# YUHOO.....Its summer time!!!



children get their place under the sun. After a full term of curbing their Its time to mount instincts and cramming those rickety rented for the exams to ensure bicycles and pick up they become something when they grow up, they finally get the freedom exploring new territories to catch up with their childhood and do what they have always been finished their exams.

From the restrictions Pick up favourite comic signal that beckons the imposed by the study room and the elders' threats, the young ones tear away into those and flipping the pages. wide open spaces, giving them all the to play with the pup, freedom in every sense of the word. A piece of

is enough to keep them engaged the whole day. more friends along the way, going around of the neighbourhood, stopping at a mango vendor for an ice candy there.

books and climb up garden, biting at the fruit And back home, it's time draw a train or make a model aeroplane. An

Summer is when the wood and a ragged ball old undulating carrom board, which has a sloping surface from supporting household goods, is brought down from the attic and after a few games, is abandoned since the striker refuses to move uphill. After a bout of snakes and ladders and traditional grandma's craving to after they from a wooden cart games, a coded whistle from across the wall is a boy next door, where the guava tree in the the neighbour shows off his new bicycle and the latest movie collection. Getting through a day never seems a problem, ... when its SUMMER

## Summer vacation is here. Here we give you some tips to spend your vacation well.

## Take up a job If you are some one

with a great career aspirations, get a job . Many companies hire teenagers and other students during the summer season. Who's hiring? Almost everyone. Watch out for job full time and " part time job offers



from BPOs, software firms, advertising agencies, newspapers, corporates, hospitals and hotels etc.

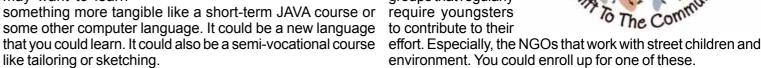
## Take up a hobby

Choose your hobby well. Let it be something you've been dying to do all your life. First of all, remember to list all the things you've wanted to do. Then identify the hobby that best fits your time, budget, and location.



### Learn

Learn a new skill this vacation. Let it be a music instrument or a crash course on enhancing communication skills. Or it could be a short typing course to enhance your typing skills. Some even may want to learn



### Go adventure trips If you are the

adventurous type, the world has suddenly opened up for you. Hunt for new places where you can vacation and conduct adventure sports. It could be a local dam that very few have heard of or



it could be the mountain patch that becomes accessible during this season. Explore, talk, and reach out. Go bird-watching, join nature trails, or go back-packing. Remember to do all this based on expert guidance.

## Nurture a pet

It could be something no-highmaintenance like a cat. If you have the will and the time, you could get yourself a dog, a rabbit, a duck, love birds, and such animals. Talk to someone who knows about animals to make your choice.



## Do some volunteering

For the socially conscious, may be volunteering with some local social agency might be a good idea. There are many voluntary groups that regularly require youngsters to contribute to their



environment. You could enroll up for one of these.

Summer holidays have begun and it is the responsibility of the parents to see that their kids do not spend most of their time in front of the idiot boxes and become lazy. They may be motivated to develop reading habits and hobbies. Little planning will help your kids have the time of their lives this summer

It is summer holidays again and the year.



VACATION

Gone are the days when the kids used to look forward for a trip to their grandparents' homes the kids after a hectic academic during the vacation, which meant year, free from school, want to unlimited 'masti' and pampering. relax the whole summer by playing And the essays on 'how did you outside with gay abandon. It is also spend your summer, 'the first the time for the elders to plan for thing the kids are made to do a vacation to make the holidays once the school reopens express memorable and take a break from their invaluable sessions outdoor the monotonous activity all round and compare it with their other classmates.

## Connect with the spiritual self



This could be a good time to de-stress yourself, especially if the next year is going to be an academically challenging year. Learn some yoga and some meditation techniques etc.Choose whatever you think suits your personality the best. Sometimes doing something as mundane as cooking can be de-stressing for some people. Identify the task that helps you de-stress and works towards a calmer you.

## Create a study group



The best way to share knowledge is to create study groups. These are groups of like-minded people, who come together to share thoughts and ideas. Some of the greatest thoughts in history have come due There are some who learn when they to interactions within the young, like you. Decide on a place and a time. Choose a topic to discuss and run it to ground. Many who are petrified of group discussions can find this activity beneficial.

## Learn a new tool



create. Learn a new tool... it could be working with a pick-axe or learning to use the scissor well. You could even learn tools like the tools from different ethnicities. For example learn to use a coconut peeler.

# THE ELDERLY



community today, a chance to see the sun. park. For millions of the only person who their heart. provides the day-to-

Somewhere in our day assistance and emotional interaction an elder person is they need to function. wondering when she'll Volunteer this summer be able to take her to bring a smile on medicine today, or have those pale faces that keep hoping for a And her mind will be put potion of love, care and at ease once her aide understanding. Always arrives to help her get keep in mind that we will dressed, eat breakfast also reach that stage or take a walk in the of being dependent. So lets promise today aging households, a to do our best to make home care worker is our elders smile from

# **CARING FOR** Plant more trees and beat the heat!

It's going to be a tough summer thanks to the trees that have been axed, boulevards cleared of canopies and replacement of green cover with concrete jungles. Lets be undeterred by all this, lets make it a point to make the city clean and green. Lets contribute to the environment and plant a sapling. It may save a tired soul when it grows a few years hold. The most important act we can do is to restore some balance in nature by planting



more. Lets teach our efficiency, afforestation children about climate and environmental change, energy education.

## Mind your breakfast for stress-free life

People skipping breakfast had and arithmetic tests after eating. better mend their ways, as a new study shows how the morning meal reduces stress and improves mental and physical performance throughout the day.

Volunteers who ate after waking up benefited from an 89 per cent reduction in anxiety when faced with a challenging situation, the Daily Mail reported.

They were typically able to deal with the dilemma seven percent quicker than on days when they went without it, the mental and physical tests have revealed.

Participants in the study performed a series of tests on two days -- one when they had their breakfast and one when they hadn't.

showed an improvement in English Brighton city.

Hand-eye coordination also improved significantly, with the number of mistakes made by participants falling by 75 per cent, the poll and research by baker Warburtons found.

Conversely, some participants found they were unable to concentrate long enough to complete the series of 25 tests properly if they had not eaten. In Britain, 48 percent of adults admit to skipping breakfast at least once during the working week, the poll of 2,000 people found.

It leaves over half of them feeling "stressed", "lethargic", "unproductive" and "grumpy". Those aged 25 to 34 are particularly affected if they do not eat, the research showed.

The research was conducted at According to The Cognitive Effects of the Mindlab laboratory based at Breakfast study, in total 61 per cent the Sussex Innovation Centre,

