

OCTOBER 10 IS WORLD MENTAL HEALTH DAY

Eat, Play and Love

THESE EASY WAYS TO RECONNECT WITH YOUR FAMILY CAN HELP CREATE A SUPER POSITIVE DYNAMIC

1 FUN UP FAMILY MEALS. We know that eating together can boost achievement in children, lower the chance for eating disorders in girls, and reduce depression rates in both girls and boys. But that doesn't mean meals have to be serious, formal affairs. Simple, humorous rituals are what children remember as adults. Try a monthly 'backward day,' serving breakfast for dinner and vice versa, or watch Saturday-morning cartoons together over breakfast. "Silly things that don't cost a dime will bring you closer together," says Michele Borba, EdD, author of "The Big Book of Parenting Solutions".

2 STAY HOME, STAY TOGETHER. Tape a note to the telephone that says 'No!' to remind you not to spread yourself too thin, especially during the holidays. It's fine to make cupcakes for the school party, but do it with your child. And staying home for a night of reading books or watching movies may be a lot more meaningful to your family than a flurry of parties. "Reading aloud, in particular,



lar, is a great way to stimulate family conversation," Borba says.

3 BE THE COOL PARENTS. Creating a welcoming space for your kids and their friends is one of the smartest things you can do. So, install a basketball goal and stock up on board and video games and healthy snacks. "As your kids get older, they tend to be friend others with similar values and interests," Borba says. "You can find out a lot about your child by who they hang with."

4 CREATE (AND UPHOLD) BOUNDARIES. Families that set strict, clear expectations for their children are happier, according to Scott Haltzman, MD, author of "The Secrets of Happy Families." "Kids may tell you they want to be free, but the idea is actually frightening to them," he says. Make sure your children know and understand family rules.

5 HAVE AN ADVENTURE. A vacation breaks down the traditional way of doing things. In fact, being in a new place increases dopamine (feel-good chemicals) in the brain, which helps bring everyone closer together. Research also shows that people who give (time or money) are happier. "It's important that children learn that they are not the centre of the universe and that they can have an impact on the world

around them. Volunteer at a local soup kitchen or shelter," Dr Haltzman says. If time is tight, ask your children to donate a portion of their allowance to a charity of their choice, and tell them you will match it.

6 CELEBRATE YOUR HISTORY. Sharing details from your family tree will help your kids feel like they belong to something greater than themselves and make them feel more grounded. Look through old photo albums with them and share family memories, stories, and adventures.

7 START TEXTING. It's one of the best ways to stay plugged in to your kids' life. A simple, short 'How are you?' keeps you in their mind. And it's an easy way to say, "I love you" without embarrassment.

Activities to engage in for better mental health

Here are four simple ways to heal your body and mind

WALK TO REDUCE YOUR DEPRESSION

Multiple studies show physical activity can be an effective treatment for mental health problems. And it doesn't have to be intense cardio activity to provide benefits. Studies show 200 minutes of walking per week (which is less than 30 minutes per day) greatly reduces depression and improves quality of life. In fact, some studies show walking can be just as effective as antidepressant medication. But you don't have to be depressed to experience the mental health benefits of walking. Taking regular walks boost emotional health in people who aren't depressed too.



SMILE TO DECREASE YOUR PHYSICAL PAIN

Researchers have discovered there's some truth behind the old saying, "Grin and bear it." If you're in pain, smiling can help you feel the pain less intensely. Frowning, on the other hand, can intensify your pain. Studies show smiling influences your physical state. A smile can decrease your heart rate during a stressful activity, even if you don't feel happy.



TAKE DEEP BREATHS TO IMPROVE YOUR ATTENTION SPAN

A few minutes of deep breathing can improve your concentration. Counting those breaths can be especially beneficial if you're a heavy media multitasker. Studies show people who multi-task have trouble taking tests that require sustained concentration. Taking a few deep breaths can provide an immediate boost in focus.



LIFT WEIGHTS TO COMBAT ANXIETY

A lot of people report frequent anxiety lasting 15 to 30 days a month. Symptoms include nervousness, fear, apprehension and worry; without intervention, anxiety can lead to poor sleep, aches and pains, poor health and physical limitations. Studies show that weight lifting is a meaningful intervention for anxiety. Perhaps the best news is, you don't have to do high-intensity weight lifting to reap the benefits.

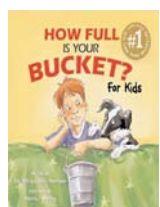


BOOKS ON MENTAL HEALTH FOR 10-YEAR-OLD READERS

How Full is your Bucket

by Tom Rath and Mary Reckmeyer

A gentle reminder that every moment matters. Readers meet Felix, a young boy, who begins to see how every interaction in a day either fills or empties his 'invisible' bucket.



The Scar

by Charlotte Moundlic and Olivier Tallec

A moving story about a young boy who learns to understand, accept and cope with the grief of losing his mom.



Don't Feed The WorryBug

by Andi Green

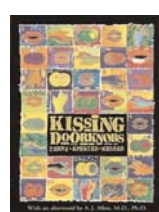
In this book, Wince who worries a lot discovers the secret to keeping his worries from getting monstrous.



TEEN/YOUNG ADULT READERS

Kissing Doorknobs

by Terry Spencer Hesser

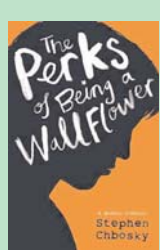


11-year-old Tara's 'quirks' start innocently before they develop into deeper compulsions. This book will help to understand obsessive-compulsive disorder and how to deal with it.

The Perks of Being a Wallflower

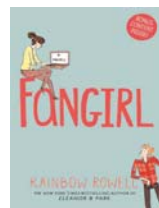
by Stephen Chbosky

A touching story that helps up learn about a series of mental health issues, mainly depression, anxiety, and PTSD; and hope.



Fangirl

by Rainbow Rowell



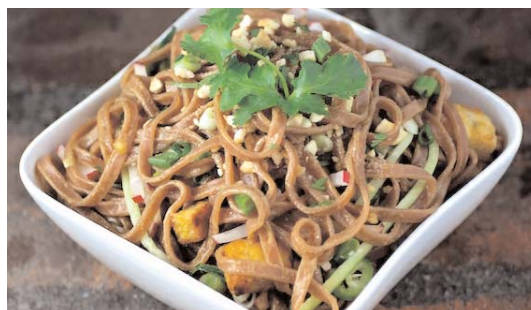
A story of twins who grow up without a mother and a busy father. It shows the effects of mental illness, not just on the patient but on the people around them.

Have you tried red rice noodles?

Can noodles ever be healthy? Well yes! Red rice noodles is a nutritious alternative to instant or regular noodles. Made with red rice and whole-wheat flour, they are rich in fibre and antioxidants. What's more, you can easily get them from food marts or order them online and cook at home.

REASONS FOR ITS POPULARITY

- * The bran in red rice keeps you fuller for a longer period of time.
- * The presence of wholegrains makes red rice noodles easy to digest.
- * You can make it in a jiffy as it cooks very fast.
- * You can make it healthier by adding lots of green vegetables like broccoli, red/green bell peppers and also chicken or eggs.



Brown versus red rice

So, you thought brown rice was healthier? Red rice not only adds colour to our diet, but has 10 times more antioxidants than brown rice and regular polished rice. It is also rich in iron, calcium, vitamin, phosphorus, fibre and comes with an amazing nutty flavour.

QUIZ TIME (SCHOOL FACTS)



Q.1) This primary school located in Tibet is considered the highest school in the world.

- A. Phumachangtang
B. Dhujachangtang
C. Omunchangtang
D. Komachangtang

Q.2) The ____ in Canterbury, England is the world's oldest school.

- A. Queen's School
B. King's School

C. Martin's School
D. Oxford School

Q.3) A school in the Philippines is made entirely of ____.

- A. Hay B. Glass
C. Recycled pop bottles
D. Mud

Q.4) The largest school in the world in terms of number of students is the ____.

- A. City Montessori School in Nasik
B. City Montessori School in Lucknow

in Lucknow
C. City Montessori School in Chennai
D. City Montessori School in Mumbai



ANSWERS

1. A) Phumachangtang, Tibet 2. B) King's School
3. C) Recycled pop bottles
4. B) City Montessori School in Lucknow

GRAMMATICAL MISTAKES

GOOD/GOODS

THE RULES:

- "Good" means having the right or desirable qualities.
- "Goods" implies movable property, merchandise.

HOW NOT TO DO IT:

- His workmanship is **goods**.
- The **good** sent by train were damaged in transit.

HOW TO DO IT PROPERLY:

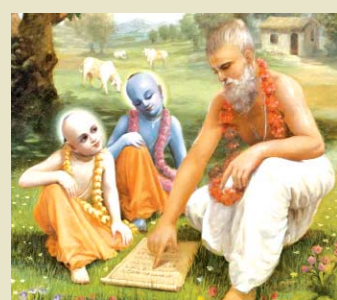
- His workmanship is **good**.
- The **goods** sent by train were damaged in transit.
- This food smells **good**.

IDIOM OF THE DAY

EXPERIENCE IS THE BEST TEACHER

Meaning: Most wisdom is gained by experiencing different things

KNOWLEDGE BANK (EDUCATION)



Gurukul

It was a residential schooling system whose origin dates back to around 5000 BC in the Indian subcontinent. It was more prevalent during the Vedic age where students were taught various subjects and how to live a cultured and disciplined life. The Gurukul was actually the home of teacher or acharya and was the centre of learning where pupils resided till their education got complete. All were considered equal at the Gurukul, the guru (teacher) as well as the shisya (student).

WORD WISE

Circumlocution: (noun) Using more words than are necessary, instead of speaking or writing in a clear, direct way

Synonymous words:

Circuitousness, indirectness, long-windedness, verbosity, beating about the bush, etc

Examples:

- She does not

like people using **circumlocution** when facts are sought.

■ Siddharth was **indirect** in his speech as he tried to convey the tragic news.

■ The girl put aside the book as she got bored with the **verbosity** in it.

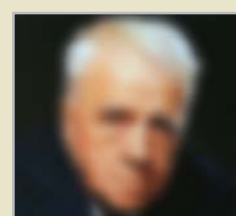
■ She loved to **beat about the bush**.

TELL US A STORY

Develop a story based on the pictures in around 250 words. Send your entry along with your name, class, school and picture at toinle175@gmail.com



IDENTIFY THE PERSONALITY



Few know that this famous poet worked as an English teacher at New Hampshire's Pinkerton Academy from 1906 to 1911.

Answer: Robert Frost

CHECK YOUR APTITUDE



1 A boat goes 11 km/hr along the stream and 5 km/hr against the stream. The speed of the boat in still water is....

- A. 3 km/hr B. 5 km/hr
C. 1.8 km/hr D. 9 km/hr

2 A motorboat, whose speed in 15 km/hr in

still water goes 30 km downstream and comes back in a total of 4 hours 30 minutes. The speed of the stream (in km/hr) is....

- A. 4 B. 10 C. 6 D. 5

3 What least number must be added to 1056, so that the sum is completely divisible by 23 ?

- A. 3 B. 2 C. 18 D. 21

ANSWER: 1. 8km/hr 2. 5 3. 2

FLYING UNDER THE RADAR

We are done with one third of the tournament. There are strong contenders emerging for orange and purple caps, but there are other unsung heroes who perform admirably without getting the due credit. We list such players...

MOHAMMED SHAMI (KXIP)

A veteran of 49 Tests, 77 One-Day Internationals and 11 T20s, Shami has been in top form in the recent past. He has picked up eight wickets in four games though his team is struggling. He says, "I like to perform to the best of my ability."

KIERON POLLARD (MI)

Kieron Pollard is a vital clog in Mumbai Indians' scheme of things. Pollard's 163 runs in 6 innings at a strike rate of over 200 shows his class. His 24 ball 60 against RCB and 20 ball 47 against KXIP displayed his superhuman abilities. That's not all, he comes in handy with the ball too.

PRITHVI SHAW (DC)

Prithvi Shaw has been a key player for Delhi Capitals who won four of five games to hit the second spot in the points table. Shaw has scored two half-centuries and missed one by just eight runs. Experts attribute a change in technique to the improvement. Shaw has moved a bit to the off-stump, opening for himself space on the leg-side to score runs and correcting a small error that was seemingly causing him trouble.

AXAR PATEL (DC)

Axar Patel was given a chance against RCB, and the spinner returned with the figures of 2-18 from his four overs as Delhi Capitals defeated the Kohli-led side by 59 runs. Patel is regarded as a 'hero' within the Delhi Capitals side.

JAMES PATTINSON (MI)

Defending champions Mumbai Indians signed Australian speedster James Pattinson ahead of the tournament and he certainly has not disappointed. Pattinson has taken nine wickets in six innings with an economy rate of 7.72. With his fabulous performance, he has kept pacers Nathan Coulter-Nile and Michell McClenaghan out of playing XI.

It was very pleasing to see Prithvi Shaw, we are starting to see the real class of the top order players in the IPL. He is technically very good, he is very good against fast bowling and spin bowling.
Ricky Ponting, head coach DC

Batsmen let team down: MS

Dhoni promoted himself to No. 4 but was cleaned up by spinner Varun Chakravarthy

Chennai Super Kings skipper Mahendra Singh Dhoni said the batsmen let the team down after a spirited comeback by the bowlers in the Indian Premier League game against Kolkata Knight Riders. Chasing 168, veteran opener Shane Watson struck his second successive fifty to give CSK a perfect start on Wednesday, but the team choked at the back end of the innings and was restricted to 157 for five to suffer its fourth defeat in five matches.

"In the middle overs, there was a phase when they bowled two-three good overs. Then we lost two-three wickets in a row. If our batting was different during that period, the result would have been different."

You have to be slightly innovative in these scenarios. If someone is bowling just back of a length, you have to find a way to hit boundaries. We did not adapt well
MS Dhoni, CSK captain



Liverpool midfielder Marko Grujic joins FC Porto

Djokovic defeats Busta to reach 10th semi-final



World number one Novak Djokovic defeated Spain's Pablo Carreno Busta 4-6, 6-2, 6-3, 6-4 to reach the last four of a major for the 38th time

HIGHLIGHTS

In other men's singles semifinal, 12-time champion Rafael Nadal will lock horns with Diego Schwartzman.

In the women's singles event, Kvitova booked her place in the last four following a 6-3, 6-3 win over Laura Siegemund in 78 minutes. Kvitova will face this year's Australian Open champ Sofia Kenin for a finals place

TEST YOUR KNOWLEDGE

GK QUIZ | Theme: Internet, Computer and its devices

Q1. Who is the father of the computer?

- a) Charles Newman ☐ b) Charles Babbage ☐
c) Henry Babbage ☐ d) Henry Luce ☐

Q2. Charles Babbage designed two engines. They are?

- a) Addition and Subtraction Engine ☐
b) Analytic and Digital Engine ☐
c) Analytic and Difference engine ☐
d) Addition and Multiplication Engine ☐

Q3. What is the full form of HTTP:

- a) Hyper Transfer Text Protocol ☐ b) Hyper Text Transfer Protocol ☐
c) Hexagonal Text ☐

- Transfer Protocol ☐ d) Hexagonal Transfer Text Protocol ☐

Q4. Which type of software is an operating system?

- a) Utility Software ☐ b) System Software ☐
c) Application Software ☐ d) Firmware Software ☐

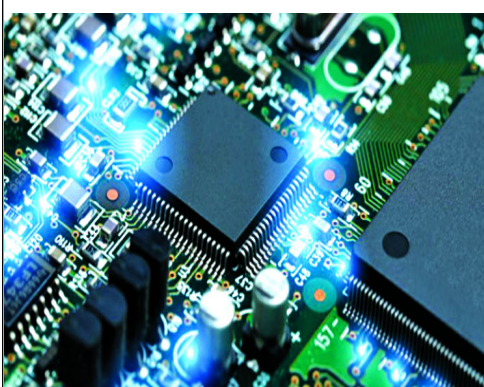
Q5. Which generation of computers used VLSI (Very Large Scale Integrated Chips) technology that brought changes into the hardware industries?

- a) First Generation ☐ b) Second Generation ☐
c) Third Generation ☐

- d) Fourth Generation ☐

Q6. What is the full form of URL?

- a) Uniform Resource Locator ☐ b) Uniform Resource Link ☐
c) Uniform Registered Locator ☐ d) Unified Resource Locator ☐



Q7. Which of the following precisely define computer?

- a) A machine which is lightweight and used for calculation. ☐ b) A unit record machine ☐

- c) An electronic device that can store and process data to give desired result. ☐ d) A program instruction machine. ☐

Q8. Which was the first computer installed in India?

- a) ENIAC ☐ b) HEC-2M ☐
c) SZ 40/42 ☐ d) Harwell CADET ☐

Q9. What is the name of the first supercomputer in India?

- a) Saga 220 ☐ b) Param 8000 ☐
c) ENIAC ☐ d) Param 3000 ☐

Q10. Binary Codes as used in computer sciences are codes made up of which of the following two numbers?

- a) 0 and 9 ☐ b) 1 and 3 ☐
c) 0 and 1 ☐ d) None of these ☐

Q11. Who was the inventor of Ctrl+C (copy), Ctrl+V (Paste) and Ctrl+X (Cut)?

- a) Bill Gates ☐ b) Larry Tesler ☐
c) Christopher Latham Sholes ☐
d) David Sundstrand ☐

Q12. The first Generation Computer used _____ for circuitry and _____ for memory.

- a) Transistors, Magnetic Drums ☐
b) Vacuum Tubes, Magnetic Drums ☐
c) Circuits, Magnetic Drums ☐
d) None of these ☐

ANSWERS: 1 b) Charles Babbage 2 c) Analytic and the Difference engine 3 b) Hyper Text Transfer Protocol 4 b) System Software 5 d) Fourth Generation 6 a) Uniform Resource Locator 7 c) An electronic device that can store and process data to give desired result. 8 b) HEC-2M 9 b) Param 8000 10 c) 0 and 1 11 b) Larry Tesler 12 b) Vacuum Tubes, Magnetic Drums