

The Open Page

Inspire Learning

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We are pleased to announce the date of the 5th Educator's award

2nd February 2019

PLACE: Shankus- Divine Child Schools - Mehsana

inside

BEATING EXAMINATION BLUES



Mohan was an above average performer in academics in the school and college.

During the last year of his college, two months before his final semester examination, he fell sick and was diagnosed with typhoid. **p3**

MAKARSANKRANTI

Makarsankranti is set by the solar cycle of the Hindu calendar, and is observed on a day which usually falls on 14 January of calendar, but sometimes 15 January.



p10

YOUTH, ENERGY, PASSION AND MOTIVATION



It was like assembly of galaxies of celebrities and young achievers. We are talking about Yuva Kumbh, held at Lucknow on 22nd and 23rd December 2018. It was one of the pre events to Kumbh to be held at Prayagraj during January 2019 to March 2019. Participants were young achievers who were selected on basis of registration. **p16**

Don't bully otherwise you can be in jail!

"Go away, you fatty..." "You are big as elephant."



JAYWANT PANDYA

is a senior journalist, columnist and tv-web political analysts. He has written this special report for 'The Open Page' on Yuva Kumbh from Lucknow.

You may be studying in school or may not be, but bullying your friend may send you jail or otherwise a fierce fight can land you visiting police station or Gujarat High Court. You may praise anybody for his or her beautiful or handsome figure but it is very unfair to bully anybody for his or her body deformation or disability. Our ancient tradition says we must judge any person by his virtues and not by his or her body or figure. That's why we have considered Ashtavakra as revered sage.

It is noted that many a times parents also have habit of bullying somebody due to his or her body. It may be in presence of that person or in absence of that person. Children always follow their parents. And some times, parents join or encourage children bullying. Instead parents, if they come to know about this, must stop their child. Bullying fellow student or friend can cause fierce fight. Recently, such a case happened in Valsad which went unnoticed.

There were two friends. One is Suleman Ansari and other is Sarfaraz Aga. Suleman is 18 years old, so can be said adult age. He can vote. So we can say he knows what is good and bad behaviour. But it was not so. Sarfaraz Aga is 15 years old. His body is heavy. Both fought outside mosque.

What was reason? Suleman used to bully Sarfaraz for his overweight body. So Sarfaraz got angry. He started beating Suleman. This incident went out of control. It is said that parents jumped in it. Father of Sarfaraz threatened to beat father of Suleman. Instead he might have gone to police station and complain there. But after hearing version of Suleman, police registered FIR against Sarfaraz and his father Rafeeqbhai under sections 323 and 504 of IPC.

Both were residing in adjacent areas and could not afford to stretch fight for long

“ If you are bullied, then complain to teacher or your parents, so it can be sorted out immediately. And parents must ensure if they come to know about their child being bullied or fight, don't get into violence.

and matter was not such a serious. So both wanted to cancel FIR. So they appealed in Gujarat High Court. Generally, such FIRs or cases are dismissed by High Court, but justice Gokani got interested in this case. She thought why such behaviour of both children was. So, both children told to be present with their respective parents on

last 30th November. When both appeared in court, root of fight came in light. Sarfaraz said Suleman used to call him 'Jadeeyo, Jadeeyo'. So once he got angry and he also abused Suleman. When Suleman replied back, father of Sarfaraz slapped him three-four times.

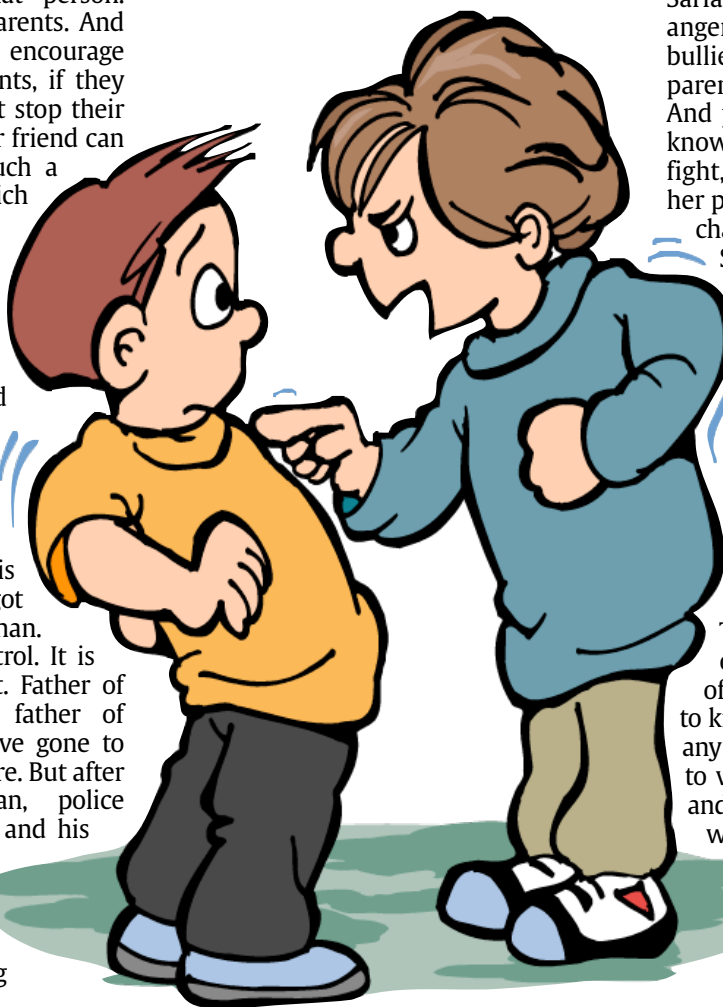
Background of Suleman is also a case of study. He left school after he failed in 10th standard. He didn't have any interest in study. He uses to assist his one of relative in business. So, one reason may be his incomplete study. Friends, if you come to know about your any friend thinking about leaving school, please visit his home and try to know reason for same. If you can stop him by letting know your parents or your teachers, it will be better for him or her and also better for his or her friends-relatives and country because it is said वदिया ददाति वनियम्। (You become good mannered because of education.)

On the other hand, fault was also on Sarfara's side. He could not control over his anger. So, this teaches us that if you are bullied, then complain to teacher or your parents, so it can be sorted out immediately. And parents must ensure if they come to know about their child being bullied or fight, don't get into violence. Contact his or her parents. Justice passed good verdict. All charges against Sarfaraz were dropped.

She observed that Sarfaraz needs to control his hot temperature. For this, he should undergo from counseling sessions. Suleman was asked to complete his study and for that, he was also advised to undergo from counseling sessions.

Court asked both children must get training in reputed institute of Yog for eight weeks. If it is necessary, it was advised both children should also be given sessions of consultation by child psychologists/educationalists. The court entrusted the responsibility of same to the concerned police officer of Valsad. Not only that, when she came to know Suleman had no interest in study any more, she asked investigating officer to visit his school principal and teachers and refer him to the medical board whether he was suffering from dyslexia.

Punishing boys cannot solve the problem. Yog and counselling can assist in controlling anger. Also family must teach children tolerance.



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

Today's children are tomorrow's leaders



“ If your actions inspire others to dream more, learn more, do more and become more, you are a leader”

All children have the potential to develop leadership skills. When introduced to leadership skills and qualities at a young age (13 years and above), they can learn and pick up the right traits easily. The skills developed serves a long way as children grow into adults and help them taking on various roles and responsibilities at jobs, family and society. The right words at the right time can make all the difference. Major. Shirish H Patel from National Defense Academy and Mr.Saju Sahadevan, Vice president of TRANSFORM visited which school? campus and conducted a workshop on "How Experiential Learning" methodology to impart leadership quality by involving the children in activities for learning process as a whole.

TRANSFORM AIMS

- 1) To help students understand their behavior better and emerge as better future leaders.
- 2) To enable students set goals and create action plans to achieve the goals.

Influencing Teens!



Students of LML, Std V-XII were inspired by physically challenged "pilots" on 14th November. The students got a fine experience to communicate with such extraordinary pilots. The soul purpose of the pilots of visiting the school was to teach the new generation that once you make your mind firm, nothing can stop you from achieving your goals. They effortlessly told us that challenges of life are to be accepted and faced with courage. Their life story gave a very important message to the students to rise above the challenges with a delightful victory.



BLACK AND WHITE DAY CELEBRATION

A Pre-nursery learners celebrated Black and White Day. All the learners were dressed in Black and White attires. They were shown different black and white objects such as a white paper, black paint, penguin with the paper cut outs. They were asked a name a few black and white things that they see in their environment and surroundings. Learners were also explained the importance of zebra crossing which is black and white thereby making a connection to their thematic concept of "Transport". They brought various objects that are black or white in color from their home. The day was indeed a fun filled learning day!



CHRISTMAS CELEBRATION!

CHRISTMAS the birthday of Jesus Christ was celebrated in Tripada English School by students of std 1st to 4th. The dances were performed by the students vigorously and the speech related to it was also delivered to create consciousness for the celebration. The students looked attractive and adorable in their colourful dresses. The entry of Santa Claus was like a feather in the cap. The teamwork and the coordination among the educators made the event a great success.



BEATING EXAMINATION BLUES



DR. SALEEMA CHAUDHARY
Principal, Sri Chaitanya
Techno School. M.Sc., B.Ed,
MS, Ph.D (Psychotherapy &
Counselling)



enjoy and gain maximum from the class room learning. To help them apply the knowledge gained in their day today experience in life. The pedagogical process and the theories of education trusted on the teachers are based on the fact that, the approach is simpler and the clarity of the concept is easier. It helps to make the teaching and learning process simpler, engaging and interesting. The various teaching methodologies and pedagogies encouraged amongst the educator are to help the students learning their concept in the classroom and also to encourage them for class interaction and discussion. Keeping in view that the student stress is as common as an adult stress, the periodical revision in the assessment process is done. The educational institution plays a vital role in its delivery of this curriculum to the students via the teaching faculty by planning the lessons and the academic calendar to keep the academic session student friendly. They keep ample of provision for the students co-curricular and extra curricular activities that indirectly helps them to distress. We need, here, to understand what actually is this student's stress and how does it manifests itself?

What is stress and its manifestation in the students?

Stress is a psychological condition which manifests physically. A survey by the American Psychological Association found that nearly half of all students in their teens – 45 percent – said they were stressed by school pressures. Chronic stress can cause a sense of panic and paralysis. The child feels stuck, which only adds to the feeling of stress. Research published by Harvard Medical School describes how, 'the near instantaneous sequence of hormonal changes and physiological responses helps someone to fight the threat off or

flee to safety. But the body can also overreact to stressors that are not life threatening 'Although you will agree with me when I say that stress is not always bad. An appropriate level of stress can effectively motivate every one towards growth and achievement that ultimately gives self-satisfaction.

The overwhelming response to a condition beyond ones reach may at times induce situations which manifests in the following way in the students:

- Fear psychosis
- Helplessness
- Loss of memory
- Unable to recall
- Cold sweat
- Fever
- Loss of appetite
- Increase/decrease in sleep
- Palpitation
- Poor academic performance
- Anxiety

Academic Achievement

Several factors indicate a student's success. While some may not graduate as the topper of the class, but they may hold amazing leadership quality. "Academic performance", "academic achievement" and "learning outcomes" which are often used in manners that create confusion refer to the different levels of measurable and observable behaviour of learners. It can be termed as an extent to which the educational goals, short or long, are achieved.

Coping with the examination blue

Anxiety and stress during the examination is felt by all the students at all levels. It usually happens before the

examination or mostly during the revision period. As discussed earlier in the beginning of the article, stress is a condition of our physical response to a perceived situation. In this case, it can be an overwhelming feeling of not able to perform well, not being able to score good grade to get admission in a college of institution of our or parent's choice. Although a small amount of stress always optimizes our performance and keep us focused yet if it exceeds the desired level and brings in symptoms beyond control, a serious note has to be taken and maybe help of a professional.

Here are some quick suggestions to help beat the examination blues:

- Develop your stress management methods: yoga, meditation, relaxation
- Exercise regularly
- Get a minimum of 7 hours of sleep
- Set realistic and achievable expectation and goals.
- Review syllabus to analyze marks distribution.
- Prepare to participate in class discussions
- Stop multitasking
- Impose an Electronic Lockdown
- Rest and relax prior to studying
- Talk about it to a responsible adult/elder.
- Eat balanced diet.
- Keep yourself hydrated by drinking enough water.

Missing link

Along with the academic and cognitive training to handle the subject papers in the prescribed allotted time frame, if the educators train these young mind in handling their examination blues, the fine line between being happy to write the examination and getting worried about recalling the correct formulae or principle, might diminish. Imparting the mantra, simultaneously with the classroom teaching, that, It is ok to face a failure, It is ok to not achieve the desired or expected goal even after studying diligently for an exam, will help the student take failure in their stride in a new vigor rather than making them sheath themselves in a shroud of helplessness, worthlessness and failing to achieve as per the expectation. We as an educator can encourage them to motivate to give themselves another chance. The regular counseling and guidance before and after every major school and college examination, would give a fare chance to the students to hold on to their faith in themselves.

"Reaching your goal by passing an examination is only one part of the story. There is always a second chance to find the right correct path t your goal."

“THE MOST FUN I HAD ALL MONTH”

India has a great history with fairs and melas, retracing those steps LML School organized their 17th Founder's Day Celebration in the form of a stupendous fun fair named “Udaan Kala Sang Takneek” with the blessings, motivation and guidance of respected Principal Ms. Ranjana Mandan. The event comprised of many entertaining games, intellectual activities, delicious food, lively stage performances and a wide range of fancy craft items. No big party is complete without the Chief Guest, Smt. Shalini Sanjeev Chhajed, a respected Lions Member who bestowed upon us the remarkable opportunity to let our talents be seen by the whole Lions community enjoyed the entire event.

The students and the staff of LML School invested a lot of hard work and creativity to put up this astonishing event on 22nd December, 2018. What makes this event so unique is the use of inventiveness and originality put together to find ways to combine practical and theoretical knowledge. Therefore, the main attractions of the celebration were the multiple educational stalls like Commerce, Language, Math, Social Studies, NIE, Art and Craft, Holistic, and Science.

The interesting word games like ‘Dimag Ki batti jalao’, ‘Vilonyms’, and ‘Ank Mania’ at the English Stall were well received by the audience. One of the parents commented, “Not only were the games interesting, the marketing strategies really made me want to play them!” Games and puzzles made the public think of the language lessons they didn't pay attention to! The young scientists of LML School really spiked curiosity in all the visitors through their projects on robotics, toothpaste machine and most importantly their LiFi which transferred data at the speed of 100-150Gbps. These

demonstrations inspired a lot of young minds to be more curious and innovative. An ex-LMLite exclaimed, “Projects on robotics are a proof of the inventiveness we LMLites possess!”

The commerce students accelerated new ideas with the working models and explanations of situation before and after GST and how online food delivery applications work and earn profit. Such analysis and explanation show the thirst for knowledge our young inquiring minds carry! To show the importance of NIE student newspaper, the NIE stall made a NIE Tree to show current affairs and school news. A special use of hand-made sports equipment was made to portray the importance of physical activities in today's life. The in charge of NIE Stall said, “The students should know how important general awareness is! To show the importance of moral values in today's world, NIE Newspaper dedicates two pages to moral codes, which we have now converted into a book of wisdom.”

Co-curricular activities help a student build character and personality, the dance on sports achievements of LML School really left an impact on the younger players. Impromptu dances with “DJ on Demand” were also encouraged. The song “Mera Mann” written and sung by Priyanshi Gupta really gave goosebumps to the audience, we could feel the energy shift in the room! Lastly, the gifts from the Lucky Draw really put a wide smile on the winners' face.

The event was liked by people of all ages- parents relived their childhood, grandparents saw the great minds at work and the young ones just enjoyed their hearts out. Success didn't find LML School, they just went out and got it through their hard work and cooperation. —Shivangi Dasgupta, LML School





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ART CORNER



Tejesh Salla Vijay Kumar
class 5, Kendriya Vidhyalay ONGC
Ahmedabad.



Christmas was celebrated by students of Rameshwar school and Galaxy Global school, Nikol, Ahmedabad.

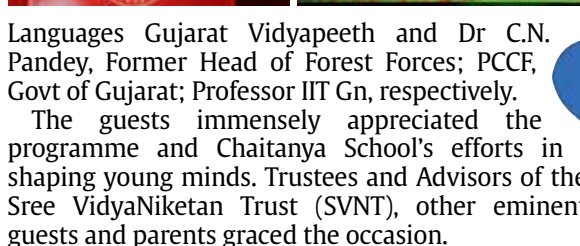


MONASTRY-LIFE IN MOUNTAINS

Ladakh is a mountainous region in the northwest Jammu and Kashmir area in north India and in the area known as the Trans-Himalaya. The people are a mixture of Buddhist and Muslim 50% of each. Buddhists are the majority in the east close to the Chinese border. Travellers are likely to see more of the Buddhists as the majority of the tourist attractions are in the east and directly related to Tibetan Buddhist culture.

—Photo Courtesy by: Archit Bhatt

CHAITANYOTSAV 2018 SPECTACULAR EXTRAVAGANZA



Languages Gujarat Vidyapeeth and Dr C.N. Pandey, Former Head of Forest Forces; PCCF, Govt of Gujarat; Professor IIT Gn, respectively.

The guests immensely appreciated the programme and Chaitanya School's efforts in shaping young minds. Trustees and Advisors of the Sree Vidya Niketan Trust (SVNT), other eminent guests and parents graced the occasion.

The Sree Vidya Niketan Trust (SVNT) which manages Chaitanya School believes in giving back to Society and wishes to inculcate this philosophy in the students.

CONGRATULATIONS !!



Trisha Godhasara & Sia Sarasia stood 3rd in Colour Creek competition conducted by Shanti Asiatic School

Invitation to Form an OP Editorial Club in Your Own School

Open Page invites all our partnering schools and students to form Editorial Clubs in their own school or connect your existing one with us.

By registering your club with us, you can easily publish your stories, achievements, news, events and photos in Open Page and reach thousands of students across all schools in Ahmedabad.


This is a great opportunity for budding journalists and writers to not only showcase their talent, but also polish their skills through various workshops by experts that Open Page will conduct at your school campus.

Write to us at editor@theopenpage.co.in for more information, to register your club, or to sending your articles with photographs



SAILING BOAT CRAFT

D.I.Y



1. Cut paper pieces according to template
2. Cut smaller strips of packing tape. Tape side to base of boat following curve
3. Tape the second side on-Tape the front (bow) of the boat together
4. Tape on the back (stern) to the base and sides
5. Cut the same template out of paper to cover apply with double sided tape
6. Apply tape evenly along side of Boat, about 1" up, Cut slits allow for the curve and fold
7. Tape over all edges evenly
8. Attach bottom piece to boat last
9. Glue on the stripe detail-trim any excess
10. Fold on the score line and add with the help of glue
11. Slide skewer into the hole and glue base to bottom of the boat add glue to fix the bigger sail carefully as shown
12. Glue the smaller sail on the opposite side fold and glue flag on top
13. Fold and glue pennants to length of twine wrap and glue to mast, then the side

Finished

Age group - 5 to 12 years

Pencil Toppers

These work best printed on thicker paper.

1

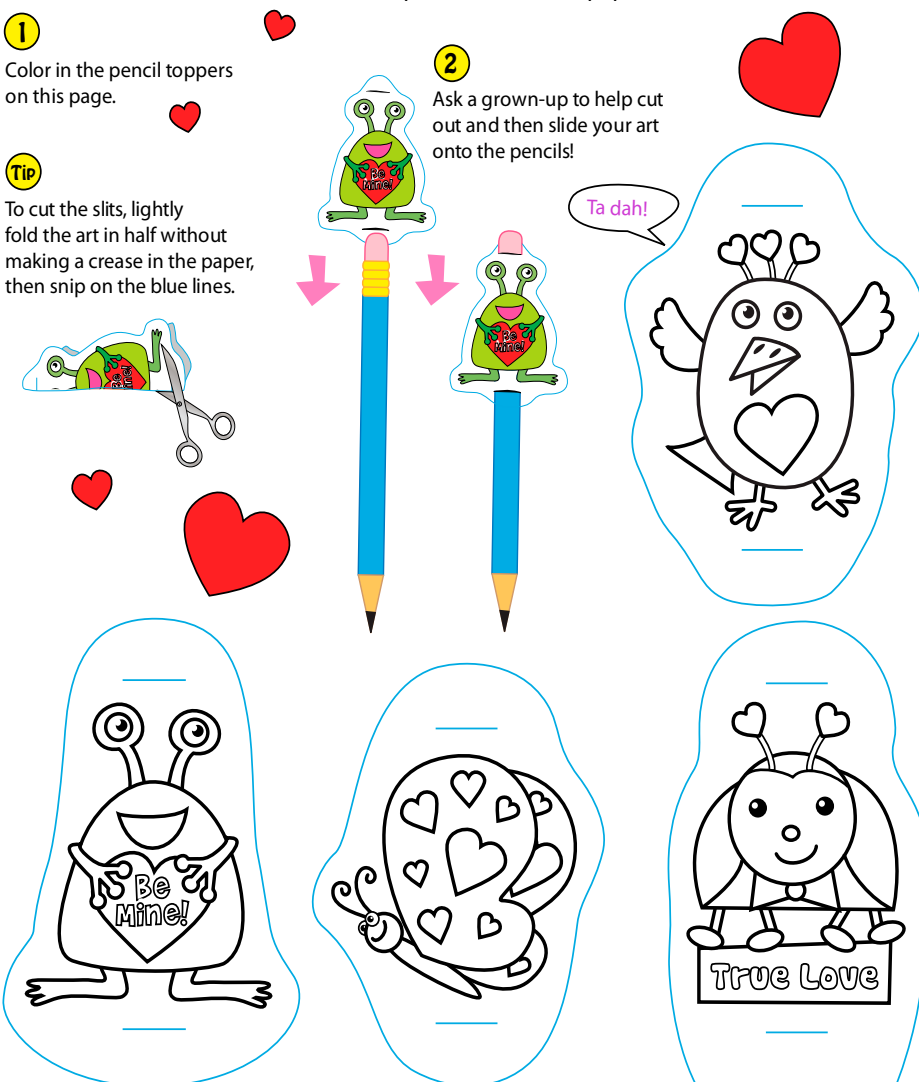
Color in the pencil toppers on this page.

Tip

To cut the slits, lightly fold the art in half without making a crease in the paper, then snip on the blue lines.

2

Ask a grown-up to help cut out and then slide your art onto the pencils!



Ta dah!

Paper Plate Dream Catchers

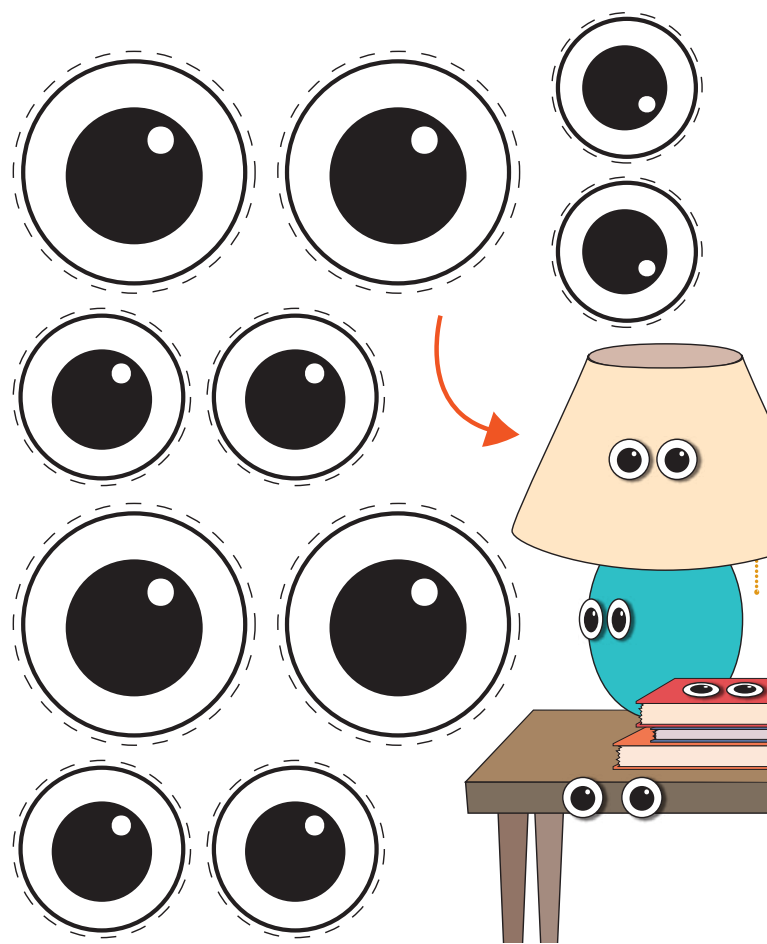
Cut-out Googly Eyes

Cut-out the **GOOGLY EYES** and place them on random objects around your home!

Supplies

1. Paper plates
2. Hole punch
3. Crayons, markers, paint
4. Yarn
5. Feathers, beads, puff balls

1. Cut center of plate out and save for another craft if desired.
2. Use hole punch to put at least 8 holes around center area.
3. Make a hole where top should be along outer edge of plate.
4. Along outer edge of plate opposite the hole just made make three more holes positioned similar to in picture.
5. Allow kids to color and decorate the plate.
6. String should be tied in first hole, then strung across plate at angles to make a web pattern (always pull string thru from back of plate to make neater.).
7. Tie feathers to ends of pieces of yarn and then string through the three bottom holes.
8. Tie piece of yarn to top hole to be used for hanging.

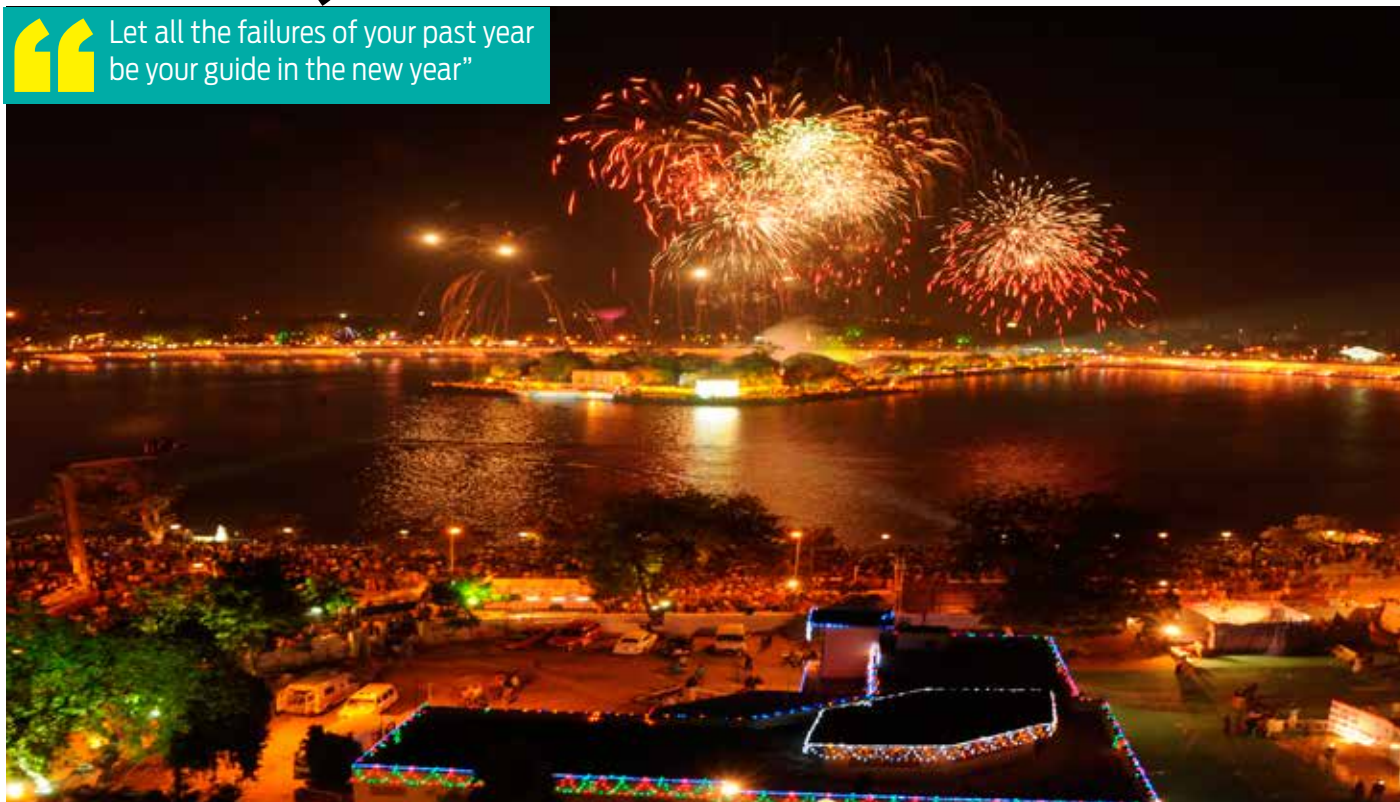


YOUR RESOLUTION FOR 2019-KNOW MORE, DO MORE, AND ACHIEVE MORE!

New Year's Day is the traditional time to celebrate a new beginning, and specially children of age 7-12 are at the ideal stage to learn to make resolutions, experts say. "They're still young enough that their habits are not firm. If you typically start the New year fresh by making resolutions, consider getting your children in on the tradition this year, not only it be a valuable teaching moment about setting goals and sticking to them, but the practice of choosing an achievable resolution for the new year can be a fun way for children to develop their communication and decision-making skills. Parents can start by explaining what a resolution is and give examples of ones they have set in past years.

Now, what commitments can children should make to improve themselves? Creating healthy New Year's resolutions for children is a fantastic work to do as a family. Here are some healthy New Year's resolutions form children. Now, just think! Among these, what and how, you are going to explain to make as resolution to your children?

“Let all the failures of your past year be your guide in the new year”



Improve in behavior

- I will pick up all the garbage from my room and will keep it clean.
- I will put all stuff away where it belongs.
- I will brush my teeth twice every day.
- I will wear a helmet when I am on my two wheeler or skate board.
- I will wear my seatbelt every time in the car.
- I will be nice to other children especially in the class.
- I will never give out personal information online like my name, home address, school name or phone number.
- I will never share a picture of myself to anyone I chat with on the computer without my parents' permission.
- I will take care of my health.
- I will reduce watching violent TV shows and video games.
- I will help my neighborhood.
- I will stop negative self- talk like “ I can't do it”, “I am so dumb”.
- In stress, I will not shout, I will show positive, constructive way to deal like exercising, playing or talking through problems with a friend or parent.
- I will respect my elders while communicating.

Commitment for good health

- I will eat at least one fruit in a day and will avoid eating food packets and junk meals.
- I will form a regular habit of doing exercise.
- I will run my cycle for doing local works.
- I will try to take at least seven hours of sleep at night.
- I will drink enough water and will avoid names. I will avoid soft drinks which are harmful for health.
- I will schedule my work according the calendar and priority.

To keep healthy environment

- I will keep my vehicle in working order and I will maintain it regularly.
- I will use refillable water bottle.
- I will reduce usage of plastic bags and I will choose reusable shopping bags.
- I will not use chemical based cosmetics.
- I will avoid wastage of water.

Appropriate usage of digital device

- I will discuss before choosing my games with my parents.
- I will limit the time duration of playing game in device.
- I will talk to my parents before, I access to apps and content .
- I will not exceed its access to avoid health issues, academics issues
- I will not form aggressive behavior and will not be addicted of it.

Hobbies to get key to success

- I will do meditation practice to increase my concentration.
- I will learn something new each Day
- I will read more books.
- I will spend more time with nature while playing.
- I will increase my I Q level.

Proper Usage of Pocket Money

- I will write down my expense and needs in diary.
- I will prepare my expense sheet according to my priority.
- I will keep few savings at the end of the month.
- I will invest those savings in multiplying it.
- I will not use all my money in shopping, watching movies, purchasing games etc.,
- Yes, I will purchase one book every 3 month from my savings for reading.

Study habit improvement

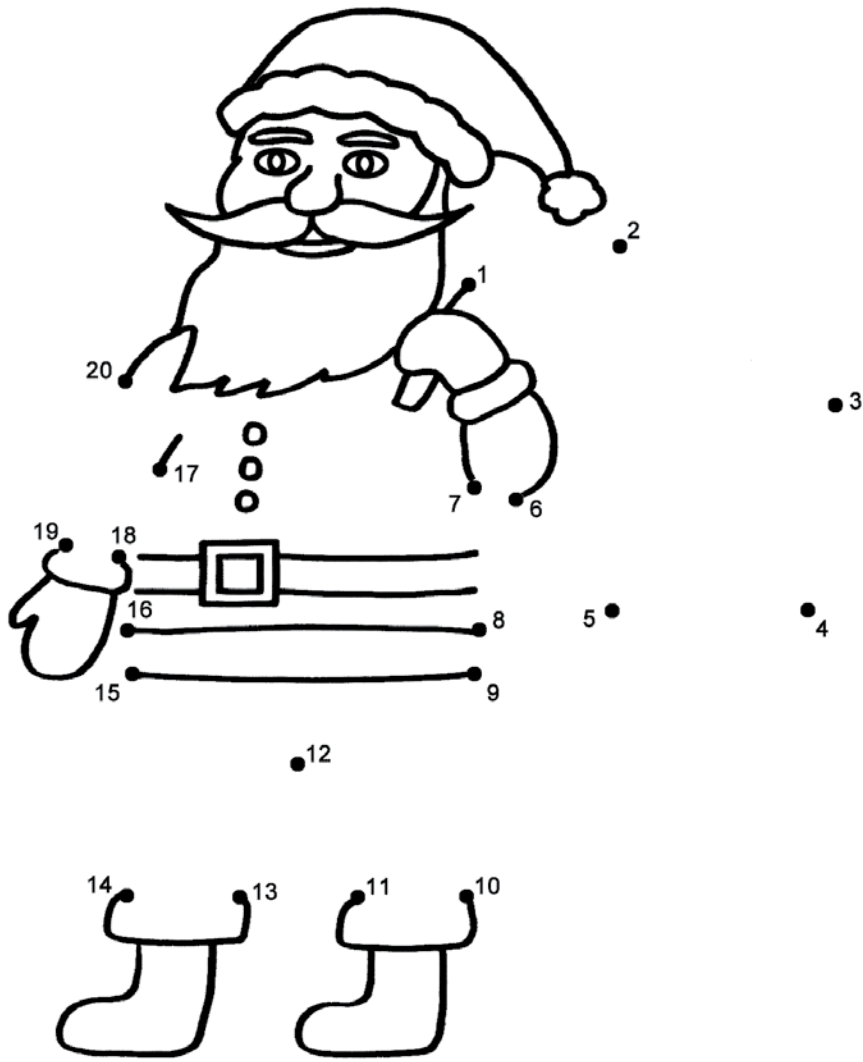
- I will become more organized.
- I will plan and will cut down the extracurricular activities which are not necessary for me.
- I will follow the prepared schedule and not fall behind.
- I will think more positive for every situation.
- I will become consistent with completing my studies
- I will focus on my goal up to last minute.
- I will do self learning and practice to improve my grades.
- I will improve my handwriting.
- I will care of myself to remain fit in all aspects to face the competitions.

Commitment toward community and service

- I will respect all the religion.
- I will respect the soldiers
- I will respect all the professions who help us in our day to day life.
- I will follow the traffic rules.
- I will become a better citizen for better tomorrow.

Thus, would like to say that your minute is your hour is your day is your week is your month is your year. If you want to make this year better, make each minute better.

CONNECT THE DOTS

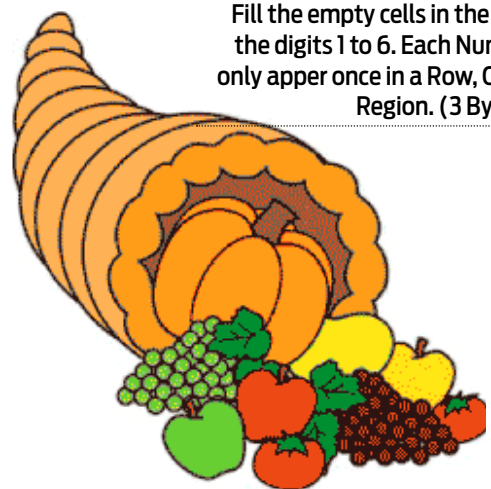


SOUND IT OUT

Say each word. Listen to the beginning sound. One word sounds different from the others. Can you find it?



NUMBER GAME



Fill the empty cells in the Grid with the digits 1 to 6. Each Number May only appear once in a Row, Column or Region. (3 By 2 Block).

3		2	1	6	
		1		5	
	2		6		5
	1				
2		4	5		1
		5	2		6

3	4	5		6	
2	6				5
6	5	3			
		6	5	2	
		2		4	6

	1			2	3
2			5	1	
	6	1			
		2	6		
1			3		2
		6	1		5

THE ANT AND THE GRASSHOPPER

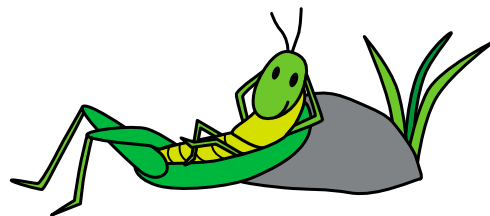
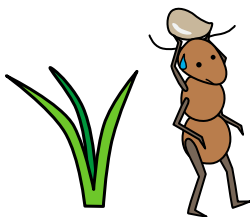
Mission:

Read the story below. Can you predict what will happen next?

Once there was an ant and a grasshopper who lived in a field.

Every day, Ant got up early and walked far to gather seeds. She balanced one seed on her head at a time, walked it back to her home, and then went again to the field to gather more. She was very small, so the walk was very long. She worked the whole day, without ever stopping to rest.

As Ant worked, Grasshopper spent his days playing music, lazing in the sun. "Why do you work so hard, Ant?" he laughed. "Summer is here! Why waste the sunshine gathering seeds."



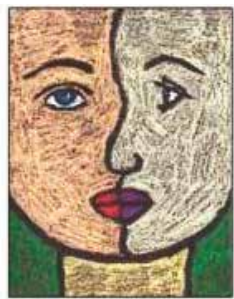
What do you think Ant will do?

What do you think Grasshopper will do? Why?

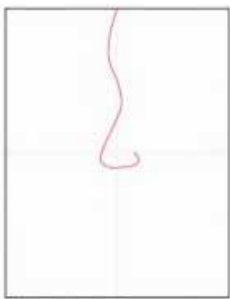
FIND 15 DIFFERENCES



DRAW A CUBISM PORTRAIT



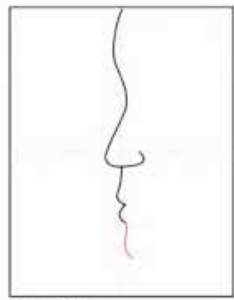
Oil pastel on black paper



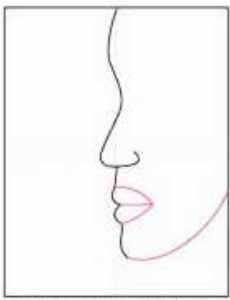
1. Make fold lines. Start top profile.



2. Continue down through lips.



3. Draw chin.



4. Continue chin line. Add lips.



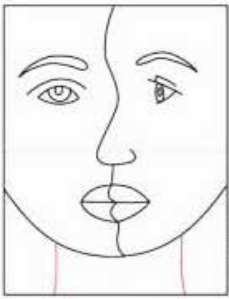
5. Add profile eye and brow.



6. Draw left chin line and eye.



7. Add left mouth.



8. Complete with neck lines.

CUT AND PASTE

Cut out the shapes and paste them on the correct bug with the same shape.



WINTER WORD SEARCH

Find and circle the list of words in the word puzzle below.

Bitter	Earmuffs	Scarf
Boots	Fire	Shiver
Coat	Frozen	Skate
Cocoa	Gloves	Sleet
Cold	Igloo	Snowman
December	Mitten	Sweater

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



In a faraway land, a princess was enjoying the cool evening breeze outside her family's castle. She had with her a small golden ball, which she loved to play with as a way to relax. On one particular toss, she threw it so high in the air that she lost track of it, and the ball went rolling towards a spring. The ball plopped into the water and quickly sank out of sight. The princess began sobbing in despair, and wished for her toy to return to her.

Then, a small frog popped out from the spring. "What's wrong beautiful princess?" asked the frog. The princess wiped away her tears and said, "My favorite golden ball is gone, and nothing I do will bring it back." The frog tried his best to comfort the princess, and assured her that he could retrieve the ball if she would grant him just one favor. "Anything! I will give you all my jewels and handfuls of gold!" exclaimed the princess. The frog explained that he had no need for riches, and only wanted a simple kiss from her in return. The thought of kissing a slimy frog made the princess shudder, but in the end she agreed, as into the spring and located the golden ball. In a blink of an eye the frog had retrieved the ball and returned it to the princess. Keeping her word, the princess kissed the frog. Suddenly, the ground began to rumble and a haze of smoke filled the air. To the princess's surprise, the frog was really a handsome prince trapped by an evil witch's curse. Her kiss had freed the prince from a lifetime of pain and misery. The prince and princess became great friends, and eventually wed in a beautiful ceremony by the spring.

MAKARSANKRANTI

It also signifies the importance of Surya – particularly the Gayatri Mantra, a sacred shloka of Hinduism found in Rugved

Makarsankranti is set by the solar cycle of the Hindu calendar, and is observed on a day which usually falls on 14 January of calendar, but sometimes 15 January. It signifies the arrival of longer days. The festival is dedicated to the Hindu sun god, Surya. The festival also marks the beginning of a six months auspicious period for Hindus known as Uttarayan period. It also signifies the importance of Surya – particularly the Gayatri Mantra, a sacred shloka of Hinduism found in Rugved.

Makarsankranti is regarded as important for spiritual practices and accordingly, people take a holy dip in rivers, especially Ganga, Yamuna, Godavari, Krishna and Kaveri. The bathing is believed to result in washing off of past sins. They also pray to the sun and thank for their successes and prosperity. A shared cultural practices found amongst Hindus of various parts of India is making sticky, bound sweets particularly from sesame (til) and a sugar base such as jaggery (gud, gur). This type of sweet is a symbolism for being together in peace and joyfulness, despite the uniqueness and differences between individuals.



SuggiHabba / MakaraSankramana:	Karnataka
MakaraSankranti:	Andhra Pradesh, Telangana
MakarSankranti :	Chhattisgarh, Goa, Odisha, Bihar, Jharkhand, Madhya Pradesh, Maharashtra, Manipur, Rajasthan, Sikkim, Tripura, Uttar Pradesh, Uttarakhand, West Bengal and Jammu
Thai Pongal, UzhavarThirunal:	Tamil Nadu
Uttarayan:	Gujarat
Maghi:	Haryana, Himachal Pradesh and Punjab.
MaghBihu or BhogaliBihu:	Assam
ShishurSaenkraat:	Kashmir Valley
Khichdi :	Uttar Pradesh and western Bihar
PoushSangkranti:	West Bengal

Makarsankranti.

Makara or Makarsankranti is celebrated in many parts of India with some regional variations. It is known by different names and celebrated with different customs in different parts of the region:

In other countries too the day is celebrated by Hindus, but under different names and in different ways.

Nepal: Maghe Sankranti or Maghi / KhichdiSankranti

Bangladesh :Shakrai/ PoushSangkranti

Pakistan (Sindh): Tirmoori

It is celebrated differently across different states of India. Many people take a dip in places like Ganga SagarPrayag and pray to the Sun God (Surya).

Many melas or fairs are held on MakarSankranti the most famous being the KumbhaMela, held every 12 years at one of four holy locations, namely Haridwar, Prayag (Allahabad), Ujjain and Nashik. The MaghaMela (or mini-KumbhMela held annually at Prayag) and the GangasagarMela (held at the head of the Ganges

River, where it flows into the Bay of Bengal). MakarMela in Odisha. TusuMela also called as TusuPorab is celebrated in many parts of Jharkhand and West Bengal.

Kite flying is a tradition of MakarSankranti in many parts of India.

Every year, Gujarat celebrates more than 200 festivals. The International Kite Festival (Uttarayan) is regarded as one of the biggest festivals celebrated. The symbolism of this festival is to show the awakening of the Gods from their deep sleep. Through India's history, it is said that India created the tradition of kite flying due to the kings and Royalties later followed by Nawabs who found the sport entertaining and as a way to display their skills and power. It began as being a sport for kings, but over time, as the sport became popular, it began to reach the masses. Kite flying has been a regional event in

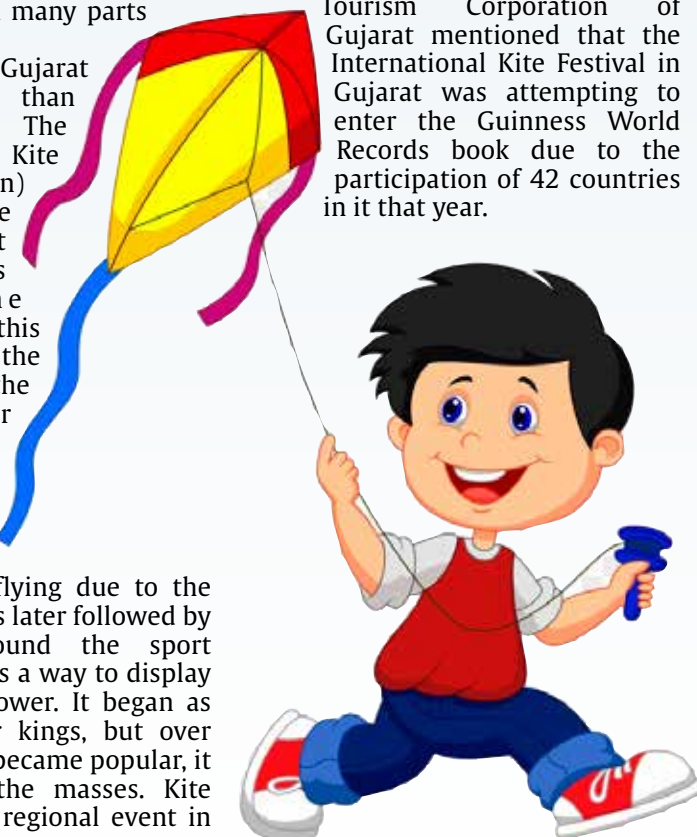
Gujarat for several years. However the first International Festival was celebrated in 1989 when people from all across the globe participated and showcased their innovative kites. Months before the festival, homes in Gujarat begin to manufacture kites for the festival.

Many cities in Gujarat organize kite competition between their citizens where the people all compete with each other. In Gujarat and many other states, Uttarayan is such a huge celebration that it has become a public holiday for two days. During the festival, local food such as Undhiyu (a mixed vegetable including yam and beans), sesame seed brittle and Jalebi is served to the guest. Days before the festival, the market is filled with participants buying their supplies. In 2012, the Tourism Corporation of Gujarat mentioned that the International Kite Festival in Gujarat was attempting to enter the Guinness World Records book due to the participation of 42 countries in it that year.



The festival of Uttarayan marks the day when winter begins to turn into summer, according to the Indian calendar. It is the sign for farmers that the sun is back and that harvest season is approaching which is called Makarsankranti. This day is considered to be one of the most important harvest day in India. For most parts of India, this period is a part of early stages of the Rabi crop and agricultural cycle, where crops have been sown and the hard work in the fields is mostly over. The time thus signifies a period of socializing and families enjoying each other's company, taking care of the cattle, and celebrating around bonfires.

Makarsankranti is an important pan-Indian solar festival, known by different names though observed on the same date, sometimes for multiple dates around the



'SAMSKAR SAMVAAD' PROGRAMME VALUE BUILDING FROM CHILDHOOD

Our generation is living in transition phase, where we are facing more challenges and seeking for the solutions. Today's citizen is facing world over – Terrorism & Global warming – Climate Change. Current education system is not adequately equipped to face these challenges. What and where is the missing link? Traditional way of making a child sensible for nature and moral values – through family is missing. India can lead the world, if we Indians can prepare ourselves for the same, where India could become world leader – morally. The solution of above two major challenges is there in the Samskaras – of values of brotherhood, respect for every creature and sensitivity towards the nature. IMCTF is addressing these issues through the six themes – which encompasses concern for the nature and how to preserve it for current as well as future generation. The issues of Nationalism and Human value and respect for the women also are addressed through the process of samskaras. The need of the hour is that all educational institutions should accept this and join hands with similar activities – which are being undertaken by IMCTF

For this purpose, IMCTF & AoPS has devised thematic and practical "SAMSKAR SAMVAAD" program (संस्कार संवाद) founded on symbolism to activate the subconscious of school going boys and girls to make them imbibe high virtues and bring back these eternal values into practice in day-to-day life of the young. The IMCTF programs draw inspiration heavily from the ancient Indian spiritual wisdom and values which regards: Conserve forest and Protect wild life, Preserve Ecology, Sustain Environment, Inculcate Human and Family Values, Foster Women's honour and instill Patriotism. Comprehensively it encompasses - nature – rivers, mountains, trees, forests, animal etc – as Divine manifestation and treats Mother, Father, Teacher, Girls, Women and even guest (अतिथि) as Divine. This great tradition is the intellectual and moral source of IMCTF programs.

The two day program was organized at Bhagwat Vidyapith Sola, under the spiritual guidance of Pujya Shree Bhagawad Rushi Shastree. Almost 200 students participated from 11 Schools along with their parents and teachers. Students of Tripada Day School, Shree Ram Vidhyalay, Asia English School, Tripada International School presented skits on the six themes. They were so very nicely presented that audience was completely overwhelmed by the performance of the students.

Mr. Manan Choksi, President of AoPS was also present at the inaugural session. He spoke about the difficulties in the lives of students due to lack of information regarding our value based learning. Shree Gunvantsinhjee, National Secretary of IMCTF was also present to grace the occasion. He spoke to students about the importance of value building in the life of students. Pujya Shree Bhagawad Rushi Shastreejee spoke on all the six themes and he interacted with students to get their involvement on each theme. He also explained to them how relevant it is in the current context of our life.

The two day event was great learning experience for all the participating students of different schools. Series of such programs would now be held at different schools for teachers and students. A team of IMCTF would be developed in different schools to spread the vision of value building.



Team-effort helped St Kabir School win on the basis of their first innings lead

SKS outshined DBMS

An all-round show by St Kabir School (SKS) helped them register a win over Diwan Ballubhai Madhyamik Shala (DBMS), Kankaria on the basis of their first innings lead in the under-16 multi-day Dhirubhai Ambani School Tournament at the Viveknicket-an cricket ground.

Choosing to bat, DBMS were bowled out for 116 runs with Ansh Yadav scoring the highest in his 55-run knock from 92 balls. Shivam Magiawala was the pick of the bowlers for SKS, scalping six wickets in his spell.

Returning, SKS amassed 287 runs with Laay Bhavsar leading from the front with 79 runs from 122 balls. Pranshu Badheka also registered a half-century with a 154-ball 63 with Krish Sharma chipping in with 43 runs from 59 balls. Harshil Vyas and Atharva Ravat picked four wickets each for DBMS. Trailing by 171 runs, the match ended with DBMS scoring 22 runs for the loss of two wickets. Kevin Sheth remained not-out at nine runs from 29 balls while Harsh Pandya picked one wicket for the winning team.

Kushan stars in win

In another tie, Kushan Patel scalped 13 wickets in totality and hit a sublime half-century as Hiramani School de-



Krish Sharma (batting) hit a 59-ball 43 as SKS registered 287 runs against DBMS

feated Asia English School (AES) on the basis of their first innings lead at the Shivay cricket ground.

Electing to bat first, Hiramani put 319 runs for the loss of nine wickets. The total was helped thanks to halfcenturies by Kushan (40-ball 56), Yug Patel (44-ball 54*) and Maurya Patel (112-ball 52). For the bowling side, Ansh Tak and Vihan Shukla picked two wickets each.

Taking field, Kushan continued his fine form and scalped seven wickets to bowl out AES for just 75 runs. Varun Bhandari top-scored with 26 runs

from 37 balls.

The second innings saw Hiramani amass 165/4 before declaring their innings, setting up a target of 409 runs. Aryan Patel scored the highest with 76 runs from 119 balls with Raj Chaudhary adding 59 more from 84 balls. Varun picked two wickets for AES.

Returning, Kushan yet again fired with the ball, picking six wickets to reduce AES to 77 runs for the loss of eight wickets. Ansh top-scored with 29 runs from 35 balls for the losing side.

Double joy for Manush



Manush Shah completed his maiden-double in a national event as the youngster from Vadodara won both the junior and youth boys' crown at 80th Junior and Youth National Championships in Sonapat on Sunday. In the youth boys' final, Manush beat Bengal's Ronit Bhanja 18-16, 12-10, 10-12, 11-4, 11-5 for the crown. Incidentally, in semis, Manush edged out statemate and top ranked Manav Thakkar 5-11, 6-11, 11-7, 7-11, 11-8, 11-8, 11-7. Meanwhile in junior boys' final, Manush brushed aside Delhi's Payas Jain 11-6, 11-7, 11-7, 13-11 for the crown.

Amit scores ton in win

Amit Lalwani's ton lead Anand Pragati Mandal CC (APMCC) to victory against Mandavi Ni Pol CC (MNPCC) in the Ganesh Cup (Minor) Tournament at the V9 cricket ground on Tuesday.

Electing to bat, MNPCC posted 243 for 9 in 40 overs. Sajid Haveliwala top-scored with a 70-ball 51 while Javed Ghadiyali chipped in with a 29-ball 33.

Rahul Khakhrani picked two wickets for APMCC.

APMCC then chased down the total in 38.3 overs losing five wickets in the process.

Amit top-scored with a 101-ball 112 while Suchit Patel added 58 runs from 68 balls.

For MNPCC, Javed Gadiyali took two wickets.

MCC WIN

In another tie, Amit Mehta shone with the bat as Modi Cricket Club (MCC) beat Rashtriya Cricket Club (RCC) by four wickets at the Sunrise cricket ground.

Electing to bat, RCC boys posted a



Amit Lalwani (batting) slammed 112 to help APMCC beat MNPCC

total of 213 for 6 in 40 overs. Aditya Barad top-scored with a 107-ball 81 while Prathmesh Parmar chipped in with a 65-ball 62.

For MCC, Suraj Bhadoriya picked two wickets.

MCC then chased the target in 38.3 overs with four wickets in hand. Amit top-scored with a 66-ball 56 and Jignesh Patil added 44 runs from 40 balls.

For the losing side, Rushil Chavda scalped four wickets.

SPORTS BRIEF

Prachi bags her 11th title



Prachi Rana romped Piya Mistry to claim her 11th consecutive title in the under-10 girls' category of Gujarat State Tennis ranking tournament on Tuesday at AISA. She defeated Piya in straight-sets in the final match with a 4-2, 4-0 scoreline. She played 11 state tournaments in the past year and has won all of them. Prachi defeated Kanishka Rawat 6-1 in the pre-quarters while the quarters saw her beat Siya Patel with 7-4. Later, she breezed past Angel Patel with a 4-1, 4-0 scoreline in the semi-final match.

Priyanshu on fire

Priyanshu Mewawala scored a hatrick as Shanti Asiatic School slammed five past a listless SGVP, Rajkot in the under-14 JG Cup All Gujarat Inter-School Invitational Football Tournament on Friday. Priyanshu opened the scoring in the fourth minute of the match before adding two more in the eighth and 14th minute. Continuing their dominance, Harsh Chaudhary made it 4-0 for the eventual winners in the 21st minute before Parth Pathak sealed the deal with a 27th minute strike. Meanwhile, in another tie, Swami Vivekanad School overcame Avishkar School 2-0 on penalties. After failing to break the deadlock in the regulation time, Akul Ashokan and Ayush Parvadiya hit the net in a penalty shootout while all of Avishkar's attempts came for nothing.

Hiramani School win under-16 tournament

Sahil Makwana slammed a ton while Kushan Patel delivered an all-round show as Hiramani School edged out St Kabir School (SKS) by 37 runs to win the under-16 Reliance Foundation Inter-School Tournament. At Sardar Patel Stadium in Navrangpura, Sahil top-scored with a 210-ball 156 as Hiramani School posted 297 for seven in 80 overs after being asked to bat first. Kushan too chipped in with a useful 31-ball 43. For SKS, Lay Bhavsar was the pick of the lot with three wickets while Pranshu Badheka took two wickets. Salman Khokhar then top-scored with a 187-ball 83 while Shivam Magiawala added some urgency with an unbeaten 90-ball 67 but it was not enough to save the day for SKS. Kushan took four wickets as Hiramani School stopped their rivals at 258 for eight in 80 overs to win the match.

Vaidik-Atharva win AITA tourney



The teacher-student pair of Vaidik Munshaw and Atharva Sharma ended their year on a high as they won the All India National Ranking Tournament held in Mumbai. In the final, Vaidik and Atharva came with a dominant show to hand a double bagel (6-0, 6-0) to Punjab's Hardeep Sandhu and Christian Climings.

Impressive display: Vaidik and Atharva edged out Ashutosh Sharma and Aditya Balsekar 6-0, 6-1 in the pre quarters before they were given walkover by Sahil Gaware and Aryan Goveas in the quarters. Continuing their impressive run, Vaidik and Atharva edged out Praneet Kudale and Siddhant Bhavnani 6-3, 6-3 in the semis.

1

JANUARY

S	M	T	W	T	F	S
		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		

2

FEBRUARY

S	M	T	W	T	F	S
					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		

3

MARCH

S	M	T	W	T	F	S
31					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

4

APRIL

S	M	T	W	T	F	S
	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				

5

MAY

S	M	T	W	T	F	S
			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	

6

JUNE

S	M	T	W	T	F	S
30						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

7

JULY

S	M	T	W	T	F	S
	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			

8

AUGUST

S	M	T	W	T	F	S
				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

9

SEPTEMBER

S	M	T	W	T	F	S
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					

10

OCTOBER

S	M	T	W	T	F	S
		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		

11

NOVEMBER

S	M	T	W	T	F	S
					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		

12

DECEMBER

S	M	T	W	T	F	S
31					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

NATION

First AC local train, manufacturing India's fastest train and other firsts for Indian Railways in 2018



December 27: If the Indian Railways were to attempt a tagline for its achievements over this year, it would probably be "2018, a year of many firsts". For the railways, this year saw the national transporter manufacturing India's fastest train, rolling out its first air-conditioned local train, commissioning its longest bridge and converting a diesel locomotive into electric.

Pune's Vedangi Kulkarni becomes the fastest Asian to cycle the globe

December 23: In an incredible feat for any Indian, 20-year-old Pune woman Vedangi Kulkarni has become the fastest Asian to Cycle the globe. Vedangi, who hails from a suburb of Pune, cycled into Kolkata in the wee hours, completing the 29,000 kilometer distance required to qualify as bicycling across the globe.



Firms face 2.8 lakh cyber threats daily, says report



December 26: Enterprises in India faced more than 2.6 crore cyber threats during the third quarter of 2018 — translating to over 2.8 lakhs threats every day, according to a new report from Seqrite, the enterprise arm of global IT security firm Quick Heal Technologies. Information technology (IT) and IT-enabled services (ITES) companies faced the most number of threats, with over 40 per cent of the threats targeting the industry, according to the Seqrite Quarterly Threat Report Q3 2018.

Priya Sharma becomes seventh woman fighter pilot from India and third from Rajasthan



December 16: It is a proud moment for India as the nation gets its seventh female fighter pilot - Priya Sharma. After passing out of Indian Air Force Academy, Dundigul on Saturday, she has also become the third woman fighter pilot from Rajasthan. Previously, Mohana Singh and Pratibha, also natives of Rajasthan became fighter pilots. The Combined Graduation Parade on Saturday saw 139 flying cadets graduating from Air Force Academy out of which 24 were women.

SPORTS



India inches closer to a historic series win in Australia with its 150th Test Victory

December 30: India took giant strides towards winning their first ever series on Australian soil in seven decades by retaining the Border-Gavaskar Trophy with a comprehensive 137-run win in the third Test. Taking an unassailable 2-1 lead in the four-match series, India will retain the coveted trophy even if the series is drawn level at Sydney as they have won the previous series at home in 2017.

INTERNATIONAL

Pope urges people to be less materialistic



December 26: Vatican City Pope Francis has urged people to lead less materialistic lives as millions across the world celebrated Christmas. Thousands attended mass on night at the Vatican's Saint Peter's Basilica, where Pope Francis, the head of the world's 1.3 billion Catholics, offered his Christmas homily.

Volcano tsunami hits Indonesia after Krakatoa eruption, 43 killed



December 23: A tsunami killed at least 43 people and injured hundreds on the Indonesian islands of Java and Sumatra following an underwater landslide caused by the eruption of Krakatau, officials said. Hundreds of homes and other buildings were heavily damaged in the tsunami which struck along the rim of the Sunda Strait late.

Gatwick Airport resumes flights after drone chaos



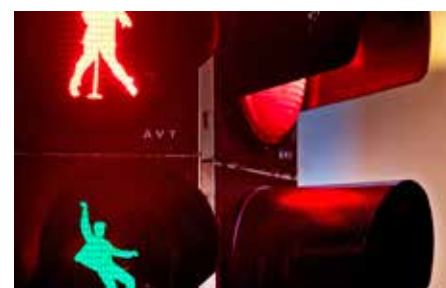
December 22: Flights resumed at London's Gatwick Airport after drones sparked about 36 hours of travel chaos including the shutdown of the airfield, leaving tens of thousands of passengers stranded or delayed during the busy holiday season. The airport said in a statement that Gatwick's runway is "now available and aircraft are arriving and departing."

Good boy! Service dog gets honorary diploma



December 18: Whenever Brittany Hawley went to class, her loyal service dog Griffin was there. If she needed her cell phone, Griffin would fetch it. Even when she assisted patients as part of an internship, Griffin was there helping out as well. So it's only fitting that when Hawley was honored for receiving her master's degree in occupational therapy from Clarkson University over the Weekend.

It's now or never, pedestrians: German town gets Elvis Presley lights



December 8: Keep your blue suede shoes behind the curb: the central German town where Elvis Presley was stationed as a US soldier in the 1950s has installed three pedestrian lights with images of the American rock icon. The red shows an image of the singer striking a pose at a microphone and the green depicts his trademarked hip swivel dance. They went online this week in the town of Friedberg, where Elvis, who died in 1977, was stationed at the US Army's Ray Barracks from October 1958 to March 1960. He lived in nearby Bad Nauheim.

BIRTHDAY WISHES



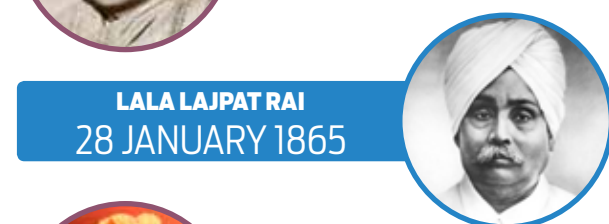
SUBHASH CHANDRA BOSE
23 JANUARY 1897



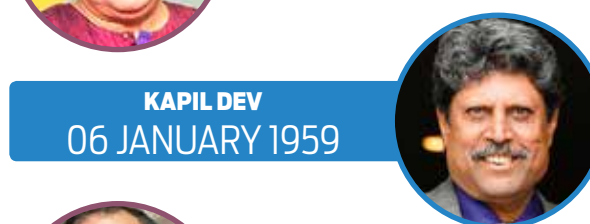
JAVED AKHTAR
17 JANUARY 1945



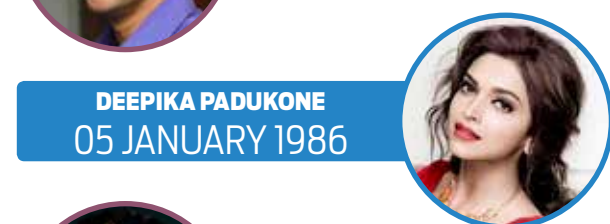
RAHUL DRAVID
11 JANUARY 1973



LALA LAJPAT RAI
28 JANUARY 1865



KAPIL DEV
06 JANUARY 1959



DEEPIKA PADUKONE
05 JANUARY 1986



SWAMI VIVEKANANDA
12 JANUARY 1863



NANA PATEKAR
01 JANUARY 1951



HRITHIK ROSHAN
10 JANUARY 1974

PART 2

TIPS TO HELP YOU NOT ONLY PLAN AN EFFECTIVE STRATEGY FOR NEET PREPARATION BUT ALSO SCORE HIGH MARKS

NEET 2019 PREPARATION GUIDE

(continued from previous issue)

4. Choose the Best NEET Study Material

Selection of right study material is often the key to success in the NEET exam. No matter how hard you work, you can't achieve your goal unless you have the right study material. Be it printed study material, videos, e-books or test series, make sure you get it from a reliable and credible source, after taking the guidance of your teachers or mentors. You don't need to rely only on NCERT books to complete NEET syllabus as there is much printed and digitised content available to get a better command on the concepts and to understand them quickly. You can attend live interactive classes or can also watch recorded video lectures, which makes it easier for the students to grab and retain the information.

In addition to the NCERT books and recorded video lectures, you can also refer to the belowgiven books to cover NEET syllabus 2019.

PHYSICS:

- Problems in General Physics by I.E. Irodov
- The Feynman Lectures on Physics Vol. I & Vol. II
- Concepts of Physics Vol I and II by H.C. Verma

CHEMISTRY:

- Modern Approach to Chemical Calculations – R. C. Mukherjee
- Organic Chemistry- Robert Thornton
- Concise Inorganic Chemistry – J. D. Lee
- Books by M.S. Chauhan
- Physical Chemistry for Medical Entrance by OP Tandon

BIOLOGY:

- Objective NCERT at Your Fingertips for NEET
- Books by T.L. Rayar
- Trueman's Elementary Biology Volume – I and Volume – II

5. Clear Your Concepts

One of the biggest reasons behind failure in NEET exam is unclear concepts. Skipping the topics where you are not able to get your doubts cleared is taking a huge risk as you never know how many questions you will get from which section or topic. If you have doubt in any section, make sure you go through the



topic again and again until you master it. If you find it difficult to understand it by just reading it, take help of your teachers.

6. Make Notes

Going through the complete book with every revision might not be possible or even required when you have already gone through the syllabus and understood all the topics. Rather, you can make short notes to improve your memory skills. You can note down the important points, formula, and theorems in a separate notebook, which you can go through every day before sleeping. It will help you memorise and recall information for effectively.

7. Solve NEET Test Series

Just cramming the concepts and going through the syllabus repeatedly won't take you anywhere until you check your progress regularly. One of the best ways to check how much you have learned is to solve the NEET test series provided either by your school or coaching institute. Alternatively, you can solve the several free or paid mock tests available online to regularly gauge your performance. This will help you identify your problem areas based on which you can make required changes in your preparation plan.

As NEET will now be an online exam, you also need to get ready for the revised pattern by solving as many online tests as you can to understand the process of CBT and refine your exam day strategies. This will also help boost your confidence.

8. Work Harder on Problem Areas and Revise Regularly

Once you have identified your problem areas by taking regular mock tests,

spend maximum time and energy in working on those areas to convert your weaknesses into strengths. Many students waste more time on revising the sections that they are strong in as they find them interesting. This is one of the most important NEET preparation tip. Moreover, don't think that covering the syllabus once will be enough because no matter how intelligent someone is, remembering the vast syllabus of NEET is almost impossible without regular revisions. You should regularly revise the syllabus you cover. You can make a weekly, fortnightly or monthly revision plan to understand how well you are going with your study plan.

10. Solve Mock Tests and Previous Year NEET Papers

Time is one of the biggest critical points when it comes to NEET. Students need to utilise every minute wisely to attempt 180 questions in 180 minutes. Logically, you get just one minute for each question and to ensure that you attempt the maximum number of questions in the given time, you really need to work hard on your speed. Taking mock tests is one of the best ways to boost your speed. You should solve as many mock tests and previous year papers as possible. Apart from improving your speed, this also helps you understand the real environment of the examination hall, question paper pattern, previous year's trends and the type of questions asked in the exam. Based on your performance in the mock tests, you can plan your strategies to wisely attempt questions in the real exam. To gain maximum benefit from NEET previous year papers and mock tests, create real examination hall like environment at your home, set a timer and solve the

questions. Once you are done with the test, check your performance and analyse it properly. You can also talk to your teacher to get their feedback and work on the suggestions given by them.

11. Focus on Your Health

Clearing NEET exam in one attempt is the dream of every aspirant but not at the cost of your health. You will be able to perform well in the exam only when you are healthy. Make a timetable that includes enough breaks and relaxation time. You should also focus on your diet and eat healthy food. Getting complete sleep not only makes you feel fresh and energetic but also helps improve concentration. Make sure you give your brain enough time to relax, which is possible only by taking short breaks and following a regular sleep cycle.

12. Avoid Common Mistakes

Understanding the common mistakes can help you avoid failure and improve your chances of scoring top rank in the exam. Here are the mistakes you need to avoid to ensure your success in NEET:

- Not following the timetable
- Not making realistic goals
- Referring to more than required study material
- Skipping topics
- Not taking enough mock tests
- Ignoring health

These are some helpful and easy-to-follow NEET preparation tips every aspirant dreaming to clear medical entrance exam must follow. These preparation tips for NEET 2019 will help you score a good All India Rank (AIR) to get admission to one of the top medical colleges in India.

YUVA KUMBH

Youth, Energy, Passion and Motivation

JAYWANT PANDYA

is a senior journalist, columnist and tv-web political analysts. He has written this special report for 'The Open Page' on Yuva Kumbh from Lucknow.



declared open.

Shree Ashish Gautam from Divya Prem Seva Mission appealed youth to be active in field of social work. Ashishjee has dedicated his life to service of leprosy patients. He cited an incident from 'City Of Joy' novel for this. He said, "Ganga does service every where she passes from. Social workers must be like Ganga. Service is only way to attaining moksha. Recently there was news that few people died in Delhi from hunger, but you never hear about people dying in Kumbh from hunger. There is incident of Geet Sethi. Famous billiards player has explained in his book 'Success Vs. Joy' that one must play for enjoyment and not for success. Shree Hari Borikarjee of ABVP said, "There is lot of talent hidden in rural Bharat. It needed platform. There is passion in youth. Youth commission should be formed."

Shree Sunil Ambekarjee of ABVP said there is need for *Familists* and not *Feminists*. Youth have come here to indicate that this is not Bharat of 1947. He said this country has great expectations from today's youth. He cited example of Sagar Reddy who has bought compassion and security into lives of hundreds of orphans and became role model for them at just age of 29. Sagar was just three months old when he was orphaned. But as the government rule mandates that inmates have to leave the orphanage without any identity or money once they attain the age of 18. He came to Mumbai. He started job and study together. He became engineer and bagged job at L&T. Then he started reaching out to destitute orphans and launched an NGO 'Ekta Niradhar Sangh' in 2010.

Gold medal winner boxer Vijender Singh said that once he had fight with Hungarian boxer and it was propagated that opponent player had been consuming snake blood for power. "After knocking him down, I told him that secret of my power is cow's milk," said Vijenderjee. He said Bharatiya young sportsmen must aim to participate in 2020 Olympics. Gold medal winner wrestler Sushil Kumar

Hinduism and our culture."

Well known drama 'Chanakya' was played by well known film, television and drama actor Shree Manoj Joshi in chilling cold wave. You can imagine how these actors would have managed to play in open place like Smruti Upvan at Lucknow as they have to wear very few costumes for such a historic drama." Shree Joshi informed audience drama was written way back in 1986 and then finalized in 1989 after thorough research. First show was played in 1990 in Gujarati. This was 1062nd show.

At this kumbh, prominent 20 young achievers were also felicitated. Among them, one was Shweta Gupta, Computer Eng Graduate who has tried to awake youth with Vivekanand Swadhyay Mandal and has written three books for youth. One was Dr. Sushant Kumar Pant who is Ph.D. from Indian Institute Of Science, Bengaluru. He comes from a small village of Bihar where there was no electricity. And there was Maniram Sharma, IAS officer who comes from small village of Alwar (Rajasthan). His father was farm labourer. Mother is blind. Maniram Sharma himself was deaf since age of nine, but he had recovered hearing ability by operation. He has attempted for IAS for 15 long years. He didn't get discouraged. In 2009, he passed IAS exam. What great achievers they are!

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