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Mrinalini Sarabhai, a legendary classical dancer and Padma Bhushan recipient, passed away on 21<sup>st</sup> January, 2016 at her home in Ahmedabad. She was 97



## All others are dancers, she is the dance: A tribute to MRINALINI SARABHAI

(beautiful) commander of Subhash Chandra Bose's Indian National Army. Her siblings all went on to assume important roles on the national scene. Mrinalini herself married Vikram Sarabhai, one of the pioneering institution builders of science in India. He belonged to the first family of Ahmedabad's textile tycoons.

She was given the freedom to live her dream and she dreamt of dance. As a little girl she went to the Pandanallur village house of her guru Meenakshi Sundaram Pillai to learn Bharathanatyam in a gurukula atmosphere. She remembered her guru affectionately as "Thattha". She later studied with Ellappa of Kanchipuram and some padams and abhinaya from the last of the devadasis, Mylapore Gowri Ammal, and from Chokkalingam Pillai.

She then went to school at Shanthiniketan while Rabindranath Tagore was at the institution. In Java she danced with the royalty of Jakarta and in New York did a course on acting and theater technique. She then went over to Kerala to learn Kathakali, gaining a total theater personality.

She told me she had trouble getting students after establishing the performing arts academy Darpana in 1949. Her husband, she recalled, went to some homes and requested them to send girls to learn from her. Darpana, of course, grew enormous, with Bharathanatyam, Kuchipudi, Kathakali and folk art forms taught and researched and craft oriented forms like puppetry promoted. Artists from all over the world came to the school she founded and she became a high priestess of dance in India; the other being Rukminidevi Arundale. If Rukminidevi was "Athai" (aunt) to her students, Mrinalini became "Amma" (mother) to her students.

I had asked her when we met that if form was worship why then was there so much shringara in it. Her answer was simple. "Ancient Hindu civilisation was a free one. Life was for liv-

ing and then to be given up. This is one reason why there are erotic sculptures on temple walls. Young girls should be made to understand that all these worldly desires have got to be satisfied first to experience divinity. Let them not confuse these padams with reality. Art has to exaggerate. A study of shringara is necessary to understand the panorama of existence."

I provoked her: "And if the art form is worship, why do you perform?"

Mrinalini's eyes twinkled. "For the same reason that I write, teach, or, for that matter, learnt the art form. The joy I have is the kind one shares. An audience is necessary not only for the elevation of physical standards but for intellectual facility also."

Mrinalini's straight frame and glowing deep eyes exuded confidence. Confidence acquired through expertise and knowledge. She gave Bharathanatyam a space in Gujarat and by this means, the dance form became pan Indian.

As one recalls the breadth of her vision and achievement in art, one cannot help recalling what has been said of Mrinalini: "All others are dancers, she is the dance."



**DR.V.R.DEVIKA**  
Managing Trustee  
Aseema Trust, Chennai



11<sup>th</sup> MAY 1918  
to 21<sup>st</sup> JANUARY 2016



The internet in education makes the learning process more fun-loving, evokes variation in teaching methodology and a good source of information. With education you can cross shores and excel in any field of interest to the max.

# KRISHNA & ARJUNA RETURNS

**Y**ou have to have a big vision and take very small steps to get there. You have to be humble as you execute but visionary and gigantic in terms of your aspiration. In the Internet industry, it's not about grand innovation; it's about a lot of little innovations: every day, every week, every month, making something a little bit better-Jason Calacanis

I as a curious and sporting parent took my son to an open drawing competition in the city. The scene was not exactly nostalgic, but festivity bound a mela-like experience. It was even more touching because the children had got a reason on their account to be there and not the usual evening or weekend plans of their parents. A mission created for grandeur. Once the event ticked off, I put on my typical parent shoes and started my journey into new acquaintances, out of which many were temporary in nature that lasted till the time of the event and some of them, where we shared our WhatsApp numbers and not just contact numbers and also promises to catch up at similar occasions in the future.

Technology is a good servant but a bad master. Therefore, it is only wise for parents and teachers to make students understand what is good and what not for them and make the best out of them.

The first chapter of introduction took its turn and merely by strolling around I gathered a few eyes on me and went down with a smiling Hi, Myself Vijay and you?, your son or daughter?, which school?, which class?, any extra-curricular activities your ward is engaged in?, where do you work?, where do you stay?, how is school?, how is studies and facilities? to gather other parent's schooling news and experiences.

One major issue that most of my new parent friends contemplated was the homework given at school. Though homework system doesn't exist to the fullest extent but sometimes it has its own dimensional importance:

At times it is an exercise to get well versed on the topic being discussed as a means of illustration.

At times it is a means of revision and.

At times it is also a means of enhancing the low performers of the class to gear up. This is fine but the focus was that most of these assignments have to be done by gathering information on internet for which you need to have internet connection at your disposal and of course a printer and then the follow on list of chart papers, board etc. to accomplish the submission and the parent's role to get things in place and assist assembling. The big question of the hour was why parents in children's homework? In this regard, remembering a few lines from Mahabharata



*"Yada Yada Hi Dharmasya  
Glanirva Bhavathi Bharatha,  
Abhyuthanam Adharmasya  
Tadatmanam SrijamiAham".  
Bhagavad Gita (Chapter IV-7)*

*"Whenever there is decay  
of righteousness O! Bharatha  
And a rise of unrighteousness  
then I manifest Myself!"*

*Praritranaaya Sadhunam  
Vinashaya Cha Dushkritam  
Dharamasansthapnaya  
SambhavamiYuge-Yuge."  
Bhagavat Gita (Chapter IV-8)*

"For the protection of the good,  
for the destruction of the wicked  
and for the establishment of righteousness,  
I am born in every age."

Considering Arjuna's caliber, Arjuna was the only one with the skill and fortitude to save his teacher from an attack from a crocodile. In reality, the attack was a ruse Drona used to test his students. In another story, Arjuna, noticing Bhima eating in the dark, trained himself to shoot accurately without visualizing his target. Impressed by Arjuna, Drona promised his pupil that he would make Arjuna the greatest archer that ever lived or ever would live.

The character of Arjuna is described as one whose mind is spotless and clean of all impurities. Krishna in the Bhagavad Gita refers to Arjuna as An-gha, which means pure of heart or sinless. Arjuna's nobility is manifested in his magnanimity in victory and compassion towards adversaries. But Arjuna has a jealousy point. He thinks that he is only the best, most powerful and skilled archer in the world. This made him to fall and die while they were travelling to the

Himalayas.

Talking about the various Educational aids, the list can include books, textbooks, workbooks, reference books, sample papers, refereed journals, newspapers, magazines, print media, radio, television, mobile and internet to name most common usages. Arjuna's feat can be related to what BOOKS is to us, one that is self-sufficient to make anybody a learned individual in the society. This stands for only those who willfully resent to learning else it will be a bag of load, days gone by, a memory of words, an endeavor of faces and not knowing a thing. Education is an enterprise that reaps future generation, advancement and above all ensures basic knowledge and learning as a means of manageable educated status. The list of educational aids ranges from the following though the means to get through are unlimited:

■ VISUAL AIDS

■ AUDIO AIDS

■ AUDIO - VISUAL AIDS

But in today's world of competition and digitalization, it is imperative to have Krishna in the form of internet with Arjuna alias books. The internet in education makes the learning process more fun-loving, evokes variation in teaching methodology and a good source of information. With education you can cross shores and excel in any field of interest to the max.

We have to agree that internet like two sides of the coin, has both beneficial and destructive side. We must use internet as and when required only in the interest of mankind and for inception of knowledge and not misuse it in any manner possible. When used for educational purpose, it gives a bigger leap ahead. As the

relevant worthy books which are published on a yester date; the internet in addition provides access to current information update and latest trends in every existing earthly thing. We can avail the most by amalgamating internet with books:

- To get all valid information
- Reliable news matter
- Correspondence through various search engines
- Research the existing unknown
- Family and friends sharing and entertainment
- Learning (through demo) a practical trait, art, cooking or any practical technique
- Learning a language
- Online bill payment
- Railway / Airlines ticket booking

This is of concern here to mention that don't misuse internet, don't waste lot of time surfing, don't get addicted to unnecessary pop-ups and time-pass sites which instead can invite virus to your PC. Technology is a good servant but a bad master. Therefore, it is only wise for parents and teachers to make students understand what is good and what not for them and make the best out of them. Arjuna was a worthy warrior competent of his capabilities to stardom but Krishna's guidance in addition helped him in gaining a better understanding and enabling the driving force within like the internet as a friend to books.

I feel privileged to quote Late Shri A.P.J. Abdul Kalam

One best book is equal to 100 friends, but one good friend is equal to a library.

**SALLA VIJAY KUMAR**  
National Award  
Winning Lecturer, IHMA





# 4 Tiny but Powerful Tips to Reduce Stress and Anxiety

**S**tress and anxiety happens to all of us these days. No matter how you avoid it, we all fall into the trap of feeling tired, worried and overwhelmed by the trials that come our way. There are many anti-stress techniques, anti-stress vitamins and relaxation programs out there that are said to help people overcome stress. But there are no guarantees that everyone who undergoes these methods will ever be stress free.

The truth is, no one can truly help you unless you choose to be helped. And the only person that can really do something to efficiently reduce stress is yourself. Here are four tiny but powerful tips on how you can reduce your stress and anxiety.

## TAKE IT SLOW



One major cause of stress today is the fast paced lifestyle we all grew up with. Doing things out of urgency can really be stressful. All the pressure of catching a deadline or getting things done on time are usually the cause of anxiety for most people. Although being punctual is important, we all should learn to do things in a calm manner.

Rushing things makes you more prone to mistakes. Take your time, under reasonable circumstances. Accomplish one task at a time. As long as you do not become lazy things will get done eventually.

## STOP POINTING FINGERS

We all do not like being blamed for anything. When things go wrong, we all have a bad habit or tendency of pointing fingers and putting the blame on others. Doing this will only result in guilt and

remorse. Instead of trying to find someone to blame, focus on finding a solution to the problem. The soonest the problem is resolved, the sooner you can move on to more productive things minus the stress.

## SYMPATHIZE



Another big cause of stress and anxiety for us all is when we experience being wronged by others. Getting angry and trying to get even will only cause more trouble and negative emotions. Instead of getting angry, try to sympathize with the person who did you wrong. Try to put yourself in his or her shoes and try to figure out why the offence has been done. I guess this is what it meant to love your enemy.

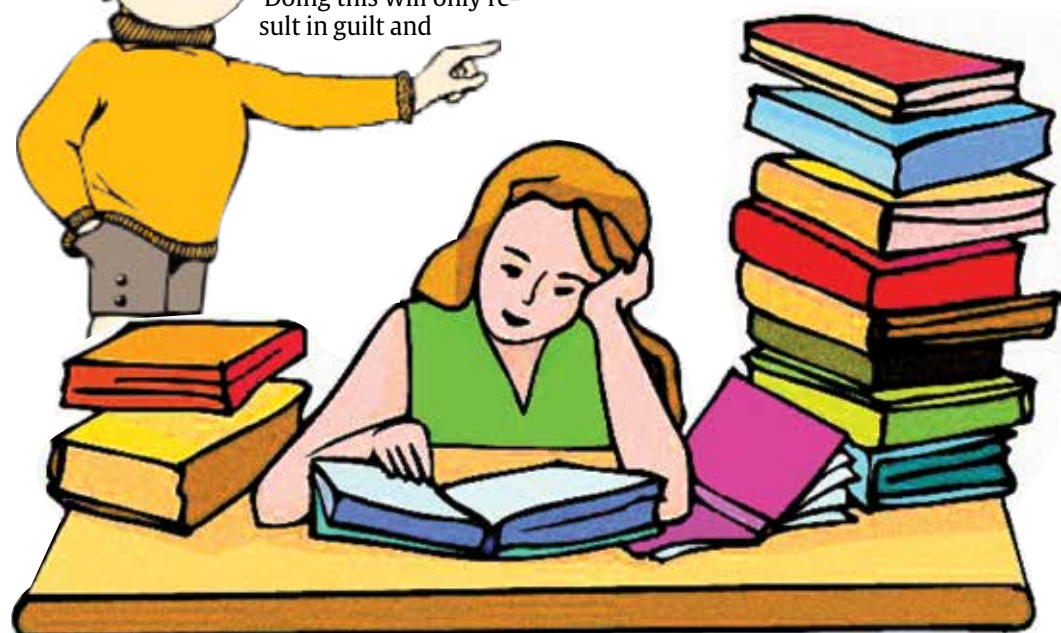
## JUST DO IT

Lastly, one thing that frustrates many people is counting all the tasks that still need to be done. Remember that complaining will not get you anywhere. Instead of counting what is yet to be done, why not just do what you need to do? Start from the easiest tasks and work yourself up to the hardest tasks. You will be done before you know it, without stress or worry.

These tips may seem like little changes, but they are powerful. Your stress and anxiety do not come from the people and events around you. Your stress and misery comes from within. You have the power to choose how you will let every situation and everyone around you affect you. Apply the above tips today and see how stress free life can be.



**SUNIL CHOUDHARY**  
RESEARCH  
SCHOLAR JJT  
UNIVERSITY. (RAJ)



# CHANGE LIES WITHIN YOU...



**W**e keep thinking the same kind of thoughts, and visualize the same mental images in our unconscious mind, keep viewing the same movie in our mind and consequently, go on creating and living the same kind of Life. Can we really change the thoughts and images in our mind?

Most people do not know or do not believe that it is possible to change their way of thinking. The ability of silencing the mind is the key to the switch off the mind, enabling us to turn it on and off as we wish. When you master your mind, you master the world. When you are able to silence the mind, you free yourself of negative habits and attitudes. Then, the mind cannot influence the way you feel, your moods, and your behavior. It is a sort of energy that occupies your attention incessantly. For someone who encounters this approach for the first time, it may sound weird and silly. Mind wants to be free and roam wherever it likes. It cannot accept that life can go on without its inner dialogues. I believe that you can change your thoughts and choose the thoughts you want. This will change your life.



It is a sort of energy that occupies your attention incessantly. For someone who encounters this approach for the first time, it may sound weird and silly.

Ok if you really want to see how it works, you can right now start to think in a different way and paint new, beautiful, and positive images in your mind. You can refuse to look at the old pictures and scenes that fill your mind and look at the mental pictures of your choice, even when your actual circumstances are very different from these mental images.

Thoughts are the inner strings that pull circumstances and situations. You can be the one pulling these strings and make your life happier and more satisfying. When you are the boss of your mind, you have the power to improve your inner and emotional life, relationships and your material and financial status. Some make a mediocre change; some go to the extreme, and become leaders in politics, education, finance or any other field. Your ability to change and try how far you can go depends on how free you are from being the slave of the mind!



**RUSHABH DESAI**  
EDUCATOR  
VIDYANIKETAN HIGH SCHOOL, RAJKOT





# Global Employment Quotient

Today we talk of global tenders and global bids. Recently maintenance of Jaipur and Ahmedabad airport was given to a foreign company. Technology has made this world a global village and language is no more a barrier of communication. Within 5 to 10 years we will start hearing “global employment announcements” i.e., for a job in Ahmedabad anyone will be allowed to apply and work irrespective of Nationality. Future work place will be much diverse and challenging. Imagine in an office an Indian, an African, a Chinese, a Canadian working together. There will be diversity with respect to nationality, religion, language, qualification etc. Let me take you to the past, if we go back to 70's employment/job/business was very much localised, i.e., if there was any job recruitment in Ahmedabad only people from Ahmedabad would apply. During 80's things changed to state level employment, i.e., due to communication people from across the country started applying for a job in Ahmedabad and today almost all the jobs are competed at national level. Taking it further I am sure directly or indirectly there will be global competition for all type of jobs in future.

Our children have to face global admission & employment challenges. They have to compete with a Chinese, an American, a South African, an Afghan and so on. Future work place will be based on two principles “Survival of the fastest” & “Struggle for excellence”. We have to train them to compete with global workforce. Survival of the fastest is one's ability to respond to any stimulus/ situation promptly in a scientific manner. Struggle for excellence stands for being a lifelong learner and working towards continuous improvement.

To be ‘globally employment fit’ our children/future citizens need to imbibe following skills.



- **Questioning:** It is the ability of a person to be curious and ask questions in a meeting, in an interview, in discussions, in brain storming etc. It is very important skill, which employer are looking today in any job seeker.
- **Communication skills:** Employers are looking forward to work with people who can discuss and express their point in an assertive way. Right communication skill helps in self-expression and leads to conflict free life at work and personal life. Most of the conflicts are due to poor communication skills.
- **Managing Emotions:** We need to help our children/future citizens develop stress handling skills due to rejection, failure and refusal. Life is not full with yes....yes....yes...neither only of success or acceptance only. In many ways present generation is not able to handle failure,.... ‘no’ ...refusal etc. gracefully which is evident

from news reports related to teen age crimes/ suicide etc.

- **Data Analysis:** Data Analysis is the ability to analyse given information for making present and future decisions. We get data through social media through newspapers and many sources. Data analysis skill help us to stay away from rumours and provoking messages, which are not based on any fact.
- **Team work:** It means work confidently within a group, taking a share of the responsibility, being assertive - rather than passive or aggressive, accepting and learning from constructive criticism and giving positive, constructive feedback to others. Try to maintain harmony among the team members. Employers are keen to recruit candidates who are able to cooperate, solve problems and teams players. The requirements to ‘Get on well with people’, and to ‘Work with and through others’

is one of the master key to success today.

- **Flexibility & Adaptability:** Another important skill globally looking forward is to adapt successfully to changing situations as well as environments. The world of work is changing at an ever increasing pace and employers are in search of candidates who can adapt to changing circumstances and environments.

Flexibility consist of adjusting successfully to changing situations & environments, keeping calm in the face of difficulties, planning ahead but preserve an alternative options in case if things go wrong, respond to sudden changes in circumstances very quickly and continue in the face of unexpected difficulties and respond positively to changing environments etc.

Active listening skills, Professionalism in the workplace, managing multiple priorities, computer and technology skills, analytical and research skills are some of the other important skills looking worldwide.

These are some of the most important skills required globally, apart from conventional skills like time management, drive, planning, organising, goal setting etc.

The world is moving from “Experienced workforce” to “Agile Workforce” a workforce which is futuristic, lifelong learner and mentally, physically, spiritually and socially healthy. Let us help our children strive towards a bright future by honing their global employment quotient.



**DR. SHAILENDRA GUPTA**  
PRINCIPAL, CALORX INSTITUTE OF EDUCATION, AHMEDABAD

## INFLUENCE OF WESTERN CULTURE



Western Culture, sometimes equated with Western civilization, Western lifestyle or European civilization is a term used very broadly to refer to a heritage of social norms, ethical values, traditional customs, belief systems, political system and specific artifacts and technologies that have same origin or association with Europe, having both indigenous and foreign origin.

Indian Culture is one of the oldest & richest cultures in the world with varied languages, customs, beliefs, ideas, taboos, codes, instructions, works of art, architecture, rituals and ceremonies. Its multi-diverse flavor has been consistently unique in its very own way. Manners, traditions, living and trading patterns etc., are one of the graceful components of Indian culture. The most important feature of Indian culture is its values.

Aping the West is like the betraying our old way of life, which we obtained through our ancestors. Updating is necessary but getting washed-off in influence should not be supported. If this continues, day will not be far away when the famous Indian civilization would be buried not by others but by the Indians themselves. Westernization should not affect the core traditions of Indian society but change in the lifestyle and apparent characteristics of the society with the graceful add-ons like punctuality, trustworthiness, loyalty, professionalism should be welcomed and adored.

Krishna Modi, VIII-B, Agarwal Vidyavihar, Surat



## INDIA : AN AMALGAMATION OF RELIGIONS



India is one of the world's oldest civilizations.

The Indian culture, often labeled as an amalgamation of several various cultures, spans across the Indian subcontinent and has been influenced and shaped by a history that is several thousand years old. India is also considered to be the land of spirituality and philosophy and birth place of various religions like Hinduism, Buddhism, Jainism, Sikhism etc. Subsequently, Christianity, Islam, Zoroastrianism and Judaism arrived in India. Openness of Hinduism towards other religions and the ability to amalgamate foreign religions and cultures has resulted in a country where all the major religions of the world can co-exist and flourish side by side.

India is a land where people of different religions and cultures live in harmony. This harmony is seen in the celebration of festivals. The message of love and brotherhood is expressed by all the religions and cultures of India. Whether it's the gathering of the faithful, bowing in prayer in the courtyard of a mosque, or the display of lamps that light up houses on Diwali, the good cheer of Christmas or the brotherhood of Baisakhi; the religions of the India are celebrations of shared emotion that bring people together. People from the different religions and cultures of India, unite in a common chord of brotherhood and amity in this fascinating and diverse land. So, let us leave behind the debate of Intolerance and move ahead as one Nation.

Shefali Mittal, XI – Cor A, Agarwal Vidyavihar, Surat



Give me six hours to chop down a tree and i will spend the first four sharpening the axe —ABRAHAM LINCOLN





# ADVENTURE

## SPORTS IN SUMMER FUNK

Adventure sports are very famous all around the world and now their popularity and availability is increasing in India too. India has a very diverse geographical terrain like mountains, sea, forests, Plains and deserts. Adventurous sports are such type of sports which involve extraordinary speed, height, physical exertion and surprising stunts. Adventure Sports are quite challenging, thrilling and adventurous. In adventure Sports include rock climb-

ing, mountaineering, river rafting, scuba diving, trekking, base jumping, skiing, hang gliding, paragliding, wind surfing, sky diving and kayaking etc. By taking part in adventure sports one can learn about himself/herself, conquer the fears, inhibitions and gather a sense of achievement or success. Adventure Sports can be said as outdoor sports or activities in which the participant competes in a natural environment more against him/herself against others.

### There are some benefits to participate in this kind of activity

- Thrill, excitement and fun
- Exposure to nature
- Self-assessment
- Overcome fears and develop self-confidence
- Enhancement of decision making powers
- Channelization of energy
- Stress-buster
- Information and knowledge enhancement
- Development of balanced and positive attitude toward life
- Develop motor and cognitive skills, creative learning
- Motivate to build social relationship and teamwork



By this all types of activities include in Adventure Sports. While doing this all activity we can build much more confidence in inner sight. Parents have to think about it because while doing this type of camp they got lasting positive influences from our adventures empower students to confront and over while doing this come future challenges, Most importantly, these adventures are designed to expand young minds horizons within a non-competitive, small group environment in which each member will be a valued and important part of the group. Parents has to understand, "children are doing something productive rather than just watching television, going online or playing video games."

### SOME ADVENTURE SPORTS ARE

**Water Sports:** Surfing, extreme canoeing or white water rafting, cliff diving, barefoot water skiing, windsurfing scuba diving, rowing and water polo.

**Mountain Sports:** Mountaineering, trekking, mountain biking and cycling, and rock climbing.

**On the Plains:** Camping, wildlife safaris, caving, zorbing ball adventure sports.

**Winter Sports:** Ice climbing, ice boating, snowboarding, skiing and snowmobiling, heli-skiing, skating, mountaineering, ice-hockey, bobsledding.

**Air Sports:** para-gliding, hot-air ballooning, zip-lining, bungee jumping, BASE jumping or skydiving, hang gliding, sky surfing and high wire (tight rope) walking



**NAMRATA ACHARYA**  
PGT-PHYSICAL EDUCATOR,  
ADANI VIDYA MANDIR,  
AHMEDABAD

## CAREER IN PHYSICAL EDUCATION AND SPORTS

Physical education took its place alongside of other subjects in the curriculum of schools only after 1920 but the awareness is nowadays at various places like sports club, colleges, and fitness centre etc. In past Physical training classes were held by Ex-army men and outstanding gymnasts in schools. They were designated as drill masters. They had no general educational qualifications. Physical Education and Sports is such a field where parents are not so keen to send their kids. This is because people in day to day life do not take part in physical activity like sports and games. It is limited to boys and girls in schools and colleges. Games are not considered to be essential at all. They do not understand that our body which is a kind of machine needs active movement to keep one fit and healthy. There is no age limit for exercise. It is important to lead a healthier life. So, Physical education and sports is important not only in school and colleges but also in different institutes.



### PHYSICAL EDUCATION

Here is the list of designation and minimum qualification which is required in school or other companies as Health Instructor or a teacher.

- Physical Educator (Graduate and BPED)
- Activity Instructor (Graduate and BPED)
- Fitness Trainer (Certificate course and Diploma)
- Dietician (Certificate course and Diploma)
- Yoga Instructor (Certificate course and Diploma)

Note: If requirement of asst. Professor the minimum qualification is MPED and State eligibility test or National eligibility test.

### HERE IS THE LIST OF THIS TYPE OF COURSES CONDUCTED UNIVERSITY

- Gujarat Vidyapith
- Gujarat University
- HNGU Patan
- Saurashtra University
- SGSU Gandhinagar
- Lakshmi Bai National Institute of Physical Education, Gwalior
- Banaras Hindu University
- Indira Gandhi Institute of Physical Education and Sports Science
- Agra University
- Andhra University
- Bangalore University
- Government college of Physical Education Patiala
- YMCA Chennai
- Netaji Subhash National Institute of Sports (Diploma and Master of Coaching)

**Sports:** The sports Authority of India has constituted at the national level to encourage and develop budding talents in sports. SAI has state level branches to conduct a variety of schemes intended to promote sportsmen. The minimum educational qualification required is 10+2 pass. Deserving students are offered financial support for equipment and diet assistance in the form of scholarship and training in special institute at government cost.

### WHY CAREER IN SPORTS IS BEST?

As per the Forbes Magazine we are on the topping the list for annual ranking of the highest paid athletes and highest paid coaches. Forbes has published most recent list of top 100 highest paid athletes in the world and some athlete with games as under:

- 27 players from Baseball Game
- 18 basketball Players
- 17 football Players
- 6 tennis
- 6 racers
- Cricket (MS Dhoni)

### HERE IS THE LIST OF POSITION IN SPORTS FIELD, WHERE YOU CAN BUILD YOUR CAREER

- Sports Person in any Particular Games
- Coach in any particular Games
- Sports Journalism
- Sports Commentating
- Sports Photographer
- Sports Physiologist
- Sports Psychologist
- Sports Nutritionist
- Consultants (Sports Medicine)
- Umpire and Referee
- Fitness Trainer
- Team Director
- Manufacturing Sports Equipment
- Sports statistics
- Sports Management



**SAMIR PARVADIA**  
ASST. PROFESSOR OF PHYSICAL EDUCATION AND SPORTS, H & B KOTAK INSTITUTE, RAJKOT



A person who never made a mistake never tried anything new —ALBERT EINSTEIN





There were about 70 scientists working on a very hectic project. all of them were really frustrated due to the pressure of work and the demands of their boss, but everyone was loyal to him and did not think of quitting the job.

One day, one scientist came to his boss and told him- sir, I have promised my children that I will take them to the exhibition going on in our township. so I want to leave the office at 5:30pm.

His boss replied "OK, you're permitted to leave the office early today"

The scientist started working. He continued his work after lunch as usual. He got involved to such an extent that he looked at his watch when he felt he was close to completion, the time was 8.30pm.

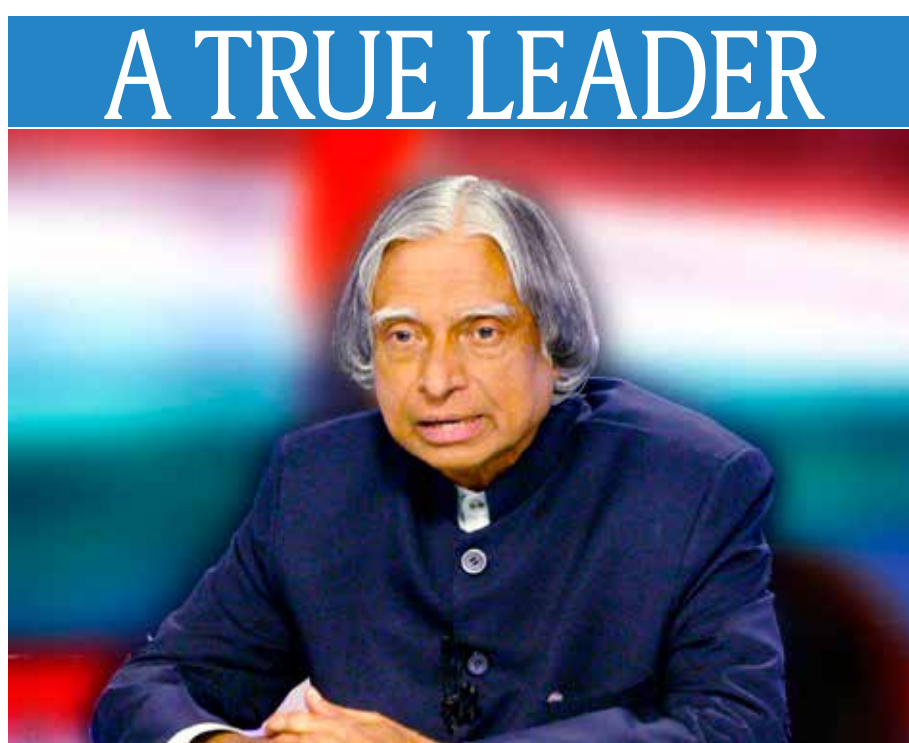
Suddenly he remembered the promise he had given to his children. He looked for his boss. He was not there. Having told him in the morning itself, he closed everything and left for home.

Deep within himself, he was feeling guilty for having disappointed his children.

He reached home. Children were not there. His wife was sitting alone in the hall and reading a magazine.

The situation was explosive, any talk would boomerang on him. His wife asked him "Would you like to have coffee or shall I straight away serve dinner, if you are hungry?"

The man replied "If you would like to have coffee, I too will have but what about our children?" Wife replied "Don't you know?" Your boss came



here at 5.15pm and has taken children to the exhibition.

What had really happened was: The boss who granted him permission was observing him working seriously at 5.00pm.

He thought to himself that this person would not leave the work, but if he had promised his children, they should enjoy the visit to the exhibition.

So he took the lead in taking them to the exhibition.

The boss does not have to do it every time.

But once it is done, loyalty is estab-

lished. That is why all the scientists at Thumba continued to work under their boss even though the stress was tremendous.

By the way, can you make a guess as to who the boss was?

He was none other than Dr. APJ Abdul Kalam, the ex-President of India.



**ANUJA SHARMA**  
Principal  
Global SSV School,  
Ahmedabad

## LEARN TO WRITE IN THE SAND

A story tells that two friends were walking through the desert. At a specific point of the journey, they had an argument, and one friend slapped the other one on his face. The one, who got slapped, was hurt, but without anything to say, he wrote in the sand: "TODAY, MY BEST FRIEND SLAPPED ME."

They kept on walking, until they found an oasis, where they decided to take a bath. The one who got slapped and hurt started drowning, and the other friend saved him. When he recovered from the fight, he wrote on a stone: "TODAY MY BEST FRIEND SAVED MY LIFE."

The friend who saved and slapped his best friend, asked him, "Why after I hurt you, you wrote in the sand, and now you write on a stone?"

The other friend, smiling, replied: "When a friend hurts us, we should write it down in the sand, where the winds of forgiveness get in charge of erasing it away, and when something great happens, we should engrave it on the stone of the memory of the heart, where no wind can erase it."

## Sardar and his Lessons



Sardar Vallabhbhai Patel, the iron man of India, described as 'Vajra-pushpa' by a well known Gujarati poet Balmukund Dave, was a rare blend of toughness and tenderness in his personality. Sardar Patel was a great Statesman and diplomat like Chanakya. Though he had faced a lot of challenges and criticism but never turned back to express his own views for the well-being of the people, national security, stability and economic development of the country. Mrs. Indira Gandhi had rightly described - 'Sardar as a bright star shining in the Indian galaxy' while Sarojini Naidu- the nightingale of India described "Sardar as a golden jewel enclosed in an iron casket".

Sardar Vallabhbhai Patel is mostly remembered as a leader of Bardoli, Kheda and Borsad Satyagraha in Gujarat. More than that, he is famous as the maker of Modern Indian Nation who united India by integrating Princely States into Indian Union and for which he is called as Bismarck of India. He has a very outstanding personality. He is known for his sharp mind, daring and straight forward nature, decision taking capability, honesty and integrity in every path of his life. There are a lot to learn from the life of Sardar Patel. He has his own way of dealing with the things and people. Some of the incidents of his life - from childhood to old age will give in a few coming issues. Till then chao!



**RASHMI PRAVA PANDA**  
Assistant Professor of History  
Calorx Teacher's University

## 'Well Run Arindam'

TOP pays homage to Arindam Sen Gupta



Veteran journalist Arindam Sen Gupta died of cancer on 28th January 2016. Sen Gupta, was the managing editor of The Times of India. During his 33-year-long career, Sen Gupta worked with publications like Probe magazine, The Patriot and The Sunday Observer, before holding senior editorial positions at The Economic Times and later The Times of India. A very influential man, Sen Gupta joined journalism in 1982 after a short stint as a teacher. He was with the Bennett Coleman and Co. group continuously from 1991 after a previous spell from 1988 to 1990. "Well Run Arindam" says Archit Bhatt, Managing Editor, The Open Page.



Success is a lousy teacher. It seduces smart people into thinking they can't lose —BILL GATES





# THE ECLECTIC HORNBILL FESTIVAL

On a cold December morning, every road in Nagaland seems to be leading to the Hornbill Festival venue. Large signboards, usually adorned with portraits of Naga people clad in their beautiful best traditional wears, welcome you to the 'Festival of Festivals'. They are compellingly beautiful images – seeing one of them in a newspaper or a magazine will compel you to pack the bags and catch the next flight available.

The Hornbill Festival is a celebration of Nagaland's traditions and cultural heritage. Sixteen communities—collectively called Nagas—come together at the festival venue to exhibit their wears, enact their daily life and re-create their energetic festivals at one place. Imagine spend a year travelling through rural Nagaland, witnessing their way of life and celebrations, and then think about bringing it all together in one-go. That's hornbill festival for you.

Here is a collection of images from Hornbill Festival – celebrations, performances and portraiture, made in the last two years of leading photography tours to the festival.

Besides performances, the festival also hosts several entertaining competitions including bamboo pole climbing. The climb is made harder by lacing the pole heavily with pork fat. Participants are allowed to minimize the effect of grease by throwing sand on the poles, but it doesn't help much. It takes a lot of unsuccessful attempts before someone manages to get on the top. A few other competitions include a Naga version of high-jump that involves kicking a high-hanging piece of meat with both legs, and eating bhoot-jolokia (ghost-chillies or king-chillies). Bhoot-Jolokia are known as the world's hottest chillies.

## Hornbill Festival Information Things you should know

Hornbill Festival is scheduled from December 1 to 10 every year. Sixteen different communities inhabiting Nagaland come together during the festival to present a glimpse of their cultural heritage, enact their way of life and recreate their festivities. The festival is held at a specially created venue outside the city of Kohima, called Kisama Heritage Village.

The festival is not just about cultural performances: it's a great place to get insights to about all things Nagaland. At the festival venue, you can taste Naga food, witness or be part of some competitions, see museums that give you insights into the part played

**ARUN BHAT**  
Travel Photographer,  
Bengaluru



A performance in progress at the festival arena

by Nagaland during the second world war, see images or participate in a photography competition and of course buy Naga souvenirs.

When performances are not in progress, you can visit the Morungs to meet the Naga people adorned in their best traditional clothes and even watch some performances that happen at the Morung from up-close.

Although the festival lasts for ten days, most visitors prefer to be at the festival venue for two to three days.

Having been to Kohima, it is also worthwhile taking time to visit a few places nearby. Visiting local villages – Kigwema (close to the festival venue) and Khonoma (one hour drive) can give you a glimpse of everyday life in the villages of Nagaland. These villages are inhabited by Angami Naga people. Another popular sight of Kohima is a war cemetery built in memory of Indian and British soldiers who fought the Japanese.

A night-market opens up in Kohima during the days when Hornbill Festival is in progress. This is a busy road where Naga people setup food-stall along the length of a road.

Accommodation can be hard to get and frightfully expensive during the days of the festival. Ensure that you book well in advance. Kohima has a range of accommodation from basic guest-houses to three-star hotels. You can also find a few guesthouses that open-up to visitors in nearby Kigwema Village.



The festival sees a large number of people performing over its ten days length



The festival venue—called Kisama Heritage Village—just outside Kohima. The venue is far larger than just an amphitheater for performances. Surrounding the amphitheater are the resting places of the participating communities, restaurants, shops, museums and community areas.



Being ignorant is not so much a shame, as being unwilling to learn — BENJAMIN FRANKLIN





## Exam Fever-an Interview with 10th grade students at Hanumant High School, Mahuva



**H**arsh from grade X feels that he can't remember the contents for the exam. Vikrant believes that he has potential to achieve more than 90% but hardly meet 70% which is below his expectation. There are many students specially facing Board exam and have their own problems. Exam is all about the test of knowledge and grades. For the students that becomes a mountainous task to attend with expectations of high grades. Focusing EXAM at centre, librarian of Hanumant High School, Mr. Dayawant has organized an interview on EXAM FEVER for grade X students with the Principal Ms. Rekha Vyas and other faculties on 18th January 2016.

In this session the students of grade X asked different questions related to exam to the Principal and other teachers.

### BHAKKTI

**It is difficult to revise all the notes at a time. How can we prepare notes for the exam to do faster revision?**

Making good note, which is easy to understand and revise, needs high skill and secret of success depends on that. It must provide collective information in an easy way.

- The contents must be organized properly and linked logically in a way it helps to summarize.
- There are some KEYWORDS, definitions, functions which should be highlighted.
- Develop your own pattern to remember sequence/chronology. e.g. Petro G Ne Kar De LuFuRe. (Petroleum products during fractional distillation)
- Diagrams, Tables and Flow charts will save your time to understand long description and help to summarize faster.
- Must take care of heading and sub heading.
- Use abbreviation and short words.
- Skip unnecessary explanation.

### MISRI

**How to remember lengthy answer?**

- It is proved that we can remember 10% of what we read, 20 % of what we see, 50% of what we hear, 70 % of what we collaborate and 80 % of what we do.
- If you want to remember a lengthy answer, you teach the same to your friend or discuss with your friend. You will definitely learn it easily.
- It again depends on your ability to associate and skill to prepare good note. A note split into paragraphs with highlighted key words will certainly help to remember lengthy notes.

### SOHA

**What diet shall we follow ?**

- Scientifically it is proved that diet and exercise has high impact on memory. Junk food, oily

food and sugary food block the memory. Omega -3 which is ample in walnut and Kiwis help to sharpen your memory. One must eat lots of fruits, water during exam.

- Regular 30 minutes exercise is essential. A hormone named Endorphin secreted from Pituitary gland which is located at the backside of your brain makes you exhilarated & block the feelings of pain.

- It develops your self esteem and makes you positive and removes your stress. So, I advise you all to do some kind of physical activities like playing, running, walking at least for half an hour.

### SHAGUN

**It is difficult to focus on studies and mind diverts to various activities while studies. How to control ourselves ?**

The question itself gives clarity that somewhere we need to control ourselves. This will develop by understanding self responsibilities. It is not advisable to stuck to reading if the mind is blocked or you are tired. Listen to the music, talk to the friends, discuss questions with your friend but don't turn on TV or INTERNET or SOCIAL MEDIA. Deep breathing, meditation and pranayam will also help to bring self control.

### SHIVANI

**How to prepare for Mathematics ?**

Mathematics is sequential subject. One cannot remember unless the base is clear. We need to understand concept of Mathematics and its application. Lots of practice of similar type of question, will help to improve the result.

### BHOOMI

**Can we listen to music while doing Math sums ?**

Yes! It depends on individuals. If you are not diverted from the subject due to music, then you can listen to music.

### PRANAV

**Give some tips to sharpen the memory.**

- There is no magic which increase your mental ability over night, but, certainly you can derive maximum by adopting scientific techniques to learn. As mentioned above regular revision is must to convert short time memory into long time memory.
- We need to develop reading techniques. Visual impact helps us to remember for long time. One must use diagrams, flow charts, map reading to remember lengthy notes.
- Marzia was still confused for her exam phobia. She gets nervous at the time of exam, feels like headache, vomiting. One needs to come out of stress by developing self confidence. It is my appeal to all young friends to remove stress and be positive and get rid of EXAM FEVER!

**Mr. Rajesh Tiwari, Archana Sharma, Ashish Pagare, Anil Parmar, Vimal Kanabar.**  
Members Young Reporters Club



## YRC's members interviewed school principals on revision techniques

The Young Reporter's Club interviewed the Principal Shri G.J.Dadhaniya for the students appearing in Board Examination. Here some faster revision tips and techniques given by the Principal. The students - Sahu Mandip, Vishwakarma Saurabh, Chavda Kunal from 10-A asked the following questions (queries) which they and the other 10th Board appearing Students probably facing. Res. Principal answered them accordingly and made them relax.

### How to prepare important notes for faster revision ?

The lesson of the language Sub. like Guj., Eng., San., etc. recall it as in the form of story so that you can easily remember the chapter and will also helpful to you for answering the questions thoroughly.

Also prepare a short note for all the main topics of Science and Social studies.

There is less need of do all sums practically but write down the formulae and theorem at least once in a day. The same for grammar subjects - You may memorize only the rules, tables [active passive voice, degree, indirect speech] for quick revision.

### How to memorize lengthy answers ?

Split the lengthy answers into sub topics. Also prepare key words for all the main topics and recall that only. You may also prepare 'wh' question for key words and answer it yourself.

To concentrate on your subject, meditate atleast for 5 to 10 minutes. After reading lengthy answers, close your book and try to recall your memory.

If required revise it another time. Also practice writing it for getting better result.

### How to manage time for revision and for exams ?

Prepare time table according to your choice but keep on revising the diffi-



cult topic/subject every day. Choose the most suitable time for revision. Don't waste your time in other activities but spare maximum time on your study.

Set your watch and do some paper practice. Try to complete the paper within 3 hours. So that you may attend and complete the Board paper timely.

### What diet shall we follow so that we can practice and revise for a longer time.

Sleep and eat well. Avoid eating

junk food. Eat food rich in vitamins & other nutrients which supply continuous energy to the brain for a longer period of time. If suitable intake more liquid. Also keep shorter relaxation time to refresh yourself.

### How to prepare for Maths or practical subjects ?

Revise all the Maths formulae properly so that you can put the value accordingly and will solve the sum easily. Moreover revise tables, square, square roots, cube, cube roots timely. So it becomes

easy for you to calculate the sum and can consume your time.

For Sci.-draw and label the figure properly which will help you to describe long answer thoroughly.

At the last Sir concluded with his golden words,

"Destiny plays an importance role in the life of a human being but unshrinking zeal can change the lines of fortune. We don't know our future but the present is in our hands and the right action at the right time will certainly lead us to the path of success."

## YRC members at SSV School



### How to do revision for exams?

Start revising early, make a time table to plan your revision and stick to it. Take short breaks every hour not every 10 minutes. Sit at a proper desk and don't try to revise lying in bed. Find a right environment to revise not in front of the television and while listening to the radio. Take proper and healthy food and drinks. Enough sleep is essential. Do meditation or exercise for 10 - 20 minutes.

### How to answer exam questions?

Read all questions carefully. Manage your time. Structure your answer. Review your answers thoroughly.

### How to concentrate during exam?

Find a suitable studying environment find a nice quiet place with a large comfortable chair like your sitting room pref-

erably without a television a computer or a cell phone within your reach. Collect revision materials before you begin studying. Do not plan to look for pen highlighters rulers etc. in the middle of studying. Collect suitable revision snacks fruits and water are simple and effective. Take short breaks after 45 minutes of studying take a 10 minute break. Why take break? Your brain needs time to recharge taking a break and walking around improve memory recall.

### How to beat examination stress?

Start studying well before the exam. Focus on understanding the concepts rather than mugging. Keep reminding yourself that your hard work will not go to waste. Get plenty of sleep. Eat healthy food. Exercise 15 - 20 minutes every day will make you feel stress free and mentally fit.

**Tip-1:** Go through entire syllabus and divide it in easy, moderate and hard topics and make revision plan accordingly.

**Tip-2:** For revision consider easy topics first, moderate topics next and hardest topics last. This way it will be easier to complete revision with confidence.

**Tip-3:** For memorising theoretical topics like SS and Languages make use of Mnemonic code and write it down in the margin of the same paragraph. Make a word or Formula for the entire page and write it on the top of the page. E.g. VIGBYOR- the seven shades of the rainbow are Violet, Indigo, Green, Blue, Yellow, Orange and Red.

**Tip-4:** Refer to papers of previous year and note down the questions as per Chapter No of the text book. Then make in the material that you are referring for learning note down the number of times it has been asked. This will help you to identify those questions that have higher probability of being asked in the next exam.

**Tip-5:** Refer to papers of previous 3 years and find out the chapters that have more weightage in that papers and then create a table of each subject with highest weightage chapter being 1st and so on and prepare accordingly for exam.

**Tip-6:** While preparing for objective questions study questions with 3 to 4 marks weightage rather than mugging up 1 mark objectives. Such preparation will cover more than one objective question in one answer.

**Tip-7:** For better preparation of objective questions study in a group of 2 or 3 students and take turns for preparing and asking questions to each other. When a wrong answer is identified rectify with explanation immediately.

**Tip-8:** For preparing objective and short questions, study in group while for preparing long questions study individually with full focus in memorizing the same.

**Tip-9:** When learning new topic or concept it is advisable to learn and discuss it along with a friend or group. But while doing so keep track of time & don't waste time. E.g. Let us read and then explain each other the topic with 5 min.

**Tip-10:** At the end of certain time period, say 1 hour or more inform your parents or elders about the topic you prepared. In that way they will be assured that you are actually preparing and you also will have a summary of work done during that hour or time period.

**Tip-11:** Take short breaks should not exceed more than 5 to 10 min. Also, during such short breaks do not include TV or Radio but rather walk in and around the house is advisable.

**Tip-12:** During the last 15 days before your exams avoid going out of house unnecessarily and avoid such other distraction. Take food and sleep in regular fashion as per requirement.

**Tip-13:** Rather than having an extensive and stressful learning session make a comfortable but regular plan. Avoid late night shifts or irregular sleep patterns. Have regularity and confidence on your schedule and work accordingly.

**Tip-14:** Mark the punch lines or formulas that are important and frequently asked. Have habit of listing important points or words in the top of left margin so that it will be easy to make reference and remembrance.

**Tip-15:** Keep your stationary set ready with all required tools like Blue and Coloured Pens, pencils, eraser, sharpener, scale, protractor, ruler, stapler, etc. Avoid using fresh pens in exam. Use tried and tested pens that are comfortable.

**Tip-16:** Reach the exam center early by half hour for the first time for every new exam center. For a continued exam center reaching before 20 min will do.

**Tip-17:** Obey the instructions received for securing your seat in the exam center. Do not argue or ask silly and unnecessary questions to exam center authorities.

**Tip-18:** All keep your Original Exam Receipt along with a photocopy of same with you during the exam. Show it to the relevant authority on demand and keep it on desk if asked so.

**Tip-19:** While Checking in the class of your exam double verify your seat numbers on the desk before occupying it. If you find any thing pre written on the desk apart from your Seat No. Than inform the supervisor before occupying it.

**Tip-20:** Write your seat number properly in the space provided in OMR and Answer sheets. Write appropriate Center Code, Such other details clearly and without correction.

**Tip-21:** Do Not Write anything on the Question Paper. If suggested then write your Seat Number on your Questions Paper as well apart from Answer sheet.

**Tip-22:** Write Complete details in the columns provided in the Main Supplementary and Additional Supplementary.

Possibly note down the Supplementary codes for each subject in the photocopy of your Receipt against respective subject.

**Tip-23:** In OMR Sheet fill in the correct choice with Blank Pen. Mark Full Circle. Do not make any other marks or scratches unnecessarily.

**Tip-24:** Maintain the question sequence in the answer sheet. Do not answer question randomly. Complete the entire section in a sequence. Leave blank space and fill it later if you want to answer other question out of sequence.

**Tip-25:** Highlight the main points or key words in the answer with black or green pen. Write answer point wise. Leave adequate space between two answers. Your paper should look tidy and clean.

**Tip-26:** Draw diagrams where necessary and box it with Pencil or green pen for highlight it. Possibly use dark pencil to draw diagrams or charts.

**Tip-27:** Keep Track of time while attempting answers. Do not over describe answer with less weightage. Attempt Full paper with relevant options. Do not leave any question unattempted.

**Tip-28:** Fill in the answers with appropriate and relevant content as per weightage of marks. Avoid writing unnecessary words or irrelevant information.

**Tip-29:** Do NOT Write any Religions Statements and Do NOT reflect Religious Sentiments on Paper. E.g. "OM", Shri Ganshey Namah etc.

**Tip-30:** Do NOT forget to get your answer sheets and OMR signed by supervisor. Always insist on Signed Additional Supplementary.



**DR. VISHAL VARIA**  
ROSARY EDUCATION  
SYSTEM  
TWEET: @DrVishalVaria



SUDOKU

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

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

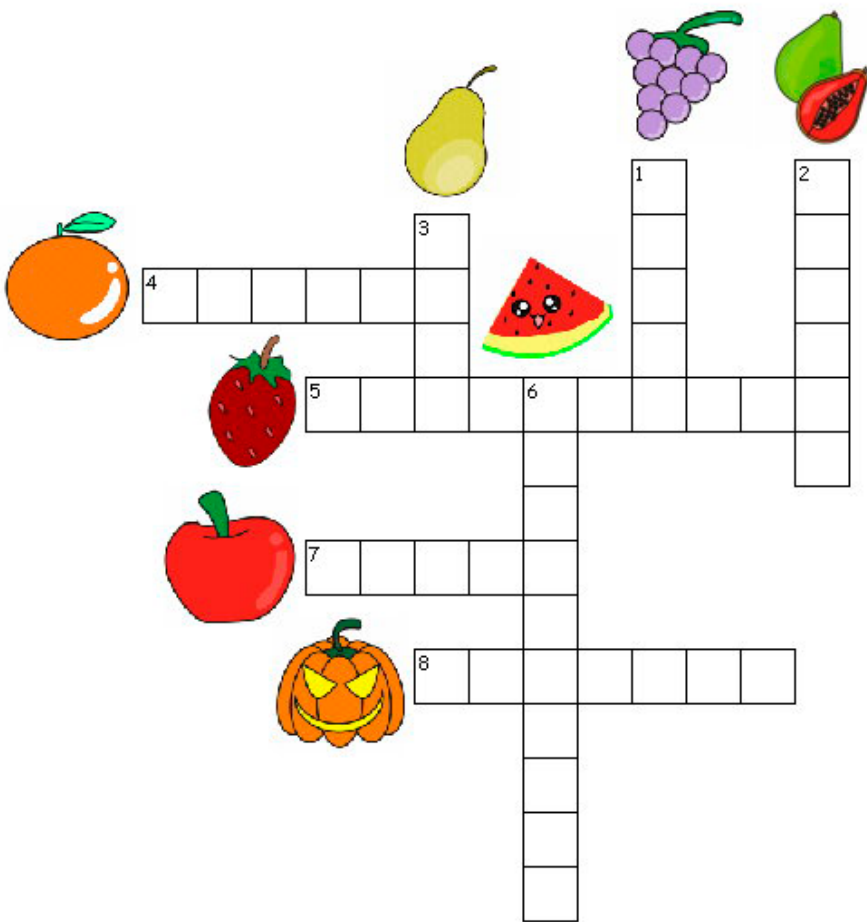
**How to Play:**  
Fill each of the blank boxes with the number grid from 1-9, with no numbers repeating in vertical, horizontal rows or 3x3 grids. Do not repeat any letters in a line. Each puzzle has only one solution.

ANSWERS

FIND THE 6 DIFFERENCES



CRISS CROSS PUZZLE-FRUITS THEME



DID YOU KNOW FACTS!!!

Switzerland eats the most chocolate equating to 10 kilos per person per year

The first Burger King was opened in Florida Miami in 1954

Lightning strikes the Earth 6,000 times every minute

An elephants ears are used to regulate body temperature

Black on yellow are the 2 colors with the strongest impact

Grapes explode when you put them in the microwave

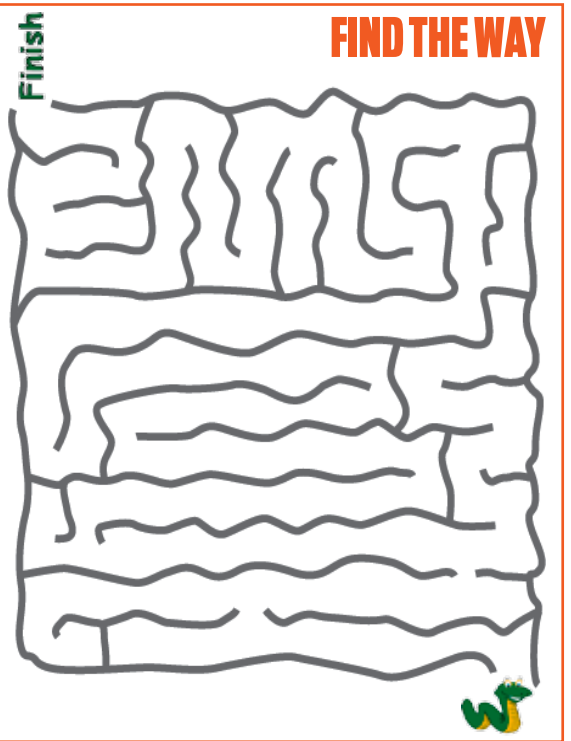
Your most sensitive finger is your index finger (closest to your thumb)

The Great Wall of China is approximately 6,430 Km long (3,995 miles)

DOT TO DOT



FIND THE WAY





# THE INDIAN RESOLUTION

In the pursuit to harness the Indian postal heritage with the latest generation, here's an effort towards creating a sense of belongingness with their past (actually not past, but present perfect but inexperienced by many).

The history dates back to July 1879, when the Post Office of India introduced a quarter anna post card, that could be posted from one place to another within British India. This was the cheapest form of post provided to the Indian people to date and proved a huge success. The establishment of a large postal system spanning India resulted in unprecedented postal access: a message on a postcard could be sent from one part of the country to another part (often to a physical address without a nearby post office) without additional postage affixed. This was followed in April 1880 by postcards meant specifically for government use and by reply postcards in 1890. The postcard facility continues to this date in Independent India.

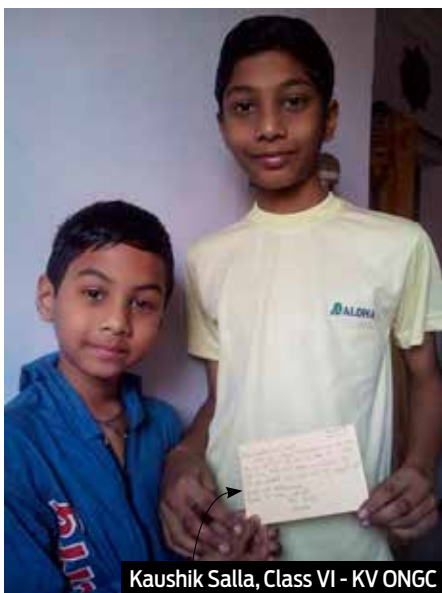
Sons': We did not know much about it, but only heard about post cards, envelopes, inland letters and airmail, through our school project.

My Father: During this New Year, January 2016 he told us that, "I want both of you to write postcards to your cousins".

I have learnt letter writing in class but writing it for real people and posting it, was great fun. (they exclaimed with joy)

We are proud Indians to continue this in Digital India, Make in India.

Yours Indianly

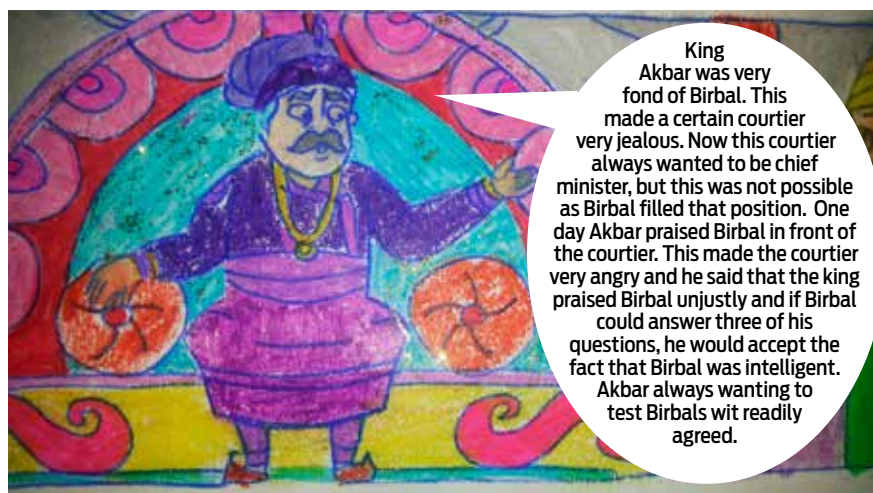


Kaushik Salla, Class VI - KV ONGC



Tejesh Salla, Class - II - KV AHD Cantt

## The 3 Questions – Akbar & Birbal



Immediately Akbar asked Birbal the three questions and informed him that if he could not answer them, he would have to resign as chief minister.



In answer to the third question, Birbal said, "Counting the exact number of men and women in the world would be a problem as there are some specimens like our courtier friend here who cannot easily be classified as either. Therefore if all people like him are killed, then and only then can one count the exact number."

Moral: There is Always a Way.



Nikhil Shah, Grade 5, Shreyas Foundation

Nirja Shah, Grade 5, Shreyas Foundation

## SPORTS ACHIEVEMENT



BHAVYA UPADHYAY

Student of Std-9 in Tripada High School, Day School Campus, was selected to play International basketball match at Bhutan. Tripada Parivar Congratulates him & give warm wishes for his future achievements. In annual sports meet of Tripada Schools, he won 4 Gold, 4 Silver, 1 Broun trophy for sport's Person of the year 2015-16. He also got 11 certificates for different games.

## MAN IS KIND



It is proven that there are many people on our mother earth not only talk but also act, on 16th January, 2016, Mr. Shah of Vardan Tower was sipping tea sitting in his balcony and he saw a pigeon entangled in threads due to the after effects of Uttarayan festival. He immediately gathered his neighbors and other friends from Shanti Appartment, and called a fire brigade to save the bird. TOP reporter's club applauds this act of kindness shown towards the bird.



—AARYA SHETH  
CLASS 4-C,  
JG INTERNATIONAL SCHOOL  
MEMBER  
YOUNG REPORTERS' CLUB



Everything has beauty, but not everyone sees it. —CONFUCIUS





- Children under 6 you can do up to 1 minute / exercise. The total time for the kids yoga session can be up to 15 minutes.
- Children 6 and above can do up to 1 1/2 minutes / exercise and the kids yoga session can last up to 25 minutes.
- Encourage the child to do the pose correctly, along with the breathing, but don't force perfection. Use lots of positive reinforcement to help the child learn and improve.
- Take frequent little breaks in between, during which encourage meditation and being still. Breaks after strenuous exercises is a must.
- Always demonstrate the posture or exercise, rather than try to just explain it. Use this technique even when trying to correct their poses.
- Encourage the children to practice with their eyes closed when so indicated by the exercise. This will teach them the profound art of looking and feeling what is happening within them.
- Remember even kids need to warm-up before doing vigorous yoga.
- Kids tummies should also not be full when doing yoga.
- Never compare the children with each other.
- Start them off with joining you towards the end of your yoga practice. This is one of the best ways to inspire kids to start yoga.

# GUIDELINES FOR KIDS YOGA



## BENEFITS OF KIDS YOGA

- Builds their confidence and self-esteem.
- Improves their powers of concentration and focus.
- Develops their brain and intellect.
- Excellent for their bodies and health. Promotes balance, flexibility, coordination and strength.
- Helps them cope with stress and difficult emotions.
- Develops their creativity and imagination.
- Sharpens and expands their awareness.
- Helps them develop calmness.



**CHHABARIYA SONIYA**  
8B, MG HIGH SCHOOL

### A DAWN OF HAPPINESS

With the sadness of year-ending,  
and the happiness of new-beginning,  
a new dawn has arisen,  
breaking the mourn of patience.

With all smiling faces,  
and some painful rashes,  
new dawn has arisen,  
with the shone of emotion.

With all the happy countries,  
and sad controversies,  
a new dawn has arisen,  
with a song of learning.

With the birthday of century,  
and new year of human sanctuary,  
new dawn has arisen,  
with happy greetings of scenery.

Mehta Ritu, STD -9 (B) Smt. P.B.D. Joshi High School

### WATER

Rivers, Seas, Oceans,  
Water is a thing which  
changes the matters.

Bungalow to Bungalow, house to house,  
Hut to hut and tent to tent  
Everywhere water is meant.

Pani puri, sev puri, Ragada puri,  
Villagers have water in their eyes.

Slakes the thirst,  
Takes the man to health first.

Save it, conserve it.  
Don't waste life  
Without water all else is death,  
Water is life, have deep faith.

Sharan Shetty, Std- 7, Shri sathya sai  
vidyaniketan, Navsari

### MAKE IT!

They were laughing at me.  
I was crying for a pair of shoes,

My legs were laughing at me.  
I wept for friendship bands,

My hands were laughing at me.  
I cried for a new released movie

My eyes blamed me and showed blind  
man's happiness.  
I complained of noise of playing  
children,

A deaf man greeted them.  
I protested the taste of food  
worth for beast  
The same a hungry beggar enjoyed  
as a feast.

The things which make me sad,  
Are not truly bad  
I changed my outlook, thanked the lord  
And found happiness in the core and  
chord.



Chandrakant Shrivastav  
Shri sathya sai vidyaniketan,  
Navsari

Make it to make it  
And do it do it  
Take it to take it  
And never forget it

I'll never just stop it  
And never will mop it  
Hope me to stop it  
You dare not to talk it

Cause i'm in there with habbit  
To show them what is it

Hellion! Am i?  
No! Say i  
You'll cringe and move back  
When you'll know what is high

Drenched and embarrassed  
You will be then  
Renounce to me with every bit you can  
Great great bungler will you refrain?

No, i won't i, won't do unkind  
He, who's up, will make you remind  
I'll live as always,  
I'll live "my life"

Muhammad Fahad Mukhtar Ahmed  
Rajput, Teacher of Pragati School



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PHOTO

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EMAIL ID :

SCHOOL NAME :

STD :  DIV :  GENDER :

RESI. POSTAL ADDRESS :

CITY :  STATE :  PIN CODE :

DATE OF BIRTH :

DATE OF SUBSCRIPTION :

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Think big, think fast, think ahead, Ideas are no  
one's monopoly. —DHEERUBHAI AMBANI





## RIVER FACTS FOR KIDS

The longest river in the world is the Nile River, it reaches around **6650 kilometers in length (4132 miles)**. More Nile River facts.



The second longest river in the world is the Amazon River, it reaches around **6400 kilometres in length (4000 miles)**. More Amazon River facts.

The longest river in the USA is the Missouri River, stretching around **2,340 miles (3,770 km)** in length (slightly longer than the Mississippi River). The two combine to form the longest river system in North America, reaching around **3902 miles in length (6275 km)**. More Mississippi River facts.

Small rivers often have different names which include creek, stream and brook.

Rivers normally contain freshwater.



Rivers have many uses which include fishing, bathing, transport, rafting and swimming among others.

The word upriver (or upstream) refers to the direction of the river's water source, while downriver (or downstream) refers to the direction in which the water flows, i.e. towards the end of the river.

Most of the world's major cities are located near the banks of rivers.

The Ganges, Yangtze and Indus rivers are three of the most polluted on Earth.

The Colorado River travels through the south western United States and north western Mexico, it is home to the famous Hoover Dam.

The University Boat Race is held every year on the Thames River in London between the Oxford University Boat Club and the Cambridge University Boat Club. The crews feature eight members who battle it out on the 6,779 m (4 miles and 374 yards) course.

On January 15 2009, a US Airways plane successfully made an emergency landing in the Hudson River that runs through New York. After being hit by birds, the pilot of flight 1549 managed to land the plane in the river with the loss of no lives.



**Rishi Patel,**  
Std 6A, Hiramani School, Ahmedabad



## ADVANTAGE OF USAGE OF COCONUT

- The coconut comes from the coconut palm tree which grows throughout the tropics and subtropics.
- The name coconut is derived from 16th century Portuguese sailors who thought the 3 small holes on the coconut shell resembled the human face so dubbed the fruit "coco" meaning "grinning face, grin, or grimace" The word nut was added in English later on.
- The coconut palm (Cocos nucifera) can grow up to 30 m (98 ft) tall and the leave fronds 4–6 m (13.1–19.7 ft) long.
- Technically the coconut fruit is a drupe not a nut. Typical drupes include peaches, plums, and cherries.
- In the early stages of a coconuts growth it contains high levels of water which can be consumed directly as a refreshing drink. The water is also gaining popularity as a sports drink as it contains good levels of sugars, dietary fiber, proteins, antioxidants, vitamins, and minerals.
- Coconut water can be a substitute for blood plasma. The high level of sugar and other salts make it possible to add the water to the bloodstream, similar to how an IV solution works in modern medicine. Coconut water was known to be used during World War II in tropical areas for emergency transfusions.
- Coconut milk is not the same as coconut water. Coconut milk has a high fat content of around 17%, but is low in sugars. It is frequently added to curries and other savoury dishes. Coconut cream can also be created from the milk.
- Coir (the fiber of the husk) can be used for making ropes, mats, brushes, sacks, caulking for boats, and as stuffing for mattresses.
- Coconut leaves have many uses such as for making brooms, woven to make baskets or mats, or dried and used as thatch for roofing.
- The white, fleshy part of the coconut seed is called coconut meat. It has high amounts of Manganese, Potassium, and Copper. The meat is used fresh or dried in cooking, especially in confections and desserts such as macaroons.
- Copra is the term used for the dried meat. This can be processed to produce coconut oil used in cooking, in soaps, cosmetics, hair-oil, and massage oil.
- Wood from the trunk of the coconut palm was traditionally used to build bridges, houses, huts and boats in the tropics. The woods straightness, strength, and salt resistance made it a reliable building material.
- The coconut palm is grown in over 80 countries. The top 3 coconut producing countries in 2010 were the Philippines, Indonesia and India.
- In Thailand and Malaysia, trained pig-tailed macaques are used to harvest coconuts. In fact, there are still training schools for these monkeys in parts of the countries and each year competitions are held to find the fastest harvester.



**Malhar Patel,** Std 7B, Hiramani School, Ahmedabad

## ART CORNER



**GUNGUN GUPTA**  
STD-V, The Rosery School



**KULDEEP RANA**  
Std 5B Global Mission International School



**MANUSHI PANCHAL**  
Std 7, Tripada day school



**MIHIR PARMAR**  
Std-8, Divine Life International School



**MILAN MUKESHBHAI JADAV**  
Std-5, Manikrupa School



**SALONI SHAH**  
Std-8, Arjun English school



**DHANVI SHAH**  
Std-7, Arjun English School



**VILAS S. CHAUDHARI**  
Std- 10 B, Sri Sataya Sai Vidyanketan



Email your answers to: theopenpage@tripada.com by 20/02/2016. You can also post your answers to the following

**Address:** The Open Page, 4th Floor, Vishwa Arcade, Opp. Kumkum Party Plot, Akhbarnagar, Ahmedabad - 13.

## MODES OF TRANSPORTATION WORD SEARCH

S E K I B  
 G C E K O B P E  
 K U B T C F A U  
 Y Q H A A U T P I  
 Z O P E I K R D Q X  
 S R W L R S T I J E T U B P  
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 SKATEBOARD  
 SKATES

SUBMARINE  
 TRAIN  
 TRAM  
 TRUCK  
 WAGON



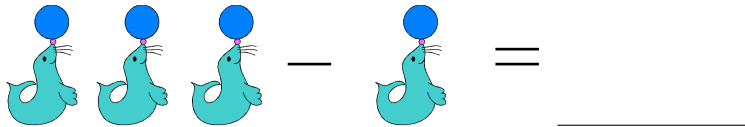
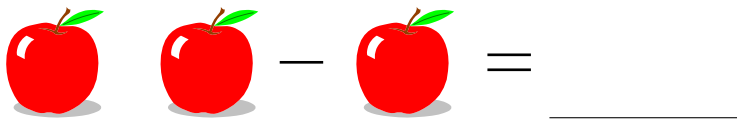
## GENERAL KNOWLEDGE QUIZ

1. In what country was Nelson Mandela born?
2. Adidas and Volkswagen are companies from what country?
3. Zurich is the largest city in what country?
4. In what country is the Great Pyramid of Giza found?
5. In what country would you find the cities Lyon and Marseille?
6. Leonardo da Vinci was born in what country?
7. In terms of land area, what is the largest country in the world?
8. What country was known as Ceylon until 1972?
9. In what country would you find the cities Ankara and Istanbul?
10. Mount Fuji is the highest mountain in what country?

### GENERAL KNOWLEDGE QUIZ ANSWERS

1. South Africa 2. Germany 3. Switzerland 4. Egypt 5. France  
 6. Italy 7. Russia 8. Sri Lanka 9. Turkey 10. Japan

## PUT THE CORRECT ANSWER



## WINNER OF JANUARY



## FUN WITH COLOURS

Till Std. 4th

**Your drawing should reach us by 20/02/2016 at**

The Open Page, 4th Floor, Vishwa Arcade, Nr. Akhbarnagar,  
Nava Wadaj, Ahmedabad-380013

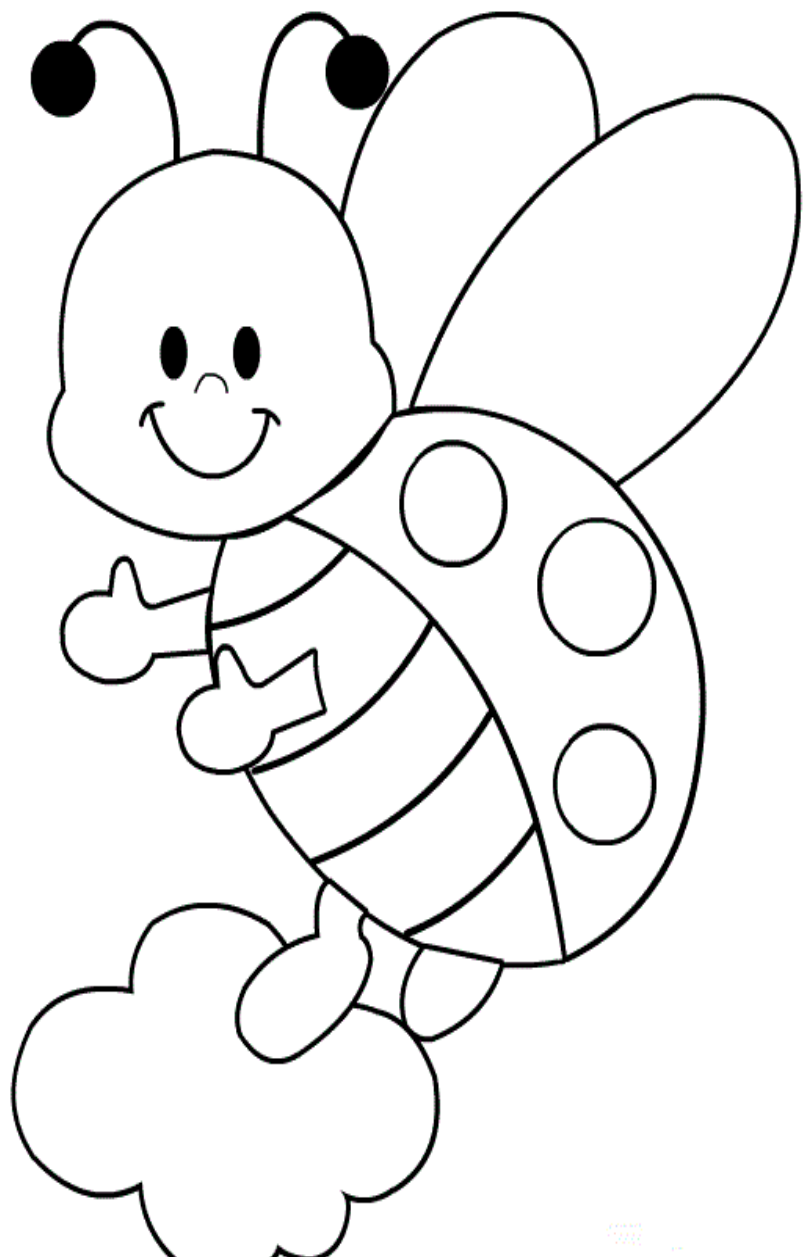
GIFT FOR  
BEST  
COLORING

Name: \_\_\_\_\_

Name of School : \_\_\_\_\_

Std: \_\_\_\_\_ Mobile No.: \_\_\_\_\_

Photo





## CYCLE RALLY AT MOTHER CARE SCHOOL, NADIAD



On the evening of 31st December 2015 the last day of the year Mother Care school celebrated cycle rally with the theme of "Go green Feel healthy". Aim was to aware all the citizens about global warming by the use of cycle at least once in a week.

## ARJUN ENGLISH SCHOOL ORGANISED QUIZ COMPETITION

Arjun English School has organised the inter house quiz competition in the school premises. Four groups A, B, C and D participated. Each group had having four students. There were four rounds, multiple choice round, buzzer round, rapid round and visual round. Students of grade 7, 8, 9 and 11 had participated. They enjoyed a lot. This helped students to enhance their knowledge. Group 'A' emerged as winner and group 'C' as runner up.



## BRIGHT INTERNATIONAL SCHOOL ORGANIZED A TOUR

Bright International School organised a tour to Jaiselmer. Students along with their teachers and Principal, Mrs. S.K.Risam visited the famous city and various heritage sites. It was BIS's first school tour in which the students as well as teachers enjoyed a lot. The tour was of 2 nights and 3 days stay. Student of the age group 11 to 16 years went for the tour and visited national heritage sites – Desert Safari, Rajasthani Dance along with bonfire in a beautiful resort was additional enjoyments.



## UTTARAYAN FESTIVAL CELEBRATION ON BRIGHT VICTORY SCHOOL, NANA CHILODA



The Uttarayan festivities for the students of Bright Victory School, Nana Chilo-da started as they gathered in the middle of the ground to fly kites. As the sun went high, a panoramic view with thousand traditional kites floated like colourful birds and as if a burst of colours suddenly poured into the sky. At a specific time, the kites started to rule the blue sky of The Bright Victory School. Nothing could beat the enthusiasm that ripped through the Wednesday morning of our school. Students of Std 1st to 12th came on the ground of the school and took their places and the youngsters had put on a great display with rhythm of music, everyone enjoyed the kite flying and whole heartedly welcomed the colourful festivals of kite flying.

The energy of the children was awesome it was like that they were blessed with joy which brought smile and laughter on their faces by forgetting all burden of their bags and studies. Of course they did not forget the message given by our respected drawing teacher Mr. Ankit Dave who embedded the message 'Save the Birds' on a kite crafted out of sand. The same information about saving the birds was also given by our beloved principal Ms. Chhaya Bhatt. She explained the students that the students should take care in the next two days i.e. 14th and 15th January that to avoid kite flying in the early morning between 6am & 8am and at evening between 5pm & 7pm. Kite flying in our School started with the same care by our children of Bright Victory School by remembering 3 C's – common sense, courtesy and caution under the supervision of teachers and principal of Bright Victory School.

## CHESS AND MEHNDI COMPETITON AT GULSHAN-E-MAHER SCHOOL, SARKHEJ



Chess and Mehndi competiton held at Gulshan -E-Maher School, sarkhej. School celebrated in a very unique way. On this occasion girls from primary, secondary & higher secondary took part in Mehndi competition and boys took part in chess competition. The Managing trustee of the school Mr. Rashid Mohammed Chisti ( Rtd. City civil Judge) was a special guest and advised the students to be the true citizen in a right way All the staff of this school has organised the programme successfully. Kids and parents who witnessed this event, enjoyed a lot.



## Exhibition Chorus-2015 at Shardamandir Modern School



Shardamandir Modern School arranged exhibition named Chorus-2015 on 18th Dec,2015. student's projects during year were displayed in artistic way. There was a class decoration competition between four groups. Students were given theme Christmas, fair, village and Indian traditions. Indian Traditions won the competition along with it live science experiments made by students using waste materials like Hydraulic bridge, Maglev Train and so many parents admired the work a lot.

## UTTARAYAN CELEBRATED AT TIS, AHMEDABAD



Uttarayan is a vibrant festival which is celebrated every year on 14th January The atmosphere at Tripada International School Campus was wonderfully festive as all the little ones of TRIPADA HAUS FUR KINDER gathered at the school campus The festive was celebrated with traditional gaity and fervor on Wednesday 13th January Lovely colourful kites furred in the air The little ones were engaged in flying kites Apart from enjoyment they were also told to take due care while flying kites and save birds. The entire atmosphere was marked with fun and frolic.



## Annual function celebrated Hira manek and Muktajivan School



Hira manek and Muktajivan family celebrated its annual event as "bal tarang -2" on 8th Jan 2016. In this event around 720 students from muktajivan vidhya mandir, BVD high school, Hira manek primary school Ghodasar and Narol participated. The students had shown their talent with unique ideas of performance.



## Celebrated Chaitanyotsav 2015 Spectacular Extravaganza on Chaitanya School, Gandhinagar



The annual extravaganza of Chaitanya School Gandhinagar, Chaitanyotsav 2015 was celebrated on 18th & 19th December 2015. At the school's Barot Amphitheatre, the theme, conceptualized by Director Ms Elizabeth Koshy, was meticulously planned and showcased by the students and staff of the school. "You only have to give the Staff and students an idea for the creative juices to start flowing", says Ms Koshy. The theme, "Cleanliness is next to Godliness" was interpreted in 'Swacch Chaitanya', 'Samudra Manthan', 'Ganga - from Mythology to Reality' on 18th and 19th December by students from Nursery to Senior Secondary. Sowing the seeds of future Event Management, all students participated either onstage or back-stage, with emphasis on meticulous planning and attention to detail.

## Delhi Public School, Gandhinagar celebrated DPS Utsav 15-16



"The brave is not who does not feel afraid but he who conquers that fear."

The sensation of stage fright is bad enough but what is worst is the damage it can do to your career and self esteem.

To confront all the fears of life our school organises DPS Utsav every year. Besides overcoming stage phobia it improves Public speaking, team work and explores the hidden potential of kids in presence of their parents, who too feel elated by seeing the live performances of their wards.

Like every year, this year too Delhi Public School, Gandhinagar celebrated DPS Utsav (2015-16) on 17th and 18th December 2015. The programme was made colourful with cultural programmes and projection of annual album. The programme began with a prayer song followed by different types of dances which included 'Ganesh Vandhana', contemporary dances of the world and pop music. Each class from I to V with hundred percent participation gave their performances with grace and got a big round of applause. The performances were theme based like 'Just Dance', 'Sweet Memories', 'Happy Feet' and 'Essence of Variety' etc.

The chief Guest Mr Apoorva Goenka, Managing Trustee of Delhi Public School along with esteemed guests Mrs. Manju Goenka, P.C. Narayan, V.P. Mishra and Pratiksha Parekh were invited to felicitate winners. They addressed the audience and praised the performances of our school. The programme ended with Vote of Thanks and National Anthem.



## ANNUAL DAY CELEBRATION AT BAPS, RAYSAN



'Annual Day Celebration' of a school is a grand event which the school conducts once in a year. It brings students, teachers, parents and the school management together and provide a platform for the students to exhibit their talents and urges the teachers to put in their best.

BAPS Swaminarayan Vidyamandir Raysan, celebrated their 10th Annual Day Celebration on Saturday 26th Dec'2015, with great exuberance and fervour based on the theme 'Udaan'. The school completes a decade of its journey of spreading the knowledge and values. It is an important milestone for the school.

## Annual function celebrated Divine Life International school at Naroda

Divine Life International school at Naroda organised The Annual Function, 2015-16 at The Town Hall, Ahmedabad which showed the talent of students, in form of dance, drama & music... This is the major awaited event of the year. Parents also admired the hard work of staff and students.

