

Are you saving SEEDS?

Sustainable Living

We have for long been collecting marbles, stamps or postcards as hobbies. But ever heard of seed saving? A common practice in our grandparents' time, the practice of saving seeds is reviving as a new hobby for many young citizens as activities like urban farming, terrace farming, vertical gardens, and other methods surge in urban India.



WHY THIS IDEA IS BECOMING POPULAR?

Changing lifestyle choices, mainly the desire to go organic, is one motivation for people to move towards growing their own food. Nandini Diesh, a corporate lawyer who manages a cooperative farm in Noida, says, "Seed is the only wealth of a farmer and as an urban farmer, we save seeds not only from the farm produce but at home as well." Lockdown proved to be very productive for Divya Roy, a student. "Saving and sharing home-grown, organic seeds can be great for sustainable living. There's no greater joy than sowing the seeds that you get from your own plants. As I've just started growing my own herbs, I reuse the tomatoes of my plant to grow new plants," Divya shares.

Beginner's Guide to Seed Saving

- 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, neighbours

SEEDS LEAD TO SELF-SUFFICIENCY!

As self-sufficient India is the talk of the town these days, why not be self-sufficient when it comes to growing your own food. "Seeds are a symbol of self-reliance and nutrition," says Dr Shalini Bhutani, National Consultant at UN Food and Agriculture Organisation (FAO).

SEED SAVING IS GOOD FOR ALL

Delhi-based garden designer Poornima Savargaonkar says, "Saving seeds of your own plants can be a useful and fruitful activity for older people and a hands-on, fun experience for children." The practice of seed saving extends to sharing of seeds as well. Savargaonkar says, "I barter my seeds with people who also have saved seeds." Traditional practice of saving seeds has given way to formation of seed banks, vaults and libraries.

THE TIMES NIE SOCIAL MEDIA ... ARE YOU THERE YET?

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TEST YOURSELF HISTORY MYSTERY



CHANDRAGUPTA MAURYA
The Majestic Maurya at 16 (reign: 321-297 BC)

Chandragupta Maurya, establishing the first pan-Indian empire. His enemies quivered at his fearsome army - 600,000 foot soldiers, 30,000 horses and 9,000 war elephants.

Leadership 101: Maurya's systematic demolition of the Nanda empire taught us that in case there is a grave threat, we should know how to convert them into opportunities.

OMG FACT: Chandragupta defeated the neighbouring Greek king Seleucus and gave him 500 elephants in exchange for all of Afghanistan!

SHIVAJI The Mighty Maratha (1627 - 1680 CE)

Shivaji Bhonsle was born in 1627 CE in Pune. His mother Jijabai trained him from an early age to become a prince. **Leading from the front:** An 18-year-old Shivaji, using war tactics like guerrilla warfare, went on to form the mighty Maratha empire. They dominated India for the next 150 years.

Leadership 101: He was goal-oriented. At the age of 15 Shivaji set his goal as Swarajya (self rule).

OMG FACT: An Englishman with the East India Company wrote about Shivaji: "Report hath made him an Airy Body and added Wings, else it were impossible for him to be in so many places... at one time..."

Archana and Shruti Garodia, authors of 'The History of India For Children' talk about some inspiring Teen Leaders who left their mark on us...

Mask friendly skincare

As we wear masks for longer hours outdoors, there's reason to practice extra caution to prevent 'maskne', hyper-pigmentation and other such skin-related issues. Here's what you can do to keep your skin in good condition along with 'masking it'.

- Wear masks after thoroughly cleansing your face and applying a moisturising cream. "The creams act as a barrier between the mask's fabric and your skin, thus helping avoid friction and rashes," explains dermatologist Dr Kavya Bhagat.
- Wear your face mask 5-10 minutes after you have applied a moisturiser, to give your skin some time to absorb the cream.
- Exfoliation twice a week is also recommended to prevent acne and blackheads that may appear because of the masks.
- Take off your mask as soon as you are inside your home. If you notice any inflammation or redness, immediately apply ice on affected areas. This will calm the irritated skin.
- Always wash your face after taking off your mask followed by moisturiser or cream application.
- Ensure the fabric of your mask is not harsh on your skin. Pick face masks with soft material. TNN



Quiz time

MIXED BAG

Q.1) In which year was the Pulitzer Prize established?
A. 1917 B. 1918 C. 1922 D. 1928

Q.2) B C Roy Award is given in the field of....
A. Music B. Medicine
C. Journalism D. Environment

Q.3) Gandhi Peace Prize for 2000 was awarded to the former President of South Africa. Who was the other recipient?
A. Sathish Dawan
B. C Subramanian

Q.4) The prestigious Ramon Magsaysay Award was conferred upon Kiran Bedi for her contribution in which field?
A. Literature
B. Community Welfare
C. Government Service
D. Journalism


ANSWERS

1. A) 1917 2. B) Medicine 3. C) Grameen Bank of Bangladesh 4. C) Government Service

KNOWLEDGE BANK

GEOGRAPHY

Taumata Hill
In New Zealand near Porangahau in Hawke's Bay is an unassuming hill known as "Taumata whakatangiri hangakoauau o tamatea turi pukakapiki maunga horo nuku pokai whenua kitanatahu", which translated into English means "the place where Tamatea, the man with the big knees, who slid, climbed and swallowed mountains, known as 'landeater', played his flute to his loved one." Locals simply call it Taumata Hill.



Scoring 8

How many ways can you score a total of 8 when you roll two dice? Record your answers below.

Red	Black	Total
		= 8
		= 8
		= 8
		= 8
		= 8

MATH Game

How many ways?

You have three boxes. You have 7 buttons.

How many ways can you put the buttons in the boxes?

I have done one for you:

Box A	Box B	Box C
5	1	1

How many ways?

You have three boxes. You have 10 buttons.

How many ways can you put the buttons in the boxes?

I have done one for you:

Box A	Box B	Box C
8	1	1

Making Math fun is essential to engage most students in even learning the basics. We see the difference in achievement when students are engaged and participating. So making learning fun is a big part of our goal!