

The Open Page

Inspire Learning

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POWER OF IMAGINATION



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BAN ON PUBG: Necessity Or Unwarranted Decision?



JAYWANT PANDYA
is a senior journalist, columnist and tv-web political analysts

PUBG Mobile is currently one of the most popular games in Bharat. But the question around it is whether it should be banned or not. It has been centre of attention so much due to its addictive nature. And that's why wise people are concerned over it. Even Prime Minister Narendra Modi in programme 'Pareeksha Pe Charcha' has acknowledged the question asked by a mother related to the online game addiction by saying 'PUBG wala hai kya?' What is PUBG? PlayerUnknown's Battlegrounds game is popularly called PUBG.

PUBG Mobile is taking the country by storm. The game that was ported over from PC to Android and iOS devices by Tencent, has been downloaded over 5 Crore times since its release in December 2017. The game's popularity is tangibly visible as well. Every time one can see anywhere between 15-20 people online at any given time of the day, even late at night. The premise is simple. You are one among 100 who parachutes down to an island scattered with weapons and other equipment. Once you land, you scramble for weapons and then kill everyone else in an ever shrinking map to be the last man standing. The game can be played solo, with two players and with a four-member team.

So, the Gujarat government on 22nd January 2019 issuing a circular asking district authorities to ensure a ban on the online multiplayer game PUBG is considered a wise and timely decision. The state primary education department's circular was issued after a recommendation by the Gujarat State Commission for Protection of Child Rights. The notification comes just days after a students' body in Jammu and Kashmir had sought a ban of PUBG Mobile in the state, blaming it for poor examination results. Separately, National Commission for Protection of Child Rights is also calling for a ban on the

game across the country. The commission has sent letters to all state governments recommending the PUBG ban.

The circular directed District Primary Education Officers to take necessary steps to enforce a ban on the game in primary schools. It said the ban was necessary as children were getting addicted to the game and it was "adversely affecting their studies". Hence, debate and controversy started over banning PUBG game. Why ban was necessary and why parent should be worried from it?

'Hindustan Times' reported in August 2018 that a 15-year old boy was undergoing treatment for PUBG addiction. The boy would play till late at night and started missing school. He would have over 10,000 friends online and only a handful of them in the real world. The problem worsened

when the boy was unwilling to recognise it as an issue. In another case, a fitness trainer from Jammu has reportedly lost his mental balance after playing the game for 10 days. As per a report, he started injuring himself and eventually ended up in the hospital because of injuries caused because of his addiction to PUBG Mobile. This was the sixth such case which has happened in Jammu.

World Health Organisation has also recognised gaming as a disorder in the International Classification of Diseases. The symptoms are actually quite common; increased priority to gaming over other activities, and continuation of gaming despite negative consequences. In the case of the 15-year old boy studying in the 10th standard, all these symptoms were present.

According to a report published by The Independent in 2018, an addiction therapist said "giving your child a smartphone is like giving them a gram of cocaine." Essentially, spending time on Snapchat and Instagram is being considered to be just as addictive as drugs and alcohol and therapists are encouraging parents and school teachers to be treated as such.

Good news is that even children are seeing it as threat to their health. It has now reported that an 11-year old kid named Ahad Nizam from Mumbai has decided to see the game completely banned. The kid has written a letter seeking complete PUBG ban to seven ministers including Maharashtra CM Devendra Fadnavis, Ravi Shankar Prasad, Ministry of Electronics and IT, and Maharashtra's education minister Vinod Tawde among others.

The boy has appealed to ban PUBG Mobile game as it promotes violence, murder, aggression, looting and cyberbullying.

Ahad has also clarified that he will also take legal action in case the game is not banned. The kid has also decided to file a PIL (Public Interest Litigation) in Mumbai high court. (In fact, he has moved to high court recently).

The letter reads "I will be compelled to seek appropriate legal [civil and criminal] proceeding as per law; naturally at your cost and consequences" if the game is not banned.

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To feature your school event on this page, send the details and photographs to editor@theopenpage.co.in

L'ESSENCE DE LA VIE (THE ESSENCE OF LIFE)

Annual Day celebration at Khyati World School



"No education can be complete without the art and creativity playing a central role in child's role."

The alfresco of Khyati World School witnessed the glitz and glamour of Annual Day celebration on the theme "L'essence de la vie" on 9th Feb'19. The talented students presented mesmerizing cultural events such as dances and drama etc. The props and costumes added color to the festive occasion with the synchronized dance movement to the foot tapping music. Overall it was an amalgamation of music, dance and drama. Our chief guest Mr. Samir Raval and Ms. Mana Raval mesmerized the audience with a beautiful song. The ambiance complemented by the mind blowing lighting and sound which has a visual treat to the audience who left the venue spellbound.

The school Principal Dr. Anju Verma read the annual report and made the au-

dience aware of the school's achievement in the academic and co-curricular arena. Our school Chairperson Mr. Kartik Patel applauded two teachers with 100% attendance and sincere contribution to the growth of the school. Prizes were also given to felicitate and recognize the talented students. Our Students dance to the tune of songs with lot of enthusiasm. The audience was enthralled by a colorful and much directed drama on social media. The entire school participated whole heartedly towards the success of this grand event. Our Montessori wings students left a lasting impression on the minds of everyone.

Our Annual Day was a celebration of culture, Art, Creativity and Talent. In the exuberant atmosphere, one could see the skills and talent of the young students being showcased with aplomb. It was indeed a spectacular display of talent and fervor.



Performance by Laxman Gyanpith-Sanskardham School



LAXMAN GYANPITH - SANSKARDHAM SCHOOL BAND got privileged to perform at Gujarat Forensic Science University) Gandhinagar Culture Function.

MOTHER'S PET – SVS ENGLISH SCHOOL ORGANIZED UTSAV 2018



Mother's Pet – SVS English School organized Utsav 2018 which started with Walkathon & Runathon in the morning for fitness awareness among parents, students and staff. The event continued with various competitions for students and games for parents. The evening extravaganza was full of surprise performances by students and presentation of different states of India, it's culture, art and food by parents.

POWER OF IMAGINATION



SHINA UTAVANI
Reporter
The Open Page



Imagination will often carry us to worlds that never were. But without it we go nowhere.

—Carl Sagan

academic studies. The fact is reading anything, fiction or non-fiction, provides a peek into the mind of the writer. Whenever you will read a book, you can have your own imagination, your own thoughts. Every one can have different perspectives of the same book. This is the magic of imagination; it gives you the freedom, freedom to think out of the box. Keep reading, and it will open your mind. You can create a world in which anything is possible.

2) Daydream: Daydreaming is more deliberate than merely dreaming, which makes it more effective in opening your mind to possibilities. Take a break from daily routine and observe things around you; let your mind wander. You can amuse yourself by observing such things and develop a habit of questioning things. Ask yourself why things are such, try to find out answers to your questions. And remember one thing never limit your thoughts; give them liberty. It's only then you can develop your imagination.

3) Do something different: Try doing things that are different from your

daily routine. Like paint something, take a bus instead of car, talk with strangers, do something which you don't do on daily basis. Here it doesn't mean you have to climb mountains or build properties. Try out things that are achievable and different. This will give a boost to your mind to think in a different way, it helps you to eliminate monotonous work. Monotonous work makes your mind rigid; it doesn't give you a chance to think out of the box. So try doing things that different from your routine.

4) Take time to explore your passion: I know it's easier said than done. But it's really very important to take time to explore your passion. For that do something that really keeps you high. Here by word 'high' I mean something that takes you into a deep thought. Something which you want to do and would never lose a chance to do it. Before naming something as your passion, try exploring new things. Be passionate; be curious it helps you to be creative.

5) Develop a habit of writing: Writing can cultivate your imagination. To begin writing, start by just writing about your daily routine. This is an important form of storytelling. From there you can branch out into fictional works that will utilize your imagination more extensively. Try to write what you feel. By expressing your ideas, feelings, goals etc. you will achieve clarity. It will help you to communicate and express yourself better. It will help you to deal with your complex ideas and thoughts.

6) Be curious: Learning new things sparks creativity and increases imagination. A part of learning new things is being curious. Children tend to be more imaginative because of their curious nature. Our inherent nature to seek answers or to learn new things does not disappear over age. Feed curiosity by learning and experiencing new things and notice how your imagination improves. Feed your curiosity by asking questions and build your ideas with the help of insight from others.

7) Seek out inspiration: "Your imagination is powerful, but it needs fresh fodder," So start engaging in activities that inspire you, such as visiting museums, attending live concerts, reading book by your favorite author etc. Start doing things that inspire you, it will help you to boost your imagination.

8) Lighten up: The message kids are getting in school is that learning isn't fun. High school kids especially, who are reminded regularly to get serious about their studies, lose their sense of playfulness and replace it with a grim determination to do well. For their part, teachers feel the weight of lesson plans and standardized testing, all of it compressed into shorter days. By relaxing lesson plans, try improving and giving students more voice in their education, teachers can shed some of the burden and restore the joy in learning.

Follow the above mentioned steps; it will help you to boost your imagination. With imagination, you will be able to experience a different perspective about all situations in the world around you.



Republic Day Celebration at CCIS S.G Campus



The 70th Republic Day Celebration was held at CCIS S.G Campus with great reverence and grandeur. The program began with flag hoisting and National Anthem followed by beautiful welcome dance. To create competitive spirit, inter house singing competition was also a part of the day. Students also gave informative speech. Lastly, there was a surprise performance by teachers who sang a mash up. The whole campus was decorated with balloons, festoons of tricolor, and Indian flags. The whole campus came alive with the spirit of patriotism.



70th Republic Day Celebrations at Sanskardham School



India's 70th Republic Day was celebrated today with great reverence in Sanskardham School. The day began with Flag hoisting by the Guest of Honor, Smt. Radhaben Parmar, who attended the session with honorable trustee Dr. R.K. Shah, Academic Director Sh. Hiren Parikh and Principals of both the schools. This was followed by National anthem and singing of 'Jhanda ooncha rahe hamara' by the choir group. The Chief Guest gave a speech wherein she exhorted the students to work with dedication and sincerity to achieve their goals in life. This was followed by March past, flute performance by team of students, dance and skits. After this, there was a wonderful Gymnastics performance and Pyramid formations. The students also displayed their martial arts skills with an exciting Judo performance. The two horse trainers displayed exciting antics with their horses which left everybody spellbound. Finally, the event concluded with singing of the National Song, Vande Mataram.

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70th Republic Day Celebrated At LML School



Republic Day- a festival of National importance is one of the three national festivals celebrated in India. LML school celebrates all these festivals with full fervor. This year too, 26 January was celebrated with full enthusiasm. It was organised in the school premises from 9 am to 11 am with the participation of students in various activities. The celebration started with flag hoisting ceremony followed by mass drills and group songs. Mrs. Ranjana Mandan, the Principal of the school took the honour of hoisting the flag. She was accompanied by Col. Kaushal sir. LML School believes that, the involvement of a student in co-curriculum activities is necessary for the growth of a student. Involving students in such activities would give them experience of obedience, discipline, as well as event management. Students also came across an extraordinary feeling of patriotism. Activities like mass drill competition, singing, dancing and band were conducted.

The handwork of the students bore fruits. The mass drill competition results said that Jal house stood first followed by Vayu, Pruthvi and Agni.

Yaana Wadwana & Mitwa Shah

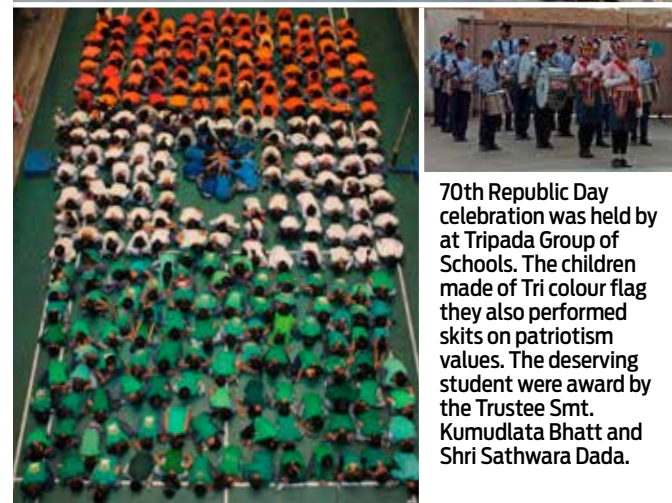


KNPIS CELEBRATION 1ST ANNUAL DAY



An exceptional performance performed by the Smt.K.N.Patel International school Gota Students on the event of the Annual function 2018-19 on 25th Jan. Right from Ganeshvandana to Women Empowerment, all performances were exceptionally good. Students performance was full of enthusiasm held the audience spell-bound. Their exceptional performance and corporation of teachers and parents are highly commended.

70th Republic Day celebration by Tripada Group of Schools



70th Republic Day celebration was held by at Tripada Group of Schools. The children made of Tri colour flag they also performed skits on patriotism values. The deserving student were award by the Trustee Smt. Kumudlata Bhatt and Shri Sathwara Dada.

Contd. From Page 1

Generally we see addiction as habit of drinking or consuming something. No, it has broader concept. Anything in excess could be addictive. Addictions come from a lot of things. It's inherently a change in behavioural pattern that manifests due to a strong association with an activity; be it gaming, drug abuse or even browsing social media. This addiction manifests in the form of social media validation. Users of social media have reported of feeling 'stressed' to post relevant status updates, photos and videos regularly and eagerly wait for engagement on them. Games like PUBG reward you with in-game goodies the more you

play. You essentially start off with a pair of boxers and the more you play, the more well-dressed your in-game avatar looks. You can also customise other things in the game that's used by all the players to prove your dominance. Furthermore, more and more netizens now stick to the online world to attain sexual gratification instead of indulging in physical intimacy.

Addiction of internet, whatsapp and PUBG has made adverse effect on family ties and social relations. Now a day, on dinner table or during guests' visits, we can see people busy with their mobiles. They are not talking with each other. They

are not sharing their good or bad experience of life. Recently famous great singer Asha Bhosle posted her picture on twitter. One can see famous singer Sudesh Bhosle, and others, but except Ashajee, all were busy with their mobiles. Ashajee wrote: "Such good company, but still, no one to talk to." This is the pain not only aged people feeling but wise and concerned people are also feeling.

TV, Internet, Social Media and Gaming have great adverse effect on our lives. Now child don't want to share his/her things with even his/her sibling. Even mother/father is seen opposing using their mobile by father/mother and hence

child will follow his/her parent only. Father or mother's mobile seems to be password or pattern protected and hence child also does same thing. First of all, child needs to be explained about not having his/her own smart phone till he/she reaches age of 18. And even if, child insists, he/she must be given smart phone of father/mother for a very very small time and that too in supervision by either parent. Everything is good in limit. As we say in Sanskrit, अति सर्वत्र वर्ज्यते. Even sweet or spicy thing is harmful if consumed above limit. So, be it video gaming or browsing social media, parent has to be strict for restriction.

Blast Off!

Sometimes people like to travel into space. They've even gone to the moon! These people are called astronauts, and they travel using rockets. Let's build our own rocket. Note: Parents must be there with kid while doing experiments.

For this project you will need:

- Plastic film canister
- Alka-Seltzer tablets (broken into 3-4 pieces)
- Water

How to make your own rocket:

- Place one of the broken pieces of Alka-Seltzer into the canister.
- QUICKLY add water until it's about half full, and then put the lid on.
- Set it down on the ground (with the lid facing the ground).
- Stand at a safe distance and watch your rocket fly!

Draw a picture showing how high your rocket flew!

Let's Grow, Grow, Grow!



Plants are living things that need the air, water, and sun to make their food. There are many plants on the island that we discovered. This experiment will show you how plants grow. You'll also get to keep track of your plant's growth!

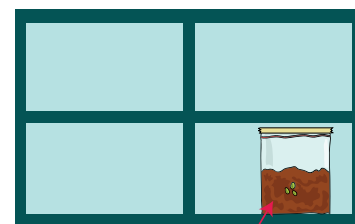
Materials Needed

- a few dry beans
- small amount of potting soil
- plastic bag (sandwich size, re-sealable)
- water
- strong tape or clothespins and thick string
- recording sheet

Write the date on your baggie.

Have your grown up place about $\frac{3}{4}$ cup potting soil in the baggie. Gently place a few beans in the soil and add a tiny bit of water. Hang the baggie in a window using the tape or with the clothesline and string.

Draw a picture of your plant baggie in the first box as it appears now. Be sure to write the date in the box too! Every couple of days, draw a new picture in the next box, showing how your plant has grown and changed. Don't forget to write the date in those boxes as well.



Final lap for students appearing in the Board Examination

Students by now your pre board exam would have been completed. The exam has provided an opportunity for students to introspect. Now the picture would be clear in their mind regarding, in which subject they are good and in

which subject they have to focus more. As a Principal and a critic of students by the analysis of pre-board examination results, basically students fall under three type of categories.

Krutarth Joshi, Principal, Little flowers' School, DAHOD

THE STUDENTS WHO GOT THE MARKS 50-70 %.

- Don't lose the confidence still you have enough time to reach the top.
- First of all, at this point you need to improve from where you are.

Divide the syllabus in three parts:

- The chapters for which you are confident .
- The chapters which you have partially prepared but have high weightage in terms of marks. For this chapters start preparing them more efficiently so that you can score good marks.
- The chapters which you have partially prepared but have low weightage in terms of marks. For this chapters do not give too much of time.

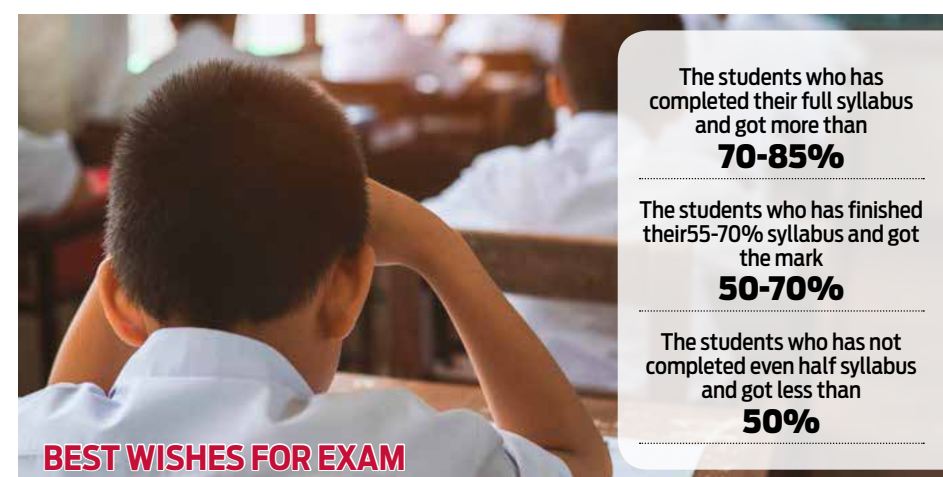
- Then, write two papers for next five days. Through this path you will get high confidence and wonderful preparation to get top marks.

THE STUDENTS WHO GOT LESS THAN 50%

- Don't be upset or pessimist about your performance. Still you have time to catch the train.
- Select 60% chapters in each subject and those who have more weightage in terms of marks and prepare them thoroughly.
- Then, write one paper daily so that you have gained confidence in whatever you have learned.
- So be confident and start the preparation from this moment only. Leave the other things and pour your whole day in studies. You have already enjoyed a lot. So now don't waste your time.

GENERAL GUIDANCE FOR ALL

- Keep all the resource (Notebooks, notes, digest, etc.) handy. Revise from what you have been doing, do not any other resource at this moment otherwise you would get confused in last few days. You would create a panic situation by doing so.
- Perform the prayer every day
- Sleep everyday at least for 6 hours.
- Eat healthy and avoid fast food .
- Make 2 photocopies of exam receipt. And keep it handy.
- Purchase or make ready your examination writing kit (like exam pens, pencils and other stationary) in advance.



The students who has completed their full syllabus and got more than
70-85%

The students who has finished their 55-70% syllabus and got the mark
50-70%

The students who has not completed even half syllabus and got less than
50%

BEST WISHES FOR EXAM

Special Tips for students falling under above categories

THE STUDENTS WHO GOT MORE THAN 70-85 %.

- Don't get trapped in OVER CONFIDANCE, but try and maintain balance and continue hard work to achieve success.
- Schedule your studies, a minimum of 8 hours of everyday.
- Solve all your doubts and revise all the concepts.
- Daily write two papers for one subject every day.
- Get the papers checked by teachers. Keep in mind that whatever mistakes you did in first paper it must be rectified in next paper. Paper writing timing should be same as per the board exam timing.
- After 1 march don't try to learn new things .JUST REVISE whatever you know. IN WRITTEN FORM, twice, thrice.

AN OPEN LETTER TO THE PARENTS

STRESS TO STRENGTH



HARSHA RAMAIYA
Founder & Director
Small Wonders, Bhavnagar

PART I

The new academic term of our children going to kindergarten is on the nook, the schools have loaded us with books and syllabus. We parents have desperately gone through each and every page minutely of the books and syllabus of our children. Even before the child starts going to school, we have started stressing ourselves and our children about the syllabus.

Every parent expects their child to excel in the class but here I want the parents to very clearly understand that we have to keep academics pressure simple & age appropriate. Most of the times parents tangle themselves in the rat race & completely forget that children are individuals and not each and every child will act or react the same.

Focus on the right things

The syllabus of any standard is a general setup. Each child is different and all children perform differently. Only completing the syllabus or getting A+ should not be our goal or the parameter to decide a child's intelligence.

We need to understand what to expect from our children. To get the correct answers, we need to put up correct questions. Sometimes our over-expectation leads us in to a miserable situation. One should expect efforts from children, not perfection. The completion of syllabus or getting distinction is not a benchmark to the child's success – what matters is how much of that syllabus is understood and absorbed. As the understanding and absorption what the children gain will make their foundation strong. We need to focus on making the foundation strong, not just feeding the knowledge without any understanding.

Syllabus vs Foundation

Nowadays the schools have loaded the children with heavy academic pressure. The Kindergarten curriculum of most of the schools is too heavy for three to five year old child to understand. Rote learning is the only option left then for a child or a parent to cope up with the class. The schools are running with syllabus, no concept is given proper time to understand. Most of the time, only the concepts are introduced and left out for rote learning. Children do not get enough time to understand.

Parents have to play an important role



rather than just pushing a child to complete the syllabus. We should ourselves calm down and think and tailor stitch the syllabus according to our child's age, capabilities and interest. Instead of completing let's divide it according to our child's acceptance and understanding and move ahead with the child's learning pace.

The Right Skills for the Right Age

The routine of a Kindergarten is so hectic that he outbeats a board student and this routine is gifted by parents. In this academic pressure we completely forget the child has to develop love towards studies. Learning is not a one day job, it will be for years. If the child from the very early age starts disliking studies, he will not sustain on a long run. This is a

**CALM YOURSELF FIRST
AND LEARN TO WAIT.
DON'T HASTE JUST
BECAUSE ALL ARE
RUNNING...**

school starts, parents don't even think that if the child's fine motors, the sensorial skills are developed. Parents are not ready to wait. They fear that this waiting period will make the child lag in class or amongst his peers. And this hurry leaves the growth of the child incomplete.

Redefine Stress

My dear parents, this thought process really needs to go through a change. We need to redefine our definition of Stress.

We need to think that everything has its own growing period and that period should be given. If we don't give that time it will somewhere hamper the child's growth. The best example that I can give here is, if a mom thinks that 9 months is a long period for her to deliver a baby, she doesn't want to wait and wants the baby in 4 months – do you think it is possible? Just pause and think what I am trying to underline here. Now let's take this thought deep and think. The baby which needs 9 months to come out of mom's womb comes out in 4 months, is the baby completely matured to come out? The answer to this question is the conclusion of the whole topic.

You are smart to know the consequences of this episode, just connect this episode to what we do with the kindergarten.

TIPS TO KEEP OUR MINDS AND KIDS HAPPY

1. If the kids are imperfect, that's ok.
2. Schedule daily relaxing activities for yourself and your kids.
3. Understand that kids learn in different ways.
4. Try to see positive in kids.
5. Avoid negative and use positive statements.

very sensitive matter so we need to deal with it accordingly. We steal their play time and offer them tuition from the very early age, so that the child can match up to the class.

We are in a race where our child should know everything. As soon as the

AHAMKAR IS CONTRACTION OF LIFE AND PAROPKAR IS EXPANSION OF LIFE



BIBHUTI BISWAL
(Principal)
Sri Sathya Sai Vidyaniketan

The education system in India is passing through a crucial phase of transition where in traditional values are waning with penetration of modern values which has created ripples in the minds of learners'. Once India was looked with high esteem by the west for its deep rooted value system but with passage of time it has seen constant deterioration in all aspects of our life. Therefore reinvigorating values in Indian traditional life is important for our modern educators. These values once practiced by any individuals make him stronger in moral plane which in turn boost us to develop an ethical society which is required for a developing nation like ours.

In Hinduism there exists higher knowledge (that leads to self-realization) and lower knowledge (that leads to daily life i.e. (Sansarik Gyan). According to Upanishad, the higher knowledge is that by which the imperishable is attained. Vedic tradition of life talks about two type of Vidya (i) paravidya i.e. wisdom (Higher Knowledge) and (ii) aparvidya i.e. mundane knowledge (Lower level of Knowledge). Human beings engross themselves in illusion of aparavidya thereby ignoring the immense blessed wisdom (paravidya) which is the root cause of all our miseries. In this mundane world, there are five klesas in life that constitute this grossly mistaken view of the self-avidya (ignorance), asmita (sense of isolated self), raga (attachment), dvesha (repulsion) and abhinivesa (clinging to life).

Due to ignorance we often consider the outward changing world and shifting inner temperament to be reality

rather than seeing the eternal presence that lies beneath these fluctuations. While identifying with these fluctuations, we grieve over the aspect that was there, but is now no more and become depressed. This is the root cause of our miseries.

Our mind is filled with likes and dislikes, with expectations and dogmas due to our ahmkars i.e. self seeking. According to Swami Sivananda, AHAMKARA or egoism is the self-arrogating principle in man. It is a Vritti or modification that arises in the mind. If the world does not fit into our map of likes and dislikes we feel disappointed and hurt. We blame the world for our sorrows. Without understanding we renounce the world but our foolish mind continues its illusion. The world is not making us sad but our mind which is filled with likes and dislikes is making us sad. When we renounce our mind then we will be happy. The world is not unreal but the way we see it is unreal. Adi Shankar unfolds in many verses that the world is an illusion - maya. But we see the world filled with attachment, infatuation and thus have an illusion of the perceived world. We suffer not from the world but from expectation of the world. Therefore attachment with external world & ahamkar is self contracting process.

On the contrary there is another virtue called paropakar in every body's life. In Indian culture it is called as Seva & it is considered as a pious activity and is considered as the core of Indian cultural life irrespective of religions. Paropkar (i.e. Charity, Philanthropy) comes from higher knowledge domain & it gives happiness. Where did the happiness come from? The answer is it came from within. It is only possible when we withdraw all of our senses from the outside world in the direction of Realization of atman (the inner soul). When people withdraw all their mental propensities from worldly objects and direct them towards Brahman,



consciously they are bound to feel immense bliss. Therefore paropkar helps an individual to rise above from the ordinary level and directed by the supreme self & attains paramnada i.e. Divine bliss. This is called Expansion of life in a sense; our living in this earth is worthy. We add life into years not years into life.

It is experimentally proved that Children who express compassion through Paropkar are loved, valued, and respected by all in society. When they become adult, they become extraordinary Team members, friends, co-workers, spouses, and parents. What makes Paropkar wonderful is that it creates a win-win situation for those involved in it. This generates the feeling of satisfaction and happiness in life.

Sri Sathya Sai Education in Human Values talk of five domains of human Personality (physical, intellectual, emotional, super conscious and spiritual) & five human values called Truth, Righteous action, Peace, Love and Non violence. These values are called human values because their practice makes one a 'human' in the true sense of the world. Paropkar comes from the current of Love for fellow human being. The very basis of

Paropkar philosophy is HAIL i.e. Honesty in intention, Authentic feeling, Integrity in character & Love in heart. When our intentions are filled with love, the life purpose becomes God wards & life becomes full of happiness, prosperity & Fulfilling.

Ways to develop feeling of Paropkar:

- Keep your commitment to HOPE i.e. Higher Order Purpose of Existence in your life.
- Feel the pain of others through infinite intelligence of God's compassion.
- Sathya Sai Baba Says As sow so you reap that means if you do well to others it will come back to you as gift from God.
- Develop positive mentality towards what Swami says Help Ever Hurt Never & Love all serve all.
- Always be self satisfied whatever situation comes and whatever material comes in our life. Take it as it comes; never complain about it so that you can be in a state of inner balanced state. Then only you can able to see other problems clearly like in still water ripples are very distinct.
- Cultivate the virtues like Compassion, Kindness, Generosity, love towards needy. It is great to be of some bodies help in our life time.
- Be a part of Public Social Responsibility (PSR) activities around you. Do something for others whatever way you can, like give food to Hungry.
- Join in Gram Seva or Medical camp organized by NGO around you.
- Collect some good old /unused cloth from your family or friends house and visit to remand home, Juvenile care center, Orphanage, Old age homes and gift them with nice cloth pack.

Let us do our bit to make this world a happier place to live, as serving humanity is the essence of life in this material world.



Valentine's Day isn't just for lovers. Originally held to honor St Valentine, it is a day where you can express love, it doesn't always mean in a romantic way. The modern celebration of the day includes celebrating it with families and friends. Valentine's Day provides a great opportunity to have fun with your children and shower them with love. While Valentine's Day is often associated with romantic love, it is a holiday you can share with your whole family, and it provides an opportunity to teach your children about the importance of caring for others.

It was originally a Christian holiday to remember the life and martyrdom of St. Valentine, who was arrested and eventually killed for going against the Roman Empire to perform weddings and minister to Christians. Emperor Claudius II had outlawed marriage, believing that men who were single were much better soldiers. St. Valentine ignored the emperor and secretly continued to marry young couples until he was arrested and eventually put to death.

Valentine's Day is all about love; it gives you the perfect opportunity to create more love in your family, not only between parent and child, but between siblings too. We all need to be cherished. But despite our good intentions, too often we forget to tell the people we love just how precious they are to us. Valentine's Day reminds us to tell all of our loved ones (not only sweethearts but also our parents, siblings and friends) that they are special.

"Appreciation for what is and what you have will bring you to a greater understanding of your life and your purpose here. Nurturing this attitude of gratitude is essential in spiritual growth!" Tiffany Hurd

Accepting yourself and being happy and content is also very important. And when you are able to do this you are able to help others in many different

Valentine's Day—not only for lovers

ent ways. So start treating yourself on Valentine's Day. In my opinion, we should all recognize and celebrate this day, as a day of sharing and expressing our love to those around us.

Here are some suggestions of things that you can do on Valentine's Day:

1. Call your mum or your dad; thank them for caring about you. We often take people for granted that are close to us and we can't tell them how much they mean to us. Never under-

estimate the power of expressing appreciation. Take time and tell them!

Look around you and appreciate those who care about you. People who you feel affection and a fondness for. Be thankful that they are in your life. We all need to feel love. That is a human need that all of us have.

2. Make a list of all the things you like about yourself. Don't be modest; this list is for you, no one else. You could also consider picking one area and setting a goal to improve your skills in one area. A skill that you would like to have, one that would be of interest to you.

3. Treat yourself on Valentine's Day. Buy that one thing that you want - it doesn't have to be expensive, but it has to be a treat that you will enjoy. Sometimes we tend to always be buying for other people but rarely stop and buy for ourselves. On this day pick one thing you would like to have and treat yourself.

4. Look around you and appreciate those who care about you. People who show love and affection for you are special and you need to thank them. Be thankful that they are in your life. We all need to feel love. That is a human need that all of us have.

5. Take 5 minutes and sit quietly and reflect on all the blessings in your life. Remember there are always those who are in a worse situation than you. No matter what your situation, you do have blessings. Don't take for granted the simple things in life that you have. From something as simple as running water to a home to live in. In many parts of the world people do not have these luxuries but we often don't even consider them as a blessing.

6. Don't be hard on yourself. When you hear yourself say, "I should have", or "I am so stupid", change your thought. Change your self-talk to positive self-talk. Would you say those things to your best friend, then, why say them to yourself? When we feed our minds with such thoughts that can soon become our reality. Keep your mind positive; look at mistakes or failures as learning tools not as self-defeating tools.

7. Cook or buy your favorite meal for dinner. What a treat that would be. Enjoy!

8. Last but not least, start keeping a journal of your accomplishments. Then when you feel down, or feel that you are not making progress you can review your journal and it will remind you of all the accomplishments you have achieved. It will boost your self-esteem.

It is a day to recognize your own being, your own thoughts, actions and behavior. Valentine's Day for you is every day. If you do not celebrate the fact that each day you awake to new horizons, to new challenges, to do well, to appreciate life, no one else will do it for you.

Make each day a day to remember not to regret. Celebrate your own special qualities and the fact that you are a unique individual. So, this thought is not just to recognize and discuss Valentine's Day but to recognize you. The point is that if you don't love yourself you will have difficulty loving others. Also, if you don't yourself how can you expect others to believe in your abilities. And, most importantly be you. Never try and be someone who you are not. Always be true to yourself.



PRIYANKA ADDS ANOTHER TITLE WITH AITA CS WIN

The in-form youngster from the city wins the under-12 girls' singles crown in AITA Championship Series; Kavad siblings pick under-14 singles titles

Young talent Priyanka Rana added another feather to her cap as the youngster won the under-12 girls' singles crown in AITA Championship Series that was held at Ahmedabad City Tennis Foundation.

The top seed from the city lived up to her top billing as she beat Maharashtra's Aishwarya Jadhav 6-4, 6-3 in the final to win the title.

After a bye in the opening round, Priyanka started her campaign with 6-2, 6-2 win over Armani Nalvade of Maharashtra in the second round.

In the quarters, Priyanka edged out statemate Devanshi Gohil 6-1, 6-2.

It was in the semis that Priyanka was tested but she overcame the mid-game blues to record a 6-4, 5-7, 7-5 win over Maharashtra's Shreya Deshpande in a closely contested tie.

Kavad siblings shine

It was double joy for Kavad as Dhvani Kavad won the girls' under-14 singles crown while her brother Hemang won the boys' under-14 singles crown.

Second seed Dhvani was at her best as she toppled top seed Asmi Wadhwa 6-3, 6-2 in the final to win the crown.



Priyanka won under-12 title, Hemang beat Arnab in under-14 final



While it was a mixed day for Vraj, Dhvani won girls' under-14 singles

Earlier in the quarters, Dhvani beat Priyanka 6-1, 7-5. Dhvani's toughest challenge came in the semis where she overcame Jui Kale 7-6, 6-2 to book the final berth.

Just like the girls final, the boys' final too saw an upset win as fourth seed Hemang shocked top seed Arnab

Paparkar of Maharashtra 7-5, 6-1 for the crown.

Earlier in the quarters, Hemang beat seventh seed Sparsh Parmar 6-4, 6-4.

He then edged out Atharva Patel 6-3, 6-4 in the semis.

Mixed luck for Vraj

Meanwhile, it was mixed luck for Vraj Gohil as the youngster won under-12 boys' doubles while he had to settle for the runners-up show in singles.

Vraj joined hands with Arnab to overcome a midgame slump to beat Maharashtra's Tansiq Jadhav and Raghav Amin 6-2, 4-6, 10-6 in an exciting final.

In the quarters, the top seed pair of Vraj and Arnab beat Gujarat pair of Harivansh Sharma and Prakhar Joshi 6-3, 6-3.

In the semis, Vraj and Arnab breezed past Vaheen Patel and Atharva 6-1, 6-1 to book the final berth.

In the singles final, Vraj suffered 1-6, 3-6 loss against his partner Arnav 1-6, 3-6. Earlier in the quarters, Vraj beat Maharashtra's Chinar Deshpande 6-3, 7-5. In a closely contested semis, Vraj overcame statemate Aditya Nair 6-0, 1-6, 6-1.

SPORTS BRIEF

Chinmay reigns supreme, Avisha triumphs

Chinmay Patel aced the under-16 age group as he romped Darsh Sangavat in the final match of Proximo Cup – Gujarat Open tennis tournament that concluded at a local tennis club in the city. Chinmay recorded a 10-2 win in the final match to be crowned champion. In the quarters, Chinmay edged out Raghav Sejpal 9-7 before beating Ekansh Shukla 8-2 in the semi-final match.

Avisha ousts Sanvi



In another tie of girls' under-10 event, Avisha Rathod edged out Sanvi Doshi to claim the Proximo cup. Avisha saw the better of Sanvi in the final match and recorded an easy 8-1 win. In the penultimate round, Avisha defeated Dhanshree 8-0. In the earlier rounds, Sanvi edged past Yana Soni 6-0 in the quarter-finals before beating Kashvi 7-2 in the semi-final match.

Devesh wins U10 crown



Devesh Gupta shone with an impressive display as the youngster won the under-10 Gujarat Open Tennis Tournament that was held at Sweet Spot Tennis Academy. In the final, Devesh held on to his own as he beat Surajpal Singh 7-5 to win the crown.

The class 4 student of Delhi Public School, Bopal had best of start as he blanked Aaryan Patel 7-0 in the first round. Continuing his dominant run, Devesh then beat Samksh Rawat by a similar margin in the second round. In the semis, Devesh edged out Ekagra Maheshwari 7-2 to book the final berth.

Mt Carmel hoopsters shine



Mt Carmel girls were at their dominating best in the tournament

Star Mt Carmel hoopsters once again marked their dominance as they won the Junior NBA Inter School Basketball Tournament that was held at The Arena. In a lopsided final, the formidable Mt Carmel handed a 35-2 drubbing to the girls from Nirma Vidyavihar. Rajvi Desai was the top scorer for winners with 14 points while Maria Lakdawala and Rebekah Colaco scored seven points each as Mt Carmel girls lead 15-0 at the halftime.

For the losing side, Khushi top scored both the points. Earlier in the semis, Mt Carmel beat Rachana School 37-5. Rebekah was the star of the show with 14 points while Rajvi added 10 more as the winner led 16-4 at halftime. For Rachana School, Sanya Yadav top scored with four points.



BJ Tomar Prathamik Shala girls and Om Shanti School boys win kabaddi meet

The girls from BJTPS and the boys from Om Shanti School (OSS) won the 2nd edition of under-14 Premier School League Kabaddi Tournament. At The Arena, BJTPS recorded a dominant 38-4 win over their rivals from Sarkhej's SKMS Primary School. Meanwhile, Divine Life School beat Rachana School 30-19 for the third place. In the boys' half, OSS beat Crescent High School 56-12. Asia High School took the third place after they were given a walkover by Vedant International School. In all 140 students from 11 schools took part in the tournament.

PSSF received tremendous response for Athletic Meet

Ahmedabad: A beginning of a golden era in Inter School Sports at Ahmedabad was made on 27th January, 2019 at The Gujarat University Ground, New athletic track by Progressive School Sports Federation. An Athletics Meet was organised in which 14 schools involving more than 900 participants participated.

Opening Ceremony was graced by esteemed guests Mr. Jaxay Shah, National President of CREDAI and Chairman of ASSOCHAM, Gujarat Chapter and Mr. Vivek Patel President of Gujarat Athletic Association. They were welcomed and presented with a Memento by Mr. Kamal Mangal, Founder director of PSSF and Trustee of Anand Niketan group of schools, and Mr. Manan Choksi, President of association of Progressive schools and executive director of Udgam School.

Other esteemed guests included Managing Trustee of Satva Vikas school Shri Raja Pathak and executive director of JG International School Mr. MP Chandran. A torch which is a symbol of goodwill and harmony representing the spirits and ideals of games was lighted by all the dignitaries.

Founder President of PSSF and Managing Trustee of Apple Global School Mr. Jigish Shah gave an inspiring welcome speech in which he stressed upon the benefits of Sports in a student's life and how through various tournaments and talent hunt and trainings, federation will strive to prepare students for National and International sports events.

He also mentioned that federation



will help member school to frame policies for study support, exams, scholarship schemes, sanctioning leaves for tournaments etc. He requested to one and all present in the ceremony to give children a break from cycle of school, tuitions and exams and give them time to play and pursue their career in Sports and for fulfilling their dreams. He pledged support in the form of getting Corporate scholarships, right training and much more.

Mr. Jaxay Shah spoke about how corporate can use their CSR fund to benefit sportsmen and how government initiatives in providing Sports infrastructure

should help students. He pledged his full support to Federation.

Mr. Vivek Patel in his speech stated the need for organising more and more tournaments, so as to give students a platform to hone their sporting skills. He appreciated the office bearers of PSSF President Mr. Jigish Shah, Secretary Mr. Shashwat Kapadia and Treasurer Mr. Vivek Kapasi for giving students a platform for fulfilling their dream of going places from 'School to Olympics'. After the opening ceremony students participated in various races and won Gold, silver and Bronze medals.

Prithvi Shaw gets a pep talk from Sachin Tendulkar

Mumbai's batting prodigy Prithvi Shaw recently underwent a counselling session with Sachin Tendulkar at the latter's Bandra residence to help regain the focus that catapulted the 19-year-old into Team India last October. Shaw is hailed as the brightest batting talent to emerge in international cricket in the last 10 years, so much so that he was an automatic choice for the opening batsman's slot for the tour to Australia. A freak ankle injury, however, ensured he didn't play a single match in Australia, but something worse occurred alongside.

Even as Virat Kohli's team went on to win a Test series in Australia for the first time, there were whispers of the young batting sensation not doing enough to regain full fitness. Such talks turned shriller when Shaw returned home after the second Test in Australia. Apart from talks of him not playing at-



tention to fitness, rumours started doing the rounds about the young man picking up certain habits that are frowned upon. While none of this may find a mention in the official report that the team manager submits to the BCCI after every series. Having seen

many prodigies waste their talent and not finishing with careers they ought to have carved out, those close to Shaw decided he must have a session with Tendulkar, himself a teenaged international cricketer who did not step out of line even once in his 22-year career.

SPORTS BRIEF

Aryaan Bhatia is the first Indian tennis player to fail dope test



Aryaan Bhatia became the first Indian tennis player to fail a dope test and has been put under provisional suspension, the National Anti-Doping Agency. The 16-year-old Bhatia's urine sample was taken during the Fenesta Open National Tennis Championship held here in October last year. The NADA had collected samples for the first time from tennis players during the championship.

How Novak Djokovic cracked Rafael Nadal's game to dominate him



Novak Djokovic needs a challenger, an opponent who can stretch him, make him scowl, induce errors, cause his eyes to widen. At this point, he doesn't have a clear threat on the other side of the net. He has had the wood over Roger Federer and Rafael Nadal. Forget posing questions, Rafa seems incapable of framing the right sentences to quiz Djokovic in big matches. It was much like Boris Becker failing to crack Andre Agassi's game. Or, as Becker would put it, Agassi would metamorphose into a different creature whenever he saw the German's face.

Naomi Osaka becomes Asia's first and youngest player to top tennis rankings



Australian Open champion Naomi Osaka is the first player from Asia to top the men's or women's tennis rankings and the youngest woman to make her debut at No. 1 in nine years. "I

feel like I'm literally just still learning," the 21-year-old Osaka said. "Everyone kind of adjusts to being No. 1 in a different way. Simona Halep's 48-week stay atop the WTA rankings ended Monday as she slid to No. 3 after a fourth-round loss to Serena Williams, one year after getting to the final at Melbourne Park.

Sindhu hits half-century



Olympic medallist signs 4-year contract with Li Ning to the tune of Rs 50 crores. Olympic and World Championship silver medallist P. V. Sindhu has signed a whopping four-year sports

sponsorship deal in the tune of Rs 50 crore with Chinese sports brand Li Ning. The record deal comes after compatriot Kidambi Srikanth was offered a cool Rs 35 crore over a period of four years by the Chinese company last month. "Sindhu's deal is one of the biggest in world badminton. It is close to Rs 50 crore for sponsorship and equipment," Mahender Kapoor, director, Sunlight Sports Pvt Ltd, the multinational exclusive partner of Li-Ning in India said.

ANGRY NATION NOW WANTS BEFITTED REPLY TO PAKISTAN



44 killed in worst terror attack in J&K

At least 44 CRPF jawans were martyred and about 12 were grievously injured after an explosive laden vehicle rammed into their convoy in Jammu and Kashmir's Pulwama district on Thursday, in what is being touted as the second biggest attack on the paramilitary force in the last nine years. Earlier, 75 CRPF personnel were killed in a landmine explosion set off by Maoists in April 2010 in Dantewada in Chhattisgarh.

Around 2,468 CRPF personnel were returning from Jammu to Srinagar to resume duty in a convoy of 78 vehicles, when a vehicle packed with explosives reportedly rammed into one of the bus-



source: Internet

es in Goripora area of Awantipora town of Pulwama district on the Srinagar-Jammu highway, about 30 km from the state capital.

Terror outfit Jaish-e-Mohammad claimed responsibility for the attack and released a video purportedly taken before the bombing which showed the alleged bomber holding an assault rifle and saying that "he had been waiting for this moment".

Intelligence agency sources confirmed that the suicide bomber, identified as Adil Ahmad alias Wakas Commando, was a local youth and a resident of Gundibagh area in Pulwama. Ahmad had reportedly joined the terror outfit

just last year.

"All the 44 jawans who were on the bus that was reportedly hit have been killed. Some bodies were beyond identification. Several vehicles in the convoy bore the brunt of the explosion. One of them was reduced to a mangled heap of iron scrap," a J&K police officer told Mirror.

Zulfiqar Hassan, IG, CRPF Operations, Kashmir, that the injured are being tended to at the army hospital in Srinagar, and that forensic experts from the CRPF and the J&K Police have taken samples from the blast site to determine the formula of the explosives used and to ascertain the nature of the triggering device.

INTERNATIONAL

New Universe map unearths 300,000 more galaxies

The international team behind the unprecedented space survey said their discovery literally shed new light on some of the Universe's deepest secrets, including the physics of black holes and how clusters of galaxies evolve. "This is a new window on the universe," Cyril Tasse, an astronomer at the Paris Observatory who was involved in the project. "When we saw the first images we were like: 'What is this?'" It didn't look anything at all like what we are used to seeing." More than 200 astronomers from 18 countries were involved in the study, which used radio astronomy to look at a segment of sky over the northern hemisphere, and found 300,000 previously unseen light sources thought to be distant galaxies.

Deadliest sea crossing took 6 lives a day in '18

Six people died every day last year trying to cross the Mediterranean Sea to Europe—"The world's deadliest sea crossing", the UN refugee agency said, citing ongoing political deadlock over sea rescue and disembarkation. According to a new report from the office United Nations High Commissioner for Refugees (UNHCR), an estimated 2,275 people drowned or went missing in the Mediterranean in 2018. This is despite the fact that Europe saw the lowest number of refugees and migrants arriving for five years at 1,39,300 principally Spain (65,400), Greece (50,500) and Italy (23,400).

Spain faces snap election after govt loses budget vote

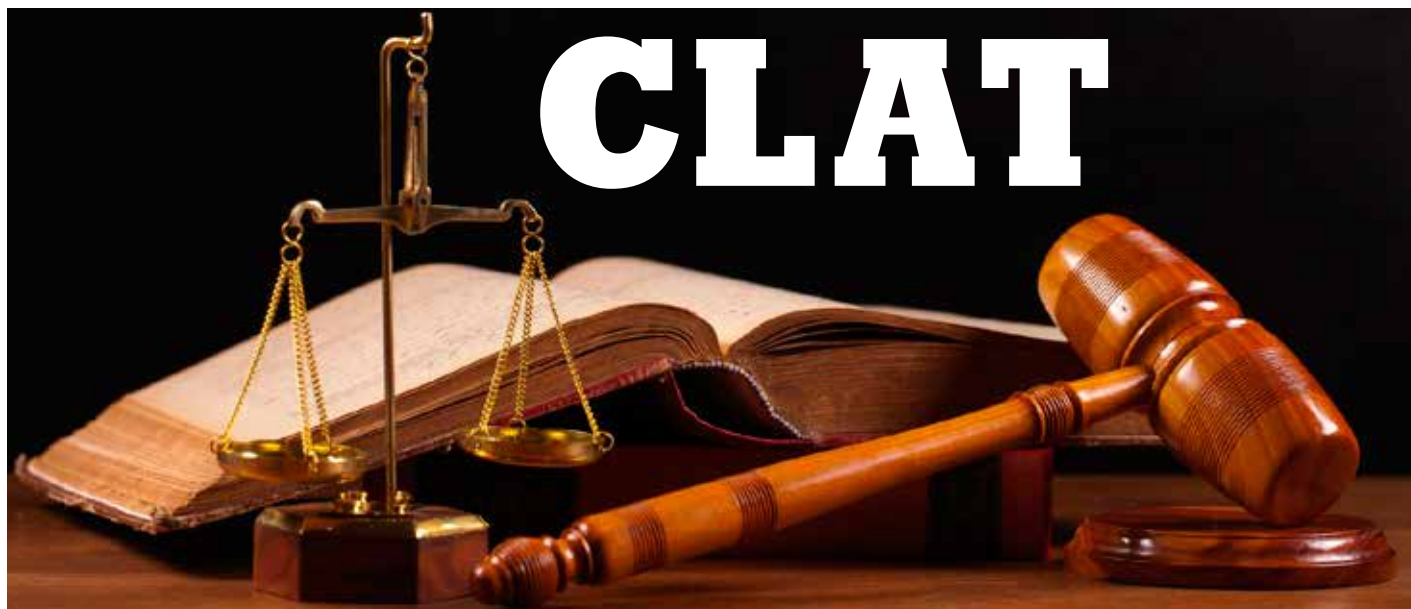


political volatility, driven by divisions over Catalonia's independence drive.

Spain's parliament rejected a draft budget on after Catalan separatists turned their back on the government, pushing the country close to an early election amid a fragmented political landscape. Sources in the Socialist party of PM Pedro Sanchez (pictured) had said he would call a snap election if the draft was rejected, with April 14 or April 28 the most likely dates. The euro zone's fourth largest economy has been plagued by

Demonstrator loses hand at 'yellow vest' march in Paris

A "yellow vest" demonstrator lost his hand during clashes with police outside the main parliament building in Paris witnesses said. Volunteer medics said a man had had his hand ripped off during the clashes. A witness who filmed the incident, Cyrien Royer, 21, said the victim was a yellow jacket photographer and was hit by a grenade. However, Paris police said the man had lost four fingers. Officers had arrested 39 people and 21 were being held in custody, they added on Saturday night.



jects - General English, General Knowledge & Current Affairs, Elementary Mathematics (Numerical Ability), Legal Aptitude and Logical Reasoning.

Scope and coverage of questions under different subject areas

English including comprehension: The English section will test the candidates' proficiency in English, based on comprehension passages and grammar. In the comprehension section, candidates will be questioned on their understanding of the passage and its central theme, meanings of words used therein, etc. The grammar section requires correction of incorrect grammatical sentences, filling of blanks in sentences with appropriate words, etc.

General Knowledge and Current Affairs: The General knowledge will be tested on the general awareness including static general knowledge. Questions on current affairs will test candidates on their knowledge of national and international current affairs.

Mathematics: This section will test candidate's knowledge on elementary mathematics, i.e., Math's taught up to 10th Class/standard.

Legal Aptitude: This section will test candidate's interest towards study of law, research aptitude and problem-solving ability. Questions may include legal propositions (described in the paper), and a set of facts to which they said proposition must be applied. Some propositions may not be "true" in the real sense, candidates will have to assume the "truth" of these propositions and answer the questions accordingly.

Logical Reasoning: The purpose of the logical reasoning section is to test the candidate's ability to identify patterns, logical links and rectify illogical arguments. It may include a variety of logical reasoning questions such as syllogisms, logical sequences, analogies, series, coding-decoding, directions etc. However, visual reasoning is generally not tested.

CLAT 2019 Exam Pattern

CLAT is of two hour duration, comprising 200 questions across five different

Subject/Section	No. of Questions
English/Verbal Ability	40
Mathematics/Quantitative Aptitude	20
Logical Reasoning	40
General Awareness	50
Legal Aptitude	50
Marking Scheme	+1/-0.25

areas and is conducted offline.

CLAT 2019 Result

CLAT 2019 result is expected to be released on May 31, 2019. The first merit list of selected candidates is expected to be released on June 06, 2019.

CLAT results can be accessed by individually logging in to the registered account on the official CLAT website. In the result, the candidate will be able to check their score, All India Rank and category rank (if published). In the first week of June, CLAT will also publish the College Allotment List, after which the candidates who have been allotted the seat in an NLU, will be required to pay the counseling fee of Rs. Fifty Thousand Only, within the stipulated dates, failing which the candidate will lose his/her seat and will not be considered for further process of admission in 2019.

CLAT Preparation Tips

Understand the syllabus distribution

This is the single most important tip and yet the most common mistake that students make. Students tend to spend disproportionate amounts of time on Mathematics and Logical Reasoning. Therefore, by solving tougher and tougher problems from a wide range of topics, you ignore the other sections. However, as you can clearly see from the table above, Mathematics and Logical Reasoning together constitute only 60 marks. The more important sections are those of Legal Aptitude and GK/Current Affairs. Those two put together are 50% of the paper or 100 marks

Focus on Legal Aptitude

Students often struggle with this section because of two major reasons. One

is that it is unrelated to what is taught in schools. And second, being the potential area to cover is very vast. However, in reality, you can benefit by knowing what the exam focuses on. The past 8 years of CLAT papers and questions typically tend to come from just 4 major areas: Criminal Law, Law of Tort, Contract Act and Indian Constitution therefore, rather than attempting to cover all of the IPC or the CrPC, it is better to restrict yourself to a more thorough understanding of these 4 basic topics.

GK/Current Affairs Syllabus

There is no source from which you can study this section that will guarantee you great marks in this section. Even the best-prepared student would be confident of only 80-85% of the GK questions asked in CLAT exam. A best-prepared student is one who has been constantly reading the newspapers for over 5 years. You should definitely be covering the important awards each year - sports, science, literature and arts. One should know the major UN bodies, their functions and their locations. You should have a good overview of Indian geography and history. And you should also be aware of any important happenings in the area of the Indian Constitution or Justice system.

Writing Mock Tests

You should definitely plan to write many mock tests. However, aim to finish at least 70% to 80% of the syllabus before starting the mocks. That's the only way that you will receive any benefit from writing the test. Look for a good online mock test series, and aim to write at least 6-8 mock papers before the actual exam. Follow the exam conditions as much as possible. Consider the actual exam time limit as well.

Do not neglect English

Being strong in Reading Comprehension and basic grammar will take you a long way in the English section. Many students tend to ignore the section because they find it rather simple. This section is deceptively difficult and it is important that you are well-versed with the English language rules.

Moments may come and go, people may leave, but there is one moment which is constant in any student's life i.e. examinations. Examination is something which students cannot avoid. They have to attempt various exams and score good marks in order to get admissions. In this article will talk about CLAT. Common Law Admission Test (CLAT) is a centralized test for admission to 21 National Law Universities in India. 43 other education institutes and two public sector institutes are also eligible to use these scores. The test is conducted by the 21 participating law school in rotation, in the order of their establishment, starting with National Law School of India University which conducted CLAT-2008, and up to National University of Advanced Legal Studies which conducted CLAT-2018.

The test is taken after the Higher Secondary Examination or the 12th grade for admission to integrated under-graduation programmes in Law and after Graduation in Law for Masters of Laws (LL.M) programmes conducted by these law universities. The two-hour admission test consists of objective type covering questions on Elementary mathematics, English with comprehension, General knowledge and Current affairs, Legal aptitude and Legal awareness and logical reasoning. CLAT is conducted every year to select students for 22 National Law Universities in India, other than National Law University, Delhi, which conduct its own entrance test (AI-LET), to select the students. CLAT score is also accepted by other law schools including NMIMS- Mumbai, UPES-Dehradun and Institute of Law, Nirma University-Ahmedabad, to name a few.

CLAT 2019 Eligibility

- To be eligible for CLAT, the candidates must have secured:
 - (a) Forty five percent (45%) marks in Qualifying Exam (Class XII or equivalent) in case of candidates belonging to Unreserved /OBC /Specially Abled Persons (SAP) and other categories.
 - (b) Forty Percent (40%) marks in case of candidates belonging to SC/ST categories.
- Candidates who are appearing in the qualifying examination in March/April 2018 are also eligible for appearing in CLAT-2018 online examination. However, they shall be required to produce an evidence of their passing the qualifying examination at the time of admission, failing which they shall lose their right to be considered for admission.
- The result of qualifying examination (i.e., 10+2) shall be submitted by the candidate at the time of admission failing which the candidate shall be ineligible for admission to the Course.

CLAT 2019 will be held from 3:00 PM-5:00 PM on 12th May 2019.

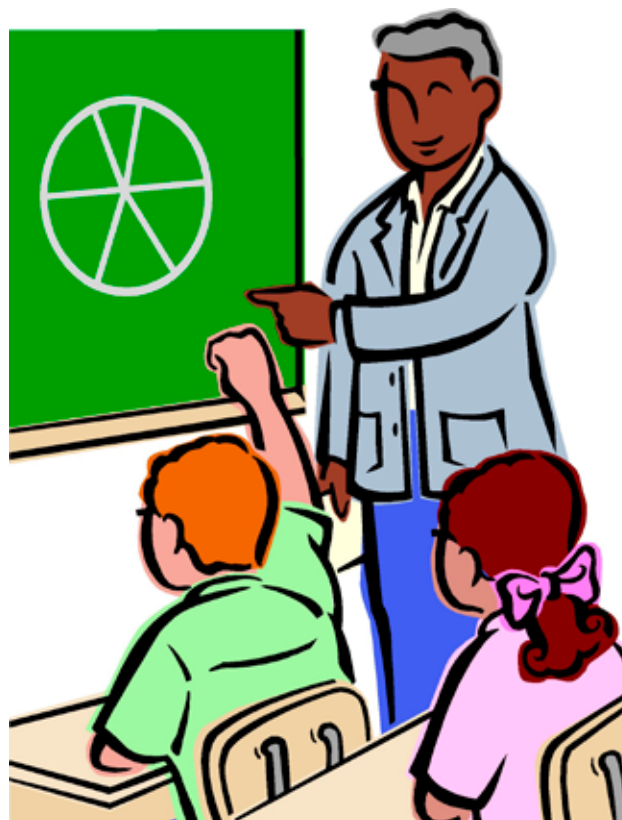
CLAT 2019 Syllabus

CLAT 2019 shall be conducted in online mode where the paper will have 200 questions from five different sub-

TEACHERS CHANGE LIVES



NIPA SHUKLA
CEO
The Open Page



It is not an exaggeration to say that a great teacher can change a student's life. There are an endless amount of great teacher stories that inspires to the benefits of a strong relationship between an educator and pupil. To name the few likes of Dronacharya&Arjuna, Chanakya& Chandragupta Maurya.

They say "A teacher takes a hand, opens a mind and touches a heart." Every adult has been shaped into the person they are by some teacher or the other during their growing-up years. A life-altering teacher may have been the one at your school, or the one who gave you private lessons, or your sports coach, or even your parents. But did you know that there were many great teachers in our country who shaped the youth of the nation and made a mark in history with their teachings?

As some of the most influential role models for developing students, teachers are responsible for more than just academic enrichment. If a teacher wants to be a great educator, they must connect with their pupils and reach them on multiple levels, because the best teachers are committed to their students' well-being both inside and outside the classroom. By forging strong relationships, educators are able to affect virtually every aspect of their students' lives, teaching them the important life lessons that will help them succeed beyond term papers and standardized tests. It is not always easy to change a student's life, which is why it takes a great teacher to do so. Some just need an extra push and others may be going through something troubling in their personal lives and need someone to talk to. Whatever the student needs to help them excel, a life-changing teacher will be there for them. One of the most in many difficult aspects of taking up the profession of TEACHING is learning how to motivate students. It is also one of the most important aspect for a becoming a successful teacher.

HOW CAN PARENTS HELP

Parents are central to student motivation. Parents can help by regular interaction with Teachers at School on different points.

1. Provide a warm, accepting home environment.
2. Give clear directions and feedback.
3. Create a model for success
4. Build on the student's strengths
5. Relate schoolwork to the student's interests
6. Help build a family structure that fosters consistent work towards the goal.
7. Help the student to have some control over how and when he learns.
8. Emphasize the child's progress rather than his or her performance in comparison to the other students in the class or family.
9. Remember to reinforce the behavior you want.
10. Use reinforces wisely. Recall that intrinsic motivation works best. Follow a child's interests, when possible, rather than spending time building elaborate reward systems.

WHY STUDENTS ARE NOT MOTIVATED?

Students who are not motivated will not learn effectively. They won't retain information, they won't participate and some of them may even become disruptive. A student may be unmotivated for a variety of reasons: They may feel that they have no interest in the subject, find the teacher's methods un-engaging or be distracted by external forces. It may even come to light that a student who appeared unmotivated actually has difficulty learning and is need of special attention.

WHAT DOES A MOTIVATED STUDENT GAIN?

While motivating students can be a difficult task, the rewards are more than worth it. Motivated students are more excited to learn and participate. Simply put: Teaching a class full of motivated students is enjoyable for teacher and student alike. Some students are self-motivated, with a natural love of learning. But even with the students who do not have this natural drive, a great teacher can make learning fun and inspire them to reach their full potential.

Effective Ways To Get Students Motivated About Learning

ENCOURAGE STUDENTS

Students look to teachers for approval and positive reinforcement, and are more likely to be enthusiastic about learning if they feel their work is recognized and valued. A teacher should encourage open communication and free thinking with their students to make them feel important. Be enthusiastic. Praise students often. Recognize them for their contributions. If classroom is a friendly place where students feel heard and respected, they will be more eager to learn. A "good job" or "nice work" can go a long way.

GETTING THEM INVOLVED

One way to encourage students and teach them responsibility is to get them involved in the classroom. Make participating fun by giving each student a job to do. Give students the responsibility of tidying up or decorating the classroom. Assign a student to erase the blackboard or pass out materials. If you are going over a reading in class, ask students to take turns reading sections out loud. Make students work in groups and assign each a task or role. Giving students a sense of ownership allows them to feel accomplished and encourages active participation in class.

OFFERING INCENTIVES

Setting expectations and making reasonable demands encourages students to participate, but sometimes students need an extra push in the right direction. Offering students small

incentives makes learning fun and motivates students to push themselves. Incentives can range from small to large giving a special privilege to an exemplary student, or putting a star on the hand of a toddler, to a class pizza party if they do extremely well in an inter-class competition. Rewards give students a sense of accomplishment and encourage them to work with a goal in mind.

GETTING CREATIVE

Avoid monotony by changing around the structure of your class. Teach through games and discussions instead of lectures, encourage students to debate and enrich the subject matter with visual aids, like colorful charts, diagrams and videos. Teacher can even show a movie that effectively illustrates a topic or theme. Classroom should never be boring: use posters, models, student projects and seasonal themes to decorate your classroom, and create a warm, stimulating environment.

DRAWING CONNECTIONS TO REAL LIFE

"When will I ever need this?" This question, too often heard in the classroom, indicates that a student is not engaged. If a student does not believe that what they're learning is important, they won't want to learn, so it's important to demonstrate how the subject relates to them. If a teacher is teaching algebra, take some time to research how it is utilized practically for example, in engineering and share your findings with your students. Really amazing them by telling them that they may use it in their career.

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