

Tech-savvy moms: Parenting in the age of AI and digital tools

Aditi Malhotra

Parenting has always been a dynamic journey, but in the age of artificial intelligence and digital innovation, it has taken on a whole new dimension. Modern mothers, equipped with tech tools, are redefining how they nurture, educate, and manage their households. From streamlining daily routines to fostering their children's learning, tech-savvy moms are using the power of AI and digital solutions to achieve a better work-life balance and create enriched environments for their families.

Here's a look at how technology is revolutionizing motherhood and empowering women to parent more effectively in a digital world.

AI-DRIVEN TOOLS FOR SMARTER PARENTING

Artificial intelligence is no longer just for big businesses; it has seamlessly entered the lives of families, making parenting smarter and more efficient.

PERSONALIZED LEARNING APPS

AI-powered educational apps adapt to a child's learning pace and style. These platforms make learning fun and engaging while providing mothers with insights into their child's progress. This personalized approach ensures kids receive the attention they need in areas where they struggle.

SMART HOME ASSISTANTS

Devices like Amazon Echo or Google Nest have become indispensable tools for busy moms. From setting reminders for doctor's appointments to creating grocery lists and managing playtime schedules, these smart assistants make multitasking seamless. They also allow kids to explore curiosity by asking questions and learning facts through voice commands.

HEALTH AND NUTRITION TRACKERS

Apps like Yummly and Baby Connect help moms track meals, plan balanced diets, and monitor their kids' health milestones. For new mothers, tools like AI-powered breast pumps or baby monitors ensure peace of mind by providing real-time updates on feeding schedules, sleep patterns, and baby safety.

DIGITAL TOOLS FOR WORK-LIFE BALANCE
For mothers juggling careers and parenting, technology offers solutions to create a harmonious balance.

REMOTE WORK PLATFORMS

The rise of remote work has been a



boon for moms. Tools like Zoom, Slack, and Asana enable them to collaborate effectively from home while staying close to their children. Flexible work schedules made possible by technology allow mothers to remain productive without sacrificing quality family time.

PRODUCTIVITY APPS

Apps like Trello, Todoist, and Notion help moms organize their to-do lists, set priorities, and ensure nothing slips through the cracks. Shared family calendars like Google Calendar ensure everyone in the household stays informed and coordinated.

ONLINE THERAPY AND WELLNESS APPS

Parenting can be stressful, and moms often find little time for themselves. Apps like Calm, Headspace, and BetterHelp provide accessible ways to practice mindfulness, manage stress, and seek therapy, all from the comfort of home.

TECH FOR KIDS' EDUCATION AND DEVELOPMENT

Education has been revolutionized by digital tools, offering kids unique opportunities to learn and grow.

STEM TOYS AND KITS

Tech-savvy moms are introducing their kids to STEM (Science, Technology, Engineering, and Mathematics) concepts early through coding toys, robotics kits, and games like LEGO Mindstorms or Osmo. These tools make learning interactive and lay the foundation for critical thinking and problem-solving.

VIRTUAL CLASSROOMS AND ONLINE LEARNING

Platforms like Coursera, Udemy, and Outschool offer specialized courses for children. Whether

it's learning a new language, taking art classes, or diving into coding, these online resources provide flexibility and variety, ensuring every child finds their niche.

DIGITAL STORYTELLING TOOLS

Apps like Book Creator and Storybird encourage creativity by allowing kids to create and share their own stories digitally. These tools not only nurture imagination but also improve literacy skills in a fun and engaging way.

CHALLENGES OF PARENTING IN A DIGITAL AGE

While technology offers numerous benefits, it also comes with its challenges. Tech-savvy moms are mindful of the potential downsides, including excessive screen time, data privacy concerns, and

digital addiction.

BALANCING SCREEN TIME

Setting boundaries for device use is crucial. Many mothers rely on apps like Family Link or Screen Time to monitor and limit their kids' screen usage, ensuring they have a healthy balance of online and offline activities.

DATA SECURITY AND PRIVACY

Protecting children's data is a top priority. Moms are increasingly educating themselves about secure platforms and teaching their kids safe online practices, such as not sharing personal information or engaging with strangers online.

MAINTAINING HUMAN CONNECTION

While technology can enhance learning and convenience, moms strive to ensure it doesn't replace valuable face-to-face interactions, family bonding, or outdoor playtime.

Tech-savvy moms are leveraging AI and digital tools to simplify parenting, enhance education, and achieve a healthier work-life balance. From personalized learning apps to smart assistants and health trackers, technology is helping mothers create more organized and enriching lives for their families. However, they also recognize the importance of setting boundaries, fostering human connections, and staying vigilant about online safety.

As technology continues to evolve, so will the tools available to mothers, empowering them to raise resilient, informed, and creative children in an increasingly digital world. For today's moms, the key lies in embracing technology as a partner while nurturing the irreplaceable values of connection, care, and compassion.

Face yoga for healthy a glow

Shahmas Husain

Have you ever thought about giving your face a workout, just like you do for your body? While the human face is a thing of beauty, maintaining smooth skin often becomes a source of stress as one ages. Face exercises, which can be easily performed, can lift and tone the face, reduce signs of ageing, prevent sagging and wrinkles, and generally improve facial appearance. It relaxes, tones and gives a natural boost to the skin, while simultaneously resetting the facial muscles.

Face exercises, also known as 'face yoga', are the latest wellness trend to take social media by storm. The face-sculpting workouts involve repetitive movements and massages targeting different muscles of the face. When facial muscles are put to use with face yoga, they feel toned and give the sensation of a natural facelift, if practised regularly. The idea is to stretch the 57 face and neck muscles to tone, firm and boost circulation, for a youthful appearance.

PUFF YOUR CHEEKS: The chipmunk cheek squeeze is a facial exercise that can help slim the face. To do this exercise, inhale through the mouth to make them larger and rounder by filling them with air and distend the breath from cheek to cheek, then release. Tilt your head back, push your chin forward, suck in your cheeks, and hold for 8-10 seconds. Open your mouth wide, keep your teeth covering your lips and lift your cheeks. Hold for 10 seconds, then return to normal. Aim to repeat 50 times.

This simple practice will increase blood circulation to your cheeks, promoting a healthy glow. It will strengthen the cheek muscles. This facial exercise relaxes the muscles around the lips and cheeks and also brightens up the face. These quick and easy movements will strengthen the cheek muscles and prevent them from looking hollow. Do this face exercise regularly for lifted and plump cheeks.

SMILE: Pout and then smile as fast as you can. This exercise can enhance blood circulation and strengthen jaw muscles. Keep up the smile wide, hold it for about 15 seconds and then release it.

Continue this process about 10 times at once. Bring the lips together and push them outward as if you are about to kiss and then smile broadly. Practice this regularly 10-15 times in one sitting. Facial yoga can be extremely beneficial for those who want glowing, youthful skin.

MAKE A FISH FACE: This pose stretches the neck region and helps tone the jawline and chin. Fish Face exercise is the easiest and the best way to ensure a firmer looking skin. Fill your mouth up with as much air as possible. Puff up your cheeks to accommodate more air. Now, shift the air from one side to the other with as much speed as possible. Practise this for a couple of minutes every day to achieve glowing skin and fuller cheeks.

Alternatively softly close your lips and then draw your cheeks inwards as much as possible, making a 'fish face' look. Try smiling while holding this posture for about 15 seconds and then withdraw. Repeat this exercise for about next five minutes.

For wrinkle-free facial skin, try this yoga 'asana' along with Pranayama. Cover face with palms and breathe deeply and quickly for 10 counts. Then while continuing breathing, rub the face with the fingers, starting from the chin and

going to the

forehead. Include the area around the eyes. This helps to make the skin smooth, firm and radiant.

FOREHEAD: Did you know that frowning is an exercise for the forehead? Frown as much as possible, pulling the eyebrows towards one another. Then lift the eyebrows as far as possible. While doing this, open your eyes as much as you can. Relax them and repeat 5 times.

ANTI-AGEING FACIAL YOGA FOR FOREHEAD: Place both hands on the forehead facing inwards and spread all of the fingers out between the eyebrows and hairline. Now gently sweep the fingers outwards across the forehead, applying light pressure to tighten the skin. Relax and repeat 10 times.

EYES: This not only benefits the skin around the eyes, but the eyes itself. They have much relevance nowadays, for people who are glued to computer and television screens for long periods. Keeping your head still, move only the eyes up and down ten times. Then move them from one side to the other ten times. Then, roll the eyes, first clockwise and then anticlockwise, for a total of ten times.

Widen your eyes as big as you can for your best surprised face. Hold this expression as long as you can—even until your eyes start to water. Relax your face and repeat. Look upwards and raise your eyebrows at the same time. Then gently close your eyelids, while still looking up. Since our eyelids have the tendency to droop with age, this stretching exercise can help keep them firm.

NECK: Sitting straight, tilt the head back and look at the ceiling. Keeping the mouth closed, do a chewing movement, while still looking up. Repeat the chewing movement 15 to 20 times. Then pucker lips and stretch the lips forward, as if you are trying to kiss the ceiling. Do this 10 times. Relax and repeat 5 to 6 times.

Sit upright and open the mouth wide open, drop the lower jaw and push it forward, holding it for a count of 10. Come back to the starting position and repeat it 5 times.

It is advised to do facial yoga consistently for 20-30 minutes, seven times a week, changes may start to be noticeable in four to six weeks.



Feast of Our Lady of Conception at Margao

PIC: INACIO NORONHA



The Feast of Our Lady of Conception was celebrated at Holy Spirit Church, Margao with religious fervour with Masses in the morning. The main celebrant for the feast mass was Fr Edson Fernandes, professor at Rachol

Seminary and parish priest of Nagoa Church, Verna with co-celebrant Fr Amandio Valladares parish priest of Holy Spirit Church, Margao, Fr Movin Fernandes and Fr Melvin Gomes, assistant parish priest of Holy Spirit Church, Margao



MISAL 2024 concludes with renewed missionary zeal

The biennial Meeting of International Societies of Apostolic Life (MISAL 2024) was held at the Pilar Pilgrim Centre in Goa. Hosted by the Society of the Missionaries of St Francis Xavier (Society of Pilar), representatives of 29 Societies of Apostolic Life participated in the meeting. The meeting coincided with the ongoing decennial exposition of the sacred relics of St Francis Xavier, the Patron of Apostles. Delegates described the veneration of the sacred relics as a profound spiritual experience.

The presence of His Eminence Luis Antonio Gokim Cardinal Tagle, Pro-Prefect of the Dicastery for Evangelization, added significance to the event. His interventions inspired the delegates, fostering a spirit of collaboration and shared commitment. MISAL gatherings, held over the decades, have served as a vital forum for unity and reflection among missionary societies.

Archbishop Leopoldo Girelli, the Apostolic Nuncio to India and Nepal, Archbishop Filipe Neri Cardinal Ferrão, the Archbishop of Goa and



Delegates emphasized breaking barriers, fostering mutual learning, and embracing solidarity in their shared vocation.

Fr Felix Wilfred, director of the Asian Centre for Cross-Cultural Studies in Chennai and Emeritus Professor at the State University of Madras who was a key speaker for MISAL 2024, called on the delegates to embrace greater faith, courage,

Daman, Bishop Simão Fernandes, the Auxiliary Bishop of Goa and Daman, Bishop Sebastião Mascarenhas, Bishop of Baroda, and Bishop Alex Dias, Emeritus Bishop of Port Blair, were present for the inaugural day. Bishop Mascarenhas, a member of the Society of Pilar, moderated the questions and answer sessions following Cardinal Tagle's keynote address and also facilitated several sessions.

On the final day, Cardinal Filipe Neri Ferrão presided over the Eucharistic celebration at the St Joseph Vaz Sanctuary Sancoale, where delegates actively participated. The theme for this year, Journeying Together: Encountering New Frontiers, challenged participants to innovate in their missionary approaches.

and creativity as they respond to the new frontiers of mission in the rapidly changing world. In his address, Fr Wilfred emphasized the need for societies to rediscover their apostolic zeal, deeply rooted in the mission of Christ. He urged the delegates to engage boldly with contemporary challenges, stressing that these are both daunting and exhilarating opportunities for evangelization in today's world.

The gathering concluded with a renewed resolve to journey forward with resilience, humility, and trust in God's providence. Fr Norman Almeida, convenor of MISAL 2024 thanked all. The next MISAL will be hosted by the Missionaries of Africa-White Fathers in Kenya.

YUVA SRUJAN PURASKAR 2024-25 FOR SIX TALENTED PERSONALITIES

The Yuva Srujan Puraskar gives recognition to the young Goan artists par excellence for their outstanding achievements in the field of music/dance, drama, tiatr, folk art, creative photography, visual art, craft, sculpture, bhajan/kiirtan, literature and film.

This year, six youth personalities are selected for the award. The awardees will be honoured with a financial purse to the extent of Rs 25,000 per awardee among other things. The awardees of the Yuva Srujan Puraskar are Soccoro Rebelo from Salcete for tiatr, Vighnesh Govind Naik from Ponda for folk art, Bhajan and drama, Namrata Laxmikant Naik and Kemraj Pandurang Pilgaonkar from Ponda and Tiswadi respectively for drama, Sagar Suresh Naik Mule from Ponda for visual art and Rama Baburaj Kurlikar from Ponda for folk art. Yuva Srujan Puraskar (Navsarijan-Chetna Puraskar) will be presented to the awardees at a special function.

Herald Gaming Console

Dilbert



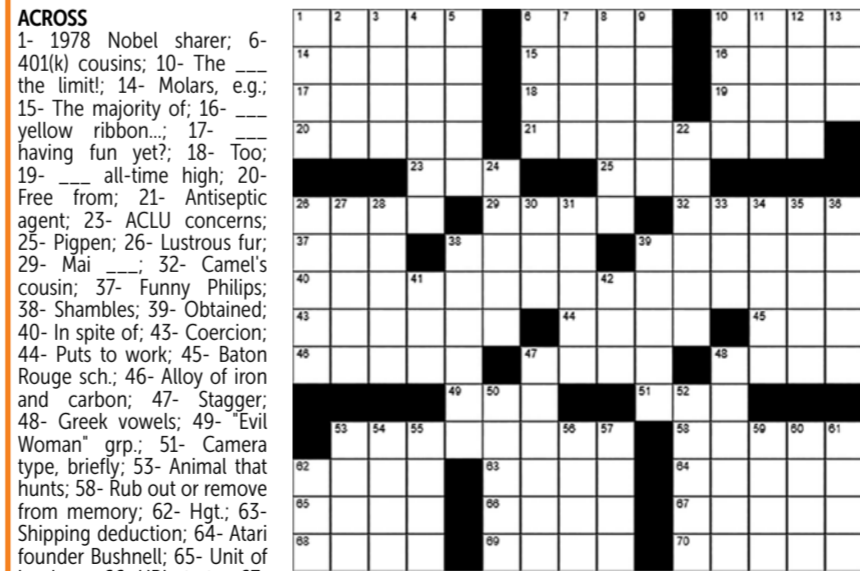
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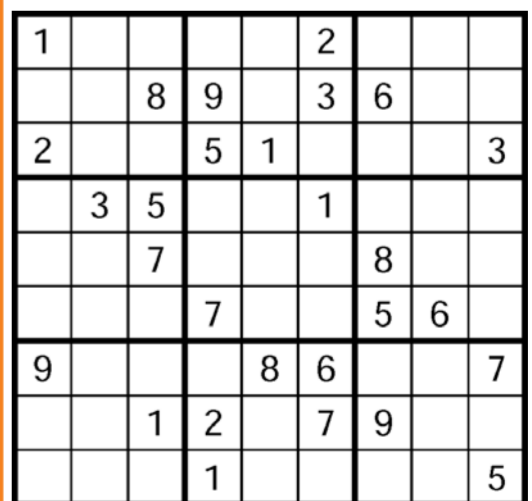
crossword 4712



solution 4711



sudoku 4712



Instructions for Sudoku

9 x 9 letter: To solve a Sudoku puzzle, every number from 1 to 9 must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes

solution 4711

