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New Zealand is the latest country after UAE and Sri Lanka which has offered to host the IPL in case the billion dollar league can't be held in India due to rising cases of coronavirus.

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Health & Wellness...



This is the difficult situation for everyone we are tightening for survival. In spite of all this problem we are alive! Due to this COVID-19, our lifestyle, routine priorities everything has been changed.

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Reflection Of Experience & Observation: EXPERIENTIAL LEARNING



Dr. Saleema Chaudhary
Principal
CCIS Green Campus, Bopal

Education or learning is the acquisition of knowledge and skills through studies, experience or being taught. Thus we can broadly categorize learning into two types; Cognitive or rote learning and experiential learning. Cognitive learning is where lot of memorization happens without going into the core of the concept where as experiential learning is where knowledge is acquired through application, through first-hand experience. It is applied knowledge which is acquired from doing. Experience is acquired outside of the traditional academic classroom setting. It may include field trips, educational trips, projects, etc.

Experiential learning aims at making the education child centered. It aims to make the student in control of the learning process where he is allowed to master the knowledge of the concepts by constructing the experience and the observations He learns in the process to deal with the failures by overcoming the hurdles and fear. The concept of experiential Learning as proposed by David A Kolb is based on four major structures which operate on continuous cycle during the process of learning by an individual. They are:

A complete learning cycle happens only when a learner goes through all the stages of learning that is cognition, perception, behaviour experience and reflection. The cycle proposed has inspired words of Jean Piaget and the Father of Experiential Learning John Dewey. The cycle includes:

- Concrete experience
- Reflective observation
- Abstract conceptualization
- Active experimentation

The learning cycles includes styles which is diverging, assimilating, converging and accommodating. It is a multi sensory learning; Touch, hearing, sight, Taste and smell, that makes the learning more effective as the student tries assimilate what he experiences and then he conceptualize his learning.



“ Give the pupils something to do, not something to learn; and the doing is of such a nature as to demand thinking; learning naturally results. ”

— John Dewey

What experiential Learning helps in?

As discussed above the cycle of experiential learning focuses on doing and learning from the outcome but we need to understand further that by simply planning and doing lot of activities in the class, we are not following the learning cycle of KLOB's cycle of experiential learning. Similarly, taking students out for a visit or field trip or utilizing expensive resource for learning or watching a video without any specific aim or objective of learning does not qualify as experiential learning. Well defined result orientated learning strategies can only help and lead to:

- Accelerated Learning
- Safe learning environment
- Change in mindset
- Increased teamwork and collaboration. A 21st century skill set.
- Retention of the concept and learning beyond the classroom.

Number of strategies can be used to enhance the retention of the learning. By inviting a guest speaker from a selective industry to address the students to give a hands-on experience of the particular industry will generate lot of understanding and learning about that particular process and the product. Integrating Art in the subject curriculum, as it is also promoted by CBSE, and group learning by the students can also be a strategy to incorporate experiential learning in the school.

Structured Field trips is a tremendous way to inducing experiential learning in the students. There can be a brief observational activity at the onset of the

outdoor activity keeping in mind the clarity about the objective. This will prepare the students to learn from their outing. They will start to explore along with enjoying the trip. Preparing a portfolio will help them explore and observe minutely the surrounding.

Narrations, Simulations, Role-playing and storytelling are some of the other strategies that a teacher can plan to enhance the teaching and learning process. It helps the student to understand the situation why a particular character of the story reacted or responded in a particular way.

Planning of Lesson plan based on the stages of Experiential learning

Learning by experiencing is far more effective and long lasting. It helps in building confidence and competencies by merging theoretical knowledge with practical implementation. While building confidence it helps promoting self exploration, motivation and critical thinking. The theory of constructivism is largely appreciated with ample of room for appreciation of the concept and underlying principles. While few may still have an opinion on the effectiveness of lessons plan on the principles of experiential learning putting forward the fact that at times the process may not be very cost effective and that the assessment process can be complex compared to the traditional way of teaching and learning process. Following points to be noted to make the lesson plan most effective:

- 1 The needs of student and prior knowledge before selecting a realistic goal.
- 2 Identification of the activity and strategy to implement should be done.
- 3 Wherever possible integration of art to be done.
- 4 Positive reinforcement to encourage and motivate the students should be done.
- 5 The reflection of the learning and Timelines to complete the activity is to be defined.
- 6 Teacher to be a facilitator in the learning.
- 7 Peer evaluation to be encouraged.
- 8 Conducive classroom environment.

Happy Teaching!

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

Students of CCIS Green Campus Celebrated Yoga Day at Home



Various Activities Celebrated by the Childrens of LML School

Yellow Day Celebrated at LML School



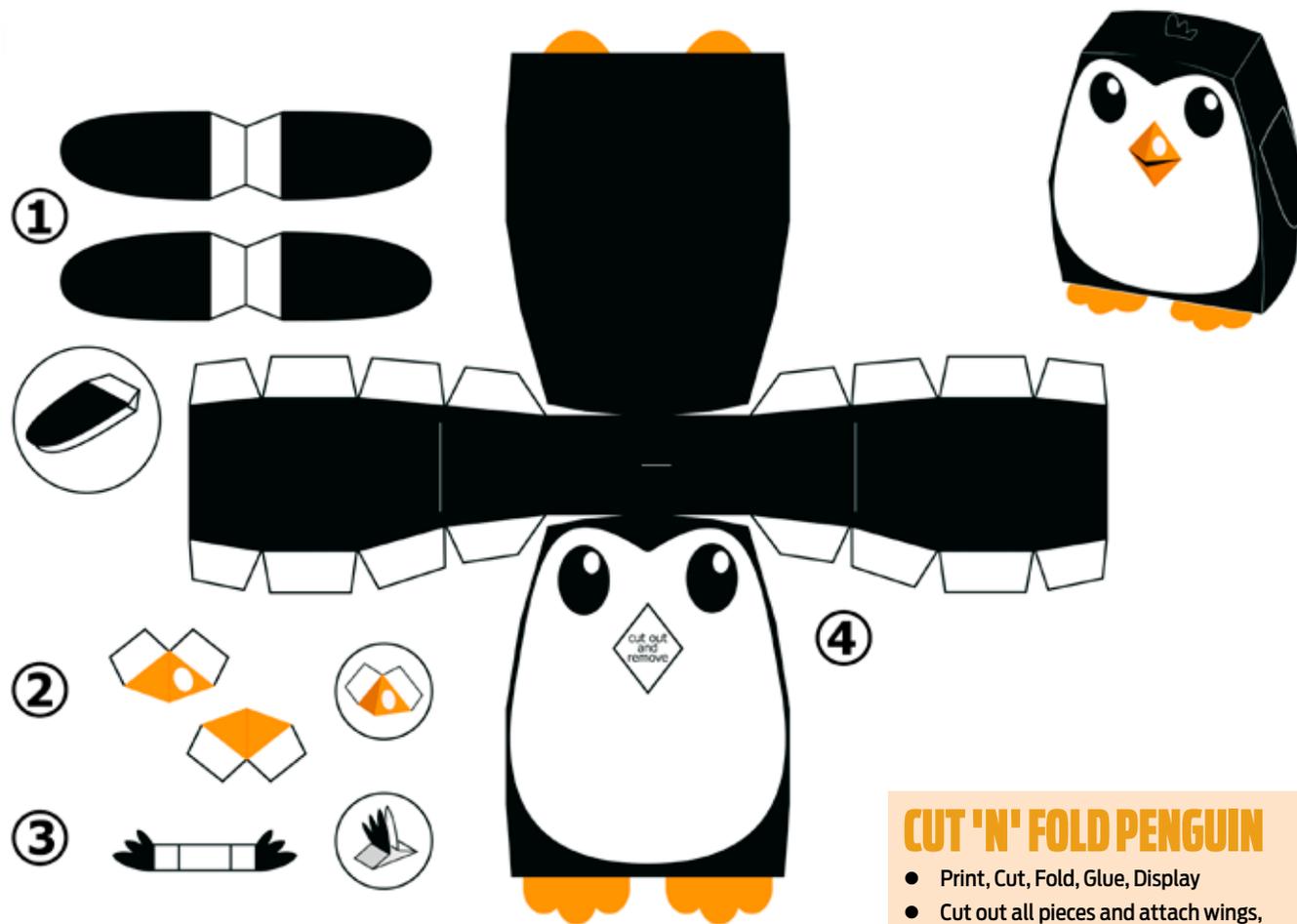
Convocation Ceremony

Tender Touch



On 26th June, we celebrated Yellow colour day during our Zoom classes. As instructed, children wore yellow colour dresses and were ready with drawing sheet and water colour. The session commenced with a short yellow colour rhyme signifying the objects of the same colour. Then kids were asked riddles in sync with yellow colour. To add more fun to theme, the teacher gave a minute to run and grab any yellow object in their house. Students followed madam's instructions and made a beautiful yellow hand print fish in their drawing books. The colour day tempo lasted even after the session was over. Our supportive parents cooked up few kids favourite dishes of yellow colour. To sum up, would conclude by saying, it was a memorable and exciting day for them.

—Smita Mukim, Educator, LML School



CUT 'N' FOLD PENGUIN

- Print, Cut, Fold, Glue, Display
- Cut out all pieces and attach wings, beak and crest before assembling body.

MONSTER BOOKMARKS

Materials you will need

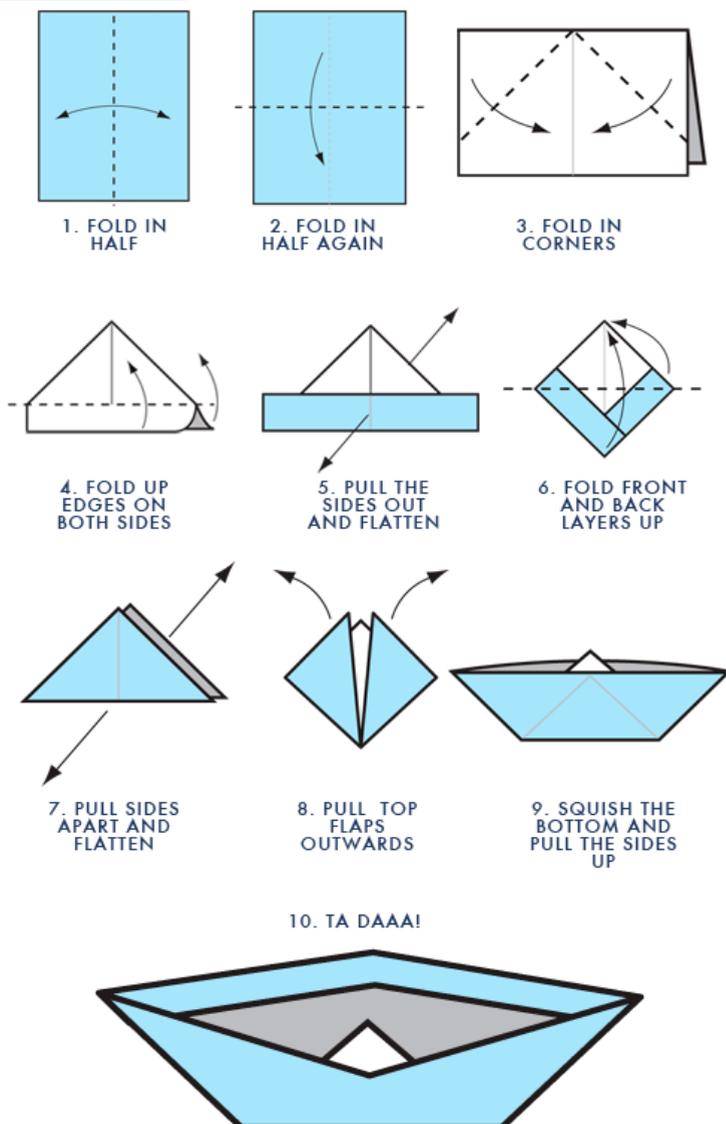
- Coloured paper
- Scissor
- Glue
- Pencil
- Scale
- Sketch pen

Steps:

- Take a square craft paper and.
- Fold one side into a triangle.
- Fold the right hand side and left hand side of the edge of the triangle as show in the picture below and make a nice crease. Bring back the two ends in their original position.
- Now, fold the top end of the triangle in downward direction.
- Further, fold both the ends as shown below.
- Make eyes and teeth by using another white paper and cutting it in that shape.
- Stick the eyes and the teeth with the help of a glue and your Monster Bookmarks are ready to use.



PAPER BOAT



TABLETOP BOW AND ARROW CRAFT

The Olympic games are right around the corner, so it's the perfect time to stir up some friendly competition. This tabletop bow and arrow craft helps introduce your child to basic principles of physics while honing his hand-eye coordination. Get crafty, shoot and score for hours of fun with your little gold medalist.

What You Need:

- Craft sticks
- Pocket knife
- Container with water
- Dental floss
- Cotton swabs
- Acrylic paints and brush
- Card stock
- Scissors
- Glue
- Stickers and glitter (optional)

What You Do:

1. Cut two notches on both sides of the craft stick, about a half-inch from the ends, for a total of four notches per stick.
2. Place the sticks in a container of water and let them soak for at least an hour.
3. Carefully bend the ends of the stick toward one another until the stick resembles the arch of an archery bow.
4. Tie the dental floss to one end of the stick, within the notches, and wrap the floss inside the notch a couple of times. Stretch this floss tightly (to hold the bow shape) and repeat the



process on the other side.

5. Allow the bow to dry completely.
6. Browse the web with your kid to choose a country that competes in Olympic archery, and invite your budding artist to paint the bow in colors that match the flags of various countries competing in the Olympic games.
7. Give your child stickers that coordinate with his country of choice (such as a bald eagle for America) to decorate that country's bow, or have him sprinkle on some glitter for an extra sparkle of color.
8. To make the arrows, cut a

cotton swab in half, with the cotton side representing the arrow.

9. To bring a competitive element to your craft, fashion an Olympic target for your tabletop archery.

Draw and cut out rings in blue, yellow, black, green and red from construction paper, representing the five major geographical regions in the world.

10. Lay the rings down on the card stock in the correct order (blue, yellow, black, green, red) and cut a slit through each ring so they intertwine. Glue the rings down on the card stock.

11. Fold the cardstock in half and cut the back on both ends leaving a three-inch strip in the middle to help the target to stand up on the table.

How to Play:

1. Arrange the target at a distance that's ability and age-appropriate for your young athlete.
2. Help your child load the bow with an arrow.
3. Gently pull back on the bow's string and let the arrow fly across the table toward the target.
4. He shoots, he scores! Does the arrow hit the target? Can you shoot inside one of the rings? Who can shoot the farthest?
5. Remind your kid to never shoot an arrow at another person or a pet—by playing it safe, everyone wins.

Make a Cartesian Diver

You will need

- A clear ONE liter plastic soda bottle and cap (not the big 2 liter bottle)
- A ball point pen cap that does not have holes in it
- Some modeling clay ("sculpey" works too)

What to do

1. Remove any labels from your bottle so that you can watch the action.
2. Fill the bottle to the very top with water.
3. Place a small pea-size piece of modeling clay at the end of the point on the pen cap. (see drawing)
4. Slowly place the pen cap into the bottle, modeling clay end first. (some water will spill out – that's okay) It should just barely float. If it sinks take some clay away. If it floats too much add more clay.
5. Now screw on the bottle cap nice and tight.
6. Now for the fun part. You can make the pen cap rise and fall at your command. Squeeze the bottle hard – the pen cap sinks... stop squeezing and the pen cap rises. With a little practice, you can even get it to stop right in the middle.

How does it work?

Impressive, but how does it work? This experiment is all about DENSITY. When you squeeze the

bottle, the air bubble in the pen cap compresses (gets smaller) and that makes it more dense than the water around it. When this happens, the pen sinks. When you stop squeezing, the bubble gets bigger again, the water is forced out of the cap, and the pen cap rises.

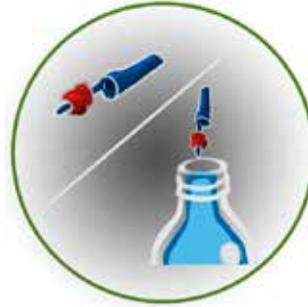
If it doesn't work: play around with the amount of clay and be sure the bottle is filled to the very top before putting on the cap.

Soy Sauce Diver: That's right, next time you go to your local Chinese Food restaurant, ask for a packet of soy sauce (the kind they use for take out orders) Don't open it – just put it in the bottle the same way instead of the pen cap. When you squeeze the bottle the air bubble inside the packet compresses and become more dense. The bubble in the packet makes it rise and fall just like the pen cap. This sometimes works with ketchup and mustard packs too. Have fun!

MAKE IT AN EXPERIMENT

The project above is a DEMONSTRATION. To make it a true experiment, you can try to answer these questions:

1. Does the size of the bottle affect how hard you have to squeeze the make the diver sink?
2. Does it matter if the bottle is not filled all the way with water?
3. Does the temperature of the water affect the density of the the diver?



ELECTROMAGNET

You will need

- A large iron nail (about 3 inches)
- About 3 feet of THIN COATED copper wire
- A fresh D size battery
- Some paper clips or other small magnetic objects

What to do

1. Leave about 8 inches of wire loose at one end and wrap most of the rest of the wire around the nail. Try not to overlap the wires.
2. Cut the wire (if needed) so that there is about another 8 inches loose at the other end too.
3. Now remove about an inch of the plastic coating from both ends of the wire and attach the one wire to one end of a battery and the other wire to the other end of the battery. See picture below. (It is best to tape the wires to the battery – be careful though, the wire could get very hot!)
4. Now you have an ELECTROMAGNET! Put the point of the nail near a few paper clips and it should pick them up!

How does it work?

Most magnets, like the ones on many refrigerators, cannot be turned off, they are called permanent magnets. Magnets like the one you made that can be turned on and off, are called ELECTROMAGNETS. They run on electricity and are only magnetic when the electricity is flowing. The electricity flowing through the wire arranges the molecules in the nail so that they are attracted to certain metals. NEVER get the wires of the electromagnet near a household outlet! Be safe – have fun!

MAKE IT AN EXPERIMENT

The project above is a DEMONSTRATION. To make it a true experiment, you can try to answer these questions:

1. Does the number of times you wrap the wire around the nail affect the strength of the nail?
2. Does the thickness or length of the nail affect the electromagnets strength?
3. Does the thickness of the wire affect the power of the electromagnet?



UNPOPPABLE BUBBLE RECIPE

- 3 cups water
- 1 cup dish soap
- 1/2 cup corn syrup
- Scissors
- Plastic pipette
- Microfiber gloves
- Pour water into a bowl.
- Add dish soap into bowl.
- Add corn syrup.
- Mix well.
- Cut off end of pipette.
- Dip cut end of pipette into bubble solution and blow from the other end to make unpopable bubbles!



Craft Stick Catapult

GET TOGETHER

- 9-10 craft sticks
- 4 rubberbands
- bottle cap
- hot glue or double sided sticky tape
- mini-marshmallows or other small items to use as projectiles

PUT IT TOGETHER:

Stack and band together all but 2 sticks.

Band the other two sticks as shown. Glue or stick on the cap.

PLAY:

Put the projectile into the cap, hold down top stick, release and watch the object fly.

Practice aiming by setting up a target.



STUFFED MOONG DAL CHILAS

Ingredients

For The Chila Batter
2 cups green moong dal
2 tsp finely chopped green chillies
a pinch of asafoetida (hing)
salt to taste

For The Stuffing

1 tbsp oil
1 tsp cumin seeds (jeera)
2 tsp finely chopped green chillies
1 cup boiled potato cubes
2 cups boiled green peas
1 tbsp dried mango powder (amchur)
salt to taste

Other Ingredients

oil for greasing and cooking

Method

For the chila batter

1. Clean, wash and soak the chilke wali moong dal in water for at least 3 hours.
2. Drain, add the green chillies, asafoetida, salt and enough water and blend in a mixer to a coarse paste and

keep aside.

For the stuffing

1. Heat the oil in a kadhai and add the cumin seeds.
2. When the seeds crackle, add all the remaining ingredients and cook for a few minutes.
3. Mash lightly, divide the stuffing into 15 equal portions and keep aside.

How to proceed

1. Heat a non-stick pan and grease it with oil.
2. Pour a ladleful of the mixture on the pan and spread it evenly to make a thin of 25 mm (5") diameter circle.
3. Cook the chila using a little oil till brown spots appear on both sides.
4. Place one portion of the stuffing on one half of the chila and fold to make a semi-circle.
5. Repeat with the remaining batter and stuffing to make 14 more stuffed chilas. Serve hot.



Apple Yogurt Parfaits

Ingredients

- 1 cup sweetened applesauce
- Dash ground nutmeg
- 1/2 cup granola with raisins
- 1-1/3 cups vanilla yogurt

Directions

- In a small bowl, combine applesauce

and nutmeg. Spoon 1 tablespoon granola into each of 4 parfait glasses. Layer each with 1/3 cup yogurt and 1/4 cup applesauce; sprinkle with remaining granola. Serve immediately.

Nutrition Facts

1 parfait: 158 calories, 2g fat (1g saturated fat), 4mg cholesterol, 70mg sodium, 30g carbohydrate (24g sugars, 1g fiber), 5g protein.



QUIZ

1. Name Batman's crime fighting partner?
2. How many sides does a triangle have?
3. Which superhero can climb up walls and buildings?
4. "Stars and Stripes" is the nickname of the flag of which country?
5. Which planet in our Solar System is known for having a ring?
6. Why do things fall when you drop them?
7. What is the largest mammal in the world?
8. How many colors are in a rainbow?

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



Apple Oxidation Science Experiment



STEP 1: Read the text about apple oxidation with the "Apple Browning" passage.

STEP 2: Using the information from the passage, plan an experiment to test liquids for ascorbic acid OR use the directions page with materials and steps provided.

STEP 3: Select a variety of liquids.

Examples

- plain water
- salt water (1/8 tsp of salt, 1 cup of water)

- sugared water (1 tbsp of sugar, 1 cup of water)

- honey water (1 tbsp of honey, 1 cup of water)

- pure lemon juice

- lemonade

- apple juice

- orange juice

STEP 4: Write down predictions about how each liquid will affect the oxidation process of the apple (using the information they read in Step 1 to support their predictions).

STEP 5: Prepare and pour each liquid into its own bowl, cup, or baggie. Be sure to label the liquids and use the same amount of each.

STEP 6: Slice an apple into small pieces.

STEP 7: Immediately place one apple piece into each liquid. Make sure the liquid is covering the white part of the apple. Leave one piece of apple out of the liquid as the control variable.

STEP 8: After 3 minutes, remove the apples from the liquid and place them on a platter.

FILL IN THE COLORS

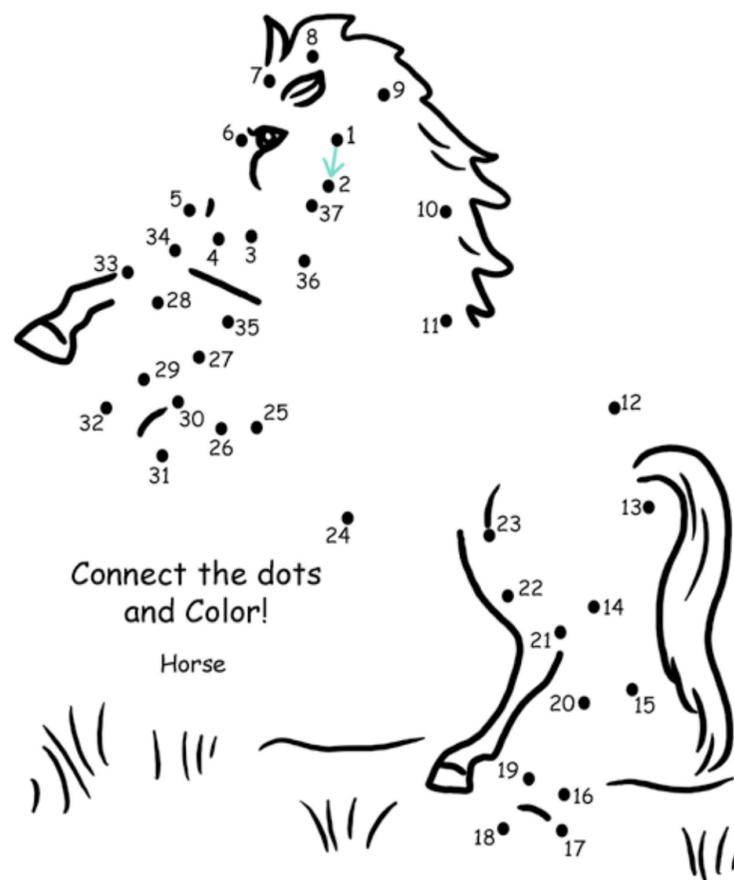


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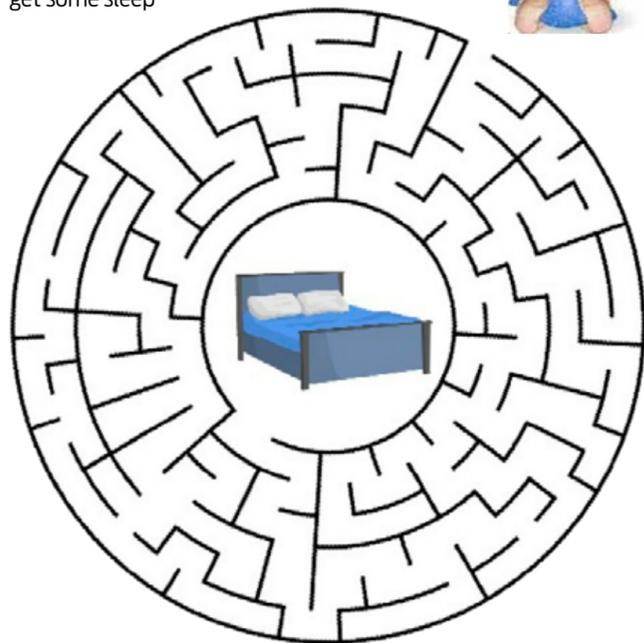


RIDDLES FOR KIDS

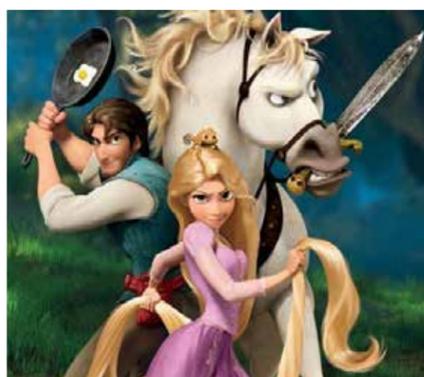
1. What can jump higher than a building?
2. An elephant in Africa is called Lala. An elephant in Asia is called Lulu. What do you call an elephant in Antarctica?
3. Imagine you are in a room with no windows or doors. How will you get out?
4. A group of bunnies were having a birthday party. What kind of music were they listening to?
5. Where would you take a sick boat?
6. What kind of room has no doors or windows?
7. I'm orange, I wear a green hat and I sound like a parrot. What am I?
8. What fruit can you never cheer up?
9. What did the zero say to the eight?
10. Mrs. Brown has 5 daughters. Each of these daughters has a brother. How many children does Mrs. Brown have?

FIND THE WAY

Cuddles the teddy bear is So tired that he can "bearly" keep his eyes open. Help him find his way through the maze to his cozy bed so he can get some sleep



FIND THE DIFFERENCE



LEARNING ABOUT VERBS WITH 'ING'

Add 'ing' to the verbs so that they describe the continuing actions in the following sentences. Sometimes you may have to leave off the 'e' on the end of the verb before you add the 'ing.'

1. I am _____ for the bus with my friend.
2. My cousin is _____ for the airport in an hour.
3. My mom is _____ my favorite song.
4. He is _____ a surprise birthday party for his father.
5. Our class is _____ a book drive.
6. My brother is _____ to find his sweater.
7. The girl is _____ a picture.
8. Do you need help _____ your room?
9. The children are _____ a fun game.
10. They are _____ a tree house.
11. My teacher is _____ our tests right now.

wait
leave
sing
throw
organize
try
draw
clean
play
build
grade

FIND THE WORDS

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

- TEACHER
- BACKPACK
- BOOKS
- BINDER
- PENCIL
- QUIZ
- CLASSROOM
- NOTEBOOK
- SCHOOL
- DESK PAPER
- RECESS
- STAPLER
- FOLDER
- COMPUTER
- RULER

We're all very familiar with the celebration of Father's Day and Mother's Day every year. Both these days are very special and are celebrated with the objective of showing our appreciation towards our parents and to thank them for their contribution in our lives. On similar lines, in India, festivals like Rakshabandhan & Bhaibeej are celebrated with great gusto to celebrate the love and bonding between a brother and a sister.

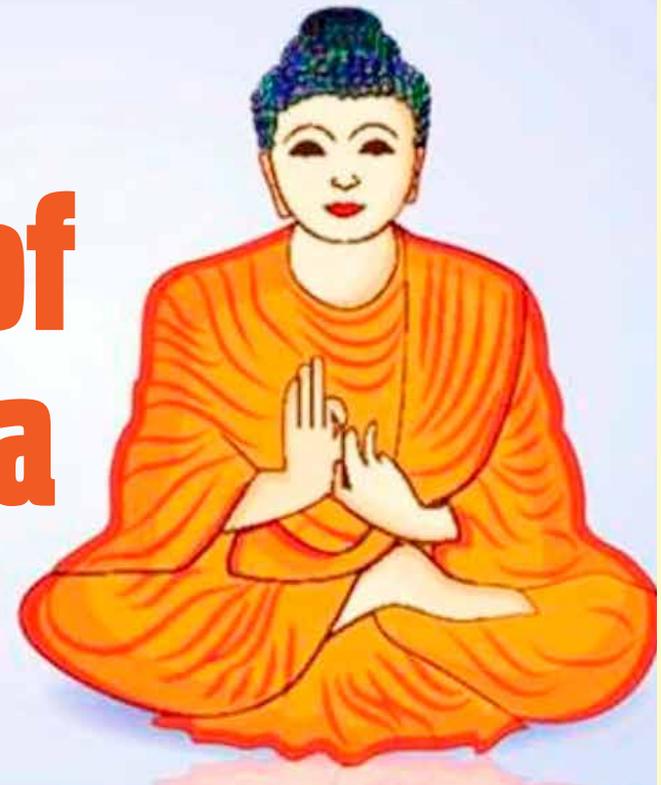
But, are you aware, that there's a special day to express our gratitude towards our teachers also?

History of Guru Purnima

Guru or teacher has always been considered akin to a God in the Hindu culture. Guru Purnima or Vyasa Purnima is the day to celebrate and pay our gratitude to our Gurus. This Sanskrit word literally translates to 'the one who frees us of ignorance'. It also commemorates the birthday of Ved Vyasa, who is credited to have authored some of the most important Hindu texts of all times such as the Puranas, Mahabharata and Vedas.

Guru Purnima honours Ved Vyasa, known as one of the most honoured Gurus of ancient India. Senior Ayurvedic consultant Dr Vishakha Mahindroo says, "Veda Vyasa, structured the four Vedas, composed the epic of the Mahabharata, created the foundation for the many Puranas and the vast encyclopedias of Hindu sacred lore. Guru Purnima represents the date on which Lord Shiva as the Adi Guru or original guru taught the seven rishis who were

Importance of Gurupurnima



the seers of the Vedas. In the Yoga Sutras, Ishvara as Pranava or Om is said to be the Adi Guru of Yoga. Lord Buddha was said to have delivered his first sermon on this day at Sarnath, reflecting the power of this sacred time."

This day is called as 'Gurupurnima'. Interesting facts about this day are that-

- It is celebrated on the full moon day of the Hindu calendar month of Ashadh.
- It is celebrated every year as an occasion to thank our teachers and gurus for all the knowledge we've received from them and to seek their blessings.

One needs a guru (teacher) not only for his academic progress but a guru is of utmost importance for one's spiritu-

al progress also.

Who is a Guru?

- Anyone from whom we learn anything is our Guru.
- A guru is a guide, the one whose teachings we follow.
- The real Guru is the one who moves us from darkness to light by helping us get rid of our weaknesses and faults.

What is the importance of a Guru's grace?

The Guru's grace removes all obstacles and helps one reach right up to his goal. In order to attain Guru's grace, we should abide by Guru's instructions with utmost sincerity and maintain humility towards our Guru.

History has witnessed the lives of great men who've reached the heights of success through their Guru's grace and blessings. Some of the famous examples are- Swami Vivekananda and Ramakrishna Paramahansa, Arjun and Dronacharya, Shivaji Maharaj and Swami Ramdas, Chandragupta Maurya and Chanakya.

Don't these great personalities inspire us to have faith in our teachers?

Importance of Gurupurnima according to Dadashri-

On this day Dadabagwan is in an absolute enlightened state so if one asks for whatever strengths one lacks then one is sure to receive them.

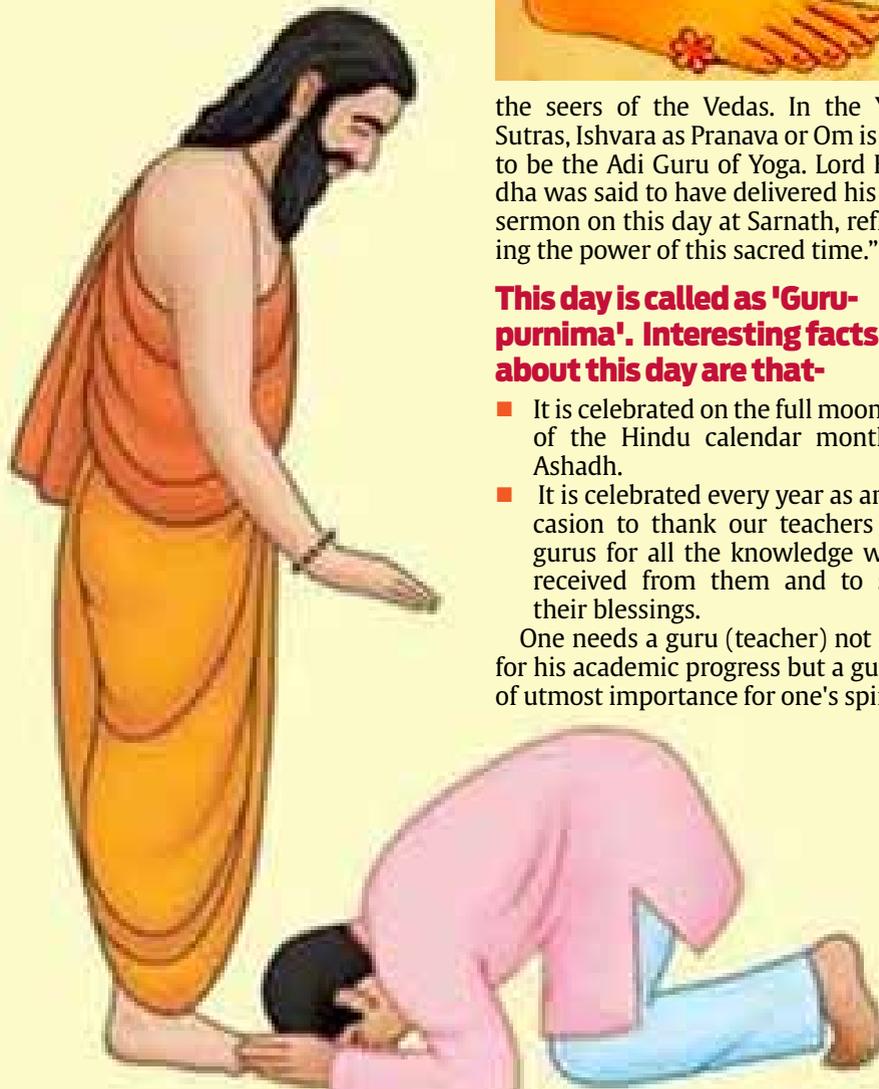
Friends, whomsoever you surrender to, you will acquire whatever strength they possess. Amazing! Isn't it? The Grace of Guru is like an ocean... So if one has the guru's grace with him and follows his instructions, he will not have to endure any suffering.

How to celebrate Gurupurnima?

Gurupurnima is usually celebrated by worshipping and expressing gratitude to the Gods who are like our Gurus. In monasteries and ashrams, disciples offer prayers in the honour of their teachers. Dr Vishakha suggests what to do on Gurupurnima, "On this day, one should dedicate oneself to following the guru's principle and teachings and put them into practice. Gurupurnima has the importance of Vishnu puja attached to it. 'Vishnu Sahatranam' also known as the thousand names of Lord Vishnu should be recited on this day. Be in sync with self and channelise your energies on this auspicious day."

Fasting & feasting and food culture

Many people fast during the day, refraining to eat salt, rice, heavy foods such as non-vegetarian dishes and other meals made of cereals. Only eating yoghurt or fruits is allowed. They break their fast after performing puja in the evening. The temples distribute Prasad and Charnamrita, containing fresh fruits and sweetened curd. Most households also follow a strict vegetarian diet on Gurupurnima, eating delicacies like Khichdi, Pooori, Choley, Halwa and sweets like Soan Papdi, Barfi, Laddoo, Gulab Jamun etc.



1st July – National Postal Worker Day



National Postal Worker Day is observed every year on 1st July to thank and appreciate all men and women who work consistently and diligently to deliver all our mail and packages.

1st July – Canada Day



Canada Day is celebrated annually on 1st July and it is a statutory holiday. This day marks the anniversary of the formation of the union of the British North America provinces in a federation under the name of Canada. Canada Day also means fireworks and the year's biggest national party.

1st July - Chartered Accountants Day



The Institute of Chartered Accountants of India (ICAI) was established on 1st July, 1949 and so in India is marked as a Chartered Accountants Day. It is the second-largest professional accounting and finance body in the world.

1 July - National U.S. Postage Stamp Day



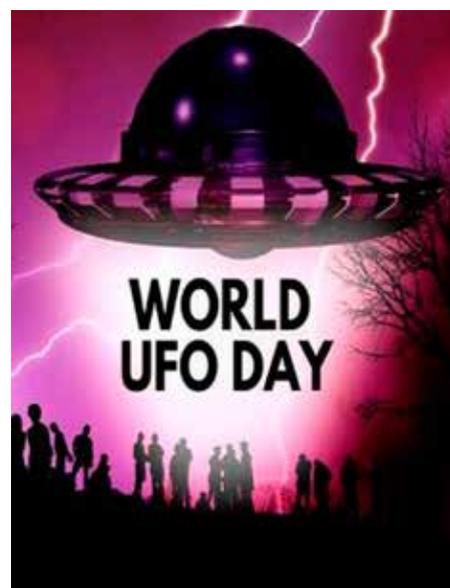
National U.S. Postage Stamp Day is celebrated on 1st July every year to commemorate the existence of Postage Stamps that is used for sending letters and to appreciate the extraordinary works of all the Philatelists.

1st July - National Gingersnap Day



National Gingersnap Day is celebrated on 1st July every year to enjoy this sweet and savoury treat. Do you know Gingersnaps are the cookies mainly made from molasses, cloves, ginger, cinnamon, and brown sugar? Basically, it is a combination of sweet and spicy. They are healthier alternatives to other cookies as they are lower in calories.

2nd July - World UFO Day



World UFO Day is observed on 2nd July. It was founded by the UFO hunter Haktan Akdogan. The first World UFO Day was celebrated in 2001 and spread awareness among people to gaze at the heavens scanning for unidentified flying objects.

2nd July - National Anisette Day



National Anisette Day is observed on 2nd July every year and is popular in Spain, Italy, Portugal, and France. Let us tell you that Anisette is anise-flavoured liquor that is made by distilling aniseed and sometimes made by adding sugar.

3rd July - National Fried Clam Day



National Fried Clam Day is celebrated every year on 3rd July. Fried clam is the process of deep-frying the clams after being coated in the bread crumbs and striping it further. This is a traditional way to prepare fried crumbs.

4 July - Independence Day USA



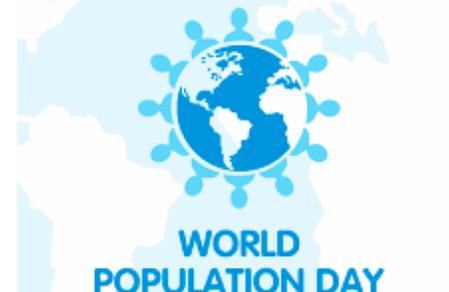
Independence Day USA is celebrated on 4 July. United States Independence Day is also known as the Fourth of July or the Fourth. This day commemorates the adoption of the Declaration of Independence on 4 July, 1776 from the Kingdom of Great Britain.

6 July - World Zoonoses Day



World Zoonoses Day is observed every year on 6 July to emphasise and bring problem awareness amongst people and teach them to take the right action. Do you know the first vaccination against a zoonotic disease was administered by Louis Pasteur on 6 July, 1885?

11 July - World Population Day



World Population Day is observed annually on 11 July to focus the attention on the urgency and importance of population issues.

11 July - National 7-Eleven Day



National 7-Eleven Day is observed every year on 11 July. On this day 7-Eleven convenience stores reserve special deals for their customers. Every year it honours their customers in a variety of ways.

12 July - National Simplicity Day



National Simplicity Day is observed annually on 12 July to honour Henry David Thoreau who was an author, philosopher, historian, tax resister, abolitionist, development critic, surveyor, and leading transcendentalist. Basically, he was an advocate for living a life of simplicity.

12 July - Paper Bag Day



Paper Bag Day is observed on 12 July annually to recognise the importance of an invention of Paper Bag that we mostly take it for granted. In 1852, Francis Wolle, a schoolteacher, invented the first machine to mass-produce paper bags.

New Zealand offers to host IPL after UAE and Sri Lanka



New Zealand is the latest country after UAE and Sri Lanka which has offered to host the IPL in case the billion dollar league can't be held in India due to rising cases of coronavirus.

The postponement announcement of the T20 World Cup, to be held in October-November in Australia, is imminent, creating a window for the IPL.

The BCCI has already zeroed in on the end September-early November window for the IPL.

The board's first choice is staging the tournament at home but that is looking increasingly unlikely with India having the third largest case load of coronavirus cases behind Brazil and USA.

"Staging the event in India has to be the first choice but in case it is not safe to have it, then we will look at the overseas options. After UAE and Sri Lanka, New Zealand has also offered to host the IPL," a senior BCCI official told PTI on conditions of anonymity.

"We will sit down with all stakeholders (broadcaster, teams, etc) and take a call. The safety of the players is paramount. There will be no compromise on



that," the official said.

The IPL has been held overseas in the past. The entire 2009 edition was staged in South Africa due to the general election back home and partially in the UAE in 2014 due to the same reason.

However in 2019, despite elections, the BCCI managed to schedule the IPL in India avoiding clashing with poll dates

in various states.

The UAE again is the front-runner to host the tournament if it happens overseas. Sri Lanka is a cost-effective option while New Zealand, which has been largely free from COVID-19, faces feasibility issues.

With New Zealand, India has a seven and half hour time difference and even

if the game starts at 12:30 pm in the afternoon, maximum office-goers (even those who work from home) will miss the action.

Apart from Hamilton and Auckland, which can be covered by road, places like Wellington, Christchurch, Napier or Dunedin will require air travel.

The official added that the date of the IPL Governing Council meeting will be announced soon and issues pertaining to the league, including the Chinese sponsorship deals in the IPL, will be discussed.

The BCCI had called for an IPL GC meet more than two weeks ago following the India-China clash at the Galwan Valley but the date is yet to be announced. Anti-China sentiment has been on the rise in India ever since the "violent" face-off between the two Asian giants.

The board has a lucrative five-deal deal in place for IPL title rights with Chinese mobile phone maker Vivo, fetching it Rs 440 crore annually till 2022. Indian companies with Chinese investments like Paytm are also involved in the IPL.

CRICKET & CORONA

England, West Indies prepare for life in a bio-bubble

What is a bio-bubble?

Bio-bubble has been the buzz word over the past few weeks, which effectively means a safe and secure environment that is cut off from the rest of the world. England and Wales Cricket Board (ECB) has prepared a 'bio-secure' biosphere for all the support staff and players in order to keep them isolated from the ongoing coronavirus pandemic.

Only a limited number of people can access these areas, including the players, who will be put up at hotels on site. All of them will be regularly tested. Media movement will also be restricted, with a diminished headcount than usual. Maintaining social distance, daily temperature checks, and filing daily health reports are part of the new norms.

Further, areas have been demarcated into various perimeters with testing sites spanning 1500- 2000 sq. meters, and green zones designating where particular groups are able to be within the "inner core" of the venues (such as the on-site hotel or field of play).



Players Perspective – 'like a sci-fi movie'

England pacer Mark Wood has admitted that training inside a bio-secure bubble has been a "weird" experience and something similar to a "sci-fi movie". "It's a bit like a sci-fi movie," Wood was quoted as saying by the Evening Standard.

"Everybody's masked up and you can't see anybody. You don't know if they're friendly or not! It's a bit different

and a bit weird, but it's just something we'll have to get used to," he added.

West Indies pacer Oshane Thomas says the experience hasn't been that bad after all. "In terms of how long things will be like this, we really have to wait and see. The experience hasn't been bad. The ECB and CWI have done all in their power to ensure that we are comfortable. A lot of free time is spent in the games room playing dominoes," Thomas told ANI.

So how safe is the bubble?

So the normal idea is if the number of people in an enclosure can be limited then chances of spreading the virus reduces considerably. The England cricket board has also added a number of protocols to add to the safety – everyone who enters the bubble will have been tested and that number could be somewhere around 200-250 comprising players, support staff, media, and venue staff.

Further, isolation rooms have also been built in the venue in case someone tests positive while inside the bubble. However, should someone test positive, all the preparations could end up in a frenzy. What also needs to be kept in mind is that when a group of people are in one area for more than 3-4 days, it is not 100 percent fool-proof.

However, Dr. Sanjeev Singh Yadav, Secretary Indian Medical Association (Telangana state) feels that this is a bit unrealistic. "Obviously, they want to bring cricket to the audience but this is not the right time. The world is yet to come out of the problem.

Kolkata firm issued FEMA show cause notice for siphoning off over Rs 7,200 crore



A Kolkata-based firm has been issued showcause notice under Foreign Exchange Management (Enforcement) Act in connection with an alleged scam. The Enforcement Directorate (ED) has issued the show cause notice to the firm for allegedly siphoning off Rs 7,220 crore. The notice has been issued by the Adjudicating Authority, ED Kolkata unit to Shree Ganesh Jewellery House (I) Ltd, its promoters and others "for resorting to unauthorised foreign exchange dealings, holding of foreign exchange outside India and wilfully siphoning off Rs 7,220 crore as export proceeds".

Hong Kong police granted sweeping security surveillance powers



Hong Kong's police have been granted vastly expanded powers to conduct warrantless raids and surveillance -- as well as issue internet takedown notices -- under Beijing's new national security law. The announcement comes as major tech companies including Facebook, Google and Twitter said they were suspending requests from the Hong Kong government and law enforcement authorities for information on users. The new provisions, disclosed in a 116-page document, remove much of the judicial oversight that previously governed police surveillance powers.

Unlock 2.0: Himachal hoteliers worried about welcoming tourists, fear spike in coronavirus cases



The Himachal Pradesh government's decision to open hotels for the tourists under Unlock 2.0 has been welcomed by tourists but has garnered lukewarm reaction from hotel owners. They are shying away from welcoming guests due to a variety of reasons. "Yes, the decision will assuredly put the hotel and tourism industry back on track but it is too late," say hoteliers. "What we feel is that the decision is wrong. We have informed the state that majority of tourists will come from states like Punjab, New Delhi besides others, where there are a higher number of (coronavirus) cases," said Sanjay Sood, Shimla Hotel And Restaurant Association President.

China says could respond further to Canada halting extradition with Hong Kong



China warned that it reserves the right to take additional action in response to Canada suspending its extradition treaty with Hong Kong. Chinese foreign ministry spokesman Zhao Lijian made the remarks during a daily briefing. Canada's Prime Minister Justin Trudeau said it was suspending the extradition treaty with Hong Kong due to the new national security legislation for the city, which China condemned as interference on its internal affairs.

Air New Zealand puts hold on new flight bookings



New Zealand's national carrier has put a temporary hold on new bookings for flights into the country while the government tries to find enough quarantined hotel rooms for people returning home. Air New Zealand says the hold will last for three weeks and it is also trying to better align flights with the hotel locations. New Zealand has eliminated community transmission of the coronavirus but is still getting cases at the border. For the most part, only residents and citizens are able to fly into the country and must remain in a quarantined hotel room for 14 days.

White House rejects national strategy on masks



The White House is again rejecting calls for a national mask-wearing mandate. White House chief of staff Mark Meadows says in an appearance on "Fox and Friends" that the president sees the issue as a "state-to-state" matter. He says that, "certainly a national mandate is not in order" and that "we're allowing our local governors and our local mayors to weigh in on that." New Jersey's Democratic Gov. Phil Murphy has said he'd like to see a national strategy on the coronavirus, including a mask requirement. He says his state is seeing "small spikes in reinfection" from residents coming back from Florida, South Carolina and other virus hotspots, and the U.S. is "as strong as our weakest link right now."

Rajasthan govt prohibits manual cleaning of sewers, septic tanks



The Ashok Gehlot-led government in Rajasthan has prohibited manual scavenging of septic tanks or sewage chambers in the state. In an order on Monday, the Rajasthan government directed officials concerned to ensure that septic tanks or sewage chambers are cleaned using machines. "All district collectors and city corporation officials have been ordered to ensure that no worker has to get inside chamber for cleaning. This work should be ensured completely through machines."

Africa starts opening airspace even as coronavirus cases climb



As Covid-19 cases surged in many parts of the world, the island nation of the Seychelles was looking good: 70-plus straight days without a single infection. Then the planes arrived. Two chartered Air Seychelles flights carrying more than 200 passengers also brought the coronavirus. A few tested positive. Then, between June 24 and 30, the country's confirmed cases shot from 11 to 81. Now the Indian Ocean nation has delayed reopening for commercial flights for its lucrative tourism industry until Aug. 1, if all goes well.

BIRTHDAY WISHES

DALAI LAMA
06th JULY 1935
The 14th Dalai Lama born 6 July 1935 is the current Dalai Lama. Dalai Lamas are important monks of the Gelug school, the newest school of Tibetan Buddhism, which was formally headed by the Ganden Tripas. From the time of the 5th Dalai Lama to 1959, the central government of Tibet, the Ganden Phodrang, invested the position of Dalai Lama with temporal duties.



MS DHONI
07th JULY 1981
Mahendra Singh Dhoni born 7 July 1981, is an Indian international cricketer who captained the Indian national team in limited-overs formats from 2007 to 2016 and in Test cricket from 2008 to 2014. He is the only captain in the history of Cricket to win all ICC trophies. Under his captaincy, India won the 2007 ICC World Twenty20, the 2010 and 2016 Asia Cups, the 2011 ICC Cricket World Cup and the 2013 ICC Champions Trophy. A right-handed middle-order batsman and wicket-keeper, Dhoni is one of the highest run scorers in One Day Internationals (ODIs) with more than 10,000 runs scored.



RAJNATH SINGH
10th JULY 1951
Rajnath Singh born 10 July 1951 is an Indian politician serving as the Defence Minister of India. He is the former President of Bharatiya Janata Party. He has previously served as the Chief Minister of Uttar Pradesh and as a Cabinet Minister in the Vajpayee Government. He was the Home Minister in the First Modi Ministry. He has also served as the President of the BJP twice i.e 2005 to 2009 and 2013 to 2014.



JOE RUSSO
18th JULY 1971
Joseph Russo born July 18, 1971, collectively known as the Russo brothers is American directors, producer, screenwriter, editor, and actor. Best known for directing four films in the Marvel Cinematic Universe: Captain America: The Winter Soldier (2014), Captain America: Civil War (2016), Avengers: Infinity War (2018), and Avengers: Endgame (2019). Endgame grossed over \$2.798 billion worldwide, becoming the highest-grossing film of all time.



Health & Wellness beyond lockdown



Dr. TWINKAL PATEL
Founder Motherhood Foundation

Namaste Everyone!!!

I hope you all are safe & well.

This is the difficult situation for everyone we are tightening for survival. In spite of all this problem we are alive! Due to this COVID-19, our lifestyle, routine priorities everything has been changed. Our entire system has been affected.

In this situation, I think we all have to understand importance of our life, health as truly said "Health is wealth". We all are living our life as if we are immortal, not ready to face accidental situation, natural disaster, calamities.

Since last month of March, we all have been come across and suffering due to COVID-19, but we don't have any option, choice rather choose lockdown for ourselves, our family, friends, society & nation. This is the global crisis and we all are fallen under this situation.

We need to fight against corona virus, need to be passionate, need to maintain law & order and respect our health respect government decision and support to each other. Take a stand for your wellbeing for your kids, family, dear one & near one and support corona virus.

Because of the present situation of lockdown, everyone got affected in his/her life, business, income, professional & academic life uncertainty about our future but surely our health is in our hand. Our health means our physical, mental & social well being.

Let's know something more about to maintain our health & wellness during & after lockdown period. Most of the time when we talk about health & fitness, well it's not completely right. Physical health – our body fitness, diseases, physics & all we can maintain our health with proper routine, life style, nutrients, healthy eating habits, avoid toxic intake and maintain hydration in our body.

As far as nutrition & routine life is concern, we can make schedule of our habits. Need to start our day with healthy & heavy breakfast which includes tea, coffee, milk while snacks include poha, uttapam, upma, dhokla, Idli, paratha, sprouts & fruits. Having a proper lunch includes full dish (Green vegetables, pulses, roti, rice, dal, salad, curd or buttermilk). Avoid to take extra salt & sugar and sprinkles on food and takes light food in dinner.

During this viral situation avoid junk food, oily, spicy food. It may increase your acidity level, digestion issue, having good amount of hydration and it



may help to increase your immunity and also you can have lemon water during summer season & fight against COVID-19, have proteins, dry fruits & all.

You can do yoga, meditation, pranayama, physical exercise, walking to maintain good health. Morning time do yoga while in evening do Bhatika, kapalbhathi, anulomvilom & deep breathing exercise to improve your lungs and respiratory system.

Now maintain your mental health which is very important specially during lockdown, detach from our work, routine we feel suffocated somewhere even sometimes children are complaining rather than us.

Due to threat of this COVID-19, news around world & all things are taking on our collective mental health. Lots of stress, depression, loneliness many mental issues due to pandemic of corona virus. Here are some of mental health practices to make sure to keep doing being doing for us during this lockdown period.

Set your proper routine – specially for kids, parents. This routine includes your proper & regular eating, meal timings, sleeping hours, walking exercise time, activity & innovative timings.

Entertaining time & all unstructured time make your lazy, lethargic, it can create boredom, anxiety, depression, stress & so on. Working from home for your business is one of the good option to kill the time.

There are so many online studies, webinar is going on now a day. Choose wisely, priorities the things, set a working hours. Do meditation, spend quality time to know & explore yourself, your skill, meditation & breathing exercises can be reduce the symptoms of depression, stress, anxiety. It can be beneficial to calm your mind. Meditate yourself, learn new holistic therapy to maintain your mental, emotional wellness, your positive attitude towards life.

Spend time with Nature- If possible walking in free hours in garden, do gardening, plantation. Keep busy yourself in household chases.

Be innovative/ creative – As we are complaining every time we don't have time to do any extra activities and now this is the time start doing your favorite things, learn new & innovative skill like cooking, new recipe, drawing, art & craft, pottery, work with kids, music, dancing, singing, book reading.

Schedule time with kids & family

This is the time when we can spend good & memorable quality time with our kids, dear ones, parents. Have a healthy discussion with kids & parents. Try to fill the gap between you & your parents & kids. If your kids are in school & college spend some hours for kids online zoom class study and support them. play indoor games, doing some

drawing, make art & innovative things. Fix entertainment hours like watching Ramayana, Mahabharata together with family.

Maintain community & Social Network

In this situation everyone is detach from gathering, our event, activities, professional meet, family & friend gathering. Take care of yourself, relatives, friends, neighbors. Taking regular updated through phone and also asked them about their health or any update.

Daily keep in touch with social media, you can share some pics, new recipes, old memory & event pics. Do zoom call with your relatives, friends, neighbors thus reduce stress & loneliness. As we are a social animal social integration is one of the important part of our life with this we can cut the distance from each others.

Schedule your time with Social Media

During lockdown We, our children, parents all are very much habitual to keep ourselves busy with gadgets only. Now days there are lots of webinar, zoom call, and updates. we are getting through digitally and keep update ourselves. We can do meeting, seminar & all. Social media use including mobile, TV, Internet, computer Laptop.

As physical health, mental health is important. There has to be equal importance for social well being, how you are supportive to others, spread positivity, happiness to the society. Become self discipline & realization your social responsibility rather than thinking about yourself & your family. How you can contribute to the nation, society to the mass in this global crisis, How you financially healthy & wealthy to support & take initiative for humanity & add your value when there is crisis. In this difficult time, we as a human being always play our active role and take a stand for our nation and society, Show our generosity rather than blaming to government and system. We can help poor people as well as understand the situation and provide support to NGOs or any social organization. Try to spread happiness and positive environment with surroundings and family.

I guess despite of any situation we need to learn that art of how to live our life happy and healthy. Respect our nature and natural resources, Keep them safe and clean. We can understand how important role play of our resources like water, food, air for everyone. Feel your gratitude what you have, try to live in present, this is the life. Stay always happy, healthy and blessed.