

# The Open Page

## Inspire Learning

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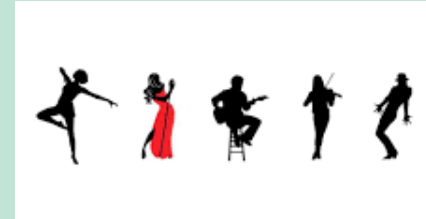
### Technology and Parenting



The digital world is such an integral and beneficial part of our life today that we can't even imagine a day without it. We have the information of the whole world at our fingertips and there's no question.

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Einstein was asked to be the president of Israel, but he declined: After Chaim Weizmann, Israel's first president, died in 1952, the country's prime minister offered the job to Einstein.

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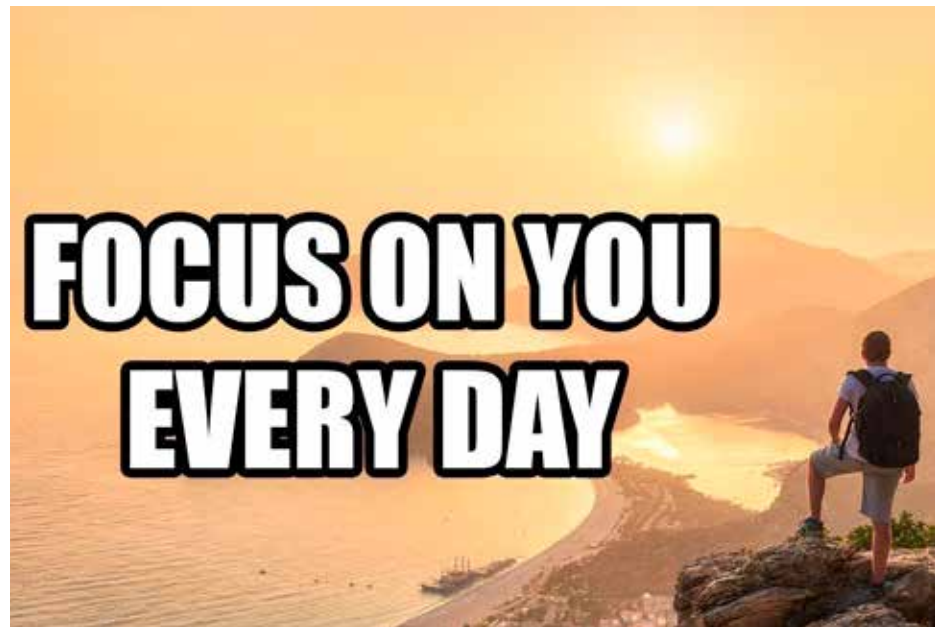
# 21 TIPS FOR 21 DAYS IN THE LENS OF GROWTH MINDSET



**BIBHUTI BISWAL**  
Principal  
Sri Sathya Sai Vidyaniketan

Life passes through indeterminate phases called ups and downs. During good times we are excited, moods up and highly spirited which is obvious. However, during times of difficulty, we resort to blaming everybody and feel rejected and crestfallen. Present 21 days of lockdown is an ocean of opportunity for us to rejuvenate ourselves, and allow the whole world to rejuvenate for a long journey of life.

- 1. Health is wealth:** Ponder over it, do daily exercises in the morning and in the evening so that our body will remain fit and fine.
- 2. Annam Brahma:** Food is God. Eat healthy food and enjoy chewing food so that it will nourish our body.
- 3. Read to lead:** Read a book of your choice. May it be comic, cartoon, novels, biographies, fiction, cook-book etc.
- 4. Do what you love:** Pursue hobbies. Give full time to work on your intrinsic interest, which you wanted, to pursue seriously since long. It is the time to take off in the plateau of your life.
- 5. Stay self-motivated:** Read-inspiring books, which will enable you to boost your immunity and confidence.
- 6. Do action research:** Conduct action research in the areas of interest, identify best practices in those areas for reform in your existing practices.
- 7. Creativity:** Make crafts, decorate home and make your own recipe.
- 8. Go inward:** Practice Yoga/Pranayam daily, which will enhance your mental toughness to tide over the difficulty.
- 9. Communicate:** Speak to your near and dear ones regularly and make them emotionally connect with you.



- 10. Pursue Self-development:** Join in any online courses you would like to do and finish it.
- 11. Watch TV:** Watch the news to keep yourself updated and favourite channels or favourite music show.
- 12. Spend quality time** with Family particularly with children and play with them carefully. Maintain a safe distance from elderly person in the family.
- 13. Detox self:** Stay away from the internet and WhatsApp messages. Practice mindfulness/Sudarshan kriya / Jyoti Dhyana meditation and retreat self.
- 14. Heal the world:** Contribute to the world health and health of our mother planet earth by keeping your family healthy.
- 15. Silence:** Observe silence for few minutes as per your choice as it is said that 'In-depth of Silence the voice of God is heard'.
- 16. Sleep well:** Sleep is the best medicine for a healthy body. Take stress-free sleep.

- 17. Practice 3Rs:** Reduce, reuse and recycle resources at home, as these are limited now.
  - 18. Understand the ultimate purpose of life:** Cultivate selfless love & Love your fellow beings. Then only you can shun hatred, delusion, restless, ego, and rise above me and mine.
  - 19. Skill development:** Develop the skill, which you need most. Learn to create new apps/software, writing articles, do acting, painting, dancing, etc.
  - 20. Self-Contemplation:** Close your eyes and think about what you have done for others, for self, for the country. Also, be in union with nature.
  - 21. Do Social Service:** If you want to help, needy in this crucial time contact people who are in the front line of providing service and collaborate with them without venturing out.
- Trust each other and work as a team in the community. Treat each day as the gift of God, Focus on the happier side of life, Free your mind from worries, live simply and blissfully. The present catastrophe will disappear like passing clouds.



To feature your school event on this page, send the details and photographs to [editor@theopenpage.co.in](mailto:editor@theopenpage.co.in)

## Annual Function Organized by Kumkum School



With more than 1200 students and 218 teachers sharing the stage presenting the life of lord Krishna through the theme entitled as "Krishna Leela", it was truly a momentous occasion to celebrate the talent and diversity of the Kumkum family.

## Blue Day Celebrated by the Students of Satyameva Jayate International School



## HOLI Celebrated by the Students Of Tender Touch School



## Healthy Week Celebrated at Tripada International Campus



# Summer Vacation – Enjoy It Safely



**Dr. TWINKAL PATEL**  
Founder Motherhood Foundation



Summer has already started and the most awaited summer Vacation is not much far. Vacation is the happiest and the most exciting time of a student's life, isn't it? But as in summer there is very high temperature during May & June, it is important to know what to do during this time, what to be careful about; to protect from the heat and enjoy the holidays.

## Why we need vacations?

- Refreshing summer holidays break hectic school life routine. Kids can have relaxation, boost your energy and charge up for the new academic session.
- There are so many cooling things for kids to enjoy like ice cream, candies, ice gola, milk shakes, Aamras and juices!
- This is the best quality time for kids to spend with their dear ones. They can spend time with cousins, family, friends, grandparents etc.
- They can connect with social work or household work to learn and improve on moral values and family bonding. Parents can also plan vacations to visit native place or new places like hill station or tourist spots within India or abroad.
- Kids can explore enhance their skills and learn many new things in summer vacation. Many summer holiday based crash course classes / summer classes are conducted at conducted between the months of March to June. Kids can pre-register for them as per their interest and learn computers, dance, drama, music or a musical instrument art and craft, swimming or many indoor and outdoor games. Destination residential summer camps which include fun and learning activities for the children are also a good way to enjoy the summer vacation. Kids can learn cycling or join a library. Reading books is a great way to spend time for kids during summer vacation.

Well, I am sure that after reading this you have an idea why summer vacation is important and why it is there on your curriculum. This is the best time for kids, but we should spend their vacation time safely to learn and explore things of their liking. Here are some tips for their well being in summer:

## 1. Stay hydrated

Drink plenty of water, at least 8 to 10 glasses a day to beat the heat. You can

have glucose/ minerals enriched sherbet to stay hydrated and energised.

It is good to have fresh fruits & fruit juices like mango juice, watermelon juice, sugarcane juice, orange juice and sweet lime juice; they are very energetic and refreshing.

## 2. Eat well

It is always advisable to eat seasonal fruits and vegetables available in market. Many kids don't like the vegetables, but vegetables are rich in vitamins and minerals which you need in your growing age.

Avoid heavy, spicy foods during summer. One should have his meals in small amounts but have them frequently.

Ensure that kids drink and eat only fresh food items.

## 3. Protect from heat

Kids should wear light clothes. Cotton wears save us from heat.

Your eyes also need protection so wear sunglasses while outing or exposure to Sun. You should wash your eyes with clean water 2-3 times a day to keep them cool.

Wear a cap to protect eyes, face and hair from the harsh sunlight.

Apply sunscreen on skin to protect from UV rays of the Sun.

## 4. Be safe from Corona virus infection

As we can experience, the weather is getting unpredictable day by day. Some days it is very cold and windy and some days it rains. It is difficult to believe that the summer has already started as it seems multiple seasons are coming together. In such weather any infection can

easily spread. You must have already heard about the corona virus outbreak or seen people wearing face masks. There is no need to fear, it as kids can follow some simple steps to prevent from it. You can guide them through the instructions.

**Know how it spreads:** Corona virus spreads through droplets sent into the air when someone infected coughs or sneezes. The virus can spread in communities from one person to another, and through contact with surfaces that have germs on them. So keeping yourself and surroundings constantly disinfected can help.

**Know the symptoms:** Corona virus infection causes fever, cough, and trouble in breathing. Symptoms are like cold or flu. It can get more serious in some people, and may lead to illnesses like pneumonia. Kids must report to their parents/teachers if they feel unusual or experience any of the above mentioned symptoms.

**Frequently wash** your hands with soap and water for 20 seconds (or the length of two "Happy Birthday" songs). Wash your hands every time you come in from any public place, a park or garden or school, before and after you eat, and after blowing nose, coughing, sneezing or using the bathroom.

If soap and water is not available use hand sanitizer.

**Face masks** are not required to wear for most people. If you see people wearing face masks, they are being extra cautious. You should wear them only if instructed by parents, teachers or doctors.

**Cough or** sneeze in a tissue, discard it properly and immediately after using. Try to keep your belongings and sur-

rounding clean.

**Avoid touching** your face, nose or eyes. Keep away from those who are sick and stay home if you are ill.

**Try to** stay at least 1 meter away from someone who is coughing or sneezing. Avoid travelling to public places and infected areas like hospitals and clinics.

Structured days with regular meal-times and bed times are an essential part of keeping happy and healthy. If kids follow these steps they can easily stay fit and healthy to enjoy your holidays.

## Reopening of schools:

Re opening of schools is a period when kids are unwilling to go to school, because they all still want to enjoy vacation but they need to cope up with the study cycle too. So let them get charged during vacation and fasten seatbelts for new academic year, new school session, new standard. Soon they will have new friends, new teachers, new school bags, water bottles, new lunch boxes. So exciting!

I am sure kids will be great when they get back to school & routine. As the school will start, they will have homework and other tasks regarding studies. Even after the school restarts, the weather remains hot and they need to be careful with their health. They can plan your summer activity according to temperature and school timings. Even after school restarts, they can continue to follow the above mentioned hydration and diet tips to stay ever ready.

So happy vacation to you all. And until the vacation starts remember, "Laughter is an instant vacation!"

## Picnic to Varun Camp was Organized for the Students of CCIS Green Campus



Varun Camp gave an experience of being surrounded by greenery and the beauty of nature. A delicious breakfast was followed by a magic show, puppet show and train rides.

After a tiring and fun packed morning children headed for lunch where all relished a variety of food. The next event was the Dj Dance. All students danced on the floor with great energy on the thumping dance numbers. Even the teachers could not resist the luring temptation of the dance floor. The laughter and joy that was witnessed amongst the children was something beyond words. The picnic was a much needed break from the regular schedule of the students in school and the children made the best out of the day.



## Annual Day Celebrated at Shree Vidyanagar English medium school



## Renowned Russian Throat Singer visited Zebar School



## MYFM 94.3 visited CCIS S.G.Campus



# Social Science Week celebrated at LML School



LML School celebrated Social Science Week from February 3rd to February 8th to make the young minds aware about India's rich cultural heritage. The entire week was based on the topics based on History, Geography, Current Affairs, etc. The week started with the activity based on the "importance of Social Science". Various activities like information on the current Cabinet Ministers, Slogan writing, Poster making, etc were organized during the entire week.

The major attraction of the week was the Inter House Quiz competition which was held on February 8th. All the teams seemed to be well equipped with the knowledge in every subject including



the General Awareness. A skit was presented by the English Club members on 'Social Awareness' where students gave the valuable information about the negative impact of social media in the society. The entire week was very informative and helped the students understand the way in which they can bring the positive changes in the society.

—Rakshita Jain, VII A, YRC Member

## Airport School



Kartik Bhatnagar Class 5A

## Amrita Vidyalayam



## Tripada Gurukulam Campus - Viramgam



Atharv Verma- Grade 5



Neer .P- Grade 9



Harshi Gupta- Grade 7



Keyan Patel - Grade 4



Devina Patel - Grade 8



Rudra Thakkar- Grade 4



Ved Ranna - Grade 5

## Jam Cookies

### Ingredients:

- 1 cup maida
- 1 cup cooking oil
- 1 cup powdered sugar
- 3 tblsp mix fruit jam
- Some chocolate chips (optional)

### Method:

- 1) Beat oil and sugar till the mixture becomes fluffy and light.
- 2) Add maida and mix well to form a firm dough.
- 3) Make small balls from it.
- 4) Take the balls one by one and press a little and make a small dent on top.
- 5) Place them on a greased tray, at a little distance from each other.
- 6) Bake in a pre-heated oven at 160 degrees for 20 minutes.
- 7) When cooled to room temperature, take some jam and place in the dent of each cookie.
- 8) You can also add chocolate chips with jam.
- 9) Store in an air-tight jar and enjoy with tea or coffee anytime.



### A DELICIOUS RECIPE BY ESTHER SAMUEL

Esther Samuel, A complete foodie who likes to experiment with food and is determined to make cooking a very interesting chore of one's life.



## Vermicelli Upma

### Ingredients

- 1 cup, wheat vermicelli
- 1 tsp, urad dal
- 3 tblsp, finely chopped onion
- 1 tsp, coriander chopped
- Oil as required
- Salt to taste
- Turmeric powder as required
- 1/2 tsp, Mustard seeds
- 1/2 tsp, Cumin seeds

### HOW TO PREPARE?

- Heat a wok or a kadhai and roast the vermicelli for 3-4 minutes until slightly golden. Transfer to a plate and keep aside.
- Now heat oil in the same kadhai and add urad dal, mustard and cumin seeds. Let them crackle for a minute. Sauté for 1-2 minutes and add the onions. Mix well.
- Add turmeric powder and salt and sauté for 1-2 minutes.
- Add 1 cup of water, and bring to a rolling boil. Add the vermicelli and mix well. Cover the kadhai with a lid and let it cook for 5-6 minutes or until the vermicelli is cooked and the water is dried up.
- Check seasoning. Transfer to a serving bowl and finish with chopped coriander on top. Serve immediately.



## QUIZ

1. In what country were the Olympic Games invented?
2. Who was the 16th president of the United States?
3. Who invented the telephone?
4. The Statue of Liberty came from which country to the United States?
5. Who painted the Mona Lisa?
6. What's the name of the town where The Flintstones live?
7. Which famous ocean liner sank on her first voyage in 1912?
8. Which movie is Prince Charming from?
9. Which country did Justin Bieber come from?
10. What is the nickname for the bell of the clock at the Palace of Westminster in London?

Send your answer to [openpageyrc@gmail.com](mailto:openpageyrc@gmail.com). Names of the Winners would be announced in the next issue

# INVISIBLE LICORICE

### You'll Need:

Licorice, or other long, straight candy (alternative: a pencil or straw)

Tall, skinny drinking glass

Cooking oil, such as vegetable or olive oil

### How To:

1. Pour some oil into the glass.
2. Put the candy stick into the glass. At the surface of the oil, does the candy look as if it has been cut in half?
3. Lean the candy stick against the side of the glass. (If the licorice doesn't lay flat against the side, make a bend near the bottom of the stick to help hold it in place.)
4. Look at the side of the glass, and slowly turn it. Does the licorice get wider and narrower? Can you make it disappear?

### What's happening:

You've probably noticed how light bends in a glass of water. This is what makes things inside a glass of water look so distorted and strange. Oil bends light even more than water does. In fact, it can bend the light so much that, if you hold the glass the right way, a piece of candy nestled against the side of the glass is completely hidden from your eyes.



# TECHNOLOGY AND PARENTING

As parents, we must keep reminding ourselves that when it comes to spending time with our kids- quality is more important than quantity

The digital world is such an integral and beneficial part of our life today that we can't even imagine a day without it. We have the information of the whole world at our fingertips and there's no question, be it any field, that "Google Aunty" can't immediately answer. Grandparents can regularly 'see' and talk to their grandchildren living in another country using video calling. Our smart gadgets have undoubtedly made the world much smaller and our lives much more convenient. At the same time they have also led to an increased dependency and we feel helpless if any of our gadgets stop working.

Ironically, this incredible boom in communication technology is also making us increasingly isolated from each other. It is a common sight to see each member of the family sitting with their personal smart device in hand. If a young child is being fussy, the mother gives them a screen for distraction. Although physically around, many parents continue to be mentally distant as they are busy chatting and updating their social media instead of actually engaging and talking with their children. We often forget that children are like little sponges- they observe us, feel us, study us and soak up every piece of information they can find from us to store for later use. In fact, 80 percent of a child's brain develops during early childhood itself. It is said that the quality of one's childhood and the parent-child relationship, designs the adult they will grow up to be.

As parents, we must keep reminding ourselves that when it comes to spending time with our kids- quality is more important than quantity. Children yearn for parents' undivided attention and every little thing we do is important. Our verbal or non verbal interaction with them while playing, reading stories, singing, using humour, delight, and even our frustrations and patience, teach them how to relate with the rest of the world. This is why it is concerning that so many parents are unwittingly outsourcing this huge responsibility to smart-phones and tablets. And so when children spend much of their time staring into digital screens, instead of feeling concerned, their parents often brag about their little ones operating touch screen devices without any help.

Family time used to be about having great conversations and doing things together, but now it usually involves both parents and children being busy with their respective devices. As a result many children are isolated and feel more attached to their phone or computer than to their parents. A weak parent-child relationship can make a child



feel under-valued and neglected, leading to a short temper and lack of empathy. Children who feel emotionally neglected during early childhood often go on to develop low self-esteem, poor social skills and decreased personal functioning as grown ups.

Just evaluating the current situation is not adequate but what matters is to discover the solution to the problem. Parents must strive to guide their children towards a well balanced path where they are abreast of both- technology as well as good family values. These are some of the measures that parents can take in order to develop a strong and lasting bond with their little 'techies'

- Make your own media plans. Media should work within the framework of family values and help in parenting rather than impeding it.
- Orient your child that screen time will be co-view, co-play and co-engage time which will encourage social interaction, bonding and learning. It is always advisable for parents to watch a show, play a game or interact with the children online to be a part of their tech life.
- Parents should establish an internet use and monitoring protocol and inform their children about the same. Parents should help children understand the need of parental supervi-

sion and never leave your child unaccompanied in the big bad world of the internet. Educate them about the dangers and threats of social media, along with the appropriate and safe ways of using it.

- Establish mutually agreeable limits, routines and guidelines for use of media.
- Encourage kids to regularly play outdoor games and engage in physical activities as a daily routine. This will keep the physically fit and motivated.
- Let your children teach you some technological skills as they have the ability to learn faster than you. This will boost their confidence and your interaction with them.
- Be a role model and follow your own rules. Remember children are great mimics and they learn more by observing what we do than by listening to what we say.
- Encourage your kids to talk about their online experiences. Listen to their inputs and opinions so they feel comfortable communicating the same with you.
- Create a tech-free zone or time. Meals, social gatherings, outdoor playtime should be no-gadget periods. Recharge devices outside the

child's bedroom to avoid the temptation to use them around bedtime. This will encourage more family time, as well as healthier eating and sleeping habits.

- Educate them about your family's core values and principles. Explain the dangers of oversharing our lives on the internet and the importance of social media privacy.
- Warn the children about the dangers of online predators as well as about cyber crimes, cyber-bullying etc.
- Use parental control software to block the websites that are not appropriate for children.
- Explain to them that they should not believe everything they see on the Internet. Teach them to differentiate between 'Fake News' and authentic reliable news sources.
- Parents must seek advice or help from experts on technology and child psychology if needed.

To conclude- media and digital devices are an influential part of life today. The benefits of these devices, if used moderately and appropriately, can be great. But unsupervised and unbridled use of this technology is not healthy for any age group. Moreover, nothing can replace face-to-face time with family, friends, and educators.

## FILL IN THE COLORS



## SUDUKO

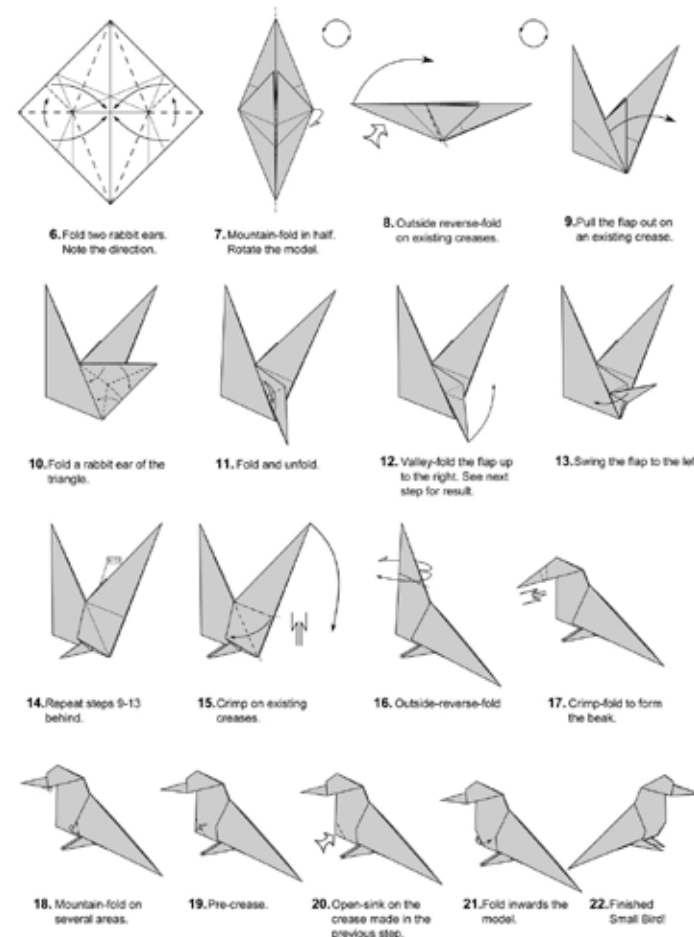
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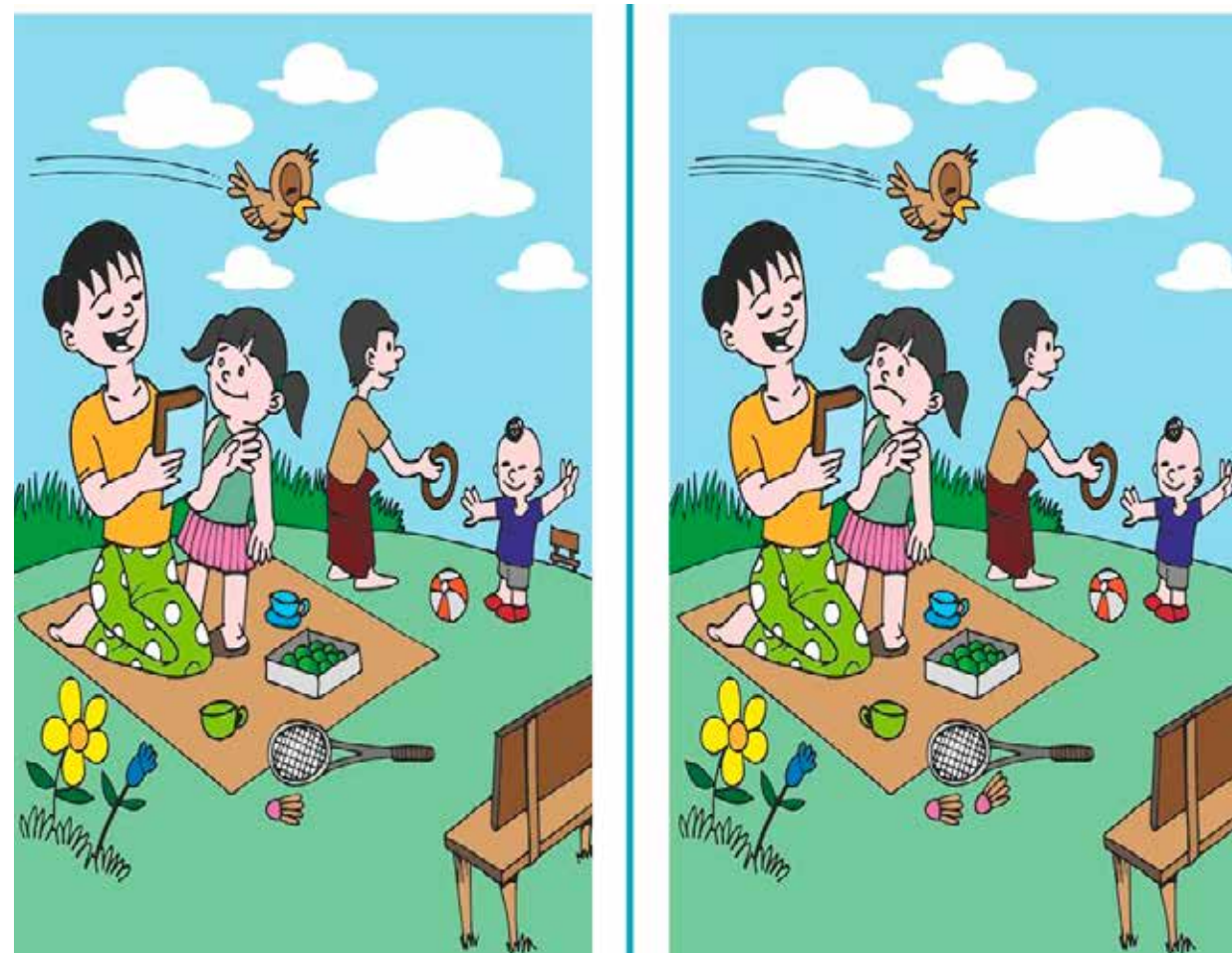


# Stay at Home, Stay Safe

## ORIGAMI



## FIND THE DIFFERENCE



Use  
Soap  
Use Jabón



Rinse  
Well  
Enjuaguese  
Bien



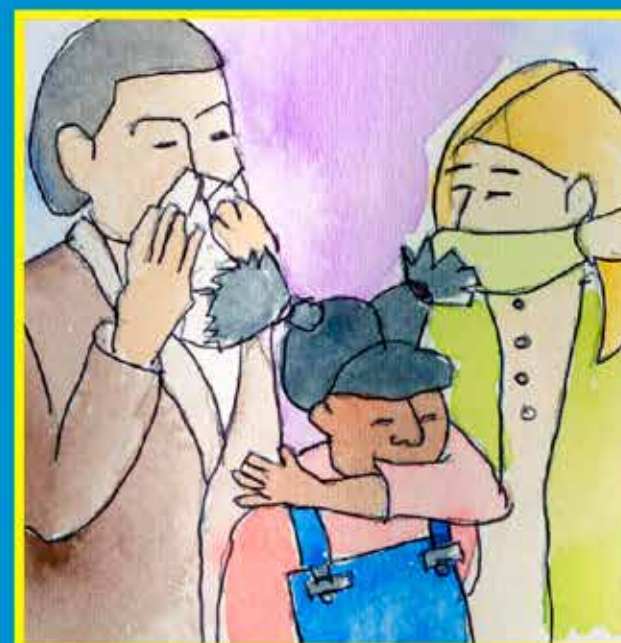
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Dry  
Séquese Bien



Cover  
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When  
Sick  
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# PVC Colonel Hoshiar Singh



Birth name	Hoshiar Singh Dahiya
Born	5 May 1936 Sisana, Rohtak District, Punjab Province, British India (now in Sonapat District, Haryana, India)
Died	6 December 1998 (aged 61) Jaipur, Rajasthan, India
Allegiance	Republic of India
Service/branch	Indian Army
Years of service	1963-1988
Rank	Colonel
Unit	The Grenadiers
Commands held	3 Grenadiers
Battles/wars	Indo-Pakistan war of 1965 Indo-Pakistani war of 1971 Battle of Basantar
Awards	Param Vir Chakra



On 15 December 1971 a battalion of the Grenadiers was given the task of establishing a bridgehead across the Basantar river in the Shakargarh Sector. Major Hoshiar Singh was commanding the left forward company and he was ordered to capture the enemy locality of Jarpal. This was a well-fortified position and was held in strength by the enemy. During the assault, his company came under intense shelling and effective crossfire from enemy medium machine guns. Undeterred, he led the charge and captured the objective after a fierce hand-to hand fight. The enemy reacted and put in three counter attacks on 16 December 1971, two of them supported by armour, Major Hoshiar Singh unmindful of the heavy shelling and tank fire went from trench to trench, motivating his command and encouraging his men to stand fast and fight. Inspired by his courage and dauntless leadership, his company repulsed all the attacks inflicting heavy casualties on the enemy. Again, on 17 December 1971 the enemy made another attack with a battalion supported by heavy artillery fire. Though seriously wounded by enemy shelling, Major Hoshiar Singh again went from trench to trench moving about in the open with utter disregard to his personal safety when an enemy shell landed near the medium machine gun post injuring the crew and rendering it inoperative. Major Hoshiar Singh, realizing the importance of machine-gun fire, immediately rushed to the machine-gun pit and though seriously wounded himself, manned the gun inflicting heavy casualties on the enemy.

# PVC Subedar Major & Honorary Captain Bana Singh



Born	6 January 1949 (age 71) Kadyal, Jammu & Kashmir, India
Allegiance	Republic of India
Service/branch	Indian Army
Years of service	1969–2000
Rank	Honorary Captain
Service number	JC-155825
Unit	8 JAK LI
Battles/wars	Siachen Conflict Operation Meghdoot Operation Rajiv
Awards	Param Vir Chakra



Naib Subedar Bana Singh volunteered to be a member of a task force constituted in June 1987 to clear an intrusion by an adversary in the Siachen Glacier area at an altitude of 21,000 feet. The post was virtually an impregnable glacier fortress with ice walls, 1500 feet high, on both sides. Naib Subedar Bana Singh led his men through an extremely difficult and hazardous route. He inspired them by his indomitable courage and leadership. The brave Naib Subedar and his men crawled and closed in on the adversary. Moving from trench to trench, lobbing hand grenades and charging with the bayonet, he cleared the post all intruders.

## 1st March – Zero Discrimination Day



Zero Discrimination Day is celebrated globally on 1 March every year so that everyone live life with dignity regardless of age, gender, ethnicity, skin color, height, weight etc. The symbol of Zero Discrimination Day is the butterfly. Firstly, on 1 March, 2014 UN had celebrated this day.

## 1st March - World Civil Defense Day



World Civil Defense Day is celebrated every year on 1st March to bring attention of the world public about the importance of civil protection and to pay tributes to the efforts, sacrifices and accomplishments of all the services responsible to fight against disasters. International Civil Defense Organization (ICDO) decided to celebrate this day in 1990. The theme of World Civil Defense Day 2019 is "Children's safety, our responsibility".

## 3rd March - World Wildlife Day



**WORLD WILDLIFE DAY**  
3 March

This day is celebrated globally on 3rd March and is closely aligns with the Sustainable Development Goal 12 that is Life without water, which focuses on marine species and to highlight the problems, critical issues of marine wildlife to our everyday life. The theme of 2019 is "Life below water: for people and planet".

## 4th March - National Safety Day



National Safety Day is celebrated in India on 4th March by the National Safety Council of India. This day is celebrated to make people get safe from several issues like financial loss, health problems and also any other problems that people are facing in their life.

## 8 March - International Women's Day



**International Women's Day**

This day is observed globally every year on 8 March to celebrate about the social, economic, cultural and political achievements of women. Also, it is an action for accelerating gender parity. Purple is the color which symbolizes women internationally. The combination of purple, green and white color is to symbolize the equality of women's which is originated from the Women's Social and Political Union in the UK in 1908. Do you know that purple signifies justice and dignity, green symbolizes hope and white purity?

## 8 March - Ramakrishna Jayanti



**Sri Ramakrishna Paramahansa Jayanti**

On this day the birth anniversary of Saint Ramakrishna is celebrated. According to him, "the sole point of human birth is to acknowledge God".

## 10 March - CISF Raising Day



The Central Industrial Security Force (CISF) Raising Day is observed every year on 10 March. The CISF was set up in 1969 under an act of the Parliament of India. It works under the Union Ministry of Home Affairs and its headquarter is in New Delhi. This organization works for seaways, airways and some of the major installations in India. There are some reserved battalions in the CISF which work with the state police to protect law and orders.

## 11 March - No Smoking Day (Second Wednesday of March)



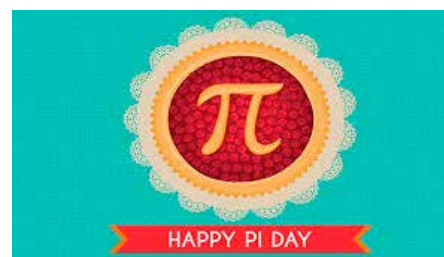
No Smoking Day is observed every year on the second Wednesday of March to raise awareness about the harmful health effects of tobacco via smoking and to encourage people all over the world to quit smoking.

## 12 March - Mauritius Day



Mauritius Day is celebrated annually on 12 March to mark two key events that took place in the history of the country that is independence from Britain in 1968 and it became a republic in 1992.

## 14 March – Pi Day



On 14 March Pi Day is celebrated around the world. Pi is a symbol used in mathematics to represent a constant. It is the ratio of the circumference of a circle to its diameter which is approx. 3.14.

## 15 March - World Consumer Rights Day



It is observed on 15 March every year for raising global awareness about consumer rights and needs. This day is a chance to demand that the rights of all consumers are respected and protected and to protest against social injustices.

## 16 March - National Vaccination Day



On 16 March every year, National Vaccination Day is observed in India which is also known as National Immunization Day (IMD). It was first observed on 16 March, 1995 when the first dose of Oral Polio Vaccine was given. It is an attempt to increase awareness for the eradication of polio from the planet earth.

## 18 March - Ordnance Factories Day (India)



On 18th March, Ordnance Factories Day is observed every year all over India. On this occasion, the Ordnance Factory, Field Gun Factory, Small Arms Factory, Ordnance Parachute Factory and Ordnance Equipment Factory acknowledge the day.

## 20 March - International Day of Happiness



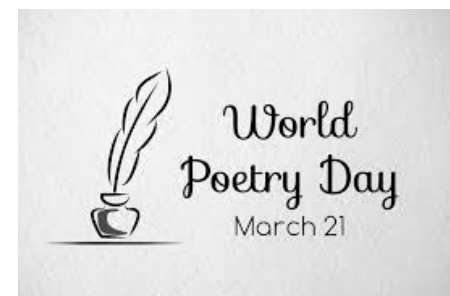
International Day of Happiness is observed every year on 20 March. Since 2013, the United Nations has celebrated this day to recognize the importance of happiness in the lives of people around the world. The UN launched the 17 Sustainable Development Goals in 2015 to end poverty, reduce inequality and protect our planet which are the three key aspects that lead to well-being and happiness.

## 21 March - World Forestry Day



On 21st March, World Forestry Day or International Day of Forests is celebrated every year to raise public awareness about the values, significance and contributions of the forests to balance life cycle on the earth. In 1971, the World Forestry Day was established at the 23rd General Assembly of European Confederation of Agriculture.

## 21 March - World Poetry Day



On 21st March, World Poetry Day is celebrated every year to recognize the unique ability of poetry to capture the creative spirit of the human mind. To celebrate this day on 21st March was adopted during UNESCO's 30th session in Paris in 1999.

## 22 March – World Water Day



On 22 March, World Water Day is observed annually to raise awareness about the importance of freshwater and advocating for the sustainable management of freshwater resources. It was recommended to celebrate in 1992 at United Nations Conference on Environment and Development (UNCED) in Rio de Janeiro. And then, in 1993 first World Water Day is celebrated.

freshwater resources. It was recommended to celebrate in 1992 at United Nations Conference on Environment and Development (UNCED) in Rio de Janeiro. And then, in 1993 first World Water Day is celebrated.

## 23rd March - World Meteorological Day



World Meteorological Day is celebrated on 23rd March every year to attract attention towards weather and climate for safety and wellbeing of the society. On 23rd March, 1950, World Meteorological Organization came into force. The theme chosen for this day reflects topical weather, climate or water-related issues.

## 24 March - World Tuberculosis (TB) Day



World TB Day is celebrated every year on 24 March annually to commemorate the date when Dr. Robert Koch announced his

discovery of Mycobacterium tuberculosis, the bacillus that causes TB in 1882. This Day is observed to educate people about TB, its impact around the world.

## 27 March - World Theatre Day

World Theatre Day is celebrated on 27 March annually across the world since 1962 to raise the importance of the art form "theatre" and to act as a wakeup call for governments, politicians and institutions which have not yet recognized its value to the people and also have not realized its potential for economic growth.

Captain Unadkat fires Saurashtra to maiden Ranji Trophy title, delivers on final day yet again

# WE ARE THE CHAMPIONS



Skipper Jaydev Unadkat on Friday produced a lion-hearted spell when it mattered the most against Bengal, leading Saurashtra to their maiden Ranji Trophy triumph a year after stumbling at the last hurdle.

The win was achieved on the basis of the first-innings lead here.

Bengal had the upper hand going into day five after Anustup Majumdar

(63) and Arnab Nandi (40 not out) shared an unbeaten 91-run stand in the final session on Thursday.

But Unadkat, who had single-handedly taken Saurashtra into the final with a seven-wicket haul against Gujarat on the final day of their semifinal, rose to the occasion yet again to script a historic victory.

The left-arm pacer had the in-form Majumdar LBW and Akash Deep run out in a space of three balls to turn the game on its head. Unadkat ended as the season's leading wicket-taker with 67 scalps at a staggering average of 13.23, one short of an all-time record.

One hour and 10 minutes of play in the decisive morning session yielded 27 runs and four wickets with Bengal all out for 381, giving Saurashtra a 44-run first innings lead. At the start of the day, Bengal needed 72 runs for the first-innings lead with four wickets in hands.

In the second innings, all Saurashtra had to do was to bat time before both captains decided to call off the game and shake hands. They eventually did that at tea time after Saurashtra sauntered 105 for four in 34 overs.

With the win, Saurashtra ended their Ranji Trophy title drought while a fighting Bengal will have to wait longer for their first crown since the 1989-90 season. "It's a great feeling, different world altogether. Last season we were very close to winning the title but we couldn't. It's a great, great feeling. The best things about this team is that all the players have played together for a very long time," said Saurashtra stalwart Cheteshwar Pujara.

Despite the loss, it was a memorable season for Bengal, who reached the title clash after 13 years at the back of stellar performances from the pace trio of Akash Deep, Mukesh Kumar, Ishan Porel and veteran batsman Manoj Tiwary and Majumdar.

For Saurashtra, the star performers were Sheldon Jackson, Arpit Vasavada, and of course, their captain.

Unadkat, who opened the bowling alongside Chetan Sakariya on day five, was a tad defensive with the field placement early on, considering the team conceded easy runs to Bengal on the pe-

ultimate day.

The onus was on the Saurashtra skipper to deliver again after his performance against Gujarat propelled his team to its fourth final in eight seasons. He had bowled 32 overs before that match-winning over without getting a wicket despite giving his all.

But such is his conviction that he backs himself to do the job in the toughest of situations. In fact, he thrives on it. Majumdar and Nandi, who resumed the day on 58 and 28 after defying Saurashtra on Thursday, were expected to get the 72 runs for the all-important first innings but Unadkat changed it all in one over.

Two balls after sending back a dejected Majumdar, Unadkat was alert enough on the field to make Akash Deep pay for ignoring the basics.

Having played and miss, Akash Deep was found standing marginally outside the crease. The wicketkeeper was quick to observe that and went for the direct hit but missed, only for the bowler to collect the ball and disturb the timber, giving Saurashtra their second wicket in three balls.

The game was played behind closed doors due to the coronavirus threat but the celebratory roar from the Saurashtra players could be heard from the high-

way next door. PTI Brief scores: Saurashtra 425 and 105/4 in 34 overs beat Bengal 381 in 161 overs (S Chatterjee 81, W Saha 64 ; D Jadeja 3/114, P Mankad 2/45) on basis of 1st innings lead.

## 'Hunger for India comeback stronger than ever'

Now that he is a Ranji Trophy winner, Jaydev Unadkat hopes that "people" will not talk only about his IPL riches and says the hunger to make an India comeback has never been stronger following a sensational season.

"I still have the hunger to make a comeback. It has never been stronger than this and that actually kept me going throughout the season," said Unadkat after captaining Saurashtra to their maiden trophy. "To be honest, it was challenging physically surviving the season. Bowling those long spells as a fast bowler in almost every game.

"I just want to keep this phase going. I don't want to end it here. Yes, we have won the trophy and I am the happiest captain in the world right now If I can say that."

The 28-year-old last played for India in 2018, a T20 International against Bangladesh, and he played his only Test in 2010 and last of his seven ODIs in 2013.

# Moving Tokyo Games possible, too soon to decide on cancellation: Coe

World Athletics chief Sebastian Coe said on Thursday that moving the 2020 Tokyo Olympics to September or October due to the coronavirus outbreak was a possibility but it was too soon to take a decision on whether to cancel the Games.

While most of world sport has come to a standstill due to the pandemic, the International Olympic Committee (IOC) has remained committed to staging the Tokyo Games as planned from July 24-Aug. 9 despite growing dissent.



"Let's not make a precipitous decision when we don't have to four months out," Coe told BBC Sport.

"If you had to ease that date, you'd have to ease it. It's possible, anything is possible," he added when asked if the Games could be moved to September or October.

"Events are changing by the hour but it is not a decision that has to be made at the moment. We're trying to manage the situation with the information we have but there is not a great deal of information.

"The temperature in the room with the IOC is, nobody is saying we're going to the Games come what may."

Europe has become the new epicentre of the flu-like virus that originated in China late last year and restrictions on movement in several nations have hit the training plans of athletes ahead of Games.

IOC president Thomas Bach said they heard athletes' concerns on health and preparation but Coe said ensuring a level playing field for athletes during preparations may not be possible but it is a challenge World Athletics will strive to overcome.

"Recent evidence suggests China seems to be pulling out of this but if you're living in Europe, you're an Italian



distance runner and you're confined to your house, that's a massive challenge," Coe told The Times.

"Our sport has always been about fairness and a level playing field so we shouldn't feel ashamed to set that as our ambition. The reality is that may not be possible in every case but we want to do what we can to drill down on that.

"Some are not able to train properly, some are not able to access public tracks or indoor facilities and we're working to try and help them find these facilities."

The virus has infected nearly 219,000 people globally and caused more than 8,900 deaths so far, sparking concerns over the viability of the Games.

Coe, the driving force behind the success of London 2012 as chairman of the organising committee, said the problem faced by the Tokyo Games was bigger than the mass boycott of the 1980 Moscow Olympics.

"I lived through Moscow and that was a crisis... This has probably exercised more thinking time and expended more effort for federations than anything I can remember," Coe added.

"We're doing everything we possibly can to get our sport and our athletes into the best possible shape through a challenging time and get to an Olympic Games."

## 'POSTPONE THE GAMES'

Considering that the world is focused on health and safety of its citizens, it is better to defer the Olympics, says Gopichand

India's chief badminton coach Pullela Gopichand believes the Tokyo Olympics should be postponed given the unprecedented crisis that the world is facing due to the COVID-19 pandemic.

The call to defer the Olympics, scheduled to be held in Tokyo from July 24 to August 9, is growing after most of the major sporting events were either cancelled or postponed due to the deadly outbreak, which has killed over 8000 people and infected more than 2,00,000 globally.

The International Olympic Committee (IOC), however, said on Wednesday it expects the Games to begin on time.

"I have my doubts about the Olympics. It is not like it is far away. The preparation has to start now. So, the IOC has to take a call now for everyone to relax," Gopichand told PTI.

"I think, in the present scenario, with the health scares and all the travel restrictions and all, it is a tough time and at the moment the whole world is thinking about health and safety for its citizens, so I think given the situation it is better if the Olympics are postponed," he added.

The Badminton World Federation was severely criticised for conducting the All England Championship earlier this month, despite the rapid spread of the deadly disease.

International players, including London Olympics bronze-medallist Saina Nehwal, slammed BWF saying players' safety was compromised for financial gains and Gopichand also didn't mince any words.

"Definitely, I think it was a wrong decision on BWF's part to put the players at risk by hosting the All England," said Gopichand, who is currently in self-isolation after returning from Birmingham.

After being condemned by the players, the BWF suspended all tournaments till April 12.

## Philippines first country to suspend all financial markets as coronavirus spreads



The Philippine Stock Exchange closed indefinitely while currency and bond trading were suspended, the first market shutdowns worldwide in response to the coronavirus, with authorities citing risks to the safety of traders. And while it was done for health reasons, amid a broad lockdown in the Philippines, it raises the prospect other exchanges may follow and has drawn analysts' attention.

## RBI ready to provide liquidity to Yes Bank if needed, shares like-ly to zoom



The Reserve Bank of India (RBI) said it is ready to provide liquidity to ailing Indian private lender Yes Bank if needed, reported news agency Reuters. Shares of the ailing bank could see another rise. Yes Bank shares have zoomed since are expected to go up today as RBI Governor Shaktikanta Das assured that there was no reason for depositors to rush to withdraw funds from the bank.

## India plans to top up strategic tanks with cheap Saudi, UAE oil: Report



India plans to take advantage of low prices for oil from Saudi Arabia and the United Arab Emirates to top up its strategic petroleum reserves (SPR), two sources familiar with the matter said. Global oil prices have fallen around 40% in March as the impact of the coronavirus pandemic has destroyed demand, while supplies are growing following Moscow's refusal to back deeper output cuts at a meeting of the Organization of the Petroleum Exporting Countries and its OPEC+ allies.

## Stocks nosedive on Wall Street, triggering trading halt



Stocks dropped 8 per cent in the first minutes of trading Monday on Wall Street and triggered another temporary halt to trading as huge swaths of the economy come closer to shutting down, from airlines to restaurants. Emergency actions taken by the Federal Reserve late Sunday to prop up the economy and get financial markets running smoothly again may have raised fears even further, some investors said.

## Coronavirus: How many times do doctors wash their hands? Watch this video for the answer



To prevent transmission of the novel coronavirus, scientists and researchers have constantly emphasised that washing hands with soap at frequent intervals is necessary. But do you know the number of times a doctor has to wash hands after treating patients infected with the Covid-19 disease, which is caused by the virus? A video shared on Twitter by China Global Television Network will answer this question. To begin with, doctors, who treat coronavirus patients, wear protective suits and multiple gloves. In the video, a doctor washes her hands firstly and then, takes off her shoe covers. She washes her hands again and takes off the first layer of gloves, and then, does the most obvious. Wash her hands.

## Pakistan President arrives in China amid global coronavirus scare



Amid global coronavirus scare, Pakistan President Arif Alvi arrived in Beijing on a two-day visit to convey Islamabad's strong support and solidarity to Beijing in its battle against the pandemic that has killed over 3,200 people in China. Alvi was accompanied by a Pakistani delegation including Foreign Minister Shah Mahmood Qureshi, Minister for Planning, Development and Special Initiatives Asad Umar and senior officials, Pakistan's state-run APP news agency reported.

## Australia to impose 14-day self-isolation on international travellers, bans cruise ships



Australia will impose 14-day self-isolation on international travellers arriving and ban cruise ships from foreign ports for 30 days, mirroring restrictions in nearby New Zealand aimed at slowing the spread of the coronavirus. Australian Prime Minister Scott Morrison announced the new measures after a meeting with a newly formed national cabinet, dubbed the coronavirus 'war cabinet'.

## South Africa suspends all forms of cricket for two months due to COVID-19 pandemic



With the COVID-19 pandemic creating a global upheaval, Cricket South Africa suspended all forms of cricket in the country for the next two months. After South Africa president Cyril Ramaphosa on Sunday declared a state of disaster, CSA also decided to suspend all cricket activities in the country to contain the spread of the virus. Cricket South Africa (CSA) has taken the decision to immediately terminate all forms of cricket in the country, for the next 60 days, namely: First-class cricket; List A cricket (Momentum Cup); All semi-professional and provincial cricket; as well as All Junior and Amateur cricket," CSA said in a statement.

## BIRTHDAY WISHES

### MIN YOONGI

9<sup>th</sup> MARCH 1993

Min Yoon-gi born March 9, 1993, better known by his stage names Suga and Agust D, is a South Korean rapper, songwriter, and record producer. Managed by Big Hit Entertainment, he debuted as a member of the South Korean pop idol group BTS in 2013. In 2016, he released his first solo mixtape, Agust D. The Korea Music Copyright Association attributes over 70 songs to Suga as a songwriter and producer, including Suran's "Wine", which peaked at number two on the Gaon Music Chart and won best Soul/R&B track of the year at the 2017 Melon Music Awards.



### SMRITI IRANI

23<sup>rd</sup> MARCH 1976

Smriti Zubin Irani born 23 March 1976 is an Indian politician, former model, television actress, and producer. Irani is a Minister in the Union Cabinet of India. She is serving in the cabinet of Prime Minister Modi as Minister of Textiles and was given additional charge as Minister of Women and Child Development in the 2nd cabinet of Modi since May 2019. A prominent leader within the Bharatiya Janata Party, she is a Member of Parliament in the Lok Sabha, representing Amethi.



### EMRAAN HASHMI

24<sup>th</sup> MARCH 1979

Syed Emraan Anwar Hashmi born 24 March 1979 is an Indian film actor who appears in Hindi films. Through his career, Hashmi has received three Filmfare Award nominations. He worked as an assistant director for the 2002 horror film Raaz before pursuing a career in acting. By 2004, Hashmi had established himself as one of the leading actors of Hindi cinema with roles in the successful Murder (2004), Zeher (2005), Aashiq Banaya Aapne (2005), Kalyug (2005), Aksar (2006), and Gangster (2006).



### WILLIAM DANIELS

31<sup>st</sup> MARCH 1927

William David Daniels born March 31, 1927 is an American actor, known for his roles as Dr. Mark Craig in the NBC drama St. Elsewhere, for which he won two Emmy Awards, and as Mr. Feeny in the ABC sitcom Boy Meets World. He was president of the Screen Actors Guild from 1999 to 2001.

# CAREER IN PERFORMING ARTS



27th March is observed as 'World Theatre Day' and people celebrate it with great zeal. Emotions have been derived as a crucial part of understanding and that is why the interest of people has been shifted towards a career in 'Performing Arts'.

Performing Arts is one of the most creative arts field. Be it music, dance, acting or story writing, all of them involve a creative and intelligent expression of feelings and emotions. Unlike other creative fields, it has a greater involvement in the matter as the medium of speech is the person itself. Though several best performing arts colleges have been offering courses for a very long time, it is now; they are becoming considerably popular among the youth.

Those with a natural flair for expressing their thoughts with creativity have an edge to pursue this career. Further, a degree course in this field will help you hone your skills. It will enable you to work as a professional in the field of your interest with increased opportunities and exposure. That is the reason; students are now looking at these courses as a professional degree course rather than a mere hobby.

Having a degree in performing arts will open various career avenues for you.

Moreover, it is equally important to choose the right college as learning the skills from a well-experienced faculty with latest technologies will give a boost to your career. In general, taking admission in any of the Performing Arts course does not require any particular quali-

cation. Anyone with talent and interest in any of its field can successfully pursue a career in this area.

This article notifies the top performing arts colleges in India that are operating since a very long time.

## Course Details

Many educational institutes and universities in India are offering courses in the field of performing arts. These courses are offered at different levels including certificate level, diploma, undergraduate degree level, postgraduate degree and diploma level. The motive behind these courses is to train students in various categories of performing arts. Talking about eligibility, a candidate should have passed the 10th level which is mandatory for the certificate courses. For the UG diploma and degree courses, the student must have cleared 10+2 examination and for the PG courses, they must have passed graduation in relevant field from any recognized Institute or University. Apart from the academic qualifications, one should have inclination towards the performing art.

## Career Prospects

The scope of performing arts has widened, over the years. As a result, many educational institutes and universities in India have included courses in the field of performing arts to their curriculum. Students can specialize in various performing arts and become singers, music composers, dancers, musicians - vocal or instrument or drama artists.

## TOP COLLEGES OFFERING UG/PG/OTHER COURSES

### National School of Drama (NSD)

NSD is one of the elite theater training institutions of the world and one of its kind in India. It is an autonomous organization under Ministry of Culture, Government of India. It was established in 1959 by the Sangeet Natak Akademi. Naseeruddin Shah, Anupam Kher, Shahrukh Khan, Satish Kaushik, Om Puri, and Irrfan Khan are some of the prominent alumni of NSD.

**Location:** Bahawalpur House, 1, Bhagwandas Road, Mandi House, New Delhi, Delhi - 110001.

### Film and Television Institute of India (FTII)

FTII Formerly known as The Film Institute of India was established in 1960 on the former Prabhat Studio premises at Pune. It is an autonomous body under the Ministry of Information and Broadcasting, Government of India. Rajkumar Hirani, Shabana Azmi, Jaya Bhaduri Bachchan, Subhash Ghai, Sanjay Leela Bhansali, Shatrughan Sinha are among the few notable alumni of FTII.

**Location:** No.11, Telephone Exchange, Law College Road, Deccan Gymkhana, Pune - 411004.

### Centre for Performing Arts (Lalit Kala Kendra), Pune University

The Centre for Performing Arts (Pune University), popularly known as the Lalit Kala Kendra, was established in 1987. The center offers courses in Performing Arts on a self-supportive basis.

**Location:** Lalit Kala Kendra (Gurukul), University of Pune, Pune-411007.

### Roshan Taneja School of Acting

The Roshan Taneja School of Acting is universally acknowledged to be one of the top acting schools in Mumbai as well as in India. Roshan Taneja (former Head of

the Acting Department FTII, Pune) founded the institution in 1976. Some of the famous alumni of this school are Rani Mukherjee, Ajay Devgan, Anil Kapoor, Aamir Khan, and Ranbir Kapoor.

**Location:** Bungalow No. 29, S.V.P. Nagar, Near Versova Telephone Exchange, MHADA Andheri (W), Mumbai - 400053.

### The Barry John Acting Studio

The Barry John Acting Studio (BJAS) was formerly named as Imago Acting School was initially opened in 1999, in Noida, U.P (Film City), and was later shifted to Mumbai. Manoj Bajpai, Freida Pinto, Jacqueline Fernandez, Richa Chadda, Varun Dhawan, and Arjun Kapoor are some of the noted alumni of BJAS.

**Location:** 301 Nanak Chambers, Opp. Fun Republic New Link Road, Andheri West, Mumbai - 400053.

### The Music Academy

The Music Academy, Madras was founded in 1928 as an outcome of the music conference that was held in conjunction with the All India Congress Session in Madras city. It was conceived to be the institution that would set the standard for Carnatic music. Besides, it played a vital role in the revival of the Indian classical dance form-Bharatnatyam.

**Location:** New No. 168 (Old No. 306), T.T.K. Road, Chennai - 600 014.

### Amity School of Performing Arts

The Amity School of Performing Arts is a part of Amity University offering several courses in music and dance such as Bachelor of Music - Classical Dance, Bachelor of Music - Classical Hindustani Vocal. One can choose from certificate, diploma, and degree courses as per their interest.

**Location:** Amity University Campus, Sector-125, Express Highway, Noida, Uttar Pradesh - 201303.

## JOB OPTIONS

### Jobs directly related to your degree include:

- Actor
- Community arts worker
- Dancer
- Drama therapist
- Music therapist
- Theatre director

### Jobs where your degree would be useful include:

- Arts administrator
- Broadcast presenter
- Further education teacher
- Higher education lecturer
- Secondary school teacher
- Theatre stage manager

**Remember that** many employers accept applications from graduates with any degree subject, so don't restrict your thinking to the jobs listed here.

Work experience

**Performing artists** generally supplement their training, generate opportunities and enhance their creative knowledge through work experience and by participating in voluntary projects. Contact your local community centre or search the internet for details of community projects in your area.

**Other options** include getting involved with unfunded charitable organizations' projects, or to support industry professionals in developing their creative process.

**Consider organizing** acting or dance workshops and creative laboratories to expand your art form and apply for funding for self-created art projects. Many dancers and actors also start their own company with a particular art form that they want to explore.

**These unpaid** projects or workshops are valuable ways to grow as an artist while creating opportunities for the exchange of ideas and these open forums/performances are often attended by industry professionals.

**Short-term** or freelance contracts, moving between different fields, generating opportunities through networking, attending auditions, collaborating with other artists and putting on your own shows are all part of a performer's lifestyle.

**Performing arts** is about how you present yourself; therefore, it is important to network at every opportunity and keep your finger on the pulse of the industry. There may be an opportunity for employment in the most unusual places, and by keeping your mind open and body ready, you will be able to make the most of your individual talents.

### DID YOU KNOW?

Einstein was asked to be the president of Israel, but he declined: After Chaim Weizmann, Israel's first president, died in 1952, the country's prime minister offered the job to Einstein.

### DID YOU KNOW?

Einstein died after refusing surgery, saying, "I want to go when I want. It is tasteless to prolong life artificially. I have done my share, it is time to go. I will do it elegantly."

### DID YOU KNOW?

Einstein was a member of the NAACP, drawing correlations between blacks in America and Jews in Germany. He believed racism was a disease.

### EDUCATION

Eidgenössische Polytechnische Schule (Swiss Federal Polytechnic School), Luitpold Gymnasium

### PLACE OF BIRTH

Ulm, Württemberg, Germany

### PLACE OF DEATH

Princeton, New Jersey

### Early Life & Family

Einstein was born on March 14, 1879, in Ulm, Württemberg, Germany. Einstein grew up in a secular Jewish family. His father, Hermann Einstein, was a salesman and engineer who, with his brother, founded Elektrotechnische Fabrik J. Einstein & Cie, a Munich-based company that mass-produced electrical equipment.

Einstein's mother, the former Pauline Koch, ran the family household. Einstein had one sister, Maja, born two years after him.

Einstein attended elementary school at the Luitpold Gymnasium in Munich. However, he felt alienated there and struggled with the institution's rigid pedagogical style.

### Education

Einstein was eventually able to gain ad-

# General Theory of Relativity

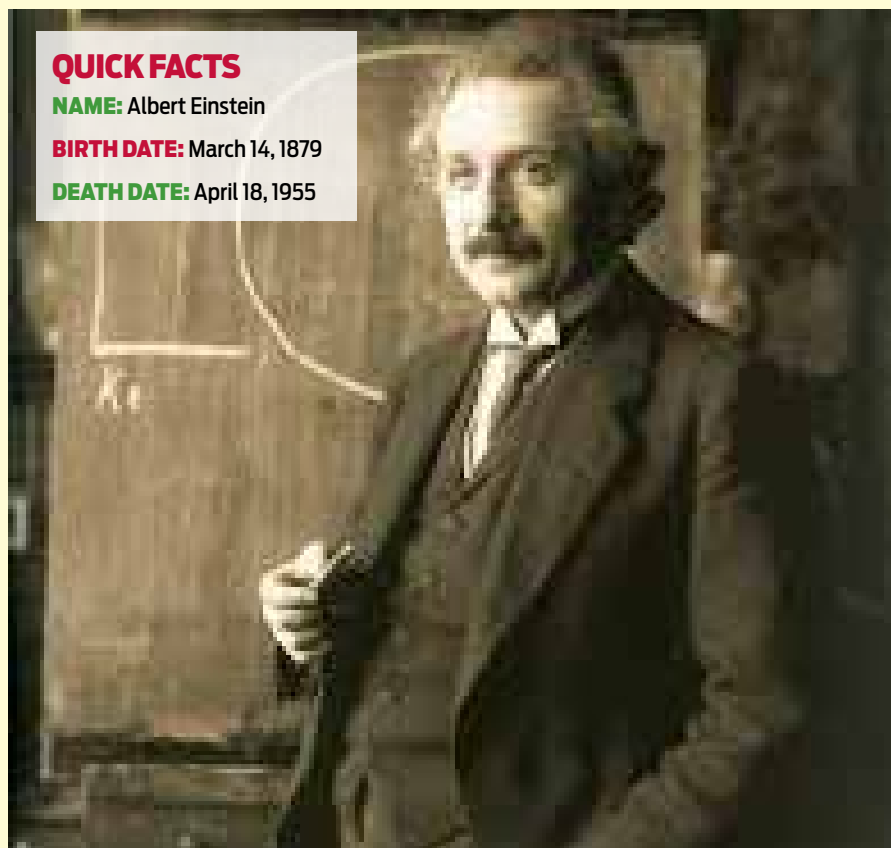
## ALBERT EINSTEIN

### QUICK FACTS

**NAME:** Albert Einstein

**BIRTH DATE:** March 14, 1879

**DEATH DATE:** April 18, 1955



mission into the Swiss Federal Institute of Technology in Zurich, specifically due to his superb mathematics and

physics scores on the entrance exam.

He was still required to complete his pre-university education first, and thus

attended a high school in Aarau, Switzerland helmed by Jost Winteler. Einstein lived with the schoolmaster's family and fell in love with Winteler's daughter, Marie. Einstein later renounced his German citizenship and became a Swiss citizen at the dawn of the new century.

### Nobel Prize for Physics

In 1921, Einstein won the Nobel Prize for Physics for his explanation of the photoelectric effect, since his ideas on relativity were still considered questionable. He wasn't actually given the award until the following year due to a bureaucratic ruling, and during his acceptance speech, he still opted to speak about relativity.

### Inventions and Discoveries

As a physicist, Einstein had many discoveries, but he is perhaps best known for his theory of relativity and the equation  $E=MC^2$ , which foreshadowed the development of atomic power and the atomic bomb.

### Theory of Relativity

Einstein first proposed a special theory of relativity in 1905 in his paper, "On the Electrodynamics of Moving Bodies," taking physics in an electrifying new direction. By November 1915, Einstein completed the general theory of relativity. Einstein considered this theory the culmination of his life research.

### Time Travel & Quantum Theory

After World War II, Einstein continued to work on his unified field theory and key aspects of his general theory of relativity, including time travel, wormholes, black holes, and the origins of the universe.

### Einstein's Brain

During Einstein's autopsy, pathologist Thomas Stoltz Harvey removed his brain, reportedly without his family's consent, for preservation and future study by doctors of neuroscience.

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