

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



Summer is when the children get their place under the sun. After a full term of curbing their instincts and cramming for the exams to ensure they become something when they grow up, they finally get the freedom to catch up with their childhood and do what they have always been craving to after they finished their exams. From the restrictions imposed by the study room and the elders' threats, the young ones tear away into those wide open spaces, giving them all the freedom in every sense of the word. A piece of

wood and a ragged ball is enough to keep them engaged the whole day. Its time to mount those rickety rented bicycles and pick up more friends along the way, going around exploring new territories of the neighbourhood, stopping at a mango vendor for an ice candy from a wooden cart there. Pick up favourite comic books and climb up the guava tree in the garden, biting at the fruit and flipping the pages. And back home, it's time to play with the pup, draw a train or make a model aeroplane. An

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 games, a coded whistle from across the wall is a signal that beckons the boy next door, where the neighbour shows off his new bicycle and the latest movie collection. Getting through a day never seems a problem, ... when its SUMMER VACATION

## 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.



### 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.



### 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.



### Nurture a pet

It could be something as no-high-maintenance 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.



### 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 something more tangible like a short-term JAVA course or some other computer language. It could be a new language that you could learn. It could also be a semi-vocational course like tailoring or sketching.



### 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 effort. Especially, the NGOs that work with street children and environment. You could enroll up for one of these.



## SUMMER Ideal time to unwind

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 kids after a hectic academic year, free from school, want to relax the whole summer by playing outside with gay abandon. It is also the time for the elders to plan for a vacation to make the holidays memorable and take a break from the monotonous activity all round the year.



Gone are the days when the kids used to look forward for a trip to their grandparents' homes during the vacation, which meant unlimited 'masti' and pampering. And the essays on 'how did you spend your summer,' the first thing the kids are made to do once the school reopens express their invaluable sessions outdoor 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 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



There are some who learn when they 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.

## CARING FOR THE ELDERLY



Somewhere in our community today, an elder person is wondering when she'll be able to take her medicine today, or have a chance to see the sun. And her mind will be put at ease once her aide arrives to help her get dressed, eat breakfast or take a walk in the park. For millions of aging households, a home care worker is the only person who provides the day-to-

day assistance and emotional interaction they need to function. Volunteer this summer to bring a smile on those pale faces that keep hoping for a potion of love, care and understanding. Always keep in mind that we will also reach that stage of being dependent. So lets promise today to do our best to make our elders smile from their heart.

## 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 children about climate change, energy efficiency, afforestation and environmental education.

## Mind your breakfast for stress-free life

People skipping breakfast had 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. According to The Cognitive Effects of Breakfast study, in total 61 per cent showed an improvement in English

and arithmetic tests after eating. 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 the Mindlab laboratory based at the Sussex Innovation Centre, Brighton city.

