



## inside LOHRI – The Bonfire Festival



The Kite Festival signify Gujarat's 'Cultural Strength'

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### BEST WISHES ON



### 'THE OPEN PAGE'

Wishing  
'The Open Page' Readers'  
a very  
"Exciting New Year"

ARCHIT BHATT  
EDITOR – THE OPEN PAGE



Come the month of January and the whole of Punjab gears up to celebrate the Lohri festival. It is one of the most joyful occasions for every Punjabi, especially so for those families where there has been a recent marriage or the birth of a son.

Though there are different stories about the origin of Lohri, it has generally been accepted that the occasion has always been celebrated as a harvest festival. Coming at the end of the winter season, it marks the last day of the month Paush, and beginning of the month Magha (January 12/13 as per the Gregorian calendar). It is during this time that the farm fields gleam with wheat, the primary North Indian crop.

Lohri is essentially a festival dedicated to fire and the sun god. The celebration of Lohri marks the time when the sun shines from the "Uttrarayan", meaning it passes across Makar (the zodiac sign Capricorn) and moves northwards. This alteration of the sun's position lessens the severity of the winter season and the earth receives warmth bringing comfort to her inhabitants. Lohri celebrates this impending comfort and sees a nightlong festivity that has people lighting bonfires to combat the chilly weather, and singing and dancing around it in a festive mood. The fire also symbolizes the sun and is seen as a source of energy and spiritual strength. It is worshipped as a deity with food-offerings consisting of peanuts, popcorn and sweets made of til-chirva, gajak and revri.

It can safely be said that the observation of Lohri has the dual purpose of celebrating the annual harvest and propiti-



ating the sun-god both of which has tremendous importance in the life of a North Indian, especially those belonging to its agrarian society. Farmers form a major part of the celebrants of Lohri. The festival sees enthusiastic celebrations by both Sikhs and Hindus, in the North Indian states of Punjab, Haryana, Delhi and some areas of Himachal Pradesh.

The festival is also celebrated in many other states of India, albeit under different names. In Bengal the occasion is observed as "MakarSankranti" as "MaghaBihu" in Assam

and as "Tai Pongal" in Kerala. A similar celebration of the annual harvest, Pongal, occurs in Tamil Nadu. Despite being observed under different names, the underlying purpose of its celebration remains expressing gratitude to the almighty for his blessings in the form of bounteous harvest and comfortable weather conditions.



**KHERAJANI DIPIKA**  
8TH GRADE  
MG Higher Sec School, Kuberanagar

Shubhangi Das from Bengaluru, performed at the prestigious venue at Carnegie Hall, New York in the month of December after finishing the first in the musical theatre category in the Golden Voices of America 2015, organised by the American Fine Arts Festival. She won the American Protégé International Vocal Competition. Shubhangi is just 16 and is one of the two Indians to win these competitions this year. In one of her interview Shubhangi said that, it was a high responsibility because she had to live up to her parents' name and mostly my country's name. It was such a proud moment for her that she got to represent India. Here is the further interview:

**How and why did you garner an interest in Western classical genre of music?**

A: My journey with Western Classical Music, because my decision to pursue literally happened in just two weeks! My voice instructor, Ms. Sandra Oberoi made me listen to an opera aria just to introduce me to what opera is like! It was the Laughing Song from the operetta 'Die Fledermaus' and I decided I wanted to do it. No one told me to, but I felt this voice inside my heart which kept telling me to at least try it. So I did it. I learnt the music and spent hours on it until it was perfect. When my teacher heard it and decided I should do it, I performed it at the annual recital and it

## THE INDIAN VOICE ECHOED IN CARNEGIE HALL, NEW YORK



was at that moment, that I decided that I didn't want to do anything else. And after that, it was a roller-coaster! At my school Greenwood High, I have taken IB Music at a Higher Level and it has helped me so much because my music education is now holistic!

**How did you come about participating in the Golden Voice of America? Was it your decision to give it a shot, or were you persuaded by someone?**

A: I was actually surfing the Internet

one day and I came across this competition. There are actually very few competitions which accept a recording and are open to young international competitors, so I consider it a blessing that I came across this wonderful platform! Please tell us where you draw inspiration from? Name some of your influences (any popular artists/vocalists you idolize?)

A: In all honesty, I idolize my parents and my music teacher. They taught me to sacrifice to achieve for my dreams. As

a classical voice student, I do have to sacrifice a lot of things. I have to take care of my voice and make sure I properly protect it. Simple things such as drinking soda or excess caffeine can damage your voice so much! Another one of my idols is Sumi Jo, a Korean soprano who is also a UNICEF ambassador. She came from very humble backgrounds and still sticks to her roots. I respect her for that.

**As a final year student, how do you make time for music as well as academics?**

A: Time management is extremely hard! I am already doing the IB which is extremely challenging and time consuming, so I do have to wake up in the morning at 4 or 5 am to practice singing before I go to school. It's safe to say I am the alarm in the house! I really do hope that I can pursue it in college as well!

**You have been described as an international singing sensation. How does that make you feel? And how do you handle the attention at such a young age?**

A: I always read and believe in the Bhagwad Gita. For me, it's more of a guide on how to live your life rather than a religious text, so it keeps me balanced. When I am with my friends, teachers and family, I have always been treated just like a regular schoolgirl! So I never feel that way. My father has always taught me to stick to my roots more than anything else, and I have always believed in that!



# Pongal- The great India Thanks giving

India is a land of festivals. A majority of the population here depends on agriculture. As a result, most of the festivals are also related to the agricultural activities of the people. These festivals are celebrated with different names and rituals in almost all the states of India. Pongal is one of such highly revered festivals celebrated in Tamil Nadu to mark the harvesting of crops by farmers. Held in the middle of January, it is the time when the people get ready to thank God, earth and their cattle for the wonderful harvest and celebrate the occasion with joyous festivities and rituals.

Pongal continues through the first four days of Thai month that starts in the mid-January and spreads to mid-February. The houses are cleaned, painted and decorated. Kolams (ground patterns made out of rice flour) are made in the front yards of the houses and new clothes for the whole family are bought to mark the festivities. Even the cattle are gaily caparisoned with beads, bells and flowers—their horns painted and capped with gleaming metals. Pongal has been designated the "State Festival" for its unique celebration that is typical of TamilNadu. It is a festival that encompasses all of TamilNadu in its joyous embrace. It is a time when the poor, the rich, the villager all celebrate the harvest festival together.



**MALHAR PATEL**  
**7TH GRADE**  
 Hiramani Primary School



## KOLAM

Preparations to observe the festival of Pongal starts early in the morning and the first thing that is always found in Hindu households is the 'kolam' or the rangoli- a form of decoration for the Hindus' homes made from rice flour and usually drawn on the floor. Rangolis serve as a symbol of welcoming guests to the entrance of the house apart from beautifying it. At the center of the Kolam is a lump of cow-dung (many Indians worship cows.), which holds a five-petalled pumpkin flower—a symbol of fertility and an offering of love to the presiding deity.



## THE FIRST DAY - BHOGI

The first day of Pongal is celebrated as the BhogiPongal and is usually meant for domestic activities and family get-togethers. It is celebrated in honour of Lord Indra, the supreme ruler of clouds that give rains. Another ritual observed on this day is BhogiMantalu, when useless household articles are thrown into a fire made of wood and cow-dung cakes. Girls dance around the bonfire, singing songs in laudation of the gods.

## THE 2ND DAY - PONGAL

The second day of harvest festival is known as 'Pongal', in Tamil Nadu. Considered to be the most important day of the entire festival, where prayers are offered to the Sun-god early in the morning. Family members gather outside their house and cook 'pongal' in clay pots. When the rice inside the pot overflows, the people will cry out 'Pongal O Pongal' as the overflow of rice symbolizes a prosperous farming season for them. On this auspicious day, people will visit each other and dine together. Eating sweets and extending a warm reception to the guests with the same form part of any Hindu festivals.



## MAATUPONGAL

This day is the day of Pongal for cows. For the villagers, cow, the giver of milk and the bull which draws the plough in the fields are very valuable and therefore the farmers honour them by celebrating this day as a day of thanks-giving. The cattle are washed and their horns are painted with myriad hues.

## KAANUMPONGAL

KanuPongal, which falls on the same day as MaatuPongal, is celebrated by sisters for the welfare of their brothers. Pongal or Harvest festival of Tamil Nadu is similar to RakshaBandhan and BhaiDooj of North India.



## THE JOURNEY



therapy centres, I repeated the same everyday at home without fail. As a mother, I spent almost 10 years (left my profession as a teacher in a mainstream school) working not only with Rutvij but also with other children with special needs..

After all the efforts, Rutvij was enrolled in Shri Ram Vidyalaya at Bopal, Ahmedabad, a school that has inclu-

sive set up as well as class for special education. He studied there for about 10 years. Next two years at Pearl Special Need Foundation, Ahmedabad. Today, we are based at Anand, Rutvij shows his skills in computers and therefore after series of discussions with the management, he is enrolled in IT Institute at Mogri. His father devotes his full time to Rutvij, acts as facilitator

between Rutvij and his teacher / therapist, so that he can learn in a better way. Rutvij is now learning the Photo-shop programme. He is not so verbal and communication with people remains a challenge.

Both parents have changed their roles from time to time. In his initial year mother devoted full time to Rutvij. Took active interest in his progress, got trained in special education, and acquired knowledge of various therapies needed for him. Currently, father devotes full time to Rutvij trains him in computer, swimming and various skills that an adolescent boy should learn. Father is also an active member of various parent groups related to autism. Last but not the least, Rutvij also got strong support and care from his grandparents and together we are able to turn every obstacle into opportunity for Rutvij. It does not matter what the doctors had to say for him but for us he is just a wonderful child.

The journey is still going on and Rutvij is able to progress with continuous efforts of parents, his grandparents, therapists and special educators.

Arpan Bhatt & Meena Bhatt



# NEW YEAR RESOLUTION FOR OVERALL BETTERMENT



**W**ish you all a very happy new year. With this New Year we all have new surprises. Some may have new clothes, new vehicles, new accommodation, new furniture, new gifts, new articles, etc. But I am sure we all have one thing in common and that is we all have made some kind of New Year resolution. Yes it is a general practice for many of us; rather all of us to have some kind of resolution as the New Year sets in. Let's learn about what resolutions can be made and how to have a holistic resolution that will ensure overall betterment.

The word resolution means to offer a solution, a decision to do something, a determination to achieve something. For example, "My resolution is to go to the gym three times a week."

Pondering over the Wikipedia, we find the source as to how the concept of making New Year Resolution began. Surprisingly there is a religious fragrance in the fact.

- The Babylonians made promises to their gods at the start of each year that they would return borrowed objects and pay their debts.
- The Romans began each year by making promises to the God Janus, for whom the month of January is named.
- In the Medieval era, the knights took the "peacock vow" at the end of the Christmas season each year to re-affirm their commitment to chivalry.
- At watchnight services, many Christians prepare for the year ahead by praying and making resolutions.
- During the Christian liturgical season of Lent, people make resolution to sacrifice something. In fact the practice of New Year's resolutions partially came from the Lenten sacrifices.

The concept, regardless of creed, is to reflect upon self-improvement annually. Thus, it has become a tradition to make New Year Resolution, where one either sacrifices something or decides to carry on with something.

## What kind of resolutions do people make and what is such outcome?

Apart from materialistic resolution like purchasing new furniture, buying new house, gifting new articles, owning a new mobile phone, people generally make non-materialistic and goal oriented resolutions like: lose weight, exercise more, eat better, think positive, get out of debt, save money and make small investments, perform better at current job, establish own business, get a better education, learn something new, become more organized, Volunteer to help others, Make new friends, Spend quality time with family members, etc.

However, we find people not able to fulfill or keep up with the resolution they make. Most of us will forget the resolution we kept by the end of the first month itself. History shows, that it is trend to make the resolution for the New Year but not to be committed with it. Just imagine, even if 50% of the above discussed resolution would have been met or successfully achieved then the world would all be different from what it is now.

A 2007 study by Richard Wiseman from the University of Bristol involving 3,000 people showed that 88% of those who set New Year resolutions fail, despite the fact that 52% of the study's participants were confident of success at the beginning. This shows that people are very generous in making the resolution but are very meager in having the commitment to fulfill it.

## The question now is that what kind of resolution should one keep, or is there any ideal resolution that all can meet with?

One should keep a resolution that is achievable and with in the commitment capacity of oneself. One should not focus on unrealistic concepts and hard to achieve targets. Rather, one should settle with a few, or may be one resolution a year and make more efforts

to achieve it rather than having multiple and unachievable resolutions. The one resolution that we keep must be holistic in nature.

## What is a Holistic Resolution?

The word Holistic focuses on the whole, on over all betterment. Holistic resolution means keeping a resolution while keeping in consideration the body, the heart and the soul. Holistic resolution will not only affect the self but also the surrounding of the self. Holistic resolutions are something that affects the entirety and not only the individual. Though such goals are kept individually but generally affecting the whole and with overall betterment.

We can have holistic resolutions by extending the resolutions that we keep for cooperating with other and mainly with the nature. For example, People generally keep a goal like, "to lose weight", now this is kept keeping in mind the health of the self. The same resolution can be turned holistic in a manner like, "I will donate the portion of the food that is not required for me", in this manner one would be doing a pious deed which would realize their primary goal as well. Forget what returns you might get out of it but it is for sure that indirectly you will be contributing to those who are fighting with hunger.

Thus a Holistic Resolution is something that not only makes the self happy but also others and generally the needy. It just takes one to think a little different to turn your own resolution into a holistic one and contribute your portion to the overall betterment or the betterment of the world. Its not about professional, its more about how your take it personally.

Keeping a holistic resolution will enhance the health of the body, heart and soul. One would not only feel healthy, but also happy and contented. This contentment will pour happiness in your surroundings and thus contribute to make world a better place to live in.

## How can we fulfill the resolution we make?

The second and more important question is how to fulfill the resolution, whatever it may be, and successfully achieve it?

Psychologists have found we're more likely to succeed if we break our resolution into smaller goals that are specific, measurable and time-based. Prof Wiseman suggests following 10 tips for successfully achieving your New Year's resolution:

1. Make only one resolution.
2. Don't wait until New Year's Eve to think about your resolution be prepared for it earlier.
3. Avoid previous resolutions.
4. Don't run with the crowd and go with the usual resolutions.
5. Break your goal into a series of steps, sub-goals that are concrete, measurable and time-based.
6. Tell your friends and family about your goals.
7. Regularly remind yourself of the benefits associated with achieving your goals.
8. Give yourself a small reward whenever you achieve a sub-goal.
9. Make your plans and progress concrete by keeping a handwritten notes of your resolution
10. Treat any failure as a temporary setback rather than a reason to give up altogether.

## Conclusion:

This year let's not make resolutions but make only one resolution that is holistic in nature and can be achieved successfully. Remember that its not what resolutions we make but it is the resolutions that make us. Once again, wish you all a happy new year and prosperous and healthy life ahead.



**DR. VISHAL VARIA**  
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# NATIONAL YOUTH DAY



In the year 1984 the National Youth Day was declared by the Government of India and from 1985 this day is celebrated with great joy and enthusiasm. As per the Hindu calendar, 12th January is the birthday of Swami Vivekananda and he is considered as the role model for youth. His ideals are apt enough to boost up the zeal and zest of new generation.

In 1893, from 11th September to 27th September, Swami Vivekananda delivered his

speech at the Parliament of the World's Religion and held everyone spellbound. Though he was an uninvited guest, he managed to get chance for addressing the audience. Vivekananda, once

said in his Speech, "Sisters and Brothers of America, it filled my heart with joy, unspeakable to rise in response to the warm and cordial welcome which you have given us." These words echoed across the Hall of Columbus and the audience gave him a thunder clap. From the next day his name became popular in each nook and corner of the world and people bowed down before him for offering their most reverential

honor and gratitude from the core of their hearts. He suggested the youngsters of the nation to

come out of the shell for unleashing their youth potentials to glorify the name of the motherland. Vivekananda asked the youth to be on their toes for the service of the nation and also spread the message of Hindu philosophy which was delivered by the saints of yore.

National Youth Day is celebrated in India by conducting various competitions and programs especially in educational institutions. Students perform skits, dramas, mono-acting and sing patriotic songs as well. The photographs, lectures, writings and the messages of his spiritual master Shri Ramkrishna Paramhansa are also displayed to instill in the minds of youth the brimming inspiration. Swami Vivekananda wrote his ideals and philosophy in the book named 'Complete Works of Vivekananda'.

For Universal Religion Vivekananda says, "Each soul is potentially divine. The goal is to manifest divinity within by controlling nature, Do this either by work or worship, by psychic control or philosophy. By one or more or all of these and be free.

This is the whole religion. Doctrines, dogmas, rituals, forms, books, temples are, but secondary details." In this way he spread the message especially to youth for maintaining the perfect amity around the world.

He strained his every nerve to lift up the standard of culture, art and education.

This is the high time to spread the message of Vivekananda because the present generation and the forth coming generation are tempted by the western culture and they are not remembering the well-esteemed and ideally fragrant culture of our own country.



**DR. HEMANTKUMAR S. PANDYA**

(Principal) Rameshwar Shikshan Sankul, Nikol, Ahmedabad

**Do not hate anybody, because that hatred which comes out from you must, in the long run, come back to you. If you love, that love will come back to you, completing the circle.**

—Swami Vivekananda

## Permanent (P)artner of life...

**H**ave you got a problem? That's good!

Each and every human being is surrounded by one or the other type of problem. A poor man has got the problem to earn his daily bread, while the rich man has the problem to digest that.

Actually, I feel that We are wrong in saying, time makes us perfect. NO... Problem makes us Perfect.

Just for few minutes rewind your life. Try to remember the events which you will never forget. Believe me or not. Days which you would be never able to forget, would be the days in which you were in great trouble.

The way in which you tackle and conquer your problem matters a lot. Just take a simple example of Examination. By going on thinking that I don't Know, What to learn, What to Write. makes us tensed. Does becoming tensed gives the solution of the problem??? The answer is definitely no.

Instead of wasting time in such thinking at least read something... It will help you out.

But practically speaking, to overcome many problems its not always so easy. We would feel that each any every door for getting rid of that problem would get closed.



At that time, Don't get frustrated. Every problem comes with a solution. Sometimes, we tell that the problem is big. No. Our thinking level is beyond its requirement.

Assuming that the problem is Big, in hurry, We directly start trying to solve problem without finding its root cause. It will make problem turn into cobweb of problem. Instead, Try to be simple in thinking. It will help you out most of the times. Every Lock has a specific key. Try to find out that. The thing is how we look at it, and how we react to it.

Whenever any problem occurs just try to think from its simplest approach...most of the time it will help you nullify the problem. This will develop your thinking and understanding capacity. It will not only make you solve your problem with ease but will make you expert in how

to overcome such type of problem hassle free.



**RUSHABH DESAI**

Educator,  
Vidhya  
Niketan School, Rajkot

## Why do we celebrate TEACHER'S DAY?

If I were to ask you why we celebrate Teachers' Day, I am sure you would say that today we honour a great son of India Dr. S. Radhakrishnan – an able leader, an eminent philosopher, one who rose to the highest post of the President of India and yet one who preferred to be remembered as a humble teacher. Some of you ofcourse celebrate the day for your own reasons – may be to give a respite to all your teachers who keep talking the whole year through or some may say we celebrate because atleast for a day, we have prettier, fresher faces flitting in and out of our classrooms.

Well what-so-ever your reason can be, but there is yet another point for celebrating Teachers' Day. Ask the lot here (your teachers) and they will tell you. Teaching is the mother of all professions and teachers like parents are those

overworked dudgeons who invest their lives in their children's future and expect nothing but love in return.

Teaching is something like poetry and dreaming so many of us chose teaching over other professions because we have dreams for a different future, be-



cause we feel that injustices can be fought, beauty can be created, songs can be sung and we can do it. Perhaps in our lifetime; perhaps not, but may be in yours?

And so we pursue these gleaming goals. We bend, we break, we struggle at so many levels with our ideals battered but intact, pouring our lives into words, our lives into the lives of our students. We laugh with them and cry, we learn from them and give advise on quarrels at home or school. We talk of careers, of nuclear arms and of our changing values. And we remember our teachers, those who made a difference in our lives, those who challenged our adolescent smugness, those who disturbed our calm placidity and those who nurtured our souls.

And somewhere along the way we also prepare our students for exams and hope for them the very best – a job in a multinational concern, in modelling, in bureaucracy so they can carve for themselves their future and feel successful, glamorous and valued. So as we watch our bright and hopeful, our talented young students drift away from us, year after year, we continue to fight and dream for them and we celebrate Teachers' Day.

**DR. ANITA VERMA**

Head – Academics, Shanti Educational Initiatives Limited

A QUESTION THAT SOMETIMES DRIVES ME HAZY: AM I OR ARE THE OTHERS CRAZY? -ALBERT EINSTEIN



# The Kite Festival signify Gujarat's 'Cultural Strength'

Gujarat is vibrant with the Kite Festival (Makar Sankranti) which is celebrated with colors of joy, colors of life. The Kite Festival signify Gujarat's 'Cultural Strength' and like the kites, Gujarat soars high to touch the skies to be the 'best in the world.'

All over the State, in the Month of January, the serene blue sky with colorful kites look splendid and since morning to evening remains dotted with vivid splashes of color with kites in a variety of hues, shapes and sizes. The excitement continues with the onset of night. As the sun sets and darkness hovers over, youngsters continue competing each other in supremacy in the sky, now with the paper lanterns tied to their kite-strings. These lanterns known as tukkal swaying at the mild stroke of wind presents a lovely image while some try to cut off these tukkals and enjoy the fun.

Makar Sankranti (Kite Flying Day) marks the end of a long winter with the return of the sun to the Northern Hemisphere. According to the Hindu astronomy the sun enters the zodiac of Makara (Capricorn). Hence, it is called Uttarayan or Makar Sankranti.

The special significance attached to the celebration of Makar sankranti, is Kite Flying. The gods who are believed to have slumbered for six long months are now awake and the portals of heaven are thrown open!

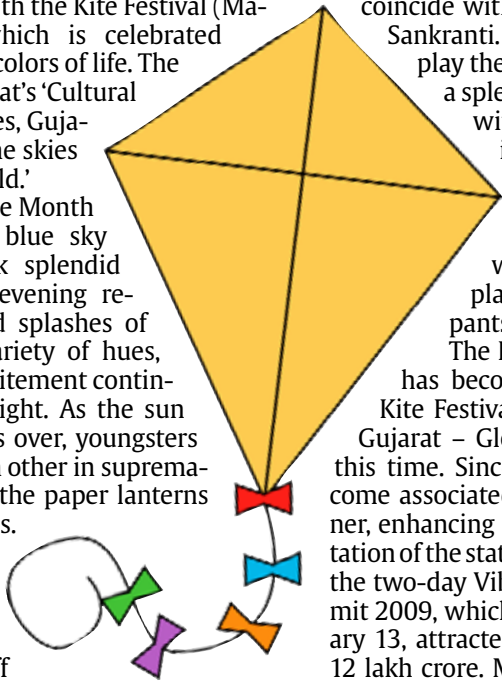
Uttarayan is celebrated all over Gujarat but the excitement is high at Ahmedabad, Surat, Nadiad and Vadodara. Surat, especially is known particularly for the strong string which is made by applying glass powder on the row thread to provide it a cutting edge.

To be in any one of these places during this festival is to feel the heart and pulse of Gujarat and its people. On a night prior to the festival special markets are held and you need a guju skill for bargaining and clinch a right deal in the crushing crowd of kite enthusiasts.

Gujarat Tourism also hosts the International Kite Festival drawing crowds to witness the show of eminent kitists from many states and countries. This International Kite Festival is held at Ahmedabad, to

coincide with the festival of Uttarayan or Makar Sankranti. People from all over the world display their exotic kites of various designs. It is a splendid spectacular show to see the sky with colourful kites, huge size and varied designs and shapes This gives the people of Ahmedabad the change to see the unusual kites brought by the visitors some of which are truly works of art. Cuisine and Crafts display are also enjoyed by the participants and spectators.

The International Kite Festival in Gujarat has become a major tourist attraction. The Kite Festival is also significant for the Vibrant Gujarat – Global Investor's Summit held during this time. Since 2003, the word 'Vibrant' has become associated with Gujarat in yet another manner, enhancing the national and international reputation of the state. In spite of the economic slowdown, the two-day Vibrant Gujarat Global Investors' Summit 2009, which concluded in Ahmedabad on January 13, attracted promised investments of over Rs. 12 lakh crore. More than 8,500 Memoranda of Understanding were signed between the State government and the intending investors. These have the potential to create over 25 lakh additional employment opportunities. While the last three editions of the 'Vibrant Gujarat' summit in 2003, 2005 and 2007 together received promises for investment of over Rs 6.34 lakh crore, the 2009 summit alone had inked MoUs to invest 12 lakh crore.



## Book Review of Piper Green & the Fairy Tree

I absolutely loved this early chapter book about Piper Green, who lives on Peek-a-Boo Island with her family.

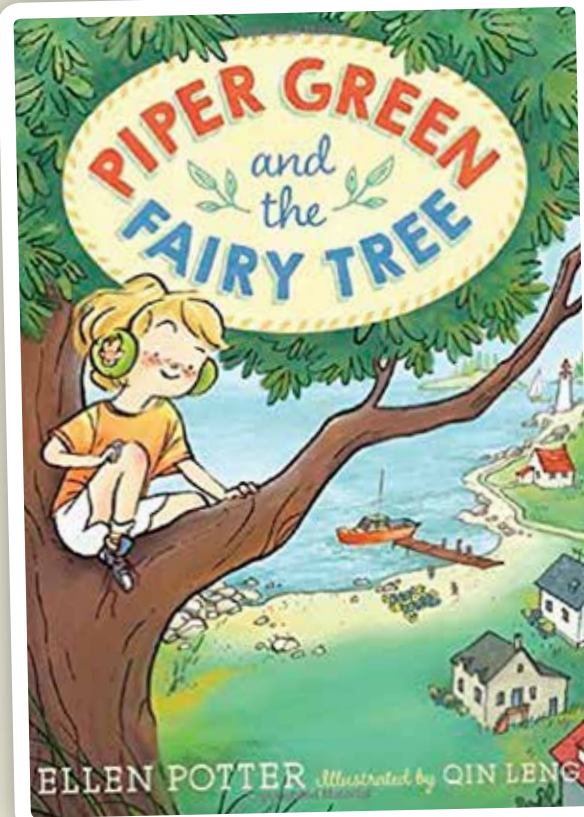
She is starting grade two, but while wearing monkey earmuffs. She misses her older brother, Erik. Since he gave them to her, she does not want to take them off—even when her new teacher Ms. Arabella, asks her too. "I wouldn't like to send you to the principal's office on your first day of second grade," she tells her.

Even her parents want her to take them off. She tells them yes, but in her head she says "That's what they think... These earmuffs are not leaving this head."

There are several memorable quotes that I found in the narration, the dialogue, and the descriptions. Piper says of her classmate Jacob, he doesn't say much, that's for sure. Sometimes I wonder if Jacob's just pretending to listen while he thinks about lobsters. But then other times, he listens so hard that he can hear things I'm only thinking in my brain.

Piper says this about Jacob, too: "He's the guy in charge of the dead fish." The lobster industry employs many people on Piper's small island in Maine.

Another interesting character is Leo, Piper's younger brother. He is married to a piece of paper named Michelle, and they have three children, which are yellow Post-it notes.



I liked reading about the eight children on the island taking the Maddie Rose lobster boat to school to the main island. Mr. Grindle drives the boat and his wife leaves baked goods from her bakery on the boat for the children to eat. The really, really pretty classmate of Piper's is named Allie O'Malley, and we learn about her beautiful new purple mermaid life jacket.

This first book in the series introduces the Fairy Tree. It's the kind of tree where if you take something from it, you must leave something just as treasured. Piper does this for the first time, thanks to the guidance of her neighbor Mrs. Pennypocket, and her luck seems to change. Her brother comes home to visit, and she starts to enjoy second grade.

This is my new favorite chapter book for children ages 7-10, and I will be recommending it as often as I can to the families that come into the library.



**KHUSHI BRAHMBHATT**  
Somlalit School



ADVERSITY IS LIKE A STRONG WIND. IT TEARS AWAY FROM US ALL BUT THE THINGS THAT CANNOT BE TORN, SO THAT WE SEE OURSELVES AS WE REALLY ARE. - ARTHUR GOLDEN





# Dholavira: A slice of Harappa in Gujarat

Grade 5 students of The Galaxy School - Implementing TFU in Rajkot, India, went on a field trip to Dholavira Kutch, and this travelogue was their joint effort. All 30 students of the class wrote their reflections after the trip. They were divided into five groups of 6 students in each group. Each group combined their reflections to come up with 1 travelogue. Finally one team representative for each group sat together and wrote this travelogue.



Dholavira-Kutch, the name sounded so musical to our ears when our teachers announced a trip to this magical place as part of the culmination to our history unit Civilizations. Our anticipation knew no bounds when we saw a video as a preview to the trip. White, a colour which gives the feeling of peace and tranquility merged with the vibrant splashes of reds, greens and yellows to emphasize the culture of Kutch.

It was 4 o'clock on the morning of 2nd January 2013 when our journey from Rajkot began. It was a long 6 hour drive to Dholavira. As we had carried homemade snack, we halted at a temple on the way, and ate in the vicinity of it. Taking it along was a good idea as there were hardly any shops on the way. Behind the temple we spotted many migratory birds and beautiful peacocks on every dry patch of grass. Listening to them in the morning silence marked the beginning of our journey.

Around 10 am we reached Dholavira. As we got down from the bus, sharp streams of the sun's rays struck our eyes painfully, but thankfully we were carrying sunglasses, cap, water, anticipating this. We had taken along cameras to capture images while exploring the ancient excavated site. Dholavira is one of the 5 major Harappan cities. It was destroyed 7 times in the 5000 years of its history. It was discovered in 1967 A.D. and the excavation continues slowly even today to bring out more hidden treasures. We were shown the archaeological site by Ravjibhai - our guide. We saw the ancient ruins, including their underground water drainage system, a stadium for celebrations, burial ground etc. The stadium is 1,24,000 square cubic meters. Though covered, we also saw a 10 feet

long slab of stone believed to be the first sign-board of the world with inscriptions which has not yet been deciphered. The ancient city also had 16 reservoirs out of which only 3 are excavated. It had a very big citadel. As far as the eyes could follow, we saw mounds of brown and far ahead lay the White Rann of Kutch. After about an hour of tour of the ruins we went to the Dholavira museum and saw the broken pots, tools used by ancient people, miniature models of games played in the past, jewellery, coins and inscriptions. We sat under the shade of the few huts and had our pre-packed lunch and then headed towards Bhuj, our destination for the next three days. We reached our hotel, Tree Top Residency, around 7 pm, checked in, had hot steaming food and went to bed, thoroughly exhausted.

Next morning we woke up with a smile on our faces, overjoyed that we had another adventure waiting for us. After breakfast we headed towards the new Swami Narayan temple in Bhuj. It was a magnificent structure. The Swami Narayan temple had exquisite carving of almost all the Hindu Gods. Despite the cold, there were many devotees waiting to offer their prayers.

On the way to the Kutch Bhuj museum we saw the BhutiaDungar enclosed within a wall atop a hillock. Our local guide told us the name reflects the popular belief that this wall was created overnight by 'bhoots or ghosts. At the Kutch Bhuj museum, in excellent condition, there were different sections, with life size exhibits of the different tribes that lived in these areas.

Our next stop was the famed AinaMeahal which was, unfortunately, closed

that day. We went to another palace named PragMahal which was destroyed due to an earthquake and was pretty worn out. Inside we saw few exhibits. We could tell that the king must have enjoyed hunting animals because there were many stuffed animal heads on display. Now that no one is living in it, birds have taken over most of the castle, with spider webs everywhere. There is a spectacular view of most of Bhuj from the top. On the terrace two huge bells reminded one of a time when they would have been rung. We clicked a lot of pictures here, as the cool breeze stirred our sense of history.

In the early afternoon, we left for Bhujodi which was a handicraft village and a popular shopping site. On arrival, we heard the clinks of the knives and the chiming of the bells. We shopped for souvenirs.

On our third day we were aware that the journey was coming to an end. We got ready for our visit to Kala Dungar and the Indo- Pak border. On the way we passed through the Tropic of Cancer. Some 60 km away from the border we were stopped by the patrol as that was the farthest point civilians were allowed till. We talked to a soldier named Dinesh Chand who was off duty at that time. He told us many incidents about their life. We also saw underground bunkers. After the interesting talk, we climbed the Kala Dungar and saw a sacred temple of Lord Dattatreya. We had good views of the Rann of Kutch. The locals told us that at night they can see the lights of the Indo-Pakistan border. All of it was very fascinating.

After praying we departed for the Rann of Kutch. We had lunch on the way

in a village named Hodka in a traditional hotel. Some of us talked to the villagers about their life. Each family stayed in a mud house called bhoonga. It stays cool in the summer and warm in the winters. The food was very simple but tasty. In the evening we went to the white Rann of Kutch. It was filled with salt left over from the evaporated sea! We saw white blankets of salt under the blue sky. We took a long walk to reach the salt pans. There was a traditional village band wearing colourful clothes in contrast to the white desert, singing songs to the accompaniment of vessels used as musical instruments. Though the lyrics were unfamiliar we enjoyed the music. We went to the RannUtsav where we saw many stalls displaying different handicrafts of Kutch. The things were same as the ones in Bhujodi but at higher rates. Around 7 pm we left this magnificent place and headed back to our hotel in Bhuj. After enjoying our dinner, we were asleep even before our teachers could give the lightout signal.

The next day our journey led us to Mandvi, our final destination before we headed home to Rajkot. It was a short 1 hour drive from Bhuj. First we visited the Vijay Vilas palace. It was a truly magnificent palace. The marble work on the pillars matched that on the carpets. The dining table with its great combination of white and black colours made it look more luxurious and fascinating. It was just when we saw Aishwariya Rai, a Bollywood actress, in one of the photos placed on the walls, that we realised that this palace was used to film the movie, Hum Dil De Chuke Sanam. Climbing few steps we reached the terrace from where we could see the surrounding stretches of low growing shrubs. More than the beauty of the palace we were impressed by the silence and the unpolluted atmosphere. There was a fountain and sitting space behind the palace. We heard birds chirping and enjoyed the cool breeze near the fountains.

We then headed towards the Mandvi beach but did not step into the water. Most of it was badly polluted but we enjoyed listening to the waves crashing on the beach. For entertainment there were camel and horse rides.

We boarded our bus to return to Rajkot, with heavy hearts. Though we were eager to see our families, the 4 days spent with friends and teachers will always be cherished by us. The beautiful landscape of Kutch, the heartwarming hospitality of the people will remain etched in our hearts for years to come.

**Students of Grade 5,  
The Galaxy School, Rajkot**



Mandvi beach



White Rann



Bhutia Dungar

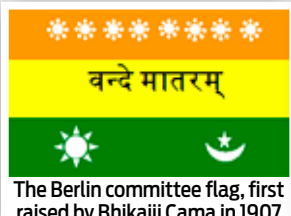


Handicrafts





# HISTORY OF INDIAN TRICOLOR



Every free nation of the world has its own flag. It is a symbol of a free country. The National Flag of India was designed by Pingali Venkayya and adopted in its present form during the meeting of Constituent Assembly held on the 22 July 1947, a few days before India's independence from the British on 15 August, 1947. It served as the national flag of the Dominion of India between 15 August 1947 and 26 January 1950 and that of the Republic of India thereafter. In India, the term "tricolour" refers to the Indian national flag.

The National flag of India is a horizontal tricolor of deep saffron (kesari) at the top, white in the middle and dark green at the bottom in equal proportion. The ratio of width of the flag to its length is two to three. In the centre of the white band is a navy blue wheel which represents the chakra. Its design is that of the wheel which appears on the abacus of the Sarnath Lion Capital of Ashoka. Its diameter approximates to the width of the white band and it has 24 spokes.

## Evolution of the Tricolour

It is really amazing to see the various changes that our National Flag went through since its first inception. It was discovered or recognised during our national struggle for freedom. The evolution of the Indian National Flag sailed through many vicissitudes to arrive at what it is today. In one way it reflects the political developments in the nation. Some of the historical milestones in the evolution of our National Flag involve the following:

The first national flag in India is said to

have been hoisted on August 7, 1906, in the Parsee Bagan Square (Green Park) in Calcutta now Kolkata. The flag was composed of three horizontal strips of red, yellow and green.

The second flag was hoisted in Paris by Madame Cama and her band of exiled revolutionaries in 1907 (according to some in 1905). This was very similar to the first flag except that the top strip had only one lotus but seven stars denoting the Saptarishi. This flag was also exhibited at a socialist conference in Berlin.

The third flag went up in 1917 when our political struggle had taken a definite turn. Dr. Annie Besant and Lokmanya Tilak hoisted it during the Home rule movement. This flag had five red and four green horizontal strips arranged alternately, with seven stars in the saptarishi configuration super-imposed on them. In the left-hand top corner (the pole end) was the Union Jack. There was also a white crescent and star in one corner. During the session of the All India Congress Committee which met at Bezwada in 1921 (now Vijayawada) an Andhra youth prepared a flag and took it to Gandhiji. It was made up of two colours-red and green-representing the two major communities i.e. Hindus and Muslims. Gandhiji suggested the addition of a white strip to represent the remaining communities of India and the spinning wheel to symbolise progress of the Nation.

The year 1931 was a landmark in the history of the flag. A resolution was passed adopting a tricolor flag as our national flag. This flag, the forbear of the present one, was saffron, white and

green with Mahatma Gandhi's spinning wheel at the center. It was, however, clearly stated that it bore no communal significance and was to be interpreted thus.

On July 22, 1947, the Constituent Assembly adopted it as Free India National Flag. After the advent of Independence, the colours and their significance remained the same. Only the Dharma Chakra of Emperor Asoka was adopted in place of the spinning wheel as the emblem on the flag. Thus, the tricolour flag of the Congress Party eventually became the tricolour flag of Independent India.

## Colours of the Flag:

In the national flag of India the top band is of Saffron colour, indicating the strength and courage of the country. The white middle band indicates peace and truth with Dharma Chakra. The last band is green in colour shows the fertility, growth and auspiciousness of the land.

## The Chakra:

This Dharma Chakra depicted the "wheel of the law" in the Sarnath Lion Capital made by the 3rd-century BC Mauryan Emperor Ashoka. The chakra intends to show that there is life in movement and death in stagnation.

## Flag Code

On 26th January 2002, the Indian flag code was modified and after several years of independence, the citizens of India were finally allowed to hoist the Indian flag over their homes, offices and factories on any day and not just National days as was the case earlier. Now Indians can proudly display the

national flag any where and any time, as long as the provisions of the Flag Code are strictly followed to avoid any disrespect to the tricolour. For the sake of convenience, Flag Code of India, 2002, has been divided into three parts. Part I of the Code contains general description of the National Flag. Part II of the Code is devoted to the display of the National Flag by members of public, private organizations, educational institutions, etc. Part III of the Code relates to display of the National Flag by Central and State governments and their organisations and agencies.

There are some rules and regulations upon how to fly the flag, based on the 26 January 2002 legislation. These include the following:

## The Do's:

The National Flag may be hoisted in educational institutions (schools, colleges, sports camps, scout camps, etc.) to inspire respect for the Flag. An oath of allegiance has been included in the flag hoisting in schools.

A member of public, a private organization or an educational institution may hoist/display the National Flag on all days and occasions, ceremonial or otherwise consistent with the dignity and honour of the National Flag.

Section 2 of the new code accepts the right of all private citizens to fly the flag on their premises.

## The Don'ts

The flag cannot be used for communal gains, drapery, or clothes. As far as possible, it should be flown from sunrise to sunset, irrespective of the weather.

## Learn in fun way

The name itself represent that there is something jolly (fun) in learning Phonics.

The Jolly Phonics method of teaching was developed and tested over a period of time at Woods Loke Primary School in Lowestoft, England. The children were first taught to listen carefully for the sounds, to identify them, and to relate them to the letters (phonic awareness). This teaching method made it much easier for the children to learn to read and to write.

The key advantage of Jolly Phonics are that it teaches children to recognize all the main letters sounds early on, and that it shows them how to relate the sounds to symbols.

Jolly learning uses synthetic phonics method of teaching the letter sound in a

way that is fun and multi-sensory, enabling children to become fluent readers. With actions for each of the 42 letter sounds.

All words are made up of sounds. There are at least 42 sounds in English, but only 26 letters are used to represent these sounds. For reading and writing, the children need to be fluent at saying the sounds that go with the letters. Young children learn particularly quickly when there is physical activity involved. By doing an action for each sound, children use movement, sight, hearing and speech to help them remember. This multi-sensory approach is a very effective way of teaching, as well as being fun for the children. This helps kindergarten children read English, improve their vocabulary, memory, spelling and overall language skills, resulting in building the child's overall personality and setting a strong foundation for a brighter and fulfilling future.

—Perna Arora, Educator, Euro School

## Let's Learn and Play!!!

with Jolly Phonics

Phonic is a method of teaching children to read with the help of sounds.

- Learn the 42 letter sounds which provides the early foundation of reading.
- Learning the letter formation identifying sounds in words (segmenting)
- CVC words and Blends.
- Tricky words & much more...

**FOR MORE DETAILS CONTACT** 96017 95540 Drive-in Branch 96383 50350 Judges bungalow Branch

Contact after 3.00 pm

**LIMITED SEATS**



To the generous mind the heaviest debt is that of gratitude, when it is not in our power to repay it. — Benjamin Franklin





# TORCH BEARERS OF EDUCATOR'S AWARD 2015-16



Honouring the guests



Ms. Varsha Doshi



Mr. Shailesh Sagpariya



Mr. Chetan Shah



Mr. Jatin Bharad



Mr. Devang Mankad



Mr. Vasant Pathak



Dr. S.B. Jadeja



Dr. Vishal Khagsiwala



Dr. Shailesh Jani

## WINNERS OF EDUCATOR'S AWARD 2015-16

Following the success of 1st Educator's Award of The Open Page, held in Ahmedabad last year, the 2nd Educators Award was held almost exactly with the same success at Gardi Vidyapith, Rajkot on 19th December, 2015. The function was graced by all the eminent personalities across Gujarat like his Excellency Governor Shri O. P. Kohli Ji, Shri Vijay Rupani Ji – Cabinet Minister, Smt. Lila Ankoliya – Chairperson, Gujarat State Commission for Women, Shri R. J. Makadiya – Collector, Jamnagar District Shri Rajesh Dholakia – Hare Krishna Exports.

The event was hosted by Mr. D. V. Mehta Chairman, Genius Group of Schools, Rajkot. The speeches delivered by such honourable people were highly motivating for all the educators. It was a pin drop silence in the hall when Shri O. P. Kohli Ji was addressing the educators on how do we educate children, who are the educators.

In his presence all the academicians were awarded and were recognized for their extraordinary performance in education fraternity. All winners of educator's award are the shining stars of Gujarat education arena who gave their hardship for the acknowledgment the students and giving them best education training and polish their talents, so that they can take a stand in their career and face realities with making successful career they deserves. Later on function was lighted by chanting National An-



## WINNERS AWARDED BY GOVERNOR SHRI O.P. KOHLI

them with all the guests and ended with high-tea serving to all guests. With this ceremony we also got Mr. Deepak Rajguru as the host of 3rd Educator's Award which will be held in Surat next year. We welcome all the educator's to send their nominations for the next year as soon as possible to 'The Open Page' Office.

DR. SONAL M. FALDU  
PRINCIPAL SEC./H.SEC EDUCATOR'S AWARDMR. SHYAMKUMAR R. VYAS  
SOCIAL SERVICE EDUCATOR'S AWARDMR. NILESH L. PANCHAL  
SPECIAL EDUCATION EDUCATOR'S AWARDMR. JAYESHKUMAR V. JOSHI  
PARENT OF THE YEAR EDUCATOR'S AWARD

## WINNERS OF EDUCATOR'S AWARD 2015-16

MS. BINDUBEN B. RATHOD  
PRE SCHOOL EDUCATOR'S AWARDMR. RAMESHBHAI N. PARMAR  
ELEMENTARY SCHOOL EDUCATOR'S AWARDMR. HITESHCHANDRA B. VAISHNAV  
SECONDARY SCHOOL EDUCATOR'S AWARDMR. SANJAY R. PANDYA  
DIPLOMA- SENIOR SECONDARY SCHOOLMS. ATIYA SAIYED  
TEACHER EDUCATOR'S AWARDMS. BHARTIBEN B. GOHIL  
ELEMENTARY PRINCIPAL EDUCATOR'S AWARD

Whatever we plant in our subconscious mind and nourish with repetition and emotion will one day become a reality. —Earl Nightingale



When our hatred is too bitter it places us below those whom we hate. — Francois de la Rochefoucauld





# OP Kohli's memorial speech at 2nd Educator's Award held at GardiVidyapith Rajkot

On receiving the copy of the magazine, "The Open Page", I turned its pages and realized that this magazine offers an open platform with its foundation on the views and perspectives of education. Undoubtedly, the exchange of views does add more worth and goodness to education.

There comes a question, who is an educator? Are educators only those who teach in the school and colleges or anyone outside this parameter who imparts knowledge and directs the path?!

A social reformer becomes an educator when he directs the path.

Parents direct the path of their children so they are also educators.

Neighbours too become educators as we learn so many things from them.

Many spiritual leaders through their discourses expatiated knowledge incomparable.

So let's neither set boundaries of an educator nor consider only those as educators who have chosen this as a profession. Our society is a mass of enlightened educators who directs path in one way or the other. Thus we observe two types of education, the one we see in the schools and colleges; and the other from the non-institutional channel. Anything that enlightens our self is education, whether it's from school or anywhere else. Even the nature, our environment, our earth is also an educator bestowed with the virtues of benevolence, spiritual knowledge and goodwill which needs to be adopted.

The man of the soil, poet Narmad Mehta through the popular hymn, "VaishnavJantho" hints about knowing the pains of others. If we are taught volumes of books, appear for weighty examinations yet have no feelings or sensitivity towards our neighbours, for



the troubled ones. Then doesn't Narmad Mehta prove to be an educator by exemplifying the feel through his hymn.

One of the poetic verses reminds me how earth can be a great educator. We learn so many things from the earth one is selfishness and the other the highest good. Selfishness seeks goodwill of self either by harming others or not, while the highest good worries about others and not self. Then earth proves to be an educator. I wish earth is also honoured as an educator by the Open Page.

In yet another collection of poetic verses in Hindi, tree's selfless role is emphasized; trees don't eat its fruit nor seek shade for self and is used for various purposes including lighting the funeral pyre, river doesn't drink its water, the saints, clouds that rains all adorned with highest good. They too are educators.

In yet another instance, Gautam Buddha talks about a unique way of



getting educated. He says, "Do you want education, from where Gurus comes the answer, but if there are no gurus then books, if no books then Neighbours if they too are not there then 'ATMA DEEPO BHAV' find way from the inner self". Self-enlightenment through our various experiences proves to be an educator. Take light from outside and if there is no light. Becomes self-enlightened. Nevertheless, the nature, parents, social reformers, the spiritual leaders gets involved in education. However, those who have given up their lives for this noble cause, those motivated souls, the inspired

ones definitely add benevolence, goodness and worth to the society and they too have an inspiration.

Hopefully, The Open Page Educator's Award is in search of such inspirers to be recognized and honoured. I congratulate them for their initiatives.

I find "The Open Page" a platform for exchange of views of educators, parents, students, social reformers, administrators, politicians which is relevant in the field of education. This is the need of the hour. I find stagnancies in this field and needs to be revived to bring in new life. Our Indian government, The Prime Minister and our HRD minister, Smt. Smriti Irani is in the process of reviewing and reframing new educational policies. They need inputs from the educators. The Open Page is the right platform to invite views on the ingredients for good education policies which could be sent to improve the quality and relevance of the education of our nation.

We need to think and trigger discussions on the need of private tuitions, why tendency for tuitions in Gujarat is more? Why spend money on the education for engineers who doesn't get employment based on their degree. What is the relevance of the education?!

Education should help us to get linked to our society, one's social responsibility, towards our roots, our heritage, being an Indian, our thoughts, our traditions, search of self.

The Hindi Poet Maithili Sharan Gupta said, "Hum Kaun The.. Kya Ho Gaye.. Aur Kya Honge..." Have we forgotten the past, disconnected from our roots and what could be done for it.

I encourage the educators who are honored, awarded to project their views to bring about productive changes in the education system of our nation.

## "IN NUMBERS"

**10,000**

The number of taste buds on the tongue

**05**

The number of tastes detected by the tongue

**10,000**

The number of adours detected by the nose.

**25 mn**

The number of smell receptors in the nose

**10,000**

The number of times more sensitive that the sense of smell is taste.

**70%**

The proportion of the body's sensory receptors that are in the eyes.

**10,000**

The number of different colours that the eyes can distinguish.

**120 mn**

The number of rods in each eye.

**7 mn**

The number of cons in each eye

**1.6 KM**

(1 mile) The distance over which an eye can detect a burning candle in the dark.



Halak Halani, std 9th  
Arjun English School

## NAYAK PADMIL, SHINING STAR OF TRIPADA DAY SCHOOL



A student of Tripada High School, Day School Campus, achieved a great success in Sem 3 Exam of Board. He secured 99.99 percentile and stood first in Board. He got 100 out of 100 marks in all the three main subjects of Science (Physics, Math and Chemistry). Most important is that he has studied in Gujarati medium till 10th and switched over to English medium from 11th std. He has achieved this glory without any extra coaching. He set an example for the students who only give importance to private tuitions. Moreover his attendance in the school is 100%. We hope for his best future for the next academic year.

## MY NEW YEAR RESOLUTION



Very Very happy new year my friends. I think you all have resolution for new year. I also have a resolution. My resolution is to be a good and serious student. I will complete all my classwork and I will also do my homework regularly. My teacher always expects that I will be a good student in spite of being naughty. My friend always support me to make naughtiness in the class. But from 1st-01-2016 I will be a good boy. I will be a good boy because I want my favorite bicycle, but my mom said that, "still you will be a naught boy you will not get anything." **Abhishek S. Visani, Std. 9**

My new year's resolution is to be a great & honorable student & a citizen of school & aity. I wish to be an engineer & so that I expect that I can score good marks in board examination & in my college, but that is so far. I want to be the digital & respectable aitizen & be a honorable student. I want to build my own but small palace type building for which I started thinking about it & other expectation is to write my own book in coming year (2016). My desire is not so different but I also have many desires for aity, country & for me also that desires can change our country but it is not possible & also I want to build my architectural university & library.

**Kalavadia Kush. P, Std. 9**



My name is mandeep sahu, Studying in 10th-A Standard. I planned, I put my all efforts in study and my goal is to achieve 80% in board exams. For that I have planned for this year (2016) to wake up at 4:00 am in the morning and start reading. There are only two months to go for board exam. After achieving 80% result in board exam. I would go to science stream and become a computer engineering, after the study of computer engineering over. I know there would be a bright carrier in this field and I want to see myself at the top level. I know it's not very easy but I do all my efforts to achieve my goal. Hope all you have your own resolution for the coming year all the best for your bright carrier.

**Mandeep Sahu, Std. 10**



It's one of the greatest gifts you can give yourself, to forgive.  
Forgive everybody. —Maya Angelou





## Inter house storytelling competition S.G. Eng. Med. Primary School, Gandhinagar



S.G. Eng. Med. Primary School, Gandhinagar organised inter house storytelling competition on 2nd December, 2015 for grade 5 to 8. Each participant narrated beautiful story with

moral values in which Yellow house stood first, green was declared second and Blue house stood third. Students participated zealously and impressed the audience with their confidence. This activity helped the students to inculcate good moral values, enhance their vocabulary and speaking skills.

## "Money belongs to us but the resources belong to the society."



Delhi Public School, Gandhinagar selected thirty students from classes IV and V, as SUPER-30 OF DPSG to co-ordinate and work in respective tasks allotted under the guidance of Ms. Bhavana Gupta and Ms. Babita Shukla. Activities included group discussion, debate, tree plantation, cleanliness drive within the school, beautifying selected parts with ornamental plants and flowers in school and campaign boards to generate awareness among the students. These activities impart knowledge to the students. They also gain variety of experience, develop leadership qualities and understand the strength of teamwork.

## "Believe in Yourself"



BAPS SVM Raysan had organised a motivational and personality development session for the students of class VI to XII. The spokesperson of the session was Mr. Maulin Pandya – The CEO of Infinity solutions the firm which works on multi furious aspects for

enhancing the skills of personal from various fields. Maulin Pandya motivated the students with his inspirational and innovation thoughts, wherein he discussed various factors influencing the personality development of the child. He stated the importance of Personality and emphasized that 'each and every student has its own individuality'. He asked the students to think high and work hard to achieve their desired goal. He further said 'Believe in Yourself and your abilities'.



## ANNUAL EVENT AT DIVINE LIFE INTERNATIONAL SCHOOL, VATVA

Divine Life International School celebrated its first annual function on 23rd December at Town hall. The theme of the function was SAVE EARTH. Various programmes like dance, song and skits were performed on the theme. More than five hundred and fifty children participated in the programme with great zeal and enthusiasm. Best students and teachers were given the awards by the child guests. The students gave different messages through their programmes like-SAVE GIRL CHILD, SAVE WATER, SAVE TREES, SAVE EARTH etc. The students tried to spread knowledge regarding Global Warming and how to fight against it.



## Aatman International School celebrated 3rd winter carnival



Aatman International School celebrated the most awaited 3rd winter carnival on 24th December in the evening. This Year's carnival was very special for each and every one as this time our students from Grade 4 to 6 had actively participated in organizing this carnival and also whole heartedly managed the games counters. Carnivals main focus was games, creative corner, Display of mother and child card making activity, display of model making by students of primary section, Food Stall and JOY OF GIVING. Our students and Parents had generously donated toys, clothes, books, stationary, bags, footwear's etc which was not useful for them but very useful for the needy.

For celebrating the Joy of Giving event we had invited the team and students of Sarkari school of Gota. Around 27 students were present for the carnival where in they enjoyed playing games like Dart, Corn hole, build your house, building pyramid, Dancing Caterpillar, Ring me, passing the water, straw and Thermocol etc. The girls and educators enjoyed applying mehendi on their hands. And in the last all the things that parents had donated were handed over to them.

It was an wonderful event where our school team, our students and even few parents Specially mothers had shown interest in putting up food counters like Pani Puri, Sev puri, Khichu, Idli Shambhar, Theplas, chocolates and most favorite Popcorns. As we focus on health and hygiene we emphasized on homemade food only. After playing the games parents and children enjoyed delicious snacks in food court.

Last year our carnival was organized at Aagman Party plot where in special focus was given on our students stage performances. Our students from grade Junior kg onwards gave an electrifying performances like fashion show, singing Carols and Dancing. Our this years focus was preparing our students for the events and making them understand the whole process of how to organize an event.

This Carnival was specially planned for our students and by our student. A lot of indirect learning had taken place during these days which cannot be taught or experienced in the classroom environment. Skills like planning, team work, organizing, preparations of games, logical thinking and above all confidence and dealing with people of different age groups. The Carnival was full of fun when Santa Claus came and danced with our students and gave away the gifts.





## FIND THE 7 DIFFERENCES



## SUDOKU

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

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

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

## ANSWERS

## INTERESTING FAT FACTS

**F**at is a compound found in food. It is one of three types of energy that the human body uses, the others are carbohydrates and proteins.

There are 9 kilocalories (calories) in one gram of fat. Carbohydrates and proteins each have just 4 kilocalories per one gram. Too much of any of these energy sources can lead to weight gain, but since fat provides more than double the calories per gram than the others, weight gain is often from fat.

"Oils" is the term used to refer to fats that can be liquid at normal room temperature. "Fats" is the term usually used for fats that are solids at room temperature. While "Lipids" is the correct term for both liquid and solid fats.

Fat is important for the human body. It provides us with energy, and it helps the body use vitamins A, D, E, and K. These vitamins are fat-soluble, meaning they can only be digested, absorbed, and transported with the help of fats.

Fat is also vital for maintaining healthy skin and hair, protecting our body's organs against shock, maintaining body temperature and promoting healthy cell function.

Fat also gives our foods a lot of their flavor and texture.



There are different types of fat: saturated fat, unsaturated fat and trans fat.

Saturated fats are generally solid at room temperature and are natural fats from animal or plant sources. Saturated fat is an unhealthy fat that raises blood cholesterol and increases the risk of heart disease.

Foods high in saturated fat include: fatty cuts of meats, skin from poultry, full fat dairy products like butter, milk, yoghurt, cheese and cream. Many take-away foods and processed foods, such as pies, pastries, doughnuts, cakes and biscuits. Saturated fat is also found in tropical oils, like palm kernel or coconut oil.

Unsaturated fats are usually liquid at room temperature and are found in vegetable oils. There are

two main types of unsaturated fats, polyunsaturated (liquid in fridge too) and monounsaturated fats (solidify in fridge). Unsaturated fats, in moderation, are actually necessary for good health. They help lower blood cholesterol levels and can reduce the risk of heart disease and stroke.

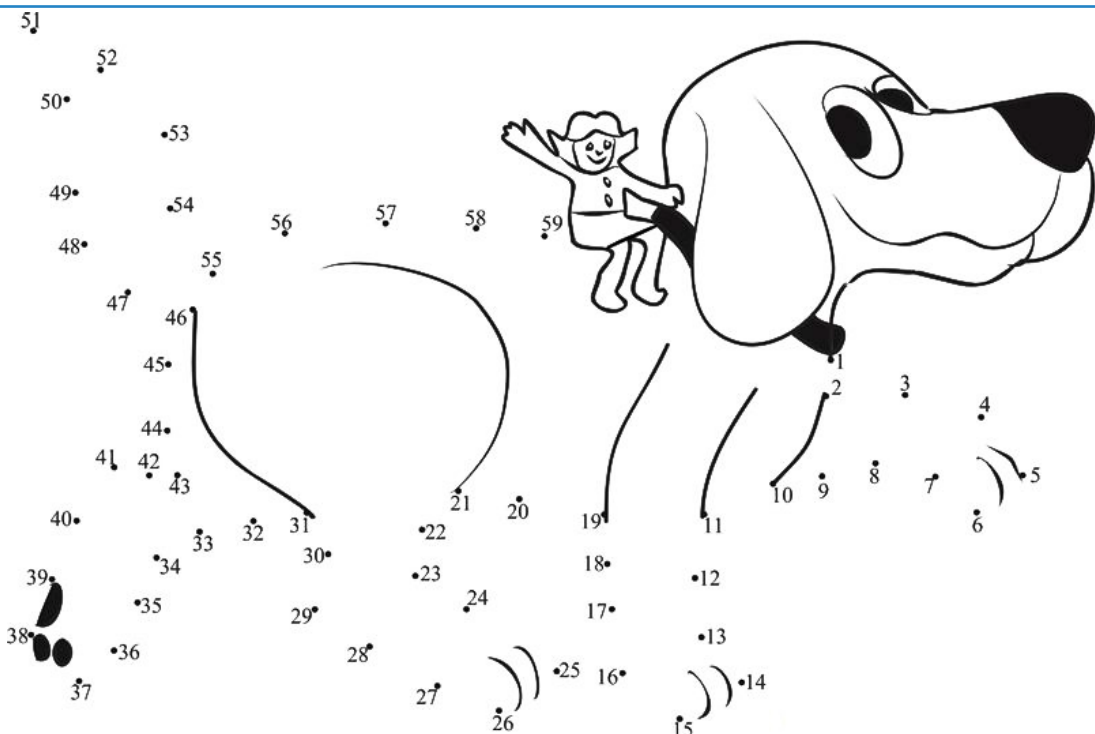
Polyunsaturated fats include: Omega-6 fats such as soybeans and oils, sesame and sunflower seeds, most nuts and their oils, corn oil, omega-3 fats found in fatty fish such as salmon, mackerel, trout, herring, sardines and tuna.

Monounsaturated fats include: Canola oil, peanut oil, olive oil, avocados and nuts like almonds, pistachios, pecans and cashews.

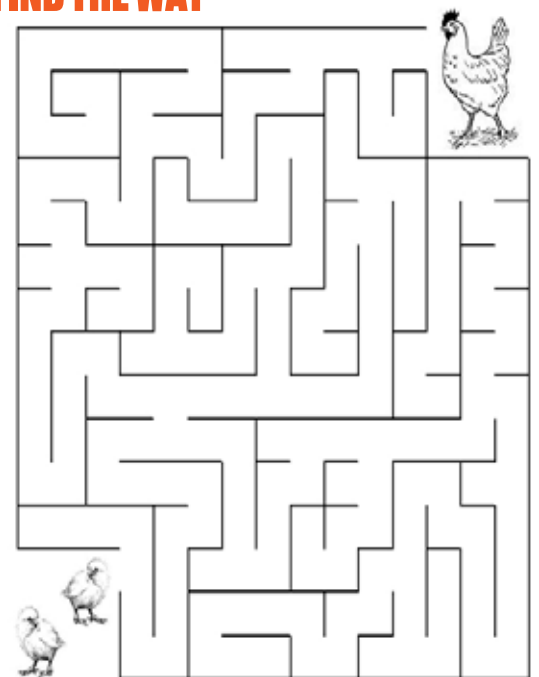
Trans fats are rare in nature. They are created in food by processing (partially hydrogenating) other types of fats, giving them a different structure. For example when margarine is made from oil. Trans fats behave like saturated fat, they are the most unhealthy fats to eat and can cause heart disease.

Trans fat adds texture and flavour to food, they are usually found in commercially baked goods, fried foods, frozen foods and processed foods like salty snacks, donuts and chocolate coatings.

## DOT TO DOT



## FIND THE WAY







**JAY PANCHAL**

Std-8, Divine Life International School



**ROSHNI KATARIYA**

Std- 6-A, Hanumant High School-2



**HEENAL SHARMA**

STD - 9, Smt. P.B.D. Joshi High School



**MILAN MUKESHBHAI JADAV**

Std-5, Manikrupa School



**ISHITA MATHUR**

Std- 11 Arts, Tripada Day School, Ahmedabad



**SADHU VISHVESH**

Std- 8, Tripada Gurukulam Primary school



**KHUSHI PATEL**

Class 5A Global Mission International School



**DAX SHAH**

Std. V, The Rosery School



**SALLA TEJESH**

Std-2, Kv Ahmedabad Cantt



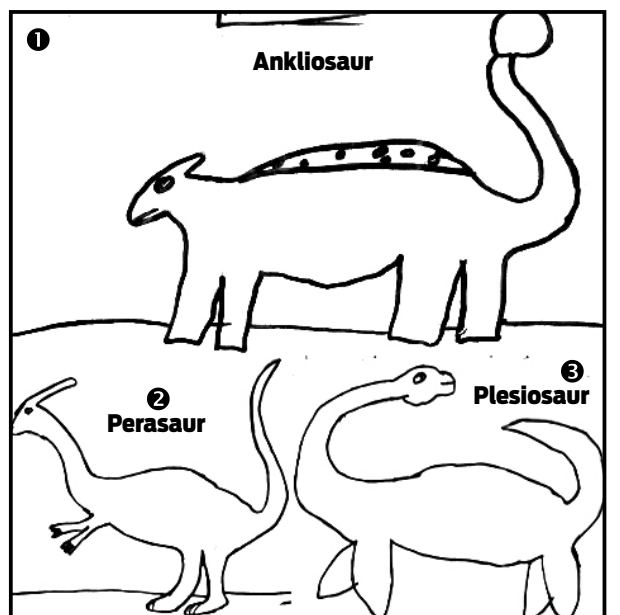
**KETUL**

Std-10, Arjun english School



**DHRUMIT K PATEL**

Std-7 b, Sri satya Sai Vidyaniketan-1



**A. S. JEFFERIN**

Std. 4th, Aatman International School



Email your answers to: theopenpage@tripada.com by 25/01/2016. You can also post your answers to the following

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

## CHRISTMAS WORD SEARCH PUZZLE

ANGELS  
BLITZEN  
CAROLERS  
COMET  
CUPID  
DANCER  
DASHER  
DONNER  
FROSTY  
HOLLY  
LIGHTS  
MANGER  
MISTLETOE  
ORNAMENTS  
PRANCER  
PRESENTS  
RUDOLPH  
SNOW  
STAR  
STOCKINGS  
TINSEL  
TOYS  
TREE  
VIXEN  
WREATH

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

## GENERAL KNOWLEDGE QUIZ



(1) Which of the following parts of the sun is easily visible only during a total solar eclipse?

(2) The accumulation of stress along the boundaries of lithospheric plates results in which of the following?

(3) In India, which one of the following States has the largest inland saline wetland?

(4) In which one of the following States has India's largest private sector sea port been commissioned recently?

(5) When you travel in certain parts of India, you will notice red soil. What is the main reason for this colour?

(6) Which among the following has the world's largest reserves of Uranium?

(7) Which of the following states has the largest representation in the Lok Sabha?

(8) Which of the following non-members of Parliament has the right to address it?

(9) Who among the following decides whether particular bill is a Money Bill or not?

(10) Who was the first Indian to be-elected to the British Parliament?

### ANSWERS OF LAST MONTH

1. Corona 2. Earthquakes 3. Rajasthan 4. Andhra Pradesh 5. Presence of ferric oxides 6. Australia 7. Uttar Pradesh 8. Attorney General of India 9. Speaker of Lok Sabha 10. 1955

In each box, write down the correct operations: + or - to make the sum correct.

3	+	2	+	1	=	6
3	○	2	○	1	=	4
3	○	2	○	1	=	2
3	○	2	○	1	=	0
5	○	1	○	2	=	8
5	○	1	○	2	=	6
5	○	1	○	2	=	4
5	○	1	○	2	=	2
3	○	4	○	2	=	5
3	○	4	○	2	=	9

## FUN WITH COLOURS

**Your drawing should reach us by 25/01/2016 at**

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

Till Std. 4th

GIFT FOR  
BEST  
COLORING

Name: .....

Name of School : .....

Std: ..... Mobile No.: .....

Photo



## WINNER OF NOVEMBER

Name: Chavsaar, Biyanshi Bhargava  
 Name of School: D.P. high school  
 Std: 5th A Mobile No.: 9427021190





# WESTERN CULTURE SHADED THE INDIA

India is the wonderful place in the world and famous for its culture and civilization. In India many places to visit. India is formed out of 29 states and 6 union territories. In India there are many places which constructed by Mughals, Rajputs and Mauryas. India's finest wonder is Taj Mahal which was constructed in order of Shah Jahan. India having the culture of love, peace and tradition.

In India many languages are spoken like hindi, marathi, gujarati, bengali, telugu, tamil, kashmiri, punjabi etc... In India there are many traditional dances also like garba in gujarat, bhangda in punjab etc... here in India all people are believe in their religious gods like lord shiva, lord krishna, lord ganesha, devi sarasvati, devi lakshmi etc... There are many famous places in India like kachchh in gujarat, taj mahal in agra, himalyas on kashmir and also in north and north eastern side, rain forests and the tree named keral in kerela, super marketing in banglore, artistic culture and folk songs and daces of rajasthan and punjab, then the seven sisters which lies in far east of India.



The food of India is so delicious comparing to the other country. In India the mix vegetables is a spicy sauce. The food like chapattis, rice, dal, cereals, green vegetables, khichdi etc is so delicious food items. There are many types of wearings like chanyacholi and sarees which are common in gujarat, the woolen clothes of kashmir, the cotton and silk clothes with artistic materials of rajasthan,

kurtas and pajamas of punjab, the white and red striped sarees are of bengal etc are very traditional. But now we are applying the western culture like chapattis are displaced in form of pizza and burger, then cold drinks in place of pure fruit juice etc we are applying.

Today the girls wear the shorts and t-shirts in place of full dresses and sarees, the heel sandals and flat shoes in place

of the mojlis and simple sandals. These all things which is not necessary we are applying but why we are not applying their good habits? Foreign country keep their country very neat and clean, so why we are not applying these rules, they grow trees on both sides of roads and make garden in their houses. There are no beggars on footpath, country or anywhere because government help them and support them.

Today the wonders and buildings of India are same but people are changed and follows to the western culture. Villages of India are same today also but cities are having unexpected western culture. There is no doubt to say that we have also to be modern but not only apply their food and dressing system also apply the nature, honesty and ruling system. India is made up of villages. So keep India clean and civilized forever.



**KUSH KALAVADIA**  
STD 9A, ROSARY HIGH SCHOOL, RAJKOT

## 'THE VICTORIA FALLS'

Hello friends, The victoria falls or mosi-oa-tunya is a waterfall located in Southern Africa on the Zimbezi river between the countries of Zambia and zimbabwe. David livingstone, the Scottish missionary and explorer, is believed to have been the first european to view the victoria falls, on the 16th november 1855-which he did from what is now known as 'LIVING STONE ISLAND' in Zambia, the only land accessible in the middle of the falls. Queen Victoria, but the indigenous name of 'mosi-oa-tunya' - literally meaning the 'Cloud that Thunders' - is also well known. The World Heritage List recognizes both names.

While it is neither the highest nor the widest waterfall in the world, it is claimed to be the largest. Its claim is based on a width of 1,708 meters and height of 108 meters, forming the largest sheet of falling water in the world. The falls' maximum flow rate compares well with that of other major waterfalls. There are two islands on the crest of the falls that are large enough to divide the curtain of water even at full flood: Boaruka Island near the western bank, and Livingstone Island near the middle - the place that David Livingstone first

saw the falls from Zambia. At less than full flood, additional islets divide the curtain of water into separate parallel streams. The main streams are named, in order from Zimbabwe to Zambia: Devil's Cataract, Main falls, Rainbowfalls and the Eastern Cataract.

The Zambezi basin above the falls experiences a rainy season from late november to early april and a dry season the rest of the year. The river's annual flood season is february to may with a peak in april the spray from the falls typically rises to a height of over 400 meters, and sometimes even twice as high and is visible from up to 48 km away. At full moon a "moonbow" can be seen in the spray instead of the usual daylight rainbow. During the flood season, however, it is impossible to see the foot of the falls and most of its face, and the waiks along the cliff opposite it are in a constant shower and shrouded in mist.

So, friends now you know about "The Victoria Falls"



**UDESHI KHUSHALI P**  
STD 9A, ROSARY HIGH SCHOOL, RAJKOT



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## ANNUAL SPORTS MEET OF TRIPADA GROUP OF SCHOOLS

Tripada Education Trust conducted their "ANNUAL SPORTS MEET" of Std-1 to 4 (In 4 Houses) on Tuesday, 8th December, 2015 at TDS Ahmedabad. Students of all branches of Tripada group of schools, put up energetic and spirited performances, which gave an adrenaline rush into the participants as well as the other Students as a spectator.



## Field trip of Anand Niketan School, Bhadaj



Our ancestors were and will always be our best guides. Keeping this thought in mind students of Grade 3 to 7 of Anand Niketan Bhadaj Campus headed for an educative and enjoyable heritage walk into the walled city.

Field trips link the classroom experience with the outside world, which not only improve

learning, but also give both the learner and educator valued practical experience. The history ride included visit to some important historical places like the Bhadra Fort, Sidi Sayeed ni jali, Raniroopmati mosque and Hathisinh ni vadi. At all these places students observed the ancestral architectural styles, construction methods, planning elements, ornamental details etc. They were also amazed to see the excellent craftsmanship displayed on the monuments that used a hindu-muslim synchronization. Students winded up the trip with a promise to conserve their heritage and culture which is nowadays getting diminished.

## RANGOLI COMPETITION AT BRIGHT IANS



House competition was organized in the school campus with the THEMATIC RANGOLI. The students of all the four houses – Truth, Victory, Strength, Success took part in it. They were enthusiastic about the competition. At the end of the day, the result was declared by the Principal Madam, Mrs. S.K. Risam, with Strength house as the winner.

## SWACHH HUM, SWASTHA HUM



"MY FM Ke RANGREZZ Season-2, Swachh Hum, Swastha Hum at Tripada International School. Students of Std:-6 to 8 participated in this Competition and portrayed drawing & painting on personal hygiene. They were also given a pledge card to maintain hygiene at personal level.



## Maths Science Exhibition F D High School, Juhapura



This is to inform you that a District Level Maths Science Exhibition for Ahmedabad Rural was held at F D High School, Juhapura during 7-9 December 2015. 35 models in the Secondary Section and 30 models in Higher Secondary section were put on display. Dr. Kanak Patel (Consultant-Wireless Systems) was the chief guest at the inauguration function. Also present on the occasion were Mr. Haasib Shaikh (Coordinator @ Serenity Library & Botanical Garden) alongwith Mr. Shafibhai Maniar, Chairman, F D Education Society, Mrs. Vibhuti Ben Joshi, In Charge Principal, DIET, Mr. Abdulrahim Shaikh, President, F D Education Society. All the office bearers at the F D Education Society were present to encourage the students in their efforts to promote science and maths learning in a easy and practical way.

## Delhi Public School, Gandhinagar



Guru nanak jayanti was celebrated on 24th November 2015 by the students of primary wing in order to make children aware of the greatness of Sikhism. It is celebrated as birthday of those great people who are not present among us today, but Shri Guru Nanak dev ji who was not just a great person but a divine soul. Sikhs celebrate the birth anniversary of their Gurus as Prakash purab or Gurupurab and not just as jayanti, because on this day the divine soul of Shri Guru Nanank dev ji was lightened up on this earth and thus it was the day of prakash.

## Mehndi Workshop and Competition



Shri K. J. Mehta College of Pre-Primary Education tries to help the trainees to amend their way of living by empowering them with vocational traditional skill also to bring out their creativity. Mehndi is one such symbol of creativity which not only enhances imagination power but also a trend. To enhance the confidence to do anything innovative, a Mehndi Workshop was held at Kalyanmandir Campus. Trainees applied beautiful mehndi designs on their own hand and from which few of them tried it for the first time and in spite of that did very well.



## CONGRATULATIONS TO ASIS STUDENTS



"Education should lead to the discovery and perfection of one's capabilities and instil a commitment to serve the best interests of the community and the world as a whole."

To understand the quoted lines in the more innovative manner our schools ASIS as well as SBPS attended the most gracious events at Lucknow CITY MONTESSORI SCHOOL.

The first event graced by our students was 2nd International Environment Olympiad 2015 held at Lucknow the Gomtinagar Branch City Montessori School. The aim of

this competition was to spread the message to save the environment.

The message was well conveyed by our students in the form of Street Play, they marked their presence by winning second prize and achieved trophy and medals along with certificates. It was a big platform for our students and even for the team of teachers accompanied them.

The second most influential event attended by the dual schools was CMS Confluence 2015 held at Lucknow the Nehru Nagar branch City Montessori School.

Confluence means unity which is obtained by peace, so this event was organised with the aim to convey

the message of peace and unity throughout the world. The students participated in various categories. ASIS bagged the second position in collage making along with a consolation prize for SBPS wherein they received trophy, medals and certificates.

The thoughts of universal peace were very innovatively instilled into the minds of all the students.

To embrace the occasion our managing director and Principals of both the schools felicitated the participants and honoured them in front of all the students to keep their flying colours at high spirits and appreciated the performance of each participant child.