

Champions of green environment

Hiranandani Foundation School, Powai hosted the memorable finale of Natural Capital Olympiad (NCO) on April 11 on the school campus

LAKSHMY PRANESH



Participants pose for a picture

The event was organised by Saevus in association with Yes Bank. NCO was launched last year with an objective to increase the level of environmental consciousness among the children and spread the message of conservation through its various initiatives and programmes. Besides the Olympiad finale and felicitation programme, the other highlight of the event was the Nature Fest conducted with an intent to connect teachers and students with nature through different avenues like arts, craft, literature, movies and documentaries. The finale witnessed participation from 45 qualified schools and over 900 participants across India.

The CEO of Saevus, Shree Nandy said, "We are talking about the intangible value of nature and educating students to understand it. The format of the Olympiad was to inculcate the habit of assimilating, learning and creating an appreciation for nature among the youth. Initially, we conducted a quiz with 10,000 students from 261 schools across the country. For the finale, we had a written test and speech on the topics Pollution, Diversity in India, Recycling, Global warming, climatic conditions which was judged by Naturalists. About 80 students were declared winners. Yes bank will provide Rs 10 lakhs scholarship to all the winners of NCO and we are offering them free magazines."

The first prize winners of NCO were Arjun Dingankar, Rupanjana Bhatcharjee, Ashok Menon, Aditya Sharma, Aryan Nagraj, Subhra Murty, Abhishek Nair and Rajendra Dandwate. A cash prize of Rs 25,000, Rs 15,000 and Rs 10,000 were given to the first, second and third prize winners. Consolation prize winners were also given Rs 1,000 along with trophies and certificate.

Another feature of the event was the Eco-Achievers Quiz contest organised by Saevus along with Hiranandani Foundation School for students across Mumbai schools. Around 88 students from 21 schools participated in this contest. The winning team of this competition was from Jamnabhai Narsee



(L-R) Guests Krishna Patil, Revathi Srinivasan, Namita Vikas and Shree Nandy with a prize winner



Panelists of the debate Revathi Srinivasan, Kalyani Patnaik, Dr Asad Rahmani, Anand Pendarkar and Deepak Dalal

School, the first runner up were students of Smt. Sulochanadevi Singhania High School and students from Hiranandani Foundation School in third place. The winners received prizes sponsored by Camlin along with certificates and trophies.

Chief guest Dr Asad Rahmani, director Bombay Natural History Society, inaugurated the felicitation programme.

Students of the host school performed Saraswathi Vandana followed by recitation of poem 'Echoing Green' by William Blake. Students also performed a street play on 'Swachh Bharat Abhiyaan' addressing issues about clean Ganga, food waste, e-waste, health issues due to unhygiene conditions and importance of recycling. Equally, appealing was music director Shantanu

Moitra's interactive singing performance.

The debate on "Traditional ways of learning environment studies in the classroom against alternate ways" by experts Dr Asad Rahmani, Kalyani Patnaik, Revathi Srinivasan, Deepak Dalal and Anand Pendarkar was an engaging session.

On the occasion, principal of the Hiranandani Foundation School, Kalyani Patnaik said, "It has been an eventful learning experience on Environmental studies. Children get a better understanding about the subject through such events. We want to motivate and sensitise children so that they learn more about environment. All the children are inquisitive about environment and Saevus is doing a good job by providing such a platform. I wanted the event to be in our premises, so that students are nurtured in a way to love earth and experience the beauty of nature." Namita Vikas, senior president and chief sustainability officer of Yes Bank stated, "As a bank we not only help people save money, but have also taken it upon ourselves to help people save nature. The Natural Capital Olympiad is one more step in this direction."

In the Nature fest, various book reading sessions by author Deepak Dalal and documentary presentations by award winning movies of Mike Pandey and Nallumuthu was a befitting idea to edify students. "I think it's a wonderful initiative for creating interest in children about the environment which has become need of the hour today. It's also our responsibility to provide them with proper resources and pass this information to the next generation," said Revathi Srinivasan, principal of Smt. Sulochanadevi Singhania High School, Thane.

At the end of the programme, the organisers felicitated the eight best principal, six best teachers, best volunteer and best Yes bank Ltd branch for their contribution in NCO activity.

Photo: ©Jens Kalene/apa/Corbis

Get imaginative and 'Be creative'

EVENT DETAILS

- **Date:** Wednesday, April 15, 2015
- **Venue:** Inorbit Mall, Link road, Malad (W), Mumbai-400064
- **Registration Time:** 10.00 - 11:00am
- **Event Time:** 11.00 am to 1.30 pm

In a one of a kind event, Times of India in association with Inorbit Mall, Malad is all set to host the "Times NIE Be Creative Collage Competition 2015" on April 15 from 10am to 1.30pm.



The competition will witness students from schools across the Bandra and Virar. This platform promises to provide students with an opportunity to unleash their creative streak while giving budding artists an opportunity to showcase their talent. The contest will be held in two categories; students from class IV to VI will com-

prise the junior category and class VII to IX will participate in the senior group. The topic for the Junior group is 'Save the planet' while the topic for senior group will be given on the spot.

First three winners and five consolation awards in each category will receive prizes. Students dressed in school uniforms can carry their own colour materials. Art Sheets, old magazines and newspapers will be provided at the venue. Interested students can contact their Times NIE teacher coordinator for information. So put those fragments of imagination together and form a collage to win exciting goodies.

Feast day celebrations

PREETHA SIDDHARTH, INFANT JESUS HIGH SCHOOL

The 21st annual thanksgiving mass to our patron Infant Jesus was offered by the management, staff and the students of Infant Jesus High School. The assembly hall and the stage was decorated beautifully and the backdrop depicted the theme 'I am the way, the truth and the life'. The Feast day celebration was divided into two parts a Thanksgiving mass and a cultural programme along with the prize distribution. In the first phase of feast day celebration Rev. Fr. Vitthal Lotada manager, Fr Angel Ashram, Rajavali, Vasai (East) was welcomed. The programme began with lighting of the traditional lamp and garlanding the statue of Infant Jesus by Fr. Vitthal Lotada and members of the management coordinator, H.M, supervisors and then the

welcome speech. There was a special mass for class X students, which was accompanied with hymns sung in different Indian languages by teachers and management of the school. The mass ended with the special prayer and vote of thanks given by Smita Alphanso.

The second part of the

programmes were put up by the students of various classes to add to the beauty of the Feast Day Celebrations. Principal Parveen Mulla read out the annual report along with a power point presentation. She also delivered a motivational speech to class X students to excel in their exams. At the end of cultural



Prayer service in school

feast day celebrations commenced with the welcome speech by Regeena Titus. The students who excelled in studies were felicitated with cash awards and certificate. Different programme photographs of the staff were taken. All the members of the school were also treated with a sumptuous lunch. In short we celebrated the 21st Thanks giving mass in great splendour.

HEALTH

Don't say no to BREAKFAST!

Hectic lifestyles and punishing daily routines leave us with little time for breakfast. But there is no denying that what you eat in the morning sets the tone for the day. Grabbing a cupcake or a mug of coffee is not the answer. We give you a few pointers on what's hot and what's not...

After a long gap post-dinner, your stomach needs something to give you energy. And while the body is craving for energy to kick-start your day, you have ignored your hunger pangs and instead, focussed on your daily chores. As a result, the body refuses to budge. Never skip

your breakfast because when there is a lack of food, the body starts to utilise the limited energy it has stored from the last meal. This means that you feel tired, listless and unable to concentrate on your studies. To make sure your metabolism is functioning at the optimum level, you need to eat something within two hours of waking up.

Researchers have discovered that those who eat breakfast tend to maintain or even lose weight when necessary. Ironically, those who skip breakfast in the hope of losing weight tend to eat more during lunch or snack on unhealthy food, which invariably leads to weight gain. So, make informed breakfast choices and avoid foods that have a detrimental effect on your health. Here are a few pointers:



➤ **COFFEE OR TEA:** Tea and coffee add caffeine and sugar which, if had in excess, can lead to various ailments later. Instead, make a fruit smoothie with fresh, seasonal fruits which are not only a rich source of vitamins and minerals, but turn out to be beneficial for your skin too.



WORST BREAKFAST OPTIONS

➤ **INSTANT FOOD:** According to researches, eating instant or ready-to-cook food items obstruct and restrict the absorption of food nutrition, especially for children. If you consume them for long, they will disrupt your body metabolism, due to accumulation of chemical substances like preservatives.

➤ **DOUGHNUTS/CUPCAKES:** These sweet treats are full of refined, white flour and sugar and are the worst options for breakfast. Chuck these and have a whole wheat sandwich with marmalade or jam. It will keep your blood



sugar levels stabilised with a steady release of energy.

➤ **PRESERVED JUICES:** They may be considered healthy but all that they do is add more sugar to your system. Unlike

fresh juices, preserved juices lack fibre. Nutritive qualities are practically absent; all you get is a flavour of your favourite fruit. Opt for fresh fruits like grapes, apples and berries which are said to lower the risk of type 2 diabetes. Besides, the skin and pulp of the fruits contain flavonoids and vitamin C.

➤ **FRIED FOODS:** Starting your day with fried items like bread pakoras, bread rolls, puris with aloo simply accumulate calories; Result: sleepiness and lethargy. Instead, have a stuffed vegetable roti with curd. This is a wholesome breakfast which will fuel you to remain alert and active right through the day.

THE 6AM CHALLENGE

Wake up early to stay fit

Studies have found a correlation between waking up early and success. Wish to become a morning person too? Follow our tips and reap the benefits

EARN BETTER GRADES

In a 2008 Texas University study, students who identified themselves as "morning people" got higher scores and better grades than those who were "night owls". Good grades help students secure better career opportunities too.

MORE PROACTIVE

Harvard biologist Christoph Randler discovered that early risers are more proactive. They were more likely to make statements like "I spend time identifying long-range goals for myself" and "I feel in charge of making things happen."

FITNESS

ANTICIPATE PROBLEMS

Research reveals that "morning people" are more likely to anticipate problems and minimise them efficiently.

BETTER PLANNERS

Early risers are usually more focussed as they start their day by setting goals and planning out their days ahead.

TIME TO EXERCISE

If you wake up early, you get to breathe in fresh air and utilise early morning to exercise or meditate in nearby parks or gardens. This is very beneficial for the body and mind and lets you stay in close proximity with nature too. Regular exercise boosts mood and fitness,

Tips to rise early

➤ **GO TO BED EARLIER:** Probably the biggest detractor from getting up early is not getting enough sleep. Sleep on time to be able to wake up early.

➤ **STICK TO A ROUTINE:** Make your day's time-table and follow it religiously to get used to it.

➤ **MOTIVATE YOURSELF:** Give yourself a good reason to wake up early. Exercise and getting a healthy skin can be incentives.

➤ **If you are going to do something tonight that you will be sorry for tomorrow morning, sleep late**
Henny Youngman, comedian

provides energy to accomplish your daily tasks. It keeps you much more active throughout the day too.

GET BETTER SLEEP

Sleep experts say that if you go to bed early (by 10 pm) and wake up early (6 am), you will enjoy a restorative and deep sleep.

