

Child Vision Awareness Month

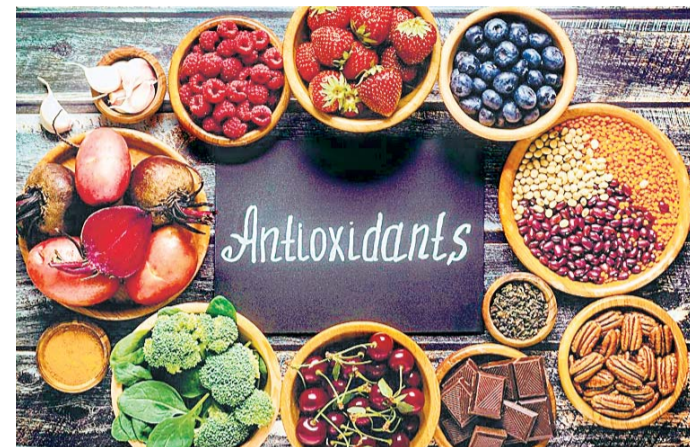
Every August, *Child Vision Awareness Month* reminds us of the importance of healthy eyes for our children. It highlights the importance of regular eye exams and early detection of vision problems. Our children's bright future depends on clear eyesight, and this month is dedicated to making sure that all kids can see their best. Children's vision issues often go unnoticed, making early screenings crucial. Catching problems early can prevent serious issues from impacting learning and development. *Child Vision Awareness Month* serves as a reminder to check in on our kids' eye health and ensure that they see the world clearly.



#HEALTH

Top Antioxidant-Rich Foods to Include in Your Diet Regularly

For optimal health, choose these Antioxidant-Rich Foods!



Ever wondered what the buzz about 'antioxidant foods' is all about? Sure, you've heard they're great for your heart and skin, but what do they actually do? Let me share a story to illustrate their power. I remember meeting a woman, let's call her Jane, at a local health seminar. Jane was in her mid-forties, full of life, and passionate about staying healthy. She shared with me how she used to struggle with her energy levels and skin issues. Despite trying various diets and supplements, nothing seemed to work. That was until she discovered the magic of antioxidant-rich foods. Jane started incorporating these foods into her daily meals, and within months, she noticed a significant change. Her skin glowed, her energy levels soared, and she felt healthier than ever. Here are some of the antioxidant-packed foods that transformed Jane's life.

Spinach
This leafy green is loaded with vitamins, minerals, antioxidants, iron, and fiber. Spinach contains zeaxanthin and lutein, two crucial antioxidants for eye health and managing age-related macular degeneration.

Red Cabbage
Often called purple cabbage, this vegetable is rich in antioxidants and vitamins A, C, and K. It boosts the immune system and supports healthy, radiant skin. Red cabbage is high in anthocyanins, offering anti-inflammatory and anti-cancer benefits, aiding in weight loss and preventing heart disease.

Tomatoes
Tomatoes are a kitchen staple and are packed with antioxidants and vitamins A and C. When cooked, they provide a good amount of lycopene, a compound that reduces heart attack risk and enhances skin health.

Dark Chocolate
Good news for chocolate lovers! Dark chocolate is not only delicious but also incredibly nutritious. Packed with cocoa, essential minerals, and antioxidants, it ranks among the top foods for antioxidant content. The cocoa flavanols in dark chocolate protect your skin from sun damage and have anti-inflammatory properties that help manage blood pressure and reduce heart disease risk. Just make sure to choose dark chocolate with at least 70% cocoa.

Blueberries
These tiny berries are a powerhouse of antioxidants and vitamin C, all while being low in calories. Research shows that blueberries have the highest antioxidant levels among fruits and vegetables. They boost brain function, lower blood pressure, and reduce cholesterol levels. The anthocyanins in blueberries might also help reduce the risk of heart disease.

Strawberries
Strawberries are not only sweet and delicious but also packed with antioxidants, minerals, and vitamins. They contain anthocyanins, which protect your heart by lowering bad cholesterol and raising good

cholesterol levels. Plus, strawberries help guard healthy cells against various cancers.

Indian shooter Swapnil Kusale won the bronze medal in the men's 50m rifle 3 positions final at the Paris 2024 Olympics shooting competition on Thursday. This was India's first-ever Olympic shooting medal in the same event at London 2012.

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Hours after Swapnil Kusale's bronze-winning performance in the Olympics shooting event, Prime Minister Narendra Modi applauded the Indian shooter at the Olympics for his 'exceptional' performance. He also noted that Kusale is the first Indian athlete to win a medal in the category.

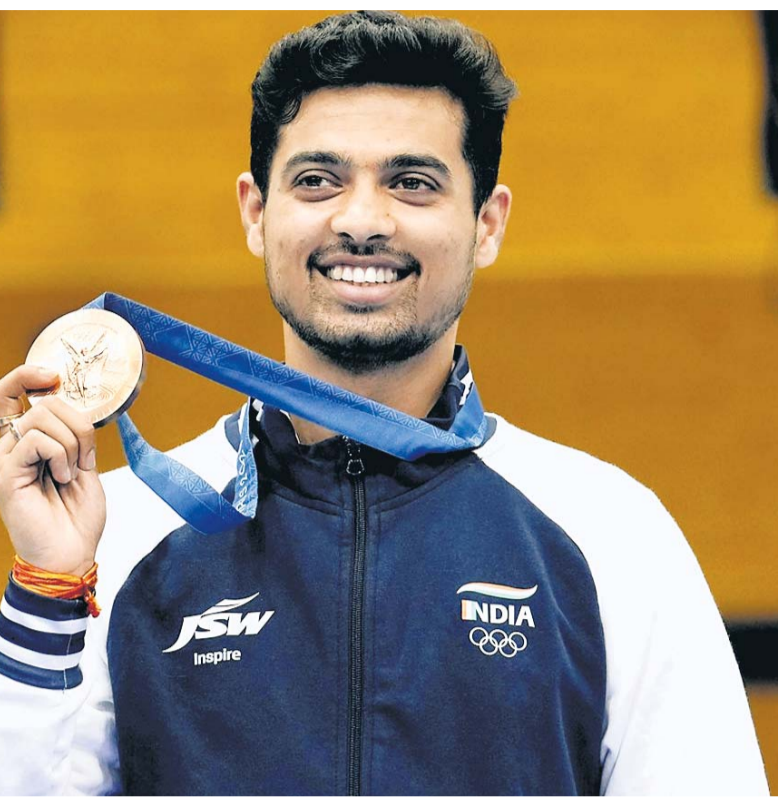
With one elimination after every single shot in stage 2 after that, Kusale shot 10.5, 9.4 and 9.9 with his next three shots, to hold his position in the top three and confirmed a medal.

However, a 10.0 with the next shot wasn't enough to keep him in contention for the gold. The People's Republic of China's Liu Yukun, the world record holder in the event, won the gold medal with 463.6 while Ukraine's Serhiy Kulish (461.3) picked up his second Olympic silver, to add to his earlier one from Rio 2016. Kusale tallied 451.4.

Kusale had earlier made the eight-man final on Wednesday by finishing seventh in the qualifiers with a total of 590. Fellow Indian shooter Aishwary Pratap Singh Tomar had missed the cut after finishing eighth.

India has now won three medals at the Paris 2024 Olympics so far, and all of them have come in shooting.

Notably, this was India's first-ever Olympic shooting medal in this category. So far, India has won three medals in rifle shooting. The first one was won by Abhinav Bindra, who clinched the gold medal in men's 10m air rifle at Beijing 2008, and the second was Gagan Narang's bronze in the same event at the London Olympics 2012.



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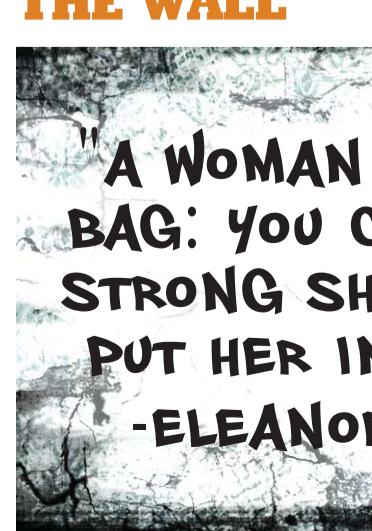
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Haryana Takes The Pistols! Maharashtra The Rifles !!...

"When Swapnil came to us in junior camp in 2013, he was chosen due to 10m air rifle but he would often spend his time in 50m 3p events and range. He found the .22 rifle recoil in 50m 3p events as fascinating. His prone position was strong as his body posture and fitness helped him in a balanced posture, a rarity in young athletes. In one of his early nationals, we had him enrolled in the junior 50m 3p event. He shot scores around 1167-1168 and would have gone to the senior final, had we listed him in the senior event. But then, he surprised us with that score in his first 3p nationals," remembers coach Deepali Deshpande.

#OLYMPICS

Swapnil Kusale From Pune

Swapnil Kusale took up shooting at the age of 14, when he enrolled in a residential school with the help of the Maharashtra government.

Swapnil Kusale was selected to be part of a Maharashtra government sports scheme at a very young age, when he was merely 14 years of age. He chose shooting as his preferred sport. On Thursday, the 28-year-old from Kolhapur, won a bronze medal in Olympics.

His father, 57-year-old Suresh, still remembers the day when his elder son, Swapnil shifted to a residential school at the age of ten. "Right from the age of ten years, Swapnil has stayed in government residential schools and later training in Pune as well working as TTE with the Indian Railways in Pune. He rarely gets time to visit us at the village but whenever he comes, he makes sure to bring something for all of us. To see him coming home with an Olympic medal, this time, will be indeed a special moment for all of us and we would make him stay longer at the village, this time. The village kids and elders should also see his Olympic medal," said Kusale Senior.

With the village, famous for organic farming, as well as being an alcohol-free village, most of the kids at the village have been sent to residential schools nearby. Kusale, too, was sent to the Bhogawati School in Parite, Kolhapur, before he was selected for the Maharashtra's *Krida Prabodhini* scheme, at the age of



14. It meant that the youngster was initiated in shooting at first under the government scheme. "Our village is famous for a drug-free ban, apart from practising organic farming. The young Swapnil would never miss his morning run and was very fit at a young age. When he joined the residential school and later, the Krida Prabodhini scheme, he wanted to make a name in sports. When the coaches decided to put him through training for shooting, he would draw us the targets and show how it's done, whenever he visited home," says mother, Anita, who is now the *sarpanch* of the village. Four years after he started shooting, Swapnil won the title in the 50m rifle prone event in Asian Championships in 2015, before he won the national title in the same discipline, edging out London Olympics bronze medalists, Gagan Narang and Chain Singh, in the final. His interest in the 50m 3P event started in the fag end of his junior days. In 2015, the Maharashtra shooter joined Indian Railways as a Ticket Collector, something which helped him also get his first own rifle.

"Swapnil and other shooters would shoot with a common rifle, initially, before he was allotted a rifle by the Maharashtra Government. When he joined the Indian Railways in 2015, he saved his first six month's salary to get his first rifle, costing more than Rs. 3 lakhs. Later, in 2017, when he finished with a bronze in the Commonwealth Championships, I asked him, how much did Gagan Narang's gun cost. He told me that it cost Rs. 9 lakhs. Along with some of my savings and his salary, we got him a new rifle costing more than eight lakhs. He also understood that while rifles can cost a lot, it's up to him to shoot well," says Kusale Senior. Three Junior World Cup appearances and a bronze in prone event in Asian Championships till 2018 would

mean that Kusale would be in the Indian teams but it was not till the ISSF World Cup at Cairo in 2022, that the Indian shooter would come into limelight. Although, he missed the medal due to the final shot of 8.2, he bagged the Paris quota for India with a fourth place finish. His coach, Deepali Deshpande, said that he would spend his time in 50m 3p events and range. He found the .22 rifle recoil in 50m 3p events as fascinating. His prone position was strong as his body posture and fitness helped him in a balanced posture, a rarity in young athletes. In one of his early nationals, we had him enrolled in the junior 50m 3p event. He shot scores around 1167-1168 and would have gone to the senior final, had we listed him in the senior event. But then, he surprised us with that score in his first 3p nationals," remembers coach Deepali Deshpande.

While the lactose intolerance means that Swapnil can't have milk products, mother Anita knows what her son will ask for when he returns home with the medal. "The first thing he likes to have is *bhakri* and *methi sabzi*. He can have it three times a day, and that's what he would ask us on his return, to celebrate the medal," says the mother.

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The young Swapnil Kusale, during the 2015 Nationals.

Exceptional Performance by Swapnil Kusale!

Congrats to him for winning the Bronze medal in the Men's 50m Rifle 3 Positions at the #ParisOlympics2024. His performance is special because he's shown

great resilience and skills. He is also the first Indian athlete to win a medal in this category. Every Indian is filled with happiness." -Narendra Modi

Many congratulations to Swapnil Kusale on winning the bronze medal for India in men's 50m rifle shooting event in #Paris2024 #Olympics. Your precision, focus, and determination have earned you a place on the podium and in our hearts. India is proud of your outstanding achievement! May this medal be just the beginning of your success story. Keep shining!" -Mallikarjun Kharge

Swapnil Kusale, India shooters have made us proud." -Former Olympian, Abhishek Verma

Every Indian is filled with happiness." -Abhinav Bindra

OLYMPIC BRONZE MEDALIST SWAPNIL KUSALE. What an incredible performance. Consistent from start to end bringing us our 3rd Bronze Medal in shooting and at @paris2024." -Team India



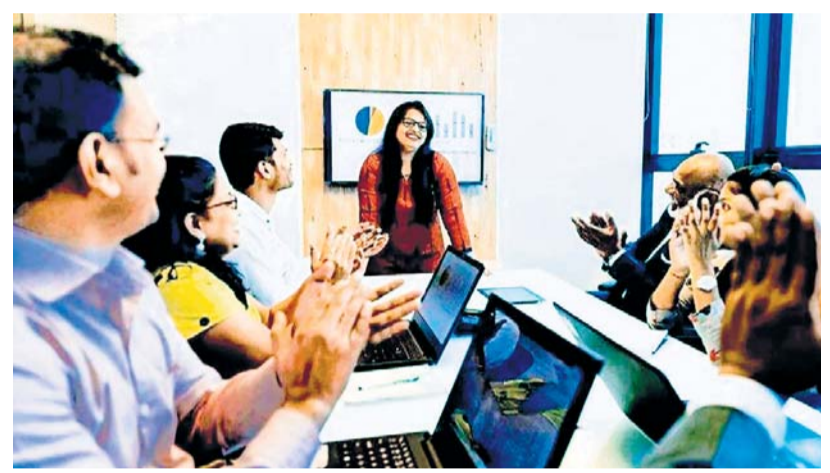
Having started his shooting journey in his early teens, Kusale clinched a Paris Olympics Bronze medal on Thursday.

#OFFICE-LIFE

There are 5 personality types at work. Here's how to manage them!

Every person you interact with at work will have their own unique quirks and preferences. How do you navigate that?

Whatever your career, we're sure you'll agree that your workplace is filled with some real characters. Some of those co-workers will be... interesting! Others will be a dream to work with. There might be some who are so wonderful that they become proper friends. And a few who battle and baffle you.



The Five Workplace Personas

- The detective:** The most common persona in UK workplaces, these *Sherlocks*, are naturally curious, like to figure things out on their own and value access to information.
- The networker:** Tending to be extroverts, you'll find networkers building connections, chatting by the coffee machine, and generally working the room.
- The road warrior:** These workers value flexibility above all. Virtuosos of schedule management, whether travelling for business or picking up the kids,

they make sure that work stays right on track.

- The problem solver:** Whatever the challenge, these folks have the right tools and tech for the job. From using AI to catch up on messages to fixing your spreadsheet formula, they're a workplace Swiss Army knife.
- The expressionist:** This group always has the perfect GIF at the ready, is comfortable communicating by memes and peppers emojis into every message. They bring fun, cohesion and flair to the workplace.

Balance your Team

If you're starting a new project, be mindful of the balance of different work personas assigned, to collaborate on it. You wouldn't want a team made up only of expressionists, for example, unless your project is just having a really great chat. Equally, while putting only problem-solvers in a room together, might sound like a good idea at first, but you might find they clash.

Instead, aim for a good mix of types. A problem-solver and an expressionist might be great at getting stuck in and working creatively, but they'll need a networker to then communicate their findings across wider business. Think about each person's individual strengths and weaknesses so that you can assemble the best team possible.



Remember: There's no 'right' or 'wrong' persona

It's easy at work to think that someone else is doing it the 'wrong' way, while you've got it 'right'. Detectives might think networkers are too chatty, while problem-solvers see expressionists as overshers, for example. You need to break free of those assumptions and be mindful that everyone approaches things in their own way. While rules and processes are important, how you communicate, the information you share and the ways you progress work will all be a little different. Understanding how we work, and how others work, is a crucial part of doing a good job, but it isn't always easy. Hopefully, these personas and tips give you a place to start learning more about your own preferences as well as those of your teammates. If we all get a little better at sharing our ways of working and learning from others, we'll soon find that our workplaces are more productive, happier and collaborative than ever.

Do you recognise yourself in any of the above types? Or any of your colleagues? Getting to understand which type, that you and everyone around you slot into, is a good first step to better communication and collaboration at work. Once you've done that, you can follow the below steps.

Share your Ways of Working

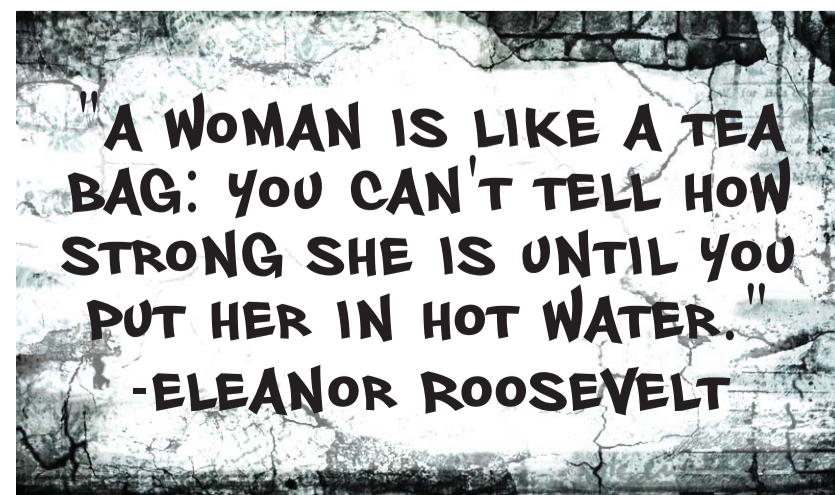
Once you've identified your own workplace persona, share it and encourage your co-workers to compare. It might be that you're a detective, so, let people know they should give you as much information as possible. Or maybe you're working with a problem solver, so, you need to find some challenges for them to get stuck into. The more you understand one another, the better work will become. Try setting up a lunch to talk about which persona you are, or create a personal operating manual and share it with your team in slack so that they know how best to work with you.

Align Work with your Strengths

Once you know how you work best, you can adapt the way you do certain tasks, to better fit your style. Everyone has strengths and weaknesses in the workplace. Thinking about your persona can help you maximise the former and minimise the latter. If you're an expressionist, where can you get stuck into more creative projects? If you're a networker, but find yourself bogged down with admin, could you automate tasks, such as building an agenda or pulling together a report, to free up time for connecting with people?



THE WALL

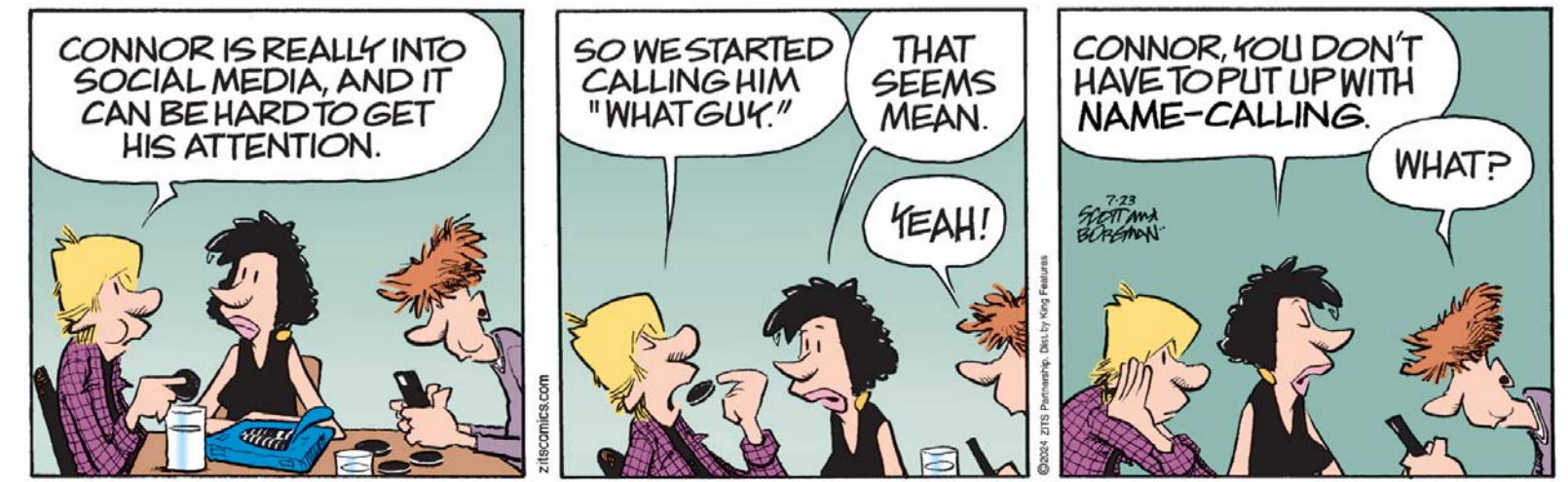


BABY BLUES



By Rick Kirkman & Jerry Scott

ZITS



By Jerry Scott & Jim Borgman