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For Sridevi, A Tribute From "The Open page"

SHE WAS AN INSPIRATION TO MILLIONS



"Your Dreams Are Inner Visual Teacher Of Wisdom For You"

Dreams are stories and images that our minds create while we sleep. They can be entertaining, fun, romantic, disturbing, frightening, and sometimes bizarre. They teach you about you. It is you talking to you. Most of the time we try to pretend we are something we wish to be, your dreams will show you the darker aspects of self, they will also show you what you are like when you are not controlled by social norms. Dreams tell you what you most desire, they entertain you, they teach you about worse case scenario by playing out a possible nightmare. They show you who you think you are most attracted too. They give you insight to your emotions. They show you directional course you can choose to grow as a human being.

Nathaniel Kleitman was a physiologist and sleep researcher who served as Professor Emeritus in Physiology at the University of Chicago. He is recognized as the father of modern sleep research and is the author of the seminal 1939 book 'Sleep and Wakefulness'.

In 1953 Aserinsky, while working under the direction of Kleitman in a sleep study laboratory was the first to observe the Rapid Eye Movements – REM – now known to occur during dreaming. As Aserinsky had observed this in the sleep of babies, it was first assumed to occur only within infants. Later investigation proved it to occur with all people observed.

Any idea how many dreams you have every night when you sleep? How many dreams you have in a year? Scientific experiments by Eugene Aserinsky and Nathaniel Kleitman in 1954 demonstrated that we get three dreams every night which add up to a little more than a thousand dreams every year. Most of you may not remember your dreams on many days. Of course, we differ in our rate of recall of dreams. Some people remember more dreams and we ourselves remember our dreams better on certain days.

There are many theories about why we get dreams. As with every other phenomenon the questions 'why' always ends up explaining 'how' we get dreams.

Freud was the first psychologist to attempt to understand and explain dreams. Freud said our dreams are rooted in the ambivalence of our psyche. 'Ambivalence' means we human being have two opposing feelings at the same time, or being uncertain about how you feel. It is a state of having simultaneous conflicting reactions, beliefs, or feelings towards some object. Many testimonies, as well as fictional works, describe situations in which people find themselves hating the person they love. This might initially appears to be contradictory, for how can one love and hate the same person at the same time?

We want to do something and do not want to do it- at one and the same time. While our psyche can be so, our body can act only in one way at a time: either we can love a person or we can hate a person at a moment, but cannot do both at the same time. During the course of the day when we are in situation in which both



love and hate are aroused we push down either.

The paradox is that we do not know we are thus pushing our hatred at the moment we do it. And we do not allow it to come up when we are awake. The hatred that we push down is the seed of the dream. Freud called it 'Day Residue'. He is considered the father of psychoanalysis, Sigmund Freud (1856-1939) revolutionized the study of dreams with his work.

Freud begins to analyze dreams in order to understand aspects of personality as they relate to pathology. He believes that nothing you do occurs by chance every action and thought is motivated by your unconscious at some level. In order to live in a civilized society, you have a tendency to hold back our urges and repress our impulses. However, these urges and impulses must be released in some way they have a way of coming to the surface in disguised forms. It is interesting to note that Ayur Veda, the ancient Indian system of medicine characterized dreams as symptoms of 'mental indigestion'.

The day residue settles down in the unconscious part of our psyche. Freud said that this unconscious part of the psyche is greater and more powerful than the conscious part. The day residue networks with similar experience we had earlier in our life. It picks up our life. It picks up our responses during those occasions and weaves them together and presents it as a dream. Yes, a dream is the distilled essence of our experience.

So, dreams are considered the inner visual teacher of wisdom of person. But we don't understand the meaning and language of this teacher. With a little attention and practice we can learn to read the message of our teacher who gives a session of wisdom and guidance every night.

As the brain awakens, it starts to turn on processes needed for long-term storage.

Thus, if we wake straight out of a dream, we have a greater chance of remembering it. A 2011 study showed that people who have more theta brain-wave activity in their prefrontal cortex after waking from REM sleep have better dream recall. Theta activity indicates a slower-paced, more relaxed brain state, and greater theta activity has been linked to enhanced memory while awake.

There are techniques by which the rate of recall of dreams can be improved, on waking up, do not jump out of your bed. No, you should not even change the posture in which you are lying when you wake up. Usually, it is our ears that awaken first, not the eyes. Try to recollect the eyes. Try to recollect the dream you had. Perhaps you will catch only the tail of the dream. Go backward and retrace the dream flow. You should not edit or correct the dream. You must not have a simple, dry, cerebral recollection but try to relive the dream experience.

Once the entire content of the dream is firmly captured, write it down; better, dictate it into a tape recorder. Then listen to it. You will find your own voice charged with emotions. Now, try to go over your experiences during the previous day or a day or two before. You must be able to recollect a situation in which you had been ambivalent. Whatever words or images spontaneously flow when you think of it and record them. They are nodes of meaning. When you are able to link up all the nodes into a single, major network of nodes it is the grand meaning of the dream.

Dreams are feedback from our subconscious. They can teach us what we want in life, what we are doing right and wrong. They teach us about our fears and desires.

We think dreams make no sense but if you dissect them and analyze them, they often do.

Dr. Raja Ganesan, Chennai

Remember Holi with splashing color

India, a country where you'd discover a festival in each month of the calendar. In some months, we even have two-three festivals together. That is why our country is known as the land of festivals. In our country all the festivals have its own marvelous and interesting story behind its celebrations and we have been celebrating it from ages ago in different forms in different parts of the country. The spring pageant 'Holi' is widely known by the Hindu community residing all over the globe. The pageant is therefore fun and engaging that everyone are bent towards its engaging and vivacious colours. it's taken the form of a community sport where matter no caste or creed, faith or sect, individual of all ages take part in the fun of smearing and splashing colours on one another. Holi is widely known as Phalgun Purnima and of winter season on the last full moon day of the lunation Phalgun.

It is the festival of colours, which gives message to human being to remain happy and joyful. This celebration makes the heart of the people feel like a rainbow colours which indicates that every colour has its own specialty and originality and if these colours stand together, they form a rainbow. We Indians are also like this rainbow colour, with different tradition and culture and when we stand together we become priceless colourful range of unity in diversity. To always realize the essence of being to live in unity and always be caring for each other, this Holi festival plays an important role where people come together and forget their enmity and make a new start again with good emotions for each other.



Before one day of playing with colours participants on traditional bases do Puja of bonfire, known as Holika Dhan. On the day of Holi, believers hold bonfire which is known as "Holika Dahan" and on second day, people throw coloured powder on each other and celebrate which is known as Dhulivandan, Dhulate or Rangpanchami. People also cook Puran-Poli and sweets at home and invite their relatives and friends for celebrations.

Everyone knows, time never remains



the same. It is changing constantly and with the change in time, environment, and the people, the ways of celebrations have also changed. Now, we are in the modern era and there are variations in different areas, the ways have changed in particular to almost everywhere. In ancient time, it was celebrated for ten to sixteen days but now, it is only two days of celebrations.

With the expansion of time young modern people have given it a different shape. Yes, modern adaptation

plays part in distracting the traditional culture too. People forget the effects of chemical while using the colours with harmful chemicals.

Earlier the tradition was to play with colours but now it has vanished. We can see many effects on the environment like air pollution, noise pollution, and water pollution.

One must consider the good values for celebrating any festival. So, it's an appeal to everyone. Please splash color of healthy Holi this time.

Make our earth look like rainbow, Which can throw the colours of glow,

To bind the people in unite, Then see how India delight!!!

Happy Holi...



DR. PRATIKSHA PARIKH
ACADAMIC DIRECTOR (TET),
AHMEDABAD

"Learn to be a Gentle and Compassionate human being"



You all know that Ram Navmi is the day of celebrating the birth of Lord Shri Ram. It falls on the day of Navami of Chaithra Masa and Hindus all over the world celebrate this auspicious day in order to commemorate the birth of Lord Rama.

According to Ramayana, there was a King named Dasarath – the great king of Ayodhya, who had three wives Kaush-

alya, Sumithra and Kaikeyi. Unfortunately, the king did not have any kid and soon, Rishi Vasistha suggested him to perform Puthra Kamesti Yagna. The king followed his instructions and headed towards the ashram to perform the maha yagya. During the puja, Lord Yagneshwar appeared and gave Dasarath a bowl of kheer and told him to feed his three wives. The king gave one half

of the kheer to his first wife Kausalya, and another half to his second wife Kaikeyi. Further both wives gave one half of kheer from their share to Dasarath's third wife. Within few days, all three queens conceived Dasarath's child and it is said that on the ninth day Navami of Chaithra Masa during noon Kaushlya gave birth to Lord Sri Ram, Kaikeyi gave birth to Bharath, and Sumithra gave birth to twins – Lakshman and Shatrughan. This good news brought a joyous celebrations in Ayodhya and since then this day is celebrated by everyone.

The word Rama appears in ancient literature in reverential terms for three individuals:

1. Parashu-rama, as the sixth avatar of Vishnu. He is linked to the Rama Jamadagnya of the Rigveda fame.
2. Rama-chandra, as the seventh avatar of Vishnu and of the ancient Ramayana fame.
3. Bala-rama, also called Halayudha, as the elder brother of Krishna both of whom appear in the legends of Hinduism, Buddhism and Jainism.

Lord Rama is called "Maryada Purushottam"- With the principle of follow-

ing dharma and moral ethics, Lord Rama had to face harsh tests and obstacles. Due to his own people, his entire life and for saving his father's honour, he even abandoned his empire and right to the throne to serve an exile of fourteen years in forest without questioning.

Laxmana, who was the twin brother of Shatrughna, is considered to be an avatar of Shesha, the thousand-headed serpent associated with Lord Vishnu.

He joined him in spending the fourteen years of exile, Sita was abducted by king of Lanka, Ravana. For searching and getting Sita back, Lord Rama was armed with a soldiers of Vanaras, Lord Hanuman and Laxmana led a fierce battle against Ravana. The war of powerful and magical beings using great weaponry resulted in the destruction of Ravana, and this victory is known as the victory of good over evil. After completing his exile, Lord Rama returned to Ayodhya and was crowned as the emperor and established Rama Rajya, which was known as the period of happiness, prosperity, peace, duty and justice. The whole Ramayana revolves on how Lord Rama led a common man's life and yet was an ideal man whom people accepted as their God. His courage, self-control, loyalty and values are deeply cherished in the Indian culture.



JYOTI PARMAR
THE OPEN PAGE

“IF THE BRAIN IS THE LOCK, MIND MAP IS THE KEY”

It's likely to assume that you want your child to learn, read and to understand the given content. But we know that every child adopt different method of learning and walks on different path according to their capacity. For some children learning and understanding the concept may seem effortless, others may struggle with the same kinds of learning and understanding that appears to come naturally to other children according to their age. So as a parent you need to know how you should be concerned and which method can be helpful to your child to understand in more easily and better way the child would be able to memorize.

Why as a parent you should be aware of the mind mapping method. You are the first person to realize that your child may be facing some trouble in understanding the content. Especially as parent, you are closer to your child. You should know what they are not able to understand why and how they think, etc.. Therefore, for you it becomes easier to make your child understand and guide them the method which can clear their understanding related to the content. You might not know this method, but now it's the time to learn the things which are vital for your child's personal development. We know that as a dedicated parent you always try hard to guide your child in clearing their content by applying easiest method. So take initiative to learn the mind mapping method to help your child with smile.

Mind mapping method is helpful for every age of the students. Let's know how-taking the base learning of small classes of matching the picture and forming a family tree can be a start for learning the mind mapping.

So, how we can expand our mind map ,depends upon the imaginations and information with us. Let's elaborate it:-

1. Imagine an airplane flying in the sky:

when you visualize or see an airplane in the sky, the airplane is your central focus at that moment. But your brain

isn't done there. It also immediately begins to make references, or associations, to the airplane. These might include the color of the sky, different types of planes, how they fly, pilots, passengers, airports and so forth. Because we think in images, not words, these associations often appear in a visual form in our minds.

2. Visualize a spider or a tree full of branches now.

With a mind map, you take the concept of the airplane and write AIRPLANES in the center (the spider's body or the trunk of the tree) on a horizontally oriented, blank piece of paper. Then, radiating out from the airplane, with different colored lines (tree limbs or spider legs). On these you write the associations you had to airplanes, such as PILOTS and AIRPORTS. From each of these are more associations, which you note on individual lines. In association with pilots you might think of their pay or training. And so the map grows.

3. Use your brain the way it thinks:

Try to plot your information and imagination as and when it comes. Remember the more connections your brain will make, the more things you are going to remember.

4. More sources will give you effective result:

Create, capture, consume and communicate information by making connections. It will help you out to draw the map correctly. Words, images, lines, color, symbols, numbers are the tools to capture the information that are directly relevant to a topic. You can compress large amounts of information which will help you in remembering the things quickly.

5. Brainstorm your topic.

Brainstorm the topic before beginning to draw, particularly if you don't have any notes. This can be done individually or in group settings. It involves simply writing down everything you can think related to the topic. Use keywords or phrases as opposed to sentences or paragraphs. When you're

brainstorming, ask yourself how the topic relates to what you already know and what's different about it.

6. It shows the shape of the subject.

First, you must allow it to grow as ideas come to you, ultimately you will find the shape of the subject as you will keep on plotting. Visual demonstration is relative important in various concept. A picture speaks a thousand words and it is a good way of understanding. But it is not compulsory to always draw pictures, you may create a simple mind map using just words, lines and circles or boxes.

If you are reading a book and you want to take the information and want to make it into mind map, then try to condense everything down as much as possible. For example, characters, the names of the main characters, main qualities and features.

Hence, The main ideas, subject or focus is crystallized in a central image. Themes radiate from the central image as branches, the branches comprise a key image of key word, the branches form a connected nodal structure.

7. Go straight to mapping.

First write your topic in the center of the page. Make sure you have your paper in a landscape orientation, and in the middle write the name of the topic in 1-2 words. Draw a circle around it. Some recommend only using lowercase or uppercase printed words to reduce clutter and to make it read quickly. Play with adding color to the word and circle. Strive for a minimum of three colors in each map. They help separate ideas and aid in memory.

8. Draw and label the first branches.

Simply draw a line for each major sub-category of the topic that extends from the circled topic and la-



bel it with a word, very short phrase or image.. All lines or branches should connect in a mind map, and the first branch should be the thickest.. Each word or image used in a mind map must be on its own line. Use images, photos and drawings wherever possible. For instance, you could draw a stop sign next to a branch with a negative sub-category (airports, generally) or a bright yellow plus sign by something positive (pilots, generally).

Use arrows, other symbols, spacing and so forth to connect images and produce an "image-rich network " which is essential

We should not draw a mind map in lined paper not in paper kept vertically .

9. Move to the next branches.

These should be thinner than the first. Think about the things that relate to your first subcategories. What are the important issues or facts related to them? In our example, what do you associate with airports?, Delays?, Security? Expensive food?

You would then draw a line for each of these that branches off from the line for AIRPORTS. You'd give it a name, such as SECURITY, Again, use color and images.

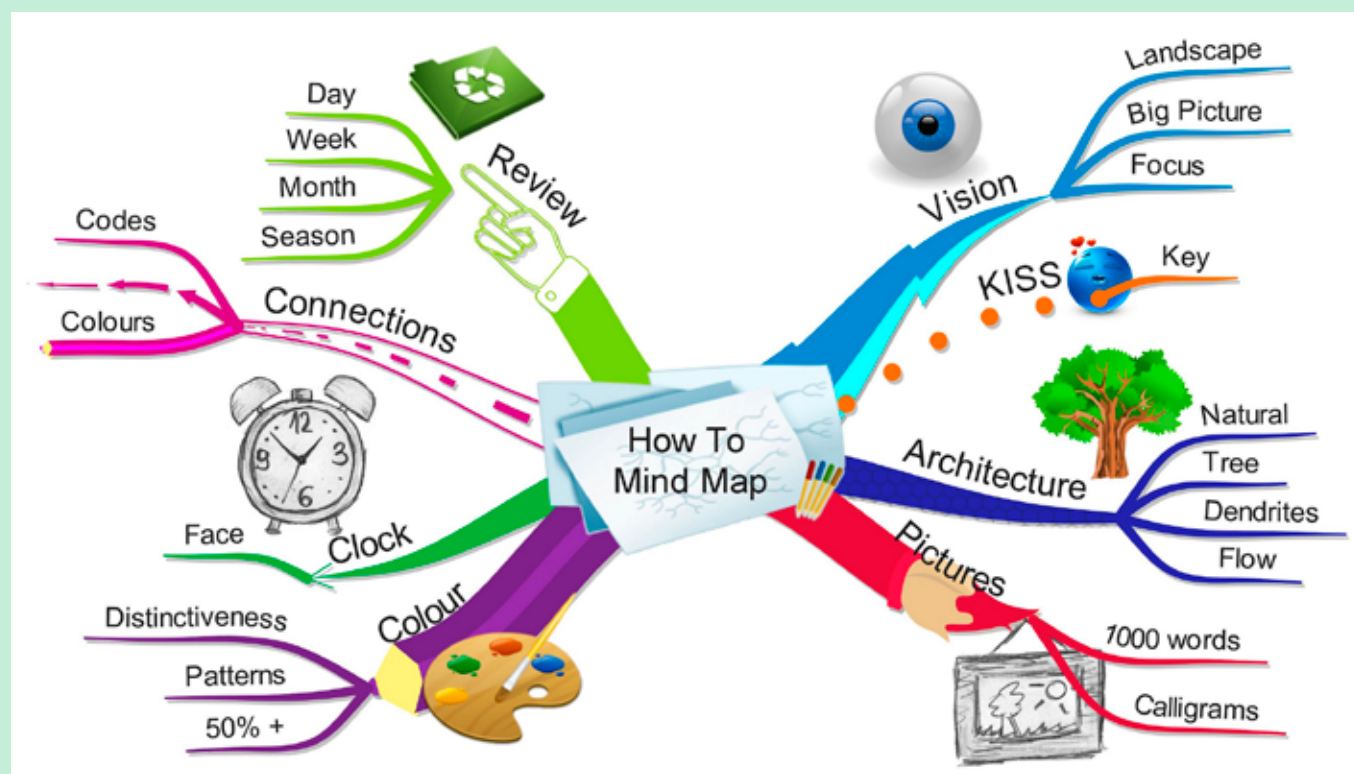
10. Continue branching out

The lines will continue to become thinner as sub-categories become increasingly comprised of supporting details like facts or dates. You will also add branches to those you've already created. You might even add another first branch after discovering something you didn't know.

11. Add more or revise as a final

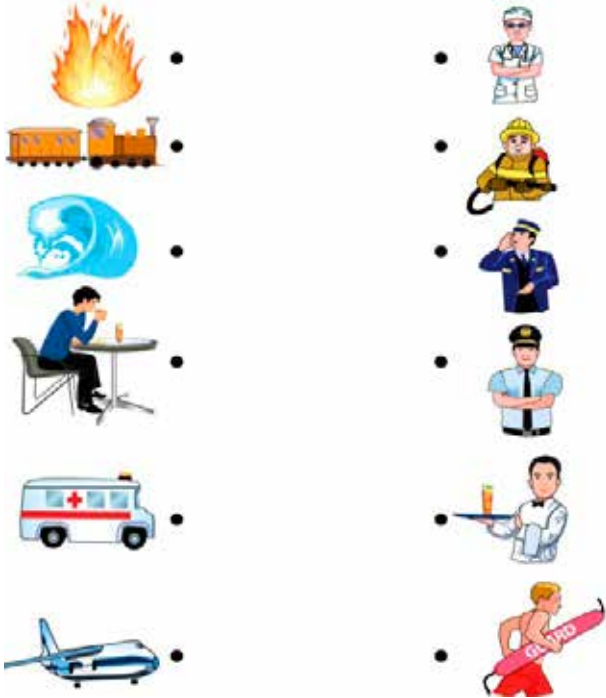
You can keep adding to it, modifying it and discovering new links. Or you can create a polished version. The latter allows you to check for consistency and errors in your logic.

This method is applicable for all subjects and situations. You can make the mind map by hand or with a help of a computer program, the choice is personal and dependent on the environment .Find your own style and let it be free flowing.



MS. POONAM DWIVEDI
EDUCATOR, AHMEDABAD

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



See the shadows and match the pictures



SUDOKU

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

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

FIND THE DIFFERENCE



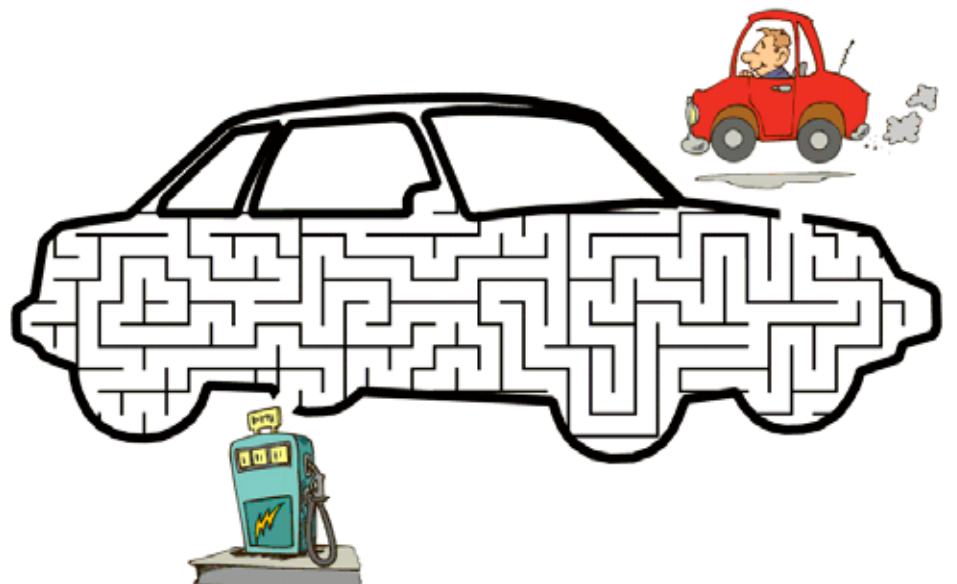
3	6	8	9	5	7	4	2	1
3	9	8	6	5	7	4	2	1
2	9	1	3	4	8	5	7	6
5	4	7	6	1	2	8	3	9
6	3	2	8	7	4	9	1	5
1	5	4	2	6	9	3	8	7
8	7	9	1	3	5	2	6	4
4	2	5	7	9	3	1	6	8
6	8	9	4	2	1	7	5	3
1	7	3	5	8	9	6	4	2

ANSWERS

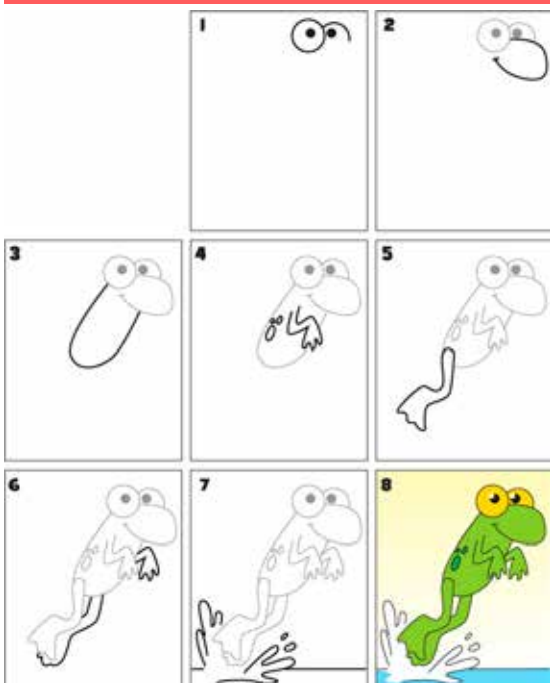
Join the numbers in ascending order



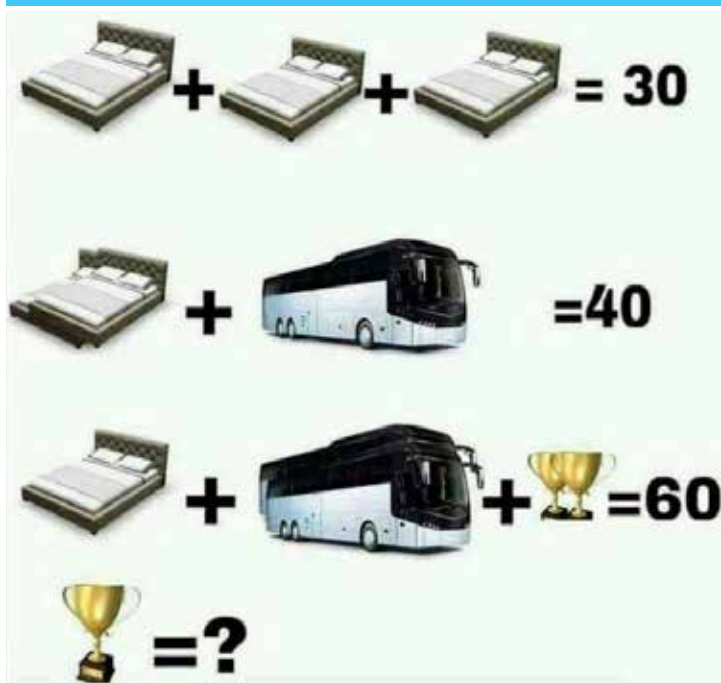
Find the correct way



Follow the steps to make a frog



Solve the puzzle



Join the correct pairs



Animals Unscramble words

Unscramble the following words and right the correct words below the images



• onkemy

• gerti

• tletur

• gip

• cklingdu

• somue

• lentpahe



BIG BUSINESS WORD SEARCH PUZZLE

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

ADVERTISING
CAPITAL
COMPETITION
CONTRACT
CORPORATION
CUSTOMERS
FINANCE
HEADQUARTERS
HEDGE FUND
INVENTORY

INVESTMENT
MANAGEMENT
MARKETING
MERGER
MONOPOLY
NASDAQ
REAL ESTATE
STOCKHOLDER
TRADE SECRETS
WALL STREET

Manners on the telephone

Which of the following activities do you think are right/wrong? put a tick (✓) or a cross (x) in the box provided.



ART CORNER



VIKEN
SRI SATHYA SAI
VIDYA NIKETAN



SALLA TEJESH
ONGC AHMEDABAD

WINNER OF FEBRUARY



HET PATEL
THS, Ahmedabad



FUN WITH COLOURS

Your drawing should reach us by 20/3/2018 at
The Open Page, 4th Floor, Vishwa Arcade, Nr. Akhbarnagar,
Nava Wadaj, Ahmedabad-380013

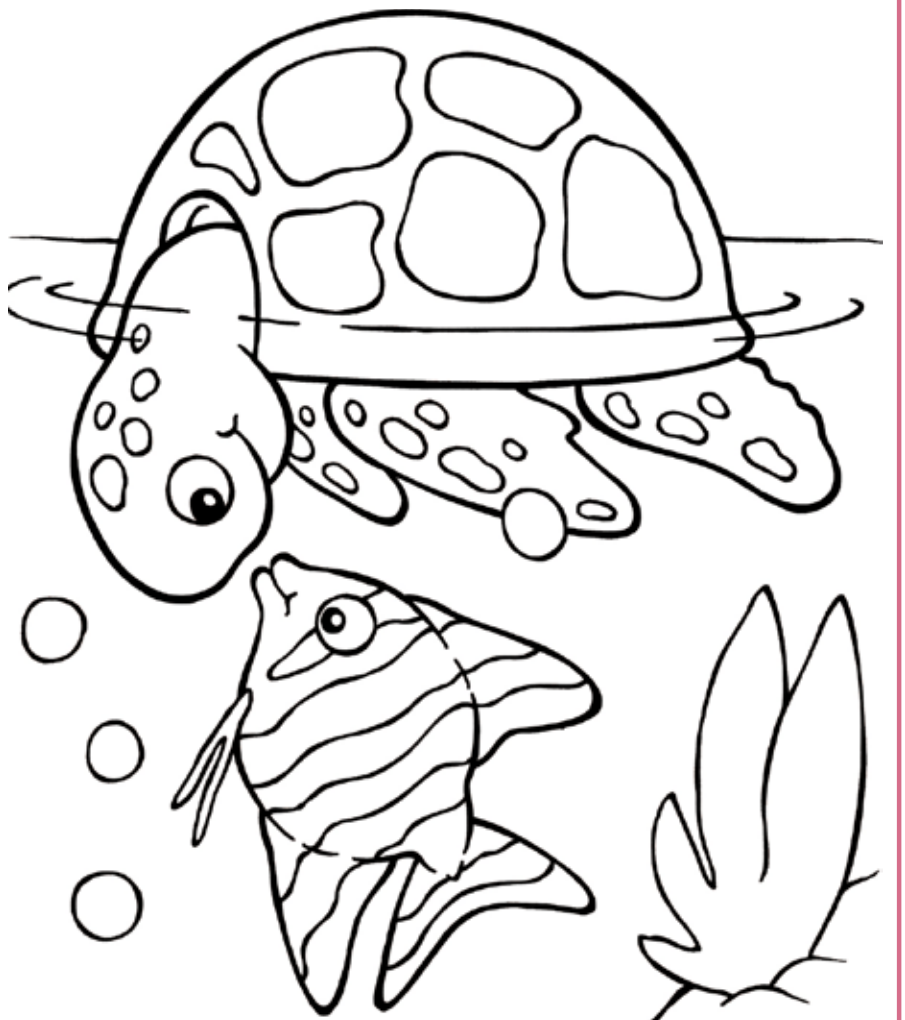
GIFT FOR
BEST
COLORING

Name:

Name of School :

Std: Mobile No.:

Photo



Debarakund; A missing spot in Tourism Map

Odisha, a rich state with natural minerals, loaded with rivers and mountains, age-old traditions and the highest level of culture is always the soul of incredible India. Modern Odisha is poised to become the investors' natural destination and educational hub. It is a land of temples, crafts and classical language. Odisha is always a step ahead to become the sports capital of India.

Yet it is a great irony to note that many tourism circuits are only declared by the state government and no ground level progress is seen till now. Among those 30 bifurcated districts, one is Bhadrak, the prominent centre for business and tourism. Bant, a small town, is in question, where Salandi river, Sriram temple and natural scenic beauty; these are the mesmerizing factors to behold.



In Salandi river, it is believed, once Sita wished to take a bath while in exile along with Shri Ram and Laxman. Laxman was a very caring brother-in-law, i.e., 'debara' in local language. On seeing the apathy of the dry salandi river and to please Sita Mata, Laxman used his arrow to create a fountain where Mata sita could have a good bath. Hence Debarakund came to its existence.

Every year in the month of Magh, when lakhs of devotees visit Konark Chandrabhaga and Prayag in UP, the local natives throng to this beautiful Debarakund for a holy dip (bath).

A place for worshipping, washing out one's sins and a perfect location for a picnic, nearly 25,000 tourists visit this place every year. Yet, the



AVANTIKA BHANJA
STUDENT, H.A.S.V-SURAT

pathetic condition, abandoned temples, water pools full of garbage – this needs a revamp. Although the trustee of the Sriram Mandir, the local villagers try to clean the area, the State and central administration both are neglecting this important place.

Odisha state government is planning to construct a circuit house and an eco-friendly tourist park but its implementation is not visible.

Regular tourist groups, local citizens and the members of the Debarakund local development board, all are waiting for solution and immediate action plan from both the governments so that in the near future, Debarakund may be easily located in the Odisha state tourism map.

Keep high achievement

As a student I would like to share that competitive examinations are round the corner and preparations are in full swing among students, with



fear. My experience says ideally preparations should have begun in advance to avoid any last minute acute pressure and the probability of a disappointing result, though not implying every individual starting his preparations well ahead of time are guaranteed success. I took part in general knowledge examination of Olympiad exam First time, was bit confusing

how to start as for general knowledge there is no start and no end but guidelines and pre-preparation boosted my confidence and I won a gold medal in G.K exam, which motivated me towards my academic studies too. I made my parents feel proud of me. So my dear friends, I would like to say that hard work and pre-preparation will always pay –back you as a good reward. You also take a start for your competitive journey, don't bother about obstacles try to get across of it to achieve all your well-defined objectives which you have dreamt for.

Bhavya Shah, Student, TIS

How Holika Dahan is benifited to mankind!

The word "Holi" originates from "Holika", the evil sister of demon king Hiranyakashipu. The bonfire is a reminder of the symbolic victory of good over evil of Prahlad over Hiranyakashipu of fire that burned Holika.

This festival has another objective too. Indians celebrate Holi to say good bye to winter and welcome the season of spring, which brings growth and happiness.

There are some scientific reasons also to celebrate the bonfire or perform the Holika Dahan ritual. Did you know?

As Holi comes at a time of the year when people have a tendency to feel sleepy and lazy. This is natural for the body to experiences some tardiness due to the change from the cold to the heat in the atmosphere. To counteract this tardiness of the body, people sing loudly or even speak loudly. Their movements are brisk and their music is loud. All of this helps to rejuvenate the system of the human body. Besides, the colours when sprayed on the body have a great impact on it.

Biologists believe the liquid dye or Abeer penetrates the body and enters into the pores. It has the effect of strengthening the ions in the body and adds health and beauty to it.

There is yet another scientific reason for celebrating the Holi; this however pertains to the tradition of Holika Dahan. The mutation period of winter and spring, induces the growth of bacteria in the atmosphere as well as in the body. When Holika is burnt, temperature rises to about 145 degrees Fahrenheit. Following the tradition when people perform Parikrama (circumambulation or going around) around the fire, the heat from the fire kills the bac-



teria in the body thus, cleansing it.

The way Holi is celebrated in south, the festival also promotes good health. For, the day after the burning of Holika people put ash (Vibhuti) on their forehead and they would mix Chandan (sandal paste) with the young leaves and flowers of the Mango tree and consume it to promote good health. Some also believe that play with colours help to promote good health as colours are said to have great impact on our body and our health.

Western-Physicians and doctors believe that for a healthy body, colours too have an important place besides the other vital elements. Deficiency of a particular colour in our body causes ailment, which can be cured only after supplementing the body with that particular colour. People also clean-up their houses on Holi which helps in clearing up the dust and mess in the house and get rid of mosquitoes and others pests.

HARDI PATEL, Student, LML SCHOOL

BIRTHDAY WISHES

AAMIRKHAN



Aamir Khan's full name is (Mohammed Aamir Hussain Khan) was born on 14 March 1965, is an Indian film actor, producer, director and television talk show host. Through his career spanning thirty years in Hindi films, he has established himself as one of the most popular and influential actors of Indian cinema. He is the recipient of numerous awards, including nine Filmfare Awards, four National Film Awards, and an AACTA Award.



RANI MUKHERJI

Born 21 March 1978, is an Indian actress. She has won several awards, including seven Filmfare Awards. Her film roles have been cited as a significant departure from the traditional portrayal of women in Bollywood.

ALKA YAGNIK KAPOOR

Born 20 March 1966, is an Indian playback singer. She is noted in Hindi cinema for a career spanning over three decades. She is a record seven-time winner from a record of 36 nominations of the Filmfare Award for Best Female Playback Singer, a two-time recipient of the National Film Award



HIRDESH SINGH

Born 15 March 1983, better known by his stage name Yo Yo Honey Singh or Honey Singh, is an Indian music producer, Indi-pop singer and film actor. He started as a session and recording artist, and became a Bhangra music producer. He has also begun to produce music for Bollywood films.



It does not matter how slowly you go as long as you do not stop. — Confucius



How often do we read some really good ideas from various books and try to experiment it? The answer for most of us will be "not often". We often remember the things which we have performed and it may remain with us for a long period of time.

Think back to a time when you have done hands on practical's, you might be able to recall that learning till date and the concepts which you just learnt from books, you might have forgotten. It makes very important for students as well as for teachers to opt for "learning by doing methods".

In a scientific study it was found that the students who physically experience scientific concepts understand them more deeply and are able to apply the same in their day to day life. It will also help them to perform better in their academics as well.

It was found that in many situations when we allow our body to involve physically as well as mentally to perform certain task or hands on approaches to learn that will activate the sensory and motor related parts of the brain. Some of the concepts which one will learn by performing the tasks may change the thought processes as brain will analyse the conditions and could lead to more creative and innovative ideas.

For teachers it's very important that every child will take part in various activities, programmes or experiments. By using various approaches whenever students leave the classroom, they might be thinking like a scientist, poet, musician or any other personality in which he finds himself the most suited one.

Let the class end with some interesting discussions or questions, ask the students to find some more details or information and discuss it on very next day in the class. Ask them to share their observations related to the topic and also ask them to keep observing the things related to the topic they have ever experienced.

Involving students in a total learning experience, their ability to think critically significantly increases, as whenever we perform and experience, our brain get involved into thinking process and retention will be longer. Their mental and logical thinking will also be enhanced. This will help them to rely more on evidences and observations.

It can also help them to become good observant and collect data and analyse



them and finally summarize and draw the most suitable decision.

Encourage the students to work and think independently as well as in groups also. When they think independently they become less dependent on authority and gain more self confidence. They learn how to take decision, sometimes they might commit mistakes but it will surely help them to learn from those mistakes and not repeat them in future and whenever in the future they find themselves in the same condition, they will be confident enough to deal with the situation.

When they think and work in groups they will learn about the team work and

also get new ideas, they become more social, learn empathy and respect each other. In both the above situations their learning is enhanced. Give them some example of team work like during cricket match every player has to play for the team but it's also important for individual's growth, when team wins they experience double victory.

One of the very important benefits of hands on approaches is in a classroom; they get opportunity for immediate feedback and corrective measures. Some times they may get criticisms also but these criticisms will make them more responsible and allow them to perform the future tasks with more

efficiency.

When students are exposed to various obstacles and challenges they might encounter during their learning processes and when they find themselves into various challenging situations, they will try to do their best to find the solution and get instant results also. Many a time it is observed that when teachers might have not been able to find that kind of solution was found by the students, it makes win-win situation for both teacher as well as for student also.

Research shows that learners retain only 5% of material presented through lecture and 30 % of which is taught by demonstration. Hands on participation, on the other hand can lead to as much as 75% retention rate.

Let the learner be better equipped to deal with challenges, problems and let them find the logical, relevant and most appropriate solution by themselves.

Let them become observant, leader and a true learner. Guide them to learn from everywhere whether it is school, their home, nature etc. Let every child be critical and creative thinker by learning and by doing.

Every child is unique. Let the child not only be the learner but allow them to become expert in whatever areas they are interested.



MRS. LAXMI RAJPUT
CHEMISTRY EXPERT
KUTCH

A store owner, smiling with joy of expecting a good sale on the eve of Valentine's day was tacking a sign above his door that read "Puppies For Sale." Signs like that have a way of attracting small children, and sure enough, a little boy appeared under the store owner's sign. "How much are you going to sell the puppies for?" he asked.

The store owner replied, "Anywhere from \$30 to \$50."

The little boy reached in his pocket and pulled out some change. "I have \$2.37," he said. "Can I please look at them?"

The store owner smiled and whistled and out of the kennel came lady, who ran down the aisle of his store followed by five teeny, tiny balls of fur.

One puppy was lagging considerably behind. Immediately the little boy singled out the lagging, limping puppy and said, "What's wrong with that little dog?"

The store owner explained that the veterinarian had examined the little puppy and had discovered it didn't have a hip socket. It would always limp. It would always be lame.

The little boy became excited. "That is the puppy that I want to buy."

The store owner said, "No, you don't

UNDERSTANDING AND COMPANIONSHIP



want to buy that little dog. If you really want him, I'll just give him to you."

The little boy got quite upset. He looked straight into the store owner's eyes, pointing his finger, and said, "I don't want you to give him to me. That little dog is worth every bit as much as all the other dogs and I'll pay full price. In fact, I'll give you \$2.37 now, and 50 cents a month un-

til I have him paid for."

The store owner countered, "You really don't want to buy this little dog. He is never going to be able to run and jump and play with you like the other puppies."

To his surprise, the little boy reached down and rolled up his pant leg to reveal a badly twisted, crippled left leg support-

ed by a big metal brace. He looked up at the store owner and softly replied, "Well, I don't run so well myself, and the little puppy will need someone who understands!"

The inspirational story, above, reflects the worth of the gift of understanding which only very few fortunate people receive and give. The lame dog got a very good and understanding friend that day and in turn the boy got the best companion for his life. In a world full of hatred and showbiz, celebrating Valentine's Day has become a fun fair where happiness is short lived only for the day of celebration. We fail to understand the ingredient of a good companion, that is 'Understanding'. Understanding the worth of each other, understanding the weakness of each other and being with each other without expectations; is a precious gift of happiness not for a day but forever. This immaterialist and expensive gift when shared, makes the world a happy place to live.



ANNIE VARGHESE
TEACHER TRAINER,
AHMEDABAD



A person who never made a mistake never tried anything new. — **Albert Einstein**



THE MOST COURAGEOUS ACT DONE TO BRING THE CHANGE IN INDIA

Today, we find that across various walks of life it is proven that Indian women have earned this reputation actually by showing their courage and determination of reaching people the goal. Here we will share some inspirational contributions given by some focused and dedicated women to bring the change in the society. They have played role in changing many social evils and have become a shining beacon of hope. They have set an example of devotion in their respective fields to benefit the society.

ARUNA ROY



She is best recognized for her performance and her efforts to fight against corruption and to work for government transparency. Her parents formed a major impact on her life, as her father instilled a strong conscience, while her mother gave a mental support and taught to be independent minded. She studied in Aurobindo Ashram in Pondicherry and completed her graduation from Indraprastha college. She started her career as a teacher but very soon she realized that it is not her interest of field. Her thought was to do something for society which could really be called change and relief and aimed to become a civil servant. She appeared the IAS exam and cleared in 1967. In 2005, she got success to bring the crucial change and in establishing the Right to Information Act (RTI). She was well known as a prominent leader of the Mazdoor Kisan Shakti Sangathan which was the social and grassroots organization for the empowerment of workers and peasant. She has received various awards for her service given to the society.



MEDHA PATHKAR

She was born in Mumbai, she was having temptation to work for society and shown her interest in public service at early age. She initiated to understand the problems faced by the underprivileged and realized to give helping hands and to serve them. Her mother was a member of Swadar, an organization formed to assist and to work for women support who were financially weak and helped them to get educated. Her father played an active role for the Indian Independence Movement.

She was least bothered about her position and have left aside her PhD unfinished. She had completely involved herself in the tribal and peasant communities in Maharashtra, Madhya Pradesh and in Gujarat. Known best for founder member of the famous Narmada Bachao Andolan.

KIRAN BEDI



keeping operations. She runs the India Vision Foundation

She is known as a social activist and the first woman IPS officer in the country. She was born and bred in the holy city of Amritsar, Punjab. She has not only served her department with her full dedication but has also made whole hearted contribution to many social causes, she worked for bringing down the number of crimes against women in West Delhi during her service. Have also introduced many reforms at Tihar Jail, which gained worldwide acclaim and won her the Ramon Magsaysay Award in 1994. In 2003 she became the first Indian woman to be appointed as Police Advisor to the Secretary-General of the United Nations in the Department of peace

PRAMILA NESARGI



She is an Indian lawyer and a well-known women's rights activist. She obtained a law degree at an early age and started practicing law. She is known as a maverick lawyer who fights against sensitive issues such as child labor, house and control, sexual violence at work, domestic violence and prisoner's plight. She has also contributed in organizing various unincorporated sectors. She has been a member of the dictionary committee for English-Kannada translation. She is the first woman to be elected in the past 50 years to the Karnataka Bar Council as Chairman of Bar Association..

AMALA AKKINENI



She is a former film actress, Bharatanatyam dancer, animal welfare activist, and a mentor to budding film students. Amala was born to an Irish Mother and a Bengali father. Very early in life, she understood the importance of being self-governing and cultured. She is also a strong promoter of vegetarianism and is the Co-founder of The Blue Cross of Hyderabad, an NGO in Hyderabad, which works towards the welfare of animals and preservation of animal rights in India. In 1992, She has long since walked away from the glitter of movie stardom and entered the hapless world of Hyderabad's sick, beaten and homeless stray animals hoping to make a difference in their lives.



MANASI PRADHAN

She is an author and poet who received the Rani Lakshmi Bai Stree Shakti Puraskar in 2013 for her work in fighting for women rights. Born to a poor family in the state of Odisha, she travelled 15 km daily to the only school in the entire region. She was the first woman from her village to earn a law degree. She has won many accolades including the 'Outstanding Women Award' in 2011 from the United Nation's UN Women and National Commission for Women. She is the founder of Nirbhaya Vahini and OYSS Women and head the Honour for Women National Campaign, a nationwide movement to end violence against women in India. She is also serving on the panel of Central Board of Film Certification (Censor Board) for India. She is a member of the International Governing Council of World Women Organization (WWO) and Inquiry Committee of the National Commission for Women.



LAXMI AGARWAL

She is an Indian campaigner with Stop Acid Attacks and a TV host. She is an acid attack survivor and speaks for the rights of acid attack victims. She was attacked in 2005, at age 15, by a 32-year-old man. She has also advocated against acid attacks through gathering 27,000 signatures for a petition to curb acid sales, and taking that cause to the Indian Supreme Court. Her petition led the Supreme Court to order the central and state governments to regulate the sale of acid, and the Parliament to make prosecutions of acid attacks easier to pursue. She is the director of Chhanv Foundation, a NGO dedicated to help the survivors of acid attacks in India. Laxmi received a 2014 International Women of Courage award by US First Lady Michelle Obama.



SHAHEEN MISTRI

She is the CEO of Teach for India, and the Founder of Akanksha Founder. She has earned global recognition for her dedication and commitment to the fight for educational equity. Born in Mumbai to a Parsi family, she had an international upbringing. However, She realized and made a goal that children living in Mumbai's city slums are found lacked to get the education and due to that they hold no future for their job career. So she founded the first Akanksha Centre in 1989, a school tutoring to children from low income communities which was totally non-profit education project. We salute the Indian women, however the struggle is still on.



It always seems impossible until its done.
— Nelson Mandela

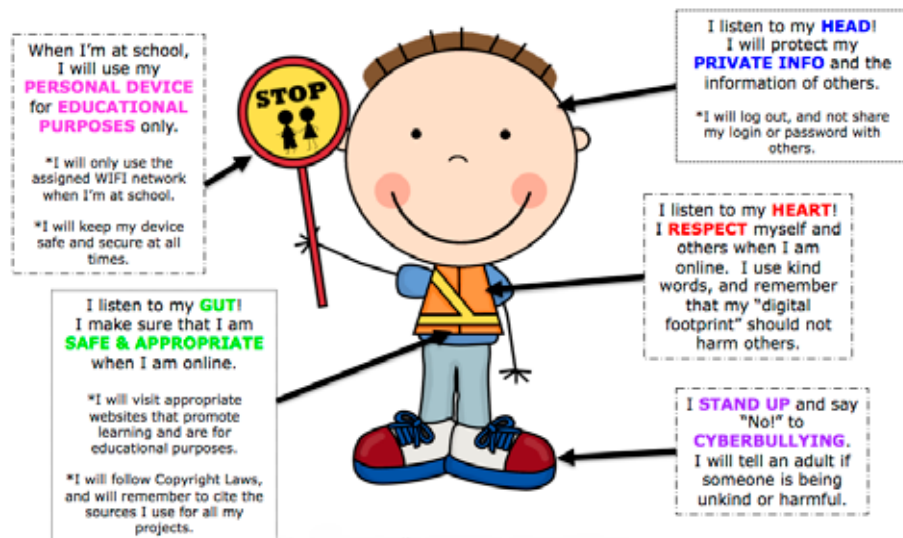


IMPORTANCE OF TEACHING DIGITAL CITIZENSHIP

Amidst much discussed and criticised topic of 21st century citizenship and being a good citizen emerges an important topic of digital citizenship. Today, irrespective of nationality people are found to be living in the virtual world than the real world. In such scenario, we as teachers and parents should understand the need of learning and teaching Digital Citizenship.

As per survey done on over 2000 British Parents by beano.com, a London based website and the finding published in Sandesh Newspaper on 3rd of February 2018, 3 out of 4 parents feel that children are less secured over the internet. 25% of parents believe that children between ages 6 to 12 are surfing the net without any supervision. 76% of children with age less than 6 years access the internet. 69% of children surf different web content over the YouTube without the intervention of parents. When the parents were asked about who is responsible for the safety of children over the net 64% parents opined that Google should be responsible for it, 42% parents opined that Govt. should be responsible for it where another set of 42% parents opined that Schools and teachers should be responsible for it.

The above research was carried on in the UK, if the same survey happens in India then I think the results would be shocking as here internet is made effectively free after the introduction of Reliance JIO and almost the parents are unaware about what the children surf over the net. In this scenario we often find the news over the net about someone posting nude pic of some other person just to defame the person. We also find news and comments of people trolling celebrities for their comments in the public or in appropriate dressings in the public gathering. Trolling someone over the net and on social media is becoming a cause of major worry. Social media which was invented to bring people closer is becoming more and more anti-social with immature posts and comments. Considering this scenario, learning and teaching Digital Citizenship becomes mandatory. In the US and UK Digital Citizenship is introduced into



the school curriculum right from Grade 3, whereas, we don't have such topic even at the college level.

What consists of Digital Citizenship syllabus?

As per Google For Education, the digital citizenship syllabus should have following contents:

1. Internet Safety and Privacy: This covers content like how to keep password secure, how to make strong passwords that are easy to remember, to learn how 2-factor authentication works and how can we use it for our security. Learning this module one would have the necessary knowledge of keeping information safe online and to protect their privacy online.
2. Online Safety on the Go: This covers contents like how locking the mobile phone helps keeping your data safe, how to avoid harmful downloads, how system updates protect mobile devices, difference between private and public networks and how to keep personal data safe when using a public wifi.
3. Safe Searching on the net: This covers contents like how to identify fake or dubious information, how to critically evaluate online sources, to

understand the legitimacy of online content especially in context of all that is posted online is not true.

4. Staying safe from phishing and scam: This covers contents like to recognize potential scams that happen on the web and through email and to learn how to avoid being victim of such scams, to learn how encryption works and how to check if the webpage is encrypted, how to tackle with such scams if you get victimized by them.
5. Managing online reputation: This covers contents like what to post, when to post and when not to post content online, what amount of personal information one should upload, how to identify inappropriate behaviour and how to report them, how to conduct oneself online amidst difficult situations.

The above course is a free MOOC offered by Google that can be availed by anybody. Teachers and parents should take up this course to understand the need of digital citizenship education. Technology is here to stay and we will not be able to avoid the use of it. Technology is there to improve our life standards and give us a comfortable living but one must learn proper use of technology so that such positive aims are achieved.

Govt. of India under its mission Digi-

tal Literacy is also providing digital citizenship lessons where one learns how to keep their data safe online. Digital Citizenship is for all such individuals who are present in the virtual world. Your identity in the virtual world also needs as much attention as that in the real world and digital citizenship ensures that there is not much gap between the identities in the real and virtual world.

Digital citizenship covers topics like to protect identity online, to protect data breach, to protect misuse of information, to keep trail of data use, to prevent online frauds and internet related shortcomings, understand misuses of information sharing, behaviour in the online world, etc. It essentially means digital attitude, manners, etiquette, communication, knowing rights and duties over the net, understanding cyber law, understanding information security, understanding copy rights.

Considering the present scenario of information overload and extensive social media usage, digital citizenship lessons comes at a rescue to prevent ill effects of media. Just as we have subject of Moral Science to teach ethical use of science, we need to have digital citizenship as a subject to teach moral values for use of technology. Like science, technology is also meant for easing the life of people at large, it's the misuse of it that creates havoc and prevents many people to upgrade themselves to use technology. Digital Citizenship is the answer to all such ill-effects of technology. If the individual is taught the right use of the technology right from the childhood then chances of its misuse reduces to a greater extent. We must be ready to embrace the changes that technology brings for us and also volunteer to exhibit its rightful use.

There are many books and articles available for learning digital citizenship and also in regional languages. Pick the one that is suitable to you and enrich yourself with such knowledge. There is no escape to this, schools must implement this in the curriculum and if that is not done then parents should make efforts to teach their children themselves.

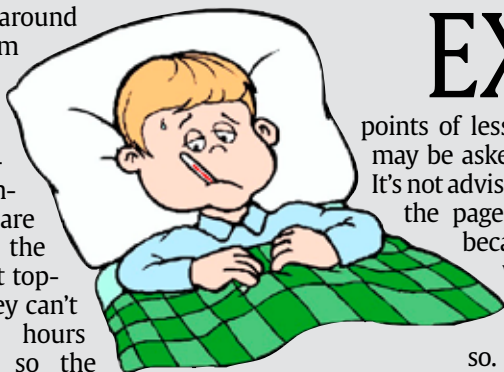
If we wish to have a digitally civilized society then learning lessons of digital citizenship is a must. Let's take it up and be the torch bearers in this direction.



The final exam is just around the corner. The exam fever is gradually soaring up and students are straining every nerve to show their good performance. In educational institutions teachers are striving to impart the knowledge of important topics to students. Even they can't notice that how the hours weave the days and so the month. All sorts of entertainments are temporarily vanished in air and so in oblivion as well.

In this hectic schedule, there are some good suggestions to deal with the fear of exam fever. Students, who are appearing for exam, should get up early in the morning before sunrise. They should not forget to invoke the prayer as it improves the self-confidence.

They should revise the important



EXAM FEVER

points of lessons which may be asked in exam. It's not advisable to turn the pages of books because time will not permit you to do so. Therefore, just have a cursory look of important questions and answers.

Make sure that the venue of exam is known to you. While going for exam, leave the place little early so that you will not be late. You may also do revision before writing paper if you reach early at exam centre.

Before leaving to the exam centre, make sure that you are carrying with yourself the necessary stationary items

like pen, pencil eraser, foot rule etc. Also ensure that your pen is having new ink refill and the pencil is also writing well.

It's a common habit of students that during exam they visit temples to get the blessings of the Almighty God. It's good to enhance your confidence but while writing do not draw the photo of any God or Goddess on answer sheet. Don't write any name of your spiritual master but keep faith on them.

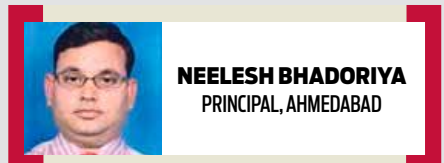
Do not sneak to see the answer sheet of the student who is sitting beside you and also don't copy the matter from any book or answer guide. These actions are not allowed to do in exam hall and doing this may put you in trouble. So be



true and faithful to yourself.

Before submitting your answer sheet, do revision and see that all required punctuations are used while writing answers of questions. You may write the answers of those questions first which are fully known to you. Writing the answers of those questions, which are not clear to you, require more time to think.

When the exam of specific subject is over then don't waste time in gossiping but prepare yourself for next paper. Do not calculate approximately the marks of your paper because that is not your job. Concentrate in your reading to write well in exam.



You can never be overdressed or overeducated.
— Oscar Wilde



Do not worry about your difficulties in Mathematics

Here are a few points to be kept in mind by the students of Class X while preparing for the Mathematics Examination AISSE 2018.

1. Be very clear about the weightage for each chapter or a group of chapters.

S.No	Name of the Chapter	No. of Marks
1.	Real Numbers	6
2.	Algebra	20
	Polynomials	
	Pair of Linear Equations in Two Variables	
	Quadratic Equations	
	Arithmetic Progressions	
3.	Geometry	15
	Triangles	
	Circles	
	Constructions	
4.	Coordinate Geometry	6
5.	Trigonometry	12
	Introduction to Trigonometry	
	Some Applications of Trigonometry	
6.	Mensuration	10
	Areas Related to Circles	
	Surface Areas and Volumes	
7.	Statistics and Probability	11
	Total	80

2. There are a few areas where you should not afford to lose even a half mark. These include:

- ❖ **Constructions:** Do the construction as neatly and accurately as possible. Indicate the measurements of sides, angles appropriately. Do not forget to mark the vertices, end points, centre etc. using capital letters. Do not forget to draw the rough figure before you start the construction.
- ❖ **Theorems:** Be thorough with the following six theorems.
 - ❖ Basic Proportionality Theorem
 - ❖ Areas of Similar Triangles
 - ❖ Pythagoras Theorem and its converse,
 - ❖ Two theorems related to tangents from the Circles chapter
- ❖ **Ogive graph:** While drawing Ogive, you need to be sure of the following:
 - ❖ What has been given in the question? Frequency or cumulative frequency.
 - ❖ How to calculate the cumulative frequency when frequency is given and vice versa.
 - ❖ The respective class limits to be taken while drawing LCF and GCF curves.
 - ❖ How to take the scale on the coordinate axes?
 - ❖ How to calculate median from the graph?
 - ❖ Ensure that curves look like curves and not as polygons.
 - ❖ Do not forget to mention x-axis and y-axis, scale and the dimension which the axes represent.

Note: If time permits calculate the median using formula and check whether or not you are getting more or less the same answer.

- ❖ **Probability:** Be sure of the outcomes when two or three unbiased coins are tossed simultaneously, two dice are rolled simultaneously etc., Understand carefully the different types of cards present in a deck of playing cards, difference between the words atleast and atmost, prime numbers, odd and even numbers, multiples, factors, doublets, triplets etc.
3. Be thorough with all the required formulae especially those from the chapters like Mensuration and Statistics.
 4. In chapters such as Surface Areas and Volumes or Areas related to Circles, make it a point to draw the figure indicating the given dimensions. Also, be sure about mentioning the units for area, volume, weight etc., with-

out fail.

5. Practice with understanding and analysis, as many Word Problems possible from Pair of Linear Equations in Two Variables and Quadratic Equations. This equally applies well when you have to solve word problems graphically.
6. There is every chance for you to get confused in problems related to the Zeroes of a polynomial and the roots of a quadratic equation. However, in both the cases, you should be thorough with the process of finding the factors of a quadratic expression/equation using the method of splitting the middle term. Also, be clear about the relationship between the discriminant of a quadratic equation and the nature of its roots.
7. In Real Numbers, there should be no room for confusion while finding the HCF and LCM of two or more numbers using prime factorization. Also, be clear whether to find HCF or LCM in application problems from this chapter.
8. In the case of Pair of Linear Equations in Two Variables, try to practice as many sums possible about conditions for consistency, methods of solving a pair of linear equations etc.,
9. Understand carefully when to use the formula for and while solving sums from the chapter Arithmetic Progressions. In the same manner, you need to very clearly understand the application of distance formula and section formula from the chapter Coordinate Geometry.
10. In trigonometry, there are certain things which you cannot afford to forget. For example, the values of trigonometric ratios for various angles, relationship between trigonometric ratios and sides of the triangle, trigonometric ratios of complementary angles and the relationship among various trigonometric ratios. When it comes to proofs involving trigonometric identities, the first step is to know which identity to use and then how to use it appropriately.
11. In trigonometric applications related to heights and distances, it is advisable to read the question atleast three to four times before you draw the figure. Note that as you move closer to an object such as a building, tree or tower, the angle of elevation increases. So keep this point in mind while marking the angles. Try not to take as many variables in order to avoid confusion. As far as possible, try solving the problem using quantities such as AB, BC etc. Be very sure of the trigonometric ratio to be used in solving the problem.
12. When it comes to riders in Geometry, a thorough understanding of the logic behind proving a result with appropriate reasons is what is expected from you. It only comes through practice which should include analysis to reason the why and how of a condition.

Finally prepare with a positive frame of mind, try to do as many sample papers as possible to familiarize yourself with a variety of questions. Self analysis of where you are facing difficulty and finding ways to overcome would add immense value to your confidence.



P.V.SATYA RAMESH
EDUCATIONIST, MP

Whose Exam it is? Don't stress!



All answers are wrong, I guess. More than anything in the world the most tensed, and concerned people around in March April are the mighty parents. So these are the group who actually are affected by the exam fever than commonly

sought students. Students are the torch bearers but the Karman-ye Vadhikaraste Ma Phaleshu Kadachana. It is all in the preparation and more on the result, rank, percentage, percentile, AIR and similar aspects for all (me like) parents. The syllabus, dates of the exam, the timings and expected score is all customized with all the parents. In most cases the mother taking the lead. Hers wishing all the very best and for all to graduate to the next level.

A little do's for parents

- **GOOD TO PUSH** your ward, give them some space and time
 - **SIT ALONG** and assist planning time and subjects, subjects and chapters, chapters and breaks
 - **TIMELY FOOD** and rest, adequate sleep
 - **ASSURANCE** and emotional support
 - Keep the exam related **DIALOGUE** on with your ward
 - To actualize that it's **NORMAL** to feel stressed
 - Try to distract them from **OVER THINKING PROBLEMS** like failure etc
 - Understand and **DEVICE** for them to work in a better manner
- Students have to understand basics more than brushing up
- Don't just run through pages and volumes be **CONCENTRATED**
 - Read (or write down) prepare in **DIGESTIBLE** chunks
 - Take help from the teachers, tutors, seniors, friends anyone who is helpful in clearing your doubts or understanding - **FACILITATORSHIP**.
 - You need to write to score – **HARD WORK PAYS**. Writing right is again a matter of awarding marks
 - Dedicate time to studies – **BE SELFISH**, take breaks only to rejuvenate and do good
 - One noble approach parents will always be behind you only to see you score good, **TAKE IT PRO-RIGHTLY**.

—Salla Vijay Kumar, IHMA

Seven Qualities a Teacher Must Have



Modern day teaching is a profession of challenges and for unexpected results. And further, working in a private unaided school is, somehow difficult due to the sky high expectations from the parents, school managements and the students. Examples are plenty to ponder upon the mental states of our students of Gurugram and Delhi schools. In the era of adopting westernised culture the core

objective of teaching and learning ethics and Indian values a far cry, as it seems. Gone are the days, where teaching was a pleasure and noble job. But now the trend has been changed rapidly and hard work is being replaced with smart way teaching.

A true teacher must follow some golden rules to sustain his passion and career so that the hard driven teaching may yield the better result. A true teacher must accept all the hurdles, faced while choosing this profession at the beginning itself. Once you are in the midst of the sea, without mastery on swimming, you are sure to face the equal consequence as well. Yet a true lover of teaching must adhere to some basic principles for the betterment of the pupil and self.

- A teacher should embrace the challenges rather not avoid the complex situations. Face the obstacles and gain the moment. Then only a teacher will be proclaimed as a child-centric educator.
- A true teacher should be resilient in his actions and not for hefty salary or pleasure.
- A teacher must avoid selfish desire; somehow sacrifice, to make students happy. Give intellectual happiness to get the same.
- A teacher must achieve, satisfy and be glorified by exercising duties, assigned to them.
- A teacher should leave behind his anger and fear; control his attitude and make a balanced life for pupils benefit.
- Character is the core value of effective teaching.
- And the most promising yet prominent aspect of a modern day teacher is to be aware about one's self and surroundings etc.



DR. DHANANJAYA BHANJA
EDUCATIONIST, SURAT

BE SCHOOLED WITH AMAZING FACTS

1. Double rainbow occurs when sunlight is reflected twice inside a raindrop. If you look closely, you can see that the colors of the secondary rainbow appear in reverse order.

2. 2016, a rogue bloodhound named Ludvine joined a half-marathon in Alabama. She ran the entire 13.1 miles and finished in 7th place.

3. Medical term for ice cream headaches is sphenopalatine ganglioneuralgia.

4. Crayons means "oily chalk." The name combines craie (French for "chalk") and ola (short for "oleaginous," or "oily").

5. Canned pumpkin isn't actually pumpkin. Even purees that advertise as "100 percent pumpkin" are actually made of a range of different winter squashes.

6. Illegal for supermarkets in France to waste food. Supermarkets must either compost or donate unsold or nearly expired goods to charity.

7. The bend in a flamingo's leg isn't a knee—it's an ankle.

8. Goats have rectangular pupils.

9. Army ants that misinterpret the scent trails left by other ants will sometimes break from the crowd and march in circles. If enough ants join, they can form massive "death spirals."

10. Before settling on the Seven Dwarfs we know today, Disney considered Chesty, Tubby, Burpy, Deafy, Hickey, Wheezy, and Awful.



Ingredients

- Urad dal – 1 cup
- Sugar – 1/2 cup
- Ghee – 1 cup



Chef Salla
Vijay Kumar
- IHMA

URAD DAL LADDU

Preparation:

- Dry roast urad dal (minapa pappu in telugu) till light brown.
- Then cool it.
- Grind the fried urad dal till coarsely ground.
- Take the sugar and grind it to form powder
- Mix the two ingredients well.
- Sprinkle little ghee at a time and shape into laddoos.
- Then put it in an airtight container. Use within 2 days.
- Optional cashew or almond as a topping.



VIRABHADRASANA

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BENEFITS

- Strengthens your shoulders, arms, legs, ankles and back
- Opens your hips, chest and lungs
- Improves focus, balance and stability
- Encourages good circulation and respiration
- Stretches your arms, legs, shoulders, neck, belly, groins and ankles
- Energizes the entire body

HOW TO DO IT

- Stand erect with your feet slightly apart.
- As you exhale, step forward so that your feet are 3 1/2 to 4 feet apart with one foot in front of the other.
- Raise your arms perpendicular to the floor and reach actively through your little fingers towards the ceiling.
- Firm your scapulas (shoulder blade) against your back and draw them down toward the coccyx (tailbone).
- Turn your left foot at a 45 to 60 degree angle to the right and your right foot at a 90 degree angle to the right. Align your right heel with your left heel.
- Exhale and rotate your torso to the right, squaring the front of your pelvis as much as possible with the front edge of your mat
- As the left hip point turns forward, actively press the head of the left femur (thigh bone) towards the ground through your heel.
- Lengthen your tail bone towards the floor, and arch your upper torso back slightly.
- With your left heel firmly anchored to the floor, exhale and bend your right knee over the right ankle so that your shin is perpendicular to the floor.
- Reach strongly through your arms, lifting your ribcage away from your pelvis.
- As you press down through the heel of your left foot, feel a lift that runs up the back of your leg, across your belly and chest and up into your arms. If possible, bring your palms together.

■ Press your palms against each other and reach a little higher through the pinky-sides of your hands.

■ Keep your head in a neutral position, gazing forward, or tilt it back and look up at your thumbs.

■ Stay in this position for 30 seconds to a minute.

Follow these Virabhadrasana 1 steps carefully and do not make any changes to them. It is important to follow the Virabhadrasana 1 sequence of steps as performing them incorrectly could strain the muscles of your back, thighs, or calves.



VEDIC

MATHEMATICS-7

Power multiplication or square of a number that ends in 5

Here the speed would really amaze you. Try finding the square of 85 in your head. How much time did it take you? Now try this fast math trick here.

1. Ignore 5 in the units place
2. Take the digit in the tens place i.e. 8 and multiply it with its successor i.e. $8+1 = 9$. The result is 72
3. Simply place 25 at the end of the result i.e. 7225. That's it. 7225 is the square of 85. That is your answer.

Wasn't that fast math trick? This math trick can be used anytime you have to find square of a number ending in 5. It works with 3 digit numbers too. So the square of 135 is first multiply 13 with its successor i.e. $14 = 182$. Now add 25 at the end. Your answer is 18225.

Speed in multiplication is all about knowing multiplication tables and facts. Try this multiplication board game to master tables. In our tests with school students, it has proven to be very effective in improving practice and building recall.



DR. ATUL VYAS
EDUCATOR, RAJKOT

KNOCK YOUR SELF

1) Which of the following features of Indian temples resembles pylons of the Egyptian temples?

- | | |
|-----------|-------------|
| a. Lat | c. Gopura |
| b. Vimana | d. Shikhara |

2) Which of the following states is sole producer of agate, chalk, and perlite in India?

- | | |
|--------------|---------------|
| a. Rajasthan | c. Gujarat |
| b. Karnataka | d. Tamil Nadu |

3) Which of the following is responsible for the fact that Tennis ball bounces higher at high altitudes than in plains?

- | | |
|-----------------|--------------------------------|
| a. Low Gravity | c. Less dense air |
| b. High Gravity | d. Low atmospheric temperature |

4) Which of the following is not a correct statement?

- | | |
|--|--|
| a. One liter of cold air will be heavier than one liter of hot air | c. In human body, Liver stores glucose as glycogen |
| b. Bats are blind but can fly in the dark because of echolocation | d. Foot and mouth disease of cattle is a viral disease |

5) Which of the following is a correct set of two official languages of the United Nations?

- | | |
|-----------------------|-----------------------|
| a. Hindi and Chinese | c. Japanese & Chinese |
| b. Arabic and Chinese | d. Hindi and French |

6) Which of the following is the poorest conductor of heat in comparison to other options?

- | | |
|-----------|------------|
| a. Silver | c. Lead |
| b. Copper | d. Mercury |

7) Which of the following is not an equatorial crop?

- | | |
|------------|-------------|
| a. Coconut | c. Oil Palm |
| b. Rubber | d. Banana |

8) Which of the following organizations creates the topographical maps of India?

- | | |
|-------------------------------|---------------------------------|
| a. Geological survey of India | c. Geographical survey of India |
| b. Survey of India | d. None of Them |

9) Which of the following canals is considered to be an important link between the developed countries and the developing countries?

- | | |
|-----------------|----------------|
| a. Panama Canal | c. Kiel Canal |
| b. Suez Canal | d. Grand Canal |

C, C, C, B, B, C, D, B, B
ANSWERS

Mother's Pet – SVS English school organized “Inter School Reading Competition” in collaboration with “The Open Page”

Mother's Pet – SVS English school organized “Inter School Reading Competition” on 25th February 2018 in collaboration with “The Open Page”.

Children usually trudge through text lessons in their text books but do they open any other book when they get home at the end of the day? It was an event to encourage students to read for pleasure.

More than 150 students from various schools of the city participated in the competition with great enthusiasm.



Tripada International school Campus Organized Science Exhibition



Tripada International school Campus organised Science Exhibition for the junior wing, STD 1 to 4 on 24/2/18. The students showcased wonderful experiments and activities that depicted the scientific temperament related to the topics they are learning. Besides, the hands on experiments, amazing science gaming zone were also prepared and demonstrated by them which were facilitated by the teachers.

Anand Niketan School Bhadaj Campus organized a program. “I am a change”



Anand Niketan School Bhadaj Campus organized a program. “I am a change” which focuses on generating change makers of tomorrow. During this program students discovered their potentials and recognized the areas where they could bring change.

BAPS School Raysan organized cleanliness day



Pre Primary section of BAPS School Raysan organized cleanliness day under “Swachh Bharat Abhiyan.”

Band of BIS was invited to the Exhibition Centre GMDC



Band of BIS was invited to the Exhibition Centre GMDC on 2nd February 2018, to welcome the chief minister Mr. Vijay Rupani.

ACHIEVEMENT



Tiya Jain of Chaitanya School Gandhinagar tops the National Talent Search Exam (NTSE) among all the schools of Gujarat. A student with Chaitanya from Nursery to Class X, Tiya Jain is an all rounder who has played a lead role in all school activities. Chaitanya's holistic education has provided Tia the perfect platform to win such accolades.

કેવેડે Concepts

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