



INSIDE



RASHTRAPATI BHAVAN p2



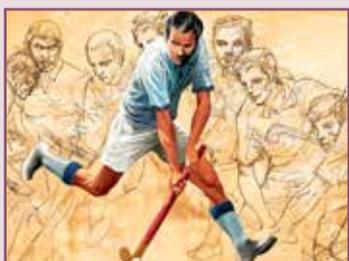
ADVENTURE... p3



"JAGGA JASSOS" p6



FESTIVALS OF AUGUST p8-9



NATIONAL SPORTS DAY p10



TO BE, OR NOT TO BE IN THE COMFORT ZONE? p15

INDEPENDENCE LINKED TO GST ROLL OUT IN JULY

In a special midnight session in the central hall of Parliament, the Goods and Services Tax (GST) has been rolled out on Friday, this was beginning of one of the biggest indirect tax reform measures since Independence.

The session was attended by President Pranab Mukherjee, Vice President Hamid Ansari, Prime Minister Narendra Modi, Chief ministers of states and MPs of both Houses of Parliament.

GST roll out by Indian Government is a classic example of how to unify India as one nation one taxation policy & committed to modernize our tax regime which slated to become world's largest economy in a decade.

After 17 years of tumultuous the GST has come into reality. It's slated to extend financial independence to corporate sector in doing away multiple indirect taxations thus promising to offer new lease of life to business sectors thereby enhanced efficiency & time, ease of doing business in competitive world arena. Moreover it promises to overhauling India's convoluted indirect taxation system and unifying the \$2 trillion economy with 1.3 billion people into a single market.

\$2.4-trillion economy is making a bold attempt to transform itself by removing internal tariff barriers and collapsing 17 central, state and local body taxes into a single GST.

GST, which will replace more than a dozen central and state levies like factory-gate, excise duty, service tax and local sales tax or VAT, is India's biggest tax reform in the 70 years of independence and will help modernize Asia's third largest economy.

GST seeks to move away from a system in which tax is added on to the post-tax value of goods from the previous stage in the value chain, which has led to a compounding effect of tax-on-tax on commodities and services. The reform seeks to remove this anomaly by giving full credit for taxes paid at the previous stage. At present, states try to maximize their revenue by denying full tax credit in case of inter-state commerce. Under GST, interstate supplies will be taxed across the country at a uniform rate specified for the item with full credit settlement.

All four bills related to GST were passed by both Houses of Parliament in April this year.

The GST's introduction has ensured that all central, state level taxes and levies on all goods and services are subsumed within an integrated tax having two components - central GST and a state GST.

There are four tax slabs of 5%, 12%, 18% and 28% and various items and sectors have been categorised under these slabs. (Healthcare & Education are exempted from GST)

GST could also reduce avoidable litigation. A large part of tax litigation in India is around tax exemptions, which the new



system seeks to minimize.

Consumers, on the other hand, has got first time total central and state taxes levied on a product, bringing to an end the host of hidden and embedded taxes they were paying so far.

GST will give smooth & single window taxation system to all indirect taxations thereby offering:-

Intra-state supply and consumption of goods & services

Inter-state movement of goods

Import of Goods & Services in less time
Independence offered by GST (Freedom of doing business)

Major Benefits to the Economy As A Whole:

- The entire Indian market will be a unified market which may translate into lower business costs. It can facilitate seamless movement of goods across states and reduce the transaction costs of businesses.
- It is good for export oriented businesses, because it is not applied for goods/services which are exported out of India.
- In the long run, the lower tax burden could translate into lower prices on goods for consumers.
- The Suppliers, manufacturers, wholesalers and retailers are able to recover GST incurred on input costs as tax credits. It can bring more transparency and better compliance.
- Number of departments (tax departments) will reduce which in turn may lead to less corruption.
- More business entities will come under the tax system. This may lead to better and more tax revenue collections.
- Companies which are under unorganized sector will come under tax regime.

GST will bring uniformity and also deplete the cascading consequence of these taxes by giving input tax credit

This will take place in two ways: (a) directly the resources available to the poorer states will increase substantially;

(b) indirectly the tax base becomes

more buoyant.

The common base and common rates across goods and services and very similar rates across Centre and States will result in effective administration and increase compliance while also ensuring the better management of taxes collected in the State.

Also, there is a provision to maintain the requisite fiscal autonomy to the States with the power to levy additional excise taxes on certain "sin" goods like, tobacco, alcohol, etc..

By this process India will get a boost through GST as it is making tax compliance easier and removing ambiguity and at the same time as GST will be applied on imports, domestic manufacturing would be encouraged.

To claim input tax credit, each dealer has an incentive to request documentation from the dealer behind him in the tax chain which will ensure tax compliance. Also this would further require producers to buy materials from registered dealers and therefore will bring in more and more vendors in the taxation net.

Furthermore, the dual monitoring structure of the GST by both Centre and State will make tax evasion more prone to detection.

There will be reduction in prices of goods as taxes would now be exempted from the production cost and at the same time it will put better goods and services within the reach of a larger number of the populace and as such increase the living standards of the country.

The successful implementation of GST would give a strong signal to the foreign investors about India's increased credit-worthiness, lesser compliance and procedural costs in the taxation sphere and remove the complexities faced by the foreign investors who were reluctant to invest in consonance with the existence of virtual economic zones throughout the country.



DR. JYOTI BHATT
FINANCE DIRECTOR (TET),
AHMEDABAD

RASHTRAPATI BHAVAN



HARSH SONI
EDUCATIONIST, MODASA

The magnificent edifice of Rashtrapati Bhavan- the official residence of the President of India - is one of the largest buildings of its kind in the world. This structure of red and cream sandstone which was designed to be the home of the Viceroy of India, took eight years - 1921-1929 - to build and cost about 14 million Rupees.

This building, which was designed by the British Architect, Sir Edwin Lutyens, is a mixture of Indian and Western schools of architecture. The stately columns after the Roman and Greek Style, the Dome adopted from Buddhist stupas, the symmetry typical of Mughal architecture and the broad courts characteristic of English houses, have all been fused to create a new style of architecture, simple and yet imposing.

Rashtrapati Bhavan stands on a 330-acre estate and the building itself covers an area of five acres. The facade of Rashtrapati Bhavan with a massive colonnade at the top of a flight of long and broad alabaster stairs, overlooking the Forecourt, where parades are drawn up on important occasions, makes an impressive sight. The building contains 11/2 miles of corridors, 340 rooms of which 63 are living rooms, 227 columns, 35 loggias and 37

Rashtrapati Bhavan's main rooms/entrance are namely like

- Fore court and Jaipur column
- Reception
- Marble Hall
- Kitchen Museum
- Children's Gallery
- Gift Museum
- Durbar Hall
- Library
- Long drawing room and North drawing room
- Ashoka Hall
- Loggia and Banquet Hall
- Mughal Gardens

fountains including the roof fountains.

After the drafting of the Indian Constitution by Dr.B.R.Ambedkar, a new Head of state was needed. This Head would take up the place of the Governor-General. Thus with the formal adoption of the Constitution on January 26,1950 the first elected President of India Dr. Rajendra Prasad assumed office. The President is elected by an electoral college consisting of members of both Houses of Parliament as well as of the State Legislative Assemblies. The President enjoys legislative, executive and judicial powers and emergency powers.

LIST OF PRESIDENTS (DESCENDING ORDER)



Shri Ram Nath Kovind

25 July 2017 to continue



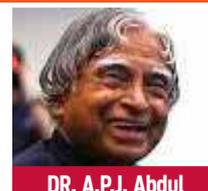
Shri Pranab Mukherjee

25 July 2012 to 25 July 2017



Smt Pratibha Devisingh Patil

25 July 2007 to 25 July 2012



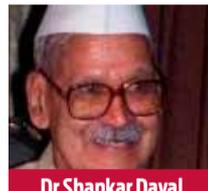
DR. A.P.J. Abdul Kalam

25 July 2002 to 25 July 2007



Shri K. R. Narayanan

25 July 1997 to 25 July 2002



Dr Shankar Dayal Sharma

25 July 1992 to 25 July 1997



Shri R Venkataraman

25 July 1987 to 25 July 1992



Giani Zail Singh

25 July 1982 to 25 July 1987



Shri Neelam Sanjiva Reddy

25 July 1977 to 25 July 1982



Dr. Fakhruddin Ali Ahmed

24 August 1974 to 11 February 1977



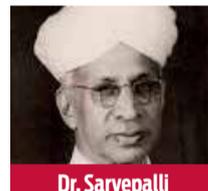
Shri Varahagiri Venkata Giri

3 May 1969 to 24 August 1974



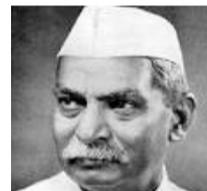
Dr. Zakir Husain

13 May 1967 to 3 May 1969



Dr. Sarvepalli Radhakrishnan

13 May 1962 to 13 May 1967



Dr. Rajendra Prasad

26 January 1950 to 13 May 1962



LORD SHIVA: GURU OF ALL TIMES

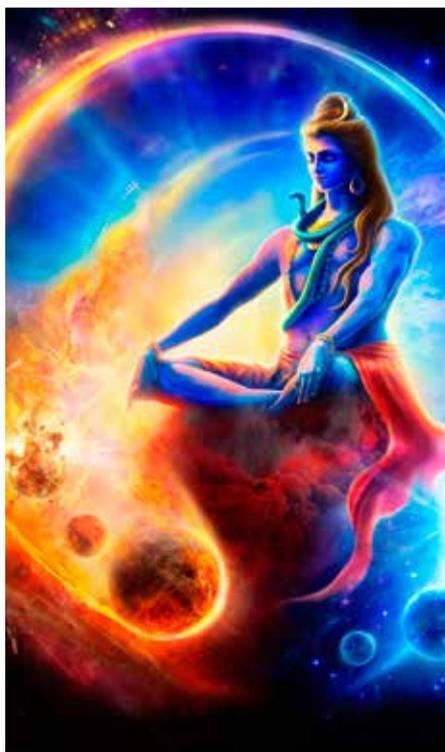
In this Sharvan Month when we worship God Shiv with all devotion, let's understand his quality which can be implemented into our real and practical life

Change Management

Destruction and Creation, i.e. death as well as creation. This incarnation of Lord Shiva is a combination of two Gods, Vishnu (the creator) and Shiva (the destroyer). He is the one who sustains life on earth and Shiva is known to be the destroyer. A successful person is the one who bring the required change in the organization by removing all the resistance faced during the change process. What happens today is not going to exist forever, time changes and so should we.

Team Work

Lord Shiva showed great leadership qualities by bringing together all Devas and Devils together for churning the ocean. He made all Devas & Devils to work together as a team with the objective of bringing Amrit out from the ocean. He showed how synergy can produce output greater than the sum of individual output. He gave a perfect example of how difficult task can be performed easily in a team rather than working as an individual. A manager should adopt similar traits and should lead his team in the direction required to achieve organizational objectives in a systematic manner. A successful manager knows the importance of Team Work and leads his team in the right direction to get maximum productivity.



Strong Will & Determination

Lord Shiva is very determined and strong in everything he did. It was only god's strong will and determination that he attained the position of "Mahadev" (Gods of Gods). If a man is doing something with determination in his mind, then he will always be successful. Lord Shiva who is the God of Gods is very determined in his approach. A manager must have this trait of Lord Shiva who faces every situation with focus & determination. While running an enterprise or a startup the front runner of the company must possess bold qualities which will help in the quicker establishment of the business

Focused Mind

Lord Shiva is a great meditator and is symbolized to have an undeterred level of concentration. He is known for his calm and focused attitude due to practicing meditation. In today's life, people are constantly in stress due to high pressure jobs and they find it difficult to concentrate. A manager should improve his concentration levels by practicing meditation techniques to have a focused mind. A manager who has a meditative approach is able to deal with difficult situations and always comes up with a best solution after taking into consideration the given constraints

Challenges and Courage

Lord Shiva is known as the 'Rudra' which means the one who is fearless and is ready to assume the risk when the situation requires to do so. Lord Shiva has the courage to face all the adverse situations fearlessly. He is known as Neelkantha because he swallowed poison and suppresses it in throat the important thing to learn is take negativity into stride and turn it into positivity

Equality

Inequality results into discontentment among those who are not treated equally. Women in our country are neglected from the respect and status they truly deserve. Biased thoughts still exist in our society and support the notion that "Man form a better managers than woman". But the example of Lord Shiva and his better half Parvati, is still an example that stands tall and high. Lord Shiva regarded Goddess Parvati as "Adi-Shakti", a term which means Supreme Being and a power above all the universe. He truly treated Parvati to be his better half by treating her equally in every respect.



UNMESH DIXIT
EDUCATIONIST, AHMEDABAD

For many young people, their life is impoverished by little or no contact with the natural environment. One of the well-known environmental historian argues that "benefits of active involvement with nature requires a better response".

Think back for a moment to your childhood. What was your favourite or special place? For the majority of today's adults, their favourite place was out of doors, in most cases beyond adult supervision. Ask the same question of today's generation and the odds are that the answer will be their bedroom, interfacing with technology rather than the natural world.

"As per one analysis prove that only 10 percent of children play in natural spaces"

Those benefits relate to a range of social concerns and policy priorities. One obvious positive impact of active involvement in the outdoors is physical fitness, which directly impacts on obesity and health in later life. Less obvious, but nevertheless very real, is the physiological and psychological impact on well being.

There is also evidence that outdoor activities improve the outcomes for young people at risk of anti-social behaviour. And of course, the value for money equation for society is heavily weighted in favour of pre-emptive action. As recent work by the New Economics Foundation has confirmed, proactive work to re-engage young people before they have tipped over the edge is far more cost-effective than picking the pieces up when it is too late.

'For many young people, a school journey will be their only experience of life outside the city'. Yet, without first hand awareness of the natural world, how can we expect our children to rise to the challenge

THE BENEFITS OF OUTDOOR ADVENTURE



of being responsible custodians of the planet? Children need to experience the world outside the city.

Awareness is needed to keep sensible balance between risks and benefits. An adventure experience helps young people to learn to manage themselves in a risky and uncertain environment and to achieve that balance.

There is a great need for not only outdoor studies in primary education but also chances for children to have adventures in the outdoors.

The development of inter and intra personal relationships is also another positive that can be drawn from outdoor adventure. I believe the outdoors has the power to de-

velop empathy through working with others cooperatively and by sharing thoughts and feelings and being creative and expressive develops the child's emotional intelligence.

Outdoor adventures is really good for society and also beneficial for children. We can learn so many skills like leadership, competitiveness and team spirit. We can get confidence and enhance our mind power. Adventures games are really good for health too.

For those who are seeking an adventurous one day trip near Ahmedabad, A.A.R.T.I Adventure Campsite/Resort let you enjoy and you will be getting absolutely thrill-



ing time with a your friends or family. Cloud-hugs, picturesque landscapes, and exciting activities – carry memories of a lifetime by visiting A.A.R.T.I Adventure. A.A.R.T.I Campsite on Mahudi highway is one of the best weekend getaways near Ahmedabad and Gandhinagar. It has everything to keep you excited with its various adventure activities for individuals as well as for Corporate Groups or family.

A.A.R.T.I, makes you sure, do not miss out activities like Flying Fox, Zip-line, Burma Bridge, Zig-Zag Bridge, Commando wall, Jungle Walk, Trekking, Wildlife View And Game-zone. Apart from Adventure activities, Campsite having also staying facilities with Tent and Plywood Machan Training Room Facility is also available.



ANIL GOSWAMI
CAMP ORGANIZER

Rajiv Gandhi was India's sixth Prime Minister, serving from 1984 - 1989. This article seeks to explore his personal and political life to give us an idea of what kind of a person he was.

Early Life



Rajiv Gandhi was the scion of the politically powerful Nehru-Gandhi family, which has been associated with the Indian National Congress. He was born on 20 August, 1944 in Bombay to Indira and Feroze Gandhi. His brother Sanjay and he were admitted to the Shanti Niketan School, where his teachers described him as shy and introvert. He was later admitted to Welham's Boy's school and then to Doon School. He was later sent to London and studied at Trinity college, Cambridge, and later at Imperial College London. He returned to India in 1966 and became a professional pilot for the state-owned Indian Airlines. He married Sonia Gandhi in 1968 and had two children - Rahul and Priyanka Gandhi.

Much of his early life saw his maternal grandfather, Jawaharlal Nehru, as Prime minister. In much of the 1970s, his mother Indira Gandhi served as Prime Minister with Sanjay being an MP. De-

RAJIV GANDHI

spite all this, Rajiv remained apolitical and was more interested in Science and Technology.

Entry into politics

Rajiv was reluctant in joining politics, but was compelled to do so after Sanjay's death in 1980 in a plane crash. He won his brother's seat of Amethi the following year and became a member of the Lok Sabha. As part of his political grooming, Rajiv was made a general secretary of the Congress party and given significant responsibility in organizing the 1982 Asian games.

Becoming Prime Minister

On the morning of 31 October 1984, his mother was assassinated by two of her bodyguards; later that day, Gandhi was appointed Prime Minister. His leadership was tested over the next few days as organized mobs rioted against the Sikh community, resulting in riots in Delhi. That December, an almost nationwide sympathy vote for the Congress party helped it win its largest Lok Sabha majority to date.

Prime Minister of India

Soon after assuming office, Gandhi asked President Singh to dissolve Parliament and hold fresh elections, as the Lok Sabha had completed its five-year term. Gandhi officially became the President of the Congress party, which won a "landslide victory" with the largest majority in history of the Indian Parliament, giving Gandhi absolute control of government.



He benefited from his youth and a general perception of being free of a background in corrupt politics. Gandhi took his oath on 31 December 1984; at 40, he was the youngest Prime Minister of India.

Historian Meena Agarwal writes that even after taking the Prime Ministerial oath, he was a relatively unknown figure, "novice in politics" as he assumed the post after being an MP for 3 years.

Anti-defection law

Gandhi's first action as Prime Minister was passing the anti-defection law in January 1985. According to this law, an elected Member of Parliament or legislative assembly could not join an opposition party until the next election. Historian Manish Telikicherla Chary calls it a measure of curbing corruption and bribery of ministers by switching parties so they could gain majority. Many such defections occurred during the 1980s as elected leaders of the Congress party joined opposition parties.

Shah Bano case

In 1985, the Supreme Court of India ruled in favour of Muslim divorcee Shah Bano, declaring that her husband should give her alimony. Some Indian Muslims treated it as an encroachment upon Muslim Personal Law and protested against it. Gandhi agreed to their demands. In 1986, the Parliament of India passed The Muslim Women(Protection of Rights on Divorce) Act of 1986, which nullified the Supreme Court's judgment

in the Shah Bano case. The Act diluted the Supreme Court judgment and allowed maintenance payments to divorced women only during the period of Iddah, or until 90 days after the divorce, according to the provisions of Islamic law. This was in contrast to Section 125 of the Code. Indian magazine Business and Economics called it a minority appeasement by Gandhi. Lawyer and former Law Minister of India, Ram Jethmalani, called the Act "retrogressive obscurantism for short-term minority populism". Gandhi's colleague Arif Mohammed Khan, who was then a Member of Parliament, resigned in protest.

Rajiv Gandhi's period in office was mired in other controversies as well; perhaps the greatest crisis was the Bhopal Disaster. In 1988 he reversed the coup in Maldives, antagonising militant Tamil groups such as PLOTE, intervening and then sending peacekeeping troops to Sri Lanka in 1987, leading to open conflict with the Liberation Tigers of Tamil Eelam (LTTE). In mid-1987 the Bofors scandal damaged his corruption-free image and resulted in a major defeat for his party in the 1989 election.

Assassination

Gandhi remained Congress President until the elections in 1991. While campaigning for the elections, he was assassinated by a suicide bomber from the LTTE. His widow Sonia became the president of the Congress party in 1998, and led the party to victory in the 2004 and 2009 parliamentary elections. His son Rahul is a Member of Parliament and Vice President of the Congress.

WHAT PRETTY FISH!

How many pictures do you see? Add them up.

	+		=	<input type="text"/>
--	---	--	---	----------------------

	+		=	<input type="text"/>
--	---	--	---	----------------------

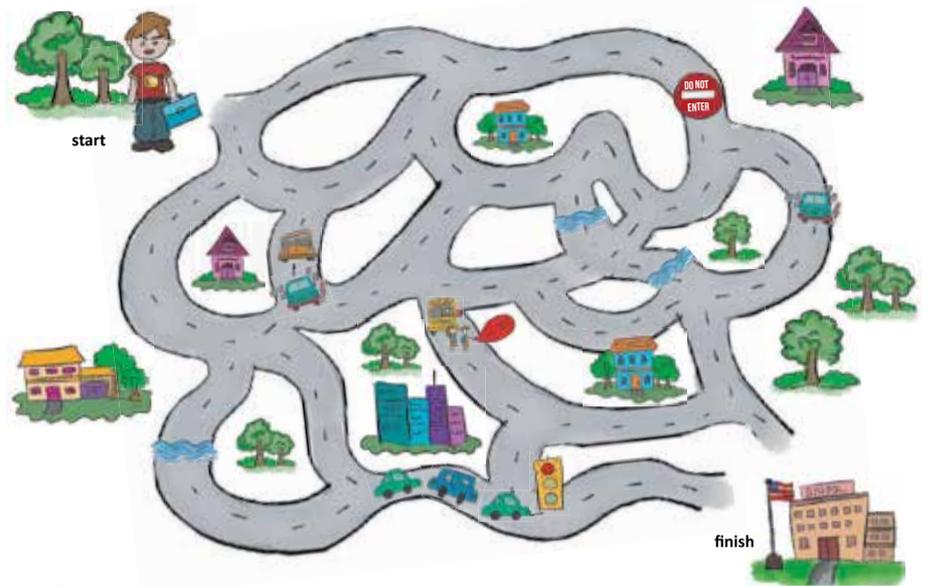
	+		=	<input type="text"/>
--	---	--	---	----------------------

	+		=	<input type="text"/>
--	---	--	---	----------------------

	+		=	<input type="text"/>
--	---	--	---	----------------------

GOING TO SCHOOL MAZE

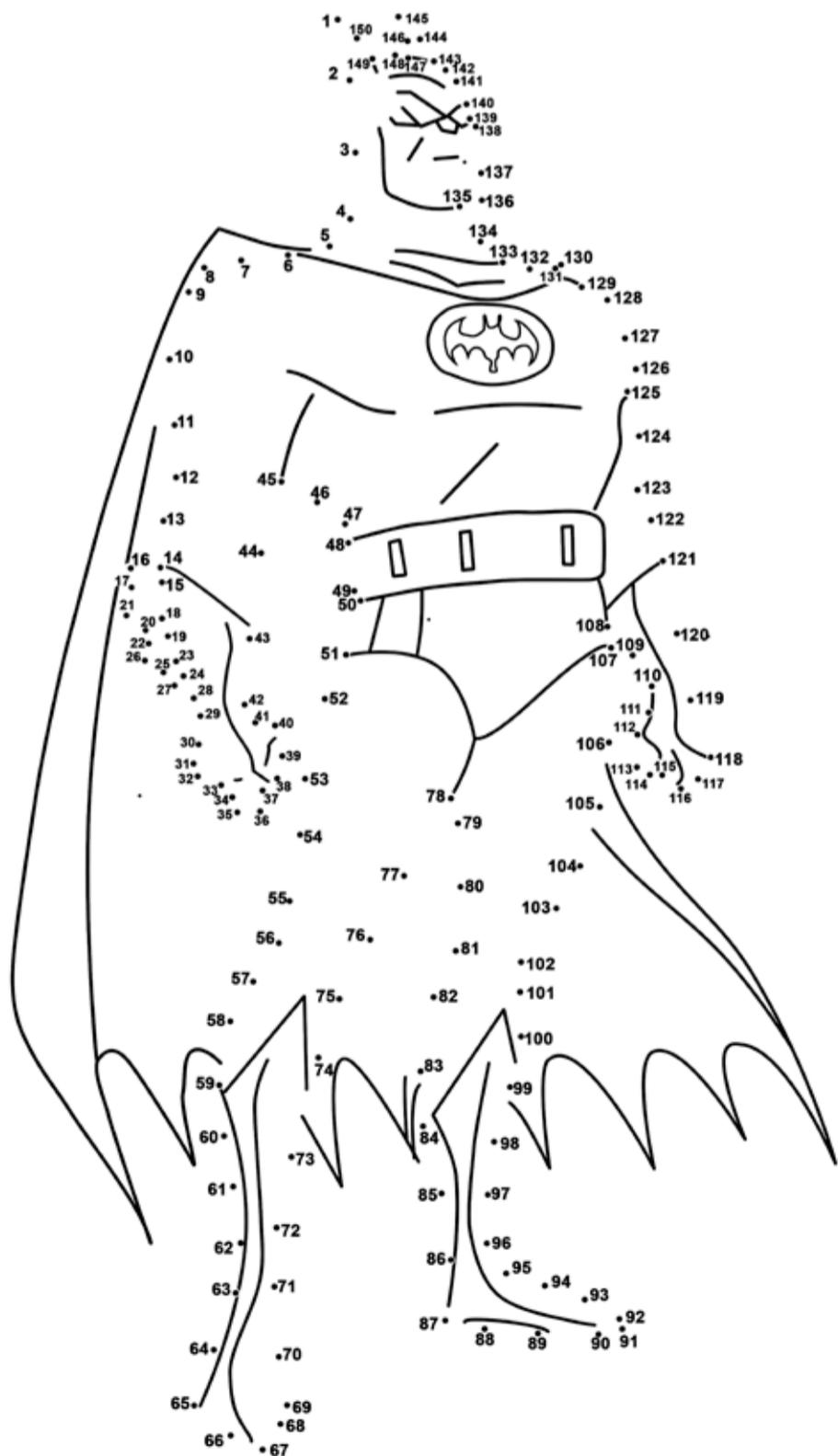
Help Hank get to school!
Trace the fastest route to get to school.



FIND AT LEAST SIX DIFFERENCES

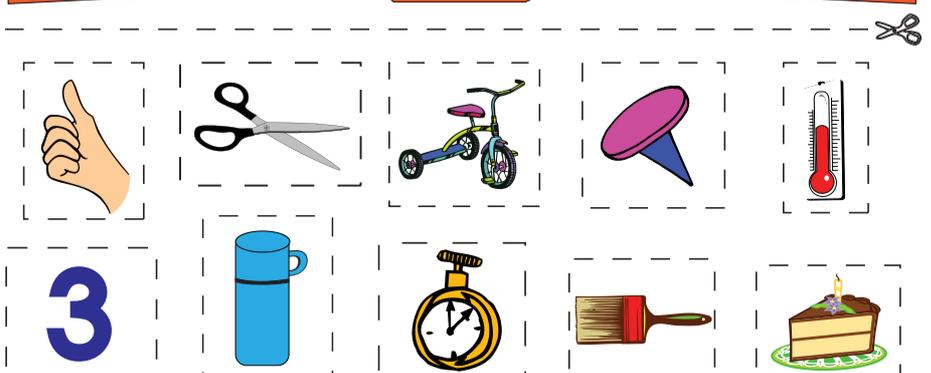
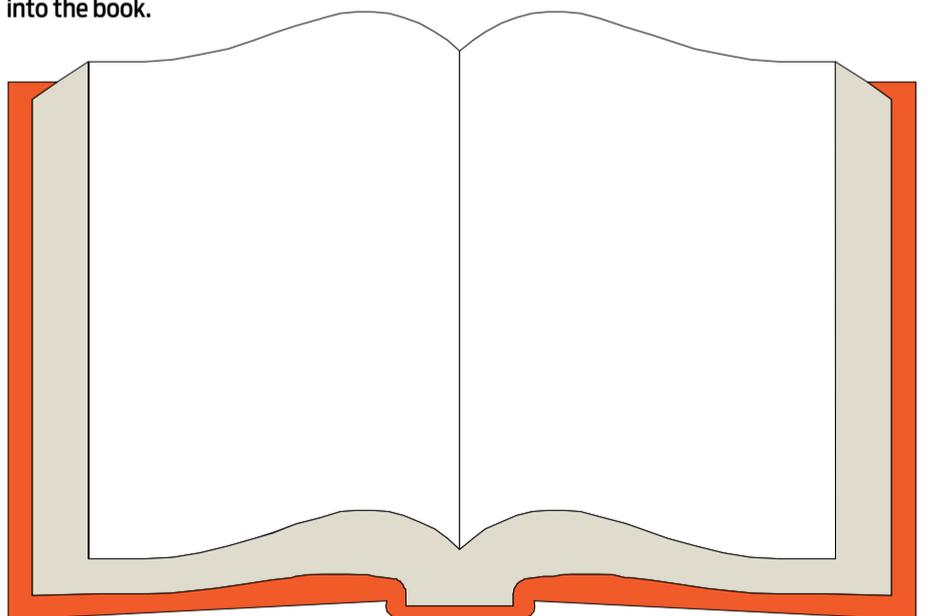


CONNECT THE DOTS



'TH' BOOK

Help finish the 'th' book. Cut out and paste the pictures that start with the letters 'th' into the book.



HUNDREDS OF PIECES!

Use your knowledge of the hundreds chart to fill in the empty boxes on the puzzle pieces below!

LONG A WORD SEARCH

Look for and circle the long A words hidden in the puzzle.

R	A	K	E	K	M	A	K	E	T	G	G
S	P	O	Y	E	A	C	B	D	F	P	A
P	M	A	D	E	B	G	A	T	E	H	M
I	S	B	C	D	N	R	P	S	E	F	E
A	P	E	G	F	I	A	H	N	P	M	D
N	E	D	F	H	P	Y	D	A	I	B	S
M	B	T	C	P	M	P	S	I	G	M	P
I	D	O	G	E	A	H	Z	L	F	A	P
C	S	D	N	L	A	Y	P	N	H	Y	D
A	B	A	Q	I	H	P	F	D	C	B	S
K	Z	Y	N	B	S	C	L	A	Y	X	M
E	G	E	S	A	M	E	G	T	A	P	E

- GAME
- CAKE
- TAPE
- GATE
- RAKE
- APE
- LAY
- MAY
- GRAY
- TODAY
- MAKE
- MADE
- SAME
- ATE
- SNAIL

COUNT AND WRITE TOTAL

MATCH THE PROPER PAIR

SUDOKU

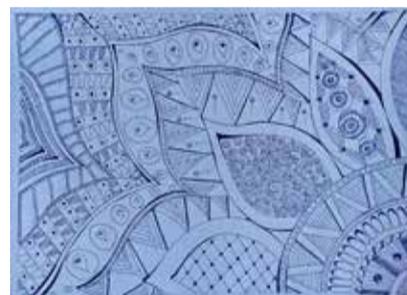
1	9	5			6	4
	4			8	7	
	7	8	1		9	
7						
		3	7	9	2	
	9		1	4	3	5
5	2		3	6	4	7
1					6	8
8		9				3

How to Play: Fill each of the blank boxes with the number grid from 1-9, with no numbers repeating in vertical, horizontal rows or 3x3 grids. Do not repeat any letters in a line. Each puzzle has only one solution.

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

ANSWERS

ART CORNER



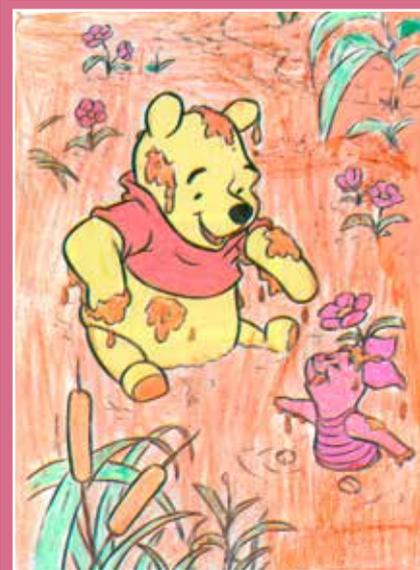
KAUSHIK SALLA
KV ONGC CHANDKHEDA



KANISHA B. SHAH
TRIPADA DAY SCHOOL

WINNER OF JULY

JENNY NIMESH PATEL
Std. 3rd, LML School, Ahmedabad



USE YOUR BRAIN

$1 + \text{cat} \times \text{cat} = 17$
 $\text{cat} \times \text{mouse} \times \text{mouse} = 36$
 $\text{cat} \times \text{mouse} \times \text{cheese} = 72$
 $\text{cat} - \text{mouse} + \text{cheese} = ?$

MY CINEMATIC LEARNING

“JAGGA JASSOS”

The audiovisual medium is the best medium of learning. It's a proven fact. This the reason it has entered and conquered education sector. Last week I happened to watch movie “ Jagga Jasoos”. Being a hyperactive person, I can't sit at one place for a very long time at one place...but this time it wasn't the same.

Post the show time, the movie and its entire flow keeps hovering on my mind.

'Jagga Jasoos is an undeniably, bold experiment. It's a soothing experience which beautifully amalgamates prose and poetry. It brings up the unconventional screenplay structured as chapters from a comic book. The storyteller Katrina Kaif.. plays a playful..Charismatic teacher librarian who manages to pull kids remain attached to the comic series of Jagga. This brings about the thoughtful shift of involving students in to the world of fantasy, merry characters and rhyming dialogues. It is a interesting way to involve students to love theatre and poetry.'

Earlier to this I have seen such a brilliant effort of use of ballads only in Beauty and the beast of Disney house. He manages to conquer the stammering by using musical methods of solving mysteries, is the most exciting bits. It is an astonishing movie that's cleverly written and perfectly choreographed.” Bad Lucky, Tukka Laga, Chocolatey Chunnu and Khaana Khaake Daaruu Peekey Chale Gaye” are not only visual treat but chirpy and tingling which manages to pull the charm.

The complex topics and fundamentals can be converted into interesting ones!!!



Tuty futy aka Mr. Bagchi..helps the little Jagga to overcome the obstacles of stammering by teaching him to use creative way of talking in lyrical way!! What a inspirational teacher...so effortlessly he manages to pull Jagaa out of troubled situations.. “rhyming dialogues,” are comical and catchy which is the icing of the cake. [Use of right brain and left brain]

“Left brain : Linear thinking, sequential processing, logical decision-making, reality-oriented.

Right brain:- Holistic thinking, random processing, intuitive decision-making, non-verbal processing, fantasyoriented.”

The JJ's character sketch is a very high-

ly distilled and purified lethal yet pious combination of these factual traits.

“The video tapes” sent by the Tuti futy plays a crucial role in the movie which comes with a very strong message “ you can mould your child the way you want... for which you need not to be 24 x 7 with him /her. Two negatives(-) +(-) add on to become positive this maths fact is shown up by JJ's conviction to take help of KK to find out his lost tuty futy...The accidental meeting of and Tuty futy gradually turns out to be a life long relationship.

The movie dares to bring out such infrequent yet astonishing...rare yet inimitable relation between a father and son.

Learning exp:- Fathers too can raise con-

fidant and cool citizens equally!!.. Parenting can be fun...the child should be made independent thinker and decision maker. Parent should also enjoy the small or big failures with the child.

The presence of a heroine is merely to add salt n pepper in our traditional typecast movies. Breaking the stereotype, JJ manages to portray a strong female lead. In spite of loss of her boyfriend, she is not depressed and continues the journey of an investigating journalist. She does celebrate the birthday of her late BF. It gives a highly concentrated message to all those who slips into depression on account of small little problems.

The cinematic treat help us navigate the other parts of the world.Jagga manages to teach us to be critical and independent. He teaches us to not to believe everything and anything shown to you. In this firm belief he pulls us smartly and prepares our mind to be highly confident, ready to survive in minimal conditions, critical thinking and greatly optimistic.

Thanks to the makers of the film...Mr. Anurag Basu and team..alongwith Mr. Ranbeer & Ms. Katrina who dared to explore the unexplored genre. These all things have left an indelible mark on my life...so surely I will execute in real.



SHUBHANGI RAAJPUT
EDUCATOR, AHMEDABAD

SANSKRIT DAY SPECIAL

Samskar, Samskruti, Samskrutam

The oldest and richest classical language is neither dead nor to be forgotten in any civilization because it is rightly said as to be the refined and elaborated language of the mankind. Samskruta language was spoken by gods; hence it is called as suravak, devbhasha and girvanbharati. The mother language of all Indo- Aryan sister languages is a sacred one to be accepted by everyone at any point of time; from the birth to funeral, with Vedic mantras with valid and scientific effects.

Latin, Greek, Malayalam, Kannada, Telugu, Tamil, Odia, Marathi and of course Sanskrit; these are the classical languages and the last one out numbered others due to its precise form and authentic grammar.

The title of this short essay can be understood as—‘through the 16 types of samskars one can preserve the samskruti to be named as Samskrutam’. In reverse way, ‘this great language helps to uphold one's own culture with the process of performing all the basic ritual (samskars) activities’. Hence Samskruta is not just a language of gods, Rishis but a way of life, a movement itself, a tradition to adhere to. The celebration of modern day Sanskrit fest was incorporated in 1969 by the HRD ministry but the real celebration started when the first ever Shloka was composed like ma Nishad tvamagama....in Ramayana by Valmikumini.

Nowadays, we celebrate this day on the auspicious moment of Sravan Purnima i.e. the full moon night with a belief of Rishi Pujan or Rakshabandhan celebrations. Vedic orders are plenty to support this idea that celebration of



Samskrutam is itself a holistic approach to get nearer to the gurus and gods. Hymns, mantras and verses are the indigenous herbals to cure our body, mind and souls. From music to mathematics, army to astrology & astronomy, geometry to genetic study, ayurved to astrophysics, botany to birth process; in every aspects Samskrutam is the hope for sure success.

When Nepal, Sri Lanka, Japan etc. celebrate this day annually we Indians are little negligent and show interest towards western culture. The great cities like Ujjain, Varanasi, Puri and Tirupati celebrate this day with a purpose to popularize our cultural values. Schools & Pathashalas play a major role to recollect ancient scriptures, gurus and their deeds by organizing various competitions, street plays and dramas. Vedic activities are common in holy towns but are confined to temples and Mathgruhas only. There are many Sanskrit universities where this day becomes a day

like annual function.

Sanskrit v/s Samskrutam, a recognizable debate whether it should be termed as a typical oriental subject or the influence of western scholars. However, we Indians must take this rich language and literature to a new high so that nobody can compare Kalidasa as the Shakespeare of east but Shakespeare is Kalidasa of west.

Sanskrit day is a symbol of Vedvyas, Valmiki and to some; it is dedicated to Adiguru Sankaracharya also. To nurture the mankind with humanity this day makes us to realize our vast resource of wisdom which is stored in Vedic scriptures and other books. The real celebration is to spread the brotherhood among the friends and others.



DR. DHANANJAYA BHANJA
EDUCATIONIST, SURAT

Metro Link Express for Gandhinagar & Ahmedabad (MEGA)

In 2003,Gujarat Infrastructure Development Board carried out the study for urban transport between Gandhinagar and Ahmedabad . It also carried out the detailed project report through Delhi Metro Rail Corporation and RITES and submitted it in June 2005,and received Central Government's approval in the same year.Fol-



MEET J VYAS
YRC, A.G.HIGH SCHOOL

lowing the estimated cost of Rs. 4295 crores and the study of viability of project,it was abandoned in 2005 to give priority to the Ahmedabad BRTS and Regional Rail System Projects.In 2008,con-

sidering the future development in and around Ahmedabad and Gandhinagar,the project was revived and new corridors were designed to make the project viable.

The special purpose vehicle company,Metro Link Express for Gandhinagar and Ahmedabad (MEGA) Company Ltd. was established by the government of Gujarat on 4th February,2010 with Rs. 200 crore.Later in 2014,it was decided that the Central Government will own 50% of the company.On 19th October 2014,Union Cabinet of India approved Rs. 10773 crore for the Phase-1.Japan International Co-operation Agency (JICA) agreed to fund Rs. 5968 crore for Phase-1 of the project in November 2015 and the first trench of Rs. 4456 crore was released recently in 2016 with the work starting at a large scale.



I did then what I knew how to do. Now that I know better, I do better.
— Maya Angelou



GENERAL KNOWLEDGE QUIZ

1. The Indravati National Park (INP) is located in which state?

- A. Chhattisgarh C. Punjab
B. Karnataka D. Assam

2. What is the theme of the 2017 World Day against Trafficking in Persons?

- A. Protect rights of human trafficking victims C. Unite to eradicate human trafficking
B. Eliminate human trafficking D. Act to protect and assist trafficked persons

3. How many rings are there on the Olympic flag ?

- A. Five C. Eight
B. Two D. twenty four

4. When was the Indian national football team established?

- A. 1945 C. 1937
B. 1939 D. 1899

5. Which state government has recently banned use Of Liquid Nitrogen in Drinks & food items?

- A. Maharashtra C. Kerala
B. Odisha D. Haryana

6. The Union government has recently launched "Jiyo Parsi Publicity Phase-2" scheme in which state?

- A. Maharashtra C. MadhyaPradesh
B. Gujarat D. Odisha

7. Which animals can live longest without water?

- A. goats C. rats
B. lions D. dogs

8. Which country grows the most fruit ?

- A. China C. Pakistan
B. India D. US

9. The title of whose book translates as my struggle ?

- A. Adolf Hitler C. William Shakespeare
B. George Eliot D. Charles Dickens

10. When is Earth Hour observed worldwide?

- A. 25th March 2017 C. 25th December 2017
B. 25th April 2017 D. 25th February 2017

11. Who was the 12th Prime Minister of India?

- A. Inder Kumar Gujral C. V.P Singh
B. Atal Bihari Bachvajpyee D. Indira Gandhi

12. Who discovered radium ?

- A. Charles-Augustin de Coulomb C. Isaac Newton
B. Louis Agassiz D. The Curies.

13. Where is the Imperial Tower in India?

- A. Ahmedabad C. Delhi
B. Mumbai D. Chennai

14. On what was the original Mona Lisa's painting painted?

- A. cloth C. wood
B. metal D. aluminum

15. How many articles were there originally in the Constitution of India?

- A. 395 C. 150
B. 200 D. 500

1. Chhattisgarh 2. Act to protect and assist trafficked persons 3. Five 4. 1937 5. Haryana 6. Maharashtra 7. Rats 8. China 9. Adolf Hitler 10. 25th March 2017 11. Inder Kumar Gujral 12. The Curies 13. Mumbai 14. Wood 15. 395

VEDIC MATHEMATICS-2

In this article we will learn few interesting methods of Multiplications.

MULTIPLICATION WITH 11

Multiplication of two digit number with 11

33×11	54×11	45×11	63×11
$3(3+3)3$	$5(5+4)4$	$4(4+5)5$	$6(6+3)3$
363	594	495	693
So, $33 \times 11 = 363$	So, $54 \times 11 = 594$	So, $45 \times 11 = 495$	So, $63 \times 11 = 693$

* Multiplication of three digit number with 11

323×11	543×11	345×11	663×11
$3(2+3)(2+3)3$	$5(5+4)(4+3)3$	$3(3+4)(4+5)5$	$6(6+6)(6+3)3$
3553	5973	3795	61293**
So, $323 \times 11 = 3553$	So, $543 \times 11 = 5973$	So, $345 \times 11 = 3795$	So, $663 \times 11 = 7293$

** HERE WE SHOULD KEEP REMEMBER IN MIND AND IT WILL ADD TO NEXT DIGIT

■ Multiplication of four or more digits number with 11 and we should use above method but we should keep reminder in mind and it will add to new digits onwards... Here few examples of it.

4321×11	3725×11	4653×11
$4(4+3)(3+2)(2+1)$	$3(3+7)(7+2)(2+5)5$	$4(4+6)(6+5)(5+3)3$
47531	310975**	4101183**
Ans. is 47531	Ans. is 40975	Ans. is 51183

** HERE WE SHOULD KEEP REMINDER IN MIND AND IT WILL ADD TO NEXT DIGIT

MULTIPLICATION WITH 99

■ Multiplication of two digit number with 99

■ First one cut from the given number which you want to multiply with 99

■ Then make both digits 9 by adding remaining numbers.

45×99	54×99	87×99	53×99
$(45-1=44)$	$(54-1=53)$	$(87-1=86)$	$(53-1=52)$
$44/55$	$53/46$	$86/16$	$52/46$
So, $45 \times 99 = 4455$	So, $54 \times 99 = 5346$	So, $87 \times 99 = 8613$	So, $53 \times 99 = 5246$

MULTIPLICATION WITH 999

■ Multiplication of three digit number with 999

■ First one cut from the given number which you want to multiply with 999

■ Then make three digits 9 by adding remaining numbers.

325×999	234×999	563×999	486×999
$(325-1=324)$	$(234-1=233)$	$(563-1=562)$	$(486-1=485)$
$324/675$	$233/766$	$562/437$	$485/514$
324675	233766	562437	485514

Same as we can multiply four digit, five digit numbers with respectively 9999 and 99999.

For example $4354 \times 9999 = 4353/5646$ got it...!

Now, try 35647×99999 ..??



DR ATUL VYAS
EDUCATOR, RAJKOT

KHAANPAAN-O-LOGY

- | | |
|-------------------------|----------------|
| 1 Name of the Vegetable | Pumpkin |
| 2 Binomial name | Cucurbita pepo |
| 3 Indian name | Kaddu |
| 4 Other names | Winter squash |
- Popular Halloween and Thanksgiving staple
- | | |
|------------------------------------|--|
| 5 Common dishes | • Pumpkin and Feta Muffins, Pumpkin and Potato Vegetable, Pumpkin Oats Cake, Roast Pumpkin Soup, Pumpkin and Spinach Pie, Baked Pumpkin, Pumpkin Halwa, Kaddu ki subzi, Pumpkin leaves are eaten as vegetable in Korean cuisine |
| 6 Reasons of dislike | • Appearance
• Pulpiness after cooking
• Any combination |
| 7 Medicinal Benefits | • 100 gms raw pumpkin provides 26 cal
• An excellent source of provitamin A beta-carotene and vitamin A
• Vitamin C is present in moderate content
• Pumpkin seeds are a good source of protein, magnesium, copper & zinc
• The high fiber content helps to aid proper digestion
• Full of vitamins and minerals but low in calories
• Pumpkin is used for treating bladder irritation, kidney infections, intestinal worms, and trouble urinating due to benign prostatic hyperplasia (BPH)
• Pantothenic acid or vitamin B5 aids in maintaining hormonal balance; it also helps relieve stress.
• Zinc found in pumpkins boosts the immune system and reduce the risk of osteoporosis. |
| 8 Take care about the Side Effects | • Pumpkin seeds may cause Stomach ache and
• Not Good For People On Diuretic Drugs
• It is best to take medical advice before using pumpkin to treat or manage any health condition |
| 9 Try to pre-prepare it well | • Wash and peel off the skin of the pumpkin.
• Cut the pumpkin in half and use a spoon to scrape out the fibers and the seeds. |
| 10 Dishes to include in your plate | • Pumpkin is wholesome in lot of cuisines of India
• Pumpkin flowers are truly a delight |

KADDU KE PAKODEY

INGREDIENTS:

- 250 gms of pumpkin (peeled and sliced) / Pumpkin flowers can also be used

BATTER

- 250 gms Chickpea flour (besan)
- 100 gms – Rice flour (for crispiness)
- 5 gms Turmeric
- A pinch of hing
- 5 gms Cumin powder
- 10 gms red chilli powder
- Salt – to taste
- A pinch – Ajwain/ Saunf
- Baking soda – optional

MEDIUM

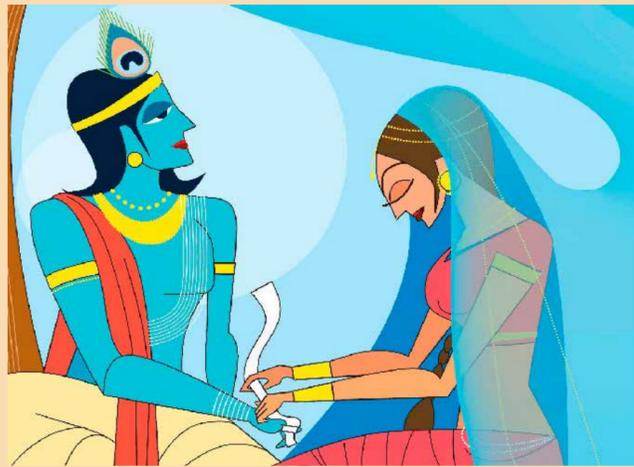
- Oil to deep fry

METHOD

- Mix batter and allow resting for 15-30 min.
- Heat the oil in a kadai
- Dip the slices of pumpkin into the batter and deep fry
- Fry till golden brown and crispy.
- Can be accompanied by chaat masala or tomato sauce
- Can also be combined with onions or mix veg also



RAKSHA BANDHAN



Raksha Bandhan, or simply Rakhi is a Hindu festival, celebrated in many parts of the subcontinent notably India and Nepal.

Raksha bandhan means "bond of protection". It is observed on the full moon day of the Hindu luni-solar calendar month of SAVANA which typically falls in Gregorian calendar month of August.

In Hindu scriptures one story talks about one king 'Bali' who kept Lord Vishnu as gate keeper later lakmi tied knot of 'Raksha' to King 'Bali' & made him her brother he took vow to protect her from all evils lifelong subsequently lakmi asked King 'Bali' to free Lord Vishnu. Another story is that in ancient times Indrani tied a thread given to her by Lord Vishnu around her husband Lord Indra's wrist to protect him from demons during the war between the Gods and demons. There is also a belief that when demons won the war and captured heaven. Lord Indra, who was unhappy about this, complained to Brihaspati (guru of the gods), who then prepared a raksha sutra and told him to wear it for protection.

The promise of protection was seen in the Mahabharat too. It is believed that once Lord Krishna cut his finger and was bleeding profusely. Seeing this, Draupadi tore a part of her sari and tied it around his finger. This is believed to be the reason why he saved her during the cheerharan by Kaurava.

Knowing the stories of God, coming on the earth to which has set an example:

Rakhi saved Alexander The Great's life, when he had invaded India, his wife Roxana had sent a rakhi to the Katoch King Porus and he had vowed to protect her and her husband. So, on



the battlefield when he was about to kill Alexander he saw the rakhi and refrained from killing him.

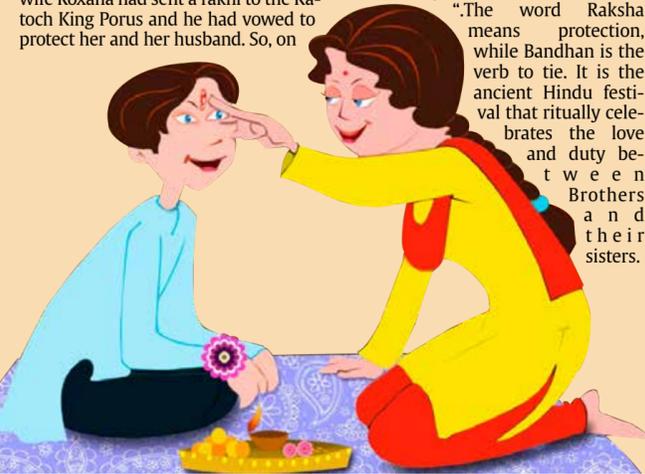
The most significant story of the dedication of a brother's promise if that of Emperor Humayun who went with his troops to Mewar when Rani Karnavati who ruled the region then asked for his help. Mewar had been attacked twice by Bahadur Shah and as a ray of hope she sent a letter to Humayun with a rakhi asking for his help. The emperor who was between a military campaign then left everything to go and protect her.

येन बद्धो बलि रजा दानवेन्द्रो महाबल ते तवाम अभिविधनामी रक्ष्म माचलमाचल
The festival celebrates the love and duty between brothers and sisters. It is also popularly used to celebrate any brother-sister type of relationship between men and women who may or may not be biologically related. On Raksha Bandhan, a sister ties a rakhi (sacred thread) on her brother's wrist with a prayer for his prosperity and happiness.

This symbolizes the sister's love. The brother gives her a token gift and a promises to protect her.

Describing the significance of this Rakshabandhan which is in Sanskrit says that "the tie or knot

"The word Raksha means protection, while Bandhan is the verb to tie. It is the ancient Hindu festival that ritually celebrates the love and duty between Brothers and their sisters.



CARNIVAL OF FESTIVALS

Festivals in Indian society is mixed up like nectar in honey however if we closely observe their significance we will be amazed to our ancestors wisdom to transfer/transport one information to other. Various festivals were the instrument in uniting people as community & cherish the bond of togetherness which is essential to lead a cheerful life.

A festival is a celebration of life. Festivals bring peace and joy to the masses. They break the monotony of life. Indian festivals are numerous. They are of three types- national, religious and seasonal. The first type of festivals, i.e. national festivals are celebrated with great patriotic fervor.

India is well known all over the world as a country of cultural and traditional festivals as it has many cultures and religions. One can enjoy the festival celebration in India every month. As it is a secular country full of diversity in the religions, languages, cultures and castes, it is always crowded with people involved in fairs and festival celebrations. People from each religion have their own cultural and traditional festivals. Some of the

festivals are celebrated by the people of all religions in the entire nation. Each and every festival is celebrated uniquely in different ways according to the rituals, beliefs and its significant history behind. Each festival has its own history, legend and significance of celebration. Indian origin people abroad also celebrate their cultural festival with the immense passion.

All nations have their religious and colourful festivals. However, Indian festivals are known to attract the world due to their harmony, variety, colour and excitement. Being multi lingual and multi racial country Indians celebrate a number of festivals all through the year.

In India every country has its own festivals. Thus we can divide the festivals into three categories—national or political, religious and seasonal. Indian festivals have their origin either in religion or in the myths and legends of popular faith

India is a country with example of unity in diversity as it consists people of various religions like Hindu, Muslim, Sikh, Jain, Christian etc. Some of

the festivals are celebrated at national level whereas some of are at regional level.

There are lots of cultural and traditional festivals celebrated by the people of Hindu religion all over the world. Hinduism is considered as the oldest religion of the world as well as counted as the third largest religion of the world. Each Hindu festival celebration has a special ritual by the act of worship, offerings to deities, offering Ganga Jal, fasting, bathing in Ganga jal in early morning, feasting, Dan, Dakshina, Puja, Katha, Hoom, aarti and many. All the people of Hindu religion celebrate their festivals by uniting together in community without any distinction of age, caste and gender.

The dates of the Hindu festivals are



MS. POONAM DWIVEDI
EDUCATOR, AHMEDABAD

fixed according to the dates of the Hindu calendar, lunar calendar which depends on the sun and moon movements throughout the year.

Some of the festivals of Hindu are celebrated the historical mythology, some for seasonal changes and some for cleaning and keeping the environment safe. Some of the festival celebrations are limited to the specific sects or Indian subcontinent regions.

There are many believes in the Hinduism because of various historical sculptures (Bhagavad Gita, Mahabharata and Ramayana), ancient and sacred religious text (Rig Veda, Sama Veda, Yajur Veda and Atharva Veda), Hindu deities and etc. The birth and death anniversaries of the god and goddess are also celebrated in the Hinduism with lots of fun and frolic activities such as music, dance and etc.

Janmastami

The highly revered festival of 'Vaishnav' Hindus would be falling on India's 70th independence day this year.

The day that embarks India's freedom would observe the birth anniversary of Lord Krishna, the eighth incarnation of the Supreme Lord Vishnu. Also referred as 'Krishna Janmashtami', it precedes the 'Nandotsav' festival which commemorates the occasion when Krishna's foster father 'Nanda' distributed gifts among the community honouring the birth. Janmashtami is observed on Ashtami of the 'Krishna Paksha' in the 'Bhadrapada' month according to Hindu lunisolar calendar. It overlaps with August-September according to Gregorian calendar.

Fasting, praying, dahi-handi, fair, traditional sweet dishes, etc are key to the festive celebrations. The 'Bhagavata Purana' states that apart from fasting and praying, devotional singing, night vigil and dramatization of Krishna legends are significant rituals of Krishna Janmashtami.

This festival could be enjoyed anywhere across India & abroad in ISKON Temples spread across globe.



GANESH CHATURTHI

Ganesh Chaturthi or Chauth also known as Sankata Hara Chaturthi is an auspicious day dedicated to Lord Ganesha. This day is observed in every Lunar month of Hindu calendar month on the fourth day of Krishna Paksha (dark lunar phase or the waning phase).

Ganesh Chaturthi is a ten-day Hindu festival celebrated to honour the elephant-headed God Ganesha's birthday. He is the younger son of Lord Shiva and Goddess Parvati. Ganesha is known by 108 different names and is the Lord of arts and sciences and the deva of wisdom.

PAJUSAN PARVA

Paryushan is the most important religious festival of Jain, which means "abiding" or coming together. Where the Jain people do fasting with a spiritual intensity it ends with confession and forgiveness for the transgression of the previous year.

For both followers, Shvetambars, who observe the festival over a period of eight days, and Digambar, for whom Paryushan Parva lasts 10 days, this is a period of intensive study, reflection and purification. It comes in the middle of the rainy season, a period when Jain monks and nuns stop travelling and remains with a community and are there to guide.

The book of scripture is being carried out ceremonially through the streets, water sprinkled in its path along the way, purifying the entire town. Jains

often take time off from work during this period and eat a much simpler diet in addition to their normal vegetarian diet. They avoid potatoes, onions and garlic to eat.

Sketching one other objective of this ritual is, asking forgiveness from the teacher is widened in scope to include family and friends and, finally, all living beings. The culmination of confession is receiving forgiveness from all living beings and also granting forgiveness to all.

This ritual of forgiveness is sometimes called the rite of "universal friendship". The spirit of the day is contained in this verse. May all living beings grant me forgiveness; My friendship is with all living beings, My enmity is totally non-existent. Let there be peace, harmony and prosperity for all".



INDEPENDENCE DAY

Independence Day of India would be celebrated by the people all over the India on 15th of August 2017. Tuesday. This year in 2017, India will celebrate its 71th Independence Day to pay tribute and remember all the freedom fighters who had contributed a lot and fought for the Independence of India.

The first Independence Day was celebrated in India on 15th of August in 1947.

It was not so easy for India to get freedom from the Britishers however; various great people and freedom fighters of India made it a truth. They had sacrificed their lives in attaining the freedom for their future generations without worrying about their comfort, rest and freedom. They planned and acted upon various Independence Movements including violent and non-violent resistance to get complete freedom. However, later independence Pakistan was partitioned from India which was accompanied by violent riots. That horrible riot was the reason of mass casualties and dislocation of people (more than 15 million) from their homes.

On this day, all the national, states and local government offices, banks, post offices, markets, stores, businesses, organizations, etc remain closed. However, public transport is totally unaffected. It is celebrated in the capital of India with big enthusiasm however it is also celebrated in all the schools, colleges and other educational institutions by the students and teachers including public community and society.

PATETI

The festival Pateti is a new year of Parsi which signifies that it is the time to forget and forgive wrongs and sins of previous years and a day with new hope, bonding, love and peace. It is famous as Navroz. It is the time to show happiness by visiting fire temple which is called agiary. The flame of fire in the temple is always kept burning by high priest. The agiary is the scared fire temple which was brought from Iran. This is a very auspicious day for the Parsis and they show devotion towards, the son of "Ahura Mazda" the representative of God by offering flowers, water, fruits and even sandalwood to the sacred fire. They decorate their houses with colourful flowers and rangolis. On this special day they prepare mouth watering dishes like fish, chicken, mutton, shan, daan and other desserts in a special taste. If we move back in the ancient Persia, will see that Parsis belong to the Zoroastrian religion.

In the month of August Pateti falls say the Gregorian calendar and on this day people dressed up in new traditional clothes like garamsarees, dugless, scared vest and decorated themselves with ornaments which enhance their personality. The Pateti falls on



the spring equinox, means day and night are equal in duration and the North Pole and the South pole both, have sunlight.

They repent over their sins and promise to keep a pure mind and soul.

Happily they meet their relatives, friends and exchange gifts, sweets and greet each other by keeping their heart pure.

Maintaining their tradition they like to decorate their tables by keeping certain items like sacred book, picture of Zarathustra, mirror, candle, incense burner, fruits, flowers, a gold fish bowls sugar, bread and some coins. These auspicious things symbolizes prosperity and longevity for the family members. People celebrate this special day with lot of zeal and enthusiasm. Happy Parsi New Year!

ONAM



Onam, on 4th September and it is the biggest festival of Kerala, which falls during the Malayali month of Chingam i.e. between the month of August and September.

During this time we can observe the best of Kerala culture and tradition. It marks the coming back home of legendary King Mahabali. A Carnival of Onam is displayed for 10 days where it brings the beauty, culture, tradition of their side. Actually it begins before 10 day prior. All the people start decorating their residences with rangolies, beautiful flowers to express their speciality and happiness.

It is the harvest festival of Kerala. In carnivals best dances can be seen which reflects the rich folk culture of the state.

NATIONAL SPORTS DAY OF INDIA

Hello, my dear readers. On 29 August is National sports day of India. Why we specially celebrate it on this date. Because this day is celebrated the birth anniversary of the legendary hockey player Dhyan Chand who was born on 29 August 1905 in Allahabad. His father Sameshwar Dutt Singh was in the British Indian Army. Dhyan Chand was an Indian Hockey player widely considered to be one of the greatest players of all time. He is most remembered for his goal-scoring accomplishments and for his three Olympic gold medals (1928, 1932, and 1936) in field hockey. He is known as "The Wizard" for his superb ball control. Our generation sometimes look back with a sense of question about the golden era of Indian hockey, when India won three Olympic gold medals in hockey in 1928, 1932 and 1936 in the. That era was led by none other than Dhyanchand who scored 33 goals in 12 matches.

In the 1936 Olympics, Dhyan Chand displayed fantastic skills with his hockey stick that a German newspaper carried a banner headline, 'The Olympic complex now has a magic show too.' The next day, posters were presented all over Berlin which showed 'Visit the hockey stadium to watch the Indian magician Dhyan Chand in action. There is also a fabulous story saying that his skills were so good and godly that in one instance his opponents went on to physically check his hockey stick if there is a special glue which stuck the ball to his stick. He

scored over 400 goals in his career, from 1926 to 1948.

Dhyan Chand, often mentioned to as 'The Wizard' for his incredible hockey skills. To honor his birth anniversary, in 2012, the Government of India selected 29 August as the country's 'National Sports Day'.

National Sports Day was celebrated with great flourish in the first couple of years, with walkathons and football tournaments held across the country. The first year saw FICCI (Federation of Indian Chambers of Commerce & Industry) hold sporting event across India with the help of the Ministry of Youth Affairs and other honorable bodies.

In India, not many people know that there is a National Sports Day. We can see that days like Valentine's Day, Father's Day, Mother's Day, Children's Day and even Sibling's Day are celebrated with of potency and excitement. Sports fans in the country would be hoping that with time, this Day would be more widely recognized, and that the memory of one of the greatest sportspersons from India is given its due honour.

On this special occasion of National Sports Day, the President of India Confers prestigious awards to the sports persons who have contributed to the

growth of sports all through their sports career. Awards like Arjuna award, Dronacharya award and Rajiv Gandhi khelratna award to honour sportspersons and coaches, who have made the nation proud with their service in their respective sports.

After putting his stamp on international hockey arena, and having served his country to reach its high-points of glory multiple times, Dhyanchand passed away on 3 December 1979. He remains a legendary in the Indian and world hockey. The most noted memorials for him is the Major Dhyanchand Awards, the highest award for lifetime achievement in sports and games in India.

Friends, Sports is a very important activity for Students. It's an activity which can help us to develop multiple qualities like sense of togetherness, leadership skills, stamina, physical strength, planning, strategy, patriotism and team work. The qualities which help us to excel in life. National Sports day is not only a tribute to one of greatest in the game, it also reminds us the importance of sports in our Life.



DR. NAMRATA ACHARYA
ASSISTANT PROFESSOR, GOVT. COMM. COLLEGE, NARODA

India's Cross Border Relationship Post Independence

Before we talk about our cross border relationships of India with its neighbors it is important to understand little history behind the partition of GREATER India.

In the year 1947 United Kingdom formulated and passed an act called Indian Independence Act. After consultation with Indian representatives of Congress Party and Muslim League the Prime Minister of United Kingdom Lord Clement Attlee and Governor General of India Lord Mountbatten decided to partition India into two regions - India and Pakistan.

Today India shares political borders with 8 countries and maritime borders with another 4 countries.

India shares political borders with Pakistan and Afghanistan on the west, Bangladesh and Myanmar on the east and China, Tibet, Bhutan and Nepal on the north.

India also shares its maritime borders (meaning water borders in Indian Ocean and Bay of Bengal) with Sri Lanka, Maldives, Thailand and Indonesia

Since independence, India has fought five big wars with its neighbors - four with Pakistan (1947, 1965, 1971 and 1999) and one with China in



1962. India supported Bangladesh in its 1971 Independence war against Pakistan. Kashmir is an impending issue that has created continuous tension between India and Pakistan.

China is the second most powerful nation in the world after United States of America. Thus India maintains good relationship with China by being its single largest trading part-

ner. China and India are seen as future leaders of the world and emerging Global Powers.

Due to thousands of years of ethnic history - India has much in common with most of its neighbors in terms of its culture and tradition. India is considered a leader in South Asia and it plays a big role in supporting economic development projects of the



region especially to smaller countries like Afghanistan, Sri Lanka, Myanmar, Bangladesh, Tibet and Bhutan.

India also shares a very amicable relationship with all its maritime border countries. On the whole one can say that India is a peaceful country. It is the only country in the world that has never attacked any other country. Thus India has adopted a foreign policy of neutrality and non-involvement with all its neighbors.



RAJ DOCTOR
INTERNATIONAL DEVELOPMENT PROFESSIONAL, JAIPUR

CAREER COUNSELLING AFTER OPTING COMMERCE IN CLASS XII

A dictionary explains the word career as - 'an occupation undertaken for a significant period of a person's life and with opportunities for progress.' The word career is defined by the Oxford English Dictionary as a person's "course or progress through life (or a distinct portion of life)". A career includes all the roles you undertake throughout your life - education, training, paid and unpaid work, family, volunteer work, leisure activities and more. It is so tricky to decide which stream to go in as there are plenty of options available. It consists of degree pursued, jobs held, titles earned and work accomplished over a period of time. A career is an individual's journey through learning, work and other aspects of life. There are a number of ways to define a career and the term is used in a variety of ways.



But is it easy to choose a career after completing class XII? Well, no! Career management describes the active and purposeful management of a career by an individual. In reality the scarcity of jobs and strong competition for desirable jobs severely skews the decision making process. In many markets employees work particular careers simply because they were forced to accept whatever work was available to them. Or, their families forced them because they wanted their child to choose a reputable career. Actually, a person should work so hard that an organization has to come up to him to offer a job. Such qualities cum qualification have to be acquired.

There are some criteria that have to be kept in mind while choosing a career: natural talents, work style, social interaction, work-life balance, whether or not you are looking to give back, whether you are comfortable in the public eye, dealing with stress or not, and finally, how much money you want to make. If choosing a career feels like too much pressure, here's another option: pick a path that feels right today

by making the best decision you can, and know that you can change your mind in the future.

One can choose either of:

Professional courses:

1. Chartered Accountancy course (CA), Chartered Financial Analyst (CFA), Cost & Work Accountancy course (CWA)

- **Eligibility:** 10+2 and CPT exam has to be passed.

2. Company Secretary course (CS)

- **Eligibility:** 10+2 ad college/institute's entrance exam has to be passed.

- B. 3 Year Bachelor level courses like:

1. Bachelor of Commerce (B.Com)

- It has basic, normal subjects of accounts, economics, business studies and communication.

- **Difficulty level:** Quite easy.

- **Eligibility:** 10+2.

2. Bachelor of Business Administration (BBA)

- **Difficulty Level:** Average

- **Eligibility:** 10+2 passout.

3. Bachelor of Business Management (BBM) and Bachelor of Management Studies (BMS) are quite similar courses.

4. Integrated MBA

- It is a five year course which includes bachelors and masters both.

- **Difficulty level:** Above average

- **Eligibility:** 10+2 passout and entrance exam of the institute should be passed with distinction.

- All management courses are best taught by IIM - The Indian Institute of Management.

- Soon after the completion of these courses, one can join MBA course to have bright future. If one wants to build up a career as an Advocate, then one has to join Bachelors of Law (LLB). (5 years integrated LLB)

- Journalism is also a great option which is basically about mass communication, media, covering events and mishappenings, reporting on TV, writing for newspapers and magazines, etc.

C) Other options:

- One has to give entrance exams after learning from specific institutions. Course pursuing can be done from NIFT, NID, etc.

1. Fashion Designing

2. Interior Designing

3. Hotel Management

4. Tourism Management

D) Diploma courses:

- A diploma is a certificate or deed issued by an educational institution, such as college or university, that testifies that the recipient has successfully completed a particular course of study. It can be pursued soon after the completion of high school.

1. Diploma in Retail Management

2. Diploma in Banking

3. Diploma in Human Resource

4. Diploma in Marketing

5. Diploma in Financial Management

6. Diploma in Import Export Management

7. Diploma in Entrepreneurship

8. Diploma in Hotel Management

Some people choose to do Masters or do Post Graduation in their fields. Eligibility for doing so is completion of bachelors degree.

Online courses are also available that provide e-education after payment of some fees.

Distance learning is also a way to pursue a degree from an institution without actually physically going there.

Apart from choosing which career, students also get confused when it comes to selection of degree, Diploma or Certificate course!

Certificates, diplomas, and degrees differ in the time it takes to learn each as well as the credits required in order to graduate. Each of these academic achievements are suitable for certain specific fields or career goals.

Diploma and certificate programs taken alone are similar to associate's degree programs. However, they take less time because general education courses are not required.

Degree program differs from certificates and diploma programs in that it often requires the student to take general education courses to support a

more rounded education. For instance, at many universities, those earning their bachelor's degree are required to take English, math, science, philosophy and history.

Certificate Programs

A certificate is earned by a student after taking a series of courses in a particular subject. Students often earn certificates to get a step ahead in the professional field of their interest, and certificates may be offered in similar programs leading to degrees. For instance, there are certificates in business, literature and technical fields. In some technical programs, a certificate may be required.

There are also graduate certificates, often taken either alone or alongside a graduate degree program. In some programs, the student may use his or her electives to fulfill a certificate in order to make him or herself more desirable to a potential employer.

Diploma Programs

Diplomas are similar to certificates, and they're often awarded through community or technical schools. For instance, a diploma of nursing is offered as an alternative to an associate's degree or bachelor's degree. This diploma program is only offered at hospitals with specialty programs that provide training.

Degree Programs

An academic degree can be earned at many levels, including the associate's (two years); bachelor's (four years); master's (two years beyond a bachelor's degree); and doctoral, which is several years beyond a master's degree.

Earning a degree also opens up more potential doors to a student than a certificate or diploma. Many careers require that the applicant has earned at least a bachelor's degree, several career options require more than this. It actually depends on the organization's needs.

Dear parent readers, never force your children to choose a career as this is absolutely his/her choice. Only guide, don't enforce.

Dear children readers who are still to choose a career, this is a big milestone to cross. Never forget you'll love doing and studying what you like. Choose a career of your interest only then it will interest you!



EKTA GANWANI
HEAD STUDENT EDITOR (YRC)
LML SCHOOL



Once upon a time a beautiful child was born to a king and his queen. They named her Gold Tree. Her mother, Silver Tree, was beautiful, too, and everyone said that one day Gold Tree would be as lovely as her mother. And as Gold Tree grew older, she grew more and more beautiful, too.

One day Silver Tree visited the wishing well near the castle. There she called to the magical trout, "Tell me, who is the most beautiful woman in all the land?"

"That is simple," the magical trout answered. "Gold Tree is more beautiful than any other woman in all the land."

When Silver Tree heard this, she flew into a jealous rage. "I will get rid of her," she cried, for she could not bear the notion of someone more beautiful than she.

She ran home and flung herself into her bed. There she lay, weeping, shaking, refusing to eat. Her husband came to her bedside. "My beloved," he said, "how can I help you to heal?"

"The only thing that will cure me," said Silver Tree, "is the heart of our daughter Gold Tree. I must eat her heart, or I will die."

The king was horrified, but he knew exactly what he had to do. A prince had come to him from a faraway land. The prince wished to marry Gold Tree. Now the king summoned the prince and told him of his troubles. "Marry her and take her far away, so that you can always protect her," he said.

The prince was overjoyed. Gold Tree loved the prince, so she too was pleased. They married and rode by ship to the prince's palace.

Now the king presented to his wife a baked heart. "The heart of Gold Tree," he said, though in truth he had the servants prepare the heart of a slaughtered sheep.

Silver Tree ate the heart and leaped from her bed, healed at the thought that she no longer need worry about competition from her daughter.

Some weeks later, Silver Tree visited the magical trout. She smugly asked, "Now, magical trout, tell me who is the most beautiful woman in all the land?"

"Gold Tree is the most beautiful," answered the trout.

"But she is dead," Silver Tree cried.

"Oh no," said the trout. "She lives in a

GOLD TREE AND SILVER TREE



MESSAGE:

Treat those who are good with goodness, and also treat those who are not good with goodness. Thus goodness is attained. Be honest to those who are honest, and be also honest to those who are not honest. Thus honesty is attained.

Goodness is something that makes us serene and content; it is magnificent. Those who are not good are evil and some how they get what they do.

(A Tale From Scotland)

faraway palace, but she is alive and well, and still the most beautiful woman in all the land."

Silver Tree raced back to the palace. "Where is my daughter?" she raged at the king. The king, terrified by his wife's fury, confessed he could not summon the will to kill his own child. And when Silver Tree learned where her daughter now lived, she instructed the king to prepare his ship for her journey. "I must visit my child," said Silver Tree.

When Gold Tree saw her father's ship approaching, she ran to her husband. "I fear my mother has come to kill me," she said, and so the prince locked her behind the palace gates and instructed his servants. "Let no one open the doors to Queen Silver Tree."

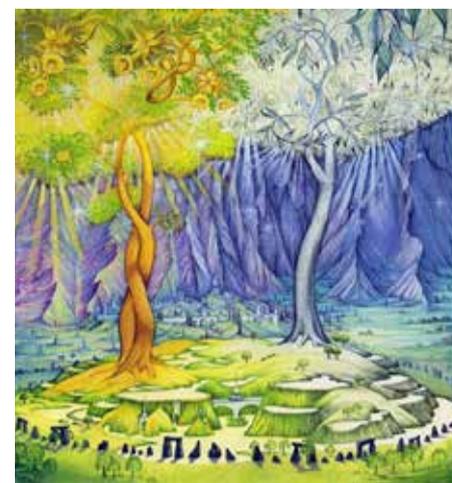
Silver Tree was both wicked and clever, and she called to her daughter, "My dearest child, just put out your hand so that I might kiss you. It is the least you

can do for your mother."

Gold Tree was struck to the heart to think her mother might not love her, and hoping that wasn't true, she put her hand through the gates. Silver Tree stabbed her finger with a poison needle. Gold Tree fell to the ground. When the servants found her, they called to their prince. "Our beloved Gold Tree is dead," they lamented.

The prince could not bear to bury his beautiful wife. He lay her in a casket and covered her with flowers, and there, day after day, people came to visit her. Now by chance one of the women in the village who loved the prince and princess came to visit, and when she looked at Gold Tree, her heart swelled with pity. She glanced down then and saw a tiny gleam on Gold Tree's finger, and looking closer, she saw the needle and pulled it out.

Gold Tree sat up, alive and well.



"You have saved me," she said to the woman, and the two embraced. When the prince learned of this good deed, he was so filled with joy, he insisted this woman move into the palace with them as a lady in waiting to the princess and share their happiness, wealth and comfort.

Some weeks passed, and Silver Tree again went to visit the trout. When she learned once more that Gold Tree was alive, she flew into another rage, and once again she journeyed to visit her daughter.

Gold Tree and the prince and their beloved friend saw the ship approaching. "What shall we do?" Gold Tree wept, but her friend raised her hand. "Allow me to take care of this," she said.

The prince and Gold Tree trusted their friend, and so they sat and watched as she approached the ship and greeted Silver Tree. "Come," said the woman, "we must toast your arrival."

"Ah yes, and I have brought the wine," Silver Tree said.

When they had gathered to sip their wine, Gold Tree's friend spoke. "The visitor must take the first sip, of course," she said, and Silver Tree nodded. She lifted the goblet to her lips, but she had no intention of drinking. She had poisoned the wine. This time she would kill Gold Tree for good.

But guessing that the wine was poisoned, Gold Tree's friend reached out and tipped the glass, and Silver Tree swallowed the wine. A moment later she was dead. From that day on, Gold Tree, her husband and her dearest friend lived in peace and happiness.

-The Open Page

BOOST TOWARD A WINNING GOAL

It is my practical observation that success cannot only be achieved by an organization or a company, People at any age, as an individual also do succeed in their lives too. Like myself and would like to share my experience how?

Singing is my passion, my first dream and the boost of my energy. Music to me is like finding my inner self, meditation. It gives me great happiness and pleasure to see audience enjoying with me. I am trying to give my best to singing to uplift my passion. When I sing, I feel like swimming in the Ocean.

I got the opportunity unexpectedly to participate in a singing competition "Super Singer Junior" radio city 91.1. on 14th July 2017 Friday with RJ Abha in the studio, which had made me realize that competitions play a role in motivating students to perform and excel and offer a lot more reward than just the winning prize. It builds a self confidence and makes you special with your loving passion.

By participating in this competition I got the chance to gain substantial experience, to showcase my talent, analyze and evaluate the outcomes and to iden-



tify the uncovered personal aptitude to improve. It has encouraged me to adopt innovative techniques when faced the final with the challenge to sing in different voice sound.

There were 75 participants who participated in this competition all over Ahmedabad. After Audition, Next day, I came to know that I was in Top 5 in grand finale. 9 songs were recorded like: "Meetwa, Mulla mere to lelay meri jaan, Aaj Ibaadet, Khomoshyan, Gulabi Aankhen, Rimjim Ghira Sawan, Gujarati song(garba) Nayan ney bandh Rakhi Ney".

On 21st July 2017 Friday, there was grand finale, where I was supposed to sing two songs in different voice as per the challenge given by the judges to me and to my competitor.



I spent a good time with RJ Hardik, who was my favorite. The winning system was totally on the public vote and the judgment at the time, which was open for one week.

On 24th July 2017 the final result was declared where I was announced as a winner with receiving Rs 25000/- amount and certificate. This credit I would like to give to my mother, who has sincerely contributed her time in spite of her busy schedule. Its her reward in form of award. Success for her is not getting a high position. Its was seen in her eyes, the satisfaction and the enjoyment to full fill her duty towards me to boost me toward my passion This opportunity has given me learning to get ready to develop new ideas and skills



TAKSH SHAH
Std 8th, Tripada English School

with techniques. Achievements through competitions can leave great imprints on your personality This I realized after winning the competition, applaud made me feel like a king, felt proud on my achievement. In the class I provided proof of my outstanding skills performance & which has distinguished me from my classmates. I learnt that, 'to get the success you have to put your self on your toes'.



Why do we send our children to school? This is a question asked by an ambitious parent to our Headmistress in a Parents Teachers Meeting (PTM) when a discussion on how parents can help their children flourish in education was on going. The purpose of the question was very evident. The parent imperatively wished to say that it is the duty of the school to improve the students. This is the approach of most of the parents, as in today's times parents are busy earning their livelihood. Not taking the query of such parents otherwise, we are trying to answer this for every busy parents to observe the child as they grow and see to it that apart from scholastic development, the child also develops some age based skills. Proper development of the child can be assured only if parents and teachers work together for improvement and development. At this juncture, we are discussing for age group of 5 to 8 years.

Age based skills for 5 to 8 years: Does your child aged between 05 to 08 years perform the following tasks or possess these skills?

SELF-AWARENESS AND SELF-RELIANCE

1. Can your child express his/her thoughts clearly and without fear?
2. Does your child have sense for pee and toilet? Can he/she express her desire to visit the loo before it's too late or before they get wet?
3. Can your child eat meals on its own or do you still need to feed them? Does he/she have sense of becoming hungry and asking for food and eating food in its own?
4. Is your child aware as regards wastage of food? Can he/she finish the plate? Do they know that one should not waste food?
5. Is your child sensible enough to put the soiled dish in the wash area or wash basin after completing meals?
6. Is your child sensible enough to come to the dining table of meals or do you have to feed them at front of the TV or in the sitting room?
7. Is your child aware to put the vessels back in its rack or store after use?
8. Can your child fetch water for him/her own self? Can he/she fill up the glass and drink water without wasting or spilling it in your absence?
9. Is your child aware towards cleanliness and hygiene? Can they keep themselves tidy?
10. Can your child take bath without your help? Are they aware to close the tap after use and not to waste water?
11. Can your child keep the small and silly articles of your house in its proper place without breaking them?
12. Is your child aware to keep the books and bag at proper place after use? Are they refined enough not to throw the school bag anywhere after they return from school?
13. Does your child have a habit of removing shoes and keeping them in the shoe rack before entering the sitting room?
14. Does your child like to travel? Can he/she pack their bag? Can he/she consider taking necessary clothes and articles and put them in the bag before leaving for travel?
15. Can you child fetch grocery from nearby shop on its own? Can you

LEARNING THE REQUIRED AGE BASED SKILLS



trust your child with some money and ask him/her to fetch some house hold stuff from nearby store? Can they accomplish such task?

Family and Social Awareness:

1. Is your child aware with different relations within a family like Brother, Sister, cousins, Grandpa, Grandma, Uncle, Aunt, etc.?
2. Is your child sensible enough to willingly share food and other stuff with brother, sister or other family members?
3. Does your child remember and rejoice with family members and School Friends on his/her birthday?
4. Does your child willingly and happily participate in the birthdays of his/her friends?
5. Does your child gracefully visit the temple, church or places of worship? Is he/she aware about idols or images of different God/Goddesses, Saints/ Prophets?
6. Can your child recite a prayer by-heart without reading it from a book? Does your child have habit of reciting prayer at different times of day like before leaving home for school, before taking meals, before going to bed, etc.?
7. Does your child prefer to play outdoor games with friends in the neighbourhood or family friends? Does your child plays with them outdoor games like hide & seeks, cricket, football, etc.?
8. Is your child sensible and graceful enough not to hurt anyone during play? And to say sorry if done accidentally?
9. Can your child take care of any younger sibling? Can they behave cooperatively with them?

Awareness towards Education and School:

1. Does your child happily leave for school? Does your child like to go to school regularly?
2. Is your child aware as to who are the Teacher / Principal of his/her school? Can he/she recognize or identify them if they meet outside school?

3. Is your child in good terms with the teacher? Is he/she respectful and feeling full for teacher?
4. Does your child know the basic numbers from 1 to 100? Can he/she recognize what number it is?
5. Can you child his/her name with good writing?
6. Does your child inform you about the verbal or written instructions they received at school?
7. Can your child identify things that do not belong to him/her and does he/she return them to its owner?
8. Does your child bring back all the articles they took to school? Or do they have bad habit of forgetting things often at school?
9. Is your child obedient? Can he/she ask for something to the teacher in the class? Can he/she ask questions to the teacher to settle his/her curiosity?
10. Is your child having reasonable listening skills, logic, smartness, sportsman spirit, and such good values inculcated? Do you believe that your child must possess some or all of the above values?

General Knowledge, Interest and Other Activity:

1. Can your child name the house hold appliances like mixer, fan, heater, chair, table, etc.?
2. Can your child identify the different tastes of food like salty, chilly, sour, sweet, etc.? Do you feel your child's taste buds have developed as per his/her age?
3. Can your child identify and feel things with different temperature like hot, cold, chilled, temperate, etc.? Is your child touch sensitive? Do you feel your child's touch senses have developed as her his/her age?
4. Can your child identify the different categories and types of toys? Does he/she have general liking towards electronic toys?
5. Can you child arrange and solve different puzzles as per his/her age?
6. Can your child recognize the different colors and shapes?
7. Can your child identify different types of animals by looking to the

- images or by listening to their voice?
8. Can your child identify amongst plants, trees, creepers and shrubs?
9. Can your child identify different fruits, vegetables, flowers, pulses available in the market?
10. Is your child generally aware about the Sun, Moon, different planets and stars?
11. Does your child find pleasure in reading children stories? Can they imagine the characters? Do you feel that your child is good at imagination?
12. Does your child find pleasure in singing, dancing, playing, drawing, etc. activities?
13. Does your child find pleasure when it's raining? Has your child ever experienced how it feels when one gets wet in the rains?
14. Does your child have the sensitivity towards other living beings, plants, animals? Can he/she sympathize with them?
15. Can your child speak the names of the neighbouring towns or cities?
16. Does your child know how to celebrate different festivals? Can he/she joyfully celebrate different festivals even the ones that they are not involved?
17. Does your child know the full address of the home? Can he report the full address of his/her home or the mobile numbers of parents if required?
18. Can your child do cut and paste activity? Can he/she identify different colors and stick it to the shapes given to them?

The above are the chores that the said age group child can easily do. Parents need to assure that the child learns such basic skills and then can expect the child to develop scholastic achievement. Parents must take help of the school / class teacher if they face any issues while developing such skills in the children.

Wish you happy grooming of your child.



DR. VISHAL VARIA
EDUCATIONIST, RAJKOT

EDUCATION SHOULD BE Coupled with Moral Values

A teacher plays a key role in building a society and a nation. An anonymous orient list said, 'If you want to destroy the civilization of a nation there are three ways destroy the family structure (mother), education (teacher) and lower their role models and references (scholars).' If we undermine the role of these three eminent builders, seek no advice from them and give no importance any civilization can easily meet its decline.

The innovations and trends in education at all levels has definitely tried to meet the growing expectations and challenges. Yet, when it comes to living a practical life based on the education attained we seem to be unsuccessful to a great extent. Our country is blessed with both natural and human resources, but what is that we are still lacking?

I would suggest a major modification in the activity-based learning by merging it with our values. If we plan out value-based games focusing on one or two value in each game, it might help children in learning it practically rather than confined to few chapters in their text. The games planned should be associated with our values and rich cultural aspects. The need of the hour is value-based education. This value-based education should focus on producing efficient employees in diverse fields, It will help in preparing a statesman who will not waste time in finding loopholes of the previous government but work with sincerely for the people of his/her state. It will help in producing an environmentalist who will work for the conservation and protection of our environment. It will also help in building a reporter who will not simply work for TRP'S but on informative and positive news. In short, what we need is an education which would totally refine our soul and spirit and generate a per-

son with strong character for all professions.

According to the Bhagavad Gita, 'Every person is bound to act in response to acquired characteristics of nature.'

Values are closely integrated to human life. They are intertwined with our daily chores. We all live by certain values. It is only the proportion and combination of positive and negative values which make a vast difference. Though today we are focusing on the all round development and enhancement of our tiny tots by bringing into education all the innovative and technical methods of teaching we are still unsuccessful to a great extent.

The statistics of NCRB (National Crime Record Bureau), 2014 records an overall increase in crime rate in all the spheres. It proves that our education system is on a ventilator and needs a re-birth. What has really paralyzed our education system? Being a teacher I realized that our education system needs a complete reformation by merging it with our values and healthy cultural aspect. The three value gems, namely, morality, spirituality and humanity which are inter-related plays no such integral role in our education. Degradation of social and moral values has been observed and it is basically limited to few pages in our books. We need to cherish such values within each of us as it is the ultimate source for a positive social change. Today, though we are insistent that our children should get the best schooling but at the same time we forget on building their character. In short, we are progressing economically but the morality level is deteriorating or in some cases even diminishing. If this is defined as growth then it should be unacceptable to all. We frame our own definition and set own standards for each value as per our convenience. Can



such modifications be positive and healthy?

It's time that we introspect and answer few questions genuinely. Some questions worth pondering are.

- What is the correct definition of education? Can we exclude morality from education?
- Do we want growth at the cost of morality?
- Where is our generation heading towards for a better tomorrow?
- What would be the identification of our country? Would it be known as an immoral state in the future?
- Why can't India produce more people like Swami Vivekananda and Dr. A.P.J.Abdul kalam?

We all have to realize our goal and work together in proper coordination for a better tomorrow. The need of the hour is to focus on both the moral and spiritual development of our future generation. We need to sense out the spark within each life and kindle the life within each child with great care. This lightning is not restricted to any age or gender. We can ignite the lives of these

upcoming generations by planning and blending it with the moral, spiritual and humanitarian values in our scholastic and co-scholastic activities and other extensive opportunities. We need to develop our insight and find the facts that are responsible for hampering the growth of our country and work on it. The educational transformation can go a long way to bring the desired changes. The reality lies somewhere back in our scriptures and ancient books which had a comprehensive syllabus to meet the requirements of the society and nation in real sense.

In the words of Dr. Martin Luther King Jr, "The function of education is to teach one to think intensively and think critically. Intelligence plus character-that is the goal of true education."

The changes brought in such a way will not be reflected and visible in short term but will go a long way in building the character of the entire nation. There can be no innovation better than revitalizing our own energies and person within.



MILLI SINGH
PRINCIPAL
S.G.PRIMARY SCHOOL, KADI
CAMPUS, GANDHINAGAR, GUJARAT

How can I help myself as a child to succeed in school?



"THE WAY TO GET THE SUCCESS", IS TO RESPOND , TO CHANGE, TO MAKE OUR SELF MOTIVATE IS THE GREATEST EFFORT WHICH I HAVE TO DO.

FOLLOWING ARE THE GOOD STEPS WHICH EVERY STUDENT SHOULD PLAN:

1. Get organized and make a schedule plan for what you are going to do and when you are going to do it, this will help you to make yourself sure about contribution the time for each work of daily routine.
2. Do not go to do so many work together.
3. Always divide your subjects.
4. Read every day!!! Take turns at reading of different subjects and answer the questions to promote your comprehensive skills.
5. Be positive, speaking well of school and learning ,encourage your child to talk about all of the fun things you have done or are going to do at school.
6. Create a consistent after-school routine including meal times, homework time and play time (creating a visual display of your learning, which can be very beneficial.)
7. Ensure you are getting plenty of sleep ,so you are fresh for the school next day in the morning.
8. Encourage yourself in all aspects of academics, ask your query and doubt to get clear on the same time, put your effort and good time .
9. Healthy discussion related your topics, subjects, subtopics do with your friends rather than gossiping.
10. Be responsible for your actions,as you grow take your own responsibility of small things to manage.
11. Involve your parents ,discuss your problems, share your feelings and ask support where you feel it is required to learn at home.
12. Communicate! Keep updated your self with the current knowledge which will boost your confidence to stand in public for debate to put your opinion.
13. Make habit of preparing note and of doing revision.
14. Study ...read more and more..
15. Over all keep balance between you and in your study..
16. Utilize the root and wings of independence in proper way to get the success.

Comfort zone is a key concept in personal and professional development. In this post I bring you some simple ideas to understand the subtle mechanisms behind the concept of comfort zone.

Comfort zone. Why we love it and what brings us?

- 1. Safety. 2. Familiarity. 3. Relaxation. These are three major benefits that you get when you stay in your comfort zone.
- 1. Diversity. 2. News. 3. Adrenaline. And these are the three major benefits that you do not get when you stay in your comfort zone.

Comfort zone. Why should we get out of it.

1. We don't learn. When we stay in our comfort zone we do not learn new things. By the nature of the learning process we have to get out of our comfort zone to embrace ideas / concepts. As long as we don't leave the comfort zone we will not get access to new information.
2. We do not develop. As I was mentioning above, we do not get new behaviors and skills as long as we stay locked in our comfort zone. Unfortunately (or fortunately) the only thing that is constant in the Universe is the change. Everything is changing. If we do not learn to develop we regress. We

To be, or not to be in the comfort zone?



- do not like to sit still.
- 3. We risk becoming prey to our behavior patterns. Not only we don't learn new things, new strategies, but if we stay long enough in the comfort zone we risk to get used to our outdated strategies. So involution accelerates as long as we spend much time in the comfort zone. In time we will get very cynical and become very closed minded. I do not know who said: "Minds are like parachutes. They work only when open."
- 4. We cannot increase the comfort zone. For me this is the most important.

And is somewhat paradox: we have to get out of our comfort zone to create more comfort, although this itself brings discomfort. This is personal development: first it hurts, then, when we have mastered the new territory it becomes part of our comfort zone. And so on.

5. Come frustrations? People are often frustrated because they need to be in the comfort zone and beyond it, at the same time. Allow me to explain myself briefly. It comes down to values. And one of the human characteristics is that by nature we are dual. Values have no exception: we like both diversity and safety. We like both adrenaline and relaxation. When we feel very good and everything is going well too long, we get bored. When we have too much adventure in life we do not feel safe. Everyone quantifies values in a unique way. Everyone of us has a unique top of

values. So, some prefer to stay in the comfort zone (loving stability, relaxation and safety) while others prefer to live on the edge ... always outside their comfort zone (loving diversity, adrenaline, novelty).

Finally, we can go for three simple and highly effective ideas about how to get out of your comfort zone:

1. Understand your own mindset, personality traits and behavioral patterns. All these gives you the dimensions of your comfort zone. To get out of your comfort zone you must first know very well where are its limits.
2. Learn from others different from you. You can read a book, an article, you can go to a conference or you can speak directly to an expert. Learn from unconventional sources, from your point of view. If you are a marketer, learn from an artist or a doctor ... and vice versa. Learn how others do things in their own way.
3. Put into practice what you learned in section :As long as you do not use new strategies to make new things, you stay in your comfort zone. Of course, adapt what you learn from others to your own life.

Make sure you keep your identity. Even if you always use and implement new strategies and get out of your comfort zone.

-The Open Page

GATE POSE

YOGA SESSION 19

BENEFITS

- Stretches the sides of the torso and spine
- Stretches the hamstrings
- Opens the shoulders
- Stimulates abdominal organs and lungs

DESCRIPTION

- Begin kneeling on the floor with your hips and buttocks lifted up off your legs. Place a folded blanket beneath your knees, shins, and feet if you need the extra padding to feel more comfortable. Your inner knees should be together and your thighs should be perpendicular to the floor.
- Extend your right leg out to the side. Keep your leg in line with your body, not behind or in front of you. Point your toes to the right with your kneecap pointing to the ceiling. Try to press the sole of your right foot's sole all the way onto the floor while keeping your leg straight. Your pelvis will turn slightly to the right. Keep your upper torso turning against that pull to face forward.
 - Inhaling, extend your arms out to the sides to shoulder-height with your palms facing down.
 - Rest your right hand along your right thigh, shin, or ankle. Turn your left palm upward, and then extend it up toward the ceiling. Then reach your left arm overhead and to the right, so your bicep rests against your left ear. Turn your gaze up toward the ceiling.
 - Keep moving your left hip slightly forward and turning your torso away from the floor.
 - Hold for up to one minute. To release, inhale as you lift through your left arm to draw your torso upright, while keeping both arms extended. Then lower your arms and move your right knee next to your left to regain balance. Repeat the pose for the same amount of time on the opposite side.

FUN WITH COLOURS

Your drawing should reach us by 20/08/2017 at
 The Open Page, 4th Floor, Vishwa Arcade, Nr. Akhbarnagar,
 Nava Wadaj, Ahmedabad-380013

Till Std. 4th

GIFT FOR BEST COLORING

Name:

Name of School :

Std: Mobile No.:

1 = yellow, 2 = black, 3 = bright blue, 4 = orange, 5 = brown, 6 = purple
 7 = yellow green, 8 = bright green, 9 = dark green



"Masti Ke liye Pasti"



Taluka Prathmik Shikshak sangh, Sanand and with the Education team of Sanand, have organized a new project "Masti Ke liye Pasti" To help in education. In which 1000 teachers of Sanand District have contributed their efforts to collect the old newspapers in total 13,500 kg.

The amount received by selling these old newspapers and the other received amount which was collected with the help of other helping associate members was utilized for purchasing the usable things like cycle, school bags, uniforms, books, pens, pencils, colour box, poster colour, erasers, water bags, shoes, socks etc., and a kit was prepared for the students. The total collected amount spent on preparing the kit was Rs.12500/-.

On 3rd August at Sanskar Dham, Manipur, Godhavi, Ahmedabad, Through Video conferencing the Honorable education and revenue ministers, Shree Bhupendra Sinh Chudasama and member of parliament Shree Babubhai J. Patel, gave their presence and a kit was presented for 34 orphan children and also given separately 5 pairs of T-shirts and legins for girls. The initiative was taken by honorable minister Shree Bhupendra sinh Chudasama and the event was also supported by The Open Page.



Arjun English School conducted the oath ceremony of the elected students council

The student's council consist of four houses - Moon, Star, Earth and Sun. The captain and vice captain of these houses were elected by the students belonging to their respective houses. therefore the election of headboy, Headgirl, deputy headboy and deputy headgirl was conducted as per independent election procedure in which student s elected the candidates of their choice in a highly confidential atmosphere.



During this election process the students were given a practical experience of the country's election. At the same time the importance of voting, the season for their electing a particular candidate and its seriousness were explained too: Overall it was a real life experience in a miniature form.

This was followed by the oath ceremony on 18th July 2017 in which the respective captain and vice captain of the four houses and headboy/girl and deputy head boy/girl together pledged to extend their duties and perform their responsibility in the most honest and trusted way with their integrity towards the school at all times in presence of our respected school principal Mrs. Shobha srivastav, staff members, parents & students.



Fitack Health Assessment

Is your School a "Healthy School"?

Check the unique preventive health program feature made for schools



Health Assessment Programme :

- ★ All major health aspects of children covered
- ★ Graphical reports for easy understanding
- ★ Health engaging activities throughout the year
- ★ Analytic reports for school to help future decision.



..Let us help to answer you. We are excited to hear from you

www.fitack.com admin@fitack.com
9429542455 & 9033874352

Ahmedabad
Surat
Baroda