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# MidWeek LIFESTYLE

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## THREE BEAUTY TIPS PASSED DOWN TO THE NEXT GENERATION



POOJA LUTHRA

After all these years, whenever I pick up an Herbal Essences shampoo bottle, I feel a sense of nostalgia. A flood of emotions passes through me as I recall my mother and grandmother's signature rose scent and their enduring hair-care tips. The first lesson they taught me was to find the right products for your hair—products that contain classic trusted ingredients, smell amazing, and reliably bring out your best hair. Herbal Essences was always the first choice in my family. The nature-inspired products have withstood the test of time, while their iconic scents stay with you beyond the shower. The Smooth Rose Hips collection, from Herbal Essences' Classics, is gentle yet effective. It treats, conditions, and nourishes the hair for a smooth, shiny, and sleek finish.

I CONTD. ON PAGE 30

## CREA ANNOUNCES PARTNERSHIP WITH LGBTQ+ REAL ESTATE ALLIANCE DURING PRIDE MONTH

OTTAWA, ON: The Canadian Real Estate Association (CREA) announced today a new partnership with the LGBTQ+ Real Estate Alliance. The Alliance was founded in June 2020 and currently has more than 1,200 members across Canada and the U.S.

CREA's new partnership with The Alliance aligns with the association's recently-announced commitment to fostering a diverse, equitable, inclusive and anti-racist environment for their employees, volunteers and members. The collaboration will allow the partners to raise awareness of the challenges LGBTQ2+ home buyers face in their homeownership journey and promote an understanding of the cultural nuances involved in working with the diverse LGBTQ2+ community. "We here at CREA are pleased to kick off Pride Month by announcing our partnership with the LGBTQ+ Real Estate Alliance," said Cliff Stevenson, Chair of CREA. "We are excited to come together as champions of LGBTQ2+ homeownership and provide learning, networking and referral opportunities to our REALTOR® members across Canada."

The Alliance advocates on behalf of the LGBTQ+ community on a variety of home-related topics. A U.S.-based non-profit, it also provides its membership with a variety of learning and business opportunities. It began accepting members in October 2020 and has more than 50 chapters across the U.S., Canada and Puerto Rico.



"We are pleased to partner with CREA and expand our reach in Canada," said John Thorpe, President of the LGBTQ+ Real Estate Alliance. "We look forward to collaborating with CREA and their members, raising awareness of LGBTQ+ housing issues and fighting to eliminate discrimination as a barrier to homeownership across North America."

CREA recently published a white paper featuring research that shows how homeownership contributes both financial and non-financial benefits to homeowners and the broader society.

## Volvo Car Group and Northvolt to join forces in battery development and production



Volvo Car Group intends to establish a joint venture with leading Swedish battery company Northvolt to develop and produce more sustainable batteries, tailored to power the next generation of pure electric Volvo and Polestar cars. As a first step for the 50/50 joint venture, Volvo Car Group and Northvolt aim to set up a research and development centre in Sweden that will begin operations in 2022. The centre is intended to build on the battery expertise within both companies and develop next-generation, state-of-the-art battery cells and vehicle integration technologies, specifically developed for use in Volvo and Polestar cars. The planned joint venture will also establish a new gigafactory in Europe with a potential capacity of up to 50 gigawatt hours (GWh) per year. Production is scheduled to start in 2026. As part of the plans, Volvo Car Group also looks to source 15 GWh of battery cells per year from the existing Northvolt Ett battery plant in Skellefteå, Sweden starting in 2024.

## Did you know listening to music while running is helpful for combating mental fatigue?



A study lead by the University of Edinburgh researchers suggests that listening to music while running can be helpful in combating mental fatigue and might prove as a key to improving people's performance too. The findings of the study were published in the Journal of Human Sport and Exercise. The performance of runners, who listened to a self-selected playlist after completing a demanding thinking task, was at the same level as when they were not mentally fatigued, the research found. The study is the first to investigate the effect of listening to music playlists on endurance running capacity and performance when mentally fatigued. Researchers used two tests to study how listening to music affected the running performance of eighteen fitness enthusiasts. One test looked at the effects on interval running capacity - alternating between high intensity running and lower intensity jogging - with a group of nine physically active exercisers, and the other on a 5km time-trial with a group of nine trained runners.



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# How to survive Monotonous Lockdowns?



Travel, One of the most mesmerizing things to do has been deprived to us since 2019 due to the raging coronavirus pandemic spreading its wing all over the globe. Not just Sars-Cov-2 but many new Mutant Strains of this virus have been detected all over the world which has resulted in Travel Suspensions within borders. Lockdown, Travel Suspension and Stricter guidelines have made our life dull and monotonous.

Not just Traveling, but money-making has also been on the list of items we are deprived of. But when will the World come back again together and revive itself? When will it be ready for Travel? Will the Economy Revive?

If you too don't want to indulge in all these discussions and spark up your life while being locked up inside your home, we've got some good information for you that can help you make real money online. The Pandemic has brought not only sufferings but debt, losses, and more money spending activities. It has made Many Indians relied on Online Casinos for an income they could spend easily on traveling or touring the Globe.

Nowadays, Indian people are immersed in the digital era and its high-tech devices. They play online games and also visit several online casinos such as Funbet to try their luck and win some Real Money deposited directly into their Bank Account. Thanks to the internet! Gambling in India isn't any new affair. It has been regular from Diwali card events to kitty events and innocent different normal card games. Our younger population is much more into making the World Digital and enhance user experience. While talking to some of them many complained about how they could not decide which

casino to visit? What to bet? And how to decide whether their hard-earned money will succeed or go in vain? According to them, Cricket has been the Topmost Must See sport in India. Millions of Indians watch Cricket Matches but what about other Sports? Football and Tennis had been a center of attraction to several people in India. Thanks to Euro 2020 League. Nowadays, Online Sports betting websites not only include Cricket or Football but a Huge Variety of sports on which you can bet. While browsing Funbet we found a variety of different sports we could bet on, from the top-flight action of the Premier League, rugby, tennis, and Formula 1 to sports for the real niche fans such as Badminton, Speedway, table tennis, and many more. You can also place your bet on your favorite reality TV show, sports awards, and even politics in the Specials section. Crazy isn't it? Not only this, their website is secure and reliable with all SSL technology in place to keep your gaming and your data safe. It is fully licensed as an online bookmaker in various markets, available in different languages, and offers multiple payment methods including debit cards and e-wallets among others. The Sudden increase in Online Gambling in India during the lockdown has helped several online sports betting websites establish themselves in the Indian Market. With all shops being closed, online activities have soared up also waking up several fraudsters and imposters who have been caught cheating people in these tough times. In this growing area of E-sports and betting, tighter regulation is needed to protect ignorant consumers. It is advised to always visit a licensed and Certified Online Casino to protect you from fraud and illegal activities.

## IN PANDEMIC, PEOPLE ARE TURNING TO NATURE – ESPECIALLY WOMEN

**WASHINGTON:** People in the study—who ranged from stuck at home to stressed in essential worker jobs—reported significant increases in outdoor activity during COVID-19, especially among women. Outdoor activities seeing the largest increases were: watching wildlife (up 64%), gardening (57%), taking photos or doing other art in nature (54%), relaxing alone outside (58%), and, yes, making their masked and distanced way on walks (70%). People also experienced a shift in why they value nature. During the pandemic, respondents said in nature they cherished a greater sense of mental health and wellbeing (59%), exercise (29%), appreciating nature's beauty (29%), sense of identity (23%) and spirituality (22%), along with other less common values. The Vermont research is one of the first published studies to explore how the COVID-19 pandemic has affected Americans' relationship with nature. "These data are like a treasure chest of the pandemic moment: a record of how people have been thinking about their relationship with the rest of the world in a time of great upheaval," says Rachelle Gould of the University of Vermont, the study's senior author. The research is the first of two UVM studies being published this week by PLOS ONE on nature and COVID-19. Key differences across groups Not everyone experienced more nature equally. Differences were tied to factors including gender, income and employment, and whether people lived in urban or rural areas.

## THREE BEAUTY TIPS PASSED DOWN TO THE NEXT GENERATION

**CONTD. FROM PAGE 29**

The formula of rose hips (the fruit of the rose plant) blended with vitamin E and jojoba extracts, along with an aroma of luscious floral bouquets and rose petals, reminds me of my mother and grandmother. These were the smells I was brought up on and carried throughout my life. My mother and grandmother stressed the importance of finding hair care with quality, trusted ingredients. Plus, Herbal Essences is certified cruelty-free by PETA, dermatologist tested and colour safe.

The second important lesson that I received was about saving money while maintaining beauty. I was told to value the quality of the product and the heritage ingredients while appreciating the lower cost. The Smooth Rose Hips collection is a high-quality, yet affordable product.

The third piece of advice from my mother and grandmother was about how to protect your hair. Limiting the use of heat on hair has always been engrained in me. I was shown a variety of heatless hairstyles and encouraged to embrace my natural hair. Further, I was brought up using silk scrunchies to avoid any hair breakage.

As I grew up, the nostalgia behind the Herbal Essences rose scent only grew as I realized the importance of the hair-care tips that had been passed down to me. To this day, I implement those lessons, but not just for myself anymore. Now that I am someone's mother, I share the same advice and stories with a new generation, hoping that one day they'll identify Herbal Essences shampoo and conditioner with my signature rose scent and enduring hair-care tips—just as I did with my mother and grandmother.

In Partnership with Herbal Essences

## Study finds how bullying, obesity can affect girls' and boys' mental health

**STOCKHOLM:** Depressive symptoms are more common in teenage girls than in their male peers. However, boys' mental health appears to be affected more if they suffer from obesity. Irrespective of gender, bullying is a considerably greater risk factor than overweight for developing depressive symptoms. These conclusions are drawn by researchers at Uppsala University who monitored adolescents for six years in a questionnaire study. The findings were published in the Journal of Public Health.

"The purpose of our study was to investigate the connection between body mass index (BMI) and depressive symptoms and to take a close look at whether being subjected to bullying affects this relationship over time. We also wanted to investigate whether any gender differences existed," says Sofia Kanders, a PhD student at Uppsala University's Department of Neuroscience. In the study young people, born in Vastmanland County, replied to questions about their height, weight and depressive symptoms on three separate occasions (2012, 2015 and 2018). The respondents' mean age was 14.4 years on the first occasion and 19.9 years on the last.

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# BLAMING PANDEMIC FOR STRESS LEAVES COUPLES HAPPIER: STUDY



**WASHINGTON:** A new study has found that when couples blamed the COVID-19 pandemic for their stress, they were happier in their relationships. The findings of the study were published in the journal ‘Social Psychological and Personality Science’.

When the COVID-19 pandemic hit last year, locking down entire countries and leaving people isolated in their homes without outside contact for weeks at a time, many relationship experts wondered what that kind of stress would do to romantic couples. What they found was that when couples blamed the pandemic for their stress, they were happier in their relationships.

Previous research has shown that romantic partners tend to be more critical toward each other when experiencing common stress — what researchers call stress spillover — but major events such as natural disasters are not always associated with poor relationship functioning. Because these significant stressors are more noticeable than routine situations, people may be more aware that stress is affecting them and spilling over into the relationship.

“Because of this awareness, when major stressors occur, romantic partners may be less likely to blame each other for their problems and more likely to blame the stressor, which may reduce the harmful effects of stress on the relationship,” said Lisa Neff, an associate professor of human development and family sciences at The University of Texas at Austin and one of the study’s co-authors.

The COVID-19 pandemic brought a unique opportunity to study this

phenomenon, with many couples suddenly working from home, spending more time together, trying to homeschool children, dealing with job losses and dealing with the fear and anxiety of a quickly spreading deadly virus. Researchers analysed data collected from 191 participants during the early weeks of the pandemic and again seven months later. They found that although people were generally less happy in their relationship when they were experiencing more stress, the harmful effects of stress were weaker among those individuals who blamed the pandemic for their stress.

“Some people come together and they say, ‘This is a stressful situation and we’re going to tackle this together, and we’re not going to blame each other for things that are hard or difficult,’” said Marci Gleason, associate professor of human development and family sciences at UT Austin.

Researchers initially thought that the protective effects of blaming the pandemic might fade over time, but that was not the case.

“Even though people have been under a lot of stress for a long time, the pandemic has continued to be a major headline in the news, which may keep it in people’s awareness — making it easier to keep blaming the pandemic and to reduce stress spillover by blaming the pandemic,” said Neff. “Stress is often harmful, but the more we recognize it and where it’s coming from, the more we can protect ourselves from it. Talking openly about that stress can weaken some of its negative effects,” concluded Neff. (ANI)

## STUDY SUGGESTS MUSIC LISTENING NEAR BEDTIME CAN BE DISRUPTIVE TO SLEEP

**WASHINGTON:** Most people listen to music throughout their day and often near bedtime to wind down. But can that actually cause your sleep to suffer? A new study suggests that it actually might be disruptive to your sleep!

When sleep researcher Michael Scullin, Ph.D., associate professor of psychology and neuroscience at Baylor University, realised he was waking up in the middle of the night with a song stuck in his head, he saw an opportunity to study how music and particularly stuck songs might affect sleep patterns.

The findings of the study were published in the journal ‘Psychological Science’. Scullin’s recent study investigated the relationship between music listening and sleep, focusing on a rarely-explored mechanism: involuntary musical imagery, or “earworms,” when a song or tune replays over and over in a person’s mind.

These commonly happen while awake, but Scullin found that they also can happen while trying to sleep. “Our brains continue to process music even when none is playing, including apparently while we are asleep,” Scullin said.

Scullin added, “Everyone knows that music listening feels good. Adolescents and young adults routinely listen to music near bedtime. But sometimes you can have too much of a good thing. The more you listen to music, the more likely you are to catch an earworm that won’t go away at bedtime. When that happens, chances are your sleep is going to suffer.” People who experience earworms regularly at night — one or more times per week — are six times as likely to have poor sleep quality compared to people who rarely experience earworms. Surprisingly, the study found that some instrumental music is more likely to lead to earworms and disrupt sleep quality than lyrical music. The study involved a survey and a laboratory experi-



ment. The survey involved 209 participants who completed a series of surveys on sleep quality, music listening habits and earworm frequency, including how often they experienced an earworm while trying to fall asleep, waking up in the middle of the night and immediately upon waking in the morning. In the experimental study, 50 participants were brought into Scullin’s Sleep Neuroscience and Cognition Laboratory at Baylor, where the research team attempted to induce earworms to determine how it affected sleep quality.

Polysomnography — a comprehensive test and the gold standard measurement for sleep — was used to record the participants’ brain waves, heart rate, breathing and more while they slept.

“Before bedtime, we played three popular and catchy songs — Taylor Swift’s ‘Shake It Off,’ Carly Rae Jepsen’s ‘Call Me Maybe’ and Journey’s ‘Don’t Stop Believin’,” Scullin said.

## GENDER STEREOTYPES SHAPE YOUTH’S FUTURE REGARDING POLITICAL PARTICIPATION



**ROME:** A team of researchers at the University of Bologna found that gender roles absorbed at an early age seem to have shaped today’s youth regarding their involvement in politics, in line with traditional stereotypes.

The study was conducted amongst adolescents and young adults aged between 15 and 30 in Italy, within the Horizon 2020 project: ‘CATCH-EyoU. Processes in Youth’s Construction of Active EU Citizenship’.

In their research article, published in the peer-reviewed, open-access scientific journal Social Psychological Bulletin, the research team reported that it is young males that would more often engage directly with politics, like enrolling in a political party, acting to influence government policy, contacting a politician or taking part in a protest. On the other hand, young females would rather opt for civic activities, such as volunteering, charities, religious-based initiatives, boycotting etc.

Interestingly, previous research has attributed the higher level of political participation amongst males to women generally having lower incomes and access to education and the fact they are generally busier with housework and caring for the family. However, by controlling for educational and socioeconomic background, the new study concludes the reason behind the gender gaps is rather the roles the society has been instilling in the survey’s participants from an early age. The researchers explain that, culturally, traits like autonomy, leadership, self-affirmation and dominance are seen as manlike, and as such, they are taught to boys through all possible channels, including family, school, peers and the media. As a result, later on, these boys are likely to feel more confident in expressing their political views and taking actions to defend them.

## MORE THAN 110,000 US RESTAURANTS CLOSE AMID COVID-19 PANDEMIC



**WASHINGTON:** Over 110,000 restaurants across the United States have been closed due to the massive spike in Coronavirus cases across the country, according to the National Restaurant Association, as of Monday.

“The vast majority of permanently closed restaurants were well-established businesses and fixtures in their communities. On average these restaurants had been in business for 16 years,” Sean Kennedy, executive vice president for public affairs with the association, wrote on Monday in a letter to congressional leadership, as quoted by Xinhua.

Only 48 percent of these former restaurant owners say it is likely they will remain in the industry in any form in the months or years ahead,” Kennedy wrote further. He quoted a survey of 6,000 restaurant operators and 250 supply chain businesses, which was conducted last month.

The executive vice president for public affairs with the association said that the survey findings “make it very clear” that more than 500,000 restaurants of every business type — franchise, chain, and independent — are “in an unprecedented economic decline”, the Chinese state media reported further. Kennedy noted that the lack of progress in COVID-19 relief talks among the lawmakers in the US Congress has led too many restaurant operators to give up waiting for relief and closing down for good.

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# PARENTS ARE WORRIED ABOUT TODDLERS LOSING OUT ON LEARNING IN THE PANDEMIC



**MUMBAI:** The learning and development milestones for pre-school children across India have taken a severe hit due to Covid-19. Their first introduction to education – the pre-school format where children are taught socialization, numbers, language, and some life skills – has been halted. According to a recent survey conducted by EuroKids International, as the Covid-19 pandemic has disrupted the 2020 academic year, pre-school parents are quite worried about their children having lost out on learning as a result and believe that it is very important to keep a child’s education going during this pandemic. According to the survey results, a high degree of parental concern towards education is evident as 95 per cent of the parents have enrolled their child in some form of learning – online or home schooling, to ensure continuity in their learning. When asked how long children spend learning during a week, 43 per cent of the respondents stated that children spend between one to three hours a week learning, while 37 per cent stated that children spend more than three hours learning. As pre-schools have been closed since March 2020, parents have found that online learning has been a viable substitute for their toddlers to avoid a near zero-learning year for their children. In light of the pandemic, an online pre-school offers children a structured learning program. When asked about the achievement of learning outcomes of their children, parents cited that their children were able to grasp pre-academic skills such as recognizing colours, printed names, letters of the alphabet, numbers, etc. more than any other skills. Additionally, the survey also reveals that many parents believe that while academic learning is being somewhat managed and learning outcomes therein are being addressed, parents are also worried about their child’s social and physical development.



With the second wave of the pandemic extending the closure period of pre-schools, parents are increasingly worried about the adverse impact of a two year learning gap on their child’s developmental milestones. As per the survey findings, 80 per cent of parents who had enrolled in Home Buddy (an online pre-schooling app from EuroKids) saw delivery of clear learning outcomes and 75 per cent of these parents were willing to recommend Home Buddy to their friends and families. “Global evidence over the years clearly state that the learning journey for children is the most rapid in the early years. The closure of early childhood education centers all throughout this pandemic has resulted in a widening gap in learning for most children. We understand the importance of uninterrupted learning and we want to encourage parents to consider remote learning for their children, so they can continue to achieve their developmental milestones. Children should stay indoors for the present but restart their learning with experienced educators and use scientifically developed methods,” said K V S Seshasai, CEO, Pre-K Division, EuroKids International, speaking about the survey findings. Over 70 per cent of the parents surveyed stated that they would continue or choose online learning (led by the teacher and supplemented by the parent), in case schools do not reopen in the next six months, while 22 per cent would seek a home schooling option, by the parent, perhaps with teacher support. The EuroKids International survey was conducted by The Hearth Education Advisors across 10 cities with 1,082 parents. The research study was conducted in detailed Qualitative and Quantitative phases. Here, insights were gathered through the qualitative probes and to provide an understanding of what parents of toddlers feel about the learning pathway of their children.

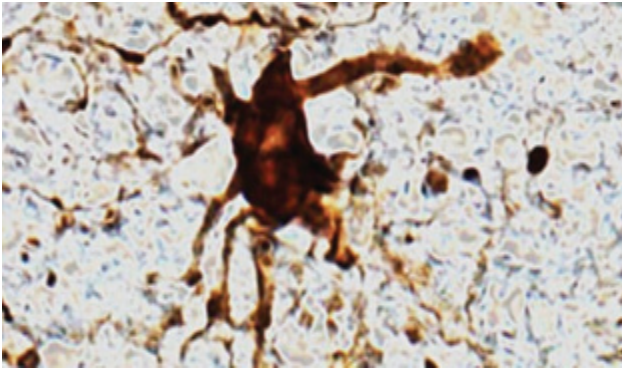
# STUDY REVEALS FEMALES’ PAIN NOT TAKEN AS SERIOUSLY AS MEN’S PAIN



**FLORIDA:** Researchers found that when male and female patients expressed the same amount of pain, observers viewed female patients’ pain as less intense and more likely to benefit from psychotherapy versus medication as compared to men’s pain. The results of the study exposed a significant patient gender bias that could lead to disparities in treatments.

The novel research published in the Journal of Pain was co-authored by Elizabeth Losin, assistant professor of psychology and director of the Social and Cultural Neuroscience lab at the University of Miami. According to “Gender biases in the estimation of others’ pain,” when male and female patients expressed the same amount of pain, observers viewed female patients’ pain as less intense and more likely to benefit from psychotherapy versus medication as compared to men’s pain, exposing a significant patient gender bias that could lead to disparities in treatments. The study consisted of two experiments. In the first, 50 participants were asked to view various videos of male and female patients who suffered from shoulder pain performing a series of range of motion exercises using their injured and uninjured shoulders. Researchers pulled the videos from a database that contains videos of actual shoulder injury patients, each experiencing a range of different degrees of pain. The database included patients’ self-reported level of discomfort when moving their shoulders. According to Losin, the study likely provides results more applicable to patients in clinical settings compared to previous studies that used posed actors in their stimuli videos. “One of the advantages of using these videos of patients who are actually experiencing pain from an injury is that we have the patients’ ratings of their own pain,” she explained. “We had a ground truth to work with, which we can’t have if it’s a stimulus with an actor pretending to be in pain,” she added. The patients’ facial expressions were also analyzed through the Facial Action Coding System (FACS) — a comprehensive, anatomically based system for describing all visually discernible facial movements. The researchers used these FACS values in a formula to provide an objective score of the intensity of the patients’ pain facial expressions. This provided a second ground truth for the researchers to use when analyzing the data. The study participants were asked to gauge the amount of pain they thought the patients in the videos experienced on a scale from zero, labeled as “absolutely no pain,” and 100, labeled as “worst pain possible.” In the second experiment, researchers replicated the first portion of this study with 200 participants. This time, after viewing the videos, perceivers were asked to complete the Gender Role Expectation of Pain questionnaire, which measures gender-related stereotypes about pain sensitivity, the endurance of pain, and willingness to report pain. Perceivers also shared how much medication and psychotherapy they would prescribe to each patient and which of these treatments they believed would be more effective in treating each patient. The researchers analyzed the results of the participant’s responses to the videos compared to the patient’s self-reported level of pain and the facial expression intensity data. The ability to analyse observers’ perceptions relative to these two ground truth measures of the patients’ pain in the videos allowed the researchers to measure bias more accurately, Losin explained. That is because bias could be defined as different ratings for male and female patients despite the same level of responses. Overall, the study found that female patients were perceived to be in less pain than the male patients who reported and exhibited, the same intensity of pain. Additional analyses using participants’ responses to the questionnaire about gender-related pain stereotypes allowed researchers to conclude that these perceptions were partially explained by these stereotypes. “If the stereotype is to think women are more expressive than men, perhaps ‘overly’ expressive, then the tendency will be to discount women’s pain behaviours,” Losin said. Losin further noted, “The flip side of this stereotype is that men are perceived to be stoic, so when a man makes an intense pain facial expression, you think, ‘Oh my, he must be dying!’ The result of this gender stereotype about pain expression is that each unit of increased pain expression from a man is thought to represent a higher increase in his pain experience than that same increase in pain expression by a woman.”

# RESEARCH SHOWS SOME GENES COME TO LIFE IN THE BRAIN AFTER DEATH



**WASHINGTON:** Researchers at the University of Illinois at Chicago analyzed gene expression in fresh brain tissue and found that gene expression in some cells actually increased after death. In the hours after we die, certain cells in the human brain are still active. Some cells even increase their activity and grow to gargantuan proportions, according to new research from the University of Illinois Chicago. In a newly published study in the journal Scientific Reports, the UIC researchers analyzed gene expression in fresh brain tissue — which was collected during routine brain surgery — at multiple times after removal to simulate the post-mortem interval and death. They found that gene expression in some cells actually increased after death. These ‘zombie genes’ — those that increased expression after the post-mortem interval — were specific to one type of cell: inflammatory cells called glial cells. The researchers observed that glial cells grow and sprout long arm-like appendages for many hours after death. “That glial cells enlarge after death isn’t too surprising given that they are inflammatory and their job is to clean things up after brain injuries like oxygen deprivation or stroke,” said Dr. Jeffrey Loeb, the John S. Garvin Professor and head of neurology and rehabilitation at the UIC College of Medicine and corresponding author on the paper. What’s significant, Loeb said, is the implications of this discovery — most research studies that use postmortem human brain tissues to find treatments and potential cures for disorders such as autism, schizophrenia and Alzheimer’s disease, do not account for the post-mortem gene expression or cell activity. “Most studies assume that everything in the brain stops when the heart stops beating, but this is not so,” Loeb said. “Our findings will be needed to interpret research on human brain tissues. We just haven’t quantified these changes until now.” Loeb and his team noticed that the global pattern of gene expression in fresh human brain tissue didn’t match any of the published reports of postmortem brain gene expression from people without neurological disorders or from people with a wide variety of neurological disorders, ranging from autism to Alzheimer’s.

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## Working long hours? Keep your body, mind active



**NEW DELHI:** Whether working from home or office, toiling away for long hours without breaks and physical activity can begin to damage your body, vitality and even without tell-tale signs. “It is important to achieve a healthy work-life balance in order to live a fulfilled life. But there are moments in life when you have to finish certain deadlines and cannot avoid spending a lot of time on your desk,” says Beenu Rajpoot, noted filmmaker and a Fit India Champion. The fitness expert has these suggestions for those busy hours that will not only nourish your body and mind, but also increase overall productivity: Between emails, meetings and calls, try to take a stroll even for a few minutes to reset your body and brain. A little bit of movement during those long sitting hours will go a long way to ensure that your body and joints do not become too stiff by sitting. Check your breath during intervals. Take a few long breaths engaging your abdominals to ensure that your body is getting enough oxygen. Learn some Pranayama techniques to recreate yourself quickly so that you can maintain a constant energy level throughout the long span of desk sitting. Remember to do a few neck and shoulder stretches while on your desk to avoid neck pain or back pain later. It will also help in keeping your posture upright. Add useful stretches from your yoga class to these intervals. Choose the appropriate ergonomic chair and table in order to maintain a good posture while sitting for long hours. Some of the important factors to be considered are — shape of the chair, height of the chair, height of the table, lumbar support in the chair, among others. Ensure that your chair has some kind of lumbar support. Lumbar support will protect your lumbar spine

from pressures of excessive flexion during long sitting hours. It is also important to choose a chair where you can adjust the height of the chair so that you can adjust its height vis-a-vis your table. It will be good for your mid-upper back and shoulders. Often people who ignore this advice can develop health conditions like scoliosis and rounded shoulders. Keep drinking water during a long shift. It’s quite common that people under pressure keep suppressing their thirst subconsciously that makes them dehydrated. Remember to keep sipping the water every hour or so to keep your body rich in fluids that will improve the circulation and will keep your blood pressure in check, apart from many other benefits of drinking water. Decorate your space nicely and keep it clean, organised and minimal. Avoid too much clutter around in your space. Too much physical clutter affects the states of your mind, too. Practice the yogic principle of ‘Aparigraha’ or minimalism to keep your space, physical as well as mental, free. Ensure that you are getting some sun during the day. It will not only enrich your Vitamin D levels but also give a big boost to your immune system. It is very common among the big cities in India that people don’t get enough Vitamin D as they are not exposed to the sunlight often. Lack of exposure to the sunlight leads to Vitamin D deficiency that is often linked to other health issues. Gives your eyes some rest in between after every half an hour or so by doing a simple yoga technique of palming. Rub your palms together and just cover your eyes with your warm palms. Your eyes will feel energised immediately.

## Study suggests social holidays improve overall well-being



**WASHINGTON:** Social holidays improve holiday makers’ overall satisfaction with life, as well as satisfaction with the quantity and quality of their leisure time, and social life, according to a new study from the University of Eastern Finland. The study analysed the effect of social holidays on holiday makers’ subjective well-being and experience of inclusion. Social holidays refer to holidays that are granted to disadvantaged persons or families usually on economic, social or health-related grounds, allowing them to go on a holiday away from home that would otherwise be beyond their reach. Different countries have different systems of funding social holidays, and in Finland, they are funded by revenues from the state-owned gambling game company, Veikkaus. The researchers were surprised to discover that besides an increase in overall life satisfaction, social holidays also increased, for instance, holiday makers’ satisfaction with their employment and economic situation. “It is possible that going on a holiday away from home makes people look at their life in a more positive light, which may be reflected in our results. Social holidays are all-inclusive and not having to buy groceries can have a very concrete effect on some holiday makers’ financial situation,” Project Researcher Elli Vento from the University of Eastern Finland says. The researchers also found that social holidays strengthened feel-

ings of equality among families with children. Earlier studies have shown that disadvantaged parents are well aware that their children are missing out on things that are possible for most of their peers. “Going on a holiday away from home is, in itself, a very unequal phenomenon. This is often illustrated by examples of children sharing their holidays memories in school. Some children may have travelled abroad and visited theme parks, whereas others don’t necessarily have anything to say about their holiday: they’ve simply stayed home without any possibility for activities typically associated with holidays,” Vento says. The study explored subjective well-being and experience of inclusion among 299 Finnish respondents who had been selected for a social holiday. The researchers surveyed the respondents both before and after their holiday. The study also included a control group of 72 respondents whose application for a social holiday had been rejected and who had not gone on a holiday away from home at their own expense during the review period. During the review period coinciding with the summer holiday season, the control group’s experienced equality and satisfaction with their social status decreased, which for its part highlights the significance of holidaying away from home has for experienced well-being and inclusion. (ANI)

## HAPPY CHILDHOOD? NO GUARANTEE FOR GOOD MENTAL HEALTH!



**WASHINGTON:** While it’s widely known that a difficult childhood could increase the likelihood of mental illness, a new suggested that a happy and secure childhood does not always protect a child from developing a mental illness later in life. The findings of the study were published in the journal titled ‘Current Psychology’. Conducted in partnership with the University of Canberra, the study examined how early childhood experiences relate to different developmental pathways, and how these might be associated with poor mental health. Given that both positive and negative childhood experiences were found to manifest as anxiety or other mental health disorders into adulthood, researchers believed that it is our ability to adapt – or rather not adapt – to unexpected scenarios that might be influencing mental health. In Australia, almost 50 per cent of the population will experience mental illness at some point in their lives, with an estimated 314,000 children aged 4-11 (almost 14 per cent) experiencing a mental disorder. The national recurrent expenditure on mental health-related services is estimated at USD 9.9 billion or about USD 400 per person. While the study reaffirmed that people who had adverse and unpredictable early life experiences had elevated symptoms of poor mental health (including depression and paranoia), it also found that children who grew up in stable and supportive environments were also at risk of experiencing symptoms of anxiety in adulthood. Lead researcher, and PhD candidate, UniSA’s Bianca Kahl, said the study highlighted the indiscriminate nature of mental illness and revealed key insights about potential risk factors for all children. “As the prevalence of mental health conditions expands, it’s imperative that we also extend our knowledge of this very complex and varied condition,” Kahl said. Kahl added, “This research shows that mental health conditions are not solely determined by early life events and that a child who is raised in a happy home, could still grow up to have a mental health disorder.” Kahl noted that there are certainly some missing factors in understanding how our childhood environment and early life experiences might translate into mental health outcomes in adulthood. Kahl further said, “We suspect that it’s our expectations about our environments and our ability to adapt to scenarios when our expectations are not being met, that may be influencing our experiences of distress.” “If, as children, we learn how to adapt to change, and we learn how to cope when things do not go our way, we may be in a better position to respond to stress and other risk factors for poor mental health,” Kahl concluded. (ANI)

## STUDY FINDS HOW LONELINESS AFFECTS OUR HEALTH



**MONTREAL:** In a new study held by Mc Gill University, scientists show the effects of loneliness in the brain highlighting how neural ‘signature’ may reflect our response to feelings of social isolation. The researchers show the importance to understand how isolation affects our health through the study. They discovered a sort of signature in the brains of lonely people that make them distinct in various ways, based on variations in the volume of different brain regions as well as based on how those regions communicate with one another across brain networks. A team of researchers examined the magnetic resonance imaging (MRI) data, genetics and psychological self-assessments of approximately 40,000 middle-aged and older adults who volunteered to have their information included in the UK Biobank: an open-access database available to health scientists around the world. They then compared the MRI data of participants who reported often feeling lonely with those who did not. The researchers found several differences in the brains of lonely people. These brain manifestations were centred on what is called the default network: a set of brain regions involved in inner thoughts such as reminiscing, future planning, imagining and thinking about others. Researchers found the default networks of lonely people were more strongly wired together and surprisingly, their grey matter volume in regions of the default network was greater.



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# STUDY FOCUSES ON PREDICTING THERAPEUTIC RESPONSE IN DEPRESSED TEEN GIRLS



**PHILADELPHIA:** The risk of developing the major depressive disorder (MDD) surges during adolescence-particularly for girls. Cognitive behavioural therapy (CBT) can be an effective treatment, but only about half of girls diagnosed with depression show significant improvement. Researchers have now identified a non-invasive test of brain function that could help predict who will respond to CBT. The article appears in Biological Psychiatry: Cognitive Neuroscience and Neuroimaging, published by Elsevier.

“The study is very significant because it suggests that readily acquired EEG measures related to the processing of rewards and losses can serve as biomarkers for predicting treatment response and tracking the effects of therapy in the brain,” said Cameron Carter, Editor of Biological Psychiatry: Cognitive Neuroscience and Neuroimaging. “Future work using these measures may help clinicians determine the best treatment – for example, CBT versus medications – for a given young person suffering from depressive symptoms.”

The study included 36 teenage girls with MDD and 33 healthy control adolescents. Girls with MDD were offered a 12-week course of CBT. Overall, the girls who underwent treatment saw a significant improvement in their symptoms from the “severe” to “mild” range. At the start of the study, all participants were assessed for mental health and were given a task, much like a video game, in which they could win or lose money. The researchers used electroencephalography (EEG), which measures brain activity from outside the skull, to test participants’ brain responses during the task.

The girls repeated the task (and the EEG test) at the midpoint of treatment, and again after completion of treatment. Control participants, who did not receive CBT, also performed the task and EEG measurements at three corresponding times.

The researchers measured brain signals called event-related potentials (ERP), which are signature responses seen during such tasks. One type of ERP reflects the brain’s immediate response to monetary rewards vs. losses; this measure did not predict who would respond to CBT. Another, longer-lasting type of ERP reflects the brain’s more sustained emotional processing of rewards vs. losses.

“We found that the brain measure of sustained – but not initial – responsiveness to rewards predicted greater symptom improvement, which may help to inform which depressed adolescents are most likely to benefit from CBT,” said Christian Webb, PhD, lead author of the study.

The girls with a larger ERP response showed greater improvement in symptoms.

Although the precise mechanisms that account for symptom improvement in CBT for depressed teens is not yet clear, this study also revealed that EEG responses to monetary loss changed over time with treatment. That finding, Dr Webb said, may reflect that, “in addition to reducing depressive symptoms, successful CBT may attenuate underlying neural hypersensitivity to negative outcomes among depressed adolescent girls,” ultimately leading to symptom improvement. (ANI).

## GENEROUS PEOPLE CAN LIVE LONGER: STUDY



**WASHINGTON DC:** A recent study published in the journal PNAS suggests that people who are generous or those who share more live longer.

In their analysis, Fanny Kluge and Tobias Vogt found a strong linear relationship between a society’s generosity and the average life expectancy of its members.

The researchers at the Max Planck Institute for Demographic Research in Rostock, Germany, concluded that people are living longer in societies whose members support each other with resources.

“What is new about our study is that for the first time we have combined transfer payments from state and family and evaluated the effect”, said Fanny Kluge. The researchers used data for 34 countries from the National Transfer Accounts project. For all countries, state and private transfer payments received and given by each individual over his or her lifetime are added up and presented in relation to lifetime income. As per the study, Societies in Western European countries share a lot and live long. Sub-Saharan African countries such as Senegal share the lowest percentage of their lifetime income and have the highest mortality rate of all the countries studied.

Those who share little die earlier. Although South Africa is economically more developed than other African countries, few resources are redistributed; here too, the mortality rate is relatively high. In these countries, the mortality rate of children and young people up to the age of 20 is also higher than in the other countries studied.

“Our analyses suggest that redistribution influences the mortality rate of a country, regardless of the per capita gross domestic product,” said Fanny Kluge. Societies in Western European countries and Japan transfer a lot to the youngest and oldest and mortality rates are low. The countries studied in South America also have high transfer payments. There, people share more than 60 per cent of their average life income with others. The mortality rates are lower than in sub-Saharan Africa but higher than those of Western Europe, Australia, Japan and Taiwan.

In France and Japan, the two countries with the lowest mortality rate of all the countries studied, an average citizen shares between 68 and 69 per cent of their lifetime income.

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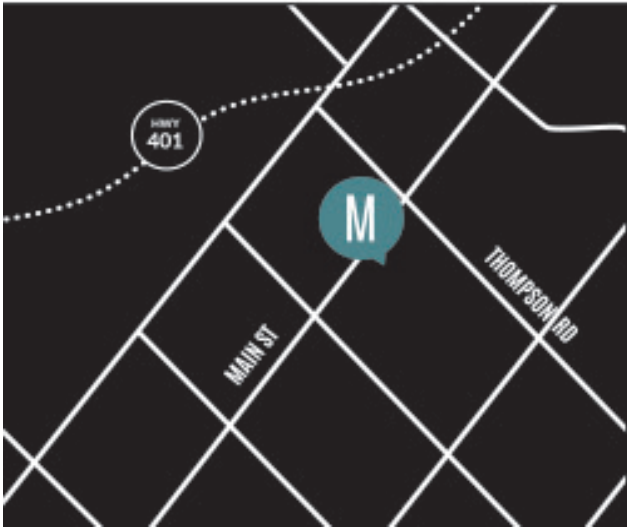


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