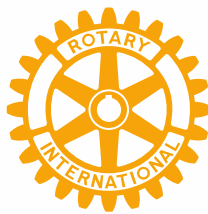




**Rotary**  
CLUB OF PANAJI



THE

# SPARK

MONTHLY BULLETIN OF THE ROTARY CLUB OF PANAJI



ISSUE 5 | VOL.1 | NOVEMBER 2024

**REGULAR MEETING :**

Every Wednesday at 6:30 pm,  
5th floor, EDC House,  
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[www.rotaryclubpanaji.org](http://www.rotaryclubpanaji.org)

# INTERACT SPORTS DAY



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**District Governor :**  
Rtn. Sharad Pai

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Rtn. Harshal Shah

**JT SECRETARY**  
Rtn. Deepak Gopani

**SARGENT AT ARMS**  
Rtn. Rajesh Kunde

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## PRESIDENT'S MESSAGE

*Rtn. Dr. Raghuvir Salkar*



Dear Friends,

Last month of October was quite eventful as we had a superb tour of Greece. About 21 club members along with spouses and close family members were part of the 76 strong group that toured many parts of Greece. Club flag exchange with the oldest club in Athens was something that crystallized in the last few days before we departed on the tour. Past presidents Dinesh Kamat and Carlito Martins provided full support as the club's acting president in my absence; I am indeed thankful to them.

The month of November was equally eventful with the District Governor Sharad Pai officially visiting our club and inaugurating a Dialysis Machine at Medical Intensive Care Unit of Goa Medical College and Hospital, located in the Super Speciality Building. The machine was donated by Deccan Fine Chemicals India Pvt. Ltd., as a part of their CSR program. We are thankful to them for this kind gesture. Being the Foundation month, PDG Gaurish Dhond donated USD 1000 to an Endowment Fund and received the much-sought Benefactor recognition. We have now crossed USD 4000 in our giving to the Rotary Foundation.

Our dashing Youth Service Director Harshal Shah carried out some amazing work in November. Notable among his activities was the successful All Goa Rotary Futsal Tournament on 24th and Interact Sports Day on 30th. Both the events were very well planned and executed. Tremendous effort by Harshal who was well supported by Siddhesh, Gaurish, Glenn and others, made this possible. Veterans' Futsal game on the same day was a treat to watch- thanks to PP Glenn who took the lead to make it happen.

Till date, we have completed about 79 service projects at a cost of about Rs.32 lakhs, impacting the lives of about 15000 people. Much more remains to be done, and my team and I hope to give our best in the remaining seven months. In the month of December, we will be inaugurating a toilet block for special children at Dhavali. We will also have our annual event of Children's Drawing Competition at Children's Park on 19th. RYLA for higher secondary school students will be conducted along with several other service projects.

The festive season of Christmas is round the corner. Wishing a very Happy And Joyous Christmas to you all.

With warm wishes,  
Manguirish



## RI PRESIDENT'S MESSAGE

*Rtn. Stephanie A. Urchick*



One of Rotary's greatest strengths is the ability of our members to come together to create lasting change, and The Rotary Foundation helps us transform dreams of change into reality.

From eradicating polio to building peace, much of the work we do around the world would not be possible without our continued support of our Foundation.

The cause of peace is especially important to me, and one of the most effective ways we build peace is our Rotary Peace Fellowship — a product of The Rotary Foundation. The program helps current and aspiring peace and development professionals around the world learn how to prevent and how to end conflict.

Thanks to a \$15.5 million gift from the Otto and Fran Walter Foundation, we can continue supporting peacebuilders in more regions with the next Rotary Peace Center, at Bahçeşehir University in Istanbul.

Opening yet another peace center is a monumental achievement that we will celebrate at the 2025 Rotary Presidential Peace Conference in Istanbul.

The three-day conference 20-22 February will highlight the many ways our family of Rotary advocates for peace. Keynote speakers, panel discussions, and breakout sessions will allow us to share ideas about building peace and foster meaningful conversations about promoting peace everywhere.

Registration for the Presidential Peace Conference is open. I hope to see you there, but if you can't make it, our Foundation offers so many ways to change the world for the better. November is Rotary Foundation Month, a great time to get to know your Foundation better and pursue causes that appeal to you.

Global grants support large international activities with sustainable, measurable outcomes in Rotary's

areas of focus. By working together to respond to pressing community needs, clubs and districts strengthen their global partnerships.

District grants fund small-scale, short-term activities that address needs in your community and in communities abroad. Each district chooses which activities it will fund with these grants.

Our Foundation can even help you support our wonderful youth programs, including Rotary Youth Exchange, Rotary Youth Leadership Awards, and Interact.

Your gifts to our Foundation also make Programs of Scale possible. These are long-term projects that seek to solve otherwise intractable problems.

To ensure these good works continue beyond our lifetimes, it is up to us to reach our ambitious Rotary Endowment goal of \$2.025 billion by 30 June 2025.

The Magic of Rotary does not appear out of nowhere. We create the magic with every new member inducted, every project completed, and every dollar donated to our Foundation.

Please join me in supporting The Rotary Foundation, and together, we will change the world for the better.



*With Best Compliments from*  
**Santosh Mahanandu Naik**  
PANJIM - GOA

# EDITOR'S SPACE

*Rtn. Ar. Guruprasad Mantravadi*



Dear friends,

After a great Diwali season and lots of family tours we had people resuming back to schools and work albeit with a hangover .

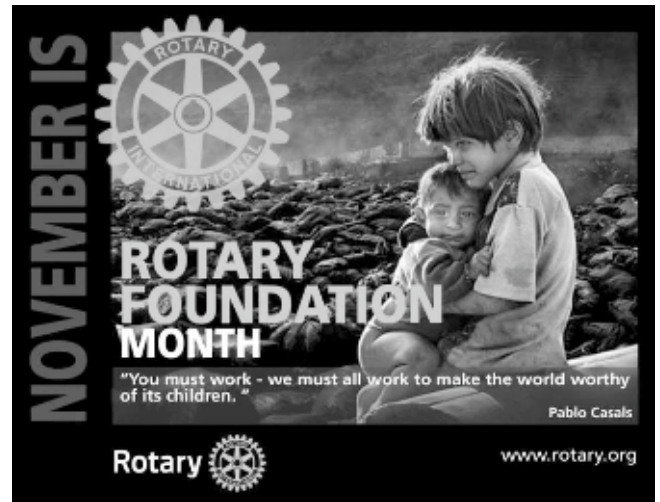
The Season does continue with Christmas celebrations knocking on the door.

We have had many many articles coming in from our budding writers on a wide range of topics . Hopefully you will enjoy the reads.

Do join in with your thoughts which inspires us to continuously improve the mag. warm regards,

Warm regards,

Ar. Guruprasad Mantravadi



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# SECRETARY'S REPORT

*Rtn. Pankaj Saraf*



Dear Rotarians,

The Month of November started with the much awaited Tour of Greece where 25 Rotarians with their families toured Greece for 8 days. But even in the fun & frolic our President & members found time to engage with the Rotarians from Greece & did a flag exchange program with the oldest club of Greece. It was a month filled with high impact projects & improved camaraderie within Co Rotarians. members.

Here's a detailed report of our activities and endeavours.

## WEEKLY MEETINGS

This month we had 4 weekly meetings & a BOD meeting.

## COMMUNITY SERVICE

1) On 19th of November - We gave financial assistance of Rs. 1lk to a needy family for the medical needs of their child.

2) On 21st November- we donated 25 benches to Govt Primary school Taleigao.

3) We also felicitated Free Cataract Surgeries of 4 needy patients.

4) The star project of the month was the Inaugural of a new Dialysis unit at GMG. This project was done with funds provided by Deccan Chemicals under CSR grants. Total cost of Project is Rs 8.50 lks & is expected to benefit 4000 patients with free dialysis over the next 5 years.

## YOUTH SERVICE

All Goa Futsal Tournament was hosted by our club with participation of 8 teams. We experienced a well contested tournament played with Rotary spirit.

Interact Sports day was held at Sunshine School where all 6 Schools participated. It was a day filled with fun and excitement.

The Month also witnessed the Official visit of our beloved District Governor Rtn. Sharad Pai.

Books were checked & Records scrutinised. The DG was impressed by the immaculate Working of the club & the Records that were kept & presented perfectly. He mentioned this in his address & openly appreciated the Club & the Secretary.

## Summary

To summarise it, this month has been testimony to the Rotary theme "Magic of Rotary" & the commitment of our members towards service over self.

My heartiest congratulations to the President & Board of Directors & my gratitude to all the members, volunteers & supporters for their contributions. Let's continue to work together according to Rotary principles of "Service Over Self".

## YOUR'S IN ROTARY

Rtn. Pankaj Saraf  
Secretary, Rotary Club of Panaji

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# HOW 'CONSTRUCTIVE' IS CONSTRUCTIVE CRITICISM?

*Rtn. Ankit Pandit*



Constructive criticism is often hailed as a vital tool for personal and professional growth. Unlike negative or harsh criticism, it aims to provide feedback in a way that fosters improvement rather than discouragement.

## But how effective is it, and does it truly live up to its potential?

At its core, constructive criticism is designed to identify areas for improvement while offering practical solutions. This approach makes it inherently more useful than mere criticism, which may focus solely on flaws without guiding the recipient toward better outcomes.

When delivered thoughtfully, constructive criticism can lead to positive change, as it encourages reflection and provides a roadmap for development.

For instance, in a workplace setting, a manager offering constructive criticism might highlight a missed deadline but, more importantly, suggest ways to improve time management. This transforms the feedback from a demotivating experience into an opportunity for growth.

However, the effectiveness of constructive criticism depends heavily on two factors: delivery and reception. If delivered poorly—without sensitivity or clarity—it can come across as patronizing or condescending.

Similarly, if the recipient is defensive or unwilling to listen, even the most well-intentioned feedback can fall flat.

Moreover, the context matters. Constructive criticism works best in environments where there is mutual respect and trust. In the absence of these, even constructive feedback can be misinterpreted as judgmental or overly critical.

Interestingly, Dale Carnegie's classic book *How to Win Friends and Influence People* emphasizes avoiding criticism altogether. Carnegie argues that criticism often causes resentment and defensiveness, making it counterproductive. Instead, he advocates for positive reinforcement and understanding, which builds rapport and opens the door for better communication and cooperation. This highlights that even constructive criticism, when not handled tactfully, can lead to negative outcomes.

In conclusion, while constructive criticism has the potential to be highly effective, its impact is shaped by the manner in which it is communicated and the readiness of the recipient to accept and apply the

*Best Wishes From*

**SIDDHESH SHETYE**



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feedback. When done right, it can lead to significant personal and professional growth.

So let's make sure that all the Criticism that we give, and receive, in our life is truly 'Constructive' and leads us on a path of Self Improvement.

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# UNDERSTANDING FINANCIAL FRAUDS AND HOW TO PROTECT AGAINST THEM

*Rtn. Rajesh Patel*



Financial frauds have become a growing concern in today's digital age, impacting individuals, businesses, and governments. With the rise of digital transactions, online banking, and e-commerce, the methods and types of financial fraud have evolved. While the consequences of financial fraud can be devastating, there are preventive measures and practices that can help protect against these threats.

## Types of Financial Frauds

Financial frauds come in various forms. The most common include:

**1. Credit Card Fraud:** This occurs when someone gains unauthorized access to a credit card account to make fraudulent purchases or withdrawals. Methods include skimming devices, phishing, or even data breaches.

**2. Identity Theft:** Criminals steal personal information, such as social security numbers, bank account details, or passwords, to impersonate the victim. They may open bank accounts, apply for loans, or make transactions without the victim's consent.

**3. Investment Scams:** Fraudulent investment schemes promise high returns with little risk. These scams may take the form of Ponzi schemes, where returns to early investors are paid with the money of new investors, or fake investment opportunities in real estate, stocks, or cryptocurrencies.

**4. Insurance Fraud:** Fraudsters may falsify insurance claims, whether for health, life, auto, or home insurance, to collect payouts they are not entitled to.

**5. Banking Fraud:** This involves unauthorized access to a person's bank account, often through phishing or hacking. Fraudsters may withdraw funds, transfer money, or use online banking services to steal from the account.

## 6. Business Fraud:

Companies are also vulnerable to fraud, including embezzlement, procurement fraud, accounting fraud, and payroll fraud. Employees, suppliers, or external actors may engage in fraudulent activities to benefit financially at the expense of the business.

**7. Phishing and Social Engineering:** This is a technique where fraudsters deceive individuals into divulging sensitive information by pretending to be trustworthy entities, such as banks, government agencies, or well-known businesses. These tactics often occur via email, phone calls, or fake websites.

## Red Flags of Financial Fraud

Recognizing the signs of financial fraud is critical in preventing losses. Here are some red flags to watch out for:

**Unsolicited Communications:** Emails, phone calls, or messages offering deals that seem too good to be true, particularly if they ask for personal or financial information.

**Suspicious Transactions:** Unauthorized transactions on your bank or credit card statements. This may include purchases from unfamiliar merchants or sudden large withdrawals.

**Unusual Requests for Payment:** Fraudulent requests for payment, often through wire transfers, gift cards, or cryptocurrency.

**Phony Investment Opportunities:** Promises of high returns with low risk, urgent deadlines, or requests for payments upfront for investments.

**Technical Issues or Errors:** Emails or messages that contain spelling errors, strange language, or appear unprofessional, which may signal a phishing attempt.

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## How to Protect Yourself Against Financial Frauds

**Stay Informed:** Awareness is the first line of defense. Keep yourself updated on the latest fraud schemes and how they operate. Knowing what fraud looks like can help you spot it quickly.

### Use Strong Passwords and Two-Factor Authentication:

Always use strong, unique passwords for your online banking, investment accounts, and social media profiles. Whenever possible, enable two-factor authentication (2FA), which adds an extra layer of security by requiring a second form of verification (e.g., a code sent to your phone).

**Monitor Your Financial Accounts:** Regularly check your bank statements, credit card statements, and credit reports for any suspicious activity. Early detection is key to mitigating potential fraud.

**Be Cautious with Personal Information:** Never share sensitive personal or financial information over email, phone, or text unless you are absolutely sure of the recipient's identity. Always be cautious about unsolicited requests.

**Use Secure Websites and Transactions:** When shopping online or performing financial transactions, ensure the website is secure. Look for "https" in the website's URL and a padlock icon, which indicate encryption. Avoid using public Wi-Fi for financial transactions.

**Shred Personal Documents:** When discarding sensitive personal documents, such as bank statements, tax returns, or old credit cards, shred them to prevent identity theft. Avoid throwing these documents in the trash where they may be accessed.

**Educate Yourself About Phishing and Social Engineering Tactics:** Fraudsters often try to deceive people into giving away personal details through fake emails or websites that look like legitimate businesses.

Be suspicious of links and attachments in emails, especially if they contain threats or offers that seem too good to be true.

**Secure Your Devices:** Install anti-virus software and keep your computer, smartphone, and other devices updated with the latest security patches. Avoid downloading suspicious apps or software.

**Report Fraud Immediately:** If you suspect you've been a victim of fraud, report it immediately to the relevant authorities. Contact your bank or credit card company, and file a police report if necessary. The quicker you act, the easier it may be to minimize damage.

**Be Skeptical of "Too Good to Be True" Offers:** Be wary of any opportunity that promises high returns with little or no risk, especially if it asks for upfront fees or money.

## Conclusion

Financial fraud can happen to anyone, but by staying vigilant, informed, and proactive, you can significantly reduce your risk. The key to protection lies in practicing sound financial habits, safeguarding personal information, and understanding the different methods that criminals use to carry out fraud. By taking the time to adopt preventive measures, you can protect your finances and avoid falling victim to scams.



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# WEEKLY MEETINGS



## PROJECTS AT A GLANCE



**All Goa Rotary Futsal Tournament**



**Financial assistance of 1 Lk to needy family  
On 19th November**



**Free Cataract Surgery For 4 Needy Persons**

## PROJECTS AT A GLANCE



Inaugural Of A New Dialysis Unit At GMG



Flag Exchange At Greece

## PROJECTS AT A GLANCE



Donation Of 25 Benches To Primary School Taleigao



DG Visit

# HOW TO LIVE A HEALTHY LIFE AFTER 5.

*Rtn. Sandeep Prabhu*



To live a peaceful and happy life one has to not only have a healthy body but also a healthy mind. A healthy body does not mean one has to go to the gym regularly and lift heavy weights and do all the things that one does in a gym. A body which is free of any diseases, physical or mental and can perform its regular daily routines without the help of any external forces can reasonably be said to be healthy.

To keep oneself in a reasonably good physical shape after 50 years, one should follow certain routines as was told to us and followed meticulously by our elders, now even endorsed by medical research. Regular exercise should be made an important part of the daily routine. Proper food suitable for one's body structure is as important as exercising. Keeping one's mind fresh by having positive thoughts and by blocking negativity as much as possible very much helps in maintaining one's equilibrium of the body and nature which in return helps to maintain a disease-free body.

Let me talk a little bit on what food one should have. Experts and nutritionists tell in detail about the food habits one should maintain, but, I think I can suggest a few things that I have learnt and observed from my elders, specially my parents and they from their earlier generations.

My father, my Mother and my grand parents from both sides of the family have lived a healthy life without having any major illnesses and almost all were 80+ when they passed away peacefully to their heavenly abode. What I have observed is that one need not change one's eating habits drastically to have a healthy life and physique. If the person has lived a healthy life in his past years eating a particular kind of food and this food has been good to his body structure, then I think he/she should continue with the similar type of food even in his later years but in reduced quantities proportionate to the age.

As one grows older the body food requirement decreases. Considering this, one should reduce the intake of food suitable for one's age and body structure.

Very important thing to follow while eating is, take small soft bites and chew each morsel, so that the food gets digested properly, never gulp down the food hurriedly which could lead to digestion issues. Avoid drinking water in-between bites.

Drinking warm water at the very beginning or at the end is beneficial for digestion. Contrary to the belief that a heavy breakfast is the way to start the day, new studies have shown that a reasonable breakfast, a filling lunch and a miserly dinner helps in keeping the body healthy and running perfectly for a few more years. Intermittent fasting also helps in rejuvenating the body cells. Studies have shown this to be an effective way to keep many diseases at bay.

Studies have also shown and that the body has inbuilt self-rejuvenating properties. Self-rejuvenation of organs can happen only under the circumstances when the body is at complete rest. If the body is in a continuous process of digesting the food then there is hardly any time left for rejuvenation. As such a 12+ hour gap between the last meal of the day and first meal of the next day could help in the rejuvenation process. It also helps in having one's daily meal at a fixed time of the day. The last meal of the day, ideally should be before sun set and at least 2 hours before one goes to bed so that the meal is almost digested when deep slumber takes over which is the best time for the body to rejuvenate itself. Late night binge eating should be avoided. Keeping this in mind one should space the three main meals of the day. Some small bites can be had in-between the meals if one so desires, but then the next meal quantity should be accordingly adjusted so as not to have excess intake due to the extra bites already had in-between. Using

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of good quality cold pressed oil, less intake of processed sugar, less salt, reasonable use of garlic, ginger and other spices, fruits, raw salads etc in ones meal portions could help the body go a long way without trouble. Avoid overeating. Eating slowly and chewing each mouth full a few times gives the brain sufficient time to signal the body that stomach is full. Eating faster the body misses the brains filling signal and one has already overeaten.

My parents always told us children, take small portions of food finish those and only than take the next helping. We were disciplined from childhood never to leave food in the plate. Nutritionists say, avoiding carbonated drinks and limiting intake of spirits could be of much help in keeping life style diseases at bay. Taking help of experts and nutritionists in a while, would definitely help in the long race of keeping one fit and healthy.

Regular exercise helps to maintain circulation, muscle flexibility, autonomic motor control of internal organs etc, to name just a few benefits. It also keeps the body fit like a well oiled machine.

Yoga is one very good complete exercise which can help in maintaining ones physic, muscle, bone, body and mind equilibrium. Walking and swimming are also two very good and effective exercises which help in keeping the body fit and in good condition. Now a days the common meaning of exercise means going to the gym. In fact for some, having certain health issues, gyming could be more harmful rather than useful. If for some reasons one is inclined to go gyming it is advisable to do light exercises which help in maintaining the flexibility of the muscles and tones the body instead of bulking up like a weight lifter which could have its own set of problems in the twilight of ones life.

Walking and Yoga are most cost effective and complete body exercises, which can be performed any where and at any time as per ones convenience. People with high diabetes, hypertension, spinal or back pain etc and few other life style related diseases are advised by doctors, to exercise and to maintain a regular walk routine to

help ease the symptoms. Walking early mornings in the fresh air, helps not only the body but also helps in refreshing the mind and start the day with a healthy mind and a pleasant smile on the face. Walking should be at a brisk pace that one can handle without too much of an exertion on the heart. Walking should be done for at least half an hour per day. Our past generations would be fitter because of their daily walking routine since mechanical transportation was not that popular in those days. Some may feel inclined to exercise with friends or acquaintances and some may like to walk alone. Both ways may have their own benefits.

Exercising together in a group may help in motivating each other to exercise regularly and to maintain a regular exercise routine. For some exercising alone would be preferred so as to keep the chatter out and also have time to oneself for planning the days routine. Studies have shown that both ways are as effective and definitely helps in maintaining ones fitness.

Drinking lots of water after about 15 min of cooling down period, to replace the salts lost to perspiration during exercising helps to maintain the body equilibrium. Taking help of a Fitness Trainer or Professionals sometimes, will definitely help in keeping one fit for many years.

Along with healthy food and exercise one also needs a healthy mind to lead a peaceful and healthy life. If the brain which controls the body is not in sync with the body, it is difficult to live a healthy life. For example if the brain is over stressed than it certainly effects the health. One can keep ones brain healthy and stress free by not only doing/thinking positively but also doing deeds that are satisfying to oneself and others.

The human brain being a complex organ that controls, thought, memory, emotion, touch, motor skills, vision, breathing, temperature, hunger and every other process that regulates the body, has to be kept at peak performing condition for the betterment



of ones health. To keep the brain healthy and functioning to its peak, one has to have well balanced diet, exercise regularly, sleep well, challenge the mind, manage stress effectively, protect the skull, manage any diseases present and last but not the least review medications and health symptoms regularly. Easier said than done, it is very difficult to manage stress. In this life of stressful living, managing stress can itself be quite stressful. But there are ways and means one can do that effectively.

Medications is one such way, but this solution has to be kept to the very end and tried only when all other solutions have not given results as desired. Meditation goes a long way in helping to destress and is very cost effective with zero side effects. Just sitting alone and quietly in a well ventilated area devoid of any thoughts for a few minutes a day and specially during and after a stressful period could go a long way in having a healthy mind. Practicing Yoga too helps in increasing ones meditation levels. There are a few Asanas in Yoga that are created specially for the meditative purpose. Breathing techniques thought in Yoga during meditation helps in maintaining the body mind equilibrium. My grand father was a proponent of Yoga and thought my father many techniques of which he used to practice regularly till the last.

One should take the help of a good Yoga Guru for advice and adaptation of the Yoga techniques. Keeping mind fresh with positive thoughts also does help. Eating

healthy, exercising regularly etc, helps in proper circulation and in turn keeps the brain performing at its peak and the body like a well oiled machine. Showing and having a kind thought towards all living beings brings peace to oneself and helps the subconscious mind. Keeping away from people having negative influence and thoughts helps a lot. Surrounding oneself with people of positive energy and thoughts helps the body and mind develop similar energy which in turn benefits ones system immensely. The brain, the mind, soul and the conscience when synced creates an atmosphere of peace and love which benefits ones body immensely.

Taking help of Professionals sometimes or when there is a deadlock could help in the long run. Different ideas and thoughts when discussed with Professionals could help in giving a varied perspective to ones life. Care should be taken not to overdo any of the above. All and everything in proper quantities and in moderation will be very helpful to maintain a healthy and a peaceful long life. Long life without a healthy body or mind would be a bane rather than a boon.

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# "IN THE AGE OF AI, WILL PEOPLE STOP USING THEIR BRAINS?" CO AUTHORED BY GURUPRASAD AND AI

*Rtn. Ar. Guruprasad Mantravadi*



The rise of artificial intelligence (AI) has sparked debates on its impact on humanity's intellectual and cognitive capacities. As machines take over many tasks, from diagnosing diseases to writing essays, there is a growing concern: will people become overly reliant on AI, and in doing so, stop using their brains? Or will AI be a tool that enhances human thinking, driving us toward new heights of creativity and innovation?

This article explores these questions and examines whether AI threatens our cognitive abilities or presents an opportunity to redefine human intelligence.

## **The Fear of Cognitive Decline**

Technology has always been a double-edged sword. While it has empowered humanity to achieve the unimaginable, it has also raised fears of dependency. From calculators diminishing mental arithmetic skills to GPS systems weakening our sense of direction, each technological leap has been accompanied by warnings of atrophy in certain human abilities.

AI represents an even more significant leap. With tools that can write poetry, compose music, and even design software, AI encroaches on domains traditionally viewed as requiring human intelligence and creativity. The concern is that as AI takes on more cognitive tasks, people may lose the incentive to think critically, solve problems, or even engage in creative endeavors.

## **How AI Affects Thinking**

AI's impact on human cognition can be divided into three key areas:

### **1. Automation of Routine Tasks:**

AI excels at handling repetitive, data-intensive, and predictable tasks. While this automation saves time and effort, it also risks reducing the need for humans to engage in those activities. For example, predictive

text and grammar-checking tools might lead to less careful writing and reduced attention to detail.

### **2. Reduced Need for Learning:**

With AI offering instant access to vast knowledge, the process of learning and memorization may be de-emphasized. Why bother remembering facts when an AI can retrieve them in seconds? However, this raises questions about the value of deep understanding versus surface-level knowledge.

### **3. Over-Reliance on AI:**

The convenience of AI can lead to complacency. For instance, people might rely on AI-generated recommendations without questioning their validity or exploring alternative perspectives. This over-reliance can dull critical thinking and independent decision-making skills.

## **The Role of Human Cognition in an AI-Driven World**

Despite fears of cognitive decline, there is a compelling argument that AI will not render human thinking obsolete. Instead, it may shift the focus of our cognitive efforts:

### **1. Higher-Order Thinking:**

AI handles routine tasks, freeing humans to focus on strategic, ethical, and creative thinking. For example, rather than spending hours analyzing data, a scientist can concentrate on interpreting findings and formulating hypotheses.

### **2. Collaborative Intelligence:**

AI can act as a partner, augmenting human intelligence rather than replacing it. A designer, for instance, might use AI tools to generate initial ideas, then refine and personalize the work using their expertise and intuition.

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### 3.Enhanced Creativity:

Paradoxically, AI can stimulate human creativity by offering new perspectives, suggesting novel ideas, and breaking through creative blocks. In fields like music, art, and writing, AI serves as a muse, expanding the horizons of what is possible.

### Lessons from History: Technology and Human Adaptation

Throughout history, humanity has adapted to technological advancements, often using them to enhance intellectual capacities rather than diminish them.

•**The Printing Press:** Critics of the printing press in the 15th century feared that easy access to books would weaken memory and reduce intellectual rigor. Instead, it democratized knowledge and ushered in an era of unprecedented learning and progress.

•**The Calculator:** When calculators became widely available, there were concerns about their impact on mathematical abilities. However, people continued to develop advanced mathematical theories while relying on calculators for routine tasks.

•**The Internet:** The internet has made information accessible at the click of a button. While some argue that it has led to shorter attention spans, it has also fostered new forms of learning, collaboration, and innovation.

These examples illustrate that technology reshapes cognitive processes rather than eliminating them. AI is likely to follow a similar trajectory, challenging us to adapt and redefine intelligence.

### AI as a Tool, Not a Crutch

To ensure that AI remains a tool rather than a crutch, society must actively promote critical thinking, curiosity, and creativity. Here are some strategies to achieve this balance:

#### 1.Education for the AI Era:

Schools and universities must emphasize skills that machines cannot replicate, such as critical analysis, ethical reasoning, and creativity. Teaching students how to collaborate with AI and evaluate its outputs will be essential.

#### 2.Encouraging Lifelong Learning:

In a rapidly changing world, intellectual stagnation is a greater risk than ever. Lifelong learning ensures that individuals remain engaged and adaptable, continuously developing new skills and perspectives.

#### 3.Ethical AI Development:

AI designers and policymakers must prioritize transparency and accountability, ensuring that AI systems support human decision-making rather than replacing it.

#### 4.Mindfulness and Deliberate Thinking:

As AI simplifies many tasks, people must make a conscious effort to engage in activities that stimulate their minds—reading, debating, problem-solving, and creating.

### Opportunities for Cognitive Growth

AI's potential to amplify human intelligence is vast. Rather than fearing cognitive decline, we should explore how AI can expand our intellectual boundaries:

•**New Fields of Knowledge:** AI can process and analyze massive datasets, revealing insights that were previously inaccessible. This opens new avenues for research and discovery in fields like medicine, climate science, and astrophysics.

•**Personalized Learning:** AI-powered platforms can tailor educational content to individual needs, helping people learn more effectively and deeply.

•**Global Collaboration:** AI facilitates communication and collaboration across cultures, enabling diverse teams to tackle complex global challenges.

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## Balancing AI and Human Intelligence

The question of whether AI will lead people to stop using their brains ultimately depends on how we choose to engage with this technology. If we treat AI as a substitute for thinking, the risk of cognitive stagnation is real. However, if we view AI as a tool to enhance our intellectual capacities, it can become a catalyst for progress.

Striking this balance requires a proactive approach: designing AI systems that complement human abilities, fostering a culture that values intellectual effort, and encouraging individuals to remain curious and engaged.

In the age of AI, people will not stop using their brains—but the nature of thinking will change. As machines take on routine tasks, human cognition will focus on creativity, ethics, and strategic problem-solving. Rather than diminishing our intellectual capacities, AI has the potential to liberate and amplify them, enabling us to tackle challenges and explore possibilities that were once beyond our reach.

Ultimately, the relationship between humans and AI is not a zero-sum game. By embracing the strengths of both, we can forge a future where technology enhances, rather than replaces, human intelligence. The key lies in using AI wisely—empowering us to think deeper, question more critically, and dream bigger.



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## FUNNY BONES



# FALL

CROSSWORD PUZZLE





**ACROSS**

1. walking in the woods
3. fall sky color
5. season of falling leaves
7. a new \_\_\_ year often starts late summer early fall
8. kids often \_\_\_ into piles of leaves
13. a tool for carrying piles of leaves
16. sleeveless jacket
17. carrots and beets are \_\_\_ vegetables
18. fall is a \_\_\_
21. a sweatshirt with a hood
23. fruit harvested in fall
24. sport played with an oval-shaped ball
25. officially begins in September

**DOWN**

2. squirrels and chipmunks love these
4. sunflower color
5. \_\_\_ picking is a popular fall activity
6. forest fungi
9. a cozy \_\_\_ keeps you warm at night
10. kids wear a \_\_\_ during recess on cold fall days
11. leaves can be pressed and \_\_\_ for crafts
12. in the fall, farmers \_\_\_ their crops
14. pumpkin color
15. trees are known for their \_\_\_ foliage in fall
19. It helps protect your neck from chilly fall winds
20. a maple \_\_\_
22. nocturnal bird

# PALETTE OF FLAVOURS

*I.W. Mrs. Sushma Kaisare*



## Chicken Chettinad

### Ingredients:

- ½ Kg Chicken
- 1 Tbs Kashmiri Chilli Powder
- 50ml Coconut Oil
- 1 Lemon

### For Chettinad Masala:

- 2 Tbs Coriander Seeds
- 1 Tbs Black Peppercorn
- 4 Red Chillies
- 1 Tbs Cumin Seeds
- 2,3 Green Cardamom
- Fresh Curry Leaves
- ½ Cup Yogurt
- ½ Tbs Turmeric Powder
- Fresh curry leaves
- 2 Tbs Ginger Garlic Paste
- 1 Tbs Fennel Seeds
- 3 Cinnamon Sticks
- 1 Bay Leaf
- 2 Star Anis
- 7,8 cloves
- Oil for frying

### Instructions:

Dry roast all the spices for 5 minutes on a medium flame.

Add little roasted coconut. 1 Tsp Kashmiri red chilli powder.

Pass it through blender. Clean and wash chicken and add this above made masala powder, yogurt, salt to chicken. Marinate for 50-60mins. Take Coconut Oil in a pan. Add few red chillies and lot of Corriander leaves. Add 2 chopped onions and toss it. Add turmeric powder, kashmiri chilli powder, 2 tspoon ginger garlic paste. Add 2 chopped tomatoes and toss it for 5 mins. Add marinated chicken to it. Close lid and cook on

medium flame for 10 mins. After 10 mins open the lid and gently stir and close the lid till it gets cooked. Add fresh curry leaves and juice of a lemon. Serve it with Rice or Indian Bread.



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