

INSIDE

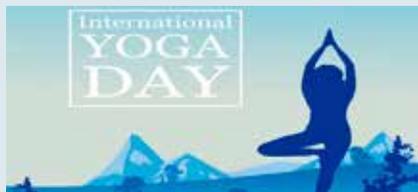
MAKE A "CAMERA"...



Pinhole cameras were one of the earliest types of cameras. They use the principle of "camera obscura," in which light travels through a small hole in a dark box to form a picture.

p4

"Yoga for Health..."



While the social distancing measures adopted by countries to fight the COVID-19 pandemic have shut down yoga studios and other communal spaces, yoga practitioners have turned to home practice and online yoga resources.

p8

Happy Father's Day



Father begins to celebrate Father's Day on 19 June 1910. The day is celebrated on the third Sunday of June as the whole world. Like a mother, 'father' is a small word, whereas its vastness is huge.

p9

Say Yes to Mental Health...



The coronavirus outbreak has forced us to find out ways of living, respect nature and self-respond to the mind, body and soul. In the recent past we have witnessed many ups and downs in humanity and human lives.

p12

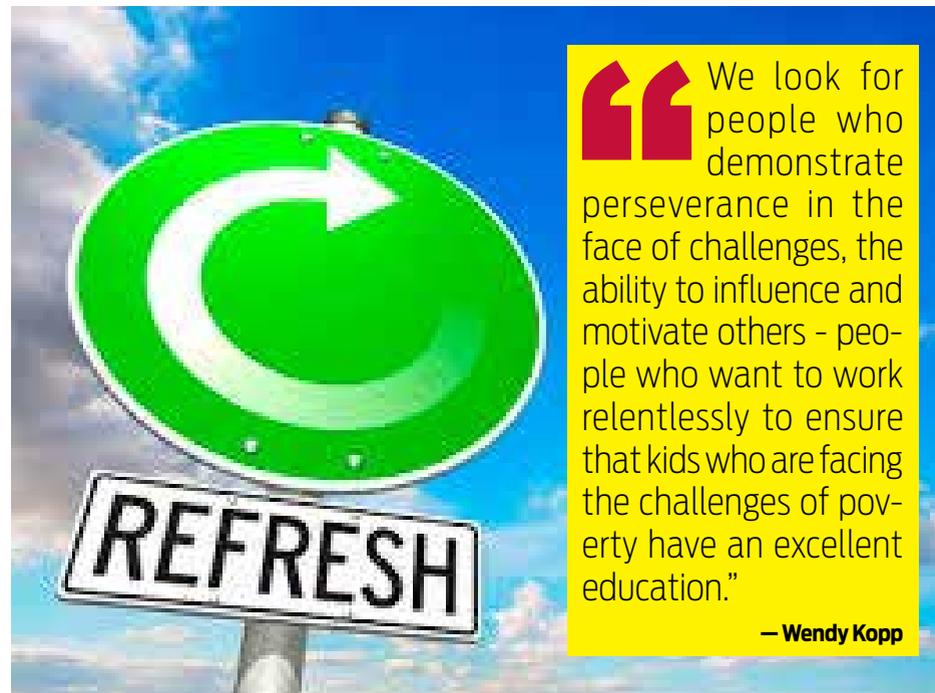
Press the refresh button in this LockDown



SALLA VIJAY KUMAR
National Awards Winning
Sr. Lecturer at IHM

The world we see with our senses is very different than the world we see through our essence. Our senses perceive the world of appearance. Our essence perceives the deeper layers of existence. The first step of perceiving the world of essence is to have no goal other than to understand. "Understanding" has to be the ultimate goal. Only then, can we solve the problems." Petek Kabakci. This is the time we always waited for. Think positive. I am not talking about the deadly COVID or the lockdown in the first place. It is what you perceive in the 11 things you got to do for which (accept it) you could manage time for. You did something now, do you know when the last time you did it was.

1. You actually sang a song (to yourself)
 - a. You always do it in your bathroom, this time in the drawing room, well. Sing it for someone, making them special
2. You actually tried your hands on drawing
 - a. You know how stylish unreadable your handwriting is.
3. You actually tried your hands on cooking
 - a. Always waiting on the dining table and couch watching TV, how does it feel doing the kitchen chores from vegetables, to washing, cutting, pans, flame, spices, tasting, tasting, tasting and waiting for the hurra from family members.
4. Parents actually playing ludo, snakes and ladders in addition to carrom and chess with children. How could I forget the Business game!
 - a. We are more perfect dice-y now. Ready to encounter Mama Shakuni .
5. Parents sitting to unveil the formulae in arithmetic, chemistry , physics
 - a. Children are feeling more excited to



“ We look for people who demonstrate perseverance in the face of challenges, the ability to influence and motivate others - people who want to work relentlessly to ensure that kids who are facing the challenges of poverty have an excellent education.”

— Wendy Kopp

study also with the new normal – online classes, videos etc.

6. The online classes and WFH Work from Home keeping all busy (including all the mothers in kitchen all day)
 - a. We learnt mobiles and laptops are much more than forwards and games
7. So much of washing and sanitizing hands
 - a. Cleanliness paradigm revamped for good
8. An elderly hair not cut style
 - a. Waiting for the barber's to open (some have tried hands-on this too)
9. You select from so many clothes
 - a. Now you know you actually have many
10. You watch movie with entire family (ya ya ramayana and mahabharata too)
 - a. It is not just stays together eats together, watch together and enjoy every moment
11. You actually have a new day plan worked out, staying home
 - a. You would only reach wherever even without plans on a busy day.

Try some more options and in case you are already doing it, then enjoy

1. Try to sit on the floor together to dine
2. Cook the entire meal/ any course for your family
3. Plan menus managing with the ingredients at home
4. Draw portrait of your parents and grand parents
5. Learn your mother tongue language basics
6. Read a story/ informative / intellectual book that is not in your curriculum
7. Do the role reversal – try doing the jobs of your associate family members instead
8. Partner with your youngest, they work wonders
9. Video call all members of your family very often (no one has anything very good to do)
10. Keep washing hands frequently even when home
11. Launder all upholstery frequently even it is only your family at home.

To feature your school event on this page, send the details and photographs to editor@theopenpage.co.in

Annual Function Celebrated by the Students of Tender Touch



Various Activities from the Students of CCIS Green Campus



Ahmedabad Cantonment Board School



Pratima



Krishna



Anshika Bohra

ART AND CRAFT



Nimit
Grade5, CCISGC
Ahmedabad, Gujarat

Arnav Palade
Grade4, CCISGC
Ahmedabad, Gujarat

Prapti Gaurav
Grade 3, CCISGC
Ahmedabad, Gujarat

Tripada Gurukulam, Viramgam



Angel Patel, Std. 7

KV ONGC



Salla Tejesh, Std 6



Salla Kaushik, Std 10



Merla Matarvadia
Grade 4, CCISGC
Ahmedabad, Gujarat

Diti Patel
4th A, CCIS green
Campus, Ahmedabad,
Gujarat

Iya Patel,
7th A, CCIS GC
Ahmedabad,
Gujarat

Diti Patel
Grade 4, CCISGC
Ahmedabad, Gujarat



Zeel Jani
Grade 3
CCISGC
Ahmedabad
Gujarat

Rimsha Patel
Grade 3
CCISGC
Ahmedabad

Vanshika Agarwal
Grade 5
CCISGC
Ahmedabad
Gujarat

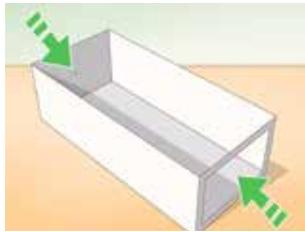
MAKE A "CAMERA"—AND LEARN HOW A REAL ONE WORKS!



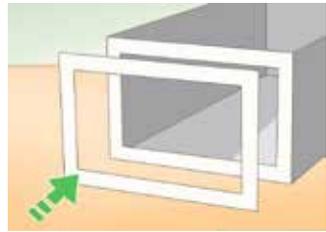
Pinhole cameras were one of the earliest types of cameras. They use the principle of "camera obscura," in which light travels through a small hole in a dark box to form a picture. It's the same science that today's cameras use. Follow these instructions to make a pinhole "camera" and learn how real cameras work.

SUPPLY LIST

- a sharp pencil
- an empty shoe box with a lid
- a cutter (ask an adult for help)
- scissors
- a ruler
- wax paper
- tape
- a blanket



STEP 1
Use the point of a sharp pencil to punch a hole in one of the shorter ends of the shoe box.



STEP 2
Ask an adult to use a cutter to cut a square in the opposite end of the box, directly across from the hole. The square should measure 2 inches (5.08 centimeters) on each side.

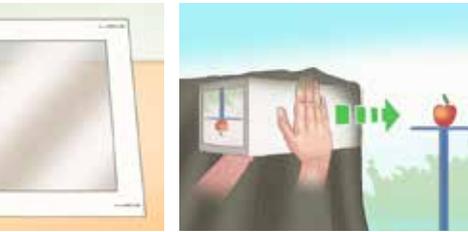
STEP 3
Use scissors to cut a square of wax paper that measures 3 inches (7.62 centimeters) on each side.

STEP 4
Place the wax paper directly over the square you cut in the box. Tape the edges of the wax paper to the box.



STEP 5
Take the camera box to a dimly lit room and turn on a lamp. Stand about 5 feet (1.5 meters) from the lamp.

STEP 6
Cover your head and pinhole camera with a blanket. Be sure that the end with the wax paper is facing you and the end with the pinhole is facing the lamp.



STEP 7
Hold your pinhole camera at arms length from your face and aim it at the lamp. Keep it steady until you see an upside-down image of the lamp.

WHAT'S HAPPENING?

In a real camera, the lens is like the tiny hole you made in the box and creates a backward, upsidedown image. Like the little hole, the lens lets in light. The wax paper is like film in a real camera, which has special chemicals on it. When the light hits the film, the chemicals start changing and turn the image into a photograph.

RAIN IN A JAR

It's already rainy season outside, now make it rain inside your house.

You'll need

- A plate
- A glass mason jar
- Ice cubes (about one or two cups)
- Very hot water
- Place the hot water into the glass jar, about a third of the way up. Put the plate on top of the jar. Place all the ice cubes carefully on the plate. Watch the inside of the jar start to exhibit rain!
- Hot steam from the water rises up and touches the cold plate, causing condensation. This is the same mechanism by which rain occurs.

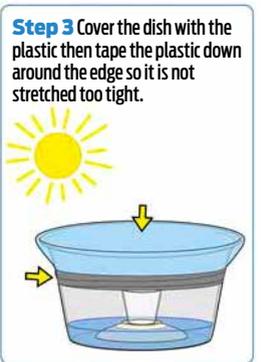
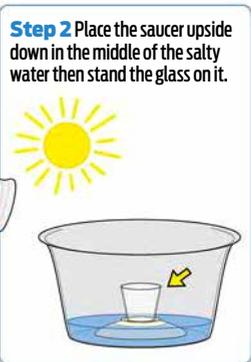
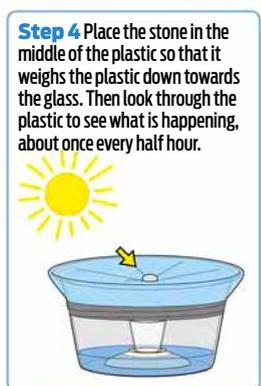
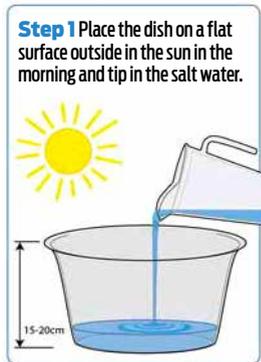


Build a mini solar desalination plant

This Skill may one day save your life!

Desalination plants that obtain fresh water from ocean water are huge steel structures that consume vast amounts of electricity. This simple device is fun to make and it really works. It just needs some warm sunlight.

- You'll need**
- Flat-bottomed plastic dish 15-20 cm deep
 - Drinking glass
 - Saucer
 - Two cups of sea water or water with cooking salt dissolved in it
 - Sheet of clean transparent plastic to cover the dish (allow for a 6cm overlap)
 - Roll of masking tape
 - Stone



Desalination facts: What's happening?
The plastic covering helps trap the heat from the sun, which warms up the salt water. As a result some of this water evaporates, leaving the salt behind. When the water vapour rises and comes in contact with the plastic, some of it condenses on the plastic back into liquid water. You should see these droplets forming. The dip in the middle of the plastic makes these water droplets run down towards the centre and drip into the glass. This idea can be used to produce clean drinking water from dirty water or sea water. So it's always a good idea to take some plastic and a container with you if you are going out in the bush or desert or on a yacht - just in case!

PRINT PRETTY PATTERNS



1. Put some poster paints on the palette.



2. Mix a little white spirit or linseed oil with each colour on the palette.



3. Put one colour from the palette on the brush and gently add the paint to the water.



4. Add another colour. Swirl the colours with the brush to make a pattern.



5. Gently lay a sheet of the paper on the water, so that it lies on the surface.



6. Carefully peel the paper away from the water. Lift it out and lay it on a flat surface.

Print some colourful and pretty patterns on paper. The colours transfer to the paper in the same way that they do when colour pictures are printed in books.

YOU WILL NEED

- Paintbrush
- Palette
- Linseed oil (or white spirit)
- Thick Paper
- Poster paints
- Dish of water



7. Let the paper dry. Try printing more patterns with other colours.

SAILING BOAT CRAFT

D.I.Y



1. Cut paper pieces according to template

2. Cut smaller strips of packing tape. Tape side to base of boat following curve

3. Tape the second side on-Tape the front (bow) of the boat together

4. Tape on the back (stern) to the base and sides

5. Cut the same template out of paper to cover apply with double sided tape

6. Apply tape evenly along side of Boat, about 1" up, Cut slits allow for the curve and fold

7. Tape over all edges evenly

8. Attach bottom piece to boat last

9. Glue on the stripe detail-trim any excess

10. Fold on the score line and add with the help of glue

11. Slide skewer into the hole and glue base to bottom of the boat add glue to fix the bigger sail carefully as shown

12. Glue the smaller sail on the opposite side fold and glue flag on top

13. Fold and glue pennants to length of twine wrap and glue to mast, then the side

Finished

Age group - 5 to 12 years

♥ Pencil Toppers

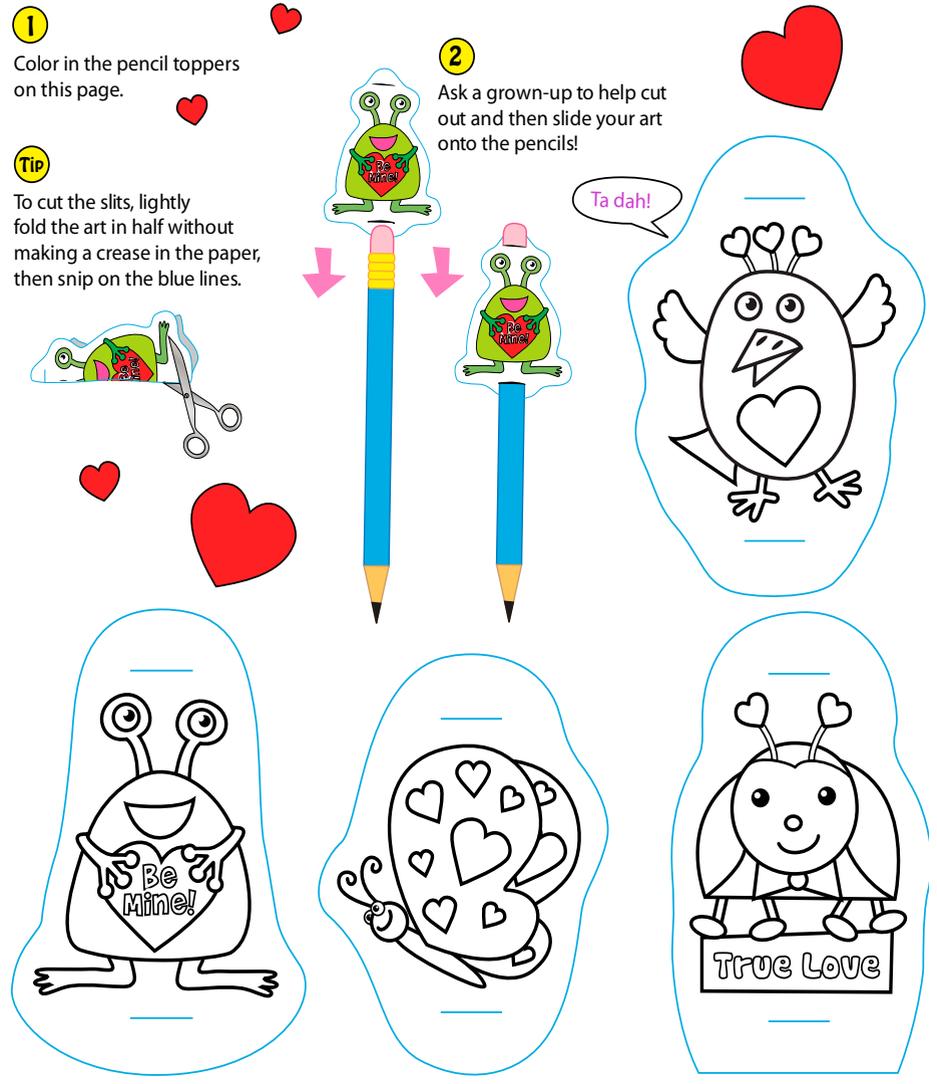
These work best printed on thicker paper.

1 Color in the pencil toppers on this page.

2 Ask a grown-up to help cut out and then slide your art onto the pencils!

Tip To cut the slits, lightly fold the art in half without making a crease in the paper, then snip on the blue lines.

Ta dah!



Paper Plate Dream Catchers

Supplies

- | | |
|----------------------------|--------------------------------|
| 1. Paper plates | 4. Yarn |
| 2. Hole punch | 5. Feathers, beads, puff balls |
| 3. Crayons, markers, paint | |

- Cut center of plate out and save for another craft if desired.
- Use hole punch to put at least 8 holes around center area.
- Make a hole where top should be along outer edge of plate.
- Along outer edge of plate opposite the hole just made make three more holes positioned similar to in picture.
- Allow kids to color and decorate the plate.
- String should be tied in first hole, then strung across plate at angles to make a web pattern (always pull string thru from back of plate to make neater.)
- Tie feathers to ends of pieces of yarn and then string through the three bottom holes.
- Tie piece of yarn to top hole to be used for hanging.



Cut-out Googly Eyes

Cut-out the **GOOGLY EYES** and place them on random objects around your home!

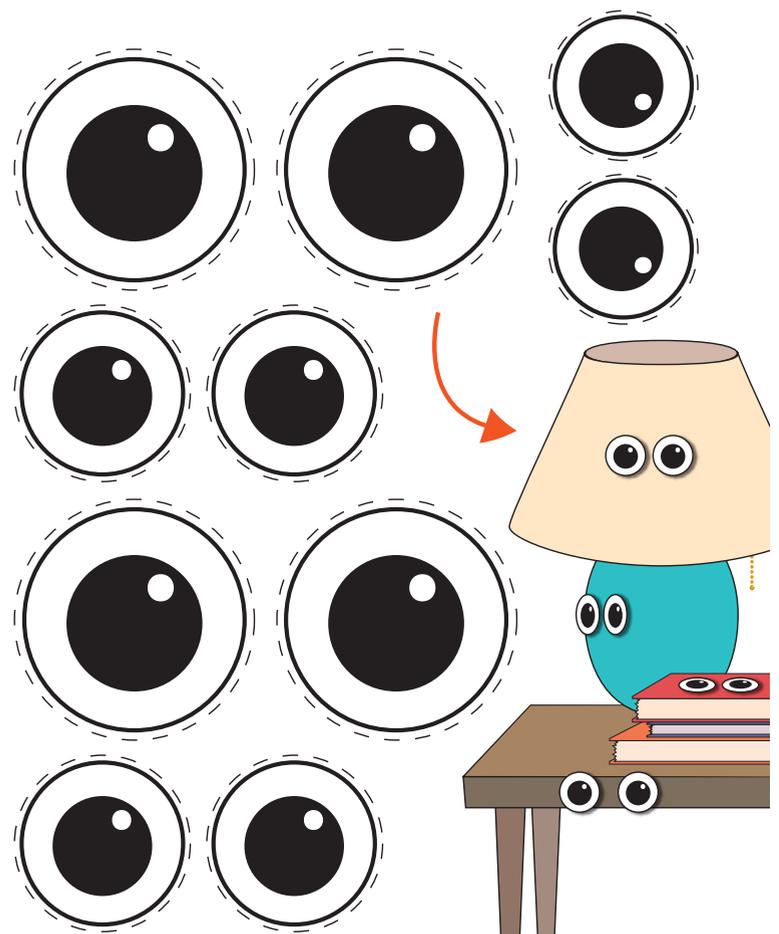


Illustration of a lamp with googly eyes and a table with googly eyes.

CHANA CHAT

Ingredients

- 1/2 cups soaked and boiled kabuli chana (white chick peas)
- 1/2 cup paneer (cottage cheese) cubes
- 1/2 cucumber
- 1 spring onion
- 2 tbsp tomato ketchup | 1 tsp chaat masala
- 1 tsp chopped coriander (dhania) leaves | salt to taste

Method:

1. Peel the cucumber and cut into small pieces. Keep aside.
2. Chop the spring onion whites and greens. Keep aside.
3. Combine the chick peas, paneer, cucumber and spring onions in a deep bowl and mix well.
4. Add the tomato ketchup, chaat masala, coriander and salt and toss well.
5. Serve immediately.



Beetroot Rice Pancake Recipe

Ingredients

- 1 Tbsp(8.0 gm) Beet Root (Grated)
- 2 Tsp(9.0 gm) Rice
- 1/2 Tbsp(5.0 gm) Besan
- 1 Tbsp(14.0 gm) Curd
- 1/2 Tsp(0.94 gm) Ginger (Grated)
- 1/8 Tsp(0.29 gm) Ajwain
- 1/4 Tsp(0.44 gm) Jeera Powder
- 1/8 Tsp(0.56 gm) Salt
- 1/4 Tsp(2.0 ml) Oil

Step-by-step

1. Take 2 tbsp rice, cook and keep aside.
2. In a bowl add previously cooked rice, 1/2 tbsp besan, 1 tbsp curd, 1 tbsp grated beetroot, 1/2 tsp grated ginger, 1/4th tsp jeera powder, 1/8th tsp ajwain, 1/4th tsp salt and mix well.
3. Mix till you obtain a batter consistency.
4. In a pan heat 1/2 tsp oil.
5. Spread the mixture and cook until well done on both sides.
6. Serve hot.



QUIZ

1. Who painted the Mona Lisa?
2. What's the name of the town where The Flintstones live?
3. Which famous ocean liner sank on her first voyage in 1912?
4. Which movie is Prince Charming from?
5. Which country did Justin Bieber come from?
6. What is the nickname for the bell of the clock at the Palace of Westminster in London?
7. What do you get when you boil water?
8. What is the imaginary line called that connects the north and south pole?
9. What is the hardest natural substance?
10. What was the last name of the flying pioneers Orville and Wilbur?

Send your answer to openpageyc@gmail.com. Names of the Winners would be announced in the next issue

SIZZLIN' SNOWBALLS



Materials

- 1/3 cup baking soda per snowball
- 1 1/2 tablespoons vinegar per snowball
- Pipette

Instructions

1. Add baking soda to water until baking soda becomes packable dough, not runny or watery.

Shape into a ball.

2. Freeze experiment.
3. Use pipette and vinegar to put drops or squirts of vinegar onto your snowballs. Watch them sizzle as if it is spring!

How it Works

Acids and Bases can erupt in your faces! Acid (Vinegar) + Base (Baking Soda) = Carbon Dioxide

FILL IN THE COLORS

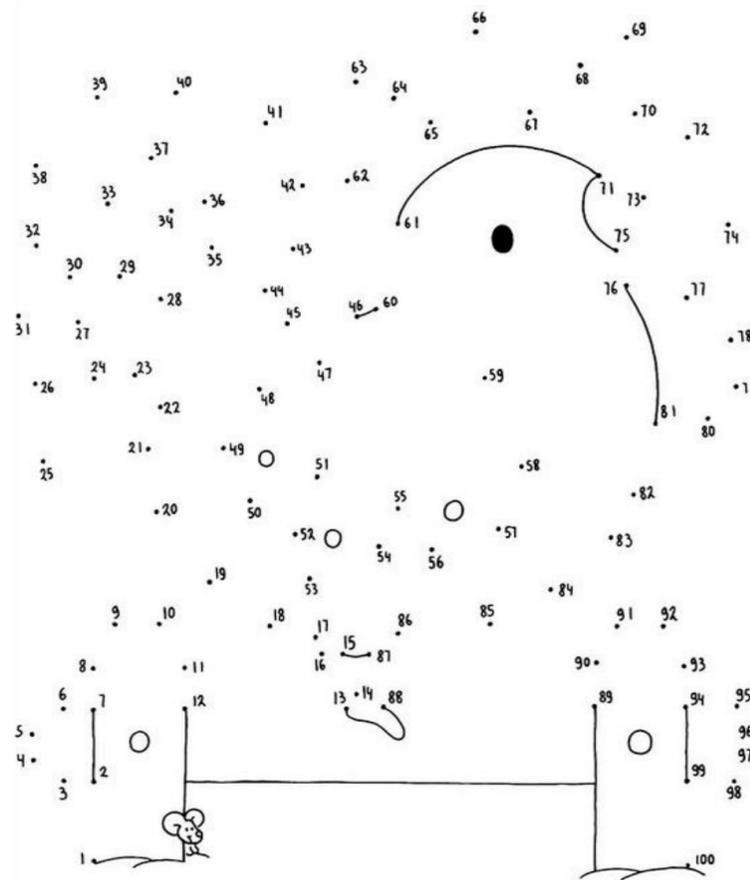


SUDUKO

7		4		1				
	2							
9	1	6			7			2
8		9	1					
2			5		6			7
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CONNECT THE DOTS



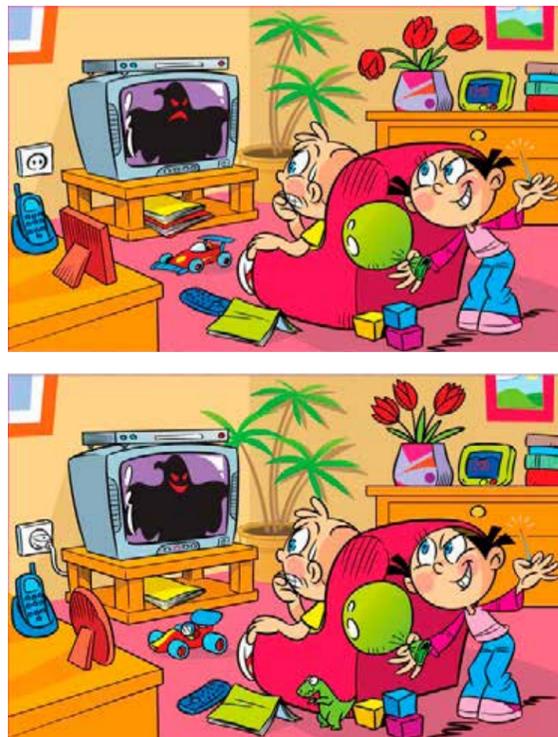
RIDDLES FOR KIDS

- What becomes wetter the more it dries?
- If two's company, and three's a crowd, what are four and five?
- What goes up but never comes back down?
- What five-letter word becomes shorter when you add two letters to it?
- What travels around the world but stays in one spot?
- When things go wrong, what can you always count on?
- Mr. Blue lives in the Blue house. Mrs. Yellow lives in the Yellow House. Mr. Orange lives in the orange house. Who lives in the White House?
- A word I know, six letters it contains, remove one letter and 12 remains, what is it?
- What is full of holes but still holds water?
- How many letters are there in the English alphabet?

FIND THE WAY



FIND THE DIFFERENCE



COMPLETE THE SENTENCES USING PICTURE CLUES

Write the last word in each sentence. Use the picture as a clue.

I see the _____



deer
door

I see the _____



fog
frog

I see the _____



grate
gate

I see the _____



hat
ham

FIND THE WORDS

Find and circle the rhyme in the word search puzzle below

TOMORROW

- DEATH
- BACK
- DESIRE
- ALIVE
- UNDERSTAND
- GLORY
- DANCE
- HONEY
- MIND
- WRONG
- STRANGE
- REASON
- TIGHT
- GROUND

R G M T E N S T R O N G R J Y T
E A O E Y T T G L A I S F W C E
A B N L E R O T H E R N E O H G
N C E V I V R U S C D R C R A H
I R Y O E N Y E L O N X B R N S
G F V S P B M S H S R T A S C E
H O X I D N C T P O X R N R E A
T U F A S N A H U U D A O R B S
H N F I R E A A A B S C I W F O
M D I K R A I H H N B K Z H U N
E I X B E E D O E G G L V O N I
K H I O K L A A F T B E H I N D

2020 THEME: "YOGA FOR HEALTH - YOGA AT HOME"

While the social distancing measures adopted by countries to fight the COVID-19 pandemic have shut down yoga studios and other communal spaces, yoga practitioners have turned to home practice and online yoga resources. Yoga is a powerful tool to deal with the stress of uncertainty and isolation, as well as to maintain physical well-being. The United Nations offers yoga resources to its personnel and others on the Coronavirus portal's section on Wellness. The World Health Organization mentions yoga as a means to improve health in its Global action plan on physical activity 2018–2030: more active people for a healthier world.

With schools closed and summer break activities cancelled, parents may find it challenging to keep their children physically active. Yoga can help. UNICEF says kids can practice many yoga poses without any risk and get the same benefits that adults do. These benefits include increased flexibility and fitness, mindfulness and relaxation.

What is Yoga and why do we celebrate it?

Yoga is an ancient physical, mental and spiritual practice that originated in India. The word 'yoga' derives from Sanskrit and means to join or to unite, symbolizing the union of body and consciousness.

Today it is practiced in various forms around the world and continues to grow in popularity.

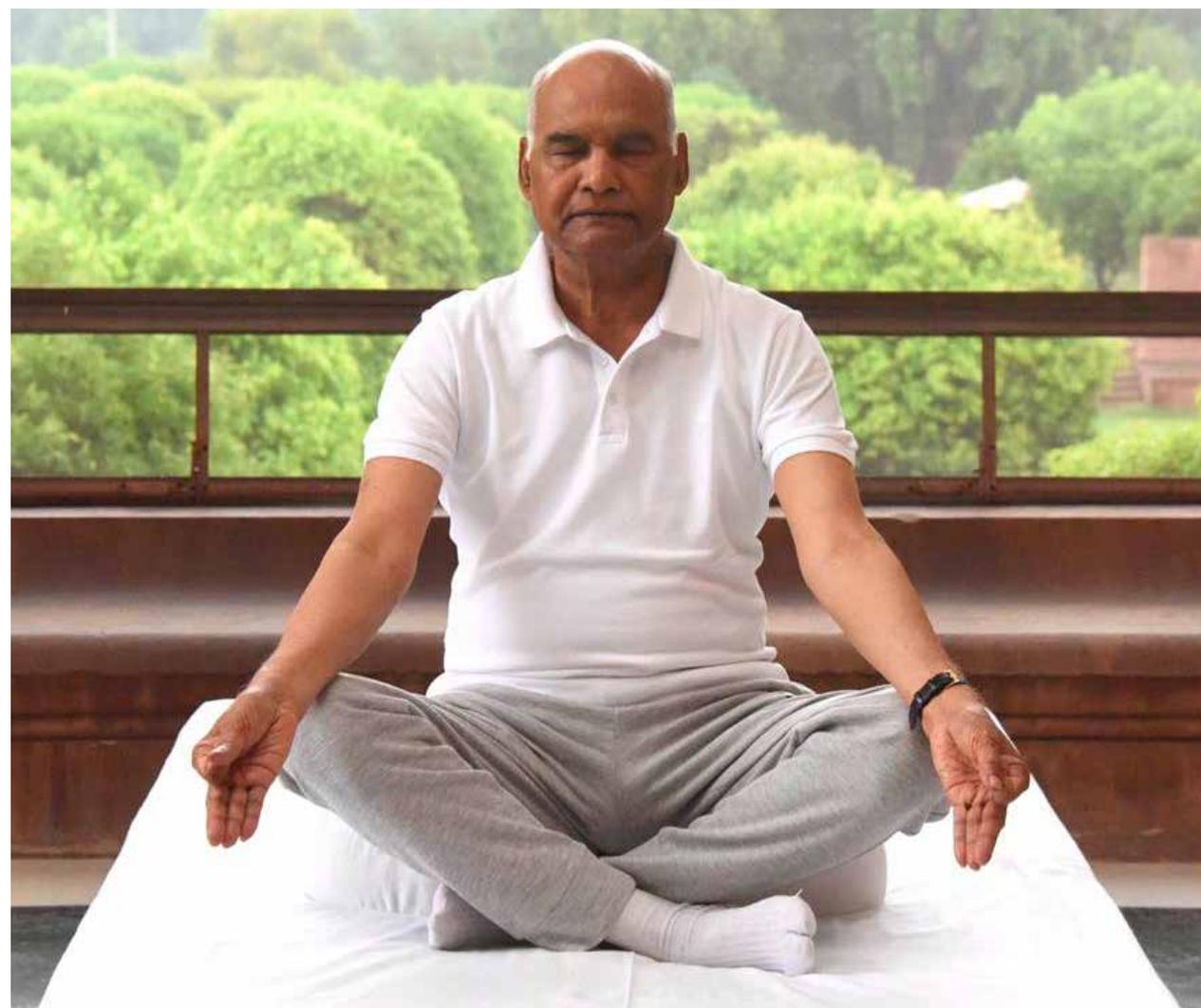
Recognizing its universal appeal, on 11 December 2014, the United Nations proclaimed 21 June as the International Day of Yoga by resolution 69/131.

The International Day of Yoga aims to raise awareness worldwide of the many benefits of practicing yoga.

The draft resolution establishing the International Day of Yoga was proposed by India and endorsed by a record 175 member states. The proposal was first introduced by Prime Minister Narendra Modi in his address during the opening of the 69th session of the General Assembly, in which he said: "Yoga is an invaluable gift from our ancient tradition. Yoga embodies unity of mind and body, thought and action ... a holistic approach [that] is valuable to our health and our well-being. Yoga is not just about exercise; it is a way to discover the sense of oneness with yourself, the world and the nature."

The resolution notes "the importance of individuals and populations making healthier choices and following lifestyle patterns that foster good health." In this regard, the World Health Organization has also urged its member states to help their citizens reduce physical inactivity, which is among the top ten leading causes of death worldwide, and a key risk factor for non-communicable diseases, such as cardiovascular diseases, cancer and diabetes.

But yoga is more than a physical activity. In the words of one of its most famous practitioners, the late B. K. S. Iyengar, "Yoga cultivates the ways of maintaining a balanced attitude in day-to-day life and endows skill in the performance of one's actions."



Father begins to celebrate Father's Day on 19 June 1910. The day is celebrated on the third Sunday of June as the whole world. Like a mother, 'father' is a small word, whereas its vastness is huge.

The word 'father' is one of the words that come out of their mouth after the child is born. This is a symbol of eternal confidence in the child. When a child learns to pronounce this word, The father's humorous feeling is like calling the father so that the heart of the inexperienced child shines at the moment.

Every day the child's eternal love for father is revealed to him. Yet the people of the world want to keep a day of the year for their father. As did for mom. In spite of this, Father's Day circulation.

According to the father's guide and friend to the child. Many people greet their father with flowers. Cards are gifted in many countries.

Many people take away their babies to watch movies, give them gifts, and give them the necessary tools. Those whose parents are not alive, they may look up in the sky and unknowingly memorize their father's mind.

This day is celebrated in almost 52 countries around the world. The day is especially dedicated to express the love of the child to the father.

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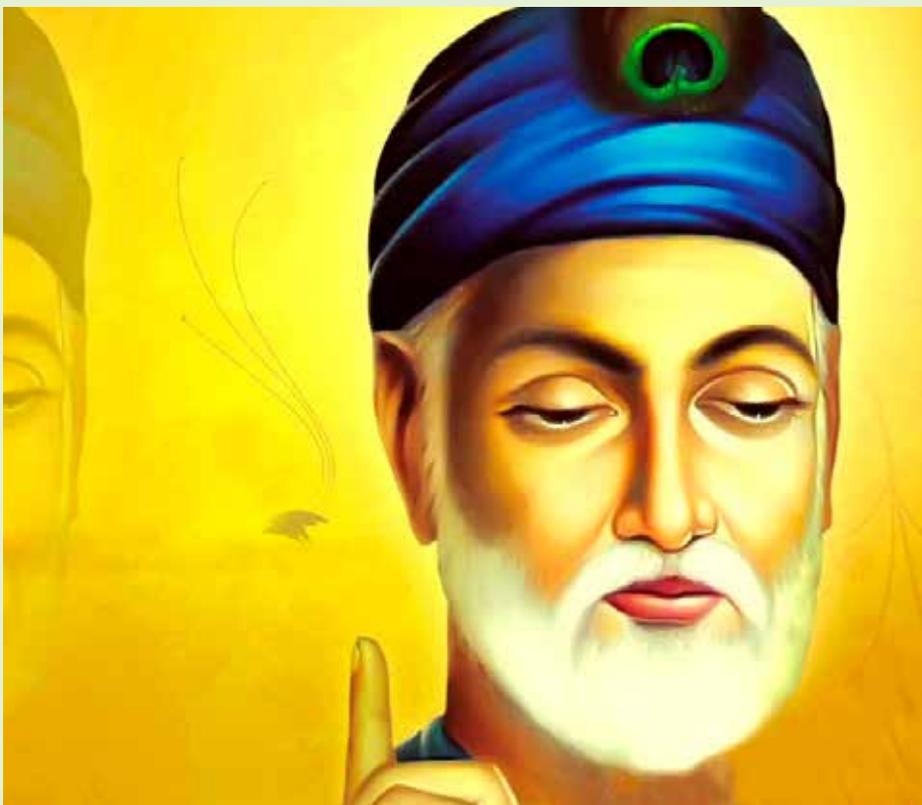
Happy Father's Day

The birth of Kabir remains shrouded in mystery and legend. Authorities disagree on both when he was born and who his parents were. According to one legend, his mother was a Brahman who became pregnant after a visit to a Hindu shrine. Because she was unwed, she abandoned Kabir, who was found and adopted by a Muslim weaver. That his early life began as a Muslim there is little doubt, but he was later strongly influenced by a Hindu ascetic, Ramananda.

Saint Kabirdas (1440-1518 CE) was a famous poet, saint and social reformer of India. The years of Kabir's birth and death are unclear. Some historians favor 1398-1448 as the period Kabir lived, while others favor 1440-1518. The birth anniversary of Sant Kabir is observed on Jyeshtha Purnima as per Hindu lunar calendar. Sant Kabir's writings have greatly influenced the Bhakti movement. Kabir Panth which is a religious community recognizes him as its founder and its members are known as Kabir Panthis, the followers of Saint Kabirdas.

It is clearly not known about his birth parents but it is noted that he has been grew up by the very poor family of Muslim weavers. He was very spiritual person and became a great Sadhu. He got fame all over the world because of his influential traditions and

Saint Kabirdas



culture. He was founded in Lehartara, a small town in Varanasi by the Niru and Nima (his care taker parents).

His parents were extremely poor and uneducated but they adopted the little baby very heartily and trained him about their own business. He lived the balanced life of a simple house holder and a mystic. It is considered that he got all his spiritual training from his Guru named, Ramananda, in his early childhood. His writings include Bijak, Sakhi Granth, Kabir Granthawali and Anurag Sagar.

The major part of Kabir's work was collected by the fifth Sikh Guru, Guru Arjan Dev, and incorporated into the Sikh scripture Guru Granth Sahib. The hallmark of Kabir's work consists of his two line couplets, known as Kabir Ke Dohe. Sant Kabir was prejudiced by the existing religious mood of that time like Hinduism, Tantrism as well as the personal emotionalism mixed with the imageless God of Islam. Kabir Das is the first Indian saint who has coordinated the Hinduism and Islam by giving a universal path which could be followed by both Hindus and Muslims. According to him every life has relationship with two spiritual principles (Jivatma and Paramatma). His view about the moksha that, it is the process of uniting these two divine principles.

Cheteshwar Pujara begins outdoor training with Saurashtra teammates in Rajkot

Architects of Saurashtra's maiden Ranji Trophy triumph including Cheteshwar Pujara and skipper Jaydev Unadkat are back at the nets more than three months since they won the coveted title in March.

Pujara has been training at his academy, located in the outskirts of Rajkot, alongside Unadkat, batsman Arpit Vasavada and medium pacer Prerak Mankad.

Compared to the bigger cities in India, the COVID-19 case load in Rajkot is on the lower side with 185 infections reported so far.

"It has been close to 10 days now. Though we were working on our fitness during the lockdown, there is no substitute to hitting the nets and it feels great. We are following all the government guidelines while practising," Vasavada, man of the match in the Ranji Trophy final against Bengal, told PTI on Monday.

While all professional cricketers will need four to six weeks for regaining match fitness, the task is a tad tougher for the bowlers, who are at a bigger



risk of getting injured after a long break. "JD bhai (Unadkat) also joined us recently and is gradually increasing his time in the nets just like all of us. He is bowling without using saliva on the ball (recently banned by the ICC).

"As for us (Pujara and I), we started with batting sessions of 10-15 minutes and plan to increase the intensity gradually. We have also some net bowlers who are based out of Rajkot.

"Initially, you need some time to get your reflexes back but now batting feels normal," added Vasavada.

With cases rapidly rising across the country, it is tough to predict when the domestic season kicks off. It is supposed to begin in August but it looks unlikely at this stage.

The national team players including Pujara are also going through an uncertain period and don't know when they can assemble for a training camp. Pujara's next assignment most likely will be the tour of Australia in December.

Earlier on Monday India's Test batting mainstay posted his photo of hitting the nets on social media.

New Zealand hails Covid-free days with record rugby crowd

Though competitive sport has resumed in different parts of the world without spectators and with stringent regulations – the English, German and Spanish football leagues, for instance – it was back to pre-Covid days in Auckland, and Dunedin the day before.

For the first time in his four years as in-charge of the iconic Eden Park in Auckland, Nick Sautner says he witnessed a near-stampede at the turnstiles last Sunday. A 15-year record crowd of 43,000 poured in for the Super Rugby encounter between the Blues and Hurricanes, though Sautner says the atmosphere was so electric that he felt it was twice that number.

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It looks like this weekend will be no different, either, as New Zealand celebrates its Covid-free status without a single case for close to three weeks and the rugby moves to Hamilton and Wellington.

"It's the effort of 5 million people who managed to defeat the pandemic.

Celebrate they did last weekend – tickets were discounted, free public transport was arranged, children were admitted free and fans allowed to enter the field after the game. The



stands were packed much before the match began, and fans forgot rivalries and shook hands with anyone they saw.

After the match, much of the crowd flooded into the turf, clicking selfies and signing autographs from the players, and chatting with some of them. "There were no bouncers smacking our faces when we tried to jump the fence.

The Undertaker retires from WWE



After almost 33 years of wrestling, The Undertaker legendary career is seemingly over, according to a WWE docuseries that debuted on Sunday.

During the final episode of his Last

Ride docuseries, The Undertaker says he's at peace with not wrestling again. This is something he wasn't able to do despite teasing retirement a few times throughout the years.

The Undertaker stated that "I'm at a point that this time the cowboy really rides away." After saying that he has nothing left to accomplish, he seemed content with what he has done and spending his future at home.

"I believe I'm at a place now, post-Boneyard, which was a hellacious battle against one of the best in the business. Here you are, climbing on your motorcycle and taking off. There was a lot of thought and a lot of emotion, one of those being 'are you happy enough with that?' It was a powerful moment. You don't necessarily always get those."

"If there was ever a perfect ending to a career, that right there was it. If Vince was in a pinch, would I come back? I guess time would only tell there. In case of emergency, break glass, you pull out The Undertaker. I would consider it. At this point in my career, I have no desire to get back in the ring," he said. As a wrestling fan, Undertaker is one of the most iconic names you can think of as a wrestler. Even people who don't watch wrestling know who The Undertaker is.

J&K starts issuing domicile certificates; suffering finally ends



Over seven months after the abrogation of Article 370 and 35A, the Jammu and Kashmir administration has started issuing domicile certificates to the permanent and non-permanent residents who have lived in J&K for at least 15 years. As per the domicile law, non-permanent residents who have residency proof of at least 15 years in J&K are entitled to get domicile certificates. The process for issuing the domicile certificates has begun and long queues can be seen at tehsildar offices these days. Online application facility has also been made available to avoid these long queues.

Trump says learn from history instead of removing statues



As America grapples with racism in its past, President Donald Trump lined up squarely with those who argue that the pendulum has swung too far in favour of removing statues and other symbols of that flawed history, saying mistakes will be repeated if not learned from and understood. Trump's campaign also sees the divide over this latest cultural flash point as a way to boost the president's standing, which has suffered during his handling of the coronavirus outbreak and the protests over racial injustice that followed George Floyd's death in Minneapolis.

Imperial College London administers possible coronavirus vaccine to first healthy volunteer



A team of researchers from Imperial College London working on a cure for the novel coronavirus gave its first dose to a healthy volunteer who is being closely monitored but chooses to remain anonymous. The Imperial College drug trial has received more than £41 million in funding from the UK government and a further £5 million in philanthropic donations. This drug is based on new self-amplifying RNA (saRNA) technology, which artificially creates the 'spike protein' that would boost the immunity to fight the virus.

FMs focus on multilateralism in key RIC meet, Jaishankar highlights India's contributions in WWII



Foreign Ministers of Russia, India and China participated in the RIC virtual meet on Tuesday amid tensions along the Indo-China Line of Actual Control (LAC) in eastern Ladakh. Throughout the meet, emphasis was laid on implications of the novel coronavirus outbreak on the global economy. Russia, the host country, opened the forum with Foreign Minister Sergei Lavrov saying, "Today, we have other threats, first of all - Covid-19. The pandemic continues to take lives, to have a serious negative impact on world politics and the economy."

Assam faces second wave of floods; one dead, 37,000 affected



Second wave of floods hit Assam as incessant rainfall occurred at several places, killing one person and affecting nearly 37,000 people across four districts, the state disaster management authority said. According to the daily flood report of the Assam State Disaster Management Authority (ASDMA), one person died at Nazira in Sivasagar district due to gushing waters. With this, the death toll in this year's floods has gone up to 11 in the state.

Assam: Total lockdown imposed in Guwahati's 11 wards after 144 corona cases turn up with no travel history



An order issued by the Chief Secretary of Assam government Kumar Sanjay Krishna stated that "It has been reported to me by District Magistrate, Kamrup Metropolitan that there is large scale spread of Covid-19 affected cases among the general public of certain areas of Guwahati City which has posed as a major threat to public health, hygiene and safety of the general population; I, therefore, in my capacity as the Chairman of the State Executive Committee of Assam State Disaster Management Authority, in the exercise of the powers, conferred under Section 22(2)(h) of the Disaster Management Act, 2005, do hereby issue directives to Commissioner of Police, City and District Magistrate, Kamrup Metropolitan District to enforce total lockdown in the areas."

IIM Ahmedabad launches Endowment Fund with 10 alumni giving 100 cr each



The Indian Institute of Management, Ahmedabad announced the launch of the 'IIM Ahmedabad Endowment Fund', with an initial commitment of Rs 100 Cr from 10 founding alumni. The endowment aims to raise Rs 1000 Cr over a period of five years. IIMA is the first management school in India to come up with this first-of-its-kind fund setting a benchmark and inspiring other institutes. Speaking on the occasion, Kumar Mangalam Birla, Chairperson, IIMA Board of Governors said, "Endowment funds help ensure the financial health of any institute, thereby encouraging growth and self-sufficiency."

Beijing shuts schools as second wave of Covid-19 hits Chinese capital



A new Covid-19 outbreak is spreading in Beijing and responding to the situation, the city has restricted movement in the areas where new Covid-19 cases have developed, and has ordered all schools to be closed. The Chinese capital decided to test all people for the virus before being allowed to leave the city. Now, there are 249 people infected in the second wave of coronavirus and the first infections around June 11 were seemingly linked to the Xinfadi wholesale food centre in the southwest of Beijing, wherein no cases had been seen for almost two months now.

BIRTHDAY WISHES

KIRAN BEDI
09th JUNE 1949

Kiran Bedi born 9 June 1949 is a retired Indian Police Service officer, social activist, former tennis player and politician who is the current Lieutenant Governor of Puducherry. She is the first female Indian Police Service (IPS) officer and started her service in 1975. She remained in service for 35 years before taking voluntary retirement in 2007 as Director General of Police, Bureau of Police Research and Development.



SUNDAR PICHAI
10th JUNE 1972

Pichai Sundararajan born June 10, 1972, is an Indian-American business executive, the chief executive officer (CEO) of Alphabet Inc. and its subsidiary Google LLC. Pichai began his career as a materials engineer and joined Google as a management executive in 2004. He rose to become the company's Product Chief and the CEO in 2015, as part of the restructuring process that turned Alphabet Inc. into Google's parent company. In December 2019, he additionally became CEO of Alphabet Inc.



DISHA PATANI
13th JUNE 1992

Disha Patani born 13 June 1992 is an Indian actress who works primarily in Hindi films. She began her acting career with the Telugu film Loafer (2015), opposite Varun Tej. After making her Bollywood debut in the sports biopic M.S. Dhoni: The Untold Story (2016), she starred in the Chinese action comedy Kung Fu Yoga (2017), which ranks among the highest-grossing Chinese films of all time. She went on to play the romantic interest of the lead male character in the commercially successful Hindi action films Baaghi 2 (2018) and Bharat (2019).



DONALD TRUMP
14th JUNE 1946

Donald John Trump born June 14, 1946 is the 45th and current president of the United States. Before entering politics, he was a businessman and television personality. Trump was born and raised in Queens, a borough of New York City, and received a bachelor's degree in economics from the Wharton School. He took charge of his family's real-estate business in 1971, renamed it The Trump Organization, and expanded its operations from Queens and Brooklyn into Manhattan. The company built or renovated skyscrapers, hotels, casinos, and golf courses. Trump later started various side ventures, mostly by licensing his name.



Say Yes to Mental Health and No to Mental Illness



Dr. TWINKAL PATEL
Founder Motherhood Foundation

The coronavirus outbreak has forced us to find out ways of living, respect nature and self-respond to the mind, body and soul. In the recent past we have witnessed many ups and downs in humanity and human lives. Mental health emerged the biggest caused and casualty in this pandemic crisis. In this article, I have tried to take up the positive side of mental health and discussed some valuable points to follow in our routine life.

As we all know, mental health includes our emotional, psychological and social well-being. Mental health is all about how we think, feel and act in our life. It helps to determine how we our inner emotions, managing stress, making choices and giving priorities in our daily live. Mental health is important at every stage of life and it passes through every stage from childhood to adulthood.

During life journey, you experience number of mental health problems that could affect your thinking, mood and behaviour. Factors that are contribute to mental health problems include:

- Biological factors like genes or brain biology.
- Life experiences like trauma, abuse, molestation and any other untoward situations.
- Family history of mental illness.
- Personal and Professional discrimination.

Signs & Symptoms

Different signs and symptoms that are diagnosed in person who are living with mental health problems. Children are also affected by mental illness these days due to negligence by parents, guardians and care takers. Any of the following that you experience can be early warning sign of a problem:

Generic Symptoms

- a) Feeling helpless or hopeless
- b) Addicted with bad habit like smoking, drinking, or using drugs more than usual



- c) Yelling, not responding in positive manner, procrastinating more often or fighting with family and friends.
- d) Hearing voices or believing things that are not true.
- e) Having low or no energy
- f) Pulling away from people and usual activities.
- g) Feeling like nothing matters
- h) Thinking of harming or damaging yourself or others.
- i) Inability to perform routine assignments
- j) Having persistent thoughts and memories you can't get out of your head.
- k) Anxiety, sadness and sleep disturbance.
- l) Increase earring, sudden weight gain.
- m) Hiding the things or not sharing inner feelings openly with near and dear ones.
- n) Telling lie, sudden change in routine behaviour.
- o) Mood swings and depression.

- p) Negative attitude towards surroundings.

Mental Wellness

Mental health is the state of mind where a person balances its mind, body and soul. World Health Organization (WHO) has already created '40 seconds of action' raise awareness of the scale of suicide around the world and the role that each of us can play to help prevent it. A good mental health is signifying to mental as well as psychological well-being. Depression is the common cause of concern in this stressful live and it has affected to all.

The following help can be extended to someone if think s/ she may be depressed:

- 1) Talk to someone you trust about your feelings.
- 2) If you think you are depressed, seek professional help. Your local health-care worker or doctor is a good place to start.

- 3) Keep up with activities that you have always enjoyed, or find alternatives if previous activities are no longer possible.
- 4) Stay connected and keep in contact with family and friends.
- 5) Eat at regular intervals and get good sleep.
- 6) Exercise and do yoga at regular intervals if you can, even if it's just a short walk, cycling.
- 7) Avoid or restrict alcohol intake and only take medicine as prescribed by your health-care provider.
- 8) Share your inner feelings good or bad feelings openly
- 9) Listen without judging
- 10) Avoid comparing and stop humiliating personally or openly.
- 11) Counsel when needed

In totality, we can say that in such circumstances, family & friends are the vital relationship organs which can play an important role while healing the personal who are affected by mental health problems.