

#PARENTING

Tips To Make Your Child Interested In Study

Parents must inspire their kids to work more and accomplish better. To assist their children, parents, who are having difficulty finding effective parenting advice, may need to adopt a smart approach.



Every parent in the world wants their kids to have the best education possible. It may be your goal as a parent to support and motivate your child to build an interest in studies. It is ideal for kids

HERE ARE SOME PARENTING STRATEGIES TO GET YOUR CHILD INTERESTED IN STUDIES.

Create a study environment

When your child is about to study, ensure that there are no distractions in their immediate vicinity. It might be anything, such as the television or people conversing. Make certain that this does not occur since children cannot focus well and are easily distracted, causing them to lose interest in their education. Allow your child to have a place for studying so that they can concentrate solely on their academics. Allow the youngster to interact with the study environment.

Schedule for studying

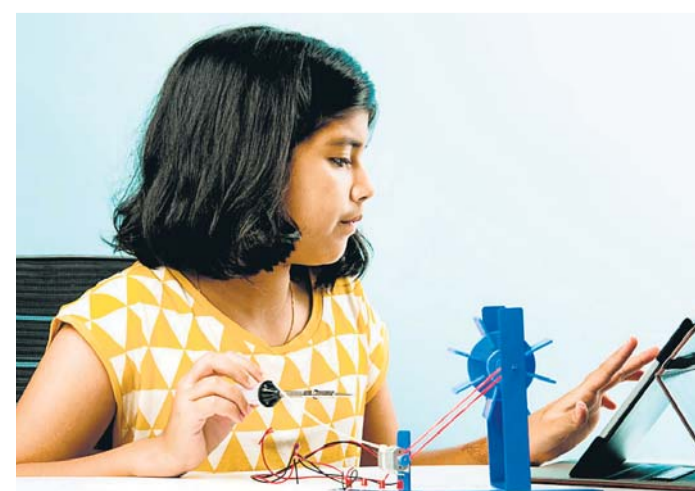
Planning ahead of time helps everything organised, even studying. Create a solid methodical structure based on your everyday study. The study plan can mostly be devoted to revising portions of what is taught at school or through offline or online tuition. Doing so will lessen your children's stress since they will not have to worry about what to study daily. If they stick to the study schedule they made, it will be much simpler for them to reach their goals.

Using electronic devices for education

Today's young children are highly reliant on technology, whether it be through television or smartphones, as parents are well-aware. Make them study technology-related topics to positively influence that interest. Since technology fascinates children so much, they get more interested in everything related to it. Consequently, you may utilise technology to increase their interest in learning and to introduce them to online learning platforms and websites, that provide access to a wealth of knowledge.

Focus on learning rather than grades

We live in a competitive world where parents put pressure on their children to perform better than their peers. However, if students do not learn anything, their marks will suffer. Learning should take precedence over achieving high grades. Focused learning will benefit you in the long run, whereas grades will be forgotten by all, even others.

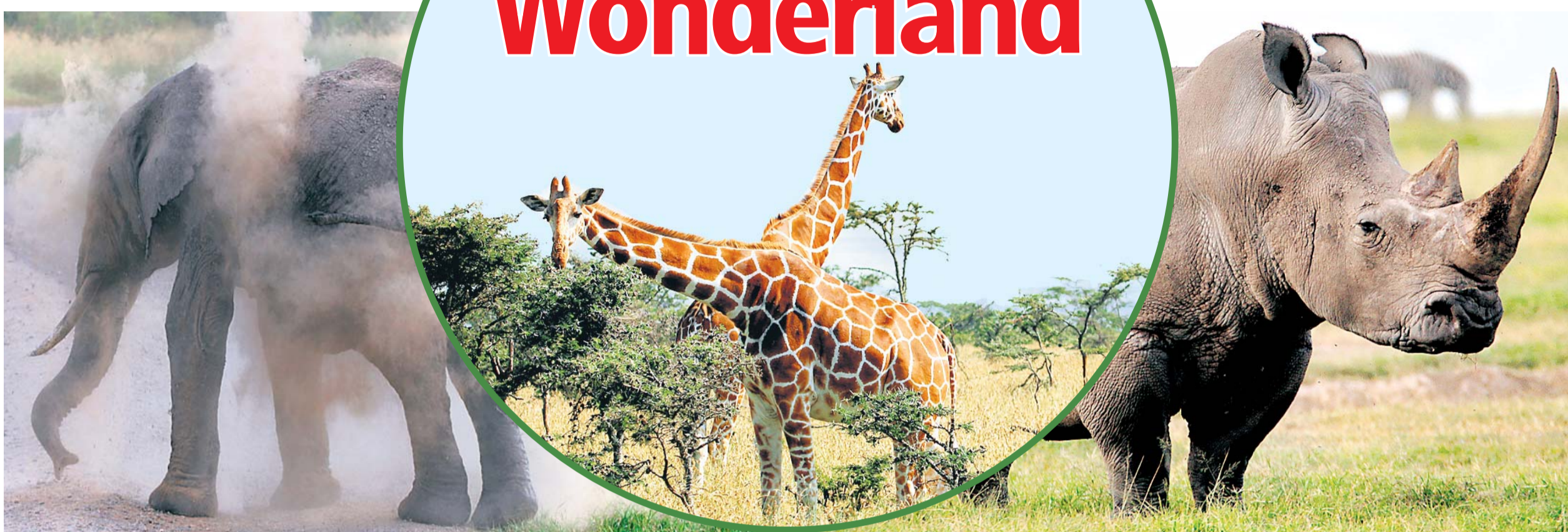


Flying in twin-engine smaller aircrafts in Kenya offers an exhilarating and unique experience that stands apart from traditional air travel. These flights provide a rare opportunity to witness Kenya's breathtaking landscapes from a vantage point that few get to experience.



Among Kenya's many treasures, the Maasai Mara stands out as a world-renowned wildlife reserve, located in the southwestern part of the country. Named after the indigenous Maasai people, the Maasai Mara is an integral part of Kenya's natural and cultural heritage. The Maasai, known for their distinctive customs and colorful attire, continue to live traditionally, maintaining a deep connection with the land and its wildlife, famous for its stunning landscapes, which include rolling savannahs, acacia trees, and the meandering Mara River. However, it is perhaps best known for the Great Migration, one of the most spectacular wildlife events on the planet.

Each year, millions of wildebeest, zebras, and gazelles migrate between the Maasai Mara and Tanzania's Serengeti National Park in search of greener pastures. This natural phenomenon attracts countless visitors and wildlife enthusiasts from around the world, eager to witness the awe-inspiring scenes of animal herds crossing rivers and plains.



A Natural Wonderland

Cultural Significance and Conservation Efforts

The Maasai Mara is not only a haven for wildlife but also a vital cultural landscape for the Maasai. The Maasai have coexisted with the wildlife for centuries, their way of life is intricately linked to the environment. They practice traditional livestock herding and have a profound knowledge of the land's ecology. Despite the challenges posed by modernization and environmental pressures, the Maasai strive to preserve their cultural heritage and pass it on to future generations. Conservation efforts in the Maasai Mara are critical to ensuring the survival of its unique ecosystems and the sustainability of wildlife populations. Various organizations and community initiatives work tirelessly to address issues such as poaching, habitat loss, and human-wildlife conflict. These efforts are essential to maintaining the delicate balance, that allows the Maasai Mara to remain a thriving sanctuary for both, animals and people. In order to see Masai Mara and Conservancy efforts done by the community and the government, we planned a 10 days trip to Masai Mara and Ol Pejeta Conservancy. We took a short hopping flight from Nairobi to a small town called Nanyuki.

The Thrill of Flying in Twin-Engine Smaller Aircrafts in Kenya

Flying in twin-engine smaller aircrafts in Kenya offers an exhilarating and unique experience that stands apart from traditional air travel. These flights provide a rare opportunity to witness Kenya's breathtaking landscapes from a vantage point, that few get to experience. Whether you're soaring over the rolling savannahs of the Maasai Mara or catching glimpses of the snow-capped peaks of Mount Kenya, the aerial views are nothing short of spectacular. These aircrafts are often employed for safaris and travel to remote areas, that are, otherwise, challenging to access. This makes them an integral part of the adventure tourism industry in Kenya. As the plane takes off, the vastness of Kenya's natural beauty unfolds beneath you, the intricate mosaic of grasslands, riverine forests, and acacia-dotted plains, in a panoramic viewing. Spotting herds of elephants, prides of lions, and clusters of wildebeests from the air adds a new dimension to the safari experience.

As you fly over central Kenya, the landscape transforms. The fertile highlands and the imposing silhouette of Mount Kenya come into view. This majestic peak, the second highest in Africa, is often shrouded in clouds, but on a clear day, its snow-capped summits glisten against the blue sky. The contrast between the lush green foothills and the stark, icy peak is a sight to behold. One of the standout features of these flights is the low altitude at which they operate. This allows for close-up sightings of wildlife and stunning natural features that are not visible from higher commercial flights. The intimacy of the low-altitude flights enhances the sense of adventure, making each trip memorable and personal.

Despite the smaller size of the aircraft, the flights are typically smooth and comfortable. The pilots, often experienced and familiar with the local terrain, ensure safety and ease throughout the journey. Their expertise not only guarantees a safe flight but also often includes informative commentary about the regions being flown over, adding

#MASAI-MARA



educational value to the experience. Flying in twin-engine smaller aircrafts in Kenya is more than just a mode of transportation, it's an adventure in itself. It offers an unforgettable way to explore Kenya's diverse landscapes and wildlife from a unique perspective. Whether you are an avid traveller, a wildlife enthusiast, or simply someone seeking a new experience, these flights promise to deliver memories that will last a lifetime. The combination of breathtaking views, intimate wildlife encounters, and the thrill of low-altitude flying makes this a must-try experience for anyone visiting Kenya. As we got down at Nanyuki airstrip, we hired a full-time driver cum guide to drive us around.

Ol Pejeta Conservancy, located in central Kenya, is a premier wildlife conservation area renowned for its efforts in preserving endangered species. Situated between the foothills of the Aberdares and Mount Kenya, Ol Pejeta spans approximately 360 square kilometres. It is particularly famous for being the largest black rhino sanctuary in East Africa and home to the last two northern white rhinos on the planet. In addition to rhino conservation, Ol Pejeta also supports a wide array of wildlife, including lions, elephants, and

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to protect both, people and wildlife, in such critical conservation areas.

My idea was also to see the impact of floods and so called 'tourist infrastructure' built around the park. We had hired a SUV, which also could take us inside the rough terrain of Masai Mara. Since the floods had washed away major parts of the motorable tracks, we used to take a half-day game safari, as it was quite a tiring trip in the strong sun. Like most of the wildlife sanctuaries that I had visited in India like Ranthambore, Sariska, Panna and Tadoba, the tourist vans (Gypsy) would encircle the tigers, which is very annoying for the wild animals. In Masai Mara also, tourist vans often drive up close to lion sightings, creating a semicircle or surrounding the animals, to give tourists better viewing and photographic opportunities.

This practice can cause several issues. Close proximity and noise from the vehicles can stress the wild animals, interrupting their behaviours such as hunting, resting, and social interactions. This disturbance can make the lions feel threatened or annoyed, causing them to move away from their intended path or activity. When animals are surrounded by vehicles, their behaviours are often altered. For example, a lioness trying to hunt might abandon

The flooding was part of a broader weather pattern influenced by El Niño, which brought heavy rains to the region. The disaster not only disrupted tourism but also highlighted the fragility of the area's ecosystem and infrastructure. Authorities, including the Kenya Red Cross and local government, swiftly responded to rescue and provide aid to those affected. Despite the challenges, most of the Masai Mara remained accessible, and efforts were underway to restore normalcy and repair damaged facilities. The floods served as a reminder of the importance of robust disaster preparedness and the need for resilient infrastructure

Efforts are being made by park authorities and conservation groups to regulate tourist behaviour and minimize these disturbances, such as setting guidelines for maintaining a respectful distance from wildlife and limiting the number of vehicles allowed at a single sighting and we often saw forest rangers in vehicles patrolling and monitoring the tourist movement at Kenya's rich history and the vibrant tapestry of the Maasai Mara.

The Maasai Mara, with its breathtaking landscapes and incredible wildlife, stands as a testament to the enduring bond between nature and culture. As Kenya continues to evolve, the preservation of its historical and natural treasures remains a priority, ensuring that future generations can appreciate and learn from this remarkable heritage.

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don the attempt, if too many vehicles are around, leading to missed hunting opportunities. Both for the tourists and the animals, being too close can be risky. Animals may feel cornered, could act defensively, which can pose a danger to the people in the vehicles. I observed that frequent driving off-road, to get closer to the lions, was damaging the grasslands and disturbing other wildlife. The repeated pressure of many vehicles driving over the same spots was leading to soil compaction and erosion, affecting the ecosystem.

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#AIR-POLLUTION

Alzheimer's Risk

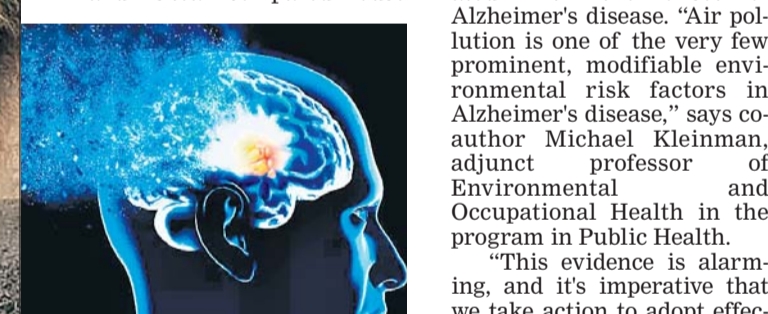
The link between air pollution and Alzheimer's disease is concerning, as the prevalence of toxicants in ambient air is rising globally.



In a new study with mice, researchers found that exposure to traffic-related air pollution led to memory loss and cognitive decline and triggered neurological pathways associated with the onset of Alzheimer's disease.

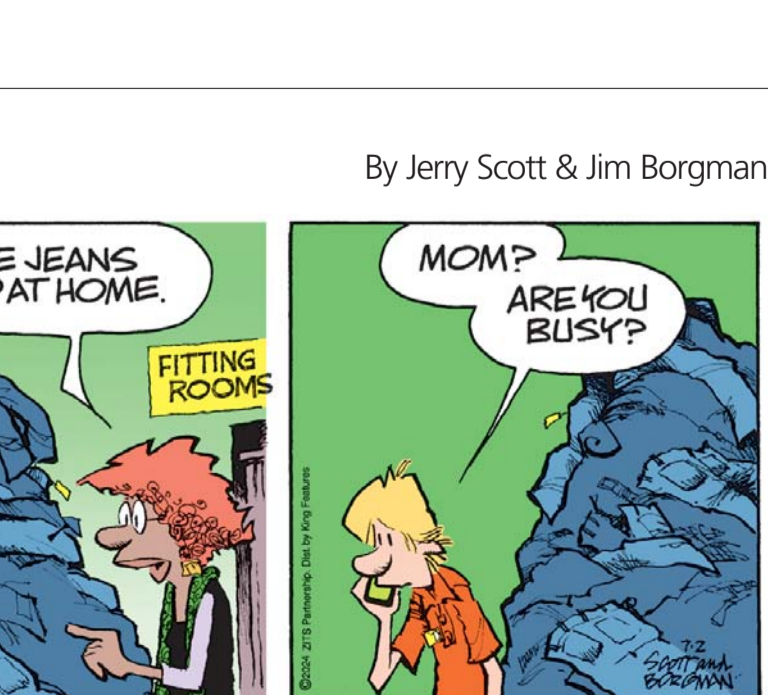
"The link between air pollution and Alzheimer's disease is concerning, as the prevalence of toxicants in ambient air is not just on the rise globally, but also hitting close to home, here in Irvine," says corresponding and senior author Masashi Kitazawa, associate professor of Environmental and Occupational Health in the program in Public Health at the University of California, Irvine. "Our findings are just one example of what particulate matter can do to brain function."

Alzheimer's disease is the most common cause of dementia among the elderly, and is a growing public health crisis in the US as well as several other countries. Despite extensive research on all aspects of Alzheimer's disease, its exact origins remain elusive. Although, genetic predispositions are known to play a prominent role in disease progression, growing bodies of evidence suggest that environmental toxicants, specifically air pollution, may cause the onset of Alzheimer's disease. Kitazawa and his team compared mouse

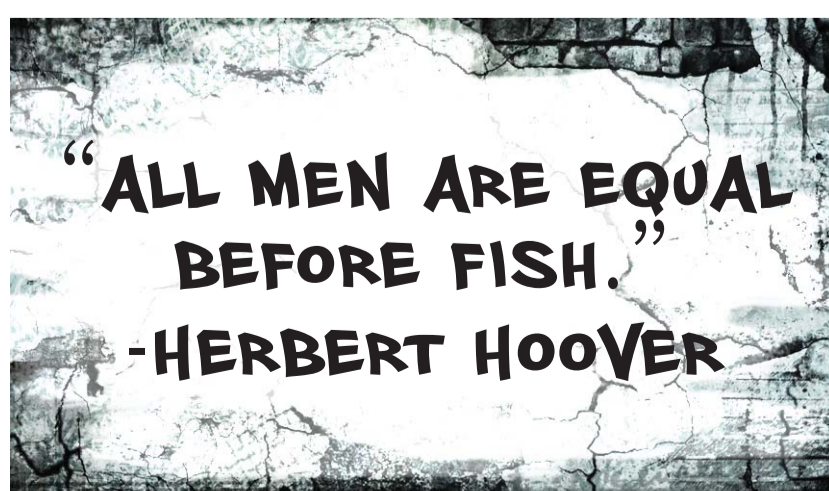


models at two ages. Researchers exposed a group of 3- and 9-month-old mouse models to ultrafine particulate matter for 12 weeks via ambient air collected in Irvine. A second group was exposed to purified air. The differing ages were used to determine the potential impact of particulate matter exposure during highly vulnerable life stages, developing youth and the elderly.

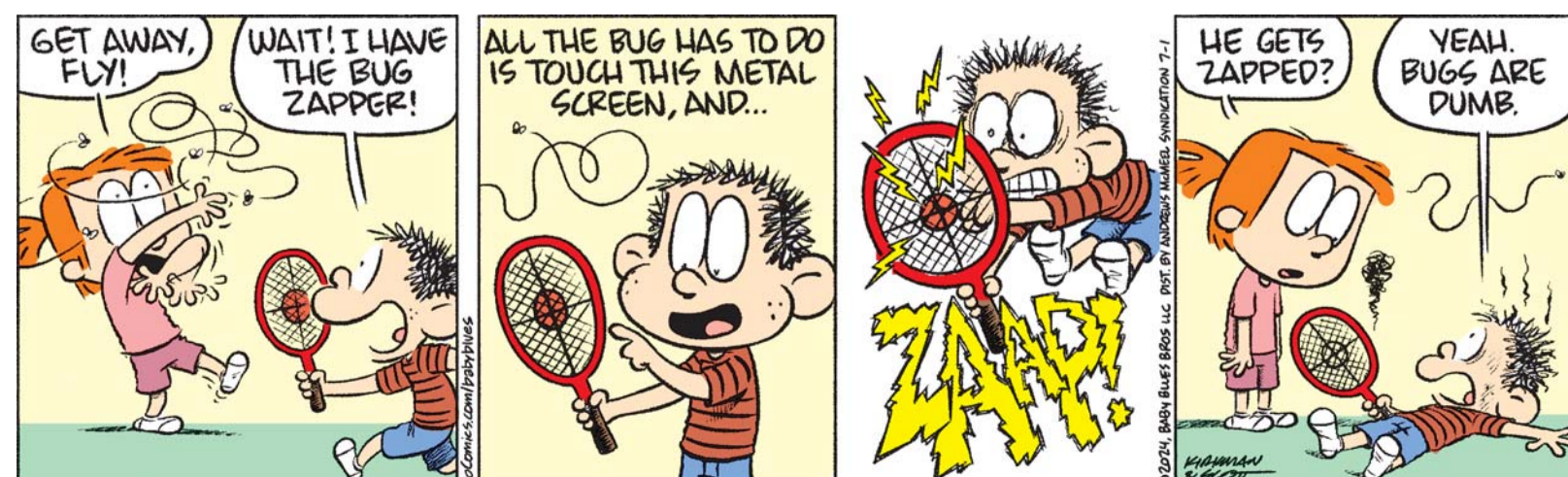
The researchers conducted testing related to memory tasks and cognitive function and found that exposure to particulate matter impaired both benchmarks. Notably, they also discovered that their older models (12 months at the time of analysis) showed brain plaque build-up and glial cell activation, which are both known to increase inflammation associated with the onset of Alzheimer's disease. "Air pollution is one of the very few prominent, modifiable environmental risk factors in Alzheimer's disease," says co-author Michael Kleinman, adjunct professor of Environmental and Occupational Health in the program in Public Health. "The evidence is alarming, and it's imperative that we take action to adopt effective and evidence-based regulations, spread awareness on lifestyle changes, and work together to improve our air quality," Kitazawa adds.



THE WALL



BABY BLUES



By Rick Kirkman & Jerry Scott

ZITS



By Jerry Scott & Jim Borgman