

UOT EXPLORER

OUR WEEKLY NEWSFLASH

18TH AUGUST 2024

SUNDAY

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INDIA CELEBRATES ITS 78TH INDEPENDENCE DAY

India celebrated its 78th Independence Day on August 15, 2024, marking its freedom from British rule. This year's theme, "**Viksit Bharat**," reflects the goal of becoming a developed nation by 2047. Prime Minister Narendra Modi hoisted the national flag at the Red Fort and delivered his 11th Independence Day speech at 7:30 AM, which was broadcasted live on . The Indian contingent from the Paris Olympics, student beneficiaries from the Atal Innovation Mission and workers of the Border Roads Organisation and sarpanches were the special guests who attended the celebrations in Red Fort. He addressed the nation, reflecting on past achievements, outlining future goals and policies, and paying tribute to the freedom fighters. The celebration featured a grand parade and in the evening, all important buildings and monuments were illuminated.



PARIS OLYMPICS END WITH SPECTACULAR CEREMONY!



After two and a half weeks of thrilling competition, the Paris Olympics concluded with a memorable closing ceremony **at the Stade de France**. French singer Yseult captivated the audience with a powerful rendition of "My Way," symbolizing the bond between France and the U.S. The ceremony highlighted the importance of preserving the Olympic spirit in a world marked by conflict. The Indian Olympic Association (IOA) announced hockey goalkeeper **PR Sreejesh** and pistol shooter **Manu Bhaker** as the **joint flag-bearers** for India at the Closing Ceremony of the Paris 2024 Olympic Games. This honor highlighted their outstanding contributions to Indian sports. As Paris bid farewell, scenes from Los Angeles, the next Summer Games host in 2028, were showcased, passing the torch to the future.

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WHERE LEARNING IS CHILD'S PLAY

TENSIONS ESCALATE BETWEEN IRAN AND ISRAEL AMID ONGOING CONFLICTS

The conflict between Iran and Israel is long-standing with lots of disagreement. They argue about many things, including the existence of Israel and their influence in the Middle East. Both countries have exchanged threats and engaged in proxy battles, where they support opposing sides in regional conflicts, which makes things more complicated. Israel is worried about a possible attack from Iran as some important leaders from the groups Hamas and Hezbollah were killed. The situation is tense though everyone hopes for a peaceful solution.



CAN YOGA HELP KIDS GROW STRONGER AND FOCUS BETTER?



Yoga helps strengthen children's growing bodies and help them improve their flexibility thus reduce their chances of injury. Yoga teaches discipline and reduces impulsivity. Yoga can reduce challenging behaviors in the classroom by providing a physical outlet for children to express themselves. It helps kids to calm down and handle stress better with fun breathing exercises which in return helps them control their emotions. Yoga helps kids learn how their bodies move and what they can do with it. It improves concentration and memory, which is great for school going children! Yoga teaches kids to focus, thus helping them behave better in school and in life.

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