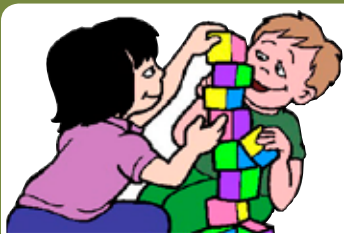


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IN OUR COUNTRY, EVERYONE KNOWS EVERYTHING

When you fall sick, you will have queue of advisors and you will be bombarded with questions and suggestion "did you see this doctor? For these diseases there is no medicine, ayurveda is better than allopathic" and so on. Not advises only, we are also well known for assurances. you will hear very often, "call me for any help at any time", and when try calling for help, you will get blank response or response from very few people. I have seen on the sites of accidents that hundreds get collected leaving work aside and just discussing doing nothing.

Many a times we come across self-styled doctors, who have qualified from "University of News Papers & social media", they read every health related essays/articles and start preaching. Now-a-days newspapers and social media is full with articles related to health and diseases. People read them and many a times try to apply things in their day to day life. People running medical shops do not mind prescribing medicines, they also go on too confidently changing the prescription of qualified doctors," this medicine is not available alternative of this is" is a common phrase in our country. In fact self-medication and medication from unqualified person is leading to antibiotic resistance, which is very dangerous. After all, India is the origin of super bug.

We have a habit of commenting on everything, we become expert of dance, acting, cricket, politics, education, law, disaster management etc. On the top of it, actors of this country are Super 'Gyanis', they comment and endorse each and every thing. Be it decision of RBI governor, surgical strike, cricket,

political issues, atta, fairness creams and what not. Media consider and project them as Super Gyanis. Everyone in our country thinks that they can comment on education, guides, teachers and run schools. Since outcomes are not that explicit, people do not realise importance of 'Qualified Educational Professionals. Schools do not mind appointing unqualified professionals. "Padh ke padha lenge", we will read and teach - has become motto of prospective teachers.

To-day internet has made everyone "Gyani",

there are free flowing health related messages, diagnostic articles, check lists, so called decisions of UNESCO, be it "declaring Indian National Anthem as best Anthem, celebration of APJ Abdul Kalam's birthday as Students day", "instant death on eating banana and egg together" and such end number of so called decisions of UNESCO, which even UNESCO may not be aware are freely flowing on social media although the said body have not made any such decisions. We see family photographs of Chandrasekhar Azad, speech of Nathuram Godase, Netaji and what not.

In the age of "information explosion" and "freedom to post information" we need to understand that with freedom comes responsibility i.e. responsible use of social media a.k.a. "freedom to post and forward". Before posting or forwarding any information let us be sure about its genuineness. Just ask is it true? Is it possible? Let me check authenticity of the message or content.

We need to understand and respect professional training and knowledge.



Can a medical shop owner/ paramedical professional change decision of a doctor? A person undergoes five to six years of training before he/ she is authorised to prescribe medicines; just ask, am I qualified to comment, critically analyse or judge? Everyone cannot be expert of everything. Let us stop commenting for the sake of commenting. There is no harm in telling "Sorry I do not know" and moving away if not required.

'Padh ke padha lenge' is nurturing a generation who can recall laws, facts, can solve trend based problems but fail to answer critical questions. Impact of teachers is for generations. In interviews aspiring teachers keep on pleading, give me a chance I will prepare and teach. My counter question is if your child is sick, will you take your child to a doctor who is not qualified? Every one answers "No". We need to respect professional body of knowledge and leave things to professionals.



DR. SHAILENDRA GUPTA
EDUCATIONIST, AHMEDABAD

Earth Day 2017



the list given below:

- Raise awareness on environmental issues
- Create self-consciousness among individuals and the role they play in day to day activities that affect their immediate environment
- Plant trees and protest if someone is cutting forests and trees
- Campaign against using cars and motor vehicles; and promoting public transport, walking and cycling.
- Awareness to keep our surrounding clean by segregating waste and properly disposing them rather than littering them
- Save energy and electrical resources in day to day use
- Care for flora and fauna – trees, plants and

animals

- Saving water in every and all ways one uses it

Those schools who are interested to organize events around Earth Day should make sure that it does not become a one day seminar, protest march, conference, rally, exhibition or competition event but year round activity program that inculcates behaviour change which becomes part of student's life style and student's day to day activities that remain with their personality for a lifetime.

Most activities and programs of 22 April are termed as part of celebrating Earth Day, I believe that the time of celebration, lectures, speeches and talk is over and every one of us has to work very seriously on a war footing every day till we are alive to save our Earth.



RAJ DOCTOR
INTERNATIONAL DEVELOPMENT PROFESIONAL, JAIPUR

RAM NAVAMI CELEBRATIONS AND SIGNIFICANCE

All across India, the day of Ram Navami is celebrated as the birthday of the Lord Ram, one of the most familiar and loved deities in the Hindu pantheon. Lord Ram is known as the seventh incarnation of the Dashavatara of Vishnu and was born to the Dasharatha and Queen Kausalya of Ayodhya. The Ram Navami festival falls in the Shukla Paksha on the Navami, the ninth day of the month of Chaitra according to the Hindu calendar.

The nine days leading up to Ram Navami are days of fasting and prayer for the devout, and the day of the festival itself is marked by pujas and satsangs (public gatherings). The period is also known as Shri Rama Navratra.

Ram Navami is a major festival for Lord Ram's worshippers. Lord Ram's dynasty considered themselves to have descended from the Sun. Therefore the celebrations on Ram Navami festival begin early morning by praying to the Sun. In the afternoon, which is supposed to be Lord Ram's birth time, a special prayer is performed in temples.

It is also considered auspicious to undertake a fast on this day. The more religious ones fast for all nine days preceding the day of Rama Navami. The fast is kept to seek perfection as a human being and is considered as an exercise to build up will power and self discipline. Many temples perform elaborate prayers throughout the day. A very important practice during this festival includes reading of the Ramayana by a pandit in

the temple for all nine days and this is a crowd puller as people come to listen to the fascinating story.

Although this festival is celebrated everywhere in India, there are two cities-Ayodhya in Uttar Pradesh and Pondicherry which are especially renowned for their Ram Navami celebrations. Both these places are mentioned in the epic Ramayana.

Ayodhya is the place where Lord Ram was born and during the festival resplendently decorated rath yatras or chariot processions are carried through the town. The main attraction of these processions are lavishly decorated chariots carrying four people dressed up as Lord Ram, his wife Sita, brother Laxman, and his disciple Hanuman. The chariot is followed by many other people dressed up as King Ram's soldiers. These rath yatras take place all over north India and continue for two days, accompanied by much fanfare and rejoicing. During the processions participants sing religious songs and praise the happy days of Ram's reign. Other sacred places like Ujjain and Rameshwaram also draw thousands of devotees from all over the country during this festival. People visit Rameshwaram to take a ritual bath in the sea before paying homage at the Ramanathaswamy temple.

Fairs are hosted in various places in north India in connection with this festival that end in spectacular fireworks on Rama Navami.

Source: Internet



EASTER – SEASON OF REMEMBERING, SHARING AND CELEBRATING

Easter, which celebrates Jesus Christ's resurrection (rising from death), is Christianity's most important festival, celebrated in the month of April, every year. It does not fall on a set date. It is usually celebrated on the first Sunday following the full moon after the vernal equinox on March 21st. Easter is not just a single day celebration, it is an entire season, termed by Christians as season of LENT. The preparation for celebration of Easter starts with the 40 days of lent season, commemorating Jesus spending 40 days in wilderness alone.

The Lent season begins with ASH Wednesday, which falls in the month of February. Lent season is important for Christians as they go through a period of penance. They abstain from all kinds of celebrations and merriment during this season.

PALM Sunday: The week which leads to Easter Sunday is called the Holy week. It begins with the prior Sunday of Easter as Palm Sunday. Palm Sunday commemorates Jesus' visit to Jerusalem after his 40 days in wilderness. People welcomed Jesus with palm leaves. He rode on a donkey and people lined on both sides with palm leaves. On Palm Sunday, the church celebrates with people holding palm leaves.

MAUNDY Thursday: Commemorates Je-



sus last supper with his disciples before he is nailed to death. On this day, Jesus washed his disciples' feet and shared the bread and wine with his disciples. People enact this event solemnly as a part of the holy mass. The holy mass is followed by solemn adorations and worships throughout the night till Friday morning. This night of worship where people remain awake to be a part of the pain and sorrow which Jesus went through before his death on Friday, which is the Good Friday.

GOOD Friday: Commemorates the crucifixion (death caused by nailing to a cross) of Jesus Christ. During this day, Christians observe fasting and gather in the church and participate in the enactment of Jesus' journey of agony and



pain till he was put to death nailed on a cross.

HOLY Saturday: Christians gather on the night of Saturday to commemorate the

rising of Jesus Christ from the death. Christians believe that Jesus Christ rose from death, and went back to his father, the GOD, along with his body and soul. Thus, relieving people of their sins. It is a moment of joy. The worship continues till the early hours of Easter Sunday. People greet each other having hot coffee and cake. It is a moment of Joy and sharing of celebration.

EASTER Sunday: The whole season ends with the celebration of EASTER, in the name of the risen God, Jesus Christ. Traditionally, being a sharing festival, people have their Easter Buns, Easter Eggs filled with chocolates, Easter bunnies and lunch with all the family members meeting, greeting and having lunch together.

The Easter feast and the Easter Eggs form an integral part of Easter celebration. Many games are played prior to or after Easter Feast. These include decorated Easter Egg Hunting, Egg tossing, Egg rolling, etc. Easter eggs were tools used to make this celebration a joyful community celebration where sharing and celebration of togetherness exists.



ANNIE VARGHESE
EDUCATIONIST, AHMEDABAD

Know about multiple intelligences

Every student learns in a different way. This idea—that students have different learning needs—is one of the core concepts of this writing. A key step toward making school intrinsically motivating is to customize an education to match the way each child best learns.

Rethinking intelligence and how we learn

Research from academic psychologists has set the stage for an escape into a new understanding of intelligence. In the past, scholars reduced intelligence to a number, considered it unitary, and gave it a name—intelligence quotient, or IQ. They then proceeded to compare people within age groups by this measure. But some research indicates that intelligence is much broader than this. Many scholars use the word intelligence to denote competence in a variety of areas.

Harvard psychologist 'Howard Gardner' is the pioneer in this multiple intelligence field. Gardner first posited the idea of many types of intelligence in the early 1980s as he introduced his "Theory of multiple intelligences." A cursory examination of Gardner's definition of intelligence and his categorization scheme shows how people can have different strengths and how the learning experience can be tailored to those differences. Here's how Gardner defines intelligence:

- The ability to solve problems that one encounters in real life.
- The ability to generate new problems to solve.
- The ability to make something or offer a service that is valued within one's culture.

That definition escape the narrow clutches of an IQ score. In studying intellectual capacity, Gardner established criteria to aid him in deciding whether a talent that could be observed was actually a distinct intelligence and therefore whether it merited its own spot in his categorization scheme. His criteria is "each intelligence must have a development feature, be observable in special populations such as prodigies or "savants," provide some evidence of localization in the brain, and support a symbolic or notational system." From this, Gardner originally came up with seven distinct intelligences. He has since added an eighth to that list and given consideration to a couple more.

Gardner's eight intelligences with brief definitions and an example of someone who exemplifies each one are:

- **Linguistic:** ability to think in words and to use language to express complex meaning : Zaverchand Meghani, Mahatma Gandhi
- **Logical-mathematical:** Ability to calculate, quantify, consider propositions and hypotheses and perform complex mathematical operations: C.V. Raman, Dr. Vikram Sarabhai
- **Spatial:** Ability to think in three-dimensional ways; perceive external and internal imagery; re-create, transform, or modify images; navigate oneself and objects through space; and produce or decode graphic information: Raja Ravi Varma, Amrita Sher-Gill
- **Bodily-kinesthetic:** Ability to manipulate objects and fine-tune physical skills: P.T. Usha, Sachin Tendulkar
- **Musical:** Ability to distinguish and create pitch, melody, rhythm, and tone: Sudha Chandran, Yamini Krishnamurthy
- **Interpersonal:** Ability to understand and interact effectively with others: Narendra Modi
- **Intrapersonal:** Ability to construct an accurate self perception and to use this knowledge in planning and directing one's life: Valmiki, Swami Vivekanand,
- **Naturalist:** Ability to observe patterns in nature, identify and classify objects, and understand natural and human-made system: Billy Arjun Singh, Dharendra Pal Singh

How does this relate to teaching and learning? When an educational approach is well aligned with one's stronger intelligences or aptitudes, understanding can come more easily and with greater enthusiasm. So as a teacher, we should put differently, the learning can be intrinsically motivating. (Will be continued...)



DHRUMA PINARA
EDUCATIONIST, AHMEDABAD

PHYSICAL FITNESS, A SOUND MIND IN A SOUND BODY

Health in the broad sense of the word does not merely mean the absence of disease or provision of diagnostic, curative and preventive services. It also includes as embodied in the WHO (World Health Organization) definition, a State of physical, mental and social wellbeing. The harmonious balance of this state of the human individual integrated into his environment constitutes Health, as defined by WHO.

The mind houses your humanity, and, therefore, exercise of the mind is just as im-

portant as exercise of the body for full maturing and development. The purpose of a human's time on earth is to live the best, balanced life and to explore the unexamined facets that make us better men. Thus, the Balanced Men Ideal-Living a life encompassing Sound Mind and Sound Body—was created to frame programming ideas.

The State or Concept of positive health implies the nation of 'perfect functioning' of the body and mind. The following points support this saying on scientific way:

PHYSICAL FITNESS IMPROVES BRAIN HEALTH

Everyone knows that physical fitness and exercises are good for them. It helps you lose or maintain your weight. It's good for your heart and your cardiovascular system. And it generally keeps you fit and healthier.

But did you know that physical fitness and exercises is also good for your brain? It can make you smarter. Not only that, but investigations indicated that exercise can help prevent disorders like Alzheimer's disease, Parkinson's disease and depression. It can even increase your chances of recovering brain injury.

PHYSICAL ACTIVITY & EXERCISES ARE AN ANTI-DEPRESSANT

One important role of the hippocampus is in the response to stress. In fact, studies show that war veterans with post-traumatic stress disorder have compromised hippocampal function. Folks that exercise regularly know that they are much more capable of handling stress throughout their day than when they don't exercise. Again, this is like an effect of increased hippocampal function by regular exercise.

Anti-depressant drugs activate the same growth factor systems in the brain that exercise activates. They also induce new neuron growth in the hippocampus, like exercise routines.

IMPROVEMENT OF LEARNING

It turns out that physical activity turns on hormonal support systems in your brain. The activation of these systems strengthens brain circuits that you already have and help you develop new ones. Exercise also increases the blood supply in the brain. In laboratory studies, exercises increased the number of blood vessels that supply several brain regions. This has the effect of improving nutrient delivery and waste removal from critical regions that effect mental function.

Additionally, physical fitness and exercise causes a rise in several growth factors in the brain that are responsible for helping brain cells, or neurons. Only a couple of brain regions can produce new neurons and exercise increases the amount and rate of neuron production in these regions.

One of the brain areas producing new neurons is the hippocampus. The hippocampus plays a critical role in learning, memory and attention. Exercise and physical activity induces new neuron growth in the hippocampus and improves performance on several types of cognitive tasks.

EXERCISE PROTECTS THE BRAIN FROM DAMAGE AND DISEASE

Studies also show that exercise protects the brain from aging and injury. Older adults that regularly exercise perform better in cognitive tasks and have lower rates of Alzheimer's and Parkinson's disease. They also recover stronger from strokes and from accidental brain injury.

One can argue that people who exercise have many factors in their lives that can contribute to these findings. For example, they smoke less, eat better, etc. However, studies in laboratory animals also support the idea that exercise is protective. Animals that are exercised are protected against traumatic brain injury in laboratory tests and don't develop the extent of Alzheimer's and Parkinson's disease in model systems.

Studies also show that in addition to exercise's protective role, it is also a valuable therapeutic for brain function too. Fitness training improves cognitive functions relative to planning, scheduling, task coordination and attention. Adults who are physically fit and do exercise have more grey matter, representing more brain cells, than adults who don't exercise.

PHYSICAL FITNESS ENHANCE ACADEMIC PERFORMANCE

Studies show that all these benefits do pay off. A research project in Vanves, France, reduced the time spent on academics and increased physical education time to ensure a quality, daily program. The academic performance, disciplines, enthusiasm, fitness and health of studies who participated thus were superior to those of studies also show similar results.

All the beneficial effects of exercise and physical fitness are compounded by starting early in life. It's kind of like compound interest in the bank. The earlier you start saving, the more money there is to earn interest in the end. Yet, unfortunately, physical education programmes are being cut from our schools for extraneous reasons. Everyone must unite in this regard and get exercise and physical education back in our schools.

Inducing physically active behaviour in our kids is crucial. Studies show that people tend to continue the lifestyles they are exposed to at an early age. Ignoring the value of physical activity now will make them more likely to do so as adults. For our kids to be cognitively active adults all the way through life, we must instill the importance of physical activity today. If we do not, we are doing them a huge disfavor.



DR. NAMRATA ACHARYA
ASSISTANT PROFESSOR,
AHMEDABAD



CIRCLE UP

Circle the picture that comes next!

Add the objects and write the correct answer

	+		=
	+		=
	+		=
	+		=

Cut & paste sea creatures colors

Cut out the circle colors and paste them an to the correct colored sea creatures.

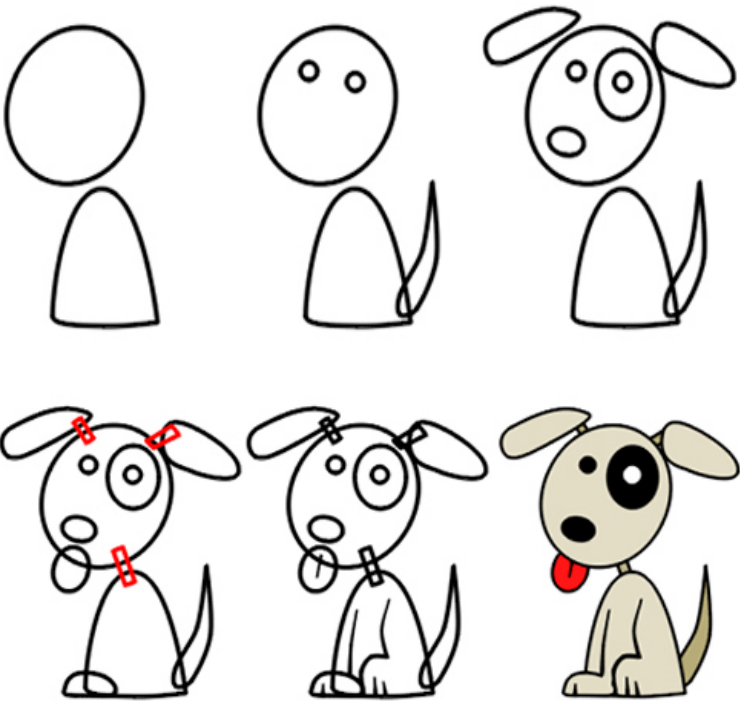




Find the Five Differences

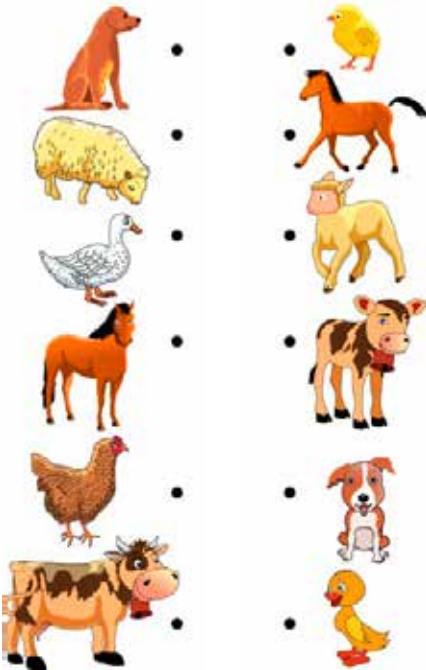


Learn to draw a puppy!



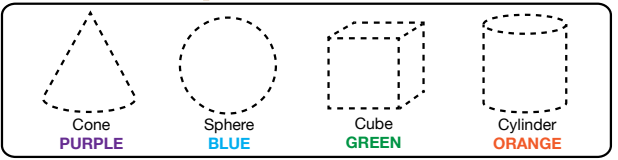
Animals & their Young

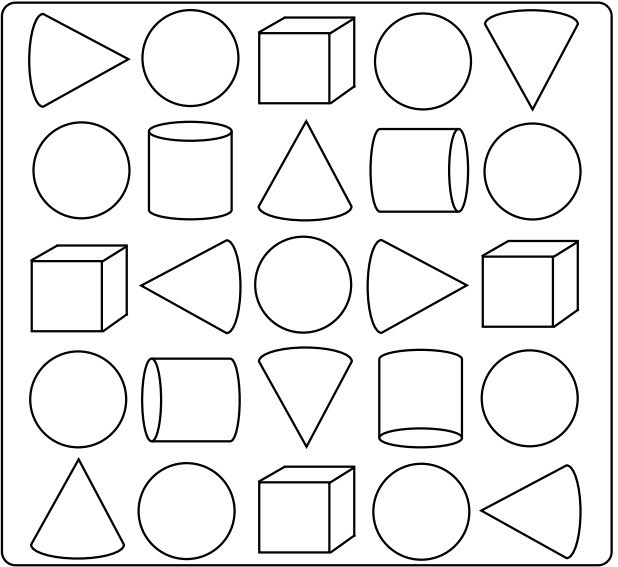
Match the images on the left to their corresponding images on the right.



Shapes!

Trace the shapes below and then color in all the shapes you see using the key.





Math Subtraction

Count the bugs, then cross out the number of bugs you need to subtract.

 $7 - 4 = 3$

 $5 - 4 =$

 $4 - 1 =$

 $6 - 3 =$

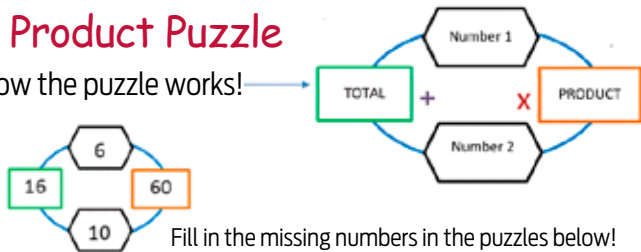
 $5 - 2 =$

 $8 - 4 =$

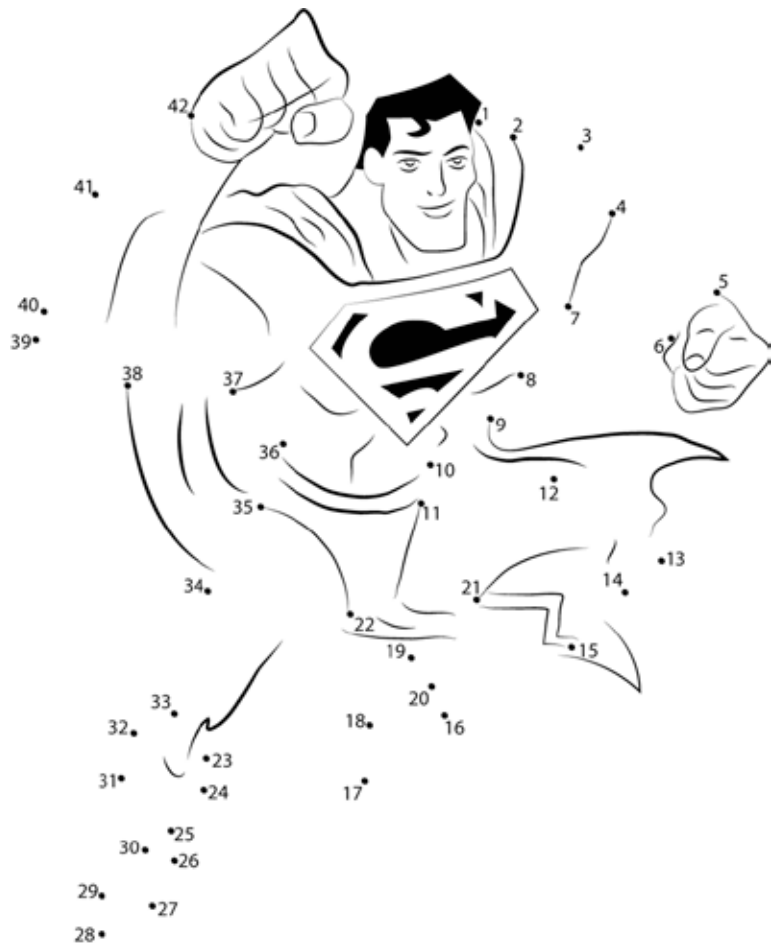
Total Product Puzzle

This is how the puzzle works!

Example



Connect the dots



Find the words from the left column in the grid.

BELLWETHER
BOGO
BONNIE
CLAWHAUSER
FINNICK
FLASH
GAZELLE
JUDY
LIONHEART
MAYOR
METROPOLIS
NICK
OFFICER
STU
WEASELTON
YAX
ZOOTOPIA



SUDOKU

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

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

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

ANSWERS

ART CORNER



ARTI, Arjun English School



NIKUNJ, Rosary School



FORAM MODI, Tripada High School

Math Subtraction

$\begin{array}{r} 6 \\ - 4 \\ \hline \end{array}$	$\begin{array}{r} 5 \\ - 2 \\ \hline \end{array}$	$\begin{array}{r} 9 \\ - 3 \\ \hline \end{array}$
$\begin{array}{r} 5 \\ - 2 \\ \hline \end{array}$	$\begin{array}{r} 5 \\ - 3 \\ \hline \end{array}$	$\begin{array}{r} 8 \\ - 4 \\ \hline \end{array}$
$\begin{array}{r} 6 \\ - 3 \\ \hline \end{array}$	$\begin{array}{r} 7 \\ - 4 \\ \hline \end{array}$	$\begin{array}{r} 6 \\ - 2 \\ \hline \end{array}$

My Beautiful Birds, by- Suzanne Del Rizzo

Sami, a boy from Syria, was feeding his pigeons when his home and his neighborhood were suddenly blown in a Terrorist attack

Sami and his family, Muslims escape along taking every one he knows. As a young boy, he is frightened by smoke and noise of the chaos of the bullets and bombs. It is when his father squeezes around his son a hand of warmth and affection and assures him that his beautiful birds have escaped too. They walked together long distances and

it is days when got themselves to a refugee camp and safety, but while the other kids play and adults try to create a sense of normalcy, Sami cannot join in as a result of the memories of his lost birds.

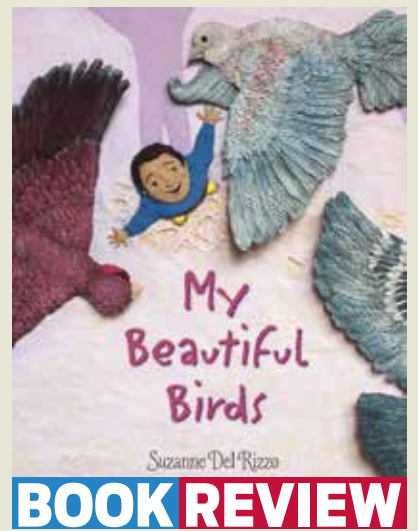
Days passed, then he saw 4 different birds, which landed on his outstretched hands. He collected some seeds to feed them and it's for the first time, since leaving Syria, Sami found some peace.

Del Rizzo uses her considerable talent with points to create the

highly textured illustrations for this book, which she conceived while searching for a way to explain the Syrian Civil war to her young children. Based on a real refugee child who keeps birds, this story isn't about war but it's effect on those who experience it and survive.

Worth reading for children in the age of 10- 14, it is one of the best sellers.

NISHIT RAMANUJ
A G High School, YRC



14th APRIL BAISAKHI

Baisakhi is usually celebrated on 13th April and very occasionally on 14th April every year. 'Baisakhi' also known as 'Vaisakhi', is a seasonal festival celebrated all over India and especially in Punjab and Haryana by all classes of people. Hindu, Muslims and Sikh, all religions take part in this celebration as it is a mark of arrival of the Harvest Season.

Baisakhi is the major festival of Sikhs as it's not only the Harvest Season for them but it's the celebration of brotherhood in Sikh unity. It was on this day in 1699 that the last Sikh Guru, 'Guru Gobind Singh' organized the Sikhs into 'Khalsa' or the pure ones. On the day of Baisakhi they prepare Halwa and several tasty things at home. A fair is held everywhere in connection with the Baisakhi festival and generally it is held by the side of river.

Sikhs celebrate this festival in a special manner. They visit temples, read holy Granth and commemorate the teachings of the great Gurus.

Drashti Gondhira
Std 9, Rajkot

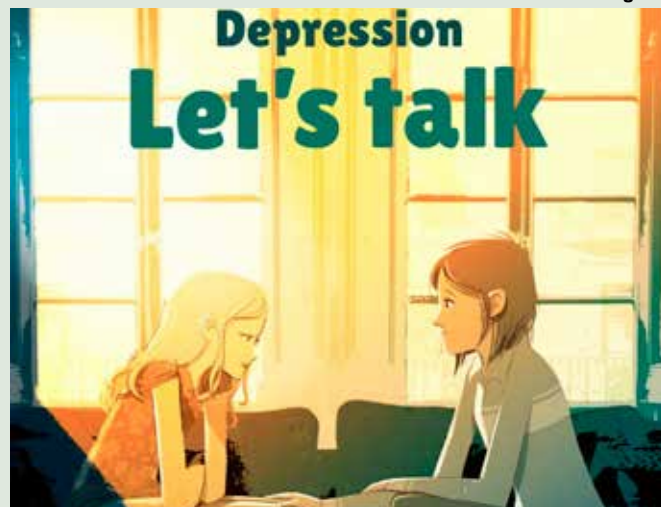
WORLD HEALTH DAY 2017

World Health Day 2017 will be celebrated worldwide on 7th of April, at Friday.

The World Health Day is celebrated by the people all across the world every year on 7th of April under the leadership of World Health Organization (WHO) to draw the mass people attention towards the importance of global health. It was first celebrated worldwide in the year 1950 as the World Health Day. Varieties of events related to the particular theme are organized on the international and national level by the WHO. It is an annual event being celebrated for years to raise the common public awareness towards the health issues and concerns. A particular theme is chosen to run the celebration and take care of the health for whole year. World Health Day targets all the health issues on global basis for which several programs are organized yearly by the WHO and other related health organizations at various places like schools, colleges and other crowd places. Since its establishment it has addressed serious health issues including chickenpox, polio, smallpox, TB, leprosy etc from various developing countries. It has played a significant role aiming to make the world a healthy world. It has all the statistics about global health reports.

The theme of World Health Day 2017 is "Depression: Let's talk".

Source: Indiacelibrating.com



THE TEMPLE OUTSIDE MY VILLAGE

Oh! You stand there live
I remember I saw you first when I was five;
A mile from the Village Hall
In that cold evening of the fall.

You are just as grand as you were then
I never realized time slipped by when;
You have that woody oak still there
And still you host the village fair!

And there you stand with your golden gate
Outside where hundreds and millions wait;
And there is The Goddess seated on Her
mighty throne
With that sweet charm of Her Own.

And now I'm father of two
And also have a respectable job to do;
And here's before you that little boy
Who held his Pa's finger along with a toy.
My Ma is a grandma now
And Pa is a grandpa wow!

You saw them become mother and father
And now even their son is a dad, rather!
I'm an officer and busy all day long
My heart is filled with that duty's song;
And I've been given the charge of this
district
To make the laws a bit more strict.
Here I stand before you praying

A bit taller now, I must be
saying;
I know it's you I had been
missing
Oh dear Temple, thanks for
those wonderful days I'm
reliving!

- Shikhar Prakash
Std 11, DPS Gandhinagar



Dance is a performing art form consisting of purposefully selected sequences of human movements. This movements has aesthetic and symbolic value, and is acknowledged as dance by performers and observers within a particular culture. Dance can be categorized and described by its choreography and by smooth-blissful movements.

So as for dance lovers 'International Dance Day' has been celebrated on 29th of April every year. It was first introduced by the International Dance Council in 1892, in collaboration with UNESCO and is aimed at attracting the public's attention to the art of dance and its various forms. The date commemorates the birthday of Jean-Georges Noverre, a French dancer and balletmaster. Among the goals of the Dance Day are to increase the awareness of the importance of dance among the people, as well as to persuade governments all over the world to provide a proper education of dance, from primary to higher. Professor Alkis Raftis,

President of the International Dance Council in his 2003 Dance Day message he said: "In more than half of the 200 countries in the world, dance does not appear in legal text. There are no funds collected in the state budget to support this art form. In the year 2005 focus of the Dance Day was on primary education. International Dance Council urged dance establishments to contact the Ministers of Education with the proposals to celebrate this day at all schools with writing essays about dance, drawing dance pictures, dancing in the streets etc.

The biggest thing of classical dance and music is that, it helps attaining the balance between your mind and soul. On this artistic and musical day, we should not forget our great classical dancers; Mallika Sarabhai, Yamini Krishnamurthy, Pandit Birju Maharaja, Uday Shankar and Shovana Narayan. Their enriching Indian culture and art is great and its contribution is unforgettable.

AASTHA SHAH, AG High School, YRC



Live as if you were to die tomorrow. Learn as if you were to live forever. —Mahatma Gandhi



PAPER PLATE ROSES

These pretty paper plate roses are simple enough for little kids and they look almost as good as a real rose. A cute craft for kids and mums.

Activity

How to make paper plate roses

- Paint or color your paper plate first.
- When it's dry, trim the edge of the plate with the scissors, so that you are only working with the flat part in the centre.
- Cut a rough spiral into the remaining circle. It doesn't have to be even – wobbly is a bit better anyway.
- Finish the spiral at the centre with a small circle (about 1.5cm diameter).
- Now go to the pointy bit, where you started cutting, and curl the spiral around your finger.
- Keep curling until you get to the small circle at the end. Now pull the pointy bit through the centre of the rose and staple it to the small circle at the end of the spiral.



AMAZING FACTS



1. Human beings have average 1 million hairs.
2. In human tongue there are more than 12,000 taste buds.
3. When we sneeze, particles near us start to travel at speed 1 million km/hour.
4. An ant never sleeps.
5. An octopus has three hearts and nine brains.
6. A gold fish has no stomach.
7. Cucumber peels can rub pen writings.
8. The great scientist Isaac Newton didn't knew alphabets till he was of 24 years.
9. Our eyes remain of the same size as they were size of birth.
10. The human brain (when awake) produces enough electricity to power a 40 watt light bulb for 24 hours.
11. 90% of your body mass is stardust, because all the elements except for Hydrogen and Helium are in stars.
12. Your body contains enough iron to make a three- inch nail.
13. 25, 000, 000 of your cells died while you were reading this sentence.
14. Jelly fish have been around for more than 650 million years which means that they outdate both dinosaurs and sharks.
15. Lemons contain more sugar than strawberries.

RUSHAB SHAH, AG HIGH SCHOOL , YOUNG REPORTER

CURRENT AFFAIRS QUIZ

1. What is the theme of 2017 World Wildlife Day (WWD)?

- A. Stop wildlife crime
- B. Listen to the young voices
- C. The future of wildlife is in our hands
- D. it's time to get serious about wildlife crime

2. Raymond Kopa, the football legend has recently passed away. He hails from which country?

- A. Germany
- B. Brazil
- C. France
- D. Russia

3. Yumnam Yaima Singh, who passed away recently, was related to which field?

- A. Politics
- B. Sports
- C. Journalism
- D. Marine Science

4. Who is the newly appointed Chairman and Managing Director (CMD) of Mahanagar Telephone Nigam Limited (MTNL)?

- A. Ashok Mittal
- B. Rakesh Nangia
- C. Nikhil Arora
- D. P K Purwar

5. The nationwide "Swachh Shakti Saptah" has been launched from which city?

- A. Gandhinagar
- B. Gurugram
- C. Ahmedabad
- D. Noida

6. The annual tribal festival 'Bhagoria' will start in which of the following states?

- A. Himachal Pradesh
- B. Madhya Pradesh
- C. Uttar Pradesh
- D. Arunachal Pradesh



7. Tarak Mehta, who recently passed away, was the noted play writer of which language?

- A. Urdu
- B. Gujarati
- C. Marathi
- D. Odia

8. Who has been named as the "Captain of the Year" at 2017 ESPNcricinfo Awards?

- A. Virat Kohli
- B. Ben Stokes
- C. Faf du Plessis
- D. Steven Smith

9. The 2017 International Yoga festival has started in which state?

- A. Madhya Pradesh
- B. Uttarakhand
- C. Jharkhand
- D. Bihar

10. Avani Lekhara is associated with which sports?

- A. Chess
- B. Boxing
- C. Shooting
- D. Cricket



WORLD
WILDLIFE DAY
3 MARCH

B, C, A, D, B, B, B, A, B, C

ANSWERS

YUMMY WATERMELON POPS

As the summer is down the corner, beat the heat of this summer with these small heat busters which can be prepared at home within no time. This tasty summer treats are good to enjoy with your family on any hot day.

Ingredients

- 2 1/2 cups cubed seeded watermelon
- 1 tablespoon lemon juice
- 1/4 cup white sugar
- 1/2 cup fresh raspberries

Directions

Place the watermelon, lemon juice, sugar, and raspberries into a blender, and blend on High speed until the sugar has dissolved and the mixture is smooth. Pour the mixture into ice pop molds, and insert sticks or handles. Freeze until firm, several hours or overnight.

Footnotes

- To make in small plastic cups, pour the watermelon mixture into 8 small cups, and cover each cup with foil. Poke a pop stick through the center of the foil and into the mixture. Freeze for several hours or overnight.



You can never be overdressed or overeducated. — Oscar Wilde



Acknowledging the Young Reporters for the academic year 2016-17

Young Reporter's Club is an initiative to bind all the schools across Gujarat to make the student's school engagement more promising. Our Journey started with 20+ Schools of Ahmedabad and we got our first batch of Young Reporters Club with 250+ students from distinct schools. We're really thankful to every associated school for their constant support towards our step to make child a better Reader followed by a better Writer.

After the Young Reporter's Club (YRC) launch in October, 2016, we have done 2 major events under our 'The Open Page's YRC Activity banner.' The GTPL Broadcast' being the first and the other is 'Demonetization Seminar' to schools. We've always got the support from schools for our activities and they never fail to encourage students to go out of the box. As the academic year is ending, TOP team thought for an event which can benefit not only the YRC members, but the entire associated school students as well as their Parents. We conducted a seminar on the subject of 'Effective Parents, Efficient Child' to schools. At the places where, parents' engagement was not possible due to exams or other reasons, we preached only to the school students regarding their efficiency.

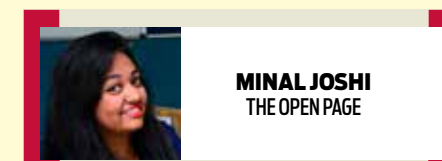
Understanding the temperaments and react accordingly, either being a Child or a Parent is the key to harmonious atmosphere is what our Seminar Conductor Ms. Annie Varghese who is a teacher trainer for The

Open Page, Passionate teacher since 20 years, specialization in the subject English of International Board and who is also associated with Cambridge University as trainer and Examiner since 2007 conveyed to schools during her visit. Students actively participated and interacted with our trainer and enjoyed the stories told by her. Parents also showed their interest in changing their thinking to understand their child better.

The main agenda of conducting these seminars to schools apart from over all development was to felicitate the Young Reporters of each school with certificates and a small gift from The Open page for their valuable contributions of articles, photos, stories, events etc throughout this academic year. The motto behind gathering the huge crowd was to give the Young Reporters the deserved reorganization of their work in front of their entire school mates/Parents.

All the mentioned schools welcomed us and gave their efforts to make The Open Page's Young Reporter's Club activity a huge success. We shall end this academic year on this note and hopefully see a new set of zealous reporters for the next year and wish our association with schools continue with same fruitfulness for both the sides.

We congratulate all the YRC members and wish immense success for their careers!



AG High School



Tripada High School



Calorx Public School

LML School



Arjun English School



Globals SSV School



SG English Medium Primary School





LEARNING DIFFICULTIES

An Increasing Concern amongst School Going Students

It is truly said that each child is unique in terms of their Learning Capabilities, Learning Methodologies, Skills and Interests. Same way the I.Q (Intelligence quotient) also differs from child to child. But as it's said that "Precaution is better than Cure" there are smart and active parents who involve themselves in finding that their kids do not face any Learning Difficulties.

In India during the last 5 Years increasing trend is observed amongst the school children about the difficulties they face in learning. In order to understand learning difficulties parents must develop a better understanding of learning processes and potential reading, writing, math and attention difficulties.

There are most definite warning signs, and parents should be encouraged to investigate it quickly.

- Late speech, pronunciation difficulties, difficulty with rhyming
- Trouble learning numbers, letters, days of the week, colors and shapes
- Difficulty in learning and understanding left-right, up-down, before-after, first-last, yesterday-tomorrow
- Extreme restlessness or hyperactive, lack of ability to concentrate
- Difficulty following directions or learning routes
- Awkwardness when running, jumping, skipping

- Difficulty with buttoning, zipping, using scissors, catching or hitting a ball
- Do they have speech difficulties, difficulty making clear speech sounds
- Difficulties with socialization. Means does the child have trouble making friends? Does the child appear excessively shy and prefer to watch other children activities?

If the child has any of these characteristics, ask yourself, "Is my child's behavior making things so hard for self that he/she is not progressing compared to other children of their age?"

Please remember, there are no exact cause of learning difficulties. Some possibilities include:

- Heredity: Learning difficulties run in the family, so it's not uncommon to find that people with learning disabilities have parents or other relatives with similar difficulties.
- Difficulties during pregnancy and birth: Learning problems may be caused by illness or injury during or before birth. It may also be caused by low birth weight, lack of oxygen, drug and alcohol use during pregnancy, and premature or prolonged labor.
- Incidents after birth: Head injuries, nutritional deprivation, and exposure to toxic substances (i.e. lead) can contribute to learning difficulties with growing age.

Diagnosing Learning Difficulties

How can a parent determine if a child is finding difficulties in learning?

- The first step when looking for help should be the School. The process usually begins with the concerns of a teacher about the student's difficulty in acquiring a basic skill. Teachers and other professionals collect specific information about student's performance and confer with school-based teams to develop strategies for help in the classroom. If these strategies produce positive results, the case is closed.

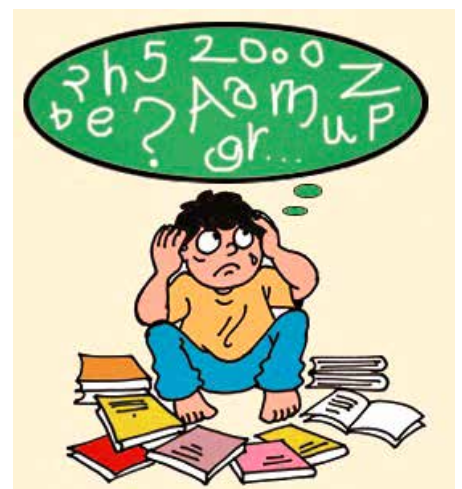
- In addition to working with their local school, parents should do online search on the topic of Learning Difficulties.

- Getting to know other parents of children facing learning difficulties as the experiences of others who have traveled the same road can be helpful. Think of this meeting as an opportunity to get your child the help he or she needs to succeed.

Treatment for Learning Difficulties

There are no known medical treatments for reading, writing, and math related learning disabilities, and when it comes to "alternative" types of therapies, PLEASE BEWARE! The best way to understand and treat learning difficulties is contacting school authorities and working on their suggestions. Later other medical, psychological and therapeutically treatments need based treatments can be considered.

There is as such no magic bullet to take care of learning difficulties. Unfortunately, the belief that medication alone will work is too readily embraced. Likewise, the belief that behav-



ioral strategies alone are enough contains both risks and benefits. It's advisable to first diagnose whether the problem exists and then to run for the curable methods.

The most important treatment, may simply be someone helping the child accept who they are and determine the best ways to move on.



MRS. BIJAL HARKHANI
SPECIAL EDUCATIONAL COACH
3rd EDUCATOR'S AWARD WINNER

1st APRIL: NOT ALL'S FOOL DAY

In 1568, after the defeat of the last Hindu king Mukund Dev, the loss of Odia identity was clearly surfaced and neighboring Bengali communities occupied a large portion of Odisha (then it was Orissa). Under the British dynasty, Bengal Presidency was governing this area where as the Madras Presidency and the Central Province; both were very much active in doing ugly politics to show their supremacy over Odisha.

The regional news papers created mass awareness and played a crucial role to mobilize the natives to fight for rights. Later on many intellectuals, poets, social reformers, lawyers and scholars gathered under the umbrella of Utkal Sammilani to see an organized state. Among them Madhusudan Das, Gopabandhu Das, Krishna Chandra Gajapati, Nilakhanth Das, Fakiramohan Senapati, Gangadhar Meher and Radhanath Ray were the back bones of the struggle.

Finally in 1936, a separate Odisha Province was formed based on linguistic basis. In 1936, on the FOOLS DAY, there were six large districts namely Puri, Cuttack, Ganjam, Balasore, Sambalpur and Koraput. John Austin Hubback was appointed as the first governor of Odisha Province.

At present, Odisha is having 30 districts. Post independent India, iron man Sardar Vallabhabhai Patel also supported this linguistic formula and re organized other states. Hence, when all were busy in cracking jokes and playing pranks on this occasion of all fools day, the people of Odisha laid the foundation for linguistic basis state formation and achieved the overdue goal very smartly and cleverly. Every year, 1st April is being widely remembered and celebrated as Utkal Divas or Odisha day.



DR. DHANANJAYA BHANJA
EDUCATIONIST, SURAT

SPORTS FACTS

1. Baseballs were originally made from the foreskins of horses.
2. The state sport of Alabama is finger skating.
3. A race car with a wood – burning engine finished 3rd in the 1927 Indianapolis 500.
4. Boxing legend Rocky Marciano invented the fax machine.
5. Studies show high school tennis players score significantly lower on math tests, it is assumed because of the sports illogical 15- 30- 40 scoring system.



6. According to the official major league baseball rule book, baseball games "are to last 9 innings or two and one half hours, whichever comes first."

7. The NCAA required college football players to study during half time until 1925.

8. The Houston Rockets did not discover until the 14th game of the 1984- 1985 NBA season that their home arena rims were set at 9 feet, 7 inches.

9. It is customary for jockeys to be paid in coins, no matter how large their winnings.

10. The Stanley Cup was originally two stories tall but was deemed too difficult to transport.

11. In 2008, Michael Vick's prison intramural football team went 3- 5.

12. Most broken Major League bats are sent to third world countries where they are used building materials and crucial weapons.

13. The O- Chimp- ics, a multi sport international event for monkeys, was held every four years form 1952- 1960.

14. Golf balls were originally made from dried cow eyeballs.

15. Hockey Legend Gordie Howe suffers from cryophobia, the extreme fear of cold and ice.

16. The grass at Wimbledon was kept 2 inches long until 1949 when an English prayer was beaten by a snake.

17. No Olympics steeplechase silver medalist, male or female has lived past age of 41.

18. Former NFL commissioner Pete Rongelle was born with a spinal protuberance that looked like a small tail, which he kept all his life.

19. The Tampa Bay Buccaneers won the Super Bowl in 2003.

—KUSHAL PATEL, Student, AG High school



Education is the most powerful weapon which you can use to change the world. — Nelson Mandela



HOTEL MANAGEMENT AN UNDERESTIMATED CAREER

Comes the time in every student's life, (especially the parents) when you have to opt what to become when you grow up. The most common answer from kids - I want to become pilot, police, doctor etc. The field of interest develops and the best part keeps changing with every gush of air and every year of graduation at school, sometimes the doctor becomes chef, the pilot becomes super hero and so on.

The parents have seen their times and know many career options and plan accordingly for their wards. Coaching, optional subjects, activities and competitions all are dictated or may be doctored for the parental outcome. There is one thing very interesting to this; parents at the threshold moment of applying for, are not even aware the newer venues on board for their ward. But these parents's ward tries his/ her career options due to various reasons and circumstances - peer pressure, friends, developed interest, influence of mentor, inspired from someone, family condition, facilities and services available etc.

24 years ago my elder brother filled in my application form for Hotel Management, when I knew absolutely nothing and when the mighty worlds like today (with fewer exceptions) had the approach that hotel management is a course to groom oneself to become either a chef or waiter - a very menial in the society. However with the righteousness and faith my parents had I continued to see me graduate from the institute, two national awards, five international exposures, many portfolios accomplished and many feats quenched. In 2002, I got a chance to join the same institute as a faculty, to give back all that I learnt and there is no looking back ever since then.

A bird's eye view on Hotel Management, today's Hospitality Industry for all aspirants.

Q. What is HOSPITALITY/HOTEL MANAGEMENT to the common man?

Ans: You want to either be a Cook or Waiter. That's it. Believe me, it's true mindset even in this digital world, modernization, liberalization and all but the perception continues. It is much more than you can think of. These trades/skills comprise only a part of the vivacious curriculum. A curriculum designed for the international standards and definitely is student-friendly. Something that grooms you to be a FIT in any service industry.

Q. What is HOSPITALITY/HOTEL MANAGEMENT?

Ans: The tradition of hospitality can actually be termed as "India". The science between any two human resources (one internal and the other external customers/ service providers) is the hospitality and in one segment of hotels' is commonly known as Hotel management. The confluence of culture worthy techniques and technologies, for the tourism industry is nurtured through IHMs - Institutes of Hotel Man-



agement. It is a three year (Six Semester) Degree in B.SC IN HOSPITALITY AND HOTEL ADMINISTRATION program offered jointly by the National Council for Hotel Management & Catering technology and the Indira Gandhi National Open University. The program equips scholars with knowledge, technical skills and service attitude for Hospitality Industry. The graduate has to undergo a few projects accentuating his/her research acumen, marketing skills, leadership qualities, personality development in grooming him/her as an asset to the industry, entrepreneurship or further studies.

Q. What are Govt of India - INSTITUTE OF HOTEL MANAGEMENT?

Ans: An autonomous institute under Ministry of tourism, Government of India, with the ground of a structured syllabi and facilitators/ trainers, at the schools ready to deliver their expertise in the field of hospitality and talent in various disciplines to the best of their ability, towards building the next generation of hospitality graduates, grooming scholars for Hotels as commonly known for. But did you know Hospitality is a big Umbrella under which there are very many more career opportunities, some untraced even today. The core subjects include Food production (Kitchen, Bakery etc), Food & Beverage Service (Restaurant, Room Service, banquets etc), Housekeeping (Rooms, public area, decoration), Front Office (Rooms division) along with subjects like strategic management, facility management, accounting, computers, sales and marketing, human resource development, controls and research methodology.

Q. What is the eligibility and reservations to be a part of the WORLD OF HOSPITALITY?

Ans: Any ward aspiring to opt the career by choice. Willing to take it up as a passion, with the most common answer why have you opted for hotel management. A prompt answer - I have wanted to be a chef since childhood and

I like to experiment different recipes and cooking is my hobby. The age limit is 22-25 years in different categories and not merely the students who have passed 10+2 but also those prospective for students who will be appearing their final exam this session can also apply. Reservations are as applicable. Just concentrate on the dates of application, form submission, exam, counseling and so on.

Q. How can one prepare?

Ans: This being the only central government hotel management course, Books for All India JEE (All India Joint Entrance Exam) in Hotel Management by various authors and publications are available, just choose the latest edition.

Q. Who are the pillars behind HOSPITALITY/HOTEL MANAGEMENT?

Ans: The esteemed faculty members with their expertise in academia through hospitality operations carve the incredible talents for the hospitality and other industries. There is the brigade of facilitators who have had enough industrial experience and always on the lookout for refresher training to update knowledge. They act as mentor and research supervisor in guiding various themes projects and feasibility studies with actual market survey and analysis, allowing the students to feel the pulse of the potential market. How they groom the hospitality graduates for other industries can be astonishing at times, but no one can deny the fact that our students have gone to shores we sometimes don't even talk of like Police, Software solutions, Banks, Real Estate, IT and many more.

They are instrumental in adding value through their commitment that can be defined as adding extra item, image, product or service, which adds value to the product. For example a good-looking receptionist adds to the quality of hotel, a garnish on food adds to the value of the food. It is you handling different portfolios.



Q. What are the Career Opportunities?

Ans: This can be answered by anyone who has any knowledge about Hotel Management. The range might be limited. I am into this profession so may list down a few more but please read on there would be some you wouldn't want to believe but believe in. The related allied industries would include National and International Star Hotels, Restaurants, MNCs, Customer care, Banks, Flight Kitchen and on-board flight services like Air hostess/ Cabin Crew, Marketing Sales executive in hotel and service sector, faculty in IHMs, Self employment through entrepreneurship, opportunities in shipping and Cruise lines.



When you think out of the box there are career options in Indian Armed forces, Indian Railways Hospitality, Banks, HR professionals, Guest customer relations executive, opportunities in State Tourism Development corporation, Software Solutions, Real Estate, Retail Sector, the list over the years has gone to an extent it is difficult to count but for sure only if you have the passion for the hospitality world in you.

Q. Can we do our Masters after the Degree/graduation?

Ans: There are a good number of students who plan for further studies after their degree. It is the time to sit down to study and you make the choice amongst your colleagues who in their campus placements have scored and freshly appointed. You take the call whether to opt for working for someone, work for self, work on studying further more or explore something new. In the educational pursuit there are plentiful options for masters or specialization courses in various streams and even sales, marketing, Hr among the core options available in India and abroad. Some are renowned world over. But the base line eligibility is definitely here - your degree in Hotel Management and when it comes from an institute of repute. You are definitely judged and secured because your entrant eligibility to this course is your entrance exam score and not any donation or contacts. This segment is increasing year by year.



SALLA VIJAY KUMAR
NATIONAL AWARD
WINNING LECTURER, IHMA

BHARAT RATNA DHONDO KESHAV KARVE

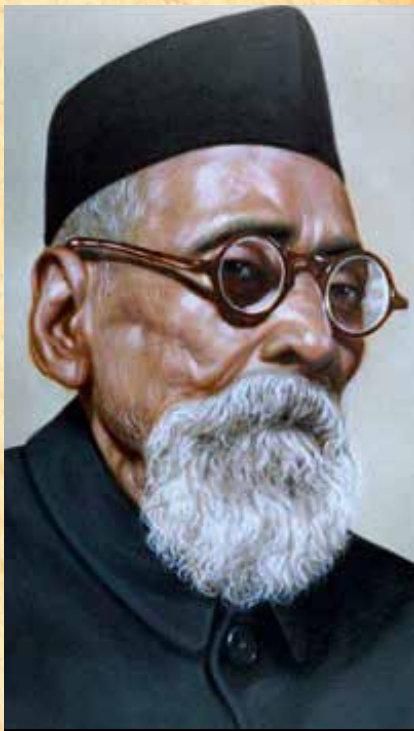
An eminent educationalist, reformer of social evils and advocate for girl child education, Dhondo Keshav Karve was born in Ratnagiri of Maharashtra in a conservative Brahmin family in the month of April, 1858. From his childhood he was fascinated towards the study of Mathematics and later on he became a popular teacher in the Fergusson college in Pune. While he was in Japan, he realized the importance of women education by seeing the status of girl child education.

After coming back to Pune, he started a school for girls where only five pupils were admitted in the beginning of 1916. Being a Brahmin he faced the irks of his own community yet he fought relentlessly for the upliftment of dalits, widows and women. With the help from the donors, his small school was converted as Srimati Nathibai Damodar Thakare Indian Women's University which is popularly known as SNDT University. This is the first and largest University for women in India having centers at Pune, Mumbai and other cities as well.

D.K. Karve is widely known as MAHARSHI i.e. a true sage who dedicated his whole life for the society. In his memory, Queen's road, Mumbai was renamed as Maharishi Karve Marg. In 1958, the government of India also released a postal stamp in his honor. Other than the highest civilian award Bharat Ratna, Maharishi Karve was bestowed with many awards.



AVANTIKA BHANJA
J. H. AMBANI SCHOOL, SURAT



18-4-1858 - 9-11-1962

1942

D.Litt. from BHU, VARANASI

1951

D.Litt. from Pune University

1954

D.Litt. from SNDT, PUNE

1955

Padma Vibhushan

1957

LL.D. from Mumbai University

1958

BHARAT RATNA

A Tribute to Late "SHREE TARAK MEHTA"



Our hearts still ache with sadness and many tears still flow, what it meant to lose you no one will ever know. We hold you close within our hearts and there you will remain, to walk with us throughout our lives until we meet again"

Mr. Tarak Mehta; Actually "The Tarak Mehta" as we all know, was so great in himself. Whatever words we use for him is insufficient. He was one of the greatest and legendary Gujarati writers. He was born on 26th December 1929 in Ahmedabad, Gujarat. He is not between us since past month i.e. from 1st March 2017 and he was of the age 87. Gujarati literature will miss one of its finest contributors from now.

TARAK MEHTA was an Indian columnist, humorist writer and play writer. who is best known for the column "DUNIYA NE UNDHA CHASHMA" in Gujarati. The humorous weekly column first appeared in "CHITRALEKHA" in March 1971 and ever since the world has been looking at contemporary issues from a different perspective. One of his famous play as we all know is "TARAK MEHTA KA OOLTAH CHASHMAH". It is his one of the best plays and famous all over the world. It teaches us many things of life. It is a play which shows "UNITY IN DIVERSITY". Every

episode of it comes with a different and beautiful theme which teaches us to live our daily routine in a very different way. It also teaches us humanity, moral values and many more things. The well-known SAB TV serial 'Tarak Mehta Ka Ulta Chashma' is now-a-days every Indian house's favorite show. By his play and stories, Tarak Mehta wanted to teach us the moral values of the life and how we should face every problem with a smile on the face. He teaches us that every problem comes with a solution so we should face everything and rise.

He was awarded "PADMA SHRI", the fourth highest civilian award of India in 2015. Gujarat Sahitya Akademi awarded him "SAHITYA GAURAV PURASKAR" in 2011 and "RAMANLAL NILKANTH HASYA PARITOSHNIK" in 2017.

Tarak Mehta gave new heights to Gujarati humor writing. He always brought smiles on our faces and taught us to live with Unity, Discipline and Simplicity. Courage, Presence of mind, honesty and hard work are the key features on which his writing is belonged. He smartly put some lights on social causes in the society. He was the complete man to teach us all the lessons of life.

A grand salute to the legendary writer!

"Your life was a blessing and your memory a treasure, you are loved beyond words and missed beyond



measure. There are no goodbyes for us, wherever you are, you will always be in our hearts."

Sheth Shreyanshi
Student

World Heritage Day

Ancient monuments and buildings in the countries make them stand tall on world map. These are an asset to value for. World Heritage Day is a collective effort of the communities in the world to do the needful for these invaluable assets. The day takes an opportunity to hoist awareness about the assortment of cultural legacy and the efforts that are required to protect and conserve them and also to think about its susceptibility.

ICOMOS (International Council for Monuments and Sites) organised a symposium in Tunisia on 18 April 1982 and it was suggested that a special day is to be celebrated all through the world in the name of "International Day for Monuments and Sites" on the same day every year. The idea was also approved in UNESCO's General Conference in November 1983. "International Monuments and Sites Day" has been traditionally called the World Heritage Day. The day celebrates the diversity of heritage throughout the world.

India is one country that has been ruled by leaders from different religions and cultural backgrounds, like Aryans, Guptas, Mughals, Britishers, etc. And all of them have left their marks on the Indian soil, in the form of monuments and sites, that are protect-



ed and resurrected till date. World heritage day has an important part to play in this colorful land, where you can find huge tombs sprawling over the land, towers that are so high that one can feel the sky and sites- so beautiful that keeps you mesmerized. India has all of it and to maintain these monuments and keep them alive for our upcoming generations, this day is celebrated to spread awareness among the visitors to protect these priceless monuments.

LET'S NOW CHECK OUT INDIA'S WORLD HERITAGE SITES LISTED BY UNESCO:

List of 35 World Heritage Sites in India

1. Nalanda Mahavihara (Nalanda University), Bihar
2. Khangchendzonga National Park, Sikkim
3. Capitol Complex, Chandigarh
4. Great Himalayan National Park, Himachal Pradesh
5. Rani Ki Vav, Patan, Gujarat
6. Group of Monuments at Hampi, Karnataka
7. Group of Monuments at Pattadakal, Karnataka
8. Khajuraho Group of Monuments, Madhya Pradesh
9. Hill Forts of Rajasthan
10. Mahabodhi Temple Complex at Bodhi Gaya, Bihar
11. Churches and Convents of Goa
12. Buddhist Monuments at Sanchi, Madhya Pradesh
13. Great Living Chola Temples, Tamil Nadu
14. Group of Monuments at Mahabalipuram, Tamil Nadu
15. Rock Shelters of Bhimbetka, Madhya Pradesh
16. Ajanta Caves, Maharashtra
17. Ellora Caves, Maharashtra
18. Elephanta Caves, Maharashtra
19. Kaziranga Wild Life Sanctuary, Assam
20. Manas Wild Life Sanctuary, Assam
21. Keoladeo National Park, Bharatpur, Rajasthan
22. Nanda Devi and Valley of Flowers National Parks, Uttarakhand
23. Sundarbans National Park, West Bengal
24. Western Ghats
25. Humayun's Tomb, New Delhi
26. Red Fort Complex, Delhi
27. Chhatrapati Shivaji Terminus (formerly Victoria Terminus), Maharashtra
28. Sun Temple, Konark, Odisha
29. Jantar Mantar, Jaipur, Rajasthan
30. Agra Fort, Uttar Pradesh
31. Fatehpur Sikri, Uttar Pradesh
32. Taj Mahal, Agra, Uttar Pradesh
33. Mountain Railways of India
34. Qutb Minar and its Monuments, New Delhi
35. Champaner-Pavagadh Archaeological Park, Gujarat



With exams over, it's vacation time. Vacation as the term suggests is "to vacate" of your daily routine, your daily thought process and daily errands. It's very exciting when school vacation approaches but it would take some planning to make such a time memorable and worthwhile. How can we make our vacation exciting and rewarding? Explore the following 14 interesting ways to explore your vacation time:

Plan for activities

Just as we plan for our work and studies, do also plan for your vacation activities. This will prepare you for a different routine during vacation time period. For example, you can set up a plan like going for cycling, playing cricket with friends, arranging a tournament, etc. It is this planning that will make effective use of your vacation time. If you don't plan then you will face a question on daily basis as what to do today? So make an arbitrary plan or list of activities that you think you can do during vacations.

Go Off routine

Vacations are the best time for going off routine. By this, I mean to have a different routine from that of a school routine. You can also wake up a little early and go for a ride during cool summer morning, and watch a movie on a hot summer noon. Off routine also means to do all such tasks that your regular routine will not allow you to do. Going for a sleep during hot summer noon will also help you in enhancing your health.

Develop a Sport

Make the most of your vacation by developing a sport. You can join rifle shooting, tennis, cricket, basketball, etc. Such classes do startup during vacations and can help you in developing a sport and giving you some new direction that can be helpful for your career. We have seen some examples, where student who joined some athletics got interested into developing it and also could find a job under sports criteria in govt. sector which otherwise is difficult to get. One of my students won at Youth Sports kept by the University and that certificate and medal helped him fetch a job in Post Office as Senior Clerk under Sports quota. He is so lucky, that the govt. sponsors him for playing sport and also grants paid leave to attend such events.

Join a Skill Development Workshop

Develop a skill during vacation like Calligraphy, Typing, painting, cooking, music, public speaking, personality development, etc. While joining a skill development workshop keep in mind that you join such a skill development that you have a flair for and are having some interest. You should join a skill development to develop an interest into a skill. Don't just join a workshop for time pass. Join it with commitment and get a skill developed during vacation time.

Take up an adventure tour

Adventure is the best teacher; it teaches you many of the life skills that are not possible in the protected environment of school or home. During the school life, one must take an

adventure tour in every vacation time period. It's not only fun but also a worthwhile experience that you will cherish later in your life. Don't just join adventure tours for sake of time pass, join mountaineering camps organized in Manali, Mount Abu, etc. where you will also get a certificate for completing it which will be useful in fetch admission to good colleges under such criteria. Some farm houses and sports club like A l o o v a Farms,

AARTI, etc. also organizes such adventure tours at local or nearby farms and on completion also provide you a certificate.

Go for a holiday

Take a break, go for a holiday with family. Ask parents to take a break as well and arrange for going for a leisure holiday to new and far off places where you can enjoy the nature; learn about the habitats of such area and many new things to unleash. If you are lucky enough to take an international holiday then make the most of it by learning the lifestyle and habitat of people there and

14 WAYS TO MAKE YOUR VACATION EXCITING & REWARDING

learning about their culture. Prepare a collage for the photos you take during holidays and add a little description and keep the album appropriately titled.

Take up house hold chores

Holidays are time periods where you tend to remain more at home. Helping your mother for house hold chores is a duty of every child irrespective of gender. So what if you are boy or a girl, help your mother in daily cleaning work and such other household chores. You may take up the task of regularly cleaning and maintain your room if not the entire house. You may help by merely brining the daily necessities from provision store or from vegetable market. Taking up the work of painting your own home with the help of friends will add to your credit and family spirit. Such support extended to your parents will fetch you immense satisfaction and virtues.

Invest time for futuristic skills

If you are a little tech savvy then learning some computer skills would add to your overall portfolio and skills. Learning about image processing, desktop publishing, social media marketing, etc. during vacations will help you have a competitive edge and also improve your regular computing skills. You can join in for short term courses in Photoshop, CorelDraw, Website development, database programming, Learning foreign Language, etc. and develop your skills and personality. This learning will also help you in the long run as they are the tools of future.

Take up a job work

If you are student of std. 10 or 12 then you are going to enjoy the largest vacation in your educational life. Make the most of it, if your parents permit, take up a job work to be done from home. You can take up some data entry work, tele calling work, form filing up work,

etc. that you can do from your home and submit it back once done. This will not only fetch you some pocket money but will also develop a professional approach in you which will help you in getting a good job later.

Work for fellowship

There are many NGO organizations that enroll students for certain fellowship programs where the students not only learns and gains new experience but also gets connected to likeminded people which can be very helpful in future for career. "Teach for India" is such an organization that grants fellowship to students who are willing use their free time in teaching other students or their age or different age. Such fellowship is a credit and most importantly work contributed in such work is towards Nation development and National Interest.

Volunteer for a cause

Ramkrishna Mission, BAPS Swaminarayan Sanstha, Cancer Research Organization of India, etc. are NGO's that work for a cause. Join in as volunteer and mark your existence in the service for a good cause. You may join such organization as volunteer and may arrange a program and contribute your worth in your own society or nearby dwellings. Joining such organization will help you grow your network and develop self-esteem for contribution in noble causes.

Arrange for a family reunion

Vacations are best times for family get together and reunion. Getting along with your cousins and relatives will strengthen the familial bond which is one of the great strength of India. US Ex-President Bill Clinton, during his visit to India, confessed that it's the family system of India that is responsible for maintaining of culture and tradition which is a problem in the US.

Focus on physical health

Vacations are the best time for gaining good health. Join a gym, Yoga class, fitness club, swimming class, etc. and gain some exercise and physical health which will help for gaining a balanced physical growth. This will not only give you a refreshing activity but also good friends / peers along with health. It is said that a healthy mind resides in a healthy body so one must not overlook the benefits of being healthy.

Join a Library

Vacations are best time to go for extra reading or surfing through books and magazines. It is almost impossible to avail all the good books at home except for joining a good library. Take up membership in a good library and visit it atleast twice a week for refereeing to different magazines and materials. Certain libraries provide information digital content through CDs or DVDs, make the most of your membership in the library.

The above are only a few ways and ideas of getting an enriching experience during vacations. You can also have your own set of ideas for the same, but in case you don't have any at the moment try implementing the above and make your vacation experience a rewarding one.



DR. VISHAL VARIA
EDUCATIONIST, RAJKOT



DR. DEEPA PANDEY
ASSISTANT PROFESSOR -
PSYCHOLOGY
AMITY UNIVERSITY, GWALIOR, MP

Tuppets is the name originated with the thought of 'Theatre Puppets', with the sole aim of enhancing the academic level of students and improvising their innate abilities. Tuppets is a performing arts department which provides Certificate Courses for fostering effective learning in one's personal and academic life.

On the occasion of 'World Theatre Day' The Open Page collaborated with Tuppets and invited School authorities from distinct schools of Ahmedabad and Gandhinagar at Ahmedabad Management Association - AMA on 27th March 2017 for an interactive seminar on 'Theatre / Drama as Pedagogy'. Around 140+ people of different schools including their Trustees, Principals, Teachers and Parents

gathered for the Seminar. The number of schools participated is 27+ and are few of the finest schools. The guests of honors for the day were Ms. Hansa Upadhyay, Mr. Archit Bhatt, Ms. Pratiksha Parikh, Ms. Jyoti Bhatt and RJ Ekta from Mirchi 104 FM. Dr. Suwarn Rawat being the Director of TUPPETS raised the curtain from his venture and gave all the details about Theatre in Education. The program included a skit from teachers and students both who were trained by Suwarn sir himself, on the topics of 'Pollution and its after effects' and 'Learning from a DOT' respectively. The session ended with a question answer round and the audience found the journey of TUPPETS worth listening to.



WINNER OF MARCH

Tadhani Param
Std. 4th
Bright Victory School



CHILD'S POSE

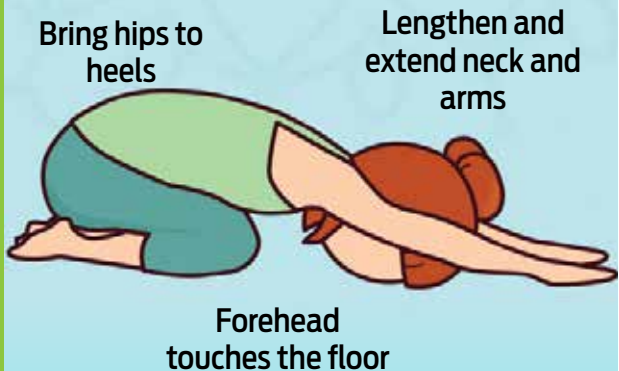
YOGA SESSION 15

BENEFITS

- Gently stretches the hips, thighs, and ankles
- Calms the brain and helps relieve stress and fatigue
- Relieves back and neck pain when done with head and torso supported

DESCRIPTION

- Kneel on the floor. Touch your big toes together and sit on your heels, then separate your knees about as wide as your hips.
- Exhale and lay your torso down between your thighs. Broaden your sacrum across the back of your pelvis and narrow your hip points toward the navel, so that they nestle down onto the inner thighs. Lengthen your tailbone away from the back of the pelvis while you lift the base of your skull away from the back of your neck.
- Lay your hands on the floor alongside your torso, palms up, and release the fronts of your shoulders toward the floor. Feel how the weight of the front shoulders pulls the shoulder blades wide across your back.
- Balasana is a resting pose. Stay anywhere from 30 seconds to a few minutes. Beginners can also use Balasana to get a taste of a deep forward bend, where the torso rests on the thighs. Stay in the pose from 1 to 3 minutes. To come up, first lengthen the front torso, and then with an inhalation lift from the tailbone as it presses down and into the pelvis.



FUN WITH COLOURS

Your drawing should reach us by 20/04/2017 at
The Open Page, 4th Floor, Vishwa Arcade, Nr. Akhbarnagar,
Nava Wadaj, Ahmedabad-380013

GIFT FOR
BEST
COLORING

Name:

Name of School :

Std: Mobile No.:

Photo



TSI shows the way... Dhuleti with a difference....

Save water -play Holi but dry Holi , Save environment, Save your Life, 'kyu ki aaj hum sochenge to kal sabhi sochenge...'

This tagline was the mantra for the students of Tripada Singapore Internationale' School who celebrated the Festival of Colors at their verdant green Campus on Friday, 10th March in a unique and environment friendly way –going back to our roots with natural vegetable colors.

The team of students lead by their CAS teachers collected flowers of Hibiscus, Marigold and Neem leaves which were sundried powdered and the little bowls of displayed the traditional colors of Holi.

These dry powders were then applied to each other with all the fun and frolic joined by the faculty and staff.

A skit highlighting the tag line also was presented which brought out the traditional value system of celebrating with colors .



MOTHER'S PET SCHOOL'S ANNUAL FUNCTION AT TAGORE HALL

Mother's Pet Pre-Primary and Primary school celebrated yet another magnificent Annual participatory event on 24th February at Tagore Hall. The theme was befitting with the thought, that 'hard work and moral values are the key to success and makes one a better human being'. The beautiful rendition of Garvi Gujarat and long forgotten games were spell bounding.

Theme based dance-dramas on Kaveri water dispute & friendship and love captivated the audience. Patriotic dance set the mood. A real visual treat was the presentation of musical dance drama – "The Lion King" - based on the Broadway London. Swachh Bharat – A nationwide cleanliness drive was also showcased through a well portrayed drama.



GOLD STAR FOR BRIGHTIANS



PRANAM KIRAN KHANDELWAL of Grade 5 won a Laptop, Certificate of excellence along with a Gold Medal & a Memento in Olympiad Exam of Science. He won this prize at national level.

BRIGHT INTERNATIONAL SCHOOL feels proud for him and congratulates his Parents. Olympiad exams of various subjects i.e., Math, Science, English, Hindi, IT and General Knowledge are conducted in the school every year. Many of them won gold, silver and bronze medals along with the certificate of excellence. This year many students have excelled and got gold medals along with 'Year Book' as a prize to them. 'PROUD TO BE A BRIGHTIAN' NTC (National Teacher's Council) organizes these

exams in various schools of India. In our school the exams were conducted under the supervision of the Principal, Mrs.S.K.Risam and In charge of Olympiad Exam Ms.Reshma Pariyani.



Path Adventure Pvt. Ltd. MANALI SUMMER CAMP - 2017

HIGHLIGHTS

- Hadimba Temple
- Vashisht Kund
- Snow Point
- Bhrgu Lake
- Manu Temple
- Mall Road Market
- Jogini Water Fall

ACTIVITIES

- River Rafting
- Snow Trek
- Rappelling
- Rock Climbing
- River Crossing
- Jungle Trek
- Camp Fire

Fixed Departure Date
(Ex. Ahmedabad)

- 08th April to 16th April 2017
- 01st May to 09th May 2017
- 07th May to 15th May 2017
- 19th May to 27th May 2017
- 31st May to 08th June 2017



Price : Rs. 10,500/- + Tax (Per Person)
(Incl. Train & Bus Tickets, Food Accomodation, All Activities & Sight-Seen)

B-220, Siddhraj Zori, Near Sargasan Cross Road, S. G. Highway, Gandhinagar - 382421, Gujarat.

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