



SINCE - 1968

The Open Page

Inspired Learning

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inside



Nurturing Child's Development

p2



Embracing Santa Claus this Christmas

p3



Does India have the potential to become a world leader?

p4



Some fun and interesting things to know about Christmas

p5



Creative Ways to Quiet a Class

p6

COMING SOON, IN AHMEDABAD

DANCE WORKSHOP BY

Prince, Sumit, Hardik and Archit in December, 2015

(FOR MORE DETAILS, p11)



2nd EDUCATORS AWARD THE COUNT DOWN HAS BEGUN

The Open Page is over whelmed to receive a very positive response from various organizations, institutes, schools their principals and teachers in various award categories. This year "The Open Page" is organizing its 2nd educators Award to honour the contribution of educationists, at Rajkot under the aegis of Genius Group of Schools. Honorable Governor of Gujarat Shri O.P.Kohli will be the chief guest of the award ceremony.

The office of "The Open Page" was seen flooded with the nomination forms since its announcement. We received the forms via couriers, mails and some were even submitted personally. This year we had quite a task reading the profiles as we received the profiles in detail. Many nomination forms were along with CD's too. The profiles were made with great effort containing photographs of achievements, newspaper cuttings/press notes about exhibitions, seminars etc., achievements of students in various inter school competitions, district and state level competition in their subject.

Each and every nomination form was first bifurcated acc., to the category and was given a registration



number. It was then handed over to the scrutiny team. It took 8 to 10 hours a day for more than a month to go through all the forms by the 15 member scrutiny team. Than the information sheet listed candidates was ready. The entire process is kept confidential. Short listed candidates would be informd to appear for the jury round, where the winners will get

selected.

This overwhelming response is due to the uniqueness of the award, which not only acknowledges the secondary and higher secondary educationist but also acknowledges the Pre primary and Elementary educationists, people doing social service in education, special educations, and also the Parents.

The Open Page invites all educationist for the 2nd educator Award ceremony at Rajkot on 19th December 2015.

Gardi Vidhyapith, Opp. Shiv Shakti Hotel, Village Anandpar, Kalavad, Rajkot.

SINCERE GRATITUDE TO 'THE OPEN PAGE'



I would like to extend my gratitude to 'The Open Page' from the unfathomable depth of my heart for publishing continuously its monthly newsletter for spreading everywhere the fragrance of knowledge and virtues. Recently, a great effort was done by the team of 'The Open Page' to select the person of high intellectual caliber and the result itself shows their intelligibility and transparency.

It is difficult to collect the pearls from the bottom of deep sea. Likewise, it's not an easy task to find out the cream of in-

tellectuals from the circle of literati. Shakespeare wrote in 'The Merchant of Venice', "All that glitters is not gold", so, it needs straining of nerves to find out, 'who is better than the best!'

The Open Page burned the midnight oil and crowned the deserving participant in this academic combat. The judges added the feathers in the cap of a winner without any fear and favor. In the process of short listing they have read the curriculum vitae of participants between the lines as well and considered their accolades for deciding

the right person to declare him a front runner in this academic race.

Needless to say, it's not a life time achievement award because this honor depicts the dawn of wisdom, not the evening of life. The journey of learning starts from childhood and continues till last breath. In true sense, both knowledge-seeker and knowledge-giver are life-time learners. In this academic voyage, a day comes in the life when the aspirant reaches the shore of success.

There is no harm to keep your collars up if you achieve the honor and award but keep your ego down to go ahead in this academic journey for shining at the zenith. The branches of mango tree bend down when fruits appear on tree; similarly the shine of wisdom dispels the gloom of ego. The highly qualified and intelligent persons are more humble and well-mannered as well.

Once again, with absolute command of my thoughts, I would like to say you thanks for providing us the opportunity to see ourselves from your eyes because we keep trust on your parameters of judgment. Let such events come again and again for lifting up our intellect-level of consciousness so that we can broaden our horizons for the betterment of society and nation.



DR. HEMANTKUMAR S. PANDYA
(Principal)
Rameshwar Shikshan Sankul,
Nikol, Ahmedabad

MIND MAPPING

AN INNOVATIVE WAY TO TEACH MATHEMATICS

Have you ever studied a Mathematics or brainstormed an idea, only to find yourself with pages of information, but no clear view of how it fitted together? This is where Mind Mapping can help you. Mind Mapping is a useful technique that helps you learn more effectively, improves the way that you record information, and supports and enhances

creative problem solving. By using Mind Maps, you can quickly identify and understand the structure of a subject. You can see the way that pieces of information fit together, as well as recording the raw facts contained in normal notes. More than this, Mind Maps help you remember information, as they hold it in a format that your mind finds easy to recall and quick to review.

WHAT ARE THE BENEFITS OF USING MIND MAPPING?

To achieve higher levels of concentration and creativity, together with greater organisation and more concise communication, mind mapping might be an effective strategy for you to consider. The benefits of mind mapping are many and varied. In summary they include:

- Giving you an overview of a large subject/broad topic and allowing you to represent it in a more concise fashion
- Encouraging you to see the bigger picture and creative pathways
- Enabling you to plan/make choices about the selection of resource material you have for an assignment and where you are going to place it
- Providing you with a more attractive and enjoyable format for your eye/brain to look at, muse over and remember.

How do We use mind mapping?

We can use mind mapping for the following:

Taking notes in a lecture and listening for the most important points or keywords

Showing links and relationships between the main ideas in your subject

Brainstorming all the things you already know the concept about a chapter.

Planning the easy steps to solve the problems.

Organising your ideas and information by making it accessible on a single page

Stimulating creative thinking and creative solutions to problems

Reviewing learning in preparation for a test or examination.

WHAT IS MIND MAPS?

Mind Maps were popularized by author and consultant, Tony Buzan. They use a two-dimensional structure, instead of the list format conventionally used to take notes. Mind Maps are more compact than conventional notes, often taking up one side of paper. This helps you to make associations easily, and generate new ideas. If you find out more information after you have drawn a Mind Map, then you can easily integrate it with little disruption. More than this, Mind Mapping helps you break large projects or topics down into manageable chunks, so that you can plan effectively without getting overwhelmed and without forgetting something important.



DR. ATUL VYAS
Educator, Murlidhar
High School, Rajkot.
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MIND MAPPING IS ALSO KNOWN AS CONCEPT MAPPING TOO

HOW DO I GET STARTED WITH MIND MAPPING?

Place the central theme/main idea or controlling point in the centre of your page. You may find it easier to place your page on the side, in landscape orientation, which is easier for drawing purposes.

Use lines, arrows, speech bubbles, branches and different colours as ways of showing the connection between the central theme/main idea and your ideas which stem from that focus. The relationships are important, as they may relate with the concepts, steps of the solution of the problem.

Avoid creating an artistic masterpiece. You should draw quickly without major pauses or editing. Chances are, your first idea was fine and you placed that idea in the direction or on the branch you thought made the most sense. It is important in the initial stages of mind mapping to consider every possibility, even those you may not use.

Choose different colours to symbolise different things e.g. you may choose blue for something you must incorporate in your paper, black for other good ideas, green for the concepts and red for the things you need to learn or check with your tutor/lecturer. Your method is entirely up to you, but try to remain consistent so that you can better reflect on your mind map at a later stage.

Leave some space on your page. The reason for this is that you can continue to add to your diagram over a period of time. If A4 sized paper feels too small, you may like to use A3.

You should develop one mind map for one chapter and it is placed near your reading area or display in your study room so that you can easily see it.

All round communication is essential in Education for the overall development of the child

A child can succeed in his own career from the very beginning of his school life in which the complete responsibility is of the parents as well as teachers. How would a child excel in his life? For that, certain things have to be applied carefully by parents. Here are some important points given below.

- Spare some time with your child daily. Converse with him/her about their Subject Teachers, Friends, Activities they like/dislike.
- Regularly check ward's Schoolbag, calendar(teacher-parent communication), notebook(cw/hw) daily to keep check on his / her progress.
- Appreciate his/her good work. Encouragement is more effective than any kind of temptation.
- The child should not be physically/mentally harmed by parents or teachers for any fault like weak performance or mischief.
- A child should have a healthy body and mind for his own self

NURTURING CHILD'S DEVELOPMENT

confidence.

- Parents should visit once a month to the school teachers to get proper information about ward's overall development.
- Don't compare the child to other students because each one is different by their competency. Each situation for a child will differ in terms of circumstances, personalities and responsibilities. Comparison may create inferiority complex in a child which would obstruct his / her progress.
- Children have their own temperaments, personalities and individual ways of reacting to authority. When rules and limits are placed upon children may test the rules to the limit to find out how far their independence can go. The expectations set for them by parents may be



strict or too lenient and the children may resort to misbehavior to gain the attention not gained when behavior is good or as normally expected.

- Consider each child's growth and development and then ask yourself. "Is this child capable of behaving the way I want?" Have you seen him or her exhibit the manner of

behavior you are seeking? Could there be a medical reason that the child can't reach your expectations? Stress in a child might surface as a behavior problem to achieve the attention he or she doesn't receive when acting appropriately.

- Use a firm voice. Give commands in a firm controlled voice and with an authoritative manner. Don't make it a game for the child to guess if you mean it or not.
- Even when you have tried everything, having the right attitude will increase the child's self-esteem and offer the limits in a loving way.
- A child has a right to his self-determination. The sweetness and love of a child is preserved only so long as he can exert his own self-determinism,

when you interrupt that and to a certain degree you interrupt his life.

K.L.BHATT TRUSTI
Tripada Education Trust



EMBRACING SANTA CLAUS THIS CHRISTMAS



Ever since times immemorial we have known Christmas as a festival of Christians, celebrated all over the world and the most important fact underlying is the Christmas vacation for each and every school going children. This entails planning for where to go this time, when to book the tickets, whom all to join to make it even enjoyable and please don't forget the vacation homework (how much ever homework for more learning you get) that the teacher would wait to receive at the time of resuming classes in the New Year.

Christmas or Christmas Day is an annual festival commemorating the birth of Jesus Christ, observed most commonly on December 25 as a religious and cultural celebration among billions of people around the world. A feast central to the Christian liturgical year, it is prepared for by the season of Advent or Nativity Fast and is prolonged by the Octave of Christmas and further by the season of Christmastide. Christmas Day is a public holiday in many of the world's nations, and is celebrated culturally by a large number of non-Christian people, too which is an integral part of the Christmas and holiday season.

It is a common feature in every society for people who decorate a Christmas tree; some even carve out a beautiful picturesque clay scenario of Jesus birth. It is a party atmosphere where all friends, relatives and neighbors are invited to enjoy and gifts are distributed. All the schools, colleges, universities, offices and other government and non-government organizations have holliday on this day. Everyone enjoy it as a Christmas holiday by doing lots of activities throughout the day.

It is a belief that Santa Claus visits at mid night to everyone's home and secretly keep amazing gifts for the children in their houses. Children become very happy by getting gifts of their own likes in the early morning. Did you know that Santa Claus was a Patron saint of children and sailors.

■ Saint Nicholas was a 4th-century bishop from Asia Minor. He was famous for giving gifts to children. His feast day, December 6, became a children's holiday in Holland, where he is known as Sant Nikolaas. Eng-

lish colonists in New York (previously the Dutch colony of New Amsterdam) called him "Santa Claus" because they couldn't pronounce the Dutch name. The English began celebrating the feast day on Christmas.

■ Kriss Kringle, another name for Santa Claus, developed in Germany around 1600. German Protestants recognized December 25, the birth of the Christ child, Christkindl, as the time to give gifts. "Christkindl" evolved into "Kriss Kringle."

■ In the Netherlands and Germany, the Santa Claus figure often rode through the sky on a horse to deliver presents to children. He often wore a bishop's robes and was sometimes accompanied by Black Peter, an elf who whipped naughty children.

■ In addition to the tradition of Saint Nicholas, the three Wise Men gave gifts to the baby Jesus, starting the Christmas

gift tradition.

■ There is a festive fervor of culinary extravaganza down the stretch namely hotels,

restaurants and all places of get together concern. There is an array of delicious treats on the dining table not missing the roast turkey, Christmas goodies and the fave Christmas cake. The attire and ambience is colorful, divine, musical, enjoyable and lot participative. On this day, Christians pray to their God, confess all their sins and sufferings, sing holy songs and meet each other with love. And further pray for the well-being of the human race.

There are various theories about the Christmas tree a major component of this day; that state the traditional practice of tree worship has been found in many ancient cultures. Often, trees were brought indoors and decorated to ensure a good crop for the coming year. Trees have also been linked to divinity.

■ Egyptians associated a palm tree with the god Baal-Tamar,

■ While the Greeks and Romans believed that the mother of

Adonis was changed into a fir tree. Adonis was one of her branches brought to life.

■ The modern Christmas tree was likely born in the 8th century, when St. Boniface was converting the Germanic tribes. The tribes worshipped oak trees, decorating them for the winter solstice. St. Boniface cut down an enormous oak tree, that was central to the worship of a particular tribe, but a fir tree grew in its place. The evergreen was offered as a symbol of Christianity, which the newly converted Germans began decorating for Christmas.

■ Prince Albert, who was German, introduced the Christmas tree to England after his marriage to Queen Victoria in 1840. German immigrants to Pennsylvania brought Christmas trees to America.

■ The Druids believed mistletoe fell from heaven and grew onto a tree that sprang from Earth. Mistletoe thus represented the joining of heaven and earth, and God's reconciliation with mankind. A kiss under mistletoe symbolized acceptance and reconciliation.

There are a lot of individuals, groups and organizations who make similar festive gestures because it's the accepted thing to do to prove what a 'good guy' they are. I feel good of the people who understand the challenges and want to contribute in a way that directly impacts the families we can be a part of. Adopt-a-Family program, gift-in-kind donations to children and families, Children Fund's Scholarship Program, give money to purchase gifts for their families, host their employees with a catered dinner. "It was our way of thanking them for their wonderful Christmas spirit

I don't summon anything up but just blowing the dust off (if any) the wellness campaign how about a little happiness in the lives of the known, less known, unknown and needy, for whom it is not just a mere gesture of yours but many storied happiness contour, this Christmas. Make it special for you and then.

The warmth and love surrounding Christmas is a joy to be savored with family and friends. It is a time to give and share with one another. Be a Santa.

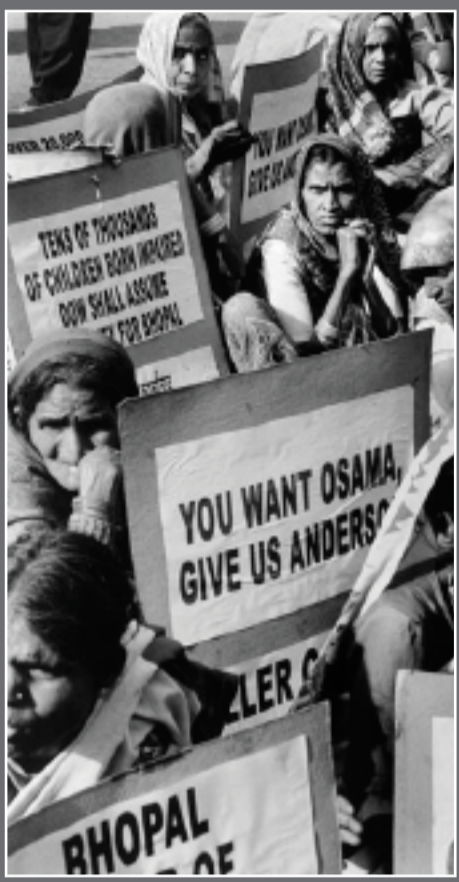
Here's to wishing you the best this season has to offer.



SALLA VIJAY KUMAR
National Award
Winning Lecturer, IHMA



DOES INDIA HAVE THE POTENTIAL TO BECOME A WORLD LEADER?



How can a country that ranks high on the Most Corrupted Countries list even dream of becoming a world leader? Efficiency and transparency were never the hallmarks of our country's administrative setup, nor are these personal traits of our politicians, businesses and public figures.

Corruption has engulfed our country in a death grip in which, it is not only difficult to survive, but also impossible to prosper. From mundane chores like booking railway tickets to college admissions, from obtaining birth or death certificates to petty offences like parking tickets, our way of life expects, demands and literally works on the principle of palm greasing. Definitely, not the characteristic of a world leader!

We are a nation that holds human life in little esteem, be it the sacrifice of our brave jawans on the treacherous slopes of Kargil, or the innocent people and police personnel that fall to a terrorist's bomb. Hapless Bhopal gas victims, after having waited for over two decades for a fair trial, have been treated with unconcerned indifference by our own judiciary, and are bitterly disillusioned.

Bus, train and even aircraft accidents fail to stir the conscience of our seasoned elected representatives, who are too quick to offer soothing words of compassion on site, and too slow at pushing files on pending compensation claims. When a child dies en route to the hospital, held up in traffic road blocks erected for a prime minister's flying visit, our faith in the SYSTEM is wholly shaken, not just stirred! The day we learn to value life, both of human and that of other species, we may stake claim for the title of a world leader!

Pot bellies characterise our wealthy, pot holes our roads, and empty pots symbolise our poor – No food! No water! No shelter! No hope! A common refrain for delaying developmental projects is the concern for the "Aam Aadmi", whose plight features in election manifestos, and whose woes are promptly forgotten as soon as results are out. What is this common man's expectation from the Government – nobody cares! Can he force his opinion through the representative he elected – he doesn't dare!

Without a social security network, without a job guarantee, without state funded healthcare, he manages to earn a living and contributes silently to the much discussed and debated GDP figure, his own condition a sad status quo! Add to this the solid woman power of this nation, spoken of but never heard, countless counted in various ratios

but unable to count on her man of the house, delivering services, delivering babies, eventually losing out on health and nutrition in caring for her family. With such a skewed social setup, how can we expect the world to look up to us as a world leader?

India has boasted of double digit growth, you may say. Rightly so. But the double digit growth is a result of opening up of our stifled economy and the relaxation of the License Raj, and not due to any remarkable sure shot formula worked out by the government – opposition – bureaucracy – criminal nexus for Mother India! Individual enterprise has driven our economy forward and continues to sustain momentum even in the face of undisguised administrative bottlenecks that hinder our collective creative energy. So, while China basks the afterglow of a state sponsored boom, we still grapple with archaic laws and overlapping jurisdictions. Democracy thrives on transparency, which is sadly lacking in the functioning of our Sarkari Babus!

And yes, how can I forget the pathetic state of our education? Free and compulsory it is, no doubt, now made a fundamental right by law, but definitely, there is nothing right about it! A cursory look at attendance figures in state run schools confirms the importance of the mid day meal, and the total lack of any meaningful learning at all for the students. Absent teachers, broken blackboards, corrupt officials, falsified reports and most of all, personal gains derived by all in the loop, have contributed to keeping the rural poor both, poor and uneducated.

Sure, we have our IIMs and IITs but the bulk of our higher education is still mediocre by world standards and literally, we have "miles to go" in this field. The days of Nalanda, and Takshashila are long gone but their glory still remains an ideal benchmark to be achieved by all our temples of learning.

So dear friends, without infrastructure, education, healthcare, social welfare and effective governance, with a society as deeply divided on the lines of caste, religion and opportunities, how can we dream to be a world leader? The present is bleak enough, and the future is uncertain, and it is a shame that a nation comprising of one sixth of the world's population looks up to other nations for encouragement and support in her quest for a meaningful leadership.



VARSHA BADIANI
PRINCIPAL, PORBANDAR

FORGIVENESS IS A STATE OF GRACE

Certain misconceptions about forgiveness make it harder to understand. Some view forgiveness as weakness. Others are unwilling to forgive out of fear that they would have to resume a relationship with the people they have forgiven, something they have no intention or interest in doing.

Neither of these assumptions is true. The only reason to forgive is to set yourself free of your past, so you can step into the myriad of available futures that you can't see through the eyes of pain. Forgiveness swings open the door to the Power of the Possible and delivers you to the other side.

There, on the other side of Forgiveness, the most unimaginable scenarios lie waiting for you to show up and claim. You've stepped through the looking glass and anything is possible. On the other side of Forgiveness, your sight is clearer, your perceptions uncluttered. The people you used to hate may surprise you with kindness, or leave your life so utterly, you'll wonder if you didn't just dream your past. You may also discover there is more to forgive than just them. You may discover that the person you need to forgive most is yourself.



Forgiveness is a state of grace.

Forgiveness cannot be done, but only received. It is, in a sense, our rain dance for freedom. When it doesn't rain in the desert, the natives dance. They dance "a rain dance" so that it will rain. And then, at some point –it does. Does it rain because they danced? Would it have rained even if they hadn't? "Of course," we say. The weather does not depend on a dance. Maybe so. But does it matter? They dance anyway. They dance so that it will rain. And then it does.

We take the steps to forgive, we dance the dance of forgiveness, and then at some point what we used to feel about that particular person –we don't feel anymore. It is simply gone.

How did it happen? You looked at your anger and it was gone. The Hate? You hadn't had a minute without it as long as you could remember. Where was it? Gone. You look for it in all familiar places, you bring back the familiar images, images that used to make you cringe, but they don't make you feel the way they did in the past.

What happened? When? When was it taken? Does it matter? Maybe your intension was all that was needed. Forgiveness comes from the realm of the miraculous. It's a magic that cannot be put into the words of our language. It defies our logic; it is beyond our intellectual understanding. Whatever we believe we understand about its mechanism doesn't begin to touch it.

Forgiveness is a gift.

Once we experience it, once we are touched by it, its grace changes us forever.

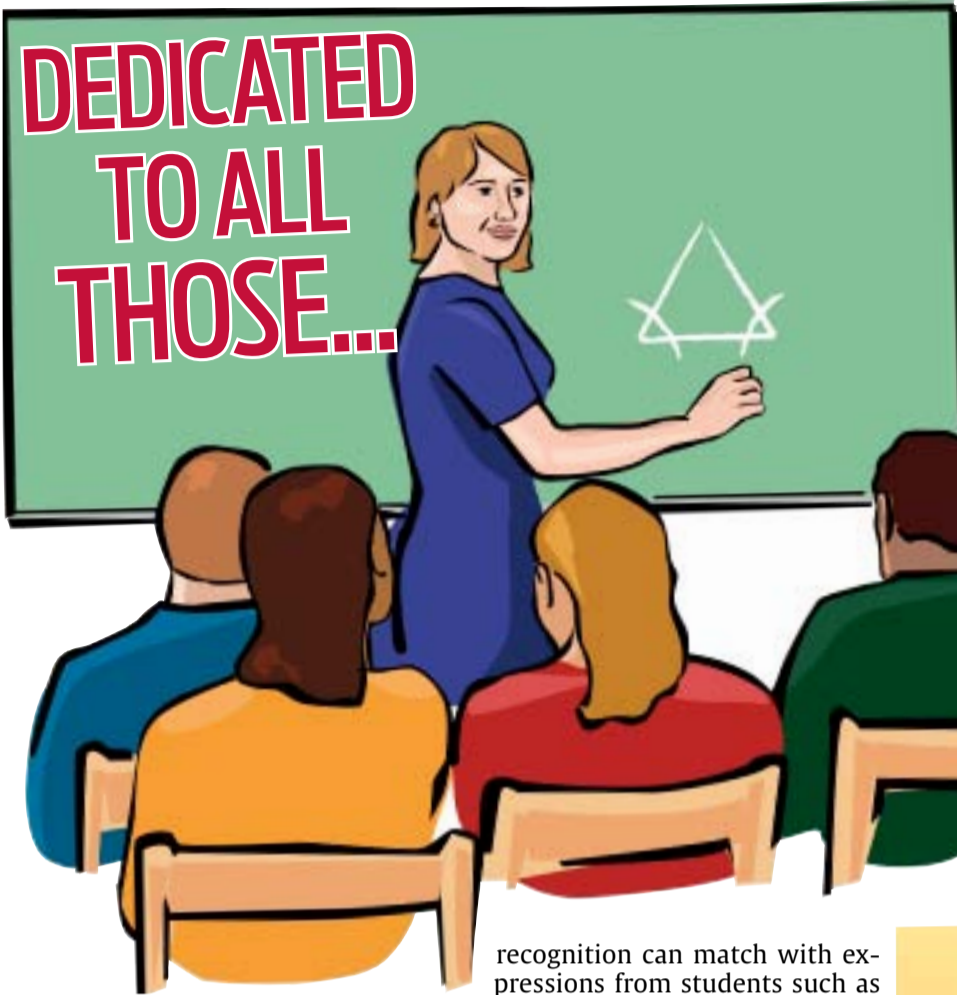


I.D. REUBENS
PRINCIPAL, REUBS SCHOOL



ACTION MAKES MORE FORTUNE THAN CAUTION. —CHARLOTTE WHITTON





“Sustained happiness comes not from what we get but through what we give.”

which made me realize the fact why Teaching still continues to be considered as a noble profession.

It was a case of arranging financial assistance for a meritorious student who is in her final year B.Tech., The amount required was more than a lakh. I know well that it is beyond my capacity but decided to help. While I was thinking how to manage – I remembered some of my students whom I taught in the late 90's and who were well settled in India and abroad. A small message from my end to these stu-

dents asking them to be a part of this endeavour received immediate responses in the form of YES. All of them gave only one answer – what we give is nothing compared to what you've given to us as a TEACHER. Not only students, even parents of few students whom I have been teaching right now also came forward to be a part of this endeavour. Also a colleague of mine who believes in my vision as a teacher also became a member. Lastly I could do whatever I can from my end to ensure that the girl's education continues.

I take this opportunity to express my sincere gratitude to all those who have been a part of my success story. This entire exercise made me understand atleast few things about human nature.

1. It is not necessary that all those who can help will do.
2. People who can empathize are rarely found even today.
3. People hardly believe in the fact that they get more than what they give.

With almost half the journey still left in this direction, I am sure that I can make a positive difference leaving legacies and not just memories. Finally I am thankful to each and every child who taught me what it means to be a TRUE TEACHER and inspiring me to continue this journey with no regrets.

—ROBIN SHARMA

Fifteen years of my life's journey as a teacher gave me an opportunity to extract the abundant psychological resources buried deep inside which even led to an insight into the purpose of my existence. It has also made me realize that genuine love, care and respect for my students are few resources within me which become renewable the more they are put to use. My greatest learning as a teacher is “in giving is getting”. No

recognition can match with expressions from students such as you've made a difference in my life, I've never come across a teacher like you throughout my life, you can bank upon me for any support in future when I settle in my life etc., I am grateful to the eternal for guiding my instincts into the path where true satisfaction lies not in material gains but in a noble endeavour of touching lives.

I would like to share a recent experience in my life



Some fun and interesting things about Christmas



1. Christmas is an annual christian holiday held on december 25th celebrating the birth of jesus.
2. Christmas trees are also known as the yule tree.
3. Christmas trees are evergreen trees usually either a fir tree, pine tree or spruce tree.
4. In june of 1970 christmas become a federal holiday in the U. S.
5. Christmas trees are first decorated with foods such as apples, nuts and dates.
6. In the 18th century. Christmas trees began being decorated with candles.
7. The song. Jingle bells was written by james pierpont in 1857.it was originally called "one horse open sleigh " and was made for thanksgiving.
8. Santa claus is also known as st. Nicholas, father christmas,grandfather frost and kris kringle.
9. There are 3 towns in the. U. S that are named santa claus. one in georgia one in arizona and one in india.
10. Santa claus 8 eight reindeer are named comet, cupid,dasher, dancer. Prancer, vixen, donder blitzen.

—Anuja. Sharma, Principal, Globals ssv



Winter has come and I'm very excited because only few days are left for the Christmas. I would like to place a stocking on the Christmas tree and wait for Santa to come. I Parin Patel

would like to ask for a pollution free country, in which there is bad thing going in no, Do fight between the countries. I want that all the countries that are enemies of each other should live as one. There should not be cutting of trees, we should not dump garbage here and there. Because as we see our country, it is polluted, if it way full of greniary & I want a green India.

—Parin Patel, Std. V-c, IG International School



Jingle bells & pledge and there is the man who is going to fulfill our wish. I always want this man

in red dress to come every day in my life. I will wish to Santa about don't west water and food because some poor people doesn't get water & food. they poor people don't get water & food they will died. These rescuers are sustainable and limited an earth. We shouldn't waste it and use it adequately. We should can secure it for the not generation.

—Vishw Patel, Std. 7th, St, Kabir School



This Christmas I would like to ask Santa to give me a chance to meet Doraemon. I love Doraemon a lot. I want Doraemon from Santa because to help everyone whenever, They are in problem, I would get chance to be with Doraemon. He will help me to help other in studies. I will help poor people's by giving them food and clothes. If someone will be in problem, me and doraemon will go and help them will make everyone. Happy by helping them.

—Aesha Brahmabhatt, Std. II-A, St. Kabir School



CREATIVE WAYS TO QUIET A CLASS

Class control has always been a sensitive issue for all teachers. It has always been a matter of prime importance to keep the class control and continue with the syllabus progress. Teachers who have issues in maintaining class control are often found victims of reprimand from the superiors or have to face grievance from the parents, which ultimately becomes an issue of low self esteem if not treated well. With this article I try to present some innovative and creative ways to quiet a class and to maintain the respect of the teacher.

Innovative and Creative ways to quiet a class:

1. **The Three Clap Rule:** I remember a teacher of mine using this scheme. While I was in std. 3, we had a Hindi Teacher; she had this peculiar habit of clapping when she entered the class. The first clap, we noticed that she has come, the second clap is a reminder that the

teacher is present and be quiet, by the third clap the class used to get settled with the books of her subject out on the desk.

2. **Count Down:** Just like the three clap rule, there is this count down mechanism. If you find that the class you entered has got restless and is in chaotic situation then start count down aloud in the class so that all students can hear that the teacher has come and is waiting for them to get settled. In most of the cases this is very effective and yet consuming less time and effort. For example, Speak out to the children that by the count of 5 I want you to be settled with the books of my subject and then start counting 1...2...3...4...5 and see the magic.
3. **Use special sound:** This unlike the above two is a different method. This is similar to Pavlov's Bell theory of classical conditioning where he used the bell to stimu-

late the dog. The teacher can keep a bell or chime or any such device that has a sound different from the usual. When ever the class becomes chaotic bell can be used to draw the attention of the students and there by indicating them to keep silence once they listen to the chime.

4. **Sing a song:** For the youngest students, use finger plays like the Itsy Bitsy Spider and Open, Shut Them. Students of any age will respond to simple tunes and call-backs. Since Mr. Freddy loves sports, he starts singing the ESPN tune and has the kids finish it. The goal is not to sing it more than once.
5. **Using the Hand Signal:** For children in upper primary section, this is very effective. I have seen Ms. Jancy waving the hand as she enters the class and the class would love to wave back there by noticing the teacher and proceeding towards taking out books for her subject and getting settled. She raises her hand as high as she can and will wave in a graceful manner where the students would smilingly repeat and get settled.
6. **Clap out a rhythm:** In an article similar to this I found this tip very different yet useful. The tip says that when the teacher enters the class, she would walk to the area where there is more chaos and would whisper with the students making noise there. The whisper draws the attention of the students and the instruction passed on in whispering words is "Clap twice if you hear me". Similarly she would then ask such student to inform the other in the front bench and likewise the class gets silent in a couple of minutes without the requirement of the teacher to shout out.
7. **Using the Board:** This is one of the easiest and very effective methods. The charm of this method is the creativity and spontaneity of the teacher. I remember our draw-

ing teacher Mr. Ghetia, he would simply enter the class, wipe the board and start drawing something that catches the students attention. Once the students starts murmuring about the drawing, he would gently say every one to take out the drawing book and get ready for the next drawing. He was a very subtle person, we never heard his loud voice, he would prefer to give instruction in very simple manner requiring the students to follow what he said and did on the board.

8. **Chain of Instruction:** Ms. Dastoor used this very effective method where she would just whisper the instruction in the ears of any one student and then would ask him to repeat it with the other. Then she would go to the opposite side of the class and whisper some instruction in the ears of other student and ask her to repeat it. In a very short duration the entire class starts talking in whispering manner and she would quickly gain control of the class.

9. **Use sign language:** I saw this technique during visit to a remote school. I saw the sign boards in the class and generally inquired the teacher what it was for. The teacher then explained to me that she liked to teach students the signs for being quiet, stand up, sit down, line up, and other basic directions. It's much gentler (and less exhausting) to show a sign all day long than to keep repeating yourself! When you want quiet, simply show the sign for quiet and have students mimic it back.

10. **Fill the room with quiet sprinkles:** This is a great one for the PreK-2 set, especially if you have a dramatic flair. Decorate a small container with glitter and sparkles and label it "Quiet Sprinkles." Tell the class, "When I sprinkle these imaginary sprinkles on your head, you will become quiet and freeze, just like magic! Watch how it works!" and pretend to sprinkle some on a child's head. Make a big show of gliding around the room and sweeping the sprinkles over your students. If you use this technique more than once or twice a month, it will lose its effectiveness, but it's a lot of fun!

11. **Use a concrete reminder:** Sister Florence used a visual. She used to have a wand and attached a big check mark at the top. She made it clear to the kids on the first day of school when she hold the sign up that they are to 'get quite'. Whenever someone is chatty or not paying attention, she would hold the sign in the air. The good listeners will inform the student who is breaking the rule by pointing to the sign. She would not have to raise her voice to maintain the silence in the class.

Hope the above tips will help all the teachers to innovate in their way for handling the class and especially for making the students quite in a respectful manner and yet in a creative way.



DR. VISHAL VARIA
ROSARY EDUCATION
SYSTEM
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LEGEND OF SANTA CLAUS

Santa Claus is indispensable to Christmas. There has hardly been a Christmas when children have not waited for their kind and beloved Santa. The stories related to Santa Claus have managed to gain much popularity amongst people all over the world. Santa Claus, the noble saint with his big belly and red outfit, wanders around homes spreading the message of optimism and prosperity. He is depicted with a long white beard which is a sign of his worldly wisdom.

All over the world, Santa Claus is known by different names. In Germany, he is known as 'Christindl' or the 'Christ Child'; 'Father Of Christmas' in England, 'ShengdanLaoren' in China and 'Pere Noel' in France. Children are Santa's favorites and he ensures that he gets gifts for them every Christmas. As per American legend, Santa lives in the North Pole while other legends also suggest that he stays in Finland. Children, from all over the world, often write a lot of letters to him depending on what they believe Santa's permanent abode is.



SANTA CLAUS-FRIEND OF CHILDREN

The story traces the kind deeds of St. Nicholas in his city. It took form hundreds of years back when Nicholas was born to a wealthy Christian family in Myra, now located in modern Turkey. The legends of his good deeds and helpfulness soon made him the Bishop of Myra. He wished to see his people satisfied and happy and would even travel at night to ensure the same. One night, during his visits, he overheard a family complaining about their misfortunes and poverty which was compelling them to sell their three daughters as slaves or prostitutes. Nicholas could not stand their plight and threw three purses of gold from the chimney in to their house secretly. Such instances were common and only made him more popular. He was referred to as the 'Patron Saint of Children and Sailors'. Every year on December 6th, that is the death anniversary of St. Nicholas, families prepare feasts in honor of the memory of St. Nicholas. Owing to the respect for his great nature, it is also considered good fortune to get married on the same day.

FACTS

Santa Claus, the American version of St. Nicholas originated from the legends of 'SintNikolaas' or 'Sinterklaas', which is the Dutch version of the same legend.

Santa is believed to travel across the globe with his eight flying reindeers, including Rudolph who is a red nosed reindeer.

In some parts of the world, children are given gifts only if they behave well throughout the year, or else Santa may just leave twigs in their shoes. This helps parents actually keep their kids away from mischief.



Thousands of churches have been built for St. Nicholas, or Santa Claus, in Europe as well as in other places.

Santa's ritual of giving gifts throws light on his compassionate character. He signifies the virtue of being always ready to help people in need. And no matter what you call him, Santa is the love and compassion that Christmas stands for.

JINGLE BELLS, JINGLE BELLS, JINGLE ALL THE WAY!



A long year of waiting and Christmas is back again. Christmas imparts magical touch to the whole earth with glittering light, food, love, gifts, and joy. The whole season has its own special feel to it and everyone seems to be happier and kinder. Christmas celebration is the most special celebration for kids. One thing, which everyone likes about Christmas, is to see kids with twinkling eyes and smile waiting for their gifts and cards. Christmas is special for kids because there is plenty of chocolates, cakes, candies and because of Santa Claus and his gifts for them. It is always a delight to watch the kids as they open their boxes of gift. No matter how young or old you are, definitely it's a pleasure of receiving gifts from others that makes you happy. The reason for Christmas is one but the meanings for Christmas are many. Make this year all the more special by sending some Christmas wishes to the kids. Read on to know Christmas wishes ideas for children.



My wish from Santa Claus in this Christmas that he should gear up for the winter to complete my wish I wish that this year world should be rescued from the pit of the corruption because day by day corruption is increasing value of countries is decreasing for the middle class people it is becoming tough for people to live in this world. The big business men or rich people do not face any loss instead of rich poor people are suffering as the price of their basic amenities are becoming expensive. We can imagine the life without corruption is an amazing life. There will be no poor beggars on the road.

—Henish, VII - A, Calorx Public School

MY WISH TO SANTA THIS CHRISTMAS!



I, as a child, had a very comfortable life and got all the basic facilities that should be provided to a child of my age, so this year rather than asking something for myself, I would ask for the children who are poor, who are illiterate and are not treated as the other children are rather than sitting in a school and gaining knowledge. These children are forced to do domestic work and work in factories which may produce toxic wastes which can even affect their health. These children live in slums where they hardly get some knowledge, food or facilities. These fore to see a better and brighter India. These children should be provided with proper facilities including education and health and employment opportunities in the future.

—Khushi Brahmhatt, Std. 8, St Kabir School

CHRISTMAS!! CHRISTMAS!!

Christmas!! A Merry Christmas to all. You all know about 25th December of every year. It's a very precious day. Day which is termed as Christmas day. On this precious day, children make wishes from Santa Claus, and his fulfills their wishes and make them happy. This time my wish from Santa Claus would be that this year I am able to remain fit because last year, when my exams were approaching, I suddenly fell ill & because of that my results were also a bit bad. And I don't want this to happen again in my life. If Santa will fulfill my wish, I will be very thankful to him. I hope Santa will fulfill every children's wish & make them happy.

—Pardeep Maghnani, Std. VII, Calorx Public School Ghatodia, Ahmedabad.



Santa, I wish for non-violence our country and other country as well. Terrorism has increased in many countries. People are affected by terrorism. I would like to ask for this wish because many people are suffering from many difficulties. Many people lose their lives, properties, and become homeless. I would wish that every country remains safe and healthy.

—Shruti B. Jain, Std. 7th, H.B. Kapadia New High School, Memnagar



The month of November has ended, the chilling December has started. I would like to wish that poverty in India ends. I can't see people dicing. They rove hear and there in search of food and water, they have to beg for money. They have so many struggles in their life. They have no clothes to wear. In winter they feel very cold in the chilling mornings. They have to live in outs because they have no home in which they can live many people die because the streets where they live are very dirty. From drainage the dirty water come out, mosquitoes breed on it which causes many diseases like malaria, dengue, etc. so many people die because they have no enough money to do their treatment if they went to gout. Hospital it takes a very long time to be done. So I wish that poverty ends an India.

—Naisargi Bhatt, VIII, Calorx Public School



December is the last month of year. It is the month of rejoice and happiness. I eagerly wait for this month as this month brings the festival of Christmas. I would place a stocking near my bed and wait for Santa to come and complete my wish. My wish is to keep my country garbage free and not polluted country because if we keep our city clean there would no Global warming, we will live healthy, we will live pollution free if there would be no pollution there would be acid rain.

—Om Patel, Std VI, St Kabir School



Its winter and we all wait for snow and Christmas. This Christmas is more then the last one. I am going to open my heart to Santa. I would wish that from this year terrorism becomes nil and also wish to eradicate poverty as many are poor. Poor people get proper house and water. We have to clean our surrounding because it can give us Freedom or opportunity to say that our country is great.

—Hemal Brahmhatt, Std 6, Calorx Public School

AN UNCOMMON WISH THIS YEAR TO SANTA FROM KIDS



Christmas is celebrated all over the world, as a religious holiday or as a time of celebration by Christians and non-Christians alike. The traditions are different from country to country, but they nearly always include a feast, giving gifts or cards, and enjoying church or public festivities such as singing Christmas carols and songs. Santa Claus is a tradition in many countries of the world.

CHRISTMAS TREE

One of the most awaited Christmas decor items, especially by kids, is undoubtedly the magical looking Christmas tree. It is said that Christmas tree was included in the celebrations ever since humans observed these evergreen trees glistening in the moonlit sky on a clear night sparkling against the backdrop of white snow. One of the most import Christmas symbols for centuries, Christmas trees were used in many pagan festivals to honor their gods and spirits. Vikings in North Europe considered these evergreen trees a reminder of the Spring that is about to approach and that the Winter will end soon. In ancient England and France, Druids used to honor God of harvests by decorating oak trees with fruit and candles, just as Romans adorned trees with trinkets and candles on Saturnalia.

It is said that the German Christians were the first to bring the trees into their homes to decorate or use a Christmas pyramid made of wood in areas where there was a scarcity of trees. Soon, whole Europe caught up with the trend and the English Royalty popularized it among the elite. Prince Albert, husband of Queen Victoria, decorated the first Christmas tree. They had then used candles, candies, fruits, and gingerbread. Christmas tree came to America with the German immigrants and was accepted by the general public only in the late 1800s. At the time of the first public display of a Christmas tree by German settlers in Pennsylvania, it was considered a symbol of pagans. Till then, apples, nuts, cookies, candies, colored popcorn and candles were the popular Christmas tree ornaments.

In the early 20th century, electricity brought a revolution in Christmas tree decoration. Electrical Christmas lights grew more and more popular every year and now most communities throughout the US feature public displays of Christmas trees. The President of the United States now lights the National Christmas Tree every year in Washington as an indication of the beginning of Christmas celebrations. The huge lighted tree at Rockefeller Center in New York is quite a spectacle and skaters spinning beneath it look like angels. Christmas Tree has now gained popularity all over the world and choosing the right Christmas tree and its ornaments, placing gifts beneath it and opening them at midnight is all now part and parcel of Christmas fun and revelry.



MY WISH TO SANTA CLAUS: ROSARY SECONDARY SCHOOL



On 25th December, Christmas if Santa claus comes to me then I will wish to Make me a good boy & a good person in my life. I want to make my family happy. My wish would be to make my family's life easy and full of joy and enjoy. My family can survive happily. If my family has any problem then give me a solution to solve it. I would also ask to give me the knowledge to take care of me. If Santa claus fulfills my wishes then I would be the happiest person in the world.

—Kunal V. Chavda, Std. 10



Christmas is celebrated on 25th December Before Christmas every child is excited to meet Santa Claus and wish to get gift of his/her choice. I also wish a gift, a set of cricket kit. In that I will get a bat, a ball, a pair of pad, etc. I always want to get a season cricket kit. And my second wish would be of a Bicycle named Ducatli Mountain Bicycle. This cycle is awesome and comfortable cycle. If Santa claus will give me a another gift then happily accept that gift. Merry Christmas Friends..

—Vishani Abhishek S. Std. 9-A



25th December is Christmas. I love that day. If Santa claus will come then I will be very happy. So in the evening I hang my socks. I wish that Santa claus give me laptop because I want a laptop for study work and game. I should play on that laptop. That will be my wish. That will be my favorite gift and if Santa claus fulfills my wish then I will be very happy and will love Santa claus and Merry Christmas day.

—Vishwakarma Saurbh, Std. 9-A



Every year, Christmas comes with joyfulness. It's a festival of joy and happiness. In this festival people believe that at night of Christmas eve, Santa claus comes to their house and leave the gifts for Christmas. In the morning everyone looks for work and they ran to their living room to see the gifts left by Santa to them. If I come to meet Santa, I would wish about lots of happiness in my life and people around me, apart from it I would like to wish a guitar with the signature of Edd Sherran, because I am a guitar player. I would also like to wish fully upgraded play. Station Console and X box these are gaming console and I am a pure gamer. If possible I would also, like to meet Selena Gomez because I love her as a singer, she rocks the stage when she performs live. So these are my wishes and Merry Christmas.

—Prajapati Dhruv, Std. 9-A



If Santa Claus would meet me then I wish that me & my brother, sister would progress in study & have good opportunities in every activities. And give some more knowledge to my brother then because he is so week in studies. So if Santa claus can help my brother in studies. he has some interest in study. I thank Santa claus for giving this opportunity to tell my wish directly to him.

—Udeshi Khushali, Std. 9-A



If Santa claus would meet me I wish that I and my brother progress in our studies and have good result in exam. Other wish is that all the people of India tries to keep the India clean. and save them selves from disease. make the progress of our Country in all the fields. I wish that I can reach my goal of life. Help me in my studies during difficult levels. I and my family live a healthy and a fruitful life. At last I only wish that I and my family live safely. Keep your blessings on me.

—Meghani Maitry H., Std. 9-A



Every year, winter comes & in winter Christmas is also comes & children wish to Santa claus that he will give some great gifts. Today I am also telling that if Santa comes to me & I wish. If only two things for lifetime. I want my dreams awaken. I want one land where I will build my own kingdom, my own government, my own decision & my own system. I want the mysterious place & land where I build my own throne. And the Second wish is that the mysterious treasures, adventurous and mythical set of book which never published and never in the future will be published. First wish is my dream where I can feel peace and love and second wish which concentrate my mind and force to learn more..

—Kalavadia Kush, Std. 9-A



If I get a chance to meet Santa Clause, I will make a wish of getting many Barbie Dolls to play. I would tell him to give many beautiful dresses for my Barbie's. I would ask him to make a new Barbie house in which I and my Barbie's would live.

—Sai Saranya, Std : III, School : SSV

My wish would be to Santa Clause that I get a chance to play with my friends for the whole day. I wouldn't have to attend the school every day. I wish I could have lot of tags and Barbies to play. I wish I could get lot of chocolates to eat.

—Kashish Singh, Std : III

I would wish to Santa Clause to give me a remote car which can go around the world without batteries so I can play with that car all the time. I would request him to give me my favorite video game. if I would get all these things I promise I will be a good boy and will be polite with everyone.

—Sahil Panchal, Std : III

Dear Santa, I would like to have a remote controlled bike and lots of toys like basket ball, robot, car etc. I would also like a Polly set that I don't have already and you can put anything else that you would like to give me for christmas.

“Merry Christmas & Happy New Year to All.”
—Tirth Soni, Std : III

It is my first time making a wish to Santa Clause. I usually don't believe in miracles as it never happened to me. this year I hope Santa will make my wish come true. And I know that you know what I want please make my wish come true. I will always love you.

—Dhruv Prajapati, Std : III

This Christmas I want to make a wish for others. I wish this year we have snow falling on Christmas. we can play with snow. we would like to ride on the sleigh with your delivery presence. please grant my wish Santa.

—Rutvik Maliwal, Std : III

My favorite Santa, Every year you grant my wish, this year I want you to make me Santa Claus like you. If you grant my this wish, I will give new clothes, sweets, chocolates toys to the poor and needy children. I will fulfill their wishes. To this grant my wishes this year.

—Harivardan patel, Std : III

If I met Santa Claus then I wish to make me a princess. I wish him to give me many new clothes, toys, and chocolates. And I would wish that I get beautifully decorated bedroom to live. And I would tell him to make a garden with beautiful flowers where I can play.

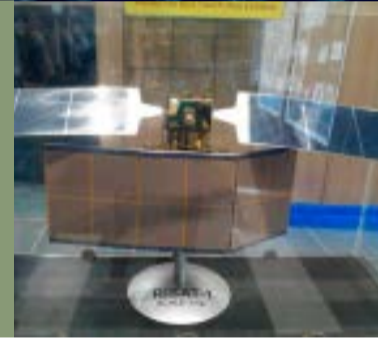
—Janvi Padhariya, Std : III



Tripada student enjoyed there Natural & beautiful place at Sasangir & Somnath

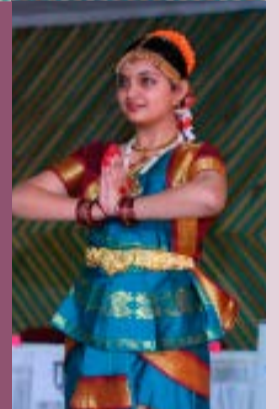


Divine Life International School, Naroda organised educational visit to I.S.R.O for the students grade 9th to 12th. This visit made them partially aware about the making of the space shuttle, the technical and mechanical part used in making it. They even got a chance to hear the inspirational recorded video of Dr. A.P.J Abdul Kalam.



Hillwoods School, Gandhinagar, organized Kalakriti 2015. Kalakriti, platform to portray the inherent talent & creativity of young artists & to display their artistic endeavor. It is an arena in which the expression or application of human creative skills such as painting, drawing, producing works to be appreciated primarily for their beauty or power is manifested.

A total of 12 events took place. In all about 225 students participated from eminent schools of Gandhinagar as well as Ahmedabad.



LITTLE ANGEL'S PICNIC



Recently the school had arranged a one day picnic for little Kids in KG section at Vasant Bahar - Gala Gym at bopal. They enjoyed lots of rides in the garden, Camel carts, Magic show, puppet show they enjoyed dance at disco theque at Gala gymkhana. It was a really memorable event for kids and school also.

PRAGATI ENGLISH PRIMARY SCHOOL EDUCATIONAL TRIP TO SCIENCE CITY



As a part of Educational Trip, Pragati English Primary School students were taken to Science City. In one Word it is an 'Epitome of Knowledge'. Various aspects of Science from Molecules to Plasma to Space were at display. The very first thing we visited was:

- 1) Science Hall: We discovered the magic of Science. We were shown a Presentation on Our Universe.
 - We sat with google-eyes as the presentation was being played. Spell bound with the Creation.
 - The Presentation widened our horizon with very aspects of our mother Earth from its inception.
- 2) 'Mission to Mars': A wonderful Ride.Worth Remembering.There we discovered,the potential problems scientists would have experienced.
- 3) 'Earth Auditorium': The Bio-Diversity of Mother Earth was at Display.
- 4)'Coal Mine visit': How do we get Coal from Mines?Our questions were answered,when we visited.A Insightful visit. We got thorough insight Manufacturing details to its production.
- 5)3-D Cinema:Last but not the least;we visited the 3D theatre:'Under the Sea'WOW.We all had that amazing experience of being with the Sea Creatures,Swimming along with them,being one among them.The experience was spellbound.



DELHI PUBLIC SCHOOL - GANDHINAGAR

Nobody can do everything, but everybody can do something. Its festival time and sharing resources and time will make a difference.

Under the guidance and visionary instructions of our esteemed Principal Ms.RaniChaudhry, DPS Gandhinagar took the initiative to spread this noble cause of sharing.

To inculcate the value of sharing in little ones, the Pre-Primary wing of DPS Gandhinagar organized the 'Joy OfGiving' week with the slogan "Let's celebrate life not only festivals. DPS students, parents and staff members all joined in this effort to partake in the 'joy of giving' and try to attempt to make a small difference in the lives of the underprivileged and needy. Parents and teachers took initiative by donating toys, books, stationery, clothes, eatables, footwear etc.

All the collected stuff was packed with each item in it also keeping the age group in mind. Collected stuff was distributed among the children of slum areas of Motera, New C.G Road, Gandhinagar and Indira Bridge. Few children were taken along to distribute the collected stuff. They saw and

JOY OF GIVING



experienced the life on streets. As the packets were distributed each one of them had a big smile on their face. Needy children were excited to see toys and eatables.

A student of class XI, Christina Kanan supported the event by clicking photographs, covering this noble cause.

These are just a few ways we can begin with. Do your small acts of kindness and spread the joy among less fortunate.



Productive achievement is a consequence and an expression of health, self-esteem, not its cause —Nathaniel Branden





STUDENTS OF RAMESHWAR SCHOOL - NIKOL MADE RANGOLI USING TRADITIONAL COLOURS. SOME STUDENTS MADE ECO FRIENDLY RANGOLI USING FLOWERS & LEAVES.



It is truly said that if you want to bring change in society then bring change in today's generation. As a part of it, with the motive of our social responsibility Sri Sri Ravishankar Vidya Mandir visited "Old Age Home" and "Anganvadi" ON 6th November 2015.

Students of grade 1 to 12 collected money, toys and other many stuff which can be useful to children of Anganvadi at GODHAVI GAM and donated them. Besides donation, they spent time with them, they exchange idea, love and care with each other.

Also one of the group of our school visited Old Age Home - 'JIVAN SANDHYA' at Naranpura and at Bopal. All the students met with people of old age home, they spent time with them as, showed love, care, respect and concern. They also serve Shrikhand along with their love at both old age home. Also students took an oath with Mr. Farsu of Jivan Sandhya Old Age Home that they would take care of their parents and in laws till their last breath. Also did 'SATSANG' with them.

It was an overwhelming experience for students and of course lessons of real life which can be felt and experience.



DELHI PUBLIC SCHOOL, GANDHINAGAR

Educational Trip to Udaipur "The Lake City of Rajasthan", Haldi Ghati, Chetak Smarak

"Travel in the younger sort, is a part of education; in the elder, a part of experience"

Travelling helps students to observe, understand and appreciate different ways of life and cultures which in return enrich their mental and spiritual faculty.

An Educational trip was organised for class III Udaipur "The Lake City of Rajasthan" from 4th October 2015 to 6th October 2015. The group comprised of 51 students and 5 escort teachers.

Students started their journey from school by bus and proceeded towards Udaipur. Visited City Palace and museum, a majestic architectural marvel towering over the lake on a hill surrounded by crenellated walls. Had a view of Fateh Sagar Lake and Pichola Lake, The picturesque Lake was made by Maharaja Udai Singh. Apart from the natural splendour of lakes, students visited Maharana Pratap Memorial of Rajput hero, Maharana Pratap with a huge statue of the Maharana. Visited Haldi Ghati and enjoyed the movie of battle of Haldi Ghati. Students were accompanied by a guide who gave them all the information about lakes, memorials and gardens of Udaipur. Students enjoyed the evening DG music. During the trip the group stayed at "Alka Hotel". The wonderful trip was a stress buster after Semester-I Exams.



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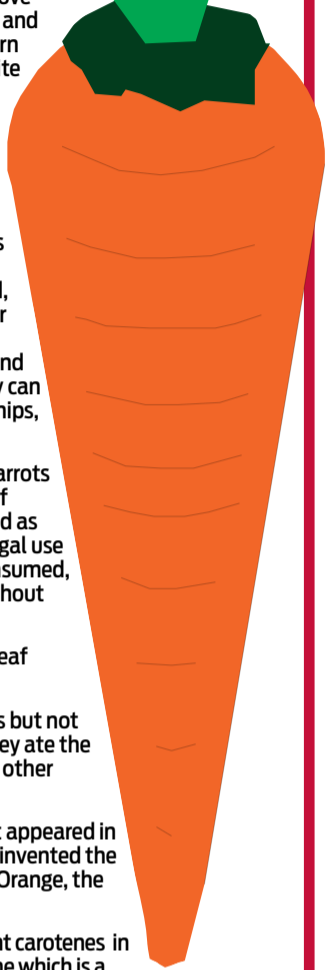


Too many people overvalue what they are not and undervalue what they are — Malcolm S. Forbes

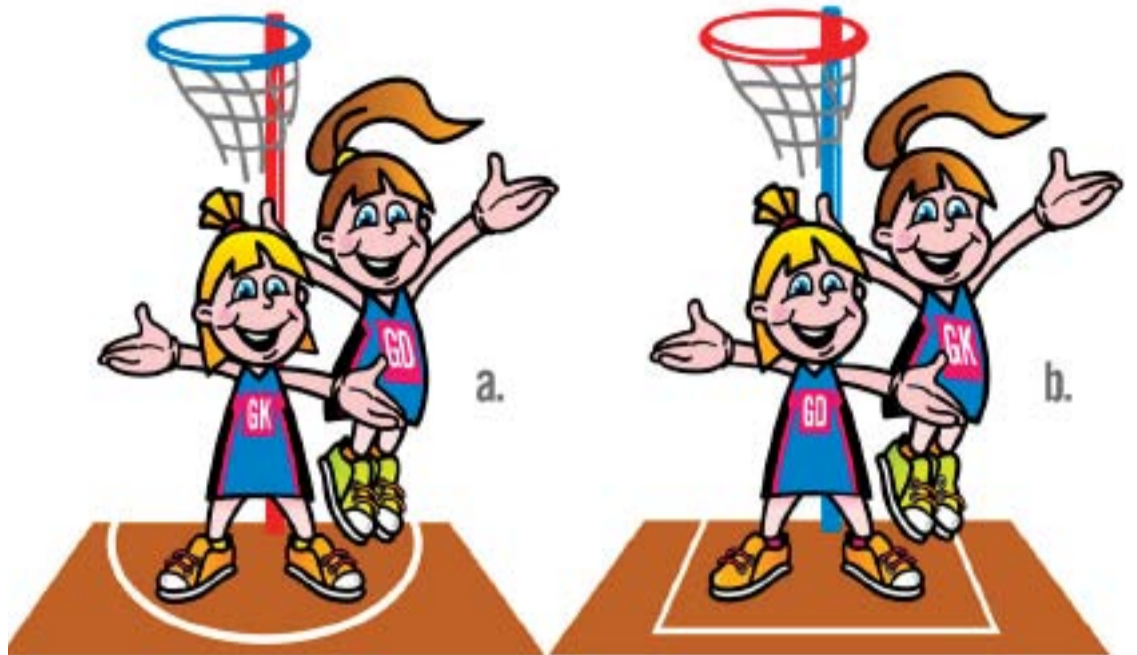


CARROT FACTS FOR KIDS

- The carrot is a root vegetable with the most commonly eaten part being the taproot.
- The carrot is usually orange in colour although purple, red, white, and yellow varieties also exist.
- The domesticated carrot that we know today originated from the wild carrot called *Daucus carota* which was native to Europe and south western Asia.
- The actual plant of a carrot (greens above ground) can grow up to 1m (3.2 ft) tall and flowers around June to August (northern hemisphere summer) with a bright white flower.
- Cultivated carrots are usually made up of about 88% water, 7% sugar, 1% protein, 1% fibre, 1% ash, and 0.2% fat.
- Carrots are cooked and eaten in various different ways. The vegetable is often pulped, mashed, boiled, puréed, grated, fried, steamed, stewed, baked, juiced or eaten raw. Carrots are typically used in stir-fries and salads but also in soups and added to baby foods or pet foods. They can be dehydrated or deep-fried to make chips, flakes, and powder.
- The natural sugars and sweetness of carrots allow them to be used in carrot cakes of western countries, in India they are used as desserts, while countries such as Portugal use carrots in jam. Carrot juice is widely consumed, especially as a health drink, with or without other fruits and vegetables.
- In fact even the greens are edible as a leaf vegetable although this is rare.
- Ancient Greeks and Romans ate carrots but not the orange varieties we know today, they ate the less cultivated wild varieties of various other colors.
- In the 17th century western carrots first appeared in the Netherlands. Dutch carrot growers invented the orange carrot in honor of the House of Orange, the Dutch Royal Family.
- The orange colour results from abundant carotenes in these cultivars, mainly the beta-carotene which is a strongly colored red-orange pigment found in some plants and fruits.
- The human body turns beta-carotene into vitamin A and carrots are one of the best sources for beta-carotene. Vitamin A is important for the health of our vision (including our night vision) as well as our bones, teeth and skin.
- The urban legend that 'eating large quantities of carrots helps us to see in the dark' was developed from stories started in World War II. British gunners were shooting down German planes at night and to cover up the fact that it was the effective use of radar technologies that was achieving this, the RAF circulated a story about their pilots' high level of carrot consumption.
- The world's largest carrot producer is China, which in 2011, accounted for over 45% of the global output. China was a long way ahead of Russia and the United States who are the second and third highest producers respectively.
- The carrot is in the top 10 of most economically important global vegetable crops.
- It is true that eating massive amounts of carrots can sometimes cause a person's skin to turn yellowish orange. This is most noticeable on the palms or soles of feet and is called carotenemia. But don't worry it requires a high amount of carrot consumption and is completely fixable just by reducing carrot intake.



FIND THE 5 DIFFERENCES



ORANGE FACTS FOR KIDS

The orange is a citrus fruit and is a hybrid of the pomelo and mandarin.

Oranges have been grown since ancient times and originated in Southeast Asia.

As of 2010, Brazil grows one third of all the world's oranges.

California and Florida are large producers of oranges in the US.

Around 85% of all oranges produced are used for juice.

Marmalade is orange jam.

Oranges have a high amount of vitamin C.

Oranges are domesticated so you are unlikely to find them growing naturally in the wild.

Because oranges do not spoil easily and are full of vitamin C during the years of world exploration sailors planted orange and other citrus trees along trade routes to prevent scurvy which is a disease that develops from a deficiency of vitamin C.

It is believed that Christopher Columbus was the first to bring orange seeds to America during his second voyage to the region in 1493.

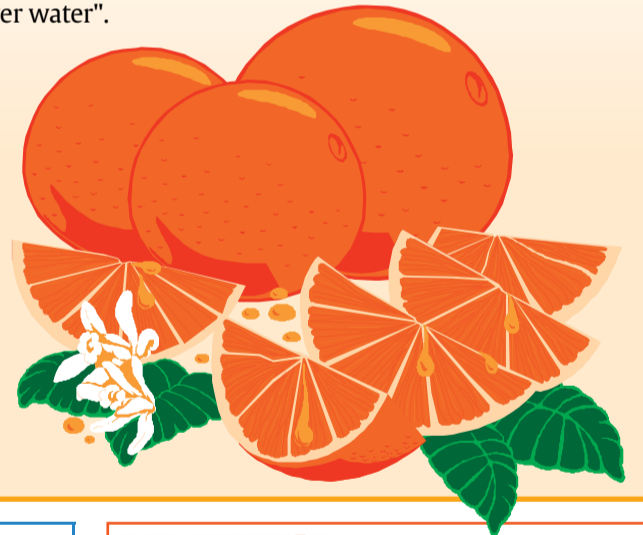
There are now over 600 varieties of oranges worldwide.

There are typically ten segments inside an orange.

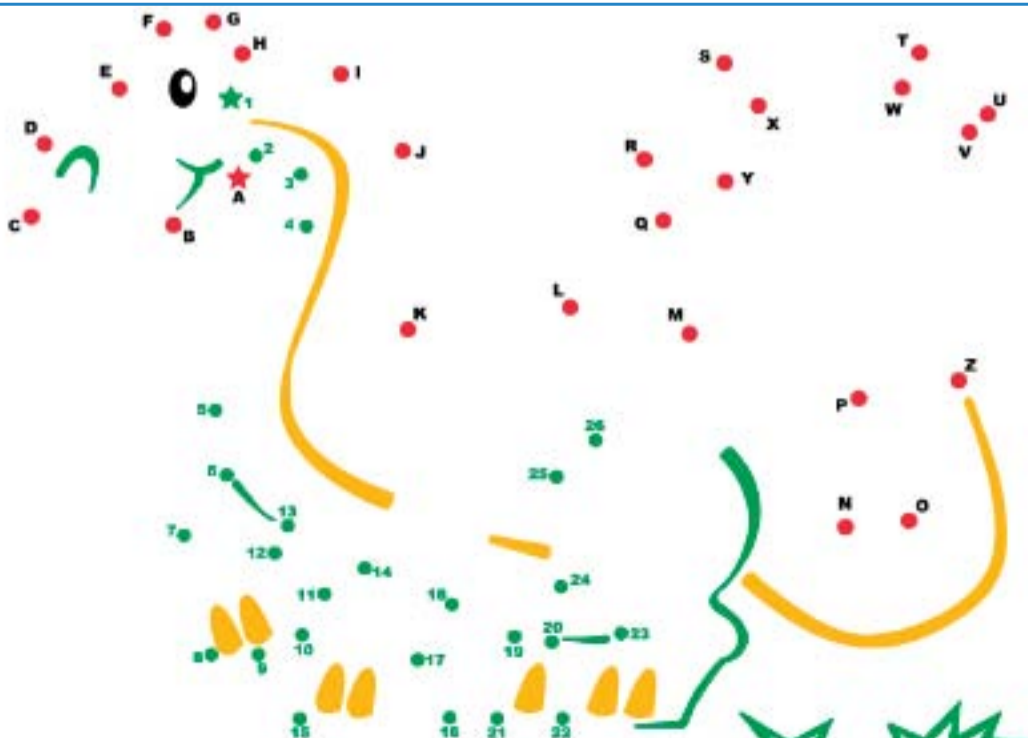
Ideal conditions for growing oranges are in sub-tropical areas that have good amounts of sunshine yet moderate to warm temperatures (15.5°C - 29°C (60°F - 84°F)).

Orange peel can be used by gardeners to sprinkle over vegetables as a slug repellent.

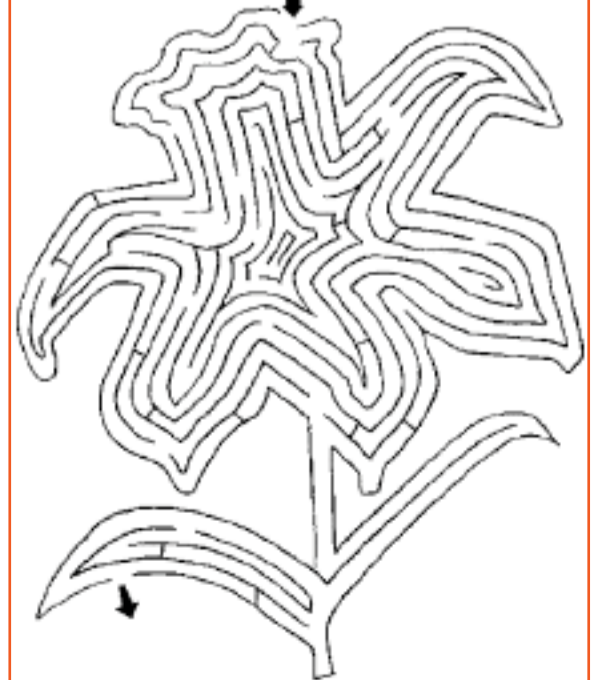
The white orange blossom is the state flower of Florida. It is highly fragrant and has long been used in weddings as cake decoration, in bridal bouquets and in head wreaths. The blossom essence is an important component in the making of perfume and the petals can also be made into "orange blossom/flower water".



DOT TO DOT



FIND THE WAY

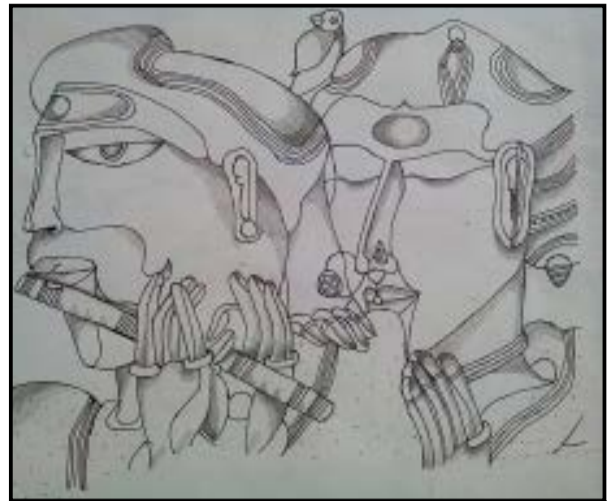




HETANSHI & YESHA
STD-VI, The Rosery School



Jiya Jain
Std7, Arjun English School



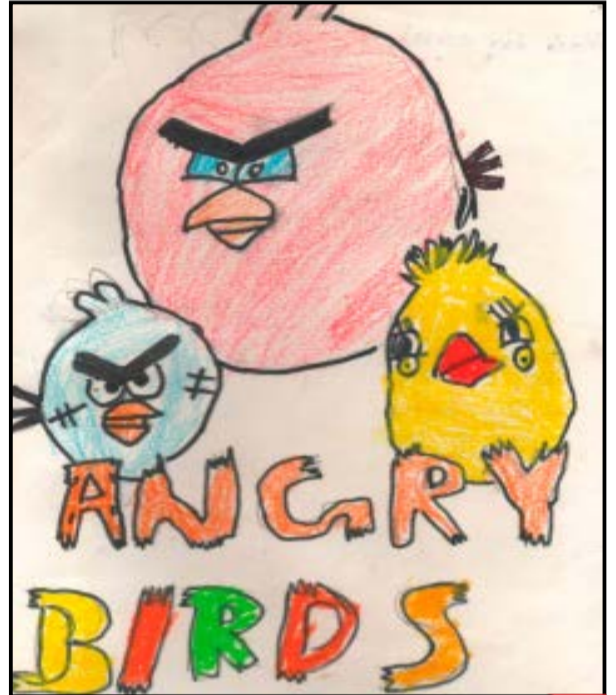
Kaushik Salla
Std-6, Kendriya Vidyalay ONGC



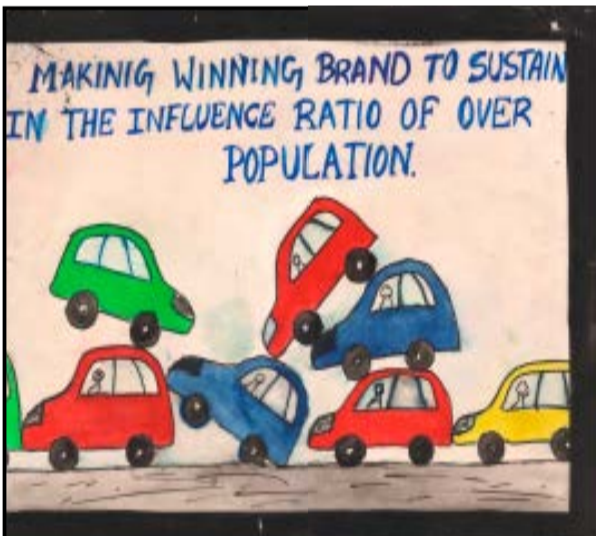
Himani Gohel
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Nivid Mehta
Std-6A, Global Mission International School



Parth and Rudra
(Group), Std-VA, TDS



Pradip Mehta
Std-8 B, Sri Satya sai Vidyaniketan



NAVED SHAIKH
STD V, THE ROSERY SCHOOL



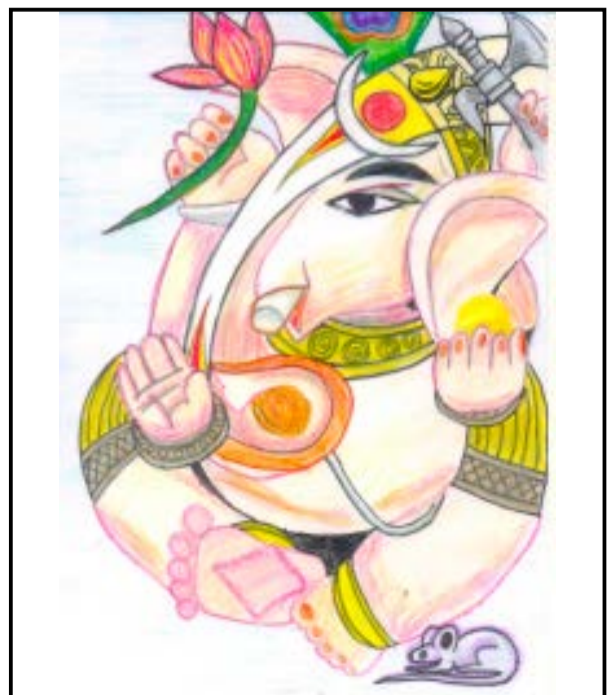
Nishant
Std-1, Vedang public school



Milan Mukeshbhai Jadav
Std-5, Manikrupa School



Yug Parikh
Std-4, Divine Life International School



Riddhi Gajjar
Std-9th, Smt. P.B.D. Joshi High School

Email your answers to: theopenpage@tripada.com by 25/12/2015. You can also post your answers to the following
Address: The Open Page, 4th Floor, Vishwa Arcade, Opp. Kumkum Party Plot, Akhbarnagar, Ahmedabad - 13.

BIG BUSINESS WORD SEARCH PUZZLE

Spring

- BUDS
- DAFFODILS
- FLOWERS
- GRASS
- RAIN
- RAINBOW
- SEEDS
- SPRING
- TULIPS
- UMBRELLA

G	F	S	Q	O	I	I	S	L	S	U	R
E	D	U	R	Y	G	N	D	M	B	K	V
B	T	A	P	T	I	Q	E	K	D	I	F
S	K	N	F	A	G	H	E	H	P	B	C
P	T	D	R	F	B	W	S	Q	P	R	J
I	S	R	E	W	O	L	F	D	T	L	S
L	F	H	Z	F	G	D	S	A	N	U	M
U	X	U	U	F	R	R	I	D	J	T	Z
T	H	C	U	Z	A	J	A	L	U	T	V
U	M	B	R	E	L	L	A	S	S	B	M
B	N	S	M	G	N	I	R	P	S	M	K
R	A	I	N	B	O	W	D	J	A	C	P



GENERAL KNOWLEDGE QUIZ

- Which country has the second largest population in the world?
- In which country would you find the cities Glasgow and Edinburgh?
- Which country has a maple leaf on their national flag?
- Which country is home to the Great Barrier Reef?
- Tapas and paella are dishes that originated in which country?
- Which country was the first to land a man on the moon?
- What is the largest country (by size and population) in South America?
- In what country is the Yangtze River found?
- The kiwi is a flightless bird that lives in what country?
- In which country would you find the islands Santorini and Mykonos?

ANSWERS OF LAST MONTH

- India
- Scotland
- Canada
- Australia
- Spain
- USA
- Brazil
- China
- New Zealand
- Greece

Count, add the pictures and write your answer in the place holder:



WINNER OF NOVEMBER

Name: HARSHITA K SETHIA
Name of School: LML
Std: 1st B Mobile No: 9327108199 / 8132990853



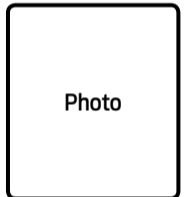
FUN WITH COLOURS

Till Std. 4th

Your drawing should reach us by 25/12/2015 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.: _____



MULTI TALENT

Friends, God has gifted (Given) many arts to us, but unfortunately we can't make the use of all of them. There are many people in India and abroad, who have used their Skills thoroughly and have got excellent achievements. There are many examples of such persons but I would like to quote two instances. One is Kishor kumar from Bollywood. Basically he was a Mechanical engineer but he became a renowned singer, musician, song-writer, actor and a Comedian, too. Even though Some years have passed since he left the world, his songs have been proven to be super hit even in this new age; his family (his Successors) are still getting huge royalty out of them.



If we want to give an example of a person at an international level, we can't refrain from remembering Michel Jackson who had been quite successful in using his talents at the most. He had been the best dancer, singer, musician, film maker (Short films). He had been gifted with such skills and arts, inspite of hailing from the poor family. He could complete his study at the age of thirty. He had been very busy at his work. He was awarded as the "King of the Pop". The effect of his style is still seen in the films, whether Hollywood or Bollywood.

Friends there are many people at local and international level who have earned their names



due to their work and Skills. We should also learn a lesson from such people that we should not hide our skills. But they can be the means of livelihood for some. They can present themselves differently in the world with help of such arts and Skills.



JITENDRA K. SAWANT

(Computer instructor, MCA), Bright Victory School

"LIFE"

*Life is a Struggle,
Life is a journey,
Life is a tree,
Life is treasure;
Life is happiness and sorrow too;
Life is a play or a drama;
If you want to live or enjoy,
You can play with melodious music,
With positive thoughts and co-operation;
Drink the drops of pain;
Give up hated thoughts of other.
Let your mind go through the wide
channel of good mature .full of virtues
and good conduct.
L-Long
I-interesting
f- Festival /faith
E-enjoyment*



—Seema Kothari,
Hiramanek Primary school, Narol

PLEASANT DAYBREAK

*Just an hour before the sunrise,
I see blush of morn with surprise.
"Bye, bye", says the retiring night,
Moon and stars go out of sight.
The face of sky becomes saffron,
As if nymph unfasten her gown.
Slowly silence melts into noise,
Really it's the time of my choice.
Disheveled hair of earthly fairies
Looks like honeycomb of bees.
Yawns and half-opened eyes,
Show that in eyes still sleep lies!
Morning breeze kisses the face,
Nature bestows on us her grace.
Wake up soon to address God,
Make this land a celestial abode.*



—Ashok Munshi, Visiting Editor, Galaxy Global School, Nikol, Ahmedabad



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Back to Nature Programs for Schools & Corporate



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- 1 DAY CAMPING**
- Arrival at AARTI
 - Breakfast and Welcome Drink
 - Jungle walk and Trekking
 - Freshen up and lunch time
 - Insect finding and wildlife education
 - Adventure activity - Burma Bridge, Artificial Wall Climbing, Zig-Zag Bridge, Commando Net, Tyre Tumble, Jungle Tracking
 - Green house visit and high tech farming education
 - Dinner and back to home

- 2 DAY CAMPING**
- Arrival at AARTI
 - High tea and tent allotment
 - Wild life and nature education
 - Adventure activity, greenhouse visit and
 - Adventure activity - Burma Bridge, Artificial Wall Climbing, Zig-Zag Bridge, Commando Net, Tyre Tumble, Jungle Tracking
 - Dinner with camp fire Activities and Dance
 - Bed time - go to sleep

- Wake up call
- Break Fast and freshen up
- Jungle walk and tracking with wild life awareness
- Refreshing time
- Team Building Games
- Lunch and back to home

A.A.R.T.I : ANANT AGROFOODS RESORT & TRAINING INC. Plote No. : 219/42, Aluva Gam,
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