

The Open Page

Inspire Learning

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INSIDE

The Future is Today



Just the thought makes my adrenaline rise. Indian and foreigner, country to country, state to state, community to community, district to district, street to road.

p3

Making Schools More Relevant



As India tackles its illiteracy problem, more and more children are being enrolled into schools than ever before.

p7

Uttarayan...



On the 14th of January (and sometimes, 15th January), when western India celebrates Makar Sankranti and other parts of the country mark the occasion of Lohri or Pongal or Bihu or Shonkranth.

p11

Career Counselling...



Any form of guidance and counselling is an important educational tool in shaping the personality and basic orientation of the child since childhood.

p15

2020-Start of New Decade



New Year's Day is the traditional time to celebrate a new beginning, and specially children of age 7-12 are at the ideal stage to learn to make resolutions, experts say. "They're still young enough that their habits are not firm. If you typically start the New year fresh by making resolutions, consider getting your children in on the tradition this year, not

only it be a valuable teaching moment about setting goals and sticking to them, but the practice of choosing an achievable resolution for the new year can be a fun way for children to develop their communication and decision-making skills. Parents can start by explaining what a resolution is and give examples of ones they have set in past years.

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

IMPROVE IN BEHAVIOR

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

COMMITMENT FOR GOOD HEALTH

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

PROPER USAGE OF POCKET MONEY

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



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

Cooking without Fire competition held at Samarpan Public School



Balkrishna Vidhyapith organized an Educational Trip To Junagadh



Journey started at 6:00 Clock in the morning and reached there by 10 A.M. First we went to the Science Museum And Planetarium, there we saw many projects and interactive displays on scientific topics and we learned a lot about the cosmos as we saw a small film on Solar System and it was very interesting. Also we enjoyed a 3D movie which was really funny and scary.

Khyati World School Rangotsav Celebration



National Level Art Competition

Students brought laurels to the school by participating in this Art competition. Overall 26 Gold Medal and Two Trophies were awarded to our students. Among them Khanika of Grade 6 bagged 2nd Position in colouring and hand writing competition and was awarded with the silver memento. We are proud of all the students.

Field Trip to Gandhi Ashram for students of Horizon English School



The guide at the Ashram explained to the children Gandhiji's principle of non-violence and made the children promise that they would follow the same policy to achieve success in life. Students were shown a demonstration of the charkha used by Gandhiji. They were already familiar with the 'speak no evil, hear no evil and see no evil' monkeys and were thrilled to see them. The purpose of the visit was to familiarise them with the life and times of Gandhiji.

Special Workshop on Child Safety by Mahila Police at Tripada Gurukulam - Viramgam



"Safety Comes First"

Keeping this as our focus & with the burning issues like "Child Safety & Self Defense of Girls" - "Tripada" group of school decided to train our kids with the correct concept of saving themselves. Generally kids are never spoken about the "Personal Safety & Gender sensitization", which leads to various misconception & wrong interpretation of things. To bridge this gap the students were briefed about these topics in our campus by the complete "Mahila Police Team". The Child counselor present in this team guided the kids to open up & discuss all their issues with their parents & the teachers. We thank the complete team of "Mahila Police especially the P.S.I- Mrs. Parul Dhandhaliya.

The present transforms to past even before you thought it could and the future is always future.
It is only the past that stayed to see you grow.

THE FUTURE IS TODAY



SALLA VIJAY KUMAR
National Awards Winning
Sr. Lecturer at IHM



PAST

Bhagwad Gita says

You have the right to work, but never to the fruit of work, it's spontaneous and naturalistic. You should never engage in action for the sake of reward, nor should you long for inaction. Whatever happened was good, what's happening, it's going well, whatever will happen, will also be good. Try not to have any heavy regrets from the past, but yes learn from it, do needful and move forward. You live in the present pertaining to your past and believe me your parents, mentors, well wishers and your efforts and making have kept you where and how you are. You have all the reasons to build on the past to work the present. No one who does good work will ever come to a bad end, either here today or in the world to come.

People like us, around us have done unexpected, amazing, accidental, adventurous, adorable, unbelievable, unintentionally good, selflessly good, beneficial, inventions, medicines, machines by forecasting to comfort us.

PRESENT

Inescapable karma

This is not blaming us for whatever bad things that happened in the past, it is not to dwell on the past at all, but to see and concentrate on the potential for positive action in the present. The ability to do this is one of the benefits of strong mindfulness, of a mind



strongly rooted in the present. This swings the overall balance of the mind, or of the situation we are in, from unhappy to happy. We are the creators of what we ought to live and enjoy. It is today, don't keep sitting to dig the past and don't keep hitting your head to forecast the future.

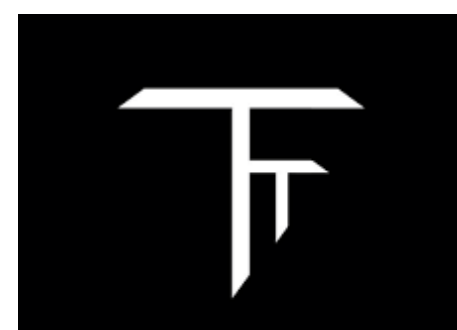
You have the power and the caliber to do, create, grow, love and be happy. But you refrain from all the available resources because of the fast world that is looking for competitiveness, digitalization etc. believe me you are missing the charm and festivity of your life. Every minute lost is lost forever. Make the best and maximum out of it. When is the last time you smiled to two people around? It starts here actions speak louder than words.

FUTURE

Our lives come pre-assembled and pre-packaged.

All say but I doubt they don't apply the fact- Do not worry for the future. Every human and I presume every living beings plans its future. The environment and attributes differ with each, but you are not living today because you have started to live for future at the cost of present.

Some say it is destined, some say just chill and enjoy, some say you carve your future on present deeds, some say it just luck, some say need to have a great past for a good future, just ignore. Rags to riches have umpteen references in the world. We always are



concerned about the food, drink, clothing, shoes, body products, cars, entertainment and home décor, convenient, exciting and cost-effective for us. You are normal.

I THANK YOU this time for being the ONE you are. One more recipe - Take your family and friends add a dollop of love and affection; Mix well a healthy share of time for your spouse, squeeze some concern to the needy, make a mixture out of the work, activities and yourself, check that it is perfectly blended garnish with love, luck, laughter, happiness, prosperity being the story yourself.

It all starts with a resolution ready for the New Year to come actually every new year coming our way; whatever we could not or we did not do, we resolve to do in the year to come. We promise to our self and near & dear to go ahead with diet plans, work plans, some back log, meeting old friends, correcting bad habits, inculcating good ones and many more.

Chaitanyotsav 2019



The annual Founders' Day celebration of Chaitanya School Gandhinagar, Chaitanyotsav 2019 was celebrated at the Town Hall, Gandhinagar. The theme, "Restore Balance" was interpreted in 'Aranya: The Lifeline' and 'Vasundhara: The Gift of the Gods', by students from Nursery to Senior Secondary. Sowing the seeds of future Event Management, all students participated either onstage or back-stage, with emphasis on meticulous planning and attention to detail. Dance and drama were effectively used to convey the theme running through the whole day with the students.

Annual Sports Meet for Anand Niketan School-Bhadaj Campus



The aim behind holding the event was to inculcate the spirit of sportsmanship and fondness for sports in children. The event was a fun filled fest of laughter, energy and delight as around 800 students presented and participated in various activities under the eager eyes of parents, teachers and their fellow friends. The school's Managing trustee Mr. Kamal Mangal, Principal Ms. Vaishali Parikh, and Chief Guests Ms. Rekha Choudhary and Ms. Namrata Acharya also graced the occasion.



Christmas Celebration by various Schools

CCIS Green Campus



Divine Life School Vasna



Tripada English School



Satyameva Jayate International School



LML
School



Celebration of New Year at Kumkum School



Happy New Year

As the year come to a close
It's time to reflect what we chose.
As the earth completes its revolution
We must fulfil our resolution.
A long journey ends, a new one begins
Let's overcome defeats and aim for wins.
Let's love and gratitude to others gift
And quickly resolve all our rift.
Create enthusiasm for study and play,
Work and play together, together pray.
Let's foster gender equality,
Boys and girls have equal ability.
Let's forgive and forget our enemies
And get together like branches on trees.
Let's make a new start, forget mistakes past
And make the new year better than the last.

Next year we shall all be in tenth,
We need to gather all our strength,
Face the challenge of board with smiles,
After that we have to go miles and miles.
We have to choose our careers bright,
Leave the wrong and choose the right.
We have to go a long, long way
Our dreams will shine like a ray,
No barriers will put us down,
Success will be our crown.
Just remember the proverb all the time
Whatever the weather, whatever the clime,
Early to bed and early to rise
Makes a man healthy, wealthy and wise.
Let's stop cutting trees, plant new ones,
Save the earth for daughters and sons.
Let's save water, let's save land
Let's work for our race hand in hand.
Respect Nature, the Earth and Sun
All the world shares just one.
Let's keep our city, state and country clean
No garbage, no litter anywhere should be seen.
Let's do what parents, teachers and elders well,
Learn from them and serve them well.
We wish our friends far and near,
A very happy, happy new year.

Composed by IX B
Zebur School for Children

Achievement by Girls of CCIS SG Campus



Congratulations!

Anya Srivastava of Std 4 who obtained 3rd rank in 5th Invitational Gujarat State Karate Championship. Bhakti Purohit of Std 6 who bagged bronze medal in Brain O Brain state level competition. Kudos Girls!!

Interschool Shloka chanting competition



Students of Std. 6th to 8th had participated from Tripada High School (THS) and Tripada International School (TIS). It was an amazing moment when students chanted the shlokas and its vibration created the whole atmosphere spiritual.

Annual Sports Week for the Students of Tripada English School

The Programme began with Principal Dr. Pratiksha Parikh's speech. Different races and games were included like Skipping Race, Sack Race, Lemon & Spoon, Hip Race, Running Race, Kabaddi, Volleyball, Satoliyu, Badminton. Students were facilitated by Principal, Mr. Rakesh Patel (Principal-TDS), Mrs. Sunita Tuli (Admin Head), Mr. Robin sir (Admin & Transport), Coordinators Mrs. Kavita Pandya, Mrs. Bindal Parikh & Mrs. Anita Gangwani, Mr. Raju Ram (sports teacher), Mr. Arvind Kapadia and all four House Heads. At the end of the celebration students departed with a clear smile on their faces as the Bose House emerged as House Champion. It was week filled with sportsmanship, enthusiasm and memories to cherish. The Sports Coordinator of this esteemed institution Mr. Arvind Kapadia thanked to all coordinators, teachers and staff for their cooperation and support.



Kathiyawadi Bruschetta

Ingredients:

4 slices french bread
2 tbsp garlic chutney
1 tbsp tomato sauce
1 tbsp onion (cut into small pieces)
1 tbsp masala peanuts
2 tbsp shredded cheese
Butter to grease the baking tray

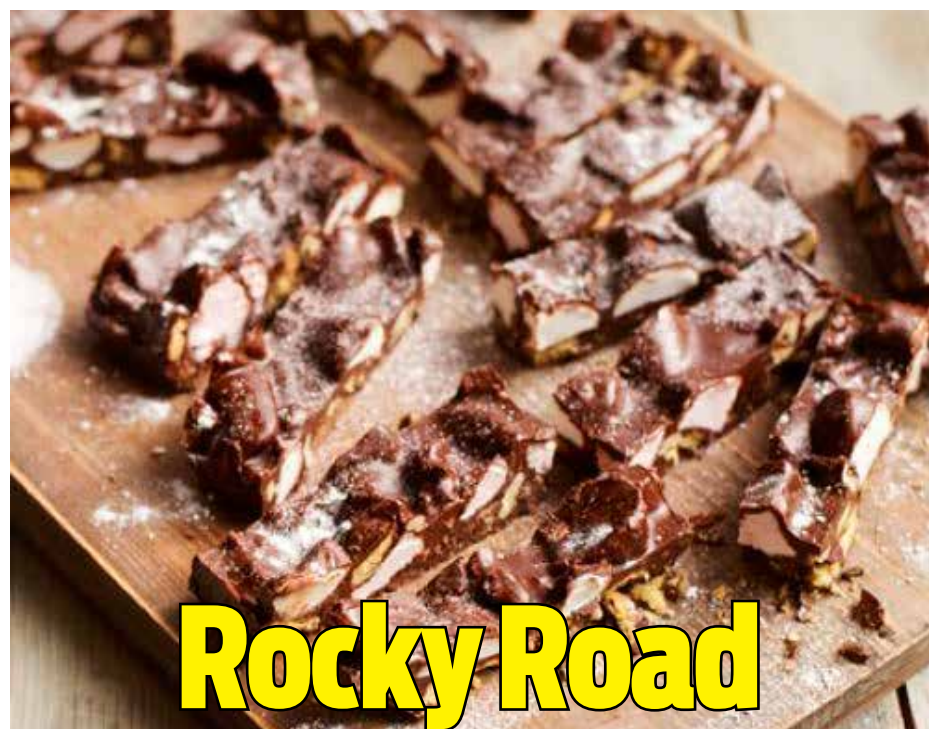
Method:

1) Mix chutney and sauce and keep aside.
2) Take the bread slices one by one and apply the chutney-sauce mix on them.
3) Now sprinkle onions, peanuts and cheese on them.
4) Now grease a baking tray with some butter and place the slices on it and bake at 150 degrees Celsius till the cheese melts.
5) Serve hot



A DELICIOUS RECIPE BY ESTHER SAMUEL

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



Ingredients

75g digestive biscuits
25g walnut pieces
150g pink and white marshmallows
100g butter
2 tbsp golden syrup
300g dark chocolate, chopped into small pieces
50g milk chocolate, chopped into small pieces
1-2 tsp icing sugar

Method

1. Line a 20cm x 20cm brownie tin with foil. Crumble the biscuits and the walnuts into a large bowl (you want a good mixture of pieces and fine crumbs). Snip the marshmallow into halves or quarters with scissors and add those to the bowl too. Set aside.
2. Put the butter and golden syrup in a saucepan and heat gently until the butter has melted. Put the chopped chocolate in a heatproof bowl then pour the melted butter and syrup mixture over it and leave to sit for a couple of minutes without stirring. Now stir until the chocolate is smooth and has melted then pour the whole lot over the biscuits and marshmallows. Stir to coat all the pieces in the chocolate then pour into your prepared tin in an even layer. Don't press it down too much, you want quite a bumpy 'rocky road' surface. Leave to set in the fridge for 1-2 hours or overnight then dust with icing sugar and chop into bars or squares to serve. Keeps in the fridge for up to a week.

QUIZ

- Which country does volleyball originate from?
- What is Zumba?
- Is the temperature of the moon higher or lower during the day?
- Which planet is the smallest: Neptune, Mars, Mercury?
- Your blood type is determined by the genes you inherit from your parents: True or False?
- What is the square root of 144?
- What is three-fifths of 50?
- During which year did World War I begin?
- Which famous explorer discovered Cuba?
- Who hunts most – male or female lion?

WINNER FOR LAST QUIZ

Taksh N Prajapati, Std-9th, Tripada High School - Rannapark
Abbas Asif Kapasi, Std-1st Tripada Gurukulam - Viramgam
Shaan Zama Saifi, Std - 5B, Airport School
Swarit Shirke, Std - 5B, Airport School.
Kartik Bhatnagar, Std - 5A, Airport School
Khanak Pandya, Std-5B, Airport School
Archana Jai Kewlani, Std-5B, Airport School

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

Contd. From Page 1

TO KEEP HEALTHY ENVIRONMENT

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

COMMITMENT TOWARD COMMUNITY AND SERVICE

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

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

APPROPRIATE USAGE OF DIGITAL DEVICE

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

HOBBIES TO GET KEY TO SUCCESS

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



A VOCATIONAL APPROACH

Making Schools More Relevant



PUNAM KOCHHAR
Principal
SVS English School



Why is it important to get employable skills?

About 90 per cent of employment opportunities require vocational skills. Only 20 per cent of our graduates get employed, while the rest are unable to get suitable employment due to the lack of employable skills. In the present context of globalisation, the demand for skilled and multi skilled workers has increased. Therefore in the context of developing countries, such as India, there is a critical need for quality skill development and training.

Various ways to carry out skill development at school level

So what can we do at our individual school level to provide an education that is also vocational and practical? At school level, there must be options available for skill development courses and they must be provided in the secondary stage of schooling. Many more courses in fields such as Hospitality and Tourism, Handicraft, Healthcare, Textiles, Photography, IT, Retail, Banking, Insurance can be added that would interest students to learn from. For instance if a student opts for healthcare, he could learn to be a blood-collection expert and later can add further courses to become full-fledged pathology technician or nurse. The pedagogy has to be

practical; learning can be enhanced through field visits, e-learning, industry driven projects, digital or video inputs and so on.

At which age should skilling ideally begin for students?

Introduction to skill training at a young age will give the students an opportunity to explore various options and accordingly, narrow down on a vocation of their liking. To make India the skill capital of the world, the school curricula will have to go through a dynamic change. Skill development should ideally begin at the age of 13 years, from the eighth standard, while in school. Integration of skill development and education is essential for skilling to take wings. Skill development will remain a dream if carried out in isolation through centres alone. It has to be imparted in schools alongside academics. If a student opts for motor repair as a skill development course while in school, at a later stage, he can opt for a diploma or degree in automobile engineering.

Factors in the Indian education system that prevent skill development of students

The two major reasons of skill shortage are faculty and facility. Currently, our education system puts maximum em-

Prominent employable skills at present

In general, apart from the core subject expertise, some of the prominent employable skills that employers seek are:

- Communication skills (verbal and written)
- Commercial awareness
- Attitude towards work
- Lifelong learning
- Self-management
- Teamwork
- Problem solving
- Initiative
- Self-motivation
- Adaptability
- Stress management
- Creativity
- Interpersonal sensitivity
- Technology/IT Skills

phasis on bookish knowledge. This is why when an individual graduates, he/she struggles to apply this knowledge in real life scenarios. From Primary to Higher Secondary, the subjects covered in the school curriculum are languages, mathematics, science and technology, social science, art education, physical training etc. The curriculum does not cover components of employable skills nor is there any option to introduce students to different vocations. The options of vocational education is limited to certain boards, which do not cater to the larger target audience.

Moreover, in the classrooms too, the teacher's role needs to change; it needs to flip around in a way that the teacher facilitates the overall learning of students rather than only distributing notes. The facilities at a lot of schools need to be upgraded as per the 21st century requirements, which will in turn encourage skills that students can gain. Stepping away from the usual chalk-duster method and using field-visits or multi-media can greatly enhance student interest in learning.





"PLAY, PRAY, PAMPER THE CHILD WITHIN"
COME JOIN US AT OUR ECO DESTINATION

CAMP ATTRACTIONS

Zig-Zag Bridge	Tyre Tumble
Burma Bridge	Jungle Trakking
Commando Net	Green House
Artificial Wall Climbing	Team Bulding

A.A.R.T.I : ANANT AGROFOODS RESORT & TRAINING INC.

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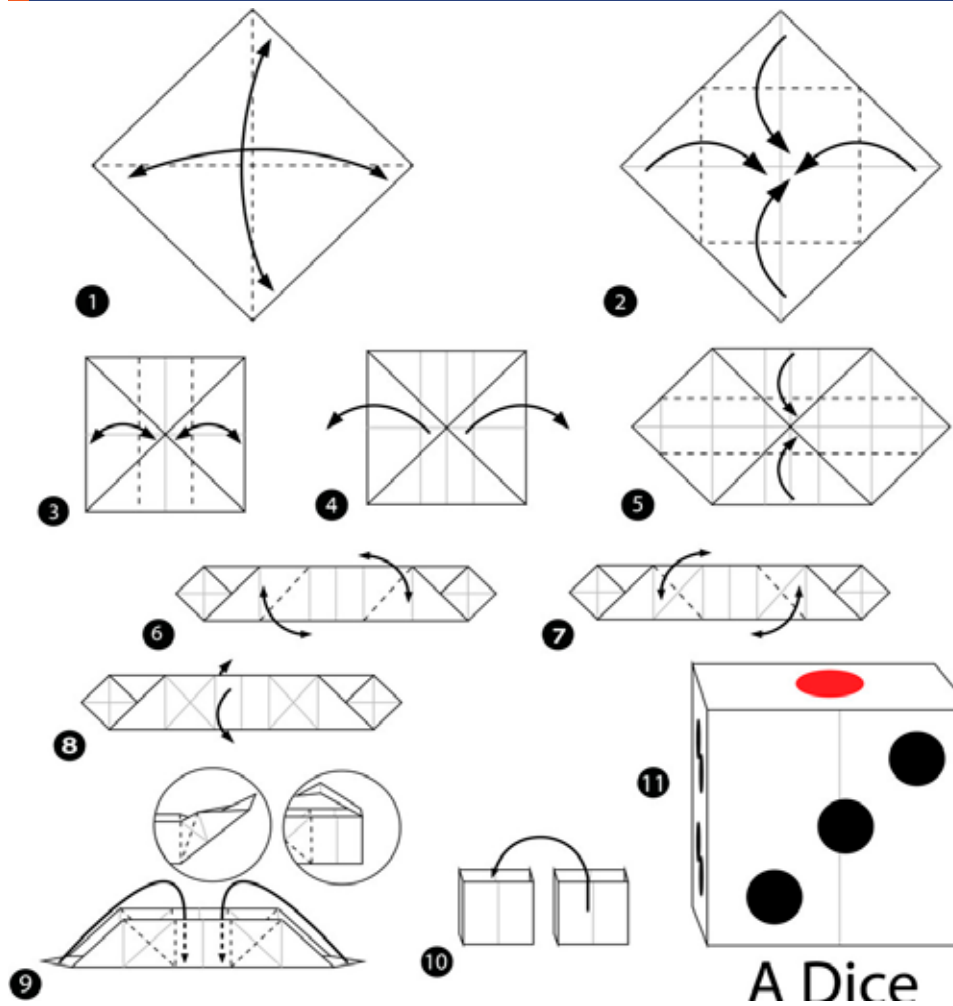
Email id: campsaluva@gmail.com,
Website: www.aartiacamps.com

Plot No.: 219/42, Aluva
Gam, Nr. Pindarda
Village, Gandhinagar-
Mahudi Highway,
Gandhinagar, Gujarat

FILL IN THE COLORS



ORIGAMI



A Dice

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CAN YOU SPOT THE DIFFERENCES



CALENDAR
2020

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Inspire Learning



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2020

JANUARY

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2020

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2020

NOVEMBER

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DECEMBER

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Subedar Karam Singh



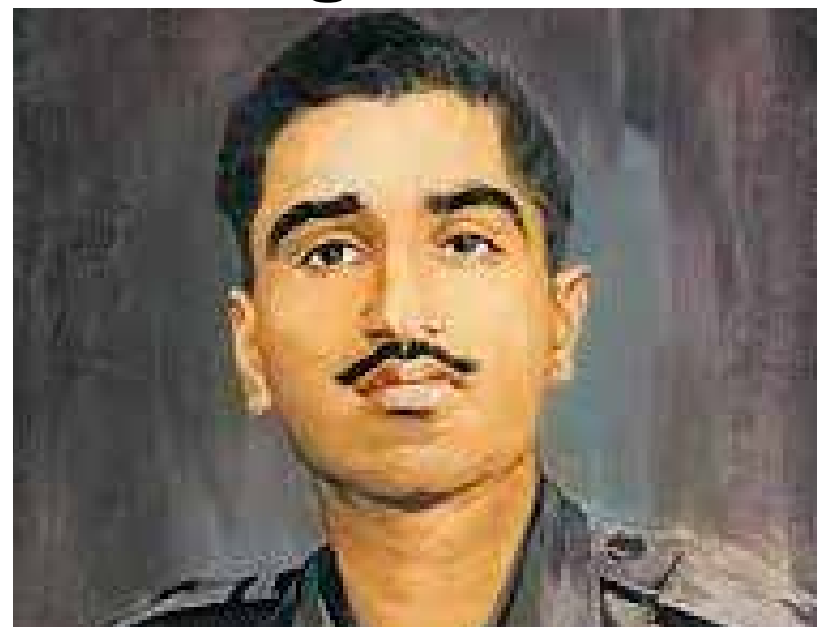
Born	15 September 1915
	Sehna, Barnala, Punjab, India
Died	20 January 1993 (aged 77)
	Sehna, Barnala, Punjab, India
Allegiance	British India, India
Service/branch	British Indian Army, Indian Army
Years of service	1941–1969
Rank	Subedar, Honorary Captain
Service number	22356 (enlisted) , JC-6415 (junior commissioned officer)
Unit	1st Battalion (1 Sikh)
Battles/wars	World War II, Indo-Pakistani War of 1947
Awards	Param Vir Chakra, Military Medal

On 21 June 1950, Singh's award of the Param Vir Chakra was gazetted. The citation read:

Tithwal in Jammu and Kashmir was captured on 23 May 1948. After that date, the enemy made numerous attempts to recapture Richmar Gali, and thence Tithwal. On 13 October 1948, coinciding with Id, the enemy decided to launch a brigade attack to retake Richmar Gali, and bypassing Tithwal, advance into the Srinagar Valley. Lance Naik Karam Singh was commanding a section at Richmar Gali. The enemy commenced its attack with heavy shelling of guns and mortars. The fire was so accurate that not a single bunker in the platoon locality was left unscathed. Communication trenches caved in. Bravely, Lance Naik Karam Singh went from bunker to bunker, giving succor to the wounded and urging the men to fight. The enemy launched eight separate attacks that day. In one such attack, the enemy managed to obtain a foothold in the platoon locality. Immediately, Lance Naik Karam Singh, who was severely wounded by then, with a few men, hurled himself in a counter-attack and evicted the enemy after a close quarter encounter which accounted for many enemy dead, having been dispatched by the bayonet. Lance Naik Karam Singh proved himself to be a dauntless leader of men in crisis. Nothing could subdue him and no amount of fire or hardship could break his spirit.

On 10 January 1957, now a havaldar (sergeant), Singh was promoted to the junior commissioned officer (JCO) rank of jemadar (later redesignated naib subedar) with the service number of JC-6415. He was promoted to subedar on 1 March 1964, and was later promoted to subedar-major. On 26 January 1969, he received an honorary commission in the rank of captain.[14] Singh retired in September 1969.

Captain Gurbachan Singh Salaria



Born	29 November 1935
	Shakargarh, Punjab, British India
Died	5 December 1961 (aged 26)
	Élisabethville, Katanga Province, Republic of the Congo
Allegiance	Republic of India
Service/branch	Indian Army
Years of service	1957–1961
Rank	Captain
Service number	IC-8947
Unit	3/1 Gorkha Rifles
Battles/wars	Congo Crisis
	United Nations intervention
	Operation Unokat †
Awards	Param Vir Chakra

For his gallant actions on 5 December 1961, Captain Gurbachan Singh Salaria was awarded the Param Vir Chakra. The citation read:

On 5 December 1961, 3/1 Gorkha Rifles was ordered to clear a road-block established by the gendarmerie at a strategic roundabout at Elizabethville, Katanga. The plan was that one company with 2 Swedish armoured cars would attack the position frontally and Captain Gurbachan Singh Salaria with two sections of Gorkhas and two Swedish armoured personnel carriers would advance towards this road-block from the airfield to act as a cutting-off force. Captain Salaria with his small force arrived at a distance of 1500 yards from the road-block at approximately 1312 hours on 5 December 1961 and came under heavy automatic and small-arms fire from an undetected enemy position dug in on his right flank. The enemy also had two armoured cars and about 90 men opposing Captain Salaria's small force. Captain Salaria appreciating that he had run into a subsidiary road-block and ambush and that this enemy force might reinforce the strategic roundabout and thus jeopardise the main operation, decided to remove this opposition. He led a charge with bayonets, khukris, and grenades supported by a rocket launcher. In this gallant engagement, Captain Salaria killed 40 of the enemy and knocked out the two armoured cars. This unexpected bold action completely demoralised the enemy who fled despite their numerical superiority and protected positions. Captain Salaria was wounded in his neck by a burst of automatic fire but continued to fight till he collapsed due to profuse bleeding. Captain Salaria's gallant action prevented any enemy movement of the enemy force towards the main battle scene and thus contributed very largely to the success of the main battalion's action at the roundabout and prevented the encirclement of UN Headquarters in Elizabethville. Captain Salaria subsequently died of his wounds.

Salaria was the first graduate of NDA to win a PVC, and also the only UN Peacekeeper to be awarded a PVC.

UTTARAYAN

Story of Colorful Diamonds in the Sky

On the 14th of January (and sometimes, 15th January), when western India celebrates Makar Sankranti and other parts of the country mark the occasion of Lohri or Pongal or Bihu or Shonkranth, Gujarat sets her skies ablaze with the festival of Uttarayan. Despite the variety of names and manners of celebration, the spirit is the same. It is one of thankfulness to the Almighty for having sent a good harvest.

Origin of the name

The name Uttarayan comes from joining two different Sanskrit words – Uttar meaning north and ayan meaning towards. It is the six-month period between 14th January and 14th July when, due to its tilt, our planet faces the sun. This makes the sun appear as if it is travelling north on its own celestial. After 14th July, the period is known as Dakshinayan, meaning southward movement, the time for winter.

The date: A mistake?

According to Hindu belief, 14th January is a time when the Gods in heaven open their doors and wake up after a six-month slumber and the Sun is said to enter the constellation of Makar or Capricorn and so the name Makar Sankranti. Some Hindu scholars say that the date 14th January celebrated for centuries as the day of the northward movement of the Sun, was actually incorrectly calculated by earlier Hindu astrologers. The correct date, they say, is actually 22nd December. However this is of little concern to people who revel more in the social aspect of the festival.

Preparations begin

Although the whole state of Gujarat is in a jubilant mood during this time, the city of Ahmedabad is where the festive spirit can be felt in full flow. Months before the actual event, street corners and small shacks start loading themselves with colored paper, bamboo sticks, strings and other paraphernalia needed to prepare the millions of kites and double the amount of manja or manjo – string used to fly kites.

This cottage industry has a rhythm and charm of its own with each member of the family contributing. While some cut the paper and sticks to the appropriate sizes, others stir the glue or the sticky rice paste called 'ludi'. For those who have been in this business for generations, it is time for a lot of hard work.

Some kite makers in the older parts of the city have a reputation of making thousands of kites a day. This is also the time when people from far off places in Bihar and Uttar Pradesh come to seek



refuge in the city and set up shops for the prized manja. This is then taken to the street manja maker who, oblivious to the pains, cuts and bruises he receives on his hand, coats the string with rice paste, colored dye and broken glass powder to give the string that extra edge during the kite fighting sessions. For the less zealous of kite flyers, shops make available readymade manja reels.

Special food on Uttarayan?

But what makes a perfectly nutritious packed meal for energetic kite-flyers on this day is a vegetarian delicacy known as "Undhiyo". Various winter vegetables, including raw bananas and special vadis, go into the pan to create a mesmerizing curry dish, which is rich, sweet and spicy and very much in tune with the tastes favored by the Gujarati palate.

The popularity of this dish is such that there are countless restaurants selling a

feast food combination of "Undhiyo" and "Jalebi" to customers, some of whom prefer the Surati variety while others gorge on the special matka undhiyo, baked in a clay vessel on a fire.

Kites of all shapes and sizes are flown, and the main competition is to battle nearby kite-flyers to cut their strings and bring down their kites. For this, people find their favored kite-makers who prepare strong resilient kite bodies with springy bamboo frames and kite-paper stretched to exactly the right tension. Lastly, the kites are attached to a spool (or firkin) of manja, special kite-string coated with a mixture of glue and glass to be as sharp as possible for cutting strings of rival kites.

Parents who normally find their children hard to get out of bed for school will find them setting the alarm for 5 am on 14th Jan., to get up and start flying kites in the ideal pre-dawn wind. The atmosphere is wonderfully festive, as whole families gather on the rooftop, special foods prepared for eating over the course of the day, and friends and neighbors visit each other for group kite-flying fun. Often people look out for which of their friends has the optimum terrace for kite flying and many will congregate there. This leads to many social gatherings that would not otherwise occur, as they have all gathered on the rooftop of the same mutual friend. From early morning to late at night, Uttarayan provides lots of fun and beautiful sights to remember for a long time.

The darkening sky is not a mood dampener for these enthusiasts, just a different challenge they master gracefully using white kites. As stars appear,



it is time to bring out the tukkals – accomplished flyers attach small candle-lit lanterns to the strings of white kites, creating a dramatic glowing 'ropeway' from the rooftop to the sky. Once lit, the lanterns automatically take to the skies, giving the impression of several shooting stars glittering in the deep dark blue. Some even say that flying a kite is a very spiritual experience. There comes a time when the flyer and the kite become one, forgetting the existence of everything else accept the colored spec visible high up in the blue. Loved ones and friends share the experience in their own way.

The International Kite Festival!

In 1989, Uttarayan celebrations took a new turn in Ahmedabad when the hugely popular International Kite Festival was initiated by the state government. The event since then has seen some of the best kites from around the world compete in the Gujarat sky. There are Wau-baling kites from Malaysia, ancient fighting kites from Japan known as Rokkaku, giant banner kites from USA, Llayang-layang from Indonesia; and other spectacular kites shaped like dragons, bicycles, airplanes and more adorn the blue sky.



IT'S THE YEAR OF OLYMPICS



JANUARY

- Jan 7-12** - Badminton - Malaysia Masters
- Jan 9-22** - Winter Youth Olympics, Lausanne, Switzerland
- Jan 14-19** - Badminton - Indonesia Masters
- Jan 17-20** - Cricket - ICC U-19 World Cup, South Africa
- Jan 18-19** - Hockey Pro League - India vs. Netherlands
- Jan 20-Feb 2** - Tennis - Australia Open, Melbourne
- Jan 21-26** - Badminton - Thailand Masters

FEBRUARY

- Feb 8-9** - Hockey Pro League: India vs. Belgium
- Feb 18-23** - Badminton - Spain Masters
- Feb 18-23** - Wrestling - Asian Championships (seniors), Delhi
- Feb 21 - 8 Mar** - Cricket - Women's ICC World T20, Australia
- Feb 21-22** - Hockey Pro League: India vs. Australia
- Feb 25 - 1 Mar** - Badminton - China Masters
- Feb 26 - 1 Mar** - Cycling - World Track Championships - Berlin, Germany

MARCH

- Mar 3-8** - Badminton - German Cup
- Mar 4-13** - Shooting - ISSF World Cup Shotgun, Nicosia, Cyprus
- Mar 11-15** - Badminton - All England
- Mar 13-15** - World Athletics Indoor Championships - Nanjing, China
- Mar 15** - F1 - Australian Grand Prix
- Mar 15-26** - Shooting - ISSF World Cup Rifle / Pistol / Shotgun, Delhi
- Mar 17-22** - Badminton - Swiss Open
- Mar 22** - F1 - Bahrain Grand Prix
- Mar 24-29** - Badminton - India Open
- Mar 27-29** - Wrestling - Asian Olympic qualifier, Xi'an, China
- Mar 31 - April 5** - Badminton - Malaysia Cup

APRIL

- Apr 2-5** - Wrestling - Asian Championships (Cadets, Juniors, Seniors, Veterans), Manila, Philippines
- Apr 5** - F1 - Vietnam Grand Prix
- Apr 7-12** - Badminton - Singapore Open
- Apr 9-12** - Golf - Augusta Masgers, USA
- Apr 16-25** - Shooting - Olympic Games Test Event Rifle / Pistol / Shotgun, Tokyo, Japan
- Apr 18 - May 4** - World Snooker Championship - Crucible Theatre in Sheffield, England
- Apr 19** - F1 - Chinese Grand Prix
- Apr 25-26** - Hockey Pro League: Germany vs. India
- Apr 29 - May 3** - Badminton - New Zealand Open

MAY

- May 1-17** - Ice Hockey - IIHF World Championship, Zurich & Lausanne, Switzerland
- May 2-3** - Hockey Pro League: Great Britain vs. India

May 3 - F1 - Dutch Grand Prix May 10 - F1 - Spanish Grand Prix

May 11-17 - Golf - US PGA - TPC Harding Park, San Francisco, California

May 16-24 - Badminton - Thomas and Uber Cup Finals

May 23-24 - Hockey Pro League: India vs. New Zealand

May 24 - F1 - Monaco Grand Prix

May 25 - Jun 1 - Tennis - French Open - Paris, France

May 23 - Football - FA Cup final - Wembley Stadium, London

May 30 - Football - UEFA Champions League Final, Ataturk Olympic Stadium, Istanbul

JUNE

- June** - Basketball, NBA Finals, USA/Canada
- Jun 2-7** - Badminton - Australian Open
- Jun 2-9** - Shooting - ISSF World Cup Rifle / Pistol, Munich, Germany
- Jun 5-6** - Hockey Pro League: Argentina vs. India
- June 6-21** - Hockey - Women's Asian Champions Trophy, Donghae City, Korea
- Jun 7** - F1 - Azerbaijan Grand Prix
- Jun 9-14** - Badminton - Thailand Open
- Jun 12 - Jul 12** - Football - Euro 2020
- Jun 12 - Jul 12** - Football - Copa America in Argentina and Colombia
- Jun 13-14** - Hockey Pro League: Spain vs. India
- Jun 14** - F1 - Canadian Grand Prix
- Jun 16-21** - Badminton - Indonesia Open
- Jun 18-21** - Golf - US Open, Winged Foot Golf Club, Mamaroneck, New York
- Jun 22 - Jul 3** - Shooting - ISSF World Cup Rifle / Pistol / Shotgun, Baku, Azerbaijan
- Jun 23-28** - Badminton - US Open
- Jun 25-28** - Wrestling - Asian Championships (Cadets), Bangkok, Thailand
- Jun 28** - F1 - French Grand Prix
- Jun 27 - Jul 19** - Cycling - Tour de France
- Jun 29 - Jul 6** - Tennis - Wimbledon in London, England
- Jun 30 - Jul 5** - Badminton - Canada Open.

JULY

- Jul 5** - F1 - Austrian Grand Prix
- Jul 7-12** - Badminton - Russian Open
- Jul 7-12** - Wrestling - Asian Championships (juniors), venue to be announced
- Jul 11-19** - Shooting - World Championship Juniors Rifle / Pistol / Shotgun Suhl, Germany
- Jul 16-19** - Golf - British Open at Royal St George's Golf Club, Sandwich Kent, and England
- Jul 19** - F1 - British Grand Prix
- Jul 24** - Aug 9 - Summer Olympics - Tokyo, Japan
- Jul 28** - Aug 2 - Badminton - Hyderabad Open

AUGUST

- Aug 2** - F1 - Hungarian Grand Prix

Aug 16-23 - World Rowing Championships - Bled, Slovenia

Aug 17-23 - Wrestling - World Championships (Cadets), Tatabanya, Hungary

Aug 18-23 - Badminton - Akita Masters, Japan

Aug 25-Sep 6 - Paralympics Games - Tokyo, Japan Aug

25-30 - Badminton - Vietnam Open

Aug 28 - Wrestling - World Championships (Cadets, juniors), Constanta, Romania

Aug 30 - F1 - Belgian Grand Prix

Aug 31 - Sep 13 - Tennis - US Open - New York

SEPTEMBER

- Sep 1-6** - Badminton - Chinese Taipei Open
- Sep 6** - F1 - Italian Grand Prix (Subject to contract signature)
- Sep 7-13** - Wrestling - World Championships (juniors), Belgrade, Serbia
- Sep 9-13** - World University Shooting Sport Championship, Pilsen, Czech Republic
- Sep 15-30** - Badminton - China Open
- Sep 20** - F1 - Singapore Grand Prix
- Sep 20-27** - Cycling - UCI Road World Championships, Aigle and Martigny, Switzerland
- Sep 22-27** - Badminton - Japan Open
- Sep 25-27** - Golf - Ryder Cup, Whistling Straits (Haven, Wisconsin)
- Sep 27** - F1 - Russian Grand Prix
- Sep 29 - Oct 4** - Badminton - Indonesia Masters Super 100

OCTOBER

- Oct 6-11** - Badminton - Dutch Open
- Oct 11** - Japanese Grand Prix
- Oct 13-18** - Badminton - Denmark Open
- Oct 18-Nov 15** - Cricket ICC World T20, Australia
- Oct 20-25** - Badminton - French Open
- Oct 25** - F1 - US Grand Prix
- Oct 27 - Nov 1** - Badminton - SaarLorLux Open
- Oct 27 - Nov 1** - Badminton - Macau Open
- Oct 27 - Nov 1** - Wrestling - World University Championships (Seniors), Nizhny, Russia

NOVEMBER

- Nov 1** - F1 - Mexican Grand Prix
- Nov 3-8** - Badminton - China Open
- Nov 10-15** - Badminton - Hong Kong Open
- Nov 15** - F1 - Brazilian Grand Prix
- Nov 17-22** - Badminton - Syed Modi India International
- Nov 23-29** - Wrestling - World Championships (U-23), Tampere, Finland
- Nov 24-29** - Badminton - Korea Masters
- Nov 29** - F1 - Abu Dhabi Grand Prix

DECEMBER

- Dec 9-13** - Badminton - BWF World Tour Finals, Guangzhou

Interview of Cricket Team

Vidyanagar High School

Since when is your school team playing cricket and what age groups? (U-12, U-14 etc)

1965. U-14, U-16, and U-19 Elite Group

How do you motivate your school students to play cricket or other sports?

We encourage sports culture in our school and students are encouraged and fully backed for taking up the sport of their choice.

How do they manage studies and sports together? (Any special efforts are taken by your side?)

Once they start playing sports professionally, our school makes sure to manage their extra classes so that they do not lag behind in education.

How many tournaments have your team played and won to date?

Our school team has been participating in all the elite tournaments organised by CBCA in Under 14, Under 16, and Under 19 categories and have been dominating school cricket since the last few decades.

How much support do you get from parents?

Like our school, the parents also back their wards in taking sport of their choice.

Which of your players are VHS alumni and play for Ranji Trophy or at the National level? How do they support the school?

Mr. Anil Patel (Secretary GCA), Mr. Parthiv Patel (Current Gujarat Team captain), Mr. Mukund Parmar (Legend of Gujarat Cricket), Mr. Pallav Vora, Mr. Het Patel, Smit Patel, Siddharth Desai and a lot more names to mention. They are always readily available to motivate our school cricketers.

Name of your recent match-winning players?

Gautam Bambhaniya, Meet Patel, Luv Padhiyar, Jainish Patel Yuva Barot Under 14 Category. Shivam Tripathi and Divya Jadhav, Aakash Jalandhara, Dev Joshi, (Under 16 Category). Dhruvil Joshi, Darshit Sathwara, Jay Malusare, (Under 19 Category)



Trump doubles down on striking cultural sites in Iran



President Donald Trump insisted that Iranian cultural sites were fair game for the U.S. military, dismissing concerns within his own administration that doing so could constitute a war crime under international law. He also warned Iraq that he would levy punishing sanctions if it expelled American troops in retaliation for a U.S. airstrike in Baghdad that killed a top Iranian official.

National Aerospace Laboratory wants govt. push for Saras Mk2 takeoff



The government needs to be the "launch customer" to make Saras Mk2 commercially viable, the National Aerospace Laboratory (NAL), which has developed the first indigenous light transport aircraft, told the Parliamentary Standing Committee on Science and Technology.

Women scientists bat for conducive workplaces



Better childcare facilities, safer laboratories, more funding to research projects were some of the issues that women scientists and researchers battled for to make the work environment more conducive.

Philippines braces to evacuate its workers in Iraq, Iran



Philippine President Rodrigo Duterte ordered the military to prepare to deploy its aircraft and ships "at any moment's notice" to evacuate thousands of Filipino workers in Iraq and Iran, reflecting Asia's growing fears for its citizens amid a potential outbreak of violence in the Middle East.

Lyon roars as Australia crush New Zealand to sweep series



Spinner Nathan Lyon took 10 wickets for the match as Australia underlined their absolute dominance of New Zealand with a crushing 279-run victory in the third test at the Sydney Cricket Ground on Monday to sweep the series 3-0.

Supreme Court asks Vijay Mallya to not use pending case to stall legal process abroad



The Supreme Court has directed liquor baron Vijay Mallya to not use pending proceedings in the court to stall legal proceedings "anywhere else in the world". Supreme Court passed the orders on Monday after Solicitor General Tushar Mehta informed the court that insolvency proceedings against Vijay Mallya are pending in a UK court and Mallya has sought that a judgment should not be passed because the issue of repayment is pending before the Supreme Court.

Ross Taylor becomes New Zealand's top test run scorer



Ross Taylor became New Zealand's highest run-scorer in the longest form of the game on Monday when he hit three runs through mid-on after tea on the fourth day of the third test against Australia. The 35-year-old, playing in his 99th test, overhauled the tally of 7,172 Stephen Fleming managed in 111 matches between 1994 and 2008.

France, Britain, Germany: Iran must refrain from violence and respect nuclear deal



The 'E3' group of countries comprised of France, Britain and Germany called on Iran to refrain from any violent action and urged Iran to go back to respecting arrangements laid out in the JCPOA 2015 nuclear deal with world powers. The three countries also highlighted the importance of de-escalating tensions in Iraq and Iran, and reaffirmed their determination to fight Islamic State.

Niti Aayog's draft for private trains: 15-minute head start, max speed of 160kmph, own guard, crew



Private trains running on a particular route will have a head start of 15 minutes on other trains running on the same route, a maximum permissible speed of 160 kmph and also their own guards and crew, says a draft proposal mooted by Niti Aayog as it finalises the contours of bringing in private players for train operations in the country. A slew of draft documents -- for Request for Qualification (RFQ), Concession Agreement Guiding Principles, Project Information Memorandum (PIM) along with a presentation on the salient features of the project -- for discussion on private participation in passenger trains have been uploaded by Niti Aayog on its website which outline the railways' plans of running 150 trains on 100 routes by private operators, envisaging an investment of Rs 22,500 crore.

BIRTHDAY WISHES

MAMATA BANERJEE

5th JANUARY 1955

Mamata Banerjee born 5 January 1955 is an Indian politician who has served as the 8th and current Chief Minister of West Bengal since 2011 being the first woman to hold the office. She founded the party All India Trinamool Congress (AITC or TMC) in 1998 after separating from the Indian National Congress, and became its chairperson. She is often referred to as Didi.



JEREMY RENNER

7th JANUARY 1971

Jeremy Lee Renner born January 7, 1971 is an American actor, musician, singer and songwriter. He began his career by appearing in independent films such as Dahmer (2002) and Neo Ned (2005). Renner earned supporting roles in bigger films, such as S.W.A.T. (2003) and 28 Weeks Later (2007). Renner was nominated for the Academy Award for Best Actor for his performance in The Hurt Locker (2008) and for the Academy Award for Best Supporting Actor for his performance in The Town (2010).



HRITHIK ROSHAN

10th JANUARY 1974

Hrithik Roshan born 10 January 1974 is an Indian actor who appears in Bollywood films. He has portrayed a variety of characters and is known for his dancing skills. One of the highest-paid actors in India, he has won many awards, including six Filmfares, four for Best Actor and one each for Best Debut and Best Actor (Critics). Starting in 2012, he appeared in Forbes India's Celebrity 100 based on his income and popularity.



BENJAMIN FRANKLIN

17th JANUARY 1706

Benjamin Franklin FRS FRSA FRSE January 17, 1706 O.S. January 6, 1705 – April 17, 1790 was an American polymath and one of the Founding Fathers of the United States. Franklin was a leading writer, printer, political philosopher, politician, Freemason, postmaster, scientist, inventor, humorist, civic activist, statesman, and diplomat. As a scientist, he was a major figure in the American Enlightenment and the history of physics for his discoveries and theories regarding electricity.

Career Counselling: an educational tool to shape the personality of students



DR. SALEEMA CHAUDHARY
PRINCIPAL
Cosmos Castle International School
Green Campus, Bopal, Ahmedabad



Career Development Competencies with the school students

With a contingency plan to develop the competencies and the skills in the students and make them industry ready, planning and integrating the concepts learnt in the classroom with its application by way of experiential learning will help in the school. On the other hand, career counseling and guidance can mould and shape their personality by :

- Developing in students a sense of self-efficacy and that their future can be shaped by themselves and their own choices.
- An understanding that abilities and interests also help shape opportunity.
- An awareness of the world of vocation and what all of that entails would help the children help.
- Exploring the possibilities and not foreclose prematurely on a career option.
- Presenting opportunities to explore non-gender-role stereotyping activities in relationship to the world of work.

- Helping students take a comprehensive, realistic look at the occupations available to them.
- Introducing children to interest inventories and personality assessments (e.g. Holland's interest inventory, 16 PF, etc.).

ROLE OF SCHOOL

School plays a key role in introducing a child to the world of vocation. The various co-curricular and extra-curricular activities planned throughout the year, help in instilling in a child awareness and respect for all kind of jobs and an awareness about the various job opportunities in the world of work. At the same time school needs to be flexible enough that will allow students to try out new self-concepts and images of self. Clubs and activities can provide a individual opportunity to explore options. Activities organized around a theme help eliminate redundancy.

Putting the pieces together:

Developing a sense of self-efficacy in the students and a responsibility that their future can be shaped by themselves and their own choices, is an im-

portant aspect of the personality development in the students of the middle and high school. Middle school is the perfect time to explore interest and start investigating the various career options.

As a student of Middle and High school try and do the following:

- Make a list of your school activities (clubs, house, etc. to which you belong) to understand your skill and interest.
- Find out what type of career suits your skills and interest.
- What kind of education , degree is required and suitable for your chosen career. Information on the requisite qualification is available on the various job sites
- Learn about what people do at work and how they make our world a better place.
- Ask your school librarian to help you find books on careers that might match your interests and abilities. Many publications can provide you with information about careers that you may never have considered
- Visit with your counselor to talk to him/her and find about your interests and abilities.

The area of career guidance and counseling for youth is undergoing rapid change in light of ever evolving expectations of young people as members of society and rapidly changing horizon of educational and career opportunities. Career awareness activities allow students to understand information about career and themselves. Parents and extended family enhance and influence children's knowledge. Investigation about the career options and reflecting on self ,students will develop a positive attitude towards the work and invest their time and energy to learn required skills.



ACHIEVEMENT

Established in 2003, Brain O Brain focuses on empowering young geniuses worldwide through their advanced skill development program for 4-14 years kids. Operating 42 countries, it is a proud holder of 2 world records - The largest mental arithmetic lesson in the world and The largest abacus lesson in the world. Like every year, the Gujarat Regional Fest for 2019 was held on December 15. Participating for the first time, kids of Vaishnodevi Circle center brought laurels with their scintillating performance by winning as many as 7 positions. Saumya, Ayan, Agrima and Nishant won Champion Trophies; Aum won a Gold Medal; and Vihan and Tejas bagged Silver Medals. They also got a great opportunity to meet Brainobrain Director, Mr. Anand Subramaniam who felicitated the award ceremony.

Countdown Begins Feel the exam excitement

Exam time can bring about a range of different thoughts and feelings for students. The following information will assist you to develop techniques to improve your confidence and to manage any anxiety that you may experience in the lead up to your exams.

Here are a few tips for parents to help their children cope:-

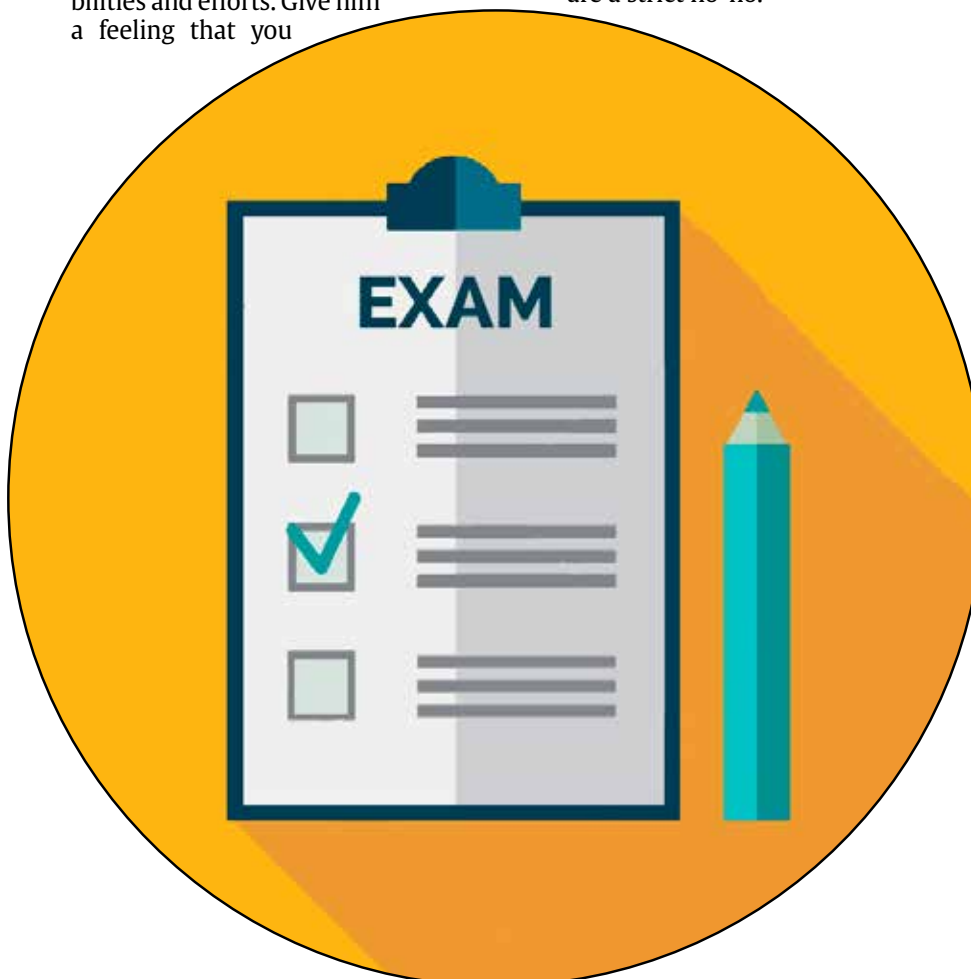
1. Get closer to your child -- team up! Children generally experience stress because there is nobody around to empathise with them. It is the moral responsibility of parents to talk to them and discuss exam preparations. Help them chalk out an effective action plan to prepare for the exam. Help them develop specific strategies for easy, not-so-easy, and difficult chapters or concepts. This will help your child organize his/her time, and make the preparations more effective. Once children feel part of a team, once they know they are not alone, they will be much more enthusiastic and positive.
2. List out what to do and when to do. It is all about making a clear time table that the child can stick to. Take care in making realistic time frames for various topics, in line with the capabilities of the child. For example, start with moderately difficult topics first, to make the child comfortable, and then move on to the difficult ones later. Allot sufficient time to attempt sample papers once the preparations are over.
3. Support your child's preferred way of learning. Every child has a learning style that he or she is comfortable with. These different styles include learning by reading aloud, learning by writing, and sometimes learning by drawing mind maps. Give your child the freedom to adopt the style he/she likes the most. Revision notes developed by our experts can offer great help here.
4. Attempt previous exam papers and new sample papers. Once the preparations are over, children should take some mock exams to get a feel of the real exam. Initially, the time cap can be ignored, but later on, students need to stick to time constraints. This will give them valuable practice to finish everything well in time.
5. Give regular breaks to recharge. Adequate breaks should be given to the child during preparations. Nobody can maintain a constant attention span. Hence, give sufficient breaks to the children to re-energise them-

EXAM TIME TABLE			
Date	SSC	HSC	
		Science Stream	General Stream
March 7	First Language	Physics	Accountancy
March 9	Science and Tech	Chemistry	Statistics
March 11	—	Biology	Secretariat Practice
March 12	Mathematics	First Language	Economics
March 14	Social Science	Mathematics	Psychology
March 16	Second Language	Second Language	First Language

selves and sit and concentrate again. Doing some recreational activity during such breaks is a good idea.

6. Motivate your child by recognizing his good work. A day's good work should not go unnoticed. Give the child his due: a good treat or a chance to watch a movie or to dine out with family. The purpose is to give a moment of pride to your child. Don't be stingy in this aspect.
7. Give optimism a push. Always talk positively about your child's capabilities and efforts. Give him a feeling that you
8. Feed your child well. Ensure that your child does not skip his meals. Give him a balanced diet with a lot of carbohydrates, proteins, minerals and vitamins. Stimulants like caffeine should be avoided as far as possible. Junk food and fizzy drinks are a strict no-no.

are there with him in any situation. Every time he feels low, remind him of his capabilities and tell him how much you love him. Just instill confidence in him. Then he will take care of things on his own.



Examinations Do's and Don'ts:

Do's

Before the Exam:

- Sleep well a night before the exam and have a healthy breakfast the next morning. Reach the center well in advance. Avoid last minute hassles.
- Have faith in your hard work and your preparations.

Question paper:

- Read the instructions carefully before starting the exam. You will know the finer details of the exam, like any change in pattern, marking scheme etc.
- Read each and every question carefully and answer what has been asked.
- Answer the section you find easy, first.
- Keep some time for revision and check whether you have answered all questions you know.

Don'ts

In the Exam:

- Do not waste time on questions you are not sure of or those which are time consuming. Come back to answer them only when you are through with all that you know.
- Do not forget to carry your stationery, a watch and all the documents required.
- Like the hitchhiker's guide to the galaxy reads, "Do not panic".
- Do not spend more time on a section that carries relatively less marks.
- Do not waste time on a numerical question, in case you don't know. Either you know them or you don't. Answer it if you do, move on to the next question in case you do not have a clue.
- Do not speculate how much marks you might get, while taking the exam. Concentrate on doing whatever you know.
- Don't get distracted by any external factor.

After the Exam:

- Do not conduct a post-mortem of the exam by predicting how many marks you might score, trying to figure out the correct answers from an unreliable source.