

THE ABM TIMES

A MONTHLY DIGEST

“NURTURING MINDS, BUILDING FUTURES”

MAY-JUNE 2024

IMPORTANT SCHOOL ANNOUNCEMENTS

First Term Begin From 1st July 2024

Revision Tips

- Find a good place to study. Find a quiet, well-lit place to work that will be comfortable and free of distraction.
- Log-out or temporarily disable social media like Facebook, Twitter or Instagram. The effort of logging in or enabling it will deter you and after a day you'll start to forget about it- you lose a lot of time to vines and stranger stalking! Also, science proves that our brains have optimum irritation levels - basically we work better if we're a little too cold, or on a rigid chair. sit to a desk or table- its more formal and re-creates the environment you'll be tested in.
- Some studies show that studying information in different places allows you to compartmentalize the information, making it easier to recall at a later date if you can associate the information with the location.
- Some students find studying in public to be more effective, making it more difficult to watch television or fiddle with other distractions found in the home. Know yourself and head your bad habits off at the pass.

LET'S REMEMBER THESE DAYS

Global Day of Parents (1 June)

The Global Day of Parents is observed on 1 June every year. The United Nations General Assembly established this day to express international awareness about the importance of parenthood and to promote the healthy development of children by their parents.

World Bicycle Day (June 3)

World Bicycle Day 2024: On June 3, the Department of Youth Services and Sports, in association with Nehru Yuva Kendra, will celebrate World Bicycle Day to promote fitness and sustainable development.

Environment Day (5 June)

On 5 June, we celebrate World Environment Day. Established by the United Nations in 1972, it is the largest international environmental event with millions of people participating worldwide. It has evolved into a prominent global platform for promoting environmental.

World Ocean Day(8 June)

Life began in the ocean. And the ocean is home to the majority of plants and animals on Earth, from single-cell organisms to the blue whale. Marine plants provide us with 70 per cent of the oxygen we breathe. The ocean controls the climate, providing heat in winter and cool air in summer.

International Labour Day (12 June)

Every 12 June, the International Labour Organization joins forces with ILO constituents and partners around the world to commemorate the World Day Against Child Labour.

World Blood Donor Day(14 June)

On World Blood Donor Day, celebrated on 14 June 2024, WHO, its partners and communities across the world will unite behind the theme: 20 years of celebrating giving: thank you blood donors!

International Yoga Day (June 21)

The International Day of Yoga is a day in recognition of Yoga , that is celebrated across the world annually on June 21, following its adoption by the United Nations in 2014. The purpose of the International Day of Yoga is to increase public awareness of the various advantages of yoga practice. Balance is the key component of yoga, not simply balance within the body or between the mind and body, but also equilibrium in one's interaction with the outside world.

The International Yoga Day theme is " Yoga For Women Empowerment ".

ARTICLE OF THE MONTH

Oleg Russian Cosmonaut Became First Person To Spend A Cumulative 1,000 Days In Space

A Russian cosmonaut became first person to spend a cumulative 1,000 days in space, Russia's space agency Roscosmos announced Wednesday. Oleg Kononenko, 59, reached the record while on his current mission aboard the International Space This is not the first record set by Kononenko. In February 2024, he surpassed the record of 878 days set by his colleague Gennady Padalka for the longest amount of time in space.

"I fly into space to do what I love, not to set records. I've dreamt of and aspired to become a cosmonaut since I was a child," Kononenko told TASS at the time. "That interest -- the opportunity to fly into space, to live and work in orbit -- motivates me to continue flying."

Unlike the Roscosmos cosmonauts, NASA astronauts typically spend no longer than six months aboard the ISS before they're rotated out for a new crew. One notable exception was Frank Rubio, who spent 371 days in space before returning to Earth last September after his original six-month mission at the ISS was extended by an additional six months. Kononenko's current mission to the ISS began Sept. 15, 2023, and is planned to end Sept. 23, 2024, which will bring in his total number of days spent in orbit to 1,110.



Indian-Origin Astronaut Sunita Williams Returns To Space For Third Time.

The Boeing Starliner, piloted by Indian-origin astronaut Sunita Williams and her crewmate Butch Wilmore, successfully docked with the International Space Station (ISS) on Thursday. This mission marks a historic milestone as Williams becomes the first woman to pilot and test a new crewed spacecraft on its maiden voyage After launching from Cape Canaveral Space Force Station in Florida, the spacecraft docked with the ISS 26 hours later, despite a one-hour delay due to minor technical issues such as helium leaks. The mission's primary objective was to validate the Boeing Starliner as a viable alternative to the SpaceX Crew Module for ferrying astronauts under NASA's commercial crew program. The astronauts monitored the Starliner as it autonomously navigated a series of maneuvers to dock with the ISS. They also completed crucial tests, including manually flying the spacecraft for the first time in space.



SPACE Startup Agnikul Rockets Into History Books With Agnibaan Lift Off

Union Minister Rajeev Chandrasekhar congratulated Agnikul Cosmos for their successful first launch from India's only private launchpad at Satish Dhawan Space Centre (SDSC SHAR), Sriharikota. Agnikul successfully completed its first launch from Agnikul's own & India's only private Launchpad within SDSC-SHAR. Besides being the world's first flight with a single piece 3Dprinted rocket engine, this controlled flight is also India's first flight with a semi cryogenic engine. The vehicle was completely designed in-house in India and assembled at Agnikul's facilities within IIT Agnikul Cosmos, a space startup launched a rocket called Agnibaan. The key purpose of this mission, which is also Agnikul's first flight, is to serve as a test flight, to demonstrate the in-house and home grown technologies, gather crucial flight data and ensure optimal functioning of systems for Agnikul's orbital launch vehicle, the 'Agnibaan'. Agnibaan also has the unique distinction of having been launched from India's first private launchpad Dhanush, established by AgniKul.



GENERAL INTELLIGENCE

ABM Quiz

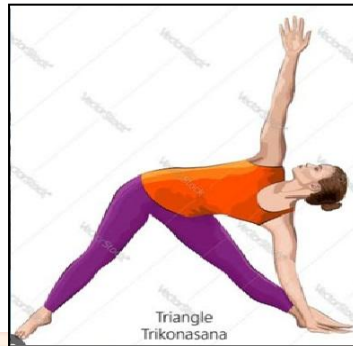
- Q.1 What was the theme of world No Tobacco Day 2024?
- Q.2 What is the full form of FMR as mentioned in the news regarding India's Border with Myanmar?
- Q.3 Chiti Hui river flows through which state /UT?
- Q.4 The Child Helpline 1098 is set to be consolidated with which helpline?
- Q.5 When do we celebrate World Olympic Day?
- Q.6 Who is the new Head of Indian Army?
- Q.7 Which country is the 2nd largest producer of Tasar Silk recently seen in the news?

HEALTH AND FITNESS

Triangle Trikonasana

Strengthening of legs, hips, back, shoulders, and chest: ...

- Improved Digestion: ...
- Alleviation of Back pain: ...
- Management of sciatica: ...
- Reduction of menopause symptoms: ...
- Reduction of stress and anxiety: ...
- Increased concentration and focus: ...
- Increased energy levels:



Benefits of Dragon Fruit

10 Health Benefits of Dragon Fruit (Pitaya)

- Reduces Risk of Diabetes. ...
- Reduces Risks of Cancer. ...
- Helps boost Immunity. ...
- Good for Digestion. ...
- Good For Heart. ...
- Fights Ageing Skin. ...
- Good for Hair. ...
- Healthy Bones...



FUN ZONE

Fill Colour



NEWS OF THE MONTH

International News

The USA is set to Co-hosts the T20 World Cup 2024 with its Mens Cricket First Time

The USA is set to co-hosts the T20 World Cup 2024 with its men's cricket team participating for the first time. The US team's journey faced setbacks but showed promise in recent years. The USA cricket team automatically qualified for the ICC T20 Men's cricket tournament 2024 as hosts. The USA and the West Indies were selected as co-hosts for the global tournament back in November 2021 when the ICC board awarded them the hosting rights. The tournament will be historic in two ways. The USA is not only co-hosting a global event but also has qualified as a participant for the first time. ICC's decision to schedule the event in the USA aims to promote the gentlemen's game in the continent and inspire the next generation to play cricket.

Sports News

Deepthi Jeevanji Telangana Labourers daughter breaks world record in Para Athletics.

India's Deepthi Jeevanji smashed the world record in the women's 400m T20 category race, registering a timing of 55.07 seconds that helped her win gold at the World Para Athletics Championships in Kobe, Japan on Monday. Deepthi ended up smashing the record that was previously held by USA's Breanna Clark, who had registered a timing of 55.12 seconds in the race category during last year's World Championships.



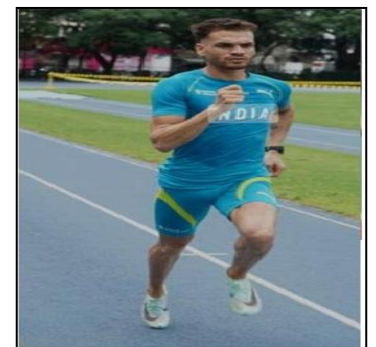
Dipa Karmakar, first Indian Gymnast won Gold in Asian Senior Championship

Gymnast Dipa Karmakar made history on Sunday by becoming the first Indian to win a gold medal at the Asian Senior Championships, clinching the title in the women's vault. Competing in Uzbekistan's capital, the 30-year-old Dipa achieved an average score of 13.566 in the vault final on the competition's last day. North Korean gymnasts Kim Son Hyang and Jo Kyong Byol secured the silver and bronze medals with scores of 13.466 and 12.966, respectively.



Ankesh Chaudhary, from Himachal Pradesh won Gold in 800 Mtrs.

Ankesh Chaudhary, an athlete from Pathiar village in Kangra district, has again brought laurels to the state by winning a gold medal at the international stage. This time he has made his presence felt in World Athletics Continental Tour, Taiwan, with a timing of 1:50.64 to clinch the 800-metre gold, in senior national federation cup, held in Bhubaneswar, Odisha, last month. He exuded confidence that he would do much better in the upcoming tournament in Russia from June 12 to 14.



SCHOOL EVENTS

