

## Why does Lord Krishna wear a peacock feather on his head?

Lord Krishna captivates hearts with his mesmerizing presence, often depicted adorned with a striking peacock feather adorning his crown. While his celestial beauty and grace captivate the imagination, the significance behind this distinctive embellishment holds a wealth of ancient lore and spiritual symbolism. Among the many interpretations and stories regarding the presence of peacock feathers, here is an interesting one.

From the Treta Yuga

During their Vanavasa, one day, Lord Rama and Sita were wandering through the dense jungle, they became lost and thirsty. Sita, feeling parched, asked Rama if they could find some water. Rama prayed to nature for help. Suddenly, a beautiful peacock appeared before them. The peacock spoke, "I know where there is water, but it's a bit tricky to find. Follow me, and I'll guide you."

## Peacock offers help

Rama and Sita, grateful for the peacock's offer, followed closely behind as it led them through the winding paths of the forest. However, as they journeyed deeper into the jungle, the peacock began to pluck feathers from its vibrant tail and dropped them along the way to mark the path. Despite knowing that forcefully removing its feathers might lead to its death, the peacock continues to drop its feathers and guides the couple.

## Peacock's sacrifice

Finally, they reached a clear, sparkling spring, where they quenched their thirst and rested. To their dismay, they found the peacock lying on the ground, its feathers scattered around it. The noble bird had given all it had to help them, and now it lay lifeless before them. Touched by the peacock's selfless sacrifice, Rama vowed, "I will never forget your kindness and bravery. In my next life, I will honor your memory." True to his word, in his next incarnation as Lord Krishna, Rama wore a majestic peacock feather in his hair as a symbol of gratitude and remembrance for the peacock's sacrifice.

### Other stories

Numerous narratives exist surrounding the connection between peacock feathers and Lord Krishna. According to one belief, Radha ji bestowed it upon him as a token of remembrance. Alternatively, some hold that it was a gesture of devotion from the Peacock god to Lord Krishna. Lastly, there's a mixed belief suggesting that Balram presented it to his younger brother during their playful escapades.



## Sadness vs depression: How to tell what your child is dealing with?



draw the line. That said, here's a little guide to how you can differentiate between the two.

What is sadness?

Sadness is a temporary emotion, which is usually triggered rather than appearing on its own. It is a human emotion that arises during stressful times. However, it occurs and lingers on for a brief moment.

Several instances can trigger sadness. From losing a loved one, a divorce, loss of job, family tension, all can trigger sadness. Most often crying, venting, sharing one's problem with a trusted friend or family can relieve one of their sadness. Or it usually passes with time.

But that does not mean sadness cannot transform into something more serious. If left unaddressed, unhealed and suppressed, it can become worrisome, even turn into depression.

Depression is often the result of several different factors

As opposed to sadness, depression is a mental disorder that can impact a person's daily life. It can come at any time, without any reason and can last for the longest time, affecting one's peace of mind, physical health and their spirit.

Furthermore, depression does not occur immediately, rather it is a result of several different factors coming together to cloud one's mind and deprive it of reason. Sometimes, what may start as a temporary sadness, may lead to continued negative thinking, hence leading to depression.

### Signs your child is more than just sad

It is important to note that sadness can be a symptom of depression. But not all sadness is depression. That said, here are the signs that can help you identify your child's depression.

- feelings of discouragement
- sadness with no particular reason
- hopelessness
- a lack of motivation
- a loss of interest in activities that the individual once found enjoyable

In many ways, your child may either feel disoriented towards various aspects of his or her day to day life or may even find it hard to overcome it all.

**Journaling your child's behavioural changes can help determine his/her condition**

It is important that you note down all the changes that you see in your child's behaviour. Out of all the people in the world, as parents, you know your child the best, which is why you're the most capable of understanding their state of mind.

Also, make a note of all the triggers that escalate your child's sadness. Address them gently. Ensure that your child trusts you. Only when they feel safe will they



open up to you. Never leave your child fending for themselves. They need your love and support. Give them time to open up about their feelings. However, do not rush them. Even as parents, you must earn their trust. Keep asking them about their day, if there is anything troubling their mind, how they feel about a sudden change in life, etc.

Most importantly, seek professional support if your child is unable to open up to you or deal with conditions. Depression is a serious mental health problem that must not be left to heal on its own.

## 6 strength exercises must for 60-plus individuals



It is a must to look your best at all times. However, as one hits the 60s, some people start to look fit as a fiddle. Individuals greatly indulge in strength training exercises as they combat the aging process and strengthen muscle atrophy and bone density which also raises the metabolism of our body. Rebuilding the muscle system in our 60s, let's take a look at these 6 strength exercises which should be a must for 60-plus people to remain active and on toes.

**Push-ups:** Push-ups have the positives of a classic weight-to-work effect. You should start in a high plank with your hands shoulder-distance apart and slowly bend your elbows while lowering your chest towards the floor and then push your body back up to the start position while keeping a tight core marked.

**Stair climbing:** Start taking stairs instead of lifts as they provide great support to your calves, quads, hamstring, and glutes. Muscle atrophy is an active issue in aging men and women with stress in the lower back torque and a heavy impact of heavy-weight such as squats with leg presses and deadlifts with stair climbing is a good substitute for all gym exercises. It is also good for heart health.

**Rowing:** Rowing exercises with stretching belts are one of the best exercises as it is an active cardiovascular workout and a fantastic strength workout using 86% of the muscles in your body in just one stroke. It is also good for maintaining an active muscle mass which is everyone's priority touching the age bar of 60s.

**Bench dips:** Bench dips are similar to pushups as they maintain a full range of motion and solid form. One should perform at least 200 reps of bench dips twice a week which is usually done by placing your hands on top of a workout bench and extending your legs out in front of you. Slowly bend your elbows to lower your body and lower until your arms become parallel to the floor, and then slowly press back up to the start position.

**The ab routine:** If also you're not keen to build a six-pack proper ab at the age of 60, you can simply opt for bodyweight exercises such as boxers, bicycles, leg raises, planks, and scullers with a variety of other sit-up movements which will help you remain in shape with cutting the extra glutes and muscles from your body.

**Lateral pulldowns:** Dumbbell lateral pulls or the classic lateral pulldowns aim to be performed twice a week for positive results. The lateral pulldown is great when one wishes to build up your back muscle and strength.

You need to perform lateral pulldowns by placing your hands shoulder-width apart with your palms facing away from you and slightly leaning back while you pull the bar down towards your chest.

