

Vividha

Issue No: 4

June 2022

Volume: 4



Inside the Issue

[Holistic Nurturing for Gifted Children – Parenting Tips](#)

by Dr. Sameena Manasawala, Head of Nurturing Domain at KGERC.

[Taking Chances](#)

By Ms. Sadhana B., research intern at KGERC.

[Growing Alongside Your Child](#)

by Mr. Satish PR and Mrs. Lakshmi Priya, parents.

[Perfectionism and How I Live With It.](#)

by Ms. Mitali Deshpande, 15, student.

[International Seminar on Nurturing Giftedness held at Women's Christian College](#)

A quick recap of this innovative project and our roles and aspirations attached to it.

Editor: Devasena Desai
Copy Editor: Sameena Manasawala
Designer: Keisha Agarwal

From the Editor's Desk:

Dear Parents,

29.06.2022

The new academic year has begun and we at KGERC are happy to see that children get to go back to schools, get to meet their friends and begin a new routine. We may have a mixed set of emotions here, few who are elated to get back to meeting friends in school and others who were happier being online as they had to interact less socially, another set of children may demonstrate emotions of being restless and agitated as these constant shifts of patterns may be upsetting for them as change is unbearable. Parents need to slow down and be accepting of each of these children as they need support to make the changes slowly based on each of their intake levels.

Parents need to understand past norms are no longer applicable, even though things may have gone back to a routine externally. We are totally unaware of the kind of challenges children may have experienced.

Be observant of the changes and ensure we take this opportunity to build in resilience as a family. Talk about change and its impact, that change is also moment towards future and it needs to be addressed with opportunities and positivity. Recalling the past and holding onto the past only drags our today. This is a historic moment where we witnessed such powerful, unbelievable faith in systems that was on PAUSE button. This rekindled the spirit of sharing, caring, and looking inward. Encourage children to draw, sketch, sing a song, or create a collage that represents that learning and moment so this would be their small step towards resilience.

Best wishes to all,

Devasena.

Holistic Nurturing for Gifted Children – Parenting Tips

by Dr. Sameena Manasawala, Head of Nurturing Domain at KGERC.

There is often a lopsided view of giftedness where the focus is on developing the child's intellectual ability or creating highly talented individuals who perform at excellence levels. At Kaveri Gifted Education and Research Center (KGERC) we view this to be only one of the aspects of nurturing. We believe that gifted and talented children need to grow up to be compassionate, brilliant change makers and leaders in their own fields. For this it is important to view the gifted children holistically through the lens of physical, emotional, social and even spiritual development.

Parents often face challenges when it comes to nurturing the child's giftedness from a holistic point of view. As they are the ones who spend most time with their children they are quite aware of the difficulties the child is facing or might face in future due to their certain habits/tendencies; they struggle to find appropriate ways that will aid the intended talent development in the child.

Here we would like to share some important parenting tips on how you can nurture the following aspects that would support the intended talent development in your child:

1. Physical aspect: Physical fitness is often ignored by children who are intellectually or academically inclined. There may also be a tendency to overeat owing to high energy and heightened emotional sensitivity.

Recognizing one's body type and ensuring the child has healthy food and sleep habits is important from the early years. Parents may need to enforce regular physical activity in the early years such that it develops into a habit.

2. Energy levels: Gifted children can be distracted or restless due to their high energy. They might become too excited or might feel low if they are hurt or sad or disappointed. One of the effective coping ways is learning to control your breathing.

Gifted children would benefit from practicing breathing exercises. This could also be built indirectly through playing sports, learning to sing or playing wind instruments like the flute. Even chanting, meditating, yoga could be ways in which they learn to control their breathing, regulate their energy and emotions.

3. Mind and emotions: Gifted children can make the most of their intellect if they are able to keep a clear mind. This would mean regulating emotions, avoid overthinking, overcoming fears and having faith so as to take healthy risks. Irrationality can be fought by learning to be mindful of oneself and the surroundings. Gifted children can practice mindfulness, develop good thinking habits like being curious and inquiring before jumping to conclusions and being afraid or aversive. Having a mentor can be very helpful for gifted children as they are not only teachers but act as life-coaches.

4. Spiritual Aspect: Gifted children go through intense highs and lows. They can be the object of envy for others, they can be ambitious and might develop a superior attitude and appear pompous. This can give rise to greed for position, power or material gains; dissatisfaction, and disillusionment when things don't go their way.

Parents need to ensure that the child remains grounded and can move towards higher goals like happiness and satisfaction. In our experience gifted children who get an opportunity to do community service, follow

spiritual or religious practices, connect with nature are able to have more meaningful lives.

Pursuing excellence while reflecting on life choices and purpose is a roadway to a life filled with gratitude, happiness and well-being for a gifted individual.

Research Corner

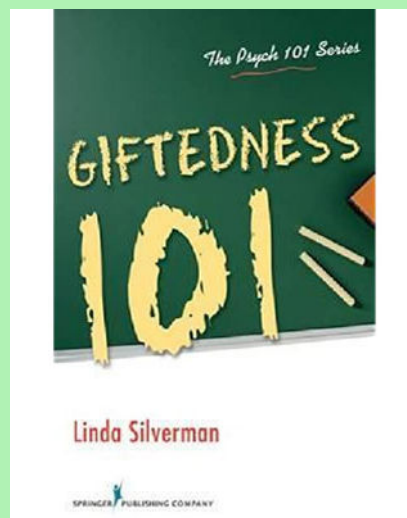
Changing teacher beliefs and attitudes through in-service training in Gifted Education

Lobo S., Desai, D.N and Manasawala, S.

This study examined the change in teacher attitudes and beliefs after an in-service training program in gifted education. There are over 1.3 crore gifted youth (3 – 18 years) in India whose needs are as distinct from that norm as those with intellectual deficiencies. However, gifted education programs are currently available as an after-school service to an elite few. In order to bring about much-needed mainstreaming of gifted education in our schools, we foremost need to sensitize our teachers towards the unique needs and challenges of gifted students. Without such training programs, teachers continue to harbor many misconceptions and prejudices regarding gifted students that are detrimental to gifted education. A 4-day training program was conducted for in-service teachers (N=60) in order to create awareness about characteristics and needs of gifted students. A scale was developed to assess teachers' attitudes and beliefs about giftedness and was administered before and after the training program. Results indicate that there was a significant difference in teachers' conception of giftedness ($p < 0.05$), the perceived need for special educational provisions for gifted ($p < 0.05$) and willingness to address the needs of gifted students. Findings suggest that in-service training is a crucial first step in dispelling misconceptions, motivating teachers, and equipping them with intervention options, thereby creating a nurturing learning environment for gifted students in India.

Presented at International Conference on Inclusive Education in 2016.

Books to pick up now!



<https://i.gr-assets.com/images/S/compressed.photo.goodreads.com/books/1559619263/13799000.jpg>

Giftedness 101 (Psych Series)

Giftedness 101 is an ideal resource for stepping into the world of giftedness. It is an easy-to-read and comprehensive introduction to understanding giftedness, and what are the different needs of the gifted individual. It helps by breaking down myths regarding giftedness by explaining why each of them are not true, thus painting a truer picture of what giftedness is. In order to understand the gifted child, it includes the parental and educational roles in raising these children, the individual psychological needs, whether intellectually or socio-emotionally of these children, as well as the required understanding of the twice-exceptional children - children who are gifted as well as who have some form of learning disability. The implying factors of gender, socio-economic status etc., with discussions about possible future trends and policies in regards to giftedness are covered here. This book is highly suggested for anyone wanting to learn more about giftedness.

Taking Chances

by Sadhanaa B, research intern at KGERC.

My name is Sadhanaa and I'm in my final semester of B.Sc Psychology at Women's Christian College. I became associated with KGERC during my 5th semester, when I sent them an email asking if I could work with them in a research capacity. I had been introduced to their work by a friend, and I realised I wanted to intern with them after reading so much about their research programs and initiatives. From the beginning, everyone that I have interacted with has been very supportive and encouraging of my professional, academic and even music-related interests. They have also been extremely accommodating of my college schedule, allowing immense flexibility in our work projects.

As I continue to work with them, I look back and realise how much I have gained from my internship experience. All I had was an interest in academic writing and some academic papers that I had written for college and other internships, when I had first approached them. Today, I know I am a better academic writer because of the insights I gained while working with them. Every conversation has been filled with learnings, some related to academic writing and some related to life in general – what it's like to be a student of psychology, careers and some of our personal interests.

Research opportunities are very rare to come by for undergraduate students, and I am immensely grateful for the chance I got to work with them and learn from them. It helped me understand the world of academia better and appreciate the nuances of research in a way that I had never been able to before. Despite being unsure about the chances of getting this internship, this was definitely one email I am so glad I sent.

Understanding Giftedness



https://upload.wikimedia.org/wikipedia/commons/9/90/Amrita_Sher-Gil.jpg
Amrita_Sher-Gil.jpg

Amrita Sher-Gil

Amrita Sher-Gil was one of the pioneers of modern art in India. She is half Indian and half Hungarian and was born in Hungary in 1913. She lived in Hungary, India, and Italy at different points in her lifetime, though she always felt connected to India and chose to return there. She started to paint at the young age of 5 years old and started to take formal lessons when she was 8 years old when her family moved to Shimla. At 16, she went and studied painting in Paris. In 1938, she married Victor Egan in Hungary and moved back to India in 1939, where she travelled in India and continued to paint. Famously known as the 'Indian Frida Kahlo', she was most well known for her painting of Indian women portraying their loneliness, destitution, and their pain in 1930s India and thus gave them and their experiences voice and validity. She portrayed them in a way that was unlike the common time appropriate depictions of them being happy, and instead with a silent resolve as they went about their day to day activities. She also loved to paint family, friends, and self portraits. Her style of painting was unique as she combined the Western techniques and styles she learnt in Paris, along with tinge traditional Indian methods she learnt during her stay.

Growing Alongside Your Child.

by Mr. Satish PR and Mrs. Lakshmi Priya, parents of a 5 year old gifted child.



https://img-cdn.inc.com/image/upload/images/panoramic/getty_1255414636_200013220009260362_judxoz.jpg

Hello, as proud parents of a bright child, we are grateful for the opportunity to share our story with other parents and future parents. Initially, we were perplexed by our child's actions and assumed he was overdoing things.

We learned about giftedness and children's activities/behaviour when we met Dr. Devasena of KGERC. We were able to better understand our child's requirements by following her guidance and taking incremental measures.

Since then, we have been learning and growing alongside him to ensure he receives the necessary education and attention. He is particularly interested in numbers and music, and he gets bored easily when it comes to activities. We prepare ourselves with a variety of activities to keep up with him, and we strive to engage him appropriately. We are occasionally baffled by some of the questions he poses, and we consider anything and everything that can help us figure out the answers.

I'd like to convey to my fellow parents of gifted children that we are fortunate to have these children. By spending meaningful time with us and revealing their emotions, they teach us more than we teach them.

As parents, the most important things we learned are -

1. Ensure that children have access to required educational materials that are of interest to them; the more the better, and the greater the diversity, the better. Do not be obstinate. It may be dormant for months, but it will pique their curiosity at some point.
2. Pay close attention to them (no multitasking please). A gold mine concept is only a few seconds away. They can be slow at times, dragging the discussion, telling more stories, and testing our patience, but keep your calm, show an interest in learning the final part, and ask probing questions to demonstrate you're paying attention. This exercise greatly aided us in revealing his brilliant thoughts in each task he undertakes.
3. Schedule, schedule, and schedule - because kids become bored rapidly, we should be prepared with different things to keep their minds and bodies occupied. Have a diversity of activities - both for their brain and body.
4. Make them feel safe - maintain a healthy IQ (Intelligence Quotient) and EQ (Emotional Quotient).
5. There is no such thing as a foolish question - encourage them to ask more and make sure you have the appropriate logical responses. We need to continually upskill ourselves :)

Perfectionism and How I Live With It!

by Ms. Mitali Deshpande, 15 years old (identified as gifted in 6th grade.)

Perfectionism. Its literary meaning is the refusal to accept any standard short of perfection. It drives you to achieve goals that can be, sometimes, unattainable and unrealistic. Ever since I could remember, I've always been a perfectionist; whether it be the arrangement of my closet or my academics, I would always strive for perfection. It was more prominent in my studies. It would drive me crazy to see a wrong answer or a simple silly mistake. It would make me overthink and I would start doubting myself. Am I good enough? What do I improve? Am I going to be horrible at everything I do? What if everything goes wrong? Will I be able to handle it? Will I be able to fulfil everyone's expectations? It was a perpetual cycle of self-deprecating thoughts. Thus, I developed a habit of overthinking. Sometimes, I would be so paralyzed by my worries that I couldn't even make simple decisions. The incessant chain of doubts that my mind came up with took a toll on some of my activities. It made me extremely anxious and wary. Despite overthinking, I still made reckless decisions sometimes, which made me frustrated and left me irritable. I usually disregarded my thoughts until they were gone until I learned that that wasn't sustainable.

Kaveri Gifted Education and Research Center has always been a distinct part of my school life. I still remember the time I spent at the 'katta'. I did not go to the center loads of times. I just went when it felt necessary or when I did not want to attend a lecture and needed an excuse to get out of the classroom. Despite the 4 years that I had been a part of KGERC, I started to talk to Sameena (facilitator) privately when I was in my last year, which was the 10th grade. It helped me to familiarise myself with my feelings and emotions. I learned how to

Binge-able Bits for you!



Gifted (English)

Gifted is a 2017 movie based on a math prodigy being raised by her uncle and the custody battle which ensues regarding the best trajectory for her. Her uncle, Frank seems to believe that raising Mary like any normal child would be the best decision for her at least initially as that would allow her to develop the required social and emotional skills needed in children her age and would also encourage her to make friends with children and not adults. Her grandmother, on the other hand, believes in raising her as she raised Mary's mother, a famous mathematician, which signified a higher purpose of contributing to the mathematical society. She wanted to enroll her in top universities and only cater to her academic development. This movie seems to symbolise the confusion whether to focus on the intellectual or socio-emotional development of the gifted child and reaches a concluding decision that both are equally important. In the end, Mary stays with the one who genuinely loved her, her uncle who also has a change of heart on his previous stance and enrolls her in university during the morning and elementary school in the afternoons. This ensures her all-rounded development. This movie is available on Disney+ Hotstar.

control my mind and stop it from spiraling. I started with baby steps. I bought a journal and started to write everything that came into my mind. I kept the journal away for a few hours and read it again. I gave myself advice by pretending that I was helping out a friend. I wrote all the suggestions and solutions and read them all again. This method was an absolute game-changer.

Sameena also helped me to understand that failure is a huge part of our lives and that there is nothing wrong if you fail. There are going to be times in your life when you fail and things will not always go the way you want them to. What matters is how you deal with a situation. Uncertainty is inevitable. It's all around us but you need to take action on the things you can control.

KGERC has also helped me get out of my shell and do things that are out of my comfort zone. Looking back at who I was 4 years ago and looking at myself now, it is obvious that I have become more outgoing and balanced. Another crucial skill that I have improved is my ability to work with people. I have never been a team player. The only time I have willingly worked with a team was my school Volleyball team. But, I learned that there are going to be situations in the future where I am going to have to work with people, which is why I need to understand and communicate with people.

Even though I have improved a lot throughout the years, there is still a lot to learn. Perfectionism and overthinking is not something that will suddenly disappear if I decide that I do not want to be perfect anymore. It is a process that will take time and patience. But, everyday is a small battle that can be won.

'Being Gifted' Podcast by KGERC



Perfectionism for Gifted Young Adult

Mr. Perfectionist, she is a perfectionist ... These words become the identity of the person and are mostly taken as a compliment, however, it does have another side to it...

According to Dr. Thomas S. Greenspon, "Perfectionism burdens your life, interferes with creativity, and makes intimate relations difficult. It is never healthy."

Today to discuss perfectionism in depth, we are joined by Dr. Ashwini Joshi who is a Diabetologist, physician, philanthropist and entrepreneur. She is a Director and consultant with Aloha Lifestyle Reversal Studio is also an honorary consultant with Deenanath Mangeshkar Hospital, Pune.

In this conversation, we have deep dived into understanding perfectionism for gifted young adult, how it is different from excellence, the emotional turmoil experienced by perfectionist gifted children, how it affects interpersonal relationships and how can it be kept in control.

Click on https://open.spotify.com/episode/1aWbeAoTkZvJ32Mg0Mxpcf?si=GG-PV_6bVQPKS2I_xhimlyg

International Seminar on Nurturing Giftedness held at Women's Christian College



Women's Christian College (WCC) in Chennai is a premier institution which took a bold step towards understanding giftedness by organising a two day international seminar 'Nurturing Giftedness: The Goldmine' (21st and 22nd April, 2022).

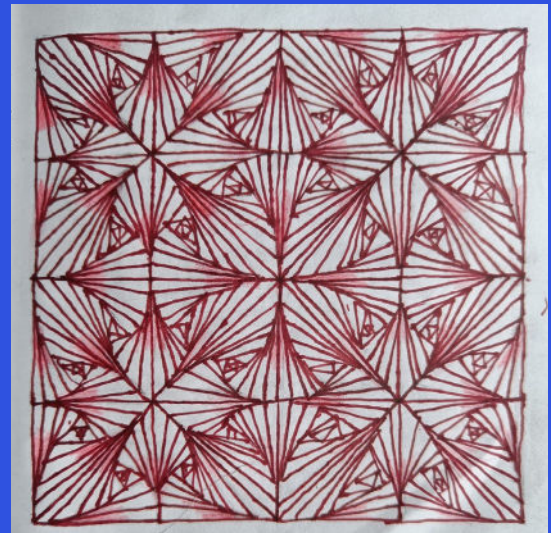
KGERC was the knowledge partner for this seminar and brought in international and national experts in the field of gifted education as speakers.

This eye-opening seminar included topics which ranged from identifying giftedness among young adults, decisions and dilemmas faced by the gifted youth, mentoring the urban and rural undergraduate students, and parenting the gifted youth.

Students, mental health professionals, educators, and parents participated in this seminar.

This was a significant step for KGERC to widen its outreach and continue to spread awareness among the community about need for nurturing the gifted youth. We hope to continue to share our expertise with WCC and initiate a center for the gifted in Chennai.

Student Corner



Made by Owee Kirdat, an 8th grade student, part of Kaveri Gifted Nurturing Program.

Mathema(r)tics – Combining Mathematics and Art

This is what Owee has to say about her understanding for this artwork.

Mathematics and art are two seemingly disparate fields but I love maths as well as art. So here unknowingly I combines analytical and emotional things in my drawings. And in day-to-day life, you need them both.