

# Vividha

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## From the Editor's Desk:

Dear Parents,

Greetings! From the editor's desk.

We are proud to announce several new developments at KGERC, we are associated with Women's Christian College, Chennai for the [Virtual International Seminar titled "Nurturing Giftedness: The Goldmine"](#) set for 21-22 nd April, 2022.

Secondly the launching of our summer camp details in our newsletter. All these only demonstrates we are all back to new lease of life and action. Children have resumed school, teachers are getting back to teaching in classrooms instead of virtually, parents are eager to have the children away from home for few hours.

We at KGERC would like to look back at life with little more patience and gratitude. Mind has a greater resilience than ever imagined it can erase and create, let us hope to create newer learnings with sensitivity and aspirations of a future that has more compassion and belief in each other as human beings. As we move towards building new memories and learnings we would like to lead our curious minds towards innovation and discovery. Let us remain connected with each other with compassion and understanding and encourage each of our friends to come out and get back to normalcy.

Wishing all the best for a great summer holidays.

Devasena Desai.

# Holistic Nurturing for Gifted Children - Part 1

by Ms. Sameena Manasawala (PhD), Head of Nurturing Domain, 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 talent. We believe that gifted and talented children need to grow up as compassionate, brilliant change makers and leaders in their own fields. For this it is important to view talent development as a holistic process. A wider lens would include physical, emotional, social and even spiritual aspects of development for the gifted child.

Here are a few observations from my interactions with families of gifted children over the last 10 years. It's some of these aspects which are overlooked while focusing on talent development.

**1. Physical Aspect:** Physical fitness is often ignored by children who are intellectually or academically inclined. Some of these children have high energy output which means they are restless, always on the go...physically and intellectually. There might be a tendency to consume more carbohydrates which could create obesity. Secondly, with high emotional sensitivity overeating can also become an unhealthy coping skill. Recognizing one's body type and ensuring the child has healthy food and sleep habits is important from the early years.

**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. They may find it difficult to sit still, or get tired easily after their intense periods of focus also known as hyperfocus in selective areas. There is a need to help gifted students learn to

regulate their physical and emotional energy such that they know how to conserve and recharge their energy regularly.

**3. Mind and Emotions:** Gifted children can make the most of their intellect or talent if they are able to keep a clear mind. This would mean regulating emotions, avoiding overthinking, overcoming fears and having faith in one's ability. Most gifted individuals get blocked at some point in their life with the reason being ineffective coping with emotions. Infact one's passion is seated in our emotional core. Emotions provide the push, the ability to take calculated risks, the confidence, the openness to learning and being resilient in the face of failures.

**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 at times appear pompous and self centric. This can give rise to greed, restlessness, dissatisfaction and disillusionment. It might also get reflected in conflicts in social relationships and result in isolation. Gifted individuals since a young age struggle with existential questions about purpose in life, existence of god. With such intensity and ability to absorb and grasp things, it is important that they learn to feel grounded. It's like developing an anchor where one can get in touch with the ephemeral aspect of life.

All the above aspects play an important role in the talent development of gifted individuals. Parents and educators need to have a multi-pronged approach to nurturing gifted children. *I will be sharing some strategies to support gifted children in these areas in the next issue of our Newsletter. Stay tuned!*

## Understanding G



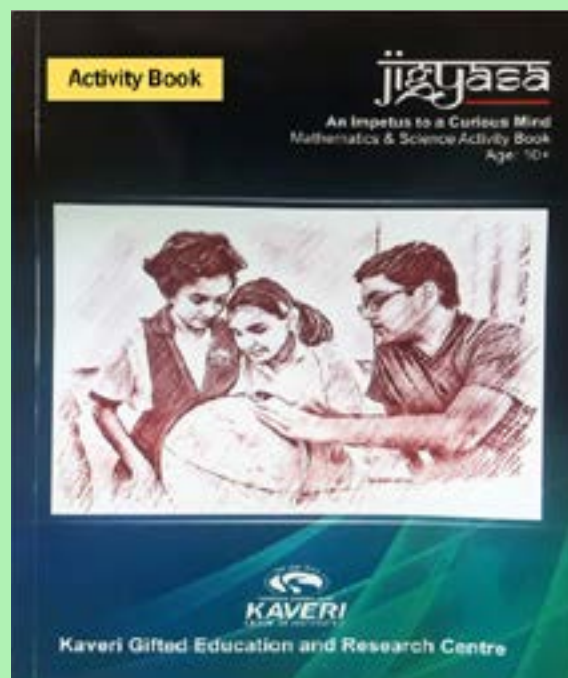
### Purushottam Laxman Deshpande

Purushottam Laxman Deshpande, popularly known as Pu La Deshpande, was a Marathi Writer and much appreciated for his sense of humor and comedy work. He was the master of several trades in performing arts including film and stage acting, script writing, being an author, composing, involvement in music, singing and oratory skills. Known as “Maharashtra’s Beloved Personality”, several of his regional work is translated into other languages and is widely admired. His multi-faceted talents puts him at par among the league of great authors like Rabindranath Tagore, Ruskin Bond and R K Narayan.

Apart from his skills in the literary world, he was eccentric, childish, innocent, above the responsibilities of the world, lived life on his own terms, and had a care free attitude towards life!

Needless to say, we miss having a versatile gifted individual like Pu La Bhai among us today. After he breathed his last in the year 2000 due to Parkinson’s disease at the age of 80, his works and arts stand with us reminding of his humor, love for the art and skills in language. This Padma Bhushan awardee has left behind a legacy for all of us to remember!

## Books to pick up now!



### Jigyasa – An Impetus to a Curious Mind

#### Mathematics and Science Activities

#### For age 10+ years

This book of 20 activities is presented to the young learners whose curiosity tends them to explore through the natural world. This set of 10 activities each within the academic strands of Mathematics and Science, intends to provide rich stimuli and also guides them through understanding of various concepts using self-learning methods such as observation, guided exploration or in some cases focussed-discussion with peer or adult experts. The open-ended questions are ample, so as to develop a strong analytical mind. The online web links given will help the learners to look out for in-depth conceptual understanding or find more of such exploratory activities.

*Published by: KGERC*

*For placing order please contact Ms. Smita Patwardhan (KGERC Admin Incharge) - 9130077122*

# Parenting the Gifted – My Experience

by Mrs. Nidhi Mehta, a parent.

I did not know the term 'giftedness' when I was parenting my son in his early childhood days. I was simply responding to him based on his learnings. If he insisted on me playing a single song repeatedly, I gave in. If he spoke to me maturely, I replied with the same mindset. If he spoke to me in a particular language, I replied in the same language.

With gifted kids, they have certain issues where they will be exceedingly good & then there will be some issues where they will struggle to deal with. I always insisted on him following certain things no matter what, like a routine, especially with sleep, hygiene & meals.

These kids are super sensitive to everything around them. I made sure I did not promise what I could not give. He also needed to hear the truth- more so when it was about people or things that mattered to him. On questions like death; what is God or religion, I always gave a very simple, truthful & realistic answer.

I remember the day when we were introduced to the word 'Gifted'. That made me realise why he was different. I understood why he insisted in wearing socks all year round- all the time!! I understood that this behaviour was a part of his idiosyncrasies! I simply brush off now when he goes through certain phases of such behaviours like- there was a phase of no shorts at all!!

I accepted when he wanted to experiment with his sleep schedule- he wanted



to sleep at 3am and wake up by 11am. This was something I would never have allowed. But understanding giftedness gave me patience to go through that experiment. I understood that he is mature, the experiment does have logic & that he needs space to make mistakes and learn from them on his own.

It's a beautiful relationship, where we learn from each other. He is now almost an adult, and has more GK than me and I provide him insights with my experience!

Patience is something that he has taught me over the years! So, it is always- Keep calm, carry on & give lots of love.

*Article contributed by Mrs. Nidhi Mehta, a Pediatric Nutritionist (PGD, MSc) and practicing dietician for 20 years. She is a mother of 2 gifted kids and a Bharatnatyam dancer, and teacher.*



# Giftedness and Creativity

by Ms. Rahee, teacher.

Creative individuals are often flexible, have originality of thought and are open to new experiences. They are curious, willing to take risks and sensitive to beauty. While interacting with gifted and talented children, one might notice that many of these attributes overlap. However, it is possible that the focus of the adults around them in such cases is on their intellectual abilities, on the fact that the children seem to be particularly interested in the fields of science and math, that they need to meet their socio-emotional needs and work on their psychomotor intensity. What remain untapped perhaps are the creative elements which are hidden or buried inside their minds.

Consistent exposure to art and literature helps any child to develop their sensibilities. If they are encouraged to broaden their canvas and engage in artistic expression of any kind, it enriches them. This is true of gifted and talented children as well. In fact, if they are able to realize their creative potential as children, they can become highly creative contributors to the artistic environment when they grow up. It also helps them to have a thriving relationship with their surroundings, understand the beauty around them and find meaning in expressing themselves.

Art and literature would also help them to appreciate the processes of observation, attention and creation. They can slowly develop concentration and analytical skills. Most importantly, creative expression and appreciation of art and literature could meet their socio emotional needs through the aesthetic experience.

Wolfgang Amadeus Mozart was the child

## Binge-able Bits for you!



### Miss Peregrine's Home for Peculiar Children

This fantasy film is based on the 2011 novel of the same name by the author Ransom Riggs. Released in 2016, Miss Peregrine's Home for Peculiar Children is suited for children above the age of 12 years and depicts a school for freakishly gifted children. Nominated for various awards, catch this film on Disney+ this weekend!



### Harishchandrachi Factory

Harishchandrachi Factory is a Marathi film released in the year 2009 based on the career of Dadasahed Phalke. This biographical film is critically acclaimed and depicts the struggles during the production of India's first full-length feature film by Phalke. Catch this film on Netflix and get amazed by the idea of Phalke's storytelling.

prodigy par excellence, playing songs on the harpsichord at four years old and composing simple music at five. Sor Juana Inés de la Cruz wrote her first dramatic poem when she was eight years old and continued to produce poems, plays, and philosophical tracts. Today she is remembered as one of the most important writers of the Baroque period of Mexican literature. The prodigious Arthur Rimbaud wrote all his poetry in the space of fewer than five years and he's considered as one

of the founders of French symbolism.

To end with a question: is it possible that the Italian polymath Leonardo da Vinci would have been considered to be gifted, had the idea of giftedness existed in the fifteenth century?

*Article contributed by Mrs. Nidhi Mehta, a Pediatric Nutritionist (PGD, MSc) and practicing dietician for 20 years. She is a mother of 2 gifted kids and a Bharatnatyam dancer, and teacher.*

## Student Corner

### When I See My Tiny Globe...

Anushka Kher (Std 6th, Level 1 Gifted Program)

*When I see my tiny globe,  
Day and night, I always hope,  
That someday I see people in it,  
While they eat, drink, sleep and sit.  
What all they dress and wear?  
What all they love and care?  
How many different foods they eat?  
Fruits, pies, veggies and meat?  
Various instruments they play: Drums,  
flute and guitar,  
Do they realize how different they are?  
Perhaps learn the language they speak  
with ease?  
Oh, how I wish I could talk to these!*

**The below part is a reflection by Anushka about her poem. Based on which an older kid has made the illustration.**

I really have a globe on my desk, and I really do look at it. It was only on a certain day that I realized that a globe showed so many places and countries in the world, but what really makes a country or a city are the people living in it. I thought how much fun it would be if we could just see thousands, if not million people every minute going about their day. After all, there are so many different classes of people in our world based on what they eat, worship, wear, do etc. Often, we live around people like us. More than often, we see people either too different than us, or a little similar. It is a privilege to have this diversity between us, otherwise, the world would have been boring and the same everywhere. That is why I have tried to pen down my thoughts in a rhyming fashion.



*Illustration by Karan Deshpande  
(Std 8th, Level 3 Gifted Program)*

*Anushka and Karan collaborated to create this artwork together. Karan worked on several ideas before finalizing this one together with Anushka. At KGERC we encourage interaction of students across age such that they learn to express ideas and co-create together.*

# 8 years of KGERC & Giftedness

KGERC is happy to announce that today is our 8th anniversary, yet another successful year of hard work and dedication.

We are grateful to all our funders, collaborators, mentors who have generously contributed their time and resources to nurture the talent of our country.

We hope and wish to continue the journey of learning, teaching and nurturing more & more gifted children.



**8 years in Gifted Education and our work continues...**

*Celebrating 8 years with KGERC. Spent a beautiful day of sharing, reflecting and envisioning with a passionate team to bring gifted education to every school in India.*







Kaveri Gifted Education  
and Research Center  
(KGERC)



# KAVERI TALENT DEVELOPMENT PROGRAM

A 4- day residential talent  
development program

**APRIL 28 – MAY 1 2022**

For Children aged 10-12 years

## PROGRAM THEME

1. Stretching one's imagination and relating to others
2. Challenging one's thinking and body limits
3. Connecting with one's emotions
4. Diving deep into one special interest module

### CHOOSE ONE FROM

#### Special Interest Module 1

##### Hidden Facets of Rubik's Cube

Learning how to solve the Rubik's cube, and understanding the patterns and inner mechanism of the cube which makes use of algorithms that form the basis of computational thinking.



Facilitated by:  
Dr. Ashwin Guha,  
Math Educator,  
Seed2Sapling Education

#### Special Interest Module 2

##### Discovering the Magic of Theatre

Using theatre as a language enrichment tool which captures all the elements of natural acquisition of a language like voice expression, facial expression, body movements and props.



Facilitated by:  
Ann Lal Verghis,  
Associate Editor,  
Karadi Path Education Company

For more information about the Special Interest Module: [Click here](#)



#### Lead Facilitator

Dr. Sameena Manasawala  
Nurturing Domain Head  
Kaveri Gifted Education and Research Center, Pune

**24 seats only!!!**

**Registration Fees: ₹8500/-**

(Includes a customized student kit, stay and nutritious food.)

**[Click Here to Register!](#)**

Last date of registration: 17th April 2022

Contact: Mrs. Smita Patwardhan  
9130077122