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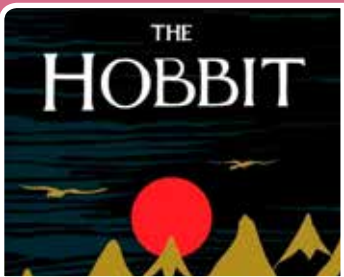
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THEORY OF 24 A'LA MAHATMA

Why didn't you do your home assignment? What about all the work pending on your table? Why did you leave the job incomplete? I DIDN'T HAVE TIME, is a prompt reply by most busy individuals including students. So my question to all great minds is, if the issue is shortage of time, when did the freedom fighters get time to carve out independence? Why do you think we have been allocated just 24 hours a day?

It is not someone's lucky number. If we recall history when 24-hours a day originated, the first were the ancient Egyptians who divided daytime into 10 hours which they measured with devices such as shadow clocks, and added a twilight hour at the begin-

ning, and another one at the end of the day-totaling to 12 hours.

The subdivision of hours and minutes into 60 comes from ancient Babylonians who had a predilection for using numbers to the base 60. For example, III II (using slightly different strokes) meant three times 60 plus two or 182. We have retained from the Babylonians not only hours and minutes divided into 60, but also their division of a circle into 360 parts or degrees.

Today, the standard definition of time is no longer based on the rotation of the Earth around the Sun; it is based on atomic time. A second is defined as: "9,192,631,770 periods of the radiation corresponding to the transition between the two hyperfine levels of the ground state of the caesium-133 atom."

Hours did not have a fixed length until the Greeks decided they needed such a system for theoretical calculations. Hipparchus proposed dividing the day equally into 24 hours which came to be known as equinoctial hours (because they are based on 12 hours of daylight and 12 hours of darkness on the days of the Equinoxes). Ordinary people continued to use the seasonally varying hours for a long time. Only with the advent of mechanical clocks in Europe in the 14th Century, did the system we use today become common place.

One particular watch that is very valuable for us Indians belonged to the Mahatma - MohanDas Karamchand Gandhi. The

watch never left his side. It was the first thing Gandhi reached for when he rose each morning at 4 a.m., and the last thing he checked before going to bed, often past midnight. He consulted it frequently through the day so as never to be late for an appointment. And, at that final moment, when three bullets from an assassin's Beretta knocked him over, his 78-year-old body slumped to the ground, and the watch also stopped.

He said, "There is more to life than increasing its speed." In today's world you find everybody running. You ought to reach out and deliver. Competitiveness is everywhere and the world is closer to becoming a global village than it ever was. He added, "I do not want to foresee the future. I am concerned with taking care of the present. God has given me no control over the moment following. As human beings, our greatness lays not so much in being able to remake the world - that is the myth of the atomic age - as in being able to remake ourselves."

In lines of the inspiring maestro M.K.Gandhiji, take time to work, take time to plan, take time to execute, take time to enjoy, watch a movie, watch a cricket match, sit with your family, talk/play with your children, all work and no play makes everyone a dull boy. Take time to converse with someone you have never spoken to, take time to take care of yourself and other things you may want to accomplish.

You are as important as the 24 hours in a day so make the best out of whatever is in store for you.

SALLA VIJAY KUMAR
EDUCATIONIST, AHMEDABAD

"God has given me no control over the following moment. I am concerned about taking care of the present."

-Mahatma Gandhi

SMART CLASSES IN VMC SCHOOLS TRANSFORMING EDUCATION

Interactive smart classes are changing the way education has been imparted in civic primary schools.

Students are thoroughly enjoying these classes that have become a reason for them to not miss school. An Interactive digital board works much better in capturing the attention of students, unlike text books. While the first lessons on smart boards that were conducted in 2014, it initially included only math and science, now social science is also part of the course through interactive learning. English has also been added as a subject for interactive teaching from this academic year. A similar move for Gujarati language is expected soon, say teachers.

The results have shown great improvement in the last two years, since the civic schools have adopted the method of interactive learning. However, currently only four schools have smart interactive boards. Apart from smart boards, VMC's Pragnya initiative for the lower classes ensures that students do not tug heavy school bags.

-Sub editor

TEACHER'S DAY FELICITATIONS

This teachers day, 236 teaching and non-teaching staff members, were felicitated at Town Hall in Gandhinagar. The award ceremony was organized in the presence of Governor O P Kohli, CM Vijay Rupani, and Education Minister Bhupendrasinh Chudasama.

42 out of the total 236 have been selected at state level and awarded cash prizes of 51,000 each. Under district- and taluka-levels, 62 and 132 teachers were felicitated, respectively, receiving Rs 15,000 and 5,000 each, respectively.

Other dignitaries who graced the felicitation ceremony with their presence were Assembly Speaker Ramanlal Vora, ministers Nanubhai Vanani, Jaydrathsinh Parmar, Vallabhkhai Kakdiya, and Parliamentary Secretary Vibhaviben Dave, Education Principal Secretary N Yuvago, Principal Secretary Pankaj Joshi and Higher Education Commissioner A J Shah.

-Sub editor

DUSSEHRA

Dussehra also known as Vijaya Dashami, Maha Navami or Dashain is a spectacular Hindu festival that celebrates the triumph of good over evil as propounded by the Hindu epic Ramayana.

It is a holiday celebrated with much pomp and pageantry in India as well as other countries with significant Hindu Diaspora such as Nepal and Bhutan.

Everything is beautifully lit up, there is a certain buzz in town that you just can't ignore, and to sum it all up everyone is feverishly enthusiastic this festive time of the year. There are Durga Puja pandals outshining each other and offering delectable varieties of food, Navratri specials in restaurants and Kanjak Pujan with the poori-halwa-chana offering that everyone looks forward to.

Navratri is synonymous as a festival of dance in Western India, known as garba in Gujarat and dandia in Maharashtra. In recent years, the dandia craze has spread across the country, partly owing to dandia/garba song-dance sequences in many Bollywood movies. All these festivities eventually lead into Dussehra, marking the celebration of Ravan's defeat at the hands of Lord Rama. Dussehra also coincides with Vijaya Dashami, marking the vic-

tory of Goddess Durga over the demon Mahishasur. The goddess is said to have fought with demons for all of nine days and ten nights. It is only on the tenth day or dashmi (tenth day according to the lunar calendar) that she emerges victorious.

Dussehra is a popular Hindu festival but perhaps not as widely celebrated as Diwali (which falls twenty days after Dussehra). Unfortunately, over the years, one notices that enthusiasm to celebrate the festival has been waning steadily. Schools and residential complexes do

celebrate, mostly to fuel the excitement of children. But it is no longer a family event to go to a maidan and watch Ravana burn or see the

play enacted by seasoned actors. In case you didn't know that, in many towns and cities, the entire story is enacted by theater actors in front of an audience. You can sit and witness the story as it unfolds. If that is not interesting enough, the mela-like atmosphere sure is. This Dussehra, why don't you try something new and adventurous?

— **Rahul Choksi**,
 Educationist Ahmedabad



HAALO GARBA RAMVA...

Navratri festival is celebrated to worship the nine forms of Goddess Durga, the Hindu Goddess of power. It is a very important Hindu festival celebrated all over the country.

Navratri is a Sanskrit word which means nine nights.

The Goddess is dressed in red and mounted on a lion. Her various incarnations-kumar, Parvati and Kali are worshipped during these days.

Women especially in Maharashtra and Gujarat, adorn themselves with 9 different colors which are allotted for each day of navratri. The color of the day is decided on the weekday. Each weekday is ruled by one of the planets or Navgraha's and accordingly colors are assigned to each day.

The festival which is devoted to the mother Goddess, known by various names; Durga, Kali, Bhavani, Amba and Chandika, has been celebrated in its most unique and different nature in various parts of India and abroad with devotional songs, bhajans and cultural programmes. The world renowned "Garba" or "dandiya raas" is organized in the state of Gujarat.

The word Garbo or Garba has originated from Sanskrit word "Garbhdeep" –an earthen pot with circular holes in it.

Neetu Gurjar, Std 8th, Ahmedabad



EID AL ADHA

Eid al adha/ Eid ul zuha, also known as greater Eid or the feast of sacrifice, is the second of two major Eid Muslim holidays. Millions of Muslims around the world celebrate the festival which commemorates Abraham's willingness to sacrifice his son Ishmael as an act of absolute submission to God. It also signifies the end of the annual Hajj pilgrimage to Mecca, Saudi Arabia, which attracts over two million pilgrims.

WHAT IS THE HAJJ

The Hajj pilgrimage is the largest annual gathering of people in the world. As the fifth and final pillar of Islam, it is a mandatory religious duty for adult Muslims to make the journey at least once a lifetime, provided that the individual is physically and financially able to do so. Muslims of every ethnic group, social status and culture gather in Mecca and stand before the Kaaba, the most revered shrine in the Muslim world to praise Allah.

HISTORY

The festival celebrates the story of Abraham who was instructed by God in a dream to raise the foundations of Kaaba, the sacred shrine in Mecca. Muslims face the black cuboid building, located at the center of the mosque; Al Masjid al Haram.

Following the call, Abraham set off for Mecca along with his wife and son Ishmael, trekking across the barren land. In a dream, he was asked to sacrifice his son for God's sake. When he revealed to Ishmael what he had seen, his son readily agreed to sacrifice his life for the sake of God. When Abraham was about to sacrifice Ishmael, Allah spared the boys life and replaced him with a lamb- which is what Abraham eventually sacrificed.

To commemorate the sacrifice, Muslims emulate this tradition by sacrificing lambs and other animals. The meat is then distributed among friends, family and the poor. Though, it has become increasingly common for families to donate money to charity instead.

— **Riyaz Mansuri**, Educationist, Ahmedabad



PHUKET

I've travelled to my fair share of places around the world in my 25-year lifespan. Travel has always been about exploration for me, it's not so much about staring at majestic marvels of nature or creations of man for me as it is about discovering, understanding and participating in the cultures that make up the identity of their respective regions, cities or countries. Today I'm going to talk about the time I visited the beautiful city of Phuket, in Thailand.

Phuket, pronounced with a silent 'h', is one of the most culturally and naturally enriched places in the country of Thailand. It is Thailand's biggest island. I visited Phuket in the summer of 2007 and immediately fell in love with how beautiful and picturesque the entire province was. I was greeted by friendly locals, lush green landscapes and a general vibe of happiness everywhere I went on this magical island.

Phuket has hundreds of beaches, but one of the most important and popular beaches is the Patong beach. I have visited several beaches over the course of my many travels but Patong beach certainly stood out in terms of how beautiful and well maintained it really was. Moreover, there were lots of amazing restaurants and places of interest near the beach itself, we also saw several live musical performances at Patong beach! Other similar beaches were the Karon beach and the Kamala beach. The Kamala beach is famous for its' coral reefs which one can experience by diving!

Phuket has a rich history and is also home



to several monuments and museums. The Two Heroines monument is one such monument that we saw, it is dedicated to two sisters who defended Phuket against Burmese invasion and rallied their forces behind them. Certainly a testament to the power of women! Near the Two Heroines monument is the famous Thaland National Museum which describes Phuket's history in much more detail. Definitely an unforgettable experience for us.

One of the most important things to see in Phuket is the sport of Muay Thai in action! Muay Thai is a traditional Thai Martial art, also known as Thai Kickboxing. There are several tournaments that are held all around the year in Phuket with several local and international fighters taking part in them. The sport is one with great respect and discipline and it is truly a sight to behold for all involved.

After a few days spent in Phuket, enjoying all these different experiences and learning so much about a new country, it was time for us to go back home. However, Phuket still remains one of the most mesmerizing experiences of my life and I would definitely like to recommend a trip to Phuket to every traveller!

DUSHYANT DUBEY
 TRAVEL ENTHUSIAST



Recent terrorist attack on an Army Restabishment (HQ of 12th Brigade) in Uri sector by four terrorists exported from Pakistan has led to a very aggressive posture and response by India. The attack was mounted in the early hours in the morning of Sunday the 18th Sep, when soldiers were sleeping in their tents. 13 soldiers died by burns and about 30 soldiers sustained burn injuries. Incendiary grenades were thrown on to these soldiers and they were burnt alive. The battle lasted for about four hours and all four terrorists were killed. Army had six more casualties taking the number to 19. Here in this article, I will discuss the issues involved, possible approach to the situation by India and their pros and cons.

Before I explain the response and options available to India, I would like to discuss two very important issues. The first: Are you affected by terrorist attack? Most of you would answer in negative. This is because neither you nor any of your near and dear is either injured or has lost his life in such attacks. That is why many pseudo intellectuals and so called intellectuals, politicians, Bollywood stars and others talk about peace, talks and cultural exchanges even now, for their own benefits. So far we have been told that we are a peace loving country, Pakistan is our younger brother and we must resolve all issues by peaceful talks. None of these so called intellectuals have any of their children in Armed Forces or Para – Military forces. And the gullible minds of ours get carried away by such idealistic talks. Pakistan is using the same psych of the Indians with confidence that no response from India would really hurt them. They pampered such people by calling them to Pakistan in the pretence of some seminar, looking after them well and ensure that they come back to India praising the people of Pakistan and insist for talks, exchange of culture and trade etc. This was the policy of all earlier governments till date.

The second important issue must be clearly understood by us is that each and every one of us is affected by such terror attack. Every one of us pays for such attack and as attacks increase, we pay more. We pay in terms of higher tax for state to take effective measures. We pay higher price for items we buy and eat in malls and hotels to take care of their security related expenses. We pay by less funds availability for our health and education because large chunk of our money is diverted to take care of enhanced security needs. Terrorist attacks also stops investment flows and thus development. That is how it hurts the economy of the nation and we all get affected.

In these circumstances what should be our response? Imagine that in your house I forcibly try to enter and occupy one of your rooms or try to harm your family member. What would be your reaction? Would you welcome me with open arms and entertain me or you would resist my entry with all your might? You will try to bring me to my senses, try to hurt me where it hurts me the most like actions that will affect my business or reputation in the society etc. But if all these fail, than you will deal with me with force and throw me out of your house and also take the help of police.

India is our motherland. India is our home. Why then someone from outside try to occupy my area, bleeds my fellow Indians and my reaction is not the same as explained above? Why we allowed Pakistan so much of room to harm us and bleed us again and again?



Why we won all the five battles against Pakistan; three major and we actually lost the wars because we gave away all the advantages on negotiation table. Why couldn't we exchange 90000 plus soldiers and territory captured in 1971 in return of POK? Instead in return we only got Shimla agreement. Military victories were converted in political defeats.

Sound of peace talk is drowned in the noise of terrorism. That is the policy adopted by the present government. All efforts were made by the government to make friends and continue dialogues in positive environment. But terrorist attacks continued. Actually number of attacks increased both in number and severity. Many were foiled, many terrorists were encountered before they could cause any harm to us. But a few succeeded also. Pathankot and Uri were those successful attacks. But these attacks woke us up from deep slumber. Especially after Uri we are demanding aggressive actions by the government.

India like any other nations has three options to punish Pakistan; Diplomatic tools and manoeuvre, economic blockade and tools and the last but not the least, the use of Armed Forces. India must explore all these options to her advantage appropriately, effectively and intelligently. I think that India is using all the options to her advantage at present.

When we study all terrorists' attacks of recent times in Europe and USA, we find that all of these attacks have Pakistani links. In Europe alone 278 people were killed in last two years in terrorist attacks. These attacks have brought the affected countries together. Afghanistan and Bangladesh are also affected by Pakistan based terrorist activities.

Our PM utilised his charisma and communication skills to the fullest and took upon himself to convince the world to unite against this menace and raised this issue in all major meetings and gatherings of leaders. These efforts by the PMO and the office of External affairs Ministry achieved consensus of the countries of the world on the issue. After Pathankot attack on 02 January this year, these attempts to gather support of other countries were expedited. In the address to USA congress India successfully highlighted Pakistan role in exporting terrorism across the world. From Lal Quilla on 15

August this year naming and shaming Pakistan began in full earnest. Atrocities of Baluchistan were brought into the limelight on world stage. During her address in UNGA (UN General Assembly) address, Mrs Sushma Swaraj in clear terms highlighted Pakistan role, named Baluchistan and thundered first time in UN forum that Kashmir is an integral part of India and Pakistan will never be able to take it away. She thus ruled out any compromise on the issue.

SAARC is another such forum of nations. Here also India with three more countries boycotted the summit meeting in Pakistan to be held in November. Because of this boycott, Pakistan has cancelled the summit. All development programs to interlink SAARC nations with roads and power grid now are planned without Pakistan. Even SAARC food bank, SAARC agricultural seeds bank and all such initiatives are now planned without Pakistan. Thus Pakistan's isolation from the world community has started in earnest. IN USA a bill has been introduced to declare Pak as a terrorist state and a signature campaign is under way to support the bill.

On the economic front many steps are underway that will hurt Pakistan. Rethink on Indus water treaty by India and possibility of action by India, reducing water flow into Pakistan will hurt them the most. Already Pakistan is worried and pro-actively they have approached World Bank. Reconsidering the MFN (Most favoured Nation) status to Pakistan, though may not hurt them that much, is a step in right direction. Most of the trade from India to Pakistan actually take place indirectly through Dubai. Many such economic measures I am sure Government shall initiate in future.

Next India must declare Pakistan as terrorist state and impose economic sanctions on it. A Private member bill is already planned to be introduced for the same. All parliamentarians must support the bill and clear it at the first opportunity. Thereafter India must use her market muscle and refuse market access to any company that has investment in Pakistan and does business with Pakistan. This will be very effective to cripple Pakistan's economy.

Last but not the least the use of Armed Forces. Use of armed Forces can be either in limited theatre where

surgical strikes are undertaken to demolish the training camps and some important strategic installations or for full fledge war on all fronts. As far as demolishing the camps are concerned, it will have very limited effect since they are mobile and can be recreated at very low cost and time. India has already exercised her option to strike on the training camps and has destroyed at least about 10 camps well inside the LOC. India will have to watch regrouping and keep striking at the right time. War is an option but should be exercised as a very last option. The option must be considered for sure. Posturing is already initiated and a massive Air Force exercise is planned on the western border by Western Air Command. The forces moved for the exercise if retained on border would create pressure on Pakistan. It is important to mention threats given by Pakistan of using of Nukes if attacked. I feel that this is a very hollow threat. Yes, we must be prepared of any eventualities but must be fearless and must do what is ought to be done.

It is a fact that the tempers are running very high in India and citizens are asking the government to take effective measures to teach Pakistan a lesson and bring it to its knees. Government is also walking the talk this time and seems to be determined to take it to its logical conclusion. Inside the territory of POK, India has already struck and has given the right and very strong message to Pakistan and the world. However we need to keep one thing in mind that we only will have to help ourselves. We should not depend on any one to take action on our behalf. If we don't fight our battle, no one else is going to fight for us. That was our policy and message to the world power in 1971 and should be the message to the world this time too. The main difference though this time is that all major powers except China have suffered from the exported terrorism by Pakistan. India must continue the aggressive postures and policies to isolate, name, shame and force Pakistan to stop its activities against humanity. We must force Pakistan to pay for their deeds.

Do write to us and share your views.



**VETERAN WG CDR
JAYDEV DESAI**

Help Scrat find his way through the maze and get the easter egg in the center!



HOW TO PLAY

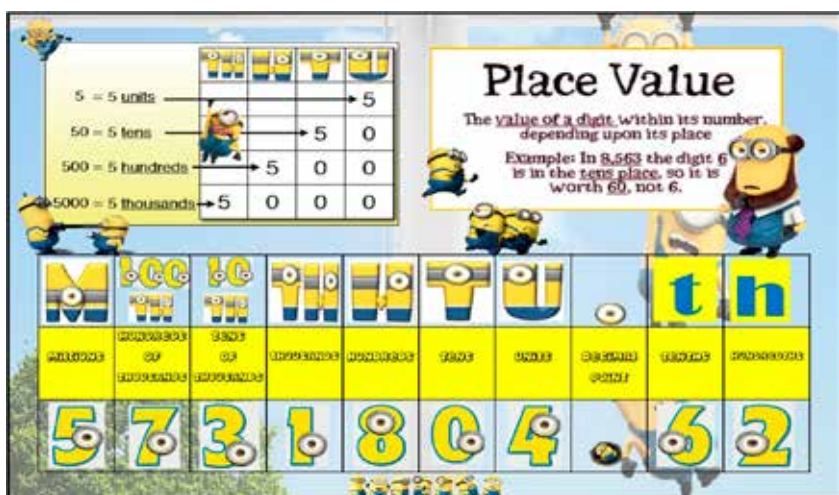
Cut out the round game pieces below. Each character will be used more than once to complete the puzzle.

Use the characters to fill in the blank squares. When you finish there should be only one picture of every character in each row, column and 4X4 grid.



The value of a digit within its number, depending upon its place

Example: In 8,563 the digit 6 is in the tens place, so it is worth 60, not 6.



WHAT DOESN'T BELONG?



THINGS YOU'LL NEED:

1. Scissors
2. Tape
3. Good fingers



CONNECT THE DOTS



STEP 1

It's easy to draw Captain Gutt once you see that he is made of very simple shapes! If you look carefully, you'll see that his hat is a triangle, his body, face and legs are ovals and his beard is a big upside down teardrop.

STEP 2

Captain Gutt is a pretty rough pirate, so we want to make his hair look rough, too! Add jagged lines along his leg, back and beard and on his cuffs. Don't forget the points on his sword!

STEP 3

Next, add some shadow on only one side of each of the shapes, like I did on the drawing above. He looks even more solid now, right?

STEP 4

And finally, it's time to color him. Gutt is made of lots of blues and greys, plus some brown and tan colors for his skin. Don't fret, matey, if it doesn't look exactly like mine. That's part of the fun! Yo, ho, ho!

DRAW CAPTAIN GUTT

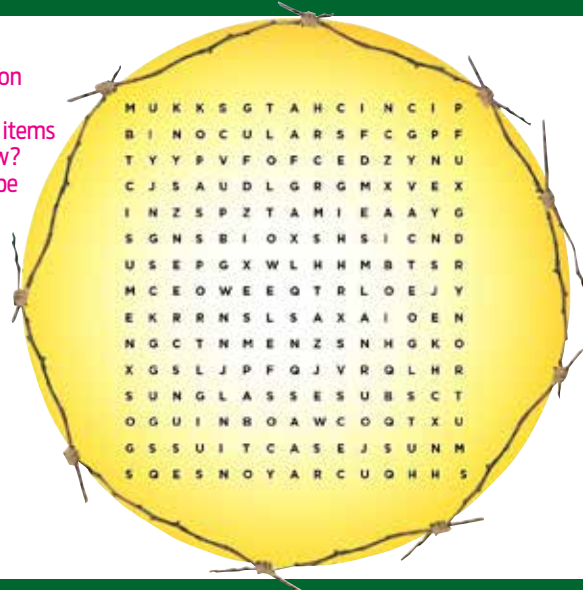
BEACH VACATION

HAT
TOWEL
SUNGLASSES
PICNIC
MUSIC
SUITCASE
CAMERA

Let's take a trip!

Bia and her family are going on vacation and she needs help packing! Can you find all the items on her list in the puzzle below? Watch out, some words will be backwards or even diagonal!

SUNSCREEN
FRISBEE
CRAYONS
FLASHLIGHT
JOURNAL
BINOCULARS
PASSPORT



ART CORNER



ALFIYA MO. ALI,
Std.IX.Shri Ladharam School



PRAJAPATI SAVAN
TRIPADA DAY SCHOOL



ZALA RINKAL, STD- 8, TG

MINIONS MATH ACTIVITY

Math Symbols

- +** add altogether, total, plus, increase, more than, sum
- take away, subtract, minus, difference between, decrease, reduce, fewer
- x** times by, multiply by, lots of, groups of, product of
- ÷** divided by, shared between, divided into, divisible by, shared equally

Time

- o'clock
- half past
- quarter past
- quarter to

Comparison

- less than: $3 < 7$
- more than: $8 > 2$

My 100 Square

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

Basic Fractions

1 whole = 2 halves = 4 quarters

$1 = \frac{1}{2} + \frac{1}{2} = \frac{1}{4} + \frac{1}{4} + \frac{1}{4} + \frac{1}{4}$

My Multiplication Square

1	2	3	4	5	6	7	8	9	10
2	4	6	8	10	12	14	16	18	20
3	6	9	12	15	18	21	24	27	30
4	8	12	16	20	24	28	32	36	40
5	10	15	20	25	30	35	40	45	50
6	12	18	24	30	36	42	48	54	60
7	14	21	28	35	42	49	56	63	70
8	16	24	32	40	48	56	64	72	80
9	18	27	36	45	54	63	72	81	90
10	20	30	40	50	60	70	80	90	100

Number Line

0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20



JIMIT V.
KHATRI,
STD- 5 B, THS

BUILD A TABLETOP HOVERCRAFT!



YOU WILL NEED

- An old CD or DVD disc
- A 9" balloon
- A pop-top cap from a liquid soap bottle or a water bottle
- A hot glue gun

WHAT TO DO

- If you are using the cap from a water bottle, cover the center hole of the CD with a piece of tape and poke about 6 holes in the tape with a push-pin or small nail. This will slow down the flow of air and allow your hovercraft to hover longer.
- Use the hot glue gun to glue the cap to the center of the CD or DVD disc.
- Create a good seal to keep air from escaping.
- Blow up the balloon all the way and pinch the neck of it. (Don't tie it.)
- Make sure the pop-top is closed and fit the neck of the balloon over the pop-up portion of the cap. (This is usually easier with 2 people)
- That's it! When your ready to commence hovering, simply put the craft on a smooth surface and pop the top open.
- Happy hovering!

HOW DOES IT WORK?

- The air flow created by the balloon causes a cushion of moving air between the disc and the surface. This lifts the CD and reduces the friction which allows the disc to hover freely. Large scale hovercraft are capable of travelling over land, snow and water.

MAKE IT AN EXPERIMENT:

- The project above is a demonstration. To make it a true experiment, you can try to answer these questions:
1. Does the size of the balloon affect the CD's ability to hover?
 2. Does a helium balloon work better than an air filled balloon?
 3. Do larger discs make better hovercrafts(plastic picnic plates, old record albums)?

—Sub editor

POEM ON BOOKS

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

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

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

Write now, Grower.

Jani Dhruvi N, Std. 9, Ahmedabad

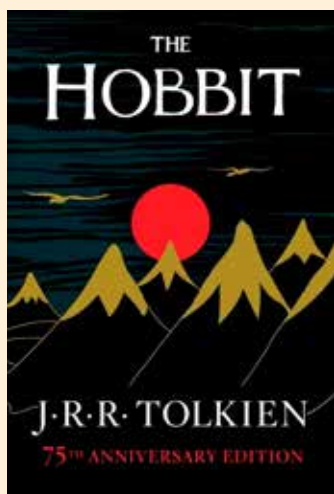


BOOK REVIEW: THE HOBBIT

This book has got to be one of the greatest you will ever come across. While the Lord of the Rings was targeted at a much older audience, the Hobbit appeals more to younger people in my opinion because it is less complicated and significantly shorter. The Hobbit is based on events that took place before the Lord of the Rings trilogy begins, but it has no less adventure. J.R.R. Tolkien delivers splendidly yet again!

In The Hobbit, young nonchalant Bilbo Baggins living in his comfortable little hobbit hole is whisked away by the legendary wizard Gandalf and a group of fearless dwarves to reclaim their stolen treasure. Long ago, back in the day when dwarves inhabited the lonely mountain, they were renowned for their mining skills. They put these to good use in digging out gold from beneath their feet.

But as their gold treasure pile grew and grew, it caught the attention of the evil dragon Smaug. Dragons of course are known for their lust of gold and must have more of it at any cost.



Smaug, an especially large and self-ish dragon, fiercely attacked the lonely mountain and drove the dwarves away; who failed to secure help from the elves.

This situation persisted until, one day, thirteen dwarves and Gandalf descended unannounced at Bilbo Baggin's residence. There they appealed to Bilbo's instinctive sense of adventure and managed to convince him to accompany them on their epic expedition to reclaim their long lost gold.

The adventure begins as soon as the trolls arrive on the scene, intent on kidnapping dwarves and putting them into their stew. If they can get past these evil creatures, they would still need to cross the enchanted Mirkwood forest with its elephant sized spiders, wicked trees that are really traps, and a myriad of illusions. Only if they can manage to get out alive, they still have to defeat the goblin king and fend off the giant mutated wolves called Wargs

This is an adventure of a lifetime. You will not be disappointed the least bit. —Sub editor

"HANDWRITING ENABLES CIVILIZATION" LALJI MEHROTRA LIONS SCHOOL, PRESENTS 'INTER SCHOOL HANDWRITING COMPETITION' IN COLLABORATION WITH "THE OPEN PAGE", EDUCATIONAL NEWSPAPER.

Date: 15th October 2016. Saturday | Timing: 10:00 a.m. to 12:00 noon.

Venue: LML School at Ognaj, Behind Lions Eye- Hospital,
 Off. Sarkhej- Gandhinagar Highway, Ahmedabad- 380060

Organizer: Lalji Mehrotra Lions School, Ahmedabad and
 The Open Page, Educational Newspaper



Last Date of registration is 04th October, 2016

In case of any query, you may contact the following:
Mr. Aslam (The Open Page) – 9687628273
Ms. Chandni (LML School) – 987 961 0140

The competition is open to students of classes I to V. You are requested to nominate 5 students per class from your school. Also, individual students can send their entries at theopenpage@tripada.com | principal@lmlschool.com



Live as if you were to die tomorrow. Learn as if you were to live forever — MAHATMA GANDHI



The magical man from Assam



This man has single-handedly created a thriving, 1300+ acre forest from a 'barren' sandbar. A remarkable and selfless feat indeed.

More than 30 years ago, a teenager named Jadav "Molai" Payeng began planting seeds along a barren sandbar near his birthplace in Assam. The floods had washed a large number of snakes onto the sandbar back in 1979. When Jadav - then only 16 - found them, they had all died.

The snakes had died in the intense heat, devoid of any tree cover. Jadav wept over their lifeless forms. It was carnage. He alerted the forest department and asked them if they could grow trees there. They told him that nothing would grow there and as a last ditch effort he could try growing bamboo. He took upon the herculean task all by himself as nobody was willing to help him.

Today that once-barren sandbar is a sprawling 1,360 acre forest, home to several thousands of vari-



eties of trees and an astounding diversity of wildlife -- including birds, deer, apes, rhino, elephants and even tigers.

The forest, aptly called the "Molai woods" after its creator's nickname, was single-handedly planted and cultivated by one man -- Jadav, who is now 47.

Jadav has dedicated his life to

the upkeep and growth of the forest. Even today, Jadav lives in the forest. He shares a small hut with his wife and three children and makes a living selling cow and buffalo milk. According to the Assistant Conservator of Forests, Gunin Saikia, it is perhaps the world's biggest forest in the middle of a river.

—Sub editor

SPORTS IN INDIA

1. Which Indian state is the largest producer in the world of the golden colored 'Muga' silk?

- Assam
- West Bengal
- Orissa
- Karnataka

2. Which Indian freedom fighter was popularly called 'Mahamana'?

- Bal Gangadhar Tilak
- Gopal Hari Deshmukh
- Jai Prakash Narain
- Madan Mohan Malaviya

3. Which Indian state would you be in if you were watching birds at Ranganathittu Birds Sanctuary, situated on an island in the Kaveri river?

- Karnataka
- Tamil Nadu
- Maharashtra
- Andhra Pradesh

4. 'Anandmath', 'Durgeshnondini' and 'Kapalkundala' novels were authored by which Bengali writer?

- Rabindranath Tagore
- Sharat Chandra Chatterjee
- Bankim Chandra Chatterjee
- Bibhuti Bhushan Bandopadhyay

5. Baglihar Dam, also known as Baglihar Hydroelectric Power Project, in Jammu & Kashmir is built across which river?

- Beas
- Jhelum
- Chenab
- Sutlej

6. Where was the first Indian Institute of Management (IIM) established in 1961?

- Kolkata
- Ahmedabad
- Bengaluru
- Lucknow

7. What line connects the points on a map that receive equal amounts of rainfall?

- Isobar
- Isotherm
- Isohel
- Isohyet

8. On 28 May 2008, the Indian Air Force attained the Airborne Warning And Control System (AWACS) capability by procuring the Phalcon radar (mounted on Russian plane IL-76) from which country?

- France
- Russia
- Israel
- Germany

9. Which India born physicist invented the 'Optical Fiber'?

- C.V. Raman
- Homi J. Bhabha
- Satyendra Nath Bose
- Narinder Singh Kapany

10. Which Australian state was formerly known as "Van Diemen's Land"?

- Victoria
- Tasmania
- Queensland
- New South Wales



LEMON BERRY TRIFFLE

INGREDIENTS:

- 2 cups heavy whipping cream
- 2 cups milk
- 2 (3.4 ounce) packages instant lemon pudding mix
- 2 tablespoons lemon juice
- 2 cups heavy whipping cream
- 3/4 cup confectioners' sugar
- 1 dash vanilla extract
- 1 (9 inch) angel food cake, cubed
- 3 cups sliced fresh strawberries
- 2 cups fresh blueberries

PREPARATION TIME: 1hr 20mins

DIRECTION:

Stir 2 cups whipping cream, milk, lemon pudding mixes, and lemon juice in a large bowl until creamy and smooth. Cover and refrigerate until set for around 1 hour.

Beat remaining 2 cups whipping cream in a bowl until foamy. Gradually add confectioners' sugar and vanilla extract, continuing to beat until stiff peaks form. Lift your beater or whisk straight up: the whipped cream will form sharp peaks.

Layer half the angel food cake in a trifle bowl. Top with half the lemon pudding mixture, half the strawberries and half the blueberries. Spread half the whipped cream over the berries. Repeat the layers. Cover and refrigerate until ready to serve.



Education is the most powerful weapon which you can use to change the world — NELSON MANDELA



YOUNG REPORTER'S CLUB



Photo Courtesy: Manav, LML School

THE ICE OF OUR LIFE

On 10th September an interactive workshop was held at Tripada International School. The vision of the workshop was to make people aware that they can progress in their life if they have the ICE (INNOVATION, CREATIVITY, and ENTREPRENEURSHIP) qualities in their life. Various activities were demonstrated by the presenters. A science experiment was performed by all the participants and the principles behind the experiment were explained. This signified that one can use simple logic and techniques to be creative, and thus develop inventive traits. Later the participants were given random materials like glue, cello tape, cardboard and a newspaper. Each team had to make something creative out of it. Performing these activities was not just fun but it also led to unity among all the participants, as no one knew each other yet everyone was determined to give their best for their team. To sum it up, this workshop motivated many people to be innovative and creative in their lives.

— Nirja oza, LML school.

INNOVATION, CREATIVITY AND ENTREPRENEURSHIP

The Open Page has launched a new initiative wherein they will train a group of students in journalism and reporting under the banner of Young reporters club. The first introductory program was organized at Tripada International School. The program was an interactive science experiment with a lot of interesting activities. The CEO of The Open Page, greeted the audience and began the seminar with a tale of the 1990's.

INNOVATION

According to the speaker innovation doesn't simply mean a 'new idea, device or method' rather it can be defined as the application of better solutions that meet emerging requirements. To demonstrate this to the people he came up with a fun activity game. He showed us a boat that has been made by assembling two paper plates a cup and a straw. Just by adding water the boat moved, to put up this in practice he divided the audience into groups and gave them the material and encouraged them to build the boat. The trick was simple, tape the paper plates together in such a manner that an air column is created which also allows the boat to stay afloat and also carry the weight of the cup. Next, make a hole near the

bottom of the cup and put one end of the straw through it, now tape the cup and voilà! You're done. Now put the boat in water and pour water in the glass, the water having potential energy will try to escape through the straw and when it does the water flowing out will push the boat forward. The explanation of the moving of the boats is based on 'Newton's Third Law' of motion which states that 'every action has an equal and opposite reaction.'

CREATIVITY

The speaker shared an incident with the audience. One day he and his family visited his friends home on his birthday, his grandchild out of curiosity asked "why are we going to his house?" to which the speaker replied "because it is his birthday" the child again asked "why is it his birthday today?" The child asked his grandfather many more questions related to this. The child's curiosity led to all these questions. In fact the child's curiosity is nothing but the creativity of his mind which thought of new ideas and questions. To put this to practical use, the earlier groups were given cardboard sheets, old newspapers, tape and a glue stick and were asked to think of something creative that could be just made out of these things. Some people tried to make something out of the cardboard by sticking paper to it, while another group tried to make a bowl type of

thing which would hold newspapers.

ENTREPRENEURSHIP

The speaker aptly stated "We want to create job creators not job seekers." Entrepreneurship has been defined as designing, launching and running something. It could be a business, an idea or a habit you want to inculcate within yourself. The basic idea was that first you have to focus on what you have to do, then you have to start doing it, and third is that you have to continue that practice and develop a habit. With this the seminar came to end. The Audience was happy as they learnt the principles behind science experiments and some life lessons which would be of much help especially to the children. The audience unanimously agreed that they enjoyed and would do this again if they got the chance to do so. The basic idea of the YRC is to build and develop creativeness among young and little ones, who are the backbone of our future. A child should get himself/herself engaged in some creative activity during his/her leisure time also. This thought process will certainly make a difference in our day to day life and help us in the future. I would really like to be part of this fun filled and creative activity in future also.

— Anirudh Raina, LML School

Young reporters club is an innovative initiative to encourage students to get involved with writing and reporting events and occasions in a stimulating and enjoyable manner.

It aims to empower young people to share their opinions and experiences, and to give them a platform to articulate these experiences through the media of writing, photography and videos.

The programme offers these enthusiastic youngsters a chance to make their voices heard and to feel that they are being listened to. The presence of YRC across schools and across a variety of platforms, that include both print and social media, enables it to reach a wide spectrum of audience. It is a stepping stone for students inclined towards journalism and mass media.



L-R: Manav, Sanam, Anirudh, Shivangi, Neerja, Ekta, Souji, Dimple, Minal, Aslam

YOUTH OF INDIA - JOB CREATORS OR JOB SEEKERS?

"No child is born dumb, they are born with 3 special powers - Innovation, Creativity and Entrepreneurship" - said the CEO of The Open Page.

Tripada International School, Ahmedabad: Yesterday, The Open Page held a workshop for adolescents and their parents. The gist of the whole workshop was just the words with a big meaning in your infants' life - Innovation, Creativity and Entrepreneurship. The speaker used common phrases and lively examples to explain the audience about important but not ordinary applications like practical teaching, resource management and making studies more fascinating and engaging. There were informative fun activities conducted by the marketing manager and the whole group of Open Page. The agenda of these activities was group bounding, having fun, practical teaching, resource and time management and the most important was communicating and interacting with new people. "Bhanya pan ganya nai" said the speaker to make parents understand the importance of practical thinking and teaching. He also explained the reason for discussing these heavy topics so early by co-relating the whole concept of creativity and innovation. "Creativity strengthens your thought-process and lets you think out of the box which results in innovation.... Both the qualities help a child shape his/her future by developing a perfect entrepreneur-attitude. The motto of the youth of India should be to become job creators not job seekers"

— Shivangi P Dasgupta, LML School

YOUTH OF INDIA

On 10th of September, 2016, The Open Page had organized a seminar, under the banner of Young reporters club, for the students of 14-19 years of age in the premises of the Tripada International School. Students attended the seminar along with their parents. Basically, the seminar was about science experiments, creative team games, DIY (Do It Yourself) activities with the articles (cardboard, newspaper, cello tape, glue and pen). All these activities encouraged group discussions and interaction with strangers.

The Mission-Vision of the seminar was: "Creativity, Innovation and Entrepreneurship!"

Creativity means to produce something through ones' imaginative skills.

Innovation is the process of bringing the best ideas into reality and improvising things.

What are entrepreneurs like? What distinguishes them from other business people? An entrepreneur is the man or woman who is able to actualize his/her innate potentials and develop an independent character.

The CEO of this famed educational newspaper explained the importance of valuable life skills and tools to empower oneself to build sustainable and prosperous futures for one selves and their communities too! He quoted, "We want to create job creators, not job seekers!"

Discovering Newton's 3rd law of motion practically was a different learning experience. Personally I got interested in constructing the model they showcased. Being a throughout Commerce student, apart from seeing that the principle was being applied on the model efficiently or not, I could see as well as feel the unity in the team, contribution of every member in the tasks, and their contribution. "The only source of learning is EXPERIENCE" - Anonymous. Each member cooperating with each other in spite of meeting for the first time was marvelous! Everybody who was a part of the audience carried a smile on their face while they left the auditorium. Well, you can determine the success of the program.

REVIEWS: I was guided by the Sub editor of The Open Page as I took my first steps on the road towards Journalism... I know this journey is going to be tremendously adventurous. My firsthand experience of covering an event with 5 more LMLites was awesome!

— Ekta Ganwani, LML School

INTERACTIVE SESSION TIS



A special interactive session was organized at Tripada International School by V.R. Institute of Journalism and mass communication for class 9 students of TIS, with the Editor of a popular city daily. Deepal Trivedi; editor of Ahmedabad Mirror along with her colleague and city editor Yogesh Awasthi graced the symposium with their presence and enlightened the students and budding journalists with their professional experiences and insights. Deepal

Trivedi stressed upon the importance of media as an institution and outlined its role as a pillar of nation building and social reform. When questioned on the commercialization of media, she answered earnestly that a section of media is indeed biased, but there are a handful of media houses that still haven't given in to this bias and are fighting for self-standing despite all the odds. The role of media as a critic for the ultimate betterment of society and its subtle influence on our value systems was discussed in depth. Different types of media such as print, radio, television and social media, their relevance in today's society were also explained to the eager and visibly excited audience. The duo shared interesting anecdotes from their professional experiences to the captivated gathering of students and to be journalists. It proved to be a very constructive session for the students who were fortunate to have the experience of learning first hand from top media honchos of the city. Questions posed by the audience were answered sedulously before the erudite session was finally concluded and the happy faces posed for a group photo.

— Sanam Munshi & Dimple Bhojwani. TOP Team





2016 PARALYMPIC GAMES

WHAT ARE THE PARALYMPIC GAMES?

The Paralympic Games is a major international multi-sport event involving athletes with a range of physical disabilities, including impaired muscle power (e.g. paraplegia and quadriplegia, muscular dystrophy, post-polio syndrome, spina bifida), impaired passive range of movement, limb deficiency (e.g. amputation or dysmelia), leg length difference, short stature, hypertonia, ataxia, athetosis, vision impairment and intellectual impairment. There are Winter and Summer Paralympic Games, which since the 1988 Summer Games in Seoul, South Korea, are held almost immediately following the respective Olympic Games. All Paralympic Games are governed by the International Paralympic Committee (IPC).

The 2016 fifteenth Summer Paralympic Games are an upcoming major international multi-sport event for athletes with disabilities governed by the IPC, to be held in Rio de Janeiro, Brazil, from 7 September to 18 September 2016. This will mark the first time a Latin American and South American city hosts the event.

INDIA AT THE PARALYMPICS

India made its Summer Paralympic debut at the 1968 Games, competed again in 1972, and then was absent until the 1984 Games. The country has participated in every edition of the Summer Games since then. It has never participated in the Winter Paralympic Games.

In 1972 Petkar swam the 50 meter freestyle in a world record time of 37.331 seconds to give India her first ever Gold. India finished 24th out of the 42 participating nations. In 1984, Joginder Singh Bedi won silver at the Men's Shot Put and followed it up with a pair of bronze winning performances in the Discus and Javelin throws. Another Indian, Bhimrao Kesarkar, won the silver medal in the Javelin.

India continued to participate in each Paralympic Games thereafter, but failed to make an impact till the 2004 Summer Paralympics in Athens when Devendra Jhajharia, Javelin thrower, won gold and Rajinder Singh won bronze for power lifting in the 56-kg category. India finished 53rd out of the 136 nation field. H. N. Girisha, an Indian athlete born with a disability in the left leg, won the silver medal in the 2012 Paralympic games held in London in the men's high jump F-42 category.

EVENTS OF THE PARALYMPICS

Events in 23 sports are scheduled to be contested at the 2016 Summer Paralympics, including Archery Athletics, Boccia, Bowls, Cycling, Equestrian, Football 5-a-Side, Football 7-a-Side, Goalball, Judo, Powerlifting, Rowing, Sailing, Shooting, Swimming, Table Tennis, Volleyball, Wheelchair Basketball, Wheelchair Fencing, Wheelchair Rugby, and Wheelchair Tennis. Two new sports will also be added to the Paralympics in Rio; canoeing and the triathlon

Courtesy: Internet sources



THE ENGLISH PREMIER LEAGUE

The Premier League is an English professional league for men's association football clubs. At the top of the English, it is the country's primary football competition. Contested by 20 clubs, it operates on a system of promotion and relegation with the English Football League. Welsh clubs that compete in the English football league system can also qualify.

The Premier League is the most-watched football league in the world, broadcast in 212 territories to 643 million homes and a potential TV audience of 4.7 billion people. While 47 clubs have competed since the inception of the Premier League in 1992, only six have won the title: Manchester United (13), Chelsea (4), Arsenal (3), Manchester City (2), Blackburn Rovers and Leicester City (1). The current champions are Leicester City, who won the title in 2015–16.

INTERESTING FACTS ABOUT THE EPL

1. Sheffield Utd's Brian Deane scored the first goal in the English Premier League history.
2. No English manager has ever won the league title.
3. The English Premier League started on 15th August 1992
4. Sir Alex Ferguson has won 12 Premier League titles
5. The first Sky television rights agreement was worth £304 million over five years
6. Ryan Giggs has played in every Premier League season (until his retirement)
7. The highest scoring game was Man United's 9-0 defeat of Ipswich in 94-95 season; Andy Cole scored five times.
8. Blackburn lead the red card charts with an amazing 75 red cards
9. Chelsea lead the yellow card charts with over 1200 bookings
10. In 2003-2004 Arsenal went the whole season unbeaten, thus earning the moniker "Invincibles"
11. Alan Shearer leads scoring charts with 260 Premier League goals
12. Frank Lampard has 161 goals from midfield – an unbelievable amount for a non-striker.
13. Chelsea scored a whopping 103 goals in the 2009-10 title win
14. Alan Shearer scored 11 Premier League hat tricks
15. Fernando Torres, at £50 million, is the highest value transfer between English clubs
16. Ledley King scored fastest goal after just 10 seconds
17. David Beckham scored that unreal halfway line goal against Wimbledon on the opening day of 1996-97 season
18. The most away wins in a season was Chelsea 2004-2005
19. The most consecutive wins was 10 by Arsenal (10 Feb 2002 to 24 Aug 2002)
20. The highest attendance was 76,398 for Man Utd vs. Blackburn in 2007
21. The lowest attendance was 3,039 for Wimbledon vs. Everton 1993
22. The most Premiership appearances is Ryan Giggs, who has 612 and counting
23. The oldest goal scorer was Teddy Sheringham at 40 years and 268 days
24. The most assists is Ryan Giggs with 127 and counting
25. The most red cards record is held by Patrick Viera, Duncan Ferguson and Richard Dunne – all with 8
26. Arsenal, Aston Villa, Chelsea, Everton, Liverpool, Manchester United, and Tottenham are the only teams to compete in every Premier League season
27. Around 63% of the league's players are non-British players.
28. Eric Cantona scored the Premier League's first hat trick playing for Leeds vs. Spurs
29. The first televised Premier League goal was scored by Teddy Sheringham
30. First keeper to score a goal was Peter Schmeichel in 2001 for Aston Villa
31. The first player to reach 100 Premier League goals was Alan Shearer
32. Man United won the first Premier League title with 84 points.



Children must be taught how to think, not what to think — MARGARET MEAD



WHEN YOU SPEAK AND THE WORLD LISTENS.. IT'S JOURNALISM!

Journalism began from times when transmitting news or gathering news was solely done by people who were either travellers or sailors or traders or merchants who used to travel from one city to

the other talking about the city and business in other cities. Before print media was established 'word of mouth' was the primary source of news. However, this transmission of news was highly unreliable

because every person had his/her version of describing particular information. Journalism today is characterized by three themes – personalization, globalization, localization.

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

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

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

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

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

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

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

Journalism is one such profession which embraces all other disciplines, because when one is a journalist he/she is entitled to work on any given

assignment and hence he/she should conduct some basic homework on the subject. For a journalist every assignment that he/she does on the field is an exam because they have to cultivate a sharp and spontaneous attitude to be able to extract the best of the incident that has occurred and report to the viewers/readers. And hence some basic information of everything should be taken as core criteria to become a journalist.

A lot of careers emerge out of journalism, some being

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

WHO CAN BE A JOURNALIST?

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

- Ardent Reader
- Curious
- Keen Observer
- Knows the art of Expressing

- Knows how to retain knowledge
- Has one's own perception about things

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

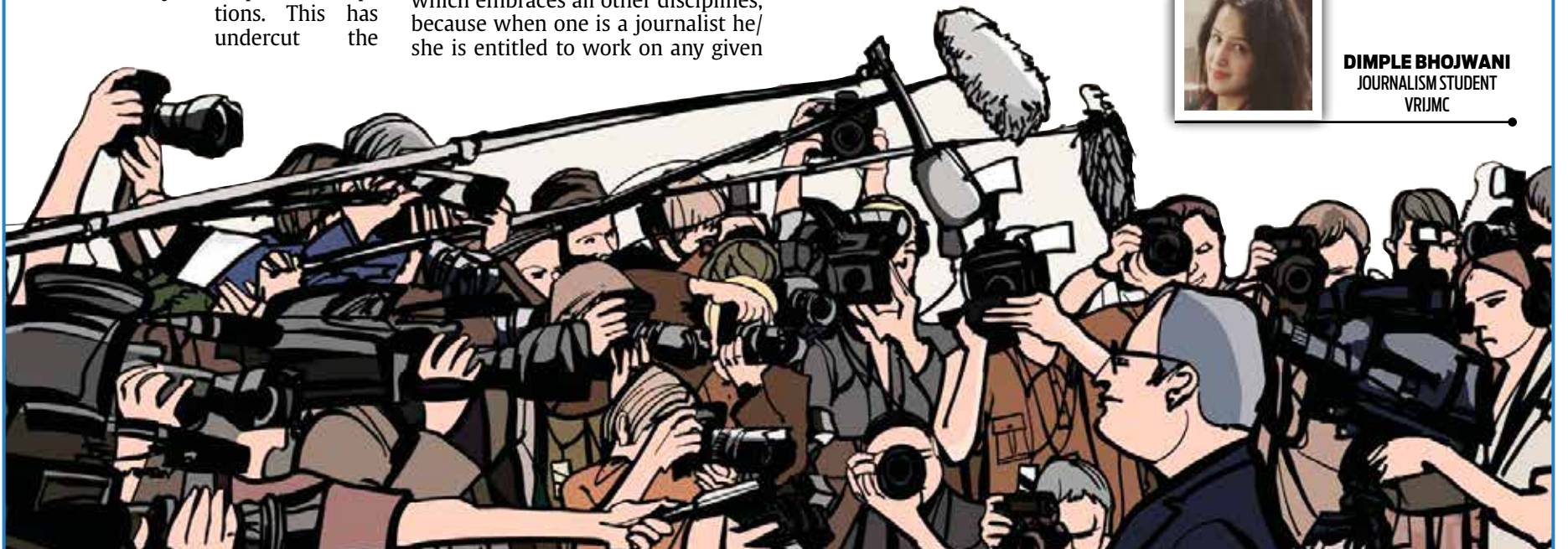
- V R Institute of Journalism and Mass Communication, Ahmedabad
- Symbiosis Centre for Media and Communication, Pune
- Manipal University Manipal
- Jamia Millia Islamia New Delhi.
- Indian Institute of Journalism and New Media (IIJNM) Bengaluru.
- Asian College of Journalism (ACJ), Chennai.
- Manipal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

ABROAD

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



DIMPLE BHOJWANI
JOURNALISM STUDENT
VRJMC



GANDHI JAYANTI

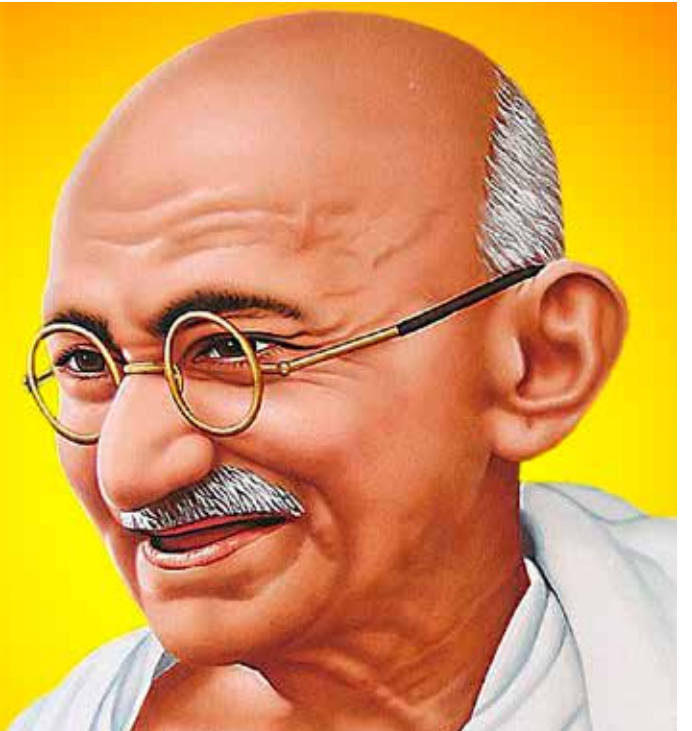
Gandhi Jayanti is a national festival celebrated in India to mark the occasion of the birthday of Mohandas Karamchand Gandhi, the "Father of the Nation". It is celebrated annually on 2nd October. It is one of the three official declared national holidays of India, observed in all of its states and union territories. The United Nations General Assembly announced on 15 June 2007 that it adopted a resolution which declared that 2 October will be celebrated as the International Day of Non-Violence.

Gandhi Jayanti is marked by prayer services and tributes all over India, especially at Raj Ghat, Gandhi's memorial in New Delhi where he was cremated. Popular activities include prayer meetings, commemorative ceremonies

in different cities by colleges, local government institutions and socio-political institutions. Painting and essay competitions are conducted and best awards are granted for projects in schools and the community on themes of glorifying peace, non-violence and Gandhi's effort in Indian Freedom Struggle. Gandhi's favourite bhajan, Raghupathi Raghava Rajaram, is usually sung in his memory.

It is considered as a day to spread the message of non-violence across the globe and promote it through various educational programs. On this day, several public awareness programs, such as street awareness campaigns, seminars and discussions are organized by government and non-governmental organizations.

—Sub editor



A seventeen-year-old home-schooled Mumbai girl just got into the Massachusetts Institute of Technology (MIT). Malvika Raj Joshi got a scholarship from MIT, without having a Class 10 or 12 certificate, based purely on her computer programming talent. She is a three-time medal winner at the International Olympiad of Informatics, more commonly known as the Programming Olympiad, which helped her secure a seat at MIT.

Unlike several prestigious academic institutions in India like the IITs, MIT accepts students who are medal winners in various maths, physics and computer Olympiads.

Malvika found it difficult to get admission to IIT in India without a Class 12 certificate. But now, she is all set to pursue a degree in computer science from one of the most prestigious technology institutes in the world.

It was Malvika's mother Supriya's decision to "unschool" Malvika when she was in Class 7 at Dadar Parsee Youth Assembly School in Mumbai. Supriya told PTI that this tough decision was taken while she was working with an NGO and helping children affected by cancer. She decided that it was more important for her children, Malvika and her younger

daughter Radha, to be happy than to gain conventional knowledge.

Unschooling is one of the educational methods of homeschooling where the learner chooses the activities that interest him or her as a means of learning. This encourages the learner to focus on the topics he/she is passionate about; in Malvika's case it was computer programming.

The Indian Government has in the past stated that "parents dissatisfied with the education system may choose home schooling for their chil-

dren." But the rules regarding home-schooling are still unclear because of the implementation of the Right to Education Act, which makes it compulsory for every child between the age of 7 and 14 to attend school. Although no parents have gotten into trouble for homeschooling their children, the Indian education system is perhaps not designed to cater to the needs of homeschooled students, which makes it virtually impossible for them to get a college education.

Courtesy: betterindia.com

MALVIKA



MANTRA TO SUCCESS

1. Try not to do too much studying at one time.

If you try to do too much studying at one time, you will tire and your studying will not be very effective. Space the work you have to do over shorter periods of time. Taking short breaks will restore your mental energy.

2. Plan specific times for studying.

Study time is any time you are doing something related to schoolwork. It can be completing assigned reading, working on a paper or project, or studying for a test. Schedule specific times throughout the week for your study time.

3. Try to study at the same times each day.

Studying at the same times each day establishes a routine that becomes a regular part of your life, just like sleeping and eating. When a scheduled study time comes up during the day, you will be mentally prepared to begin studying.

4. Set specific goals for their study times.

Goals will help you stay focused and monitor your progress. Simply sitting down to study has little value. You must be very clear about what you want to accomplish during your study times.

5. Start studying when planned.

You may delay starting your studying because you don't like an assignment or think it is too hard. A delay in studying is called "procrastination." If you procrastinate for any reason, you will find it difficult to get everything done when you need to. You may rush to make up the time you wasted getting started, resulting in careless work and errors.



DEEPA MALIK

Deepa Malik (born 30 September 1970) is an Indian athlete. She is the first Indian woman to win a medal in Paralympic Games and won a Silver medal at the 2016 Summer Paralympics in Shot put.[1] She has won accolades for her participation in various adventure sports. She is associated with Himalayan Motorsports Association (H.M.A.) and Federation of Motor Sports Clubs of India (F.M.S.C.I.). She has done an 8 day, 1700-km drive in sub-zero temperatures which included a climb to 18000 feet. It was - Raid De Himalaya. This journey covers many difficult paths including remote Himalayas, Leh, Shimla and Jammu.

Deepa is the wife of a veteran cavalier Colonel Bikram Singh and daughter of a veteran Infantry Colonel BK Nagpal. She is the mother of two adult daughters- Devika and Ambika. She is currently being supported by the GoSports Foundation through the their Para Champions Programme.

She is a member of the working group in the formulation 12th five- year plan { 2012-2017 } on Sports and Physical Education as nominated by the Planning Commission HRD Division on behalf of the Sports Ministry. Deepa Malik is the first Indian woman to win a medal at the Paralympics. She won silver medal in the shotput sport at Rio Olympics 2016. Deepa has no sensation below her chest. She was previously honored with the Arjuna award in 2012, at the age of 42 yrs.

For Deepa Malik, life has never been able to pose a challenge that could dim her spirit. From getting operated upon when her husband was serving the nation in Kargil and getting 163 stitches between her shoulder blades, she has been a real life inspiration for years now. Having won sporting laurels at the international stage for close to a decade, the only medal missing from her repertoire was the Paralympic one. And at Rio, she has fulfilled her dream.

(Shotputter Deepa Malik bags historic silver at Rio Paralympics)

Deepa has never been daunted by adversity. When told as a 26-year-old that her choice was between paralysis and death, anyone else would have had a meltdown. A budding sportswoman and cricketer for Rajasthan despite suffering paralytic shocks since the age of eight, Deepa, however, faced the impossibility of life head-on. Seven broken vertebrae and frequent MRI scans in the absence of titanium plates could not stop her from taking to throwing the javelin in 2006. Then it became the shot put, the event that has given her Paralympic glory in Rio. (Deepa Malik elated after winning Silver at Rio Paralympics)

Tasting success at the 2010 Para Asian Games, Deepa aspired to make a mark at the 2012 London Paralympics. However, she wasn't able to make it in the absence of a quota and that only resulted in strengthening her resolve. Rio had to happen. It was in a sense the climax of her journey. Having fought 19 long months to get a license as a rally driver in Maharashtra, Deepa knows how it is to be a para athlete in India. She knew the system wasn't conducive to getting her ready. (Mariyappan Thangavelu overcomes lack of funding to win Paralympics Gold)

Deepa in that sense is an opportunity for each of us. To redeem ourselves and stand up to the test of our own conscience. She is the best story of grit and determination that we can possibly have and is proof that never was it about facilities and infrastructure as it is often made out to be. It was always about will and the determination to succeed. It was about the fire in the belly and the conviction to make a mark at the biggest state of them all. Finally, it was about the burning desire to make the country proud. Taking a cue from Sakshi Malik and PV Sindhu and now Thangavelu, Deepa and Bhati, Indian sports can take a giant leap in the next four years and redeem itself in Japan. Thangavelu and Deepa have proved beyond doubt that it is possible. Only we need to want it badly. —Sub editor



Study without desire spoils the memory, and it retains nothing that it takes in — LEONARDO DA VINCI





HOW TO PROVIDE A BALANCED DIET TO CHILDREN

In the current scenario of our society, people prefer to have junk food, which negatively affects their health. We must take special care of children's health. We have to make them eat proper nutritious food.

WHAT IS A BALANCED DIET?

The food from which our body can get the necessary required nutrition, that diet is called a balanced diet.

CONTENTS OF BALANCED DIET

Contents	Food items and relevant contents	
Carbohydrate Food	Grains, Jaggery, Sugarcane Etc.	
Fat	Ghee, Butter, Milk, Cashew nuts, Almonds, Kapasiya, Parsley, Cloves, Soya Bean, Etc.	
Vitamins	Vitamin A	Carrot, Green Vegetables Etc.
	Vitamin B	Milk, Soyabean, Green Vegetables, Peas, Eggs, Potato, Grains, Tomato, Ground Nuts, Pulses, etc.
	Vitamin C	Amla, Lemon, Orange & Other Sour Fruits
	Vitamin D	Milk & Sunrays
	Vitamin E	Green Vegetables, Milk, Butter, Tomato
Minerals	Vitamin K	Digestion Process
	Minerals, Calcium	Milk, Green Vegetables, Curd, Buttermilk
	Iron	Dryfruits, Green Vegetables
	Phosphorus	Milk, Green Vegetables
	Sulfur	Onion & Green Vegetables
Protein	Iodine	Sea food, Iodized Salt
		Milk, Paneer, Rajma & From All Types Of Dal, Maximum From Soya bean

THE PROPORTION OF FOOD

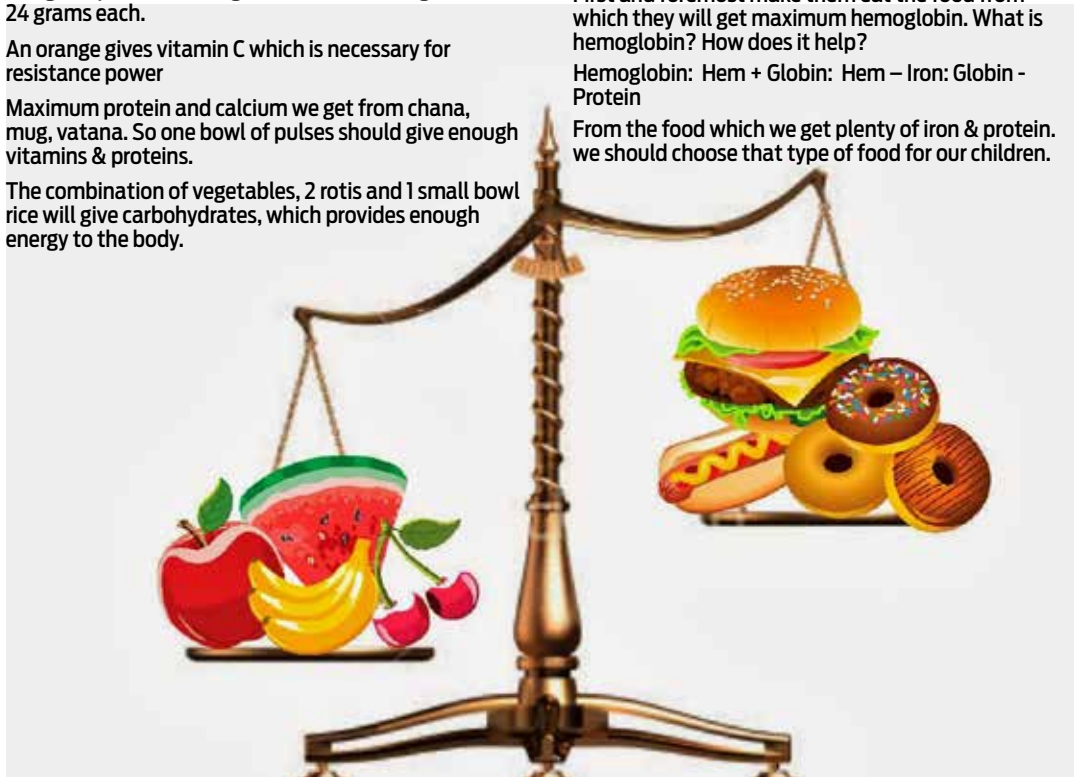
Protein is essential for the construction of body and development of muscles. Requirement of protein is 1 gram per kilogram; if a child weighs 20 K.G. then the child needs 20 gram of protein per day.

100 gram protein - from groundnuts 31.5, mug and arad 24 grams each.

An orange gives vitamin C which is necessary for resistance power

Maximum protein and calcium we get from chana, mug, vatana. So one bowl of pulses should give enough vitamins & proteins.

The combination of vegetables, 2 rotis and 1 small bowl rice will give carbohydrates, which provides enough energy to the body.



BALANCED FOOD FOR 5 TO 7 YEAR OLD CHILDREN

Let's learn how to keep away children from fast-food and cold drinks, as we know in the current scenario children love to eat fast-food and cold drinks a lot.

First and foremost make them eat the food from which they will get maximum hemoglobin. What is hemoglobin? How does it help?

Hemoglobin: Hem + Globin: Hem – Iron: Globin - Protein

From the food which we get plenty of iron & protein. we should choose that type of food for our children.

Types of Food Daily Necessity Suggestions

GRAINS	Give 4 to 7 portion (equal) (1 portion means 1 slice bread, ½ cup cooked pulses, rice, pasta, 3-1/4 to 1 cup cooked food with less sugar	Give grains during half day i.e. wheat bread, wheat pasta, brown rice, cornflakes
VEGETABLES	Give 1-1/2 to 2-1/2 bowl green vegetables	If it is possible give vegetables of different colours
FRUITS	Give 1 to 1-1/2 bowl dry fruits (groundnuts are also equal to dry frits)	Give maximum fruits, if want to give juice give homemade juice only and use less sugar
MILK	Give Two to three cup milk & one cup curd	Give the milk which has low fat i.e. cow milk & goat milk
PULSES	¼ Boil Pulses	Give them a different item once in a week
OIL	Give 4 to 5 teaspoon edible oil	Soyabean, Olive Oil, Corn, Sunflower Oil etc.
EXTRA CALORIE	Need 180 calorie	Lapsi, shiro, daliya, thula and sprouted pulses make with less sugar
WATER	Approx 4 glasses a day.	Don't allow them to drink packaged cold drinks. Give them homemade cold drinks like lemonade, amla sharbat, dhana sharbat, kokam sharbat, boiled mango and mint which will refresh their body & mind.

ADVANTAGES OF BALANCED FOOD

- THE CHILD'S BODY GROWS IN A PROPER MANNER
- BY GETTING ENOUGH NUTRITIOUS FOOD CHILD WILL GET DIFFERENT VITAMINS
- Child will be healthy, fresh and energetic
- Child will be active and ready for any task, which will give them confidence & it will be helpful in all round development
- It increases resistance power & make bones strong
- With balanced diet child will be healthy & energetic and it also improve muscles

DISADVANTAGES OF UNBALANCED FOOD

- It may not construct the body in proper way
- Due to lack of vitamins, resistance power will decrease and will be affect by many disease
- Body will get unhealthy & they will not get interest in any activity
- Due to lack of interest child becomes sad
- It stops the development of child
- It will not get necessary elements
- Bones and muscles get weak.
- It decreses resistance power.

HOW TO DIVERT CHILDREN TOWARDS BALANCED DIET

Parents often complaints that their children don't eat dal, rice, chapatti etc. as they are fond of biscuits, chocolates & cold drinks. Let's try and change this habit with the following tips:

1. First and foremost do not provide too much variety, so that they don't get confused between what to eat and what not to.
2. Milk is a complete food, give milk every day. If they refuse to drink milk, then add some flavors' i.e. custard or bournvita.
3. Give them homemade ice cream of fresh fruits.
4. Decorate your child's tiffin with various recipes like paratha's, biriyani's, vegetable noodles etc.
5. Serve the pasta with more vegetables so that they get nutritious food from their favorite recipe.
6. Add different natural colors in their daily

food i.e. red tomato, strawberry, raspberry, apple, yellow day, papaya, pineapple, green day- lemonade, green grapes, guava, white day- banana, amla, cabbage etc according to season.

Thus you can prepare a high quality Tiffin for them. You can also give shapes to fruit's, it will be appealing for the child. If a child refuses to eat something, then tell them stories while they eat, to ensure that they're not missing out on nutritious food.



DR. VISHAL VARIA
EDUCATIONIST, RAJKOT



Only a generation of readers will spawn a generation of writers — STEVEN SPIELBERG



CREATIVE PROFESSIONALS TEND TO BE MORE PRODUCTIVE

The term Time Management is a misnomer. You cannot manage time; you manage the events in your life in relation to time. You may often wish for more time but you only get 24 hours, 1,440 minutes or 86,400 seconds each day. How you use that time depends on skills learned through self analysis, planning, evaluation, and self-control. Much like money, time is both valuable and limited: it must be protected, used wisely, and budgeted.

Finding a time management strategy that works best for you depends on your personality, ability to self motivate and level of self discipline. By incorporating some, or all of the 9 strategies below, you can more effectively manage your time.

KNOW HOW YOU SPEND YOUR TIME

Keeping a time log is a helpful way to determine how you are using your time. Start by recording what you are doing for 15-minute intervals for a week or two. Evaluate the results. Ask if you did everything that was needed; determine which tasks require the most time; determine the time of day when you are most productive; and analyze where most of your time is devoted – job, family, personal, recreation, etc. Identifying your most time-consuming tasks and determining whether you are investing your time in the most important activities can help you to determine a course of action. In addition, having a good sense of the amount of time required for routine tasks can help you be more realistic in planning and estimating how much time is available for other activities.

SET PRIORITIES

Managing your time effectively requires a distinction between what is important and what is urgent. Experts agree that the most important tasks usually aren't the most urgent tasks. However, we tend to let the urgent dominate our lives. Covey, Merrill, and Merrill (1994) categorize our activities into four quadrants in their Time Management Matrix: urgent, not urgent, important and not important. While activities that are both urgent and important must be done, Covey et.al. suggests that we spend less time on activities that are not important (regardless of their urgency) in order to gain time to focus on activities that are not urgent but important. Focusing on these important activities allows you to gain greater control over your time and possibly reduce the number of important tasks that do become urgent.

One of the easiest ways to prioritize is to make a "to do" list. Whether you need a daily, weekly or monthly list depends on your lifestyle. Just be careful not to allow the list-making to get out of control and do not keep multiple lists at the same time. Rank the items on your "to do" list in order of priority (both important and urgent). You may choose to group items in categories such as high, medium and low, number them in order, or use a color coding system. Keep in mind that your goal is not to mark off the most items; rather you want to mark off the highest priority items. Having a prioritized "to do" list allows you to say "no" to activities that may be interesting or provide a sense of achievement but do not fit your basic priorities.

USE A PLANNING TOOL

Time management experts recommend using a personal planning tool to improve your productivity. Examples of personal planning tools include electronic planners, pocket diaries, calendars, computer programs, wall charts, index cards and notebooks. Writing down your tasks, schedules, and memory joggers can free your mind to focus on your priorities. Auditory learners may prefer to dictate their thoughts instead. The key is to find one planning tool that works for you and use that tool consistently.



GET ORGANIZED

Most people find that disorganization results in poor time management. Professional organizers recommend that you first get rid of the clutter.

A frequently used method is to set up three boxes (or corners of a room) labeled "Keep" – "Give Away" – "Toss". Separate the clutter by sorting items into these boxes. Immediately discard items in your "Toss" box. Your "Give Away" box may include items you want to sell, delegate, or discontinue so find a method to eliminate these items such as a yard sale, charitable donation, or gifts to friends or family members outside your home. With the clutter gone, the next step is to implement a system that allows you to handle information (e.g., tasks, papers, e-mail, etc.) less, only once, when possible.

SCHEDULE YOUR TIME APPROPRIATELY

Even the busiest people find time for what they want to do and feel is important. Scheduling is not just recording what you have to do (e.g., meetings and appointments), it is also making a time commitment to the things you want to do. Good scheduling requires that you know yourself. Using your time log, you should have determined those times during the day when you are most productive and alert. Plan your most challenging tasks for when you have the most energy. Block out time for your high priority activities first and protect that time from interruptions. If you know you will have waiting time or commuting time, schedule small tasks such as writing a letter, jotting down a shopping list, reading or listening to educational audiotapes to capitalize on the time loss. Try to limit scheduled time to about 3/4ths of your day, leaving time for creative activities such as planning, dreaming, thinking, and reading.

DELEGATE: GET HELP FROM OTHERS

Delegation means assigning responsibility for a task to someone else, freeing up some of your time for tasks that require your expertise. Delegation begins by identifying tasks that others can do and then selecting the appropriate person(s) to do them. You need to select someone with the appropriate skills, experience, interest, and authority needed to accomplish the task. Be as specific as possible in defining the task and your expectations, but allow the person some freedom to personalize the task. Occasionally check to determine how well the person is progressing and to provide any assistance, being careful not to take over the responsibility. Finally, don't forget to reward the person for a job well done or make suggestions for improvements if needed. Investment For example, paying someone to mow your lawn or clean your house, using a computerized system, or joining a carpool to transport your children to their extracurricular activities can allow you free time to devote to other activities.

STOP PROCRASTINATING

You may be putting off tasks for a variety of reasons. Perhaps the task seems overwhelming or unpleasant. Try breaking down the task into smaller segments that require less time commitment and result in specific, realistic deadlines. If you're having trouble getting started, you may need to complete a preparatory task such as collecting materials or organizing your notes. Also, try building in a reward system as you complete each small segment of the task.

AVOID MULTI-TASKING

Recent psychological studies have shown that multi-tasking does not actually save time. In fact, the opposite is often true. You lose time when switching from one task to another, resulting in a loss of productivity. Routine multi-tasking may lead to difficulty in concentrating and maintaining focus when needed.

STAY HEALTHY

The care and attention you give yourself is an important investment of time. Scheduling time to relax, or do nothing, can help you rejuvenate both physically and mentally, enabling you to accomplish tasks more quickly and easily. Learn to manage time according to your biological clock by scheduling priority tasks during your peak time of day, the time your energy level and concentration are at their best. Poor time management can result in fatigue, moodiness, and more frequent illness. To reduce stress, you should reward yourself for a time management success. Take time to recognize that you have accomplished a major task or challenge before moving on to the next activity. Remember that successful time management today can result in greater personal happiness; greater accomplishments at home and at work, increased productivity, and a more satisfying future.



MR. SUNIL PREMCHAND CHOUDHARY
 RESEARCH SCHOLAR: JTT UNI (RAJ) PRINCIPAL, AHMEDABAD



WAKE UP

U.N. DAY

24
OCTOBER



UN day marks the anniversary of its establishment in 1945 of the UN charter with the ratification of this founding document by the majority of its signatories, including the five permanent members of the Security Council. It marks the day the united nation officially came into being. United Nations, signifies its true sense, i.e. the unity of all the nations. The United Nations was established on 24th October, to maintain peace on the earth, to stop the wars which took the life of billions. UN has several bodies which work on various problems faced globally, like polio, malnutrition, poverty, gender inequality etc. UN also has its own peace keeping force. UN has five permanent members-America, china, England, France and Russia. There are also talks about India being inducted as the 6th permanent member. From 1945 till today UN has showed its importance to the world. On this day many activities are organized by all the branches of the UN, particularly in New York, Hague, Geneva, Vienna and Nairobi. These include: concerts, flying the UN flag on important buildings; debates on the relevance of the work of the UN in modern times; and proclamations by state heads and other leaders. United Nations day is a global observance.

DHRUV PRAJAPATI, Std. 10

TRIBUTE

Mugbool Fida Hussain (1915 – 2011), popularly known as simply MF, was an Indian modernist painter who produced over 50,000 works of art in his career. M.F Hussein's art was prolific in both theme and technique and put the Indian art-scene on the international map. His paintings depict a violent understanding of the human condition, which in some cases resulted in controversies.



MF Hussain grew up in Sidhpur, Gujarat where he began his early education. His father, recognizing his son's talent, got him apprenticeships to a tailor and later a draughtsman while encouraging him to develop his painting technique privately. After graduating from the JJ School of Art, MF painted hoardings for cinema houses in Mumbai. In 1947 prominent painter FN Souza invited Hussain to be part of a group of progressive artists known as the Progressive Artist's Group, whose alliance nurtured Hussain's paintings. MF's painting are not confined to periods but they explored a definite Indian sensibility including Mother Teresa, the Ramayana and Mahabharata, Hindu deities, and M.K Gandhi.

The artist and his persona created much news around the world. MF went everywhere barefoot and only wore tailored suits. Some of his paintings created controversies as he depicted deities in a non traditional manner. Despite the surrounding controversies, MF Hussain is lauded as one of India's greatest artists and has received accolades for his work such as the Padma Shri and Padma Vibhushan, and other international awards from the art community around the world.

—Sub editor

WINNER OF SEPTEMBER



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8

BUTTERFLY POSE

BENEFITS

- Restores and calms your mind.
- Relieves stress.
- Helps release tension in your lower back.
- Stretches the hips, groin, and inner thighs.
- Aids in releasing sciatica pain.
- Helps to ease menstrual and prenatal discomfort.

DESCRIPTION

- Come to sitting in an L shape in Staff Pose, with your spine straight and your legs out in front of you. Then bend your knees and bring the soles of your feet together, allowing your knees to fall out to either side. From here, you can wrap your hands around your ankles and gently drop your knees towards the ground (don't force them, though) to open up your hips and groin. Open your chest and sit up tall.
- Stay here or take in a deep inhale, and then on an exhale, slowly lean forwards, keeping your spine straight. Go as far as feels comfortable, ensuring the integrity of your spine.
- Stay in the pose for a few breaths or a few minutes, depending on the age and needs of your child. To come out of the pose, bring your knees together then stretch them out in front of you in Staff Pose.

MODIFICATIONS

- If you have tightness in your hips, knees, or groin, simply place blocks under your knees and/or sit on a blanket or bolster.
- For a deeper restorative posture, take your feet farther away from your body, slowly drop your head while bending forward with a rounded spine. Completely relax your whole body and bring your attention to your deep inhale and exhale. Place stacked blocks under your forehead for further support.
- Another restorative version of Cobbler's Pose is Reclined Cobbler's Pose. Come to lying on your back, bend your knees, bring your soles together, and allow your knees to fall out to either side. Blocks under your knees are a wonderful addition to this pose.



You could pretend to be a butterfly, book, basket, or oyster.

FUN WITH COLOURS

Your drawing should reach us by 20/10/2016 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



BLOSSOMS MULTI-PROJECT EXHIBITION



Blossoms Primary School situated in Khanpur, Nehru Bridge Corner, Ahmedabad, is blooming fast day by day. The previous issue of Open Page displayed the photographs of last year's Annual Programme held at Town Hall which was a big success.

This September we held a multi-project exhibition which students had prepared. Parents were invited and were really impressed when they explained each project. The School Management pays special attention to each and every student. Some of the projects are exhibited below.



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

Back to
Nature
Programs for
Schools &
Corporate



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

1 DAY CAMPING

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

2 DAY CAMPING

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

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

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