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VOLUME III

WORLD INFORMO

A USO MONTHLY NEWSLETTER SINCE 1958



USO'S NORTH-EAST SCHOOLS VISIT

With the growing popularity of USO National Tests (details in the following page), USO Secretary General, Ms. Nina Jain was invited by several schools in Assam and Meghalaya to visit and speak to the students and teachers. The schools - some of which were USO Member Schools (details on the following page) - were all keen to ensure that their students received exposure to extra-curricular activities during their formative years. Several schools strongly feel that to develop holistically, it is important for all students to be exposed to topics beyond pure academics.

In a span of 3 days, Ms. Jain visited 10 schools, in 4 different cities, interacting with over 4,000 students. The students were asked questions on the topics of the United Nations, General Knowledge, and Information Technology, all from the study material of USO National Tests.

Additionally, she was also invited to address the students pursuing both bachelor's and master's programs at the University of Science & Technology, Meghalaya, to speak on the Role of Youth: Sustainable Development Goals. It was extremely encouraging to see that the students had great ideas and provided valid solutions that would contribute positively to the betterment of society, and bring us closer to achieving the Sustainable Development Goals.

We are looking forward to interacting with more schools in the coming months!



Highlights

USO Membership 2023-2024

USO National Tests 2023
- Details

School in Focus:

- Good Shepherd English School, Puducherry
- Oxford International School, J & K

Know More About:

- World Environment Day
- International Day of Yoga

USO Activities Calendar for
2023-2024

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USO SCHOOL MEMBERSHIP 2023 – 2024

Several of our activities are geared towards our national member schools. With either free registration or with a nominal registration fee, these activities are crafted creatively to ensure that there is not just a 'push' learning outcomes, but the students are able to apply this learning practically as well.

USO School Membership is now ongoing @ Rs. 100. Valid from April 1 - March 31 each year, membership benefits for schools not only include **preferential pricing** for participation in our national activities but also other advantages such as:

-  Exclusive access to programs, conferences and seminars.
-  Interact with leading UN agencies and government bodies.
-  Provide your students a **national** platform.
-  5% discount on room stay at USO International Centre, New Delhi.

Schools may fill out the online form which includes the online payment link. The USO Membership ID issued to the school is lifetime ID, and should be used for all communication with USO.



Scan QR code to fill USO online membership form.

USO NATIONAL TESTS 2023



USO NATIONAL TESTS
SINCE 1951

USO started extra-curricular tests in schools nationally in 1951. Our tests help students gain admission to colleges and universities and aid job seekers too. Millions of students have benefitted from USO National Tests over the past several years. Join us as we celebrate 73 successful years of conducting extra-curricular tests!!!

All details relating to USO National Tests are mentioned below. Online registration form is available on our website.

Details



- Preparatory material for the test shall be provided in the form of e-books. Links to five sets of practise tests shall be provided to students enrolled in the Mental Math Test.
- Separate question paper shall be set for students of Std. 1, 2, 3 for all tests.
- Student responses on OMR Answer Sheet (shall be provided by USO).
- Test to be conducted at school.

Accolades



- Certificates of Participation for student scores between 35-89%.
- Certificate of Merit & Medal for student scores of 90% and above.
- Certificate of Excellence, medal, USO backpack and other USO goodies for the National Winner.
- Gifts for School Principal and USO Activities Coordinator for 100+ student enrolment.

All tests held in August

**AUG****Mental Math (Std. 1, 2, 3)****66th UN Information Test (Std. 4-12)****AUG****Mini G.K. Test (Std. 1, 2, 3)****73rd General Knowledge Test (Std. 4-12)****AUG****Mini I.T. Test (Std. 1, 2, 3)****7th I.T. Test (Std. 4-12)**

Fees



- Test fees are Rs. 175 per student per test (including study or practise material).
- School may retain Rs. 25 per student for all test-related expenses.

SCHOOL IN FOCUS

GOOD SHEPHERD ENGLISH SCHOOL, PUDUCHERRY

WATER CONSERVATION

- by -

M. Devisridhanshikaa, Std. VIII B

Water is the most basic and important component of our lives. We need water to survive in the world. We cannot imagine a life without water. It is the natural resource of our earth. Water conservation refers specifically to protecting, preserving, and regulating the use of water and its properties. Our planet Earth is abundant in water but little of this water is really useful. But still, we use it carelessly. Water is supposed the origin of life on the earth found in the visible universe other than planet Earth.

Importance of Water Conservation:

One of the significant natural resources on earth is water. Water is essential for humans, animals, birds, trees, and plants. Water is necessary for our daily needs even though we cannot imagine surviving without water.

We need water for everything like cooking, bathing, cleaning, etc. It is also required in agriculture manufacturing, companies, chemical industries, power plants and many other sectors. If water is not conserved, then the day is not far when our earth will start drying up and it will be challenging to live on the earth.

Conclusion:

- Water is the main requirement for life on the Earth. All living people need water to make life healthy and safe. Thus, this is the best time to save water.
- We should make good use of water and conserve it. We must come together now and conserve water. So, whatever amount of water reachable is required to be used carefully so that we will not have to face a situation of water scarcity.
- Water is the foundation of life on the globe. So, we should save water it is very important to our life.

Water Conservation Methods:

Out of all water available, only three percent is freshwater. Conservation water helps us by supplying more amount of water for longer usage. There are several ways to conserve water.

Here are some important and easy ways for the conservation of water:-

1. Keeping the tap closed when not in use.
2. Check for the opening or look in the water distribution pipes.
3. Make sure to use collected rainwater for gardening or washing purposes.
4. Do not run more water than necessary while washing and cleaning clothes, utensils, etc.
5. Rainwater harvesting is one of the best methods used for conserving water.



SCHOOL IN FOCUS



OXFORD INTERNATIONAL SCHOOL, JAMMU & KASHMIR

PLASTIC POLLUTION AND SOLUTIONS TO PLASTIC POLLUTION

- by -

Insha Jan

Over the past few decades, human (anthropogenic) activities have caused devastating effects including global warming, mass extinction and biodiversity loss, ecological & economic crisis. There are several causes behind these effects; plastic has become one of the major source of pollution. Plastic which is a type of petroleum product pollutes & accumulates in the earth's environment that adversely affects human, wildlife and their habitat.

As plastic is less expensive, it is one of the most widely available and overused items in the world today. It is utilized in every other way possible for packaging materials to plastic bottles and containers, straws to plastic carry bags. And it takes 400 years and even more to decompose.

Despite global efforts to reduce the generation of plastic waste, losses to the environment are predicted to increase. Very little of the plastic we discard every day is recycled or incinerated in waste-to-energy facilities. Much of it ends in landfills where it may take upto 1000 years to degrade, leaching potentially toxic substances into the soil and water.

Every year, 8 million metric tons of plastic are dumped in the oceans. The government must take steps to clean up oceans using new technologies. There are many solutions to plastic pollution, including reducing, recycling and supporting policies that promote sustainable practices.

Government should support policies that promote sustainable practices such as plastic bag bans. The governments should implement the 3R's policy that is Reduce, Reuse and Recycle apart from stricter rules and regulations. Corporate end facilitation of less use of the plastic products like Universal Mobile charger, Bottled soft drinks and bio-degradable carry bags should be promoted & produced.

Society and as a responsible citizen, use of jute products and carry bags should be implemented. We should choose a sustainable fashion industry. In order to build a sustainable future, we need to decouple economic growth from environmental impact and one way to do that is through circularity. To achieve this we should support that "10 R" strategy: Refuse, Rethink, Reduce, Reuse, Repair, Refurbish, Remanufacture, Repurpose, Recycle and Recover.

- Some 11 million tonnes of plastic waste flow annually into oceans. This may triple by 2040.
- More than 800 marine and coastal species are affected by this pollution through ingestion, entanglement, and other dangers.
- A shift to a circular economy can reduce the volume of plastics entering oceans by over 80 per cent by 2040; reduce virgin plastic production by 55 per cent; save governments US\$70 billion by 2040; reduce greenhouse gas emissions by 25 per cent; and create 700,000 additional jobs – mainly in the global south.





JUNE 5 WORLD ENVIRONMENT DAY

The year 1972 marked a turning point in the development of international environmental politics: the first major conference on environmental issues, convened under the auspices of the United Nations, was held from 5th-16th June 1975 in Stockholm (Sweden). Also, known as the Conference on the Human Environment or Stockholm Conference; its goal was to forge a basic common outlook on how to address the challenges of preserving and enhancing the human environment.

Later that year, on 15 December, the General Assembly adopted a resolution (A/RES/2994 (XXVII)) designating June 5 as World Environment Day and urging "Governments and the organizations in the United Nations system to consider on that day every year world-wide activities; reaffirming their concern for the preservation and enhancement of environment."

A perspective to deepening environmental awareness and to pursuing the determination expressed at the Conference, on 15 December, the General Assembly adopted another resolution (A/RES/2997 (XXVII)) that led to the creation of the United Nations Environment Program (UNEP), the specialized agency on environmental issues. With the first celebration in 1973, World Environment Day has helped UNEP to raise awareness and generate political momentum around growing concerns, such as the depletion of the ozone layer, toxic chemicals, desertification and global warming. The Day has developed into a global platform for taking action on urgent environmental issues. Millions of people have taken part over the years, helping drive change in our consumption habits, as well as in national and international environmental policy.

This year's focus on World Environment Day 2023 was to #BeatPlasticPollution. The Day marked the end on 7th June 2023 with a positive note with Inger Andersen, UN Environment Program (UNEP) Executive Director, saying that we can beat plastic pollution as millions are demanding change.

The theme is a reminder that people's actions on plastic pollution matters. The steps governments and businesses are taking to tackle plastic pollution are the consequence of this action.

Highlights of World Environment Day of 2023:

- **Get solutions in to Beat Plastic Pollution Practical Guide.**
- **Our planet is choking on plastic. It's time for change.**
- **Turning off the Tap: How the world can end plastic pollution and create a circular economy.**



World Environment Day is a global platform that advocates for a greener and pollution-free environment. It urges governments to prioritise environment and enact laws to reduce the exploitation of the environment. The protection of the environment is a global need that can be achieved only through international cooperation. It brings various international organisations, bodies, stakeholders to address the challenges that pose a threat to the environment. The environment has suffered a lot due to industrialisation. World Environment Day encourages all to adapt eco-friendly practises and have a greener and cleaner environment.



JUNE 21 INTERNATIONAL DAY OF YOGA

Yoga is an ancient physical, mental and spiritual practice that originated in India. The word 'yoga' is derived from Sanskrit and means to join or to unite, symbolizing the union of body and consciousness.

Today it is practiced in various forms around the world and continues to grow in popularity.

Benefits of yoga for kids

The World Health Organization promotes yoga as part of its global action plan on physical activity and health. Some of the most common benefits of yoga include:

- Develop strength and flexibility – Yoga is a fantastic way for children to build strength while improving their flexibility.
- Gain awareness – Yoga poses allow students to mindfully move and hold their bodies in positions, helping to develop movement and motor skills.
- Improving the focus – Kids will be required to focus on their breathing as they move their bodies into the correct yoga pose.

Recognizing its universal appeal, on 11 December 2014, the United Nations proclaimed 21 June as the International Day of Yoga by resolution 69/131.

The draft resolution establishing the International Day of Yoga was proposed by India and endorsed by a record 175 member states. The proposal was first introduced by Prime Minister Narendra Modi in his address during the opening of the 69th session of the General Assembly, in which he said: "Yoga is an invaluable gift from our ancient tradition. Yoga embodies unity of mind and body, thought and action... a holistic approach valuable to our health and our well-being. Yoga is not just about exercise; it is a way to discover the sense of oneness with yourself, the world and the nature."

On December 11, 2014, all 193 UN member states unanimously agreed to observe the International Day of Yoga on June 21. The inaugural celebration took place on June 21, 2015.

It is observed on the summer solstice every year. The date - June 21 - was selected because it coincides with the longest day of the year in the Northern Hemisphere and has special meaning in many parts of the world.

For the first time, this year, Prime Minister Shri Narendra Modi will preside over the global celebration of yoga from the United Nations Headquarters in New York, USA. Shri Jagdeep Dhankhar, the Vice President of India, will preside over the nation's IDY 2023 celebrations from Jabalpur, Madhya Pradesh.

The theme chosen for this year's International Day of Yoga 2023 is "Yoga for Vasudhaiva Kutumbakam," "One Earth, One Family, One Future." This year will also feature some innovative initiatives such as:

- Ocean Ring of Yoga: Nine ports around the world will host Indian naval ships that will take part in the Common Yoga Protocol demonstration.
- Yoga Bharatmala: Chain of yoga demonstration will be performed in unison by the Indian Army, Indian Navy, Indian Air Force, ITBP, BSF, and BRO. Yoga Sagarmala will feature yoga on the Indian coastline. There will be a yoga demonstration on the upper deck of the INS Vikrant.
- Har Aangan Yoga: To encourage yoga at the national level, by making yoga observation possible in villages through Anganwadis, Health and Wellness Centres, and educational institutions.



USO ACTIVITIES CALENDAR

APRIL 1 2023 – MARCH 31, 2024

APRIL	MAY	JUNE
<p>USO MEMBERSHIP USO CLUB REGISTRATION</p> <ul style="list-style-type: none">Schools are to apply for USO Membership which runs from April 1, 2023 - March 31, 2024.USO Club Registration for USO Member School Opens for USO Member Schools.		<p>USO NATIONAL TEST & CONFERENCE REGISTRATION</p> <ul style="list-style-type: none">Test Registration - school or individual - starts June 1 for all USO National Tests61st General Conference & All-India Schools Festival Registration starts
JULY	AUGUST	SEPTEMBER
<p>USO NATIONAL PROGRAM REGISTRATION</p> <ul style="list-style-type: none">'Budding Scientist' Registration & Phase - I starts	<p>USO NATIONAL TEST MONTH</p> <ul style="list-style-type: none">Sat, Aug 12: Mental Math/UN TestSat 19, Aug: Mini /GK TestSat 26, Aug: Mini /IT Test'Budding Scientist' Phase - II	<p>USO NATIONAL PROGRAM ENDS USO MINI-FEST REGISTRATION</p> <ul style="list-style-type: none">'Budding Scientist' Phase - IIIUSO Mini-Fest Registration Opens
OCTOBER	NOVEMBER	DECEMBER
<p>USO ANNUAL CONFERENCE & MINI FEST MONTH</p> <ul style="list-style-type: none">USO Mini FestMon-to-Thurs - Oct 16-19: USO 61st General Conference & All-India Schools Festival	<p>USO CELEBRATIONS MONTH</p> <ul style="list-style-type: none">Thurs / Fri - Nov 2-3: USO House Diwali MelaFri, Nov 10: 'Budding Scientist' Felicitations	<p>USO FOCUS: SPECIAL SCHOOLS</p> <ul style="list-style-type: none">National activity for Special Schools. To be launched on World Disabilities Day - Dec 3
JANUARY	FEBRUARY	MARCH
<p>USO FOUNDER'S DAY CELEBRATIONS</p> <ul style="list-style-type: none">Sat, Jan 27: Founder's Day Celebrations with USO Co-Action Learning Centre staff and students	<p>USO ACTIVITIES REVIEW & WIND-UP</p> <ul style="list-style-type: none">USO Activities to be reviewed, and concluded	<p>USO CLUB AWARDS</p> <ul style="list-style-type: none">USO Club in Schools to be awarded prizes based on success of activities undertaken