

CURIOUS TIMES WEEKLY

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Beyond Plank Exercise: DonnaJean's Moment of Self-Discovery



The gymnasium thrummed with tension. DonnaJean Wilde, grandmother and retired teacher, held a plank, each second a battle against the relentless pull of gravity. This wasn't just about fitness; this was a quest for a Guinness World Record. At first, the pain was a wildfire, her muscles screaming for relief. But as they trembled and surrendered, an eerie numbness took hold – a hollowness as if her body was an empty echo chamber. Only her will, a honed shard of determination, kept her suspended. Time itself warped and stretched.

The plank, a cruel parody of rest, became an unexpected portal. Past the trembling and the burning, she saw her grandchildren's faces swirl and shift like watercolor. Memories flooded in – herself as a girl, skipping stones across a mirror-like lake, a long-ago picnic with her husband in honeyed afternoon light. With each passing minute, doubt whispered its siren song: Let go. Enough. But then, like anchors in a storm, came the buoying flashes - her grandson's unwavering belief, a single shout of encouragement from the crowd. The world record, the crowd... they faded into the background.

DonnaJean's struggle became an inward odyssey. It was a battle against the ever-shifting boundary of self, not the clock. The plank became a crucible where limits were forged and broken. Her body was a living map, each twitch a mountain, each burning fiber a river of sensation. Surrender and resistance danced in brutal, beautiful choreography. The sweat on her brow blurred with tears – whether of joy or despair, she couldn't tell. Was this the transformative power of holding a plank, or something deeper? A gong shattered the silence. DonnaJean blinked, disoriented, like a shipwreck survivor. Cheers erupted, and she managed a weary, triumphant smile. Record or not, she'd shattered her own limitations. Something stood in their place – boundless, not yet fully formed, shimmering with terrifying, exhilarating potential.

WHAT'S INSIDE?

Green Credits: A New Path for Environmental Conservation



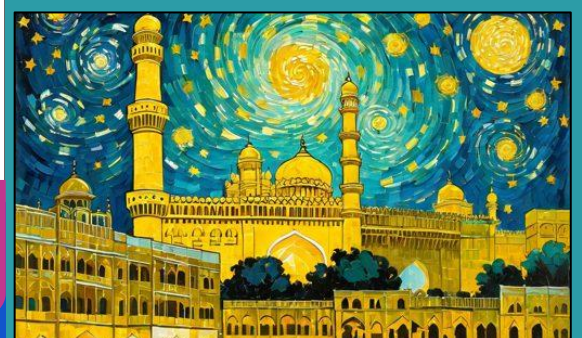
The Moon Whispers Secrets: Discoveries and Possibilities



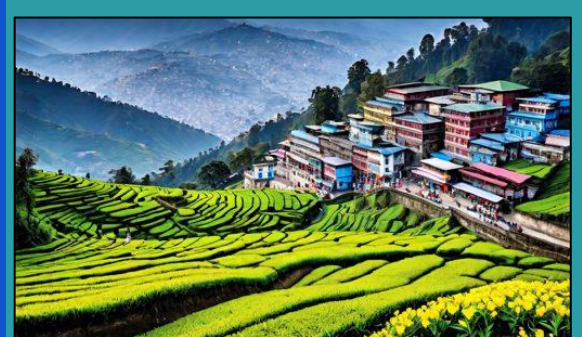
The Human Brain: Where Memories Come and Fade



Hyderabad City's Starry Canvas: Bala Vikas Kala 2024



Explore Darjeeling: Tourist Places' Hidden Gems



& much more..

DO NOT MISS THE AMAZING STORIES, VIDEOS AND ART FROM BUDDING WRITERS, SCIENTISTS AND ARTISTS ON MY EXPRESSIONS, JOKESPOKE, WORD OF THE DAY, TONGUE TWISTER, QUOTES AND FUN FACTS. CHECK OUT OUR EVENTS

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AROUND THE WORLD

India's NCF Transforms Early Childhood Education



India is changing the way its young children learn. The new Aadharshila national curriculum framework focuses on early childhood education, especially in familiar village preschool centers called anganwadis.

Imagine a vibrant anganwadi classroom. Children giggle over block towers and sing along to nature crafts. They act out stories and mold clay creatures. Asha Didi, the anganwadi worker, guides their playful learning, setting them up for success in school. This is important.

Experts like Professor Kaul explain that early childhood education is crucial for a child's lifelong success. Aadharshila's activities are carefully planned. Toddlers learn with simple toys, while older children get more advanced lessons. Each game or song connects to India's culture and the broader goals of its educational system.

The changes Aadharshila brings mean a brighter future for India's children. A doctor might remember their first toy stethoscope with fondness, or an artist their earliest finger-paintings. This is a national investment – one that will shape the next generation and India itself!

Green Credits: A New Path for Environmental Conservation

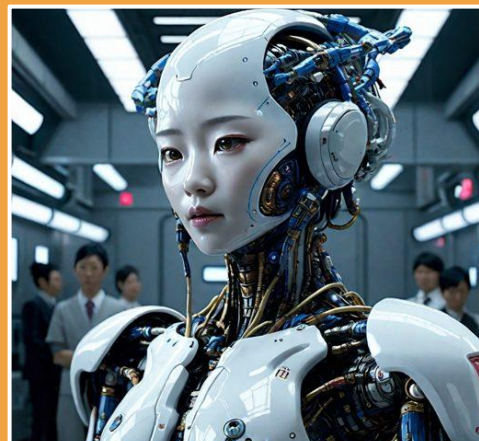


India's Green Credit Program (GCP) is a bold step towards innovative environmental conservation. Inspired by Prime Minister Modi's Mission LIFE, it rewards environmentally positive actions with 'green credits'. Planting trees, cleaning waterways, or protecting ecosystems can all earn these credits. The Indian Council of Forestry Research and Education oversees the program, setting credit values and managing a marketplace for exchange.

A strong focus on afforestation sees state forest departments planting trees, earning credits, and transforming landscapes. The GCP aims to change how individuals and businesses interact with the environment.

Like any new initiative, the GCP faces questions and concerns. The Environment Ministry is addressing these to ensure the program complements existing laws and truly benefits conservation. The Green Credit Program is still evolving, but it marks India's dedication to finding creative environmental solutions. With careful implementation, it has the potential to inspire a greener future.

Japan's Labor Crisis and the Promise of Artificial Intelligence



Japan faces a crisis. An aging population and shrinking workforce threaten its economy. But in Osaka, a dumpling factory shows a glimpse of a solution – AI cameras tirelessly inspect each gyoza, ensuring perfection and speeding up production. This isn't just about dumplings; it's a race to find solutions before the labor shortage paralyzes the nation.

In Tokyo, an AI-powered robot expertly crafts dishes in a restaurant kitchen. Japan's desperate need for workers makes these technological innovations essential. AI isn't limited to food – it diagnoses sick crops for aging farmers and even teaches English to students. Could AI even help with government bureaucracy, streamlining processes and saving precious time?

These examples offer hope, but it's important to remember: AI is a powerful tool, not a total replacement for human workers. Japan's future likely involves AI and humans working together, leveraging technology to overcome this unique labor challenge. The road ahead demands careful planning to ensure this benefits all of society.

The Cook Islands, New Zealand & Whales Right to a Healthy Ocean



In the Cook Islands and New Zealand, a revolutionary treaty grants whales legal personhood. This draws upon ancient Māori wisdom, where whales are seen as ancestral kin. Now, whales are recognized as living beings with rights, deserving of protection, not just as resources to exploit.

Imagine a courtroom where lawyers passionately fight for whales' right to healthy oceans, arguing against polluted waters and damaged habitats. This isn't just about whales; it's about a radical shift in our mindset. We're moving from seeing ourselves as the ocean's sole owners to understanding our role as its responsible caretakers.

This treaty, He Whakaputanga Moana, is a courageous step. It reminds us that even the most transformative changes begin with a single idea. This movement has the power to inspire similar protections for nature worldwide, recognizing the interconnectedness of all life. It's a reminder that the fight for whales is also the fight for a healthier planet for us all.

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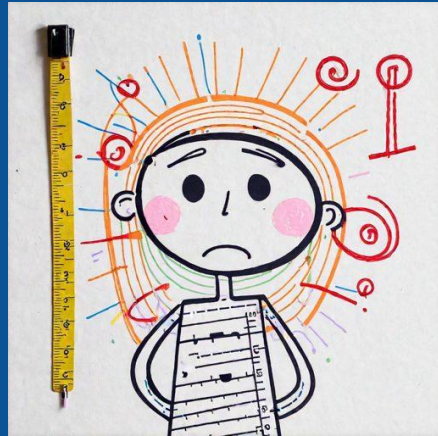
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SCIENCE & CELESTIAL WONDERS

The Mathematician and the Unfathomable Lengths



In the realm of mathematics lies a tale of intrigue: "The Mathematician and the Unfathomable Lengths". Picture a magic ruler that measures everything, from towering trees to fleeting thoughts. But within the world of numbers and shapes, some lengths elude measurement.

Mathematicians once believed they could quantify all, until they encountered shapes defying calculation, like elusive shadows. Amidst these challenges, Henri Lebesgue pioneered new ways to measure unruly functions, seeing the world with fresh perspective. Then came Giuseppe Vitali, crafting the enigmatic Vitali set, defying measurement.

This mathematical mystery hints at the boundless nature of reality, teasing with the possibility of undiscovered dimensions. In this narrative, the allure of the unmeasurable beckons, offering tantalizing glimpses into the universe's mysteries.

The Moon Whispers Secrets: Discoveries and Possibilities

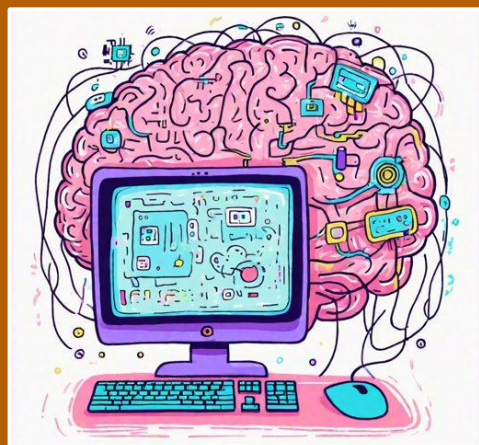


The Moon has always held an air of mystery. Now, scientists have uncovered a fiery secret beneath its cratered surface: a heart of iron. For centuries, the Moon seemed unchanging. But scientists have found a molten core swirling with an inner world of solid iron – a time capsule of its violent past.

Each crater, each ghostly swirl of dust, could hold clues to impacts that also shaped Earth. The Moon's fading magnetic field is a chilling reminder of what our own future may hold. Understanding our lunar neighbor isn't just about it; it's about unlocking the story of our place in the cosmos.

The Moon beckons explorers. Future astronauts won't just collect rocks; they'll probe the lunar depths, listening to the echoes of its core. They might uncover scars of even mightier impacts, or hidden pockets of water ice. This stark landscape is a canvas of possibility, its iron heart a drumbeat of stories waiting to be told.

Computers Get a Brain Boost with Artificial Intelligence!

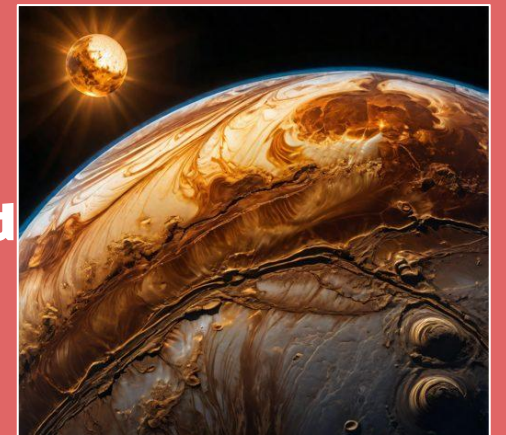


In a world where computers evolve beyond mere smartness into true intelligence, Intel's groundbreaking invention, Hala Point, stands as a beacon of possibility. Inspired by the human brain, this neuromorphic computer employs artificial intelligence to learn, adapt, and innovate.

Powered by brain-like chips called Loihi 2, Hala Point tackles complex problems with lightning speed and remarkable energy efficiency. Its unique architecture fosters creativity and problem-solving prowess, offering a glimpse into the future where AI-driven toys adapt and challenges evolve with each interaction.

Moreover, Hala Point promises groundbreaking advancements in scientific research, potentially revolutionizing fields like medicine and space exploration. With its unparalleled artificial intelligence capabilities, Hala Point heralds a new era where computers truly understand and enhance the human experience. With its unparalleled artificial intelligence capabilities, Hala Point heralds a new era where computers truly understand and enhance the human experience.

Venus: A World Bleeds Into the Void



Venus bleeds into the void. Carbon and oxygen, the building blocks of life. Scientists like Dr. Hadid see not just a scientific mystery, but a chilling reflection of our own planet's fragility. Venus was once Earth's twin, a world of potential. Now, it's a desolate inferno, its atmosphere leaking into space.

Each escaping atom is a piece of a haunting 'what if?'. Understanding the forces driving this transformation is key – it could be the difference between life and death, even for our own blue-green world. The enigma lies in Venus's tattered magnetic field. Oxygen surges away, driven by unseen forces. Could Earth share this hidden flaw, a slow bleed unnoticed until it's too late?

New probes will brave the inferno, seeking answers amidst the poison haze. It's a battle against time. Venus isn't just a dying world, it's a terrifying case study – a chance to unravel the language of planetary death before it's spoken on Earth.

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HUMAN MIND & BEHAVIOUR

Night Paralysis: A Waking Nightmare



Imagine waking up unable to move, a terrifying presence crushing your chest. For those with sleep paralysis, this waking nightmare is all too real. It's a glitch in the brain, where dream remnants invade your waking moments. Your body, still paralyzed by sleep, traps you in a theatre of terror.

The world itself warps. Walls melt, shadows writhe, and your frantic heartbeat thunders in your ears. These aren't just tricks of the light – your brain scrambles to make sense of the chaos. This is where the figures appear: a demon, a hag, or some unspeakable horror drawn from your deepest fears.

Even your breath turns against you, mirroring the gasps of a dream. Suffocation feels chillingly real. Thankfully, the episode is fleeting. But for some, the fear lingers, making sleep itself the enemy. If this becomes your reality, it's time to unravel the mystery. Sleep paralysis might be a cruel trick of the mind, or a symptom of something deeper.

The Human Brain: Where Memories Crackle and Fade



The human brain is a fragile museum, where memories flicker like aging film. Scientists have discovered a chilling price for remembering: with each new memory, something old must bend, must subtly break.

Fragile memories trigger an inner fire, a defensive response that reshapes the very structure of who you are. The familiar grows stronger, but at a cost. This is the bittersweet paradox of memory – holding on means letting something precious slip away.

We are creatures of both memory and erosion. Each fleeting moment is both preserved and warped by the relentless work of our brains. Perhaps, then, forgetting is a strange kind of mercy, a veil blurring the sharp edges of loss. But then again, doesn't that veil also hide who we truly are? The next time a memory fades, let the mystery linger. Within that mystery lies the ever-shifting truth of the human mind – a palace built on fading ghosts.

Why Some Persons Always Get Lost?



Ever wonder why some people always get lost, while others find their way like magic? Turns out, it's all about brains and practice! Think of Maya, who loves exploring, and Ben, who prefers his books. Maya's adventures train her brain to remember paths and landmarks, like a built-in compass.

Some people even seem born with amazing navigation skills – their brains are just wired that way! Did you know scientists who study directions used to get lost themselves? It shows that anyone can improve!

Think of your brain as a treasure chest, storing "mental maps" of places you go. Navigators have chests full of clear maps. Getting lost means your map is a little fuzzy. But don't worry! With games like Treasure Hunt and Compass Quest, you can become an expert explorer. Just remember, even the best explorers sometimes need a little help – that's okay!

Persons Unseen: Why Do We Feel Watched?



Late at night, shadows stretch like grasping fingers, and the rain whispers against the glass. A shiver runs down your spine. You're not alone. Eyes bore into you from the darkness, unseen yet undeniably felt. Is it just a scary movie lingering in your mind, or something...more? Something primal stirs within you, an ancient echo of a fear older than words.

Our brains are wired for fear. They scan for danger, turning shadows into threats. That feeling of being watched? It's ancient survival instinct, meant to keep us safe. We evolved to sense another's gaze – it helped us to cooperate, and to avoid predators.

But sometimes, that instinct goes wrong. Fear turns into paranoia. If the feeling never goes away, if those unseen eyes haunt your days, it's not just a trick of the mind. It could be a sign of anxiety or deeper mental health struggles. Experts say: reach out. There's help to quiet the watchers and find peace again.

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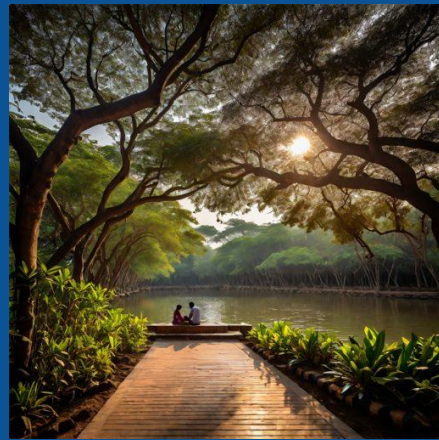
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CULTURE & ENTERTAINMENT

Chennai Capital Readers Find Their Sanctuary

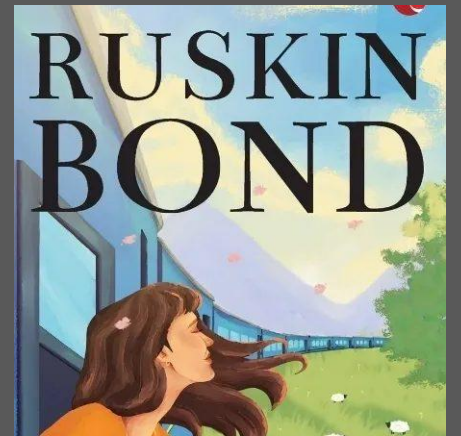


By Chitlapakkam lake, a bookish sanctuary emerges. Arvind's dream brings the serenity of the beach to his Chennai neighborhood. Readers like Nithya escape the city's hum, finding solace in unexpected titles, while others, like Vasilakshmi, rediscover their love of reading within this supportive community.

Where trash once floated, the lake now reflects a cleaner, greener Chitlapakkam – thanks to tireless volunteers like Sunil. Water lilies bloom where plastic bags once drifted, their delicate petals a testament to the community's dedication. Former teacher Gowri smiles; this green space nurtures minds as much as the landscape. Children chase butterflies where weeds once tangled, their laughter a vibrant echo of the lake's own revival.

Coffee brewing, conversations buzzing, the readers will soon disperse... but for these precious hours, Chennai finds its rhythm not in the city's thrum, but in the quiet rustle of pages.

Book Review: The Girl On The Train



In "The Girl on the Train," Ruskin Bond transforms an ordinary train ride into a journey of perception. A girl's vibrant descriptions and the blind narrator's sensory world paint a picture of unseen beauty. Sweet tea and idle chatter disguise a subtle tension, hinting at secrets both characters hide.

The girl departs, leaving a trace of her perfume. Then, a stranger reveals her blindness. In that instant, the world of the story shatters. Familiar smells and sounds turn sharp, mirroring the jarring shift in perception for both narrator and reader.

Bond masterfully lures us into deception, forcing us to confront our hidden biases. The girl's unseen beauty, the narrator's kindness – these become poignant reminders of connection beyond appearances. The story's irony rings clear: we see only what we expect. "The Girl on the Train" urges us to challenge our views, practice empathy, and find wonder in the unseen depths of the world.

Hyderabad City's Starry Canvas: Bala Vikas Kala 2024



In Hyderabad's vibrant heart, a haven for young artists beckons. M. Sanjay Kumar believes art transforms thoughts into colors, helping children discover the world and themselves. Bala Vikas Kala 2024 is his dream – a celebration of budding talent!

This April, an exhibition bursts with color – 80 young voices from across Hyderabad showcased like constellations in a gallery. But Bala Vikas Kala isn't just about viewing art, it's about making it! Sanjay has assembled master artists to guide young creators, teaching them to wield brushes like wands and dance with colors across the page.

The magic has a purpose, too. Exhibition funds, like starlight, will support CHORD, a Hyderabad organization empowering girls. This is your invitation, young creators! Mark your calendars: workshops, exhibitions, and a celebration of every artistic star. Hyderabad's canvas awaits!

Ranthambore National Park: A Tale of Blood and Triumph



The rangers, weathered and silent, watch Riddhi with a flicker of recognition. They remember Machli, the tigress of legend, whose battles with crocodiles echoed like ancient myths. But Machli is gone. Still, as they see the same unsettling fire in Riddhi's gaze, a chilling question takes root. Could Machli's spirit linger, a spark passed down the bloodline?

Night shrouds the scene in inky darkness. Riddhi and her cubs feed. Their eyes with an untamed hunger. In the flickering moonlight, they seem transformed – not just predators, but vessels of a primal power that sends a tremor through the jungle itself.

This feast isn't just about survival; it's a dark ritual, a blood oath carving a new legend in Ranthambore. Even the playful cubs seem touched by something ancient, their eyes glinting with a fierceness beyond their years. Bloodlines, whispers, and predator instincts coil – Ranthambore bleeds with an unsettling sense of change.

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FEATURE CONTENT

Explore Darjeeling: Tourist Places' Hidden Gems



In the heart of the Himalayas lies Darjeeling, a world of steam trains, swirling mist, and mesmerizing scenery. The narrow gauge Darjeeling Himalayan Railway chugs through history, offering glimpses of bustling streets and quiet villages. Nepali voices fill the air, a reminder of the region's rich cultural tapestry.

The train climbs to stunning views at the Batasia Loop, showcasing the markets and mighty Himalayan peaks. Darjeeling's famous tea, its legacy intertwined with the railway itself, paints the hillsides green. A sip of this "liquid gold" is a taste of tradition and the unique climate.

Beyond the city, Kanchenjunga, India's highest peak, promises a majestic sight. The hidden village of Lepchajagat offers quiet forests and profound peace. Darjeeling isn't just a destination – it's a journey. A place where old and new coexist, nature astounds, and a world of flavors and experiences awaits discovery.

Embrace Darjeeling: Fast Food Night Wonders!



Fast food isn't just about convenience – it's about the stories we weave around it. Whether it's the crispy fish Kabiraji ball with its burst of unexpected flavors, or chowing down in a haunted joint, these meals become part of our shared experience.

In Darjeeling, where cultures collide, fast food takes on new forms. From comforting Thukpa on a chilly day to the spicy kick of a fried seafood ball, these bites offer a moment of warmth and connection. Sometimes, it's the familiar taste that brings us comfort, the friendly recognition from a restaurant owner.

Fast food becomes a backdrop for moments both ordinary and extraordinary. From street-style Darjeeling noodles to a sip of Muscatel tea, fast food offers a taste of adventure, a touchstone of memory, and a reminder of the flavors that connect us all. And weaving these experiences together is what makes fast food a cherished part of our culinary journey.

A Tropical Treasure: Meet the Maracuja Fruit!

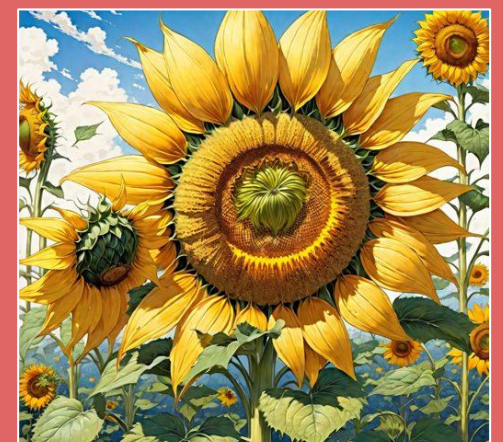


Deep in the South American rainforest grows a wrinkly, mysterious fruit called passion fruit, or maracuja. It hides a burst of sweet-and-tangy flavors that will send your tastebuds on an adventure! Maracuja isn't just delicious, it's packed with vitamins and minerals – tiny superheroes that keep your body strong and healthy.

Crack open the bumpy shell, feeling a satisfying crackle under your fingers, to find juicy, seed-filled pulp. The aroma bursts forth – a bit like pineapple, a hint of mango. Enjoy it fresh, blend it into drinks, or use it for yummy desserts and even savory dishes. Some people even make maracuja jam – sweet, sticky, and oh-so-tropical!

For centuries, people have used maracuja as a natural remedy for tummy troubles and better sleep. So, the next time you're looking for a tasty snack, be a jungle explorer and try the maracuja fruit. It's a delicious way to discover a rainforest treasure and give your body a boost of healthy goodness!

Sunflowers: Brightening Days, Spreading Happiness



Sunflowers, with their bright faces and towering stems, have a fascinating story. Native to the Americas, they come in a dazzling variety of sizes and colors. The common sunflower, with its giant yellow head and rough leaves, is a familiar sight in fields. Its distinctive blooms actually track the sun's movement! Sunflower seeds are a marvel: they yield delicious oil, nutritious snacks, and even artist's pigments.

For centuries, sunflowers have symbolized the pursuit of light and happiness. They've spread across the globe, reminding us to embrace warmth, growth, and utility. From their humble American beginnings to their present-day ubiquity, sunflowers are a true botanical wonder, adding sunshine to our lives in countless ways.

Let's explore this world of sunflowers further! Delve deeper into their fascinating history, discover their many uses around the world, and learn more about the symbolism they hold in different cultures!

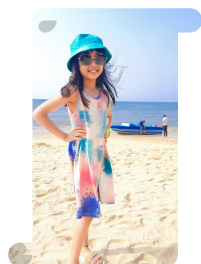
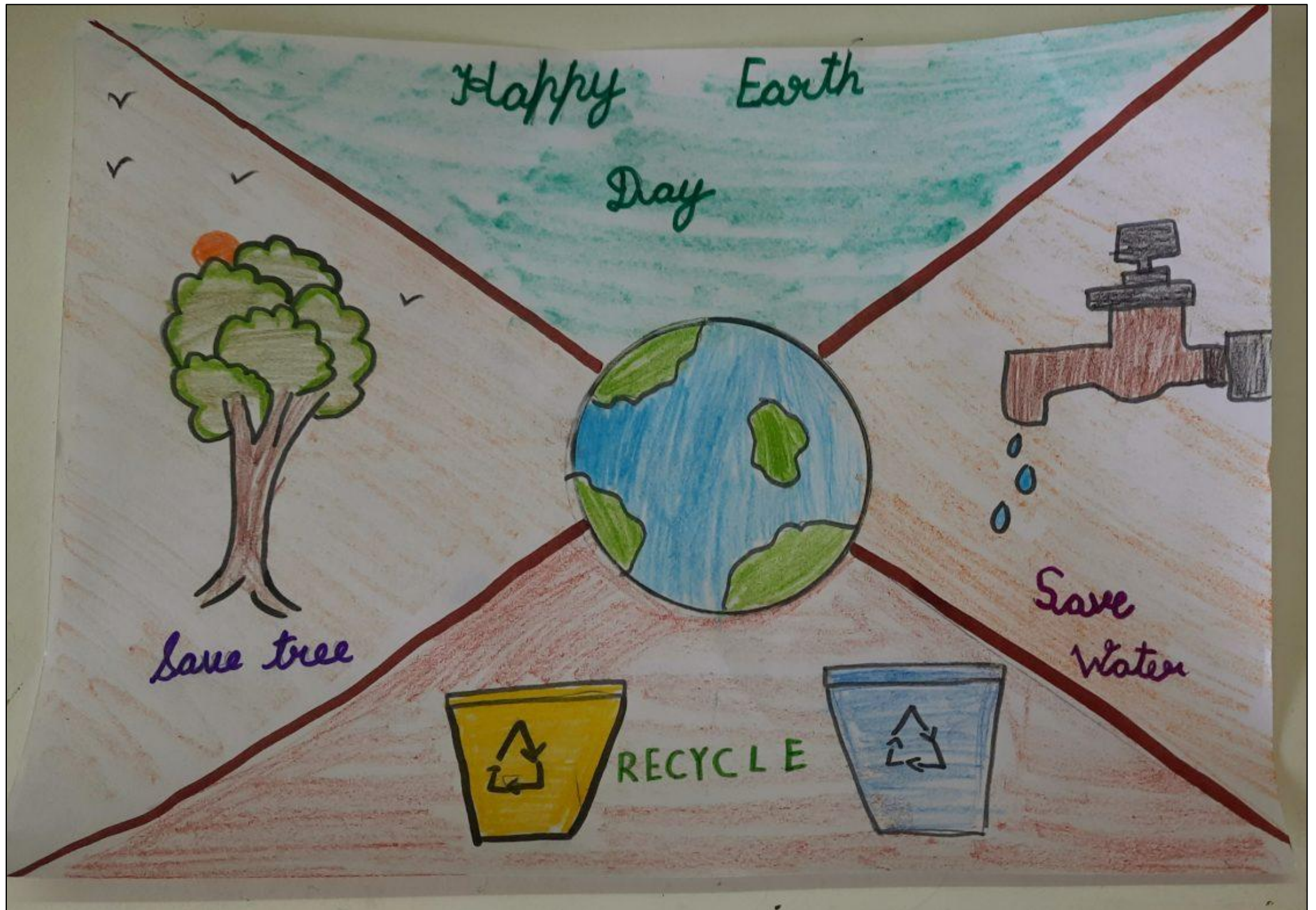
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EARTH DAY



Celebrating Earth Day with Miss Prashikha

Miss Prashikha,
Delhi Public School Jankipuram Lucknow,
Lucknow, Uttar Pradesh

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EARTH DAY



Ahamteertwaa Maity's Message on Earth Day

Ahamteertwaa Maity
Techno India Group Public School
Garia, Kolkata, West Bengal

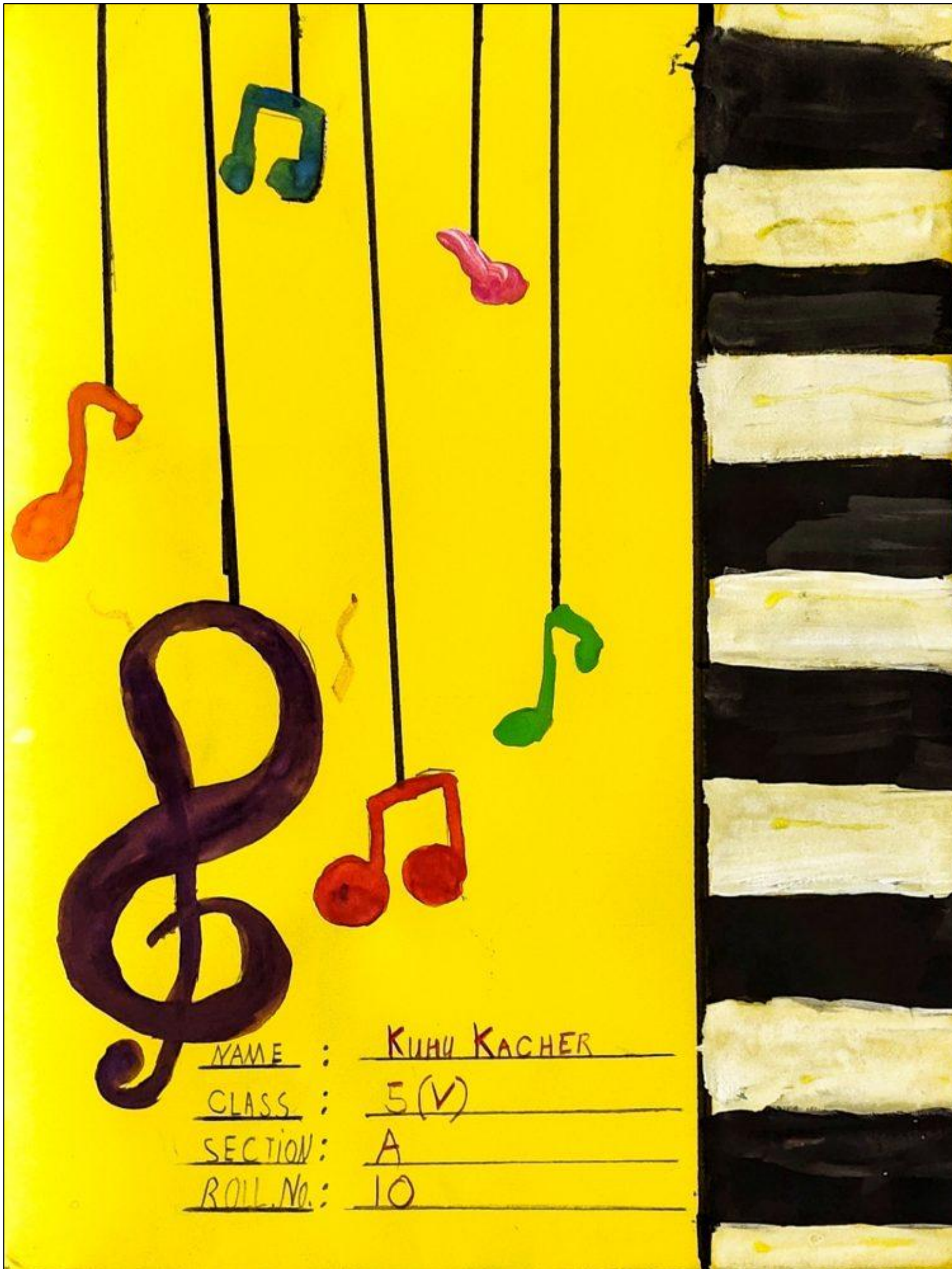
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MY EXPRESSIONS



**Sing Along:
Where Music Meets Words**

Kihu Kacher
La Martinere Girls' College,
Lucknow, Lucknow, Uttar Pradesh

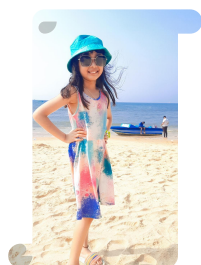
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Discover Prashikha's Backyard Sanctuary

Miss Prashikha,
Delhi Public School Jankipuram Lucknow,
Lucknow, Uttar Pradesh

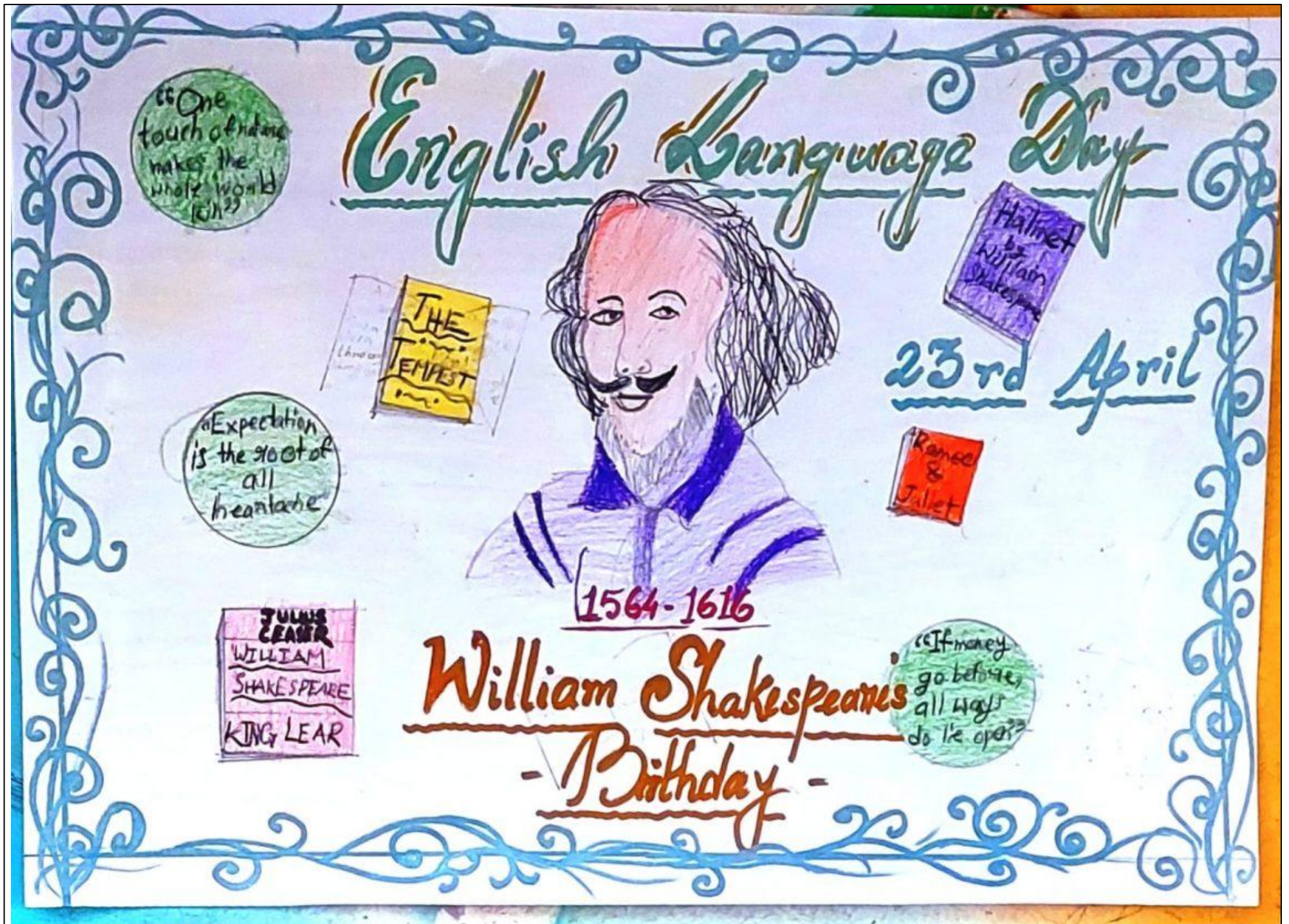
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ENGLISH LANGUAGE DAY



Celebrating Language on World English Day

Prateek Maity
Techno India Group Public School, Garia,
Kolkata, Kolkata, West Bengal

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ENGLISH LANGUAGE DAY



Ahamteertwaa Maity Celebrates World English Day

Ahamteertwaa Maity
Techno India Group Public School
Garia, Kolkata, West Bengal

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FUNTASTIC

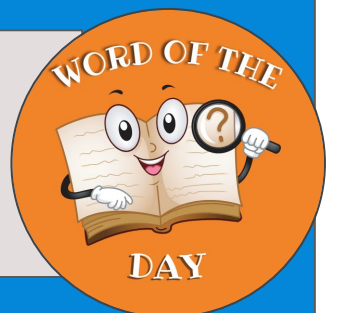


Q: What do you get from a pampered cow?

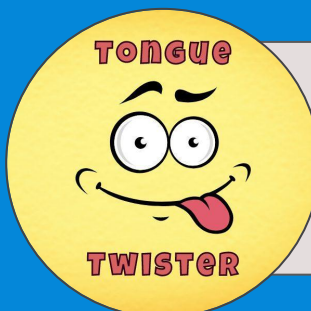
A: Spoiled milk!

Q: Why were the teacher's eyes crossed?

A: She couldn't control her pupils!



Egregious
Adjective | ih-gree-juhs
extraordinary in some bad way



Betty brews bubble tea with boba,
Bouncy boba Betty brews.
If Betty brews bouncy boba badly,
The bouncy boba brew is bubbly badness.

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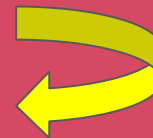
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