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Inspire Learning

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Monument Speaks— A Verdict Passed

an initiative for students under Right To Information



Birth Place Of Lord RAMA

Rama is one of the most widely worshipped Hindu deities and is considered the seventh incarnation of God Vishnu. According to the Ramayana, Rama was born in Ayodhya to Queen Kaushalya and King Dasharatha.

Babri Masjid

Babur was the first Mughal emperor of India and the founder of the Mughal empire. It is believed that one of his generals, Mir Baqi, built the Babri Masjid ("Babur's Mosque") in 1528 on his orders.

Cause of Dispute

The land on which the medieval mosque, Babri Masjid, stood is traditionally considered by Hindus to be the birthplace of the Hindu deity, Rama.

The belief came in 1813-14, when the East India Company's surveyor Francis Buchanan reported that he found an inscription on the mosque walls which attested to this fact. He also recorded the local tradition, which believed that emperor Aurangzeb (1658-1707) built the mosque after demolishing a temple dedicated to Rama.

Between 1528 and 1668, no text mentioned the presence of a mosque at the site. The earliest historical record of a mosque comes from Jai Singh II, a Rajput noble in the Mughal court, who purchased the land of the mosque and the surrounding area in 1717. His documents show a three domed structure resembling the mosque, which is however labeled the "birthplace" (chhathi).



In the courtyard can be seen a platform (chabutra) to which Hindu devotees are shown circumambulating and worshipping. All these details were corroborated by the Jesuit priest Joseph Tieffenthaler half a century later. Tieffenthaler also said that "The reason for this is that once upon a time, here was a house where Beschana [Vishnu] was born in the form of Ram

Both the Hindus and Muslims are said to have worshipped at the "mosque-temple", Muslims inside the mosque and Hindus outside the mosque but inside the compound. After the British took over the State, they put up a railing between the two areas to prevent disputes. In 1949, after India's independence, an idol of Ram was placed inside the mosque, which triggered the dispute.

This dispute is a political, historical, and socio-religious debate in India, centered on a plot of land in the city of Ayodhya, Uttar Pradesh. The issues revolve

around the control of a site traditionally regarded among Hindus to be the birthplace of their deity Rama, the history and location of the Babri Masjid at the site, and whether a previous Hindu temple was demolished or modified to create a mosque.

A subsequent land title case was lodged in the Allahabad High Court, the verdict of which was pronounced on 30 September 2010. In the judgment, the three judges of the Allahabad High Court ruled that the 2.77 acres (1.12 ha) of Ayodhya land be divided into three parts. While the three-judge bench was not unanimous that the disputed structure was constructed after demolition of a temple, it did agree that a temple structure predated the mosque at the same site.

The five-judge Supreme Court bench heard the title dispute cases from August to October 2019. On 9 November 2019, the Supreme Court, headed by Chief Justice Ranjan Gogoi, announced their verdict; that the land belonged to the government based on tax records. It further ordered the land to be handed over to a trust to build the Hindu temple. It also ordered the government to give an alternate five-acre tract of land to the Sunni Waqf Board to build the mosque.

QUESTION FOR YOU

Identify the Hindu temple with Mughal Architect.

Send in your replies on openpageyrc@gmail.com and win prizes.

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



Inter House One Minute Games Were Conducted At DPS East

Various exciting games like Rubber Band Tying, Straw in Hair, Cup Stack, etc. were played by kids. With this time bound games, the excitement, thrill and happiness was worth a watch on faces of the kids!



Grand Parents Day Celebrated at Divine Life English School, Vasna



Grandparents hold the hearts of Grandchildren forever. Enthusiastic Grandparents Day Celebration of Pre-Primary Section was celebrated in Divine Life School, Vasna. From start of welcome with Tikka to Couple Dance at the end filled the atmosphere with smiles and joy on faces of our Grandparents. Planned with fun games like passing the parcel, saree folding by our grand fathers and question and answers round made the event even more enjoyable. Winner Grandparents were gifted with trophies and chocolates. At the end surprise gift of beautiful frames and tulsi pot prepared by our little ones with the support of their teachers were given by the hands of our Venerable Director Mr. Bhavik Mirani.

Grand Parents Day Celebration at Kameshwar Education Campus



Grandparent are a valuable resource for us. They play an important role in the lives of their grandchildren. To make strong bonding between them. The children were very excited to see their grand dad or grand mom participated in the games and cheered them wholeheartedly. The fond affection for their grandchildren reflected in the very fact that they held the hands of their respective grandchild while performing some of the games. All the games were thoughtfully planned by the teachers so as to make the special day, memorable for all the grandparents. Students from Kameshwar Juniors to higher classes participated in many programs and parents kept a foodstall and made varieties of delicious dishes. School director Mukesh Patel the Principal Khyati Acharya, Coordinator Suman Saini and all the Educator's thanked every grandparent for their presence and for their continuous support and guidance to children. Beautiful Tulsi plant were presented to honour all grandparents, as a token of love from Kameshwar School.

Salad Making and Decoration Competition at Khyati World School



Salad Making and Decoration competition was held at #KWS campus today as a mark of "CHILDREN'S DAY CELEBRATION". The competition was open for all the students from Std 3 onwards. Our objective

behind it was to inculcate healthy food habits and awareness regarding the choice of food among the youth. The participant's creativity was revealed through the beautiful designs and pattern formed with different mouth watering Salads. The participants explained the specialty of their salad and also the importance of including salad in our regular diet for maintaining good health and keeping diseases at bay. The main focus of the Competition was not only the preparation of salads but also upon their artistic presentation which carried an aesthetic aspect. Equal emphasize was on the hygienic considerations which was to be kept in view while preparing and dressing the final product. Cleanliness, safety, taste and presentation were the basic criterion for the judgment. Judges exhorted upon the students to make salad eating a routine habit for enabling them to maintain a #healthy life.

Shri Durga School English Medium



Tree plantation project done by Primary and Pre - primary students.

CCIS S G Campus conducted Fun with Science activity



When You Speak AND THE WORLD LISTENS.. It's JOURNALISM!

Journalism began from times when transmitting news or gathering news was solely done by people who were either travellers or sailors or traders or merchants who used to travel from one city to the other talking about the city and business in other cities. Before print media was established 'word of mouth' was the primary source of news. However, this transmission of news was highly unreliable because every person had his/her version of describing particular information. Journalism today is characterized by three themes – personalization, globalization, localization

With that being said, this clears the definition of a journalist. Journalist is a person who

- Is hungry for knowledge
- Is curious about things happening around him/her.
- Gathers information
- Compiles it altogether
- Broadcasts or disseminates to the right audience in the right form

With the onset of the growth wave of technology and trade the technique of gathering and disseminating information which has increased the scope of journalism. Since 1700s newspapers have always been the primary medium for journalists, 18th century added magazine, 20th century brought in Television and internet journalism has picked up a lot of rage in the 21st century.

However, if we were to talk about how rapidly journalism has evolved over the period of time Internet Journalism can be quoted to be an excellent example. Social Media today provides "free" news and classified advertisements to audience who now do not bear any cost of paid subscriptions. This has undercut the business of many high selling

newspapers/ magazines of the past. The highly desirable goal of modern journalism is objectivity, which means to project the information in the most unbiased manner possible. Objectivity in journalism provides to impart information to the readers in the form wherein there is no influence of the journalist's views or opinions in the same. It is a pity that this goal is impossible to achieve. As long as human beings gather and disseminate news and information, objectivity is an unrealizable dream.

There are different forms of Journalism genres that exist, some of them are listed here

- Broadcast Journalism - Spoken or written journalism for radio or TV.
- Interactive Journalism – A type of online journalism that is visual and allows reader to interact through a web platform
- Photo Journalism – Story told through photographs
- Yellow Journalism – Writing which emphasizes exaggerated points or rumors.

Journalism is one such profession which embraces all other disciplines, because when one is a journalist he/she is entitled to work on any given assignment and hence he/she should conduct some basic homework on the subject. For a journalist every assignment that he/she does on the field is an exam because they have to cultivate a sharp and spontaneous attitude to be able to extract the best of the incident that has occurred and report to the viewers/readers. And hence some basic information of everything should be taken as core criteria to become a journalist.

A lot of careers emerge out of journalism, some being

- Freelancer writer
- Feature writer
- Editor
- Production manager
- Public Relations Activist

WHO CAN BE A JOURNALIST?

To be a journalist one should cultivate some traits which are essential to separate from the rest, he should be

- Ardent Reader
- Curious
- Keen Observer
- Knows the art of Expressing
- Knows how to retain knowledge
- Has one's own perception about things

There are many colleges who has begun to offer Journalism as a career option at graduate and post graduate level, most popular of those institutes being India

- V R Institute of Journalism and Mass Communication, Ahmedabad
- Symbiosis Centre for Media and Communication, Pune
- Manipal University Manipal
- Jamia Millia Islamia New Delhi.
- Indian Institute of Journalism and New Media (IIJNM) Bengaluru.
- Asian College of Journalism (ACJ), Chennai.
- Manipal School of Communication Manipal.

ABROAD

- La Trobe University, Australia
- City, University of London
- Institute of Journalism, London
- St. Mary's University, Twickenham
- Goldsmith, University of London
- De Monte University, Leicester
- University of Bedfordshire, UK

Hygiene



Dr. TWINKAL PATEL
Founder Motherhood Foundation

Tips for good foot hygiene

- Cleaning the legs properly while entering into house
- Cleaning and drying space between each finger and toe to prevent fungal infection
- Clean nails and cut at regular intervals
- Using mild soap and body lotion for preventing from dryness
- Wearing comfortable shoes that fit well can prevent many foot ailments.
- Improving the circulation of blood to the feet can help prevent problems.

Raising the feet

- Standing up and stretching
- Walking, and other forms of exercise promote good circulation.
- Gentle massage and warm foot baths can also help increase circulation to the feet.

(1) Toiletry habits and hygiene

Toiletry habits include hygiene habits to be used while using washroom and toilets. It is very important to teach proper toiletry habits to children because improper habits and negligence can cause bacterial and other infections having unimaginable adverse effects on our health.

Tips for good toiletry habits

- Use flush after using toilet
- Train child to wipe thoroughly with toilet paper
- Wash hands and legs properly.
- Clean bathroom after having bath.

(2) Menstrual hygiene (Personal hygiene for woman)

The vagina is able to clean itself; no special care is needed other than washing the external genitals. Washing the outer genital area with clean water must be a daily practice.

Tips for menstrual hygiene

- Change tampons and sanitary napkins or pads regularly
- Take bath at least twice a day to avoid infections
- Always wash your hands before and after handling a tampon or pad
- Clean and soft cloths can be used in place of sanitary pads
- The use of dirty cloths must be discouraged
- Menstrual blood-absorbing items must be properly disposed of in a burial pit or other appropriate method.

Send your health related query to
theopenpagehealth@gmail.com



Children's Day Celebration at Anand Niketan School Bhadaj Campus

"Children are budding stars, the more you embrace them the more they shine". Children's Day celebrations focus on children and their enjoyment.

The day is celebrated to pay tribute to the legendary freedom fighter and our first Prime minister Pandit Jawaharlal Nehru popularly known as Cha-Cha Nehru. Anand Niketan Bhadaj always strives to emerge out with something new for its students and children's day being no exception. The teachers thought of a different beat and gifted a fun filled event. As it is generally seen, students perform for teachers on various occasions, but today on 14th November teachers gave various performances for the students in order to express their love and care for them. The program started with the prayer song, sung by teachers followed with an inspi-

ration video conveying the message that we should never stop dreaming. This was followed by group song sung by the teachers. An interesting skit was staged where the teachers conveyed the message that plagiarism is not the shortcut to success. Originality should always be the motto for everyone. The power-packed dance performance set the culmination of the program. To highlight the importance of this day an informative speech was given by our Principal Vaishali Parikh ma'am. The students were overwhelmed with the entire effort and cheered their teachers. The campus was buzzing with excitement and joy. The day ended in a beautiful resonance lingering in everybody's minds. The entire programme was applauded by everybody present and will always remain etched in the memory of one and all.



CCIS Green Campus Celebrates Children's Day

India celebrates Children's Day on November '14, which is the birthday of Pandit Jawaharlal Nehru, the first prime Minister of India. He was fondly called Chacha Nehru. It was his love and yearning for children that made India celebrate this day.

As part of Children's Day, many fun filled activities were organised for children here at CCIS Green Campus. Children of Kindergarten came in colourful attire. The gamut of fun filled activities consisted of movie show, games, dance and songs.

Balkrishna Vidhyapith, Rajula celebrated Annual Sports Day

On Nov 14, 2019 on the occasion of CHILDREN'S DAY in the school ground.

"Apart from education, you need good health, and for that, you need to play sports."

The Principal and the Chief Guest laid emphasis on the importance of sports in a student's life.

The students had participated with great zeal and enthusiasm and showed their young budding talents in all the sports events. At last the winners were awarded for their spirit and hard work by the Chief Guest.

The students had participated with great zeal and enthusiasm and showed their young budding talents in all the sports events. At last the winners were awarded for their spirit and hard work by the Chief Guest.



SKUM English School celebrated Children's Day



Nursery children were asked to dress up using flowers and birds masks. JR.KG children were dressed in clown and fairy, SR.KG children were given the theme of hawaiian.

Satyameva Jayate International School Celebrated Children's Day



Tiny-tot Satyamevians celebrated Children's Day with much fun & frolic, attired in vibrant outfits. They enjoyed the day by taking part in a plethora of activities. They participated in various activities, watched movies and had a sumptuous feast of cakes and chocolates. The teachers apprised the students of the life and work of pandit Jawaharlal Nehru.

Samarpan Public School, Gandhinagar Organized Science Exhibition 2019



Plogging at LML

Lalji Mehrotra Lions School celebrated the 150th birth anniversary of the Mahatma in a unique and more effective way. A plogging activity was organized in cooperation with Cyrun Organization wherein the students were supposed to run 1 mile and clean the surroundings. The drive was a mixture of the "Fit India Campaign" and the "Swachhta Abhiyan". Mr. Rahul Sharma from the Cyrun Organization kicked start the event by explaining the need of such an initiative. After that, he made the students do several warm up exercises. Students, alumni, and parents participated in huge number. When the run began, LML students started jogging energetically with banners, all spreading awareness about the importance of cleanliness. The run began from LML School and was till the Lions Eye Hospital, where the students did the cleanliness part of the program. After the completion of the program, the students returned to the school and were served refreshments. All in all, the event was enjoyed by students and parents alike and was a source of inspiration and motivation for many to follow the footsteps of the Mahatma!

—Nisarg Patel, XI, YRC Member



Adolescent Awareness Workshop Conducted at Satyameva Jayate International School



Adolescent Awareness Workshop was conducted for the benefit of students of Std 7th to 12th of Satyameva Jayate International School (SJIS), Bopal. Awareness was created regarding importance of good health, nutrition, personal hygiene, Physical and Mental Changes during the phase of puberty and how to deal with these changes and women's safety.

Hindi Divas was celebrated by the Members of CCIS Green Campus



Students of class 6 to 8 presented Nukad Natak, group songs, recitation of the Agneepath by Hari-vansh Rai Bachchan. Inter House Hindi poem recitation and Hindi handwriting competition for the primary classes 3 to 5 was organised to mark the day.

CORN BHEL

INGREDIENTS

- 1cup boiled and strained corn
- 1 tomato (finely chopped)
- 1green chilli (finely chopped)
- 1/2 cup onions (finely chopped)
- 1/2 cup sev
- 1 tblsp masala peanuts
- 2 tblsp boondi
- 1 tsp oil or butter
- 1tsp chaat masala
- 1/2 tsp red chilli powder
- Salt to taste
- 1/2 lime juice
- Coriander leaves for garnish



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.



Basbousa With Almonds Recipe

Ingredients for Basbousa With Almonds

- 1-Teaspoon Lemon Juice
- 375 ml-Water
- 400 g-Sugar
- 250 ml-Water
- 100 g-Ground Almonds
- 320 g-Semolina
- 1 1/2-Teaspoons Baking Powder
- 1 tin-NESTLÉ MILKMAID
- 2-Tablespoons Ground Almonds
- 1-Tablespoon Rose Water
- 200 g-Melted Butter

How to make Basbousa With Almonds

1. Combine butter, NESTLÉ Milkmaid and baking powder. Stir, then add semolina, ground almond and water and stir again. Pour & level mixture in baking tin.
2. Bake at 190°C in preheated oven for 35 minutes till top is golden. Remove from oven and pour all over the cooled syrup.
3. Place in fridge to cool completely, cut into diamond shapes and serve.

FOR SYRUP

Boil sugar and water in a saucepan. Simmer for 6-8 minutes. Remove from heat and stir in lemon juice, rosewater and ground almonds.

How to make a CD balloon hovercraft



You will need

- 1 x balloon
- 1 x CD
- 1 x pop-up water bottle lid
- superglue or a hot glue gun

Activity

- Glue the water bottle lid to the CD, so that the two

holes match up - i.e. the opening of the lid should sit over the central hole in the CD.

- Now push the pop-up lid to the closed position.
- Blow up the balloon. Without letting it deflate (tricky) stretch the opening of the balloon over the top of the pop-up lid - just over the push-up bit.
- Find a nice big empty space on the floor (tiles or floorboards, it won't work on carpet) and pull the pop-up lid to the open position. Set the hovercraft on the floor and watch it slide around.

QUIZ

1. Who discovered Penicillin in 1928?
2. How many stars are there in the American flag?
3. Which instrument is used to measure Atmospheric Pressure?
4. Which is the largest continent in the world?
5. Who is the inventor of the electric Bulb?
6. On whose memory Nobel Prize is awarded?
7. Which is the first element on the periodic table of elements?
8. Which is the longest written Constitution in the world?
9. What is the largest joint in the human body?
10. What does the Internet prefix WWW stand for?
11. How much of Earth's surface is covered by ocean?

Send your answer to openpageyrc@gmail.com. Names of the Winners would be announced in the next issue



A good leader is the one who leads himself first

Our forefathers have built our culture and tradition on the pillars of respect and kindness to fellow beings, care for nature, and non-violence. They have always emphasized on the character building. We have always been taught that what matters in life is not the wealth of worldly pleasures but wealth of wisdom and good character. Our country has not just respected, but even worshiped the men of knowledge and character.

Today is the best time to accumulate knowledge and learning due to the digital revolution. But this same gift of easy access of information can also become the curse if not used in the right way! It is aptly said that what you see is what you become. At this most influential age (also called the age of adolescence), if you see and listen the inappropriate videos on Internet and other media, it can easily damage your thinking process. Simultaneously, it is equally important that you keep a good company.

Today, world is facing dearth of great leaders. To lead others, it is important for you to lead yourself first. You need to stay alert and vigilant about what is good and bad for you. Parents and teachers will not be around you every time. Listen to their guidelines and instructions properly. They are always thinking about your welfare and good future. Any kind of disrespect to them or to their guidance will take you to darkness.

You are the example: People look for leaders who are leading themselves well first. No one wants to follow someone who has their life in shambles.

It doesn't make sense to follow



someone who can't make sense of their own lives.

Rather, they're looking for an example to follow. They want someone who has it more together, even if it's only a little bit more than themselves, to take charge and move forward.

You need self-control: A portion of leading yourself is teaching yourself

self-control. This means you don't freak out over volatile situations and you don't lash out at those around you. Without leading yourself in this area, it's hard to lead others.

You have to have something to give: You have to lead yourself to great content to consume. You have to lead yourself to great mentors to follow.

You have to lead yourself to a deeper sense of wisdom.

Thus friends, it is properly said that mind follows the principle of GIGO (that is, Good In Good Out). If you feed good things to your mind, it will only give good things to you and the world. That will make you a great leader one day!

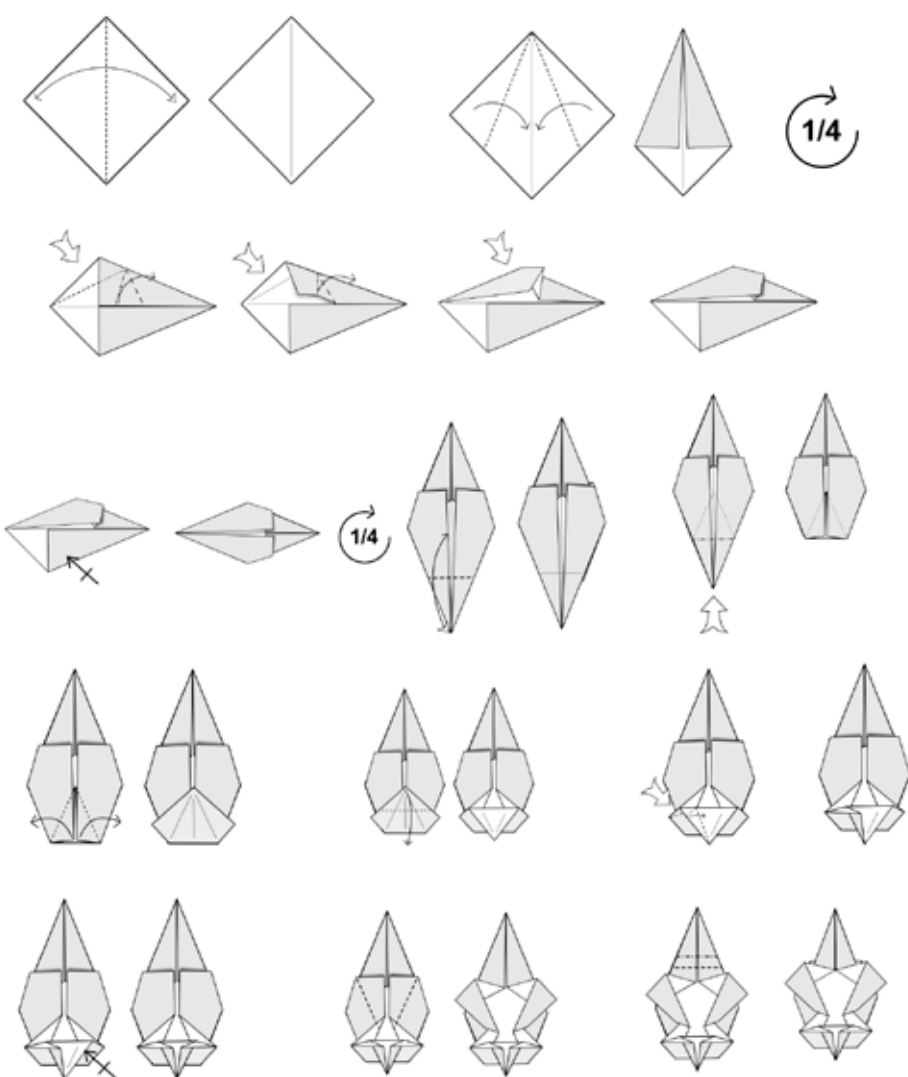
A.A.R.T.I. ADVENTURE CAMP SITE

Anil Goswami : 9687615514
Email id: campsaluva@gmail.com,
Website: www.aartcamp.com

FILL IN THE COLORS



ORIGAMI



SUDUKO

		4	6	7	8	9		
	3						5	
2				5				1
5			4		6			9
9			3		7			4
3		2				8		6
4	1						9	2
	9						6	
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MATHS PUZZLE

	+		x		= 20
+		x		-	
	x	8	x		= 48
-		x		+	
	x		-		= 38
=		=		=	
0		80		10	



The youngster
slammed an organised

38
Ball

63
Runs

PRITHVI SHAW

The Highest Gallantry Award in India

PARAM VIR CHAKRA

The Indian Armed Forces are the military forces of the Republic of India. It consists of three professional uniformed services: the Indian Army, Indian Navy, and Indian Air Force. Additionally, the Indian Armed Forces are supported by the Indian Coast Guard and paramilitary organisations (Assam Rifles, and Special Frontier Force) and various inter-service commands and institutions such as the Strategic Forces Command, the Andaman and Nicobar Command and the Integrated Defence Staff. The President of India is the Supreme Commander of the Indian Armed Forces. The Indian Armed Forces are under the management of the Ministry of Defence (MoD) of the Government of India. With strength of

lantry award in India. It has mostly been awarded posthumously (after the death of the originator.). No doubt it is what every army personnel dreams for. Do you know the meaning of Param Vir Chakra, why it is given, what is eligibility criteria, who was awarded first with PVC, what are the allowances given to the awardees etc.

Param Vir Chakra or PVC is the India's highest military decoration which is awarded for most conspicuous bravery or some daring or pre-eminent act of valour or self sacrifice, in the presence of enemy, whether on land, at sea or in the air. It was introduced on 26 January, 1950 on the first Republic Day. It has mostly been awarded posthumously. It

its eligibility criteria, on what basis it is given, who was awarded first with PVC, what are the allowances given to the awardees etc.

Param Vir Chakra

Awarded by: President of India

Type: Military Award

Country: India

Status: Active

Established: 26 January, 1950

Next (higher award): Bharat Ratna

Next (lower): Maha Vir Chakra

First awarded: 3 November, 1947 to Somnath Sharma

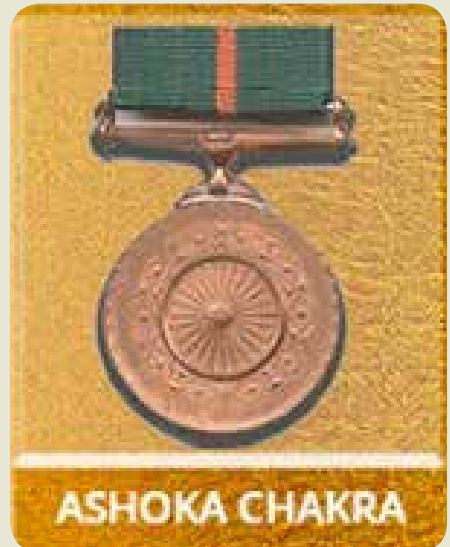
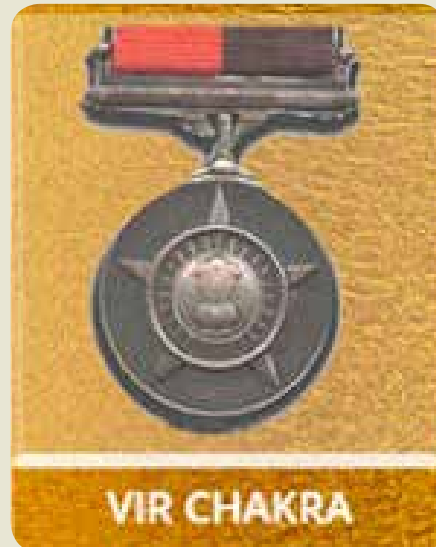
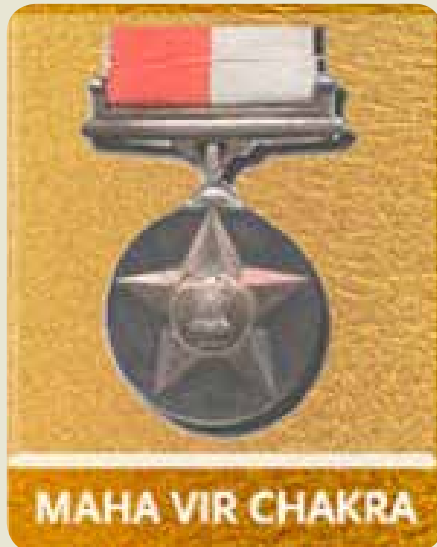
Last awarded: 6 July, 1999 to Vikram Batra

Total awarded: 21

am Vir Chakra'. In Sanskrit, Param means Ultimate, Vir (Pronounced as Veer) which means Brave and Chakra means wheel. Literally, Param Vir Chakra means 'Wheel or Cross of the Ultimate Brave'.

Who designed the Param Vir Chakra, India's highest award for gallantry?

The Param Vir Chakra was designed by a female 'Savitri Khanolkar alias Savitri Bai' of foreign origin and wife of Vikarm Khanolkar, an officer in the Indian Army. On the request of Hira Lal Atal, the first Indian Adjutant General, Major General she has designed it. Since 1950, this award is same. None of the changes



over 1.4 million active personnel, it is the world's second-largest military force and has the world's largest volunteer army.

Gallantry Awards are classified into two Categories

- Gallantry in the Face of Enemy
- Gallantry Other than in the Face of Enemy

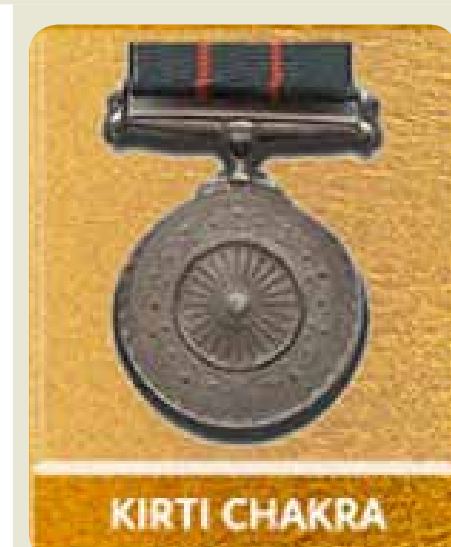
First Category of Gallantry Awards Comprises of the following Awards

- Param Vir Chakra (PVC)
- Mahavir Chakra (MVC)
- Vir Chakra

Second Category of Gallantry Awards Comprises of the following Awards

- Ashok Chakra
- Shaurya Chakra
- Kirti Chakra

Param Vir Chakra was established on 26 January, 1950. It is the highest Gal-



is what every army personnel dreams for. Do you know when Indian army used to work under British Army the highest honour or award given for the bravery to the soldiers was Victoria Cross? Let us study through this article in detail about Param Vir Chakra award,

Posthumous awards: 14

20 Awards from : Indian Army

One Award from: Indian Air Force

Param Vir Chakra: Meaning

The most supreme gallantry award conferred by India during wartime is the 'Par-

have been made in it.

Param Vir Chakra is a circular bronze medal of 3.49 cm in diameter. The state emblem of the four lions is in the centre on a raised circle. The all mighty weapon of Lord Indra's that is the Vajra surrounds it on four sides. The words Param Vir Chakra are embossed in English and Hindi with two lotus flowers between Hindi and the English inscriptions. The whole disc is suspended from a suspension bar with a purple ribbon through it. The ribbon is 1.3 inches long.

Param Vir Chakra: Riband

If any recipient of the Param Vir Chakra shall again perform such an act of bravery and have made him or her eligible to be recorded by a Bar to be attached to the riband by which the Chakra is suspended. And for every such act of bravery, an additional Bar shall be added and any such Bar or Bars may also be awarded posthumously. Let us tell you that for every Bar a replica of the 'Indra Vajra' is awarded in miniature which shall be added to the riband when worn alone.

Param Vir Chakra Award is equivalent to:

Param Vir Chakra is the equivalent award of the Medal of Honour in the United States and the Victoria Cross in the United Kingdom.

Who was awarded with the first Param Vir Chakra?

On 3rd November 1947, the first Param Vir Chakra was awarded to Maj. Somnath Sharma posthumously for his exemplary courage.

Till now, how many people are awarded with Param Vir Chakra in India?

Param Vir Chakra is the rare honour. Only 21 people have ever been awarded. Out of which 20 were from the Indian Army and one from the Air force.

The only Indian Air Force officer awarded with Param Vir Chakra:

Presently, Nirmal Jit Singh Sekhon of Indian Air Force Flying officer is the only recipient of Param Vir Chakra.

Who got Param Vir Chakra for Kargil?

4 Kargil war heroes received the highest Gallantry award Param Vir Chakra namely Vikram Batra, Manoj Kumar Pandey, Naib Subedar Yogendra Singh Yadav and Rifleman Sanjay Kumar.

Postage Stamp

In 1976, Indian Postal department issued a stamp depicting the Param Vir Chakra medal. In 2000, 4 more were released depicting various recipients. On the stamps, the brave soldiers were: Lance Naik Karam Singh, Lance Naik Albert Ekka, Company Quarter Master Havildar Abdul Hameed and Flying officer Nirmal Jit Singh Sekhon. Not only this, in 1988, a serial on Indian Television was made which depicts various stories of the winners of Param Vir Chakra.

The following categories of persons shall be eligible for the Param Vir Chakra

- Officers and men and women of all ranks of the Naval, Military and Air

Forces, of any of the Reserve Forces, of the Territorial Army, Militia and of any other lawfully constituted Armed Forces.

- Matrons, Sisters, Nurses and the Staff of the Nursing Services and other Services pertaining to Hospitals and Nursing, and Civilians of either sex serving regularly or temporarily under the orders, directions or supervision of any of the above-mentioned Forces.

What is the Structure and Commands of Indian Army?

Param Vir Chakra: Persons Eligible

On what basis the Param Vir Chakra award is given?

The Param Vir Chakra is awarded for most conspicuous bravery or some daring or pre-eminent act of valour or self-sacrifice, in the presence of the enemy, whether on land, at sea, or in the air. It is announced twice in a year- first on the occasion of the Republic Day and then on the occasion of the Independence Day. It is awarded by the President of India.

dia and is given equally to the brave soldiers of the three wings of the Army. There is also no discrimination between male or female while presenting this award.

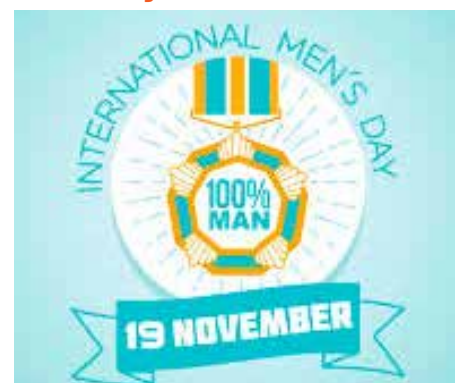
Param Vir Chakra winners Allowances and Rewards

The monthly allowance for Post-Independence Param Vir Chakra awardees will be Rs 20,000 after an increased allowance with retrospective effect from 1 August, 2017.

Gallantry award winners do also get one-time cash awards from their state governments but they vary widely with no uniformity. Upon the death of the recipient, the pension is transferred to the spouse until their death or remarriage.

In the case of a posthumous recipient who is unmarried, the allowance is paid to their parents. But if the award is being conferred posthumously on a widow or widower, the allowance is to be paid to their son or unmarried daughter. Let us tell you that the pension benefits and amount of the award are exempted from income tax.

19 November - International Men's Day



International Men's Day is celebrated on 19 November. This day coincides with the birthday of the father of Dr. Jerome Teelucksingh, a doctor from Trinidad and Tobago who relaunched the International Men's Day in 1999. This day highlights the issues faced by men on a global scale.

19 November - World Toilet Day



World Toilet Day is observed on 19 November annually to inspire people about tackling the issue of the global sanitation crisis and to achieve Sustainable Development Goal (SDG) 6, which promises sanitation for all by 2030. According to WHO and UNICEF around 60% of the global population that is approx 4.5 billion people either have no toilet at home or one that does not safely manage excreta.

20 November - Universal Children's Day



World Children's Day was first established in 1954 as Universal Children's Day and is celebrated on 20 November each year to promote international togetherness, awareness among children worldwide, and improving children's welfare. November 20th is an important date as it is the date in 1959 when the UN General Assembly adopted the Declaration of the Rights of the Child. It is also the date in 1989 when the UN General Assembly adopted the Convention on the Rights of the Child. Since 1990, World Children's Day also marks the anniversary of the date that the UN General Assembly adopted both the Declaration and the Convention on children's rights.

20 November - Africa Industrialisation Day



Africa Industrialisation Day is celebrated on 20 November to raise worldwide about the problems and challenges of industrialisation in Africa. This day also draws the attention to the governments and other organisations in several African countries to examine ways to stimulate the industrialisation process of Africa.

21 November - World Television Day



Television continues to be the single largest source of video consumption. Though screen sizes have changed, and people create, post, stream and

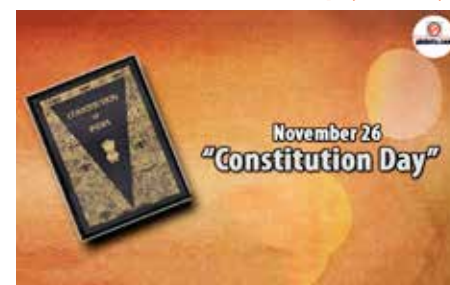
consume content on different platforms, the number of households with television sets around the world continues to rise. The interaction between emerging and traditional forms of broadcast creates a great opportunity to raise awareness about the important issues facing our communities and our planet. The United Nations provides a suite of multimedia products and services covering the work of the United Nations both at Headquarters and around the world, to reach audiences and support the work of the international news media.

25 November - International Day for the Elimination of Violence against Women



This day was established by the UN General Assembly in 1993. It defines violence against women as an act of gender-based violence that results in physical, sexual or psychological harm or suffering to women, including threat, etc.

26 November - Law Day (India)



Law day is also known as Constitution Day or Samvidhan Divas. It is observed on 26 November to commemorate the adoption of the Constitution of India. The Constituent Assembly of India adopted the Constitution of India on 26 November, 1949 and it came into effect on 26 January, 1950.

29 November - International Day of Solidarity with Palestinian People



The General Assembly in 1977 by the adoption of resolution 32/40 B declared 29 November as the International Day of Solidarity with the Palestinian People. On this day, the Assembly adopted resolution 181 (II) on the partition of Palestine in 1947. It is also known as Partition Resolution.

30 November - Saint Andrew's Day

St. Andrew's Day is celebrated on 30 November every year in Scotland and especially in the countries where Saint Andrew is the patron saint like Barbados, Bulgaria, Columbia, Cyprus, Greece, Romania, Russia, Scotland, and Ukraine.

Shaw pushes reset button

Back after serving six months ban for doping, the twenty-year-old takes first steps towards redemption with a 63 against Assam

If Prithvi Shaw's cricketing journey were to end today, he likely went through the entire gamut of emotions a professional sports person could go through. A child prodigy, prolific scorer in age-group cricket, brilliant start to his first-class career, a ton in his debut Test innings, a much-expected Test tour to Australia ruined by an injury, alleged trouble with the bottle, a ban for consuming a banned substance and now a comeback bid.

All this at 20 years and 9 days of age! Yesterday at Wankhede Stadium, Shaw was playing his first game after serving a six month ban for consuming a cough syrup that contained terbutaline, a prohibited substance. He celebrated his return with a 39-ball 63 that included seven boundaries and two sixes. His innings and opening partnership of 138 with Aditya Tare (82) helped Mumbai post 206 for 5. In reply Assam could only manage 123-8, thus losing by 83 runs.

But the morning was about Shaw and Shaw only. Six months can be a long gap in international cricket, as Shaw would have realised. He missed Test series' against West Indies, South Africa and now Bangladesh. And there is little idea when he will make his national setup return. In Australia he would have been the first-choice opener if not for that injury. But Mayank Agarwal grabbed his chance there and now looks immovable.

He should have made a comeback



against South Africa but for the ban. Selectors threw Rohit Sharma a lifeline by asking them to open and he responded with two tons and a double hundred. There is no moving him from that position for at least the next couple of years but for an injury or a drastic drop in form.

Shaw's wait is going to be a long one. But yesterday he started in the right manner. At the beginning, as could be expected, he was a little rusty. But once that initial phase was over, he showed glimpses of what made him such an exciting batsman to watch. Drives, cuts, pulls and flicks.

As he said after the day's play, "I have been feeling good about my batting since I started practice again. I was desperate to play a game for a while now.

As such there was no plan when I went into bat. I just wanted to put away the balls that were in my area. In the power-play I didn't get as much strike. Aditya Tare was playing well so I wanted to just take a run and give him the strike. He had been playing matches continuously and was in good form. So, I thought that I should let him take the lead in the power play overs and I will go for my shots in the overs 7 to 11. And that plan worked well."

'Small mistake'

The dope-ban couldn't have come at a worse time. There was news about his love for the bottle; he had just recovered from injury and had played in Indian Premier League and the Mumbai Premier League and an international comeback looked imminent. But then lightning struck.

How can someone who had spent all his diaper-less life aspiring to be an international cricketer let it slip? He confesses to committing a "small mistake" with regards to the cough syrup and desire to make amends. "There obviously was a period where I was not feeling too well. But then as the day of return came closer I started to get my act together. Because if I had gone into a shell at that point of time, I would have felt pressure during the game. I committed a small mistake. Now I will focus on scoring as many runs as possible and win games for the team.

"I had never thought that something like this would happen. I was obviously upset. For the first 20-25 days after I was banned, I was not able to make sense of things. After that I stabilised myself and

kept myself mentally stronger. But each day was hard. It kept getting harder with each passing day," he says.

Shaw says that he has learnt some tough lessons during this phase. According to him, "I think this period has been a big learning experience for me. Obviously, I committed a mistake. I had no idea what I was consuming. In that period, I was alone and was trying stay away from people and their advices. I was telling myself that I can get out of this mess and be mentally strong. I couldn't have done anything about the ban. I went to London for a while and trained and practiced there. Then Rahul Dravid Sir called me to the NCA for training.

There I went through a series of fitness tests like Yo-yo. Under Rahul sir a lot of focus was on training. I had to clear all my fitness tests. What also helped was that during the practice nets good bowlers were available like Kuldeep Yadav, Bhuvneshwar Kumar and Varun Aaron. Rahul Sir was always there for any guidance.

"In life ups and downs will be there. My father has stood behind me. In these three months he was with me like he has been during the U-14 and U-16 days. He felt that he needed to be with me. He had stopped coming for the games from the U-19 days but now he is back."

The road back is going to be long and hard. Shaw looks ready to push the restart button.

Brief scores: Mumbai 206 for 5 (Aditya Tare 82, Prithvi Shaw 63, Riyan Parag 3/30) beat Assam 123 for 8 (Riyan Parag 38, Sibsankar Roy 22, Shivam Dube 2/3) by 83 runs.

Federer braced for another next-gen challenge in 2020

After dominating the tennis world for so long, Roger Federer thinks the sport's Big Three could face their toughest challenge yet from a new generation in 2020. Federer's 2019 season ended with a semifinal loss to Stefanos Tsitsipas on Saturday at the ATP Finals, having seen Novak Djokovic and Rafael Nadal eliminated in the group stage of the tournament this week.

Tsitsipas, a 21-year-old Greek who is playing at the ATP Finals for the first time, is among a handful of up-and-coming talents looking to finally end the unprecedented era of dominance by that trio. Other youngsters at the season-ending tournament include defending champion Alexander Zverev at 22 and US Open runner-up Daniil Medvedev at 23.

Same question

However, it's not the first time that the 38-year-old Federer has faced talk about



a talented crop of youngsters, even though none of them have so far been able to break the Big Three's iron grip on the sport.

"It's the same question every year at

the end of the year," Federer said about the new generation.

"But does it feel like this year might be the best year yet? Possibly. . But then I look at the list of who finished

World No. 1, who has been World No. 1 all these years, and it's just crazy that it's always one of us. But we are not getting any younger. So chances increase not because we are getting worse but because they are getting better."

New guard is ready

Zverev, for his part, is convinced that the new guard is ready to compete for majors.

"I think next year will bring a new Grand Slam champion. We'll see who that will be, because I think the young guys are playing incredible tennis," Zverev said after losing to Dominic Thiem in the second semifinal at the O2 Arena. "You know, it can be Daniil, it can be Stefanos, it can be Dominic. I'm in the mix, as well, I hope. We'll see what next year brings. But I think for the young guys, it's going to be an exciting year."

City gymnasts shine in CBSE National meet

Avantika Negi and Nandini Bhadani brought laurels to the state with their medalwinning efforts in under-11 age category in the recently held CBSE Artistic Gymnastics National Championship in Allahabad.

Avantika, who trains at CN Sports Academy, won the gold medal for her performance in balancing beam while academy mate Nandini picked a silver medal for her performance in floor sequence. Nandini also picked a silver medal for her all-round show.

In all 480 girls from 273 schools from across the tournament took part in the event.

Trainees shine at KMK

Meanwhile, the trainees of the academy also shone with 10 out of 12 medals in the recently held Khel Mahakumbh State Championship that was held at Mot-fofaliya.



In the uneven bars, Hirva Thakkar, Diya Thakore and Soha Parikh swept the medals tally picking gold, silver and bronze medals respectively.

Diya and Soha also picked gold and silver respectively in the vault event.

Meanwhile, in the balancing beam, Nandini Bhadani, Swara Tathod and

Nishi Bhavsar took the top three places respectively.

On the other hand, Nishi and Nandini took the second and third place in floor sequence. Diya, Hirva and Soha, who also took part in the SGFI Nationals, were selected for the Khelo India camp.

Rahul, Shivam power AHS win

Rahul Bhutra slammed an impressive ton while Shivam Brahmbhatt shone in an allround show as Ankur High School (AHS) recorded a dominant 97-run win over Akhandanand Madhyamik Shala (AMS) in one-day under-19 Inter School Tournament.



Asked to bat first, AHS rode on Rahul's 142-ball 117 to post 248 for six in 50 overs. Shivam also shone with the bat with a quick-fire 20-ball 32 while Kaid Saiyed added a cautious 65-ball 31.

For AMS, Rahul Giri picked two wickets.

Shivam haunts with the ball

Shivam then rolled his arms to pick four wickets while Rahul's twin brother Rohan scalped two more as AHS bowled out their rivals for 151 in 28.3 overs to win the match.

For the losing side, Kunal Bhatia top-scored with 51-ball 59 while Rushi Shah added 62-ball 43.

Om, Krish shine in State tennis meet



in the final.

Earlier in the second round, Om defeated Abhu B 7-1 before recording a 7-4 win over Rehan Sanghvi in the quarters.

In the semis, he defeated Heet 8-7 (4) in a closely contested tie.

Dominant best

Krish, meanwhile, was at his dominating best throughout the campaign to beat Harivansh Sharma 9-2 for the under-16 crown.

The top seed edged out Neil Shah 7-1 in the second round before recording a 7-1 win over Suraj Dhal in the quarters. In the semis, he breezed past Daksh Patel 8-1.

Om Patel shone with double joy winning boys under-10 and under-12 crowns while Krish Porwal won the under-16 title in Gujarat State Open Ranking Tennis Tournament that was held at SRAG academy.

In the under-10 category, top seed Om edged out second sound Heet Kandoria 9-5 for the crown.

After a bye in the opening round, Om started his campaign with identical 7-0 wins over Manan B and Nivan Kothari in the second round and quarter-finals respectively.

In the semis, he edged out Arhaan Osatwal 8-2.

Comeback win

Seeded fifth in under-12, Om came from being 3-6 down record a 9-6 win over Het Thakkar

Shivam stars in MPCA win



Shivam Tripathi shone with the ball as M'Power Cricket Academy (MPCA) recorded a thumping 10-wicket win over AMC XI under-17 Verai Junior Premier League. At V-Sun cricket ground, left-arm spinner Shivam ran amok with six wickets while medium-pacer Aakash Jalandhra scalped two more as MPCA bowled out their rivals for 57 runs in 20 overs. Opener Paras Kotwal then top-scored with 28-ball 28* while Dev Patel slammed 16-ball 24* as MPCA knocked off the runs in just 7.1 overs without losing a single wicket.

Final heartbreak for Kanj, Vivaan in AITA SS



It was a final heartbreak for Gujarat's Kanj Shah and Maharashtra's Vivaan Karande in the under-12 boys' doubles in AITA Super Series that was held in Panchgani. In the final, Kanj and Vivaan failed to make most of the advantage of winning the first set to suffer a 6-4, 3-6, 7-10 loss against Maharashtra's Vedant Bhasin and Karnataka's Tanussh Ghildiyal. Earlier, after a bye in the opening round, Kanj and Vivaan warmed up with a fighting 5-7, 6-2, 10-8 win over Maharashtra's Swaraj Dhamdhare and Avaneesh Chafle in the quarters. Kanj and Vivaan were at their best in the semis where they edged out Karnataka's Aaradhya Dwivedi and Lethaesh Kombila for a 6-3, 6-0 win.

Harmeet wins Indonesia Open



Harmeet Desai added another crown to his tally as he won the men's singles crown in the ITTF Challenge Indonesia Open that was held in Batam. The win made the 26-year-old from Surat the first Indian to win a pro tour title Asian soil, according to a message from Gujarat State Table Tennis Association. Seeded second in the tournament, Harmeet edged out countrymate and sixth seed Anthony Amalraj 4-2 in the final to win the title.

Consistent show

Harmeet, who made a direct entry into the main draw, started his campaign with 4-2 win over Pang Yew En Koen of Singapore in the round of 32. Harmeet was at his best in the pre-quarters where he blanked 11th seed NG Pak Nam of Hong Kong 4-0. Harmeet then edged out Japan's Kizukuri Yuto 4-2 in the quarters before beating fifth seed Lam Siu Hang of Hong Kong 4-2 in the semis.

Justice SA Bobde sworn in as 47th Chief Justice of India, succeeds Ranjan Gogoi



Supreme Court Justice Sharad Arvind Bobde was sworn in on Monday as the 47th Chief Justice of India by President Ram Nath Kovind. Chief Justice SA Bobde, 63, succeeds Chief Justice Ranjan Gogoi; he will serve as the leader of the judiciary till April 23, 2021. Justices NV Ramana, UU Lalit and DY Chandrachud are next in line. Chief Justice Bobde was on the benches that decided the Ayodhya land dispute case in 2019, held privacy to be a fundamental right in 2017, and clarified in 2015 that no Indian citizen without an Aadhaar card could be denied government services.

All roads lead to Putin: Russia provides mood music for Donald Trump impeachment drama



For all the talk about Ukraine in the House impeachment inquiry, there's a character standing just off-stage with a dominant role in this tale of international intrigue: Russia. As has so often been the case since President Donald Trump took office, Moscow provides the mood music for the unfolding political drama. "With you, Mr. President, all roads lead to Putin," House Speaker Nancy Pelosi declared last week, and not for the first time. The impeachment investigation is centered on allegations that Donald Trump tried to pressure Ukraine's new leader over the summer to dig up dirt on Trump political rival Joe Biden, holding up US military aid to the Eastern European nation as leverage.

EU offers technical assistance to Pakistan for FATF action plan implementation



The European Union has offered technical assistance to Pakistan for the implementation of the Financial Action Task Force (FATF) action plan by the country, according to a media report. A joint press release issued at the conclusion of the 10th session of the European Union-Pakistan Joint Commission in Brussels on Friday said that the two sides emphasised the importance of the implementation of FATF action plan by Pakistan. Global terror financing watchdog FATF last month retained Pakistan on its 'Grey List' till February next year for its failure to take adequate action against money laundering and terror financing.

Leaked Chinese government documents show details of Xinjiang clampdown



A trove of leaked Chinese government documents reveals details of its clampdown on Uighurs and other Muslims in the country's western Xinjiang region under President Xi Jinping, the New York Times reported on Saturday. United Nations experts and activists say that at least 1 million Uighurs and members of other largely Muslim minority groups have been detained in camps in Xinjiang in a crackdown that has drawn condemnation from the United States and other countries. The documents, which the newspaper said were leaked by "a member of the Chinese

political establishment," show how President Xi Jinping gave a series of internal speeches to officials during and after a 2014 visit to Xinjiang following a stabbing attack by Uighur militants at a train station that killed 31 people.

Shiv Sena takes on BJP-led Centre, says don't take revenge on rain-hit farmers



Amid power tussle, the Shiv Sena on Monday hit out at its former alliance partner BJP saying the central government shouldn't indulge in vindictive politics and target rain-hit farmers over the party's failure to form a government in Maharashtra. In response to a tweet by Devendra Fadnis on Sunday on "maintaining honour and pride", the Shiv Sena in an editorial in its mouthpiece Saamana, said the BJP-led central government should not take revenge on farmers for being unable to return to power. The piece came a day after former Maharashtra CM Devendra Fadnis tweeted a video of Bal Thackeray's select speeches about maintaining "honour and pride even as money comes and goes".

West Bengal: In significant reshuffle, two ministers allotted crucial portfolios



The Mamata Banerjee cabinet has made a significant reshuffle with two ministers without portfolios being given independent charge of some crucial departments. Binay Krishna Barman has been given charges of the Backward Classes Welfare Department and the SC, ST and the

Tribal Affairs Department, while Shantiram Mahato has been brought back as the minister for Western Region Development, a notification issued on Saturday. Following the drubbing the Trinamool Congress received in the Lok Sabha elections, Banerjee had removed Barman, the MLA from Mathabhanga in Coochbehar district, from the post of Forest minister. The BJP bagged the Coochbehar seat from the TMC.

Pune sanitation worker spreads awareness on cleanliness



Mahadev Jadhav, a sanitation worker in the Pune Municipal Corporation (PMC) has found out a novel method to educate and create awareness amongst people about waste disposal through songs. "No one asked me to sing, I sing so that I can reach out to more people. To create awareness among people as to where to put dry and wet waste, so the people can be educated about separating dry and wet garbage in order to help the corporation and us workers.

Kuwait's government resigns amid parliamentary scrutiny



Kuwait's Premier Sheikh Jaber al-Mubarak al-Sabah resigned on Thursday, days after lawmakers submitted a no-confidence motion against two ministers over claims of mismanagement. Government spokesman Tareq al-Mizrem told Kuwait News Agency KUNA that the prime minister presented his resignation to the country's emir so that "he may be able to rearrange the government tasks," giving no further details, Efe news reported.

BIRTHDAY WISHES

LEONARDO DICAPRIO

11th NOVEMBER 1974

Leonardo Wilhelm DiCaprio born November 11, 1974 is an American actor, producer, and environmentalist. He is drawn to parts in biopics and period films, and playing unconventional roles. As of 2019, his films have earned \$7.2 billion worldwide, and he has placed eight times in annual rankings of the world's highest-paid actors. His accolades include an Academy Award and three Golden Globe Awards.



YUSUF PATHAN

17th NOVEMBER 1982

Yusuf Pathan born 17 November 1982 is an Indian International cricketer. Pathan made his debut in first-class cricket in 2001/02. He is a right-handed batsman and a right-arm offbreak bowler. His younger brother Irfan Pathan is also an Indian cricketer



INDIRA GANDHI

19th NOVEMBER 1917

Indira Priyadarshini Gandhi 19 November 1917 – 31 October 1984 was an Indian politician, stateswoman and a central figure of the Indian National Congress. [2] She was the first and, to date, the only female Prime Minister of India. Indira Gandhi was the daughter of Jawaharlal Nehru, the first prime minister of India. She served as Prime Minister from January 1966 to March 1977 and again from January 1980 until her assassination in October 1984, making her the second longest-serving Indian Prime Minister, after her father.



KARTIK AARYAN

22nd NOVEMBER 1990

Kartik Tiwari born 22 November 1990, better known as Kartik Aaryan, is an Indian actor who appears in Hindi films. Born and raised in Gwalior, he relocated to Navi Mumbai to pursue an engineering degree in biotechnology. He simultaneously dabbled in modelling and made attempts to start a career in film. After struggling for three years, Aaryan made his acting debut in 2011 with Pyaar Ka PUNCHAMA, a buddy film about the romantic tribulations faced by three young men, which was directed by Luv Ranjan and co-starred Nushrat Bharucha.

Strategy for Managing Board Exams Along With Competitive Exams

For many students in class 12th, the thought of competitive exams makes them nervous because not only do they have to find out all important information about all the competitive exams that are applicable to them, but also find a way to study for them along with preparing for their board examinations.

Let's be honest, no student enjoys the pressure of juggling between competitive exams such as JEE, AIPMT, and AIEEE, etc., and board exams. What makes studying for both different, is that while board exams are designed keeping in mind the intellect of an average student, while entrance exams test for advanced skills in the subject. the difficulty level of both are vastly different. Yet, both are equally important if one wishes to secure admission in the top colleges in the country. Competitive examinations go beyond the scope of board exams and also test students for logical aptitude and reasoning ability. Moreover, even after so much hard work, one cannot be sure of being admitted to their top choice because of the intense competition present.

Board examinations are held in March, while entrance examinations start April onwards. This gives students only a month after their boards and so a lot of planning and perseverance is needed to do justice to both. So it is not surprising that so many students are unable to handle the pressure of managing both exams and end up succumbing to stress, anxiety or depression. To help students struggling to manage studying for both types of examinations, we have compiled a list of useful tips that can help you plan and manage their time and preparations better.



If You Fail to Plan, You are Planning to Fail

Having a good plan is half the battle won. A good plan will help you space your preparations in a way that you are best able to understand, absorb and retain them. Without a plan, you will undoubtedly find yourself rushing through the curriculum at the end, which will greatly hamper your memory and retention. Make a plan that sets aside a few hours every day for your school curriculum and another couple of hours for the competitive exam preparation.



DO IT RIGHT, THE FIRST TIME

Learn to look at your class work, home work as well as assignments as an opportunity to revise what you have learned in class and so as a preparation for the final exams. Instead of seeing board exams as completely separate from entrance exams, a better way is to see them with synergy. This means that whatever topic you are preparing for board exams, midterm exams or even class tests, you can give it a few extra hours from the perspective of competitive exams by preparing the same topic from advanced reference books as well. Studying for both exams together in this way will save a lot of time and is extremely efficient. Identify and concentrate on the common topics to cover major chunks of syllabus simultaneously.

TIME IS THE MOST PRECIOUS RESOURCE OF ALL

Since competitive exams begin a month after boards, there isn't enough time to start preparing for them only after the boards. This means that one must make sure that one has adequately covered the competitive exam syllabus much before the boards even begin. This will allow you to utilise the last month in focussed exam preparations like solving previous year papers and taking mock tests. This will help you become used to the exam format and find your weaknesses and gaps. To be able to do this, one must try to stick to the plan and timetable.

HEALTHY BODY - HEALTHY MIND

Talking about a calm mind, one cannot deny that a healthy body is necessary to house a healthy mind. Regular exercise and meditation keeps both the body and the mind functioning at its optimum state. Avoid stress-inducing activities like too much time on social media or infant of the TV. Sneak in some sport and outdoor time in between your study sessions. This will help you avoid boredom and also keep you physically and mentally fit. Don't forget to avoid overly processed, junk food and try to eat nutritious and balanced meals. Lastly, never underestimate the importance of sufficient sleep. It is the single most important thing contributing to a sharp and alert mind which can handle the stress and pressures of life.

STAY CALM AND CARRY ON

It is not uncommon to see many bright students goofing up in important exams due to over-confidence or nervousness, while average students beat them due to a calm attitude which actively participated in reviewing and revising their answers. It is certain that students who leave enough time to revise their answers, end up scoring better than those who don't. A calm mind, time management and final revision are key to optimal exam performance. It is normal to feel slightly nervous, but don't let it get the better of you.

Hope you found these tips helpful and will find a way to inculcate them in your life. In case you're confused about how many competitive examinations there are after class 12th, and which ones apply to you, worry no more. In the next edition we will publish a list of all important competitive examinations and their dates to help you plan your preparations better.

Stress among School students and tips to deal with them



NIPA SHUKLA
CEO
The Open Page



1. Examination stress

Exam stress is perhaps the biggest menace for students especially in case of board exams. As the exams draw near, students start worrying about their preparation, incomplete syllabus, exam performance and, fewer marks than the expectations etc. Such thoughts bring stress in students and hence, hampering their preparation for the exams and if the stress goes excessive it may adversely affect a student's health which can even lead to long term effects. So, timely steps should be taken for the prevention of excessive stress and tension.

2. Stress of a bad exam

It happens many times that even after you prepared hard for an exam, still it went bad for you. Actually, leaving an exam feeling defeated is an awful feeling that all students can relate to. This can be really depressing and if not handled sensibly, may even affect your performance in future. All you need to keep in mind is that every person may have a crappy day now or then and it's not going to be the end of your life. Instead, you need to come over the situation and make yourself stronger and better prepared for this not to happen again. To shift your mind from a bad exam to the success waiting ahead, you should follow some tips and

strategies which you can

3. Stress of exam result

Most of the students feel nervous and stressed for the results, however this is normal and a little bit of stress can actually help you to get motivated for dealing with problems and pressure. But too much of stress becomes a matter of concern. Fear of failure causes anxiety among students which has substantial negative effects on their academic and social success. This pressure can come from parents and teachers, usually with the justification that they need good grades to succeed in life. In order to deal with the increased levels of stress you would experience before the announcement of board exam results.

4. Parental/Societal/Peer pressure

These are some significant factors helping to multiply stress among teenagers. Parents indulge their children into high expectations and continuous comparisons with their friends and classmates, which may lead to disastrous consequences regarding the overall health and growth of the child. Similarly, societal and peer pressure may lead to immense stress to the students, disturbing their academics and personal life. It's important to understand that every

child is unique in some way or the other and it is about identifying the traits and developing them with full support. In order to eradicate such factors which add to the stress among our teenagers.

5. Stress of bad result

Sometimes, even if you have prepared well for an exam, the results unexpectedly turn out to be bad. This is really depressing for any student and if not dealt sincerely, this may even affect their performance in future. Students need not stress over their bad results and keep in mind that there is always a way to reverse such results. So, if you receive a bad exam result, don't get depressed but think of the ways to defeat this failure. To get some lucrative tips and get over the stress of bad result.

6. Stress over career prospects

It's the time when students have to start thinking about what kind of career they want to pursue. They also have to plan the career path for which they need to work on the required stream, best colleges, vocational trainings, etc. Though it's normal for high school students to feel unsure or worried about their future is normal. But sometimes thinking too much about the future concerns can turn into stress which comes with its own side effects so students should try to avoid this. In case they have some confusion about their career prospects, they should approach their parents, elders, teachers or some counselors to get the right solution. To get some career deciding tips suggested by experts

7. Pressure of tougher Academics

Every year of high school comes with the increased academic demands. Even though, students would have performed excellent in their middle school, they get tensed about the new challenges. Extra classes for the difficult subjects and more periods for practical activities will be introduced in the school timetable due to which they will get little or no time for games or recreational activities. Further on, they might have to go for coaching classes not for the core subjects but also to prepare for the entrance exams which they will have to take after class 12. To tackle all these challenges students will have to make right plan and strategy. Always remember, not taking life too seriously can help you live a better and easier life. Just stay positive and optimistic, keep working hard. Everything will come to be in your favour.

Stress is the body's natural response to challenges. The pressure on teenagers to achieve high levels of academic success is overriding the joys of education and making them anxious and depressed.

When a student experiences high levels of stress, it can adversely affect his/her ability to learn, memorize, and earn good grades. It also results in poor physical, emotional and mental health. So, students and their parents should be aware about factors which may trigger stress. They should also know the preventive and curative measures which must be taken to get rid of this disorder which is affecting a student's mental and physical functioning.

Symptoms of stress

Stress can be recognized by detecting a number of alterations occurring in a student's routine activities. Though older students may have the ability to recognize when they are excessively stressed but most of the time, they don't share this with their parent and ask for any help. On the other side, the younger students generally lack the insight to recognize stress. So, parents should be able to detect the signs of stress and anxiety in their children.

Some stress warning signs among high school students are:

- Changes in appetite.
- Disinterest in games and outings
- Social isolation
- Irritability and impatience.
- Sleep problems
- Unusual and unexplained crying spells
- Excessive worry and negative thoughts.
- Drop in performance
- Headache
- Feeling under pressure
- Feeling tensed and inability to relax
- Feeling mentally drained out
- Inability to concentrate or complete the task.

Now we will discuss about different factors leading to stress among students. We will also talk on different aspects of each factor and ways to prevent the same.