

# The Open Page

## Inspire Learning

ISSN 2347-162X

RNI No. GUJENG/2002/23382

AHMEDABAD, THURSDAY, SEPTEMBER 10, 2020 VOL.20, ISSUE-7

www.theopenpage.co.in

facebook.com/theopenpage

TOTAL PAGE -12 ▶ INVITATION PRICE: ₹30/-

The Open Page, 23, Suryakunj Society, Nr. Nutan School, Prabhat Chowk, Ghatlodia Ahmedabad - 380061 | Ph : 9586022210

## INSIDE

### Cheese Fondue



Bring the apple juice to a simmer in a medium saucepan over medium heat. Toss the Gruyere and cornstarch in a medium bowl. **p6**

### Ganesh Chaturthi



Ganesh Chaturthi is a Hindu festival which holds utmost importance in the religion. **p8**

### 2020 Season Schedule



**p9**

### Digital Health for Children...



Education is necessary for all to create, collaborate and communicate about a healthy society. **p12**

# SCHOOL ACTIVITIES DURING ONLINE CLASSES



**Ms. Stella D'costa**

Grade 1

St Kabir School, Navrangpura

In the wake of Covid-19 pandemic, the government of India had declared a total lockdown. Even the most patient people would have their limits tested as they were forced to stay indoors and were wondering about lockdown activities to keep kids engaged.

"Kids' mental health could be affected by quarantine and social distancing, and could lead to certain phobias. It was very important to keep life as normal and a routine would be helpful,"

Children are the most vulnerable section of society they were forced to be at home day in and day out. They are free-spirited and like to go out and play and interact with their mates. They dislike staying indoors too long. Online schooling has helped to keep children engaged during lockdown with productive quarantine activities.

This could be done by engaging them in activities that are fun learning opportunities.

Attending online classes everyday has become the 'new normal' for students during the lockdown in India. As schools were shut because of the lockdown to stop the spread of corona virus, online class have taken centre stage in students' life

Despite the lockdown, timely steps had been taken to continue the flow of education by holding online classes for students. Interestingly, these online classes have helped students during lockdown more than ever before. Here's how they don't need to run to school daily. They can study and learn at the cozy ambience of their home and submit their assignments online. In online classes, there is less physical activity and more mental activity which makes students more academic oriented.

Another positive effect of online education is students have become more tech-savvy. They got to know more about various apps and pro-



grams. Apart from academic learning, there is so much of technological learning happening in students during lockdown. Their knowledge about computers, smartphone/mobile phone, radio and television are getting enhanced. We are moving towards Shree Narendra Modi's Digital India.

Here are a few activities to keep kids busy during lockdown:

#### 1. Practice and teach yoga

One of the easiest and healthiest things for kids is to make them practice Yoga daily. The age-old discipline is great for improving overall health and keeps the energy levels high a necessity during these times!

It is also a great opportunity to teach your children the importance of having good health. If they learn to follow the discipline young, they will stay healthy all their lives.

#### 2. Do some art

By involving kids in art and craft, not only do they pass the time easily but they also get wings to their creativity.

Making easy, simple craft projects can help children bring out their artistic talents and sharpen their minds.

#### 3. A cooking class

This quarantine is a great time to teach little chefs some simple dishes that they

can make for themselves. Which child could be next master chef who knows?

#### 4. Craft project

Craft is always a good idea if you want to keep the kids busy while they're at home. 5. Make Math Fun

Math can be hard, but math at home can be a little less stressful. This is especially true when we allow kids to learn things like through play.

#### 6. Build with Lego

Lego toys are a lot of fun which is why they are so popular among children but sneakily, they also teach the fundamentals of physics. Start with simpler structures and as the kid begins to get hold of the concept and then move towards more advanced ones.

This will seem more fun than educational to them, but little do they know the levels of creativity that are being encouraged through the process. This activity can also improve fine motor skills, problem-solving and other areas tied to overall brain development.

#### 7. Creative along with learning

Creativity is something many children are born with, but this can also be encouraged through immersion. Feed their imagination by teaching them what a pencil and a paint brush can do. Learning some good values along with creativity



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

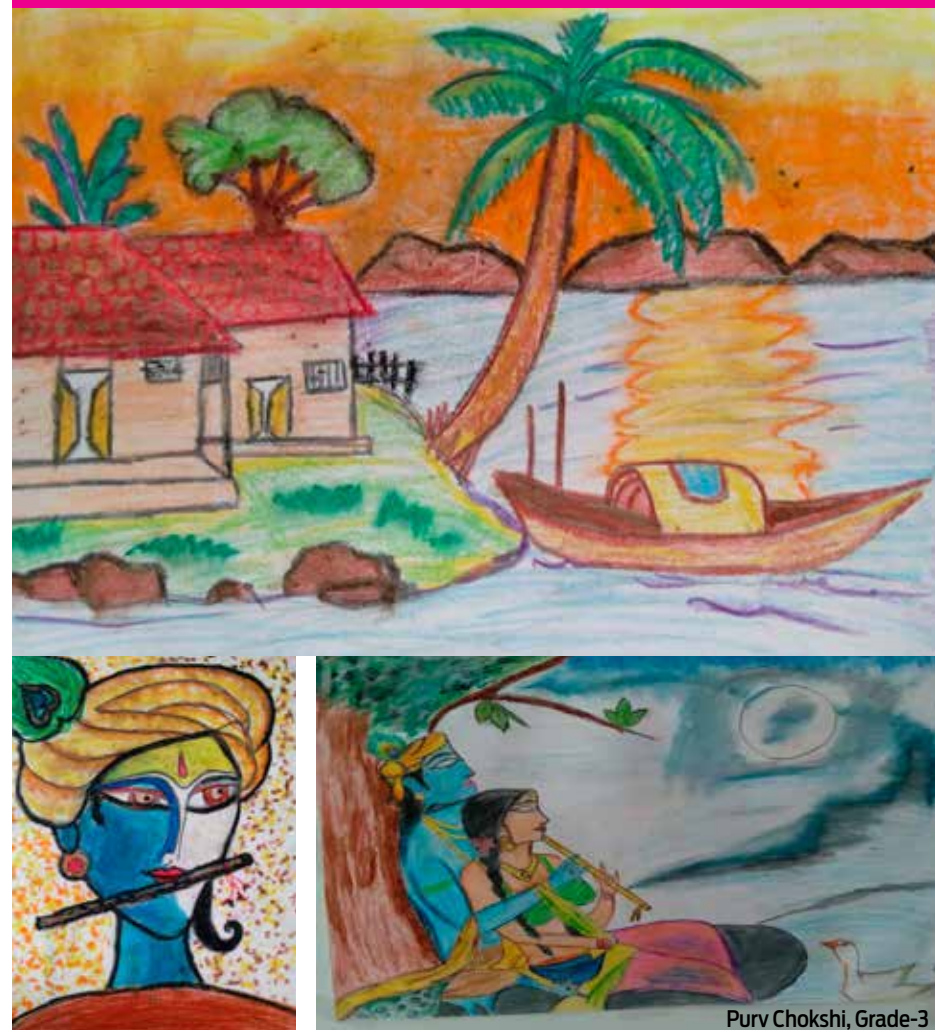
## Ganesh Chaturthi Celebration by Various Schools



## Teachers Day Celebration by the Students of Tender Touch School



## Tripada Gurukulam English School





## Various Activities by the Students of CCIS SG Campus



## Online Celebrations at LML School



(Report on Green Colour Day celebration, Friendship day celebration and Rakhi Making activity by Kindergarten Students of Lalji Mehrotra Lions School (LML School).

During last month, the students of Kindergarten participated in Green Colour Day celebration wherein the students of Jr KG used their artistic skills by doing leaf printing on pot/bottle. The students of Sr KG created images of animals by using leaves.

During this period, students also participated in Rakhi Making activity wherein they followed the instructions given in Zoom meeting to make Rakhis with colour paper and string.

The students of Jr KG and their Parents created a wonderful video staying at homes, students received and handed over friendship belts to one another.

These activities brought together the students, parents and teachers in these pandemic times.

—Gayatri Joshi, Preprimary Educator, LML School





**Name:** Kirtan Saraiya  
**School:** Adani Vidya Mandir  
**Standard:** 10th CBSE



**Percentage scored in board exam?** 92.5

**How much time do you spent on studies in a day?**

1.5 hrs a day till Oct and then 7 to 8hrs a day also I wasn't going to any tuition

**What motivates you to study?**

My inner self only

**Do you get leisure time?**

Yes as i was not going to tuition classes and was doing everything on myself

**What do you do in your leisure time?**

Playing

**Do you prefer reading books other than syllabus? (Can you name it)**

For math's i prefer RD Sharma for practice and for other subjects textbook is enough and at last sample papers

**What is your goal in life?**

To became engineer

**What advice you would give to other students?**

To make a timetable every day and to follow it and also to concentrate in class when the teacher is teaching and try to understand that and to ask the questions to teachers when you are not able to understand and i prefer to not go to tuition and to do self study because you know yourself and you can study by yourself and it will save your lot of time and at last i want to say that the student should not take stress. And should give your 101% in exams

**Name:** Shrushti A Thakkar  
**School:** Adani Vidya Mandir  
**Standard:** 10th CBSE



**Percentage scored in board exam?**

87

**How much time do you spent on studies in a day?**

5 hours a day

**What motivates you to study?**

My goal

**Do you get leisure time?**

Yes about 30min

**What do you do in your leisure time?**

Exercise, watch TV etc

**Hobbies**

Reading, Dancing

**Do you prefer reading books other than syllabus? (Can you name it)**

Yes, Autobiography of Swami Vivekananda

**What is your goal in life?**

To become a doctor

**What advice you would give to other students?**

Just be determined and work hard to achieve success

**Name:** Vigyat Kathiriya  
**School:** Adani Vidya Mandir  
**Standard:** 10th CBSE



**Percentage scored in board exam?** 93

**How much time do you spent on studies in a day?**

Besides school hours (8 am to 4pm), 4 hours study

**What motivates you to study?**

The competition among student and desire to gain high always motivate me.

**Do you get leisure time?** Yes

**What do you do in your leisure time?**

Generally, i play games and watch movie/web series

**Hobbies**

Painting, listening music, playing online games, watching movies/web series

**Do you prefer reading books other than syllabus? (Can you name it)**

I prefer reading both

**What is your goal in life?**

My goal is to become an astronaut.

**What advice you would give to other students?**

I would say that studying smart is better than studying hard.

**Name:** Tanush Deshpande  
**School:** Cosmos Castle International School  
**Standard:** 10th CBSE



**Percentage scored in board exam?**

90.2

**How much time do you spent on studies in a day?**

5 hours

**What motivates you to study?**

Competition

**Do you get leisure time?**

Yes around 1 hour

**What do you do in your leisure time?**

Play games

**Hobbies**

Playing football

**Do you prefer reading books other than syllabus? (Can you name it)**

No

**What is your goal in life?**

Become a scientist

**What advice you would give to other students?**

Hard work gives great results

**Name:** Dhanakshi Patel  
**School:** Adani Vidya Mandir  
**Standard:** 11th Science (biology)



**Percentage scored in board exam?** 89.5

**How much time do you spent on studies in a day?**

5 hours

**What motivates you to study?**

Books

**Do you get leisure time?**

Yes

**What do you do in your leisure time?**

Freshen up

**Hobbies**

Dance

**Do you prefer reading books other than syllabus? (Can you name it)**

Yes

**What is your goal in life?**

Biotechnologist

**What advice you would give to other students?**

Read the textbook first than reference book

**Name:** Keval Dobariya  
**School:** Cosmos castle international school  
**Standard:** 10th CBSE



**Percentage scored in board exam?**

88.4

**How much time do you spent on studies in a day?**

4 hrs

**What motivates you to study?**

My goal

**Do you get leisure time?**

Yes

**What do you do in your leisure time?**

I play outdoor sports and listen to songs

**Hobbies**

Playing football

**Do you prefer reading books other than syllabus? (Can you name it)**

No

**What is your goal in life?**

To get admission in IIM

**What advice you would give to other students?**

Not only studies but physical activities are also important to make your mind fresh and sharp

**Name:** Zarna Laheri  
**School:** Adani Vidya Mandir  
**Standard:** 12th CBSE



**Percentage scored in board exam?** 89.60

**How much time do you spent on studies in a day?**

7 hours

**What motivates you to study?**

Parents and teachers

**Do you get leisure time?** Yes

**What do you do in your leisure time?**

Listening to music or games

**Hobbies**

Travelling and drawing

**Do you prefer reading books other than syllabus? (Can you name it)**

Yes, The wings of fire, The diary of young girl Anne frank

**What is your goal in life?**

Mbbs

**What advice you would give to other students?**

To focus on your goals and doing it with determination

**Name:** Keval Firke  
**School:** Adani Vidya Mandir  
**Standard:** 10th CBSE



**Percentage scored in board exam?**

95

**How much time do you spent on studies in a day?**

8

**What motivates you to study?**

Goals

**Do you get leisure time?**

Yes

**What do you do in your leisure time?**

Listen music

**Hobbies**

To play football

**Do you prefer reading books other than syllabus? (Can you name it)**

No

**What is your goal in life?**

To be a Surgeon

**What advice you would give to other students?**

The best preparation for tomorrow is to do today's work superbly well



**Name:** Krish Patel  
**School:** Adani Vidya Mandir  
**Standard:** 11th CBSE  
**Percentage scored in board exam?**

90

**How much time do you spent on studies in a day?**

6 to 8 hours on average

**What motivates you to study?**

The knowledge of the fact that studying (academicals) is compulsory and it was

impossible to run from it as my father wanted me to get good grades.

**Do you get leisure time?**

Yeah, a lot

**What do you do in your leisure time?**

I do anything that suits my mood at that point of time like reading books, playing football, watching movies, talking to my parents, etc.

**Hobbies**

I like playing football, making videos, writing stuff like poems and jokes and reading books which were not academicals.

**Do you prefer reading books other than**

**syllabus? (Can you name it)**

Yes, i do

**What is your goal in life?**

My goal in life is to build my dream school where students are sculpted in such a way that they would have the liberty of choosing their careers rather than their career choosing them. They would be good at everything they would want.

**What advice you would give to other students?**

I would advice, to only those students who are in 10th or below, that they should take things light and just have unarmful fun along with being sincere about their studies.

**Name:** Ladani Heet Girishbhai  
**School:** Adani Vidya Mandir  
**Standard:** 10th CBSE



**Percentage scored in board exam?**

91

**How much time do you spent on studies in a day?**

6 hours

**What motivates you to study?**

Never give up is only my motto in my life.

**Do you get leisure time?**

1 hour in a day.

**What do you do in your leisure time?**

Reading story books and helping in house works to my mother. Spending some time with family.

**Hobbies**

Reading books and playing games.

**Do you prefer reading books other than syllabus? (Can you name it)**

Yes, Goosebumps and my morning routine.

**What is your goal in life?**

To become IAS Officer.

**What advice you would give to other students?**

To make your future bright you need to always do a hard work. To become a great personality you need to study.

**Name:** Dia Seth  
**School:** Cosmos Castle International School  
**Standard:** 10th CBSE



**Percentage scored in board exam?** 86

**How much time do you spent on studies in a day?** 2 hours

**What motivates you to study?**

My carrier and the people in my family, who have been successful and achieved things have inspired me the most

**Do you get leisure time?**

Yes I used to get leisure time.

**What do you do in your leisure time?**

I used to either read books or news

**Hobbies**

Reading and writing (poems)

**Do you prefer reading books other than syllabus? (Can you name it)**

Yes I do. (Political mysteries, zero to one, crime and punishment, looking for alaska)

**What is your goal in life?**

My goal in life is to be an international lawyer

**What advice you would give to other students?**

Study regularly. An hour every day is enough. But start the process since day 1. Stay motivated and focused.

**Name:** Vandan Doshi  
**School:** Cosmos Castle  
**Standard:** 10th CBSE



**Percentage scored in board exam?** 89

**How much time do you spent on studies in a day?**

5-6 hours

**What motivates you to study?**

I like to study and makes me thought that you should not waste your talent.

**Do you get leisure time?** yes

**What do you do in your leisure time?**

play football , watch movies

**Hobbies**

To play football and read some books

**Do you prefer reading books other than syllabus? (Can you name it)**

Yes. s. chand

**What is your goal in life?**

to become an successful businessman

**What advice you would give to other students?**

Never take load of studies and try to understand every concept and also give some time to your likely activities.

**Name:** Rajvi Rajesh Moliya  
**School:** Sri Sri Ravishankar Vidhya Mandir



**Standard:** 10th CBSE

**Percentage scored in board exam?**

96

**How much time do you spent on studies in a day?**

6-8 hours

**What motivates you to study?**

**Do you get leisure time?**

Yes of course

**What do you do in your leisure time?**

Whatever please me

**Hobbies**

Painting and reading

**Do you prefer reading books other than syllabus? (Can you name it)**

Yes (Percy Jackson)

**What is your goal in life?**

To become a doctor

**What advice you would give to other students?**

Don't take so much pressure and do quality study doesn't matter for what much time it is. It has always helped me.

**Name:** Ansh Tak  
**School:** Adani Vidya Mandir  
**Standard:** 12th Science CBSE



**Percentage scored in board exam?**

85.8

**How much time do you spent on studies in a day?**

2-3 hours excluding school time

**What motivates you to study?**

The very fact to learn and perform well.

**Do you get leisure time?**

Yes, plenty of it. That is what makes the time table more humane.

**What do you do in your leisure time?**

Everything; watch TV, use phone, play, talk to friends, etc.

**Hobbies**

Reading books (other than scholarly), watching documentaries, watching TV and mobile phone, creating stuff craft or whatsoever

**Do you prefer reading books other than syllabus? (Can you name it)**

Yes, definitely; personally i like more non-fiction and self help books but i also sometime treat myself with fictions.

**What is your goal in life?**

To be a quality person in life and also an entrepreneur in automobile industry.

**What advice you would give to other students?**

Regarding studies i would only tell to not stress yourself that much and also don't be too lenient with your studies. There should be an equal balance and its not necessary to be mundane with your studies or be totally isolated from education, both can be done simultaneously with very conscious control and equal doses of self-punishment and rewards for not following and following your own schedule, respectively, is very important because it is very easy, in the line of self control, to lose focus and motive for value-less objectives of momentary pleasures.

**Name:** Dhruvi Subhashbhai Risode  
**School:** Adani Vidya Mandir  
**Standard:** 10th CBSE



**Percentage scored in board exam?**

90.8

**How much time do you spent on studies in a day?**

5 Hours

**What motivates you to study?**

to fulfill my parent's dream

**Do you get leisure time?**

Yes

**What do you do in your leisure time?**

Play,read

**Hobbies**

Singing,playing

**Do you prefer reading books other than syllabus? (Can you name it)**

Yes (R.L STINE)

**What is your goal in life?**

Doctor

**What advice you would give to other students?**

Go for smart work

**Name:** Rishi patel  
**School:** Cosmos Castle International School



**Standard:** 10th CBSE

**Percentage scored in board exam?** 87

**How much time do you spent on studies in a day?**

7-8 Hours

**What motivates you to study?**

To achieve my future goals

**Do you get leisure time?** Yes

**What do you do in your leisure time?**

Listen music or watching comedy serial

**Hobbies**

Love to play cricket

**Do you prefer reading books other than syllabus? (Can you name it)**

**What is your goal in life?**

Mechanical engineer with IIT

**What advice you would give to other students?**

To do study on regular basis with full concentration

**Name:** Jiya Singh  
**School:** Cosmos Castle International School  
**Standard:** 10th CBSE



**Percentage scored in board exam?** 94

**How much time do you spent on studies in a day?**

4 to 5 hours

**What motivates you to study?**

My aim and satisfaction after scoring respectable marks.

**Do you get leisure time?**

Yes

**What do you do in your leisure time?**

I watch youtube and cartoon and sometimes play mind games.

**Hobbies**

Travelling and exploring

**Do you prefer reading books other than syllabus? (Can you name it)**

No

**What is your goal in life?**

Doctor

**What advice you would give to other students?**

Boards is one of the milestone, so go ahead without being nervous else you might face consequences.



**Name:** Uzma Pathan

**School:** Adani Vidya Mandir

**Standard:** 10th CBSE

**Percentage scored in board exam?**

92.4

**How much time do you spent on studies in a day?**

5 hours

**What motivates you to study?**

My wish to make my parents happy and proud and of course my goals motivate me a lot.

**Do you get leisure time?**

Sometimes I get it sometimes not. But I make sure that I spend a little time at the end of the day to analyze myself and figure out what I have studied the whole day.

**What do you do in your leisure time?**

If I have more time in my hand I prefer to talk with my mom and discuss things with her. In lesser time I just relax and think deeply upon my study techniques.

**Hobbies**

Reading, singing, dancing, baking, panting, styling, yoga and making DIY projects.

**Do you prefer reading books other than syllabus? (Can you name it)**

Yeah I love it. One of my favorite books is "The mystery of banshee towers". I also prefer to read editions of the book "Geronimo Stilton".

**What is your goal in life?**

My short term goal is to pass neet examinations with very good marks. My long term goal is to become a Gynecologist.

**What advice you would give to other students?**

I would like to give just one advice that my mom taught me and I thoroughly followed it that "STUDY SMART NOT HARD".



# BAKED TOFU TENDERS

## Ingredients

- Cooking spray
- Two 14-ounce blocks extra-firm tofu packed in water
- 2/3 cup cornstarch
- 3 large eggs
- Kosher salt and freshly ground black pepper
- 2 cups panko breadcrumbs
- 1 teaspoon vegetable oil
- 2 teaspoons grated fresh ginger
- 1 teaspoon grated garlic
- 1/2 cup apricot preserves
- 1 teaspoon toasted sesame oil
- 1 teaspoon apple cider vinegar
- 1/2 to 1 teaspoon Asian chili sauce



## Directions

- Preheat the oven to 425 degrees F. Generously coat a rimmed baking sheet with cooking spray.
- Remove the tofu from the packaging, and drain the excess water. Halve 1 of the blocks crosswise, halve each piece crosswise, then halve each piece again, for a total of 8 pieces 3 1/2 inches long by 1 3/4 inches wide by 1/2 inch thick. Repeat with the other block of tofu. Lay the pieces on 2 paper towels, and blot dry with 2 more, gently squeezing out as much moisture as possible. Sprinkle the tofu evenly with 1 teaspoon salt, and let stand.
- Put the cornstarch on a plate. Crack the eggs in a shallow bowl, add 1 teaspoon salt and a few grinds of pepper and whisk until combined. Put the panko, 1 teaspoon salt and a few grinds of pepper in another shallow bowl. Line up the tofu, cornstarch, eggs, panko and the prepared baking sheet.
- Working with 1 to 2 pieces of tofu at a time, coat them in the cornstarch, shaking off any excess, dip in the egg to coat, dredge in the panko, pressing the panko gently into the surface of the tofu, then transfer the breaded tofu to the baking sheet. Generously coat the tops of the tofu with cooking spray. Bake until browned and crisp, 30 to 35 minutes, turning the baking sheet halfway through.
- Meanwhile, heat the vegetable oil in a small nonstick skillet over medium heat. Add the ginger and garlic, and cook, stirring constantly, until fragrant and light brown, about 1 minute. Reduce the heat to low, stir in the preserves, sesame oil, vinegar and chili sauce until combined and cook until heated through, about 1 minute. Season the dipping sauce with 1/2 teaspoon salt, transfer to a serving bowl and serve alongside the tofu.

# CHEESE FONDUE

## Ingredients

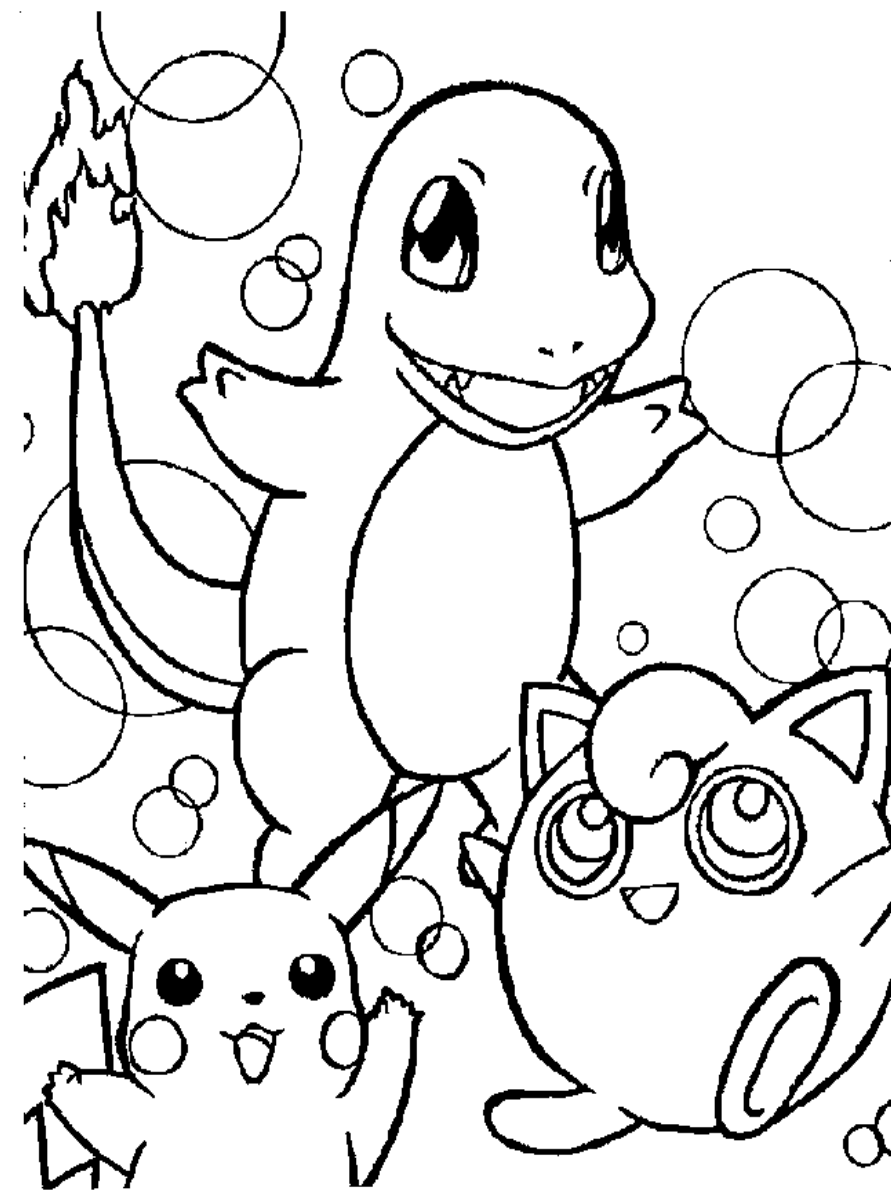
- Fondue:
- 2 cups filtered apple juice
- 1 pound Gruyere cheese, shredded
- 2 tablespoons cornstarch
- 1/4 cup grated Parmesan
- 1/2 teaspoon country-style Dijon mustard
- Kosher salt and freshly ground black pepper
- Suggested Dippers (choose 3 to 4):
- 1 baguette, torn into 1/2-inch chunks (about 8 cups)
- 2 crisp apples, cored and cut into 6 to 8 wedges each
- 2 cups baked potato tots
- 2 cups broccoli florets
- 2 cups cooked penne pasta
- 1 cup different-colored mixed grape and cherry tomatoes, halved
- 1 cup different-colored mixed grape and cherry tomatoes, halved
- 1 cup pretzel-style crisps or crackers
- 1/2 pound salami, cut into 1/2-inch chunks
- 1/2 cup cornichons or gherkins



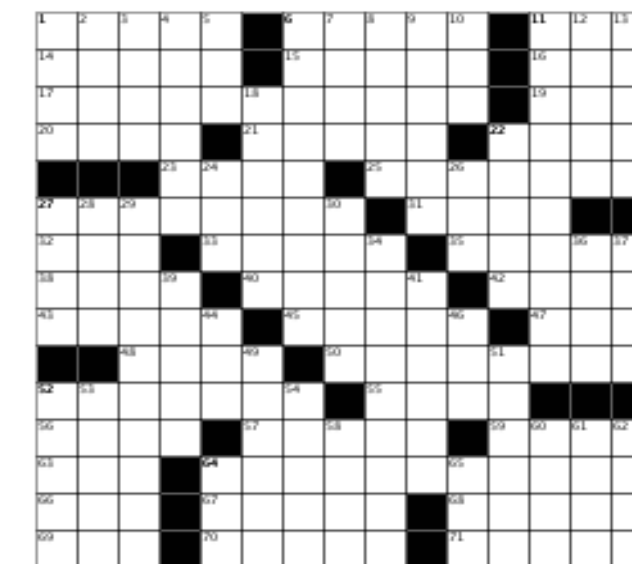
## Directions

- Bring the apple juice to a simmer in a medium saucepan over medium heat. Toss the Gruyere and cornstarch in a medium bowl. Add to the simmering juice by the scant handful, whisking constantly until smooth and letting the sauce come to a boil between additions, about 30 seconds. Remove the saucepan from the heat, stir in the Parmesan and mustard and season with 1/2 teaspoon salt and a few grinds of pepper. Pour into a serving bowl, and serve with the dippers of your choice.

## FILL IN THE COLORS



## CROSSWORD



### ACROSS

- 1. Flood
- 6. Abyss
- 11. Tibetan gazelle
- 14. Oilcan
- 15. Passageway
- 16. Flow back
- 17. Easily decided
- 19. Born
- 20. Golf mounds
- 21. Relaxes
- 22. Authenticating mark
- 23. Rowing implements
- 25. Put into a sheath
- 27. Temperance
- 31. Abominable snowman
- 32. Exclamation of surprise
- 33. Rustic
- 35. Lawful
- 38. Seizures
- 40. Palatable
- 42. Egypt's river
- 43. Main artery
- 45. Having lobes
- 47. Title of a knight
- 48. Yelp
- 50. State in Malaysia
- 52. Lighted by the moon
- 55. Vex
- 56. Parched
- 57. Bird homes
- 59. Boss on a shield
- 63. Spanish hero
- 64. Poverty
- 66. Meadow
- 67. Consumed
- 68. Monetary unit of Lesotho
- 69. Former measure of length
- 70. Hold responsible
- 71. Regions

### DOWN

- 1. Smoke deposit
- 2. Hollow cylinder
- 3. On sheltered side
- 4. Muscle
- 5. Period of history
- 6. Pertaining to a cadastre
- 7. Sibilate
- 8. Remains of a fire
- 9. Sloppy
- 10. Encountered
- 11. Specialist in genetics
- 12. Belief involving sorcery
- 13. White poplar tree
- 18. Sea god
- 22. Glossy
- 24. Atmosphere
- 26. Snake-like fish
- 27. Couch
- 28. State of USA
- 29. Formed in grape-like clusters
- 30. Aquatic opossum
- 34. Rake
- 36. Hip bones
- 37. Web-footed aquatic bird
- 39. Rise to one's feet
- 41. Delete from a list
- 44. Tool for making holes in leather
- 46. Indian dish
- 49. Resembling a pine cone
- 51. Asexual
- 52. Twinned crystal
- 53. Bay window
- 54. Outer coat of a seed
- 58. Stalk
- 60. Pit
- 61. Goatskin bag for holding wine
- 62. Singles
- 64. Debutante
- 65. North American nation

## QUIZ

- What is the largest country in the world?
- Where would you find the River Thames?
- Which country is also known as the Netherlands?
- In which country would you find the Leaning Tower of Pisa?
- Where would you find the Eiffel Tower?
- Which is the biggest desert in the world?
- What is the longest river in the world?
- What is the capital city of Spain?
- Mount Everest lies in which mountain range?
- What is the hottest continent on Earth?

Send your answer to openpageyr@gmail.com. Names of the Winners would be announced in the next issue

# A Density Experiment You Can Drink!

## You will need:

- Juices that have different density levels. (see below for a simple explanation of density) The density of a juice is often determined by how much sugar or fruit is in it – the more sugar or fruit, the more dense the juice is. Powdered and canned juices do not work well for this experiment since they are almost entirely water. You will have to do some experimentation to find juices that are colorful and give a nice display of density, and that's half the fun.
- A narrow glass (the more narrow it is, the easier it is to separate the density levels)
- Eye dropper or turkey type baster.



juice and slowly drop it onto the inside of the glass so that it runs down the side of the glass. Watch the juice to see if it goes below or above the juice in there. (if it simply mixes with the juice and does not go above or below, it has the same density as the juice and you will need to move on to your next juice.)

3. Continue experimenting with other juices to determine which juices go to the bottom (more dense) and which ones go to the top (least dense.)

4. Once you have the densities determined, start over with a clean glass and use the dropper for each level to create your final Drink of Density!

Note: In case you were wondering, the juices in the photo are (top) Tropicana Pomegranate-Blueberry, (middle) Tropicana Pure Premium Orange Juice, (bottom) Nature's Promise White Grape (33 grams of sugar in 6.75 ounces!)

## How Does It Work?:

The density of liquids demonstrates the amount of "stuff" (atoms, mass) that are present in a particular volume of the juice. In other words, if you have cup with 200ml of plain water, and a cup with 200 ml of water that has lots of sugar dissolved in it, the cup of sugar water will be heavier even though they are the same volume of liquid – the invisible sugar molecules are dispersed in the water, making it heavier (more dense.)

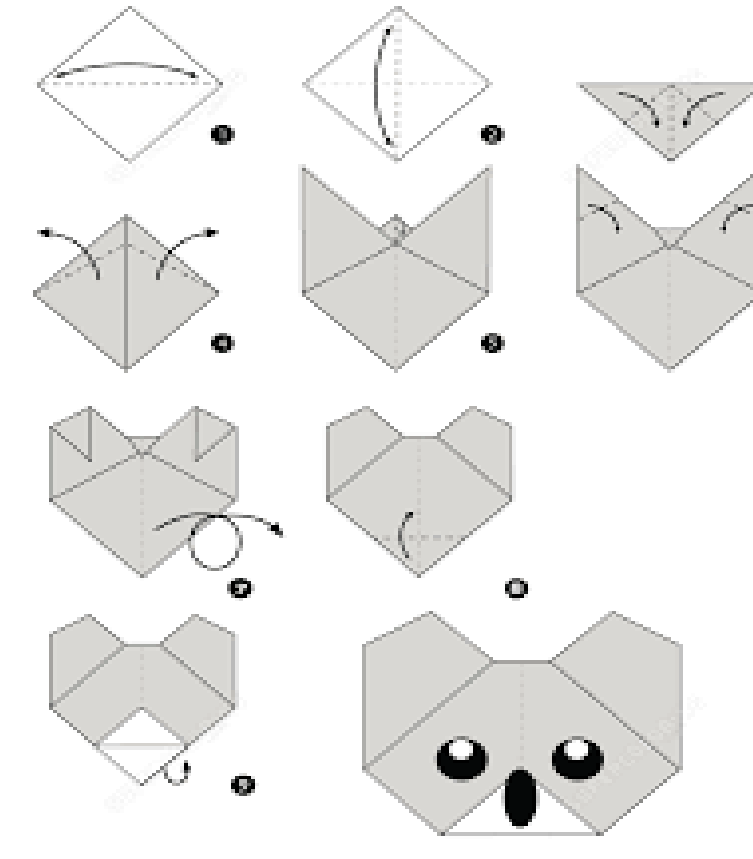
## MATH PUZZLE

	+		x		=	20
+		x		-		
	x	8	x		=	48
-		x		+		
	x		-		=	38
=		=		=		
0		80		10		

## FIND THE DIFFERENCE



## ORAGAMI





# Ganesh Chaturthi



lord's favorite dessert. Modaks are sweet dumplings which people make with a filling of coconut and jaggery. They either fry them or steam them. People at homes and sweet shops make this sweet delicacy. They are seen around Ganesha

Chaturthi mostly and are a huge hit amongst children.

## Celebrations of Ganesh Chaturthi

This 11-day long festival begins with

people getting up in the morning and bathing. They buy new clothes for this festival and wear these clean clothes in the morning after bathing. They follow the traditional rituals of chanting mantras and songs.

Early on, Ganesh Chaturthi was celebrated in a few families. Later on, it spread all over and thus began the installation of idols and immersion in the water. This marked the beginning of making Ganesh Chaturthi a larger than life festival.

In other words, the idol immersion denotes freedom from evil and sufferings. People set up pandals make glorious statues of Lord Ganesha. Towards the end of the festival when the visarjan is about to take place, people carry out a full-fledged procession. People come out in hundreds and thousands and dance their way to the rivers and oceans.

When Ganesh Chaturthi ends, they pray for the return of Lord Ganesha every year. They look forward to this festival every year. The final immersion of Lord Ganesha's statue in the river or ocean marks the end of Ganesh Chaturthi.

In short, Ganesh Chaturthi is a fun-filled festival in honour of Lord Ganesha. People all over India thoroughly enjoy it. All the devotees of Lord Ganesha come together irrespective of their differences of caste and colour. Ganesh Chaturthi spreads joy and unites people all over.

# Teachers Day



en up as the Teacher's Day? On this day in the year 1966, a special intergovernmental conference adopted the UNESCO endorsement regarding the statuses of teachers.

## Why do We Celebrate?

Teaching is the most influential job in the world. Teachers are known to shape the mind of youth and without knowl-

edge no one can exist in this world. Teacher imparts good value in children and turn them into responsible citizens. So, almost every country celebrates Teacher's Day.

In India, we celebrate this day on the birthday of Dr. Sarvepalli Radhakrishnan. He was a man of many good qualities and a favorite teacher among students. It was his request that his

birthday should be celebrated as an honorable day for all the teachers in the country, in case someone is wishing to celebrate his birthday at all. So, in a nutshell, we celebrate Teacher's Day because teachers have been the architect of the society and without them no society can walk in the path of progression.

In his book titled, "Political Thinkers of Modern India", he signified the importance of teachers and education in a country like Democratic India which was still in its early years of development. According to him, there is a huge role of teachers in nation building and for that sake teachers should be respected more. Apart from being a thinker and teacher he was also a philosopher. He once wrote a book on Bhaagwad Gita and there he defined a teacher as, "The one who emphasizes on presentation to converge different currents of thoughts to the same end".

By the time he entered politics, most of the leaders of that time like Jawaharlal Nehru, Mahatma Gandhi, or Dr. Rajendra Prasad were his fans for this thinking in nation building. His skills were proven in the arena of politics also. He had the political insight to recognize the impediments well in advance and also carried the required courage to scold party leaders for their procrastination and delinquency. Way back in 1947, he warned the former Congress people about the alarming consequences of nepotism and corruption. We are dealing with it now!

Such a man of course requires a standing ovation. So, to promote the values and principles of a true teacher, this day is celebrated.

A teacher is a friend, philosopher, and guide who holds our hand, opens our mind, and touches our heart. The contribution of a teacher cannot be ignored at all. In many countries across the world, teacher's day is a special day where teachers of schools, colleges, and universities are honored specially. The date varies from country to country. The universally accepted World Teacher's Day is 5th October. In India, the Teacher's Day is celebrated on 5th September and this tradition started from 1962. This is the when Dr. Sarvepalli Radhakrishnan was born. He was a philosopher, scholar, teacher, and politician and his dedicated work towards education made his birthday an important day in the history of India. We remember the great work of this exemplary person on this day.

Actually, this man, Dr. Sarvepalli Radhakrishnan was a friendly teacher and he was popular among his students for the example he always set in front of them. So, one day his students and friends requested him to allow them to celebrate his birthday in a lavish way. In return he said that it would be his pride and honor if they celebrate his birthday in respect of all teachers. And since then this day 5th September is celebrated as Teacher's Day.

Now, talking about the rest of the world, World Teacher's Day is celebrated on 5th October and it started from 1994. It was UNESCO who started this tradition. The focus set by UNESCO was to celebrate the engrossment and accomplishment of teachers and also the primacies that they put on the field of education. Now why 5th October is tak-



# 2020 SEASON SCHEDULE

## IPLT20.COM

MATCH DAY	MATCH NO.	DAY	DATE	IST	UAE	VENUE	HOME	AWAY
1	1	SAT	19-SEP-20	7:30PM	6:00PM	ABU DHABI	MUMBAI INDIANS	CHENNAI SUPER KINGS
2	2	SUN	20-SEP-20	7:30PM	6:00PM	DUBAI	DELHI CAPITALS	KINGS XI PUNJAB
3	3	MON	21-SEP-20	7:30PM	6:00PM	DUBAI	SUNRISERS HYDERABAD	ROYAL CHALLENGERS BANGALORE
4	4	TUE	22-SEP-20	7:30PM	6:00PM	SHARJAH	RAJASTHAN ROYALS	CHENNAI SUPER KINGS
5	5	WED	23-SEP-20	7:30PM	6:00PM	ABU DHABI	KOLKATA KNIGHT RIDERS	MUMBAI INDIANS
6	6	THU	24-SEP-20	7:30PM	6:00PM	DUBAI	KINGS XI PUNJAB	ROYAL CHALLENGERS BANGALORE
7	7	FRI	25-SEP-20	7:30PM	6:00PM	DUBAI	CHENNAI SUPER KINGS	DELHI CAPITALS
8	8	SAT	26-SEP-20	7:30PM	6:00PM	ABU DHABI	KOLKATA KNIGHT RIDERS	SUNRISERS HYDERABAD
9	9	SUN	27-SEP-20	7:30PM	6:00PM	SHARJAH	RAJASTHAN ROYALS	KINGS XI PUNJAB
10	10	MON	28-SEP-20	7:30PM	6:00PM	DUBAI	ROYAL CHALLENGERS BANGALORE	MUMBAI INDIANS
11	11	TUE	29-SEP-20	7:30PM	6:00PM	ABU DHABI	DELHI CAPITALS	SUNRISERS HYDERABAD
12	12	WED	30-SEP-20	7:30PM	6:00PM	DUBAI	RAJASTHAN ROYALS	KOLKATA KNIGHT RIDERS
13	13	THU	1-OCT-20	7:30PM	6:00PM	ABU DHABI	KINGS XI PUNJAB	MUMBAI INDIANS
14	14	FRI	2-OCT-20	7:30PM	6:00PM	DUBAI	CHENNAI SUPER KINGS	SUNRISERS HYDERABAD
15	15	SAT	3-OCT-20	3:30PM	2:00PM	ABU DHABI	ROYAL CHALLENGERS BANGALORE	RAJASTHAN ROYALS
15	16	SAT	3-OCT-20	7:30PM	6:00PM	SHARJAH	DELHI CAPITALS	KOLKATA KNIGHT RIDERS
16	17	SUN	4-OCT-20	3:30PM	2:00PM	SHARJAH	MUMBAI INDIANS	SUNRISERS HYDERABAD
16	18	SUN	4-OCT-20	7:30PM	6:00PM	DUBAI	KINGS XI PUNJAB	CHENNAI SUPER KINGS
17	19	MON	5-OCT-20	7:30PM	6:00PM	DUBAI	ROYAL CHALLENGERS BANGALORE	DELHI CAPITALS
18	20	TUE	6-OCT-20	7:30PM	6:00PM	ABU DHABI	MUMBAI INDIANS	RAJASTHAN ROYALS
19	21	WED	7-OCT-20	7:30PM	6:00PM	ABU DHABI	KOLKATA KNIGHT RIDERS	CHENNAI SUPER KINGS
20	22	THU	8-OCT-20	7:30PM	6:00PM	DUBAI	SUNRISERS HYDERABAD	KINGS XI PUNJAB
21	23	FRI	9-OCT-20	7:30PM	6:00PM	SHARJAH	RAJASTHAN ROYALS	DELHI CAPITALS
22	24	SAT	10-OCT-20	3:30PM	2:00PM	ABU DHABI	KINGS XI PUNJAB	KOLKATA KNIGHT RIDERS
22	25	SAT	10-OCT-20	7:30PM	6:00PM	DUBAI	CHENNAI SUPER KINGS	ROYAL CHALLENGERS BANGALORE
23	26	SUN	11-OCT-20	3:30PM	2:00PM	DUBAI	SUNRISERS HYDERABAD	RAJASTHAN ROYALS
23	27	SUN	11-OCT-20	7:30PM	6:00PM	ABU DHABI	MUMBAI INDIANS	DELHI CAPITALS
24	28	MON	12-OCT-20	7:30PM	6:00PM	SHARJAH	ROYAL CHALLENGERS BANGALORE	KOLKATA KNIGHT RIDERS







# 2020 SEASON SCHEDULE

## IPLT20.COM

MATCH DAY	MATCH NO.	DAY	DATE	IST	UAE	VENUE	HOME	AWAY
25	29	TUE	13-OCT-20	7:30PM	6:00PM	DUBAI	SUNRISERS HYDERABAD	CHENNAI SUPER KINGS
26	30	WED	14-OCT-20	7:30PM	6:00PM	DUBAI	DELHI CAPITALS	RAJASTHAN ROYALS
27	31	THU	15-OCT-20	7:30PM	6:00PM	SHARJAH	ROYAL CHALLENGERS BANGALORE	KINGS XI PUNJAB
28	32	FRI	16-OCT-20	7:30PM	6:00PM	ABU DHABI	MUMBAI INDIANS	KOLKATA KNIGHT RIDERS
29	33	SAT	17-OCT-20	3:30PM	2:00PM	DUBAI	RAJASTHAN ROYALS	ROYAL CHALLENGERS BANGALORE
29	34	SAT	17-OCT-20	7:30PM	6:00PM	SHARJAH	DELHI CAPITALS	CHENNAI SUPER KINGS
30	35	SUN	18-OCT-20	3:30PM	2:00PM	ABU DHABI	SUNRISERS HYDERABAD	KOLKATA KNIGHT RIDERS
30	36	SUN	18-OCT-20	7:30PM	6:00PM	DUBAI	MUMBAI INDIANS	KINGS XI PUNJAB
31	37	MON	19-OCT-20	7:30PM	6:00PM	ABU DHABI	CHENNAI SUPER KINGS	RAJASTHAN ROYALS
32	38	TUE	20-OCT-20	7:30PM	6:00PM	DUBAI	KINGS XI PUNJAB	DELHI CAPITALS
33	39	WED	21-OCT-20	7:30PM	6:00PM	ABU DHABI	KOLKATA KNIGHT RIDERS	ROYAL CHALLENGERS BANGALORE
34	40	THU	22-OCT-20	7:30PM	6:00PM	DUBAI	RAJASTHAN ROYALS	SUNRISERS HYDERABAD
35	41	FRI	23-OCT-20	7:30PM	6:00PM	SHARJAH	CHENNAI SUPER KINGS	MUMBAI INDIANS
36	42	SAT	24-OCT-20	3:30PM	2:00PM	ABU DHABI	KOLKATA KNIGHT RIDERS	DELHI CAPITALS
36	43	SAT	24-OCT-20	7:30PM	6:00PM	DUBAI	KINGS XI PUNJAB	SUNRISERS HYDERABAD
37	44	SUN	25-OCT-20	3:30PM	2:00PM	DUBAI	ROYAL CHALLENGERS BANGALORE	CHENNAI SUPER KINGS
37	45	SUN	25-OCT-20	7:30PM	6:00PM	ABU DHABI	RAJASTHAN ROYALS	MUMBAI INDIANS
38	46	MON	26-OCT-20	7:30PM	6:00PM	SHARJAH	KOLKATA KNIGHT RIDERS	KINGS XI PUNJAB
39	47	TUE	27-OCT-20	7:30PM	6:00PM	DUBAI	SUNRISERS HYDERABAD	DELHI CAPITALS
40	48	WED	28-OCT-20	7:30PM	6:00PM	ABU DHABI	MUMBAI INDIANS	ROYAL CHALLENGERS BANGALORE
41	49	THU	29-OCT-20	7:30PM	6:00PM	DUBAI	CHENNAI SUPER KINGS	KOLKATA KNIGHT RIDERS
42	50	FRI	30-OCT-20	7:30PM	6:00PM	ABU DHABI	KINGS XI PUNJAB	RAJASTHAN ROYALS
43	51	SAT	31-OCT-20	3:30PM	2:00PM	DUBAI	DELHI CAPITALS	MUMBAI INDIANS
43	52	SAT	31-OCT-20	7:30PM	6:00PM	SHARJAH	ROYAL CHALLENGERS BANGALORE	SUNRISERS HYDERABAD
44	53	SUN	1-NOV-20	3:30PM	2:00PM	ABU DHABI	CHENNAI SUPER KINGS	KINGS XI PUNJAB
44	54	SUN	1-NOV-20	7:30PM	6:00PM	DUBAI	KOLKATA KNIGHT RIDERS	RAJASTHAN ROYALS
45	55	MON	2-NOV-20	7:30PM	6:00PM	ABU DHABI	DELHI CAPITALS	ROYAL CHALLENGERS BANGALORE
46	56	TUE	3-NOV-20	7:30PM	6:00PM	SHARJAH	SUNRISERS HYDERABAD	MUMBAI INDIANS





**Coronavirus: India's tally crosses 40-lakh mark with spike of 86,432 cases**



India's coronavirus case tally crossed the 40-lakh mark with a spike of 86,432 new cases in the past 24 hours. Coronavirus case tally in India now stands at 40,23,179 according to the health ministry. India broke its own record of highest coronavirus cases reported in 24 hours. This is also the highest one-day spike in the world. At the same time, the number of recoveries surged to 31,07,223, with over 70,000 new cases treated of coronavirus in the past 24 hours, pushing the recovery rate to 77.15 per cent, according to the data. Meanwhile, 1089 people died due to coronavirus in the last 24 hours, pushing death toll to 69,561.

**Covid-19: WHO chief calls lockdowns 'blunt instrument', advises against vaccine nationalism**



Tedros Adhanom Ghebreyesus, Director-General of the World Health Organisation (WHO) called lockdowns "a blunt instrument". He went on to add that further nationwide lockdowns can be avoided with the right mix of targeted and tailored measures. "Several countries are using a data-driven approach to drive a targeted response," Ghebreyesus said adding that non-communicable diseases and their risk factors are increasing vulnerability to Covid-19 infection.

**Covid snag in Mumbai-Ahmedabad bullet train project, may fail to meet 2023 deadline**



The Mumbai-Ahmedabad bullet train project, which is scheduled to be completed by December 2023, may fail to meet its deadline due to the coronavirus pandemic that has led to delays in opening tenders and land acquisition, officials said. The National High Speed Rail Corporation (NHSRCL) has already acquired 63 per cent of the land for the project -- about 77% land in Gujarat, 80% in Dadar Nagar Haveli and 22% in Maharashtra. Officials said there are still issues in acquiring land in areas like Palghar in Maharashtra and Navsari in Gujarat.

**Afghanistan's new ambassador to Delhi refers to India as generous neighbour**



Farid Mamundzay, in a series of tweets, referred to India as a "generous neighbour" and said he would always uphold the friendship between the two countries. Afghanistan recently appointed Mamundzay as its ambassador to New Delhi. His appointment comes at a crucial time when the Afghan government and the Taliban are expected to initiate peace talks.

**Earthquake of magnitude 2.7 hits north of Mumbai**



An earthquake of magnitude 2.7 occurred 98 km north of Mumbai, Maharashtra at 6:36 am on Saturday, as per the National Centre for Seismology. Earlier, another earthquake of magnitude 4.0 occurred 98 km west of Nashik, Maharashtra at 11:41 pm on Friday, said the National Centre for Seismology.

**Environmental NGOs blame Brazilian President for Amazon wildfires, Bolsonaro calls them 'cancer'**



Brazil's President Jair Bolsonaro has slammed environmental NGOs as a 'cancer' and denounced what he said was an international conspiracy accusing him of being responsible for devastating Amazon wildfires. "You know that NGOs don't have a voice with me. I am firm with these people, but I can't kill this cancer that most NGOs are," Bolsonaro said during his regular Facebook broadcast. The far-right leader used the broadcast to hit out at "bastards" who accuse him of "setting fire to the Amazon."

**Bihar Assembly election: 5 fringe players who may impact poll outcome**



Bihar will have a new Vidhan Sabha by November-end. Chief Election Commissioner Sunil Arora confirmed this in an interview to India Today TV. In 2015, the Election Commission had issued the notification for the Bihar Assembly election on September 7. Arora's statement strengthens anticipation that a formal announcement of the Bihar Assembly election may be around the corner and the Model Code of Conduct will soon be in effect

**Locusts now threatening parts of southern Africa: UN**



Locusts are threatening another part of Africa, with up to 7 million people in the southern region facing further food insecurity, the United Nations. The outbreaks of African migratory locusts in Botswana, Namibia, Zambia and Zimbabwe are not related to the huge outbreak of billions of desert locusts that has affected East Africa for months, the U.N. Food and Agriculture Organization said.

**BIRTHDAY WISHES**

**SARVEPALLI RADHAKRISHNAN**

05<sup>th</sup> SEPTEMBER 1888

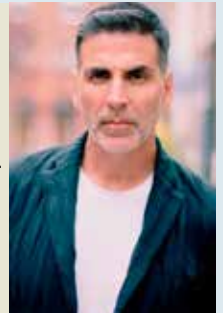
Sarvepalli Radhakrishnan (5 September 1888 – 17 April 1975) was an Indian philosopher and statesman[2] who served as the first Vice President of India (1952–1962) and the second President of India (1962–1967). One of India's most distinguished twentieth-century scholars of comparative religion and philosophy, after completing his education at Madras Christian College in 1911, he became Assistant Professor and later Professor of Philosophy at Madras Presidency College then subsequently Professor of Philosophy at the University of Mysore (1918-1921).



**AKSHAY KUMAR**

09<sup>th</sup> SEPTEMBER 1967

Rajiv Hari Om Bhatia (born 9 September 1967), known professionally as Akshay Kumar, is an Indian-born Canadian actor, producer, television personality, martial artist, stuntman and philanthropist who works in Bollywood films. In a career spanning over 29 years, Kumar has appeared in over 100 films and has won several awards, including the National Film Award for Best Actor for his performance in Rustom (2016), and two Filmfare Awards for Ajnabee (2001) and Garam Masala (2005).



**PAUL WALKER**

12<sup>th</sup> SEPTEMBER 1973

Paul William Walker IV (September 12, 1973 – November 30, 2013) was an American actor, social activist and philanthropist. He was best known for his role as Brian O'Conner in The Fast and the Furious franchise. Walker began his career as a child actor during the 1970s and 1980s, but first gained recognition in the early 1990s after appearing in the television soap opera The Young and the Restless. He soon transitioned into film, and received praise in 1999 for his performances in the teen films She's All That and Varsity Blues, which helped kickstart his career.



**NARENDRA MODI**

17<sup>th</sup> SEPTEMBER 1950

Narendra Damodardas Modi born 17 September 1950) is an Indian politician serving as the 14th and current Prime Minister of India since 2014. He was the Chief Minister of Gujarat from 2001 to 2014, and is the Member of Parliament for Varanasi. Modi is a member of the Bharatiya Janata Party (BJP), and of the Rashtriya Swayamsevak Sangh (RSS), a Hindu nationalist volunteer organisation. He is the first prime minister outside of the Indian National Congress to win two consecutive terms with a full majority, and the second one to complete five years in office after Atal Bihari Vajpayee.





# Digital Health for Children & Parents



**Dr. TWINKAL PATEL**  
Founder Motherhood Foundation



Education is necessary for all to create, collaborate and communicate about a healthy society. Educational programs for young children often emphasize curriculum and instruction to facilitate language learning. With regard to spoken language, instructional programs may emphasize opportunities to comprehend a variety of genres from directions to narratives and opportunities to experiment with modes of expression. In today's time, digital engagement has become necessity from education to entertainment. Children are learning their syllabus through digital devices, therefore, it is indispensable to take digital health like we are caring other health issues. This article will try to answer the following query of many children and parents:

## 1. What and why digital health is important?

Like other precautionary measures of health problems. Digital health can be considered the new age problem which has been affecting the everyone's life different ways. Sleeping disorder, lack of concentration, resistance, mental issues and many such issues are being seen in the family, especially among children, teenagers and youngsters. It involves on-line exposure by participating in education, excessive use of entertainment, video games, social media use and spending maximum time on digital engagements. Smart phones, TV, laptop, tablet, smart watch are surrounded by persona's reach both at home as well as in office.

Digital health refers to the use of information technology/electronic communication tools, services and processes to deliver health care services or to facilitate better health. Digital health not only improves a patient's quality of life but it also decreases the overall expenses incurred by a patient over their lifetime, reducing bills for patients and care providers alike.

## 2. How is affects the physical, mental and social health?

As we all know excessive use of anything become hazardous in our life. Excessive use of digital gadgets can lead to harm the physical, mental and social health. Our lives are digitally transferred and we are witnessed the transformational shift of health care system which has made ease of caring patients in this corona pandemic. Technology such as Internet of Things, virtual care, remote monitoring, artificial intelligence, smart wearables and many more such tools

helping to care the persons in different circumstances. Children and parents are too much exposed these days and therefore, it affecting life which is the cause of concerns to all of us.

## 3. What could be the role of parents?

There is a say that "as you sow, so you reap" which means if children see our parents are engaged doing internet of things at home, they will tend to follow doing things at home by the elder family members. Parents are the role model of every family, their behaviour affects to the children's behaviour directly. Now, if this is the scenario in our home then parents and elders must balance the things appropriately.

## 4. What would be the ideal steps to maintain the digital health?

In my above say, it's time to think and act accordingly. There are few steps which can help us to balance our digital health:

### General Tips

- Use digital device(s), internet, technology and other acts purposefully having appropriate use.
- Children should use digital gadgets

for online classes primary and secondarily less on gaming & entertainment purpose.

- Try and avoid becoming digital addicted. Too much use can harm our physical and mental well-being.
- Keep parental control on children while giving smartphone to play games and attend online classes. Best way to set everything in controlled manner in setting menu of your smartphone or other digital gadgets.
- Parents should avoid doing unproductive stuffs on internet at least not in front of children to avoid making them addicted.
- Fix the TV Time, Social Media Use and Video Game.
- Keep engaging children in indoor game like cards, chess, ludo physically not on mobile. Also promote natural activities like art and craft.
- Avoid giving smartphone & TV screen to the children below three years of age.
- Teenagers can use screen approx. 2-3 hours for study with safety precaution.
- Age above 18 years' screen can be used either for online sessions, webinars or doing work from home, ideally five days in a week with safety precaution.
- Instead of reading online book, one should ready physical books.

### Tips to Reduce Risk of

### Computer Eye Strain:

- Sit with head & neck in-line with torso, not bent down or tilted back.
- Keep elbows close to body.
- Pick chair with lower back support, cushioned seat, and contoured front edge.
- Keep mouse close to keyboard.
- Position monitor so top of screen is just above eye level.
- Keep monitor close enough to read text without straggling.
- Keep print documents at same height and distance as display.
- Reduce the amount of lighting in the room to match the computer screen.
- Keep blinking.
- Visit your eye specialist.
- Follow 20-20-20 rule – do computer work for 20 minutes focused, take a 20 seconds break and look at something 20 feet away.

### Conclusion

On the occasion of 74th independence day celebrations, PM Modi in his independence addressal to the nation emphasised the indispensable use of internet and technology. At the same time, he emphasized that there are cyber challenges and other challenges that will occur in our live, national is ready to tackle such cyber and digital issues. I think this article may be use to all of us to change our digital behaviour to meet digital health challenges and we will be able to control and managed appropriately.