

e have for long been collecting marbles, stamps or postcards as hobbies. But ever neard 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.

skincare Mask friendly

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

Wear masks after thoroughly

cleansing your face and applying a

as a barrier between the mask's

fabric and your skin, thus helping

dermatologist Dr Kavya Bhagat.

avoid friction and rashes," explains

Wear your face mask 5-10 minutes

ve your skin some time to absorb

after you have applied a moisturiser,

Exfoliation twice a week is also

recommended to prevent acne and

moisturising cream. "The creams act



Sustainable Living

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.

blackheads that may appear because

are inside your home. If you notice

any inflammation or redness, immedi-

ately apply ice on affected areas. This

> Always wash your face after taking

off your mask followed by moisturiser

Ensure the fabric of your mask is

not harsh on your skin. Pick face

masks with soft material. TNN

will calm the irritated skin.

or cream application

Take off your mask as soon as you

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CHANDRAGUPTA

(reign: 321-297 BC) hanakya was passing by a vil- Maurya's systematlage in Bihar, when he saw a ic demolition of the boy of 8 playing at being 'pre- Nanda tend' king with his friends. He taught us that in case

places... at one

ng Teen Leaders who left their mark on us.

time...'

mined to train him to become a great warrior king. Leading from the front: When he

was 16, Maurya attacked the Nanda empire. By 20, he had demolished them and was crowned Emperor Chandragupta

Maurya, estab-**OMG FACT:** lishing the first Chandragupta pan-Indian emdefeated the pire. His enemies quivered at his fearneighbouring some army - 600,000 MAURYA foot soldiers, 30,000 Greek king Seleucus and The Majestic Maurya at 16 horses and 9,000 gave him 500 war elephants. eadership 101: elephants in

of Afghanistan! saw some spark of brilliance in this there is a grave threat, we should know young lad and took him away - deter- how to convert them into opportunities.

exchange for all



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

in the field of.... A. Music B. Medicine

C. Journalism D. Environment

Africa. Who was the other Q.2) B C Roy Award is given

Q.3) Gandhi Peace Prize for 2000 was awarded to the former President of South

recipient? A. Sathish Dawan

B. C Subramanian

C. Grameen Bank of Bangladesh D. World Health Organisation

the cream.

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

KNOWLEDGE BANK



s 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'.

Hill

In New Zealand near Porangahau

in Hawke's Bay is an unassuming hill known as "Taumata

whakatangi hangakoayay 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.

SHIVAJI The Mighty Maratha (1627 - 1680 CE)

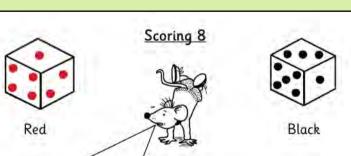
OMG FACT: An hivaji Bhonsle was born in 1627 CE in Pune. His **Englishman with** the East India Company wrote about Shivaji: 'Report hath made him an Airy Body and added Wings, else it were impossible for him to be in so many

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 Leadership 101: He was goal-oriented. At the age of 15 Shivaji set

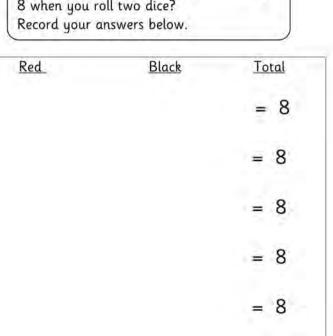
his goal as Swarajya (self rule). Archana and Shruti Garodia, authors of 'The History of India Fo

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

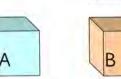




How many ways can you score a total of 8 when you roll two dice? Record your answers below.



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

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

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!