



SINCE - 1968

The Open Page

Inspired Learning

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4th EDUCATOR'S AWARD



We are honored to announce the program date of the 4th Educator's award

11th January 2018 at VADODARA

The window is still open for registration for the eligible educators upto 30th November 2017.

"The roots of education are bitter, but fruits are sweet!"

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RACK YOUR BRAIN

In education, the school has faced many critical issues this year, and the larger question is that "How are we going to work together to solve it?"

Readers, if you want to reflect in "Rack your Brain", Mail us your answers, in 25 or 30 words with your photographs upto 10th October 2017, Mail Id: theopenpage@tripada.com or you can whatsapp on 9586022210.

HAVE A ROSE COLOURED FUTURE

Who is the Future being referred to - CHILDREN in totality

Do something today that your future self will thank you for. It is an ever growing legacy of investing in children of all sizes. Lot of theories have put emphasis on the mould-ability aspect of the tender minds of the future scientists, doctors and engineers definitely information technology and mars. The cynics may be the loudest voices, but they don't accomplish, said President Obama. It is the teaching methodology that matters more than books, these are the people who are loud, and accomplish grandeurs through upbringing children imparting development at all stages. It is imperative to see the intricate knack of every individual mentor on board in any school / institution. When it becomes difficult to handle one mighty junior at home, these teachers manage to handle a few dozens and produce wonders.

The origin of Children's Day

Children's Day is recognized on various days in many places around the world. It celebrates children globally. Children's Day was begun on the second Sunday of June in 1856 by the Reverend Dr. Charles Leonard, pastor of the Universalist Church of the Redeemer in Chelsea, Massachusetts: Dr. Leonard held a special service dedicated to, and for the children. Dr. Leonard named the day Rose Day, though it was later named Flower Sunday, and then Children's Day.

Children's Day was first officially declared a national holiday by the Republic of Turkey in 1929 with the set date of 23 April. Children's Day has been celebrated nationally since 1923 with the government and the newspapers of the time declaring it a day for the children. However, it was decided that an official declaration was needed to clarify and justify this celebration and the official declaration was made nationally in 1931 by the founder and the President of the Republic of Turkey, Mustafa Kemal Atatürk

One of the major goals of Universal Children's Day is to raise awareness towards the problems that children face like disabilities, minority issues, religion-based discriminations, being forced into child labor, not being allowed to have humanitarian access, attacks on children's schools and hospitals abduction of children, killing and maiming of children, recruitment of child soldiers and the effect of physical and psychological trauma on children.

Our Own Children's Day

Pandit Nehru was a great leader. He worked passionately for the welfare of children and youngsters soon after independence.

As a result in India, Children's Day is celebrated on 14 November, on the birthday of the first Prime Minister of independent India, who was fondly called Chacha Nehru (Uncle Nehru) or Chachaji (Uncle), and who emphasized the importance of giving love and affection to children, whom he saw as the bright future



of India. He wanted to enhance the progress of Indian youth for which he established education institutes like AIIMS, Indian Institute of Technology, IIM. To give him tribute, India celebrates this festival on 14 November, the day of his birthday.

The Children as the Future of India

We should see the children as the tomorrow. Their growth and development in the right order so that they become good citizens of India. In order to do all this there are many stakeholders and conditions that would count for the same. There are responsibilities from all levels of government, management, fraternity, parents and definitely children to be and are being planned and executed or getting ready to be. A mere 25 have been listed below:

1. A safe, secure and stimulating environment for growing and developing.
2. Inculcate the feeling of a positive self-image through education.
3. Develop personal, professional and social belongingness.
4. Develop cognitive abilities of communication - language; express creatively; awareness towards natural and cultural world around her/him and to address related issues in the interest of flora, fauna and nation building.
5. Develop healthy hygiene practices - personal, food and surroundings/workplace.
6. Develop social skills a sense of respect towards family, friends and work.
7. Develop aptitude from academia to support the society
8. Make new friends and learn to live along
9. Getting prepared for various life instances
10. Enjoy while you learn
11. Gain confidence
12. Promote emotional development
13. Take care of themselves and others
14. Show their concern to the needy - community wellness
15. Encourage inquisitiveness to enhance learning
16. Think and grow with healthy thoughts
17. Inculcate the positive and pro-active attitude
18. Have fun along with studies
19. Eat healthy and some exercise

20. Learn a skill along with knowledge
21. Improve reading, writing and analyzing skills
22. Learn to make choices
23. Understand the meaning of planning
24. Tend to develop motor skills, leadership skills, good speech, sportive approach
25. Children need our expectations and our ability to call out of them positive attributes

The incredible core about parenting is that we teach our children even when we don't mean to. We are under the impression that list of our own successes are important. It gives us a starting point of what our child is already learning from all of us knowingly or unknowingly especially what is important in his/her life to follow and succeed. It is the insight within the tiny toddlers and adolescents we should see to nurture the seed to grow to a plant and further to a tree a strong and meaningful tree of tomorrow, which could for the most minimum be a means of shelter. More than them it is important for us to understand that the precise nature of how they show their success isn't as important as how they carry out any task before them. They are meticulous; they have their plans just give them some wings to fly into the open skies - a concern that Chacha Nehruji did.

Pandit Jawaharlal Nehru himself was destiny's child. He struggled a lot for the welfare of India. It is believed that he admired two things a lot, red roses and children. His love and passion towards children is the reason why we celebrate Children's Day on his birthday.

We as teachers are sometimes graded by children, and it is obvious but what comes back after a while is the true concrete individual, who confesses to have learnt the lesson called LIFE through you. It is time to see that the student is enabling to get the best out of the teacher. Rightly said by Sean Junkins - So often you find that the students you are trying to inspire are the ones who end up inspiring you.

A day to be called YOURS, Love you Children.



SALLA VIJAY KUMAR
NATIONAL AWARD
WINNING LECTURER, IHMA

World Science Day for Peace and Development

This day is celebrated every year on 10th November'17 to maintain peace and development. It shows the importance of science in society. It also make the people known that what progress the science has done in the span of a year.

UNESCO encourages all organizations to celebrate this day with great enthusiasm just to spread the wave of science in day-to-day life. It asks the various organizations which are connected with science to celebrate this day in its own way. Especially academic institutions celebrate this day with great zeal.

There are some objectives to observe this day around the world. The main objective is to draw the attention of people for understanding the utility of science in day-to-day life. It enhances the unity both nationally and internationally. It promotes the nation to do the work of science at national and international levels.

It was started in the year 2001 and from that very period it has done the remarkable work in the field of science. World Science Day for Peace and Development has suggested many projects and slowly many projects are taking their shapes.



This is an era of science and many technologies have been invented to make the life of people more and more easy-going. Many science centers and museums have been established to promote the public awareness and activities. Students are also involved to put forward their scientific and technical projects.

Needless to say, such celebrations change the dimension of thinking of people. Every year a theme is selected

to do debate and that becomes the focal point of the conversation. Many posters and images of 'World Science Day for Peace and Development' had been created. Logo is also decided to draw the attention of people for the celebration of this day.

In fact, science helped the human beings to live a meaningful and comfortable life but if we look at the reality of life then one truth is perceptible that we move restlessly just like the pointers of



a clock with many hopes in our dreaming eyes. The same 'what to-do list' we make and follow. The difference is only this that now we do the work in a well-organized way in a speedy manner. No doubt, science is a boon if we accept it as 'something' and it's a bane if we consider it 'everything' because everything in this world starts with a pre-decided end and there is no way- out of it. Even the science is helpless to find out the solution.



DR. HEMANTKUMAR S. PANDYA
 Principal, Ahmedabad

RANN UTSAV

We see that Rann of Kutch is one of the biggest salt deserts in the world. Sometimes good for nothing becomes value for everything, same this expanded flat salt land has increased the beauty of the Kutch place and it is now a most enjoyable place for the visitors. Before its popularity, it was already the tradition of the place to display their culture and now it has become on the world wise display. As we say that everything is great in Gujarat so the great Rann of Kutch is known not only for its natural splendor but for its inhabitants also. Magnificent is the word, that one could simply use and glorify the natural beauty of Kutch. It is a carnival of music, dance, nature beauty of White Rann and much more then that when visit under the full Moon. It is the shimmering landscape that gives the enchanting moments of this Fest, which feels like as Heaven On Earth during Festival Time. In fact, it's a Family holiday destination to explore fun



moments and store in cameras for life time. It started from 1st November 2017 and will continue up to 20th February 2018.

It is, located in the State of Gujarat, is blessed with one of the most ecologically and culturally abundant landforms.

The government of Gujarat holds three month long festival during the season of winter.

This is not only a man made festival. It is a great exhibition of Indian

culture and art. This festival has become world famous for the hospitality of Kutch, wonderful tradition and language, beautiful landscape, unique 'Bhunga' and amazing art and crafts.

During this festival you can enjoy many things like Gulf cart, ATV ride, camel cart excursions, par motoring, mediation, yoga and above all Gujarati culture.

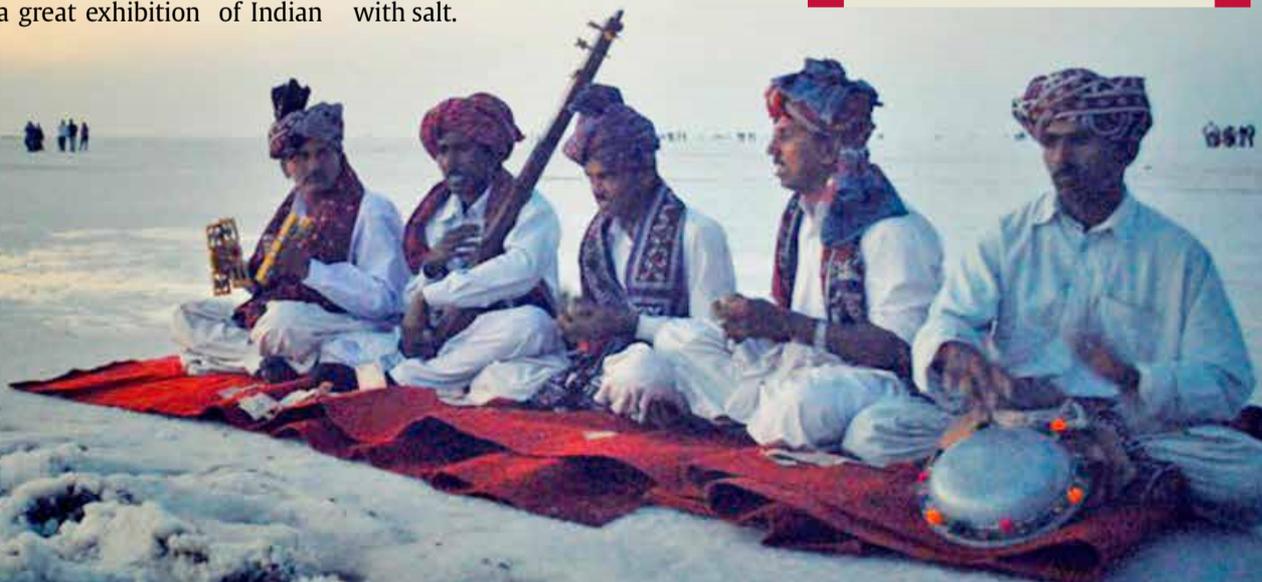
The Rann Utsav is a great opportunity to visit a superb landscape, covered with salt.

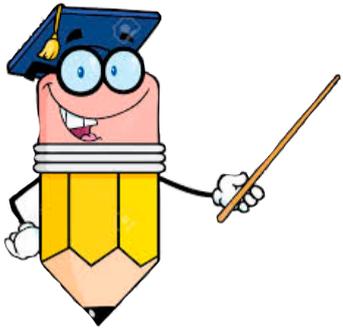
Accommodations and means are arranged in a tent village at Dhordo for the Rann Utsav. In this village you will find the incredible performances of culture dance, music, songs and hand-icraft demonstrations. The tourist are taken in camel cart to salt land. It is expanded in about 30,00 square km. of salt desert and seasonal marshland that lies between the Gulf of Kutch and the Indus river. The guest house in the Gate way to Rann resort are made in the traditional Bhunga style. They are made with mud and decorated with structure.

It shows you that if a man desires, he can create beautiful settings out of barren. It is not only a desert festival but it is a festival of the Indian culture. It is a festival of life.



KANALA DHARMENDRA
 TRUSTEE, RAJULA





TORCH YOUR TEEN TO RESPECT LAW AND AUTHORITY

NATIONAL LAW DAY

November 26 marks the anniversary of the drafting of the constitution by the constituent assembly in 1949. The President of the constituent assembly, Dr. Rajendra Prasad had signed it and declared it as passed.

When children understand the purpose of law and authority, they learn to respect it. So, how parents can help their child to honour and respect law and authority which is necessary to know to live in a civil society?

As the young children grow older, it become necessary that they learn to respect law and authority. Now in days of rebellions and protests, it is very common belief among growing youth to feel that there is no harm in disobeying the law. But, as a parent it is your duty to make your children aware that disobeying the law can land them in trouble.

Ways in which you can teach children to respect law and authority.

1. Illustrate the reason of obeying the laws

Illustrate to your teenagers why it is necessary for them to obey the law in their daily lives. Explain them how laws ensure the larger good of the society and the well-being of individuals. Point out with examples to them the consequences of breaking laws. Reasoning will make them understand the role played by laws is to make discipline in the society.

2. Teach them correct principles. Living together in a community requires a commitment to the rule of law.

What it means to live in society, that laws are made not on a desire but by our need of the society. We elect representatives after careful deliberation. We see even laws like speed limits are set after careful analysis and engineering review, more complex laws have even more made after deeper consideration and observant made with eagle eyed. So following the law is part of what it takes for people to live successfully in a community.

2. Be a role model

Children observe to what extent you obey and respect laws in your daily life. Your attitude towards law and authority demonstrate an important role in deter-



A child who is allowed to be disrespectful to his parents will not have true respect for anyone.

— Billy Graham

I believe that the fight against crime starts in the home. Parents must take responsibility for their children and show them love and guidance from an early age so they learn to respect the rights of others.

mining how your children perceive it.

It is not wrong in debating about laws that may not fulfill their objectives, but your criticism should be constructive. Otherwise, it may end up getting the wrong message.

3. Ensure them to obey discipline at home.

Guiding for law and authority starts early with how parents give the environment at home. When the family has its own culture and tradition rule, expectation is there to follow it. If you find home rule are false, you can talk

together as a family to examine it and potentially change it.

So make sure that to ensure that they follow the rules you have set for them at home. The rules at home will make them accustom to following the rules of the larger society. Similarly, you need to play an active part in ensuring that they diligently follow rules of school such as being punctual, wearing proper uniforms, following exam hall etiquette, and so on. When you go at public place, May it be a bus, a hotel, a bank a hospital, park or the library, teach them to abide by the rules in these places.

4. Stick for right way

Teach children to stick to values and to protest for what they think is right. But, at the same time, it is important to explain to protest for right way.. without resorting to acts, could damage public property. Encourage them to go for the right channel, officially asking them to address their grievances and follow-up to make sure for there actions.

5. Create opportunities for positive interaction with authority figures.

Arrange opportunities for your children to interact officials who enforce the law. Like, you can have a visit to the nearby police station where your children can spend some time with an officer who is willing to talk to them about the importance of laws.

Point out the good things that in-



charge officers take steps to prevent the traffic accidents, renders services anytime. Many emergency services are introduced. The more they can see authority personalities in a positive zone, the more they will prepare themselves to handle difficult situation with respect and courage. This will also help them understand the seriousness of the work done by these officials.

Learning to respect law and authority will help your children adjust easily and well in the society when they grow up. So, make sure you that you start laying strong foundations early on.

Change takes place, as we work hardly to encourage it, and our children will be better citizens as we treat authority figures with respect and as we teach them the importance of respect in a civil society.



MS. POONAM DWIVEDI
EDUCATOR, AHMEDABAD

When a child is born he is unaware of the special classification of humans on basis of being a believer or non believer. No one knows whether that child will grow up to become a non believer or a believer in God, what he becomes when he grows up depends on the parent how they define the term "god" to their children. when a child comes in contact with the outer world he hears some people telling that "oh! god is so great" and some of the refusing to believe in god so he gets confused whether to believe in something known as almighty. so it depends on the parents and the surroundings of the child that he becomes a non believer or a devotee of God. Actually there are two types of parents, one who forcefully makes the child believe in God while the others who don't care or it doesn't matter to them if their child believes in God or not.

So the consequence on the child of

RELATIONSHIP BETWEEN A CHILD AND GOD



type 1 are forced to believe in god. some kids may blindly believe in the unseen powers while some "maverick" kind of

children may end up being a complete non believe because they don't want to believe something without any proof. Many times parents tell their children that it is God who has helped you to fetch good marks; the intention of the parents is to tell that their is someone who supports them or gives them a hope but sometimes children stop working hard because of this and they start worshipping idols of God instead of worshipping their work and when they don't get the expected result they stop believing in that power.

The consequence on the child type 2 is

that he is not introduc to anyone who is there for him during his dark nights so if the child gets success anywhere then he starts thinking that it is he who has done it and so his self esteem gets a big boost but when the same child faces some problem or faces failure, he is incapable to overcome his failure and hence his confidence breaks down. so being a teenager and having faced these problems i think that the best option is that the child should be introduced to God as his/her friend(as i was introduced) and not as some governing body who keeps a watch on his every single action. A child should be told that God cannot do your work for you but can show you the right path and can support you on your every decision and not only a child but every human should be told that God is something or someone within everyone, You just need those eyes to see it. Happy learning.

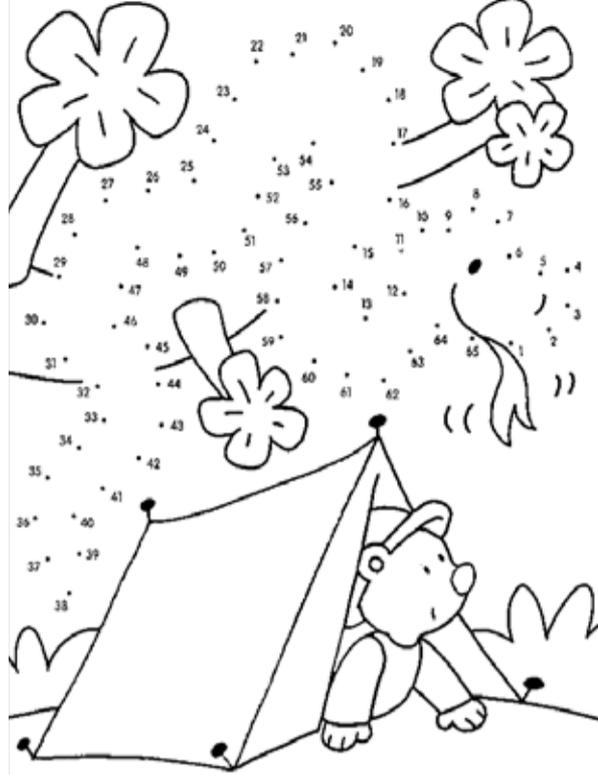
NIRJA OZA, LML SCHOOL

Match the vehicle with its name.



- Ship
- Sailboat
- Rowboat
- Submarine

Connect the dots



SUDOKU

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

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.

FIND THE DIFFERENCE



ANSWERS

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

Match the proper pair



Sorting and reasoning

Circle the thing that does not belong in each row.

- Row 1: Rocket, Car, Car, Excavator, Star
- Row 2: Fish, Boat, Truck, Bicycle
- Row 3: Monster, Monster, Monster, Cherry, Monster
- Row 4: Octopus, Bus, Crocodile, Ostrich
- Row 5: Horse, Monster, Sheep, Cow, Chicken
- Row 6: Shark, Fish, Crab, Crab, Car

Count the Zoo Animals



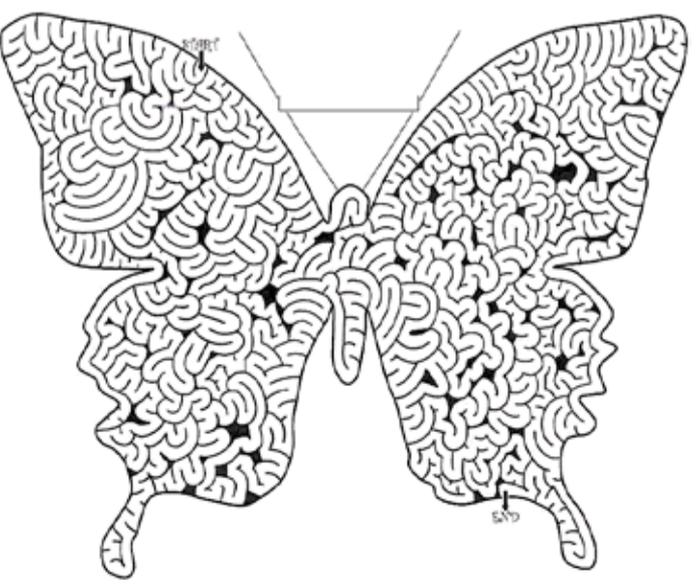
Add the pictures

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

Let's draw Abstract Face

1. Make guide lines. Start the head.
2. Draw the eye, nose and mouth.
3. Add the ears.
4. Draw the hair, start back, arms.
5. Draw bottom of leg.
6. Add the tail.
7. Draw the skirt in the dress.
8. Draw hair, arm, leg and background.

Find the way



Complete the following ball number bonds

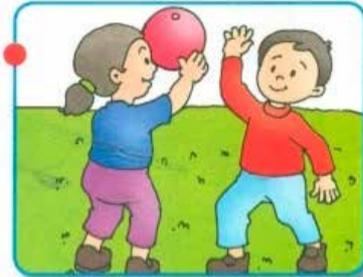


$\begin{matrix} 20 \\ \circlearrowleft \\ \circlearrowright \\ \circlearrowleft \\ 2 \quad 9 \end{matrix}$	$\begin{matrix} 20 \\ \circlearrowleft \\ \circlearrowright \\ \circlearrowleft \\ 6 \quad 7 \end{matrix}$	
$\begin{matrix} 20 \\ \circlearrowleft \\ \circlearrowright \\ \circlearrowleft \\ 5 \quad 8 \end{matrix}$	$\begin{matrix} 20 \\ \circlearrowleft \\ \circlearrowright \\ \circlearrowleft \\ 0 \quad 10 \end{matrix}$	$\begin{matrix} 20 \\ \circlearrowleft \\ \circlearrowright \\ \circlearrowleft \\ \quad 9 \quad 3 \end{matrix}$
$\begin{matrix} 20 \\ \circlearrowleft \\ \circlearrowright \\ \circlearrowleft \\ 6 \quad 5 \quad \circlearrowleft \end{matrix}$	$\begin{matrix} 20 \\ \circlearrowleft \\ \circlearrowright \\ \circlearrowleft \\ 9 \quad \circlearrowleft \quad 9 \end{matrix}$	$\begin{matrix} 20 \\ \circlearrowleft \\ \circlearrowright \\ \circlearrowleft \\ \circlearrowleft \quad 6 \quad 6 \end{matrix}$
$\begin{matrix} 20 \\ \circlearrowleft \\ \circlearrowright \\ \circlearrowleft \\ 9 \quad \circlearrowleft \quad 8 \end{matrix}$	$\begin{matrix} 20 \\ \circlearrowleft \\ \circlearrowright \\ \circlearrowleft \\ \circlearrowleft \quad 5 \quad 8 \end{matrix}$	$\begin{matrix} 20 \\ \circlearrowleft \\ \circlearrowright \\ \circlearrowleft \\ 5 \quad \circlearrowleft \quad 13 \end{matrix}$

How to behave in the company of friends



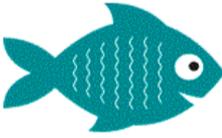
TICK (✓)
THE
GOOD
HABIT
AND
CROSS
(×) THE
BAD
HABIT.



Match the picture and word

	<table border="0"> <tr> <td>pizza</td> <td><u>rice</u></td> <td>pasta</td> </tr> </table>	pizza	<u>rice</u>	pasta
pizza	<u>rice</u>	pasta		
	<table border="0"> <tr> <td>pizza</td> <td>chicken</td> <td>pork</td> </tr> </table>	pizza	chicken	pork
pizza	chicken	pork		
	<table border="0"> <tr> <td>pasta</td> <td>bread</td> <td>rice</td> </tr> </table>	pasta	bread	rice
pasta	bread	rice		
	<table border="0"> <tr> <td>pizza</td> <td>pasta</td> <td>pork</td> </tr> </table>	pizza	pasta	pork
pizza	pasta	pork		

Under the sea word search



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H J E D F
P P I L
P E U Z
L E B D Q
S E P M I R H S P
S K H Y A V V H J H K
A A A
B R C D A U B H T N A S C A N
E R U B N A Q O X A L Q N I R S
E O A C R I M O J T V M O A H W U K
F C A C U S H R C E E P C P I P C B
P O L L U M A C K E R E L T O L W
R G A D B T R R A O T T E R
A A E A E U U D N C B M
L E S
R N L O O
S A Y D
C L A M
L L I R K
    
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- | | | |
|-----------|----------|--------------|
| ALGAE | EEL | SEA CUCUMBER |
| BARRACUDA | KELP | SEAL |
| BASS | KRILL | SHAD |
| BIVALVE | MACKEREL | SHARK |
| CLAM | MANATEE | SHRIMP |
| COD | OCEAN | SNAIL |
| CONCH | OCTOPUS | SQUID |
| CORAL | ORCA | TUNA |
| CRAB | OTTER | URCHIN |
| DIATOMS | RAY | |
| DOLPHIN | REEF | |

ART CORNER



SANCHAIYA PALAK
ROSARY, RAJOT



PRAKSHI SHAH
LITTLE FLOWER SCHOOL, DAHOD



RISHI SOLANKI
LML SCHOOL, AHMEDABAD

WINNER OF OCTOBER



TAKSHRAJ RAJPUT
Mother's Pet School



FUN WITH COLOURS

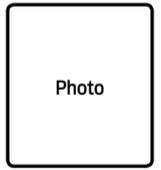
Gift for Best Coloring

Your drawing should reach us by 20/11/2017 at
The Open Page, 4th Floor, Vishwa Arcade, Nr. Akhbarnagar,
Nava Wadaj, Ahmedabad-380013

Name: _____

Name of School: _____

Std: _____ Mobile No.: _____



“ANIMALS ERA-THE REAL COMPANIONS”

“Every animal has his or her story, his or her thoughts, daydreams, and interests. All feel joy and love, pain and fear, as we now know beyond any shadow of a doubt. All deserve that the human animal afford them the respect of being cared for with great consideration for those interests or left in peace.”

Animals are not property or things but, rather, living organisms who are subject to a life and worthy of our compassion, respect and love.

What can you do on the animals?
THINK...

I've always been interested in animal behavior, and I keep reading about it because it's so surprising all the time - so many things are happening around us that we neglect to look at.



Most powerful way to support this event is to become vegetarian, which saves animals, helps the ecology, the planet and can improve your health. Another thing you can do is to stop buying goods made from animals like leather & fur and stop buying household things that are tested on animals.

Animals are a very important part of this world and our life depends on them and their lives on us. It is a cycle that should not be changed by humans. Birds are the most popular group in the animal kingdom. We feed them and tame them and think we know them. And yet they inhabit a world which is really rather mysterious.

These mute beings deserve to be loved and cared for because animals are the only ones who can love you more than they love themselves.



Space Era- Asgardia Space Nation

Asgardia the brain child of eccentric scientist the first space nation made by earthlings for the welfare of earth and humanity. The name Asgardia comes from the city of skies ruled by Odin from Valhalla in Norse mythology. It is declared as an independent nation and a future member of the United Nations. The project team consists of oracles (experts) around the globe. The team is led by Dr. Igor Ashurbeyli, a Russian scientist, a founder of Aerospace International Research Centre (AIRC) in Vienna. Who recently became the chairman of UNESCO's Science of Space Committee. The first Asgardia Satellite is to be planned and to be instigated on August 2017. One of the Asgardia's first projects will be the creation of a protective shield to protect humanity from space lumber including asteroids. The project will register 5,00,000 members by completion to help design nation's flag and insignia.

Vedant M. Buch, A.G. High School

ONE PROMISE

“To be always faithful”

A doctor is the person whom we have given the position of God in the society, And as God gave us the gift of life; it is up to us to give ourselves the gift of living well. It's my dream to do something good as a human for the society. I would like to chose the profession of a doctor, so that I can help the society

I am a student, My ambition is to be a doctor. Why I would like to become a doctor, because it is a noble profession. It is my childhood dream that I should always associate with patients and treat them.

To become a doctor I have to study hard and get good results. I have to dedicate a part of my life to this profession. It is a respected job. I like to wear doctor's uniform and handle the equipments.

In addition to graduation from medical school, licensure, and voluntary certification is needed, I also need certain soft skills, or personal qualities, to succeed in this occupation. These are some of the area where I have to develop myself to understand the patient.

I have to develop problem solving skill in me, I have to learn communication skills, excellent listening skills also I have to develop to understand the patients symptoms and I have to learn to show concern to their problems. I have to even develop the verbal communication skills so that I can explain diagnoses done to the patients and to their families and can convey the instructions and information about the treatment.

With the vision to help the people is my prime goal. I hope my hard work and my passion will lead this dream into reality.

Now I've been free, I know what a dreadful condition slavery is. I have seen hundreds of escaped slaves, but I never saw one who was willing to go back and be a slave... Harriet Tubman



HENA PATEL
SHREE SWAMI-NARAYAN INT. SCHOOL

“Take care of your body. It's the only place where you have to live”

Health is the greatest gift given by nature, To enjoy the glow of good health, you must try to know its value and should keep your self fit by doing exercise. Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.

Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity. Let's understand some benefits of the exercise.

- Exercise helps people to lose weight and lower the risk of some diseases.
- It maintains a healthy weight decreases a person's risk of developing certain diseases, including diabetes and high blood pressure.
- It improves mood as physical activity stimulates various brain chemicals that may leave you feeling happier and more relaxed.
- You may also feel good about your looks and yourself when you exercise regularly, which can boost your confidence and improve your self-esteem.



CHARMI PATEL
TRIPADA SINGAPORE INT. SCHOOL

- It boosts energy as when you do exercise, it delivers oxygen and nutrients to your tissues and helps your cardiovascular system to work more efficiently.
- It promotes better sleep, when you do regular physical activity, it can help you to fall asleep faster and deepen your sleep.
- It gives children to channelize their energy in right direction and increase their memory power.
- It benefits to digest the food. Keeps children active and removes laziness, boost their brain power.
- It gives relaxation response which helps to balance our mental function properly.
- It gives immunity to the children and make their heart strong.

So physical activities are a great way to feel better, to boost our health and to live life with fun.

Therefore in fitness, there are no short cuts. It involves immense discipline and hard work.

BORED



I don't know where to go
I don't know what to do
I'm all alone in my bed
With my feet up in the air
My brother is drawing
My mother is on a call



I'm still thinking about something to do
But my mind is blocked
My cousins are all downstairs
And I'm stuck in my room
I wish to go outside and play
But I'm afraid that I will fall
There are so many things I can do
But still I'm getting bored

—Prem Hariyani

BIRTHDAY WISHES

AISHWARYA RAI BACHCHAN

1 NOVEMBER 1973

Is an Indian actress, model and the winner of the Miss World 1994 pageant. Through her successful acting career, she has established herself as one of the most popular and influential celebrities in India. She has received numerous awards and accolades, including two Filmfare Awards from eleven nominations, and she was awarded the Padma Shri by the Government of India in 2009.



VIRAT KOHLI

Born on 5 November 1988, is an Indian cricketer and also the current captain of the Indian Cricket Test team as well as the India Captain on ODIs.

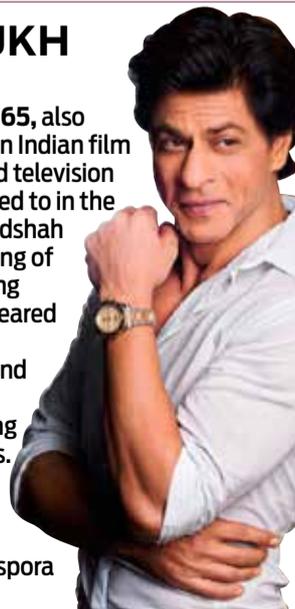
SURESH RAINA

Born on 27 November 1986 at the raw age of 18, a fresh-faced Suresh Raina broke into the Indian ODI squad with a reputation of possessing loads of talent. He is the captain of Gujarat Lions in the Indian Premier League, and was the vice-captain of the Chennai Super Kings.



SHAH RUKH KHAN

Born on 2 Nove 1965, also known as SRK, is an Indian film actor, producer and television personality. Referred to in the media as the "Baadshah of Bollywood", "King of Bollywood" or "King Khan", he has appeared in more than 80 Bollywood films, and earned numerous accolades, including 14 Filmfare Awards. Khan has a significant following in Asia and the Indian diaspora worldwide.



LIBRARIES: LET'S MAKE THEM Happening Places in our Schools!

From clay tablets to machine printed words to e-books – writing has changed many modes. But motive remains the same - that of conveying thoughts through various evolutionary methods and equipment.

The skill of reading printed word begins at childhood and goes well beyond adulthood. Enhancing of this skill takes place at various levels - at home with parents, in the class room with teacher and at library with the librarian. Therefore, home, school and library environment plays an important role in motivation reading.

School is the first step in the journey of education. Naturally school library plays pivotal role in developing reading habit among students. Research shows that a school librarian leads students to books and reading, successfully converting them to lifelong readers. Various strategies can be used in motivating students to take up reading as a virtue rather than a habit.

Schools which stress on compulsory library periods can make the most of their library collection. Ideally every school should design the time table in such a way that each



class gets minimum two library periods in a week. The first library period can be allotted as the issue/return period. The second library period can be the library activity period to optimize students' reading base. Some suggested activities in this direction are:

Loud Reading:

This activity can involve the librarian reading once a week to students of primary section. It can also comprise of book presentations, reviews and reports. A student or a group of

students can select a book and read it thoroughly and present the contents to their classmates in the library.

Silent Individual Reading:

This library activity period can be designated for silent reading by the students. Here the students can pick up the reading material of their choice and read individually.

Cooperative or Participative Reading:
This activity involves the grouping of students and be seated accordingly, in the library. Then these groups can be assigned a task based on a particular genre of resources. For example, solving puzzles, quiz, playing library treasure hunt, book interviews, etc.

Written Assignment based on Reading:

This activity of teaching information and library skills to the students can start with introduction of different parts of the book, fiction and non-fiction, different types of reference sources and their use, identifying the main elements of a story, reports on biographies,



classification system used in the library, etc. The students can be encouraged to maintain a library journal for the same.

Creating Awareness about Various Reading Materials:

Library Orientation at the start of the academic year, gives the students a fair idea as to what is available in the collection, how is it organized and how to access the collection. Exposing students to varied types of reading materials like books, magazines, newspapers, databases, etc. in the library equips to handle their information needs without much intervention by the teachers or parents. Helping the students to choose the right books is very important. Insisting the students to check the blurb, the font size, the table of contents, etc. will result in them choosing the right books.

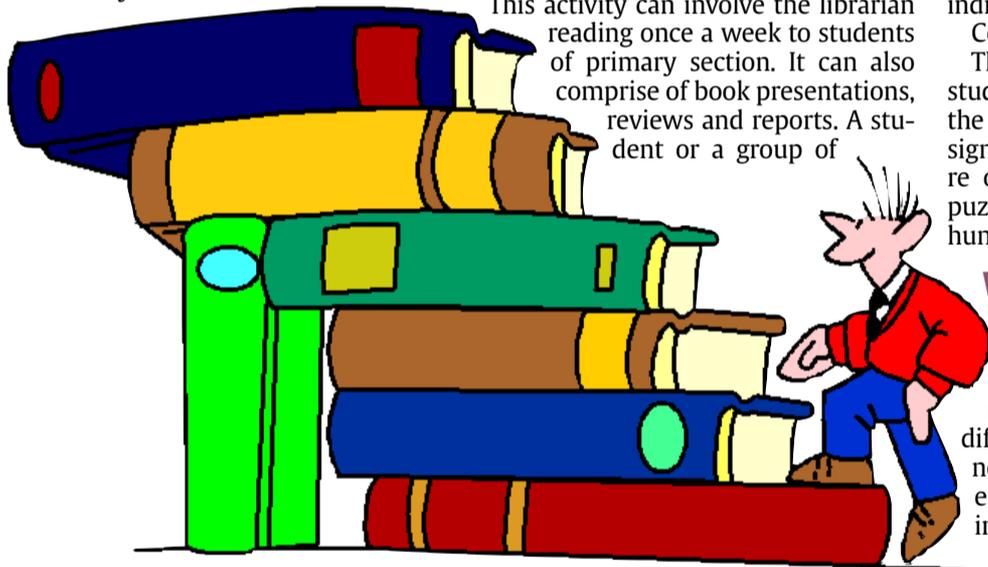
Reading Programmes and Events:

Another major initiative that can motivate reading in school libraries is the reading programmes. Celebrating events like International School Library Month, World Book Day, International Children's Literature Day, etc. initiate the students to take up reading in a big way.

Sincere efforts of the school librarian in inculcating reading as a virtue, by providing right resources to the right student at the right time can make libraries the most happening places in schools!



DR. RASHMI KUMBAR
ASSISTANT PROFESSOR,
AHMEDABAD



US officially said sending Human back to Moon

Apollo program was the project through which US put forward the human on Moon, Astronaut Neil Armstrong & Buzz Aldrin walked on the moon. Space exploration initiative was initiated by George Bush administration, in 1960 elected President Kennedy has a vision for NASA to be ahead of USSR for which he put forward the proposal to put Man on Moon, NASA was reorganized to effectively manage the Apollo program under effective cost control

- Till date from Apollo 1 to Apollo 17 has been launched
- It is journey from Moon to Mars and NASA is playing big role

As the exploration is going in space and red planet Mars has been explored by NASA it became vital vision of NASA to enhance its role in space exploration for which the strong foundation has to be laid in space with space station and human beings to remain for longer time in space thus it become critical for NASA to build space station at Moon to connect its self for longer time in space for exploration, NASA will develop sustainable program for the Moon exploration.



The space station will be stationed at moon will be the gateway for exploring new solar system

Speech by Vice President Mr. Mike Pence

Addressing to new advisory council vice president said that US space exploration policy has lost his vision and it has to get an edge for exploring the new planets existing in neighbour to earth orbit while Obama administration has

turn it down the trump administration look forward to Moon re-visiting.

Mr. Pence said that US space policy is to look beyond red planet, New leadership in NASA space and its recommendation will lead forward and shape the future of US space policy

Funding & Exploration

The funding of this mission and exploration strategy has not been discussed or stated by any agency, the last lunar vehicle

which landed at moon was Apollo 17 and astronaut remain on moon for 75 hours, it will be again a new plan by US space agency to reach new celestial places.

Innovative rocket design and reusability of it which link to new space agency will be discussed during space council meeting and space shuttle are to be developed in new way.

Commercial space business agency has to lead with new way of space technology to solve the challenges way ahead and removing the bottleneck in space exploration program.

Space council meeting will discuss the challenges and issues in funding and exploration strategy to move forward in the Goal of NASA and US space policy is to give new edge to its exploration and build a long-term strategy to remain ahead of other country working in space exploration.

NASA has planned Moon as the gateway for exploring solar system beyond the Mars with a goal to set new records in exploring new planets by 2024, it will be big challenge for astronaut and its equipment when they are move away International space station.

—Suman Joshi, Rajkot



ONE BOOK ONE PEN-TO make rainbow in the cloud

“Once, poets were magicians.— stronger than old hapless gods. And they will be strong once again.” —Greg Bear

Shre Harivansh Rai Bachchan was, the best poet born on 27 November 1907 and died on 18 January 2003, wrote many beautiful motivational and inspirational poems, those poems wrote by him must be felt with the heart. His name was a craze for audience and when ever shree Harivansh Rai Srivastava presented his poems on the stage, the audience get involved in such a way and gets new strength and new thoughts.

I would say that he was the role model even for me also whose poem has inspired me every now and then, in all ups and down of my life, He was a poet, an indirect world leader, through his words he has motivated many people, as neighbor he guided through his poem to keep hope in the life, He

was his boss in the poets filed. As a poet, he has given thought and idea which has given strength and power to believe in you! Believe in your abilities! But you have to take initiative and show yourself confident to own the powers and to become successful or happy.

The people whom you admire are giving you your most important life lessons. They are not success line but they are guideline.

He has been such an inspiration to many of the people. He was a well-known famous Indian writer and poet. His thoughts are well versed among the youth generation when it comes to reading about MOTIVATION & INSPIRATION. He was honored with Padma Bhushan Award, Saraswati Samman award and Sahitya Akademi Award for his notable achievements in the field of literature. at Allahabad in Uttar Pradesh born on 27th November 1907. Graduated from Allahabad University. He joined the Allahabad University as Research scholar, later as a lecturer in English Literature. He did his doctoral work and was the first Indian to acquire a Ph.d in English literature from Cambridge.

He believed in the discipline of reading.

The University being four miles away from the house Dr. Harivansh Rai Bachchan used to waste a lot of time walking home so he took up the habit of reading as he walked. Reading while walking slowed his pace but earned him valuable reading time and immense knowledge while getting to his destination. He was very particular of his dressing sense with precision to details from a personal growth point of view. Despite being a Hindi poet he had proven himself not only as a prolific Hindi poet but also as a good English teacher. If has to teach English to the class he ensured that he would wear English clothes and in English fashion in his appearance, his manners, and his hairstyle. He ensured that he will never stuff his cheeks with paan. He always followed his inner moonlight.

Dr. Harivansh Rai Bachchan's Poems are still considered “The gems of Hindi poetry”



Yaha sab kuch bikta hain,
dost rehna zara sambhal ke...

Bechhne wale hawa bhi bechh dete hai,
gubbaro mein daal ke...

Sachh bikta hain, jhoot bikta hain,
bikti hai har kahani...

Teen lok mein faila hai,
fir bhi bikta hain botal mein paani...

Kabhi phoolon ki tarah mat jeena,
jis din khiloge, toot kar bikhar jaoge...

Jeena hai toh pathhar ki tarah jiyo...

Jis din tarashe gaye, khuda ban jaoge...

—Harivansh Rai Bachchan



DR. JYOTI BHATT
FINANCE DIRECTOR (TET),
AHMEDABAD

“LITTLE GIRL WITH DREAMS BECAME WOMAN WITH VISION”

The most powerful Indian woman, Indira Gandhi was born on 19th November 1917 – and died on 31st October 1984, went confidently in the direction of her dreams and lived her life as she had imagined and given message to the world that future you dreams, is the future you find for you, Extent yourself to reach at height,. Dream deep, for every dream precedes the goal.

Indira Gandhi was a lady who has achieved her popularity not guarantee of her father but at the on the guarantee of the quality of the work done by her, Very soon she learnt to get along by herself and served her life as an Indian politician, She was the Prime Minister of India for about 15 years across two spells and is everywhere regarded as one of the most important woman personality in the history of South Asian politics.

She remains the 2nd longest serving Prime Minister of India ever, just behind her father Jawaharlal Nehru, the country's first ever Prime Minister. Indira Gandhi was well known for her inspiring speeches that she delivered all over the country. Some of her quotes are still repeated by politicians across party lines to this day due to their resonance.

She used to say to the country people.” I don't mind if my life goes in the service of the nation. If I die, every drop of my blood will invigorate the nation.

It was not smooth start for her also, when this courageous lady (no relation to Mohandas Karamchand Gandhi) was elected as an Indian Prime Minister in 1966, news has given a cover line to read, "Troubled India in a Woman's Hands." Those stable hands went on to guide India, not without controversy, for much of the next two decades through a period of decreased economic activity, shortage, the detonation of the nation's first atomic bomb, a corruption scandal and a civil war in neighboring Pakistan that, under her guidance, led to the creation of a new state, Bangladesh.

When we talk about her family background “Nehru-Gandhi family”, we believe that she was born with golden spoon and it was a great advantage to belong to such a royal family, which is largely true, but it may not have held true at all points. Indira did not gain too much on account of the DNA alone; it is fame after her 17-year effortful contribution towards nation which has enlightened her career and the next generations gained significantly from the legacy.

She always went ahead with her decisions, no matter how controversial it would be no matter who else thought them to be right or wrong, and doing what she thought and she wanted to do, what anyone else thought be damned.

India has achieved tangible suc-

cess through advancements of the Green Revolution. She introduced high-yield seeds and irrigation, eventually producing a surplus of grains. Moreover she led her country into the nuclear age with the detonation of an underground device in 1974.

In 1999, Indira was named "Woman of the Millennium".

Some days are just bad days, that's all !!! tears come from the heart to say that It's very sad when someone you know becomes someone you knew. On 31, October 1984, she was killed by her two bodyguards.

In the history of our country she has travelled as our great leader and achieved victory. She has worked out for country beyond our reach. She made the flames of creating positive deeds that flared up across the country, Given spark to woman that they are no behind and proved that inside every woman, there is a hidden power and ability.

She has worked hard for what she wanted and remained strong and courageous even if somebody puts her down or in critics. She just kept faith on her believing which turned out positive for the country people.



HANSHA UPADHYAY
PROJECT LEADER,
EDUCATOR'S AWARD

LEARNING THE REQUIRED AGE BASED SKILLS

FOR AGE 15 TO 20 YEARS

In previous to last month we have seen the age based skills set for age group 8 to 14 years, hope you must have taken note of it. Continuing further for the same, in this month I am sharing with you the required age based skills for age 15 to 20 years. Essentially this fall in the criteria of higher secondary and higher education especially from grades 10 to college. A school is always performing the task of developing the children's aptitude and attitude which also results in the development of skills. However, it is observed that in the present scenario of facilities and amenities, we as parents do not allow our children to perform certain tasks, as, the same are either professionally carried out or done by others, like, maid or servants. The school always makes efforts to teach the children what is right and needed, however, due to parental care and affection at times the children are devoid of the relevant practical exposure of the same. This renders the child devoid of developing global citizens. As parents we should see that we allow our children to perform the tasks that help develop good skills and attitude. Please find below the list of such tasks that can be done/performed by such age group. The list is however, exhaustive and may have missed out a few of tasks, you may please amend it at your end and make use of it.



AGE BASED SKILLS FOR AGE 15 TO 20 YEARS

Does your child aged between 15 to 20 years possess these skills?

Self-Management, Interest and Sensitivity

- Does your child know how to sweep & wipe the floor? Which type of broom stick to be used for different types of floor?
- Does your child know how to clean toilet & bathroom? Does he/she know when to use soap, detergent, acid and such cleansing agents?
- Does your child know how to wash clothes? How to wash different types of cloths like wool, cotton, silk, etc.?
- Does your child know how to clean-up kitchen and utensils? How to treat burnt vessels and how to clean oily and sticky vessels?
- Does your child know the use of cooker, mixer, washing machine, dish washer, iron, etc.?
- Can your child cook for self? Does he/she know cooking or warming up cooked food so as to serve the self?
- Can your child purchase vegetables, groceries from the market? Is he/she aware of the cost / price of the vegetables and certain groceries?
- Can your child stitch a torn cloth? Can he/she stitch a button?
- How to cover the books? To make appropriate use of gum-stick?

- Can your child cover up an article using cover paper?
- Can your child combine and bind up unused papers into a book?
- Can your child make his/her own bed? Can he/she prepare the bed for a guest?
- Does your child know to properly pack a bag? Can he/she fill a bag so that the articles are safe inside?
- Does your child know how to fold the clothes properly to be put in the rack?
- Can your child help you in cleaning the house? Does he/she feel that one should help parents in cleaning up the house or rooms?
- Does your child have interest in reading, writing, drawing, music, etc.? Does he/she enjoy such activities?
- Does your child have sensitivity towards nature, environment, other creatures, pets and fellow beings?
- Can your child respond to happy and sad events? Does he/she know how to behave when happy or sad? Does he/she have sensitivity towards others sufferings?
- Does your child prefer to walk to a nearby area rather than using the vehicle?
- Does your child have necessary emotional intelligence for not to get too sad or depressed? Does your child have sportsman spirit?

Family Responsibility

- Is your child sensible enough to help the brothers or sisters of same or younger age?
- Does your child have sympathy towards elders?
- Is your child aware to be helpful in small or big events of family inside

- or outside the house?
- Can your child let go with friends or relative in silly issues?
- Can your child easily and comfortably talk with close or distant relatives?
- Is your child aware about the socio-economic status of the family? Does he/she have the sensibility to choose a career accordingly?
- Is your child aware about the financial status of the family? Can he/she control the temptations of buying new things accordingly?
- Does your child think positive for family, society, city or nation? Is he/she having the spirit of patriotism?
- Does your child take interest in the family function or celebration? Does he/she have the approach to be helpful in such function or gathering?
- Can your child willingly and easily report the day's events without any hesitation?

School work and education

- Does your child follow the rules of the school / college?
- Can your child establish comfortably with peers and colleagues?
- Can your child behave politely with teachers and school staff?
- Can your child gracefully put his/her point forward in a group or class?
- Does your child like to participate in co-curricular or extra-curricular activities of school? Does your child participate in the national events and days?
- While going on an educational tour or day out does your child observe the events properly? Can he/she write up the day's journal accordingly?

- Considering the school or college as a second home does your child use the property with proper care?
- Does your child inform at home about the instructions given at school /college? Does your child have respect for the school / college?
- Does your child do the homework allotted by the school sincerely?
- Does your child enjoy the silly tasks of the school or college?

Understanding and knowing the children is a hard task and a practice of parents skill and it is necessary to develop it, so that at the time of need we can give proper and right direction to them.

All the children develop at different paces, so it's important to go with how interested they are and their maturity level as well as their age. But the age ranges below can help you get a sense for when your children will be developmentally ready to acquire the new skill. After all, you don't want to suddenly find yourself with a college-aged kid who doesn't know proper hygiene. It happens, but if you want your kid to be more independent and confident when they step out into the real world, teach them these skills.

Make them learn to enjoy every minute of your life. Make them to remain positive nature in nature for developing in right direction. . Don't wait for something outside sources to come and make them learn for the future. Think how really precious is the time you have to spend, whether it's at work or with your family.



DR. VISHAL VARIA
EDUCATIONIST, RAJKOT



Introduction:

Cyber Bullying is defined as a young person tormenting, threatening, harassing, or embarrassing another young person using the Internet or other technologies, like cell phones. The psychological and emotional outcomes of cyber bullying are similar to those of real-life bullying. The difference is, real-life bullying often ends when school ends. For cyber bullying, there is no escape. And, it's getting worse.

The Effects of Cyber Bullying.

Victims of cyber bullying may experience many of the same effects as children who are bullied in person, such as a drop on grades, low self-esteem, a change in interests, or depression.

However cyber-bullying can seem more extreme to its victims because of several factors:

- It occurs in the child's home. Being bullied at home can take away the place children feel most safe.
- It can be harsher. Often kids say things online that they wouldn't say in person, mainly because they can't see the other person's reaction.
- It can be far reaching. Kids can send emails making fun of someone to their entire class or school with a few clicks, or post them on a website for the whole world to see.

Where does cyber bullying commonly occur?

Cyber bullying occurs across a variety of venues and mediums in cyberspace, and it shouldn't come as a surprise that it occurs most often where teenagers congregate. Initially, many kids hung out in chat rooms, and as a result that is where most harassment took place. In recent years, most youth are drawn to social networking websites (such as Face book) and video sharing websites (such as YouTube). This trend has led to increased reports of cyber bullying occurring in those environments. Instant messaging on the Internet or text messaging via a cell phone also appear to be common ways in which youth are harassing others. We are also seeing it happen with portable gaming devices, in 3-D virtual worlds and social gaming sites, and in newer interactive sites such as Form spring and Chat Roulette.

What are the biggest challenges in the fight to stop cyber bullying?

There are two challenges today that make it difficult to prevent cyber bullying. First, many people don't see the harm associated with it. Some attempt to dismiss or disregard cyber bullying because there are "more serious forms of aggression to worry about." While it is true that there are many issues facing adolescents, parents, teachers, and law enforcement today, we first need to accept that cyber bullying is one such problem that will only get more serious if ignored.

The other challenge relates to who is willing to step up and take responsibility for responding to inappropriate use of technology. Parents often say that they don't have the technical skills to keep up with their kids' online behavior; teachers are afraid to intervene in behaviors that often occur away from school; and law enforcement is hesitant to get involved unless there is clear evidence of a crime or a significant threat to some-

"Cyber Bullying" A Crime



SOME FACTS

1. Nearly 43% of kids have been bullied online. 1 in 4 has had it happen more than once.
2. 70% of students report seeing frequent bullying online.
3. 68% of teens agree that cyber bullying is a serious problem.
4. 81% of young people think bullying online is easier to get away with than bullying in person.
5. 90% of teens who have seen social-media bullying say they have ignored it.
6. Only 1 and 10 victims will inform a parent or trusted adult of their abuse.
7. Girls are about twice as likely as boys to be victims and perpetrators of cyber bullying.
8. About 58% of kids admit someone has said mean or hurtful things to them online. More than 4 out 10 say it has happened more than once.
9. Bullying victims are 2 to 9 times more likely to consider committing suicide.
10. India ranks 3rd in Cyber Bullying cases around the world.

one's physical safety. As a result, cyber bullying incidents often slip through the cracks. Indeed, the behavior often continues and escalates because they are not quickly addressed. Based on these challenges, we collectively need to create an environment where kids feel comfortable talking with adults about this problem and feel confident that meaningful steps will be taken to resolve the situation.

(Signals) Warning signs that might indicate when cyber bullying is occurring?

A child or teenager may be a victim of cyber bullying if he or she: unexpectedly stops using their computer or cell phone; appears nervous or jumpy when an instant message or email appears; appears uneasy about going to school or outside in general; appears to be angry, depressed, or frustrated after using the computer or cell phone; avoids discussions about what they are doing on the computer or cell phone; or becomes abnormally withdrawn from usual friends and family members.

Similarly, a child or teenager may be engaging in cyber bullying behaviors if he or she: quickly switches screens or closes programs when you walk by; gets unusually upset if computer or cell phone privileges are restricted; avoids discussions about what they are doing on the computer or cell phone; or appears to be using multiple online accounts.

(Parents Role) What can parents do?

Parents must educate their kids about appropriate online behaviors (and kids must follow these guidelines!). They should also monitor their child's activities while online – especially early in their exploration of cyberspace. This can be done informally (through active participation in your child's Internet experience, which we recommend most of all) and formally (through software).

Cultivate and maintain an open, candid line of communication with your children, so that they are ready and willing to come to you whenever they experience something unpleasant or distressing when interacting via computer or cell phone. Teach and reinforce positive morals and values that are taught in the home about how others should be treated with respect and dignity.

Parents may also utilize an "Internet Use Contract" and a "Cell Phone Use Contract" to foster a crystal-clear understanding about what is and is not appropriate with respect to the use of technology. Within these documents, both the child and the parent agree to abide by certain mutually-acceptable rules of engagement. To remind the child of this pledged commitment, we recommend that this contract be posted in a highly visible place (e.g., next to the computer). When there are violations to this contract, immediate consequences must be given that are proportionate to the misbehavior, and that leave an impact.

Kids need to learn that inappropriate online actions will not be tolerated. Victims of cyber bullying (and the bystanders who observe it) must know for sure that the adults who they tell will intervene rationally and logically, and not make the situation worse.

(School Role) What should schools do to respond to cyber bullying?

Students should already know that cyber bullying is unacceptable and that the behavior will result in discipline. Utilize school liaison officers or other members of law enforcement to thoroughly investigate incidents, as needed, if the behaviors cross a certain threshold of severity. Once the offending party has been identified, develop a response that is commensurate with the harm done and the disruption that occurred.

School administrators should also

work with parents to convey to the student that cyber bullying behaviors are taken seriously and are not trivialized. Moreover, schools should come up with creative response strategies, particularly for relatively minor forms of harassment that do not result in significant harm. For example, students may be required to create anti-cyber bullying posters to be displayed throughout the school. Older students might be required to give a brief presentation to younger students about the importance of using technology in ethically-sound ways. The point here, again, is to condemn the behavior while sending a message to the rest of the school community that bullying in any form is wrong and will not be tolerated.

(Youngsters Role) What can youth do?

Most importantly, youth should develop a relationship with an adult they trust (a parent, teacher, or someone else) so they can talk about any experiences they have online (or off) that make them upset or uncomfortable. If possible, teens should ignore minor teasing or name calling, and not respond to the bully as that might simply make the problem continue. It's also useful to keep all evidence of cyber bullying to show an adult who can help with the situation. If targets of cyber bullying are able to keep a log or a journal of the dates and times and instances of the online harassment, that can also help prove what was going on and who started it.

Overall, youth should go online with their parents – show them what web sites they use, and why. At the same time, they need to be responsible when interacting with others on the Internet.

For instance, they shouldn't say anything to anyone online that they wouldn't say to them in person with their parents in the room. Finally, youth ought to take advantage of the privacy settings within Face book and other websites, and the social software (instant messaging, email, and chat programs) that they use – they are there to help reduce the chances of victimization. Users can adjust the settings to restrict and monitor who can contact them and who can read their online content.

(Police Role) What can law enforcement do?

Officers can talk to parents about their child's conduct and express to them the seriousness of online harassment.

Even though they can speak to students in classrooms about cyber bullying and online safety issues more broadly in an attempt to discourage them from engaging in risky or unacceptable actions and interactions. They might also speak to parents about local and state laws, so that they are informed and can properly respond if their child is involved in an incident.

CONCLUSION

Cyber bullying can be a complicated issue, especially for adults who are not as familiar with using the Internet. But like more typical forms of bullying, it can be prevented when kids know how to protect themselves and parents are available to help.



Be schooled with Amazing facts

1. We can produce laser light a million times brighter than sunshine.

2. The oceans contain enough salt to cover all the continents to a depth of nearly 500 feet

3. Polar Bears can run at 25 miles an hour and jump over 6 feet in the air.

4. 60-65 million years ago dolphins and humans shared a common ancestor.

5. The temperature on the surface of Mercury exceeds 430 degrees C during the day, and, at night, plummets to minus 180 degrees centigrade.

6. The evaporation from a large oak or beech tree is from ten to twenty-five gallons in twenty-four hours.

7. Elephants sleep standing up during non-REM sleep, but lie down for REM sleep.

8. The lungs contain over 300,000 million capillaries (tiny blood vessels). If they were laid end to end, they would stretch 2400km (1500 miles).

9. Human bone is as strong as granite in supporting weight. A block of bone the size of a matchbox can support 9 tonnes – that is four times as much as concrete can support.

10. Each finger and toenail takes six months to grow from base to tip.

11. Each kidney contains 1 million individual filters. They filter an average of around 1.3 liters (2.2 pints) of blood per minute, and expel up to 1.4 liters

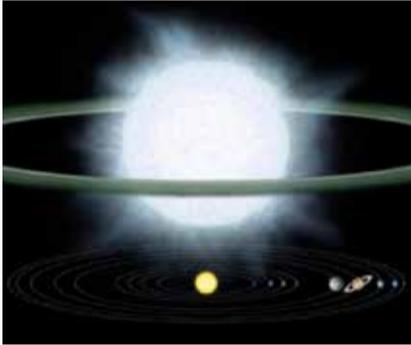
(2.5 pints) a day of urine.

12. A single human blood cell takes only 60 seconds to make a complete circuit of the body.

13. The Earth is, in fact, not really round. It is called an oblate spheroid meaning it's slightly flattened on the top and bottom poles.

14. If you could evaporate all the water out of all the oceans and spread the resulting salt over all the land on Earth, you would have a five hundred-foot layer coating everything.

15. The largest inland sea (or, sometimes called a lake) is the Caspian Sea which is on the border of Iran and Russia.



PALAK PANEER PULAO

INGREDIENTS:

- Rice (any brand you use) : 250 gms (soaked) lengthwise)
- Spinach leaves fresh: 250 Grams (blanched) ■ Onion: 1 no. (sliced)
- Paneer: 100 Grams (cubes or grated) ■ Ginger Garlic Paste: 1 Tbsp
- Green Chilly: 2-3 (slit) ■ Cinnamon: 1" inch
- Bay leaf: 1 no.
- Saunf ; 05 gms
- Star Anise: 1/2

To taste

- Red Chilly Powder
- Coriander Powder
- Turmeric
- Salt
- Oil – wee bit

To top

- Coriander Leaves
- Lemon Juice
- Cashewnut
- Grated paneer

Method

1. Soak rice for 15 minutes, drain water and keep it aside
2. Wash, destem and blanch Spinach leaves
3. This can be chopped fine or pureed in a mixer
4. Heat oil the whole spices followed by onions and ginger garlic paste and fry well.
5. Add paneer cubes or grated saute for a minute
6. Add powdered spices and spinach chopped or pureed
7. Add soaked drained rice, mix well and fry on medium to high heat for 3-4 minutes.
8. Add hot water, salt, close the lid and cook till done.
9. Finally add lemon juice, coriander leaves, grated paneer, cashew as you like
10. Can be accompanied with raita or salad
11. Can add Curd, pudina and tomato while preparing PP Biryani
12. Please note the paneer can be replaced with boiled american corn.



Chef Salla Vijay Kumar - IHMA



GARLAND POSE

BENEFITS

- Malasana stretches the thighs, groin, hips, ankles, and torso. It tones the abdominal muscles and improves the function of the colon to help with elimination. This pose also increases circulation and blood flow in the pelvis, which can help regulate sexual energy. Malasana improves balance, concentration, and focus. Malasana is particularly beneficial for women who are pregnant, as it can later aid in childbirth.

DESCRIPTION

- Begin by standing at the top of your mat in Mountain Pose (Tadasana), with your arms at your sides. Step your feet about as wide as your mat.
- Bend your knees and lower your hips, coming into a squat. Separate your thighs so they are slightly wider than your torso, but keep your feet as close together as possible. If your heels lift, support them with a folded mat or blanket.
- Drop your torso slightly forward and bring your upper arms to the inside of your knees. Press your elbows along the inside of your knees and bring your palms together in prayer position (Anjali Mudra). Work toward bringing your hands to your heart center and your forearms parallel to the floor.
- Lift and lengthen your torso, keeping your spine straight and shoulders relaxed. Shift your weight slightly into your heels.
- Hold for five breaths. To release, bring your fingertips to the floor. Then, slowly straighten your legs and come into Standing Forward Fold (Uttanasana).



HAPPY CHILDREN'S DAY



A Sensitive soul sees the world through the lens of love - Wish you a happy Children's Day to all young learners

—Dr. Pratiksha Parikhi, Academic Directors, TET, Ahmedabad

KNOCK YOUR SELF

1. What is the theme of 2017 International Women's Day (IWD)?

- A. Women's History Month
- B. Equality for Women is Progress for All
- C. Planet 50-50 by 2030: Step It Up for Gender Equality
- D. Women in the Changing World of Work: Planet 50-50 by 2030

2. Which bank has launched India's first Artificial Intelligence (AI)-based banking chatbot "Electronic Virtual Assistant (EVA) for customer service?"

- A. ICICI Bank
- B. HDFC Bank
- C. Axis Bank
- D. SBI

3. Which Indian airport has been ranked 2nd globally in the over 40 million passengers per annum category, as per the Montreal (Canada)-based Airports Council International 2016 rankings?

- A. Indira Gandhi International Airport
- B. Chhatrapati Shivaji International Airport
- C. GMR Hyderabad International Airport
- D. Rajiv Gandhi International Airport

4. Which union minister has inaugurated the International Yoga Fest (IYF) in New Delhi?

- A. Narendra Modi
- B. Raj Nath Singh
- C. Arun Jaitley
- D. M Venkaiah Naidu

5. Who is the author of the book "The Secret Diary of Kasturba"?

- A. Neelima Dalmia Adhar
- B. Aruna Chakravarti
- C. Som Sharma
- D. Narendra Verma

6. India's longest cable-stayed bridge across river Narmada is situated on which National Highway (NH)?

- A. NH-1
- B. NH-5
- C. NH-2
- D. NH-8

D, B, A, D, A, D
ANSWERS

ACTIVITY ORGANIZED BY SVS ENGLISH SCHOOL



Mother's Pet SVS English School organized an academic activity Model United Nations for Grade 5 & 6 students.

The activity was aimed to make the students learn about-research work, public speaking, debating, critical thinking, team work and to enhance leadership



IT'S A PROUD MOMENT FOR EVERY LMLITE!



ASISC National Volleyball Championship was held at Kottaijiri, Coimbatore, Tamil Nadu. Girls played back to back matches in two days. The matches were held on 6th & 7th October 2017. The final match was on 7th October. The girls' team skillfully conquered and climbed the stairway to victory by winning league matches over the teams of:

- Madhya Pradesh (25/10 & 25/7),
- Andhra Pradesh & Telangana (27/25 & 25/13),
- Karnataka (25/21 & 25 & 18), and
- Punjab (25/10 & 25/8).

Thus, Gujarat qualified for semi finals with top position in the league.

Later, in the league matches, in semi finals, girls team conquered a victory over Uttar Pradesh (27/25 & 25/11) and reached the finals.

Eventually, the Gujarat girls won the finals against Tamil Nadu (25/23, 18/25 & 25/22).

B-KANAE SCHOOL : GIVING WINGS TO SPORTS



B-KANAE School, Modasa, was honoured on 28th September 2017 in Nadiad by the Honourable Education Minister Shri Bhupendrasinh Chudasama in the presence of many other dignitaries adorned the awarding ceremony. The school was awarded a cheque of Rs. 1,50,000 (Rupees One Lakhs Fifty thousands) and a certificate of the best school in sporting events in Aravalli District.

The achievement of the school was acknowledged and appreciated by the President of Modasa Education Society, Shri Bipinbhai Shah, Vice President Shri Kanubhai C. Shah, Treasurer Shri Krishnajivan M. Shah, Trustees and all management authorities, the school Principal Shri Kundansinh D. Rathore. All the winning students who were instrumental in making thus happen and also their coach and the school P.E. Teacher Shri Devendra Leva were congratulated on this memorable achievements this kudos to B-Kanae school

ADVENTURE CAMP - AT A.A.R.T.I



Tripada school students from THS, TDS & TIS 70, students scout troop have experienced one night stay adventure camp at A.A.R.T.I, Alua hills Gandhinagar.

HERO OF LML SCHOOL



Kuljot Bakshi (class VI) of Lalji Mehrotra Lions School participated and won 'Gulmohar Gujarat Interschool Golf Championship' in Category 'C', on 8th October, 2017 at Sanand. The championship was organised by GO Golf association and the title sponsor was BMW Parsoli motors. He was awarded a trophy and a gift voucher of Rs. 1000. He has donated the trophy to our school.

RACK YOUR BRAIN - REFLECTIONS



Q. When you walk around your school, do you feel that all the adults working there have student safety at the top of their minds?



1. "Really, as a parent, I would be thinking to much for my kid, But yes, adults working there realize their responsibility, would like to share one case: One day my child was left by private van wala, from the school I received a call informing to pick her . Within 20 minutes of the time I was there in school and found that she was sitting under the inspection of an incharge person safely.
 —Babita Mishra, Ahmedabad

2. In the interest of student safety, it is found that in spite of all safety sometimes un happenings takes place because the rules made may be taken in casual way. It was said by the school to wear school dress only for picnic, but my child insisted to go in free dress. Don't know how, he was lost there for 1 hours, but then as instruction given by his sir that in case, if you find your self apart from your group, call on my mobile and don't move from that place. He did the same with help of one gentleman and team found him back. Here I feel all the adults working there have student safety of their mind.
 — Aarti Kansara, Mumbai

WE INVITES YOU TO JOIN THE JUNGLE TREKKING & ADVENTURE CAMP



1 DAY / NIGHT CAMP



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