

# Linguaphile Skills Hub- Annual Communique 2021

*A December to Remember*



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**Linguaphile Skills Hub**  
Complete education management for children with SEN

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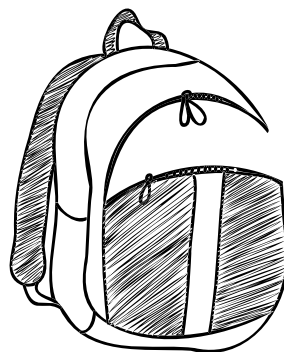
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# Founder's Foreword

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Saurav Dutta

Time and tide waits for no one, be it with COVID and lock downs or without. Time is an amazing challenge, when you have a lot of it, it doesn't seem to fade away fast, and when you have none, never seem to get any more.

How time flies, and more so as we reflect on our past two years of operation at Linguaphile Skills Hub having expanded globally and being able to touch the lives of so many children bringing a smile on their lips along with their parents, carers and wider friends and family.

2021 was a year of expansion, starting where we left at the end of 2020 crossing boundaries in education through enablement of technology to reach to an even wider set of children who benefited from differentiated and individualised learning. If we started our journey with Cerebral Palsy, we are finishing 2021 with Cri du Chat syndrome. But what is of most interest is the ability to make a difference where impossibilities have become possible, and the biggest hurdle is the mental transformation.

We all learn differently, and in all likelihood we are all on a spectrum somewhere. We have our own learning styles, some are better listeners than readers, while some are more analytical than creative. Some of us might be able to learn without making eye contact while some would not be able to stop the enthusiasm of learning thus almost bouncing around. Whatever is our learning style, as parents, it is important



that we identify, appreciate and amplify their style of learning and enhance their strengths.

Our children will solve very different problems in the future than what we have solved in the past, whether reducing harmful emissions to cleaning up the oceans filled with plastic or create renewable energy or even being an astronaut for space tourism – their learning will be enabled through technology, augmented with human – machine interfaces and solve problems never seen before.

At Linguaphile we appreciate the strengths in children with learning challenges providing them the ability to learn in their own way. We have seen them learn through internet when physical presence was a challenge; we have seen them show interest in subjects that they like; we have seen them grow and flourish in careers that they dream of.

We are delighted to have expanded this year from South Asia to Middle East, UK and US. We plan to open our first physical centre in Bangalore in 2022 providing state of the art centre for hybrid model of learning where children will not only have a choice of a variety of subjects, but different careers as well.

We are also pleased to offer our expertise to schools who are looking for our specialist services globally.

As 2022 knocks on our door and we bid adieu to the current year, we wish you and your dear ones a Happy Festive Season with our heartfelt good wishes for the year to come.

All the very best,

Saurav



# From the Chief Education Officer's Desk

Papiya Banerjee



"When you reach the end of what you should know, you will be at the beginning of what you should sense."— Kahlil Gibrán, Sand and Foam

Every end brings a new beginning, a new year with new resolutions, thoughts, new glories to admire and new milestones to achieve. We at Linguaphile also welcome the beginnings as much as we feel proud of the endings of the year.

This year too, by the God's Grace and love of the parents, has been an amazing year of success and contentment. The year was full of new beginnings for some of our primary and middle school students and the endings to the middle school years for their new beginnings next year for GCSEs.

We had successfully began the Wisdom Wednesdays articles, Dyslexia Campaigns, Webinars, Conference in Bangalore, Collaborative projects with schools, Professionals from different walks of life joining us as mentors to our students in music and cookery, student-intern on board from Linguaphile, accreditation as Edexcel center [94887] as a global online learning platform and last but not the least, some amazing individuals joining us as Independent Board Advisors for the India and the UK operations. Life is pretty busy in Linguaphile!

The endings cannot be completed without honoring a few names whose hard work, believe in us and creative contribution has meaningfully helped us to reach other parents and students worldwide. They are our parents, students and colleagues:

- Mr and Mrs Chandrasekar for their participation in the Dyslexia Campaign.
- Ritwik's participation in the Dyslexia campaign.
- Ms Jenny Kurien's participation in the campaign as well as in the Bangalore conference
- Mr and Mrs Mahamkali's participation in the Bangalore conference.
- Mitali's song production for the Dyslexia campaign.
- Aastha's, Creatives and Head of the Student-Intern group, day night dedication with creative campaigns for Linguaphile.
- Our excellent Research team
- Our SENCO- Ms Swathi's patience and commitment to Linguaphile
- Turtle Express and Neha's Occupational Therapy sessions
- All our teaching staff and parents

- Last but not the least, to our wonderful students.

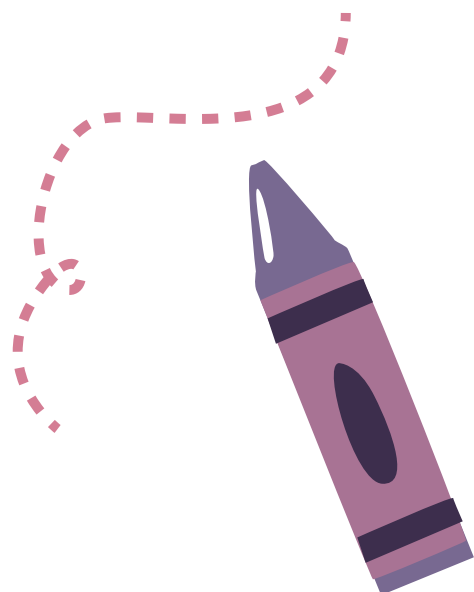
And now to the new beginnings...

- Our first physical center will be in operation from March for the new admission session in addition to the existing ongoing academic sessions. [ please peek-a-boo to the site images in the later part of the magazine for a glimpse!]
- Introduction of Blue Sky Education - the premier overseas Education consultancy for college and university application, SOP editing, assistance in Education loan, visa and abroad accommodation.
- Remedial offerings for schools and students
- Corporate partnerships and university collaboration for exclusive internships, university admissions only for graduating Linguaphile students.
- Multiple academic pathways including all learners - a true essence of inclusion!
- Flexible boards for students who are determined for abroad higher education
- Assistive technology Hub from the UK for parents, students and schools to explore based on their need in the second quarter of 2022 in the center. Have an experience similar to any digital store!

- Teacher training for Special Needs and Shadow teacher with employability options- Let's Learn and teach together!!!
- Engagement software to measure each child's individual progress in all areas of need- Social, Emotional and Academic
- Psychotherapy counselling for adults, families and students
- We always strive for holistic education and quality management and always ensure that we are able to create empathetic , strong learners ready for the new world!!!

Cheers to the beginning!!!

Papiya



# Special Education Needs

## Coordinator (SENCO)

Swathi Udipi

Season's greetings to all,

This year marked the beginning of my journey as a SENCO in Linguaphile Skills Hub. We had new children joining us who came with new challenges, learnings and responsibilities.

Each day has been a new learning experience for me, be it in terms of difficulties or understanding the needs of the child. The numerous interactions I got to have with the parents, made me realise the amount of work we need to do as educators in this field. As they say, each child is different and so also their needs. As an educator, there is no bigger satisfaction than helping or making a difference in the lives of the child.

The past two years have been very difficult for our children, especially children with special education needs. Their routine has changed and they had to adjust to the new normal of everything, especially in their way of learning. Our main aim should be to make sure their learning happens according to their needs and not how we want.

As a SENCO I also feel it is my responsibility to create awareness about special education and the needs of children in society. There needs to be a level of acceptance of such children then is when we can make

There are families where parents themselves haven't accepted their children. Also as a mother, I have realized that at the end of the day all our children look for is love, acceptance and our time.

Passion is the most important driving force in this field. I see many people who say I want to be a Special educator but passion is missing in them. They come with clauses and conditions to teach. They have a mental block only to teach a particular type of child. As a special educator, I feel every child is the same and deserves the same kind of love, respect and acceptance. If we can give them that then it's the biggest change we can do in their life. Then the rest will automatically follow suit.

As Nelson Mandela once said, "History will judge us by the difference we make in the everyday lives of children". So let's join hands and make a difference in the lives of these little angels.



# How is tech changing the future of work

Ivo Knottnerus | Special Advisor to the Board of Directors



In this edition of the magazine, we are delighted to introduce our special advisor to the board, Ivo Knottnerus. Ivo is an internationally experienced and global-minded professional bringing 25 years of experience, of which 15 years in Strategy, Product & Market Development, M&A, Change Management, Investments / PE and Post Merger Integration, and 10 years in Customer Engagement, CX Partnerships and Digital. He has a proven track record of operating in multinational companies, multi-cultural environments and leading cross-border matrix teams of up to 250 people.

After 15 years in Financial Services, Ivo made a deliberate career change, and over the last 10 years, he specialised in Customer Engagement, CX, Partnerships and Digital. He is very passionate about fuelling growth through creating loyal customers by building and bringing to market digital customer propositions, products and solutions.

In a conversation with Ivo, we explored how technology is changing the future of work, and in his words,

*"The COVID-19 pandemic disrupted the labour markets globally during 2020. The short-term consequences were sudden and often severe: millions of people were furloughed or lost jobs, and others rapidly adjusted to working from home as offices closed. Many other workers were deemed*

*essential and continued to work in hospitals and grocery stores, on garbage trucks and in warehouses, yet under new protocols to reduce the spread of the coronavirus.*

*Companies and governments exhibited extraordinary flexibility and adaptability in responding to the pandemic, at first glance with purpose and innovation that they might also use this experience to re-equip the workforce in ways that point to a brighter future of work.*

*Some businesses started with a thorough analysis of what work can be done remotely by focusing on the tasks involved rather than whole jobs. Other businesses have facilitated occupational shifts by focusing on the skills they need, rather than on academic degrees. Remote work also offers companies the opportunity to enrich their diversity by recruiting workers who, for family and other reasons, were unable to relocate to the big cities where talent, capital, and opportunities concentrated before the pandemic.*

*The reward of such efforts would be a more resilient, more talented, and better-paid workforce—and a more robust and equitable society."*

# Student-Internships at Linguaphile



Aastha Somani | Head of Student Internships and R&D

It has been a few months since I started working with some children, who are learning with us, here at Linguaphile. These children have reached a phase where they are starting to observe other people around them and realize that they too have reached an age where they need to make a career choice. However, for our children, who require special education, opportunities narrow down but obviously, when it comes to the real world. Linguaphile has thus come up with the idea of student internships for these children so as to give them the opportunity to experience how internships work.

Our children have their limitations but that does not mean they cannot work. Their urge to learn something new has brought them this far where they now work as interns for this company. These children were new to the idea of student internships and as their mentor, we began with understanding this idea first. It allowed me to explore their strengths and likes and work in a way that comforted them. The process involved working on small projects, a responsibility their shoulders could carry. Once they moved on to other projects, a small push every now and then was doing wonders. They were able to learn and process newer information. They worked on several projects like making presentations, databases, feedback, and training forms for their company.

The purpose of this was to help them understand what it is like to work with and for a company. Taking upon small projects would allow them to realize their responsibility. It also helped them work within an assigned period of time. Additionally, being high-school students, they have a jist of what they would like or dislike as a career choice in their future. A student internship allows them to weigh out their options and gradually helps them figure out their interest.

To sum up my journey so far, it has been a good learning experience for me. Mentoring was as new to me as internships were to them. But I think together, it has all worked out for us. It can be tedious sometimes, but nevertheless, the joy of successful project completion is worth it. I am glad to be given this opportunity to help these children come one step closer to what they want to achieve.



# Inattention Vs Distraction

Preeti Kumar | Head of Math and Science and Examination Coordinator

Inattention	Distraction
Object of inattention is internal and gradual. Eg- A child reading a book (non-verbally) is engrossed in some thought and hence stops reading. Need- to bring back attention.	Object of distraction is external and sudden. Eg- A child reading a book gets distracted by a toy kept on his study table. Need- to stop distraction
Strategies to bring back attention <ul style="list-style-type: none"> <li>● Prompt</li> <li>● Display instructions (flash cards) in a catchy place</li> <li>● Timer</li> </ul>	Strategies to stop distraction <ul style="list-style-type: none"> <li>● Remove the distracting object.</li> <li>● Sit in a clutter free room.</li> <li>● Sit facing the wall or in a corner of the room.</li> </ul>
Case- A child is instructed to write a passage using proper punctuations. But the child forgets to use punctuations in many places.  Strategy- Place a card stating "Use punctuations" and keep it just above his notebook. This would help bring back child's attention to the instruction.	Case- A child sitting in a class room gets distracted by sound of other children talking.  Strategy- The child can use earplugs.

Above table shows difference between Inattention and Distraction of a learner.

In both the cases learning does not take place. As an educator, it is very important to understand the difference between them and then apply a proper strategy to mitigate the problem. With SEN students, both Inattention and distraction can be overwhelming and flash cards or other calming objects should be kept handy.

# Captivate Online Learning for Success

Jennifer Sharples | Consultant Teacher

## Today's Education Begins at Home

The Covid pandemic has changed the delivery of education forever. It has opened new horizons for students, parents, and educators. Those parents who would never have previously considered online learning or home-schooling are now embracing it. In the UK, the BBC recently reported that home-schooling has increased by 75% as anxious parents express concern with falling standards, inconsistency, and health fears. In the USA, the US Census Bureau reported home school has jumped from 3.3% prior to the pandemic to 11%. Other countries including India, are also recognising home-schooling as a viable option. For example, parents in Bangalore are now accepting it as a reputable option. The Karnataka State board even assists students who are not a part of the regular schooling system and is willing to accommodate them with special arrangements.

Surprisingly, home-schooling is illegal or not recognised at all in some less enlightened countries, but an increasing number of parents want more quality control, greater flexibility and individualised learning for their children. Forbes Magazine recently reported that in the USA parents of students with SENs were very dissatisfied with traditional school many citing the fact that the system was not set up to help SEN students learn Some reported that

since beginning home-schooling their child no longer received treatment for behavioural or medical issues

For those parents, who are concerned about the quality of state schools and can no longer afford a private education, home schooling has become a viable alternative either as a short- or long-term measure. Students are individuals, each with their own strengths, weaknesses, temperaments, and unique learning styles. Some 25% of children have some level of learning difference such as dyslexia, dyspraxia, or autism and others have suffered mental health challenges or fallen behind with their learning during the pandemic. Some have even experienced online or in-school bullying and need a respite from being in a competitive environment. A spell of home-schooling with specialist teachers makes a great deal of sense.

Home schooling communities often connect and arrange social and sporting activities for students, so they do not miss out on that all important socialising. All without having to deal with cliques and peer pressure at school. For students who would like to enter various competitions or socialise with other online students, there is plenty of choice. A bonus is that some exam boards such as AQA, OCR and Edexcel have independent or affiliated centres where students can take

their IGCSEs, A-Levels or BTECH qualifications. Past exam papers and myriad support structures for teaching and learning are available at the click of a button. Students can also mix and match subjects which may not be possible in a regular school and it is a huge plus having a specialist teacher working one-on-one using methodology that suits a student's learning style and pace.

Although there are regular online school programs that provide tutoring and the basics, Linguaphile goes much further by having so many qualified, specialist teachers onboard. Some children receive the SEN teaching that requires trained experts and not regular tutors whereas others, struggle in regular school and need support to supplement their schooling from IGCSE, IBDP and A-Level experts. Home schooled students need teachers who can build up a rapport with them, understand and meet their educational and emotional needs, while making lessons engaging and interactive. Classes should be student centred and encouraged to take responsibility for their own learning. Apart from connecting to real world problems, students can also do virtually anything else online from internships to listening to specialist talks by experts, visiting online museums and attending international student events... the list is endless. Finally, building a strong relationship with parents assures a home-schooled success story.

*Jennifer Sharples is a former principal and educator, who works with students in Hong Kong, Bahrain, India and the UK. She is based in Bangkok and specialises in English and Humanities from EAL and dyslexia to IBDP level.*



# Burnout Among Special Education Teachers

Medha Dey | Food Science and English Teacher

Special education teacher burnout has been a topic of concern since the 1970s when it was first identified and has since been a growing trend in the field of education (Embse, 2019). In this dynamic world of education, the demand of special education teachers has grown and is causing new triggers that are contributing to their burnout. Research shows that 40% of new teachers are leaving the profession within the first five years of teaching, with stress and burnout at the top of the list contributing to their departure (Herman, 2020).

## So first let us understand: What is Teacher Burnout?

Teachers confront significant challenges. They must adapt curricula to a wide range of learning styles, manage shifting education policies, attend to students with special needs and juggle administrative work. So, what happens when teachers also experience unsupportive work environments?

Many experience teacher burnout, hitting their limit in dealing with their work's daily challenges. It occurs after prolonged exposure to poorly managed emotional and interpersonal job stress.

Everyone shows signs of stress or burnout in different ways but the signs fall mostly under one or more of these three dimensions (Canico, 2018):

**Emotional exhaustion-** when an individual has drained emotional resources and experiences a lack of energy and fatigue. For e.g. the lack of energy or enthusiasm to teach a lesson in the classroom, run a meeting or communicate with parents in an appropriate and engaging way (Williams, 2015).

**Depersonalization-** when an individual distances themselves from others, especially from students and teachers they must interact with regularly in order to complete their job performance.

**Lack of personal accomplishment-** This may be displayed when the person is expected to conduct a self-evaluation because they may feel they are no longer qualified or successful at their job and feel ineffective and hopeless (Williams, 2015).

## What are the causes of burnout?

Special education is a high-demand career and shortage area. Various factors including overloaded job expectations and unfavourable school conditions can cause teacher attrition (gradual but deliberate reduction in staff numbers) and leave schools in the difficult position of filling the open positions (Canico, 2018).

## What are the consequences of stress and burnout?

Stress and burnout not only affect the person who is experiencing the feelings but also those around them - whether it is their family, friends, coworkers, students or employers. In the education system, schools who have a high burnout rate may experience chronic understaffing which can cause a loss of high-quality instruction for students; which in turn results in a loss of financial and occupational resources that are needed to support the staff, students and the school (Embse, 2019).

Teachers who are stressed also allow it to negatively influence their teaching quality and student engagement in the classroom. The stress in the classroom can also cause a decreased feeling of accomplishment in meeting the needs of students and feel less successful in dealing with crisis intervention (Canico, 2018).

A teacher may also have trouble with personal or professional relationships and begin to isolate themselves due to work overloads and few opportunities for collaboration with colleagues. (Canico, 2018).

Another consequence is they begin to neglect other responsibilities, such as completing paperwork on time. This can ultimately cause chronic stress because they are unable to complete tasks and it is easier to put them off. A lack of time management skills, and their diminishing structure and consistency in the classroom can also cause stress (Canico, 2018).

Lastly, emotional exhaustion is a consequence because the teacher may feel exhausted after work, no longer be interested or feel the interest to participate in hobbies or socialize with their friends after work or on the weekends (Canico, 2018).

## So, what are some coping skills to help overcome stress and burnout?

- **Active coping-** Some methods for active coping are exercise, practicing meditation, pursuing free-time activities (hobbies, family time, etc.) and seeking a support network to help with struggles, both in and out of the classroom setting (Canico, 2018).
- **Knowledge-based** interventions- This consists of informational or psychological training for teachers to help with problem behaviours and learning about the stress risk they pose for themselves (Embse, 2019).
- **Behavioural interventions-** These incorporate the practice of a defined skill or strategy to reduce teacher stress. Some strategies are meditation/relaxation practice, journaling, and learning to give positive and supportive feedback to self and others (Embse, 2019).
- **Cognitive-behavioural intervention-** This merges cognitive training and strategies with behavioural practice to support teachers with both the knowledge and the skills they need to manage work-related stress (Embse, 2019).
- **Mindfulness-** This is a state of consciousness that is reached by individuals intentionally and nonjudgmentally, attending to the current moment. (Sun, 2019).

Mindfulness has been shown to improve health, reduce burnout, improve employment retention, and increase attentiveness both at work and at home (Sharp Donahoo, 2018). This helps in self-acceptance and emotional regulation.

Each teacher is different, which in turn, can result in many different stress reducing strategies to support them in overcoming the burnout of teaching. In several studies, meeting one's own personal needs, whether it is spiritually through prayer, or finding a social network online or in person can be of support for people experiencing burnout (Canico, 2018; Sharp Donahoo, 2018; Sun, 2019).

## Conclusion

Special education teachers work in a changing world on a regular basis. Although it is a tough field to work in, it is also extremely rewarding to see students achieve and master their goals. Students are only successful when their teachers are present, and when they utilize their resources to provide their fullest support in the classroom. Learning to overcome the stress and burnout of the special education career, one must know and understand what they are, what the signs and causes are, their consequences on both professional and personal levels, and develop coping skills to help overcome the burnout in one's daily lives.





# Postpartum Depression



Swathi Udipi | SENCO

...Endless nights of crying, feeling like a loser, always tired and angry, sleepy, afraid, dejected, suicidal thoughts, feeling of helplessness, self-criticizing. These were some of the symptoms I faced as a mother when my child was born. Always felt like I am falling into an endless pit. I am just falling and no one is there to catch me. Sounds familiar?

This array of emotions is faced by almost every woman after childbirth. This is called Postpartum Depression. It's a type of depression you may get after you have a baby. It can start any time during your baby's first year, but it's most common for you to start to feel its effects during the first 3 weeks after birth. Postpartum depression need not happen to only first-time mothers. This can happen to any mother even if she hasn't gotten it during her previous childbirths.

Causes of Postpartum depression cannot be pinpointed to one cause or factor which leads to this. There are many factors that can lead to postpartum depression. Some of them are:

1. Hormonal changes - Hormonal levels during pregnancy are at a high. They tend to drop after childbirth. This change in hormonal level can cause depression.
2. Sleep deprivation - this is one of the major causes of depression where the body is confused, overwhelmed, and emotionally very vulnerable

3. History of depression - if you already had depression before then chances of getting postpartum depression are possible.

4. Stress, family support - After childbirth, the mother is overwhelmed with the new responsibilities and changes. During this time if the mother doesn't have a good support system and if she is stressed this can lead to depression.

5. Emotional readiness - Motherhood is something to be enjoyed and cherished. Sometimes, if the decision is not taken whole-heartedly and very young women who aren't prepared to care for or support a baby, are also at risk.

## Symptoms of Postpartum depression:

Postpartum depression may be confused for baby blues at first — but the signs and symptoms are more intense and last longer than 6 months, and may eventually interfere with your ability to care for your baby and handle other daily routines. Symptoms usually develop within the first few weeks after giving birth, but may begin earlier during pregnancy or later up to a year after birth.

Postpartum depression signs and symptoms may include:

- Depressed mood or severe mood swings
  - Excessive crying
  - Difficulty bonding with your baby
  - Withdrawing from family and friends
  - Loss of appetite or eating much more than usual
  - Inability to sleep (insomnia) or sleeping too much
  - Overwhelming fatigue or loss of energy
  - Reduced interest and pleasure in activities you used to enjoy
  - Intense irritability and anger
  - Thoughts that you're not a good mother
  - Feelings of worthlessness, shame, guilt or inadequacy, and hopelessness.
  - Diminished ability to think clearly, concentrate or make decisions
  - Restlessness
  - Severe anxiety and panic attacks
  - Thoughts of harming yourself or your baby
  - Recurrent thoughts of death or suicide
  - Untreated, postpartum depression may last for many months or longer.
- Confusion and disorientation
  - Obsessive thoughts about your baby
  - Hallucinations and delusions
  - Sleep disturbances
  - Excessive energy and agitation
  - Paranoia
  - Attempts to harm yourself or your baby



### Postpartum psychosis:

With postpartum psychosis a rare condition that typically develops within the first week after delivery — the signs and symptoms are severe. Signs and symptoms may include:

# Postpartum Depression and Child Development

Aastha Somani | Head of Student Internships and R&D

Childbirth is a beautiful experience for every mother. A new mother is in pain yet she is happy, has tears yet is smiling, and above all, she is exhausted yet ecstatic. Nature has created such a wonderful process of introducing new life. On the other hand, there is a newborn child, who enters the world bringing in joy with a few tears.

With all the happiness that this experience brings in, a new mother faces many other emotional turmoils. When a mother goes through postpartum depression, for long periods without any treatment, what she does not realise is the impact it creates on her own child. Often, the consequences of a mother's postpartum depression are not limited to her child's infancy and can extend till adolescence.

The early years of child development are very crucial; it is like moulding the clay right from its base to make it strong enough to hold the weight above it. At this point, when a mother goes through a difficult phase, it tends to impact the child's psychological and physiological well-being. The mother starts to feel detached from her child which most often leads to interactive difficulties between the two. Maternal depression is often mistaken for poor parenting. However, there has been no evidence or studies which prove the same. Instead, it is a very complex association

between the mother's behaviour and the child's well being.

Keeping in mind the above-mentioned symptoms of postpartum depression in mothers, the impact it has on child development can be summarised as follows:

## **Infancy:**

**Behaviour** - Infants would experience anger, adopt a protective style of coping, experience withdrawal, develop passivity, and self-regulatory behaviour (e.g. looking away or sucking their thumb).

**Cognitive performance** - Lower cognition with dysregulated attention.

## **Toddler**

**Behaviour** - Toddlers would develop passive non-compliance, have a less mature expression of autonomy, and be less interactive. They are more likely to internalize (depressed) and externalize (aggressive reaction) their problems.

**Cognitive performance** - Poor cognition, creative play and cognitive-linguistic functioning.

## **School Age**

**Behaviour** - School-age children would have impaired adaptive functioning which would include internalizing and externalizing issues, experience affective disorders (chronic depression), anxiety disorders and conduct disorders. Academic performance - Likely to have ADHD, Attention-deficit Hyperactivity

**Behaviour** - School-age children would have impaired adaptive functioning which would include internalizing and externalizing issues, experience affective disorders (chronic depression), anxiety disorders and conduct disorders.

**Academic performance** - Likely to have ADHD, Attention-deficit Hyperactivity disorder, attention issues, difficulties in mathematical reasoning and special educational needs. These children present with lower IQ scores.

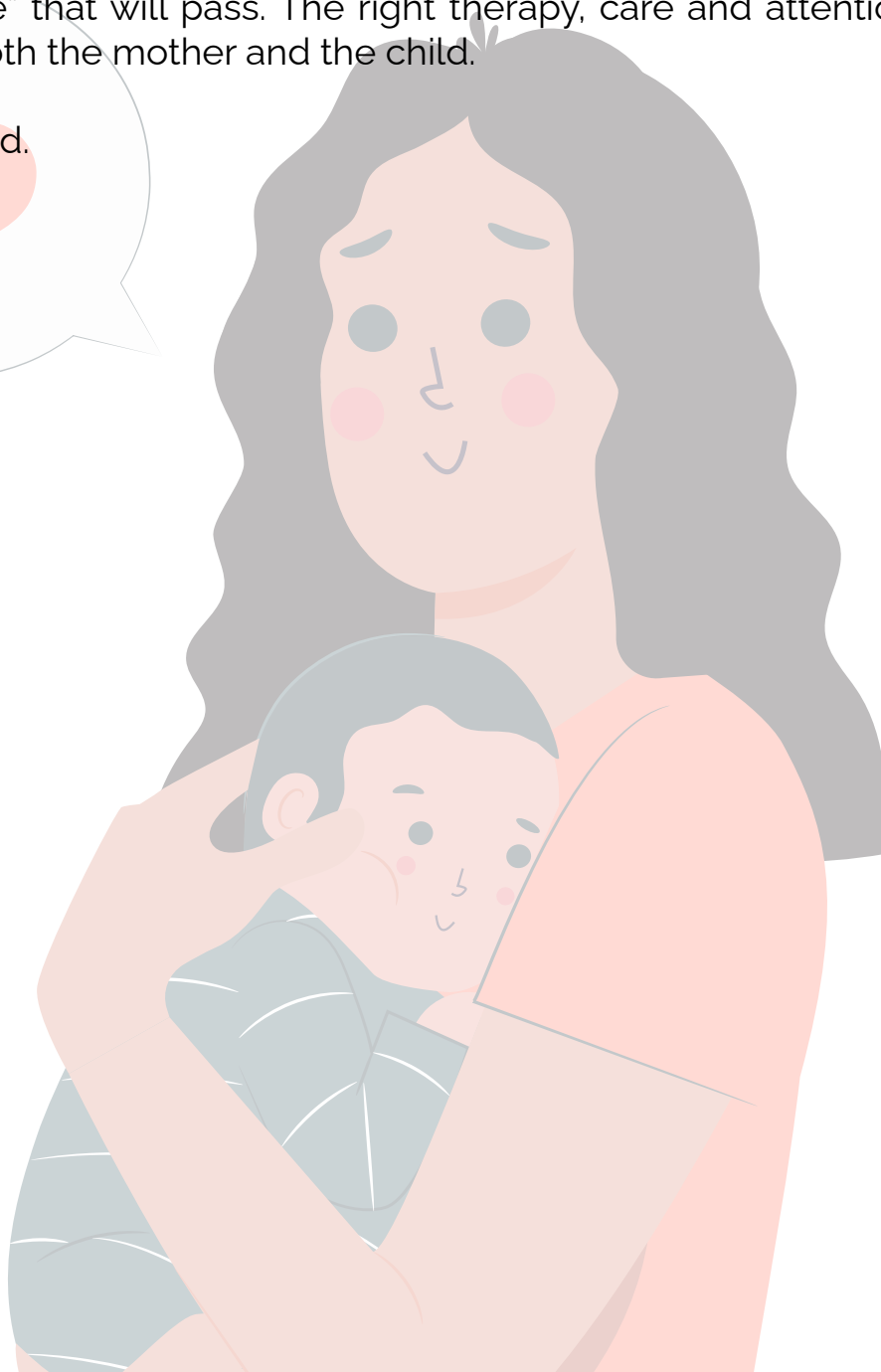
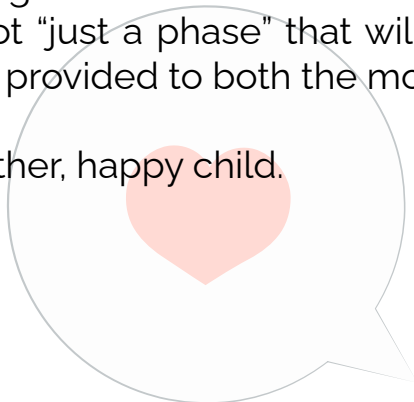
### **Adolescent**

**Behaviour** - Adolescents would experience affective disorders like clinical/ chronic depression, anxiety disorders, phobias, panic disorders, conduct disorders, substance abuse and addiction (alcohol).

**Academic performance** - Likely to have ADHD, Attention-deficit Hyperactivity disorder and learning difficulties. They would require special education needs.

In conclusion, postpartum depression should not be neglected because it is not only causing harm to the mother but also her child. This taboo has to be broken and it is not "just a phase" that will pass. The right therapy, care and attention have to be provided to both the mother and the child.

Happy mother, happy child.

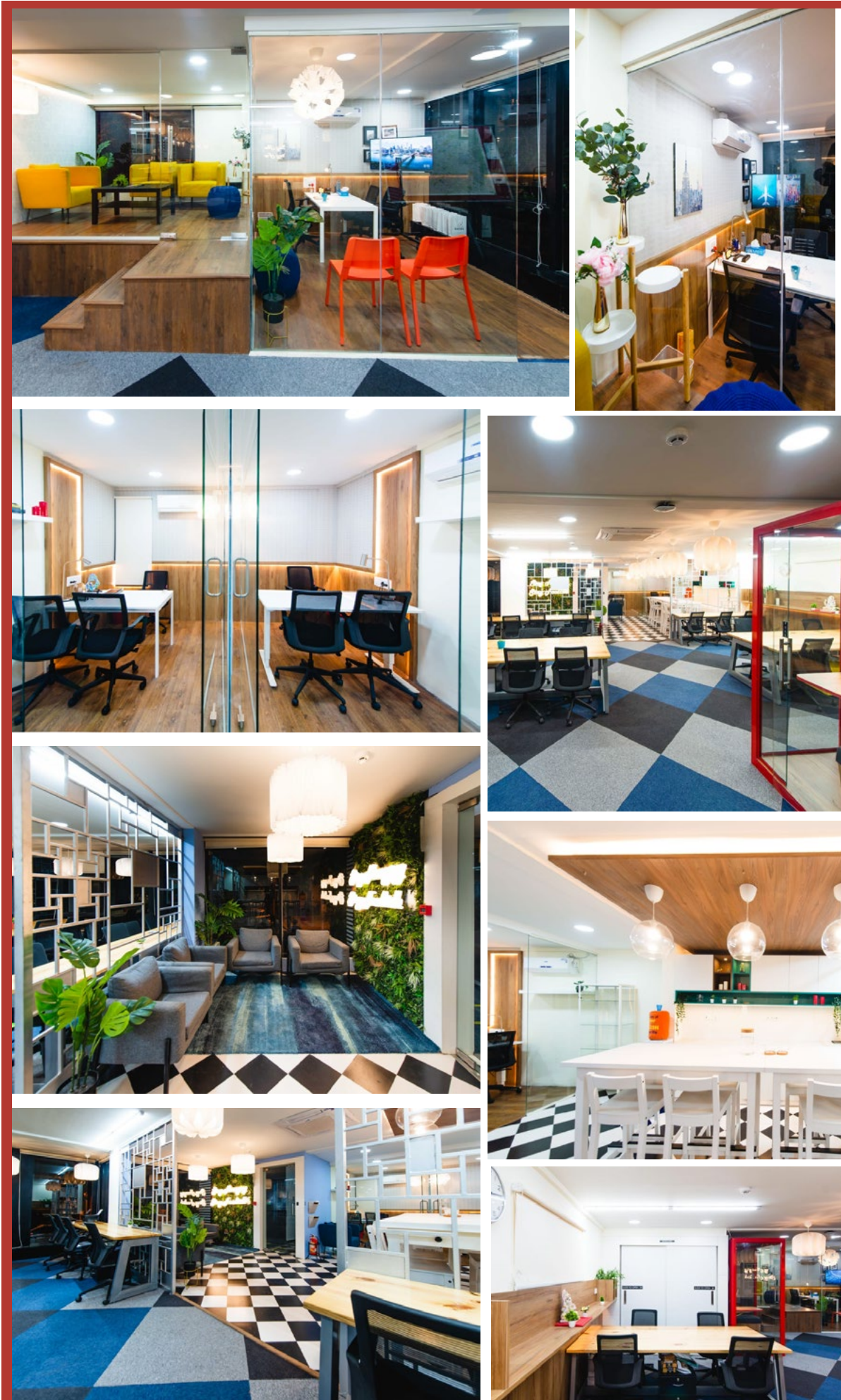




# Linguaphile Highlights

- Launched the Cogmed - Memory Training Programme with state-of-the-art tools from LSH, UK.
- We are now in UAE, Bahrain, Qatar, Indonesia, and Thailand, other than UK and India, serving children with learning difficulties by providing a complete end to curated academics, therapies, and specialist diagnostics.
- We now have professionals from creative fields, industry experts, to join us for upscaling our students in various pathways.
- We organized a conference at ITC Gardenia, Bangalore on 13th November 2021, for parents, children, and specialists/therapists.
- We are now a Pearson Edexcel online learning center (Centre No. 94887).
- We are launching our learning center in Bangalore, India, in Q1 2022 which will enable a hybrid model of learning for children with learning difficulties.





Photos are for representational purpose only.



# Ideas and Excerpts from our Professional Mentors



# Music: a brief retrospection

Abhisek Chakraborty | Professional Mentor

Abhisek is a Kolkata based singer-songwriter writing songs about contemporary issues around us. With strong inspirations from Leonard Cohen and Pete Seeger, Abhisek has created his distinctive identity through his poetic writings and heart wrenching melodies. Apart from his independent musical identity, he has been active working for the mainstream film industry for an array of commercial requirements.

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It is difficult to come across a person who hates music. We all have our own taste in what we like listening to and thankfully, millions of musicians continue to create music of varied taste and mood to keep us all going. But what is music, really? What exactly is the thin line that sets music apart from noise? How did it come to what it is today?

Technically speaking, music is a repetitive sound that has a traceable pattern both in terms of melody and rhythm. Not impressed by that definition? Well, that's alright because it is extremely difficult to define any artform anyway. Emotionally speaking, music is a combination of melodies that induces an intended emotion in us and manipulates our hormones accordingly.

So how did music originate? From nature, yes. Birds and insects are believed to be the first musicians on our

planet for quite a handful of them are known to produce sounds that have a definitive pattern.

But to these pioneers, that was more of a way of communication than an art extravaganza (we don't know for sure though). Humans by their evolutionary techniques learned to use their vocal chords to create more complex sounds and soon realized those voicings can be used to create melody structures that serves an entertainment apart from mere communication. Here, it has to mentioned that music was devoid of words for about 38,000 years.

First words to be put onto a piece of music was arguably only as recent as about 2,000 BC in the form of the Hurrian Hymn no. 6 while there have been validating evidence that humans have been making music as early as 40,000 BC. Soon after we realized we could use music to induce an emotion, humans started using it for one of the most influential traits: religion. Every religion adapted music as one of their tools to spread their belief and hence most of the early lyrics that can be traced are of a religious nature. With time, lyricists got more and more creative and started writing about other shades of human emotion like love, heartbreak or anger.

Music back then was mostly passed on by verbal training. There was no formal way to write them down and hence, in order to be able to remember, things had to be kept simple. Then came a

time that a group of super intelligent people thought of creating a mechanism by which they could write down a sound and that opened up a whole new world of possibilities. Now that we were able to write things down, we could afford to compose melodies that were more complex and detailed. Soon, musicians started jamming with each other and that gave rise to basic orchestral structures which metamorphosed to full fledged classical set-ups both in the west and in the Asian sub-continent.

With the advent of technology, more complex musical instruments could be made and it would not be incorrect to say that musical instruments evolved in parallel to technology. What started with a "Neanderthal man's flute" made out of hollow bones of birds gradually turned into bamboo flutes to the modern day synthesizers and samplers.

Since the industrial revolution, lifestyles have been changing at a very rapid rate. So has music. Classical music slowly evolved into semi-classical forms and as global communication became easier, musical cultures from various part of the world started influencing each other not only in taste but also in instruments. For example, a Harmonium that was invented in France became an inseparable part of our Indian classical music. Well, there was not turning back from there. For people who wonder why the music that is made today are so

different than how it used to be in the 1960s, well we need to look back at how we have changed as a society since then and it is the responsibility of an honest piece of music to reflect the true nature of the contemporary society.

There is so much more that can be discussed in this context and probably deeper we go, more we realize the true nature of music but for the purpose here, I thought it would be wiser to just touch the basics so that a non-musician can make as much out of this as a musician like myself. Everything said and done, we all are blessed to have legendary pieces of music before and I am sure to have many more in years to come. And as long as we can get hold of a piece of music that rightly reflects the mood we are in, we should thank that ancient human who was crazy enough to think of blowing a hollow bird bone and impress his tribe.



Pt Uday Bhawalkar

Sahana Bajpai

Lopamudra Mitra

Joe and Cizy keep the audience hooked

Raibasha dance being performed at the do

## City warms up to three-day fest of art, crafts and live musical shows

The audience cheers for the performers on stage

Abhishek Chakraborty

Nakamura Yutaka

**A** weekend of art, crafts and live shows on the premises of Nazrul Tirtha saw a host of art enthusiasts soaking in the festive spirit. From origami and mask-making workshops to handicrafts on display, food counters and art exhibitions – the weekend fair attracted people with varied creative interests. The event, spread over three days, also witnessed Bengal's folk performers, pop musicians, hip-hop artists, and Indian classical musicians perform. Several talks and seminars also took place amid lively, interactive sessions.

The first day saw a grand performance by Sahana Bajpai, who belted out her hits and a few melodious Rabindrasangit. Lopamudra Mitra enthralled all with her popular numbers on Sunday.



# Food Science

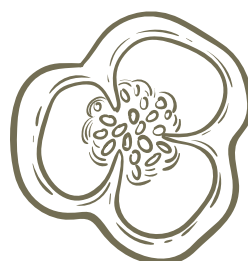
Ivan Pavlek Posavec | Professional Mentor

Ivan is a professional mentor joining us to help our children interested in the field of food science. He is a Sous Chef at The Langham Hotel, London.

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**Ivan Pavlek Posavec** is a Chef with years of experience in high-end hotels. He is currently working at one of London's iconic hotels, The Langham, as Junio Sous Chef. Born and raised in Zagreb, Croatia, he started by gaining Masters in Biology from the University of Zagreb. Deciding that is not the path he wishes to take, Ivan earned a culinary degree from Open University Zagreb, specialising in Frech and modern Mediterranean cuisine. Working through different roles and hotels, he reached the position of Executive Sous Chef in one of Zagreb's most iconic hotels.

Now living in London, he is enjoying new professional and personal challenges.



# Recipes

Ivan Pavlek Posavec | Professional Mentor

## Cheese Toastie

### INGREDIENTS

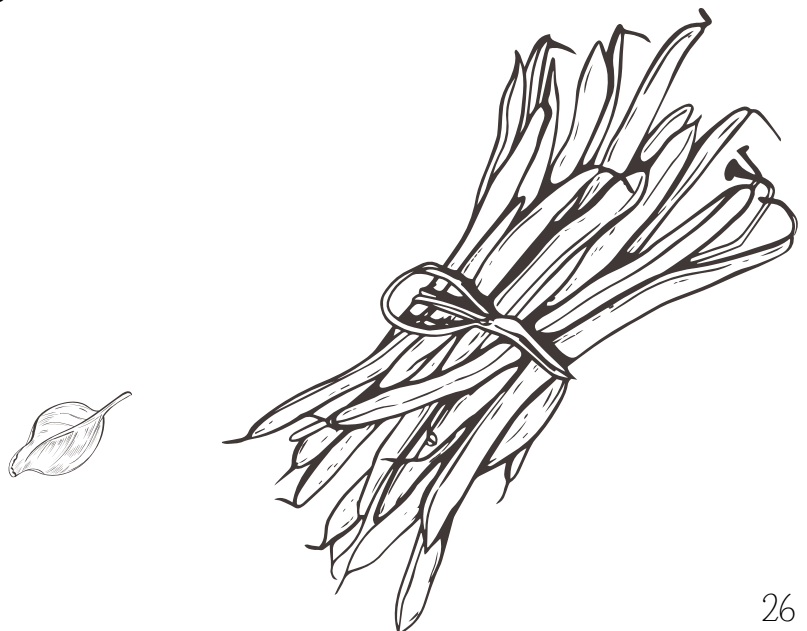
Leeks, finely chopped	250 g
Cloves garlic, finely grated	2
Cloves garlic, finely grated	2
Butter	6 Tbsp
Olive oil	6 Tbsp
Cheddar, grated	100 g
Emmenthaler, grated	100 g
Mature Gouda, grated	100 g
Sourdough bread	8 Slices

### COOKING INSTRUCTIONS

Sauté the leeks, red onion and garlic in 2 tablespoons of butter and the olive oil. When the mix is cooked and soft but not brown, take off the heat, cool slightly and mix in the grated cheese.

Spread the butter that is remaining on both sides of sourdough bread. Put a good amount of cheese mixture between two slices of bread. Fry in the pan on low heat turning the sandwich carefully till both sides of the bread have a nice brown, and golden colour and the cheese is melted.

Tip. Use another heavy pan to weigh down the sandwich.



# Mushroom Risotto



## INGREDIENTS

Butter	7 Tablespoons
Fresh wild mushrooms	200 g
Chicken broth	1 L
Extra-virgin olive oil	2 Tablespoons
Leek (white and pale green parts only)	1
Arborio rice	200 g
White wine	0,2 L
Dry white vermouth	0,2 L
Parmesan cheese (Grated)	50 g

## COOKING INSTRUCTIONS

### **Step 1**

Melt 2 tablespoons butter in a large skillet over medium-high heat. Add one-third of the mushrooms and sprinkle with salt. Sauté mushrooms until tender and start to brown. Transfer mushrooms to a medium bowl. Working in batches, repeat with the remaining mushrooms. Don't forget to season with salt and pepper.

### **Step 2**

Bring chicken broth to simmer in a saucepan and keep warm during cooking. Melt the remaining 1 tablespoons of butter with olive oil in a saucepan over medium-low heat. Add leek with a pinch of salt, and sauté until tender. Add rice and increase heat. Stir until rice begins to look translucent when you add white wine and vermouth, stirring until liquid is absorbed.

Add part of warm chicken broth to the top edge of the rice and stir until almost all broth is absorbed. Continue adding broth by ladle, stirring until almost all broth is absorbed before adding more. When rice is halfway cooked, about 10 minutes, stir in sautéed mushrooms. Continue adding broth, stirring until almost all broth is absorbed before adding more till rice is tender but still firm to bite and risotto is creamy. Stir in grated Parmesan cheese.

Use porcini, hen of the woods and chanterelle mushrooms with large mushrooms sliced and small mushrooms halved or quartered.

# Blue Sky Education

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We are glad to introduce Blue Sky Education, our university placement partner. Blue Sky Educational Services is a government registered educational consultancy in Kolkata, India. It is one of the best study abroad consultancy in the city and the region. They provide the best and most appropriate counselling for studies overseas. We are glad to join hands with them.

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Blue Sky Education is a Premier Overseas Education Consultancy based out of Kolkata. Since 2010 Blue Sky Education has been helping students and parents with their services. Apart from IELTS SAT GRE GMAT training Blue Sky provides expert Counselling , assistance with College and University applications, SOP editing, assistance in Education loans, visa filing, accommodation abroad , air ticketing (optional)

Blue Sky Education's USP is that all the services are free of charge except for Ivy League colleges and Trainings.

Blue Sky Education is a very well known name in the schools and colleges of Kolkata and has a reputation of being an honest and transparent service provider.

[blueskyeducation.co.in](http://blueskyeducation.co.in)






# Children's Corner




## MITALI RAO

Buoy oh buoy! Our student is now a PADI certified junior Scuba Diver!

**Padi eCard**  
**Junior PADI Scuba Diver**  
Qualified to dive with a  
PADI Professional to 12m/40ft



Name: Mitali Rao  
Diver No.: 2108EU8445  
Birth Date: 03-Feb-2007  
Cert Date: 11-Aug-2021  
Instructor Name: Lingmiao Meng  
Instructor Number: 375496  
Store/Resort Name: Soleni Dive Centre  
Store Number: 22906



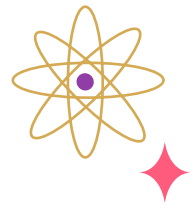
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Our very own Hannah Montana in the house!  
Mitali has recorded a song called "We know we can",  
where she chose the melody and wrote the lyrics herself!

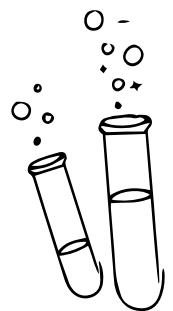
[Listen to the original Song here](#)



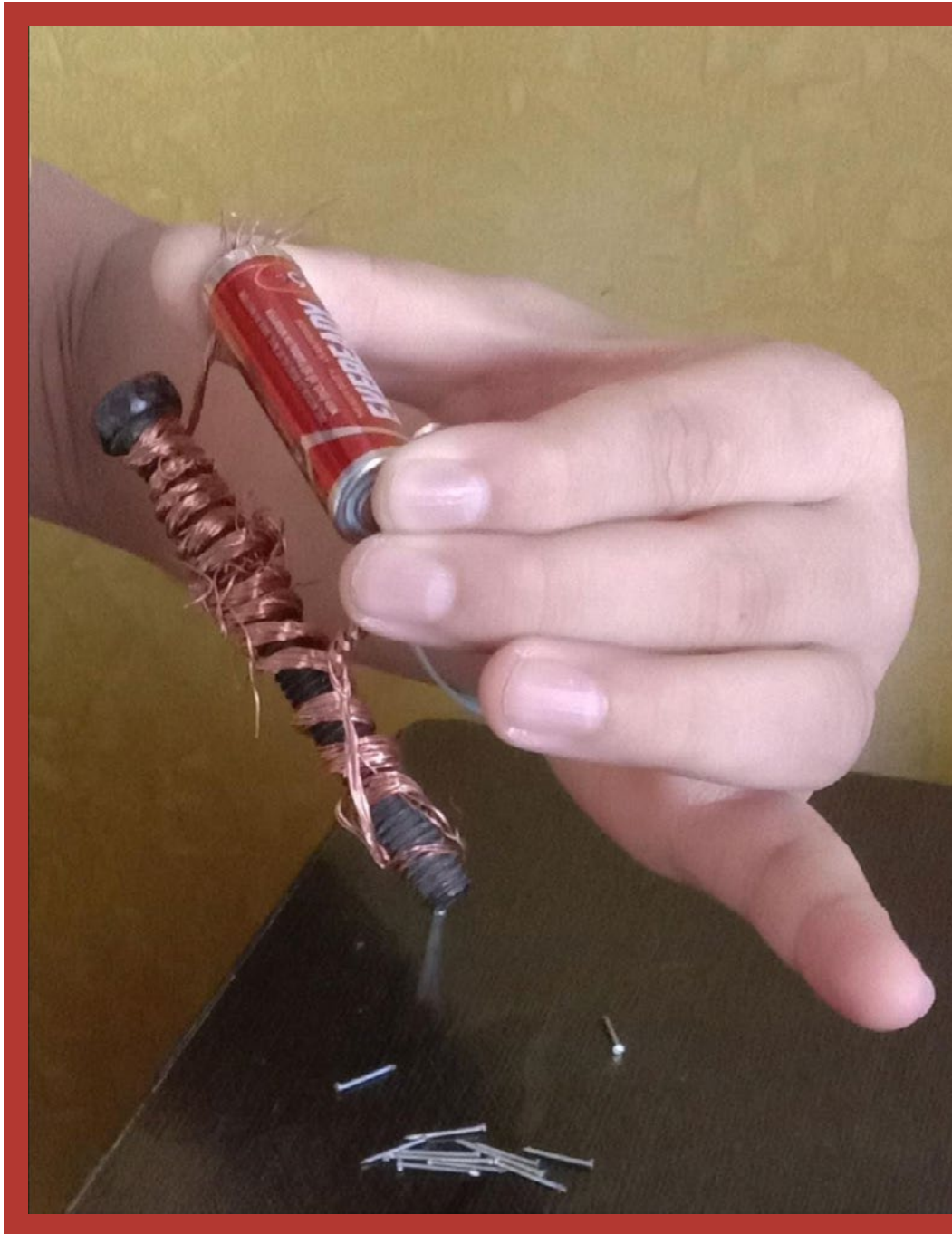


## MITALI & RYAN

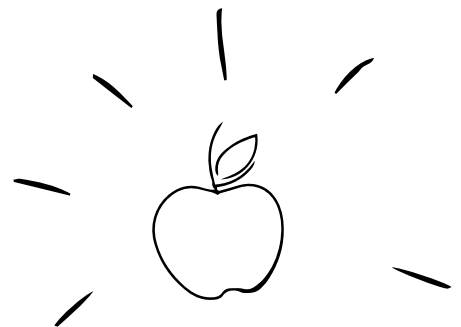
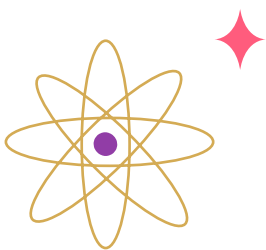
Come, witness these attractive experiments! Our magnetic students Mitali and Ryan conducted experiments on magnetism for their Physics class!



Magnetic field of a round magnet by Mitali



Electromagnet by Ryan

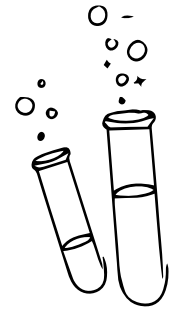


## Ethiraj

Ethiraj is one of our youngest children who has been diagnosed with Cerebral Palsy and Global Developmental Disorder. Despite his physical difficulties, he has taken up the challenge of being a part of the inclusive set up in Buddhi School.

Kudos to Ethiraj! And a big thank you to Buddhi School .

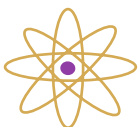
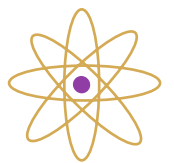




## Ryan

Scientist in the making!

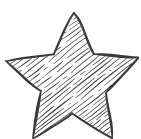
Ryan created a periscope to learn about the reflection of light. He's a very bright student indeed!



## Ritwik

Our multi-talented student Ritwik built this entire Ferrari model from scratch with waste cardboard boxes.

He is a big fan of F1 racing and his favourite driver is Charles Leclerc.





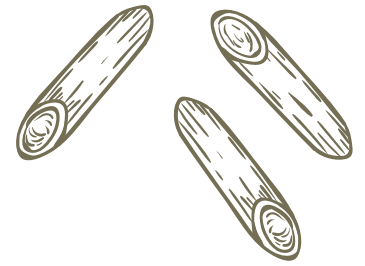
For his ICT project, he designed this logo of his own imaginary car manufacturing company called REX. Fun Fact: He made it completely on Google Doc! (picture)

Kudos to your drive and passion!





# Food Recipes by our children



## Arti



Goopy cupcakes



Just for snack: Vegetable Upma



Halloween Evening: Spider topped shaped Pizza





Noodles for quick lunch



Pasta salad



Halloween: Healthy nacho with homemade Salsa





Outside the virtual platform  
of Linguaphile



Our lovely Linguaphile ladies went out for lunch in Bangalore for a much-needed bonding session.





Our Chief Education Officer, Papiya Banerjee took time out to participate in the Durga Puja festivities. She won the Cooking Competition and was felicitated by the very famous Sourav Ganguly's wife, Dona Ganguly!





The Linguaphile team hosted a seminar for parents, educators, and therapists on 13th November, 2021. It was led by Linguaphile's founder, Saurav Dutta.



Our founder and CEO had a great time catching up with **Mr. Jack Churchill** ; founder of Scanning pens, a brilliant assistive tech for Dyslexia.



“Children are not things to be molded, but  
are people to be unfolded.”

— Jess Lair, author



For further information and appointments please contact

[info@linguaphile.co.uk](mailto:info@linguaphile.co.uk)

<https://www.linguaphile.co.uk>