



THE TIMES OF INDIA

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STUDENT EDITION



FRIDAY, JUNE 19, 2020

WEB EDITION

India sails through UNSC

India was elected as a non-permanent member of the powerful UN Security Council for a two-year term (January 2021-December 2022) on Wednesday, winning 184 votes in the 193-member General Assembly. Along with India, Ireland, Mexico and Norway also won the Security Council elections. There were 192 Member States present for voting, and the 2/3 required majority was 128. India garnered 184 votes. Canada lost the elections.

THE QUOTA: The UNSC consists of 15 members: 10 non-permanent and five permanent members — China, France, Russia, the UK and US. Each year the General Assembly elects five non-per-



THE SIGNIFICANCE

The 2021-22 term will be critical for India. New Delhi has been pushing efforts to reform the Security Council and seek permanent membership of the Council. Support for India has been increasing, with a number of countries advocating that the current UNSC does not represent the geo-political realities of the 21st Century

NOT A FIRST: India, one of the founding members of the world body, has been elected as a non-permanent member of the Council, seven times in the past for the year, 1950-1951, 1967-1968, 1972-1973, 1977-1978, 1984-1985, 1991-1992 and 2011-2012

manent members (out of 10 in total) for a two-year term. The 10 non-permanent seats are distributed on a regional basis: five for African and Asian States; one for Eastern European States; two for the Latin American and Caribbean States and two for Western European and other States.

PM REACTS: PM Narendra Modi said, India will work with all member countries to promote global peace, security, resilience and equity.

India's deepest solar eclipse on Sunday

India will witness its "deepest" annular solar eclipse of this century this Sunday (June 21), with the sun appearing as a necklace of pearls for around 30 seconds, during the maximum phase, along a narrow corridor running through Rajasthan, Haryana and Uttarakhnad. The eclipse will be partial in the rest of the country. With the next eclipse (visible from the country) 11 years away in 2031, this is a big astronomical event for India.



CELESTIAL EVENT

► An annular solar eclipse occurs when the apparent size of the Moon is slightly less than that of the sun. It leaves the outer rim of the latter uncovered, giving the appearance of a "ring of fire". ► During this eclipse, that ring is expected to be very thin as the Moon will cover up to 98.8% of the solar disc, making it the "deepest" annular eclipse of the century in India, according to experts. ► There's a possibility that the sun's corona, an ethereal white halo around the solar disc, will be visible during this eclipse.

DOS & DONT'S

◀ The eclipsed sun should not be viewed with the naked eye, even for a very short time. It will cause permanent damage to the eyes, leading to blindness. ◀ Observe the solar eclipse either by using a proper filter, like aluminised Mylar, black polymer, welding glass of shade number 14, or by making projection of sun's image on a whiteboard by telescope

HALF OF EARTH'S LAND CAN STILL BE SAVED FROM HUMAN DAMAGE

ENVIRONMENT



According to a latest study, about half of Earth's ice-free land remains unaltered by humans and can still be protected with swift conservation measures. This was revealed after US researchers compared four recent global maps showing the conversion of natural lands to 'anthropogenic land' — land that has been exploited by humans. They concluded that between 48 to 56 per cent of the world's land that is not covered with ice shows 'low' influence of humans.

THE SIGNIFICANCE

► According to 'Daily Mail', the researchers claimed that intact natural lands can help purify air and water, recycle nutrients, enhance soil fertility and retention, pollinate plants and break down waste — services worth trillions of dollars annually

► Approximately, 15 per cent of the Earth's land surface and 10 per cent of the oceans are currently protected in some form.

NEWS IN BRIEF

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'JURASSIC WORLD: DOMINION' TO RESUME PRODUCTION IN THE UK NEXT MONTH

The production of the UK schedule of 'Jurassic World: Dominion' will resume in July, making the Chris Pratt-Bryce Dallas Howard starrer, one of the first major studio titles, to start filming in the country. The production of 'Dominion' was suspended in mid-March due to the coronavirus pandemic. Production of Warner Bros's Matt Reeves-directed 'The Batman' and the third part of 'Fantastic Beasts and Where to Find Them', Disney's 'The Little Mermaid' were other big studio titles to shut down in the UK in March.

As per UK government rules, anyone flying into the country to restart work on the film, including Pratt and Howard, will be forced to undergo a two-week quarantine

ENTERTAINMENT



JUNETEENTH



WHAT: Juneteenth, an annual holiday commemorating the end of slavery in the United States, has been celebrated by African-Americans, since the late 1800s. In recent years, and particularly following nationwide protests over police brutality and the deaths of George Floyd, Breonna Taylor, Ahmaud Arbery and other African-Americans this year, there is a renewed interest in the day that celebrates freedom.

WHEN: On June 19, 1865, enslaved African-Americans in Galveston, Texas were informed of their freedom and that the Civil War

had ended. The holiday received its name by combining June and 19. The day is also sometimes called 'Juneteenth Independence Day', 'Freedom Day' or 'Emancipation Day.'

X-PLAINED

HOW: Initially, the day was celebrated by praying and bringing families together. In some celebrations on this day, men and women who had been enslaved, and their descendants, made an annual pilgrimage back to Galveston. Celebrations reached new heights in 1872, when a group of African-American ministers and businessmen in Houston purchased 10 acres of land and created Emancipation Park.

JUNE 21

FATHER'S DAY

GET CREATIVE TO CELEBRATE DAD



SHOW YOUR APPRECIATION

Tell your father how much he means to you in a handwritten letter. To make it really personal, use a plain piece of paper, rather than a card. The key is to recall specific moments where he made a lasting impact on you. Jot down instances when you truly connected.

KNOW YOUR FATHER

Take a moment to ask your father all sorts of questions about his life. For a more playful approach, rope in the whole family and get to know your father through trivia. Have him team with a family member to create a quiz about his life. (The questions should be difficult, otherwise you won't learn much.) Bring out some snacks and make a game night out of it.

SPEND QUALITY TIME WITH HIM

Spend quality time with your dad, even if it's virtual. Bond with him over his favourite hobby — be it exercising, cooking or bird-watching.



DO YOGA FOR YOUR EMOTIONAL WELL-BEING

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The untimely death of actor Sushant Singh Rajput, who was fighting depression, coupled with the rising cases of anxiety during these lockdown times, have triggered a conversation on mental health. Experts say yoga helps in reducing our body's stress level. On this yoga day, let us take a pledge to utilise this ancient Indian science's benefits to gain psychological and emotional well-being...

Yoga is great for students

1 Start yoga early in your life; this discipline will have positive effects on your physical and mental health all your life. A study published in the 'Journal of Developmental and Behavioral Pediatrics' stated that yoga classes have positive psychological effects for high-school students. Since mental health disorders usually develop in teenage years, yoga may serve as a preventive method for the adolescent mind, it added.

Yoga is a mood booster

2 Many studies have shown that yoga asanas help in reducing the secretion of cortisol — the stress hormone — and this creates balance in our body

and mind, and regulates our mood and behaviour. "Students will benefit and improve their happiness levels, if they do yoga for 20-30 minutes daily," suggests yoga expert Gunjan Kochhar. "Yoga also helps in releasing negativity that wards off mental health problems, like depression, anxiety, persistent sadness and anger issues," she adds.

Deep breathing helps cope with stress

3 "Yoga has simple breathing exercises that can be easily mastered even by primary school students," says Kochhar. In fact, in this competitive world, deep breathing yoga exercises can help in coping with stress. Improved breathing can also help in building endurance, increase academic and work performance, and keep lungs healthy, just what we need during this pandemic.

For mind-body connection

4 Yoga engages both the body and mind, unlike other physical exercises that keep you in good shape but may not work deeply on your mind. By doing yoga, our mind connects with our body, thereby impacting our psychological health, which in turn empower us emotionally too.

HOW ABOUT TRYING SOME LAUGHTER YOGA EXERCISES WITH YOUR FAMILY

FAVOURITE ANIMAL LAUGHTER: Laugh and behave the way your favourite animal or pet would behave if it was very happy to see you

CHICKEN LAUGHTER: Imagine you are a chicken. First lay 3 eggs in 3 laughs, then laugh with lots of excitement in your voice as you go out tell the world about it

LAUGHTER VOWELS: Start with 'A' as in 'hat... Aaaaa ha ha ha ha ha'. Next is 'E' as in 'hen'... Eeeee he he he he he. Then comes, 'I' as in 'hiccup': Iiiii hi hi hi hi hi. Follow it up with 'O' as in 'Otto': Ooooo ho ho ho ho ho. Last is 'U' as in 'soup': Uuuuu hu hu hu.

GRADIENT LAUGHTER: Fake a smile; giggle, then laugh slowly, and then increase in tempo and volume.

HEARTY LAUGHTER: Spread your arms up, look up and laugh; direct your laughter to come straight from your heart.



NEW BOOKS ON YOGA

OM THE YOGA DOG BY IRA TRIVEDI

Aimed at tiny tots (and their adults), this fun book teaches yoga asanas with the help of adorable step-by-step illustrations so that children can develop flexibility, strength, inner peace and mindfulness. Most importantly, the book will help in the bonding of the guardian and child as they undertake these activities together.



PEPPA PIG: PEPPA LOVES YOGA

From the BAFTA award-winning preschool animation series, Peppa Pig, comes a brand new story, 'Peppa Loves Yoga'. It helps children learn about yoga and practise it as a tool for mindfulness. It is filled with endearing illustrations of Peppa and her friends having fun, while learning yoga positions.



WHY JUNE 21 WAS SELECTED AS THE INTERNATIONAL YOGA DAY

► June 21, the summer solstice (the longest day of the year in the Northern Hemisphere), has a special significance from the perspective of yoga.

► It is believed that it was on the day of the summer solstice that Lord Shiva began imparting the knowledge of yoga to the world and became the Adi Guru of yoga

► For more: Check Page 2



What is it? Mindfulness is "the basic human ability to be fully present, aware of where we are and what we're doing, and not be overly reactive or overwhelmed by what's going on around us. We know that mindfulness is a great tool for adults to be more relaxed, beat stress, and improve their overall quality of life; but does this hold true for children as well?

Mindfulness for Kids
Mindfulness expert David Gelles defines it as "the simple practice of bringing a gentle, accepting attitude to the present moment" Children should find it easy to understand what mindfulness is based on this definition, but you might need to discuss it with them to make sure they have a good grasp on it—especially if they are very young.

This YOGA DAY, Let's Celebrate Mindfulness

Rather than focusing on what has happened or what might happen, mindfulness teaches us to respond to whatever shows up in our present experience, be it good or bad



How Can We Best Teach Mindfulness?

As is the case for most traits, habits, and skills, the best way to instill mindfulness is to start early. Mindful children grow to be mindful teenagers, mindful adolescents, and mindful adults. In addition to getting started early, it's important to note that the best way to teach mindfulness to your children is to practice it yourself and model it for them.

What are the Benefits?

- Improving physical health.
- Improving mental health (e.g. helping to address stress, anxiety, and depression, and improving sleep).
- Enhancing important social and emotional skills (e.g. the ability to feel in control, to make and maintain meaningful relationships, to accept reality, to manage difficult feelings, and to be calmer, more resilient, more compassionate, and more empathetic).
- Increasing intellect.
- Improved cognitive outcomes (e.g. better attention and focus, higher grades).
- Improved social-emotional skills (e.g. emotion regulation, better behaviour in school, higher empathy and perspective-taking, and better social skills).
- Greater well-being (e.g. lower test anxiety, lower stress, fewer post-traumatic symptoms, and reduced depression).



Be Mindful... Try these

1. JENGA

Have you ever played Jenga? If so, you know that it can be a lot of fun but that it also requires concentrated attention and awareness. Take advantage of this fact and use Jenga to build your mindfulness.

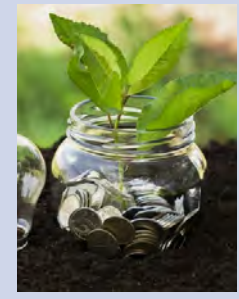


2. PLAY A PENNY GAME

This game is good for children 3 and up and can be played one-on-one or with a group. All you'll need to play is a penny for each player and a basket.

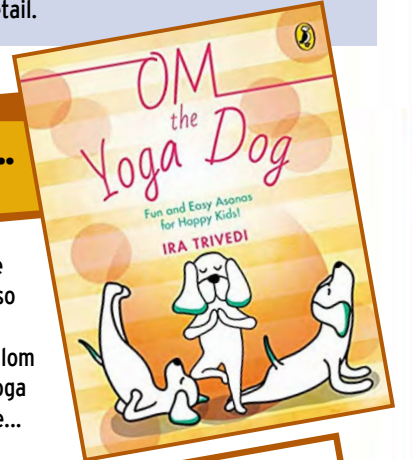
Here's how to play:

- Give everyone a penny and allow them one minute to study it, focusing on the details.
- Put all the pennies in the basket.
- Have each player pick their penny from the basket.
- Once a player chooses their penny from the basket, have them explain how they knew it was their penny.
- The penny game can be played with other objects too; the important part is that the children playing are able to focus on something and pay attention to detail.



OM THE YOGA DOG... COMING SOON

This book teaches asanas with the help of step-by-step illustrations so that you can develop flexibility, strength and mindfulness. Try Anulom Vilom with Prana (the frog) and Yoga Nidra with Moksha (elephant) here...



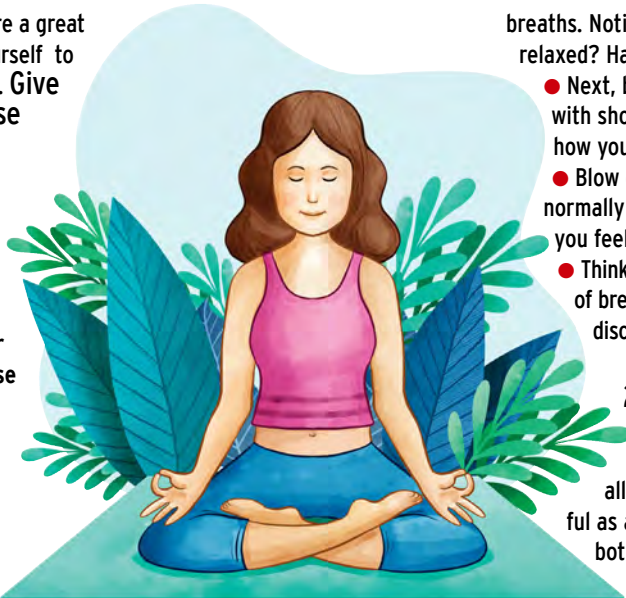
MINDFULNESS ACTIVITIES

Breathing exercises are a great way to introduce yourself to mindfulness practice. Give one or all of these three breathing exercises a try...

1. Breathe with a Pinwheel

First, grab two pinwheels—one for yourself and one for your child. Next, follow these five steps:

- Sit with your backs straight and your bodies relaxed.
- Blow on your pinwheels together using long, deep



breaths. Notice how you feel—calm and relaxed? Having trouble sitting still?

- Next, blow on your pinwheels with short, quick breaths. Notice how you feel again.
- Blow on the pinwheels as you normally would. Again, notice how you feel.
- Think about the different types of breathing you are engaged in; discuss how it made you feel.

2. Square Breath

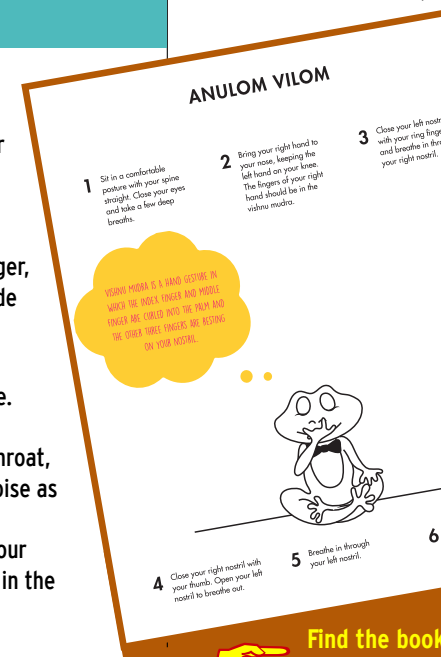
A square breath is a breath that is even on all sides, and it can be useful as a mindfulness exercise for both you and your child.

Here's what to do:

- Breathe in, to the count of four.
- Hold the breath for four seconds.
- Breathe out to the count of four.
- To help keep track, draw a square in the air with your finger, taking four seconds on each side

3. Darth Vader Breath

- Breathe in through your nose.
- Keep your mouth closed and exhale from the back of your throat, making a 'Darth Vader' style noise as you do.
- This will help you focus on your breath and stay fully anchored in the present!



Find the book here: <https://www.amazon.in/Om-Yoga-Dog-Asanas-Happy/dp/0143448293>



Excited about Father's Day on June 21, Sunday? Here are a few posters and greeting card cut-outs that you could gift your dad! Take a print, cut out the edges, fill it with colour and glitter... we are good to go!

Also did you know... author AA Milne created Winnie the Pooh for his son, Christopher Robin. Pooh was based on Robin's teddy bear, Edward, a gift Christopher had received for his first birthday...

Tell us how you celebrated with dad on timesnie175@gmail.com

Happy Father's Day



ROALD DAHL My Dad is FANTASTIC



For more activities and cut outs log in to <https://www.penguin.co.uk>