENCE

Dr Deepti T Nair

In a world that prizes constant achievement, many children are shielded from failure in the name of love—often at the cost of their emotional resilience. Experts say that small setbacks are essential for building confidence, problem-solving ability and lifelong mental strength

The present world which emphasizes achievement brings about protection for children against disappointment and frustration and failure. The protective measures which parents use to protect their children arise from their love for their children yet these measures create an unintended result which weakens the emotional strength of the children. Children develop emotional bravery through real-life experiences which include facing their first small failures. The process of brain development requires failure as an essential factor which also supports emotional development. Children learn to persevere through difficult challenges when their brains adapt to difficult situations which they cannot immediately solve. The process enhances neural connections which are essential for solving problems and managing emotions and maintaining determination.

Children learn to recognize discomfort as a temporary condition which they can handle. They develop a mindset which psychologists refer to as growth mindset because they believe that effort leads to skill development. Students who develop this mindset achieve academic success throughout their educational journey which extends into their professional life and mental health. The term emotionally brave describes children who experience fear and embarrassment and disappointment but maintain their courage.

Children develop emotional strength through learning that these feelings represent standard reactions which people experience. Children experience sadness and frustration and self-doubt when they lose a game or face school challenges or forget performance lines or fail to join a team. The moments which people experience teach them how to manage their emotions. The child recognizes that challenging emotions will emerge reach their highest point and then disappear. Building emotional endurance enables people to face their future life challenges which include academic pressure and workplace stress and relationship difficulties.

The emotional weakness develops through excessive protection from parental care. The presence of adults who solve problems and handle disputes and shield children from failure hinders their development of coping mechanisms. The unknown experience of failure makes them develop intense fear of failure. Children with this condition avoid new experiences and they show quick abandonments of tasks and they need to receive approval from others. The condition develops into anxiety issues and low self-esteem and an inability to handle rejection and criticism in both teenage years and adult life. Minor mistakes provide students with opportunities to learn social responsibility and self-reliance. The process enables children to understand how their choices result in specific outcomes when they forget their homework or mismanage their time or make mistakes. Children learn to evaluate themselves through their experiences when they should learn from their mistakes instead of waiting for others to help them. The process helps people develop executive functioning abilities which include planning skills and self-control abilities and decision-making skills. The process of failure provides another crucial advantage which enables people to separate their self-worth from their actual performance level. Children who receive constant praise for their achievements start to think that their worth exists only when they achieve success. Children who experience both success and failure discover that their worth does not depend on their accomplishments. They establish self-assurance through internal development instead of needing external support. The process protects mental wellbeing while decreasing the anxiety of being evaluated by others.

Parents and caregivers shape children's understanding of failure through their actions. The goal is not to create harsh or stressful situations but to create situations that match the natural development needs of children. The adult response matters more than the actual failure when children experience their first unsuccessful attempts. Children need calm reassurance and empathy together with encouragement to attempt again because these elements help them develop constructive ways to handle their situations. Resilience gets strengthened through statements which recognize persistence and courage because those statements direct focus towards effort instead of final results.

Children need to develop their ability to solve problems through independent thinking because this skill holds equal value with their need to solve problems through independent thinking. The process of solving problems without assistance helps individuals build their confidence when they face challenges with friends or work on tough tasks or acquire new abilities. The ability to handle difficulties enhances emotional security for children because they understand their own capacity to deal with problems.

Children who display emotional courage develop into adults who possess strong mental abilities and adaptable nature and self-assuredness. The methods enable them to take safe risks and try out fresh possibilities while using their previous failures to guide them toward success. The practice of avoiding all failures leads people to develop fear-based behaviors which result in emotional weakness.

People develop resilience through their challenges instead of their comfortable experiences. The process of developing resilience requires people to go through various life situations which include their temporary periods of rest and their self-evaluation time.

(The writer is a Senior Consultant - Pediatrics and Neonatology, Rainbow Children's Hospital, Sarjapur Road)

Shilpa Shetty reveals her ultimate 'secret to staying calm' before work

Bollywood actress and fitness enthusiast Shilpa Shetty, on Sunday, shared a glimpse of how she keeps herself calm before stepping into work mode.

Taking to her social media account, the actress wrote, "My secret to keeping my calm, just before the kaam #PranayamaForTheWin."

In the video, the 'Baazigar' actress can be seen practicing pranayama as she gears up for a professional stint.

Dressed in a shimmering gold halter-neck outfit with delicate embellishments, the actress is seen sitting outdoors and calmly performing the breathing exercise.

Talking about Shilpa Shetty, the actress has long been known as a yoga enthusiast and has constantly advocated the benefits of the generations-old practice of yoga along with healthy and clean eating.

The actress has often been seen emphasising the importance of balance in lifestyle and fitness.

In many of her earlier interviews, she has shared that throughout the week she follows a strict and disciplined diet, while Sundays are reserved for sheer indulgence.

Apart from her film work, Shilpa is also popular for her "Sunday binge" posts on social media, where she offers fans a glimpse into her cheat-day rituals.

On the professional front, Shilpa Shetty made her Bollywood debut with the 1993 thriller 'Baazigar' opposite Shah Rukh Khan and Kajol, which went on to become a major success.

Over the years, she has appeared in several popular films like 'Tu Khiladi Main Anari', 'Dhadkan' and many more.

Shilpa's younger sister, Shamita Shetty, is also an actor who made her debut with 'Mohabbatein'.

Apart from films, Shilpa has also built a strong presence on television as a reality show judge, appearing on popular shows such as 'Super Dancer' and 'India's Got Talent'.

On the personal front, she is married to businessman Raj Kundra and the couple is blessed with two children.

Soha says her mother's house is the 'only home where she's still someone's baby girl'

Actress Soha Ali Khan, on Sunday, shared a heartwarming glimpse of her beautiful time with her mother, veteran actor Sharmila Tagore.

Sharing a picture alongside her mother, Soha mentioned that it is the only home where she's still somebody's baby girl, highlighting the warmth of her maternal house.

Taking to her social media account, Soha posted a carousel featuring her pictures along with Sharmila Tagore and her daughter Inaaya Naumi Kemmu.

She captioned the post as, "The only home where I'm still someone's baby girl."

In the pictures, Soha can be seen dressed elegantly in a red saree paired with traditional jhumkas and a small bindi.

She is seen standing beside her mother Sharmila Tagore, with both of them smiling warmly at the camera.

Another picture in the carousel shows her daughter Inaaya hugging her grandmother Sharmila Tagore.

Adding a nostalgic touch to the post, Soha used her mother's timeless song 'Taarif Karoon Kya Uski' as the background track, originally sung by legendary playback singer Mohammed Rafi.

The song was a part of Sharmila Tagore's debut movie 'Kashmir Ki Kali', where she starred opposite legendary actor Shammi Kapoor.

For the uninitiated, Soha Ali Khan comes from the illustrious Pataudi family and is the daughter of Sharmila Tagore and late cricket legend Mansoor Ali Khan Pataudi.

She is also the sister of actor Saif Ali Khan and the sister-in-law of actor Kareena Kapoor Khan.

On the professional front, Soha made her Bollywood debut with the film 'Dil Maange More' and later appeared in films like 'Rang De Basanti', 'Tum Mile' and many more.

Apart from acting, Soha also turned an author and podcast host. She is married to actor Kunal Kemmu and the couple are parents to their daughter Inaaya Naumi Kemmu.

CROSSWORD

ACROSS

1 Concocted (4-2)
5 Marsh (3)
8 Memory alone (4)
9 Atop or over (4)
10 Wash bowls (6)
11 Absolute freedom from living micro-organisms (9)
13 Greek god of love (4)
15 Lopsided (3)
16 Couches (5)
17 Pertaining to the pope (5)
20 Drowsy state produced by bhang etc. (3)
22 Harry Potter's best friend (3)
23 Length or breadth, should we say ? (5)
24 Reel (5)
26 A corded cloth (3)
27 Big Apple law enforcers (4)
28 Puzzled (9)
31 Secured (6)
32 House rodents (4)
33 Elder sister, in India (4)
34 Diddley and Derek (3)
35 Pieces of rocks used as roofing material (6)

DOWN

1 Lynched by a crowd (6)
2 ____ towards : inclined to ? (8)
3 Vessels for ashes (4)
4 After 1945 (4-3)
5 Transport across river etc (5)
6 Invalid (4)
7 Mail carrier (7)
12 Conversational stopgaps (3)
14 Easily influenced (4)
18 Elvis ___ Presley ? (4)
19 Multilingual (8)
20 Caused by motion (7)
21 Adds on (7)
24 The divisions, male and female (3)
25 Gymwear name (6)
26 Rips apart (5)
29 Plebeian (4)
30 Irish parliament (4)

Solution to March 16

SUDOKU

		2			9		1	
			2	6			3	
			3	4				6
3						6	9	4
5				3				8
1	8	4						3
4				1	2			
	5			9	7			
	7		5			9		

7	4	3	5	2	8	6	9	1
1	8	9	4	7	6	5	3	2
5	6	2	9	1	3	8	4	7
9	3	6	1	4	5	7	2	8
8	5	4	7	3	2	1	6	9
2	1	7	8	6	9	4	5	3
3	9	1	6	5	7	2	8	4
4	2	5	3	8	1	9	7	6
6	7	8	2	9	4	3	1	5

Solution to March 16