

TO DO LIST

Fun Things You Should Do With Your Mom

Your mother and you share a unique bond. She cares for you, nurtures you and guides you throughout your life. But, maybe you haven't been spending a lot of time exclusively with your mother these days. It could be exam season, or maybe, you are too busy sorting out your study routine after the schools opened after lockdown. Whatever be the reason, here are a few activities that will help you bond with your mom better, and also put both of your minds at ease. In trying times, these bonding exercises may be the best gift for your mom – and yourself.

Grab some popcorn and have a movie marathon

There's something about movie and popcorn that just feels right. Find movies that you both enjoy and forget about the rest of the world for a couple of hours. Promise mom to finish your homework (or revision work) the evening prior.

How about a lunch date

Taking an hour out from your busy study schedule is not as difficult as it seems initially. Let a sumptuous meal in a pleasant place be a breath of fresh air in your humdrum lives. Not having to cook before and clearing up after is an added bonus for your mother.



Share anecdotes and secrets you'd kept from her as a child

As a child you had to watch your step around the rules that adults set for you. But looking back, you may find some of the things that you hid from your parents turn out to be quite hilarious. Spill the beans on your silly little secrets. She might surprise you with a few of her own.

Introduce her to your kind of music

You've grown up listening to her kind of music playing in the house, and they will always remain a fond part of your childhood memories. But it's time your mother had a chance to connect with your taste in music too. Go on, teach her something about pop stars of your generation and watch her reaction.

Read each other's favourite books

What better way to get a peek into each other's worlds? You will both gain better insights and form deeper bonds. Adding another author to your favourites list is just a bonus.

Go on a shopping spree together

Hands down, your mother's tastes and impeccable style can give any fashionista a run for her money. Besides, who could possibly be a more supportive and honest shopping buddy?

Relive the old times with the household favourite games

Every family has a favourite game. Be it Ludo, Snakes and Ladders, Antakshari or Dumb Charades – if you enjoyed it as a child, chances are you'll have even more fun as grown ups.

Pull out the dusty old family albums and take a trip down memory lane

Old really is gold. Now that you're grown up enough to understand your family better, you'll be amazed at how much you'd missed when you'd looked at these photographs earlier!

TELL US MORE

How do you like to spend time with your mother? Share your list with us at toinie175@gmail.com (Do not exceed 100 words). You can take some tips from the writing prompt given under

WRITING PROMPT

- 1 Start by listing out a few of your favourite things.
- 2 Write about how these activities will help you connect better with your mother.
- 3 End with how you would like to spend time with your father (which we will carry next week).



HEALTHY HABITS FOR FAMILY

FOLLOW 'G-BOMBS' FOR HEALTHY LIFE

India is reporting increasing cases of dengue and flu infections. Amid this season, it is essential to monitor our eating habits and make sure that we consume nourishing food. Food Revolution expert Dr Joel Fuhrman came up with the acronym 'G-BOMBS', which refers to plant-based foods we should eat for health and happiness.

These are anti-cancer, anti-diabetic, and health-promoting foods that are effective at preventing chronic diseases, and promoting longevity.

WHAT ARE GBOMBS?



G – GREENS

Raw leafy greens are packed with nutrients. Green veggies contain substances that protect our blood vessels and are associated with a reduced risk of diabetes. Leafy greens are also the most nutrient-dense foods.

TIP FOR MOM: Tell her that while cooking green vegetables, she should not overcook them as they lose much of their properties due to the high heat.

O – ONIONS

Onions, along with leeks, garlic etc., are a part of the allium family of vegetables, which have beneficial effects on the cardiovascular and immune systems. They have anti-diabetic and anti-cancer effects on the body.

TIP FOR DAD: Studies have found that increased consumption of allium vegetables is associated with a lower risk of gastric and prostate cancers.

M – MUSHROOMS

Consuming mushrooms regularly is associated with decreased risk of breast, stomach, and colorectal cancers. A Chinese study found that women who ate at least 10 grams of fresh mushrooms each day had a 64% decreased risk of breast cancer.

NOTE: Keep in mind that mushrooms should only be eaten cooked. Do not eat wild mushrooms as they can be poisonous.

B – BERRIES

Berries – blueberries, strawberries and blackberries – are superfoods. They are delicious to eat and are low in sugar and high in nutrients. They come in vibrant colours and are full of antioxidants, including flavonoids and antioxidant vitamins.

POINT: Berries are an excellent food for the brain as they improve our motor coordination and memory.

B – BEANS

Beans are a powerhouse of nutrition and the most nutrient-dense carbohydrate source. They are anti-diabetic and weight-loss food, and have a stabilising effect on blood sugar. They contain soluble fibre which lowers cholesterol levels.

DID YOU KNOW: Eating beans, peas or lentils at least twice a week provides protection against cancer.



S – SEEDS

Seeds and nuts contain healthy fats and are rich in micronutrients, including minerals and antioxidants. Seeds are abundant in trace minerals and higher in protein count than nuts, and each kind of seed has its unique nutritional value.

FOR EXAMPLE: Flax, chia, and hemp seeds are rich sources of healthy omega-3 fats.

RELAX AND MEDITATE

Ways to increase your attention span

Here are 4 ways to improve your attention span.

SET SOME TIME TO MEDITATE

Not many people know that meditation can be a great way to boost attention in both kids and adults. Even if you meditate for only 10 minutes every day, you can largely enhance your attention skills. You can involve your parents in this activity too.



HAVE A REGULAR SLEEP SCHEDULE

Sleep deprivation is often one of the most common causes of attention deficit in children. Disturbed sleep cycles often lead to hyperactivity, emotional issues, and withdrawal. A consistent bedtime routine, apart from relaxing and keeping yourself healthy, also instils a sense of routine in your life. An adequate amount of sleep improves attention, behaviour, learning, memory, and overall mental and physical health.



PLAY FOCUS GAMES

Parents can play different kinds of focus games with their children to boost attention and focus. Currently, there are many games in the market that have been specifically designed to build and strengthen your capability to focus for longer periods by working on your concentration level. Crossword puzzles, jigsaw puzzles and card games are some of the good options.

MANAGE TV TIME

It is extremely important to manage the amount of time you are spending watching television. Setting a fixed and limited time to watch TV will lead to developing a good habit and a sense of routine that you can stick to. Excessive consumption of television of ten leads to learning difficulties in school, attention problems, hyperactivity and behavioural issues.



LESSONS 101

TALK TO YOUR PARENTS ABOUT:

RISE IN MYOPIA CASES

The pandemic had an adverse effect on our mental and physical well-being. From quarantine to online schools, we move past every trouble introduced by COVID-19. However, the one physical strain, everyone went through was eye strain. Undoubtedly, lockdown forced us to sit in front of a screen for hours. Multiple studies have reported that due to increased screen time and harmful effects of blue rays, digital eye strain cases has increased manifold. To understand the impact of screen time on us as well as our parents, we spoke to a leading eye surgeon and ophthalmologist Dr Rushad Shroff. He says, "Children, and even adults, have reported increased watering, redness, and irritation in the eyes during the pandemic. There is an increase in myopia among children. Since there is less exposure to sunlight, children are coming to us with refractive disorders."

SLOWING THE DAMAGE

Talking about the impact of increased screen time on the eyes, Dr Shroff says, "Children who are attending classes online clearly have no escape, but there are certain things that parents can do to minimise the harm. They need to understand that smaller and brighter screens are bad. They should make the children sit in a bright room, preferably with a desktop or a laptop." He added, "Screen dependence at an early age can lead to development and speech delays. It tends to reduce their attention span and affects socialising pattern."

Dr Shroff recommends children, as well as adults, ensure they have proper lighting coming from behind them while using a screen; also their monitors should not have bright light, it should be medium. They should use blue light filters to prevent damage to the eyes.

He also recommends using bigger fonts to avoid eye strain. Since your parents are still spending over 7 hours on screen, you must encourage them to follow the 20-20-20 rule where every 20 minutes, you take a 20-second break and look 20 feet away.

PROPER NOURISHMENT

Dr Shroff recommends a healthy nutritional diet. Omega 3 fatty acids help greatly in treating dry eyes. "Take two teaspoons of flaxseed every day; fish is also a healthy addition to the diet. Children should have a Vitamin A-rich diet and adults should be careful about their Vitamin D and B12 levels – people can focus on eating soya, pulses, green leafy vegetables."

THE SOLUTION

Now that everybody is out of their houses and attending school offline, we should try to spend less time on screens. Limiting screen time, ensuring a healthy diet, proper exposure to sunlight and focusing on eye health (by making regular eye check appointments) are all crucial for your well-being, and for your parents.

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Roger Federer never let 'em see him sweat

He played tennis in a style that only rarely betrayed the effort behind the masterful serving, the rare-in-the-day attacking and the flawless footwork. He was not one to grunt loudly on shots or celebrate wildly after them. The way he wielded a racket helped him to win, and win a lot, to the tune of 20 Grand Slam championships across a 15-year stretch. It gave him 103 tournament titles, plus a Davis Cup trophy and Olympic medals for Switzerland. It ensured he spent week after week at No. 1 in rankings. It helped him avoid serious injuries for so long and achieve the consistent excellence he prized.

Tantrum kid to ambassador

It is a loss for tennis, to be sure, and a loss for the sports world. Tennis will miss Federer, the player. And Federer, the statesman and ambassador who spoke several languages. And the global pitchman who brought his sport to places all over the world that didn't even have tournaments. Once a tantrum-throwing kid on and off the court (overturning a chess table when losing to his father), he mellowed down and carried himself with utmost grace over the years. He earned his right to become the greatest ambassador of his sport.

Defying boundaries of age

Federer has been playing and winning well past an age that is customary in tennis, to the point that his two sets of twins, now aged 13 and 8, eventually were able to be present in courtside guest boxes. He returned after knee surgery in 2016, the first significant absence of his career, and used a larger racket head and a rebuilt backhand to win his last three Slams.

Longevity across generations

When it came to defining success, Federer cared about longevity as much as his trophies. He was proud of facing—and defeating—stars from an earlier generation (Sampras and Andre Agassi); from his own generation (Andy Roddick, Lleyton Hewitt, Marat Safin); next-gen players (Rafael Nadal, Novak Djokovic, Andy Murray, Stan Wawrinka); and from the current crop (Daniil Medvedev, Stefanos Tsitsipas). He chased the first group, dominated the second, duelled with the third and set an example for the fourth.

Tantalising match-ups

Federer put together unprecedented stretches of elite play, appearing in 10 consecutive Grand Slam finals (and 18 of 19), 23 semi-finals and 36 quarter finals in a row. His contests against Nadal, now 36, and Djokovic, 35, were tantalising match-ups against a backdrop of differing ways of play and contrasting personalities. "I was lucky enough to play so many epic matches that I will never forget," Federer wrote in his goodbye post to his competitors. "We battled fairly, with passion and intensity. We pushed each other, and together we took tennis to new levels," he said.

Slow starter

Predicted to be a star from the time he won the Wimbledon junior title as a teenager, and built on when he stunned Sampras in the fourth round in 2001, it took Federer a little time to get pointed in the right direction: He did not win a quarter final match in his first 16 Grand Slam appearances. Soon there was concern: Might Federer not quite be as good as he, and others, thought? But when he claimed his first Grand Slam title at Wimbledon—the win. "There was pressure from all sides; also from myself. I wanted to do better in Slams. It's an absolute dream for me. I was always joking around when I was a boy: I'm going to win this," said Federer.

Never leaving

If anyone worried that Federer is gone for good, one of those athletes who wants to disappear after the playing days are done, he concluded his farewell note with these words: "To the game of tennis: I love you and will never leave you." AP

THE KING BOWS OUT OF TENNIS

"Every time people write me off, or try to write me off, I'm able to bounce back," Roger Federer had once said in an interview. Last week, just past his 41st birthday, the legendary Swiss tennis player announced there would be no more comebacks. The 41-year-old has struggled with a knee injury for the past three years that has restricted him to only three of the 11 Grand Slams staged since the start of 2020. The Laver Cup would be his last tournament before retiring from competitive tennis. A look at his achievements and accolades...



FEDERER'S TEN LANDMARK MATCHES

2001 WIMBLEDON VICTORY OVER SAMPRAS

A 19-year-old Federer announced himself to the world by ending Pete Sampras's 31-match winning streak at Wimbledon in the fourth round.

2003 WIMBLEDON FINAL AGAINST PHILIPPOUSSIS

Federer defeated towering Australian Mark Philippoussis to win his first Grand Slam title, becoming the first Swiss men's singles champion at the tournament.

2004 US OPEN FINAL AGAINST HEWITT

Federer thrashed Australian Lleyton Hewitt 6-0 7-6(3) 6-0 in the final for his first US Open title. His victory at Flushing Meadows came after triumphs at the Australian Open and Wimbledon, making him the first man since Mats Wilander in 1988 to win three majors in a season.

2008 WIMBLEDON FINAL AGAINST NADAL

Rafael Nadal ended Federer's bid for a sixth straight Wimbledon title with a 6-4 6-4 6-7(5) 6-7(8) 9-7 victory in a final that lasted nearly five hours.

There were two rain interruptions and the contest finished in fading light, bringing to an end Federer's streak of 65 straight wins at Wimbledon and his hopes of surpassing Bjorn Borg's five consecutive titles.

2009 AUSTRALIAN OPEN FINAL AGAINST NADAL

Nadal denied Federer a record-equalling 14th Grand Slam singles crown at the Australian Open with a 7-5 3-6 7-6(3) 3-6 6-2 victory in a pulsating final on the blue hardcourt in Melbourne.

2009 FRENCH OPEN FINAL WIN AGAINST SODERLING

Federer lifted the trophy at Roland Garros for the first time after defeating Robin Soderling 6-1 7-6(1) 6-4. The Swiss had lost three consecutive finals to Nadal at the claycourt Grand Slam before facing Soderling, who had helpfully ousted the Spaniard in the fourth round.

With the win, Federer completed the career Grand Slam and equalled Sampras's record of 14 major crowns.

2014 WIMBLEDON FINAL AGAINST DJOKOVIC

Federer was denied a record eighth Wimbledon title when Djokovic defeated him 6-7(7) 6-4 7-6(4) 5-7 6-4 in a gripping final at the All England Club. In a stirring fightback, the Swiss forced a fifth set after trailing 5-2 in the fourth but could not make it count in the end.

2017 AUSTRALIAN OPEN FINAL AGAINST NADAL

Returning from a six-month injury layoff, Federer clinched his first Grand Slam title in four and a half years with a thrilling 6-4 3-6 6-1 3-6 6-3 win over Nadal.

At 35, Federer became the oldest player to claim a major title since Australia's Ken Rosewall won at Melbourne Park in 1972 at the age of 37.

2018 AUSTRALIAN OPEN FINAL AGAINST ILIC

Six months after defeating Marin Cilic in the Wimbledon final, Federer beat the Croat again to claim a sixth Australian Open title.

He became only the fourth player after Margaret Court, Serena Williams and Steffi Graf, to win 20 or more Grand Slam singles titles, while also equalling Rod Laver's record of four majors after the age of 30.

2019 WIMBLEDON FINAL AGAINST DJOKOVIC

Federer had two championship points on his serve but still lost 7-6(5) 1-6 7-6(4) 4-6 13-12(3) in a tiebreaker after the longest singles final in Wimbledon history. It was to be his last Grand Slam final.

RECORDS

Roger Federer has won 20 Grand Slam singles titles, third to Rafael Nadal (22) and Novak Djokovic (21).

He has won 8 Wimbledon titles, an all-time record.



This file combination of photo created on July 16, 2017 shows Switzerland's Roger Federer holding up the Wimbledon Championships trophy after winning each of his eight men's singles titles at The All England Tennis Club, in Wimbledon, southwest London, in (top L-R) 2003, 2004, 2005, 2006, (bottom L-R) 2007, 2009, 2012 and July 16, 2017.

One of eight men to have won a career Grand Slam (winning all four Grand Slams at least once). Has 105 career wins at Wimbledon and 102 career wins at the Australian Open.

One of four players to have won a career Grand Slam on three different surfaces, **hard, grass** and **clay courts**.

Has won 24 tour-level finals in a row, which includes five at Grand Slams, two ATP Finals and seven at Masters 1000 events.

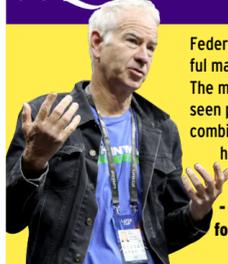
Only player to win two different majors five years in a row each.

Held world No. 1 spot in ATP rankings for a record 310 weeks.

Was selected by fellow players as winner of the Stefan Edberg Sportsmanship Award 13 times (2004-2009, 2011-2017).

As of November 2020, Roger Federer holds the world's second highest number of Guinness World Records within one discipline.

Quotes.....



Federer... is the most beautiful man to watch play tennis. The most beautiful I've ever seen play. His movement, combined with the artistry, his racket, the look, he's got everything going.

- John McEnroe, former tennis player

Roger, it's hard to see this day and put into words all that we've shared in this sport together. Over a decade of incredible moments and battles to think back on. Your career has set the tone for what it means to achieve excellence and lead with integrity and poise. It's an honour to know you on and off the court, and for many more years to come.

- Novak Djokovic, tennis player



There won't be anybody like him. There will be people who will win more tournaments or will have more Grand Slams. There will always be a new No. 1. There will always be someone holding a trophy up. But no one has had such a big impact and will continue to have such a big impact.

- Tony Godtsick, Federer's agent since 2005

TRIVIA

Federer is nicknamed King Roger, the Federer Express (shortened to Fed Express or FedEx), the Swiss Maestro or just Maestro

Federer served as a ball boy at his hometown Basel tournament, the Swiss Indoors, in 1992 and 1993

He had a special jacket with a gold "15" on it to don right there on Centre Court after winning Wimbledon in 2009, when he broke Pete Sampras' men's mark of 14 career major trophies

In 2003, he established the Roger Federer Foundation to help disadvantaged children and to promote their access to education and sports