

# THE ABM TIMES

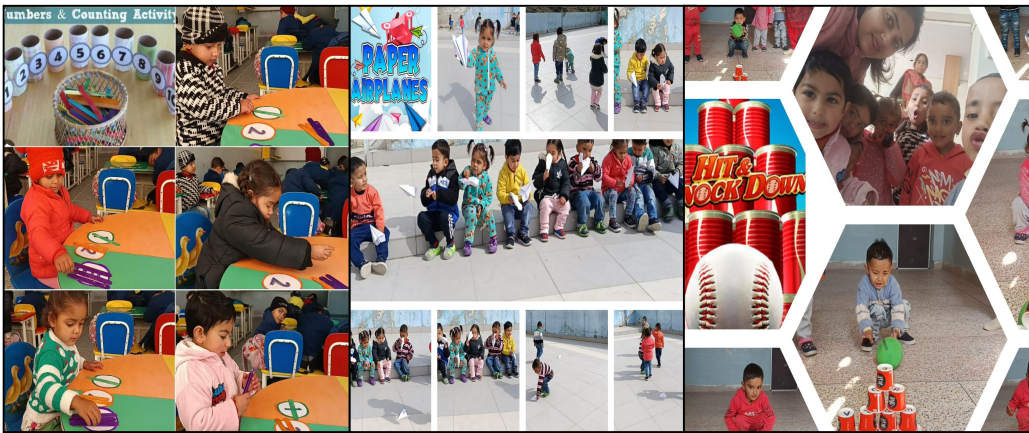
## A MONTHLY DIGEST

“NURTURING MINDS, BUILDING FUTURES”

June-2025

### IMPORTANT SCHOOL ANNOUNCEMENTS

#### Admission Open For Play Way 2025-26



### LET'S REMEMBER THESE DAYS

#### 1 June- Global Day of Parents

The Global Day of Parents is celebrated on the 1st of June every year. UN General Assembly proclaimed this day in 2012 by passing a resolution that honours parents for their relentless support, sacrifice and commitment toward their children.

#### 3 June- World Bicycle Day

The United Nations General Assembly declared 3rd June as International World Bicycle Day to recognize the uniqueness, longevity and versatility of the bicycle, which are affordable, environmentally friendly fit sustainable means of transportation.

#### 5 June- World Environment Day

World Environment Day is observed every year on 5 June and is celebrated by more than 100 countries. The environment is a major issue, which not only affects the well-being of the people but also hampers economic development throughout the world. The theme of World Environment Day 2021 is "Ecosystem Restoration".

#### 7 June – World Food Safety Day

World Food Safety Day is celebrated on 7 June to draw global attention to the consequences of contaminated food and water to health. Also, this day focuses on the way to reduce the risk of food poisoning. The safety of food is key to achieving Sustainable Development Goals

#### 8 June – World Oceans Day

World Oceans Day is celebrated on 8 June every year to empower people of all ages to become leaders of their own and stop polluting ocean, and water bodies. This day spread awareness about reducing single-use plastics and taking action necessary to bring real change.

#### 12 June - World Day Against Child Labour

June 12th is known for the World Day Against Child Labour. It's also Loving Day, commemorating the anniversary of the Supreme Court decision that struck down anti-miscegenation laws in the US. Additionally, some regions celebrate Russia Day and Philippines Independence Day.

#### 14 June - World Blood Donor Day

World Blood Donor Day (WBDD) is held on June 14 each year. The event was organised for the first time in 2004, by four core international organizations: the World Health Organization, the International Federation of Red Cross and Red Crescent Societies; the International Federation of Blood Donor Organizations (IFBDO) and the International Society of Blood Transfusion (ISBT) to raise awareness of the need for safe blood and blood products, and to thank blood donors for their voluntary, life-saving gifts of blood.

#### 15 June - World Father's Day

Father's Day is celebrated on the third Sunday of June, which in 2025, falls on June 15th. It's a day to honor fathers and father figures for their love, guidance, and contributions to their families.

#### 21 June – International Yoga Day

“Yoga for One Earth, One Health”, which echoes a vital truth that personal wellness and planetary health are inseparably linked. Yoga strengthens the body, calms the mind and fosters a heightened sense of awareness and responsibility in daily life. This mindfulness allows one to choose healthier and more sustainable lifestyles. In caring for ourselves, we begin to care for the Earth, reflecting the enduring Indian ethos of Vasudhaiva Kutumbakam — the world is one family.

### ARTICLE OF THE MONTH

#### Rath Yatra of Lord Jagannath

The Rath Yatra takes place on the second day of the Odia month of Ashadha Shukla Tithi (bright fortnight) every year to commemorate the journey of Lord Jagannath and his two siblings from their abode, the 12th-century Jagannath Temple, to the Gundicha Temple, believed to be their aunt's home.



#### Deity:

Lord Jagannath is one of the forms of Lord Vishnu, and is worshipped alongside his brother Balabhadra and sister Subhadra.

#### Temple:

The Jagannath Temple in Puri is renowned for its annual Ratha Yatra (chariot festival), where the deities are taken out in procession on elaborately decorated chariots.

#### Iconography:

The deities are unique in their form, typically depicted as stylized wooden figures with large eyes and a lack of detailed limbs.

#### Significance:

Lord Jagannath is considered a non-sectarian deity, with his worship transcending traditional religious boundaries, and is revered by various communities and faiths.

#### Symbolism:

The deities' wooden forms and the rituals surrounding them are rich with symbolism, often associated with the cycle of creation and renewal.

#### Legends:

Various legends and stories explain the origin of the deity and the temple, linking him to tribal traditions and Hindu.

#### "Choti Kashi" Mandi

Mandi, often referred to as “Choti Kashi”, is a historic town in the Indian state of Himachal Pradesh, known for its deep religious significance, cultural heritage, and beautiful natural surroundings. The nickname “Choti Kashi” (Little Kashi) is derived from its close resemblance to Varanasi (Kashi) in terms of temples, spiritual atmosphere.



#### 1. Why is Mandi called "Choti Kashi"?

Mandi is home to over 80 ancient temples within its town area alone. The temples are mostly dedicated to Lord Shiva and Kali, similar to Varanasi. The architecture of many temples resembles that of ancient North Indian temple architecture. The spiritual importance and annual religious fairs give it the sanctity of a mini-Varanasi.

#### 2. Historical Background

**Founded:** By Raja Ajbar Sen in the 16th century.

It was the capital of the princely state of Mandi State before merging with India in 1948.

The town flourished under the Sena dynasty, who were great patrons of temple architecture.

#### 3. Mandi Shivratri Festival

**One of the grandest fairs** in Himachal Pradesh, celebrated for 7 days in February/March.

Over 200 local deities (devtas) from the Mandi region are brought to the town in palanquins.

The celebration begins with the arrival of Madho Rai (Lord Vishnu), the royal deity of Mandi.

Cultural events, fairs, and religious processions attract thousands of devotees and tourists.

#### 4. Architecture & Cultural Heritage

Temples built in Shikhara and Pagoda styles, mostly using stone and wood.

Rich wooden carvings and slate roofs are a hallmark.

Mandi was a center of learning and Sanskrit in ancient times.

Rich folklore, fairs (melas), and traditional Himachali music and dance continue to flourish.



## GENERAL INTELLIGENCE

### ABM Quiz

- Which ministry launched the National Plastic Waste Reporting Portal on World Environment Day 2025?
- What is the rank of India in the Sustainable Development Goal(SDG)Index 2025?
- What is the name of the initiative recently launched by the Government of India for skilling adolescent girls?
- Where was India's first off-grid 5 megawatt (MW) green hydrogen pilot plant commissioned?
- NAKSHA programme is implemented under which government initiative?
- What is the name of the mock drill conducted near India's western border to test readiness against external threats?

Ans. 1. Ministry of Environment Forest and Climate Change 2. 99<sup>th</sup> 3. Navya 4. Gujarat 5. Digital India Land Record's Modernization Programme 6. Operation Shield.

## HEALTH AND FITNESS

### Jamun, also known as Java Plum or Black Plum

Jamun, also known as Java Plum or Black Plum, offers a variety of health benefits. It is known to help regulate blood sugar levels, improve digestion, and boost the immune system. Additionally, it is a good source of antioxidants and can be beneficial for heart health and skin health.



#### Detailed Benefits:

##### Diabetes Management:

Jamun is well-regarded for its potential to help manage blood sugar levels, making it beneficial for individuals with diabetes. It contains compounds like jamboline and antimellin that can improve insulin sensitivity and help regulate glucose levels.

##### Digestive Health:

Jamun is rich in fiber and has astringent properties, which can help improve digestion, relieve constipation, and alleviate symptoms like bloating and gas.

##### Heart Health:

Jamun is a good source of potassium, an important mineral for maintaining healthy blood pressure and heart function.

### Benefits of Swimming

Swimming is one of the most popular sports in Australia. Our nation is surrounded by water and swimming is one of our great passions. As well as being fun, swimming is a great way to keep fit, stay healthy and make friends. Swimming is a healthy activity that you can continue for a lifetime. It is a low-impact activity that has many physical and mental health benefits.



**Cardiovascular Health:** Swimming strengthens the heart and improves circulation.

**Improved Lung Capacity:** Breathing control and lung capacity can be enhanced through swimming.

**Muscle Strength and Endurance:** Swimming engages most muscle groups, building strength and endurance throughout the body.

**Low-Impact Exercise:** Swimming is gentle on the joints, making it a good option for those with injuries or arthritis.

**Weight Management:** Swimming can burn a significant number of calories, contributing to weight loss and maintenance.

## SCHOOL EVENT



## NEWS OF THE MONTH

### Sports News

#### Divya Deshmukh Wins World Junior u-20 Girls' Chess Championship

18-year Nagpur girl and women's chess International Master **Divya Deshmukh** won the FIDE under -20 Girl's World Chess Championship. In the men's section, Grand Master **Kazybek Nogerbek**, a 20-year-old chess player from Kazakhstan, won the world title. The 2024 FIDE U-20 World Chess



Championship was organised by the world chess governing body, the International Chess Federation (FIDE).

The FIDE World Junior Chess Championship 2024 was held in Gujarat's capital city of **Gandhinagar** from 2 to 13 June 2024. Almost 230 players from 44 different country's chess federations competed in this tournament.

#### Neeraj Chopra finally breaches 90m mark, finishes second in Doha Diamond League

Neeraj Chopra Wins Gold at Paris Diamond League 2025. India's javelin star Neeraj Chopra won the men's javelin throw competition of the Paris Diamond League 2025 at Stade Sébastien Charléty last night. Two-time Olympic medallist Chopra won the title with a best effort of 88.16 meters achieved with his first throw.



## INTERNATIONAL NEWS

#### Sudhanshu Shukla becomes first Indian to travel to ISS in 40 years

Astronaut Shubhanshu Shukla has created history by becoming the first Indian ever to set foot on the International Space Station (ISS).

A live broadcast showed the Axiom-4 (Ax-4) mission docking with the orbiting laboratory and its four-member crew crossing over to the ISS. Led by former



Nasa veteran Peggy Whitson and piloted by Group Captain Shukla, Ax-4 lifted off on Wednesday. The crew, including Slawosz Uznanski-Wisniewski from Poland and Tibor Kapu from Hungary, will spend two weeks on the ISS. Group Captain Shukla is only the second Indian to travel to space. His trip comes 41 years after cosmonaut Rakesh Sharma became the first Indian to fly aboard a Russian Soyuz in 1984.

## FUN ZONE

