

# The Open Page

## Inspire Learning

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## INSIDE

### Effective teaching...



The classroom is a dynamic environment, bringing together students from different backgrounds with various abilities and personalities.

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### LET'S GO BIRDING...



Birds contribute to the beauty of the natural world by their magnificent colours. They seek our instant attention whether seen at a distance, flying high up in the sky or closely, so as to understand every detail.

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## ॥ श्रद्धांजलि ॥



**Late Shree Keshavlal B. Sathvara**

Retired Teacher  
K.T. Desai School, Shahpur  
and Trustee Tripada Education Trust

यद्यदाचरति श्रेष्ठस्तत देवैस्ततो जनः ।  
स यत्प्रमाणं कुरुते लोकस्तदनु वर्तते ॥

If a great man sets an example for the world, the world will follow him. Whatever standards or values he sets, people generally will follow the same set of standards and values.

A tribute by Tripada Parivar

## BILL OF RIGHTS

# Constitution of India

The Constitution of India is the supreme law of India. The document lays down the framework demarcating fundamental political code, structure, procedures, powers, and duties of government institutions and sets out fundamental rights, directive principles, and the duties of citizens. It is the longest written constitution of any country on earth. B. R. Ambedkar, chairman of the drafting committee, is widely considered to be its chief architect.

### Constitution Day of India

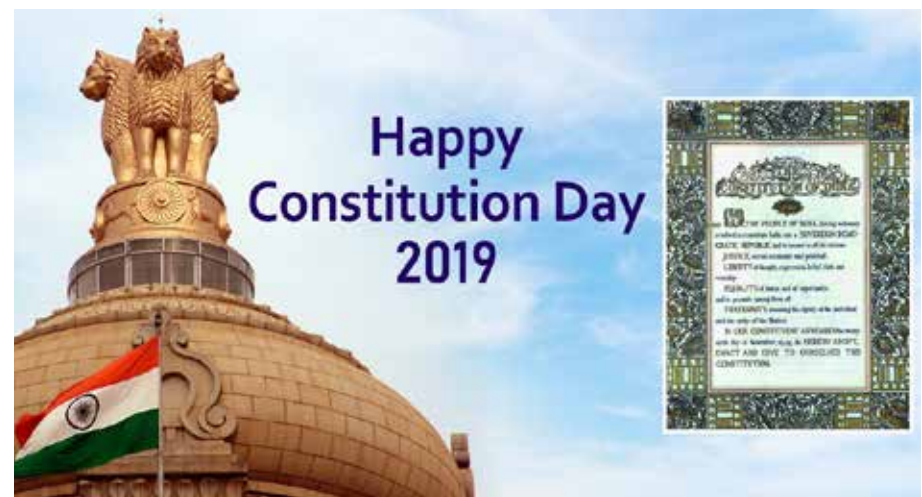
26 November has its own importance in the history of independent India because on this day in 1949, the Constitution of India was adopted and it came in to effect on 26 January, 1950. Therefore, marking the dawn of a new era. To acknowledge the contribution of the framers of the Constitution and to aggravate the people regarding the prominent values, 26 November is celebrated as the 'Constitution Day'.

### How the Constitution of India came into being?

As we know that on 15 August 1947, India became independent and on 26 January 1950, we celebrate Republic Day because on this day the Constitution of India came into effect.

In 1934, the demand of the Constituent Assembly was made. Let us tell you that M.N. Roy, a communist party leader, was the first who mooted the idea. It was taken up by the Congress party and finally, in 1940, the demand was accepted by the British government. Indians are allowed to draft the Indian Constitution in the August offer.

On 9 December 1946, the Constituent Assembly for the first time met before independence. The first president of the Constituent Assembly was Dr. Sachchidananda Sinha. Further, on 29 August 1947, a Drafting Committee was constituted to prepare a Draft Constitution with Dr. B.R. Ambedkar as a Chairman. On 26 November, 1949, the Committee had finished their work. On 24 January 1950, the process was completed when the members signed two handwritten copies of the document one each in Hindi and English. The first meeting of the Assembly



was in New Delhi on 9 December 1946 and last till 24 January, 1950. During this time total of 11 sessions were held and met for around 166 days. This is the period between the adoption and enforcement when thorough reading and translation from English to Hindi was done. On 26 January, 1950, the Constitution of India came into force and became the law of the land.

### What is the Preamble to the Constitution of India?

"WE, THE PEOPLE OF INDIA, having solemnly resolved to constitute India into a SOVEREIGN SOCIALIST SECULAR DEMOCRATIC REPUBLIC and to secure to all its citizens:

- JUSTICE, social, economic and political;
- LIBERTY of thought, expression, belief, faith and worship;
- EQUALITY of status and of opportunity;
- And to promote among them all
- FRATERNITY assuring the dignity of the individual and the unity and integrity of the Nation;

IN OUR CONSTITUENT ASSEMBLY this twenty-sixth day of November, 1949, do HEREBY ADOPT, ENACT AND GIVE TO OURSELVES THIS CONSTITUTION."

The Constitution of India declares India a sovereign, socialist, secular, democratic republic, assuring its citizen's justice, equality and liberty and endeavors to promote fraternity. The words 'secular' and 'socialist' were

added to the preamble during the emergency in 1976.

Let us tell you that, the Indian Constitution describes the fundamental political code, structure, procedures, powers, and duties of the government institutions. It also explains fundamental rights, directive principles and the duties of citizens. India's constitution is the longest written constitution in the world. It took around 2 years, 11 months and 17 days to complete the Constitution.

### National Constitution Day 2019: Celebrations

In all the Government Offices or Institutions the celebrations starts by reading the 'Preamble' of the Constitution. National Campaign is also launched, that focus on the fundamental duties an important feature of the Constitution. It starts on 26 November, 2019 and culminate on 26 November, 2020.

On 26 November, 2019, the 'Preamble' is read out in the Civil Secretariat at 11:00 AM which is then followed by people in Jammu and Kashmir after the abrogation of article 370 and for the first time they celebrated "Constitution Day". Even the Divisional Commissioners, Deputy Commissioners, Heads of the Departments and the Heads of all the Policy Formations undertook similar activity in their offices and ensure that in all the Subordinate offices 'Preamble' is read out on Constitution Day at 11:00 AM and pledge to the fundamental duties.





To feature your school event on this page, send the details and photographs to [editor@theopenpage.co.in](mailto:editor@theopenpage.co.in)

## Nalanda School Celebrated Annual Fest – 2019

### Shri Krishna - The Spirit of Karma

Most anxiously awaited occasion in any school is its annual fest. Students get a chance to display their talents in front of a big audience. Nalanda Vidyalay celebrated its annual fest in a very pompous manner on 13th and 14th of October, 2019 at Pandit Dindayal Upadhyay Auditorium. Shri Krishna – “The Spirit of Karma”, as it was named; it was based on the Krishna's story. This show endeavored to discover the existence of Krishnaism element within us. It was written and directed by Sir Walter Peter, a well known Associate Director from National School of Drama. It is his belief that theater in education evokes the existence of knowledge within students. Nearly 1200 students, teachers and Principal altogether marshaled through the stage to make this show a big hit. Distinguished guests, elite parents and students attended this function. Varied scenes like Krishna's birth, Krishna leela, demon's demolition, kansa vadh and Mahabharat were exhibited. The main aim to select this theme was to make students aware of the values of love, family, friendship, living in present, path of righteousness and what more. At last Geeta's Saar was unveiled which made parents and guests impressed and stupefied.



## Raj Madhav Vidhyalay Celebrated Colors day



## SVS English School – Mother's Pet organized “Unity In Connectivity”



Students presented how the world has united by connectivity through sports, discoveries, inventions, transport, trade, literature, education and technology. Students did the presentations through drama, songs, models, charts and power point presentations.

## Kameshwar English School organized Joy of Giving Week



Joy of Giving Week is India's very own 'Festival of Giving' that happens from October 2nd to 15th. It aims at spreading joy and happiness among those who need help and support, and for each of us to experience the joy in giving. Students and teachers of Kameshwar English school participated with great spirit in social activities such as making donations, collecting clothes, toys and stationary. It was an immense pleasure for the school as students & teachers collected maximum no. of things.

## Super Saturday at Khyati World School



'Super Saturday' is an Academic Enrichment and Attendance Recovery program that provides the vehicle for students to recapture "lost learning" due to absences. Students can participate in enrichment activities or fun activities. Super Saturday of the academic year 2019-2020. Dedicated to team building activities at KWS. Keeping 21st century skills in mind, team building is an essential component for holistic development of students.

These events made students recognized their own strength and those of their team members. They learned to coordinate, communicate, and gel with peer group..

Our young learner weren't the only ones who were taught about teamwork on super Saturday. Teacher also agreed that to actualize their little one's potential; they also have to work in a team.

Today we had Inter house kho-kho competition, swimming and salad decoration activities. It was a fun and a real learning day for the kids. The kids were so happy and left the school with a big smile on their faces.





# How can you make SCIENCE interesting?

Parents play vital role in the upbringing of children. Having selected a proper school does not limit your responsibilities towards child's upbringing. Children remain more time at home rather than at school. Therefore Parent's role in the upbringing of child plays major role along with school and teachers. Parents may not sit with their child to finish their homework or make them study the portion of the textbook but they must atleast make some efforts so that the child maintains the interest in studies and doubles the efforts for scholastic achievement. In this article let's see how can we make learning of science more interesting.

## 1. What is Science / Environment and its purpose of Learning

- Science is "The intellectual and practical activity encompassing the systematic study of the structure and behaviors of the physical and natural world through observation and experiments."
- Science involves more than the gaining of knowledge. It is the systematic and organized inquiry into the natural world and its phenomena. Science is about gaining a deeper and often useful understanding of the world.
- Science offers the answers to various questions asked out of curiosity, in our early years. For example How our body function? And many more.
- Science is just as important as learning other subjects like Mathematics, and history. Because the subject is so vast, learning the basic right from your early learning days will enable you to decide whether you want to pursue a higher education in the subject.

- Science is a mode of teaching and learning practiced by teachers and students at all levels.

## 2. Why is it necessary to learn Science?

- Science is just as important as learning other subjects because it is so vast, learning the basics right from our early learning days to the present day.
- It is a part of our daily lives from cooking and gardening to recycling and comprehending the daily weather report.
- From reading a map to using a computer, advances in technology and science are transforming our world at an incredible pace and our children's future will surely be filled with leaps in technology that we can only imagine.
- Being Science literate will no longer be an advantage but an absolute necessity. Science is the study of world around us, how things work, what living things are there, how things happen, etc.



## 3. General issue of less liking for the subject

- Science being a tough subject includes hard terminology and long sentences to understand which is not that easy to grasp easily by the small kids.
- All topics of science are not connected with the natural that small kids observe around so initially they don't find it interesting and therefore their approach towards science is slow or inattentive.
- Some children do not show interest while interaction or discussions in particular subject, this shows that the child's disinterest in the subject.
- Children can not be judged but their reaction and body language in the interactive session tell the unfold things.
- Abstract researches have tried to induce a deeper approach to learning by means of students centered learning environments. Finding did not always confirm positive hypotheses. This has given rise to the question for disliking environment or science.

## 11 DIFFERENT WAYS TO MAKE SCIENCE INTERESTING

- To stimulate the curiosity of science parents can purchase toys, activity board, worksheets, models etc. that are available in the market as per Kg. to 12 syllabuses. Care should be taken to check that such models are also used by children for practice and better understanding.
- Parents should visit zoo, museum, parks, historical places, science city along with their child. Visiting such places will enable them to understand the Biological Cycle and Bio-Diversities of the world. They should be frequently visited to such places as in one visit only a few things survive in the memory.
- Involve them in kitchen to understand reactions and usefulness of different spices. Kitchen is a laboratory at home. Many new trials take place in the kitchen. Children can be made aware about different spices, what is their shape and structure, how do they taste, what is the use of it in preparing dish and how do they react with other elements. By such exposure students will be keen to learn about such elements and in turn will improve their interest for science.
- To encourage them for science give them toys which are related to science interests such as jigsaw puzzle, Lincoln logs, telescope, microscope, electronic kits etc. Such apparatus in toy format will enhance their curiosity in knowing about the real life apparatus and thus will help improve interest towards Science Subject.
- If your child is interested in astronomy then visit the local planetarium or science center etc. Purchase model of Solar System, Lunar Phases, Galaxy system,

etc. Keep a mini telescope and use it to watch Full Moon. Such activities will appear interesting to the child and thus enhance their interest in Science.

6. Keep an aquarium in your home and let your child feed the fish. Let the child watch its breathing and feeding activities. This will not only enhance the interest but will also make the child compassionate by observing the fish feeding and movements.

7. Discuss with your child the topic of science, watch discovery channel, national geography channel and such other productive programs on TV along with your child. While watching also discuss with them to know what they grasp and explain where they lack.

8. Purchase science books, magazines, newspaper based on science subject and read along with your child certain interesting fact, experiments and discoveries.

9. Perform Experiments if possible which is the best way to create love for the science subject. Silly experiments like using magnifying glass to focus sunlight on the paper and see the burning of paper. By this way children will be excited to notice the effects and then study the reasons of same.

10. For chemistry watch videos, explain acid/base using litmus paper. Try Lemon - Ink demo at home. Take a lemon half and squash in a jar. Using a drawing stick write the name on plain paper and let it dry. Then apply some heat on the paper and see the name appear in dark letters. Such demo will increase their curiosity towards knowing new things.

11. For biology one can perform experiments over

plants and such living and non living and also create interest by watching videos. You can ask the child to collect different types of leaves and then stick it on one chart paper and make the child understand the different shapes and structures of leaves. This activity will enhance the interest in the child for the subject of science.

## Hygiene



**Dr. TWINKAL PATEL**  
Founder Motherhood Foundation

### (1) Common cold and sneezing:

Common cold, cough and sneezing is the most found disease in children. These diseases occur frequently because they spread instantly due to touch or breathing in that environment.

#### Tips for common cold hygiene

- Use handkerchief while sneezing
- Avoid using palm for cleaning running nose
- Wash hands properly after sneezing to avoid spreading infections
- Tissues can be used in place of handkerchief
- Keep your mouth covered while berserk.

### (2) Hair hygiene:

Personal hygiene includes clean body from head to toe. Hair is the one of the sensitive part that needs to be taken care of. There are various issues like, dandruff, skin problem, infections, etc.

#### Tips for good hair hygiene-

- Wash your hair at least twice in a week with proper shampoo
- While washing hair, clean them properly with water
- Comb your hair properly
- Do oiling in your hair at proper interval
- Avoid head to head contact with other children to avoid infections
- While going out in sun, cover your hair properly to protect them from heat and pollution
- Eat almonds and proteins to make them stronger.

Send your health related query to  
theopenpagehealth@gmail.com

## Best Place for School Picnic

**Mini Adventure Park**

- Archery
- Pool Party
- Camel Cart Riding
- Horse Riding
- Disco Dance Party
- Culture Dance
- Magic Show
- Singing
- Splash Pool | Swimming Pool
- Deluxe Tent
- A/c Multipurpose Hall
- An Open Air Theatre

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## Anand Niketan School-Bhadaj Campus Celebrated SAARAANSH-EK NAYI PAHEL-EK NAYI DISHA



An inauguration ceremony of 'SAARAANSH' program, a noble initiative by Anand Niketan Bhadaaj Campus was organised. Anand Niketan Group of Schools always believe in giving back and in contributing to the consistent progress and welfare of the society. With this sole purpose an introductory program in the form of Bhajan Sandhya was conducted to motivate and to provide the perfect platform to all the grandparents of our beloved students to come forward with their hidden talents, great ideas, wonderful problem solving skills and to utilize their great lifelong learning experience and knowledge for the betterment of society and to live a happy life. The

beginning of the program was marked by welcoming the Grandparents and lighting of lamp in all traditional way. The communion with the almighty through devotional songs set the ambience of divinity for the esteemed guests and the audience. Their happiness and enthusiasm was truly contagious. A brief introduction about Saaraansh program was addressed to all by our Principal Ms.Vaishali Parikh stating the main objectives to make grandparents feel special and worthwhile and by providing them the resources to help them to put their ambitions into perspective and come up with strategies for real action in the right direction and to lead the lives they really want.

### Satyameva Jayate International School Karate competition winner



Mayank Lahore of Standard-V, is awarded gold medal in Green Belt Category, by Shitoryu Karate Academy Of India .

Mayank has received the blessings and appreciation from our respected Principal Sir Jeremy Thomas, during today's morning assembly. He has shared his experience about how he came to the top to win the tough competition and about his sportsmanship. He has also showcased some of his steps before all the students. Our Principal Sir encouraged all with his speech.

## Zebar School for Children Celebrated Annual function



Life is a canvas. It's up to you, what colors you choose to paint this canvas of life into a beautiful Masterpiece.

The message was conveyed by students of primary section (std 2 to 4) through their rainbow-colored Annual Function held at Pandit Deendayal auditorium on 23rd November 2019. The theme of their function was 'Colors of Life'. The hall was packed to its capacity. The event began with the lighting of the lamp by Ms. Radhika Iyer Academic Advisor and Mr Ramesh Desai trustee of Zebar School. Our revered Principal Ms Sharmistha Sinha addressed the audience.

Students presented colourful dances with various colour themes like Orange, Yellow, Violet, Green and Blue. Ganesh Vandana was followed

by Sunshine Song and African Dance. The popular dance form of Punjab' Bhangra' reenergized the audience. Two dances named 'Arambh he prachand' and 'Dance of King Bahubali' were presented. All the dances were well-coordinated and brilliant as per the theme.

Students and teachers of the Primary section had put in long hours of practice for this beautiful show. The performances of the students left the audience spellbound. They responded with thunderous applause. Just as the primary section has signified the qualities of each colour, every human being too has their individual quality. The event concluded by a Vote of Thanks by Ms Bijal Raval. The event was a huge success and would not have been possible without the unconditional support of the parent community.





## 'Childrens Day' Celebration at Tripada Singapore Internationale School organized by Motherhood Foundation and The Open Page

14th November is celebrated as children's day in all over India. 14th November is also the birthday of Pandit Jawaharlal Nehru, the first prime minister of independent India. Childhood memories are sweetest of all. But with current scenario of over exposure to technology childhood is not really celebrated. To sensitize and spread awareness in children's on part of celebration of Children's day Motherhood Foundation & The Open Page organized a special talk with students of Std 5th to 8th of TRIPADA SINGAPORE INTERNATIONAL on topics like ; SAVE NATURE & PRO'S - CON'S OF SMART PHONES. More than 35 students participated. Each child got 5 minutes to speak on the selected topic All students came with such wonderful thoughts that Juries were completely spellbound. The 3 winners on each topic were awarded a gift from MOTHERHOOD FOUNDATION along with certificate. All participants got participation certificate from Motherhood Foundation.

### There were in total 6 winners

WINNERS OF PRO'S - CON'S OF SMART PHONES

Bhavya Shukla	STD 7TH
Arya Patel	STD 7TH
Manav Kabra	STD 7TH

### WINNERS OF SAVE NATURE

Chandrima Nair	STD 6TH
Kalash Niak	STD 7TH
Drasthi Chavda	STD 5TH

## Constitution Day Celebration

### CCIS Green Campus



Constitution Day!!! Students and teachers of Cosmos Castle International school Green Campus, Bopal, assembled to celebrate the 70th Constitution Day, reading the preamble. Students were addressed to generate an awareness of their duties and responsibilities towards building the Nation.

### CCIS SG Campus



Honouring the ideals of democracy, CCIS S.G. Campus celebrated 70th Constitution Day by reading out the preamble of Constitution in the school campus spreading awareness about rights and duties enshrined in the Constitution.

## DPS East Organized Painting Competition



DPS East, students showcased their talent and creativity through painting the plain canvas. A painting competition was organized in the lawns of the school wherein the students participated enthusiastically. Notably, the competition was organized to observe the ongoing celebration of 150th birth anniversary of Mahatma Gandhi.

## A Budding Poet of Udgam



She wrote her first poem when she was in class 4. A teacher had scolded her. She felt hurt but could not do anything. At midnight she got up and poured her heart out on paper in the form of a poem. The next she wrote was after a quarrel with her mother. This was in class 8. She had written about leaving home. She had described in it how she encountered poor,

helpless children on her way and then decided to return to the loving shelter of her home. Spontaneous reactions became a hobby. Vishvi Aurora has grown a lot since then and written many more poems. In her maiden publication, an anthology entitled 'Sequestered Vale of Life' she has written poems on a variety of subjects, most of them based on her own experience. No mean achievement for a girl of 16!

I feel honoured to review a book written by my student. Vishvi became confident to write more and publish a book. Now in class 11, Vishvi is pursuing the science stream. Her ambition is to become a doctor. Her studies take up a lot of her time, but still she steals a few minutes every day to pen down her thoughts and feelings in beautiful words.

This is also a form of relaxation for her. The collection shows Vishvi as a sensitive teenager going through myriad experiences. She has worked hard on making a collection of 50 poems. This has taken about 3 years. In the poem 'Dispute' Vishvi writes about how a small dispute leads to sorrow and tears.

There are two poems dedicated to teachers who have influenced her a lot. Where she has written about her near and dear ones, Vishvi becomes very emotional, like the ones on her grandfather, mother, father and sister. She shows a streak of her philosophical bent of mind in poems like 'Life' and 'A Dark Spaced Room'. I hope Vishvi achieves success in whatever she does, be it medicine or writing.

—Radhika Iyer, Director, Udgam School for Children

## Children's day celebration at LML School

Children's day was celebrated at LML School with great zeal and enthusiasm. The day coincided with LML School's annual sports day, hence, making it a day for doubled enjoyment. Also, a diabetes awareness camp was organized at the school premises, where the students were informed about the benefits of healthy eating by Dr. Mittal Panchal, who works with the Indian Medical Association. Dr. Panchal also discussed diabetes mellitus and its causes with the students. Accompanying her was Mr. Sadhu, a dietician and meditation guru. Both the speakers had the attention of the students before they asked for it.

After the session, the annual sports meet for classes 3-12 was declared open by Principal Ranjana Mandan. An oath of sportsmanship was taken by the Sports Captains, and repeated by all the participating athletes, which was followed by the lighting of the traditional school sports torch. The events of the day included 100 m sprint, 75 m sprint, relay race, sack race, and many more. All the races were for both boys and girls. The students were divided, class-wise, into different groups, and the four houses-Agni, Prithvi, Vayu, and Jal-energetically began their competition against each other. Someone outside the school grounds might've heard an explosion, such was the din created by the students to cheer their house-mates.

The teachers of LML too had their own races, which were different from the traditional ones.



The school Sports teacher Mr. Rajesh Jaani and his team did an excellent job managing the event. At the end of the day, Prithvi house bagged the first position, Agni house coming second by a very short margin. The academic awards for the previous year were presented on the same day as well. Finally, the event came to an end, and the students were served lunch in the school canteen, after which, the school buses dropped the students back home. The day was just another one with buoyant memories at LML!

The following day, i.e., 15th November was filled with innocent worries and joyful, tender glees of delight, as the tiny tots of LML enjoyed

the day as the Annual Sports Day for Pre-School. The little faces were over cloud nine with enthusiasm at seeing the gleaming medals, and their eagerness to hang the shining thing on their neck was clearly visible.

The day started, and several events, like 30 m sprint, lemon and spoon race, frog jump race, etc. were held one by one, the excitement only growing. The children were filled with restless energy, and sprinted up and down the school, showing off their medals proudly to the seniors. Finally the day came to an end, and the students went home in the school buses, still beaming with joy.

—Nisarg Patel, XI, YRC Member



# 'Curd Rice'



## Ingredients

1 cup boiled rice  
1/2 cup curds  
2 tblsp milk  
1 tsp oil  
1/2 tsp mustard seeds  
Salt to taste  
Pomegranate seeds and  
Coriander leaves for garnish

## Method

- 1) Take boiled rice in a bowl.
- 2) Add curds and milk to it.
- 3) Add salt and mix well.
- 4) Take oil in a small tempering vessel and heat it.
- 5) Add mustard seeds and allow spluttering.
- 6) Now add this to the rice and mix well.
- 7) Garnish with coriander leaves and pomegranate seeds.
- 8) Serve hot or cold according to your liking.



## A DELICIOUS RECIPE BY ESTHER SAMUEL

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

# Easter Egg Strawberries



## INGREDIENTS

1 lb. strawberries, washed  
2 c. white chocolate chips, divided

2 tsp. coconut oil, divided  
Blue, orange, yellow, and pink food coloring

## DIRECTIONS

1. Line a baking sheet with parchment paper and pat strawberries dry with paper towels. In a medium microwave-safe bowl combine 1 cup white chocolate chips and 1 teaspoon coconut oil and microwave in 30-second intervals until melted.
2. Divide melted chocolate between 4 different bowls and dye each one a different color. Dip strawberries in melted chocolate and place on prepared baking sheet. Refrigerate until set, 20 minutes.
3. Once strawberries are hardened, make frosting for decorating: Place remaining cup of white chocolate chips and teaspoon coconut oil in a medium microwave-safe bowl and microwave in 30-second intervals until melted.
4. Divide into 4 bowls again and dye each one a different color. Transfer dyed chocolate to 4 plastic bags and snip off a tiny corner of each bag.
5. Pipe designs onto strawberries and refrigerate again until hardened, 20 minutes.

# Water Fireworks for Kids

## What You Need

- Water
- Oil
- Food coloring
- Tall clear glass
- Another cup or glass
- Fork

## Create Fireworks in a Glass

1. Fill the tall glass almost to the top with room-temperature water. Warm water is ok, too.
2. Pour a little oil into the other glass (1 to 2 tablespoons).
3. Add a couple of drops of food coloring.
4. Briefly stir the oil and food coloring mixed with a fork. You want to break up the food coloring drops into smaller drops, but not thoroughly mix the liquid.
5. Pour the oil and coloring mixture into the tall glass.
6. Now watch! The food coloring will slowly sink in the glass, with each droplet expanding outward as it falls, resembling fireworks falling into the water.

## How It Works

Food coloring dissolves in water, but not in oil. When you stir the food coloring in the oil, you are breaking up the coloring droplets (though drops that come into contact with each other will merge... blue + red = purple). Oil is less dense than water, so the oil will float at the top of the glass. As the colored drops sink to the bottom of the oil, they mix with the water. The color diffuses outward as the heavier colored drop falls to the bottom.



## QUIZ

1. Which is the hottest continent on Earth?
2. Which is the smallest continent in the world?
3. What is the top colour in a rainbow?
4. How many years are there in a millennium?
5. Which country is home to the kangaroo?
6. What type of bird lays the largest eggs?
7. What covers approximately 71% of the Earth's surface: Land or water?
8. Which is the hardest substance available on earth?
9. Which is the biggest desert in the world?
10. Which country gifted The Statue of Liberty to the United States?
11. Who painted the Mona Lisa?
12. Who invented the telephone?
13. What is the name of the Greek God of music?
14. What does the "SIM" in the SIM card stand for?

## WINNER FOR LAST QUIZ

Saurabh Kumar Grade 8th C, Nalanda Vidyalay  
Send your answer to openpageyrc@gmail.com. Names of the Winners would be announced in the next issue



# Effective teaching strategies for the classroom



**MR. HIREN PARIKH**  
Academic Director  
Sanskardham, Bopal



ed into classroom lessons.

## 3. Inquiry-based Instruction:

Pose thought-provoking questions which inspire your students to think for themselves and become more independent learners. Encouraging students to ask questions and investigate their own ideas helps improve their problem-solving skills as well as gain a deeper understanding of academic concepts. Both of which are important life skills. Inquiries can be science or math-based such as 'why does my shadow change size?' or 'is the sum of two odd numbers always an even number?'. However, they can also be subjective and encourage students to express their unique views, e.g. 'do poems have to rhyme?' or 'should all students wear uniform?'.

## 4. Differentiation:

Differentiate your teaching by allocating tasks based on students' abilities, to ensure no one gets left behind. Assigning classroom activities according to students' unique learning needs means individuals with higher academic capabilities are stretched and those who are struggling get the appropriate support. This can involve handing out work-

sheets that vary in complexity to different groups; of students, or setting up a range of work stations around the classroom which contain an assortment of tasks for students to choose from. Moreover, using an educational tool such as Quiz Alize can save you hours of time because it automatically groups your students for you, so you can easily identify individual and whole class teaming gaps.

## 5. Technology in the Classroom:

Incorporating technology into your teaching is a great way to actively engage your students, especially as digital media surrounds young people in the 21st century. Interactive Whiteboards or mobile devices can be used to display Images and videos, which help students, visualize new academic concepts. Learning can become more interactive when technology is used as students can physically engage during lessons as well! As instantly research their ideas, which develop autonomy. Mobile devices, iPads or tablets, can be used in the classroom for students to record results, take photos/ Videos or simply as a behavior management technique. Plus, incorporating educational programs such

as Quiz Alize into your lesson plans is also a great way to Make formative assessments fun and engaging.

## 6. Behavior Management:

Implementing an effective behavior management strategy is crucial to gain your students respect and ensure students have an equal chance of reaching their full potential. Noisy, disruptive classrooms do not encourage a productive learning Environment, therefore developing an atmosphere of mutual respect through a combination of discipline and reward can be beneficial for both you and your student's. Examples include fun and interactive reward charts for younger students, where individuals move up or down based on behavior with the top student receiving a prize at the end of the week. 'Golden time' can also work for students of all ages, with a choice of various activities such as games or no homework in reward for their hard work.

## 7. Professional Development:

Engaging in regular professional development programs is a great way to enhance teaching and learning in your classroom. With educational policies constantly changing it is extremely useful to attend events where you can gain inspiration from other teachers and academics. It's also a great excuse to get out of the classroom and work along with other teachers just like you! Sessions can include learning about new educational technologies, online safety training, advice on how to use your teaching Assistant and much more.

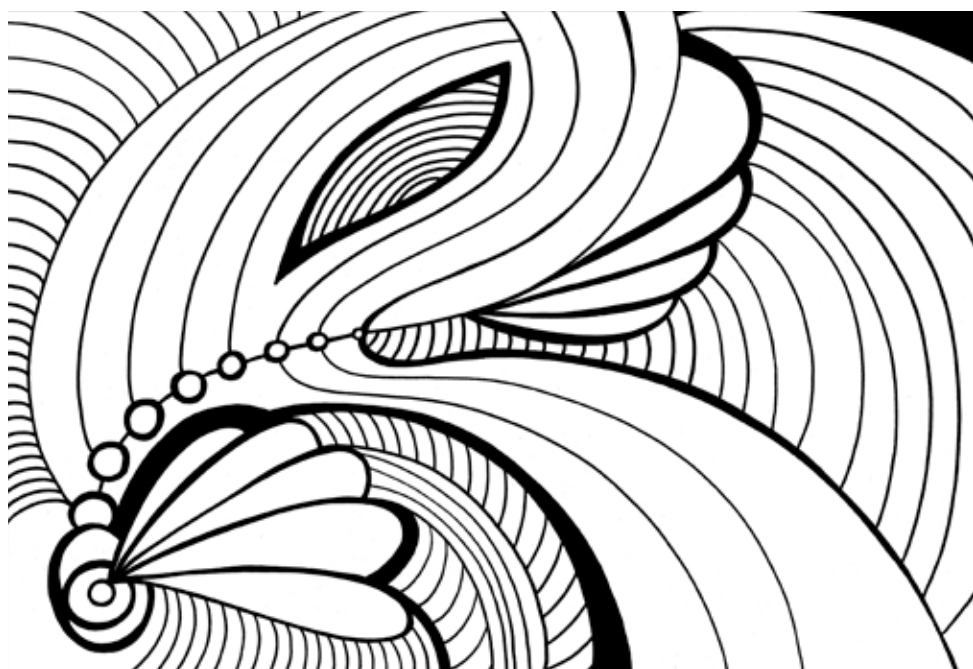
Being an effective teacher is a challenge because every student is unique, however, by using a combination of teaching strategies, you can address students' varying learning styles and academic capabilities as well as make your classroom a dynamic and motivational Environment for students.

**A.A.R.T.I.**  
ADVENTURE CAMP SITE

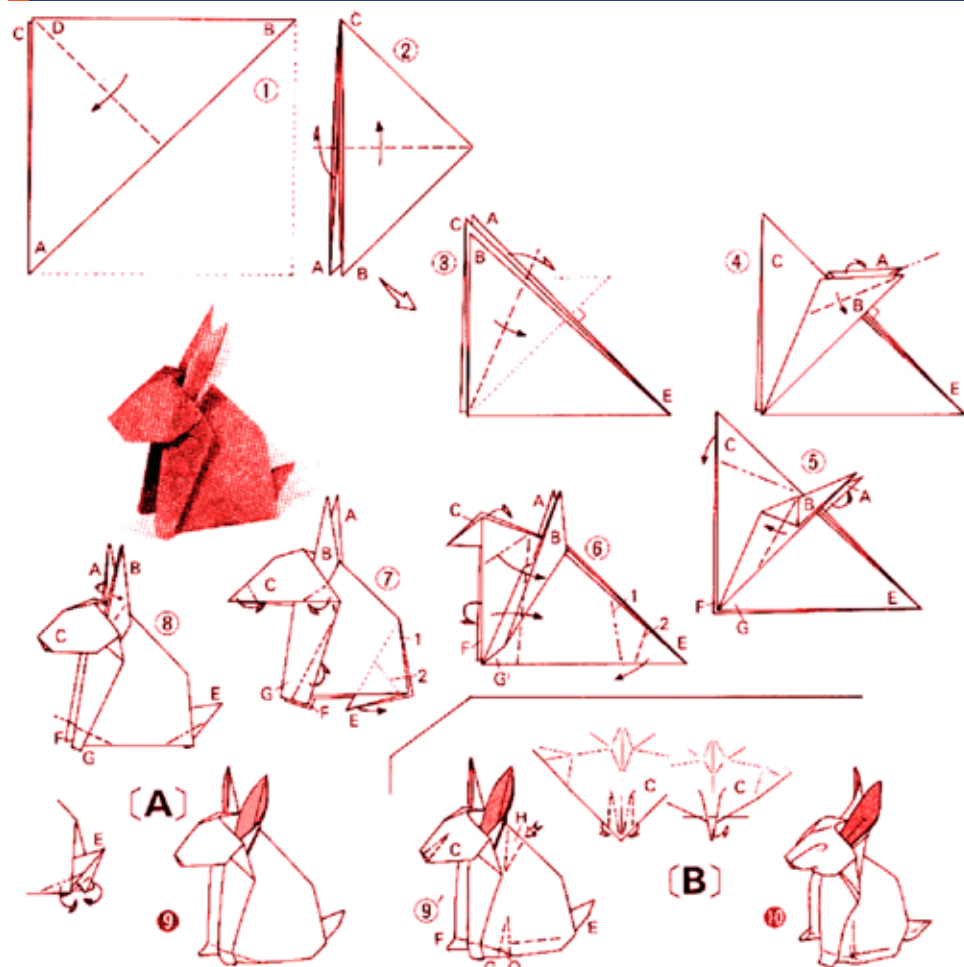
Anil Goswami : 9687615514  
Email id: campsaluva@gmail.com,  
Website: www.aartiacamps.com



## FILL IN THE COLORS



## ORIGAMI



## SUDUKO

1						2	7	6
		9	1	4				
	2				6		9	1
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## SPOT THE DIFFERENCES



## MATHS RIDDLE

7 4 5 3  
1 6 3 7  
3 8 1 7  
6 1 8 ?

## MATH CROSSWORD PUZZLE

Fill in the blanks of each crossword puzzle to make the multiplication equations true.

$$2 \times \square = 6$$

$$\square \times 5 = 30$$

$$\square \times 7 = \square$$

$$3 \times 12 = \square$$

$$\square \times 1 = \square$$

$$8 \times 4 = \square$$

$$11 \times \square = \square$$

$$\square \times \square = \square$$

$$\square \times 24 = \square$$

$$\square \times \square = \square$$

$$22 \times \square = 42$$

$$\square \times \square = 90$$

# SHIVAM DUBE

54  
RUNS  
30  
BALLS





# Major Somnath Sharma



Born:	31 January 1923 Dadh, Kangra, Punjab Province Present Day Himachal Pradesh
Died	3 November 1947 (aged 24) Badgam, India
Allegiance	British India
Service/branch	British Indian Army
Years of service	1942–1947
Rank	Major
Service number	IC-521
Unit	4th Battalion, Kumaon Regiment
Battles/wars	World War II Arakan campaign Indo-Pakistani War of 1947 Battle of Badgam
Awards	Param Vir Chakra

On 3 November 1947, Major Somnath Sharma's company was ordered on a fighting patrol to Badgam in the Kashmir Valley. He reached his objective at first light on 3 November and took up a position south of Badgam at 11:00 hours. The enemy, estimated at about 500 attacked his company position from three sides; the company began to sustain heavy casualties. Fully realizing the gravity of the situation and the direct threat that would result to both the aerodrome and Srinagar via Hum Hom, Major Somnath Sharma urged his company to fight the enemy tenaciously. With extreme bravery he kept rushing across the open ground to his sections exposing himself to heavy and accurate fire to urge them to hold on. Keeping his nerve, he skillfully directed the fire of his sections into the ever-advancing enemy. He repeatedly exposed himself to the full fury of enemy fire and laid out cloth strips to guide our aircraft onto their targets in full view of the enemy. Realizing that casualties had affected the effectiveness of his light automatics, this officer whose left hand was in plaster, personally commenced filling magazines and issuing them to the light machine gunners. A mortar shell landed right in the middle of the ammunition resulting in an explosion that killed him. Major Sharma's company held on to this position and the remnants withdrew only when almost completely surrounded. His inspiring example resulted in the enemy being delayed for six hours, thus gaining time for our reinforcements to get into position at Hum Hom to stem the tide of the enemy advance. His leadership, gallantry and tenacious defense were such that his men were inspired to fight the enemy by seven to one; six hours after this gallant officer had been killed. He has set an example of courage and qualities seldom equaled in the history of the Indian Army. His last message to the Brigade Headquarters a few moments before he was killed was, 'the enemy are only 50 yards from us. We are heavily outnumbered. We are under devastating fire. I shall not withdraw an inch but will fight to the last man and the last round.'

# Naik Jadu Nath Singh



Born	21 November 1916 Khajuri, Shahjahanpur, (now Uttar Pradesh)
Died	6 February 1948 (aged 31) Tain Dhar, Nowshera, Jammu and Kashmir
Allegiance	British Indian Empire
Service/branch	British Indian Army
Years of service	1941–1948
Rank	Naik
Service number	27373
Unit	1st Battalion, Rajput Regiment
Battles/wars	Second World War Arakan Campaign 1942–1943 Indo-Pakistani War of 1947
Awards	Param Vir Chakra

At No 2 picquet on Taindhar on 6 February 1948, No 27373 Naik Jadunath Singh was in command of a forward section post, which bore the full brunt of the enemy attack. Nine men against overwhelming odds garrisoned the little post. The enemy launched its attack in successive waves and with great ferocity to overcome this post. The first wave swept up to the post in a furious attack. Displaying great valour and superb qualities of leadership Naik Jadunath Singh so used the small force at his disposal that the enemy retired in utter confusion. Four of his men were wounded but Naik Jadunath Singh again showed his qualities of good leadership by reorganising the battered force under him, for meeting another onslaught. His coolness and courage were of such an order that the men rallied and were ready for the second attack which came with greater determination and in larger number than the preceding one. Though hopelessly outnumbered, this post under the gallant leadership of Naik Jadunath Singh resisted. All were wounded, and Naik Jadunath Singh, though wounded in the right arm, personally took over the Bren gun from the wounded Bren gunner. The enemy was right on the walls of the post but Naik Jadunath Singh once again showed outstanding ability and valour of the highest order in action. By his complete disregard for his personal safety and example of coolness and courage, he encouraged his men to fight. His fire was so devastating, that what looked like impending defeat was turned into a victory and the enemy retreated in chaos leaving the dead and wounded littered on the ground. With this act of supreme heroism and outstanding example of leadership and determination, Naik Jadunath Singh saved the post from the second assault. By this time, all men in the post were casualties. The enemy put in his third and final attack in undiminished numbers and determination to capture this post. Naik Jadunath Singh, now wounded, prepared literally single-handed to give battle for the third time. With great courage and determination, he came out of the sangar and finally with the Sten gun, made a most magnificent single-handed charge on the advancing enemy, who, completely taken by surprise, fled in disorder. Naik Jadunath Singh, however, met his gallant death in his third and last charge when two bullets hit him in the head and chest. Thus, charging single-handedly at the advancing enemy, this Non-Commissioned Officer, performed the highest act of gallantry and self-sacrifice and by so doing saved his section-nay, his whole picquet from being overrun by the enemy at the most critical stage in the battle for the defence of Nushera.



## 1 December - World AIDS Day



World AIDS Day, held each year on December 1, is an opportunity to celebrate and support global efforts to prevent new HIV infections, increase HIV awareness and knowledge, and support those living with HIV.

Since World AIDS Day was first observed more than 30 years ago, progress to prevent and treat HIV has been extraordinary. HIV medicines are available to help people with HIV live long, healthy lives and prevent HIV transmission. In addition, effective HIV prevention methods, including pre-exposure prophylaxis (PrEP) and post-exposure prophylaxis (PEP), are available.

## 2 December - National Pollution Control



National Pollution Control Day is celebrated every year on December 2. It is celebrated to honor and memorialize the thousands of lives lost due to the Bhopal Gas tragedy in 1984. One of the ways to celebrate it is to spread awareness among people regarding how to fight and prevent pollution.

## 3 December - World Day of the Handicapped



International Day of Persons with Disabilities is an international observance promoted by the United Nations since 1992. It has been observed with varying degrees of success around the planet.

## 4 December - Indian Navy Day



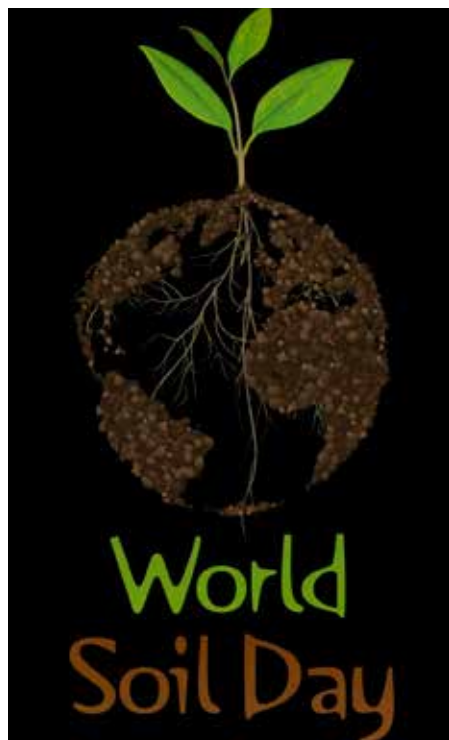
Navy Day in India is celebrated on 4 December every year to recognize the achievements and role of the Indian Navy to the country. 4 December was chosen as on that day in 1971, during Operation Trident, the Indian Navy sank four Pakistani vessels including PNS Khaibar, killing hundreds of Pakistani Navy personnel.

## 5 December - International Volunteer Day



The International Volunteer Day for Economic and Social Development, more commonly referred to as International Volunteer Day, is an international observance mandated by the UN General Assembly in 1985.

## 5 December - World Soil Day



Every 5 seconds, the equivalent of one soccer field of soil is eroded. This alarming fact reaffirms the need to raise awareness through World Soil Day of this growing problem as the Earth's population expands.

This year, by addressing the increasing challenges of soil management, the FAO campaign "Stop soil erosion, Save our future" aims to raise awareness of the importance of sustaining healthy ecosystems and human well-being. By encouraging people around the world to engage in proactively improving soil health, the campaign also aims to raise the profile of healthy soil. If we do not act soon, erosion will; the fertility of soil will continue to be adversely affected in an alarming rate, threatening global food supplies and food safety.

## 7 December - Indian Armed Forces Flag Day



The Armed Forces Flag Day or the Flag Day of India is a day dedicated to India towards collection of funds from people of India for the welfare of the Indian Armed Forces personnel. It has been observed annually in India on December 7 since 1949.

## 7 December - International Civil Aviation Day



In 1996 the United Nations General Assembly proclaimed that 7 December was to be the International Civil Aviation Day. The day has been celebrated by the International Civil Aviation Organization since 7 December 1994, the 50th anniversary of the signing of the Convention on International Civil Aviation.

## 9 December - International Anti-Corruption Day



International Anti-Corruption Day has been observed annually, on 9 December, since the passage of the United Nations Convention Against Corruption on 31 October 2003 to raise public awareness for anti-corruption.

## 10 December - Human Rights Day



Human Rights Day is celebrated annually across the world on 10 December every year. The date was chosen to honour the United Nations General Assembly's adoption and proclamation, on 10 December 1948,

## 10 December - Children's Day of Broadcasting



The International Children's Day of Broadcasting was launched in 1992 to provide children an opportunity to be seen and heard on airwaves. It is now celebrated around the world on Second Sunday of December every year.

## 11 December - UNICEF Day



UNICEF BIRTHDAY. On December 11, the anniversary of the creation of UNICEF is remembered. Since its founding, the United Nations International Children's Emergency Fund provides humanitarian and developmental assistance to children and mothers in developing country.

## 11 December - International Mountain Day



Mountains are home of the 13% of the world's population and a quarter of the world's land animals and plants. They provide freshwater for everyday life to half of humanity. Their conservation is a key factor for sustainable development and is part of Goal 15 of the SDGs.

Unfortunately, mountains are under threat from climate change and overexploitation. As the global climate continues to warm, mountain people — some of the world's poorest — face even greater struggles to survive. The rising temperatures also mean that mountain glaciers are melting at unprecedented rates, affecting freshwater supplies downstream for millions of people.

## 14 December - World Energy Conservation Day



World Energy Conservation Day is celebrated on 14th December globally to highlight the importance of energy consumption and its use in our day-to-day life, its scarcity and its impact on sustainability of global eco systems.

## 15 December - International Tea Day



International Tea Day is observed annually on December 15. It has been celebrated since 2005 in tea producing countries like Bangladesh, Sri Lanka, Nepal, Vietnam, Indonesia, Kenya, Malawi, Malaysia, Uganda, India and Tanzania.



# THE ART OF DRAWING



Sheffield United after storming back from 2-0 down to lead 3-2.

"We got ourselves in a great position in the second half (against Villa) and again conceded a sloppy goal really,"

Maguire said. "As a defender especially, it's frustrating," he added.

"We haven't really conceded many chances or goals prior to the last two games and then we've conceded five."

Jose Mourinho returns to Old Trafford for the first time since he was sacked a year ago with a resurgent Tottenham side on Wednesday before United make the short trip to neighbours Manchester City at the weekend. Solskjaer has to find a way to turn draws into wins, having managed just six victories in 22 league matches since being appointed permanent manager in March. Maguire believes the quick turnaround from Sunday to Wednesday could help United after their recent disappointments.

"It's perfect. When you don't win any football match you want a game as soon as possible to put things right," he said. "And there's no better way than to play Tottenham here at Old Trafford."

If United's hierarchy want improvement this season then they must surely back Solskjaer in the transfer window and provide him with the missing quality his side needs.

Manchester United need a commanding presence in the centre of midfield, a holding player who can give them the kind of steel that Fernandinho gave Manchester City last season or Fabinho has provided for Liverpool this term.

An alternative or back-up to Anthony Martial at centre-forward would also be welcome and so would a creative mid-field playmaker capable of providing the killer passes that Martial and Marcus Rashford could thrive on.



# RELAX, BRIAN

Warner, himself, said he had no regrets but admitted he was thinking about Lara's record as he motored past 300. "If the boundaries were a little bit shorter, I might have taken them on a bit more," Warner told broadcaster Fox Sports. "Wadey kept on saying to me at the other end, let's not run too hard and run ourselves out."

He said he had more regrets when dismissed for 253 in Perth against New Zealand in 2015, having been in rollicking form with a fast outfield.

He now holds the distinction of being one of only three Australians to score more than 250 twice, the others being Bradman and former captain Michael Clarke.

It is exalted company for a man fingered as the master-mind of the ball-tampering scandal at

Newlands last year, which scandalised a nation and saw him banned for 12 months along with former skipper Steve Smith.

Smashing 154 in the first Test in Brisbane, Warner now has 489 runs for the series, an outrageous rebound from his gloomy Ashes when he was preyed upon by Stuart Broad and jeered relentlessly throughout by the English crowds. Warner said he wanted to produce a "massive statement" upon returning home, having missed the previous Australian summer while serving his ban.

He and Marnus Labuschagne did that in spades as they combined for a 361-run partnership, a second-wicket record in Australia, before the blossoming number three was bowled for 162. "(There was) poor form in England," said Warner. "But to come back here in Australia, put some back-to-back performances on the board, have that consistency and start the summer well for our team, that's what I was more proud of myself for."

**BRIEF SCORES** Australia 589/3 (D Warner 335\*, M Labuschagne 162; S Afridi 3/88) vs Pakistan 96/6 (B Azam 43\*; M Starc 4/22)



# Be passionate, and achieve your goals

## SHANAY K PATEL



Boys Under 13 Singles Ranking 2019 (2007)

Sr. No.	Name of Players	City	DOB	SRT	RJT	GNR	Total Points
1	Shanay K Patel	AHD	2007	6	6	6	18
2	Tanay Sanghvi	AHD	2007	2	5	5	12
3	Siddhant A Singh	AHD	2007	3	3	3	9
4	M.Ali Mir	MEH	2009	3	3	3	9
5	Ayaan Bindal	AHD	2007	2	3	3	8

Boys Under 13 Doubles Ranking 2019 (2007)

Sr. No.	Name of Players	City	DOB	SRT	RJT	GNR	Total Points
1	Ayaan Bindal	AHD	2007	2	2	2	6
2	Shanay K Patel	AHD	2007	2	2	2	6
3	Nisarg V Patel	BH	2007	1.5	1.5	1.5	4.5
4	Aryan Kotak	JAM	2007	0	1.5	1.5	3
5	Vanish Rohit	BH	2007	0	1.5	1.5	3

### At what age did you develop an interest in badminton?

At the age of 6.5 years. Both my parents believed that i should play at least one sport and put me for formal coaching from the beginning.

### How do you manage your studies and your passion together?

It is basically managing my time efficiently. I wake up at 6.00am and finish my day at 11.00pm. My day consists of 2 hours of fitness, 2-3 hours of on-court training, 4-6 hours of school / studying, 1 hour of afternoon nap in addition to daily routine activities. I miss classes when I go for state and national tournaments and also while going to training camps. My school headmistress, teachers and management have supported my training and playing badminton right from the beginning. My badminton coaches Rajesh Yadav and Vivek Rawal also help me improve, stay focused and ensure that I keep learning and improving from my wins and losses.

### How many tournaments have you played and won till date?

I have been playing Gujarat State Badminton Tournaments since 2016-17 hosted in cities of Surat, Rajkot, Navsari, Palanpur, Gandhinagar etc under the aegis of Gujarat State Badminton Association. Till date i have won all 6 gold medals in the boys under 13 singles category in the past 2 years. I have also won gold in 3 tournaments in the

boys doubles under 13 category. I have finished in the last 16 at 3 National Tournaments held under the aegis of Badminton Association of India. My current national ranking is in the top 16 players of the under 13 boy's singles ranking.



### How did your parents and school react when you won your first medal? (and what was your reaction)

Both my parents as my grandparents, family, friends and my coaches were very proud of my first medal. They complimented me on my sincerity and dedication at the same time pointing out to me that this was just the beginning and i would need to work very hard if I wanted to play badminton at the National & International levels.

### Who is your role model?

Lee Chon Wei the famous Malaysian Badminton player is my role model. Though he has not won an Olympic gold in his career, I admire him for his consistency, dedication, focus, fitness and humbleness.

### Where do you see yourself in 10 years?

There are a lot of players who are better than me at this stage but i am sure that i will be the best one day if I am focused and work hard with continued support of my parents and family. My goal is to be part of the Indian Badminton Contingent for Asian Games, Common Wealth Games and the Olympics by 2025. I know I will have to work very hard and with absolute focus and consistency if i have to reach this goal.

### How would you like to motivate other students who want to actively participate in sports?

In the initial years one must be able to balance studies and sports. Even if you don't win championships and medals, playing a sport makes one fitter in both body and mind. It instills a sense of sportsmanship and also makes children stay away from the digital world of television, smart phones etc. Sports as a full time option are also being considered by many children. Parents are also now open to the idea of children pursuing sports as a serious career option. I would recommend all children to play at least one sport seriously and consistently.





## China not among 41 friendly nations invited for Naval drills hosted by India



Despite the bonhomie between Prime Minister Narendra Modi and Chinese President Xi Jinping, India has reservations to include Chinese Navy in maritime exercises even though the armies of the two countries will be participating in military drills later this month. Indian Navy Chief Admiral Karambir Singh made it clear that only "like-minded" countries will be part of the upcoming Milan Exercise for which Indian Navy has sent invites to 41 countries. He said this while answering a question on why China was not invited for the drill to be held in March 2020 to be hosted by the Indian Navy.

## One Nation One Ration Card to be effective nationwide from June: Ram Vilas Paswan



The government's 'One Nation One Ration Card' initiative that will largely cover migrant labourers and daily wagers will come into force across the country from June 1, 2020. Under the initiative, eligible beneficiaries would be able to avail their entitled food grains under the National Food Security Act from any Fair Price Shop (FPS) in the country using the same ration card. This would be made available after biometric/Aadhaar authentication on ePoS (electronic Point of Sale) devices, Paswan, the Minister for Consumer Affairs, Food and Public Distribution, told the Lok Sabha.

## North Korea's Kim celebrates completion of modern mountainous city



North Korean has celebrated the completion of leader Kim Jong Un's signature construction project, a new city near the sacred mountain where his family claims its roots, with state media on Tuesday calling it the epitome of modern civilisation. A massive celebration involving fireworks was held at the city near Mount Paektu on Monday, the official KCNA news agency said. The Rodong Sinmun, a ruling party mouthpiece, ran photos showing Kim smiling as he cut a ribbon at the ceremony and buildings covered in snow. The city named Samjiyon is envisaged as a socialist utopia with new apartments, hotels, a ski resort and commercial, cultural and medical facilities.

## Trump says US's Hong Kong law doesn't help China trade talks



US President Donald Trump said on Monday US legislation backing protesters in Hong Kong did not make trade negotiations with China easier, but added he believes Beijing still wants a deal with the United States. The law doesn't make it better, but we'll see what happens, Trump said, talking to reporters. He gave no indication when the deal would be finalized, but two other US officials said a deal could still happen this year depending on China's actions. Washington and Beijing have yet to ink a so-called phase one trade agreement announced in October, which had raised hopes of a de-escalation in their prolonged trade war. The global economy has shuddered with each salvo of tariff hikes by the world's two largest economies.

## Iraqi prime minister to resign in wake of deadly protests



A day after more than 40 protesters were killed by security forces, Iraq's prime minister announced Friday that he would submit his resignation to parliament, a step that carried uncertainty for the entire government and stirred fears of a possible political crisis. The move by Adel Abdul-Mahdi came 13 months after he took office and followed calls by Iraq's top Shiite cleric for lawmakers to withdraw support. At least four protesters were killed in the hours after the announcement in continuing violence in Baghdad and southern Iraq.

## DMK gives adjournment motion notice in LS over 'economic recession'



Dravida Munnetra Kazhagam (DMK) has given adjournment motion notice in Lok Sabha over "economic recession and unprecedented job loss in information technology sector". The opposition has been criticising the Narendra Modi-led government for the economic slowdown in the country. The economic growth slowed to 4.5 per cent in the July to September quarter from 7.1 per cent in the corresponding period of last year, the government data showed on Friday. The economy had a weak performance last quarter with the GDP growth rate dropping to 5 per cent.

## PM Modi pays tribute to Rajendra Prasad on his 135th birth anniversary



Prime Minister Narendra Modi on Tuesday paid tributes to India's first president Rajendra Prasad on his 135th birth anniversary, recalling his contribution in framing of the Constitution. Prasad was born on this day in 1884 in Ziradei, Bengal Presidency (present-day Bihar). "He (Rajendra Prasad) played a very active role in the freedom movement, and also made a special contribution in the framing of the Constitution,"

## Tesla CEO Musk facing defamation trial for tweet



Elon Musk is going on trial Tuesday for his troublesome tweets in a defamation case pitting the billionaire against a British diver he allegedly branded a pedophile. The Tesla CEO will be called to testify early in the case in Los Angeles federal court to explain what he meant when he called Vernon Unsworth, who helped rescue youth soccer players trapped underwater in a Thailand cave, "pedo guy" in a Twitter spat more than year ago.

## BIRTHDAY WISHES

### PABLO ESCOBAR

01<sup>st</sup> DECEMBER 1949

Pablo Emilio Escobar Gaviria 1 December 1949 – 2 December 1993 was a Colombian drug lord, narcoterrorist, and politician who founded and was the sole leader of the Medellín Cartel. Dubbed "The King of Cocaine", Escobar is the wealthiest criminal in history, having amassed an estimated net worth of US\$30 billion by the time of his death—equivalent to \$58 billion as of 2018—while his drug cartel monopolized the cocaine trade into the United States in the 1980s and 1990s.



### KURT ANGLE

09<sup>th</sup> DECEMBER 1968

Kurt Steven Angle born December 9, 1968 is an American actor, retired professional wrestler and amateur wrestler, currently signed to WWE where he works as a backstage producer. While at Clarion University of Pennsylvania, Angle won numerous accolades, including being a two-time National Collegiate Athletic Association (NCAA) Division I Heavyweight Wrestling Champion. After graduating from college, Angle won a gold medal in freestyle wrestling at the 1995 World Wrestling Championships.



### PRANAB MUKHERJEE

11<sup>th</sup> DECEMBER 1935

Pranab Mukherjee born 11 December 1935 is an Indian politician who served as the 13th President of India from 2012 until 2017. In a political career spanning five decades, Mukherjee has been a senior leader in the Indian National Congress and has occupied several ministerial portfolios in the Government of India.[2] Prior to his election as President, Mukherjee was Union Finance Minister from 2009 to 2012. He was awarded India's highest civilian honour, the Bharat Ratna in 2019 by the President of India, Ram Nath Kovind.



### RAJINIKANTH

12<sup>th</sup> DECEMBER 1950

Rajinikanth born 12 December 1950 as Shivaji Rao Gaekwad is an Indian actor who works primarily in Tamil cinema. He began acting in plays while working in the Bangalore Transport Service as a bus conductor. In 1973, he joined the Madras Film Institute to pursue a diploma in acting. Following his debut in K. Balachander's 1975 Tamil drama Apoorva Raagangal, his acting career commenced with a brief phase of portraying antagonistic characters in Tamil films.





**CHANDRESH LODHIYA**  
Managing Director,  
Anala Outdoors

# LET'S GO BIRDING...



Birds contribute to the beauty of the natural world by their magnificent colours. They seek our instant attention whether seen at a distance, flying high up in the sky or closely, so as to understand every detail. A world without birds is unthinkable, yet most of us take them for granted and ignore their valuable ecological role as saviors of life forms on earth. These are of immense importance, for instance they

- Help in seed dispersal
- Help in pollination
- Help in maintaining the ecological balance
- Help in keeping the insect and rodent population in check
- Help in boosting eco-tourism
- Enhance the beauty of Nature
- Help in keeping the Nature clean, as some birds are scavengers
- Are the inspiration behind the idea of an aero plane
- Are an important link in the food chain

Any new hobby around or study of birds is sure to begin with questioning what distinguishes them from the other four classes of vertebrates – Fish, Amphibians, Reptiles and Mammals. Birds can be described as animals with two legs and a covering of feathers. Their feathers make them a class by themselves (Aves) and the easiest to recognise.

Bird watching is a way not only of learning about birds, but a channel for the study of the natural world as a whole. The immense variety, the large size and colourful plumage of many species make it an attractive hobby. Bird watching brings us close to nature and increases our patience, concentration and observation power. Bird watching is relatively simple for the beginner to take up, as it requires no special equipment except a reference book. A recommendation for the same would be a Pocket Guide to the Birds of the Indian Subcontinent by Richard Grimmett, Carol Inskipp & Tim Inskipp.

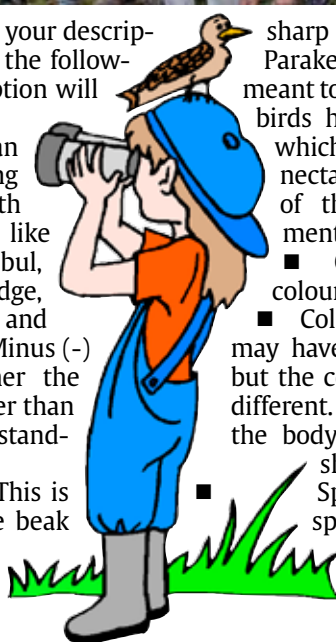
Binoculars are of great help in identification. A pair of binoculars of the size 7 x 50 or 8 x 50 is ideal for a birdwatcher.

To begin this hobby, one should try to observe and identify birds around one's own surroundings or visit a lake for water birds (Thol is the nearest bird sanctuary from Ahmedabad). It is best to wear subdued colours, walk slowly and make use of covers such as trees and bushes. The best time for bird watching is immediately after sunrise and just before sunset.

You should be quiet, careful and patient. To quote the renowned ornithologist Dr. Salim Ali, "For bird watching, two is a crowd!" Carry a notebook, so that you can note down all the minute details of any bird you can't identify im-

mediately and then check your descriptions from there. Noting the following points in your description will help with identification:

- Size of the bird: This can be done by comparing the size of the bird with other common birds like Sparrow, Quail, Bulbul, Myna, Pigeon, Partridge, Crow, Kite, Duck, Hen and Vulture. Plus (+) and Minus (-) signs indicate whether the bird is bigger or smaller than the above-mentioned standard sized birds.
- Shape of the Beak: This is very important as the beak suggests the feeding habit of a bird. For example, Raptors have



sharp beaks to cut and eat flesh. Parakeets have a beak specially meant to crack nuts and fruits. Sun-birds have a thin pointed beak, which helps them in sucking nectar from flowers. The colour of the beak should also be mentioned.

■ Overall colour: The overall colour should be noted down.

■ Colour of the feet: Many birds may have the same overall colour but the colour of their feet may be different. The length (in relation to the body) and colour of the feet should be mentioned.

■ Special coloured mark: Any special coloured mark on the body should be noted to make identification easy and accurate. For exam-

ple, the Sarus Crane has red colour on the neck.

- Prominent mark: Any prominent marks or a crest are to be mentioned to make identification easy. For example, Ultramarine Flycatcher has a white eyebrow, which is very prominent.

- Shape & Size of the Tail: The shape, size and colour of the tail also play an important part in identification. For example, Treepies have a very long tail. In Raptors, the shape of their tail is very important for identification.

- Micro Habitat: Whether the bird was seen in a garden, in the forest, in a lake/pond, on the electric wire etc is also important to make a note of.

- Habit: Any peculiar behavior of the bird should also be mentioned. For example, a Flycatcher will sit on an electric wire or on the top branch of a tree, catch an insect in flight and come back to the same spot where it was sitting.

But while observing the bird which is not clearly visible, do not, on any account, disturb the bird to get a better look. Remember that the bird is more important than your bird watching and so, doing something like throwing a stone at the innocent creature to make it fly should always be avoided.

Some good places for bird watching in Gujarat are Nalsarovar and Thol near Ahmedabad, Narda and Pariej near Kheda, Vadhvana near Vadodara, Kutch Bustard Sanctuary in Kutch, Khijadia Bird Sanctuary near Jamnagar, Hingol-gadh Sanctuary in Rajkot district, Gir National Park near Junagadh, Polo in Sabarkantha district, Shoolpareshwar Sanctuary near Bharuch, Dangs near Surat and many more.

Winter is the best season for birding, as you get to see many migratory birds as well. So dear friends, dress up, take your binoculars and get ready for Birding!



# Transforming Youth for Building a Strong Nation

lives is his mission. His passion is to help people reach self-realization and create extra-ordinary changes in their lives so that they can unleash their hidden and dormant potential. He has touched more than 5 million lives in 11 years. His work has been appreciated and blessed by several global leaders which includes His Holiness Dalai lama, World Tennis Champion Roger Federer, World Boxing Champion Vijender Singh, Cabinet Minister Piyush Goyal, Muhammad Faisal: 5 times Guinness World Record Holder for Strongest Memory and many more. He the Author of "You v/s You" Book.

One of the many tasks that he has undertaken is that of a contributor to United Nations Sustainable Development Goals India 2030 (UNSDG) program. Under this he has founded an application namely UNITED FIRST. This application primarily is a venture to unite the Indian youth to contribute constructively in the fabric of the society. The modules of this application are designed in a way that it

helps in the preservation or conservation of our natural environment.

- Adopt tree – Adopt life,
- Our Planet – Our Choice – Our Dream,
- Clean India – Win India,
- Save Energy – Save Future,
- Use Bucket – Save Water

are some of its modules. Each one of these modules motivates the user of the app to contribute one act or deed a day that helps to save our environment. This does not require the user to go out of his/her way to do this act/deed but can be done in his/her daily routine. This positive action done by the user is to be clicked as a pic and uploaded on the app which earns the user some definite points on the Josh Meter in the app. The higher the points, the greater the reward which is in turn reciprocated by another good deed towards the user. If one logs on to the app it is refreshing to see many youngsters working positively and with dedication towards environment change and betterment.



Born and brought up in Ahmedabad, youth activist Sajan Shah has a strong purpose of helping today's youth to unleash their hidden potential by providing them all tools, strategies and knowledge by their life transforming training programs. Keeping this perspective in mind Sajan Shah is going to address students from more than 38 schools of Ahmedabad which will be totally unconditional and will cover 7 main topics of student's life in live session which will include.

- Power of dedication, focus and sacrifice in Life
- Consistent Directed Self Motivated Efforts
- Smart studies in 21st Century
- Consistent Directed Self Motivated Efforts
- Desire v/s Deserve
- Goals, passion and importance of purpose in life
- Bridging the gap of parents and their children

## Purpose of Initiating Plantable Pencil Drive:

In the same program Sajan is gifting plantable pencil to all students in order to initiate one more movement for Climate action under the banner of United First, working for UNSDG India 2030.

Why choose a Plantable Pencil? Plantable pencils are 100% sustainable. All aspects of the of plantable pencil are sustainable and non-toxic – from the biodegradable seed capsule to the 100% natural clay and graphite core and PEFC/FSC- wood. Most pencils, once sharpened down to a stub, serve no further use. At United First, he has created a solution to combat this waste. A pencil with a water activated seed capsule which can be planted when it becomes too short to use. What was once a writing utensil soon grows into an herb.

He will work every day in 5 schools, he is also initiating Public programs open for every individual who wants to build a positive family culture and improve their study skills in Ahmedabad from 16th December to 20th of December.

**35000 Youth... 9000 Parents... 38 Schools... 5 Days... Ahmedabad.**

**“Learn 20 LIFE CHANGING methods in 2 hours”**

Our every Public Programs are totally FREE and Unconditional.

Program in  
**हिंदी**

**2 Hours Seminar**

MEMORY POWER,  
BUILDING POSITIVE FAMILY CULTURE,  
LIFE MOTIVATION  
& PARENTING SESSION

**16<sup>th</sup> TO 20<sup>th</sup> December 2019**

**8.00PM TO 10.00 PM**

**Bhaikaka Hall, Law Garden, C.G. Road**

GIFTING OVER 25,000 PLANTABLE PENCILS TO PREVENT GLOBAL WARMING

**FREE ENTRY**

The Open Page

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Compulsory : Come With Your Parents & Reading Material.

Entry on first come, First Basis.



**Sajan Shah**

MEMORY MAN OF INDIA  
YOUNGEST MOTIVATIONAL SPEAKER