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Every Child Deserves a Brighter Tomorrow Nurture the Future!

THE world is changing in every aspect, and so is childhood. We often realise the difference between the activities of children in the past and now. Yes! There is a huge difference; growing up today differs from 15-20 years ago. Kids eating dinner with family and discussing their whole day, laughing, running, and jumping outdoors with friends, playing cricket, hockey, football, badminton, ludo, carom, chess, puzzles, and other mind games, kids as chefs on Sundays with parents, etc. have all become old stories with changing times. Now, we often see kids preferring junk foods over healthy diets, spending much of their time with screens with very little time for outside activities or social interactions. Besides, academic pressure to achieve high, competition, and expectations are all taking a toll on children's mental and emotional health and, somewhere, affecting their overall well-being.

According to Centres for Disease Control and Prevention (CDC), Physical activity is beneficial to children in various ways, including improved academic performance, brain health, muscular fitness, heart and lung health, cardiometabolic health, long-term health, bone strength, and measures of a healthy weight.

It's important to understand that childhood is really an important phase of life for mental health. They learn vital skills that help them as they grow up and become adult citizens. According to the World Health Organisation (WHO), "Globally, one in seven 10-19-year-olds experiences a mental disorder, accounting for 15% of the global burden of disease in this age group". It also reports that "Suicide is the third leading cause of death among those aged 15-29 years old".

Two dates are special for children in the month of November — 14 November as Children's Day in India and 20 November as World Children's Day. These days remind us to focus on the holistic well-being of our young citizens, stressing our responsibilities in nurturing their physical, emotional, and social health.

In the past few years, however, the childhood landscape has changed enormously. Technological advancements have provided children with new ways to learn and socialise but have also added challenges that may affect their overall health. Screen time, social media pressures and the withdrawal from outdoor play reshape how children interact with themselves and their world. It is more important than ever to address their well-being now.

As we always say, children are the building blocks of any nation aiming to achieve a brighter future; therefore, there is a need to focus on their overall development.

In light of this, the November 2024 issue of *Science Reporter* is dedicated to children. The issue highlights the challenges children face today, 21st-century skills for future success, the role of emotional intelligence in children, holistic nutrition, discussions on anxiety, depression, screen time, & sight and much more. We hope our readers will enjoy reading it.



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