

The golden window: how the first 1,000 days shape young minds

<https://www.thehindu.com/sci-tech/health/the-golden-window-how-the-first-1000-days-shape-young-minds/article69881734.ece>

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My view :

Nicely written article ALL Paediatrician, All Maternity Nursing home s and young babies parents MUST be advised on the "enormous" eagerness babies watch, hear and try to feel.. items around... I have written articles emphasizing how FIRST 100 Mathematics SIGHT WORDS AND SIGHT PHRASES must be covered in the in the FOUNDATION stage of Education... of the 100 words at least about 50 words can be exposed to babies 5 months to 3 yrs. By sound and displays cards. The FIRST 100

Maths SIGHT WORDS AND SIGHT PHRASES ..these are ..
A.. Acute Angle, Addition, Angle, Arc, Average, Ascending order, Algebra .. B .. Base, Beginning point, Bills, Borrowed, Breadth.. C ... Cash Receipt, Chord, Circle, Closed Figure, CM, Common Denominator, Common Multiple, Common Factors, Compass, Composite Number, Construction, convert, Cost Price, Credit Bill, Cross Multiplication, Curved ... D ...Days, Decimal, Diagonal, Digit, Distance, Distance = Length, Distributive Property X w.r.t Dividend, Decrease, denominator...E ... Eight [8], Equality, Equation, Equivalent, Equivalent Fraction, Even Number, End point, Equal, Eleven [11] ... G ... Greater than, Geometry ... F... Five [5], Four [4], Factor, Find, Fraction, FOLK-CAP, Fourteen [14],

The golden window: how the first 1,000 days shape young minds

The first 1,000 days are a one-off chance to shape not only a child's life but also the future of communities and nations. Parents, caregivers, policymakers, and society as a whole must work together to ensure every child has access to the nutrition, healthcare, and nurturing environment they need to flourish

Published - August 07, 2025 03:17 pm IST
SATYANARAYANA L.D.



Fifteen [15], sixteen [16] ... H .. Height, hypotenuse, Hundred [100], Hundredth place, .. I.. Interest, Increase .. L .. Logic, Least Common Multiple [LCM], leap Year, Left To Right, Length, LHS, Liter [volume], Less Than, Line, Loss .. M ..Meter [MKS system], Magic Square, Mathematical Expression, Mixed Numbers, Minutes, mile, mm = Millimeter, More , Mathematics .. N .. Nine [9], Numeral, Numerator, Nineteen [19] .. O .. One [1] , One-third, Order of, Operation, One-fourth, Opposite Sides, Origin, .. P .. Point [.], Parallel Line, Parallelogram, Per Hour, Period, Prime Numbers, Profit, Perpendicular Lines, Principle, Protractor .. R .. Radii, Radius, Ramanujam, Receipts, Recognizing, Recurring Decimal Fraction, Remaining, Reduce Form, Rectangle, Rate of Interest, Reciprocal, Roman Numerals .. S Six [6], Seven [7], Scale, Selling Price, Sides, Smaller, Speed, Semi-circle, Subtraction, Square, Straight line = Shortest distance.. T .. Ten [10] , Twelve [12],Thousandth place, Test of Divisibility By 2 , by 3, By 5, by 7, Triangle, Tangent, Twenty [20] .. Thirteen [13], Fourteen [14], Unit .. V.. Volume, Vertices, Vertex, Variable .. W.. Weight, Width .. Y .. Year, Yard, Z .. Zero [0] , Starting point These words can easily translated into any of the 24 plus Regional Languages and can be taught by any language Teacher and parents too,, for details on FOLK-CAP way may see my book U CAN DO MATHEMATICS Using FOLK-CAP way.. viz Making Maths Digestible to Billions or see my talk on Mathematics Day 20 Dec 2024 at NIE - NCERT Mysore or 13th NCME, NCERT, New Del Jan 2-4 2025. **Let's eliminate Maths Phobia from BHARAT.**.. points to implement.. Best wishes .. An Academic Civilian Patriot.

=====Dr.B.S.Sudhindra 12 Aug 2025 13:23

Continued →

Eureka..... on Maths 1

Frame
24

HOW TO CREATE MATHS LITERATE SOCIETY ?

◆ **Jewish example !**

In Israel, pregnant women always carry maths books !!!

She would always try to solve mathematical problems with her husband!

'YES to train the child still in the womb so that it would be a genius later on'.

She would solve maths problems without let-up until the child is born! Thereby feeding the baby's brain during pregnancy adds up to 1 full year of schooling. helps the child's cognitive abilities at 9 to 12 years of age.

Nutritional Supplements are also taken like eating almonds and dates with milk, take cod liver oil!

... children know Hebrew, Arabic and English ...Play Piano and violin.

Source: 1) <http://www.newindianexpress.com/thesundaystandard/2017/jan/21/feed-your-babysbrain-during-pregnancy-1562151.html>

Source:2) *Why are Jews so Smart* by Dr. Stephen Carr Leon
[Source: Dec 2016... whatsapp]

◆ **American example!**

See also the book 'How to teach your baby maths!' by Glenn Doman and Janet Doman.
[ISBN: 978-0-7570-0184-0]

◆ **Indian Scenario!**

We NEED to change our daily habits of eating and parenting. May be within 3 generations it could be achieved!

Young Couples need to give a try!

BSS-14, 22/01/2017. 11.01 pm

U Can Do Mathematics using **FOLK-CAP** way

Islands of excellence amid a morass of stuttering institutions

<https://www.thehindu.com/education/islands-of-excellence-amid-a-morass-of-stuttering-institutions/article69929013.ece>

Islands of excellence amid a morass of stuttering institutions

Planners, right from Independence, just did not pay attention to the quality of education delivered by primary schools even as they were setting up the high-performing higher education institutions. And that told on the literacy and math skills of the average Indians

Source: <https://www.thehindu.com/education/islands-of-excellence-amid-a-morass-of-stuttering-institutions/article69929013.ece>



===== My view : -----

KUDOS ... An exhaustive survey of EXPERT views and a bird view of what's happening in School Edu. I HAVE A SIMPLE SOLUTION.. AT-NO-EXTRA-COST to Edu Dept and Parents pocket to the crisis in School EDU. The events goes as under...

Event-1 : During Regional Directors of IGNOU in late1993 or early 1994, in the formative stages of IGNOU, the Jt.Secy of MHRD posed the question ... there is huge loss of expenditure by the govt due to huge failures in 12th, 10th and 8th Standards in English and Maths.. Dr. Sudhindra (I had then recently joined IGNOU, AFTER stints as Fellow in Genetics at Stanford Univ, AvH Fellow, Max-Planck Society Scholar returned to India BEFORE our First child goes to School) can you help us! I said I will look into it after I reach my Regional Centre for Maharashtra at Pune. so began my Journey to solve this School Edu. problems for English the problem has already been solved ! Use Ladybird series with the concept of SIGHT WORDS and SIGHT PHRASES.. so I centred on Maths... created FOLK-CAP way of Maths Problem Solving... viz. **Figure Out the Logic with Knowledge of Current And Previous**in 1996, for UG and MBA students..... I had received Success

report of its usage. This made me to extend to School Edu... Event-2 follows...

EVENT-2 : (1996-2003) As my children were School going at that time one in CBSE Syllabus and the other state syllabus, I collected all Maths SIGHT WORDS AND SIGHT PHRASES that appears in Std-1 to Std.10... to my great surprise i found that ONLY about 650 Maths SIGHT WORDS AND SIGHT PHRASES are needed to be known it's meaning and usage.. to success in10th . First I shared among my Regional Centre & city - Pune. It was also displayed in my Regional Centre Entrance for benefit of students and visitors... Everyone was excited to see such a .info on maths... Later on I published a gist in J. Distance Edu. (Univ. Jammu) in 2003 As part of awareness promotional activity about Open University system.. IGNOU.. I published about FOLK-CAP WAY in TOI, IE , Hindu, Dainik Jagrahan etc reaching about 12 lacs readership across India .. AT-NO-EXTRA-COST..thanks to Newspaper for their Public Interest..... also in ICDE Conference at New Delhi in 2005...

Event-3: After superannuation, I pursued with DSERT, KTBS and others, each one had their appreciation to FOLK-CAP way but constrained by not having the freedom to make any changes in Textbooks.. then realised they are all controlled by the State Govt ruled by political system. Some suggested go for a writing a Book on FOLK-CAP. Then came the game of "Thrones" of publishing! Where I felt author has no freedom in the way the matter (especially Maths) to be printed... so I decided to Self-publish. The book was titled U CAN DO MATHEMATICS Using FOLK-CAP way..Making Maths Digestible to Billions in Aug.2019..

sent copy to NCERT, CBSE, and also to PMO for incorporation in NEP2020. I did receive acknowledgement from PMO dated 31th July 2020 just the day after the NEP2020 was announced!... the gist was presented at 10th NCME, Mysore in Dec 2021 under title.. AT-NO-EXTRA-COST to Edu. dept and Parents pocket, Everyone can do Maths Problem Solving using FOLK-CAP way..... In DEC 2024 I was invited to give Ramanujam Day talk- viz. National Mathematics Day, - titled .. FOLK-CAP for Enjoying Mathematics All though Schooling years ...on 20 Dec 2024 at RIE-NCERT Mysore. In the mean time, I presented an article PLEASE INCLUDE FIRST 100 Maths SIGHT WORDS AND SIGHT PHRASES in the FOUNDATION stage of Learning.. at 13th NCME , NCERT New Delhi jan2-4 2025.. Following a recent article in Hindu (Aug, 2,2025 online version) on importance of taking care in FIRST 1000 days of child life... – spanning from conception to a child’s second birthday represent a golden window of opportunity for future growth and development. I have suggested that FIRST 50 Maths SIGHT WORDS be exposed to child there by love for Maths gets inculcated and MATHS PHOBIA can be Eliminated from BHARAT. ... points to ponder and IMPLEMENT. For Maths is essential to ALL spheres Education and life in 21C. BEST WISHES... An Academic Civilian Patriot

===== Dr. B.S. Sudhindra 17 Aug 2025

Event-4 :

As a concluding portion I wish to thank many WhatsApp groups who have included me in their group and get more insight on School/ Higher Edu current problems at ground level and also appreciating my msgs without-deletions!

There has been many responses to my FOLK-CAP work but two of them are more touching to the Academic Power of my work...1) Dr. K. Kasturirangan Ji.- (Chairman, NEP2020) - ***God's Blessings are with you - Dr Sudhindra ..*** (05th September 2021).. and 2) Prof. Dr. S. Ramasesha, INSA Fellow, SSCU-IISC - ***"FOLK-CAP" is the panacea for all ills in Schools, Colleges, and Institutes"*** (17 Oct.2022).. with these support I feel, as an Bharatiya in Bharat (an Indian in India) has contributed **a solution** to the National (as well Global) problem of Maths Phobia. I now request Competent authorities to recognise this FOLK-CAP way and include in Textbooks, manuals, handouts dealing with Maths Problem Solving in ALL areas Best wishes ... An Academic Civilian Patriot.

===== Dr.B.S.Sudhindra 17th Aug 2025 21:51

MY LETTER TO THE PM DATED : 5TH DEC 2019 & Ackn. Just after Announcing NET 2020

Dr.B.S.Sudhindra, Ph.D.
OSD &Dir.IGNOU [Retd.]

Mob: 0 9900171140

Dated : December 5, 2019

115, Subbunivas, 10th E Main Road
First Block Jayanagar, Bengaluru-560011

Ph: 080-2657 6923

E-mail: drbssudhindra@gmail.com

BY SPEED POST



CHANDRESH SONA
DIRECTOR

No. 3723654/Dir(P)/Desp/2020



प्रधान मंत्री कार्यालय
श्री मंत्रालय - 110011
PRIME MINISTER'S OFFICE
New Delhi - 110011

श्रीवादा 09, श्रीक संवत् 1942
31st July, 2020

Dr. B.S. Sudhindra Ji,

To: Hon'ble Prime Minister of India
New Delhi.

Respected ShriNarendraModiji,

Trust this finds you in high spirits.

I am enclosing herewith a copy of my book:
U Can Do Mathematics Using FOLK-CAP way,
... *Making Maths Digestible to Billions!*
for your kind attention and necessary action.

The method can be implemented, AT-NO-Extra-Cost
to Govt.- Edu.Dept , Parents, immediately!

*Trust this info could be useful for your Talk to Students
On Exams stress.*

With Warm Regards,
Sincerely,

[B.S.Sudhindra]
... *an academic civilian patriot.*

Encl. My Book plus 4 page brief for quick "relevance"!

I am desired to acknowledge with thanks, the
receipt of your letter addressed to the Prime Minister
alongwith a book titled 'U Can Do Mathematics Using
Folk-Cap Way' written by you.

With regards,

Yours sincerely,

(Chandresh Sona)

Dr. B.S. Sudhindra
115, Subbunivas
10th E Main Road
First Block Jayanagar
Bengaluru
Karnataka - 560011

13th National Conference on Mathematics Education

January 2-4, 2025

Department of Education in Science and Mathematics
NCERT, New Delhi



Certificate

This is to certify that Prof./Dr./Mr./Ms. B. S. Sudhinda has attended the
of ex. OSP, director INNOV

13th National Conference on Mathematics Education held during January 2-4, 2025.

He/She has participated/ chaired a session/ delivered a talk/ presented a paper entitled include first
100 maths right words and eight phrases in of schooling years

J. P. Sarma

Prof. T. P. Sarma
Programme Coordinator

Sunita Farkya

Prof. Sunita Farkya
Head, DESM, NCERT



REGIONAL INSTITUTE OF EDUCATION (NCERT), MYSURU

The National Mathematics Day

Talk on

“FOLK-CAP for Enjoying Mathematics All Through School Years”



by

Dr. B S Sudhindra
OSD, Director(Rtd) IGNOU



Venue: AV Hall

Date: 20-12-2024

Time: 03:30 PM

Google Meet link:- <https://meet.google.com/mjt-gwvr-jvw>

ALL ARE WELCOME



ಪ್ರಾದೇಶಿಕ ಶಿಕ್ಷಣ ಸಂಸ್ಥೆ, ಮೈಸೂರು
ಕ್ಷೇತ್ರೀಯ ಶಿಕ್ಷಣ ಸಂಸ್ಥಾನ, ಮೈಸೂರು

REGIONAL INSTITUTE OF EDUCATION, MYSURU

(A constituent Unit of National Council of Educational Research and Training, New Delhi)

Manasagangothri, Mysuru – 570 006, Karnataka

CERTIFICATE

This is to certify that

Dr. B. S. SUDHINDRA

Formerly OSD and Director IGNOU

has presented the paper with the title " At No Extra cost to Education department and Parents pocket everyone can do maths problem solving using the FOLK-CAP way " during "10th National Conference on Mathematics Education(Virtual Mode)" Organized by Regional Institute of Education (RIE, NCERT), Mysuru, from 20th to 22nd December, 2021.

Dr. B. Madhu

(Dr. B Madhu)
Programme
Coordinator

C. Padmaja

(Prof. C. Padmaja)
Head, DEE

Prof. Y. Sreekanth

(Prof. Y. Sreekanth)
Principal

Amrit Mahotsav

^{122x} **Acknowledgements :**

After retirement, WhatsApp is a good communicating media for interaction with many Teachers and Friends. But special Thanks to

Dr.K.Kasturirangan ji
[Chairman, NEP2020]

**" Dr. Sudhindra : God's
Blessings are with you "**

• and my BSc[Hons] classmate

Prof. Dr. S. Ramasesha,
INSA
Fellow[SSCU,IISc]

**" FOLK-CAP is the panacea
for all ills in Schools,
Colleges, and Institutes"**

for their encouraging comments on my work.

511= First Success Report from Karnataka

[on using FOLK-CAP method of Teaching]

30 of 37 Slow Learners Pass **AFTER** following FOLK-CAP way !

- Good evening sir,

I am Sujatha H N,
Asst teacher(PCM),

Rajanahalli Seethamma govt girls high school,
Davangere.

I am feeling very much pleasure to tell the mathematics result of my students in last SSLC examination.

- ***I definitely used tactics you mentioned in your book sir.***

- ***And that *FOLK CAP* method worked out very effectively.***

- ***30/37 passed. It was in condition that only 4/37 can pass in the beginning***

-

- Thanking you once again sir.

SUJATHA

Date:-22.08.2020

- WhatsApp Msg. 22-8-2020 18:18:59

- Good evening sir,

I am Sujatha H N,
Asst teacher(PCM),
Rajanahalli Seethamma govt girls high school, Davangere.

I am feeling very much pleasure to tell the mathematics result of my students in last SSLC examination. I definitely used tactics you mentioned in your book sir. And that *FOLK CAP* method worked out very effectively.

30/37 passed. It was in condition that only 4/37 can pass in the beginning.

After 8 years I engaged Kannada medium class as a challenge (previously I was engaging English medium classes) which was considered as slow learners section.

Very first I want to tell, there was no copy, because of all rooms were under surveillance of CC camera. And most eminent, strict state level education officer Veeranna Jatti sir was in charge of our district.

Our school children scattered in four centres all centres were having running cc cameras in all rooms.

More over my students told me about their practice in lock down days with online guidance (through WhatsApp), and how home based exams conducted by our DDPI office, helpful to them.

Thank you very much sir, we are going to have new methods to reach our students.

Thanking you once again sir.

SUJATHA

Date:-22.08.2020.

Congratulations *many like this could have used , might not have expressed*

— Dr.Ganesha Bhatta ,Maths Expert, D[Acad]
MES Coll.of Edu,Blr- [23Aug 2020 09:06 WAP]

BSS 511 26-Aug-2020 6:17 PM

504 = Indian Contribution to Maths is centuries old.... Contribute New .. now

But owing to British Rule	Changes in West/East/Elsewhere
<ul style="list-style-type: none"> • V have been following them. • Rest of world is changing! • Chinese way • American way • Time to Change in 21C in India <i>Indian</i> Model .. [B S Sudhindra, 1996] Independently from IGNOU RC@Pune, around SAME Time line as Vygotsky !!!!! 	<ul style="list-style-type: none"> • 1. Now, its Shanghai Model Even Briton has started using the method! • 2. Singapore model [also in USA] • Create one that suits Indian Student numbers & conditions • 3. FOLK-CAP way Model • A “ Re-Constructivist ” approach to Maths Problem Solving from Student’s side !

in Today’s jargon **A contribution** to “ **ATMANIRBHARAT** ” !

BSS 504 15-Aug-2020 4:44 PM