

The Open Page

Inspire Learning

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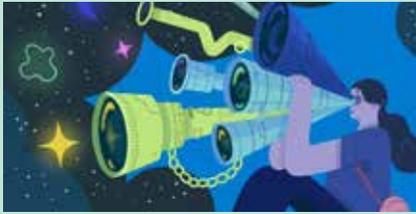
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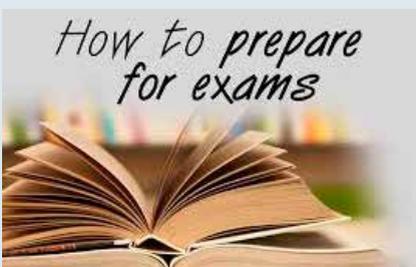
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The Open Page - 6th Educator's Award held on 8th February 2020 at Kameshwar International School was great success.

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The Open Page - 6th Educator's Award

The Open Page -6th Educator's Award held on 8th February 2020 at Kameshwar International School – Gandhinagar and was great success. We honoured 7 Veterans & also gave awards to Educators in 12 different categories. We also honoured 16 torch bearers to spread the light of Educator's Award across Gujarat.

During the journey of 19 years, the excellent work carried out by educators in various aspects of the education came in light. These innovators who were working to improve the quality of Education selflessly, were not being recognized and encouraged. So we at THE OPEN PAGE felt the need of honoring and felicitating the hard work done by such Educators. THE OPEN PAGE – EDUCATOR'S AWARD was launched in the year 2014-15 and the award function has been regularly being organized year after year. This year the 6th Educator's Award function was hosted by Kameshwar International School, a well known educational Institute of Gandhinagar. Till date The Open Page award has been organized in Ahmedabad, Rajkot, Surat, Baroda, Mehsana and this year – in Gandhinagar. Idea behind the rotation is to make the award popular and invite more and more educators to file their nomination and show case their work.

The Chief Guest for the event was Padmashri Vishnubhai Pandya – Chairman, Gujarat Sahitya Akademi, & the Guest of Honour was Smt. Jagrutiben Pandya – Chairperson – Gujarat State Commission for Protection of Child Rights (GSCPCR), Shri Bhagwatrushi Kardamrushi Shashtri of Sola Bhagwat & Shri Bharatbhai Gajipara, President – Federation of Self Finance Schools – Gujarat. We also had Special Guest – Mr. Kamal Mangal- Chairman-Anand Niketan Group of School, Mrs. Ruchi Chaudhary, Director – Divine Child Group of Schools, Shri Sanjay Patel – Co – Founder & Managing Director of Divyapath Schools and many other dignitaries from different schools. Mr. Archit Bhatt – Publisher of The Open Page, Children's Newspaper gave a brief details of the journey of The Open Page Educator's Award and also regarding the importance of honouring Educator's.

In this program we honored the Veterans, who have dedicatedly and selflessly served the society in the field education. This year in the memory of Shri Labhubhai P. Bhatt (Dadaji) – VETERAN AWARDS.

This year we had received total of 204



profiles of Educators from 12 different categories, who participated in the 6th Educator's Award. Till now in 6 years we have received total of 1641 Educator's profiles in different categories from 33 districts of Gujarat. First round of scrutiny was done by the Educators Award committee and a list of short listed candidates in each category was prepared. In the morning on the day of the award function, short listed candidates were called at the venue. They were required to give presentation of their work and achievements to the panel of jury members; three per category; who are eminent and experienced educationist themselves. They selected the winner based on the presentation and interview. This year almost 43 shortlisted candidates participated in Jury round.

All the winners were given a cash prize of Rs.11,000 as token of appreciation along with Trophy and certificate. The Cash prize were donated by different educational institutes. The Chief Guest for the event was Padmashri Vishnubhai Pandya addressed the gathering and spoke about importance of Value based Education in current scenario and also showed his concern

about losing our age old practise in name of Modernity under the influence of Western Culture. The Guest of Honour Smt. Jagrutiben Pandya, appreciated the good work done by THE OPEN PAGE of felicitating the EDUCATORS through THE OPEN PAGE EDUCATOR'S AWARD in 12 different categories. Shri Bharatbhai Gajipara, spoke about the importance of improving reading habits in children at very young age and appreciated the hard work done by THE OPEN PAGE by publishing Children's Newspaper in both English & Gujarati language. Shri Bhagwatrushi spoke about the importance of education in mother tongue. Mrs Hansa Upadhyay, Project Leader – Educator's Award gave vote of thanks to all who had been instrumental in making this event a success.

The Open Page team offers heartfelt thanks to the Host school – Kameshwar International School- its Management, Principal, Coordinators, Teachers, Students, Sponsor of the event The Cash prize donors. The Tripada Parivar, Press & Media houses and representatives, Management of different school who supported & attended the program.

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

Students of Galaxy Global School celebrated Netaji Subhash Chandra Bose's Janm-Jayanti



Pariksha Pe Charcha 2020 for the Students of CCIS Green Campus



Satyameva Jayate International School Organized Save Birds rally



Satyameva Jayate International School sensitizes its students to care for human life and birds and not get carried away with one's temporary pleasures of simply flying kites. Inspired by all the beliefs and feelings of Truth, Virtue, Religion and Blessings, we celebrate the festival of Makar Sankranti Uttarayan across the nation.

"Say No To Plastic" Celebrated at D.P Campus



Fitness yoga camp for the students of Madhav International School



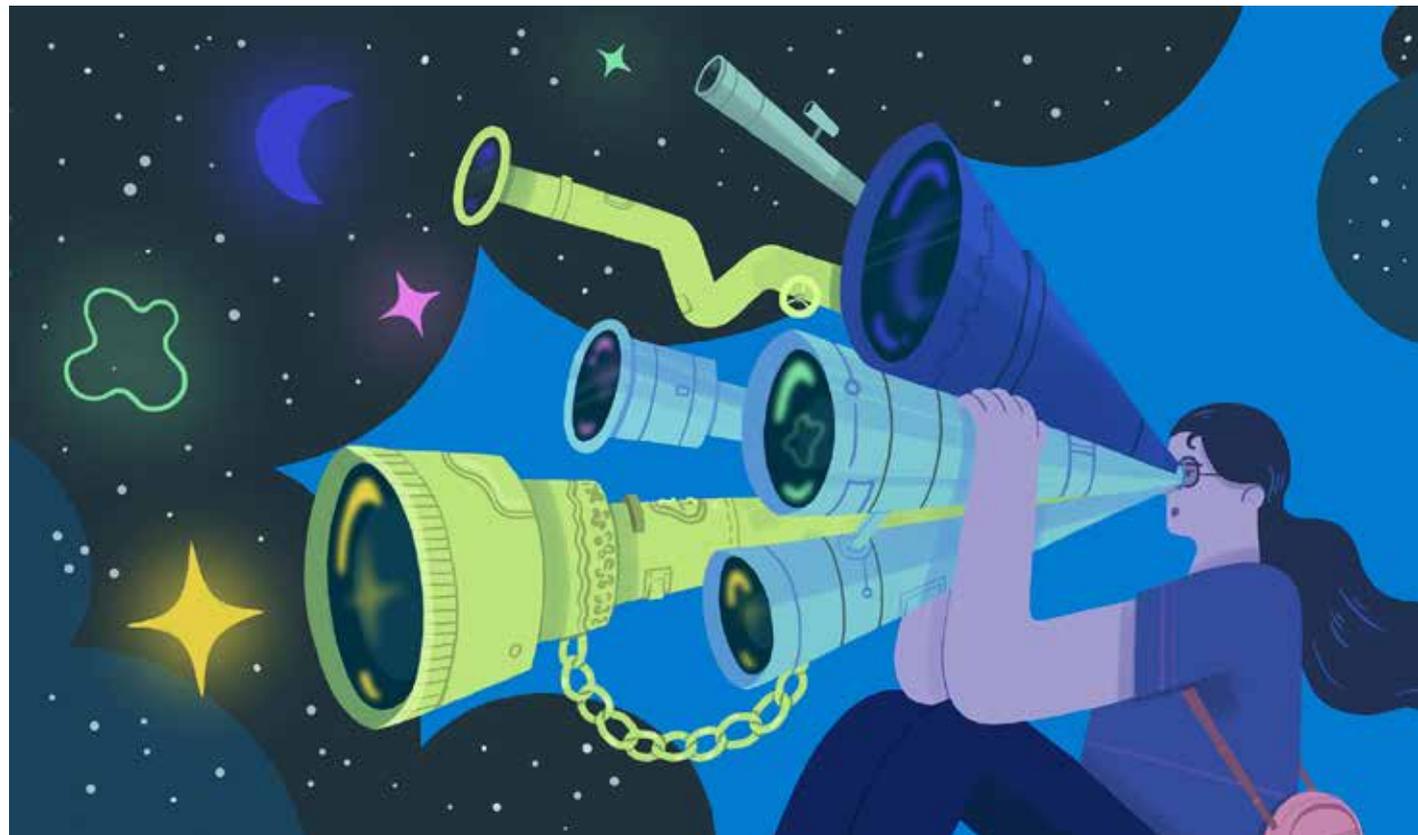
A fitness yoga camp, was organized to spread the awareness about yoga and exercise under the guidance of Mr. Rakesh Kshatriya, Ms. Nitya Naidu, Mr. Jigar Luhar at Amul garden, Vastral, children expressed their views by preparing speeches and banner on diet chart, importance of exercise and avoid junk food and healthy eating.



ANJU KUMARI
Vice Principal
Tripada Gurukulam Campus
Viramgam

Enemies Of Good Decision-Making

The main reason why people facing the same choice situation, in the same context, and with the same information available, make different decisions is that they think differently.



HOW TO MAKE A DECISION



What if questions can help you to think about the potential consequences and also about the probability of that consequences happening. It raises your awareness about potential outcomes and probably led you to be more objective judgment.

Our minds will always find new ways to trick us and we will continue to make bad decisions. It's just the process of acknowledging that we are trapped by our own beliefs which will help us to set us free. We need to unlearn what we have learned when making decisions, and eventually, we will get better at it. The decisions we make determine our reality. They directly impact how we spend our time and what information we process (or ignore). Our decisions shape our relationships – and increasingly in today's hyper-connected world, decisions contribute to our energy level and how efficient we are in the various aspects of our lives. Inevitably, we all make some poor decisions every single day. But if we are aware of these six enemies of good decision-making, and take steps to outmaneuver them, we can make better decisions that have a positive impact on the people we work with and lead.

perspective.

3. Try for infirming rather than confirming the research: that is when you go out to gather information try goggling the opposite of your assumptions to see what you get. Or try doing separate research instead of looking for the answer to your hypothesis. So if you think the fast fashion market is going to grow in the following moths, try searching for "the fast fashion market is slowing down" and see what you get.
4. Define criteria and prioritize: make a list of at least five factors or criteria when comparing two choices. Once you have chosen the criteria to prioritize according to your needs. So, for example, you want to choose a new phone, chose 5 criteria

ria that you care about like: design, battery life, camera quality, price, capacity, apps available – if you care about social status then put it on your criteria (it's ok). then organize those criteria according to your priorities. Finally, compare the two options based on those categories. If you find it difficult to step apart from your initial belief, ask a person with more expertise to help you rate them.

5. Inverse the framing: see what effect it has on you the way the choices are framed, would you then choose differently. So if instead of looking at the potential gains of an opportunity, I focus on the potential loss. Would I still prefer option A. This helps you to see if the potential loss goes beyond your affordable loss, or inversely if the gains are better even if there is some kind of risk?
6. What if? Try to construct scenarios. What could happen if I choose X?

Every single thing we have in life is a product of our own decisions. We are constantly and endlessly confronted with choices to make. About everything.

Research has shown that the typical person makes about 2,000 decisions every waking hour. Most decisions are minor and we make them instinctively or automatically -

What T-shirt should I wear on that date? Should I stop communicating to my friend because of stupid reasons? What should I study?

Some choices are easier than others. Some choices are life-changing while others have little impact. Sometimes you have to choose from a pool of bad options. Some people just don't get to choose. The first step to becoming better decision-makers is to understand what keeps us from choosing what is right for us, for our lives and for our society

The Guilty mind

We tend to look for those – or that – who are responsible for our bad decisions and their regretful outcomes. We blame the particularities of the context in which we were forced to take that decision or the people who made us choose.

But the reality is that, most of the time, is our mind that tricks us and leads us to that path of bad choices. Because every decision we make is determined by how we interpret, analyze and process the information we receive from the environment.

The main reason why people facing the same choice situation, in the same context, and with the same information available, make different decisions is that they think differently.

Thus, decision-making is purely a cognitive process. And as for any cognitive process, when it becomes too complex, our mind looks for shortcuts and tricks to make it easier and faster.

So, in reality, we cannot completely avoid cognitive biases, but we can limit their negative effects. So what can we do?

1. Acknowledge we are subject to these biases: being aware of these cognitive factors is important so that we recognize certain behavior we adopt when making decisions. In this way we are more cautious about our decision-making processes, questioning ourselves if there might be something blurring view of things.
2. Ask for a second opinion: another point of view might give you complimentary or contradictory information that might help you view things from a different

Annual Day Celebrated at Anand Niketan School Bhadaj Campus



The spectacular evening began with the commencement of the auspicious lighting of the ceremonial lamp by the distinguished assembly of guests. The Principal Ms. Vaishali Parikh welcomed the august gathering and presented the school report accentuating the progress of the school throughout the year. The themes for the Annual Day were Retro to Metro for the Junior Wing and Let's Trace Our Footprints for Senior Wing which was presented meticulously by all the students. The journey showcased the change and development from retro era to the metro age and also reflected that as life is fastening we somewhere have lost our emotions and affections, our culture and values and most of all our relations to the people around us. The chief guests and parents were visibly impressed by the impeccable performance showcased by the students across different grades and also appreciated the choice of the theme. The entire school participated whole heartedly towards the success of the grand event.

Mother Teresa Memorial School, Telav hosted its Annual Function



The function began with the lighting of lamp followed by welcome song and Ganesh Vandana. Addressing the gathering, the Principal Ma'am, Mrs. Mamta Thakur, in her welcome speech, presented the annual report highlighting the achievements of the school and students and thanked the parents for their constant support.. She also launched MTMS magazine "Glimpses 2020". Each class danced to the tune of Hindi hit songs with colourful props, depicting the value of culture, tradition, modern views of life, Folk Dance, Western Dance and drama, etc. The entire programme was anchored by Meetraj and Manal, the students of the school.

Teddy Day celebrated by Tender Touch School



Scholastic book fair organized by Tripada English School



The motive was to inculcate the habit of reading and enhance the reading skills of students by giving them wide selection of books to choose. The students had an opportunity to select the book and instill a love of reading. Mostly all the parents supported it by buying books for their ward.

Cosmos Castle SG Campus conducted session on Food Safety and hygiene by FSSAI



They educated students about the role of FSSAI in the food industry of India and importance of it. Students actively participated in the activity conducted. It was indeed great information sharing session which helped to increase the students understanding about the food scenario in India.

Valentine's Day Celebrated by LDR School



Sports Day Celebration for the students of Zebar School

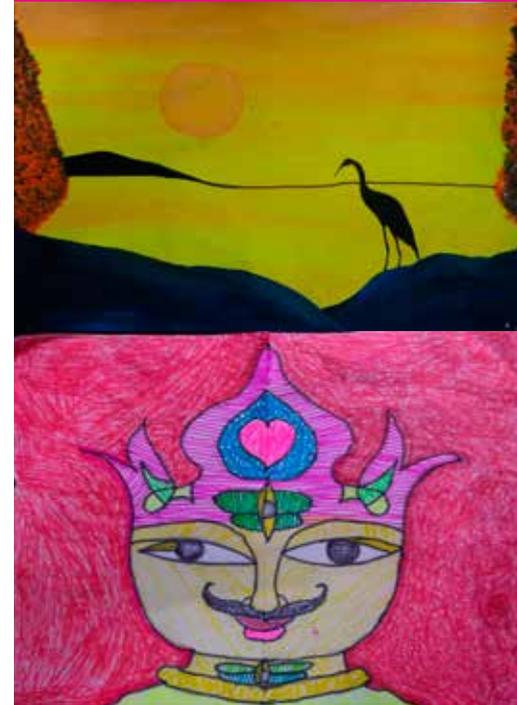


"Tulsi Pujan" Celebrated by the students of Tripada Gurukulam English School



Tulsi is the sacred plant dearer to the Lord Vishnu. Tulsi symbolizes purity. It is considered as the holy plant in the Indian Subcontinent. Tulsi got its name from Tulasi Devi, who was one of Lord Krishna's eternal consorts.

Airport school



Shrey Patel 5th A

Cheesy Masala Pasta

Ingredients

- 1 cup boiled pasta of your choice,
- ½ tomato (cut into pieces),
- 1 small onion (cubed/sliced),
- 1 tsp olive oil,
- 1 tsp mixed herbs, salt per taste, black pepper powder per taste, processed cheese as per your liking, some coriander leaves.

Method

- 1 Take oil in a non-stick pan and heat it.
- 2 Now add onions and saute it till it softens.
- 3 Then add tomatoes and saute it for a minute more.
- 4 Add the pasta, herbs, salt and pepper and mix well.
- 5 Serve hot with cheese shredded on it and some coriander leaves.



A DELICIOUS RECIPE BY
ESTHER SAMUEL

Esther Samuel, A complete foodie who likes to experiment with food and is determined to make cooking a very interesting chore of one's life.

Tricolor Macaroons Recipe

Ingredients Of Tricolor Macaroons

- 1 Cup almond flour
- 1.5 cup powdered sugar
- 3 egg whites
- 1/4 tsp cream of tartar
- 3 tbsp white sugar
- green food colour
- orange food colour
- white food colour
- For cream cheese filling: 2 tbsp unsalted butter
- 100 gms cream cheese
- 1 cup powdered sugar
- 1 tsp vanilla extract
- 2 tsp heavy cream



How to Make Tricolor Macaroons

- Prepare macaron shells:
- In a bowl mix together almond flour and powdered sugar.
- Start beating the egg whites using the wire whisk. As the egg white starts to foam a little, add cream of tartar. In a while, the egg whites will develop a shaving cream like consistency, start adding sugar.
- Fold in the almond flour-sugar mixture into the egg whites in 3 parts. The batter should not be runny, it should be slightly thick.
- Divide batter into 3 parts, leave one as such and add green and orange food coloring to remaining 2 and mix to combine. Transfer 3 colored batters to 3 different piping bags fitted with 1/2 inch round tip. Pipe the batter onto the cookie sheets.
- Let the macarons sit at room temperature for 45 minutes. Preheat oven to 300 F degrees. Once the shells have dried completely, bake macarons (one sheet at a time) at 300 F degrees for 15-17 minutes. Remove from oven and cool completely.

Prepare cream cheese filling:

- Beat butter and cream cheese till smooth and creamy. Add powdered sugar, 1/2 cup at a time, mixing well after each addition.
- Add vanilla extract and mix till combined. Also add white food color.
- Add heavy cream, 1 teaspoon at a time till you get the desired consistency. The filling should remain thick, so don't add too much liquid.

Fill the macarons:

- Remove the macaron shells from the parchment paper once they have cooled completely.
- Fill them with prepared cream cheese filling and enjoy!

QUIZ

1. What did Jeremy Boob, PhD, use to fix the sub's prop, enabling the Fab Four to escape the Blue Meanies in the 1968 cartoon fantasy Yellow Submarine?
2. What Nickelodeon cartoon series was named after the cartoonist's apartment manager?
3. What was Woody Woodpecker's hometown called?
4. Betty Boop, created by Max Fleischer, was a cartoon character based on which real-life actress?
5. Which television cartoon figure wrote on his school chalkboard, "I will not aim at the head" and "My name is not Dr Death"?
6. The rapid flashing of what cartoon sent 618 Japanese children to hospitals with nausea and seizures?
7. Which TV show had Russian spies Boris Badenov and Natasha Fatale?
8. In the cartoon Peanuts, Schroeder is a big fan of whose music?
9. What cartoon character says "Dagnabbit"?

WINNER FOR LAST QUIZ

Zarna Patel, Std 5th B, Airport School
Lavina Moolrajani, Std 5th B, Airport School
Send your answer to openpageyrc@gmail.com. Names of the Winners would be announced in the next issue

Materials

- 2 Film Canisters and Lids
- Water
- Vegetable Oil
- 2 Halves of an Alka-Seltzer
- 1 Aluminum Pan



Instructions

1. Place both film canisters in the aluminum pan.
2. Fill one canister to the half-way point with vegetable oil and the other canister with water.
3. Drop the half of Alka-Seltzer into the vegetable oil canister and cap it. Then do the same thing with the water canister, and back away for safety.
4. Watch from a safe distance until one of them explodes. Which one was it?

How it Works

Like school, some environments can be filled with excitement, other environments can be dull and boring. One canister is lively and bubbly because of the chemical reaction that happens within the canister and the other is struggling for a reaction.

The Mind of a Student

Extra Experiments

1. What happens if you turn the canister over after putting the lid on?
2. What if you try salt water, does that affect the results?
3. What if you fill the entire canisters with water or with vegetable oil? Does it change the results?

Effective Time Management

It is said that time waits for no one. This is true because time is a limited and exhaustible resource for each one of us. The difference between achieving a lot and achieving the bare minimum often comes down to how well we manage our time.

Good time management allows you to get things done on time and also balance your home work, tuition, revision and play time. The better you manage your time, the more you are learning discipline but this skill only comes with regular practice and building the habit of making and following a schedule. A lack of discipline affects all areas of your life and creates obstacles on the path towards your goals.

Time is an arrow that moves only in one direction. Once gone we cannot rewind it like a video tape. Managing your time well requires a conscious, active effort and is unlikely to happen by chance. Proper planning and implementation of daily tasks helps students get good and high scores in their examinations. Most toppers and academic achievers plan their schedule and follow it strictly. This practice and ethic, which they form as a habit during school time will help them out throughout their future life and career.

Remember kids, there are only 24 hours in a day and how well you manage your time will dictate how much you get done within that time. You are the best judge of what your daily tasks involve and your capacity to compete it, so plan accordingly. Look around you and draw inspiration from your peers who manage their time well and get more done than others.

Inculcate their their successful habits that can help you maximise your time as well. When you learn to manage your time well, you increase your ability to focus, and with it comes improved efficiency. By following a schedule, you conserve energy since everything is planned and you just have to follow it to get the result. This in turn, makes you more confident to set goals and fit more life within each unforgiving minute.

By doing this you can navigate through your responsibilities more quickly and will not find it tough to manage your studies, homework, passions as well as interests on a daily basis.

The ability to make better decisions is one of the additional benefits of good time management skills. On the other hand, when you make hurried decisions due to lack of time, you're more likely to



jump to conclusions without fully considering every option. In most cases, this leads to poor judgment regarding your academics and career.

With proper and efficient time management, you can get rid of the anxiety and frustration that comes from feeling like you don't have enough time for relaxing. By slotting ample time for all necessary aspects of life, you will feel more in control and mentally calm. If you don't have control over your time, it's easy to end up feeling overwhelmed and confused and so good time management is truly the key to success.

Remember- "Ordinary students think merely of spending time, but rankers think of using it to their advantage."

7 Key Time Management Tips for Students

1. Eliminate Distractions

Get rid of anything that distracts you and allows you to procrastinate from your work. While you are studying or writing, put your phone on silent and put it in a drawer where you won't be tempted to answer calls and messages. Get off social media and save them for only when you are relaxing.

2. Be focused at the task at hand

When you are totally focused and immersed in what you are doing time seems to have flown by, this mental state is called being in 'the flow' and it makes you feel energised, motivated and increases the enjoyment of the activity you are doing (not to mention being super-productive).

3. Use a Calendar

A calendar is a great way to plan your day. It'll be an easier way to schedule your tasks and remember your obligations. It can also help you to study in blocks and devote time to different subjects. Set up a calendar on your phone or computer and ensure you stick to it. Factor in extra time in case an activity takes longer than expected.

4. Use a Checklist

A checklist is a great way to ensure you stay on task. By listing your tasks and ticking them off one by one once completed, it also gives you a sense of accomplishment and boosts confidence.

5. Get Organised

Once you have your calendar and your checklist set up, you should be well on your way to being better organised. Being organised will save you a lot of time and allow you to allocate and manage your time better.

6. Schedule Rewards

You need to treat yourself when you do the right thing and stick to your schedule. Reward yourself with some time to do things you enjoy, like go for a walk or watch some TV. The break will also allow your brain to relax and be more productive when you return. But make sure you don't overindulge until you have completed all your tasks.

7. Get a Good night's sleep

A good night's sleep is essential to make sure your body and mind is rested and fresh for the next day. It can be hard to concentrate if you didn't get 7 to 8 hours of sleep in the night before. Pulling an all-nighter studying is less productive than consistent study. Manage your time better by including sleep in the schedule.





"PLAY, PRAY, PAMPER THE CHILD WITHIN" COME JOIN US AT OUR ECO DESTINATION

CAMP ATTRACTIONS

Zig-Zag Bridge	Tyre Tumble
Burma Bridge	Jungle Trakking
Commando Net	Green House
Artificial Wall Climbing	Team Bulding

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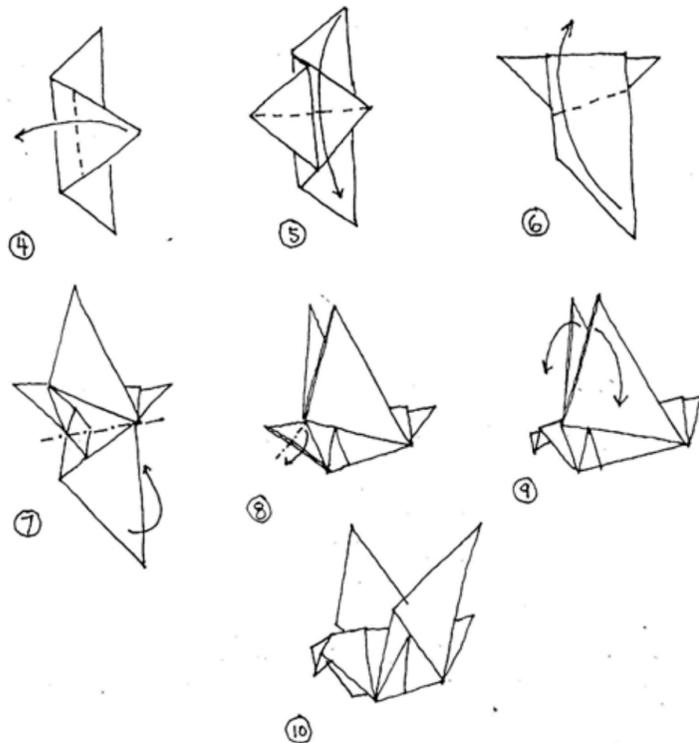


Plot No.: 219/42, Aluva
Gam, Nr. Pindarda
Village, Gandhinagar-
Mahudi Highway,
Gandhinagar, Gujarat

FILL IN THE COLORS



ORIGAMI



SUDUKO

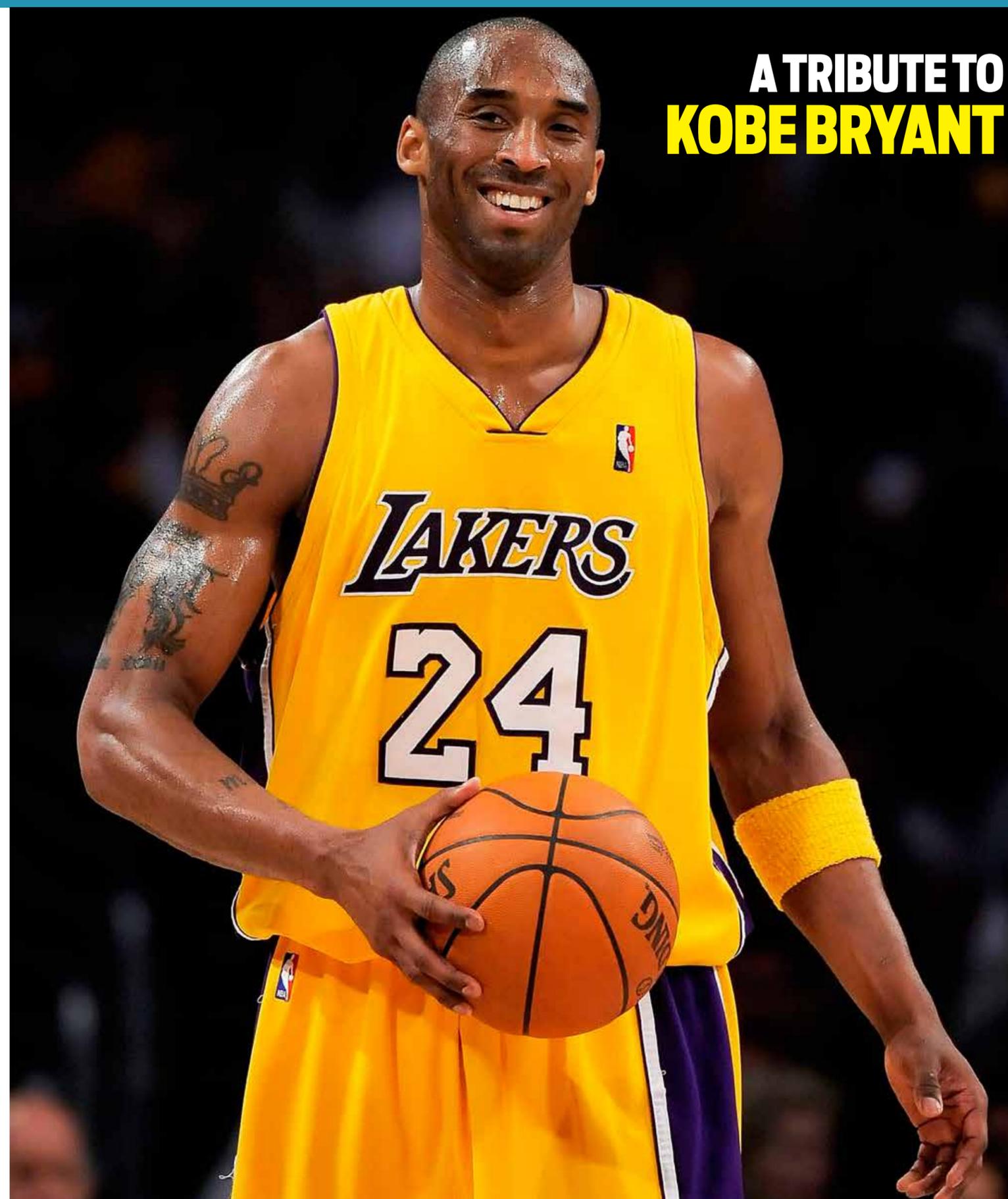
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	9			7		4		2

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FIND THE DIFFERENCE



A TRIBUTE TO KOBE BRYANT



PVC Lieutenant Colonel A. B. Tarapore



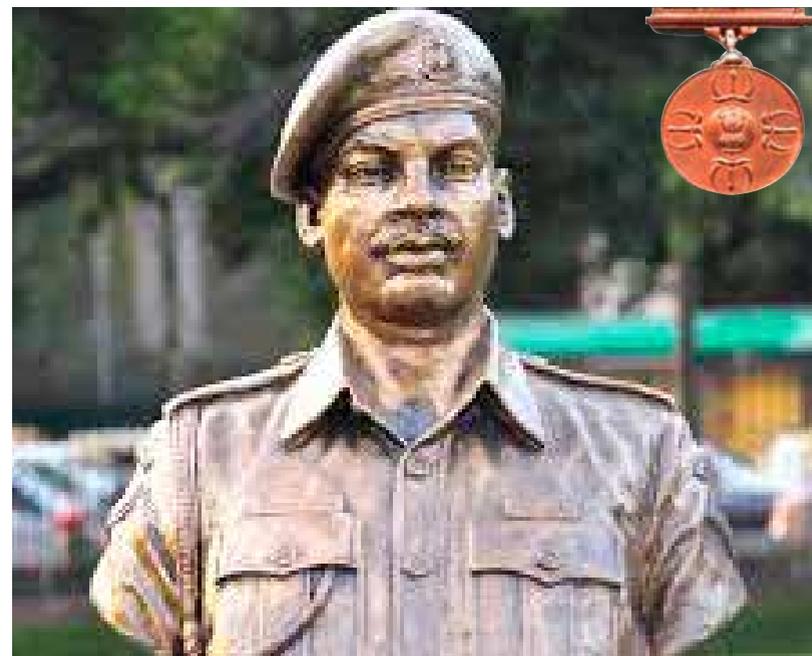
Born	18 August 1923 Mumbai, Bombay Presidency, British India
Died	16 September 1965 (aged 42) Chawinda, Pakistan
Allegiance	Hyderabad State, India
Service/branch	Hyderabad Army, Indian Army
Years of service	1940–1951 (Hyderabad Army) 1951–1965 (Indian Army)
Rank	Lieutenant colonel
Service number	IC-5565[1][2]
Unit	Hyderabad Lancers Poona Horse
Battles/wars	Battle of Chawinda
Awards	Param Vir Chakra



Tarapore was posthumously awarded the Param Vir Chakra, for leading the regiment while injured, and inflicting significant tank losses on the Pakistani side, with an effective date of award of 11 September 1965. The official citation reads.

On 11 September 1965, the Poona Horse regiment under the command of Lieutenant Colonel Ardeshir Burzarji Tarapore was assigned the task of delivering the main armored thrust for capturing Phillora in the Sialkot Sector in Pakistan. As a preliminary to making a surprise attack on Phillora from the rear, the regiment was thrusting between Phillora and Chawinda when it was suddenly counter attacked by the enemy's heavy Armour from Wazirali. Lieutenant Colonel A. B. Tarapore who was then at the head of his regiment, defied the enemy's charge, held his ground and gallantly attacked Phillora with one of his squadrons supported by an infantry battalion. Though under continuous enemy tank and artillery fire, Lieutenant Colonel A. B. Tarapore remained unperturbed throughout this action and when wounded refused to be evacuated. Inspired by his leadership, the regiment fiercely attacked the enemy heavy armour destroying approximately 60 enemy tanks at a cost of only 9 tank casualties, and when Lieutenant Colonel A. B. Tarapore was mortally wounded the regiment continue to defy the enemy. The valour displayed by Lieutenant Colonel A.B. Tarapore in this heroic action, which lasted six days, was in keeping with the highest traditions of the Indian Army.

PVC Lance Naik Albert Ekka



Born	27 December 1942 Jari, Gumla district, Bihar, British India, present day Jharkhand), India
Died	3 December 1971 (aged 28) Gangasagar, Bangladesh
Allegiance	Republic of India
Service/branch	Indian Army
Years of service	1962–1971
Rank	Lance Naik
Unit	14 GUARDS
Battles/wars	Battle of Hilli Indo-Pakistan War of 1971
Awards	Param Vir Chakra
Spouse(s)	Balamdine Ekka



Lance Naik Albert Ekka was in the left forward company of a battalion of the Brigade of Guards during their attack on the enemy defences at Gangasagar on the Eastern front. This was a well-fortified position held in strength by the enemy. The assaulting troops were subjected to intense shelling and heavy small-arms fire, but they charged onto the objective and were locked in bitter hand-to-hand combat. Lance Naik Albert Ekka noticed an enemy light machine-gun (LMG) inflicting heavy casualties on his company. With complete disregard for his personal safety, he charged the enemy bunker, bayoneted two enemy soldiers and silenced the LMG. Though seriously wounded in this encounter, he continued to fight alongside his comrades through the mile deep objective, clearing bunker after bunker with undaunted courage. Towards the northern end of the objective one enemy medium machine-gun (MMG) opened up from the second storey of a well-fortified building inflicting heavy casualties and holding up the attack. Once again this gallant soldier, without a thought for his personal safety, despite his serious injury and the heavy volume of enemy fire, crawled forward till he reached the building and lobbed a grenade into the bunker killing one enemy soldier and injuring the other. The MMG however continued to fire. With outstanding courage and determination Lance Naik Albert Ekka scaled a side wall and entering the bunker, bayoneted the enemy soldier who was still firing and thus silenced the machine-gun, saving further casualties to his company and ensuring the success of the attack. In this process however, he received serious injuries and succumbed to them after the capture of the objective. In this action, Lance Naik Albert Ekka displayed the most conspicuous valour and determination and made the supreme sacrifice in the best traditions of the Army.

Significance of Mahashivratri

In the Indian culture, at one time, there used to be 365 festivals in a year. In other words, they just needed an excuse to celebrate every day of the year. These 365 festivals were ascribed to different reasons, and for different purposes of life. They were to celebrate various historical events, victories, or certain situations in life like sowing, planting, and harvesting. For every situation there was a festival. But Mahashivratri is of a different significance.

Why Mahashivratri Is Celebrated

The fourteenth day of every lunar month or the day before the new moon is known as Shivratri. Among all the twelve Shivratri that occur in a calendar year, Mahashivratri, the one that occurs in February-March is of the most spiritual significance. On this night, the northern hemisphere of the planet is positioned in such a way that there is a natural upsurge of energy in a human being. This is a day when nature is pushing one towards one's spiritual peak. It is to make use of this, that in this tradition, we established a certain festival which is nightlong. To allow this natural upsurge of energies to find their way, one of the fundamentals of this nightlong festival is to ensure that you remain awake with your spine vertical throughout the night.

Importance of Mahashivratri

Mahashivratri is very significant for people who are on the spiritual path. It is also very significant for people who are in family situations, and also for the ambitious in the world. People who live in family situations observe Mahashivratri as Shiva's wedding anniversary. Those with worldly ambitions see that day as the day Shiva conquered all his enemies.

But, for the ascetics, it is the day he became one with Mount Kailash. He became like a mountain – absolutely still. In the yogic tradition, Shiva is not worshipped as a God, but considered as the Adi Guru, the first Guru from whom the science of Yoga originated. After many millennia in meditation, one day he became absolutely still. That day is Mahashivratri. All movement in him stopped and he became utterly still, so ascetics see Mahashivratri as the night of stillness.

Spiritual Significance of Mahashivratri

Legends apart, why this day and night are held with such importance in the yogic traditions is because of the possibilities it presents to a spiritual seeker. Modern science has gone through many phases and arrived at a point today where they are out to prove to you that everything that you know as life, every-



Mahashivratri, "The Great Night of Shiva" is the most significant event in India's spiritual calendar

thing that you know as matter and existence, everything that you know as the cosmos and galaxies, is just one energy which manifests itself in millions of ways.

This scientific fact is an experiential reality in every yogi. The word "yogi" means one who has realized the oneness of the existence. When I say "yoga," I am not referring to any one particular practice or system. All longing to know the unbounded, all longing to know the oneness in the existence is yoga. The night of Mahashivratri offers a person an opportunity to experience this.

Shivratri – The Darkest Night of the Month

Shivratri, is the darkest day of the month. Celebrating Shivratri on a monthly basis, and the particular day, Mahashivratri, almost seems like cele-

bration of darkness. Any logical mind would resist darkness and naturally opt for light. But the word "Shiva" literally means "that which is not." "That which is," is existence and creation. "That which is not" is Shiva. "That which is not" means, if you open your eyes and look around, if your vision is for small things, you will see lots of creation. If your vision is really looking for big things, you will see the biggest presence in the existence is a vast emptiness.

A few spots which we call galaxies are generally much noticed, but the vast emptiness that holds them does not come into everybody's notice. This vastness, this unbounded emptiness, is what is referred to as Shiva. Today, modern science also proves that everything comes from nothing and goes back to nothing. It is in this context that Shiva, the vast emptiness or nothingness, is referred to as the great lord, or Mahadeva.

Every religion, every culture on this planet has always been talking about the omnipresent, all-pervading nature of the divine. If we look at it, the only thing that can be truly all-pervading, the only thing that can be everywhere is darkness, nothingness, or emptiness.

Generally, when people are seeking well-being, we talk of the divine as light. When people are no longer seeking

well-being, when they are looking beyond their life in terms of dissolving, if the object of their worship and their sadhana is dissolution, then we always refer to the divine as darkness.

Significance of Shivratri

Light is a brief happening in your mind. Light is not eternal, it is always a limited possibility because it happens and it ends. The greatest source of light that we know on this planet is the sun. Even the sun's light, you could stop it with your hand and leave a shadow of darkness behind. But darkness is all-enveloping, everywhere. The immature minds in the world have always described darkness as the devil. But when you describe the divine as all-pervading, you are obviously referring to the divine as darkness, because only darkness is all-pervading. It is everywhere. It does not need any support from anything.

Light always comes from a source that is burning itself out. It has a beginning and an end. It is always from a limited source. Darkness has no source. It is a source unto itself. It is all-pervading, everywhere, omnipresent. So when we say Shiva, it is this vast emptiness of existence. It is in the lap of this vast emptiness that all creation has happened. It is that lap of emptiness that we refer to as the Shiva.

Axar roars as Guj seal quarter berth

When skipper Parthiv Patel egged Axar Patel on with the 'It's your ground' comment, the words summed up what perhaps Gujarat knew all along – the left-arm spinner will play an important role in their final Elite Group A match against Andhra Pradesh on his home ground in Nadiad.

Axar did not disappoint as his sixth five-wicket haul in a First Class innings saw Gujarat reduce their rivals to 216 for seven at the end of the penultimate day's play.

While half centuries from Parthiv, Axar and Chirag Gandhi highlighted the second day's play, there was telling evidence that the wicket had turned and bounce – elements that make Axar's left-arm spin extremely dangerous to play.

True, Axar does not have the spin of a classical tweaker, but his variations make him a dangerous player. And it was the variations that saw Axar beating the forward defence of Prashanth Kumar to give Gujarat their first breakthrough in the second innings on Friday. Two balls later, Axar let a war cry when he had the other opener CR Gnaneshwar caught behind with Parthiv brilliantly anticipating the ball keeping low.

The turn and bounce came in to play when young left-arm spinner Siddharth



Desai removed Nitish Kumar Reddy after a brilliant catch by Samit Gohil at first slip.

Still 199 runs behind to make Gujarat bat again, Andhra's hope pinned on their most seasoned campaigners Ricky Bhui and skipper KS Bharat. The duo

added 43 runs before Bharat got the line wrong and Siddharth trapped him in front of the wicket.

Ten runs later, Ricky too followed suit after edging one off Axar to Samit, who did a brilliant job at first slip.

With the prospect of the match end-

ing on the third day itself, Gujarat upped the tempo with some close appeals and Parthiv putting pressure on B Sumanth and Karan Shinde, surrounding them with bodies.

While Axar removed the duo – and completed his first five-wicket haul of the season, Sumanth and Shinde by then had delayed the inevitable with a 90-run stand for the sixth wicket. Earlier, Chirag Gandhi fell just seven runs short of what could have been his second FC ton as Gujarat posted 406 in the first innings. Yash Gardharia too chipped in with 60-ball 44, but it was Tejas Patel whose 37-ball 26 was instrumental in Gujarat getting a lead of 229 runs.

Arpit Vasavada leads Saurashtra fightback

Senior pro Arpit Vasavada came up with a gritty unbeaten 126 to lead Saurashtra's fightback on the third day of their Ranji Trophy Elite Group B match against Tamil Nadu here on Friday. The result of this match would not affect Saurashtra's fortunes as they have already qualified for the knock-outs. As a result of Vasavada's resolute century, Saurashtra ended the third day at 346/6, adrift by 76 runs.

Bundesliga: Dortmund cruise past Frankfurt 4-0 to go second

Dortmund spectacularly bounced back from two consecutive defeats in the German Cup and league last week, filling up on confidence ahead of Tuesday's Champions League Round of 16 first leg at home to Paris St Germain.

Borussia Dortmund scored three second-half goals as they crushed Eintracht Frankfurt 4-0 in the Bundesliga on Friday to take over second place.

Dortmund spectacularly bounced back from two consecutive defeats in the German Cup and league last week, filling up on confidence ahead of Tuesday's Champions League Round of 16 first leg at home to Paris St Germain.

Defender Lukasz Piszczek found space to drill home for the lead in the 33rd minute with the hosts having to stay patient against a hard-working Eintracht.

But the visitors, who had enjoyed their best start to a year in half a century with three wins out of four games, only put up a fight for 45 minutes and threw in the towel after the restart.



Jadon Sancho latched onto a pinpoint Axel Witsel pass to score with a fine finish in the 50th and Erling Haaland tapped home four minutes later for his eighth goal in his fifth league

game, a Bundesliga record.

With the Eintracht defence in disarray, Raphael Guerreiro, who hit the post with a first-half free kick, made amends in the 74th, scoring with a



powerful shot from 20 metres after a sloppy clearance.

Dortmund had suffered a shock 3-2 German Cup defeat by Werder Bremen 10 days ago before losing 4-3 to Bayer Leverkusen in the Bundesliga.

It was extremely important to keep a clean sheet today, said Dortmund defender Mats Hummels. We also did not give them many chances. This was not a clean sheet for the defence but for the entire team.

LJ Institute ring the warning bell with a big win at Inter College football tourney

LJ start with a bang



Comeback win

Ganpat University came from a goal down to beat LD Arts College 4-2 in another match.

Martin (25th, 60th) scored a brace while Bonra (21st) and Dhruv (27th) added two more for the winners. Rakesh gave LD Arts the lead in the 10th minute while Raol Vekena added another in the 35th minute.

Close win

Shree Narayana College of Commerce (SNCC) overcame Central University

Gymkhana (CUG) in what turned out to be the thriller of the day. Zidhan Momin (3rd, 45th, 59th) scored a hat-trick for CUG while Kevan Sewak (20th), Parthan (50th) and Arjan (55th) hit the net for SNCC as the match ended 3-3 in the regulation time. In the penalties, Divya, Poojan and Nabarun hit the net for CUG while Zidhan and Dev missed their chances which cost them the match.

For SNCC, Kevin missed his chance but goals from Parthan, Arjun, Udit and Romil settled the issue for them.

Hiramani School are under-19 champion



Hiramani School thrived in their collective effort as they won the CBCA U19 One-Day School Tournament with a 49-run win over St Kabir School (SKS) on Monday.

At Sardar Patel Stadium in Navrangpura, Dhruvil Thakor topscored with 53-ball 36 while Aryan Patel chipped in with 42-ball 32 as Hiramani School posted 225 for nine from 50 overs.

For SKS, Sharvil Rathod was the pick of the lot with four wickets.

Krish Sharma then top-scored with 70-ball 52 while Laay Bhavsar added 58-ball 43 but their effort was not enough to save the day for SKS.

Arjun Patel took three wickets as Hiramani School bowled out their rivals for 176 in 46 overs to win the match.

Carmel girls at it again



Continuing with their dominating run in the tournament, the girls from Mount Carmel School won the Ahmedabad-leg of Junior NBA Inter School Basketball Tournament for the fourth consecutive time. At The Arena, Mt Carmel recorded a 24-8 win over Nirma Vidyavihar to pocket the title. Maria Lakdawala top-scored with 10 points while Bhoomika Tak and Misha Bajaj scored four points each for the winners. For Nirma Vidyavihar, Krishna scored four points earlier in the semis, Mount Carmel recorded a 22-8 win over Delhi Public School, Bopal. For the winners, Misha scored eight points while Amrut Nainani added four more.

Warriors spin a winning tale



Maulyarajsinh Chavda scored a century before the bowlers took the rivals for a spin as Gandhinagar Warriors edged out New Horizon CA (NHCA) by virtue of the first innings lead to win the under-16 SPCT Cup on Friday.

At SPCT cricket ground, Maulyarajsinh hit 21 fours in his 189-ball 146 while southpaw Prince Barot will rue missing one by a whisker after his 112-ball 99 that saw 18 fours after NHCA asked Warriors to bat first.

Aaryaditsinh Rathod (72, 76b, 1x6, 6x4) and Anuj Pandya (65, 76b, 6x4) also chipped in with useful runs as Warriors posted 464 for four in their first innings.

For NHCA, offie Rehan Shaikh picked two wickets.

Cracked under pressure

Left with a mountain to climb, NHCA batsmen cracked under pressure as they could manage only 78 runs in 39.1 overs with left-hand batsman Kunj Trivedi fighting it out with a 60-ball 44, which saw six fours.

Left-arm spinner Manthan Upadhyay was the pick of the lot for Warriors while fellow left-arm spinners Het Prajapati and Rudrajitsinh Gohil picked two wickets each.

Vivaan wins state title



Battling an injury in the left shoulder, Vivaan Mehta showed grit and determination to win the under-14 boys' singles crown in the Gujarat State Ranking Tennis Tournament that is being played at Neon Tennis Academy.

The top seed, who studies at Apple Global School, edged out

Mohit stars in SCC win

Mohit Shah starred in an all-round show as Spandan CC (SCC) registered a massive 119-run win over Jolly CC (JCC) in CBCA Minor Tournament on Monday.

At Sunrise cricket ground, Mohit slammed 62-ball 82 while Harsh Thakkar added 75-ball 69 as SCC posted 260 for nine in 40 overs after electing to bat first.

For JCC, Richi Horban and Saurabh Tiwari took three wickets each. Mohit then rolled his arms to pick three wickets as SCC bowled out their rivals for 141 runs in 24 overs. For the losing side, Saurabh waged a lone battle with 35-ball 39.

Ekansh Shukla 8-4 in the final to win the title.

Earlier in the quarters, Vivaan breezed past Sanskar Gupta 6-1 before easing to a 7-2 win over Vardhan Ingole in the semis.

Beijing quarantines returning residents as China struggles to pick up economy



People returning to the Chinese capital Beijing from extended holidays were ordered to undergo a 14-day self-quarantine to help prevent spread of the new coronavirus, as hard-hit Hubei province reported more than 2,400 new cases. The official Beijing Daily newspaper said people failing to obey would be punished but it was not immediately clear how that would be enforced, or whether the restrictions would apply to non-residents of Beijing or foreigners arriving from abroad.

Amid coronavirus scare, second wave of flu hits US kids



A second wave of flu is hitting the US, turning this into one of the nastiest seasons for children in a decade. The number of child deaths and the hospitalisation rate for youngsters are the highest seen at this point in any season since the severe flu outbreak of 2009-10, health officials said Friday. And the wave is expected to keep going for weeks. Experts say that it is potentially a bad time for an extended flu season, given concerns about the new coronavirus out of China, which can cause symptoms that can be difficult to distinguish from flu without testing.

Tussle in Congress over Rajya Sabha seats ahead of revamp plans



A head of election to Rajya Sabha due in April, a showdown is expected among Congress leaders over the party chief post as interim President Sonia Gandhi's health remains unwell. Amid growing concerns over the health of Sonia Gandhi, supporters of Rahul Gandhi want him reinstated as the party president while the old guard is of the opinion that it will send out a wrong message. The party seniors, however, are of the view that a non-Gandhi should be installed as president before Rahul Gandhi.

Promotions, posting of senior defence officers now come under CDS



Promotions and postings of officers above the rank of brigadier and equivalent ranks will be under the ambit of the newly created Department of Military Affairs (DMA), headed by the Chief of Defence Staff, to maintain more scrutiny and transparency in the process, sources privy to the matter have said. Till now the department of defence was responsible for this but with the creation of DMA but to bring more confidentiality in the system the job will be handled by DMA.

No big deal if PM Modi doesn't take holidays



Top government officials like Prime Minister Narendra Modi are expected to work long hours to serve the public and it's no big deal if he hasn't taken a holiday, the Shiv Sena said Friday through its mouthpiece newspaper, Saamana. PM Modi travels in luxury and expenses run into hundreds of crores, but the common man uses public transport and needs holidays to relax, Saamana said in an editorial. Until recently a key BJP ally, the Shiv Sena now runs the state government in coalition with the Congress and the NCP.

Vijay Mallya offers to pay 100% of outstanding loans, refuses to return to India



Vijay Mallya reiterated his promise of "100 per cent payback" to state-owned Indian banks to cover the outstanding debt against his Kingfisher Airlines. The fugitive liquor baron took to Twitter to lament the downfall of Jet Airways, comparing it to the closure of Kingfisher Airlines. Mallya wrote on his Twitter feed: "Watched TV debate on the sad collapse of Jet which included unpaid employees and industry veterans. Important issues on unemployment and suffering, security available to Banks, prospects of revival etc. Here I am offering 100% payback of KFA loans which Banks wont take."

Don't interfere in internal affairs: India rejects Turkish President Erdogan's comments on Kashmir



India on Saturday criticised Turkish President Recep Tayyip Erdogan's comments on Kashmir and asked him not to interfere in India's internal affairs. External Affairs Ministry spokesperson Raveesh Kaumar said India rejects all references made by the Turkish President on Jammu and Kashmir, stating that the region is an integral and inalienable part of India.

Calcutta University refuses to allow JNUSU president Aishe Ghosh's programme on campus



The Calcutta University on Thursday refused to allow a programme which was to be addressed by JNUSU president Aishe Ghosh on its campus, sources said. The authorities have not cited any reason for the refusal to allow the programme of a Left-leaning organisation, 'Calcutta University Save Autonomy Save University Forum', Ghosh was a speaker in the seminar that was scheduled to be held in the College Street campus of the Calcutta University.

BIRTHDAY WISHES

MICHAEL JORDAN
17th FEBRUARY 1963
Michael Jeffrey Jordan born February 17, 1963, also known by his initials MJ, is an American former professional basketball player and the principal owner of the Charlotte Hornets of the National Basketball Association (NBA). He played 15 seasons in the NBA, winning six championships with the Chicago Bulls. His biography on the official NBA website states: "By acclamation, Michael Jordan is the greatest basketball player of all time."



GEORGE WASHINGTON
22nd FEBRUARY 1732
George Washington February 22, 1732 – December 14, 1799 was an American political leader, military general, statesman, and Founding Father who served as the first president of the United States from 1789 to 1797. Previously, he led Patriot forces to victory in the nation's War for Independence. He presided at the Constitutional Convention of 1787, which established the U.S. Constitution and a federal government. Washington has been called the "Father of His Country" for his manifold leadership in the formative days of the new nation.



CHHATRAPATI SHIVAJI
19th FEBRUARY 1630
Shivaji Bhosale I Feb-19 1630 – April 03, 1680 was an Indian warrior-king and a member of the Bhonsle Maratha clan. Shivaji carved out an enclave from the declining Adilshahi sultanate of Bijapur that formed the genesis of the Maratha Empire. In 1674, he was formally crowned as the chhatrapati (emperor) of his realm at Raigad. Over the course of his life, Shivaji engaged in both alliances and hostilities with the Mughal Empire, Sultanate of Golkonda and Sultanate of Bijapur, as well as European colonial powers.



URVASHI RAUTELA
25th FEBRUARY 1994
Urvashi Rautela born 25 February 1994 is an Indian film actress and model who appears in Bollywood films. Rautela was crowned Miss Diva - 2015 and represented India at the Miss Universe 2015 pageant. She made her Bollywood debut with Singh Saab the Great (2013) and appeared in films like Sanam Re (2016), Great Grand Masti (2016) and Hate Story 4 (2018) and upcoming film Pagalpanti(2019).



How to Prepare for an Exam

Start studying early

Give yourself more than enough time to review the material that was covered in class. You might want to gauge how soon to start studying by how much material you need to review. For instance, if you have to review material for an entire semester, you might want to start studying a few weeks prior. However, if you are just taking a test that covers material over a few chapters, a week prior or even three to four days may be sufficient.

Only you know how long it takes you to study, so you are the best judge of when to start studying.

If the class material is especially difficult for you, start studying early. Give yourself enough time to truly grasp the material, practice it and then review it.

Get a full night's sleep before the exam. Your brain needs time to subconsciously digest everything you've put into it, so start early so you don't have to stay up all night.

Read through the entirety of your notes that will be on the exam

It will refresh your memory of the material and help you remember what you learned. It will also help to make you aware of all the information in your notes, where it is located in your notes so that you know where to find them, and what might be missing from your notes. Decide if you think your notes are sufficient enough to study from. Did you miss any classes? Are some of your notes missing? If so, you might need to borrow someone else's notes.

Get some good notes

If you're not a good note taker, or if there are "holes" in your notes, then ask a friend if you can copy his or her notes. Good notes can make all the difference when you're studying. They can explain content that the book doesn't explain well or highlight information and make it easier to understand and remember.

If you only have five pages of notes, but your friend has twenty, then you probably missed some important information. Compare your notes to your friend's to see where the holes are in your notes.

Ask your teacher about the test material

One of the easiest ways to begin your studying process is to find out what is on the test directly from your teacher. Many teachers will provide some guidance on what will and will not be covered on the test. Knowing which material the test will cover will help you focus on the main material that you need to study.



Your teacher most likely won't tell you exactly what is on the test, but he or she might give you some pointers by handing you a study guide, or simply announcing what the exam will cover.

Re-read your notes

This time re-read your notes for understanding. In other words, you are going to study your notes. Start with the most basic information. So, if you're studying an art history unit on impressionism, make sure you know what impressionism means. Who were the most famous impressionists at the time?

Ask yourself, who, what, where, when for each theme/subject matter that you are supposed to know for the test.

You can look up information online to study from, but the best information to study from is the information presented to the class because the answers will be derived from your classroom materials. Sometimes information on the internet can vary from the information that you are presented in class.

Take notes while you study

Yes, take even more notes. You can highlight and underline the information as well, but writing the information down really helps you retain it better. Make sure to write down concepts that you are struggling with or are having a hard time remembering.

Break down complex subjects into steps or parts. For instance, if you are trying to learn the order of historical events, list out each event that happened in the order they happened. For instance, first Linus Pauling discovered DNA, then he was awarded a prize. Write down the time frame and the events that influenced each happening. Knowing these side notes should help you to recall information because they increase your level of understanding.

Review your syllabus

The syllabus is an outline of everything that you should have learned over the

course of the class. It's a good place to start to understand major ideas and topics that you should be learning from the class. Review it and highlight the titles and subheadings. These are the sections that you'll need to at least review to make sure you understand the big ideas behind the topics.

Some teachers write down the page numbers or chapters that each section of the syllabus pertains to in your book. Take note of those pages because you should definitely review them.

Write down the major topics and themes that you pulled out of the syllabus

Then, go through your notes to see if you have any notes at all on those topics. Once again, if you don't, you should ask someone for notes on those topics, and re-read the sections in the book pertaining to those topics. Anything outlined in the syllabus is usually "fair game" for test material.

In the Memory of Shri Labhubhai Bhatt (Dadaji) – VETERAN AWARDS



TORCH BEARERS



WINNERS IN DIFFERENT AWARD CATEGORIES

- | | |
|---|--------------------------------------|
| 1. Pre-School Educator Award | Ms. Lata Shyju Nair, Valsad |
| 2. Elementary-School Educator Award | Mr. Hiteshkumar Brahmabhatt, Kheda |
| 3. Secondary-School Educator Award | Mr. Kalpesh D. Akhani, Patan |
| 4. Diploma / Senior-School Educator Award | Mr. Shailesh D. Rathod, Khambhat |
| 5. Principal of the year Award (Elementary) | Mr. Gautamchand J. Indrodiya, Rajkot |
| 6. Principal of the year Award (Sec. & Higher Sec.) | Ms. Anjanaben N. Patel, Gandhinagar |
| 7. Teacher's Educator Award | Dr. Rajesh Rathod, Gandhinagar |
| 8. Social Service (Educational) Award | Mr. Pravin K. Makwana, Bhavnagar |
| 9. Educator (Special Education) Award | Ms. Khevna Oza, Bhavnagar |
| 10. Parent of the year Award | Ms. Murali Srinivas, Ahmedabad |
| 11. School Management Educator Award | Dr. Vijaybhai Amrutlal Patel, Surat |
| 12. Sanskrit Pathshala Educator Award | Dr. Kuldeep Purohit, Dwarka |

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9/11 DAYS

Himalayan Camp-II
DALHOUSIE
6 BATCHES
9 DAYS

Himalayan Camp-III
SHIMLA
5 BATCHES
8 DAYS

Himalayan Camp-IV
DHARAMSHALA
2 BATCHES
7 DAYS

Himalayan Camp-V
TIRTHAN
5 BATCHES
8 DAYS

White Water Rafting
JAYALGARH
11 BATCHES
5/7 DAYS

NEW
Trekking Camp
CHOPTA
TUNGNATH-DEORIATAL
1 BATCH
6 DAYS

Aravali Camp
KUMBHALGARH
1 BATCH
3 DAYS

Jeep Safari
LADAKH WITH
NUBRA VALLEY
2 BATCHES
10/14 DAYS

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