

THE HINDU

Youngworld



TREASURE IN YOUR HANDS

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Pg

02



Chill thrills

Col. Gautam receives a mysterious letter

Pg

14, 15



Rhythm of life

Learn more about the engine that drives you every day

UNTANGLE THE WEB

With the Internet being a part of our daily lives, we need to know how to navigate the virtual world. Safer Internet Day (February 6) aims to raise awareness about online safety, promote responsible use of digital technology, and encourage positive online behaviour. Turn to pages 6-7 to find out more.



Illustration: Sonal Goyal

A letter from beyond

The Phantom Postman has left a letter for Col. Gautam. Can he escape in time?

It was a glorious morning and Mrs. Rana thought it was a pity to waste it. She sat under the pear tree to read her book. Mrs. Rana had lived in this small hill town all her life. She was one of the people who knew everything and everyone. People often came to talk her of the old times and she loved to reminisce.

"This is life," she said to herself. "A good book, a beautiful garden, birds chirping in the trees and squirrels running around." She sighed with contentment.

Just then she heard a scream. "Uh oh! It must be Col. Gautam!"

Colonel Gautam, her neighbour, was constantly on the point of hysteria. "How he fought two wars is a mystery," muttered Mrs. Rana, as she looked towards the fence.



Nimi Kurian

Spooky Tales

Mysterious letter

Sure enough, a head popped up. "Good morning, Col. Gautam," said Mrs Rana.

"You are not going to believe what happened to me," began the colonel. "I was sitting in my front room reading the newspaper when the door suddenly burst opened and a letter fell on my door mat. I was startled and looked up. Would you believe that there was no one there? I ran out of the house to catch the culprit but

Mrs. Rana paled; she knew it was the Phantom Postman.

in your house."

there was no one. NO ONE!" He screamed to bring home the point.

Mrs. Rana paled; she knew it was the Phantom Postman. And that the letter he delivered was the harbinger of death.

"It's The Postman, colonel," she said, softly.

The colonel did not know the story of the ghostly postman. "What postman? I didn't see anyone."

"You won't. Because the postman is a phantom."

"Whhhaaatttt?" screamed the colonel again.

"A long long time ago, a postman and his bag of letters went missing. He was never found. Now, decades later, once in a way someone receives a letter."

"What does the letter say?" stammered the colonel.

"I don't know. People who have read it have not lived to tell the tale."

Making plans

The colonel's face was white. Mrs. Rana told him not to open the letter; instead to pack an overnight bag and spend the night in her house.

At midnight, Mrs. Rana and the colonel were woken up by the deadly shriek of the burglar alarm. After a while, they heard the sound of police sirens and officers go inside the house. But they were out very soon.

There was a knock on the door. When Mrs. Rana opened it, the police officer said, "There's been an intruder in Col Gautam's house. However,

the man has not stolen anything because he died almost immediately on entering. But what is worrying is Col. Gautam is missing!"

Just then Col. Gautam appeared at the door. "Ah! There you are, sir," said the policeman. "We will get back to the body



Grey cells shine in Pink City

The Hindu Young World Quiz in Jaipur, Rajasthan, saw Cambridge Court High School and Jeyashree Periwal High School lift the senior and junior trophy respectively

Atharva Sharma and Tejas Tushya Singh of Cambridge Court High School (CCHS) and Yuvraj Nawalkha and Ritwik Singhal of Jayshree Periwal High School (JPHS) were crowned the Junior and Senior Category champions respectively at the The Hindu Young World Quiz, presented by State Bank of India Jaipur, at the Maharana Pratap Auditorium, Bhartiya Vidya Bhavan Vidyashram, Jaipur. Around 260 teams representing 32 schools, participated in the 22nd edition of the inter-school live quiz competition, hosted by *The Hindu's* quiz master V.V. Ramanan.

Of the 128 teams in the junior section, six made it to the finals. The tie-breaker saw Atharva and Tejas beat Shourya Mitruka and Siddhant Chaturvedi of JPHS to win the finals. In

the senior group, 133 teams participated in the preliminary rounds. In the final round, CCHS's Dhariya and Vaibhav Rai, who were in the lead for most of the contest, had to be content with being runners-up while Rudraksh Gattani and Pratham Mishra of Neerja Modi School took the third spot.



The event was inaugurated by Vineet Kumar, DGM-SBI LHO Jaipur, Ramesh Ram Tak, AGM-Marketing and Communication, SBI LHO Jaipur, and Preeti Sangwan, Principal Bhartiya Vidya Bhavan Vidyashram, Jaipur. Kalyan Gajavelli, DGM and Circle Development Officer, and Sanjeev Upadhyay, DGM-Digital Transaction Banking Unit, State Bank of India, Jaipur Circle, gave away cash prizes, trophies and certificates to the 12 finalists while the winning schools were given a special trophy.

JSW PAINTS
FUTURESCAPES
Painting
Competition 2024
in association with
THE HINDU
Youngworld

Unleash your inner artist

TOPICS FOR PRELIMINARY

Overall Theme: Think Beautiful

HOW TO PARTICIPATE

- Choose any one of the above topics as per your category and paint on an A3 white drawing sheet (size 11.7 x 16.5 inches).
- You may use water colour, crayons, and colour pencils. Sketch Pens and markers can be used only for outline purposes.
- Remember to write the following at the back of your drawing sheet, to be able to qualify for the next round: Topic, Name, Class, School Name (with branch), City, State, Category of Participation, Parent's name, and Registered email ID & mobile number.
- Each participant can submit only one entry.
- Your physical drawing should be sent to the nearest office of *The Hindu*. Visit www.ywc.thehindu.com/jswpaints for details.
- On the top left of the envelope, please mention, "Young World-JSW FutureScapes Painting Competition 2024".
- Ensure that the painting reaches *The Hindu* Office before 27th February 2024.
- If you qualify for the next round, the details will be intimated to you through your registered email ID or mobile number.

**ATTRACTIVE
PRIZES
FOR WINNERS**

* Terms & Conditions apply

For details, visit www.ywc.thehindu.com/jswpaints



Illustrations: Sathesh Vellinezhi

Soon, Govind!

The pandemic teaches Govind valuable lessons about freedom and that, sometimes, love means letting go.

MEENAKUMARI VENKATESWARAN

Are you sure you want to do this, Govind?" his mother asked anxiously, as he walked with slow, shuffling steps, his head bent.

Govind looked up, recalling his excitement on his first visit to a bird sanctuary that weekend — a birthday treat promised almost a year ago, when the world was held to ransom by a microscopic virus.

"Soon, Govind!" cooed Hara cheerily. Govind's pet parrot could sense when Govind was upset.

An only child, Govind lived with his parents in one of 600 apartments in a huge colony. His life was busy and fun, with

Talespin

school, friends, cricket, and violin lessons. When his parents gifted him Hara, his little world seemed just perfect.

Then COVID happened.

Schools closed. Classes went online. Appa and Amma started working from home. It took just a month for the excitement of the new routines to wear off.

"Appa, when will school re-open?" he asked daily. And got the same reply: "Soon, Govind!"

Hara started chanting "Soon Govind!" whenever he felt that Govind was anxious or stressed.

Things worsened: cricket coaching ceased, and the community playground shut.

In-person contact with anyone outside home was forbidden. Hara was the one bright spot. What a friend he was! They became inseparable. Govind's love for all birds grew.

He was ready when his parents asked him what he wanted for his ninth birthday: "A visit to the bird sanctuary, please!" His parents smiled. "Sure, Govind!" they said.

"When?" asked Govind, though he already knew the answer.

"Soon, Govind!" replied Amma. "As soon as COVID is behind us!"

Hara started chanting "Soon Govind!" whenever he felt that Govind was anxious.

Glimmer of hope

At last, vaccinated and masked, life trudged back to a new sanitised normal.

Schools, offices, playgrounds, cricket, and violin classes all re-opened. The sound of children laughing lifted everyone's spirits as they gratefully resumed pre-COVID routines.

Finally, the visit to the bird sanctuary happened. Ravi uncle, Appa's ornithologist friend, who



accompanied them, was delighted with Govind's passion for birds. Govind had a marvellous time learning to identify birds. The highlight was a pandemonium of parrots that seemed to put up a show as if they knew he cared for one of their own.

Back in his room, watching Hara fly around almost dizzily in the small space, Govind became pensive and finally made up his mind.

"Appa," he said, hesitatingly. "Can we visit Ravi uncle's private sanctuary please, as this year's birthday gift? There is something I need to do."

And so here they were, along with Hara in his cage.

Appa gently touched his shoulder. "Govind, it's okay if you cannot do this."

Govind shook his head. He opened the door of the cage and gave the puzzled Hara a gentle push. Hara hopped on to the grass outside. As they watched, he flew up and around, returning every few minutes to Govind, before finally perching on a tree

chattering away to another little parakeet.

Govind's mother hugged him as he fought to control his tears.

"I had to set him free! Remember how we hated it when COVID cooped us up indoors? We had everything, but we longed to be free. Also, parakeets live longer in the wild. Hara will be happy and safe in this little sanctuary. With all his bird friends..." Govind's tears now fell freely.

Govind's father knelt down beside the little boy. "You are doing the right thing, Govind!" he said, his voice gruff with emotion. Ravi uncle gravely shook his hand. "You are a champ, young man!" he said. "This is hard, I know, but sometimes, love means letting go."

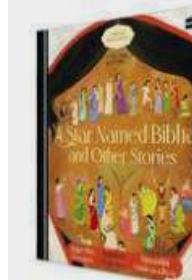
As Govind neared the car, he resolutely wiped his tears and asked, "When will I see him again?"

The answer came almost immediately from up in a tree nearby.

"Soon, Govind!" cooed Hara.



Bookworm



Title: A Star Named Bibha and Other Stories

Authors: Anwesha Sengupta, Simantini Mukhopadhyay and Suparna Banerjee

Publisher: HarperCollins

Price: ₹499

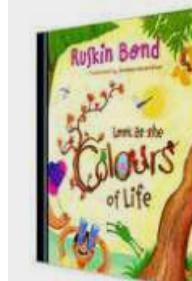


Title: Uncontrollable

Author: Varsha Seshan

Publisher: Duckbill

Price: ₹299



Title: Look at the Colours of Life

Author: Ruskin Bond

Publisher: Talking Cub

Price: ₹250

What's a common to remarkable women such as Tun Tun, Bibha Chowdhury and Pandita Ramabai? That they were born, lived and worked between the late-19th and mid-20th centuries, when being a woman was challenging. These women dared to go against social conventions and made their mark in traditionally male-dominated spaces and professions, paving the way for the women of today. This book is a collection of short biographies of 30 such trailblazing Indian women who have broken the glass ceiling in style. Read about Durgabai Kamat, Amrit Kaur, Amrita Pritam, Fatima Beevi and many other such inspiring women of India.

Twelve-year-old Rohini's life is unusual and full of odd surprises. In this fantasy novel in verse, parallel worlds, time travel, vortices, and an ominous Machine converge, creating an epic backdrop for the eternal battle of good versus evil. Rohini must uncover a string of secrets to fight an evil government and save her mother. What are the secrets? Who is an uncontrollable? Will Rohini come victorious in her struggle to save her mother?

Beautiful and bright, soft and soothing there are colours all around us, only if we stop to look at them. The bright blue sky, the dark green leaves, the happy pink of the candyfloss. Sometimes colours appear and disappear — like the sweeping yellow of a train's lights. And sometimes colours are invisible, yet we can see them! Like the wind that teases colours from a leaf, or the rain that washes everything clean and makes them shinier. Ruskin Bond shows us the colours that surround us and make our world so beautiful — a beauty we can see even as we sleep, in our dreams!

**SAFE URL**

URL stands for Uniform Resource Locator, a unique address for that particular website. Check if it starts with https. The 's' stands for secure. Use Google Safe Browsing and Site Shot to check if the URL is safe.

**STRONG PASSWORD**

Keep important information safe from hackers and cybercriminals with a combination of uppercase and lowercase letters, numbers and symbols. You should remember it but others should not guess. Don't choose names or initials or birthdays of family members.

**SECURE PAYMENTS**

Payment information such as bank details and credit card number are encrypted and you might be asked to authenticate the payment more than once to prevent unauthorised withdrawal or spending of your money.

TRUSTED NETWORKS

This means a set of interconnected devices that only authorised users can access. Data sent through such networks is usually secured.



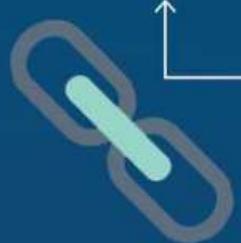
STAYING SAFE ON THE INTERNET

**ONLINE ADS**

Apart from enticing you to buy totally unnecessary items, online ads can also be scams to part you from your money. Other dangers include hacking into your system, stealing your passwords and other sensitive information.

SUSPICIOUS LINKS

A suspicious link looks like a legitimate one but actually isn't. For example, instead of paypal.com, it might say paypal1.com. Clicking on it can send out information about your system, take you to a fake website, or download malware onto your system.

**TRUSTED APPS**

Usually apps downloaded from playstores have some vetting, so there is a degree of trust. Don't install apps that ask for too many permissions. Read up about the app and don't download one that has too many negative reviews. Keep your phone system updated.



With Safer Internet Day just past, here's a quick look at what you need to know to stay safe in the virtual world

THE THREE 'R'S OF THE ONLINE WORLD



Responsibilities

"Do unto others what you would have others do unto you" is your motto. So, remember to:

- Not generate spam, viruses or malicious software.
- Not reveal your personal information or that of others.
- Be careful when blogging, uploading photographs or connecting on social media. Avoid bullying or putting out wrong information and hateful sentiments regarding religion, caste, gender and so on.
- Upload personal photographs with due care, keeping in mind privacy settings and taking others' permission when required.
- Read terms and conditions before you sign up for something online.
- Access age-appropriate sites only. Being honest about your age (saying you are 13 instead of 19 years) will keep you safe in many sites thanks to built-in security features.
- Fact check and upload authentic information. Always state sources of information, if any.
- Keep parents in the loop; take permission when buying things online.
- Flag inappropriate content and report abuse. Regard it as your duty.
- Review privacy and account settings periodically, as they tend to change often.
- Keep your account secure by creating strong passwords and not sharing them.



Respect

Netiquette is the buzzword! After all, who likes uncouth behaviour, whether offline or online? So

- Treat every individual who is online with respect.
- Use correct and polite language so that your digital footprint is clean. This is also useful when you are applying to college or for a job.
- Familiarise yourself with Intellectual Property issues. Respect copyrights.
- Steer clear of these three R's: rough language/comments, repetitive posts, and regret once you have posted something!

*Tap-tap, tap-a-tap, tap.
I punch my keyboard,
Click-click, click-click-click.
I command with the mouse!*

Within seconds, the virtual world is at your fingertips. Wait! Accessing the Internet is easy, but are you aware of the Three 'R's of the online world?



Rights

You have the right to safe online surfing, without fear or threat of:

- Your account being hacked or your personal details phished

(Phishing is a method by which a fake email, which looks genuine, is used to gather personal and financial information)

- Being stalked, or receiving abusive comments or unsolicited age-inappropriate material.

You also have the right to:

- Access sites and information which are age-appropriate authentic and non-abusive.
- Privacy of personal information. This is very crucial and important
- Be respected by the online community.
- Report abuse; equally, to express unpopular point(s) of view so long as you stay clear of hate speech.
- If any right is violated, discuss with parent(s) or an adult you trust to see what action needs to be taken.



SWEET AND SAVOURY LOVE

This Valentine's Day, whip up these delicious recipes and capture the hearts and taste buds of your loved ones.



Young chef'

Toast with strawberries and cream cheese



ingredients

BREAD
STRAWBERRIES
CREAM CHEESE (COTTAGE CHEESE)
BLUEBERRIES OR OTHER BERRIES

preparation

Popular fillings: tomatoes, mozzarella and basil, avocado and egg, banana and chocolate paste

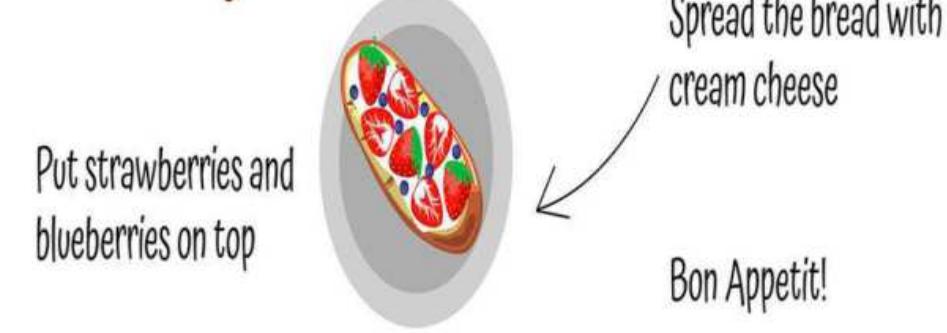
Dry the bread in a frying pan



Cut the strawberries in half



Spread the bread with cream cheese



Put strawberries and blueberries on top

Bon Appetit!

Bruschetta with tomatoes and mozzarella



ingredients

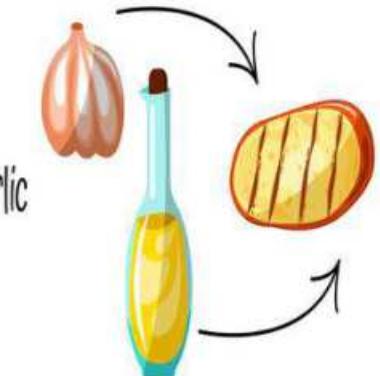
BREAD
TOMATOES
CHEESE MOZZARELLA
BASIL
OLIVE OIL
GARLIC

preparation

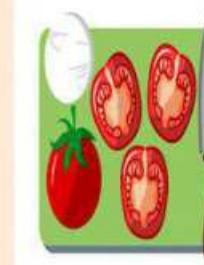
Fry a piece of ciabatta or other bread in a pan on both sides



Popular fillings: curd cheese and red fish, avocado and egg, banana and chocolate



Grate toasted bread with garlic and drizzle with olive oil.



Cut tomatoes, Basil and mozzarella into slices.
Place the slices on the bread.

Bon Appetit!



quiz Whizz



GINA NEUTRON



1 Who wrote her first detective novel, *The Mysterious Affair at Styles*, after a bet with her sister?

2 A group of lions is a pride. A group of crows is murder. What is a group of cats called?

3 In 1995, the potato became the first vegetable to be grown in outer space. True or false?

4 Why is the Anglo-Zanzibar War, fought between Britain and Zanzibar, famous?

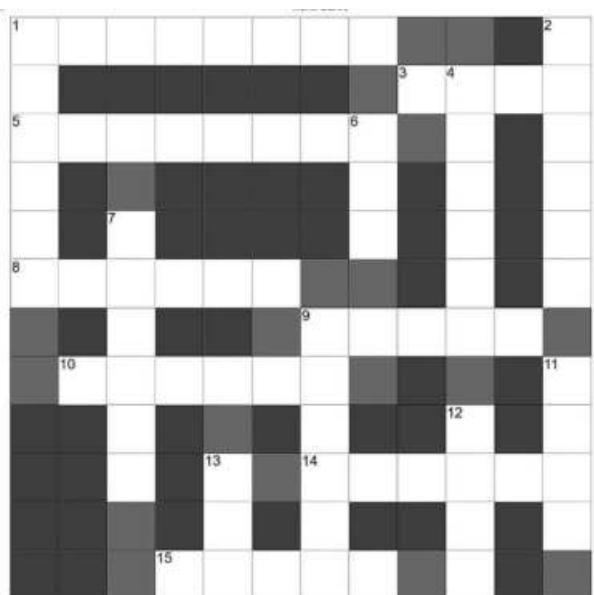
5 Ferdinand Porsche and which other famous person created the Volkswagen Beetle?

6 The Althing is the world's oldest surviving parliament of which European country?

CROSSWORD FOR YOU



Madhuvanti S Krishnan



Travel diaries

Across

- Situated in Uttarakhand and known as Skeleton Lake (8)
- Continent with the most spoken languages (4)
- The world's only floating post office (7)
- The Westernmost and Easternmost state in the U.S. (6)
- Russia and which other country border 14 countries? (5)
- It snows in this desert (6)
- The only continent to span all four hemispheres (6)
- Lake in Maharashtra formed by a meteor (5)

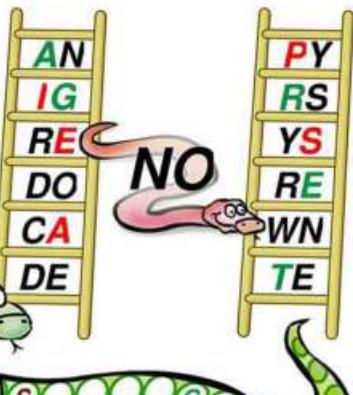
Down

- Country with 11 time zones (6)
- World's deepest lake (6)
- Country with maximum islands (6)
- World's shortest river, situated in Montana, the U.S. (3)
- World's highest motorable road is in _____ (6)
- The U.S. shares the world's longest international border with _____ (6)
- Chimborazo is the closest _____ to outer space (4)
- The Ring of _____ is located in the Pacific Ocean (4)
- Istanbul is the only major city that falls between how many continents? (3)

SNAKES & LADDERS

Puzzle One

Can you solve the six-letter words? Connect the letter pairs in the ladder on the left with the correct pairs in the ladder on the right, with middle letters NO. We have solved one to start you off: RENOWN.

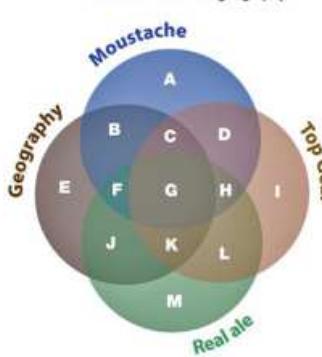


Puzzle Two

Use the coloured letters to make two five-letter words on the snake's back. We have given the first letter of the red word and the green word.

Venn Diagram

Can you work out which two areas of this diagram represent geography teachers with moustaches who drink real ale but don't watch Top Gear, and Top Gear viewers who drink real ale but don't have moustaches or teach geography?



SUDOKU

4	1							
5	3							
	3	4						
6	2							
	1	5						
	3	2						



Scrapbook



K.L.Tapaswi, V,
Little Angels School,
Visakhapatnam,
Andhra Pradesh



Kruthi Sri Dasari,
VI, Sindhi Model
Sr. Sec.School,
Chennai, Tamil Nadu



Abirami Pandiyan, I H,
PSBB K.K.Nagar, Chennai,
Tamil Nadu



Naitik Agrawal, IV, GD Goenka Public School,
Sitapur, Uttar Pradesh



Advik A Kashinkunti, I, Brooklyn
National Public School, Bengaluru,
Karnataka



Anna Lal Joseph, VI D,
Mar Thoma Public School,
Kakkanad, Kerala

Mr. Porky's thorns

Mr. Porky is a porcupine,
He loves to eat carrots and corn.

One day, Mr. Porky went for a swim,
He swam and swam but when he got out,
All his thorns were gone.
He looked here and there but
Could not find them.

He asked the elephant,
“Hey, did you see my thorns?”

“No,” said the elephant, “But I did see some prawns.”
He asked the cat, “Hey, did you see my thorns?”
“No,” said the cat, “But I can feed you some corn.”
He asked the lion, “Oh king, please help me find my thorns.”

“I lost them in the river, and now they are no gone.”
“Yes,” said the Lion, “I will give

A grand prize for whoever finds them.”

“Oh!” said a fox, “His thorns aren’t lost,
They just fell off and will grow back.”

“Oh!” thank you, said Mr. Porky, “I am so grateful.”
The fox got the grand prize and Mr. Porky headed home,
To wait for his thorns to grow.
After a day, they were back,
Mr. Porky was happy as his very life was back.



Varad Krishn, V,
Prakriti School,
Noida, Uttar Pradesh



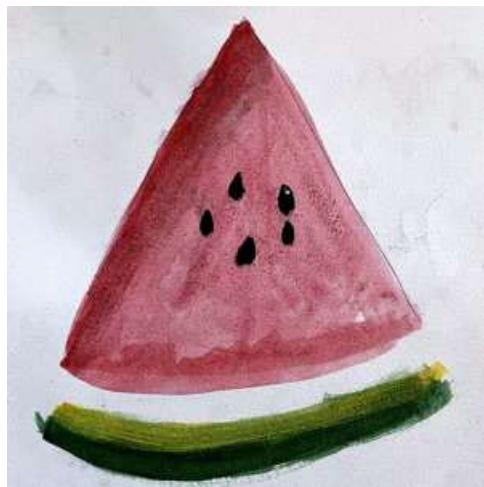
Scrapbook



Ishaan R.S., II,
Loyola School,
Thiruvananthapuram,
Kerala



M. Sakthi Sri
Sundhar, VIII,
Alantins The World
School, Tirupati,
Andhra Pradesh



Yashini Rajesh, V,
Velammal Bodhi Campus,
Tiruchi, Tamil Nadu



Kaviin
Siddarth
S. S., III,
FIITJEE
Global
School,
Chennai,
Tamil Nadu



Saptha
Sadhana Ts.
VI A,
Chrysalis
High,
Bengaluru,
Karnataka



D. H.
Dhirishith,
III, AKV
Senior
Secondary
(CBSE),
Tiruchengode,
Tamil Nadu

My world

My world will have imaginary things,
Like snakes with legs,
And humans with wings.
All the planets will be one,
And deer cannot run.
This is my world,
It is crazy but fun.

Abhinav Ivaturi, III,
Manthan International
School, Hyderabad,
Telangana

Knowledge

Knowledge is the treasure,
Which we can't obtain without struggle.
It is the light,
Which saves us from The dangerous paths of life.
Knowledge is a door,
Away from darkness.
It is a path,
Which leads us to all that is right.

Knowledge is the sun
Which lights up the whole world.

It is a weapon,
That helps us defend against the world's darkness.

Knowledge is the cornerstone of life,
And those who acquire it win,
For, illiteracy will fade their fame.

Minhaj P.,
VII, KMOA
School,
Koduvally,
Kerala



Scrapbook

Seasons

Spring is the best season

It brings lots of colours and flowers

Flowers bloom, Bees are busy,

Humans are happy.

Summer is too hot

The Sun shines bright

It is the time for vacation fun.

Monsoon has lots of rain We need raincoat and boots

For the splashing drops of rain.

In autumn, leaves fall off trees

Trees wait for new leaves Yellow leaves spread everywhere.

Winter is so cold

I like to see snow

And wear woolly jumpers.



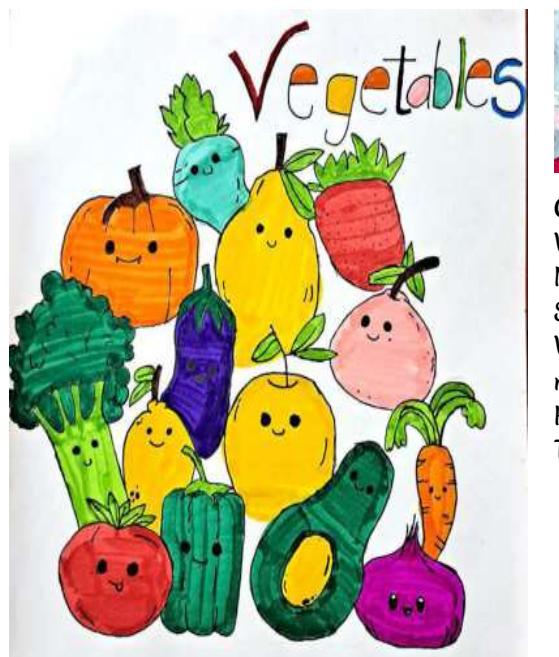
Devanarayanan
K.V., III, Rayan
International
School, Bengaluru,
Karnataka



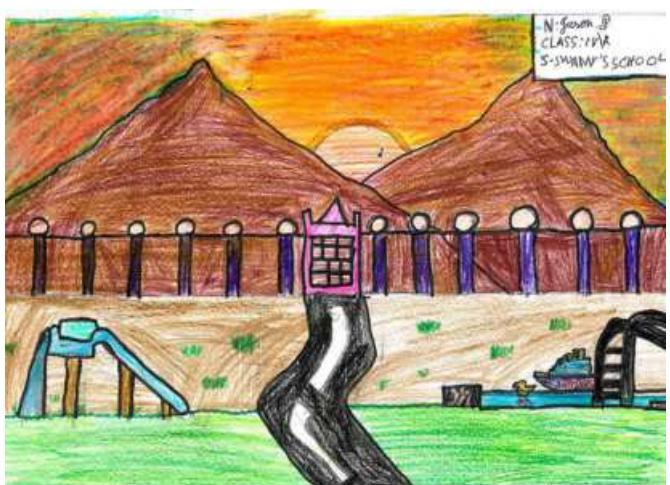
A. Akshaya Darshini, VIII, Vidhya
Niketan School (CBSE), Coimbatore,
Tamil Nadu



Esha Kirun, V B, Global Public
School, Kochi, Kerala



G. Snigdha,
VII, St.
Mary's High
School,
Vasantha-
nagar,
Hyderabad,
Telangana



Jason P., IV A,
Swamy's School,
Chennai, Tamil Nadu

Bizarre silence

The night is quiet and so are we,

There's no sound in the sky

Our voices suddenly die.

This beautiful night,

It's a heavenly sight

It's shocked our mind

Our voices we can't find.

This weird silence

This bizarre fragrance

The night is quiet and so are we.



Prajna Tagra,
IV, DPS-I,
New Delhi



Keerthana
M., V,
Christ
Nagar
Higher
Secondary
School,
Thiruvanan-
thapuram,
Kerala



J. Rohan
Prakash,
VII, Ridge
School
CBSE,
Kurnool,
Andhra
Pradesh



HEARTY TALES

I don't stop working and am responsible for keeping you alive. Who am I?

RACHNA CHHABRIA

If I tell you that I'm one of the most fascinating organs of the human body, you may not believe me. I'm sure you will roll your eyes and think that I am being boastful. No, I'm not proud or pompous. Neither am I gloating. I'm a humble organ, who takes no credit in keeping you alive. Yes, you read right. I keep you alive.

I'm your heart. I work right from the time a baby is in the mother's womb. Usually, a

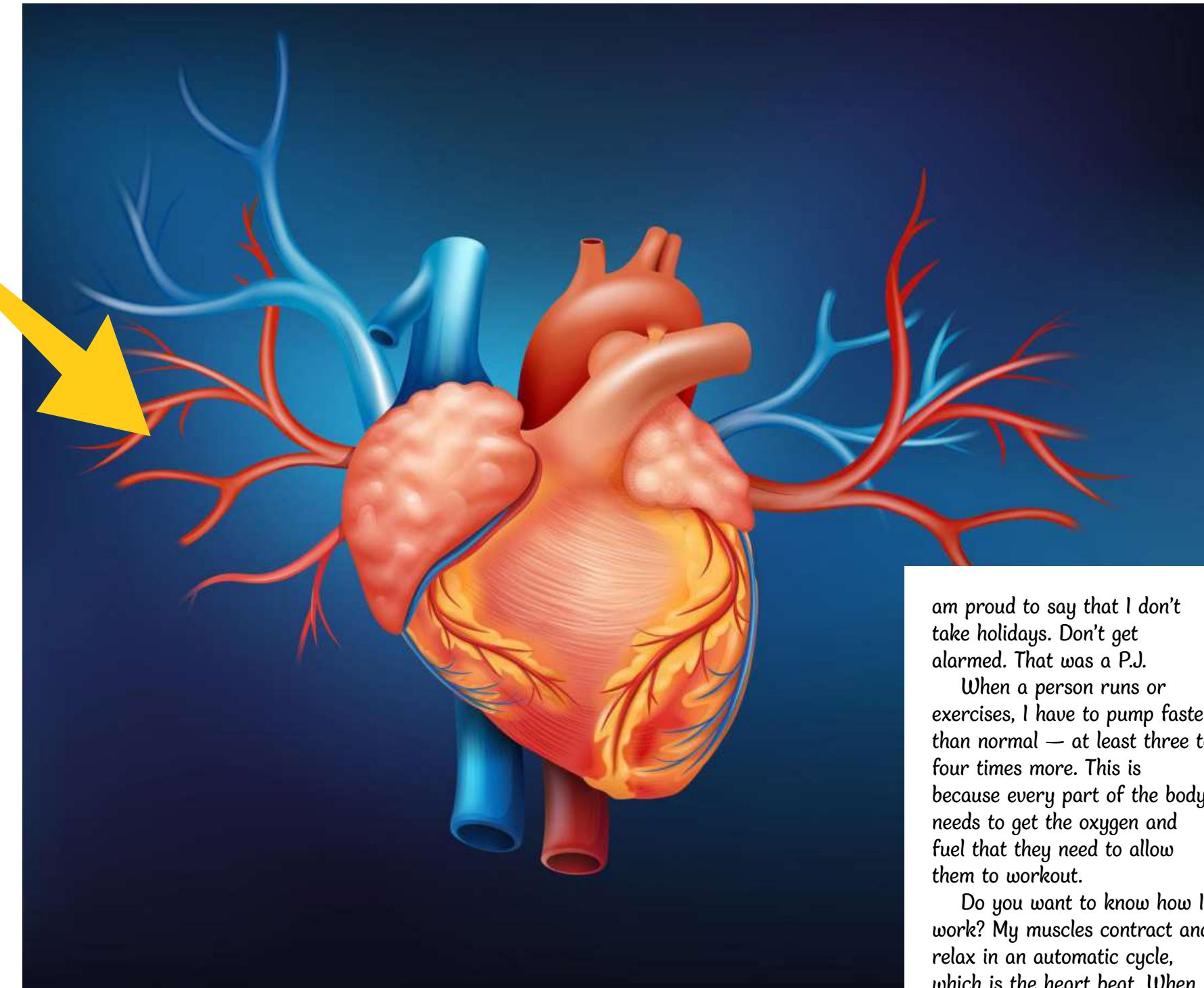
person whose heart stops beating is considered to be dead. On an average, an adult human heart beats 72 times a minute, which works out to nearly 100,000 times a day, 36 million times a year and 2.5 billion times to three billion times in a lifetime. I told you that I am hardworking.

I continue to beat even when a person is sleeping. In some cases, a person's heart beats for more than 80 times a minute. For others, it can be less than 60 beats a minute.

Did you know that, in a newborn, the heartbeat rate can range from 70 to 190 beats a minute?

Hard worker

When healthy, I weigh between 156 and 422 gm. In general, my average weight is around 300gm. My work is to pump blood throughout the body every single minute, every single day. That's a lot of work because, in an adult body, that amounts to circulating five litres of blood continuously. I



am proud to say that I don't take holidays. Don't get alarmed. That was a P.J.

When a person runs or exercises, I have to pump faster than normal — at least three to four times more. This is because every part of the body needs to get the oxygen and fuel that they need to allow them to workout.

Do you want to know how I work? My muscles contract and relax in an automatic cycle, which is the heart beat. When I beat, blood is pumped through the blood vessels. All the blood vessels, which form the circulatory system, are like elastic tubes that carry blood to all parts of the body. These are of two kinds: the arteries and the veins. The arteries carry oxygenated blood from the heart to the rest of the body. Are you wondering what oxygenated blood is? It means blood that has received oxygen from the lungs. The veins carry blood back to the heart and lungs so that they can get more oxygen. This then goes back to

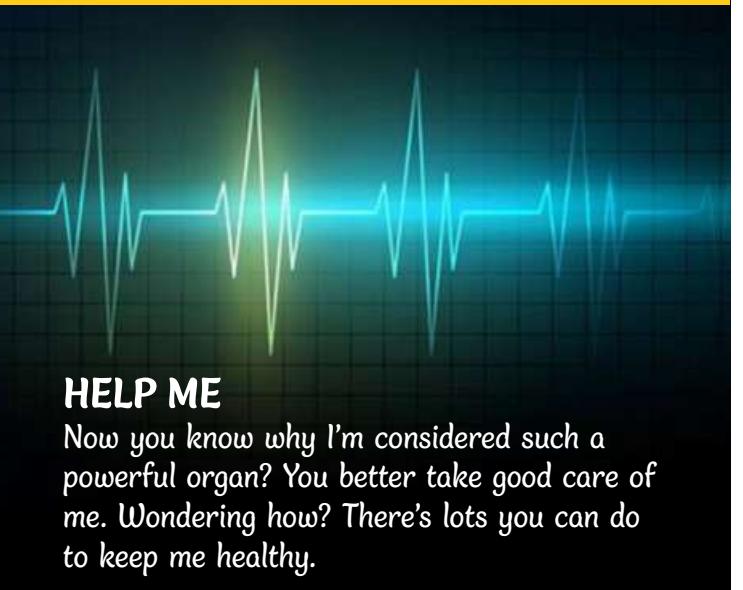
the arteries to be circulated in the body. To put it simply, veins carry blood towards the heart and the arteries carry it away. Did you know that the entire process of circulating blood from the heart across the body and back takes just 45 seconds? Isn't that awesome?

I have a very organised system through which the circulatory system transfers oxygen, nutrients and hormones to the cells in the body and removes waste products like carbon dioxide. There are between 30 and 40 trillion cells in the body and all of them receive blood pumped by me. Sometimes I am completely in awe of all that I do. Modesty can go for a walk!

Attention

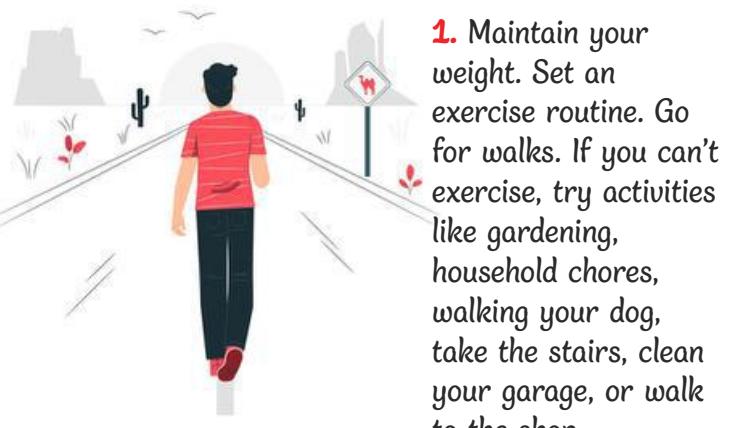
Now, given that I work so hard to keep you all going without a rest or break, is it fair to make me the face of silly and embarrassing emoticons? Especially that heart one for photos on social media? And saying things like "I'm heartbroken" or "My heart is singing". I hate that heartbreak emoticon. Let's be practical. If I collapse — or break, to use your lingo — you are doomed. Poets use me to write deeply emotional verses and movies feature me in their titles. Oh well! I guess all this unwanted and unnecessary attention comes with the territory.

Only one living part of the human body receives no blood supply from me, as there are no blood vessels in that area. Can you guess which part I am talking about? Bet you can't. It's the cornea of the eye, which gets its nutrients through tears and the aqueous humor and oxygen directly from the air.



HELP ME

Now you know why I'm considered such a powerful organ? You better take good care of me. Wondering how? There's lots you can do to keep me healthy.



1. Maintain your weight. Set an exercise routine. Go for walks. If you can't exercise, try activities like gardening, household chores, walking your dog, take the stairs, clean your garage, or walk to the shop.



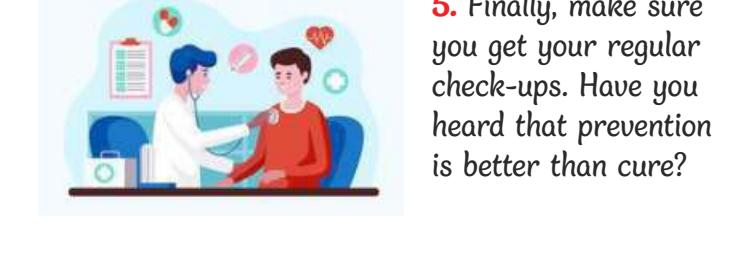
2. Try yoga to maintain both physical and mental well-being. It helps to manage stress and anxiety.



3. Stick to a healthy diet. Include lots of fruits and vegetables. Meat eaters, stay with lean meats. Avoid junk food and sugar-loaded drinks.



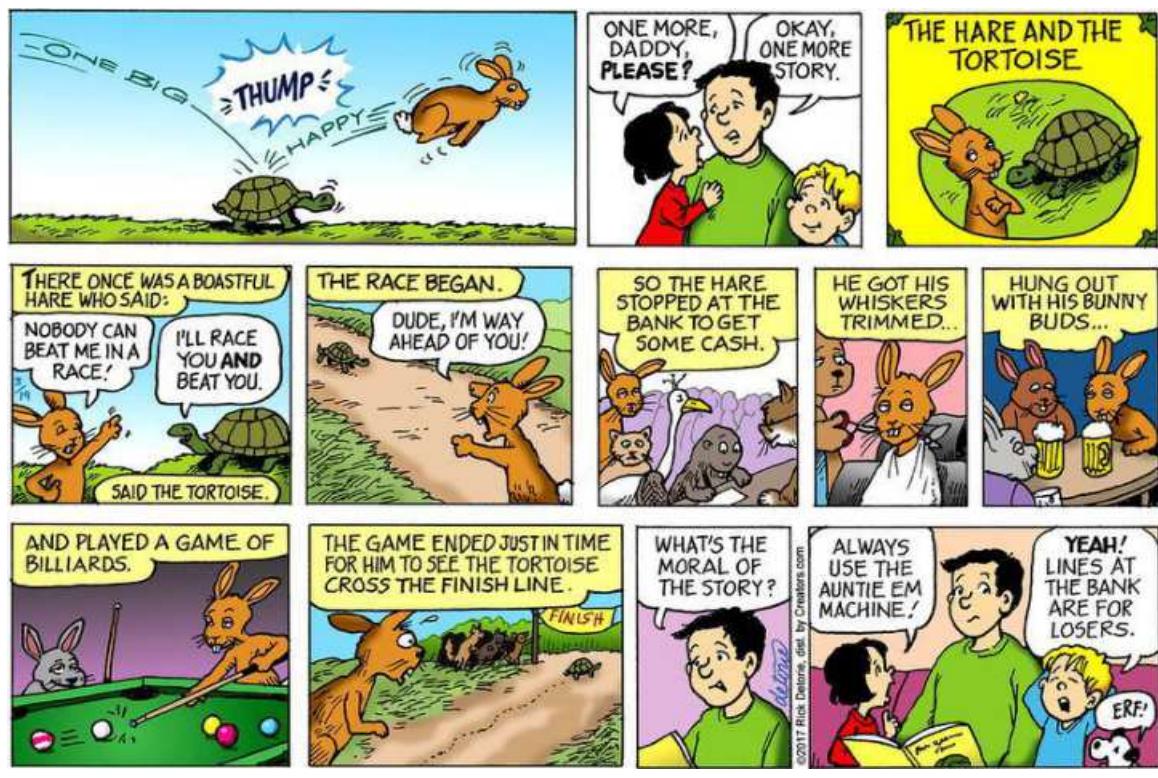
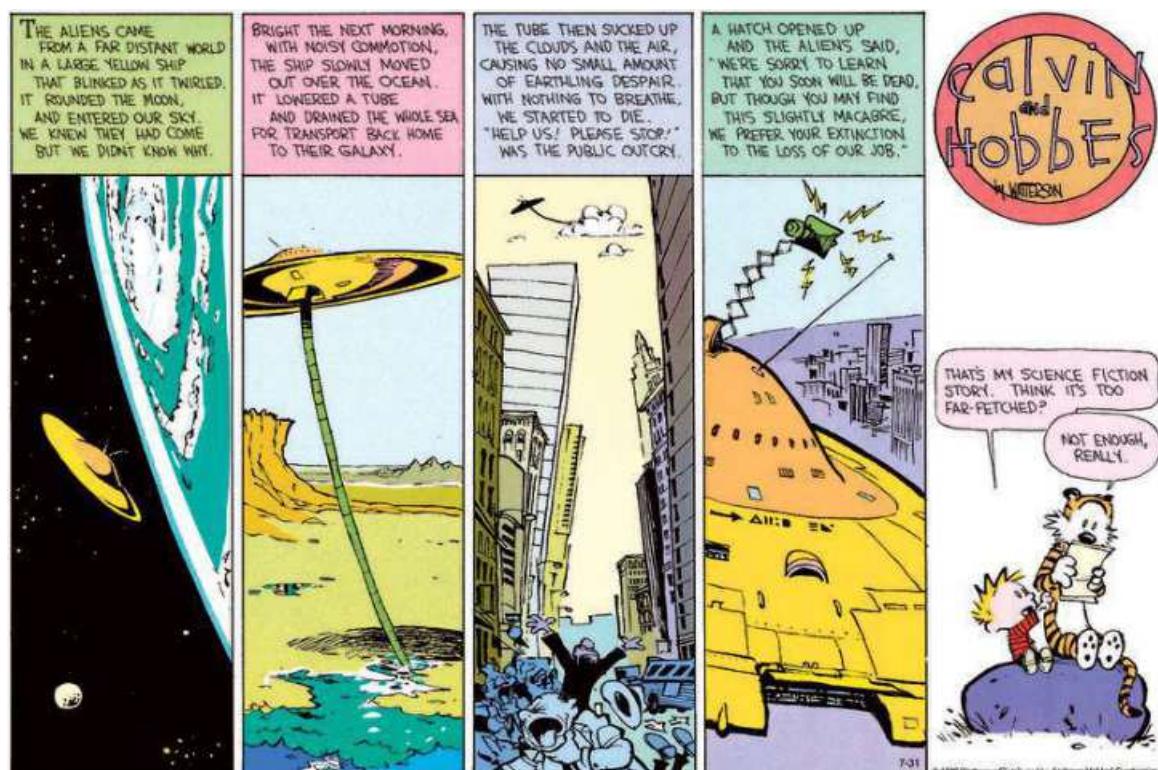
4. You must get at least seven hours of sleep every night.



5. Finally, make sure you get your regular check-ups. Have you heard that prevention is better than cure?



GARFIELD



Get Lucky Winners!

Congratulations to the winners of the Get Lucky Bookworm contest published in *The Hindu Young World* on January 12, 2024. These five lucky folks will receive a copy of Lubaina Bandukwala's latest book, *The Misadventures Of A Diamond Thief*.

1. Ekanshi Anand, V, St. Michael's Junior School, Prasad Nagar, New Delhi
2. Shagufta Khalis Farooqui, VI, Princess Esin Girls High School, Hyderabad, Telangana
3. Anagha M., IV, National Public School - Banashankari, Bengaluru, Karnataka
4. Ben Renji Joseph, VI, St. Ann's Senior Secondary School, Palakkad, Kerala
5. Anant Singh Mann, III, St. Joseph's Convent Senior Secondary School, Bathinda, Punjab

Calling Young World Readers!

The Young World issue of March 22 will centre around three special days: International Day of Forests, World Water Day and World Sparrow Day. Send us your thoughts on these topics either as drawings or prose/poetry along with your name, class, school, city and a passport-size photograph. Send your entries to youngworld@thehindu.co.in and selected ones will be featured. Last date to receive entries is March 5.

SOLUTIONS

Quiz Whizz: 1. Agatha Christie; 2. Clowder; 3. True; 4. It is the shortest war in history; it lasted for 38 minutes; 5. Adolf Hitler; 6. Iceland
Snakes and Ladders: Annoys, Ignore, Renown, Donors, Canopy, Denote, Sepia, Great
Venn Diagram: F and L

Sudoku

6	4	1	5	3	2				B
5	3	2	1	6	4				A S I A
2	5	3	6	4	1				S R I N A G A R W I K
1	6	4	2	5	3				S O E D E K
3	2	6	4	1	5				I L A C H A S K A D E L
4	1	5	3	2	6				D C H I N A P

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