

The Open Page

Happy Diwali Inspire Learning

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IMPORTANCE OF BIOLOGY

Biology is one of the natural sciences and arguably one of the most relevant fields of knowledge in our day to day lives.

Biology is the study of life and it is important to understand the natural world around us. It is important to everyday life because it allows humans to better understand their bodies, their resources and potential threats in the environment.

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TIME IS WHAT WE WANT MOST...

It is said that time waits for no one. This is true because time is a limited and exhaustible resource for each

one of us. The difference between achieving a lot and achieving the bare minimum often comes down to how well we manage our time..

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STATUE OF UNITY

Sardar Vallabhbhai Patel is a revered name in Indian politics. A lawyer and a political activist, he played a leading role during the Indian Independence Movement. After independence, he was crucial in the integration of over 500 princely states into the Indian Union.

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MEDICAL COURSES AFTER 12th SCIENCE



Have you completed 12th science with PCB subjects? Do you want to pursue a good medical courses? Students always wander , what after 12th? If yes, this article will be helpful to you.

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Singapore Explores Education Beyond Exams and Grades

“Singapore is in top place in the international rankings for education. But it wants the next upgrade of its school system to focus on keeping students positive and resilient.”



“Singapore wants its school system to help with character as well as qualifications”

Although Singapore attained independence only in 1965, it has already created one of the world's highest performing education systems in the last five decades. By no means an accident, the road to success in Singapore has always been focused on academic credentials, based on merit and equal universal access. This centralised system has helped Singapore achieve social cohesion, a unity of purpose among its schools and a culture of hard work that many nations envy.

But as the world has evolved, so has the purpose of the education system today. Schools have become highly stratified and competitive. More advantaged families are better able to support their children with coaching and extra lessons outside of school, while those who can't afford these have to depend on their children's own motivation and the resources of the school to catch up. This social divide continues to widen because the policies that had won the system its accolades - based on the principle of meritocracy - no longer support the social mobility they were meant to bring about. So work is once again in progress to find the new winning formula for education in Singapore

The next update of the education system aims to ensure that Singapore can create a more equitable society, build a stronger social compact among its people while at the same time develop capabilities for the new digital economy. Government policies are moving away from parents and students' unhealthy obsession with grades and entry to top schools. Schools have been encouraged, especially for the early elementary years, to scrap standardised examinations and focus on the developing core values and character among their students.

"Character Scorecards" and "Reflection Journals" have become the staple in many primary schools, to allow parents to follow

the social and developmental progress of their children. A number of schools have also adopted an approach centred on well-being, as promoted by Dr Martin Seligman, director of the Positive Psychology Center at the University of Pennsylvania in the United States. Dr Seligman's model advocates that academic success and well-being form a double helix, and that the best schooling must include educating children on values and character, as well as how to interact well with others, set goals for themselves and work towards achieving those goals. Positive education, a movement that is gaining momentum across the world, works to create a school culture that supports caring, trusting relationships over ruthless competition.

It is an approach that focuses on specific skills that assist students to build positive emotions, enhance personal resilience, promote mindfulness and encourage a healthy lifestyle. An important segment of the new curriculum, at the primary level is family time, and how parents should play an important role in inculcating the right values in their children. At the secondary and high school levels, "values in action" programmes lie at the core of educating young Singaporeans to be empathetic, socially responsible and active citizens in their community. For example, students work on projects that serve the elderly, reach out to migrant workers and read to latchkey children in day-care centres.

There have also been calls for more flexibility over admissions to local top schools and universities to include character traits such as drive, resilience and passion within their selection criteria. To enhance equity, the education ministry has also attempted to spread resources more evenly across schools by rotating experienced principals to schools that need more attention and paying more attention to academically weaker students by strengthening vocational and skills training. All round, government leaders have expounded a wider definition of success beyond academic grades. The media and elite schools have been discouraged from showcasing top students and their academic achievements.

There has also been a nationwide initiative called SkillsFuture which puts 500 Singapore dollars in the hands of every Singaporean from age 25 onwards, for them to pursue lifelong learning, build personal mastery and pursue their passion. An online databank with at least 10,000 courses that Singaporeans can sign up for, to broaden or deepen their skills or take on new hobbies, is easily accessible to all citizens. Moreover, school-based education and career guidance counsellors are also provided at all levels, to nurture students' self-awareness and life skills, as well as to help them explore career options and develop the necessary skills needed to succeed in the new digital economy.



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



Shree Vidhyanagar School – Usmanpura organized a fun-filled trip for students of Std 6th to 8th to IMAGICA THEME PARK. It is India's first and only international standard theme park. Children's had complete experience of fun, action and entertainment. It was trip that they would cherish for the lifetime.



Nikol's Rameshwar School class-VIII students were awarded with certificates at "SKJFI 8th Shoto Cup State Karate" organized in Nadiad recently. The success was achieved under the guidance of Karate Coach Vasantbhai Thakor and Principal Dr.Hemant Pandya.

Students of TIS visited 94.3 fm and Divya Bhaskar printing press at Changodar



Students of TIS std-VIII visited 94.3 FM at Makarba and Divya Bhaskar Printing Press at Changodar. There students enjoyed to see FM studios and their working. In Divya Bhaskar printing press they enhanced their knowledge about printing press. All the students were curious to know about it. All enjoyed a lot this field trip and gained knowledge also. They asked the questions also about machines and so on.



PEARL VOCATIONAL CENTRE FOR NOVOTEL HOTEL VISIT



Students Of Pearl Vocational Centre & Class -X NIOS paid an Industrial Visit to 'Hotel Novotel' - Ahmedabad. The Students were given an elaborate tour on the Hotel and visited several Departments like House Keeping, Bakery, Restaurant Service etc and observed their working, first hand. The visit offered an insight to Students about putting their learning into practice and made them aware of Career Opportunities. The enthusiasm and support of the Novotel staff was commendable.



Almost 70 Students of Diwan Ballubhai Secondary school – English Medium, Paldi visited Vikram Sarabhai Community Science Center, Ahmedabad, for the purpose of overall development. They could get detailed information on scientific instruments, mathematical methods, biology samples, India's first mathematical lab, literature with science, rocket science, botanical bones etc., etc. Students were highly excited and overwhelmed to have a firsthand experience on knowing the usage of different instruments and methodology of studying science and mathematics.



The heritage documentation training conducted at Anant National University from 27th Oct-31st Oct.

IMPORTANCE OF BIOLOGY

HOW THE STUDY OF LIFE AFFECTS OURS



SANJIV SAMUEL
He is the Vice Principal
and Biology Teacher at
S.R.V Bopal



DNA Stand

Biology is one of the natural sciences and arguably one of the most relevant fields of knowledge in our day to day lives. Biology is the study of life and it is important to understand the natural world around us. It is important to everyday life because it allows humans to better understand their bodies, their resources and potential threats in the environment. Biology is the study of all living things, so it helps people to understand every organism alive, from the smallest bacteria to the gigantic redwoods and blue whales. It teaches us about the interaction of cells or how organs function in the human body. It allows us to have a better understanding of the important role that living things play in nature. It also gives insight into prevention and cures for certain diseases. Through the study of biology, we can also better strategise about how to maintain a healthy planet for ourselves and future generations. Biology can also be applied to many fields such as medicine and agriculture.

Our fascination with biology has a long history. Even early humans had to study the animals they hunted and know where to find the plants they gathered for food. Through these explorations and studies, humans have transformed from primitive hunter-gatherers to settled agriculturalists. Through advancement in the understanding of disease, medicine and nutrition, our life expectancy has increased from 30 years to almost 100 years today. Let us look at the various ways in which the understanding and knowledge of biology can enhance our daily lives.

Understanding Our Bodies

There are many branches of biology, from genetics to physiology, which state what the human body is made up of, how it works, and how it is affected by what we eat, the air we breathe, and every other aspect of the world around us. This knowledge can help us prevent, cure, and even eliminate disease. Proper understanding of physiology can teach us how to become stronger, faster or attain our ideal weight without relying on extreme diets.

Treating Disease

Biology as a whole is one of the cornerstones of all forms of modern healthcare.

The field known as pharmacology deals with researching and creating everything from over-the-counter pain relievers to prescription drugs for depression. Immunology studies our immune system and how it reacts to all sorts of different threats. Pathology studies diseases and what causes them, Virology does the same for the many different viruses that may seek to do us harm.

And where does one even get started on biology's role in the study of genetics and DNA. Scientists are now able to pinpoint exactly where certain predispositions to certain diseases exist without our biological makeup, how they're passed from generation to generation, and even working on breakthroughs to remove undesirable traits from people on a molecular level. It's absolutely fascinating to think of the endless possibilities that biology is gradually opening the door for when it comes to our health.

Proper Nutrition

Nutrition is the science that interprets the interaction of nutrients and other substances in food with relation to maintenance, growth, reproduction, health and disease in an organism. It includes food intake, absorption, assimilation, biosynthesis, and excretion. For humans, a healthy diet includes preparation of food and storage methods that preserve nutrients and reduce risk of food borne illnesses. By knowing about different nutrients, how our body works and what it reacts positively to, we can devise the perfect diet for our needs. By

understanding nutrition we can become fit and gain or lose weight without relying on extreme diets that can cause more harm than good.

Exercise Science

Exercise is the part of one's life which helps individual to cope up with day to day routine work. Next time you watch sports, remember that you're seeing biology's influence in action. The athletes competing are capable of such amazing feats of speed and strength partially because of our understanding the human body through anatomy and other branches of biology. It goes beyond lifting weights to build muscle or running to develop endurance. Physiologists get into the nitty gritty about how and why our muscles react to stress or what provides us with the energy to run marathons or dunk a basketball.

Environment and Conservation

Humans aren't the only living things biology is concerned with. It also tells us all about plants and animals – how they live, what they're made up of, and how they interact with mankind and each other. This enables us to make the most of our planet's natural resources while trying to minimise the negative impact we have on the environment. By understanding how nature really works and what allows it to flourish, we're able to pinpoint what ways we might cause harm to it and look for more environmentally friendly methods of doing things. Ecology, for example, studies the

relationship between animals, plants, and the environment, helping us understand how the things humans and other animals do can hurt or help Mother Nature. Conservation biology measures extinction rates and analyses how each species fits within the ecosystem to identify which animals are crucial to maintaining balance.

Harvesting Food

Plants are living organisms just like the rest of us. Agrobiolgy deals specifically with determining the best soil conditions to deliver nutrients to plants to make them grow big and strong. Botany, the branch of biology that deals with the study of plants, is how we know what plants we can eat in the first place. The science also plays a huge role in raising livestock like cows and chickens. The Green Revolution that has changed the landscape of Indian food production owes its success to these sciences.

It's Literally Everywhere

The information Biology has taught us is present in everything we know. Look in the mirror. Your ability to identify the parts of your face can be credited to anatomy. What you eat for lunch was influenced by biology and put on your plate with the help of biology. The medication or vitamins you take daily, your exercise routine – it all comes back to this fundamental science. Pay attention to all the things you do today and see if you can point out their connection to biology.

Visit of Technology Leader Dr Elizabeth Surrey in Chaitanya School, G'nagar

Chaitanya School Gandhinagar was privileged to have Dr Elizabeth Surrey, Technology Leader of the UK Atomic Energy Authority on 25th October, 2018, in an interesting interactive session. She spoke to the students and the staff on the recognition of the need for engineering and technology challenges presented by developing fusion as a commercial power source. As a leader, Dr Surrey is responsible for developing the research program to solve the problems facing fusion power. She was accompanied by her colleague Mr Matti Coleman (PhD Student Atomic Energy Authority), Mr Ravi Gopalan (President



Visit of Technology Leader of the UK Atomic Energy Authority, Dr Elizabeth Surrey in Chaitanya School, Gandhinagar

Argusoft, Trustee SVNT). The talk was not only enlightening about a vital emerging field, but also very inspiring and motivating.

Dr Surrey shared her experiences in research and how she became Technology leader. Staff and students benefited not only in terms of subject, but also in life experiences. Their talk on atomic nuclear fusion and fission not only enlightened us but they too took an impressive impression of The Chaitanyans with them. Dr Elizabeth Surrey said, "A delight to talk to your pupils and they asked the difficult questions about fusion. Always seize the opportunity and never stop learning!" Mr Matti Coleman said "Fantastic children who show a lot of promise and potential for the future."

ACHIEVEMENT



We feel proud to announced that Shri Vidhyanagar (Usmanpura) school has been awarded as the BEST STATE BOARD SCHOOL in the district of Ahmedabad, by Education Department of Gujarat-Gandhinagar.

Department of Gujarat-Gandhinagar.



On the birthday of Sardar Patel Run For Unity

On the birthday of Sardar Patel Run For Unity planned at Police Stadium, Shahibaug, Ahmedabad. Municipal Commissioner, Shri Vijay Nehra & Collector, Smt Avantika Singh gave green signal. School students, teachers, NCC & police staff took part in the program. All ran from police stadium to rto circle via subhash bridge and came back at police stadium.



LML SCHOOL CELEBRATION NAVRATRI MAHOTSAV 2018

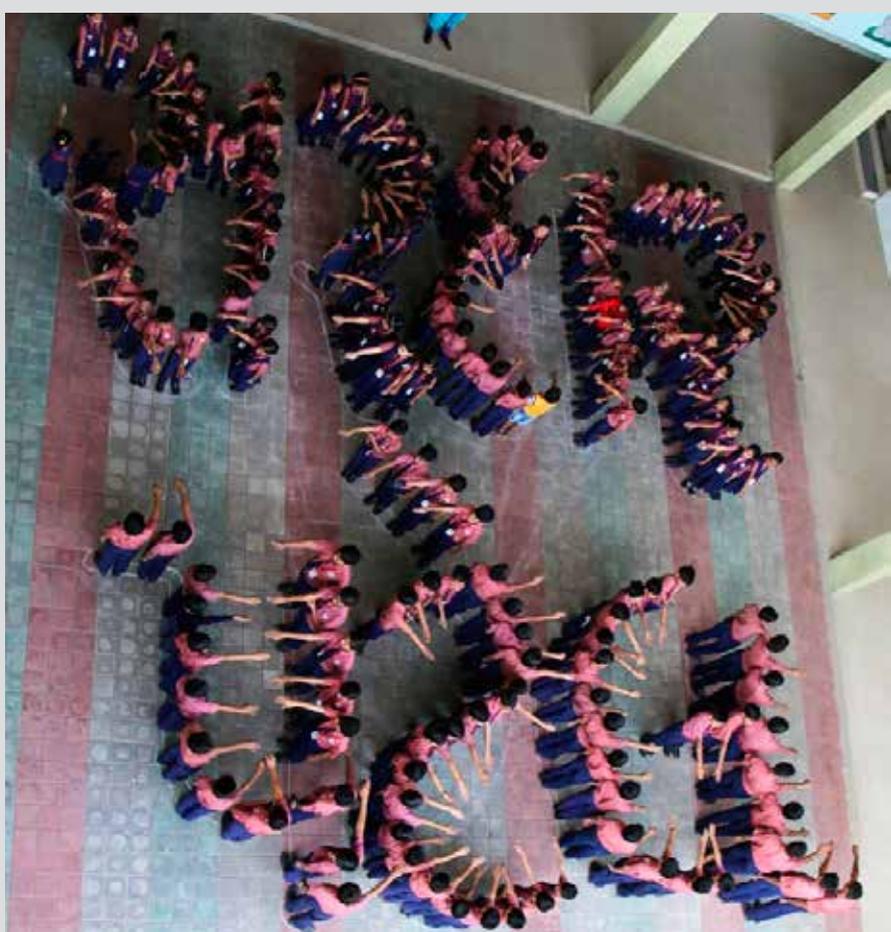
Navratri is celebrated to worship the nine incarnation of Goddess Durga, the Hindu Goddess of Power. It is one of the most important Hindu festivals of Gujarat. 'Navratri' is a word derived from Sanskrit language which means "Nine Nights". The nine days revelry ends on VijayaDashmi.

Lalji Mehrotra Lions School celebrates Navratri every year with fun and frolic while dancing to the beats of drums and enjoying the rhythm of music. As the demand of the festival, all the students and educators were dressed in colourful traditional attire. The festivities began with lightning of the lamp and singing aarti to worship Goddess Durga which was followed by raas-garba.

When prizes for various categories like best costume, best group etc were announced, it added to the flavour of the celebration. All the students were spell-bound.

The Principal Ms. Ranjana Mandan appreciated the participation of everyone which made the programme a grand success. All the children dispersed happily with some cherishable memories along with refreshments.

—Mitwa Shah (IX)



Student of Galaxy Global School, Nikol, Ahmedabad took oath of the message given by Shri Sardar Patel on Unity of our country student created design format of name of Shri Sardar Patel.

SHUBH DEEPAWALI

The Spiritual Significance Behind The Festival of Lights

First of all a very happy Deepawali and New Year to all our readers. The festival of lights has just passed and while all of us surely enjoyed spending time with our friends and families, bursting crackers, lighting lamps and eating lots of delicious food, let us take a moment to understand the origin and spiritual significance of this festival that is celebrated across the country with lots of enthusiasm and joy.

Deepawali, Deepavali, or Diwali is the biggest and the brightest of all Indian festivals. It is the festival of lights: deep means "light" and Deepavali literally translates to "a string of lights." Diwali is marked by four days of celebration, that illuminates the whole country with its brilliance and joy. This festival normally falls around late October or early November, on the 15th day of the Hindu month of Kartik. Each of the four days of Diwali are associated with a unique tradition but what remains constant is the celebration of life and a sense of goodness.

The Origins of Diwali

Historically, Diwali can be traced back to ancient India. It most likely began as an important harvest festival. However, there are various legends pointing to the origin of Diwali. Some believe it to be the celebration of the marriage of Lakshmi, the goddess of wealth, with Lord Vishnu. Others celebrate it as her birthday, since Lakshmi is believed to have been born on the new-moon day of Kartik. In Bengal, the festival is dedicated to the worship of Ma Kali, the dark goddess of strength.

Lord Ganesha—the elephant-headed god and symbol of auspiciousness and wisdom—is also worshiped in most Hindu homes on this day. In Jainism, Deepawali has the added significance of marking the great event of Lord Mahavira attaining the eternal bliss of nirvana. According to mythology, Diwali also commemorates the return of Lord Rama (along with Ma Sita and Lakshman) from his 14-year-long exile after vanquishing the demon-king Ravana. Legend goes that in joyous celebration of the return of their king, the people of Ayodhya illuminated the entire kingdom with earthen diyas (oil lamps), which became an annual tradition.

The Four Days of Diwali

Each day of Diwali has its own tale to tell. The first day of the festival, Naraka Chaturdasi marks the vanquishing of the demon Naraka by Lord Krishna and his wife Satyabhama.

Amavasya, the second day of Deepawali, marks the worship of Lakshmi when she is in her most benevolent mood, fulfilling the wishes of her devotees. Amavasya also tells the story of Lord Vishnu, who, in his dwarf incarnation, vanquished the tyrant Bali and banished him to hell. Bali is allowed to return to earth once a year to light millions of lamps and dispel darkness and ignorance while spreading the radiance of love and wisdom.

It is on the third day of Deepawali, Kartika Shudda Padyami, that Bali steps out of hell and rules the earth according to the boon given by Lord Vishnu. The fourth day is referred to as Yama Dvitiya (also called Bhai Dooj), and on this day sisters invite their brothers to their homes and pray for their long lives.

The Symbolism of Lights and Firecrackers

All of the simple rituals of Diwali have a significance and a story behind them. Homes are illuminated with lights, and firecrackers fill the skies as an expression

of respect to the heavens for the attainment of health, wealth, knowledge, peace, and prosperity.

According to one belief, the sound of firecrackers indicates the joy of the people living on earth, making the gods aware of their plentiful state. Still another possible reason has a more scientific basis: the fumes produced by the firecrackers kill or repel many insects, including mosquitoes, which are plentiful after the rains.

The Spiritual Themes

Beyond the lights, firecrackers, and fun, Diwali is also a time to reflect on life and make changes for the upcoming year. With that, there are a number of customs that revellers hold dear each year.

Give and forgive. It is common practice that people forget and forgive the wrongs done by others during Diwali. There is an air of freedom, festivity, and friendliness everywhere. Rise and shine. Waking up during the Brahmamuhurta (at 4 a.m., or 1.5 hours before sunrise) is beneficial from the standpoint of health, discipline, efficiency in work, and spiritual advancement. The sages who instituted this Deepawali custom may have hoped that their descendants would realise its benefits and make it a regular habit in their lives.

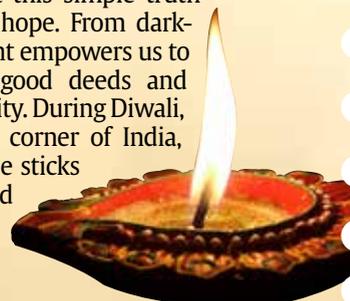
Unite and unify. Diwali is a unifying event, and it can soften even the hardest of hearts. It is a time when people mingle about in joy and embrace one another. The vibrations produced by the greetings of love, which fill the atmosphere, are powerful. The warmth and joy of Deepavali can melt even the coldest of hearts. Prosper and progress. This is an auspicious time when Hindu merchants in North India open their new account books and pray for success and prosperity during the coming year. People buy new clothes and gifts for their family, friends and employees.

Homes are cleaned and decorated by day and illuminated by night with earthen oil lamps. The best and finest displays can be seen in Mumbai and Amritsar. The famous Golden Temple at Amritsar is lit in the evening with thousands of lamps.

This festival instills charity in the hearts of people, who perform good deeds. This includes Govardhan Puja, a celebration by Vaishnavites on the fourth day of Diwali. On this day, they feed the poor on an incredible scale. Illuminate your inner self. The lights of Diwali also signify a time of inner illumination. Hindus believe that the light of lights is the one that steadily shines in the chamber of the heart. Sitting quietly and fixing the mind on this supreme light illuminates the soul. It is an opportunity to cultivate and enjoy eternal bliss.

From Darkness Unto Light...

In each legend, myth, and story of Deepawali lies the significance of the victory of good over evil. It is with each Deepawali and the lights that illuminate our homes and hearts that this simple truth finds new reason and hope. From darkness unto light—the light empowers us to commit ourselves to good deeds and brings us closer to divinity. During Diwali, lights illuminate every corner of India, and the scent of incense sticks hangs in the air, mingled with the sounds of firecrackers, joy, togetherness, and hope.



SVS ENGLISH SCHOOL -MOTHER'S PET organized Interschool Science experiment/ Model competition at AMA, Atira. Seven

schools participated in the competition including Podar International, Zydus School for excellence, Apple Global School, Calorx Public School, Tripada International and few more. Approximately 52 little scientists were all set to showcase their science learning. The winners were rewarded with prizes.

DIWALI CELEBRATIONS IN CCIS GREEN CAMPUS



The Diwali Celebrations in CCIS Green Campus began with the decorating the rooms a day prior to celebration on 2nd November. The students along with the teachers did a splendid job embellishing the room with vibrant colours in the form of rangoli, wall hangings, toran, diyas lanterns etc. On the day of the celebration on 3rd November, the children came in traditional attire, all ready for the program.





Make This Pop-up Gerbera Daisy

Print out Sheets A & B on to a stiff paper such as index paper or 80# cover available at paper or office supply stores.

STOOL OUT OF OLD MAGAZINES

MATERIALS

Old Magazines

Old Leather Belts (2)

Wooden Base or Small stool (of the size of the magazines)

Pillow of the size of the magazines

METHOD

Put all the magazines on the wooden base/ stool and organize them properly. Now place the pillow on top of the magazines.

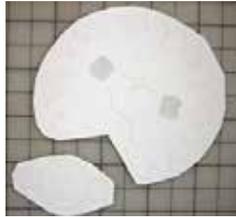
Take the belts and see if there are sufficient holes into it to tie it tight enough.

Now tie the belts on both the sides of the pillow tying all the magazines, pillow and the wooden base/ stool together.

Your stool is ready within no time!



STEP 1: Loosely cut out both pop-up pieces from Sheet A.



STEP 2: Carefully cut out the pieces on the solid printed lines. TIP: Always cut into the corners NOT around them, this makes it much easier.



STEP 3: Make sure that you make the cuts between and around the glue tabs.



STEP 4: Loosen up the Petal piece by folding it into a bowl shape. Fold back the glue tabs.



STEP 5: Make little snips on each end of the crease line of the Flower Center piece to help fold it in half.

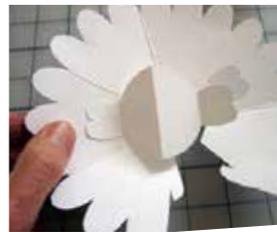


STEP 6: Apply a little glue to one tab of the Flower Center piece.

STEP 7: Glue to the inside of the Petal piece as shown.



STEP 8: Fold the Center piece in half and fold back the glue tab. Apply a little glue to the tab and fold the Petal piece over to cover the tab.



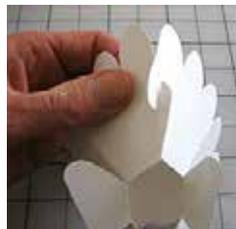
STEP 9: Hold to set the glue.



STEP 10: Hook the tabs of the Petal piece together as shown.



STEP 11: Apply a little glue to one of the Petal glue tabs and position on the background.



STEP 12: Fold back the other glue tab and apply a little glue to it. Now fold the other half of the background over on top of the glue tab and leave a book on top while the glue sets.

WATERCOLOR FLOWER

Looking for a craft that will exercise all parts of your child's creative side? In this project, the eight petals of a flower are painted in watercolor paint using different techniques, colors and patterns. The center of the flower is filled with a variety of pom-poms, making this flower textured and tactile. It's a fantastic way to practice watercolor techniques while celebrating April showers!

WHAT YOU NEED

- Watercolor paper
- Watercolor paints
- Paintbrush
- Paper towels
- Scissors
- Glue
- Pom-poms in various colors
- Pencil

WHAT YOU DO

1. Have your child draw some large flower petals on the watercolor paper.
2. Next, cut out the petal and trace it seven times on the same sheet of watercolor paper so you have a total of eight petal shapes.
3. Paint some water on four of the petals, and blot two of the wet petals with a paper towel.
4. Now paint all the petals with watercolor paints, making each one a different color.
5. Encourage your child to decorate each petal

with a unique pattern. Consider polka dots, diagonal stripes, triangles, squares and squiggles. Then allow the petals to dry completely.

6. Using four different colors, paint the remaining petals. Look how much more control you have over the paint! Try inventing a new pattern for each petal. Allow these petals to dry.
7. On the watercolor paper, draw a large circle that's about 6 inches wide and cut it out to create the base of your flower.
8. Cut out all of the petals and arrange them on top of the circle base, so they are touching and evenly spaced.
9. Glue them in place on the circle and allow them to dry completely.
10. Have your child dip one pom-pom at a time in a small amount of white glue and place it in the center of the flower. She can use as many colors as she would like until it looks finished!



“TIME IS WHAT WE WANT MOST, BUT WHAT WE USE WORST”



SUMAN JOSHI

HR
Dhakan Hospital,
Rajkot

It is said that time waits for no one. This is true because time is a limited and exhaustible resource for each one of us. The difference between achieving a lot and achieving the bare minimum often comes down to how well we manage our time.

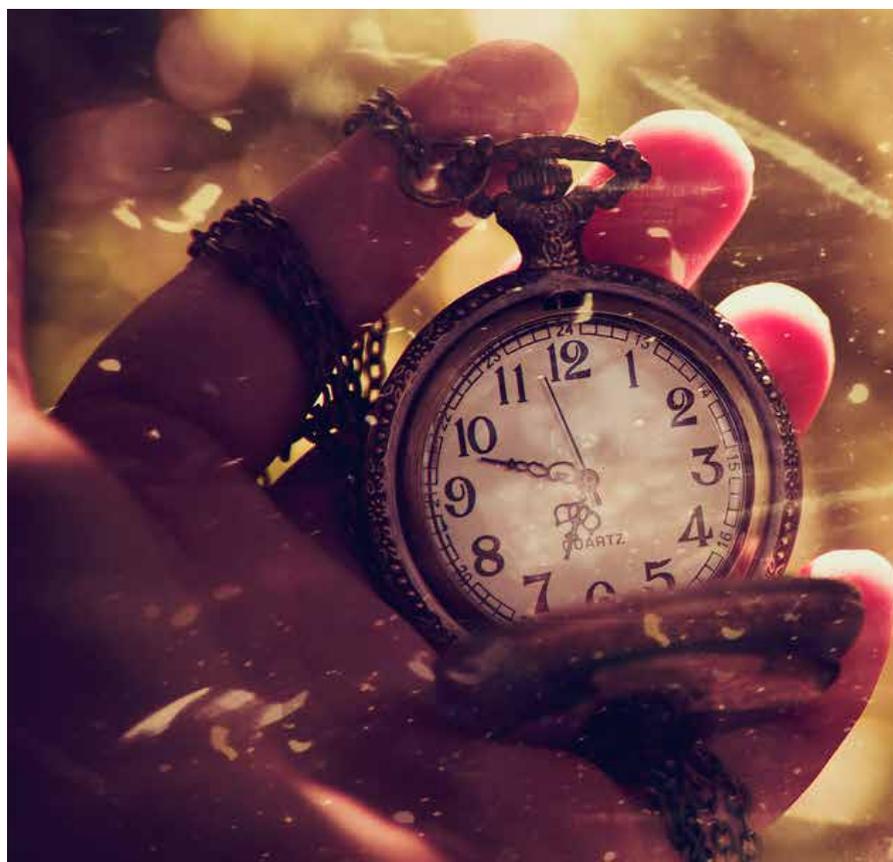
Good time management allows you to get things done on time and also balance your home work, tuition, revision and play time. The better you manage your time, the more you are learning discipline but this skill only comes with regular practice and building the habit of making and following a schedule. A lack of discipline affects all areas of your life and creates obstacles on the path towards your goals.

“ Learn to enjoy every minute of your life. Be happy now. Don't wait for something outside of yourself to make you happy in the future. Think how really precious is the time you have to spend, whether it's at work or with your family. Every minute should be enjoyed and savored”. —Earl Nightingale

Time is an arrow that moves only in one direction. Once gone we cannot rewind it like a video tape. Managing your time well requires a conscious, active effort and is unlikely to happen by chance. Proper planning and implementation of daily tasks helps students get good and high scores in their examinations. Most toppers and academic achievers plan their schedule and follow it strictly. This practice and ethic, which they form as a habit during school time will help them out throughout their future life and career.

Remember kids, there are only 24 hours in a day and how well you manage your time will dictate how much you get done within that time. You are the best judge of what your daily tasks involve and your capacity to compete it, so plan accordingly. Look around you and draw inspiration from your peers who manage their time well and get more done than others.

Inculcate their their successful habits that can help you maximise your time as well. When you learn to manage your time well, you increase your ability to focus, and with it comes improved efficiency. By following a schedule, you conserve energy since



everything is planned and you just have to follow it to get the result. This in turn, makes you more confident to set goals and fit more life within each unforgiving minute.

By doing this you can navigate through your responsibilities more quickly and will not find it tough to manage your studies, homework, passions as well as interests on a daily basis.

The ability to make better decisions is one of the additional benefits of good time management skills. On the other hand, when you make hurried decisions due to lack of time, you're more likely to jump to conclusions without fully considering every option. In most cases, this leads to poor judgment regarding your academics and career.

With proper and efficient time management, you can get rid of the anxiety and frustration that comes from feeling like you don't have enough time for relaxing. By slotting ample time for all necessary aspects of life, you will feel more in control and mentally calm. If you don't have control over your time, it's easy to end up feeling overwhelmed and confused and so good time management is truly the key to success.

Remember- “Ordinary students think merely of spending time, but rankers think of using it to their advantage.”

“The Sun (Surya), is never late and the Moon too follows a strict schedule of amasya and poornima. Birds wake before dawn and keep doing their tasks until dusk. Have you ever seen birds getting bored, stressed or depressed?”

Why so? Because they follow rules of nature

Time management can lead us to the utmost path of success and helps us to achieve our goals and dreams. But this is only possible with determination, mental clarity, enthusiasm, and dedication towards one's work. In order to avoid haphazard work and stress in life one should plan out every second of one's time to head towards our goals and aims. Otherwise victory is impossible in the Kurukshetra of life.

Uniformity in what ever we do is a must. It is rightly said in the Bhagwad Gita that 'karma is dharma.'



Dr. Palak Shah, Principal,
Gyanjyot Public School,
Bopal

7 Key Time Management Tips for Students

1. Eliminate Distractions

Get rid of anything that distracts you and allows you to procrastinate from your work. While you are studying or writing, put your phone on silent and put it in a drawer where you won't be tempted to answer calls and messages. Get off social media and save them for only when you are relaxing.

2. Be focused at the task at hand

When you are totally focused and immersed in what you are doing time seems to have flown by, this mental state is called being in 'the flow' and it makes you feel energised, motivated and increases the enjoyment of the activity you are doing (not to mention being super-productive).

3. Use a Calendar

A calendar is a great way to plan your day. It'll be an easier way to schedule your tasks and remember your obligations. It can also help you to study in blocks and devote time to different subjects. Set up a calendar on your phone or computer and ensure you stick to it. Factor in extra time in case an activity takes longer than expected.

4. Use a Checklist

A checklist is a great way to ensure you stay

on task. By listing your tasks and ticking them off one by one once completed, it also gives you a sense of accomplishment and boosts confidence.

5. Get Organised

Once you have your calendar and your checklist set up, you should be well on your way to being better organised. Being organised will save you a lot of time and allow you to allocate and manage your time better.

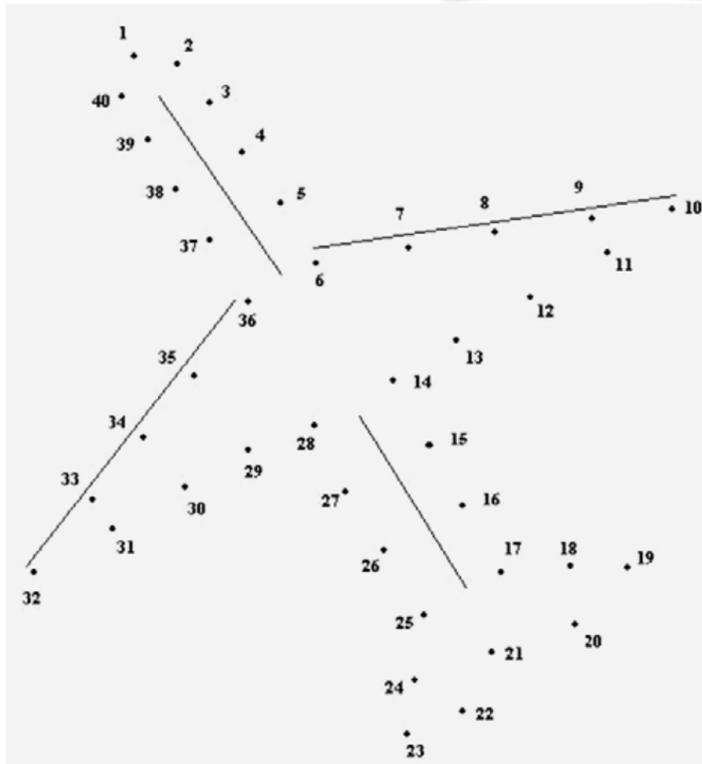
6. Schedule Rewards

You need to treat yourself when you do the right thing and stick to your schedule. Reward yourself with some time to do things you enjoy, like go for a walk or watch some TV. The break will also allow your brain to relax and be more productive when you return. But make sure you don't overindulge until you have completed all your tasks.

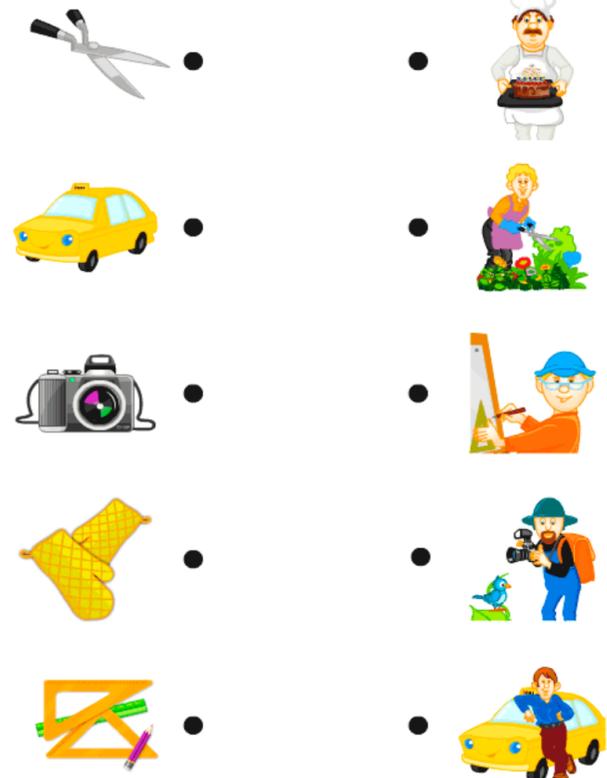
7. Get a Good night's sleep

A good night's sleep is essential to make sure your body and mind is rested and fresh for the next day. It can be hard to concentrate if you didn't get 7 to 8 hours of sleep in the night before. Pulling an all-nighter studying is less productive than consistent study. Manage your time better by including sleep in the schedule.

CONNECT THE DOTS



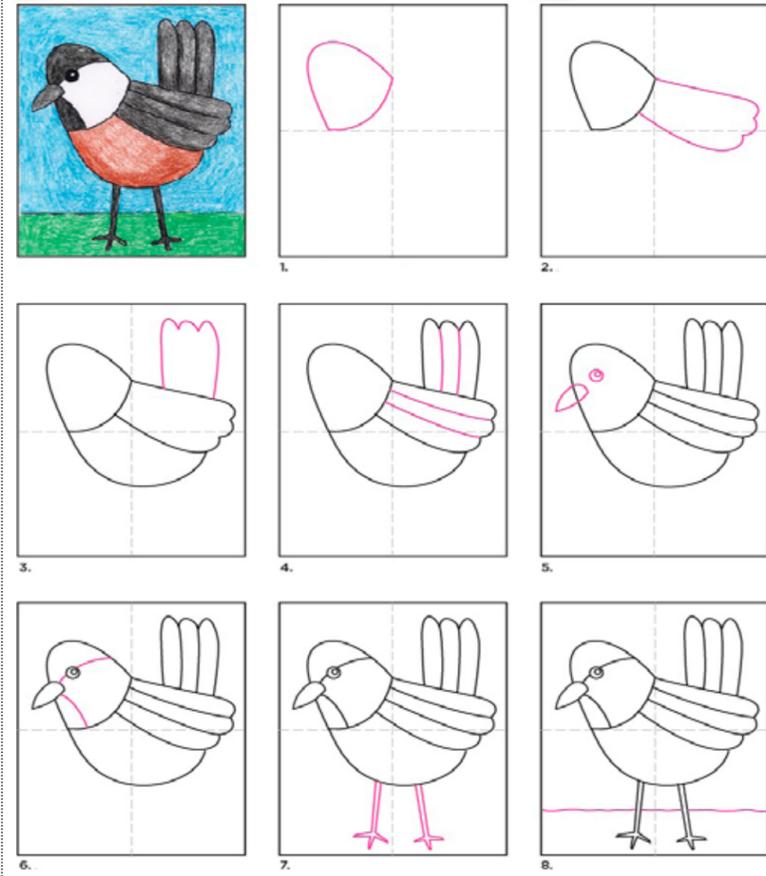
Matching objects with the same category



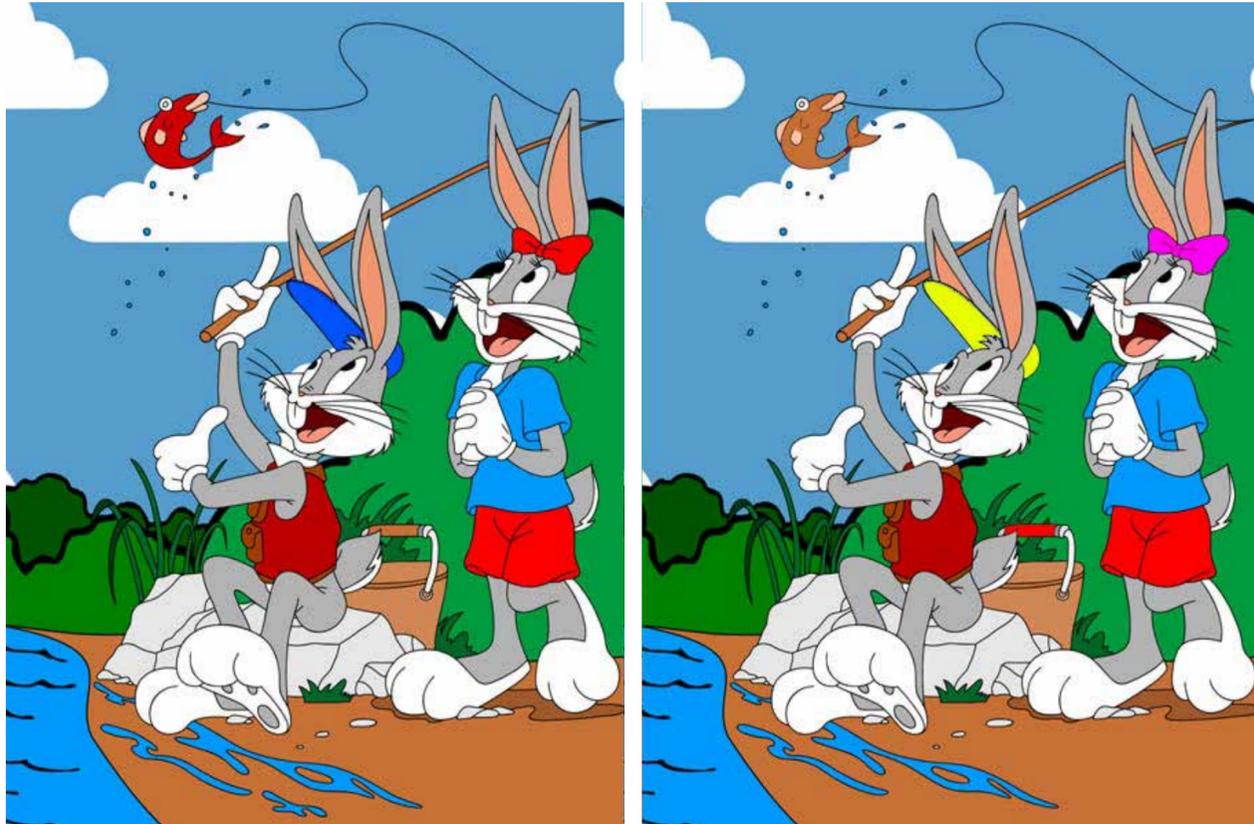
Circle all things that belong to the same category



LIFE IN THE MARSH: A FRESHWATER BIOME

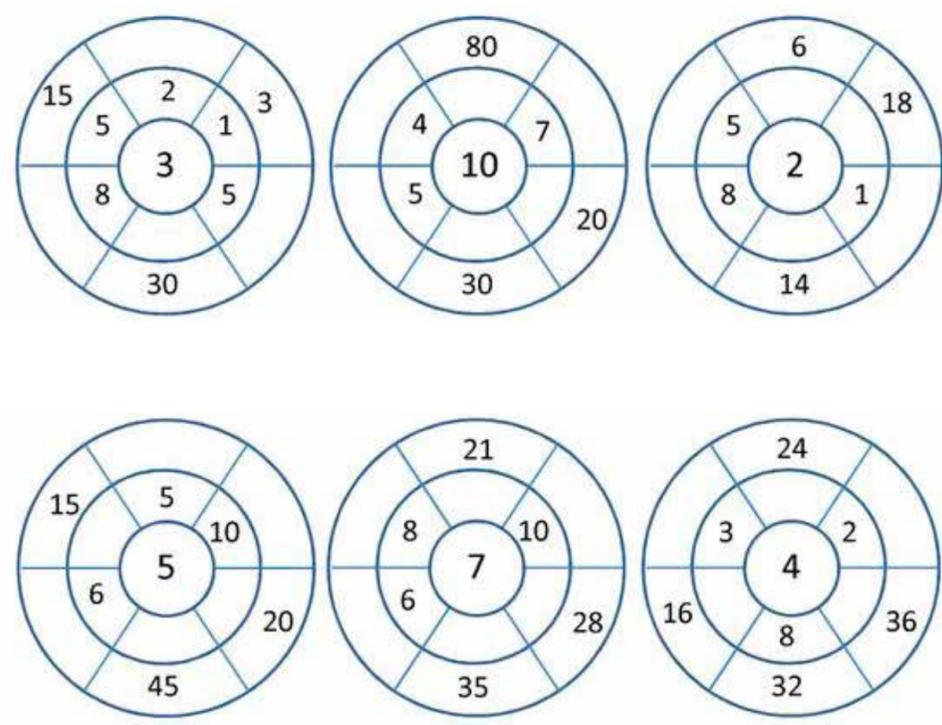


FIND AT LEAST TEN DIFFERENCES



FUN MULTIPLICATION TO 10X10

Multiply the inner numbers together to get the outer numbers



BIG BUSINESS WORD SEARCH PUZZLE



Sardar Vallabhbhai Patel

Iron Man of India,
Country's First Home
Minister

HEIGHT
182 m

PEOPLE INVOLVED
250 Engineers **3400** Workers
TIME TAKEN TO BUILD
33 months

LAUNCHING OF STATUE OF UNITY

2010 was the year when Gujarat was celebrating its golden jubilee year of its formation. Various projects of people welfare like 'Vanche Gujarat' (Gujaratis should read books), 'Samay Dan' (Gujarati youths should allot 100 hours in year in field they choose, be it education, health services, cleanliness or environment) were being launched by Shree Modi. In the same year, on 6th October, Shree Modi unveiled grandiose plan to build world's tallest 182 meter high Sardar Vallabhbhai Patel's 'Statue Of Unity' on the Narmada.

SHREE MODI SAID

"I take this opportunity, coinciding with the golden jubilee of Gujarat's formation, to declare my resolve to build a world-class statue befitting the stature of the Iron Man of India. It will be double the height of 'Statue of Liberty' in America and four times that of 'Christ the Redeemer' in Rio de Janeiro."

"It is being named 'Statue of Unity' as it was the Sardar who had united India at its most trying times after Independence, amalgamating nearly 550 princely states within Union of India, and providing good governance as an able administrator in diverse fields like modern farming and empowerment of tribal communities, besides rebuilding the Somnath Temple."

"The 182-metre (400 feet) high Statue of Unity will be built on the Sadhu Bet riverbed of the Narmada about 3-km from the Sardar Sarovar Project (SSP) dam, to be reached in boats. The site will be developed as a pilgrims' centre for preserving the unity and integrity of India, its rich culture and heritage along with development – as a source of inspiration for ages to come. It will have a high-tech museum, chronicling 90 years history of India's freedom fighters (1857-1947)."

In recent years lot of work pertaining has been done to pay respect to revolutionary or freedom fighter who have contributed to independence struggle of Bharat. Mahatma Mandir was built at Gandhinagar, Krantiguru Shyamaji Krishnavarma Memorial was built at Mandvi-Kutch, broadband connectivity from the venue of Netaji Subhas Chandra Bose's historic Congress session at Haripura near Surat has been launched.

MAN BEHIND STATUE

He is Ram Vanji Sutar, 93 year old sculptor. At a fine arts studio in Noida, Padma Bhushan Awardee sculptor, Ram Vanji Sutar along with his son, Anil Ram Sutar, have created millions of statues that have been established at historical sites and public places all over the globe. Sculptures of leading freedom fighters including Mahatma Gandhi, Jawaharlal Nehru, Sardar Patel, Dr. Babasaheb Ambedkar grace the hallways of Parliament of India, India Gate war memorial, Rashtrapati Bhavan, museums and dozens of educational institutions.



FARMERS PARTICIPATION

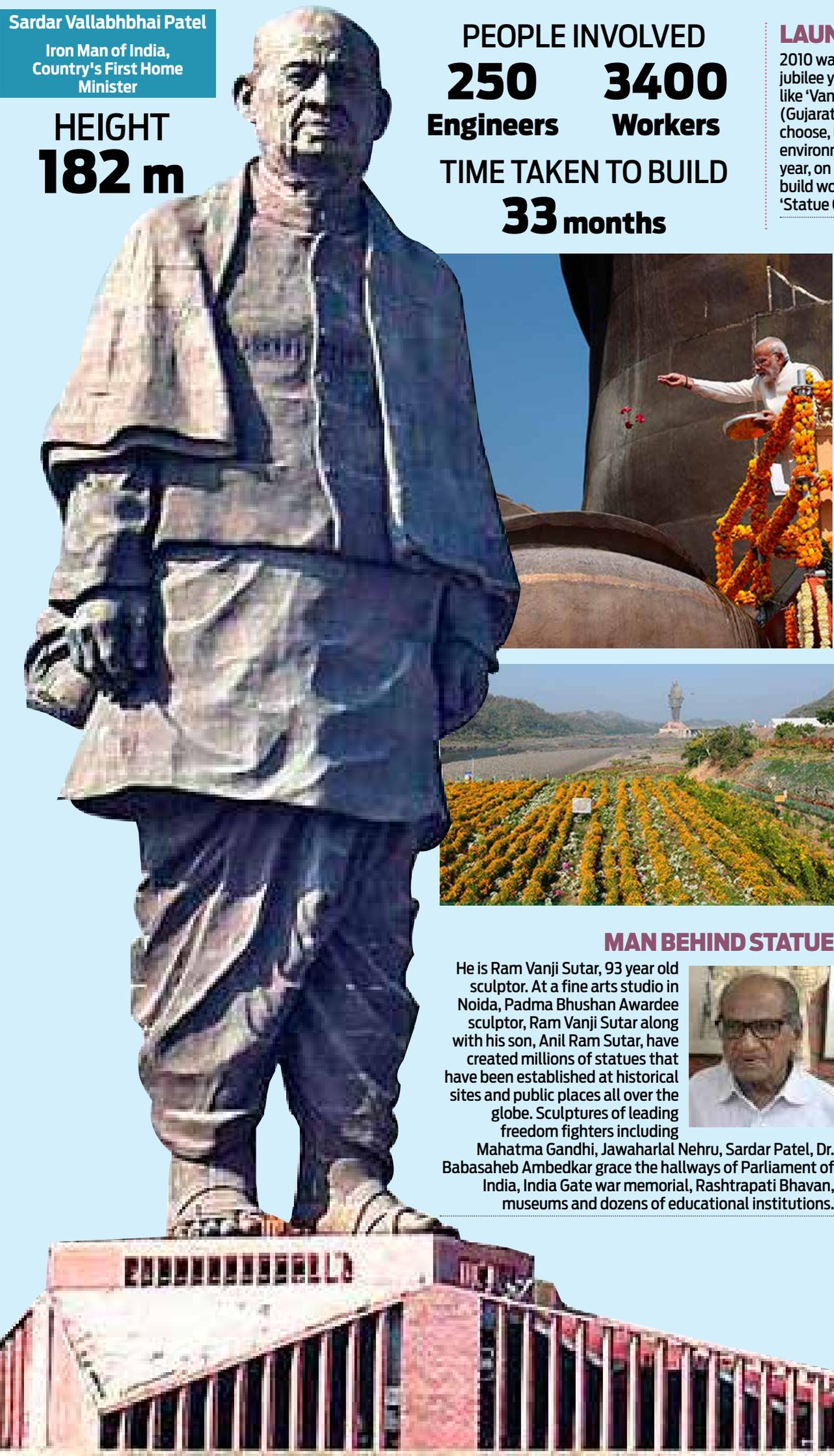
Bharat's farmers participated in this project as Sardar Patel was farmer too. On 11th June 2013, a nationwide campaign was announced to collect small pieces of iron from the farmers for using it to build proposed 'Statue Of Unity'. On the day of Sardar Patel's birth anniversary on October 31, 2013, we will launch a nationwide campaign, covering more than five lakh villages throughout the country to collect small pieces of iron of any tool used by farmers from each village, that will be used in the building the statue.

In all, 135 tonnes of iron was donated by farmers to support the project, for which slogan was Ek Bharat, Shrestha Bharat (One India, Noble India).

JAYWANT PANDYA



is a senior journalist, columnist and TV-Web political analyst. He has been working in three languages – Gujarati, Hindi & English. He has worked with leading dailies like Gujarat Samachar, Divya Bhaskar, Sandesh and Sambhav on leading positions. He has also worked on all forms of media like manuscript, print, television, web, mobile app and radio



Life History of Sardar Vallabhbhai Patel

Sardar Vallabhbhai Patel is a revered name in Indian politics. A lawyer and a political activist, he played a leading role during the Indian Independence Movement. After independence, he was crucial in the integration of over 500 princely states into the Indian Union. He was deeply influenced by Gandhi's ideology and principles, having worked very closely with leader. Despite being the choice of the people, on the request of Mahatma Gandhi, Sardar Patel stepped down from the candidacy of Congress President, which ultimately turned out to be the election to choose the first Prime Minister of independent India. He was the first Home Minister of Independent India and his uncompromising efforts towards consolidation of the country earned him the title 'Iron Man of India'.

Childhood & Early Life

Vallabhbhai Patel was born on October 31, 1875 in Nadiad village of modern day Gujarat to Zaverbhai and Ladbai. Vallabhbhai, his father had served in the army of the Queen of Jhansi while his mother was a very spiritual woman.

Starting his academic career in a Gujarati medium school, Sardar Vallabhbhai Patel later shifted to an English medium school. In 1897, Vallabhbhai passed his high school and started preparing for law examination. He went to pursue a degree in law and travelled to England in 1910. He completed his law degree in 1913 from Inns of Court and came back to India to start his law practice in Godhra, Gujarat. For his legal proficiency, Vallabhbhai was offered many lucrative posts by the British Government but he rejected all. He was a staunch opponent of the British government and its laws and therefore decided not to work for the British.

SARDAR VALLABHBHAI PATEL	
Date of Birth:	31 October 1875
Place of Birth:	Nadiad, Gujarat
Parents:	Zaverbhai Patel (father) and Ladbai (mother)
Spouse:	Jhaverba
Children:	Maniben Patel, Dahyabhai Patel
Education:	N. K. High school, Petlad; Inns of Court, London, England
Association:	Indian National Congress
Movement:	Indian Independence Struggle
Religious Beliefs:	Hinduism
Publications:	Ideas of a Nation: Vallabhbhai Patel, The Collected Works of Vallabhbhai Patel, 15 volumes
Passed Away:	15 December 1950
Memorial:	Sardar Vallabhbhai Patel National Memorial, Ahmedabad, Gujarat

In 1891 he married Zaverbai and the couple had two children.

Patel shifted his practice to Ahmedabad. He became a member of the Gujarat Club where he attended a lecture by Mahatma Gandhi. Gandhi's words deeply affected Vallabhbhai and he soon adopted Gandhian principles to become a staunch follower of the charismatic leader.

Role in the Indian National Movement

In 1917, Sardar Vallabhbhai was elected as the Secretary of the Gujarat Sabha, the Gujarat wing of the Indian National Congress. In 1918, he led a massive "No Tax Campaign" that urged the farmers not to pay taxes after the British insisted on tax after the floods in Kaira. The peaceful movement forced the British authorities to return the land taken away from the farmers. His effort to

bring together the farmers of his area brought him the title of 'Sardar'. He actively supported the non-cooperation Movement launched by Gandhi. Patel toured the nation with him, recruited 300,000 members and helped collect over Rs. 1.5 million.

In 1928, the farmers of Bardoli again faced a problem of "tax-hike". After prolonged summons, when the farmers refused to pay the extra tax, the government seized their lands in retaliation. The agitation took on for more than six months and after several rounds of negotiations by Patel, the lands were returned to farmers.

In 1930, Sardar Vallabhbhai Patel was among the leaders imprisoned for participating in the famous Salt Satyagraha movement initiated by Mahatma Gandhi. His inspiring speeches during the "Salt Movement" transformed the outlook of numerous people, who later played a major role in making the movement successful. He led the Satyagraha movement

across Gujarat when Gandhi was under imprisonment.

Sardar Patel was freed in 1931, following an agreement signed between Mahatma Gandhi and Lord Irwin, the then Viceroy of India. The treaty was popularly known as the Gandhi-Irwin Pact. The same year, Patel was elected as the President of Indian National Congress in its Karachi session.

In the 1942 Quit India Movement, Patel continued his unwavering support to Gandhi when several contemporary leaders criticized the latter's decision. He was arrested again in 1942 and was imprisoned in the Ahmednagar fort till 1945 along with other Congress leaders.

Contributions to Post-independence India

After India achieved independence, Patel became the first Home Minister and also the Deputy Prime Minister. Patel played a very crucial role in post-independence India by successfully integrating around 562 princely states under the Indian Dominion. He was successful in integrating all of them barring Jammu and Kashmir, Junagarh and Hyderabad. He eventually dealt with the situation with his sharp political acumen and secured their accession. The India that we see today was a result of the efforts put in by Sardar Vallabhbhai Patel.

Death

Sardar Vallabhbhai Patel's health started declining in 1950. On 2nd November 1950, his health deteriorated further and he was confined to bed. After suffering a massive heart attack, on 15 December 1950, the great soul left the world. He was posthumously conferred the Bharat Ratna, India's highest Civilian honour, in 1991. His birthday, October 31, was declared Rashtriya Ekta Diwas in 2014.

Making of Statue Of Unity

There is consortium of world class construction companies that executed the project – Michael Graves Architecture and Designs, Turner Construction and Larsen & Toubro. The statue has been built by a reputed Indian company L&T after winning a global tender. Most of the materials used for it, including 70,000 tonnes of cement, 18,500 tonnes of reinforced steel, 6,000 tonnes of structured steel, 1,700 tonnes of copper have been taken from India. The statue also has the old iron tools collected from farmers across India. Only 1,700 tonnes of bronze meant for giving the outer coat to the statue has been procured from China. Inauguration of the statue on Sadhu Bet, a hillock between the idhyanchal and Saputara ranges located 3.5 km downstream of the iconic, 138-metre high Sardar Sarovar Dam has been done with grand ceremony.

FUTURE TOURIST HUB



Kevadia Colony and Sardar Sarovar dam themselves have become center of tourist attraction with Sardar Sarovar Dam view, Shoolpaneshwar wildlife sanctuary, Sunset point and other things. But now Statue Of Unity will be the major attraction for tourist. It is claimed that Statue Of Unity will be rust free for thousands of years. It is made of 85 percent copper and other four metals. It is earthquake proof too. Earthquake resistance technology is used to build this statue so that earthquake of 6.5 on richter scale or wind blowing at 220 km per hour will not affect it. There is gallery made at heart of Sardar Patel Statue. Tourists can go there by lift. They can view valley of flowers from that gallery. Valley will be 17 km long. Flowers will be grown on the hillocks adjoining the statue to make the 230-hectare area look like a 'valley of flowers'.

The statue will also have a research centre which is again dedicated to Sardar Patel's life. Sardar Patel's statue will also have a 52-room three-star hotel. Two 'tent cities' have also built 250 tents. People visiting the statue can enjoy boat rides on the banks of Narmada river. A memorial garden is being developed at the base and is also being given a final touch. There will be bhavans of various states. The state govt is expecting an average of over 15,000 tourists per day. It will be major beneficial to tribals (adivasis) residing in adjoining area. It is well known fact that due to Prime Minister's vision, dry desert area of Kutch is now major center of tourists attraction due to Rannostav.

KARAN DOMINATES THE SHOW

Karan Bhandari completed the formality in style as the youngster from Surat won the junior snooker crown at Gujarat State Open Ranking Snooker and Billiards Championship.

In his final round robin league match, Karan defeated Fazal Patel 58-33, 78-44, 74-54 to complete the formality as he won the title without dropping a single frame.

In another match, junior billiards champion Karmesh edged out Jatin Pancharasa for a 61-13, 55-46, 46-45 win.

Sub junior snooker



In sub junior snooker Dhruv Patel, Jeet Bhojani, Henry Badiyani and Mayur Garg booked the round robin league berth.

In a hectic day, Henry first recorded a 52-19, 55-15 win over Parth Shah before beating Shehjad Mansuri 60-20, 58-20

to make it to the next round. Dhruv beat Batin Malek 72-41, 63-17 before sealing the top four berth with 56-12, 67-34 win over Bhavya Patel.

Mayur also had a double header beating Kush Upadhyay 61-16, 61-06 before coming from a set down to beat Riyan Shah 31-45, 65-49, 59-24 to seal the deal. Jeet edged out Ravi Mistry 57-37, 57-29 to complete the tally.

Meanwhile in senior billiards, Hemendra Jadeja beat Shailesh Shah 101-72, 100-32 while Shiv Patel beat Sajid Ansari 63-25, 61-16 in senior snooker.

SPORTS BRIEF

Pradyumn claims gold medal



Pradyumn Sharma grabbed a gold medal as well as a bronze in the recently concluded Reliance Foundation Athletics tournament that was held at Manjalpur stadium in Baroda. The 9th grade student of Global Indian International School claimed a gold medal in 100m race and a bronze in 200m race.

Drona shines in VES win



Vishesh Doshi and Drona Desai shone with the bat as Vijaynagar Education Society (VES) defeated St Xavier's School, Loyola by an innings lead in the HC Kapasi School multiday under-14 Tournament at Suramya Cricket Ground. Electing to bat, VES posted a total of 257 runs with the loss of seven wickets in 100 overs. Vishesh Doshi top scored with 145-ball-74 while Drona Desai added 183-ball-72. For St Xavier's, Yagna Zalavadia and Melwin Jeggy picked two wickets each. Returning with the bat, St Xavier's school could only manage to score 171 runs for the loss of seven wickets in 84 overs. Devdutt Chavda played an impressive knock of 242-ball-96 for St Xavier's School. For the winning side, Vishesh and Fenil Vaghiasyai picked two wickets each.

Kavya settles as runner-up



Kavya Patel made her way till the final clash but lost to Priyanshi Chauhan and settled for the second spot on the third day of All India Talent Series tennis tournament held in Nadiad. The HBK school student was routed in the final match 0-6, 1-6. In the earlier rounds, Kavya received bye in the pre-quarters while she managed to beat Vishakha Iyer 9-6 in the quarter-final match. Meanwhile in the semis, she contested Priyanka Rana in a cut-to-cut match to settle the game 9-7.

Kirtan Santoshbhai Kornike got a gold and a silver medal at state level in Artistic Gymnastics



During the 13th to 15th October, 2012, a state-level competition was organized in Shree Chhotubhai Purani Exercise Complex - Rajiplot by Gujarat State Gymnastic Association. 13-year-old Kirtan Santoshbhai Kornike, living in Mosharpurur, won gold medal and Pommel in this competition in Floor Exercise in Artistic Gymnastics. Now it will represent Gujarat at the national level.

Bright day for Shahil

Shahil Radhani and Dhruv Patel recorded sublime wins on the third day of Gujarat State Open Ranking Snooker and Billiards tournament held at the Sports Club of Gujarat (SAG).

In the 30-minutes match of junior Billiards category, Shahil Radhani of SAG edged past Neet Shah in a nail biting match. Throughout the match Shahil was leading with huge margin of points. Neet had some other plans as he fought back in last five minutes of the match. But in the end, Shahil managed to settle the game 76-69.

In another encounters, Ahmedabad-based Dhruv Patel won comprehensively against Rahul Shah with a huge margin. He recorded a 91-52 win. Whereas Jeet Bhojani beat Bhargav Tanki 71-55 and Kunj Patel defeated Het Patel 70-60.

Meanwhile in the junior Snooker category, Jeet Bhojani recorded a 56-45, 40-39 win against Nirmal Parmar, Nitin Tank defeated Namra Doshi 39-32, 63-22, Varun Solanki beat Sufiyan Surti 32-66, 52-40, 43-34 while Kunj Patel routed Nachiket Patel to settle the game 60-35, 63-21.

Sharan is Chess champ



Karnataka's Sharan Rao won the category B in 1st Gujarat International Open Grandmasters Chess Tournament that was held at Karnavati Club.

In all, 352 players from across the world took part in the category where Uzbekistan's Doniar Safarov took the second place.

Hosts Gujarat has lot to cheer as Sarthak Patel was third while Andhra Pradesh's Ajay Mushini was fourth. Meanwhile, in A category, International Master (IM) GA Stany was leading the field with four points.

DEVAM NETS FOUR

Devam Dhabhai was the star of the show as RSSA routed Flory Academy 8-3 in the Ahmedabad Baby league.

In an under-11 category match, Kabir Mehrotra struck in the fourth minute to start the winning spree as Devam hogged the limelight with four goals in the 18th, 31st, 40th and 49th minutes.

Moksh Rathod too hit the net thrice in the 11th, 37th and 38th minutes for the victory as RSSA coast to an easy win. For the losing side, Dhairya Shah, Darsh Soni and Avirat Shinde scored a goal each.

MGIS Puma in form

In another match, MGIS Puma



brushed aside Young Avengers 6-1. Devansh Dave, Mrinank Borah, Shiv Mori, Hrishikesh, Rishon Roy and Shaurya Patel found the net for the winners. For Avengers, Dhyan Desai pulled one back.

Meanwhile, Chanakya Shah scored four goals for ANTS FC as they cruised past CN Sharpshooters 'A' 7-3. Nishik Patel and Prateet Shah hit one goal each for ANTS FC. For the losing side, Khush Doshi scored thrice to complete his hat-trick.

ARA on fire

Dhairya Dathiya and Palash Thakkar scored a brace each while Aryan Gupta, Het Patel, and Umber Singh scored a goal each as ARA FC recorded 7-2 win over MGIS Tigers.

CN Sharpshooters 'B' recorded a close 6-5 win against BBFS. Harshil Bajaji and Parv Kaushik hit the net once each for the winning team and Om Parikh scored twice while own goals from Devansh Bhatt and Yash Patel made the difference between the two teams.



ROHIT SHARMA

Born: Apr 30, 1987
Birth Place: Nagpur, Maharashtra
Role: Batsman
Batting Style: Right Handed Bat
Bowling Style: Right-arm offbreak
Teams: Mumbai, India U19, India Green, India A, Deccan Chargers, India, Mumbai Indians, Indians, India Blue

BATTING CAREER SUMMARY

	M	Inn	NO	Runs	HS	Avg	BF	SR	100	200	50	4s	6s
Test	25	43	6	1479	177	39.97	2682	55.15	3	0	9	144	29
ODI	193	187	31	7454	264	47.78	8406	88.67	21	3	37	655	202
T20I	87	80	14	2207	118	33.44	1595	138.37	4	0	15	200	96
IPL	173	168	27	4493	109	31.87	3429	131.03	1	0	34	379	184

BOWLING CAREER SUMMARY

	M	Inn	B	Runs	Wkts	BBI	BBM	Econ	Avg	SR	5W	10W
Test	25	10	334	202	2	1/26	1/35	3.63	101.0	167.0	0	0
ODI	193	38	593	515	8	2/27	2/27	5.21	64.38	74.12	0	0
T20I	87	9	68	113	1	1/22	1/22	9.97	113.0	68.0	0	0
IPL	173	30	332	440	15	4/6	4/6	7.95	29.33	22.13	0	0

NATION

Railways unveil Train 18, India's first engine-less train



October 29: The Rs 100-crore indigenously developed high-tech, energy-efficient, self-propelled or engineless train was flagged off by Railway Board Chairman Ashwani Lohani.

Delhi fumes as air quality stays 'poor'



October 22: Delhi's air quality remained in the "very poor" category for the second consecutive day Sunday even as authorities warned that it may further deteriorate in the next couple of days. The overall Air Quality Index of Delhi was recorded at 301, which falls in the 'very poor' category, said the data from the Central Pollution Control Board.

Government asks Google, Twitter, WhatsApp to check rumours, messages inciting unrest



October 25: The government has asked Google, Twitter, WhatsApp and other social media platforms to take concrete steps to check the spread of rumours and messages inciting unrest, cyber crimes and other activities that could be detrimental to national security, officials said.

4 women try Sabarimala climb, forced to retreat



October 22: Despite the historic Supreme Court order allowing women of all ages to offer darshan at the Sabarimala Sree Dharmasastha temple, four women were prevented from entering Sabarimala temple on Sunday by a large number of devotees of Lord Ayyappa.

SPORTS



Sachin Tendulkar congratulates Virat Kohli for breaking his ODI record, Mumbai Police praise him for 'over-speeding'

October 24: Virat Kohli created history on Wednesday when he became the fastest cricketer to reach 10,000 ODI runs. Kohli set the record while batting against West Indies in the second ODI currently taking place in Visakhapatnam. Naturally, Twitterati went into a tizzy and joining them was the Mumbai Police's official Twitter account.

source: internet

INTERNATIONAL

Casualties surge as Afghans return to vote



October 23: Problems plagued hundreds of Afghan polling centres on Sunday in the shambolic legislative election's second day of voting, fuelling criticism of organisers and eroding hopes for credible results after a ballot marred by deadly violence.

US jackpot nears \$1 bn hours before drawing



October 20: A New Yorkers queuing up to buy tickets for Friday's lottery said they would use the prize money to go on a shopping spree, quit their jobs and donate to charity. Still, with winnings from the largest-ever \$970 million Mega Millions jackpot, they might have a lot left over.

Indonesia says Lion Air passenger flight from Jakarta to Sumatra has crashed



October 29: PA Lion Air flight with 188 aboard crashed into the sea off Indonesia's island of Java. Shortly after take off from the capital Jakarta, Indonesia's search and rescue agency said. "It has been confirmed that it has crashed," Yusuf Latif, a spokesman for the agency, said by text message, when asked about the fate of the Lion Air plane. Indonesia energy firm Pertamina official says debris, including plane seats, found near its offshore facility in Java sea. According to an official, Lion Air flight was carrying 188 people, including crew.

Trouble in the Hubble: NASA suspends ops

October 10, NASA's Hubble Space Telescope has entered safe mode, following the failure of another gyroscope, but its science operations have been suspended, the US space agency said. Hubble entered safe mode after one of the three gyroscopes (gyros) being used to point and steady the telescope failed last week. Safe mode puts the telescope into a stable configuration until ground control can correct the issue and return the mission to normal operation. Scientists are currently performing analyses and tests to determine what options are available to recover the gyro to operational performance.



BIRTHDAY WISHES



JAWAHARLAL NEHRU
14 NOVEMBER 1889



SANIA MIRZA
15 NOVEMBER 1986



VIRAT KOHLI
05 NOVEMBER 1988



TIPU SULTAN
20 NOVEMBER 1750



INDIRA GANDHI
19 NOVEMBER 1917



SHAHRUKH KHAN
02 NOVEMBER 1965



RANI LAKSHMIBAI
19 NOVEMBER 1835



DARA SINGH
19 NOVEMBER 1928



AISHWARYA RAI
01 NOVEMBER 1973

MEDICAL COURSES AFTER 12TH SCIENCE

Have you completed 12th science with PCB subjects? Do you want to pursue a good medical courses? Students always wonder, what after 12th? If yes, this article will be helpful to you.

What is the first thing that comes to your mind when talking about medical courses, which course is eligible to pursue after 12th science?

Medical courses can be pursued by students who have completed 12th science with PCB subjects. PCB subjects together makes the "Biology group". Biology group is popularly known as "B" group among students.

Apart from MBBS and BDS, there also exists numerous medical courses. Some such courses are-nursing, ayurveda, homeopathy, unani, science courses [B.Sc.], teacher training courses, paramedical courses and other diploma courses.

MEDICAL COURSES AFTER 12TH SCIENCE

1 MBBS: It is probably the most popular medical course available in India. MBBS course is 5 ½ years long. The academic program is 4 ½ year long. At the end, there is a 1 year long internship program. MBBS is the minimum qualification required to practice as a Doctor in India.

2 BDS: BDS stands for bachelor of dental surgery. To become a Dentist, one must complete this academic program. This course is 5 years long [including internship].

3 B.SC. NURSING: This course will help you become a Registered Nurse [RN]! The course duration is 3-4 years. The academic program consists of classroom lectures and practical training.

4 B.PHARM. [BACHELOR OF PHARMACY]: B. Pharm. Degree will help you become a licensed chemist in India. The course duration is 4 years. The course primarily focuses on subjects like pharmacy, chemistry, biology and healthcare.

5 PHARM D: Pharm D and B. Pharm are two different courses! Pharm D course stands for Doctor of Pharmacy. It is more advanced than B. Pharm. course! The course duration is 6 years.

6 BAMS: BAMS stands for Bachelor of Ayurvedic Medicine and Surgery. Unlike MBBS, this course focuses on concepts of Ayurveda and Ayurvedic medicine. After completing this course one will earn the title of Doctor [Ayurveda]. The



course is 5 ½ years long.

7 BHMS: BHMS stands for Homeopathic Medicine and Surgery. This course aims at treating patients using homeopathic methods and medicine. After completing this course, one will earn the title of Doctor [Homeopathic]. The course is 5 ½ years long.

8 BUMS: BUMS stands for Bachelor of Unani Medicine and Surgery. This course aims at treating patients using the Unani system of healing. The course is 5 ½ years long.

9 BPT [PHYSIOTHERAPY]: BPT stands for Bachelor of Physiotherapy. This course uses massages, exercises and movement of muscles to treat patients who have suffered injuries from accidents or are recovering from surgeries. The course is 4 ½ years long.

10 B.V.SC. & A.H.: This course is popularly known as Bachelor of Veterinary Science and Animal Husbandary. This course aims on the use of biology and technology to treat and prevent diseases oc-

curing in animals. The course is 5 years long.

11 BOT [BACHELOR OF OCCUPATIONAL THERAPY]: BOT course focuses on Occupational Therapy. This course is all about using exercises, training, aiding devices, environmental adaptation and equipment to treat patients suffering from physical, mental, emotional and neurological limitations. The course is 4 ½ years long.

12 BASLP [BACHELOR OF AUDIOLOGY SPEECH LANGUAGE PATHOLOGY]: This course focuses on subjects such as audiology, hearing disorders, auditory systems and speech language therapy. course is 5 years long [including the internship].

13 OTHER B. COURSES: B.Sc. Nursing is the most popular science course among biology students. Apart from nursing, there are many other relevant science courses available in India.

Some of them are; B.Sc. Biochemistry, Biology, Physics, Chemistry,

Environmental Science, Biotechnology, Occupational Therapy, Physiotherapy, Radiology, Bioinformatics, Anthropology, Microbiology, Zoology, Forensic Science, Agriculture, Pathology, Speech Therapy, B.F.Sc. [Fisheries Science], B.Sc. Horticulture, genetics, Health Science and Nutrition, Sports Science, Audiology, Botany.

14 PARAMEDICAL COURSES

Paramedical courses are related to the allied healthcare sector. Such courses deal with subjects like medical lab technology, diagnosis technology, radiology etc. Here are some courses available in India-

B.Sc. in Operation Theatre Technology, X-Ray Technology, Radiography and Medical Imaging, Dialysis Technology, Medical Record Technology, Medical Laboratory Technology, Ophthalmic Technology, Anaesthesia Technology, Optometry, Diploma in Operation Theatre Technology [dott]. Nursing care assistant, Sanitary Inspector, MRI Technician and many other.

Self Discipline and Academic Success



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dents by asking whether they wanted to receive \$5 immediately or \$7 a week later. Those who waited for the \$7 reward not only earned higher grades than their \$5 peers, they also were less likely to have discipline problems in school or bad habits like smoking, alcohol use or delinquency compared to the kids who demonstrated a poor delay of gratification. Interestingly, the researchers also found that the ability to wait for a reward was associated with higher self-esteem. In other words, self-discipline seems to be related to many variables that are key to school success.

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Self-Discipline Beyond the School Years

Self-discipline is important not only in school but continues to be important for academic and career success well beyond the school years. Students with high self-discipline have been found to be more likely to be inducted into better colleges and get better jobs than peers with low self-discipline, even when they are equally gifted intellectually.

Ways to Teach Kids Self-Discipline Skills

Now that we are aware of the importance of self-discipline the question arises that what can parents do to develop and strengthen this important skill in their children? Listed below are the steps and techniques that can help you in achieving this.

Provide Structure: Create a similar schedule everyday. This should include a morning and after-school routine that teaches them how to divide their time between chores, homework and fun activities. A fixed bedtime schedule is also important to teach them the importance of getting plenty of sound sleep. Keep your kids' routine simple so that with enough practice they should learn how to implement each step on their own.

Explain the Reasons Behind Your Rules:

Instead of saying, "Do your homework as soon as you get home from school," explain the underlying reason for the rule. Say, "It's a good choice to do your homework first and then have free time later, as a reward for getting your work done." This helps them understand the underlying reasons for your rules and the potential consequences of their choices.

Implement Appropriate Consequences:

Sometimes, natural consequences can teach some of life's greatest lessons. A child who constantly forgets his project or textbooks at home won't learn to pack his bag if his mother delivers them to the school each time he forgets. In-

stead, he may need to face the consequence from his teacher before he learns. At other times, kids need logical consequences. A child who plays too rough with his mother's phone may need to lose the privilege of playing games on it. Forcing your children to do something won't teach them self-discipline, instead clearly inform them about the consequences of their behaviour and follow through with them without exception. Keep in mind that kids need to learn how to make healthy decisions on their own by examining the potential consequences of their behaviour.

Praise Good Behaviour: Provide positive attention and praise whenever your child demonstrates self-discipline. If your child does something without needing a reminder or displays good behaviour say, "Great job!" Sometimes good behaviour goes unnoticed, and giving kids praise for making good choices increases the likelihood that they'll repeat that behaviour.

Model Self-Discipline: Kids learn best by watching adults. If your child sees you procrastinating or choosing to watch TV instead of finishing your work, they'll pick up on your habits. Make it a priority to model self-discipline and pay attention to areas where you might struggle with discipline yourself. Perhaps you spend too much money, smoke, over-eat or lose your temper when angry. Work on those areas and make it clear to your children that you practice what you preach and strive to do better.

What is Self-Discipline?

Self-discipline is often discussed but what exactly do we mean by it? When we talk about "self-discipline," we're actually talking about a number of different personality factors. One element of self-discipline is low impulsivity. A child with low impulsivity can wait their turn, avoid interrupting others' conversations and stay seated and quiet when required. Self-discipline also includes control over their own thoughts, emotions and actions. Finally, a child's ability to delay gratification is an important element of self-discipline. Delayed gratification means the child can refuse a small, immediate temptation in exchange for a larger reward later on.

Self-Discipline & Academics

Various Psychological studies have shown that self-discipline is key to academic success. For example, a study of eighth-graders in the U.S.A found that self-discipline was strongly associated with final grades, test scores and selection into a competitive high school. Children with high self-discipline also behaved differently in relation to school. In particular, they were less frequently absent, did more hours of homework, spent less time watching television and began their homework earlier in the day compared to children with low self-discipline. Perhaps most interesting of all, these scientists found that self-discipline was more important than IQ in predicting every outcome.

Self-Discipline & Problem Behaviours

Self-discipline not only seems to be related to academic success, but it also makes a child less likely to have problem behaviours that can interfere with school performance. A group of psychologists tested delay of gratification among American middle school stu-

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