

The I-Day Planner

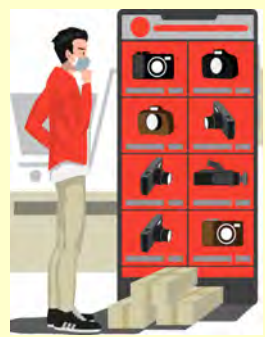
Freedom to choose for myself

Your personal wellbeing needs to be A PRIORITY. Sometimes, you need to choose for yourself to be truly happy. This Independence Day, let's take a pledge to choose without 'conditions applied'. Start a seed bank, make a documentary, go on virtual tours, pick a hobby - but do YOUR OWN THING (we have some options listed here). PS: As long as your choice is not affecting another, go on! If you are unsure; talk to your parents. Always a safe bet.

Choose a hobby

Learn to play the tabla, drums, embroidery, paint, tap dance, do lettering or master second language, a sport, an art project or something else. Basically it should come with some challenge.

Why? So that you have something that is absolutely YOUR OWN THING, and requires you to be mentally productive without being stressed. And that's not just our advice. Scientists have proved that investing and engaging in a mentally-stimulating hobby regularly, helps lower stress and anxiety; boosts focus, creativity, and self-esteem. **Don't know where to start? Get lost in reading. Good books are fun to read and they keep your mind active while you follow multiple storylines.** Remember hobby requires practice, not mastery.



More From NIE archives: Try sanskrit shloka! Click here: <https://tinyurl.com/y5jhmbrr>

Watch a movie on Freedom struggle

GANDHI



1 Starring Ben Kingsley, the film 'Gandhi' was released in 1982. This British-Indian biographical film depicts the life of Gandhi. It covers the events from 1893, when he was thrown off a South African train for travelling in a whites-only compartment, and ends with his assassination in 1948. **Where to watch:** Search on any of the OTT mediums or watch on YouTube

NETAJI

2 Next on our list is 'Netaji Subhash Chandra Bose: The Forgotten Hero'. Founder of 'Azad Hind Fauj', Subhash Chandra Bose's defiant patriotism made him a hero in India. The role was performed by actor Sachin Khedekar. Released in 2004, this film shows how Netaji gave up the post of president of the Indian National Congress. He heads to Europe and meets Hitler to ask for his support.



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MANGAL PANDEY



3 Mangal Pandey: The Rising: Mangal Pandey, an Indian soldier, attacked the British officers which led to the First War of Indian Independence in 1857. In this epic film, Aamir Khan brilliantly performed the role of Mangal Pandey. **The list is endless...** There are many other films that you could watch!

Take to seed saving



Do you know how to save seeds? Check this easy-to-follow guide and build your own seeds bank.

- Identify the best plants in your kitchen garden or terrace farm
- Save few fully ripe fruits from your produce
- Scoop out the seeds
- Sun dry them and store in a cool dry place

- Save different varieties of seeds in different storage containers
- Label seed packets to identify seeds to be sown in the next cycle
- Easiest herb seeds to save are of curry leaves, basil, oregano and coriander
- Share seeds with your friends.

Challenge parents to an I-Day quiz

1 Where does the name India come from?

- (a) Britishers named it
- (b) Mahatma Gandhi changed it from Bharat
- (c) After the Indus Valley civilisation
- (d) Pandit Jawaharlal Nehru changed it

2 Why was 15 August 1947 chosen as the date of power transfer by Viceroy Mountbatten?

- (a) It was the British Thanksgiving Day
- (b) It was Britain's Queen's birthday
- (c) It was the second anniversary of Japan's surrender in World War II
- (d) It was decided by King George VI

3 When was Purna Swaraj a.k.a 'Complete Independence' observed?

- (a) August 15, 1947
- (b) January 26, 1950
- (c) October 2, 1947
- (d) January 26, 1930

4 What was the name of Independent India between August 15, 1947 to January 26, 1950, when it became the Republic of India?

- (a) Dominion of Bharath
- (b) Republic of Bharath
- (c) Dominion of India
- (d) State of dominion of India

ANSWERS: 1. (c) You're right!! It is also known as the Harappan civilisation. **2. (c).** **3. (d).** **4. (c)** Dominion of India is the right answer. India was an independent dominion in the British Commonwealth of Nations with King George VI as the head of state.

Choose to be kind to yourself

Seriously, silence that inner critic who is constantly reminding you (like an annoying person) that you are not doing enough, or aren't fast or strong or intelligent or smart to go after your dreams. Instead, look at yourself with kinder eyes. Amy Morin, a psychotherapist, TEDx speaker and author of '13 Things Mentally Strong People Don't Do', writes that successful mentally strong people practice self-compassion. They speak to themselves as a good friend would, instead of beating themselves over failure. Morin says that mentally strong people respond to their inner critic as if they were standing up to the schoolyard bully. They FORGIVE themselves for mistakes; and cheer themselves on as they work toward their goals.

Read more here:

Read more about what Morin says <https://tinyurl.com/vyqm2vge>



Make your meal smile

You would love a meal that looks happily at you! That's bento for you: the fad got a fun upgrade when foodies began to create characters or faces in the bento box with bread, rice balls, egg, seaweed, buns and noodles. The result? A cute lunchbox. It's a lot of fun. Try it out at home for yourself and your family - on special occasions if it feels like a lot of work to do on a regular day. Here's how ...

- Take a slice of bread. Place a slice of cheese on it. Cut olives into rounds for the eyes, a little lettuce for the hair and a piece of tomato for the mouth.
- Apply peanut butter to a piece of toast. Create a smiley line using berries or raisins. Add two pieces for the eyes and it's done!
- On a small round pancake, cut two banana rounds for the eyes and a line of jam for the smile.



Go for virtual art tours

OnLine museum



Experience the British Museum online as it's open to virtual visitors. And other popular virtual tours too.

Google's arts and culture collection has virtual tours of 500 top attractions around the world. EXPLORE, UNDERSTAND, LEARN, AND SAVOUR.

Make your lockdown documentary

Shoot videos of how 'monotony warriors' are doing creative things to make use of extra time at home. Also videos of family members doing something creative, talking about their feelings, etc. **Edit it and your lockdown documentary is ready, for generations to see and experience what staying in lockdown was all about. After all, this time will be read in history books - for generations to come.**



Ideal me time for skincare

Do you have some overripe fruits that you are considering doing away with? Don't discard them. These overripe fruits can be put to great use for your skin and dental care! Here are some ideas:

BANANA HAIR MASK: Overripe bananas are great for dry hair. Mash one overripe banana in a bowl. Add some olive or coconut oil to it and apply to your hair for 15-20 minutes. Shampoo as usual - your hair will be less frizzy and more tamed and smooth post this banana hair treatment.

STRAWBERRY TEETH POLISHER: These red fruits are rich in vitamin C and some natural chemicals that can clean teeth effectively. If you have some overripe strawberries, mash them and use it to exfoliate your teeth - yes teeth can be exfoliated too! Apply mashed strawberries on your teeth, let it stay for 15 minutes and scrub away with a gentle toothbrush.



Saturday I-Day special...

ON SOCIAL MEDIA

- Different languages... one song! Our students from across India tell you what it means to be, well, Indian.
- Watch our version of the popular 'Mile Sur Mera Tumhara'...
- Where? **On our channel** <https://www.youtube.com/channel/UCyT6h6Z3gq94BAhHqG5m-Ag>
- When: August 15, Saturday

ON WWW.TOISTUDENT.COM

The New Freedoms... And how we adapt



The lockdown has made us appreciate the concept of freedom like never before. Never were we, as a collective whole, put under so many restrictions that we were forced to rediscover new meanings of freedom. This Independence Day, the students from all-over India tell us their learning from the new normal, how they adapted and what lessons they will take forward

Read this Saturday, on August 15. Log on to www.toistudent.com for your PDF copy!

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