

The Open Page

Inspire Learning

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inside

MATHS PHOBIA AND ANXIETY



Maths is the foundation of most scientific and technological discoveries. However, many children and adults have fear and anxiety of this subject. If you or your child are among those who are afraid of Maths, read the following steps on how to cope with its phobia and perhaps find a way to view it in a more positive light.

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CHESS TOURNAMENT



Around 170 chess lovers and little chess masters from 40 different schools participated in the School Chess Championship organized by Abhinam Chess Academy and The Open Page..

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TECHNOLOGY AND PARENTING



The digital world is such an integral and beneficial part of our life today that we can't even imagine a day without it. We have the information of the whole world at our fingertips and there's no question, be it any field, that "Google Aunty" can't immediately answer.

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ELOCUTION COMPETITION



Rotary Club of Kankaria (Ahmedabad), a very active local unit of Rotary International organises various permanent, annual, regular and occasional projects

for people of all ages and different walks of life. IMCTF is dedicated to reviving traditional Indian values in young minds and implant reverence towards nature, trees, wildlife, all living beings, parents, teacher, elders, women and nation.

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5th EDUCATOR'S AWARD 2018-19

Celebrating the Gurus Who Shape Society and Affect Eternity



HANSHA UPADHYAY

Project Leader,
Educator's Award
Ex Principal, Air Force School,
Lonavala (Maharashtra), M.
B. Patel Eng. Med. School,
Sarva Vidyalaya,
Gandhinagar, H.B. Kapadia
Eng. Med. School

Teachers are always respected in all societies, but in India we have a special place for our Gurus. The famous Sanskrit shloka "Guru Brahma, Guru Vishnu, Guru Devo Maheshwara" reminds us to honour our teachers as Gods. Our country has produced some great-teachers like Dr. Rajendra Prasad and Dr. APK Abdul Kalam who have glorified the value of teachers in Indian society. This article is dedicated to all those brilliant minds who aspire and work tirelessly to shape the country with a blackboard and chalk.

They say the influence of a teacher never ends. Teaching is not just a job, but a calling. It is a profession that is the mother of all other professions. Like a potter, the teacher shapes the character, caliber and future of an individual. We believe that it is extremely important to recognise and felicitate great teachers as they not only impact individuals but our society as a whole. Being a teacher requires knowledge, dedication, hard work, compassion and unlimited patience. Life of a teacher is surely not easy.

In fact it wouldn't be wrong to say that good teachers are some of the hardest workers. Not only do they have to meet the curricular requirements and learning goals, but also accommodate the individual learning styles of thirty plus students an hour. In addition, they play multiple roles in the classroom as well as in the lives of their students. They care and comfort like a mother, discipline and motivate like a father, listen like a friend and manage the classroom like a manager. Teachers often spend more time daily with their students than many parents. Their job may be to teach but they



Photo by: Samir Patel

often have to go over and beyond the call of duty by extending their role as a counsellor, psychologist, cheerleader, life coach and much more.

The right teacher and the right efforts can convert a child's answer from "I can't" to "I can!" Their moral mission is to help the child cross all hurdles and achieve their maximum potential.

They take society's diamonds in the rough and polish them with commendable skill, patience and precision. While they allow our children to shine, they often remain unknown and in the shadows themselves. It is important for society to recognise and celebrate these silent heroes who are selflessly shaping the future of our nation. And it was with this aim that Open Page decided to announce an annual Open Page Educator's Award function in 2014-15, where inspiring and innovative educators are felicitated and given the recognition they deserve. This also inspires and motivates other teachers to give their best using innovative and creative techniques.

Educator's Award is held at different cities of Gujarat each year so we can cover maximum area and discover these hidden gems and the excellent work carried out by them in various aspects of educa-

tion. The first Educator's Award function was held in Ahmedabad, second in Rajkot, then Surat; and last year, the fourth edition in Vadodara. This year in 2018-19 the venue is Mehsana, and the ceremony would be hosted by Shanku's-Divine Child School, a well-known educational institution.

CATEGORIES

1. PRE-SCHOOL EDUCATOR AWARD
2. ELEMENTARY SCHOOL EDUCATOR AWARD
3. SECONDARY SCHOOL EDUCATOR AWARD
4. DIPLOMA/HIGHER SECONDARY SCHOOL EDUCATOR AWARD
5. PRINCIPAL OF THE YEAR EDUCATOR AWARD
 - (A) ELEMENTARY PRINCIPAL
 - (B) SECONDARY / HIGHER SECONDARY PRINCIPAL
6. TEACHER EDUCATOR AWARD
7. SOCIAL SERVICE (EDUCATIONAL) EDUCATOR AWARD
8. SPECIAL EDUCATION EDUCATOR AWARD
9. PARENT OF THE YEAR EDUCATOR AWARD
10. BEST SHALA SANCHALAK EDUCATOR AWARD
11. BEST TEACHER OF SANSKRIT PATHSHALA EDUCATOR AWARD

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LAST DATE OF REGISTRATION IS 30th OCTOBER 2018

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

CCIS GREEN CAMPUS CELEBRATES JANAMASHTAMI



August 31st was a special day at CCIS Green Campus. Janmashtami, the birth of Lord Krishna was celebrated with great pomp and festivity by the students of Kindergarten and grade 1 and 2. The aim behind this celebration was to bring awareness among the children about traditional customs while enjoying the pranks of Lord Krishna.

The mythology behind the festival was explained through a story narration-The birth of Krishna

Dressed as Radha Krishna children gave a traditional touch to the entire celebration. Beautiful decorations were put up to make this event more cheerful and colourful. There was Handi hanging at one end of the turf court and cute Radha Krishnas pair danced around them to the beats of Janmashtami songs filling the air with joy and festive spirit.

A splendidly colorful program was organized which comprised of the dance-Krishna hei, bhajan, matki phod and garba. The parents too joined in for the abhishek, puspanjali, aarti and garba.

Indeed the entire event was celebrated amidst merriment.

INTER PRE SCHOOL DANCE COMPETITION CONDUCTED AT LML



Inter pre school dance competition was conducted at LML on 15th of September in the school premises. The event was a huge success with the participation of 13 schools that unveiled the talent of their tiny tots at the competition. The competition was adorned by the presence of the Mrs. Meena Saurabh Brahmbhatt, the honourable first lion lady as the chief guest and Mrs. Suman Dasani as the guest of honour.

The event commenced with lamp lighting after which the judges were honoured. This was followed by the exhilarating series of performances of the preschoolers, who put forward their best efforts and flaunted their dancing skills. No dance form was spared by these tiny tots who performed every dance form right from Indian classical to fusion dances. The program ended with LML School on the first position, KR Raval school on the second and Rangoli Preschool on the third.

—Aastha Bansal, Academic Reporter, Class X, Lml School



Tripada International School Campus participated in the cultural program of 'JANMASHTAMI WITH JUNIOR SPONSORS' organised by Sandesh Press



Tripada International School Campus participated in the cultural program of "JANMASHTAMI WITH JUNIOR SPONSORS" organised by Sandesh press on the auspicious occasion of Janmashtami. The students of grades 1 to 4 presented group dances along with live singing as well as a skit. The students of grades 1 & 2 secured 2nd position and got a trophy.



TIS Campus celebrated Janmashtami

The students of TIS Campus celebrated Janmashtami during the morning assembly. The middle school students presented songs, dances in praises of Lord Krishna during the function, which was conducted in Hindi. Younger students jubilantly participated in 'matki fod' and after a few attempts they ultimately hit the matki, the young girls of std 1 performed garba. And all the young students of std 1 to 3 were dressed in colourful and traditional attires.

How to Overcome Maths Phobia and Anxiety

Maths is the foundation of most scientific and technological discoveries. However, many children and adults have fear and anxiety of this subject. If you or your child are among those who are afraid of Maths, read the following steps on how to cope with its phobia and perhaps find a way to view it in a more positive light.

Do You Have Maths Phobia?

If you get anxious or frustrated when dealing with this subject then you may have phobia or anxiety. There are four common symptoms that can help you recognise if this is the case for you: panic, paranoia, passive behaviour and lack of confidence.

Ask yourself the following questions to check if you have the symptoms of Maths phobia:

PANIC: Do you feel a wave of helplessness or terror associated with Maths class, tests, quizzes, and homework?

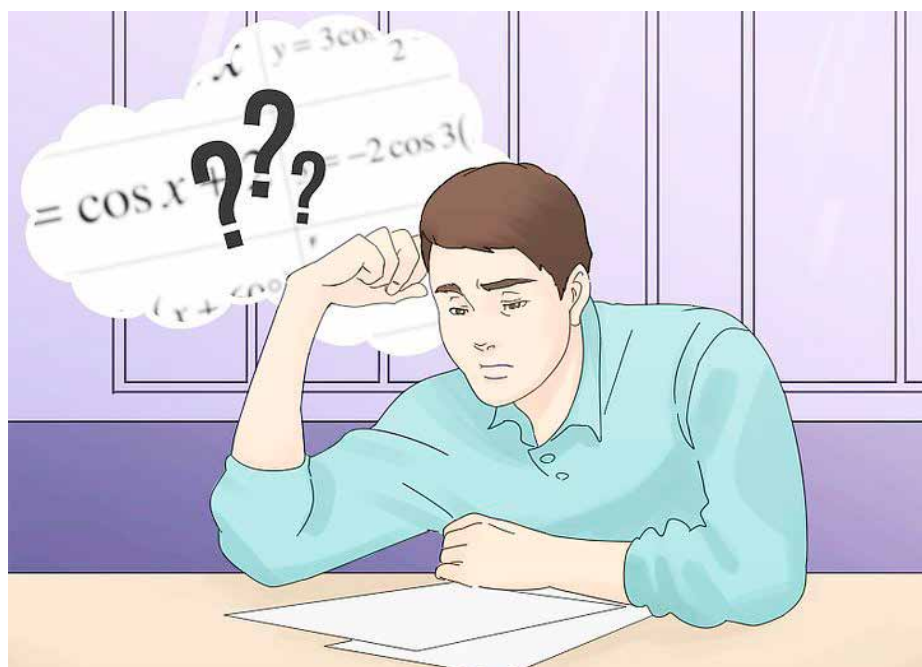
PARANOIA: Are you concerned that you are the only person in the world who can't do the Math and Science problems and that everyone else is smarter than you?

PASSIVE BEHAVIOUR: Have you given up on trying to learn and understand Maths and Science entirely because you feel that you are just not smart enough.

What Can Students Do?

If students wish to overcome their Maths phobia and conquer the subject, they must remember the following:

- Math concepts build upon each other and if you get lost in the beginning, it will be much harder to understand later concepts.



- Good teachers want their students to succeed; they won't necessarily know your underlying problem if you don't let them know.
- Try not to feel embarrassed about asking a question. If you don't understand something, it's likely that there is at least one other person in the room who is also confused.
- Talk to your teacher and ask them about options for getting extended time for taking quizzes and exams. Having extra time to get through the test can help ease your anxiety about getting to every question in the allotted time.
- You may need to speak to a counselor or take a diagnostic test to qualify for extended time.

What Can Parents Do?

- If your child seems completely disinterested or even scared to do their math homework, they may have anxiety towards the subject. Your child may say something like "I'll never be good at Math" and assume that they just don't have the intelligence for the subject, then it's a sign of anxiety.
- Pay attention to your child's behaviour and see if they get upset specifically when they have to do study maths or if there is some other reason for their behaviour that day.
- Show your child the practical uses of math. Mathematics plays a role in many aspects of life, such as cooking (ratios and proportions), sports

(scorekeeping), home upkeep (calculating quantities of building materials and paint, budgeting), and others. Showing the practical uses of math may motivate your child to learn math instead of fear it.

- Try to turn maths problems into games while doing daily household activities.
- Discuss the matter with your child's teacher, who can help you plan a suitable way to supplement your child's education.
- Your child may think about problems differently than you do. Encourage them to solve problems in the way that makes the most sense to them.
- Encourage your child to not compare their abilities their classmates. Your child may have a tendency to come home and complain that they just aren't as good at math as one of their classmates. Try to discourage this type of talk and let them know that they just learn at a different pace. Math is not a competition.
- Avoid making statements around your child that may give them the impression that you are comparing them to their classmates or siblings.
- Unfortunately, many teachers themselves suffer from math anxiety and accordingly do not teach maths well. Such teachers usually fall back to teaching exclusively from the textbook, relying on memorising facts, and employing only drill and practice to reinforce the lesson. If this is the case, parents should talk to the academic incharge to address the problem.

COMMON MATH FORMULAS

AREA(A)

Square	$A = s^2;$	where s = any side of the square
Rectangle	$A = lw;$	where l = length and w = width
Parallelogram	$A = bh;$	where b = base and h = height
Triangle	$A = 1/2bh;$	where b = base and h = height
Circle	$A = \pi r^2;$	where $\pi = 3.14$ and r = radius
Trapezoid	$A = 1/2 (b1 + b2) h;$	
Sphere	$S = 4\pi r^2$	where s= Surface area

SURFACE AREA (SA) OF A

cube	$SA = 6s^2$	where s = any side
cylinder (lateral)	$SA = 2\pi rh;$	where $\pi = 3.14$, r = radius, and h = height

PERIMETER (P) OF A

Square	$P = 4s;$	where s = any side
Rectangle	$P = 2l + 2w;$	where l = length and w = width
Triangle	$P = s1 + s2 + s3;$	where s = a side
Any shape	P = the length of all sides added together	
Circle (Circumference)	$C = \pi d;$	where $\pi = 3.14$ and d = diameter

VOLUME (V) OF A

Cube	$V = S^3;$	where S = any side
Rectangular Container	$V = lwh;$	where l = length, w = width, and h = height
Square Pyramid	$V = 1/3(b)^2h;$	where b = base length, h = height,
Cylinder	$V = \pi r^2h;$	where $\pi = 3.14$, r = radius, and h = height
Cone	$V = 1/3\pi r^2h;$	where $\pi = 3.14$, r = radius, and h = height
Sphere	$V = \frac{4}{3}\pi r^3$	where r=radius, v = volume
Right Circular Cylinder	$V = \pi r^2h$	where r= radius, v=volume, h = height

LML SCHOOL TEACHERS EXPERIENCE A GLIMSE OF THEIR CHILDHOOD



Picture Courtesy: Manan Mehta and Meet Jari

Students of class XI and XII organized a fun event for their teachers on 5th September, 2018. Students' agenda was to ensure that their teachers take a look back at their childhood. The day started with an assembly wherein teachers were made to stand in queues as students. They were amused by the very graceful dance performed by the students of standard III and IV which ended with a rose in the teachers' hand and a smile on their faces. Later they were escorted to the hall where students welcomed them with bands of "BEST TEACHER EVER". As the teachers settled down, a heartening speech by our head girl warmed the aura.



The teachers were excited and competitive as they played team games, the star of the event was the dance session wherein teachers danced their hearts out! The event was made memorable with the gift that the students presented them with, each teacher received a message bottle with a message written by their very own students. Our head boy used words to show how important and special the teachers are in our lives. The event was a great success considering the number of smiling faces we looked at throughout.

—Shivangi Dasgupta, LML School

Chaitanya School Raises ₹2 Lakh for Kerala Flood Relief



We are proud to announce that our small collection drive at Chaitanya School, Gandhinagar for the Kerala Flood Rehabilitation Fund turned out to be a gratifying exercise in keeping with the Chaitanya policy of Giving Back to Society.

It was a bid to sensitise our students to the most devastating calamity in 100 years and how we could help our fellow countrymen. We made it clear that it was purely voluntary.

We identified a group in Kerala which would personally see that our funds will reach those most affected. The students, staff and alumni raised about Rs. 30,000. It was touching to see that even the helpers and drivers volunteered to raise an amount from among themselves. The essential items kits worth Rs4000 each are being distributed to the affected people, supervised by a group of very committed people. Our contribution will help some 50 families in Kochi.

The Chaitanya School initiative inspired friends to join our Donation bandwagon to make it a worthy venture. We managed to collect more than 2 lakh including the generous contributions from friends.



Real Life Rancho Meets & Inspires TIS Students

It was a great moment for the students of TIS campus when Mr Sheikh Jahangir- the real life Rancho visited us. He shared his life experiences, where necessity became the mother of invention and innovation. He motivated the students with stories from his life and urged them to think differently and design things from the waste that would prove useful for us. He also displayed few innovative products to the students.



Sanskrit Shloka Recitation Competition at TIS

Sanskrit Shloka Chanting Competition was held in TIS Campus under the auspices of Chinmaya mission. There 75 Students from both TIS and THS Campus. The students chanted the shlokas rhythmically and with utmost confidence. The Jury members led by Ms Tejaswini pointed out significant tips towards the end to make it even better. The competition was compered by Anita Patel, assisted by Mr Balbhadra and Ms Bindal Parikh.



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

EVENT FOR THE FORTNIGHT

Chess Tournament Organised By Abhinam Chess Academy In Association With The Open Page

Around 300 chess lovers and little chess masters from 40 different schools participated in the School Chess Championship organized by Abhinam Chess Academy and The Open Page. The tournament was spread across four days 8th, 9th, 15th & 16th September 2018

Chess tournament was spread over 4 days with different categories participating on each day

■ **8th September Group A**
(KG-3rd std.)

■ **9th September Group B**
(4th - 5th Std.)

■ **15th September Group C**
(8th -12th Std.)

■ **16th September Group D**
(6th & 7th Std.)

Those four days were filled with the atmosphere of enthusiasm, winning spirit and love for the game. The emotions of all the players were charged up, because around 14 FIDE rated players also took part. The parents of the players gave their valuable presence to motivate their children.

The Prizes were awarded by Mr. Archit Bhatt (The Managing Director of Tripada Group of Schools), Mr. Jignesh Gandhi (President, Rotary club of Ahmedabad Majesty), Smt. Hansa Upadhyay (Educator Award Project Leader), Mr. Manan Chokshi (Managing Trustee of The Udgam Schools), Mr. Jahangir Sheikh (Rancho Technological University)

We are highly thankful to Tri-

pada International School for providing the venue, Rotary club of Ahmedabad, Majesty for being the food sponsor. We also thank all the students' participants and parents in making this event a grand success. It was a great Weekend for the winners, who took away the trophy, and participants who took away a great lesson and a vow to play and win the next tournament.

We are also thank Mrs. Leena Gandhi - First Lady - Majesty, Shri Jignesh Shah - Chairman - RI Youth Exchange, Mr. Kaushal Shah - Asst-Governor, Shri Mahendra Mehta & Shri Devendra Mehta - Past President & Grishma Ambani - Rotractors Majesty - II President for inspiring students by their presence.

TOTAL OF 60 PRIZES WERE DISTRIBUTED (16 TROPHIES + 44 MEDALS)

	Grp A (KG to 3 rd std)	Group B (4 th - 5 th std)	Group C (8 th to 12 th std)	Group D (6 th - 7 th std)
SCHOOL PRIZE	UDGAM SCHOOL	UDGAM SCHOOL	ST. KABIR NAVRANGPURA	UDGAM SCHOOL
1st Prize	Arnav Patel Parva Thakkar Podar International School	Parva Thakkar - HB Kapadia School	Priyanshu Baid - St. Xaviers School, Hansol.	Kanishak Bhatt - St. Kabir School.
2nd Prize	Jval S. Patel - Udgam School	Veerbhadrasingh Gadhavi Shivashish School	Ved A. Shah - St. Kabir School	Dhairya T. Shah - Nirman School.
3rd Prize	Tanay Saboo	Bhavya Agarwal - St. Anns High School.	Asudani Ruhani	Kartik G. Nair - Kendra Vidyalaya SAC



BIRTHDAY CORNER



Dear,
YUG
HAPPY BIRTHDAY
Wishes from
Shruti, Trisha,
and Jenil

Wish your friends on his/her birthday by sending their photograph and message to
The Open Page: 4th Floor Vishwa Arcade, Opp. Kurn-Kurn Party Plot, Nr. Akhbarnagar, Nava Wadaj, Ahmedabad - 380013.
Email:- info@theopenpage.co.in

FAIR DAY CELEBRATION AT RAJMAHAV VIDYAVIHAR, VASTRAL, AHMEDABAD



Around 100 students participated in Fair day celebration at Raj Madhav School, Vastral. The Trustee, The Principal of Higher Secondary and Primary gave away prizes to the best performer of the day. All the children were dressed in colourful clothes and made different toys which were colourful and exciting.

PUPPY PUPPET CRAFT

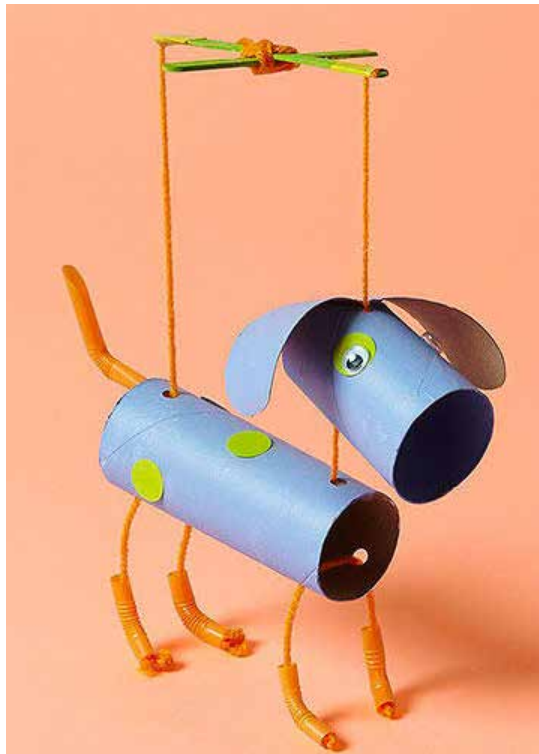
Transform cardboard tubes into a marionette; the ears are snipped from half a tube.

HOW TO MAKE A PUPPY PUPPET

What You'll Need 2 toilet paper tubes, paint, paintbrush, hole punch, bendy plastic straws, yarn, 2 popsicle sticks, office dot stickers, 2 googly eyes, glue, scissors

MAKE

It 1. Paint the toilet paper tubes; let dry. Cut one tube in half; one half will be for the head, the other for the ears.2. Cut the ears -- a single elongated 8-shape out of the cardboard tube -- and glue them to the top of one side of the head. Push in the cardboard where the ears are glued, creating an indent on the head to make the ears stick up.3. Glue two Popsicle sticks together to form a cross; set aside.4. Punch four holes on the bottom of the body for the legs. Thread two 6" pieces of yarn through the leg holes, adding cut bendy straw pieces for the feet. Knot at each end.5. On the opposite side of the tube, punch holes at both ends of the body; thread a long piece of yarn (approximately 24") through the body and head. Tie it to the Popsicle stick-cross.6. Glue on a cut bendy straw to create a tail and stick on office dot stickers and googly eyes.



How to Make a Guitar

Cardboard boxes form the base of this inspired instrument while corks make the tuning pegs.

HOW TO MAKE A CEREAL BOX GUITAR

What You'll Need

Cereal box, Spaghetti box, Craft knife, Rubber bands, Glue, Corks, Straws, Paint, Paintbrush

MAKE

It1. Paint the boxes and cut out a circle on one side of the cereal box.2. Stretch the rubber bands over the middle of the cereal box.3. Attach the spaghetti box to the cereal box with glue to create the guitar neck. Draw "strings" onto the neck.4. Have an adult cut holes on the sides of spaghetti box and insert corks for the tuning keys. Glue in place.5. Place a straw piece under the rubber bands underneath the hole to create the bridge (this will help make a sound when you strum).



Paper Plate Craft – The Cutest Desk Tidy

Let's get making!

What you need
2 paper plates
Wool and needle
Paper punch
Craft paper – two circles of red paper
Black marker
Glue



Cut one of the paper plates, approx two thirds-one third paper plate desk tidy

I don't think it's any secret that we love cuteness around here. There's something about rosy cheeks and big bright eyes that just tickles our fancy every time. If you like simple and cute crafts then you're in luck! This paper plate craft desk tidy is just for you. Perfect for girlie girls of all ages, it's sweet, easy to make, and fun to hang beside your child's bed or homework desk to hold those all important 'things'.



Align the full paper plate with the cut plate and punch holes through both plates paper plate desk tidy



Blanket stitch with wool through the holes to secure both plates together paper plate desk tidy



Glue on the two red 'cheeks', add the eye circles and smile line with a black Sharpie marker paper plate desk tidy



And all you need to do then is add a length of wool or twine to hang your new cute paper plate organiser, and fill with important pencils and stuff!



TECHNOLOGY AND PARENTING

As parents, we must keep reminding ourselves that when it comes to spending time with our kids- quality is more important than quantity

RANJANA MANDAN

is the Principal of LML English School. A recognised educator, with extensive experience and expertise in the field of education.

The digital world is such an integral and beneficial part of our life today that we can't even imagine a day without it. We have the information of the whole world at our fingertips and there's no question, be it any field, that "Google Auntie" can't immediately answer. Grandparents can regularly 'see' and talk to their grandchildren living in another country using video calling. Our smart gadgets have undoubtedly made the world much smaller and our lives much more convenient. At the same time they have also led to an increased dependency and we feel helpless if any of our gadgets stop working.

Ironically, this incredible boom in communication technology is also making us increasingly isolated from each other. It is a common sight to see each member of the family sitting with their personal smart device in hand. If a young child is being fussy, the mother gives them a screen for distraction. Although physically around, many parents continue to be mentally distant as they are busy chatting and updating their social media instead of actually engaging and talking with their children. We often forget that children are like little sponges- they observe us, feel us, study us and soak up every piece of information they can find from us to store for later use. In fact, 80 percent of a child's brain develops during early childhood itself. It is said that the quality of one's childhood and the parent-child relationship, designs the adult they will grow up to be.

As parents, we must keep reminding ourselves that when it comes to spending time with our kids- quality is more important than quantity. Children yearn for parents' undivided attention and every little thing we do is important. Our verbal or non verbal interaction with them while playing, reading stories, singing, using humour, delight, and even our frustrations and patience, teach them how to relate with the rest of the world. This is why it is concerning that so many parents are unwittingly outsourcing this huge responsibility to smart-phones and tablets. And so when children spend much of their time staring into digital screens, instead of feeling concerned, their parents often brag about their little ones operating touch screen devices without any help.

Family time used to be about having



great conversations and doing things together, but now it usually involves both parents and children being busy with their respective devices. As a result many children are isolated and feel more attached to their phone or computer than to their parents. A weak parent-child relationship can make a child feel under-valued and neglected, leading to a short temper and lack of empathy. Children who feel emotionally neglected during early childhood often go on to develop low self-esteem, poor social skills and decreased personal functioning as grown ups.

Just evaluating the current situation is not adequate but what matters is to discover the solution to the problem. Parents must strive to guide their children towards a well balanced path where they are abreast of both- technology as well as good family values. These are some of the measures that parents can take in order to develop a strong and lasting bond with their little 'techies'

- Make your own media plans. Media should work within the framework of family values and help in parenting rather than impeding it.
- Orient your child that screen time will be co-view, co-play and co-engage time which will encourage social interaction, bonding and learning. It is always advisable for parents to watch a show, play a game or interact with the children online to be a part of their tech life.

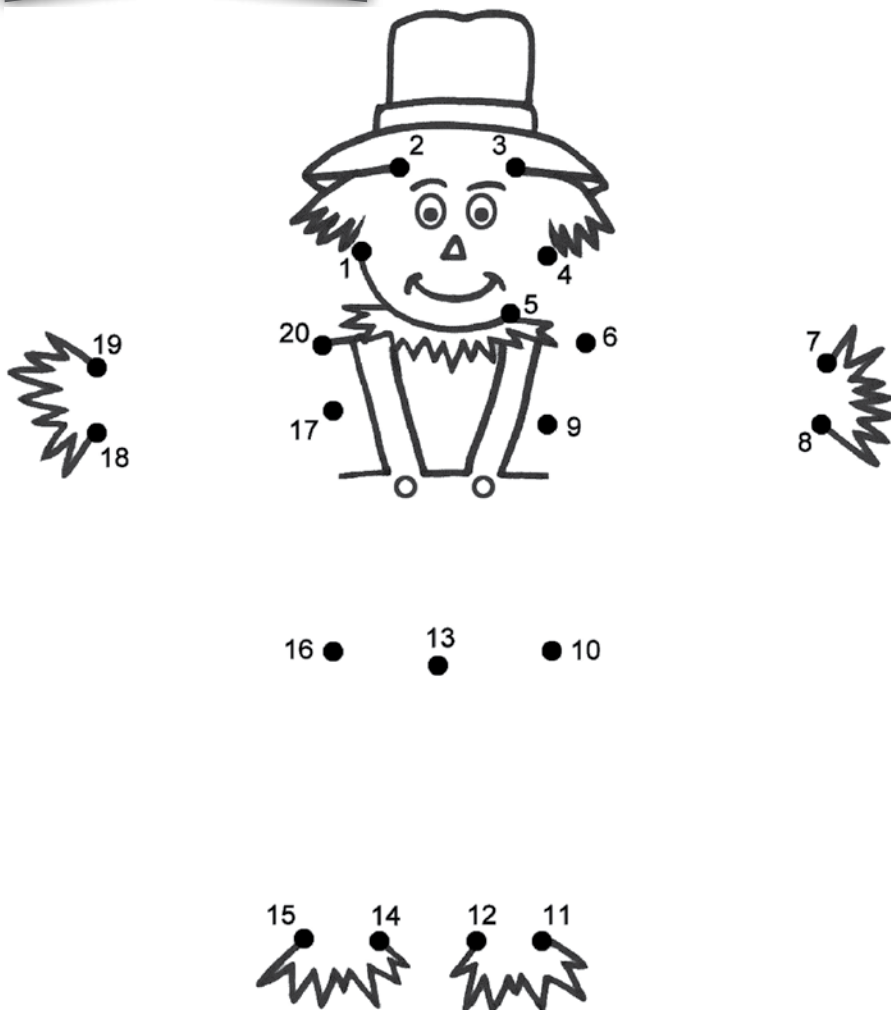
- Parents should establish an internet use and monitoring protocol and inform their children about the same. Parents should help children understand the need of parental supervision and never leave your child unaccompanied in the big bad world of the internet. Educate them about the dangers and threats of social media, along with the appropriate and safe ways of using it.
- Establish mutually agreeable limits, routines and guidelines for use of media.
- Encourage kids to regularly play outdoor games and engage in physical activities as a daily routine. This will keep the physically fit and motivated.
- Let your children teach you some technological skills as they have the ability to learn faster than you. This will boost their confidence and your interaction with them.
- Be a role model and follow your own rules. Remember children are great mimics and they learn more by observing what we do than by listening to what we say.
- Encourage your kids to talk about their online experiences. Listen to their inputs and opinions so they feel comfortable communicating the same with you.
- Create a tech-free zone or time. Meals, social gatherings, outdoor

playtime should be no-gadget periods. Recharge devices outside the child's bedroom to avoid the temptation to use them around bedtime. This will encourage more family time, as well as healthier eating and sleeping habits.

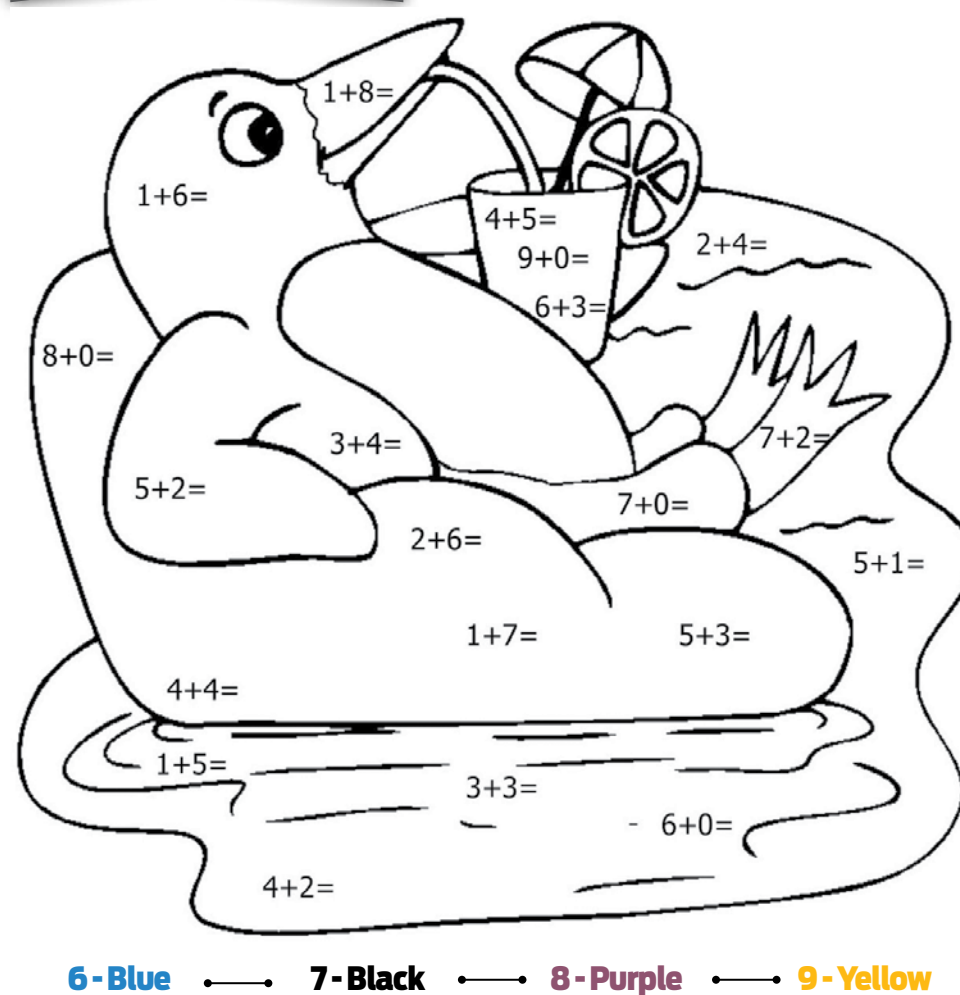
- Educate them about your family's core values and principles. Explain the dangers of oversharing our lives on the internet and the importance of social media privacy.
- Warn the children about the dangers of online predators as well as about cyber crimes, cyber-bullying etc.
- Use parental control software to block the websites that are not appropriate for children.
- Explain to them that they should not believe everything they see on the Internet. Teach them to differentiate between 'Fake News' and authentic reliable news sources.
- Parents must seek advice or help from experts on technology and child psychology if needed.

To conclude- media and digital devices are an influential part of life today. The benefits of these devices, if used moderately and appropriately, can be great. But unsupervised and unbridled use of this technology is not healthy for any age group. Moreover, nothing can replace face-to-face time with family, friends, and educators.

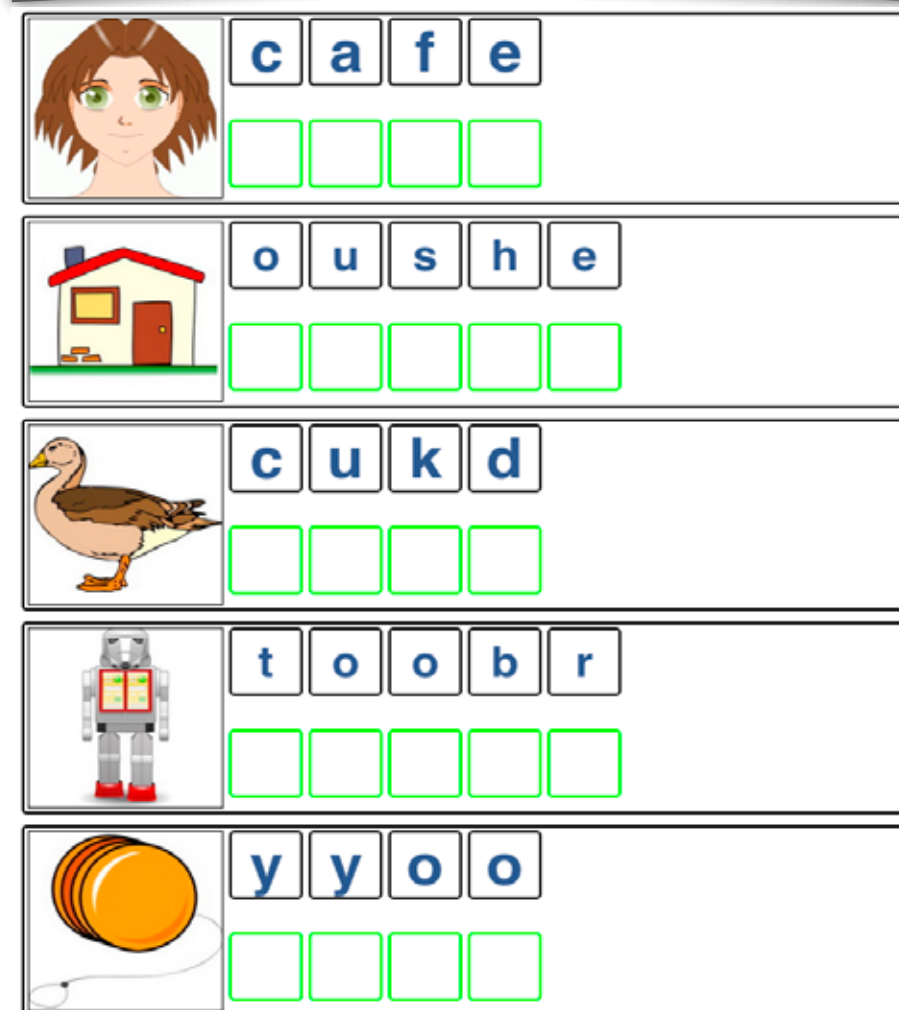
CONNECT THE DOTS



MATH ADVENTURE



REWRITE THE JUMBELED WORDS

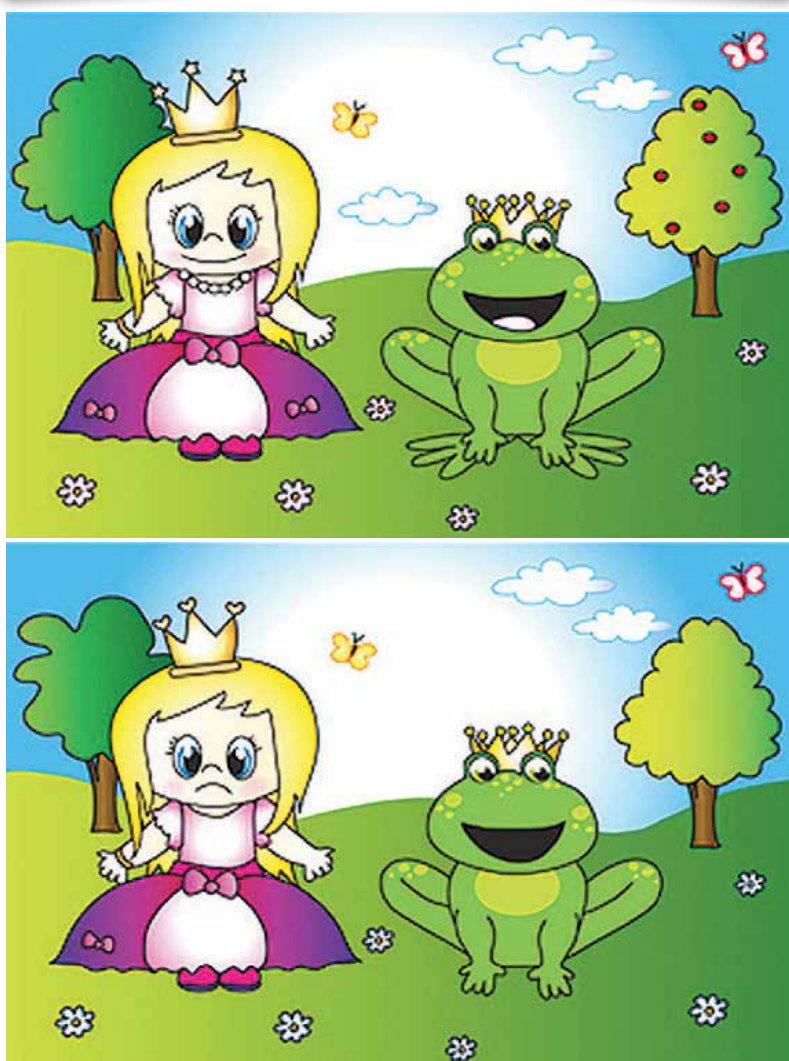


WHAT IS WRONG!

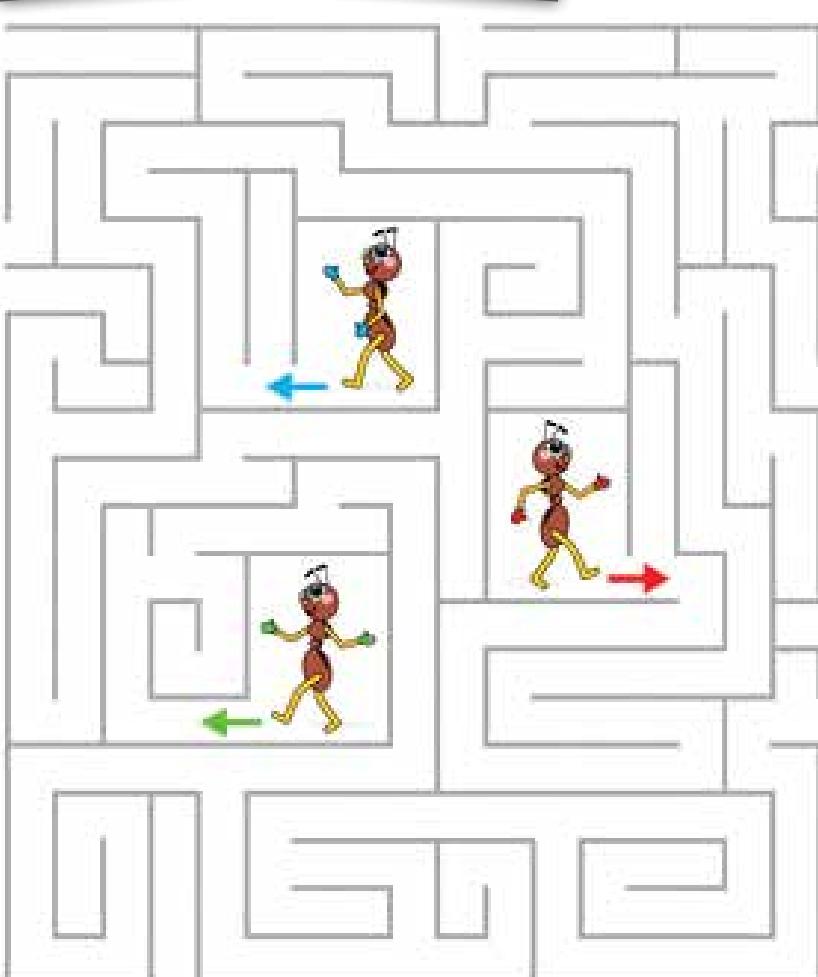
Put a cross (x) on what is wrong. You should make 11 crosses.



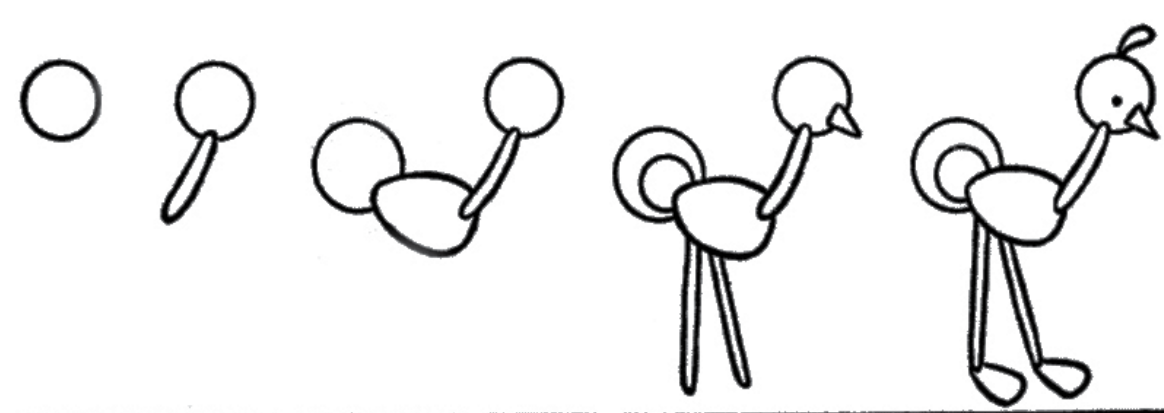
FIND AT LEAST TEN DIFFERENCES



HELP THE ANTS FIND THEIR WAY OUT OF THIS MAZE!



CIRCLE ZOO ANIMALS TO DRAW



DRAW THE PERKY BIRD STEP BY STEP

HAPPY THANKSGIVING WORD SEARCH

See how many of these words you can find in the puzzle. The words can be forward, backward or diagonal.



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

- THANKSGIVING
- HOLIDAY
- FAMILY
- FRIENDS
- THANKFUL
- FOOD
- TURKEY
- POTATOES
- STUFFING
- SALAD
- BREAD
- YAM
- PUMPKIN
- PIE
- VEGETABLES
- HAM

IMCT- A Unique Effort Towards Building Strong Values to Build a Strong Nation

The Initiative for Moral and Cultural Training [IMCT] is an innovative module devised to impart cultural and moral values and implant them deep into the consciousness of young boys and girls to imbibe and use to smoothly navigate the contemporary world and challenges. The essence of the IMCT programmes lies in voluntary participation by educational institutions, teachers, students, parents and the public.

IMCT has devised training modules [Samskarams] which are scientifically designed as well as connected to the timeless values of tradition, based on emotional quotient and grounded in our civilisational assets and virtues. The Samskarams rest on the ancient Indian philosophy "Isavasyam Idam Sarvam" [everything, even the tiniest atom is the manifestation of the Divine]. This principal manifests in the six Themes or values of IMCT namely- Conserving Forests and Protecting Wildlife; Preserving Ecology; Sustaining Environment; Inculcating Human and Family Values; Fostering Women's Honour and Instilling Patriotism.

Each Theme has specific Samskarams, designed to penetrate the subconscious and impart a deep understanding and concern about that value. This makes a deep impact not only on their thinking but also on their conduct. IMCT programs rest on the triangle of- Themes [values], Samskarams [training] and Symbols [sign] to implant reverence in them towards nature, trees, wildlife, all living beings, parents, teacher, elders, women and nation underlying the six Themes.

The training modules provide moral and cultural anchor through thematic Samskarams by connecting the Symbols with the Themes in young minds- so that they recall a forest when they see a tree. The programs are devised to protect and preserve our heritage, family, society, nation and economy.

—S.Gurumurthy, Chairman, Advisory Committee

Sr. No.	Theme	Samskaram	Symbols
1.	Conserve Forest and Protect Wild life	Reverence for Plants & Wild Animals	Vruksha Vandanam Naaga Vandanam
2.	Preserve Ecology	Reverence for all Plant Kingdom and Animal Kingdom	Go Vandanam Gaja Vandanam Tulasi Vandanam
3.	Sustain Environment	Reverence for Mother Earth, Rivers and Nature	Bhoomi Vandanam Ganga Vandanam
4.	Inculcate Family & Human Values	Reverence for Parents, Teachers and Elders	Maathru-Pitru Vandanam Aacharya Vandanam Aditi Vandanam
5.	Foster Women's Honour	Reverence for Girl Children and Motherhood	Kanya Vandanam Suvaasini Vandanam
6.	Instill Patriotism	Reverence for Nation and National Heroes	Bhaarat Maata Vandanam Param Veer Vandanam

IMCTF & ROTARY CLUB OF KANKARIA PRESENTS AN ELOCUTION COMPETITION FOR STUDENTS OF STD 6th TO 12th

Rotary Club of Kankaria (Ahmedabad), a very active local unit of Rotary International organises various permanent, annual, regular and occasional projects for people of all ages and different walks of life. IMCTF is dedicated to reviving traditional Indian values in young minds and implant reverence towards nature, trees, wildlife, all living beings, parents, teacher, elders, women and nation. For the purpose of inculcating the value of environmental conservation, IMCTF & Rotary Club of Kankaria (Ahmedabad) have announced an ELOCUTION COMPETITION for the schools of Ahmedabad and Gandhinagar. Details for the same is given herewith;



CATEGORIES

CATEGORY GRADE

A 6/7/8 UPPER PRIMARY

B 9/10 SECONDARY

C 11/12
HIGHER SECONDARY

:- THEME :- ENVIRONMENT PROTECTION

UPPER PRIMARY

પર્યાવરણ મારી જવાબદારી

Environment My Responsibility

SECONDARY

પરંપરા અને પર્યાવરણ

Our Tradition and Environment

HIGHER SECONDARY

પર્યાવરણ થી પ્રગતિ
Sustainable Development through

*SPEAKING TIME FOR EACH PARTICIPANT WILL BE 3 MINUTES

SCHEDULE

DATE

4th OCTOBER 2018

TIME

9.00 AM TO 1.00 PM

VENUE : Rotary Club of Kankaria (Ahmedabad)

To register your school and participate in this competition send email on imctfguj@gmail.com



Understanding the Secret Meaning of **SHREE GANESHA**

Ganesha symbolises the human soul and its latent aspiration for the infinite. Initially, the soul is bound to Maya or Prakriti, symbolised by Ganesha being created by Parvati (Prakriti) and seeking to protect her.

With the head of an elephant, Ganesha becomes awake as Shiva's son, and functions as the great guru and the giver of wisdom through Shiva's power within him.

He gains access to the mantric energies of the cosmic mind, in which all the higher knowledge is stored, the Om-kara of Lord Shiva, which is Ganesha's own word of power.

Ganesha represents the cosmic realisation of the Self as all nature, and can teach that infinite truth to us. But for this to occur we must also learn to go beyond the mind, something that most modern intellectuals with all their opinionated views are not likely to attempt.

Ganesha is a figure of great mystery, power, and paradox. We sense in his unusual figure something of the unknown, unlimited and mysterious, far beyond our human considerations.

Ganesha's arising or birth, if you could call it, appears very strange. It is said that his mother Parvati created him for her protection and asked him to prevent anyone from entering into her room. While Parvati was bathing, Lord Shiva approached, and Ganesha true to his role would not let him in. Shiva sensed an infringement on his power, fought with him and in the skirmish cut off the boy's

head. Soon learning his mistake that it was Parvati's son, who was inconsolable and furious at his demise, Shiva quickly, sometimes it is said by chance, found the head of an elephant for Ganesha, put it on the headless body and brought him back to life.

In cutting off Ganesha's head, Lord Shiva takes the soul beyond the human mind, its dualities and expectations – which is a common theme in deities with their head cut off, be it Hayagriva, Chinnamasta or Ganesha. In giving Ganesha the head of an elephant, Shiva connects it to the profound cosmic intelligence that is under his guidance.

Shiva is Pashupati or the lord of the animals that symbolises the souls bound to ignorance, ruling over them from his unbounded awareness. Ganesha as Ganapati or the lord of the group is the chieftain or head of the animals, the foremost of which is the elephant and indicates Shiva's consciousness in manifestation.

The elephant relates to memory, concentration and the hidden wisdom of nature. Ganesha as the awakened soul learns the secrets of the universe and gains the ability to teach them to all who are receptive. Ganesha becomes the guide to the cosmic processes of birth and death, karma, and liberation, and holds all the vidyas or sacred ways of knowledge for understanding all existence.



GANESH CHATURTHI

MEANING AND SIGNIFICANCE

Ganesh Chaturthi also known as Vinayaka Chaturthi is one of the important Hindu festivals celebrated throughout India. This day is celebrated as the birthday of Lord Ganesh, the elephant-headed son of Lord Shiva and Goddess Parvati. Lord Ganesh is the symbol of wisdom, prosperity and good fortune.

The Ganesh Chaturthi falls on the fourth day of the waxing moon period in the Hindu month of

Bhadrapada. Every year it falls either in month of August or September. This year it was celebrated on the 13th September. This festival is usually celebrated for 11 days, with the biggest spectacle taking place on the last day called Anant Chaturdase. It is a regional public holiday in Andhra Pradesh, Goa, Gujarat, Karnataka, Maharashtra, Odisha, Puducherry, Tamil Nadu, Telangana. During this festival colourful pandals are setup and Lord Ganesha is worshiped.

It is a little known fact that freedom fighter Lokmanya Tilak transformed this festival from a private celebration to a grand public event aimed at bridging the gap between the different castes and sections of society and building grassroots unity between them.

“To worship Lord Ganesha, we must believe in Ganesha, which is to let go of our outer minds and embrace the unknown higher knowledge and we must become humble towards humanity and with believe that Life is long as his trunk, Troubles are as small as his mouse ,moments are sweet as his modak and laddus.”

The Symbolism Behind **JANMASHTAMI**

Jamashtami is one of the most prominent Hindu festivals, and is celebrated all over India with great zeal and enthusiasm. Considered to be the birth anniversary of lord Krishna, this auspicious day falls in the months of July or August, specifically on the eighth day of Krishna paksha as per the Hindu calendar.

Usually a day long fast is observed by devotees, and at night baal Krishna (baby Krishna) is worshipped with puja, aarti, devotional songs, dances and also by rocking the baal krishna's cradle. The actual celebration takes place at midnight 12:00 am, the exact time at which Krishna was believed to

have been born- on a dark and stormy night. He was the 8th avataar of Lord Vishnu, who was born to end the atrocities of his maternal uncle, Kansa. And so his birth anniversary is the symbol of optimism, the promise of good eventually triumphing evil. The fast is broken after the midnight aarti by consuming the prasaad. The midnight Krishna-janma celebrations at Mathura and Vrindavan are unparalleled and a must-see sight. This is because it is believed that kaanha had spent his childhood there.

There is also some interesting symbolism that is included in the diverse regional, rituals surrounding this festi-

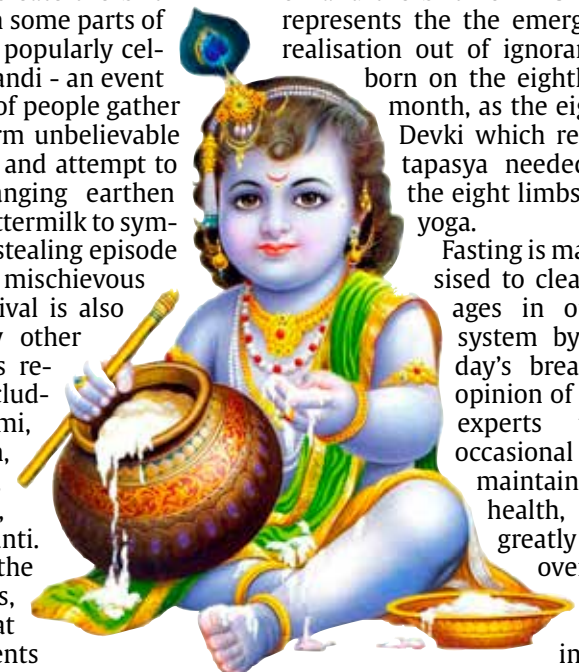
val. Sometimes a black stone is hidden inside a cucumber to stimulate Devaki in pregnancy and at midnight the stone is removed to recreate the birth of lord Krishna. In some parts of Maharashtra it is popularly celebrated as Dahihandi - an event where hundreds of people gather in the streets, form unbelievable human pyramids and attempt to break a high-hanging earthen pot filled with buttermilk to symbolise the butter stealing episode from the life of mischievous kaanha. This festival is also known by many other names in various regions of India including Krishnashtami, Saatam Aatham, Gokulashtami, Ashtami Rohini, Shreekrishna Jayanti.

Exploring the deeper metaphors, it is believed that Krishna represents

consciousness which is synonymous to self realisation.

Ignorance is symbolised as the prison and the birth of Krishna in prison represents the the emergence of self realisation out of ignorance. He was born on the eighth day of the month, as the eighth child of Devki which represents the tapasya needed to master the eight limbs of Asthanga yoga.

Fasting is mainly emphasised to clean the blockages in our digestive system by giving it a day's break. It is the opinion of many health experts today that occasional fasting helps maintain digestive health, which greatly affects the overall health and well being of the individual.



'JUST GETTING STARTED'

Serena will be looking to add her Grand Slam tally as she faces Japan's sensation Osaka in the final

“I'm still waiting to get to be the Serena that I was – and I don't know if I'll ever be that physical- ly, emotionally, mental- ly”



Source: Internet

Serena Williams once again targets a record 24th Grand Slam singles title at the US Open on Saturday. Win or lose, the US great says she's just getting started in the latest phase of her career.

“I'm still on the way up,” said the 36-year-old, who is playing her seventh tournament since the birth of daughter Olympia on September 1 2017. “There's still much more that I plan on doing.”

Williams came agonizingly close to matching Australian Margaret Court's all-time record of 24 major titles at Wimbledon, but fell to Angelique Kerber in the final.

It was the high point of a return that began in March and has not surprisingly been, at times, erratic. But once again Williams has shown she can rise to the occasion on the game's biggest

stages.

Another US Open title – four years after her sixth – would be not a culmination but a springboard, she said.

“I just feel like there's a lot of growth still to go in my game, that's actually the most exciting part,” she said.

“Even though I'm not a spring chicken, I still have a very, very bright future.”

Williams, who has spoken of the emotional roller-coaster of being a new parent, said adjusting to physical changes in the wake of motherhood has also been a challenge.

“I don't feel like me,” she said. “My mom said it takes, like, a full year to kind of get back. I'm at a full year now, but I'm also laying a sport professionally.”

“I just feel like I'm definitely not there. Even my body is different. I actually

weigh less than I did before I got pregnant, but it's distributed differently now.

“I'm still waiting to get to be the Serena that I was – and I don't know if I'll ever be that physical- ly, emotionally, mental- ly.”

The players that have faced her so far in Flushing Meadows say the current Serena is tough enough – perhaps as good as ever. “It's tough to say,” said Anastasija Sevastova after Williams swept past her 6-3, 6-0 in the semi-finals. “She played finals in Wimbledon. She's playing finals here. I think this year is not bad for her.”

“I don't feel any difference,” Eighth-seeded Karolina Pliskova, who briefly rose to number one last year, fell to Williams in the quarter-finals, two years after shocking her in the semis, said of Williams's game. —AFP

SPORTS BRIEF

Two more junior gold medals for India at world c'ships

Udhayveer Singh, all of 16, shone bright with an individual gold in the juniormen's 25m pistol event after spearheading India to the team gold in the World Shooting Championships. Singh shot a score of 587 (291 in precision and 296 in rapid) in the individual competition to grab the gold. Compatriot Vijayveer Sidhu finished fourth with a score of 581, while Rajkanwar Singh Sandhu took the 20th spot with a score of 568. The trio's combined score of 1736 fetched the team gold for India followed by China, which totalled 1730. The bronze medal went to Team Korea, which shot a score of 1721.

Vikram fires India U-16 to 1-0 win over Vietnam

Vikram Singh's 86th-minute penalty led India U-16 to a 1-0 win over Vietnam in their opening group match of the AFC U-16 Championship at the UM Arena in Kuala Lumpur, Malaysia, yesterday. In a match where India dominated possession and had at least four clear scoring chances, Vikram Singh's late strike was required to seal the deal. Vikram was brought down inside the box minutes from full time. The skipper found the back of the net to break the deadlock and give India the crucial lead. India face the mighty Iran next on Monday.

U-16 girls lose 1-2 to Mongolia

India U-16 girls lost to hosts Mongolia 1-2 at the MFF Stadium in Ulaanbaatar yesterday. Following the result, India relinquished top spot in Group B of the AFC U16 Women's Championship Qualifiers'. Laos, who are three points ahead, having played the same number of matches have taken over the mantle. Laos have garnered nine points from three matches. India and Laos are slated to face-off in the final fixture of the group on Sunday.

Kutch girl wins women's singles and doubles titles

8th Gujarat State Badminton Championship



Source: Internet

Winners and runners-up in various categories with their trophies and certificates

Kutch Dipti Kuity stamped her authority as the youngster won the women's singles and doubles crowns in 8th Gujarat State Men's and Women's Badminton Championship that was held in Surat.

In the singles final, third seed Dipti ended Vadodara's Janhvi Khan-na's, who was unseeded, impressive run in the tournament for a 21-9, 21-3 win. In the women's doubles final, Dipti and Vadodara's Maitreyee Khatri shocked the second seeded pair of Janhvi and Nupur Vasavada for a 21-12, 21-10 win.

Adrian's doubles joy

Ahmedabad's Adrian George had a lot to cheer as he shrugged off his men's singles defeat to clinch the doubles crown with citymate Samir Abbasi. The third seeded pair from Ahmedabad overcame a second game fightback to shock the second seeded pair of Mehsana's Dhrumil Patel and Val-sad's Digvijaysinh Kushwaha for a 21-16, 24-22 win.

Tough match

Meanwhile, the top seed pair of

Siddharth Gurkha and Riya Gajjar from Vadodara had a battle in hand as they struggled to overcome the second seed pair of Hemendrasinh Rajput of Rajkot and Mayuri Yadav of Ahmedabad to win the mixed doubles crown. Siddharth and Riya won the first game 21-14 but Hemendrasinh and Mayuri fought back to level the tie with 21-16 win in the second game. However, in the decider, Siddharth and Riya held on to their own to settle the issue with a 21-14 win.

Little Giants, big plans



source: Internet

Om Shanti School routed out Hiramani school (raid) for 57 points

With Pro Kabaddi League just months away, the national sport is getting some recognition among young talents in the city. Little Giants – an initiative by Gujarat Fortune Giants went underway at the GEMS Genesis School on September 1. The inter-school kabaddi tournament among under-14 category students commenced with four teams from Ahmedabad progressing to the next leg, where they will compete with other zonal finalists later this month.

A total of 32 teams participated, which were eventually cut down for the final round. The first final was conducted between Rachana School and Shree Vidhyanagar English School in which the former team won with 63 points. Later in the second final match, Om Shanti School routed out Hiramani School for 57 points to progress to the next round. In the third match between Gangaba School and Anand Niketan School (Satellite), young boys of the former school eased past their rivals with a large margin of 33 points scoring 52 for themselves. Whereas in the last final match, Udgam School triumphed over Nirma Vidhyavihar School with 50 points to book their spot in the next round of finals.

Vidit, Diya march into semi-finals



source: Internet

Vidit Desai and Diya Golani made their way to the semi-finals on the fourth day of 18th Baroda District Table Tennis Championship held in Baroda.

Third seed Vidit was at his best as he beat sixth seed Varun Thacker 11-8, 11-8, 13-11, 11-6 in the junior-boys' quarters. In the same group, Pratham Madhani beat Nij Lakhani 11-5, 11-4, 11-7, 11-5 while Jeel Patel had a tough 12-10, 11-9, 8-11, 11-6, 8-11, 16-14 win against Dhruv Budhedeo and Anarva Kamdar beat Naman Nainiwal 11-5, 11-7, 11-5, 11-7.

Meanwhile in the cadet girls' quarters, Diya Golani booked her spot in the semi-finals overcoming



Mehak Seth 11-7, 11-8, 18-16 Diya.

In the same category, Trisha Patel came from a game down to beat Mishti Chauhan for a 9-11, 11-4, 11-2, 11-3 win. Palak Chaudhary beat Anuska Pande 11-9, 11-8, 14-12 and Riya Damani had an easy 11-9, 11-7, 11-9 win over Muskan Makhija to reach semis.

In the junior girls' quarter-finals, Purva Nimbalkar cruised past Chaitri Vasavada in a four-setter (11-4, 11-6, 11-6, 11-4) while Jeeya Lakhani beat Meera Kapadi in a deciding 7-11, 11-6, 8-11, 12-10, 9-11, 13-11, 11-8 win. Also, Sheli Patel beat Helly Narigara 11-5, 11-6, 11-8, 11-4 to play in the semis.

Krish wins U-14 crown



Krish Trivedi was at his dominant best as the youngster won the boys' singles crown in AITA under-14 Championship Series held at Ahmedabad City Tennis Foundation courts. In the final, Krish beat Yagna Patel 6-0, 6-3 for the crown. Krish started his campaign with 8-2 win over Ayush Amin before edging past Kahaan Shah 8-3 in the second round. In the quarters, Krish beat Vaheen Patel 8-3 before he recorded a 9-6 win over Aditya Gandhi in the semis.

Jainam bags silver medal



Jainamsinh Rathod stood second in the seventh Ahmedabad District Taekwondo Championship held on Sept 2 at Vasna Community Hall. He bagged the silver medal in under-37kg group of cadet boys.



source: Internet

An aid to handicapped

Aditya Mehta Foundation grants a total amount of Rs 60 lakhs with a vision to make India a superpower in the world of para sports, in the form of prosthetic limbs and sponsorships to para-athletes at the 9th Presentation Ceremony held in the city.



source: Internet



OUR CHAMPIONS RETURN HOME TO GRAND WELCOME

It was a grand welcome for the champions as they returned home after their exploits at Asian Games. (Anti-clockwise from top left): Table-tennis heroes Harmeet Desai and Manav Thakkar who picked bronze medals; Ankita Raina, the top ranked female Indian tennis player who won a bronze and Sarita Gayakwad, who became the first female athlete from the state to win a gold medal at the Games, received a grand welcome when they arrived in city. After an open procession, Sarita was felicitated at Income Tax office by AK Jaiswal, Principal CCIT, Ahmedabad, who presented a memento to the runner, while the Income Tax family ensured the contribution of her parents as well as coach KS Ajimon was also recognised. The department also announced a prize money of Rs 1 lakh while Indian Revenue Service and Income Tax Sports and Recreational Club too announced Rs 1 lakh each for the athlete. Later in the evening, Chief Minister Vijay Rupani and others felicitated the four athletes in Gandhinagar.



NATION

Supreme Court decriminalises homosexuality, partially strikes down Section 377

Sep 6: A Five Judge Constitution Bench of the Supreme Court decriminalised Section 377 of the IPC by partially striking down some of its provisions.

Justice Ranjan Gogoi appointed as 46th Chief Justice of India

Sep 13: Justice Ranjan Gogoi was appointed the 46th Chief Justice of India (CJI). He will assume his post on October 3. He will be succeeding incumbent CJI Dipak Misra.

Union Government to launch India's first National Registry of Sexual Offenders

Sep 20: In a first, the Union Government will release a National Registry of Sexual Offenders. The database of more than 4.5 lakh cases and will have the profiles of first-time as well as repeat offender and would mainly include key details such as their names, photographs, residential address, DNA samples, fingerprints, etc.

PM Modi launches Pradhan Mantri Jan Arogya Yojana

Sep 23: Prime Minister Narendra Modi launched the flagship scheme 'Pradhan Mantri Jan Arogya Yojana' (PMJAY), also known as Ayushman Bharat to provide free health coverage of up to Rs 5 lakh per family per year to the poor and deprived Indians.

Aadhaar Verdict: Supreme Court upholds constitutional validity of Aadhaar Act

Sep 26: The five-judge Constitution Bench of the SC upheld most of the provisions of the Aadhaar Act by 4:1 Majority while hearing the petitions challenging the constitutional validity of Aadhaar (Targeted Delivery of Financial and Other Subsidies, Benefits and Services) Act, 2016.

Aadhaar No Longer Needed For School Admissions, CBSE, UGC And NEET Exams



Aadhaar verdict: The Supreme Court has struck down Section 57 of the Aadhaar Act, which means that private companies cannot ask for Aadhaar numbers of the consumers. The court also declared that there was no need to produce the 12-digit unique identification number for school admissions.

PM Modi, Cochin International Airport honoured with UN Champions of the Earth Award 2018

Sep 27: The UN Environment jointly awarded PM Narendra Modi and French President Emmanuel Macron in the Policy Leadership category for their efforts regarding the creation of the International Solar Alliance. PM Modi was also acknowledged for his unprecedented pledge to eliminate all single use plastic in India by 2022.

Husband is not the master of wife, says SC while striking down 158-year-old adultery law

Sep 27: The Supreme Court of India struck down a 158-year-old penal provision in the Indian Penal Code that made adultery a criminal offence. The decision was taken by a five-judge bench, which unanimously held Section 497 as unconstitutional and arbitrary

INTERNATIONAL

2+2 Dialogue: India-US sign historic COMCASA agreement

Sep 6, India and the United States signed the Communications Compatibility and Security Agreement (COMCASA) during their first-ever 'two plus two' dialogue. The key agreement will open up the way for the sale of more sensitive US military equipment to India. It will help India obtain critical and encrypted defence technologies from the US.

International Literacy Day 2018 observed globally

Sep 8, The 52nd International Literacy Day was celebrated across the world on September 8, 2018 with an aim to highlight improvements in world literacy rates, and reflect on the existing literacy challenges.

Hunger reached 'alarming' ten-year high in 2017: UN report

Sep 11, As per a UN report on the 'state of food security and nutrition in the world' the number of undernourished globally increased to 821 million in 2017, which means that one in every nine people, does not have enough to eat.

International Day of Democracy 2018 observed globally

Sep 15, The International Day of Democracy was observed across the world on September 15, 2018. The day provides an opportunity to review the state of democracy in the world.

Two Koreas sign agreement on denuclearisation of Korean Peninsula



Source: Internet

Sep 19, In a historic move, North Korean leader Kim Jong Un and South Korean President Moon Jae-in signed an agreement on denuclearisation, reducing military tensions and defusing crisis on the Korean peninsula.

TECH

ISRO unveils space suit, crew model for Gaganyaan Mission

Sep 6, ISRO unveiled the space suit and crew model for Gaganyaan Mission, providing the first sneak peek into its upcoming manned mission to space. The orange-coloured prototype space suit was developed over the past two years can hold one oxygen cylinder, allowing an astronaut to breathe in space for 60 minutes.



Indian Air Force Successfully Test Fires Air-To-Air Astra Missile

Sep 27, The Indian Air Force (IAF) successfully test fired the indigenously developed, best-in-class Beyond Visual Range Air-to-Air Missile (BVRAAM) Astra from a Su-30 aircraft.

BARC's Apsara Reactor recommissioned after 9 years

Sep 10, India's oldest research reactor 'Apsara', which was shut down permanently in 2009 for repair, was recommissioned with a higher capacity at Bhabha Atomic Research Centre, Trombay. The refurbished version of the reactor is named as 'Apsara-upgraded' (Apsara-U)

SPORTS AND ENTERTAINMENT

National Sports Awards 2018: Mirabai Chanu, Virat Kohli to get Rajiv Gandhi Khel Ratna

Sep 20, The National Sports Awards 2018 were announced by the Union Ministry of Youth Affairs and Sports last week. Cricket captain Virat Kohli and world champion weightlifter Mirabai Chanu will jointly be conferred with Rajiv Gandhi Khel Ratna award 2018, India's highest sporting honour.



Village Rockstars is India's official entry to Oscars 2019

Sep 22, Village Rockstars, an Assamese language feature film by National Award-winning filmmaker Rima Das, was selected as India's official entry for the Best Foreign Language Film category of the 2019 Academy (Oscar) Awards. It is the story of 10-year-old Dhunu, a young girl from a remote village in Assam, who dreams of owning a guitar and forming a rock band despite the terrible financial situation at home.

BIRTHDAY WISHES

Dr. Sarvepalli Radhakrishnan
SEPTEMBER 5, 1888

LATA MANGESHKAR
SEPTEMBER 28, 1929

KIRAN MORE
SEPTEMBER 04, 1962

Dadabhai Naoroji
SEPTEMBER 4, 1825

NARENDRA MODI
SEPTEMBER 17, 1950

AKSHAY KUMAR
SEPTEMBER 09, 1967

BHAGAT SINGH
SEPTEMBER 28, 1907

YASH CHOPRA
SEPTEMBER 27, 1932

KAREENA KAPOOR
SEPTEMBER 21, 1980

Important Entrance Tests and Study Material for Engineering Admissions

BOOKS & STUDY MATERIALS

- Here is a list of the most reputed books that you can refer to for the preparation of entrance exams like JEE Main or JEE Advanced
- Physics for JEE Main 2017 by Kumar
- Understanding Physics for JEE Main & Advanced Optics & Modern Physics (Old Edition) by D.C. Pandey
- A Textbook of Organic Chemistry for JEE Main & Advanced and Other Engineering Entrance Examinations by R.K. Gupta
- Wiley's J.D. Lee Concise Inorganic Chemistry for JEE (Main & Advanced) (WIND) by

Sudharsan Guha

- Modern Approach to Chemical Calculations by R.C. Mukerjee
- Play with Graphs – Skills in Mathematics for JEE Main and Advanced (Old Edition) by Amit M. Aggarwal
- A Master Resource Book in Mathematics for JEE Main (Old Edition) by Prafull K. Aggarwal
- 37 Years' Chapterwise Solved Papers (2015-1979) IIT JEE Chemistry by Ranjeet Shahi
- Discussion on IE Irodov's Problems in General Physics Discussion – 2 (Electrodynamics, Oscillations & Sound, Optics & Modern Physics) by D.B. Singh

MOST IMPORTANT ENTRANCE TESTS FOR ADMISSIONS INTO ENGINEERING

Exam Name	Purpose	Eligibility	Application/ Website URL	Registration	Exam
Joint Entrance Examination (JEE)	It is organized for screening candidates for the UG engineering and architecture programmes. These courses are offered by NIT, CFITs and other institutions. It is also the eligibility test for JEE Advanced exam for admission to IITs & ISM.	Class 12 pass (PCM)	http://www.jeemain.nic.in *Aadhaar Card is compulsory to fill the application form	Sept	April
JEE Advanced	Organized by Indian Institute of Technology (IITs) under the aegis of Joint Admission Board (JAB) on rotation basis. It is a national level entrance test for providing admissions in UG, Integrated PG or UG-PG Dual Degree courses. It is offered in the field of engineering, architecture, sciences or pharmaceuticals. It is the second stage of JEE Main exam.	Qualifying in JEE main	http://jeeadv.iitd.ac.in/	May	May
BITSAT	Birla Institute of Technology and Science (BITS), Pilani conducts BITSAT for providing admissions in the first year of UG engineering programmes. Through this exam, candidates can also get admission in pharmacy & science courses, i.e B.Pharm & M.Sc. These courses are offered by BITS Pilani, Goa, Hyderabad	Class 12 pass (PCM)	http://www.bitsadmission.com	DEC	May
COMED-K	Consortium of Medical Engineering and Dental Colleges of Karnataka (COMEDK) conducts COMEDK UGET (Undergraduate Entrance Test) for admissions in engineering, architecture and medical at colleges/institutes that are affiliated to COMEDK.	Class 12 pass (PCM)	https://www.comedk.org/	Jan	May
IPU-CET (B.Tech)	Guru Gobind Singh Indraprastha University organizes a university level examination called IPU CET (Indraprastha University Common Entrance Test). It is a gateway for those students looking for admissions in various engineering, medical and many other courses.	Class 12 pass (PCM)	www.ipu.ac.in		
MU OET, Manipal	Manipal University Online Entrance Test (MU OET) is a university level entrance test organised by Manipal University for screening candidates for their UG and PG courses in the field of engineering, medical, management, pharmacy, etc. This exam is conducted through CBT (Computer Based Test) mode.	Class 12 pass (PCM)	https://manipal.edu/mu/academics.html	Oct	May
VITEEE	VITEEE is university level entrance test organised by VIT (Vellore Institute of Technology) Through this exam, candidates are selected for admissions in B.Tech programmes offered by its Vellore and Chennai campuses.	Class 12 pass (PCM)	www.vit.ac.in	November	April
AMU (B. Tech)	AMU (Aligarh Muslim University) regulates an entrance examination for admissions in various degree and diploma courses. These courses are offered in the field of engineering, management, law and many others.	Class 12 pass (PCM)	www.amucontrollerexams.com	Feb	May

Teachers- Corporal Punishment is OUT!

7 Alternative Ways to Manage Your Classroom

Using excessively harsh words and physical punishment have been the go-to for many teachers in India for many years to try control large classes. These abrasive methods are thoroughly ineffective in the long run and cause emotional and mental distress among students. Even though there is a wider awareness of the negative effects of corporal punishment, the practice continues because of the worsening student to teacher ratio and lack of knowledge of alternative classroom management techniques. Here are 7 ways to create a positive, violence-free and nurturing environment for your students:

“Children are sick of being called ‘the future’. They want to enjoy their childhood, free of violence, now”

—Paulo Pinheiro, 2007,
UN General Assembly

Move Around

Moving around in the space you have while talking can also go a long way in picking up on what's going on with your students. It's almost always possible to prevent disruptions before they happen and having your students feel your presence as an authority will help discourage most unwanted behaviour.

Go to Your Students' Physically

When correcting a student, bringing yourself to their level can be a game changer. Having direct eye contact, being face to face with them and if those don't work, even initiating a small touch can bring the student's entire focus onto you. It also simultaneously disengages the student from the behaviour or activity that they are doing and diverts their attention to your words instead. Using simple words and finishing with a “Please.” Or “Thank you.” Leaves no space or loopholes to argue the instruction being given.

Use a Countdown

This is another easy and effective method of getting a student or a class to end, begin or change an activity or behaviour. It should always be carried out

with a warning of “Okay class/person, I'm counting down to end/begin/change this activity” so that the students aren't confused about why their teacher is suddenly counting out loud backwards. Including comments of praise for students who are responding faster and encouragement at students responding slower, will also increase the effectiveness of this method.

Build a Relationship

Creating a mutually respectful relationship with your class will be the most powerful tool in managing and allowing a cohesive learning environment. It is one of the hardest things to do and can take a fair bit of time but it is also the most worthwhile and rewarding. Anyone who thinks back to their school days, vividly remember the teachers they had the best relationships with. You can begin to be one of those teachers by simply acknowledging your students as people and treating them well. This will also encourage them to do the same to you and create the basis for future relations by learning that when they give respect, they receive it too.

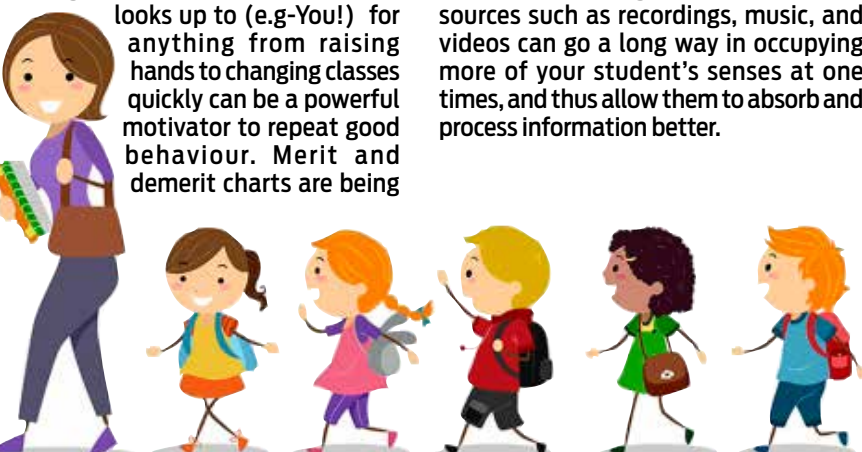


Create basic rules- Together

Children are often made to follow rules without having any say in making them which can contribute to a feeling of powerlessness. Working with and allowing your students to come up with reasonable guidelines of how to behave and interact combats this by giving them a voice. This also motivates them to follow the rules they have set, because they have set them.

Offer Praise- Write positive remarks

Receiving praise from someone a child looks up to (e.g-You!) for anything from raising hands to changing classes quickly can be a powerful motivator to repeat good behaviour. Merit and demerit charts are being



discredited because of the social implications they have for students and the privacy violations they condone, but simple, specific and directed words of praise (which are often all teachers have time for) can go a long way. We always right negative remarks for parental signature in diaries for bad behaviour then why not also write words of praise when they do well?

Engage Your Class with Multiple Senses

A lot of misbehaviour can stem from your students being bored or otherwise under-stimulated. Using multiple types of sources such as recordings, music, and videos can go a long way in occupying more of your student's senses at one times, and thus allow them to absorb and process information better.




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