## Grooming the next generation of content creators & influencers

adigm shift in education. For close to two years, children were confined to their homes and everything that was part of their regular routine, including schooling, outdoor activities and playtime, were not the same. During this period, students developed keen interest in media, thanks to increased digital exposure. In an effort to encourage children to responsibly use digital media and increase awareness about what goes on behind the scenes, Samashti International School, Coimbatore, is introducing an experiential media workshop, according

The school has committed to adopt a 21stcentury approach to education, by providing children appropriate skills to make them future-ready. "As a school, we believe in implementing a well-rounded and engaging

curriculum that is focused on activity-based teaching and experiential learning. Inspired by the success of Samashti Media Lab in our school in Hyderabad, we decided to introduce a similar concept in Coimbatore to help students express themselves better and widen their horizons," says Swetha Manthena, Managing Director of the school.

The media literacy workshop is said to expose students between Grade 2 and 11 to various aspects of content creation such as anchoring, filming, videography, editing, script writing and more. In addition to improving communication skills, the workshop will also help students identify talent in new ar-



eas and boost their confidence, while promoting positive use of digital media tools across new media platforms, the manage-

ment assures The school has further associated with professionals from the industry to share their knowledge with the children and ensure hands-on training during the workshop, the management claims. "Children will further learn to create digital content as well as perform in front of the screen, click pictures, weave a story, write scripts and collate their thoughts to finally arrive at the big picture," adds Swetha.

## **Prince Charles and Camilla host first Buckingham Palace party in three years**

fter three years, have served their commu-Buckingham nities and almost 8,000 spe-Palace has returned to holding its popular garden parties. The first one was held this week and although Queen Elizabeth didn't attend, she was represented by Prince Charles and Camilla, the Duchess of Cornwall. Princess Anne, the Duke of Kent and Prince and Princess Michael of Garden parties are one

of the ways the royal family commends people who

cial guests were in attendance this week at the season's first garden party. The party was the first of the season, with more to be held at Buckingham Palace on May 18 and 25, while the Palace of Holyroodhouse in Edinburgh will be the venue on June 29. The Queen was not in attendance due to her recent mobility issues, with the palace announcing that she will no longer be present at



# Use green tea to get rid of acne and dark circles

reen tea is known for its many health benefits related to weight a green tea bag and loss, heart health and so much more. But did you know it's also a great ingredient for your skin? It is rich in antioxidants like Vitamin E and C, which have great benefits for your skin.

From using it to make face masks to applying it to treat dark circles and pimples, green tea offers various skincare solutions. Here are a few ways that green tea powder can be used for your skincare

#### **FOR SOOTHING ACNE**

Green tea is rich in plant-based compounds called catechins. These compounds have anti-inflammatory and antibacterial properties which help in soothing painful acne and pimples. You can make an easy face mask at home to soothe irritated skin.



Extract leaves from moisten them with some warm water. Add some aloe vera gel to it and apply the mixture to the concerned area. Leave it on for

about 20 mins and rinse off with warm wa-

#### FOR TREATING DARK CIRCLES

Green tea also has caffeine in it, which can be used to treat dark undereve circles. Refrigerate your green tea bags until they are cold enough. Now, all that you need to do is keep these bags on your eve and relax. This soothes the eyes instantly. The caffeine helps in dilating the blood vessels around the eyes and thus helps in lightening dark undereve bags

#### FOR PREMATURE AGEING

The antioxidants present not only fight acne but also fine lines, wrinkles and other signs of aging. You can make this skin tightening green tea mask and you're sure to see the results. Just mix some ground green tea leaves with plain yoghurt and apply the mixture all over your face evenly. This will hydrate and plump your skin.

peat at least once every week to see

#### long term change **FOR SUN DAMAGE**

If you have sensitive skin, sunburns, inflammation and redness must be a com-

mon concern for vou. You can use green tea to soothe that irritation. Both black and green tea are helpful in preventing sun dam-

ritation.

age. Simply brew the tea, let it cool down and soak some cotton pads with the tea. Apply these to the affected areas and it may help calm the ir-

#### FOR HYPERPIGMENTATION

Hyperpigmentation is caused by sun exposure and is more recurrent in people who have a dark skin tone. This green tea remedy will help you clear up that extra melanin and uneven patches within minutes. Boil some green tea bags with water, remove them and allow them to cool down and then use them on the affected areas.

— Minakshi Singh/Mensxn

### How often should you reapply sunscreen?

unscreen is an important part one's daily skincare routine. However, slathering it only once a day before heading out isn't enough. You must reapply sunscreen during the day if you want to protect your skin.

Ask any dermatologist and they'll tell you that applying sunscreen only once a day isn't enough to protect skin from UV rays. When you go out in the sun, your sunscreen breaks down by the effects of direct exposure to daylight. Which is why your skin needs reapplication.

Experts say that one has to reapply sunscreen every two hours to protect skin from the damage that the rays of the sun  $\,$ cause. However, it actually depends where you're doing your daily activities. For example, if you have work and spend most of the time indoors, the sunscreen you applied in the morning will still offer enough protection. However, if you spend a major part of the day outdoors, it's important to reapply sunscreen every two hours. Also, if you swim or sweat a lot, you need to reapply more often.

— Konika Datta, iDiva



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orange. Your lucky gems are sapphire and diamond.

ARIES March 20 - April 18 It may be tempting to keep your head

down and stay off the radar now but if you take that route you will

miss an opportunity to change your environment for the better. You

TAURUS April 19 - May 19 You might be quite excited by your

thoughts now as you do your metaphysical travelling. However, it's

confusing if people miss the significant subtleties of your message

GEMINI May 20 - June 20 With the cosmic emphasis about to

switch to the domestic sphere, you should focus on the needs of

loved ones. Use your powers of persuasion to help end a feud of

CANCER June 21 - July 21 You will find that the more honest

you've been with people, the more payoffs you will receive. Being

dependable and trustworthy are key issues to focus on. Bring a

LEO July 22 - August 21 You have never been afraid to fight for your rights, but you need to remember that others have rights as

well. You could force your wishes on others today, but it's really not

VIRGO August 22 - September 21 A comfortable level of per-

sonal popularity helps to keep conflict to a minimum. With the abil-

ity to handle your emotions successfully, there is less stress on

LIBRA September 22 - October 22 You may be caught in the heat

of conflicting perspectives within a close relationship today. You have

to face reality to get through the dilemma, and even if it's temporar-

SCORPIO October 23 - November 20 There is something you

know you must do, something you should probably have done

weeks ago. Stop just thinking about it and do something concrete.

SAGITTARIUS November 21-December 20 There will

always be situations over which you have no control and you need

to accept that fact. Don't waste your time and energy trying to

CAPRICORN December 21 - January 19 Planning for our futures

ily unpleasant, walking through the fire is ultimately for the best.

certain amount of tenderness to all your actions.

when you share your ideas.

worth the bad feeling.

both your mind and body.



ENGINEERING | MANAGEMENT | MEDIA | LAW | LIBERAL ARTS

SUDOKU CHALLENGE

			7		4			И
7			_			8	5	2
		2		7		6		
8	7			9			3	1
		3		1		4		
2	9	6						5
			6		8			
5								

HOW TO PLAY Fill in the grid so that every horizontal row. every vertical column and every 3x3 box contains the digits 1-9, without repeating the numbers in the same row, column or box. You can't change the digits already given in the grid. Every puzzle has one solution.

		- 5		-		-				-		•		
	2				1				2					
	3		2		2		2		1		1		2	
						•		•		•		•		
	3		2				2				2			
												•		
	3		0		2						1			
						•		•				-		-
							1				3			
		-				•		•		-		-		-
	3													
						•		•				-		-

Connect adjacent dots with

Crossover's or branches are not allowed (As shown by the dotted lines in Fig B). Numbers in the puzzle indicate the num ber of lines that should surround it, while

■ You can't draw lines around zeroes. ■ Each puzzle has just one unique solution. How to begin: Example (Fig A) - Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it. as shown. Now there is a cross in one space around 3. So we know the three lines of 3

3 × 2 × 2 3

(Fig A) Not allowed (Fig can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue using the same logic. Hints: Keep eliminating possibilities by

marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B).

MINDBENDER

When you curtail a word, you

remove the last letter and still

have a valid word. You will be

given clues for the two words.

longer word first

1. Bend out of shape -> Armed

conflict

capacity

3. Pass over; omit -> Glide on

snow

4. Wet -> Large water barrier

**SPELLATHON** 

Today's Ratings:

01-average | 02-good

03-outstanding

M

ing a word, a letter can be used as

Α

How

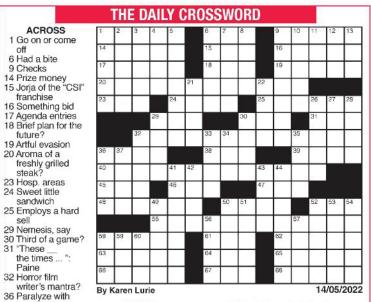
words of four

or more letters can

ters shown in

today's puz-

. Muscle contraction -> Pack to



DOWN Express views 2 More like a puppy

5 Result of a botched line 7 Tailor's dummy.

e.g. 8 Skills barometer 9 Gambler's concern 10 Stars watched by

many 11 Shadow target 12 Part of a journey 13 WNBA star Bird 21 Land measure 22 Sweeping 26 Jazz \_\_: dance

technique

28 Establishes

30 A whole bunch

32 Tomato product 33 Night light

34 Shakespearean

prince 35 Actress Skye

36 Healing sign

37 Unlikely

27 Pennsylvania city on I-90

before you vacuum" and others? 58 Papier-\_ 61 2008 Visa event, briefly

1 Go on or come

9 Checks

franchise 16 Something bid 17 Agenda entries

19 Artful evasion

steak? 23 Hosp. areas 24 Sweet little

sandwich

29 Nemesis, say

the times ... ": Paine

32 Horror film

surprise 38 Beige cousin

39 García Lorca

wrote them to Whitman and

40 What Stanford

University catchers gear

45 Stein filler

supply 50 Some Drs.

52 Small Indian

55 "Always dust

46 Choice word

Native suffix

48 Laundry room

treshly grilled

63 Worshiper of the rain god Tlaloc 64 PIN point

65 Mock 66 "Find out" 67 Loft 68 Fruity-smelling

Find the familiar phrase, saying or

name in this arrangement of letters.

**BA MA** 

Friday's Puzzle Solved ©2022 Tribune Cor ent Agency, LLC

41 Under control 42 NYC neighborhood above Houston Street 43 Obscure probably get

50 \_\_-Bismol 51 Cold War

HOW TO PLAY

Life is an adventure in

**BMEER** 

LINOS

LYSING

**IIVYFV** 

SCRAMBLE

Solve the four anagrams and move one letter to each square to

Now arrange the letters marked with an asterisk  $(^{\alpha})$  to form the answer to the riddle or to fill in the missing words as indicated

what created 20-, 32-, 40- and 55-Across? 52 Insinuate 53 Valuable

54 According to 56 Iranian bread 57 Street fair treats 59 Nitrogenous

dye 60 Commuter org. in

involves so much more than simply creating a list of things to accomplish. When we think about what we want, it is also important to listen to the wisdom that we have within us.

change what cannot be changed.

AQUARIUS January 20 - February 18 - Don't be too eager to get rid of one thing, so that you can have another, because it may not be as simple as that. If you are thinking of making changes, try

leaving it for a few days.

PISCES February 19 - March 19 Your intuition is trying to tell you

something important, but the rational part of your mind refuses to

accept it. Turn your logic circuits off for a bit, and let the deeper part of your nature come through.

#### SOLUTIONS TO GAMES TIMES SUDOKU LOOP THE LOOP

3 × 0 × 5 × 

9 1 2 8 6 2 8 9 SCRAMBLE: anizuoO narmoM - esenevigiot ni Answer: Life is an adventure

Words: Ember, loins/lions,

3. Skip -> Ski, 2. Cramp -> Cram 1. Warp -> War,

MINDBENDER:

× 4 × 5 ×

ANATOMY, atom, moat

WHATZIT: SPELLATHON: Two degrees below zero

















GAVE YOU COOKIES!















- - Norman Cousins (11)