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The Open Page

Inspired Learning

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SATRANGI RE

When we talk about the rainbow, we are reminded of the Saundi khusboo of the Mother Earth pertaining to the downpour. This envisages a mixed lot of the drenching people, dancing people, annoyed people, happy people, troubled people and last but not the least the maximum share is of those who are busy in their lives and are passing one more day. All of us await the rains after the scorching sunny days, vacationing.

On getting the insight to know more I found that a rainbow is a meteorological phenomenon that is caused by reflection, refraction and dispersion of light in water droplets resulting in a spectrum of light appearing in the sky. It takes the form of a multi-coloured arc. Rainbows caused by sunlight always appear in the section of sky directly opposite the sun.

Rainbows can be full circles; however, the average observer sees only an arc formed by illuminated droplets above the ground, and centred on a line from the sun to the observer's eye. This rainbow is caused by light, being refracted when entering a droplet of water, then reflected inside on the back of the droplet and refracted again when leaving it.

Every colour like every child has their own attributes – own colour grading, own derivatives, own combinations, own flavour and relevance and finally their own niche. Every coloured angle have their tale to be told.

Some associations of the ROYGBIV include:

RED: energy, positivity, action, war, danger, strength, courage, and all

things intense and passionate, love, sex, passion, desire

ORANGE: enthusiasm, happiness, gut reactions, spontaneity, adventure, risk-taking, autumn (fall) and harvest, creativity, citrus, healthy food

YELLOW: creativity, sunshine, happiness, energy, cowardice, deceit, warnings, instability, clarity, activity,

GREEN: spring, growth, renewal & rebirth, balance, nature, grass & gardens, stability, possessiveness, jealousy, envy, fertility, safety, money, recycling,

BLUE: the sea, the sky, trust, honesty, loyalty, sincerity, peace, tranquillity, intelligence

INDIGO: integrity and sincerity, structure and regulations, highly responsible, idealism, obedience, highly intuitive, practical visionary, faithful, devotion to the truth and selflessness.

VIOLET: humanitarian, using its better judgment to do good for others. Combining wisdom and power with sensitivity and humility, violet can achieve a lot for those less fortunate.

■ Few base colors you choose will work in harmony with one another : Self-Esteem and Self-Worth, Willingness to Learn, the Ability to Love, Good Character, Resilience, Honesty

Interesting to note from Science and Nature lessons

1. In a primary rainbow, the arc shows red on the outer part and violet on the inner side. In a double rainbow, a second arc is seen outside the primary arc, and has

the order of its colours reversed, with red on the inner side of the arc.

2. "if the vapour that goes to the sky is pure, then the rain that falls back should also be pure too."
3. The rainwater is pure, unlike the spring water which attains some minerals and salts by travelling through the plains.
4. The rainwater collected in the form of a pond is muddy and dirty but when it percolates is as pure water as possible.
5. The exhalations from liquids and solids like burning causing smoke etc. and wastes discharged by various means into the air cause acid rain, air pollution which thereby affects the public health, vegetation, damage to historical monuments like Taj Mahal etc.

Check out the rainbow now!!

How colourful!! I am sure you can see colours in the multiples of 07, like the computer screen resolution (Not just seven colours of the rainbow). These are the different facets of the epitome that MAN is the best creation of God and he should always make good efforts to save its existence on the earth; thereby making it the most colourful, blissful, wonderful place like the rainbow to live in and enjoy.

Get wet in style. Parental guidance requested



SALLA VIJAY KUMAR
EDUCATIONIST, AHMEDABAD

Gujarat University introduces 6 month certificate courses: To teach astrology, vastu



Gujarat University will be launching a six-month certificate course on astrology, Karmakandi and vastu in collaboration with Cosmo Research Foundation. The students will be attending both theory and practical classes for the same.

In collaboration with Cosmo Research Foundation, the Gujarat University will be launching a six month certificate course on astrology, Karmakandi and vastu. Cosmo Foundation gives great importance to providing high-quality education to students. The students will be attending both theory and practical classes and will be provided hands-on experience in the subject.

Chokshi said, "There are many private institutions that offer a similar course but this is the first time that Gujarat University is offering the course. Some teachers from the Sanskrit department and some professional astrologers will be among the teachers of the course.

He further added, "It has become a mainstream subject because of newspapers, news channels and books that offer astrological advice. We need more qualified professionals in the field."

After signing the Memorandum of Understanding (MoU) with Cosmo Research Foundation to run the course, Chokshi said that they've received a lot of support for launching the course from students and authorities.

New education policy will not encroach states' rights: Prakash Javadekar

The new HRD minister Prakash Javadekar said that government would not encroach the rights of the states saying, "It is not taking away powers of states. Rather, we are working with them as partners."

Here is what the minister says on 'New Education Policy' in the parliament

- "The last education policy was made in 1986 and implemented in 1992. That is why there is need for a good policy that would take the country forward. We have come out with the draft education policy after holding several rounds of discussions across the country
- "Suggestions were invited from all on it till July 31, but we want that all MPs should also make their suggestions on the draft policy and we would be ready to accept them till August 15," he told the Upper House during Question Hour
- Replying to members' concerns on whether the new policy would affect missionary schools, Javadekar said "any institution working within rules need not worry at all. We will appreciate the good role played by such institutions."
- He, however, preferred not to reply to a specific query on "saffronisation" of education, which was made by some Congress and Left members in the presence of the Prime Minister.

A TOWN WITH A DIFFERENCE

We arrived in Gangtok after a long and tiring journey of six hours in a dilapidated and crowded jeep. Gangtok is accessible only by road and the steep slopes and curves on the road make your journey much harder. But when we reached the town, we knew we were going to

have a good time in the next few days. It's hard to find a place flat and big enough to play soccer in Gangtok. The town is built on a series of hills in the Eastern Himalayan state of Sikkim. When you are walking from place to place, you are always climbing up or down which tires you very quickly. We

spent the first day in exploring the town and making preparation for further journey. The first thing that we could see when we woke up next morning was a magnificent view of Kanchenjunga, the highest peak in India. It was visible from any point in town as if to prove its might

We strolled around leisurely all the day. The hills just above the town have many beautiful waterfalls. Ganesh Tok, the highest point in the town offers good view of the valley below and a range of distant snow clad mountains if you reach there early in the day.



ORCHIDS

We also saw a few orchid gardens that showcase the flowers that grow in the region. Near Ganesh Tok is a Buddhist monastery but it was closed for visitors when we went there. But we found a restaurant nearby which was selling a local delicacy called momo – steamed flour stuffed with vegetables or chicken. A good serving of momos and hot tea made us forget about the closed monastery.

HEADNING NORTHWARDS

Next day we headed north of Gangtok to explore the alpine lakes and rivers of Sikkim. Our jeep driver was a friendly man and warmed up to us quickly after the initial hesitation. Both the driver and our guide proved to be funny people who kept us laughing and chatting all through the journey.

The road keeps ascending higher and higher and was getting narrower and steeper as we continued through the journey. Condition of roads remained bad due to continuous landslides that prevented any road work. There was no tarmac in parts of the road and sometimes the jeep had to wade through streams that ran right through the road. As we moved further, the hills seemed to get taller and the valleys deeper.

We stopped at a few waterfalls and walked around the streams, but all the time our driver kept asking us to hurry since we had to reach before nightfall. Driving in the night would have been unsafe on these roads and he wanted to reach our destination before sunset. Sometime late in the afternoon we spotted the snow capped Himalayan mountains at a distance. We were headed

towards them and were going to be in the middle of them by tomorrow. We reached Thangu village around 8pm where people at a guesthouse were expecting us. At the end of a long day's journey we had climbed 9000 feet – from 5000 feet at Gangtok to 14000 feet at Thangu.

A FUN FILLED EVENING

It was cold at Thangu and we could see snow on the top of a few nearby mountains. But the fireplace at the guesthouse kept us warm. We spent the whole evening with the family who run the guesthouse.

They were really nice people and offered us some local millet wine called Chhang. The evening was spent chatting with them, with some friendly conversation and getting to know their way of life in the mountains. Despite all the hardships of the weather, their smiles and enthusiasm never seems to fade. The evening gathered more color when we all sat together at the fire place and started singing, taking turns. A couple of other guests joined in and we had a great time together. We retired for the day after guzzling plenty of Chhang and food for our hungry stomachs.

THE GURUDONGMAR LAKE

Next morning we headed towards the Gurudongmar Lake – one of the highest alpine lakes in the world located at a height of more than 17000 feet. The initial part of the journey took us through narrow road with no tarmac and a stream flowing just beside us. We hit a plateau after driving for sometime where the road disappeared altogether and we were driving as we pleased on the plane land. The jeep was a tough vehicle and took us through it with little difficulty. We reached the lake at around 11am.

It's a vast lake bound by snowy mountains on one side and a few hillocks on the other. The water is crystal clear and absolutely still making a great sight with the reflection of the mountains behind it. The lake is created by Tista glacier running down from one of the mountains ahead. A small stream emerges from the overflowing lake that eventually joins Tista River downstream. Prayer flags tied by the Buddhist visitors surround the lake, and there is a small temple by the shore.

The quick ascent to the high altitude had left us in discomfort very soon. We retreated from the lake in an hour's time and headed back to the village and further down. After driving the entire afternoon, we reached the town of Lachung where we checked in for the night.

YUMTHANG VALLEY

Our next destination was Yumthang Valley where river Yumthang flows down in the middle of flowering rhododendrons and alpine trees. The road to Yumthang is full of Rhododendron trees and they fill the whole area with colors when in bloom. Yumthang valley offers a wide vista where the valley floor is littered with purple flowers in season, with the river flowing in the middle of them. We spent a few hours in the valley and headed up further where we saw a local tribal with a herd of Yaks. Milk and butter from the yaks are a primary source of income in these parts.

As we descended, we headed for a hot spring just below the Yumthang valley. We dipped into the hot water and stayed there for nearly an hour. A heated pool in that cold climate is the ultimate luxury that you can ask for. We headed back to Lachung after feeling refreshed in the pool followed by a short walk by the river.

RETURN TO GANGTOK

We returned to Gangtok the very next day. We stopped on the way back by the tall Lachung waterfall which falls from a good height just besides the road. We spent another day back in Gangtok to visit a Zoological Garden with wide variety of animals including the rare and endemic Red Pandas and the Himalayan Sloth Bears. After some shopping for souvenirs as a reminder of the memorable visit, we descended back to the plains and back home, contented about having made a good trip.



In a school for visually impaired children in Gurugram, over 30 kids are sitting around a table that has a set of speakers placed on it. They are all concentrating hard on following a story from the captivating Akbar-Birbal tales, narrated in Hindi on an audio book. Watch closely and their expressions change as the story is played – there is laughter, concern, anticipation, curiosity, and so much more. But most of all, there is the unparalleled happiness of listening to a story they love.

This amazing session was made possible by CLABIL (Central Library of Audio Books in Indian Languages), a project started with the aim of making audio books available to the visually impaired and also to people who cannot read.

A Gurugram-based NGO named Esha – People for the Blind, has made the entire CLABIL content available online and it can be downloaded by anyone. “We usually equate literacy with education and that, according to me, is not right. It is unfortunate that a person needs to be literate to access many of the knowledge resources available today, and also that most of them are in English. That is why I started CLABIL to make knowledge available to every citizen of India – especially the population that does not speak English, has

Audio Library with 5000 Books in 15 Languages Brings Joy to Those Who Cannot See or Read



very slow internet connection, is not literate or English literate, etc.,” says Nidhi Arora, who started Esha in January 2005, and then came up with CLA-

BIL in 2010.

Today, the online library has 5,014 files in 15 languages – including Hindi, Oriya, Bengali, Punjabi, and English.

Currently, the app is limited to Hindi files only. Suno allows users to download and store the audiobooks on their phones or tablets. They can start listening within seconds of starting the downloads and don't need to wait for them to finish. Once the books have been downloaded, they can listen to them even without internet connections. The content is either literature or knowledge-based, and is curated by Nidhi. Some of the recordings include works by Premchand, Kabir and folk stories from different parts of India. The Oriya academic content has quizzes in English and stories in Bengali too. CLABIL does not have any adult or entertainment-related content.

Esha has also started a CLABIL outreach programme to take the library directly to the beneficiaries. As a part of this, interns and volunteers go to different places in rural India, underprivileged urban areas, blind schools, etc., to inform users that this resource is available and can be used by anyone.

Through this program, Esha has reached 1,200 people this year, and the members target reaching 10,000 people. “When we go to our beneficiaries, we don't just introduce them to the technology and walk away. We handhold them throughout the process with three to five visits.

The real voyage of discovery doesn't consist of watching new landscapes but having new eyes.

Dubai is a city in the United Arab Emirates known for luxury shopping, ultramodern architecture and a lively nightlife scene. Burj Khalifa, an 830m-tall tower, dominates the skyscraper-filled skyline. At its foot lies Dubai Fountain, with jets and lights choreographed to music. On man-made islands just offshore is Atlantis, the Palm, a resort with water and marine-animal parks.

For a pure leisure and travelogue experience Dubai is the place to be and the first thing that comes

BRENT DUBAI EXPERIENCE

to our mind when we think of Dubai is “Burj Khalifa”, the tallest building in the world that gives you the most picturesque view of the city unlike any other. Dubai is paradise for the shopping lovers with malls showcasing the most renowned fashion brands of the world. Dubai Mall and Mall of Emirates are the top notch shopping points for tourists. Gold Souk is the place where people from around the world come to buy gold jewellery.

Desert Safari provides the real

Dubai and Arab experience where one rides on the waves of sand.

The highlight was the Ferrari World in the Abu Dhabi which houses world's fastest roller coaster ride. It is one of the must visit places for every adventure and “Ferrari Lover”. People will welcome you with open arms and are the most hospitable. One can find cuisines from every nook and corner of the world.

Dubai is a classic example of blend of different people from various parts of the world making

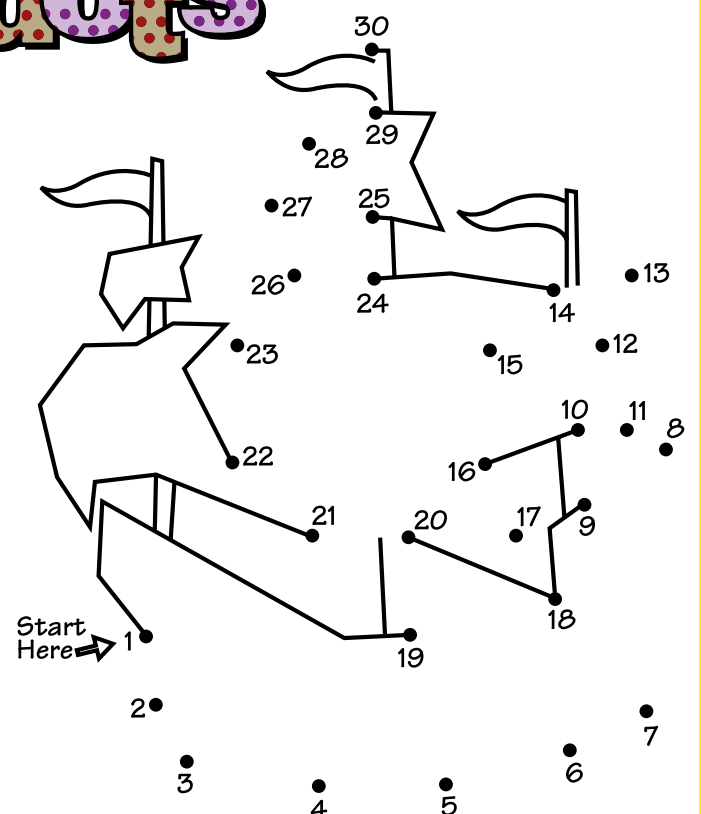
it a house of different cultures.

Interesting Facts about Dubai - Indians are known as the fathers of development of Dubai. When Dubai was in poor state before the exploration of oil, Indians supplied technology to develop Dubai. Dubai, since the founding of the oil industry, has attracted thousands of migrants from all over the world notably from Pakistan, India, Bangladesh, and the Philippines in search of jobs.

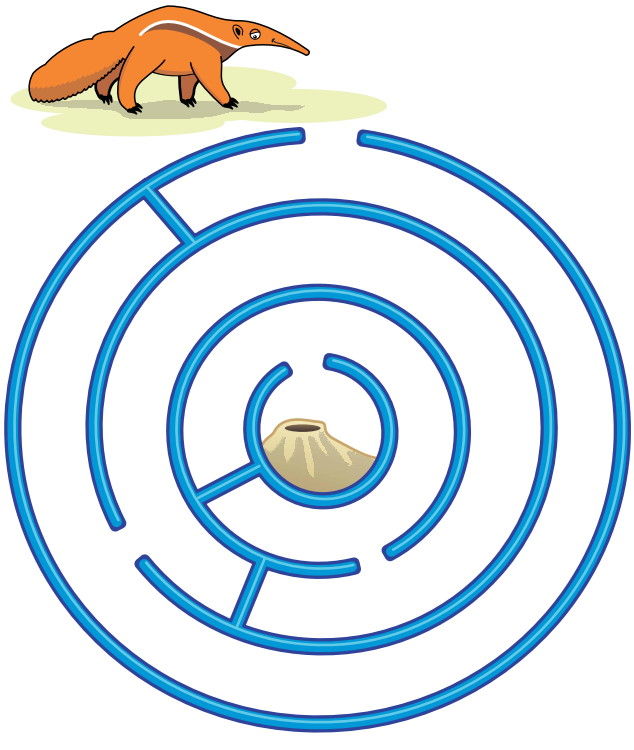


PARASK KOHLI
TRAVEL
PHOTOGRAPHER

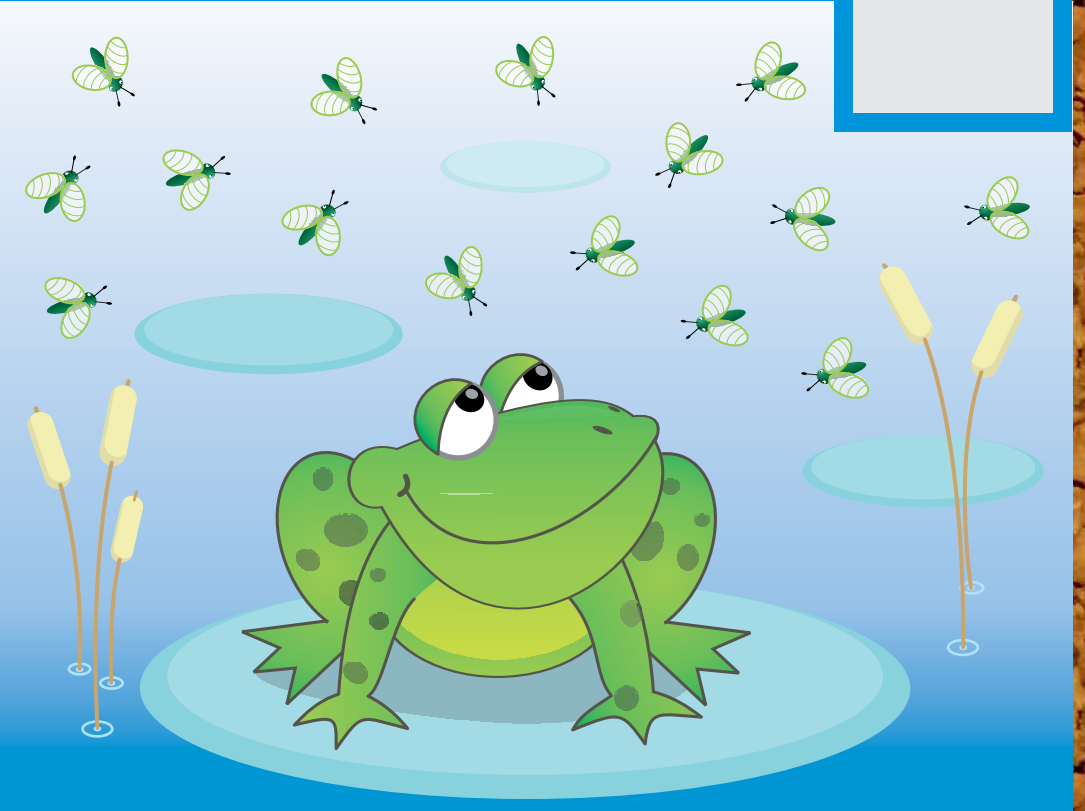




DRAW A PATH FROM THE AARDVARK TO THE ANT

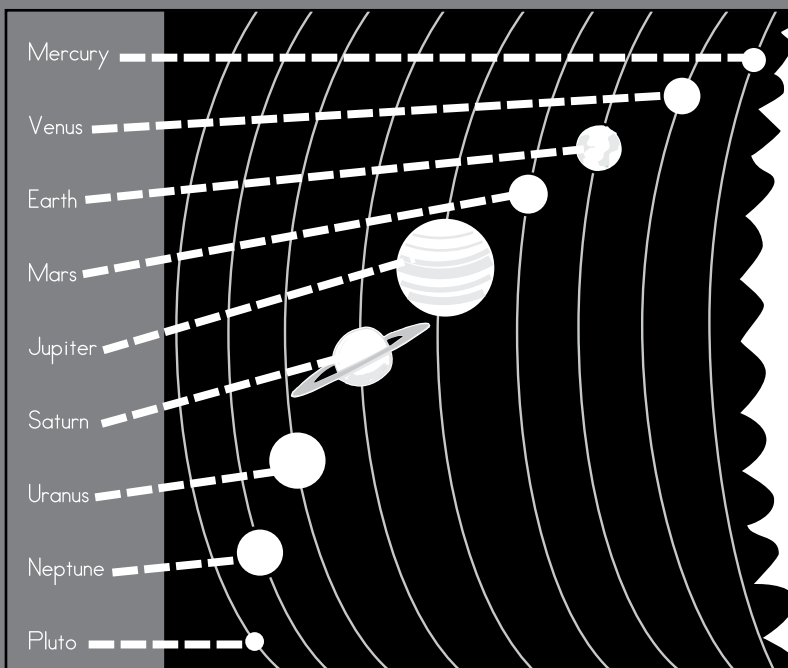


COUNT ALL THE FLIES. WRITE THE NUMBER IN THE BOX



LOST IN SPACE

Can you help Timmy name the planets? Use a Crayon to trace the line from the name of the planet to the planet.



MAKE AN APPLE PIE

Corporal wants to know what goes into making a yummy apple pie. Unscramble the words to find out!



FOR THE PIE CRUST:

Oufir _____

Gsura _____

Tals _____

Rbtute _____

Terwa _____

FOR THE APPLE FILLING:

Plepa _____

Mnnaicon _____

Rasug _____

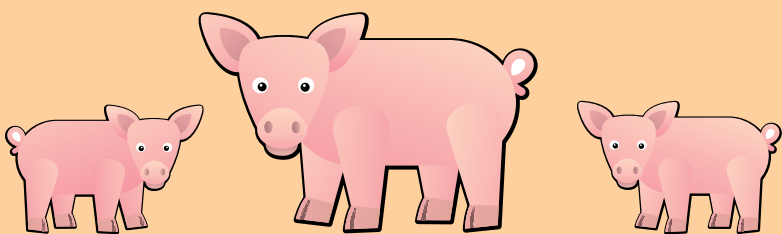


ANSWERS

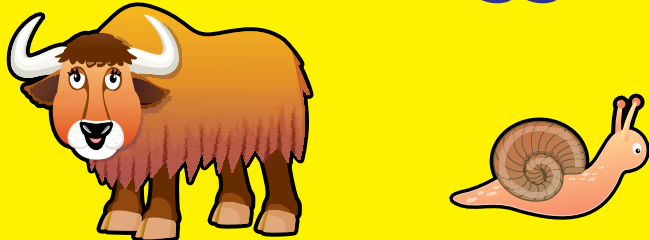
FOR THE PIE CRUST:
FLOUR, SUGAR, SALT,
BUTTER, WATER

FOR THE APPLE FILLING:
APPLE, CINNAMON, SUGAR

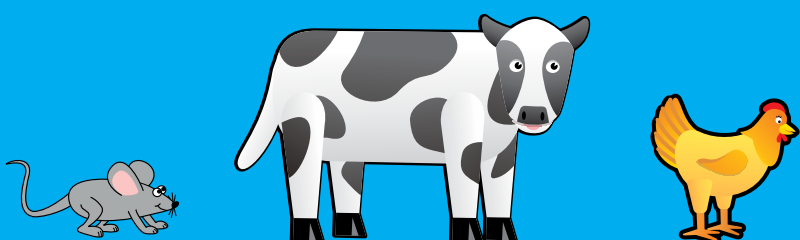
Circle the **big** one



Circle the **bigger** one

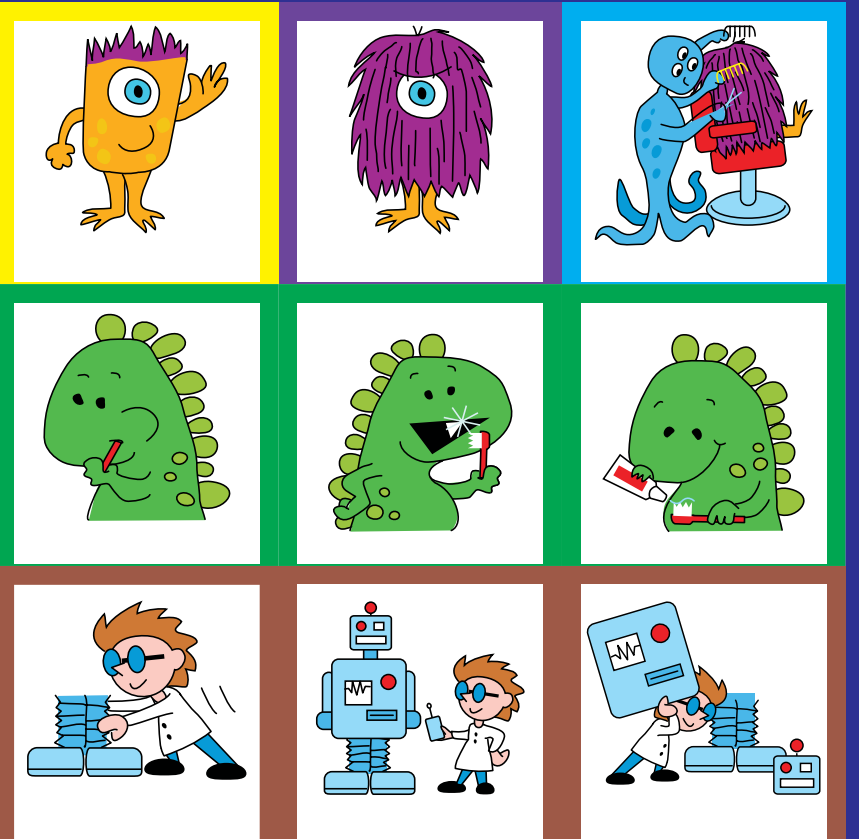


Circle the **biggest** one



MONSTER MIX-UP

Put the pictures in order by writing 1,2 or 3 below the picture





PRECIOUS COIN AND GENEROSITY

Mahatma Gandhi was on an expedition to collect funds from various cities and villages for Charkha Sangh. He went to several palaces and reached Orissa. He had organised a meeting in Orissa.

He requested to offer funds for the Sangh and gave a speech. After the speech, a very old woman with bent back, faltered clothing, white hair, dry and shrunk skin got up. She was trying to reach the stage and requested the volunteers to allow her to reach Gandhi Ji. However, the volunteers stopped her, yet she fought with them and reached Gandhiji.

She touched the feet of Gandhi Ji. Then she took out a copper coin kept in her folds of saree and placed the copper coin at his feet. The old lady left the stage.

Gandhiji very carefully took the coin and placed it safely. The in-charge of the Sangh

asked Gandhiji for the copper coins, but he refused to give it.

"I keep cheques worth thousands of rupees for the Charkha Sangh," the in-charge said laughingly "yet you won't trust me with a copper coin."

Gandhi Ji said, "This copper coin is worth much more than those thousands" Gandhiji said. "If a man has several lakhs and he gives away a thousand or two, it doesn't mean much."

Yes, the coin was just the only thing that the poor old woman possessed. She did not even have proper clothes and seemed that she could not afford for good food, still gave everything she had. It was the greatest offer ever made. That is why Mahatma held the coin very precious.

We may have tons of wealth, but that doesn't make us generous. Offering helping hand when we have nothing or very little wealth makes it more valuable.

POEM ON BOOKS

Poem on Books
Books are more than words,
More than birds' Brightness, more than song.
They last long.

When the covers close
Wisdom Grows,
Every thought is root,
Leaf and fruit.

Every good page turned
Is lore learned,
Higer still when found
Not is wound.
Looks, but in the vast.
Wood where passed
Still and deep the sower.

Write now, Grower.

Jani Dhruvi N., Smt. P.B.D.
Joshi High School

FUN WITH SCIENCE

BLOWING UP Balloons With CO₂



Chemical reactions make for some great experiments. Make use of the carbon dioxide given off by a baking soda and lemon juice reaction by funneling the gas through a soft drink bottle and in to your awaiting balloon!

WHAT YOU'LL NEED

- Balloon
- Soft drink bottle
- About 40 ml of water (a cup is about 250 ml so you don't need much)
- Drinking straw
- Juice from a lemon
- 1 teaspoon of baking soda

Instructions

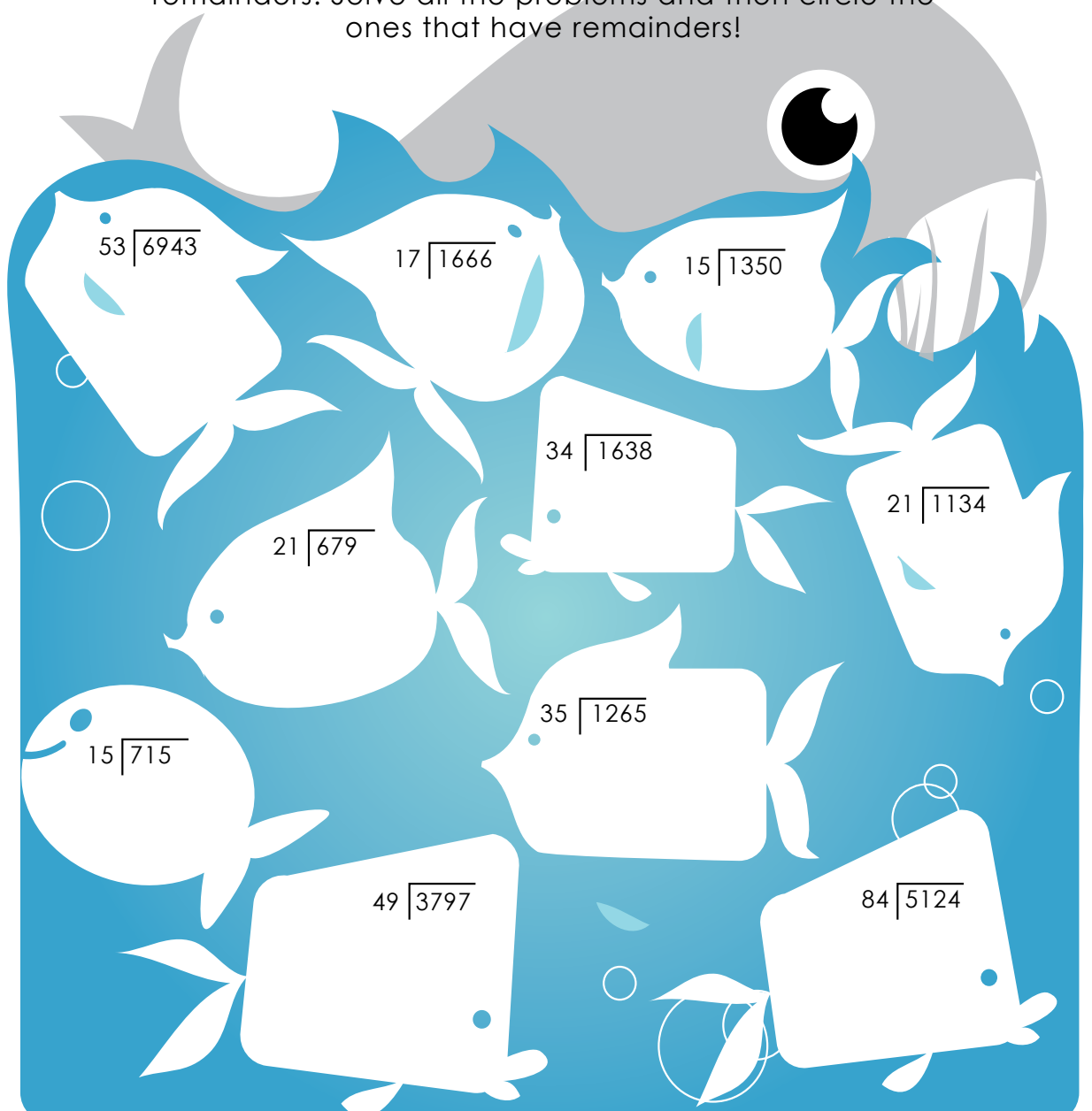
- Before you begin, make sure that you stretch out the balloon to make it as easy as possible to inflate.
- Pour the 40 ml of water into the soft drink bottle.
- Add the teaspoon of baking soda and stir it around with the straw until it has dissolved.
- Pour the lemon juice in and quickly put the stretched balloon over the mouth of the bottle.

What's happening?

If all goes well then your balloon should inflate! Adding the lemon juice to the baking soda creates a chemical reaction. The baking soda is a base, while the lemon juice is an acid, when the two combine they create carbon dioxide (CO₂). The gas rises up and escapes through the soft drink bottle, it doesn't however escape the balloon, pushing it outwards and blowing it up. If you don't have any lemons then you can substitute the lemon juice for vinegar.

LONG DIVISION WHALE MUNCHER

Lenny, the Long Division Whale, only likes to eat quotients with remainders. Solve all the problems and then circle the ones that have remainders!



RECYCLED ROBOT CRAFT

The idea behind this recycled robot craft for kids is simple. All you need is an empty, clean container, aluminum foil and glue and you can create a robot. For this robot craft

we used an empty country time lemonade container, as we had just emptied it that afternoon, but we've also done this process with empty yogurt containers, empty margarine contain-

ers, etc. The result is an adorable robot craft every time! Our preschool daughter really enjoyed this one and has had fun pushing him around the floor making robot noises.

WHAT YOU'LL NEED

- Empty container (we used a country time lemonade container)
- Aluminum foil
- Glue
- Scissors
- Black marker (a sharpie works best since you are writing on aluminum foil)
- Silver pipe cleaners
- 2 googly eyes
- Sequins
- Soda bottle lids (optional as feet)



HOW TO MAKE YOUR ROBOT CRAFT

Put a few lines of glue on your empty container and wrap the container with aluminum foil. Make sure to glue the edges down. We found that this was the most frustrating part for our daughter. To make it easier use thinner, longer strips of aluminum foil or get it started and then have your child help you tuck in the ends.

Have an adult poke a hole in each side of the container for the arms.

- Wrap the pipe cleaner around the marker and then remove it. This gives you a nice spiral pipe cleaner that works great as an arm. Do this with two pipe cleaners and then insert them into the holes on your container.
- Glue on two googly eyes. Use the marker to draw a mouth on.
- Glue the sequins on the belly of the robot to look like buttons.
- Glue three bottle caps to the bottom of the container to serve as feet or wheels.

Celebrating Swachch Bharata Abhiyaan

Letter to our Prime Minister

Man proposes but God disposes is the saying which is now aptly under the scanning minds of our intelligent citizens. With a big buzz and selective navaratnas as the true ambassadors of your dream mission hailing from different fields what they preached and practiced in public places are just to draw the curasity and attention nothing else. To me your ambitious plan has a hidden idea that for the recreation of a true value based India. SWACHCH means not only the cleaning or purifying the environment and society with brooms, it denotes some thing beyond the physical neatness. I may count such aspects where your guidance and physical appearance , both are essential for the yeild of true result.



stead of being a nation of torch bearers for others, we are showcasing the ugly sides of our so called spiritual gurus who are now monitoring their nasty activities and misleading the public from behind the jails.Here our democratic judiciary system looks like a big failure. Protection to such goonda gurus by a few self-ish politicians and poor policing make them stronger.Dear prime ministerji please do some drastic changes in modern day law system so that the common man can breath peacefully. Morality needs to be cleaned.

3. Another aspect of cleaning India is to look into the other rivers like Yamuna, Tapi etc. Only Ganga mission is not enough. Peep into Tapi to gain the right experience of bad odour. In the name of various pujas and ritual activities how we are spoiling our own water and rivers ? My sincere suggession is that let the teachers do help in mobilising the young minds in their schools and colleges.Cities near rivers and having industries like textile, jari, leather, ceramics etc. are really in

worst conditions.

4. Another important aspect where your quick attention and active remedeal is to stop the mushrooming of private coaching centres . In the name of excellence in education the poorer students are falling prey to this money minded so called IITians. For quality education with less expenditure your government should take enough steps so that at this juncture of so much debate on reservation in admissions and jobs, the deserving ones are the losers. For this, please recruit sufficient teachers in respective organisations. At present mostly central universities and others as well, they are not filling the long standing vacancies.The worst part is the situation in various schools and prominently in Kendriya Vidyalayas.

So dear Prime Ministerji, you will be the happiest person if you think that it is the right time to ponder upon , on not only on these issues but to engage the mass in your mission. Celebrities are the crowd pullers but the common too can do men like teachers clerks and volunteers . On this moment of re-collection of our year long clean India mission and celebration, we must get together, think together and act together for the benefits of our own future.Introspection and rectification both are essential for a brighter generation yet to come.Thanks from an alert teacher.

DR.DHANANJAYA A.BHANJA
(The author is teaching at Surat)

ENVIRONMENT QUIZ

1. The Centre for Cellular and Molecular Biology is situated at

- | | |
|-----------|--------------|
| a. Patna | c. Hyderabad |
| b. Jaipur | d. New Delhi |

2. Where is the Railway Staff College located?

- | | |
|--------------|-------------|
| a. Pune | c. Vadodara |
| b. Allahabad | d. Delhi |

3. The famous Dilwara Temples are situated in

- | | |
|------------------|-------------------|
| a. Uttar Pradesh | c. Maharashtra |
| b. Rajasthan | d. Madhya Pradesh |



4. Wadia Institute of Himalayan Geology is located at

- | | |
|-----------|-------------|
| a. Delhi | c. Dehradun |
| b. Shimla | d. Kulu |

5. Bijapur is known for its

- | |
|-----------------------------|
| a. severe drought condition |
| b. Gol Gumbaz |
| c. heavy rainfall |
| d. statue of Gomateswara |



6. The headquarters of the National Power Training institute is located in

- | | |
|-----------|--------------|
| a. Pune | c. Faridabad |
| b. Bhopal | d. Lucknow |

7. The Dr. Babasaheb Ambedkar Marathwada University is at which of the following places?

- | | |
|---------------|-------------|
| a. Aurangabad | c. Parbhani |
| b. Nanded | d. Nagpur |

8. The Indian Institute of Science is located at

- | | |
|-----------|--------------|
| a. Kerala | c. Bangalore |
| b. Madras | d. New Delhi |

9. 'Bagh', a village in Gwalior is famous for

- | | |
|-----------------|---------------------|
| a. Sculptures | c. Cave Painting |
| b. Architecture | d. All of the above |



10. Which city is known as 'Electronic City of India'?

- | | |
|--------------|--------------|
| a. Mumbai | c. Guragon |
| b. Hyderabad | d. Bangalore |



I have never let my schooling interfere with my education — MARK TWAIN



RANI GAIDINLIU

She was a Naga spiritual and political leader who led a revolt against the British rule in India and was also staunchly against the conversion of Naga religious practitioners to Christianity. At the age of 13, she joined the Heraka religious movement that her cousin had initiated, which later turned into a political movement that tried to drive the British away from Manipur and nearby Naga regions. She was 16 at the time of her arrest, and was put into life imprisonment by the British. Five years later, in 1937, Nehru visited and promised to get her out and gave her the title 'Rani'. She was released in 1947 after which she continued to work for the community. She was also awarded a Padma Bhushan.



INDIA ON INDEPENDENCE

We remember and honour our freedom fighters as best as we can. But there are many people and their contributions that we have not even heard of. Here is remembering them too and applauding their immense sacrifice in helping us live in a free country.

The remembrance of our freedom struggle involves a lot of nostalgia - romanticized and commemorated by the country as best as possible. But there are a few names which have been lost over the years. Names which do not enter the hyped mainstream media responses on freedom fighters; which are subaltern and marginalized. Here is a list of some of those names, of people who formed a very important part of our freedom struggle and are yet, not as well known as a few others.

PINGALI VENKAYYA

He was a devout follower of Mahatma Gandhi and was also known as Diamond Venkayya for his knowledge on diamond mining. He was an authority in geology, agriculture and also an educationalist. His major contribution to the movement was the design of the national flag of India, which was first modified and adopted as the flag of Indian National Congress and later modified again to be the national flag of India.



TIROT SING

May be he is unknown to the rest of the country and one of the unsung heroes of the country, but he was the first freedom fighter who opposed against the colonial rules from North-East India. He was a brave and courageous leader and he struggled and fought for his people. He tried to save Khasi Hills from British rules. He was determined not to give his land in the hand of British. He started the battle against British in 1829 and continued till the last day of his life. He was the first Khasi leader who raised sword against the British. He was the head of the administrative power of the Khasi Hills. In his Durbar or court he was the leader and there were other leaders of the several tribes. They discussed about every issue in the court or durbar and then they took the decision of war.



VEERAPANDIYA KATTABOMMAN

He was a courageous Palyekar chieftain from Tamil Nadu in the 18th century. He waged a war with the British sixty years before the Indian War of Independence (the 1857 rebellion) occurred in the Northern parts of India. He was captured and hanged in 1799 CE. His fort was destroyed and his wealth was looted by the British army. He basically protested against the sovereignty of the East India Company and refused to pay their taxes.



TANGUTURI PRAKASAM

A politician and a freedom fighter, he was first the Chief Minister of the Madras Presidency and then the Chief Minister of the Andhra state. He started his career as a lawyer, but gave up his practice in 1921 and was drawn to the freedom movement. One of his most famous acts was in 1928 during the protests against Simon Commission in Madras. The police had imposed a ban on protests in some areas, and had warned of shooting people who violated orders. He faced the police, tore open his shirt, bared his chest and dared them to shoot if they could. This singular act of defiance won him the title of Andhra Kesari (Lion of Andhra).



ALLURI SITARAMA RAJU

He led the ill-fated "Rampa Rebellion" of 1922-24, during which a band of tribal leaders and other sympathizers fought against the British Raj. He was referred to as "Manyam Veerudu" (Hero of the Jungles) by the local people. Born into a prosperous Kshatriya family in Andhra Pradesh, he gave up everything for the freedom struggle. He took up the cause of the tribal people in the Agency areas, who were being harassed by British officials under the Forest Act, and led an armed rebellion against the British forces.



THE TRIO: BENOY, BADAL & DINESH

The trio is mostly remembered together for their attack on the Dalhousie Square in Kolkata. Their full names are Badal Gupta, Dinesh Gupta and Benoy Basu and all of them hailed from Bengal. Col N.S. Simpson, the Inspector General of Prisons, was infamous for brutally oppressing prisoners. The revolutionaries decided not only to murder him, but also to strike terror among British officials by launching an attack on the Secretariat Building - the Writers' Building in Dalhousie Square, Kolkata. The three of them were dressed as Europeans when they went and killed Simpson, but they did not wish to get arrested. So, Badal consumed poison, while the other two shot themselves using revolvers. The Dalhousie Square was renamed as the B.B.D. Bagh after them.



SURYA SEN

He led the Chittagong Armory Raid to prove that an armed uprising against the mighty British was possible. In his leadership, a group of sixty-four other revolutionaries captured the Police Armory, destroyed the telephones and telegraph lines and dislocated the railway lines to and from Chittagong. After capturing the town, they declared it as Gandhi's Raj by hoisting the tricolor. They were eventually surrounded as they were greatly outmatched and overpowered by the British forces. Also, they could not find any ammunition. Sen was captured, tried and hanged. He used to be a school teacher before he became a revolutionary.

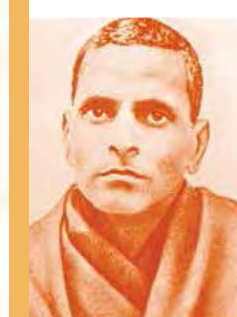


SURENDRA SAI



The man died in obscurity despite protecting Western Orissa from the British rule along with a few other comrades. Eligible as the next in line to the throne of Sambalpur after the death of Maharaja Sai in 1827, he helped the lower caste tribal people in Sambalpur against the British by encouraging their language and culture development. Affectionately called Bira by the local people because of his swordsmanship, he began protesting from the age of 18 and spent some 17 years in jail after that. But he continued the protest till 1862, when he surrendered and went to jail. He spent 20 years in prison after his surrender. Also, Sambalpur was the last patch of land to be occupied by the British except for the princely state, and it is said that it was largely due to the efforts of Sai.

POTTI SREERAMULU



He is often called the Amarjeevi - a devout follower of Gandhi and even Gandhi praised him for his fasting abilities and dedication. He spent most of his life doing humanitarian work and working for the Dalit community. He died during the fast demanding a separate linguistic state of Andhra from the Madras Presidency.

There are so many others whose names have been lost to obscurity. Let us make an effort to recognize our freedom fighters and remember their contributions. A few other names that we would like to add to the list include Kanak Lata Barua, Kushal Konwar, Piyali Phukan, Veerangana Jhankar Bai, Acharya N. G. Ranga, K. Kelappan, among so many others.

ASHOKA CHAKRA

The Ashoka Chakra (alternative spelling: Ashok Chakra) is India's highest peacetime military decoration awarded for valor, courageous action or self-sacrifice away from the battlefield. It is the peace time equivalent of the Param Vir Chakra, and is awarded for the "most conspicuous bravery or some daring or pre-eminent valour or self-sacrifice" other than in the face of the enemy. The decoration may be awarded either to military or civilian personnel. It replaced the British George Cross. Flt Lt Suhas Biswas was the first Indian Air Force officer to be awarded the Ashoka Chakra.

ASHOKA CHAKRA AND ITS RIBBON, THE HIGHEST PEACETIME DECORATION OF INDIA

Country	India
Type	Medal
Eligibility	<ul style="list-style-type: none"> Officers, men and women of all ranks of the Army, the Navy and the Air Force, of any of the Reserve Forces, of the Territorial Army, Militia and of any other lawfully constituted forces. Members of the Nursing Services of the Armed Forces. Civilian Citizens of either sex in all walks of life and members of Police Forces including Central Para-Military Forces and Railway protection Force
Awarded for	Awarded for most conspicuous bravery, or some act of daring or pre eminent act of valour or self-sacrifice otherwise than in the face of the enemy.
Status	Currently awarded
Post-nominals	AC

STATISTICS

Established	1952
First awarded	1952
Last awarded	2016
Total awarded	63
Posthumous awards	&+



KIRTI CHAKRA

KIRTI CHAKRA AND ITS RIBBON, THE SECOND HIGHEST PEACETIME DECORATION OF INDIA

Country	India
Type	Medal
Eligibility	<ul style="list-style-type: none"> Officers, men and women of all ranks of the Army, the Navy and the Air Force, of any of the Reserve Forces, of the Territorial Army, Militia and of any other lawfully constituted forces. Members of the Nursing Services of the Armed Forces. Civilian Citizens of either sex in all walks of life and members of Police Forces including Central Para-Military Forces and Railway protection Force.[1]
Awarded for	Awarded for conspicuous gallantry otherwise than in the face of the enemy.
Status	Currently awarded
Post-nominals	KC

STATISTICS

Established	1952
First awarded	1952
Last awarded	2016



SHAURYA CHAKRA

SHAURYA CHAKRA AND ITS RIBBON, THE THIRD HIGHEST PEACETIME DECORATION OF INDIA

Country	India
Type	Medal
Eligibility	<ul style="list-style-type: none"> Officers, men and women of all ranks of the Army, the Navy and the Air Force, of any of the Reserve Forces, of the Territorial Army, Militia and of any other lawfully constituted forces. Members of the Nursing Services of the Armed Forces. Civilian Citizens of either sex in all walks of life and members of Police Forces including Central Para-Military Forces and Railway protection Force.
Awarded for	Awarded for gallantry otherwise than in the face of the enemy.
Status	Currently awarded
Post-nominals	SC

STATISTICS

Established	1952
First awarded	1952
Last awarded	2016



CURRENT QUIZ

- Michelle Kakade, who has become the first person to complete the Indian Golden Quadrilateral on foot, belongs to which city of India?
a. Pune b. Kochi c. Chennai d. bengaluru
- What is the India's rank in the 2016 Sustainable Development Goal Index?
a. 110th b. 88th c. 63rd d. 129th
- Which state government has constituted judicial panel for reforms in Sri Jagannath temple management?
a. Tamil Nadu b. Odisha c. Gujarat d. Kerala
- Which of the following Indian companies has/have been listed in the 2016 Fortune 500 list of the world's biggest corporations in terms of revenue?
a. Indian Oil Corporation b. Bharat Petroleum Corp. Ltd c. Hindustan Petroleum Corp. Ltd d. All of the above
- The Ghatampur Thermal Power Station (GTPS) is located in which state of India?
a. Odisha b. Rajasthan c. Madhya Pradesh d. Uttar Pradesh
- Who has been appointed as the Chief Executive Officer (CEO) of the Unique Identification Authority of India (UIDAI)?
a. Khushal Mangal b. Ajay Bhusan Pandey c. Nandan Kishore d. Neelam Sharma
- Which country has recently declared a 3-month state of emergency in the aftermath of coup attempt?
a. Iraq b. Libya c. Turkey d. Tunisia
- The Mother Teresa International Film Festival (MTIFF) will be started from which city of India?
a. Kochi b. Chennai c. Kolkata d. Bellary
- The book "Sleep Revolution" has been authored by whom?
a. Sherry Turkle b. Sheryl Sandberg c. Shawn Stevenson d. Arianna Huffington
- Which Indian teenager has won the 2016 Google Community Impact Award from Asia?
a. Advay Ramesh b. Riya Sharma c. Aadil Khan d. Priyanka Chaturvedi

ANSWER

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

IMD to use supercomputer to forecast monsoon based on dynamical model

The Union Ministry of Earth Sciences (MoES) has announced that India Meteorological Department (IMD) will use supercomputer to forecast India's annual summer monsoon. The forecast made by a supercomputer will be based on a dynamical monsoon model and will be operational from year 2017. This model will be used along with the present traditional ensemble model. Dynamical Monsoon Model works by simulating the weather on powerful computers (supercomputers) and extrapolating it over particular timeframes. This modern forecasting model is being tested at the Indian Institute of Tropical Meteorology (IITM), Pune. The dynamical monsoon model is also called the Coupled Forecast System version 2. So far it has achieved only 60% accuracy in forecasting the monsoon. This method is widely used in forecasting weather over a few days. But using it to forecast the annual monsoon over 3 or 4 months has proved difficult. Ensemble model Currently, IMD relies on an en-

semble model for forecasting monsoon. This traditional model uses a statistical technique. It uses an average of 6 meteorological values correlated to the monsoon such as sea surface temperatures in the Pacific, and North Atlantic sea level pressure. These meteorological values are traditionally derived from century-old meteorological data linked to the historical performance of the monsoon. However, this traditional approach has failed to predict monsoon in recent decades (for instance in 2002 and 2004) leading meteorologists to call for a new,



modern forecasting system. India Meteorological Department (IMD): It is an official national weather forecaster of India. Was established in 1875. It is a division of Union Ministry of Earth Sciences.

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CAREER IN MASS COMMUNICATION & JOURNALISM

Introduction: The world has witnessed a phenomenal and unprecedented explosion in communication technology and media. All boundaries have been transcended, and the entire global community seems to have been brought together into one unified whole. And it is here that mass-communication, as a stream of study, and as a career, becomes so important and enviable.

Mass Communication is not limited to journalism alone. To a great extent mass media is a modern reality which covers all aspects of human life. Moreover, a great change can be observed in the concept of people working in mass media. Careers in Mass Communication are not only high paying but also bring in a great deal of job satisfaction and expression of creativity.

STEP-BY-STEP

Not long ago, people with good communication skills and a degree in literature were considered fit for journalism and other areas of mass communication. However, with technology playing greater role in our lives, all professions related to mass communication now require skilled professionals who work fast and efficiently send across the message to a whole range of audience. Even though with the proliferation of blogs, it is commonly claimed that 'anyone' can become a journalist, a closer inspection of reality proves that only those with professional training make the grade.

Is it the Right Career for Me?

Answering this question requires a critical self-evaluation. You need to have creativity—a way with words and excellent communication skills as you will be required to explain and inform, about the most complex of issues, in the simplest of terms—to a large number of people. Moreover, you require great deal of patience, because in this field, it takes a lot of hard work, and quite some time, to make it to the top.

Job Prospects

A professional course in mass communication opens doors for a career in films & TV, publishing, public relations, journalism, editing, direction, filmmaking, scriptwriting, production, etc. In nutshell, Mass Communication widens up the horizon of career options for a person. Depending upon personal interest and inclination a mass communication professional can choose a job. Attractive and high paying jobs as journalist, actor, director, editor, screenwriter, RJ, producer, VJ are available to the talented and trained individuals.

DIFFERENT ROLES, DIFFERENT NAMES

Following are the various job profiles offered to graduates in mass communication

- FASHION PHOTOGRAPHER
- FILM DIRECTOR
- TV CORRESPONDENT
- PRODUCER
- RADIO JOCKEY/ RJ
- SCREENWRITER
- SOUND ENGINEER
- SOUND MIXER AND SOUND RECORDIST
- SPECIAL CORRESPONDENT
- VIDEO JOCKEY
- ART DIRECTOR
- EDITOR
- EVENT MANAGER
- PUBLIC RELATIONS OFFICER

MARKET WATCH

Career opportunities in mass communication are expected to increase as not less than 70 news channels will come up in next five years. Thanks to mass media, news and entertainment job opportunities are aplenty for trained professionals in various roles - particularly in journalism and films. India being the largest producer of films in the world has ample opportunities. Technically qualified media professionals can work for TV channels, production houses or can make documentaries on their own.

POSITIVES/NEGATIVES

- Like any career option, mass communication too has positive features as well as a flip side.
- A career in mass communication requires commitment, dedication and sacrifice of personal time for the sake of staying on front or top, particularly in news industry. A journalist may have to work day in and day out to get breaking news. Similarly, media professionals who are in entertainment or film making need to work with passion which may come at the cost of their personal life.
- However, in a nutshell, mass communication as a career provides job satisfaction, name and fame and a challenge to live with.



YRC ACTIVITY - DAYS TO OBSERVE

6th August Hiroshima Day

At the flick of the switch, we are able to enjoy cool air on a summer afternoon and talk to loved ones who lives oceans away. But on other hand, the mere pressing a nob by an evil hand can reduce a whole city into ashes. Something that changed forever on 6th august 1945, When for first time on the world witness the explosion of atomic bomb. On that fateful day dawned, a B-29 American bomber named gala gay took from the island in pacific ocean heading for Japan. At 8:15 local time its crew dropped atomic bomb, Nick named "Local boy" on the Japanese city of Hiroshima. That atomic bomb was equivalent to 20000 of INI , The bomb caused immediate death of 70,000 people. Which increased an estimated 2,00,000 as more victims succumbed to nuclear radiation. The mushroom cloud by nuclear explosion hung in sky over Hiroshima for an hours. Its explosion destroyed every building in radius 2 to 5 KM and the force of Blast felt as for away 60 KMs. On 6th August 2016, Japan marks it 71th anniversary of Hiroshima atomic bomb, President of the Japan him self,, after 16th hours, Declared that an American airplane dropped a bomb on Hiroshima and threatened to launch similar attacks, Japan accepted terms of peace and ended the war, on 11th August as, and Japan surrendered unconditionally.

— Kalwadi Kush P., Rosary School (Rajkot)

National Festival Independence Day

Independence day is observed annually on 15th August as an national holiday in India commemorating the nations independence from the British empire on 15th August 1947. On 15 August 1947 Jawaharlal Nehru become the first Prime minister of India. Raised the Indian National flag above the Lahori gate of the red fort in Delhi. On each subsequent independence day the prime minister has raised the flag and gave speech . The holiday observed throughout India with flag hoisting ceremonies, Parades and cultural events. On the eve of independence day, the president of India delivers the address to the nation. On 15th August the prime minister hoists the Indian flag. From historical site, Red fort Delhi Indian anthem is also sung. During the time of achieving independence day many soldier had sacrificed their life for their country. Independence is a day on which we were freed from British Clutches. So when we got freedom from that day we celebrate independence day.

India Stands for

I – Independent I – In
N – Nation A – August
D – Declared

— Maitry Meghani, YRC Member, Rosary School, Rajkot

KRISHNA JANMASHTMI

Krishna Janmashtmi, also known as Krishnashtmi, is an annual celebration of the birth of Lord Krishna. Janmashtmi is celebrated with great devotion and enthusiasm in India in the month of August. According to Hindu Calendar, this religious festival is celebrated on the Ashtmi of Krishna Praksh or 8th day of dark fortnight in the month of Shravan. Shri Krishna is considered as one of the most powerful human incarnation of Lord Vishnu. He was born around 5,200 years ago in Mathura. The sole objective of Shri Krishna's birth was to free the Earth from the evilness of demons. He played an important role in Mahabharata and propagated the theory of Bhakti. The actual celebration of Janmashtmi takes place during the midnight as Shri Krishna is belived to be born on a dark stormy and windy night to end the rule and violence of his Uncle Kansa. All over India this day is celebrated with devotion.

— Gondhia Drashti, YRC Member, Rosary School, Rajkot

International Youth Day 12th August

On 17th December 1999, the United Nations General Assembly endorsed the recommendation made by the World Conference of Ministers for Youth that 12th August be declared International Youth Day. The theme of International Youth Day is Youth Civic Engagement. The engagement and participation of youth is essential to which sustainable human development yet often the opportunities for youth to engage politically, economically, and socially are low or non - existent.

— Dhruv Chauhan - YRC Member, Rosary School, Rajkot

Women's Equality Day

Women's Equality Day commemorates 26th August, 1920 when votes to women officially became part of constitution. This day marks as a turning point in the history of the struggle for equal treatment of women and women's right. In 1920, the day stood for result of 72 years of campaigning by a huge civil right movement for women. Prior to movement like these, even respected thinkers such as Rousseau and Kant believed that women's inferior status in society was completely logical and reasonable; women were beautiful and fit for serious employment. Over the last century great women have proved these views were wrong as the world has witnessed just what women are capable of achieving from the likes of Rose Parks and Eleanor Roosevelt fighting for civil rights and equality of great scientists. Such as Marie Curie, Rosalind Franklin and Jane Goodall. The last Century has shown more than ever what both women and men are capable of achieving, given the opportunity. Think about supporting women's empowerment projects in developing countries stop thinking about men and women as separate being with separate roles and start thinking about treating others as equal.

— Vadera Heer - YRC Member, Rosary School, Rajkot

9th August Nagasaki Day

On August 9th 1945, Three days of bombing the Hiroshima, The United States Dropped a second atomic bomb on the city of Nagasaki. The New York Times article reported that the dropping of the bomb occurred at noon Japanese time. It described Nagasaki as "an important industrial and shipping area" a part of trans shipment of military supply and the embarkation of troops. In a section of the article title "A propaganda front" The time article reports on Japan's efforts after the August 6th. Bombing of Hiroshima, to influence public opinion Europe and North America in the hope that it would stop the United States from dropping a second bomb. Estimates suggest that the bomb killed 40,000 on the day it was dropped, and approximately 70,000 by the end of 1945. The United States of the Japan had been at war since Japanese forces bombed Pearl Harbor in December 1941. After the United States Successfully denoted that world's first atomic bomb in July 1945. President Harry S. Truman and fellow allied leaders, Joseph Stettin and Clement Attlee, issued the post dam declaration on, An Ultimatum for Japan to surrender unconditionally and face promote and after distraction. When Japan refused to accept the terms on July 29, Truman authorized the use of the atomic bomb. On August 6, the United States dropped the Atomic bomb on the city of Hiroshima destroying 60 percent of development and killing between 70,000 to 80,000. Still Japan refused to accept the terms of the post dam declaration on the morning of August 9. The Soviet Union declared war on Japan, and the United States dropped the bomb on Nagasaki. After the bombing Japan accepted the post dam terms and unconditionally surrendered to the United States on August 11.

—Kushwaha Nilesh R., Rosary School Rajkot



The roots of education are bitter, but the fruit is sweet. — ARISTOTLE



This Amazing Woman Has Been Training India's Special Forces for 20 Years without Compensation!



From babies to boardrooms, today's women can juggle several roles with panache. But there are some women who do more than this, going beyond the challenges of their personal lives to be of service to a larger cause.

A 7th-degree black belt holder in military martial arts, Seema Rao is India's only female commando trainer. A prominent expert in close quarter battle, Seema has been giving commando training to various armed forces in India for 20 years, without taking any monetary compensation in return! Seema is also a combat shooting instructor, a firefighter, a scuba diver, an HMI medalist in rock climbing, and a Mrs India World pageant finalist.

This incredibly multifaceted lady is also one of the only 10 women in the world certified in Jeet Kune Do, a unique martial art form created by Bruce Lee in the 1960s.

Seema Rao is the daughter of freedom fighter Prof. Ramakant Sinari, who helped in the liberation of Goa from the Portuguese. The deeply patriotic Seema grew up listening to stories of India's struggle for independence and always wanted to serve her country. She finally had the opportunity to convert this desire into reality when she met her future husband, Major Deepak Rao, at the age of 16. Major Rao had been practising martial arts since the age of 12 and it was he who introduced Seema to this empowering field.

Major Deepak Rao is Seema's co-pioneer in the field of close quarter battle training. In 2011, he received the President of India's rank award for his 20 years of contribution to the Indian Army. Others who have been honoured with the same award are Mahendra Singh Dhoni and Abhinav Bindra.

After marriage, the couple continued to learn and excel in martial arts, shooting, and weapon defence while they simultaneously pursued an education in medicine. After becoming certified doctors, Deepak equipped himself with the prestigious CLET Law Enforcement certification, while Seema did her MBA in crisis management. The formidable couple then started thinking about how they could channelise their desire to do something constructive for the country. After much thought, they decided to train the soldiers of the Indian armed forces without accepting any compensation in return.

There were two factors that inspired them to take up this Herculean challenge. One was the desire to serve the personnel who guard India and the other was their instinctive need to remain engaged in combat and martial

arts. So, in 1996, they approached the Service Chiefs of Army, Navy, BSF & NSG. The chiefs were impressed with the couple's dedication and decided to try out their training programme. There was no looking back after that.

The journey wasn't easy. The couple had to face several financial hardships in the initial years of their marriage but they stuck to their decision of not charging a single rupee for their work. Also, since Seema was constantly travelling to hostile locations, through harsh weather and inhospitable terrain, she could not even attend her father's funeral. Realising that it would be impossible to carry a pregnancy through, given her rigorous training schedule, Seema consciously decided not to have her own child and instead adopted a girl. In the course of work, Seema also suffered multiple injuries that included a vertebral fracture and a severe head injury that made her lose her memory for months (she could not recognise anyone but her husband). She was also shot at by insurgents but her determination to serve her nation never wavered.



Along with her husband, Seema has provided training to almost every elite unit of the Indian Forces, including the NSG Black Cats, MARCOS, GARUD, Paracommandos, BSF, the Army Corps Battle Schools and its Commando Wing. She has also trained officers of the National Police Academy, the Army Officers Training Academy and the Police Quick Response Teams of almost every major city in India.

Though Seema has repeatedly proven herself in the male-dominated field of commando training, she still meets trainees in every course who are reluctant to learn from a woman. In an interview with Naaree, Seema said:

"Not only did I have to discipline them, but I also had to gain their confi-

dence in my ability to teach. However, eventually, I have always managed to earn the respect of commandos that I have trained."

In 2009, after training the GARUD commandos, Seema was invited by the Air Force Chief for the official IAF Para Jump course. Here, she earned her IAF Para Wings, another rare achievement.

Seema is also the only external combat training resource appointed by the Indian government to date and, with her husband, she has received 4 Army Chief citations, a record unparalleled by anyone.

Seema's strength lies in her skill in Close Quarter Battle (CQB) – the art of proximity combat that focuses on physical prowess, skill, and protocol. It involves techniques like reflex shooting with rifles, quick shooting with pistols, and bare-handed combat. It also entails the precise use of knives, bayonets, and other appropriate combat weapons. Room combat and confined space combat such as anti-hijack operations also come under the purview of CQB.

In her interview, Seema laughingly said:

"I can shoot an apple off a person's head from 50 yards without giving him a scratch and I can evade a speeding bullet aimed at my head with ease."

Seema and her husband have also developed a unique and modern meth-

od of CQB exclusively for the use of Indian forces. The Advanced Commando Combat System, or Bison System as it is called, is different from the conventional CQB.

In this system, the reflex shooting method is unique and the unarmed methods can quickly handicap or cripple the enemy with the least effort. The team tactics in Bison System differ from conventional western CQB and are unique too.

"The conventional methods of shooting generally uses up many seconds to aim precisely and then shoot. This is beneficial in long range combat when the enemy is say 300 yards away, covered by a rock. But when the enemy is just 20 yards away and in front of you,

quick shooting without using too much time for precise aim is needed. To cater to this need in modern warfare, we devised the Rao System of Reflex Fire. The Indian forces have found this very beneficial."

The Rao couple has also established the Unarmed Commando Combat Academy (UCCA), an elite military martial arts academy, to help train the Indian forces and also to publish training books for the Forces. Seema feels very strongly about women's safety and has designed a program specially tailored for women to help them deal with harassment, molestation, sexual assault, and rape. Called DARE (Defence Against Rape and Eve Teasing), the program equips women, both mentally and physically, to face adverse situations posed by potential eve teasers, molesters, and other sexual assaults. She has also produced and acted in India's first mixed martial arts movie, Hathapayi, which revolves around a woman protagonist. This movie portrays the martial art of Jeet Kune Do for the first time in Indian cinema.

Seema has been bestowed with several awards during her amazing and inspiring journey. They include the World Peace Award at World Peace Congress in Malaysia and the US President's Volunteer Service Award. But the greatest award, according to her, is the deep satisfaction she gets from training the Indian armed forces.

To date, Seema has trained more than 15,000 soldiers in modern close quarter battle and has no intention of hanging up her boots anytime soon. She has proved that ordinary citizens can do extraordinary work for their country and that a woman can do anything she puts her mind to. As this bold and courageous woman, who calls herself 47-years-young, says:

"It's not easy. It never is. But who likes it easy anyway. Bring it on!!"

PICTURE READING AND MENTAL DEVELOPMENT

Picture reading is the ability of a child or a person to comprehend a picture or set of pictures and describe through written or oral means of communication. Pictures of news papers, magazines and other sources can be used as an effective tool for teaching reasoning, thinking, problem solving and many other life skills to all the group of students. It is an interaction activity & helps in promoting learning as well as language and literacy skills.

Picture reading helps children develop reasoning, master non verbal communication; develop the skills of connecting two unknown situations & problem solving. It further helps in critical & creative thinking, imagination and mental visualization of a plot. Interactive picture reading stimulates and leads to formation of neural networks in the brain. We can make many picture cards using suitable pictures in the news paper and pasting them with against a thick chart paper cut to similar size. Such collection of pictures can be used in many ways for the mental development of children.

Identification of objects and situation in the given picture: Picture cards can be used for

helping children identify things present or describe the situation using a picture. Young children can play sorting of all the cards having same no of objects or sorting cards having red color etc. We can make many games/ activities involving counting, color recognition, identification of living and non living things in the given pictures.

Counting and color recognition: News paper and magazine pictures are lively and connected with our surrounding. Use them for teaching counting, teaching recognition of colors.

Color the picture: Children love colouring, black and white pictures in the news papers can be used for coloring activities. Give your child many pictures to color and help them develop visualization, fine motor skills and creativity.

Reading facial expressions and describing emotions: Emotional awareness can be facilitated through pictures. Show them pictures and ask them to identify the emotion of a particular character...by asking question, "how this character is feeling", "what may be the reasons for such feeling/ emotion". We can also teach words to describe different emotions leading to emotional literacy.

What will happen next? Show them a picture and let them describe next sequences, we can ask them to draw three to four sequences succeeding the reference picture. We can also give them set of 10 to 20 pictures and ask children to arrange them on a time line.

Making dialogue: Select pictures depicting human interaction, give every child one or two such cards and ask them to write dialogue for each character in the card. Do not worry about language...let them express in any language...for young children expression and interaction is more important than language.

Story making: Children like making stories, let them pick up 6 to 7 picture cards and make a story connecting all the cards. We can increase cards depending on their confidence level. Make it a fun filled interaction activity by asking questions and asking them to give a suitable title and act out the story.

Sorting pictures in different categories: Give a child ten to twenty unrelated picture cards and let them classify in two to three categories.

Let them decide criteria and classify followed by presentation stating basis of classification and discussion.

Making connection train: Children enjoy the game of making connection train in which they are given 10 to 15 cards and they are asked to arrange them in a train form by putting in the descending order of correlation i.e. by putting one card after that

another card which seems to be highly related.....to the least related. It is an imaginative play and helps children develop problem solving skills.

Language development: Teaching of new words can be made fun filled through pictures, as children find it easy to grasp new words when they see related object. We can teach sentence formation using pictures.

Pictures are easily available everywhere, keep on collecting suitable pictures for your child and use them for innumerable creative activities. They can be used at home and school for teaching many concepts, skills and developing empathy too....play games like, "let us name all the persons in the pictures", let us guess nationality of the persons in the picture", "At what time the picture may have been taken",many creative games/activities can be creating using picture cards. We can also use to hone our own visualization and creative thinking by looking at a picture and thinking about the context, event etc presented in the picture. Picture reading also hones our emotional intelligence. Pictures are everywhere and available freely use them as training and teaching tool to make a lively interaction and teaching.



DR. SHAILENDRA GUPTA
EDUCATIONIST, AHMEDABAD

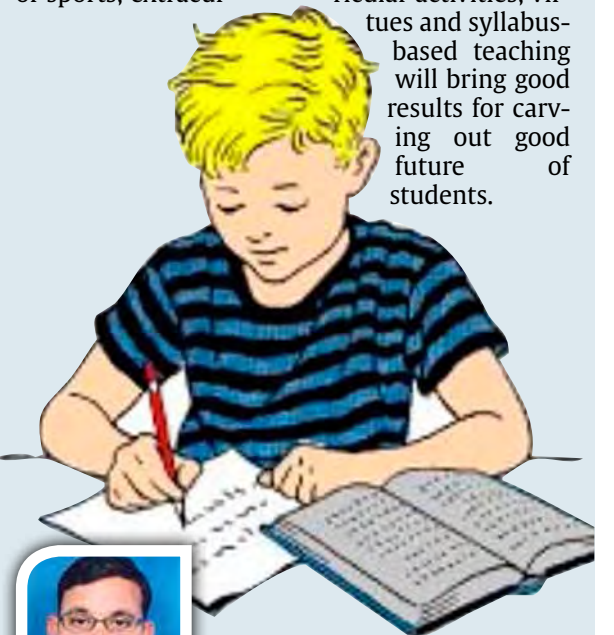
VALUE-BASED EDUCATION

Since time immemorial the saints, thinkers and educationists of our country are turning over their thoughts to make the process of education more value-oriented and meaningful as well. As we know well that time flies and thinking of people change with the speed of time. It has been observed that the process of teaching nowadays becomes more job-oriented and the essence of virtues is lost in the mists of time. Though, the handful of people burn the midnight oil for blending the moral goodness in education but their efforts have gone in vein. The tinsel and glamour of the present trend has changed the mentality of people and they are commercializing the education to update themselves.

Many schools are mushrooming on the outskirts of city with the aim of getting more and more admissions. They offer plastic smiles and plethora of promises to attract the parents. Instead of providing quality education the school authorities concentrate more on facilities and amenities provide by them to children and parents as well. The Gurukul system of education has vanished in thin air and Multi-media system of education is gaining control. Chalk and talk method of teaching is now considered as an obsolete method of teaching. Many changes have been occurred in the lifestyle of knowledge-seekers but piggyback system of bearing the load of school bag is still in practice. The size of school-bag is inflated and children reluctantly bear the load of it on their shoulders.

In this chaotic situation, true academicians and social reformers strain their every nerve to bring some creative and result-oriented changes in the present system of teaching. In fact, teacher alone is not responsible to lift up the intellectual level of children and also for imparting the value-based education. Parents are equally responsible and answerable if the deterioration of quality education occurs.

Teachers usually give wings but it is the responsibility of student to spread the wings and fly high in academic sky to achieve the resounding success. Our Upanishad and saints say, "Arise awake and stop not till the goal is reached. Similarly, it is the duty of students to wake up early morning and after invocation of prayer they should concentrate in their studies. Schools should also conduct the morning assembly before daily schedule of teaching student. In this way we can inculcate the virtues in the minds of learners along with teaching. Needless to say, development of body, mind, intellect and soul is necessary for overall growth. Therefore the blend of sports, extracurricular activities, virtues and syllabus-based teaching will bring good results for carving out good future of students.



NEELES BHADORIYA
EDUCATIONIST, AHMEDABAD



13 WAYS TO MAKE SCIENCE INTERESTING

Parents play vital role in the upbringing of children. Having selected a proper school does not limit your responsibilities towards child's upbringing. Children remain more time at home rather than at school. Therefore Parent's role in the upbringing of child plays major role along with school and teachers. Parents may not sit with their child to finish their homework or make them study the portion of the textbook but they must atleast make some efforts so that the child maintains the interest in studies and doubles the efforts for scholastic achievement. In this article lets see how can we make learning of science more interesting.

1. What is Science / Environment and its purpose of Learning

- Science is "The intellectual and practical activity encompassing the systematic study of the structure and behaviors of the physical and natural world through observation and experiments."

- Science involves more than the gaining of knowledge. It is the systematic and organized inquiry into the natural world and its phenomena. Science is about gaining a deeper and often useful understanding of the world.
- Science offers the answers to various questions asked out of curiosity, in our early years. For example How our body function? And many more.
- Science is just as important as learning other subjects like Mathematics, and history. Because the subject is so vast, learning the basic right from your early learning days will enable you to decide whether you want to pursue a higher education in the subject.
- Science is a mode of teaching and learning practiced by teachers and students at all levels.

2. Why is it necessary to learn Science?

- Science is just as important as learning other subjects because it is so vast, learning the basics right

from our early learning days to the present day.

- It is a part of our daily lives from cooking and gardening to recycling and comprehending the daily weather report.
- From reading a map to using a computer, advances in technology and science are transforming our world at an incredible pace and our children's future will surely be filled with leaps in technology that we can only imagine.
- Being Science literate will no longer be an advantage but an absolute necessity. Science is the study of world around us, how things work, what living things are there, how things happen, etc.

3. General issue of less liking for the subject:

- Science being a tough subject includes hard terminology and long sentences to understand which is not that easy to grasp easily by the small kids.
- All topics of science are not connected with the natural that small



kids observe around so initially they don't find it interesting and therefore their approach towards science is slow or inattentive.

- Some children do not show interest while interaction or discussions in particular subject, this shows that the child's disinterest in the subject.
- Children can not be judged but their reaction and body language in the interactive session tell the unfold things.
- Abstract researches have tried to induce a deeper approach to learning by means of students centered learning environments. Finding did not always confirm positive hypotheses. This has given rise to the question for disliking environment or science.

13 DIFFERENT WAYS TO MAKE SCIENCE INTERESTING

- To stimulate the curiosity of science parents can purchase toys, activity board, worksheets, models etc. that are available in the market as per Kg. to 12 syllabus. Care should be taken to check that such models are also used by children for practice and better understanding.
- Parents should visit zoo, museum, parks, historical places, science city along with their child. Visiting such places will enable them to understand the Biological Cycle and Bio-Diversities of the world. They should be frequently visited to such places as in one visit only a few things survive in the memory.
- Involve them in kitchen to understand reactions and usefulness of different spices. Kitchen is a laboratory at home. Many new trials take place in the kitchen. Children can be made aware about different spices, what is their shape and structure, how do they taste, what is the use of it in preparing dish and how do they react with other elements. By such exposure students will be keen to learn about such elements and in turn will improve their interest for science.
- To encourage them for science give them toys which are related to science interests such as jigsaw puzzle, Lincoln logs, telescope, microscope, electronic kits etc. Such apparatus in toy format will enhance their curiosity in knowing about the real life apparatus and thus will help improve interest towards Science Subject.
- If your child is interested in astronomy then visit the local planetarium or science center etc. Purchase model of Solar System, Lunar Phases, Galaxy system, etc. Keep a mini telescope and use it to watch Full Moon. Such activities will appear interesting to the child and thus enhance their interest in Science.
- Keep an aquarium in your home and let your child feed the fish. Let the child watch its breathing and feeding activities. This will not only enhance the interest but will also make the child compassionate by observing the fish feeding and movements.
- Discuss with your child the topic of science, watch discovery channel, national geography channel and such other productive programs on TV along with your child. While watching also discuss with them to know what they grasp and explain where they lack.
- Purchase science books, magazines, newspaper based on science subject and read along with your child certain interesting fact, experiments and discoveries.
- Perform Experiments if possible which is the best way to create love for the science subject. Silly experiments like using magnifying glass to focus sunlight on the paper and see the burning of paper. By this way children will be excited to notice the effects and then study the reasons of same.
- For chemistry watch videos, explain acid/base using litmus paper. Try Lemon - Ink demo at home. Take a lemon half and squash in a jar. Using a drawing stick write the name on plain paper and let it dry. Then apply some heat on the paper and see the name appear in dark letters. Such demo will increase their curiosity towards knowing new things.
- For biology one can perform experiments over plants and such living and non living and also create interest by watching videos. You can ask the child to collect different types of leaves and then stick it on one chart paper and make the child understand the different shapes and structures of leaves. This activity will enhance the interest in the child for the subject of science.
- Prepare volcano, earthquake models, guess weight at the supermarket, measuring temperature by thermometer etc. stimulates interest for science in the child.
- Make an informal group that consists of children of same class, school or society. Organize get together, parties, forums at home turn by turn with respective member and try out scientific experiments at home. This will not only develop interest towards the subject but also increase harmony among students and will increase the concept of sharing and collaboration for knowledge.



DR. VISHAL VARIA
EDUCATIONIST, RAJKOT



Either you run the day or the day runs you — JIM ROHN



WAKE UP

WORLD HUMANITARIAN DAY

19
AUGUST

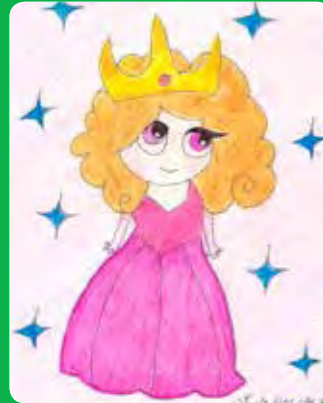


Theme: Inspiring the World's Humanity

World Humanitarian Day is a time to recognize those who face danger and adversity in order to help others. World Humanitarian Day is also an opportunity to celebrate the spirit that inspires humanitarian work around the globe. The first day of action will be 19 August: World Humanitarian Day. This is a day to celebrate humanitarians around the world. In an effort to build a global sense of momentum, we will call on our Messengers of Humanity to take an important social action on this day and share them on your social networks and amplify the message.



PATEL PRIYA
Std- 7th., Tripada Gurukulam



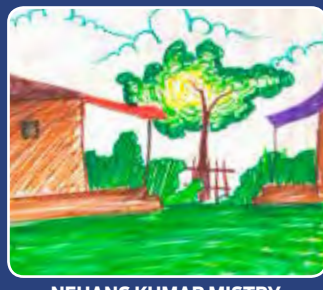
VRUSHI
Std. VI, The Rosery School



YASHASVI JAIN
class-4



VISHESH DAROOKA
Std 5, Delhi Public School



NEHANG KUMAR MISTRY
Std-9 B, Sri sathya Sai
Vidyaniketan, Navsari



NUPUR GANDHI
Std- 3 A Tripada Day School



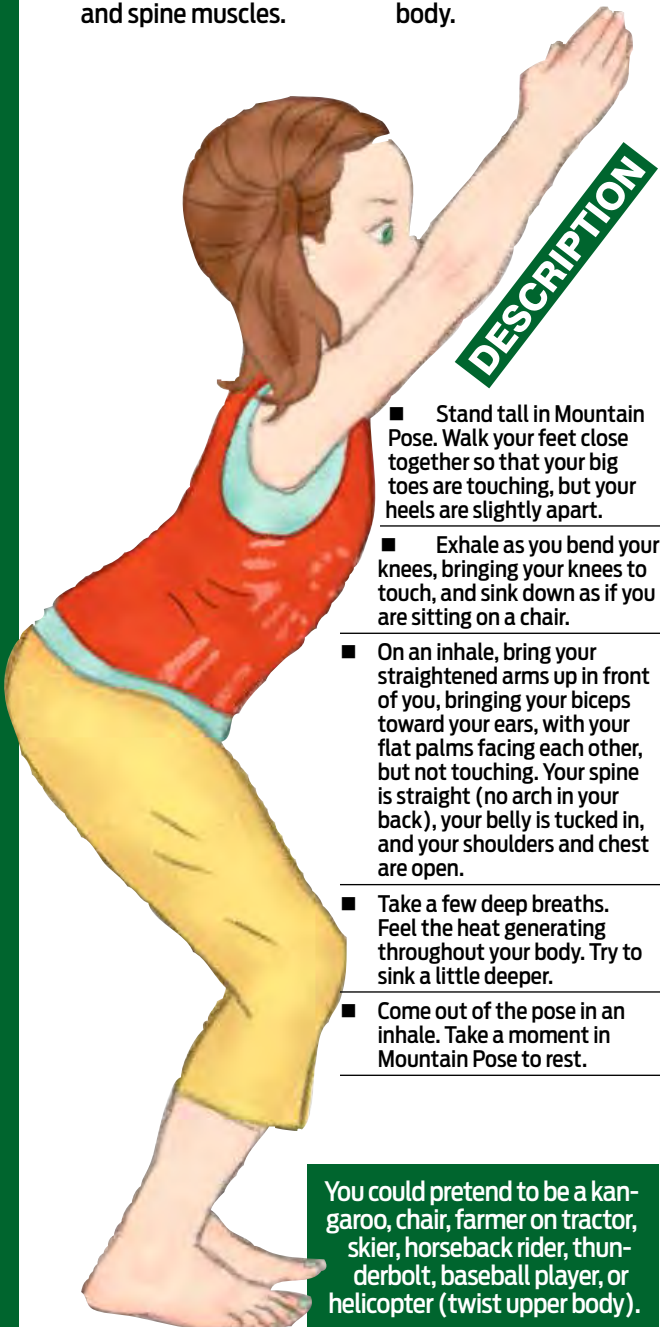
CHAIR POSE

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6

BENEFITS

- Increases stamina, stability, balance, and strength.
- Strengthens the leg and spine muscles.
- Stretches the shoulders and chest.
- Stimulates and energizes the body.



DESCRIPTION

- Stand tall in Mountain Pose. Walk your feet close together so that your big toes are touching, but your heels are slightly apart.
- Exhale as you bend your knees, bringing your knees to touch, and sink down as if you are sitting on a chair.
- On an inhale, bring your straightened arms up in front of you, bringing your biceps toward your ears, with your flat palms facing each other, but not touching. Your spine is straight (no arch in your back), your belly is tucked in, and your shoulders and chest are open.
- Take a few deep breaths. Feel the heat generating throughout your body. Try to sink a little deeper.
- Come out of the pose in an inhale. Take a moment in Mountain Pose to rest.

You could pretend to be a kangaroo, chair, farmer on tractor, skier, horseback rider, thunderbolt, baseball player, or helicopter (twist upper body).

FUN WITH COLOURS

Your drawing should reach us by 20/08/2016 at
The Open Page, 4th Floor, Vishwa Arcade, Nr. Akhbarnagar,
Nava Wadaj, Ahmedabad-380013

GIFT FOR
BEST
COLORING

Name:

Name of School :

Std: Mobile No.:

Photo





49TH BAL RATHYATRA

Tripada celebrated its glorious 49 years of establishment, the Foundation Day on 6 July 2016, Wednesday, with the 49th Bal Rathyatra, an epitome of cultural congregation infused with sanctity.

The Balrathyatra, cited as the paradigm of an illuminative conclave blended with sanctity for Lord Jagannath, his elder brother Balabhadra and sister Subhadra was taken out by the students, faculties and employees of Tripada Pari-var. Bal Rathyatra also exemplifies a social change in this cavalcade that education is a weapon to change, education can awaken souls. Every person has different visions for a desirable world, a longing for a change. But what sort of a change and who will take the lead? A change within can bring about a change outside. A change in self can induce a change in humanity as a whole. Hence, Tripada had a theme to focus on this 49th Bal Rathyatra and that was, "Am I the Change?" A change one expects in various spheres of life. Change...E3 = Education x Emotions x Environment.

49th Bal Rathyatra rounded off for a new beginning and awaiting for the momentous celebration of 50 years of its establishment next year.



WASTE TO WEALTH COMPETITION



Aatman International School had organized a Competition for Mothers on 23rd July, 2016.

Almost 25 participants were there for the competition where in the

creative ideas were displayed by the Mothers and Grandmother as well.

In the competition they had to use Maximum waste materials to create something NEW useful items. The competition was for 1.5 hour.

The Main motive of holding this competition was to tap out mother's hidden talent and creativity so that even children and others learn how waste materials can be used creatively to make useful things.

Our Judge Ms. Monali Patel (from Skyblue activity Center) appreciated and evaluated the participants very minutely, and shared her valuable and creative ideas and her experience as well.

Creative items like birds nest-from small cartan, Jeans purse from old jeans pants, a boat was prepared from Newspaper rolls flowers tray, Elephant from oil tin. It was very wonderful experience for all participants and Educators.



REFRESH, REJOY, REJUVENATE at A.A.R.T.I

Back to Nature Programs for Schools & Corporate



A.A.R.T.I. - A Eco Destination for Camping

1 DAY CAMPING

- Arrival at AARTI
- Breakfast and Welcome Drink
- Jungle walk and Trekking
- Freshen up and lunch time
- Insect finding and wildlife education
- Adventure activity - Burma Bridge, Artificial Wall Climbing, Zig-Zag Bridge, Commando Net, Tyre Tumble, Jungle Tracking
- Green house visit and high tech farming education
- Dinner and back to home

2 DAY CAMPING

- Arrival at AARTI
- High tea and tent allotment
- Wild life and nature education
- Adventure activity, greenhouse visit and
- Adventure activity - Burma Bridge, Artificial Wall Climbing, Zig-Zag Bridge, Commando Net, Tyre Tumble, Jungle Tracking
- Dinner with camp fire Activities and Dance
- Bed time - go to sleep

- Wake up call
- Break Fast and freshen up
- Jungle walk and tracking with wild life awareness
- Refreshing time
- Team Building Games
- Lunch and back to home

A.A.R.T.I : ANANT AGROFOODS RESORT & TRAINING INC. Plote No. : 219/42, Aluva Gam, Nr. Pindarda Village, Gandhinagar-Mahudi Highway, Gandhinagar, Gujarat **CONTACT: +91 96876 15514**
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