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Human beings are the most wonderful creation of God; they have the power of speech and expression-in the form of different

BEING POSITIVE IS AN **ATTITUDE**



Positive thinking is a mental and emotional attitude. It drives you to the desirable and brighter side of

HOLI - The festival of colors



Festivals are only constant we have in our lives. Holi is a unique Indian festival of colors, which is celebrated on the full moon day in the month of March.

GUJCET



GSEB (Gujarat Secondary and Higher Education Board) conducts the state level offline test GUJCET (Gujarat Common Entrance Test) ḟor admission in Bachelors in Engineering and Technology/pharmacy courses in 112 participating institutes.

I'S EXAMTIME - LET'S FAC



SHINA UTAVANI Reporter The Open Page

he month of March have arrived with bright sunny days, tress flowering and a sweet aroma all around. It is the arrival of beautiful spring. But wait! With all these happy things in the casket, there is also the presence of something that march has always been known for - The Board and Final Exams! I hope I am not the only one who thought board exams were exams written on blackboard. No matter how hard have you studied all around the year; you can't escape examination phobia. With neighboring aunty who keeps on bragging how her daughter studies the whole day and that distant uncle that proudly says his son eats physics formulae in lunch and dinner; this period of exams surely becomes a full pack family drama.

While studying for exams, it's normal to get distracted. During this time, you may come across various quotes saying 'Marks doesn't matter' and 'Our education system needs a change' and all of that. To be honest don't get distracted by these quotes. Because during this time, you can't change anything, the only thing you can do is study well and give your best. No matter whatever you say but it's really very easy to criticize our education system then to work towards the change. And to be honest you need a mark sheet to get admission into your field; you can't change that. This system of examination is been prevailing from decades and is still going on. The world will still judge you based on your qualification. So give your best and don't listen to rest.

One thought that pops up in our head while studying for exams is: Do marks really matter? See marks matter to get a degree or qualification. If you currently do not have that practical expertise in any field, having a qualification will be like having a cake. It will get you through life up to the time you become genius. And having good marks on the top of it will be like icing on the cake. So don't listen to quotes like marks don't matter and don't get carried away, give your best. I am not telling you that you have



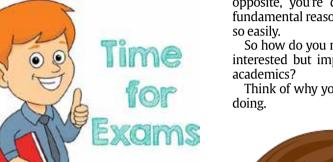
to get good marks and not scoring that will get you nowhere. I just don't want you to utilize your energy during this time on any other things than exams. I have seen students capable of scoring good marks getting distracted and not giving their best. Just give your best and don't worry about marks. Use your time and energy wisely.

How to concentrate on studies without getting distracted?

FIND YOUR 'WHY'

The biggest and the most pivotal factor behind most distractions is lack of motivation, interest and purpose.

Do you get distracted when you're watching videos on YouTube or playing videos games? No right! The reason why you don't procrastinate when you've to play video games is because they interest you. But when it comes to your studies it's the



opposite, you're disinterested. That's the fundamental reason why you get distracted

So how do you motivate yourself for less interested but important matters such as

Think of why you're doing, what you are



For example: if you're a high school student then getting good marks and excelling in exams is important for you to get admission in your desired college, which is important step towards achieving your career goals.

This exercise will help you to find motivation for studies. So don't get distracted and study well.

"Working is not important, working in a right direction is important". If you are writing your exams why not do it properly! See mugging up things and splitting it on exam paper won't get you good marks. It is important to present it properly and systematically. Whenever you write your answers, write it properly with proper introduction, heading and conclusion. Good memory does not guarantee good marks, but good presentation will for sure get you good marks! So it is

important to present your answer sheet properly.

So don't get distracted and study well. And also look for the happy side-VACATIONS! Yes you can use vacations as your motivation to study well. Look for the happy side that you have to study for a short period and then you can enjoy your vacations. Give

your best and forget the rest!

Good luck!



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

SATYAMEVAJAYTE INTERNATIONAL SCHOOL CELEBRATED ANNUAL SPORTS DAY

The most awaited 17th Annual Sports Meet was held on Friday 25th January 2019 and Saturday 26th January 2019, with great zeal, excitement and frolicsome atmosphere. The events on 25th Jan '19 were dedicated to the tiny tots and lower primary classes of the school. The day was graced by the Director Dr. Hina Shah and the chief guest Lihas Trivedi. The support staff and parents also showcased their skill in sports by participating in the various events.

The programme on 26th Jan'19 began with Principal, welcoming the esteemed Director Dr. Hina Shah, Chief Guest Mr. Ingit Anand. The Guest of Honour Dr. Shailendra Gupta followed by the hoisting of National Flag to celebrate the Republic Day. The dignitaries Mr. Ingit, Dr. Shailendra along with the director Dr. Hina Shah and Principal also took the salute of the impressive March Past of the students lead by The Head Boy Mandar Pimple and The Head Girl Maitry Acharya, coupled with some stirring marching music by the band.

Students of classes 4 to 10 competed in events including sprints, relays, sack race, obstacle race, slow cycling and skipping race. The House of the year trophy was awarded to the orange house. The event concluded with lot of fun and frolic and memories for years to come.





TRIBUTE PAID TO PULWAMA MARTRY

With grief and outrage by the people of the nation in the wake of the terrorist attack in Jammu and Kashmir which claimed the lives of 40 CRPF personnel. DiwanBallubhai English Medium School, Paldi organized a silent march from Paldi to Kochrab Ashram in which Teachers, Trustees, Students, Parents and the residents near the school participated to pay them 'VEERANJALI', 'SHRADDHANJALI', 'BHAVANJALI' & 'DESHANJALI'. The rally concluded with the PRAYER -'SHABTANJALI' in front of GANDHIJI'S statue. They also paid homage to India's beloved soldiers who attained martyrdom.

Shree Vidyanagar High school organised **Inter-school Drawing Competition**

Shree Vidyanagar High School, Usmanpura, Ashram Road, Ahmedabad, arranged interschool drawing competition on 26th February, 2019. Each year this competition is held by the H.C.Kapasi Students' Welfare Trust on the auspicious occasion of the foundation day of the school.

This year too, around 300 students from various 25 schools across the state took part in the competition. The sole purpose of arranging this competition is to bring out the creativity from the students.











CCIS GREEN CAMPUS organized it's Sports Day





PUSHPA DESOUZA

IMPORTANCE OF CORRECT GRAMMAR

Teaching Grammer, Creative Writing and spoken English uman beings are the most wonderful creation of God; they have the power of speech and expression-in the form of different languages. Humanity, for all its flaws and weaknesses, is a beautiful thing. Language is the tool with which we try to make sense of it all. It's how we describe and report on ourselves, the world and our reality. In a world where conversation happens through blogs, tweets, and facebook posts, using proper grammar is very important. Good grammar honors the power

The role of the English language in modern education is very significant. Students of any faculty whether medicine, law, science, commerce or arts, find that though some terms may differ – the rudiments of English Grammar

and beauty of words.

remain the same. Therefore the systemic knowledge of the essence of English Grammar is all important for a better prolific expression of ideas.

The fundamental purpose of learning grammar is for one to be able to transform thought, into written expression properly, correctly and precisely and to ensure clarity of communication.

In order to communicate, a learner should know the grammar of the language. It is important to be able to express one self, but this should be done in a way that people find it easy to understand. Writing that is poorly punctuated and contains grammatical errors is difficult to read and sometimes impossible to understand. The elements of good writing are simple: grammar, spelling, punctuation and capitalization. By mastering the rules and conventions, you will make your writing easier to understand and more enjoyable to your readers.

Grammar and punctuation are not the meat of your stories,

But they are the framework that makes story stand.

Grammar and punctuation are necessary elements of any piece of writing-if you want to communicate, you've got to make your meaning clear. And clarity goes beyond word choice. After studying grammar, learners are able to become more accurate when using a lan-

4. Verbs:
action
and so
ing ve

guage. Without good grammar, clear communication is impossible. It keeps you from being misunderstood while expressing your thoughts and ideas.

Grammar books should challenge learners and ensure that learning English includes fun and enjoyment, besides developing and honing language skills. It is essential to acquaint the students with basic grammatical concepts defined and explained with the help of simple illustrations, followed by a variety of exercises to reinforce conceptual grasping.

Grammar explains the forms and structure of words (called morphology) and how they are arranged in sentences (called syntax). In other words, grammar provides the rules for common use of both spoken and written language so we can more easily understand each other. There are eight parts of speech that are important while learning grammar.

The eight parts of speech are:

- Nouns: a noun is the name of the person, place, thing, animal or any abstract idea.
- Adjectives: an adjective modifies or describes a noun or pronoun. It usually answers the question of which one, what kind, or how many. Arti-

cles are usually classified as adjectives.

- 3. Pronouns: a pronoun is a word used in place of a noun.
- 4. Verbs: verb in a sentence expresses action or being. There is a main verb and sometimes one or more helping verbs.
- 5. Adverbs: an adverb modifies or de-

spell checkers in word processing programs greatly reduces the likelihood of spelling errors – except for homonyms. A homonym is a word that is pronounced the same as another, but is spelled differently and has a different meaning. Here are some examples:

Affect (to have an influence on), effect (a result). Affect is generally used as a verb (to affect) while effect is generally used as a noun (the effect).

- Capital (seat of government) and capitol (a building)
- Scene (setting) and seen (past participle of see).

The common mistake which people make is using 'your' in

scribes a verb, an adjective, or another adverb. It usually answers the questions of when, where, how, why, under what conditions, or to what degree. Adverbs often end in -ly.

- 6. Prepositions: a preposition is a word placed before a noun or pronoun to form a phrase modifying another word in the sentence.
- 7. Conjunctions: a conjunction joins words, phrases, or clauses.
- 8. Injections: an injection is a word used to express emotion. It is often followed by an exclamation point.

Every sentence has two parts: a subject and predicate. The subject is a noun or a pronoun; the predicate is a verb. To identify the subject of a sentence, find the verb and ask who or what. The answer is the subject.

It is important to spell any word correctly because that shows how powerful your grammar is. The availability of place of 'you're'. Your - shows possession. Example: I just read your tweet. You're - is contraction of you are. Example: you're responsible for proofreading your content. Ask yourself what you are trying to say when using this word. Do you mean, you are, or do you mean it belongs to you?

Today's digital age has brought back the craft of writing, but at a cost. With the rising popularity of hash tags, tweets, emoticons, and shorthand phrases like the ever- present 'LOL' it seems like good grammar has gone out of the window. But to be honest a post or article with correct grammar and punctuations is better understood and preferable. There's still a place in digital era for those who hold grammar in high regard. There are still plenty of people who cherish the time and effort spent on a well-crafted article or post. Grammar may not be as popular as twitter, but it still deserves a place in the digital age.

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TRIPADA INTERNATIONAL SCHOOL CELEBRATED ITS ANNUAL DAY

The students of std 1 to 4 of Tripada International School Campus presented a visual splendor, "MERI AAWAZ SUNO" under Theatre in Education on 3/3/19, sunday at Dinesh Hall, Income Tax. The program was inaugurated by Dr. Parag Thakkar renowned pediatrician and Shri Narayanbhai Meghani secretary of IMCTF. The Principal of the school, Anila James presented the Annual Report of the school. Mr. Archit Bhatt, Managing Director, Tripada Group of Schools recalled the sacrifices made by Phulwama soldiers and one minute was observed. Meri Aawaz Suno was a melodrama that depicted the changing time and how kids are affected. The music team of students and teachers added Sweet Flavour to the entire show. The students put up a grand show by portraying how parents have a hectic schedule and could not spare enough time with the kids. The intrusion of mobiles damaged our own existence and robbed each one's. The orchestra of the program was live. Tripada has the legacy of not using any prerecorded modules. The students put forth mesmerizing performances. They set the stage on fire. The melodrama was thought provoking based on the contemporary issue. The vote of thanks was expressed towards the end by the respective

































Sanskardham school organized "Sanskrotutsav"



Sanskardham school organized "Sanskrotutsav" on 23rd February, 2019. Dr. Vikrant Pandey was invited as chief guest. Dr. Shashstri Vyas was the guest of honor. The main aim behind organizing this event was to highlight the importance of Sanskrit Language.



























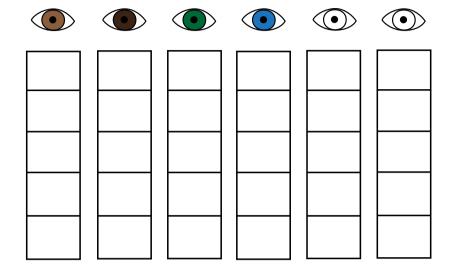
The students and teachers of Tripada group of Schools took out a silent March offering rich tributes to the martyrs of Pulwama. Approximately 1000 students with candles in their hands took part in this March along with the Scouts and Guides of Tripada. They reached PatidarChowk and offered prayers for the bereaved families of martyred CRPF Jawans.







Everyone's eyes are different colors What color eyes do you see around you? Take a look! Keep track below by placing an "X" in the box of the eye colors you see. If the color isn't there, we've left the last two eyes blank for you to color in.



Complete the sentences below about what you found.

I have	eyes.
Most people had	eyes.
Not many people had	eve

Plate Tectonics

Did you ever wonder why the ground shakes during Did you ever wonder wny the ground shakes during an earthquake? Have you ever asked yourself why some volcanos are always active, while others only erupt once every thousands of years? Believe it or not, many scientists believe that earthquakes, volcanoes, and even tsunamis are all related to a favorite scientific theory: plate tectonics.

About fifty years ago, many scientists came up with an idea on why earthquakes, volcanic activity, and why some dinosaur fossils can be found on two continents that are far away from each other.

The theory of plate tectonics states that the second layer of earth, the lithosphere, is made up of large, broken-up pieces. Seven or eight giant plates make up earth, with lots of minor plates between them. Tectonic plates are always moving. Sometimes the plates move against or away from each times the plates move against or away from each other. Scientists have come up with the following names for these plate movements:

Divergent: When two tectonic plates pull away in opposite directions, it is called **divergent plate movement**. This often happens on the oceanic crust, creating large trenches on the sea floor bed where hot magma is exposed by the gap between

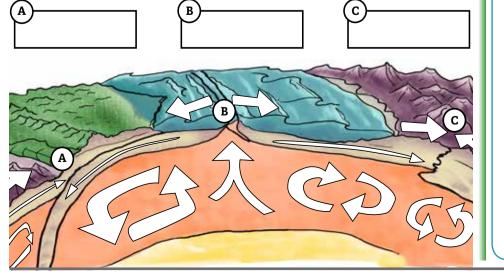
these plates, contacting icy salt water in large smoke plumes

Subduction: This happens when two plates crash into each other. The plates behave differently depending on whether or not they are continental or oceanic. For example, when an oceanic plate crashes into a continental slab, the oceanic plate is forced to move under the overlapping continental plate. But, If two continental plates collide into each other, the crust will form mountain ranges out of the compressed plate. of the compressed plates.

Lateral Slipping: A lot of friction happens when two plates move against each other. As the plates grind in opposite directions, friction and pressure builds up until its released. The plates will suddenly jerk apart, creating earthquakes and tsunamis.

Our world is made up of different moving parts Our world is made up of different moving parts that are constantly crashing, and brushing into one another. **The plate tectonic theory** helps explain how new land forms are made, where earthquakes come from, and other major questions about our planet's crust.

Based on the reading above, label the three plate movements in the illustration below.



M is for Moon

The Moon Festival is an important holiday across East Asia. It began as a harvest festival thousands of years ago. Today, people celebrate by spending time with family, lighting paper lanterns, and enjoying special desserts called moon cakes.

Go outside tonight and look up at the moon. What does it look like? Circle the shape below. Go outside again over the next two nights. How is it different? What shape is it now? Circle the shape each night.

First night:



Second night:



Third night:



COLORFUL CELERY STALK

Concept: Water travels up through xylem tuber

Materials:

- Celery stalks
- Water
- Food coloring
- · Sharp knife (Be careful!)
- Tall, clear cup

Thinking and Predicting Question:

· How does water travel through a plant?

What to do:

Fill the cup about three-quarters full with water. Stir in a few drops of food coloring, so the water is brightly colored.

Remove one thick celery stalk from the bunch. With a sharp knife, carefully cut about an inch (2 cm) off the bottom of the stalk. Cut it at a slight angle and try not to "crush" the tubes. Keep the leaves attached to the top.

Place the celery in the colored water and wait for several hours.

-Check every couple hours.

* Variation- Cut celery stalk half way up from the bottom and place each bottom

What will happen: end in a different color and leaves will turn 2 different colors. What will happen:

The colored water will travel up the celery stalk and into the leaves. By the end of the day, you will see colors in the xylem (water tubes) and you will see the leaves slowly change color.

Why this happens:

Capillary action causes the water travels up the plant, through the xylem and into the leaves.

Vocabulary

Xylem - tubes that carry water through a plant.

Capillary Action - the tendency of a liquid to rise in narrow tubes

Try this: You can try the same experiment with a white carnation. The white flower will change color!



BEING POSITIVE IS AN ATTITUDE



DR.SALEEMA CHAUDHARY M.Sc.,B.Ed, MS(Psychotherapy & Cousnelling), Ph.D Project Director, LIMRA EduTrain, Ahmedabad

ositive thinking is a mental and emotional attitude. It drives you to the desirable and brighter side of the life. Also, helps in bringing in the expected goal and result. Various scientific studies have proven the effectiveness of the attitude. The power of positive thinking is a concept although it also has its share of criticism. Young people, at times, groping with the syndrome of "why me?", do often ridicule and criticize the very idea of being positive while facing challenging situations. Wherein, the resolution of the distressing situation becomes tricky hence the effectiveness of the positivity seems dimmed. Do we forget that, we cannot come to a logical or acceptable conclusion if we let the situation overpower us and we stay perpetually in the same emotionally charged up state?

An ant carrying load twice it's weight is an example of a positive attitude. Although the ant understands the impossibility of the task yet it's diligence at the work with the energy, enthusiasm and the attitude makes it possible to carry the load to its nest. The satisfaction of the successful accomplishment of the task helps it to forget the hurdle, the back breaking trek and the limping limbs.

Thus, the success of bringing home the prized possession drives him to reach for more. And, the tiny ant in his exhilaration turns back once again to bring more... The belief that the ant has on its own capabilities and skill make this uphill task possible.

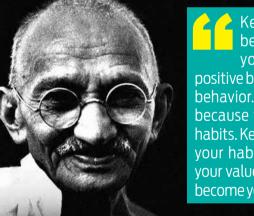
Failures do often tend to de-motivate us. The baggage that we carry on facing a not so happy and expected outcome of our efforts and the emotional outburst that follows may not let us learn. Rather, it may pulls us back in the gloom and the dark alley of negative emotions.

The manifestation of which has an effect on our physical and psychological being. Being positive is very contagious so is a negative attitude. The warmth of the positive thinking that you radiate and the way you look at the world also reflects on how people

around you looks at you.

Winston Churchill had famously said that " A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty". So true! A positive thinking may not help you resolve all the issues but will definitely make the process and the experience all the more happier for you.





Keep your thoughts positive because your thoughts become your words. Keep your words positive because your words become your behavior. Keep your behaviour positive because your behaviour becomes your habits. Keep your habits positive because your habits become your values. Keep vour values positive because vour values become your destiny."—Mahatma Gandhi

How does it help?

- It gives you a pleasant personality.
- It helps you to cope with distress and negative thought processes.
- Makes you more optimist. Gives you an optimistic approach to handle and resolve a distressing situation. It helps you focus on the solution rather than de-motivation on a failure.
- Your contagious attitude will inspire and motive others.
- Enhances the skill to manage your stress and hence lessens the depression.
- It increases life span.
- It leads towards joy, happiness and success.

Do you wear a positive attitude? Let's carry a self check...

Respond to the questionnaire given below honestly. There is no correct or incorrect answers to the questions given below.

- Do you expect a successful outcome always to your efforts?
- b. Does failure to your effort makes you a recluse?
- c. Do you look for solutions instead of dwelling on a problem?
- d. Are you very scared and nervous before the declaration of the outcome / results?
- e. In case of a failure, do you talk it out to your parents, teachers and find out a solution to not to repeat
- Do you always have a plan-B ready with you?
- Do you believe in yourself?
- h. Do you feel you inspire and motive others?

Congratulations!!!! If all your responses are affirmative. Keep it up! You do wear a positive attitude, keep inspiring others.. In case of few responses going negative, do not worry. Here are few tips that can be practiced to develop your attitude.

A positive thinking even in an adverse situation helps win and is for sure a path to success

Tips to develop a positive

- Get associated with friends who are happy and beaming with energy. Friends who are enthusiastic and always see the bright side of the life inspire.
- Happiness and enthusiasm are contagious. Association with friends with these traits will help you induce them too.
- Inspiring quotes and stories do motivate all of us. Make a habit of reading them. An inspiring quote on the top of your reading/ study desk will help you draw energy from them.
- Refuse to entertain negative thoughts. Choose to be happy. Your choice can help to turn your challenges into your opportunities.
- Try to learn lessons from failure. Be optimistic and look at the brighter side of the life. Every situation has a brighter side of it. Learn to un-
- Talk often to your parents and to the teacher who you think you can confine to.
- Have faith on yourself, your ability and your skills. Talk to yourself in a positive way. A positive self-talk
- Practice yoga or meditation daily to help keep your mind focus. As said earlier, change is a gradual process. Your perseverance pays in the long run.

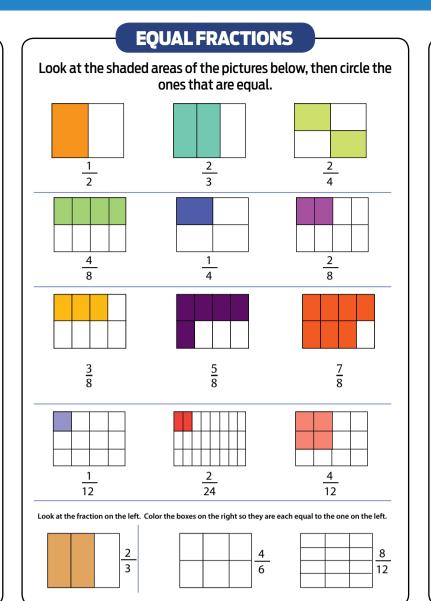
Thing to ponder, no one is born with an attitude, it is a trait that needs to be developed. Our circumstances help and accentuates it's development and expression. Always remember, change is a gradual process and cannot happen overnight as there is no short cuts to it.

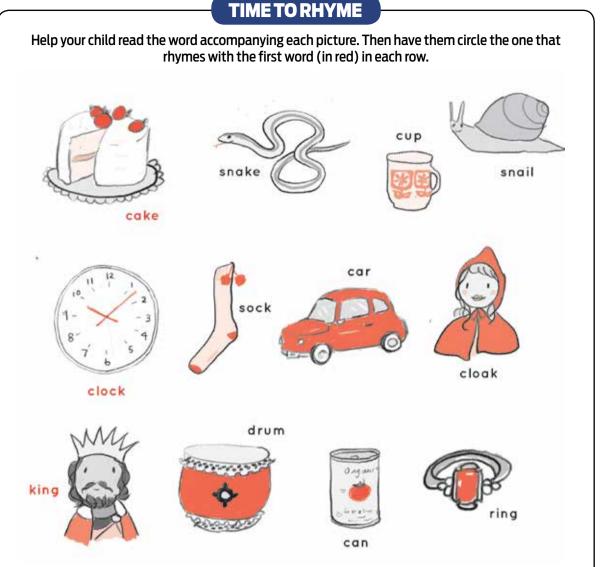
Your perseverance pays. If one thinks and reaffirms that he can achieve the goal, he puts all his efforts and focuses on it. The confidence and determination do not come by the importance or enormity of the task in hand but by our attitude. A positive thinking even in an adverse situation helps win and is a sure path to success.

6 = green

-ly

7 = purple 8 = brown





GRAMMAR: SUFFIXES

A **suffix** is added to a root word to change the meaning of the word.

Draw a line from the suffix to its meaning. *Hint:* If you're stuck, think of a word you know that ends with that suffix.

1. –able more than

2. -ful or -full characteristic or way of being

3. -less the most
4. -y action or state
5. -ly believes or does

6. -ment characterized by/inclined to7. -er worthy of, able to

8. –est without

9. -ness full of10. -ist is like

Add a suffix to each root word so it matches the new definition.

Root wordsSuffixesmostart beauty cost-ful-ist

very pretty _____ a person who makes art __ expensive ____ almost totally _____

Circle the words with suffixes in the paragraph below.

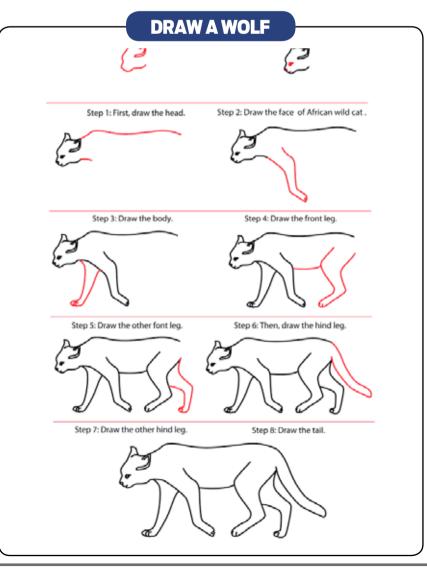
You don't have to be a botanist to grow your own food! The warmest time of year is best for planting some seeds, while others can only grow when planted during colder times. Some plants, like tomatoes, become droopy if you don't water them daily. You must make sure the soil has just the right amount of wetness for each type of plant. Gardening can be difficult, but the right knowledge can make it easier.

FIND THE FIVE DIFFERENCE

10 = orange

9 = blue





COLONIAL WORD SEARCH

A	N	Е	W	A	M	S	T	E	R	D	A	M	В	F	U	W	L
В	C	G	I	T	R	R	S	E	O	K	Y	D	E	E	T	L	Y
V	O	E	L	E	G	O	A	E	U	T	O	В	I	U	A	R	T
X	N	0	J	V	В	A	L	W	A	В	C	Y	L	J	W	Z	C
0	N	R	W	I	C	N	E	W	S	W	E	D	E	N	S	I	R
N	\mathbf{E}	G	K	X	Н	O	M	F	Н	A	P	В	G	F	J	L	0
R	C	I	P	U	O	K	A	E	G	T	C	O	В	M	P	A	N
A	T	A	S	I	D	E	A	K	P	O	U	F	W	H	Z	I	В
Н	I	В	M	X	Y	V	R	O	A	N	E	O	N	K	O	V	F
O	C	V	K	Z	T	O	D	E	N	V	A	R	M	O	T	R	Н
S	U	Н	S	C	Y	L	U	C	W	T	N	T	O	Y	W	X	L
A	T	P	A	W	R	O	C	J	O	K	O	N	X	E	L	A	T
I	L	E	E	В	U	K	В	N	T	E	A	A	R	L	M	P	N
В	Y	N	U	T	P	J	T	U	S	S	O	S	W	M	J	S	0
M	A	S	S	A	C	Н	U	S	E	T	T	S	В		Y	U	T
C	E	F	E	P	R	O	S	W	M	Н	Y	A	I	U	P	G	S
В	M	Y	F	G	K	N	X	D	A	P	W	U	M	Z	O	G	0
W	N	S	U	T	O	U	T	L	J	Y	E	A	X	P	G	R	В

The appeal of the New World was seemingly unstoppable. Despite the harsh living conditions, settlers continued to travel to America in search of a better life. More settlers meant more colonies. Find the names of some of these colonies in the word search. How many of them do you recognize?

Salem

New Amsterdam

Fort Nassau

Connecticut

New Sweden

Boston

Massachusetts Bay

New Your

Georgia

Jamestown

Roanoke

Plymouth

omen are meant to be loved, not to be understood." - Oscar Wilde. This is so true. No matter how hard you try, it is not easy to understand a woman. Complex, yet the best creation of God. Today's woman is leading a life which is catering to various domains starting from family to profession to social arenas and lot more. She performs multiple roles while being in a single body.

WOMEN - one word with many emotions. Women play a very important role in one's life. A woman plays a role of a mother, sister, daughter, wife, and friend; she surely is a beautiful creature of god. To celebrate this beautiful creature of god, women's day is celebrated every year on March 8. Not only on women's day but a woman should be respected and cherished every single day. Women are beautiful, gentle, motherly yet powerful. The fact that all the great people of the world are born from the womb of a women and it is a women from whom those great people have taken their initial teachings and that is the reason we have always emphasized upon giving the due respect to women in their life.

Gloria Steinem, world-renowned feminist, journalist and activist once explained "The story of women's struggle for equality belongs to no single feminist nor to any one organization but to the collective efforts of all who care about human rights."

International women's day is all about being aware of the fact that each individual has to work in their own way for changing the ugly face of the society

INTERNATIONAL **WOMEN'S DAY**

opment. The day allows women to raise her voice for an equal opportunity in whatever field she wants to participate in; same a man is provided with. my mother, International women's Day is all about making womrealize worth and boost them achieve as per their

actual potential. On this day the world unites to appreciate their courage to cross all the hurdles and make such tremendous improvement in all most all the spheres of life. Besides that, it is the impormost tant thing to be given emphasis is the work that still needs to be done to fill that gap com-

their

to

giving

ing all the boundaries to remember

their struggle of many decade for

peace, justice, equality and devel-

3. A general myth that exists in the society is that issues related to women empowerment can only be addressed at an infinitesimally slower pace. Many people out there in

ciety believe that the gender gap not really exits and some are also of the belief that the efforts made by individuals cannot actually make difference to the gender gap

The story of women's struggle for equality belongs to no single feminist nor to any one organization but to the collective efforts of all who care about human rights."

that exists in the society. These beliefs have over the years debilitated the power of women. The first in this Endeavour to eradicating this deep rooted menace is realizing that the problem can only be identified and solved by interacting with the people who are actually irrational taboos of the society.

On this day we must realize that every single person's contribution towards fighting a threat of the society counts.

International women's day is all about being aware of the fact that each individual has to work in their own way for changing the ugly face of the society.

There are many ways that you can go about celebrating this holiday, but all of them have a similar goal: to raise awareness about the struggles of women the world over and honor their achievements. Of course, not all achievements are huge, worldwide game-changers like women finally obtaining the right to vote-there are all sorts of other, smaller feats that women you know manage on an everyday basis that you may not pay too much attention to until you try calming 2 crying toddlers, making dinner and explaining the particulars of a newly-acquired client to your boss over the phone at the same time.

We wish that all women can see that they change the world for the better when they really identify themselves and recognize their singular and special importance to the continuity of the human species. It is not the profession, not marriage, not motherhood, nor any other relationship, but the essence of being a woman, that facilitates the transition of humanity from one level to the other, makes the woman a special being.



Day your day and do what you can,

to make a positive difference for

women. Let's truly help to make a

difference for women all around and

feeling gratitude to the each and

every woman in one's life, be it in

the professional or the personal life.

Women from various cultural and

1. Celebrating Women is a way of

respect them every single day.



aha Shivaratri that literally means the 'Night of Lord Shiva' is a prominent Hindu festival celebrated with enormous zeal and enthusiasm in various parts of the country. The festival is generally celebrated on the month of Phalguna or Maagh (February or March) according to the Hindu Lunar Calendar. On this auspicious day, people in large numbers, throng to temples and offer prayers to please the Lord. It is also believed that the Lord Shiva and Goddess Parvati married on this day. Many people also observe a fast on this day and offer sweets, flowers, milk and beli leaves on Shiva Ling.

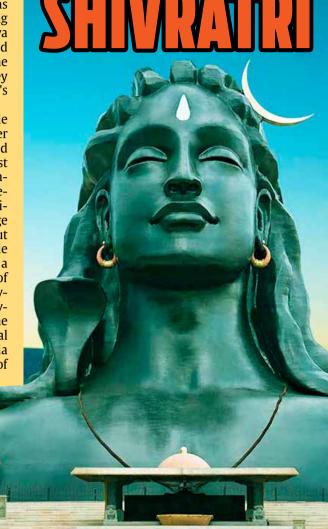
Different legends describe the significance of Maha Shivaratri. According to one legend in the Shaivism tradition, this is the night when Shiva performs the heavenly dance of creation, preservation and destruction. The chanting of hymns, the reading of Shiva scriptures and the chorus of devotees joins this cosmic dance and remembers Shiva's presence everywhere. A different legend states that the offering to Shiva icons such as the ling is an annual occasion to get over past sins if any, to restart on a virtuous path and thereby reach Mount Kailasha and liberation.

There are many mythological stories associated with this day. According to a popular story, when a hunter could not find anything to kill for his food in a forest, he waited on the branch of a Wood apple tree. In order to attract deer, he started throwing the leaves of the tree on the ground, unaware that there was a Shiva Ling beneath the tree. Pleased with the Wood apple leaves and the patience of the hunter, it is believed that Lord Shiva appeared in front of the hunter and blessed him with wisdom. From that day onwards, the hunter stopped eating meat.

Another story says that after the Earth was faced with an imminent destruction, Goddess Parvati pledged with Lord Shiva to save the world. Pleased with her prayers, Lord Shiva agreed to save the world on the pretext that the people of the Earth would have to worship him with dedication and passion. From that day onwards, the night came to be known as Maha Shivaratri and people began worshipping Shiva with a great enthusiasm.

Some folklore also consider this to be Shiva's day as this was believed to be the answer given by Lord Shiva when asked about his favorite day by Goddess Parvati People often fast on the night of Shivaratri and sing hymns and praises in the name of Lord Shiva. Hindu temples across the country are decorated with lights and colorful decorations and people can be seen offering night long prayers to Shiva Lingam. Wood apple leaves, cold water and milk are offered to the Shiva Lingam on this day as they are believed to be Lord Shiva's favorite.

It is believed that the people who fast on this night and offer prayers to Lord Shiva bring good luck into their life. The most popular Maha Shivaratri celebrations take place in Ujjain, believed to be the place of residence of Lord Shiva. Large processions are carried out throughout the city, with people thronging the streets to catch a glimpse of the revered idol of Lord Shiva. Out of the 12 Shivaratri in the year, the Maha Shivaratri is considered to be the most auspicious one. The festival is not only celebrated in India and Nepal but also in parts of West Indies which apparently over 400 temples across the country.



estivals are only constant we have in our lives. Holi is a unique Indian festival of colors, which is celebrated on the full moon day in the month of March. The festival is marked as much by religious fever and devotion as it is by loud music, traditional dances and of course the forceful scrubbing of bright colors on friends and relatives.

It is a two day festival, which begins the night before the main festival with choti (small) holi, when large pyre is burned on streets as a symbol of Holika dahan (burning of the demoness Holika) symbolic to the victory of good over evil. People burn a heap of woods and cow dung cakes in the night resembling the burning of Holika to remember that day. Some people follow the special ritual of burning the waste of 'sarson ubtan' massage of each family member in the Holika assuming that it will remove all the evils from house and body and bring happiness and positivity to home. The next day people play with colors.

Why it is celebrated?

The word "Holi" originates from "Holika", the evil sister of demon king Hiranyakashipu. King Hiranyakashipu had earned a boon that made him virtually indestructible. The special powers blinded him, he grew arrogant, thought



he was God, and demanded that everyone worship only him.

There was once a king by the name of Hiranyakashyap who won over the kingdom of earth. He was so egoistic that he commanded everybody in his kingdom to worship only him. But to his great disappointment, his son, Prahlad became a very intense devotee of Lord Narayana and refused to worship his father. Hiranyakashyap tried several ways to kill his son Prahlad but Lord Vishnu saved him every time. Finally, he asked his sister, "Holika" to enter a dazzling fire with Prahlad in her lap. For, Hiran-

yakashyap knew that Holika had a blessing, whereby, she could enter the fire unharmed.

Faithlessly, Holika influenced young Prahlad to sit in her lap and she herself took her seat in a dazzling fire. The story has it that Holika had to pay the price of her sinister desire by her life. Holika was not aware that the blessing worked only when she entered the fire alone. Prahlad, who kept chanting the name of Lord Narayana all this while, came out unharmed, as the lord blessed him for his extreme devotion. Thus, Holi derives its name from Holika. And, it is celebrated

as a festival of victory of good over evil. Holi remembers this event, and huge bonfires are burnt on the eve of Holi as a symbolic representation.

The tradition of throwing brightly colored powder and water is said to come from the love story between two Hindu gods, Radha and Krishna. Krishna is famously depicted as having bright blue skin and the legend has it that he was sad he didn't have a fair complexion like Radha. He told his mother about this and she suggested that instead of wishing for fair skin, he should instead smear Radha with paint, so they both have colored skin; hence the tradition of trying to 'color' others as a sign of affection at Holi.

The main colors of the powders have symbolic meanings. Blue represents Krishna, Red represents love and fertility, green symbolizes spring and new growth and yellow is the color of turmeric, a spice native to India and a natural remedy.

The festival begins on the night of the full moon. Fires are lit on street corners to cleanse the air of evil spirits and bad vibes, and to symbolize the destruction of the wicked Holika, after whom the festival was named. The following morning, the streets fill with people running, shouting, giggling and splashing.



Aditya Nair wins U-12 AITA Talent Series crown

ditya Nair, who is going through a purple patch with some impressive show in recent times, added another feather to his cap as the youngster won the AITA Talent Series under-12 title on Monday.

At Ahmedabad International Sports Academy, Aditya came from a set down to record a three-set win over Daksh Kukreti in an exciting boys' singles final.

Battle of equals:

It was Daksh who drew the first blood by winning the first set 6-3. The jolt, however, appeared to have shaken Aditya out of the slumber as the youngster was at his best in the second set and levels the tie with a 6-0 win.

The decider was a closely contested set with both the youngsters putting up a fight. However, Aditya inched ahead to settle the issue with a 7-5 win.

After a bye in the first round, Aditya started his campaign with an 8-0 win over Yug Shah in the second round.

It was a similar tale in the third round where he handed a bagel (8-0) to Om Patel before recording a comfortable 9-4 win over Aryan Choksi in the quarters.



Tripathi tested Aditya's resolve. However, Aditya held on to his own to record a 9-8 (7-1) win in the tie-breaker.

Parv settles for runners-up finish



impressive run ended in a final heartbreak in AITA Talent Series

that was held at Ahmedabad City Tennis Foundation.

In under-12 boys' singles final, the fifth seed Parv suffered a 2-6, 5-7 loss against the top seed Aditya

Earlier in the quarters, Parv was at his very best when he breezed past second seed and academy mate Daksh Kukreti 9-1 in the quarters. Continuing with his giant killing spree, the class 6 student of Ahmedabad International School then held on this nerve to beat the third seed Kanj Shah 9-7 in the

It was only in the semis, where Vihan

Shardamandir beat St Xavier's in final

Bowlers from Shardamandir Vinaymandir lead their team from the front as they registered a six-wicket win against St Xavier's School in the final match of True Value U-19 school tournament that was held at SP Stadium on Wednesday.

Electing to bat, Xavier's boys posted a target of 70/10 in 28.4 overs. Devarsh Dalal top-scored with 21-ball

12. For Shardamandir, Dhagash Jani scalped five wickets while Dhairya Patel took three wickets.

As they returned, Shardamandir boys chased the target in 16.2 overs with 74/4. Devarsh Gajjar top-scored with a 42-ball 40 and Harshil Desai added an unbeaten 46-ball 26.

For the losing team, Yogi Barot took one wicket.

script a close

Dipak Oza and Jagdish Vaghela starred for Navrangpura CC (NCC) as they recorded a threewickét win over Ranjee CC (RCC) in another tie at the Sunrise cricket ground.

Jay Oza top-scored with 39ball 42 while Sanjay Limbachiya added 27-ball 39 as RCC struggled to post 187 in 32.1 overs af-



Mt Carmel hoopsters shine

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.

ter electing to bat first.

For NCC, Dipak was the pick of the lot with four wickets.

Bhargav Vaghela then took four wickets but that was not enough to save the day for RCC.

Jagdish Vaghela scored an unbeaten 43-ball 51 as NCC knocked off the runs in 36.2 overs losing seven wickets in the process.

SPORTS BRIEF

Anand Niketan wins the tournament



Anand Niketan School (ANS), Satellite were at their best as they won the boys' under-14 crown in Junior NBA Inter School Basketball Tournament that was held at The Arena. In the final, Anand Niketan School overcame a stout Delhi Public School, Bopal to record a 30-21 win. Anand Niketan School started their campaign with a comfortable 18-2 win over St Xavier's Loyola Hall. In the second match, they edged out Shanti Asiatic School 29-11. They looked best in the semis where they faced little resistance to record a 23-5 win over Rachana School.

Diva claims Black belt degree



Nine-year-old Patel recently claimed the Black belt degree from South Korea world Taekwondo headquarters. After training and taking part in District, State, National and International tournaments since 2017, the hard work has finally

paid off as she becomes the only player from Ahmedabad to claim a black belt at the age

Janvi holds the fort to win maiden crown



Janvi Asawa overcame a midgame slump to win the AITA Talent under-12 Series girls' singles crown. Ahmedabad International **Sports** Academy lawns, Janvi beat Krisha Dalal in a three-set exciting final.

Janvi started on a right note winning the first set 6-4. However, a lapse of concentration saw her losing the second set 4-6 despite leading 4-3, 30-0. But the youngster regained her composure as she led 4-0 in the final set before sealing the deal with a 6-2 win. Janvi started her campaign with 8-4 win over Prachi Rana in the first round. The youngster then beat Yashashvi Kahar 9-3 in the quarters before she recorded a comfortable 9-2 win over Siya Patel.

Kavya, Gneet win AITA U-18 crowns

Kavya Patel and Gneet Sahni came out with impressive shows as they won the girls' and boys' crowns in Gujarat State Ranking Tennis Tournament. At the clay courts of Neon Tennis Academy, Kavya edged out Yesha Umraliya 9-3 in the final to win the title. Yesh, who had a bye in the quarters, beat Aashiya Chauhan 7-4 in the semis. Meanwhile in the boys' final, Gneet Sahni recorded a comfortable 9-1win over Dharnesh Patel to win the crown. Earlier in the quarters. Gneet blanked Daksh Patel 7-0 before he recorded an 8-2 win over Dehit Trivedi in the semis.



Roger Federer has won his 100th ATP Tour title at the Dubai Tennis Championships - 6,600 days after winning his first in Milan.

The 37-year-old Swiss - a 20-time Grand Slam champion - beat Greece's Stefanos Tsitsipas 6-4 6-4.

Roger Federer described winning his 100th career title as a "special, magical" achievement but the 37-yearold insists he won't obsess over passing Jimmy Connors' all-time men's record of 109. His 100th title comes 18 years after he captured his first in Milan.

Federer, the winner of a record 20 Grand Slam titles, said that he's not particularly targeting the 109-mark of Connors. "A lot of people always ask me about, 'Are you going to go for 109?", said Federer. "To answer the question is not easy. Winning five matches in six days or five matches in five days, it takes a different type of fitness. "You can play a great tourna-

ment, play a brutal semi, you get unlucky sometimes with the schedule, whatever it may be.

He added: "That's why you have to be fit on many fronts: mentally, physically; you have to be able to beat different types of players: beat them all on successive days."

Connors, who set his record during his glory years in the 1970s and 1980s, took to twitter to congratulate the Swiss star.

INDIA VS AUSTRALIA, 4TH ODI

Shikhar Dhawan serves timely reminder with a blazing century

Indian cricket board's acting secretary Amitabh Choudhary washed his hands off the BCCI letter that urged the ICC and its member nations to sever ties with countries which harbour terror. The BCCI's request was turned down by the International Cricket Council (ICC), saying it has no role to play in matters like these.

The numbers were not on Dhawan's side. Since the 114 against Pakistan in Dubai in September last Dhawan had averaged a mere 24.50 coming into this game. In his last six innings before the fourth ODI, he averaged 11.5. in 2019, his average was a career worst (26.70) when he has played at least five matches in a year.

Was, that is, before Sunday's latest shot in the arm for a career marked by scintillating highs and long periods of mediocrity. For a batsman who thrives on rhythm and timing, finding a comfort zone is key, and comfort zones were becoming harder to come by for Dhawan. It had to be Mohali, venue of the left-hander's memorable ton on Test debut, the fastest debut Test ton



143 115 18 3 Run Ball Four Si

SPORTS BRIEF

Kohli's majestic century: India Australia series



Virat Kohli scored his 40th ODI ton and hit his 1000th ODI boundary as India beat Australia by 8 runs in Nagpurto pick up their 500th win in the format. Kohli after hitting his 40th ODI century and 65th overall matched Tendulkar's record of most centuries in winning causes in

ODIs. India's nail-biting 8-run win on 5th march was the 33rd time Kohli hit a century in a winning cause -- same as Tendulkar, who achieved the feat in 231 innings while Kohli got to the figure in his 133rd

Bajrang wins gold, Vinesh silver

Wrestler Bajrang Punia has won the gold medal at the Dan Kolov-Nikola Petrov tournament in Ruse, Bulgaria and dedicated the victory to Indian Air Force (IAF) Wing Commander Abhinandan Varthaman. Punia overpowered Jordan Oliver of USA 12-3 in the men's 65kg freestyle final. However, Asian Games gold medallist Vinesh Phogat lost her women's 53kg final to China's Qianyu Pang 2-9 to settle for silver. Earlier, Pooja Dhanda claimed the gold in 59 kg while Sakshi Malik won silver in 65 kg women's freestyle. In the men's freestyle events, Sandeep Tomar had to be content with a silver in 61kg.

Kyrgios beats Zverev for Acapulco title

Nick Kyrgios stunned Alexander Zverev 6-3 6-4 to win the Acapulco International in Mexico on Saturday for his fifth career ATP title. The temperamental Aussie, whose scintillating run to the final included wins over multiple Grand Slam winners Stan Wawrinka and Rafael Nadal, played free and focused from the outset and frustrated Zverev with a steady diet of drop shots. Former world number 13 Kyrgios, who has fallen to 72 in the rankings, converted three of his break point opportunities and sealed the win on his first championship point with a massive serve that was too much for world number three Zverev to handle.

Mandhana now wants to win a World Cup

A small goal already achieved, Indian women's team opener Smriti Mandhana has now set her sights on winning a World Cup title with the national team. Mandhana became the number one ODI batter in the ICC Women's Rankings last month following her exemplary run of form. Mandhana said, "As a kid when you start playing, you always think of winning the World Cup. Obviously, there are individual targets like, getting to ICC world no.1 spot. And reaching there was really pleasing but now I have to work even harder."

India's doubles badminton coach Tan Kim Her resigns

Malaysia's Tan Kim Her has stepped down from his post as India's doubles badminton coach, citing personal reasons. The 47-year-old put down his papers one-and-a-half years before his contract with the Badminton Association of India (BAI) was to end after the 2020 Tokyo Olympics. "Yes, Tan Kim Her has resigned as doubles coach. He had put down his papers about a month back. He had some family problems," BAI secretary Omar Rashid told PTI. Tan Kim Her has earlier coached England, South Korea and Malaysia and there are speculations that he might have received some lucrative offer from another country.

Real Madrid will survive without Ronaldo: Figo



Legendary Portuguese footballer Luis Figo said Real Madrid would survive even without the services of compatriot and football legend Cristiano Ronaldo, who shifted to Italian club Juventus last summer.

Asked about the impact of Ronaldo's exit, Figo, who represented both Real and Barcelona in the Champions League, said: "It is his (Ronaldo's) decision and I don't know what happened between him (Ronaldo) and the club (Real Madrid) that made him change clubs.

"He is the best football player in the world, so when he moves, of course there will be a big impact. But I don't know the reasons, all I can say is that Ronaldo is a great professional and is making history in football," Figo told reporters here. Figo, who is UEFA Champions League Ambassador, also attended a global fan event in the metropolis.

"Real Madrid is one of the biggest clubs in the world and football is like that. Real Madrid will survive without Ronaldo, and Ronaldo is making history without Real (Madrid), but that is football." he added.

yet socred. It had to be Mohali, where the ball comes on easily to the bat, at just right pace and height, for Dhawan to get some fluency going and shrug off the negative baggage.

A HERO RETURNS HOME

Varthaman — who was captured by the Pakistani army after his MiG-21 was shot down during a dogfight near the Line of Control on Wednesday — returned to India on 1st march at night.

77he Open Page

Television footage showed the brave IAF pilot making the crossing at the Wagah-Attari border check-post around 9:20 pm. Dressed in a blue coat, grey trousers and white shirt, he was received by senior Border Security Force (BSF) officers at Zero Line, which marks the India-Pakistan land border.

While one BSF officer shook his hand, another put his arm around him to escort him back into India. "I am happy to be back home," Abhinandan said in his first reaction after stepping into Indian territory, according to Amritsar Deputy Commissioner Shivdular Singh Dhillon, who received the pilot along with senior IAF and BSF officers.

Abhinandan was accompanied from Pakistan side by Group Captain JD Kurian. He was surrounded by armed troopers of the Pakistan Rangers up to the border gate.

Hoping to give a hero's welcome to the fighter pilot, thousands of Indians had gathered on the border carrying the tri colour and garlands since morning. But as the day wore on and night fell there was no sign of him. Pakistani authorities kept delaying his return for unexplained reasons. After over 60 hours in their captivity, he finally walked back home through the Zero Line. He was then driven away from the border check-post towards Amritsar in an IAF vehicle, which was escorted by Punjab police.

Air vice Marshall RGK Kapoor told the media that Abhinandan was "handed to us as per standard operating procedure of the Indian Air Force". "He will now be taken for a detailed medical check-up. The check-up is mandated particularly because the officer has had to eject from an aeroplane which would have put his entire body under great stress," Kapoor said. "IAF is happy to have Abhinandan back." Dhillon said that the "happiness in Abhinandan's eyes said it all".

Abhinandan's capture had further raised tensions between India and Pakistan. Pakistani Prime Minister Imran Khan announced that the pilot would be freed as a "goodwill gesture" after India demanded his unconditional, immediate release.

Prime Minister Narendra Modi welcomed his return. "Welcome Home Wing Commander Abhinandan! The nation is proud of your exemplary courage. Our armed forces are an inspi-

ration for 130 crore Indians," Modi tweeted.

Defence Minister Nirmala Sitharaman wrote "Jai Hind". Congress president Rahul Gandhi, West Bengal Chief Minister Mamata Banerjee and many other political leaders also welcomed the IAF hero back home.

Abhinandan's handover was delayed because he was asked to record a statement on camera by Pakistani authorities, according to sources in Pakistan. The Pakistan government released the clip to local media at 8:30 pm. In the video, he says he entered Pakistan's space to "find a target" but his aircraft was shot down. It was not clear whether he made the statement under duress. The video has several jump cuts, indicating that it had been edited heavily, apparently to fit Pakistani propaganda.

Tensions between India and Pakistan flared up after a suicide bomber killed 40 CRPF personnel in Kashmir on February 14. Pakistan-based terror group Jaish-e-Mohammad (JeM) claimed responsibility.

IAF jets carried out a counter-terror operation in Pakistan, hitting what it said was a JeM training camp in Balakot, deep inside Pakistan on 26th February. The next day, Pakistan retaliated with a large air formation, comprising 24 fighter jets. Abhinan-

dan was in one of the eight MIG-21s that took on the Pakistani jets and shot down an F-16, according to officials. During the dogfight, his plane was hit and he bailed out, landing in PoK, where he was taken into custody by the Pakistani army.

Umesh Jadhav among 4 MLAs whose disqualification had been sought by party under Anti-Defection Law

Rebel Congress MLA Umesh Jadhav in Karnataka resigns

ealing a blow to the ruling coalition in Karnataka, rebel Congress MLA Umesh Jadhav on Monday submitted his resignation from the state Assembly to Speaker Ramesh Kumar, amid reports that he might join the BJP.

Jadhav, who sided with the rebel faction led by Ramesh Jarkiholi which threatened to topple the JD(S)-Congress coalition government recently, is a two-time MLA from Chincholi in Kalburagi district, a bastion of senior Congress leader Mallikarjun Kharge. The MLA met the Speaker and submitted his resignation, secretariat sources said. Sources close to Jadhav said he intends to join the BJP on Wednesday.

Jadhav is reportedly being considered by BJP to be fielded against Congress veteran Kharge from Kalaburgi in Lok Sabha polls.

The MLA was reportedly unhappy with the "autocratic" style of Social Welfare Minister Priyank Kharge, son of Mallikarjun Kharge.

Jadhav was among the four MLAs—Ramesh Jarkiholi, B Nagendra and Ma-



Umesh Jadhav is a two-time MLA from Chincholi in Kalburagi

hesh Kumathali—who were reported to be in touch with the BJP. The four MLAs had kept the party on tenterhooks for several weeks, defying its whip twice to attend the Congress Legislative Party (CLP) meetings on January 18 and February 8 and had been skipping the assembly Budget Session.

After the MLAs refused to fall in line, the Congress had petitioned Speaker to disqualify them under the Anti-Defection Law.

INTERNATIONAL

UK, EU to hold more Brexit talks

Senior European Union and British officials are set to hold more Brexit talks less than a month before the United Kingdom is scheduled to leave the bloc, as U.K. officials denied Monday that attempts to seal a divorce deal are deadlocked. EU and UK officials said the bloc's chief negotiator, Michel Barnier, will meet UK Brexit Secretary Stephen Barclay and Attorney General Geoffrey Cox on Tuesday. Prime Minister Theresa May's spokesman, James Slack, said the two sides have "definitely been making progress" over the last weeks, and negotiations are at a "critical point." Britain is due to leave the EU on March 29, but Parliament has rejected May's deal, raising the prospect of an economically damaging departure. British lawmakers' objections centre on a provision to guarantee no customs posts or barriers along the currently invisible border between the UK's Northern Ireland and EU member Ireland, the Irish backstop.

£1.6-bn Brexit 'bribe'

As May tries to build support for her deal before bringing it back to Parliament next week, she is accused of trying to bribe and appease opposition politicians. The government has announced a £1.6-billion package of funding over six years to help regenerate run-down communities.

2018, 19 literature Nobel to be given together this year

The Swedish Academy will be allowed to give the 2018 and 2019 Nobel literature prizes together after a scandal prevented last year's award, the head of the troubled literary body told a newspaper on Tuesday. The Nobel Foundation last year stopped the academy from awarding the prize after a string of sexual misconduct allegations against the husband of one of its board members effectively paralyzed the institution. "There will be two Nobel prizes, as we had hoped," academy head Anders Olsson told Swedish newspaper Dagens Nyhetertold after attending a meeting with the foundation.

"The meeting has been good"

Jean-Claude Arnault, the photographer husband of poet and academy member Katarina Frostenson, was jailed last year after a rape conviction. Frostenson left the body in January after an inquiry found she leaked the names of prize winners. The scandal, which first emerged in late 2017, and ensuing rift was the biggest crisis to hit the academy in its more than 200-year history with a string of members resigning in protest. Since then, it has appointed several new members and set up a new prize committee, aiming to restore public confidence and retain the right to pick the winners of the world's most prestigious literary award. Lars Heikensten, head of the Nobel Foundation that acts as the custodians of the prizes created in the will of dynamite inventor Alfred Nobel, had warned last year it might strip the academy of its role in awarding the prestigious literary award.

SEB (Gujarat Secondary and Higher Education Board) conducts the state level offline test GUJCET (Gujarat Common Entrance Test) for admission in Bachelors in Engineering and Technology/ pharmacy courses in 112 participating institutes. GUJCET 2019 was to be conducted on April 23, 2019 in offline mode, but due to elections the date may be changed further. It comprises of 3 subjects viz. Physics, Chemistry and Mathematics/Biology. There will be 40 multiple choice questions (MCQ) each from Physics, Chemistry and Mathematics/Biology subjects.

- Candidates have to complete their exam in 3 hours.
- 1 mark will be allotted for every correct answer and 0.25 marks will be deducted for every incorrect answer.
- A candidate can score maximum 120 marks in the exam.
- GUJCET exam can be attempted in three languages viz. English, Hindi and Gujarati.

GUJCET 2019 Eligibility Criteria GUJCET B.Tech

The eligibility criteria of GUJCET 2019 lists the terms and conditions that the candidate needs to meet in order to be considered for admission. In case a candidate doesn't meet the eligibility criteria of GUJCET 2018, but qualifies in the entrance exam, the candidate will still be disqualified from the admission process. So, it is mandatory to meet the eligibility criteria before filling the application form.

- Nationality Indian nationals are eligible to appear in the exam.
- State Eligibility The candidate needs to be a bona-fide resident of Gujarat. In such cases where the candidate is a bona-fide resident but is residing in another, the candidate is eligible to appear in the admission process.
- Academic Qualification The candidates must have passed 10+2 (or equivalent) exam from Gujarat Secondary and Higher Secondary Education Board, Gandhinagar/CBSE Delhi/CISCE New Delhi/NIOS/International School Board. Candidates who are appearing in their final exam in 2019 are also eligible.
- Qualifying Marks Minimum required aggregate score in 45% marks (reserved category candidates need 40% marks).

GUJCET B.Pharma

The eligibility criteria of GUJCET 2019 for B.Pharm candidates can have subtle differences from those mandated for Bachelor and Engineering and Technology courses. So, candidates appearing for B.Pharm must take note of this fact.

- Nationality Indian citizens are eligible.
- State Eligibility The candidate must be a resident of Gujarat. If the candidate is a bona-fide resident but is residing in another, in such cases



also the candidate is eligible to appear in the exam.

- Academic Qualification The candidates must have passed 10+2 (or equivalent) exam from Gujarat Secondary and Higher Secondary Education Board, Gandhinagar/CBSE Delhi/CISCE New Delhi/NIOS/International School Board. Candidates who are appearing in their final exam in 2019 are also eligible. The candidate must have studied Physics and Chemistry as compulsory subjects along with any one of Math's or Biology.
- Qualifying Marks Minimum required aggregate score in 45% marks (reserved category candidates need 40% marks).

GUJCET 2019 – SYLLABUS

The syllabus will include questions from subjects like Physics, Chemistry, Mathematics, and Biology of class XI and XII.

PHYSICS

Electric Charge & Electric Field, Electrostatic Potential & Capacitance, Current Electricity, Magnetic Effect of Electric Current, Magnetism & Matter, Dual Nature of Radiation & Matter, Electronics, Communication System, Electromagnetic Induction, Alternating Current, Atoms, Nucleus, Semi-Conductor Electro Magnetic Waves, Ray Optics, Wave Optics etc.

CHEMISTRY

General Principles and Processes of Isolation of Elements, f Block Elements, Electrochemistry, Solid State, Solution, Halo Alkanes and Halo Arenas, Alcohols, Phenols and Ethers, Chemical Kinetics, Bimolecular, Polymers, Surface Chemistry, Complex Salts or Co-ordination Compound, Aldehydes, Ketones and Carboxylic Acids, Organic Compounds Containing Nitrogen, Chemistry in Everyday Life etc.

MATHEMATICS

Sets and functions, Complex Numbers and Quadratic Equations, Definite Integration, Indefinite Integration, Permutation & Combination, Binomial Theorem, Matrices, Determinants, Permutation & Combination, Theory of Equations, vectors, Three-D Geometry, Probability etc.

BIOLOGY

The diversity of the living world, plant physiology, structure and function, human physiology, Genetics and Evolution, reproduction, Biology, and Human Welfare, Biotechnology, and its applications etc.

GUJCET Admit Card 2019

- GUJCET 2019 Admit card will be issued only to the registered candidates probably in the last week of March 2019.
- Candidates have to download admit card from the online mode. No hard copy of the admit card will be sent to any candidates through post.
- Candidates are advised to verify all the details mentioned on the admit card before going to appear the exam.
- All the candidates are required to carry the printed copy of the admit card to the exam center on the day of the exam. Without a valid admit card no candidate will be allowed to enter the exam hall and write the exam.

GUJCET 2019 - Result

The result will be released through online mode most probably in the last week of June 2019. Candidates can check the result on the official website of GUJCET 2019. After the declaration of result, successful candidates will be called for counseling procedure where seats will be allotted to them.

CUT-OFF

Candidates willing to seek admissions into the engineering or pharmacy courses offered at various participant institute of GUJCET, must go through GUJCET 2019 exam cut offs. The exam cut offs will give them an idea about their chances of seeking admission into their choice of college and course.

GUJCET cut offs comprise the opening and closing ranks that are to be secured

by candidates to be able to meet the eligibility criteria for admissions. Candidates who possess a rank which is closer or equal to the exam cut offs will increase their chances of seeking admissions.

The exam cut offs will differ as per the category of the candidate, institute wherein they aspire to seek admissions and their choice of course. There are various factors which determine GUJCET Cut offs. In simple terms, candidates will be evaluated on the basis of these factors.

Factors determining GUJCET 2019 Cut offs

- Total number of applicants registered for GUJCET 2019
- Total number of questions in the GUJCET 2019 exam paper
- Performance of the candidates in written examination
- Difficulty level of the paper

The above factors will be the basis pf evaluation for GUJCET 2019 cut offs. This illustrates that just clearing the written examination will not guarantee a successful admissions but candidates should score a rank which falls between the opening and closing ranks for that particular course and GUJCET participating institute.

These days no preparation is complete without solving a fair amount of GUJCET 2019 sample papers. It is because by solving sample papers of GU-ICET, the candidate will be able to understand concepts better, going beyond simple rote learning. It will also help the candidate strengthen problem solving skills, and help identify weak areas. Other benefits include - learning the process of time management, getting familiar with question types, and also weight age. In case the candidate is not able to get sample papers of GUJCET 2019, they may use sample papers of IEE Main or Advanced, which are more easily available. Considering JEE Main sample papers include more advanced types of questions, if the candidate does enough practice, the GUICET exam may appear a breeze! TO BE CONTINUED

Should LIFE-SKILLS be a part of SYLLABUS?



NIPA SHUKLA CEO The Open Page

77he Open Page

oes any school curriculum teach you how to talk with your classmates, teachers, parents for that matter communication with everyone? Isn't it an important part of our life, to develop good communication skills. The whole world revolves around the way you communicate with everyone. Your first impression as a person is created by the way you communicate to others. The way your Handwriting is a mirror of your perfection, similarly your communication is a mirror of what type of an Individual you are. Very few schools really give little importance to communication skills in the race of completing the SYLLABUS.

There are many more such skills that a child has to learn in his/ her growing age, but this are learned by experiences of failure/ success that they face through their life without actually making them aware of the need of it. For example if child has to go to a shop to buy a chocolate for the first time in his/ her life and mother gives him 50 rupees, they would just go and stand at the shop ask for the chocolate and won't even bother to ask the price? won't even check the manufacturing date or the expire date, won't it want to know how much money has he/ she got back. When they reach home and ask how much money you have got they just hand over some currency notes / coins and not even bother to count them. Making a money transaction - Isn't this an important part of the growing up life skills.

In addition to brushing their own teeth and learning how to tie their shoes and get dressed, young children should know what to do in common situations as well as emergencies, such as:

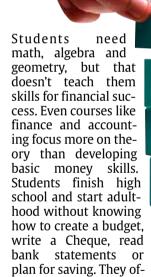
- How to get to and from home and school
- Who to call in an emergency (memorize phone numbers)
- How to safely cross the street
- What to do if they are bullied or witness bullying
- How to safely use kitchen appliances and prepare basic meals
- How to do the laundry

In an ever-growing technology and data driven world, much of the focus in education has understandably taken a shift toward STEM-based (science, technology, engineering, and math) initiatives that will prepare students for the

coursework and careers of the future. But life skills—how well equipped students are to make good decisions and solve problems in their academic and professional careers as well as their personal lives—should also play a critical role in a well-rounded and comprehensive education.

Most of what curriculum covers throughout school focuses on academic information, with very few opportunities for students to focus on developing cognitive life skills. A primary purpose of school is to prepare students for college or other further studies, but successful young adults must also perform in real-world situations.

Math isn't money management



ten say they're interested in investing, but they don't know how the stock market works. They know bad credit should be avoided, but they aren't sure what steps they can take to build good credit or how that impacts things like insurance rates and auto loans.

Manners still matter

Students finish school and enter the workplace with no idea how to behave in a professional setting. Communication breaks down because they don't have guidelines for sending an email to coworkers and superiors or what type of behavior is polite. Classes should teach how to respond appropriately in a range of situations to instruct students on common etiquette.

Cooking is good for the soul

Many children grow up eating food handed to them through a drive-through window. They may have working parents who don't have time to cook or who never learned themselves. Part of the reason for the obesity epidemic is a large portion of the population doesn't know how to prepare healthy meals. Basic cooking skills help improve health, save money and create positive family interactions.

Good time management creates balance

Many people live under extreme stress because they feel they can't accomplish all the tasks for which they're responsible. Time management doesn't just involve squeezing the most productivity out of every minute, it helps allocate time for enjoyment. Students have access to technology that allows them to stay selfdisciplined, organize priorities and locate resources for relaxation. Life skills curriculum can point out the need for good time management and help students find tools for making it a habit. Schools face an ongoing challenge when it comes to equipping tomorrow's workforce. High schools can prepare students for success

by giving them the skills they need to become productive adults

What Is Life Skills-Based

Education?

Think of life skills as the building blocks or framework

that allow students to applyt he knowledge they acquire in school to real world problems and situations. Also referred to as "soft skills" in a professional context, the ability to think abstractly and approach problems from multiple angles to find practical solutions, and the skill to communicate clearly and effectively are just as important as technical knowledge in a particular field or academic subject.

In a constantly changing environment, having life skills is an essential part of being able to meet the challenges of everyday life. The dramatic changes in global economies over the past five years have been matched with the transformation in technology and these are all impacting on education, the workplace, and our home life.

Examples of life skills include:

Self-reflection

- Critical thinking
- Problem solving
- Interpersonal skills

The benefits of teaching life skills at a young age

Building life skills is essentially an exercise in helping children develop sound judgment and good habits for long-term stability, wellness, and success. To cope with the increasing pace and change of modern life, students need new life skills such as the ability to deal with stress and frustration. Today's students will have many new jobs over the course of their lives, with associated pressures and the need for flexibility.

Benefits for the individual:

In everyday life, the development of life skills helps students to:

- Find new ways of thinking and problem solving
- Recognize the impact of their actions and teaches them to take responsibility for what they do rather than blame others
- Build confidence both in spoken skills and for group collaboration and cooperation
- Analyze options, make decisions and understand why they make certain choices outside the classroom
- Develop a greater sense of selfawareness and appreciation for others

Benefits for employment

While students work hard to get good grades, many still struggle to gain employment. Employers are looking not just for academic success but key employability skills including:

- The ability to self-manage, solve problems and understand the environment
- Working well as part of a team
- Time and people management
- Agility and adaptability to different roles and flexible working environments
- The potential to lead by influence

Benefits for society

- Recognizing cultural awareness & respecting diversity allows creativity and imagination to flourish developing a more tolerant society
- Developing negotiation skills, the ability to network and empathize can help to build resolutions rather than resentments
- The more we develop life skills individually, the more these affect and benefit the world in which we live.