

EMPOWERING COMING GENERATIONS

OPTIMUSVIBE

TO THRIVE IN THE NEW WORLD



**LITTLE FARMER OF THE
MONTH**



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Founder

EDITOR'S NOTE

India is a country where more than half of the population is occupied in agriculture and related industries. Thus agriculture is the backbone of our country, even though farming is always undervalued and the interest of the young generation towards farming is decreasing, which is a threat to food security.

Last year we have conducted a study among farmers in Kerala and Karnataka and these studies came out with insightful information regarding the current scenario of farming and food production.

One of the findings of the study revealed that the average age of farmers lies in the age group is 55 and above, and there is a lack of proper education and awareness on farming to the young generation.

This shows that food production and its security is in danger and it is essential to educate the coming generation about farming and food.

It is the need of the hour to educate children about farming, food and health. In the coming years, essential skills for making food and keeping health secure is really important to survive, due to the pandemic situations and extreme climate conditions.

OPTIMUSVIBE is an initiative by Vibrathon Technologies to educate the coming generations about farming, food, health and train the children on their inborn talents to build a healthier and more productive generation.



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MAGAZINE TEAM

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COVER PHOTO

Devi krishna
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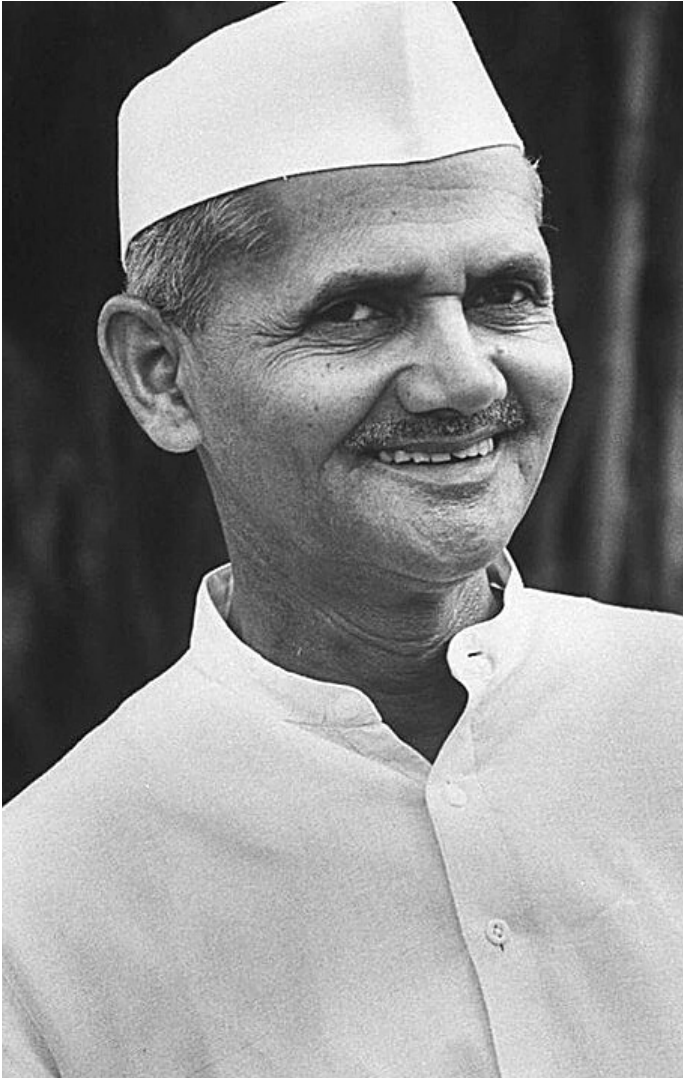
MAGAZINE DESIGN

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EMPOWERING COMING GENERATIONS
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" JAI JAWAN JAI KISAN "



The slogan "**Jai Jawan Jai Kisan**" was coined by Lal Bahadur Shastri, the **2nd Prime Minister of India** on 21st October 1965 in Uruva village in Allahabad District, Uttar Pradesh, **to motivate and inspire the two pillars of India, the Soldier, and the Farmer.**

When India was attacked by Pakistan at the time there was a scarcity of food grains in the country. Lal Bahadur Shastri gave the slogan "**Jai Jawan Jai Kisan**" to enthuse the soldiers to defend India and simultaneously cheering farmers to do their best to **increase the production** of food grains to reduce dependence on imports.

Who is Lal Bahadur Shastri?

He was an Indian statesman who served as the second Prime Minister of India from 1964 -1966. Lal Bahadur Shastri was born on 2 October 1904 at the home of his maternal grandparents in Mughalsarai is a Bhojpuri Hindu Kayastha family.

What did he do?

He promoted the **White Revolution – a national campaign** to increase the production and supply of milk – by supporting the Amul milk co-operative of Anand, Gujarat, and creating the National Dairy Development Board. To boost India's food production, Shastri also promoted the Green Revolution(Jai Jawan Jai Kisaan) in India in 1965. This led to an increase in food grain production, especially in Punjab, Haryana and Uttar Pradesh.

STORY OF TORTOISE

HARDWORK PAYS OFF



Once upon a time, there lived three little tortoises named **Toto**, **Kely** and **Humpy**. They decided to build the houses of their own.



Humpy



Kely



Toto

It was really a tough job to find material to build the house, So **Kely** and **Humpy** did not put a lot of effort into the work. But **Toto** was determined and hard-working. He spent most of his time in finding stones and small bricks to **make his home strong** while Kely and Humpy played around.



Toto

After a certain time, **Kely** was successful in building his own house of straw. The second tortoise **Humpy** was also happy with his house made up of sticks. **Toto** put in a lot of **hard work and effort** to build a house made of brick and stones. Everyone was really happy until one fine day a big bad wolf attacked the three little tortoises.



He huffed and puffed and blew away the house of the first two tortoise made up of straws and sticks. Then he came towards the house of **Toto** and tried to blow away his house. as it was made up of bricks and stones, it wasn't blown away by the bad wolf. Soon the wolf felt helpless and tired so he ran away because he couldn't destroy Toto's house.



Toto

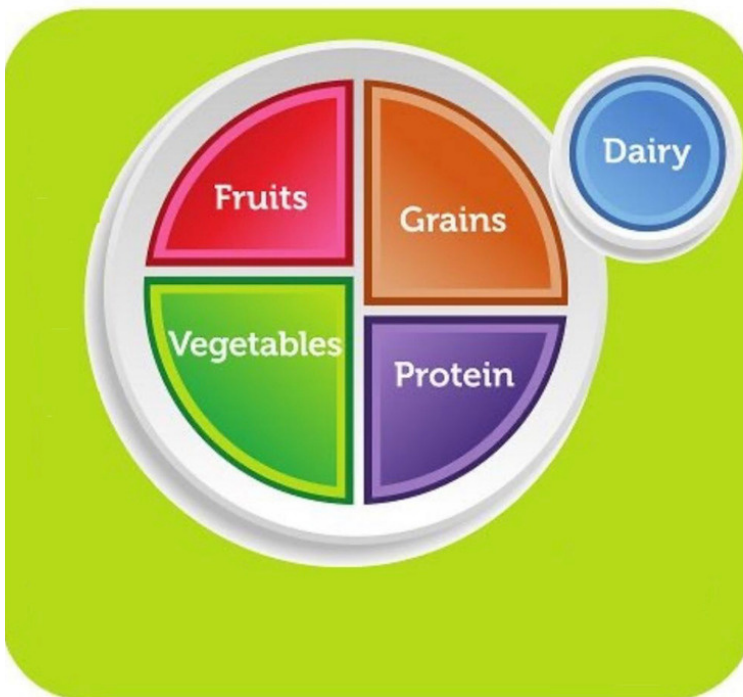
MORAL:

HARD WORK ALWAYS PAYS OFF. ALWAYS THINK OF THE BIGGER PICTURE AND DON'T BE LAZY.



WHY SHOULD OUR KIDS EAT HEALTHY?

Part 1



Our child's growth, development, and good health is directly connected to what we feed them. In order to keep our kids healthy it's really important to feed them nutritious and balanced food. A healthy eating routine helps our children to maintain a healthy weight, help to stabilize their mood, keep up their energy level, help them to stay away from health issues, improve concentration and sharpen their mind.

My plate is a great initiative by The U.S. Department of Agriculture (USDA) in order to help us with what to eat at the right quantity.

Myplate divides the kids food intake to different sections including grains, protein, fruits, vegetables and an additional dairy intake.

My plate help helps to

- choose different varieties of food at the right quantity which depends on one's age, weight, height and health conditions.
- Encourage our kids to have more fruits and vegetables.
- Serve the right portion.
- Encourage kids to drink water or dairy products instead of sugary juices or carbohydrate drinks.

My plate sections

- Green : Vegetables
- Red : Fruits
- Orange : Grains
- Purple : Protein rich food
- Blue : Dairy products

If you want your kids to have a healthy meal then make sure you follow my plate throughout a day's food intake. My plate concept is not only for kids, it's meant for all age groups. You can join your kids to follow this method to keep them encouraging.

HOW TO PLANT AND BE TAKEN CARE OF?

Microgreens can be grown almost everywhere without much effort and are fast taking over healthy kitchens around the globe. The easiest variety of microgreens grown can be transformational in improving your health for the better. Big on nutrition and flavor, microgreens can be expensive to purchase. But they can also be **grown cost-effectively** at home, in a tiny space, and with simple supplies. If you have a sunny window block, a shallow container, some potting mix, and suitable seeds, you've got all the essentials for growing your own microgreens. This is a great crop for gardeners who are limited to a windowsill, balcony, or fire escape.

You can grow any lettuce, salad green, or herb as a microgreen. It's easy to start with a **pre-packaged seed mix**, and you can look for specific microgreen mixes, or simply choose a mesclun mix to grow as microgreens.



Step 1: Buy seeds.

You can add any pulses or seeds to the planter, you'll probably be able to find seed mixes at a hardware store or big box store with a garden center.



Step 2: Fill a shallow tray with soil.

Get a shallow seeding tray, not more than 2 inches deep or shallow pot with a drainage hole, and fill to the top with light potting mix, such as one recommended for seed starting. The soil level should be 1-2 inches.

You can use any reusable container to plant microgreens.



Step 3: Plant seeds.

When your tray is ready, moisten the potting soil using a spray bottle. Then sprinkle seeds evenly over the soil so they are close but not touching, piled, or layered. To top the seeds, sift a thin layer of soil over the top to cover the seeds. Mist the surface of the soil again.





Step 4: Give your budding plants light and water.

Place trays in a west- or south-facing window and make sure the room temperature is between 60° and 70°F. Avoid drifty spots. Keep the soil moist with a daily misting, ideally in the morning. Don't let the soil dry out.



Step 5: Add light & water

After 3–5 days, the seeds should be poking through the soil. At this point, make sure your emerging microgreens get 12 to 14 hours of light per day. At darker times of the year and in certain regions, you might need to invest in a grow light, but this shouldn't be difficult during the summer. Make sure to keep the soil moist at the roots but try not to oversaturate the soil.



Step 6: Harvest & enjoy

When seedlings are 1 to 2 inches tall and have about two sets of leaves, snip, and prep. Make sure to rinse them and pat them dry with paper towels or toss them in the salad spinner to dry them out and they're ready to eat. Sprinkle microgreens on your breakfast toast, toss them in a salad, or even use them to garnish the soup.



Health benefits of microgreens

- **Antioxidant**–rich fruits and vegetables, especially those rich in polyphenols, may **lower the risk of various types of cancer**.
- **Antioxidant**–rich foods, including those containing high amounts of polyphenols, may be linked to a **lower risk of Alzheimer's disease**.
- **Microgreens** are a rich source of polyphenols, a class of antioxidants linked to a **lower risk of heart disease**. Microgreens may lower triglyceride and LDL also known as bad cholesterol.
- **Fenugreek** microgreens **lower blood glucose levels**.



THE FARMER AND THE GOLDEN BIRD



Once there lived a **poor farmer** and his wife. They were not having enough food for them and for their animals to eat.

One day the farmer went to a mountain which was near to his house and sat there wondering what they will do when they are out of food. Suddenly he saw a **golden bird** coming towards him.



The golden bird asked the reason for his worry. After hearing his problem the bird plucked one of its **feathers** and gave it to the farmer and asked him to hold it in his hands and wish for anything when he was in need. The farmer thanked the golden bird and happily went back home.

From then the farmer **used the magical feather** when he was in need of food, clothing, and other things that his family demanded. He became lazy and stopped going to his farm. The farmer and their **family were very happy** as they got **whatever** they wished.

Poem: Bird

The time we wake up
Common is the listening heard

The rhymes we hear up
Are the moving lips of birds

The flapping of their wings
The ringing of their sings

Their conversation in chirping
Remembers the co-operation in the beings

They are flying up the sky
Teaching us to reach up the high

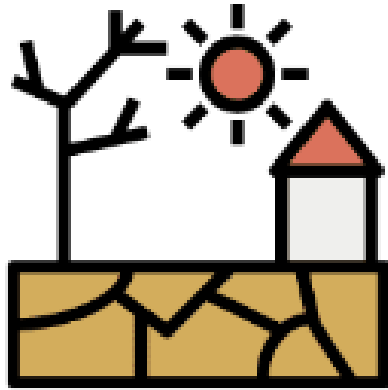
They are living in the nest
Telling us to save our lives

Requesting us to not cut the trees
Their real home where they hide.



THE FARMER AND THE GOLDEN BIRD - CONTD...

One morning when the farmer woke up he was **shocked** to see that everything that the magical feather gave **vanished** from his house.



The farmer called the golden bird and told about this. The bird told the farmer that **he had misused the magical power of the feather** hence everything had vanished. The farmer realized his mistake and asked the bird to forgive him for being lazy and greedy. The golden bird **forgived him and gave him one more feather with magical powers**. But, this time bird told him that he can **use its magical power only three times** and asked him to use it wisely. Also, it mentioned he **cannot ask for food and money**.

The farmer knowing how much **important it is to choose wisely**, he wished for a well that would have water all through the year, few more bullocks to yield his farm and some farm supplies. **He worked hard on his farm and produced long yields**. He had enough food to provide for his family and animals. He also sold some in the market. They never faced a shortage of food and **lived happily ever after**.

Earth Poem



The earth is our beautiful home,
Keep it clean and let it bloom.

Beautiful sceneries of lakes and flowers,
Come and preserve it all together.

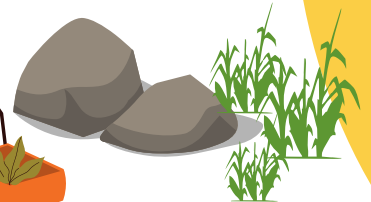
Pollution is bad for our earth,
Join us and give it a new birth.

We are the humans, who are disturbing nature,
One day we will get the result that is not better.

Cutting trees and killing the animal,
This is not good for all humans.

Water is polluted is the situation,
Let us save it for the next generation.

SAVE WATER AND SAVE THE EARTH



THE END.



Moral:

Hardwork and wise choices
are the only way to success.





MANGO DESSERT



1. 1/4 Cup greek yogurt
2. 1/4 Cup finely chopped mango
3. 1 Tablespoon chia seeds.

1. Place butter paper in a plate, then spread yogurt to it.
2. Top it with chia seeds and mangoes(you can replace mangoes with any fruit of your choice).
3. Keep in freezer for 4 hours and then enjoy your healthy dessert.





INTERESTING FACTS

- Humans need approximately 12 hours in order to digest food completely.
- Strongest muscle in the human body is the tongue.
- The body's largest internal organ is the small intestine at an average length of 20 feet.
- There are 62,000 miles of blood vessels in the human body laid end to end they would circle the earth 2.5 times.
- Fingernails grow four times faster than toenails.

Ask your questions

WE WILL PROVIDE ANSWERS!

FOLLOW THE BELOW LINK FOR SUBMITTING YOUR QUESTIONS

<https://forms.gle/ECmoWeoQtgVDSVib8>

PICTORIAL STORY

MY ROCKET TOOK ME TO A STRANGE INDUSTRY

1.



I have a paper plane.

2.



Playing the paper plane.

3.

Windy weather is there!



4.



Okay



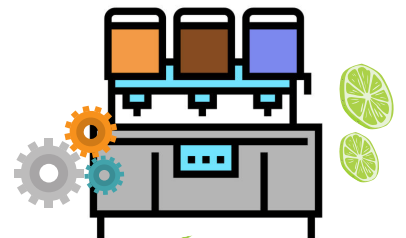
Come with me...

6.



Industry is there with loud noises, trucks, and large buildings that feel like monsters.

7.

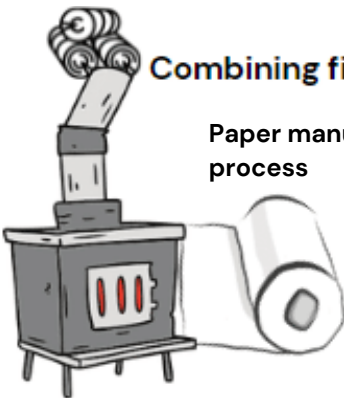


Pulp of palm tree processing and manufacturing sending to the paper manufacturing process.



8.

Combining fibers



Paper manufacturing process

Bundles of paper

9.

Yes!! I will never waste the paper again.



Now you understood the importance of the trees and papers?

10.

MORAL:

**SAVE TREES
SAVE EARTH**

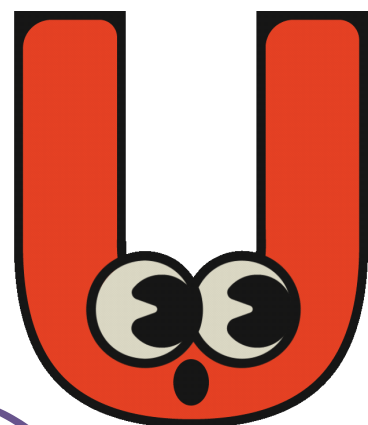
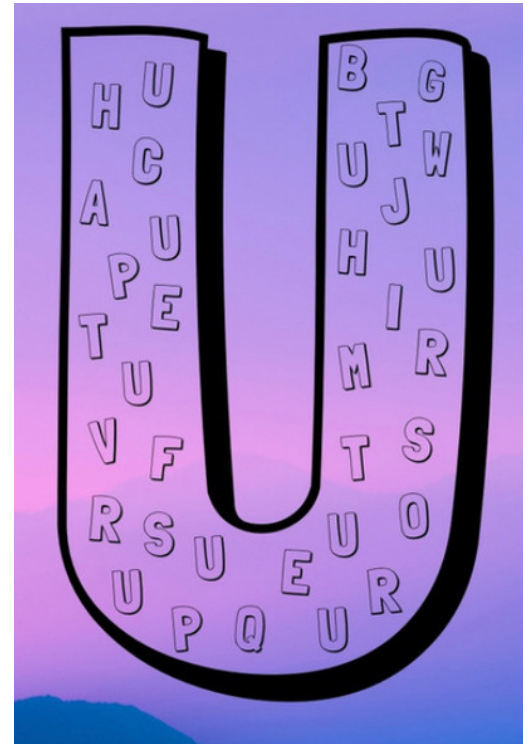


RIDDLES

1. I follow you all the time and copy your every move, but you can't touch me or catch me. What am I?
2. What has many keys but can't open a single lock?
3. What can you hold in your left hand but not in your right?
4. What is black when it's clean and white when it's dirty?
5. What gets bigger when more is taken away?
6. What has lots of eyes, but can't see?
7. What has one eye, but can't see?
8. What has many needles, but doesn't sew?
9. What has hands, but can't clap?

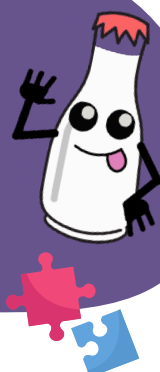
LETTER HUNT

Find out U



TONGUE TWISTER

1. Greek grapes, Greek grapes, Greek grapes.
2. Cooks cook cupcakes quickly.
3. Kitty caught the kitten in the kitchen.
4. Six slimy snails slid slowly seaward.



About us

OPTIMUSVIBE is an initiative by Vibrathon to empower coming generations to thrive in the new world.

Spreading the knowledge of farming, food and health during childhood can impact their life in a positive way.

We introduce farming to the children with a 7 days microgreens farming workshop.



Connect with us



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<https://www.youtube.com/channel/UC334QcpTaSX1wy4rkDZfjWA>



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