

# The Open Page

## Inspire Learning

Happy Republic Day

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## INSIDE

### Why do students have...



Yes, indeed it is a term that we all use so casually but it is a phenomenon that causes distress not only amongst the students but also amongst the parents.

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### Teachers should demonstrate Professional Approach



Society respectfully eyes a Doctor, Architect, Engineer, Chartered Accountant, University Professor, etc.

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### 71th Republic Day 2020...



When India became Independent on 15th August 1947, our country did not have its Constitution and in total it was dependent on the colonial Government of India Act, 1935.

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### HELP CONSERVE NATURE



While talking about nature conservation, the first question that to mind is "How will my little contribution help this massive problem?" But, conservation starts with the efforts of a single individual.

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## What's your Dream Career?

Today's generation is very lucky to have the right to choose their career. Also this generation is well informed, well aware and has right to explore many options. Choosing a right career at the right time is very important for all children. Selecting a right career is very crucial decisions as this is one of those moments that can change your whole life.

Therefore, such important decision should be given a quality time along with quiet introspection also you should take guidance from your parents & your teachers. Self-examination and adequate information about the fields of your interest are the keys that can help you choose a satisfying career that you will enjoy for years ahead.

### Assess your work style

You will be comfortable doing a job that suits your work style. Know an answer to the questions like if you want to accomplish your goals on your own, or you need a disciplined work environment to do your best, you like to travel around or want a sitting job, you like social interaction or love to stay alone. One must take into account all these interests while choosing a perfect carrier.

### Evaluate your potentials

Before getting on a decision one must calculate his or her potentials and abilities needed to succeed in the career of his interest. Make an analysis and research of the field to get aware of the skills and abilities required for it and then weigh up your qualities if they are suitable enough to get into this field.

### Know your interests & talents

Sometimes a hobby can even bloom up a good career for you. So if you have any hobby or a talent that you are good at just take it seriously to make it your profession. Think of the effective ways to transform activities that come naturally to you into a good career. For example: If one is good at playing a musical instrument he or she can choose to be a musician. Similarly, one interested in facial makeup can find a better option in the makeup field as a beautician.

### Check your Financial limits

Before opting a particular career you need to know your financial goals. You must choose a career which can fetch



you with enough bucks to meet your financial goals. For example: If you want to own a villa in a posh area in a metro city, then working as a retail clerk might not help you. Remember 'If you think big, you achieve big.' But keep in mind that you may have to make some compromises along the way, but generally speaking, the career you choose should allow you to meet your financial goals.



### Use the self-assessment Tools

Using the self-assessment tools will really help you to narrow your career options. To assess your aptitude for the fields you are interested in, you can take help from the online job descriptions, quizzes and career information. Attend the career counseling seminars. It is also helpful to ask your school, local community services, university, etc. to assist you in career choices. Many books and workbooks are also available to guide you through the self-assessment process.

### Be Patient

At the end just be patient as finding the right career is a process, not an event. After all, it's going to affect your whole life. Your startup in a field can't be the eventual opportunity for you. It can give you a foothold on the career ladder you want to climb. All you need is to set the goals and follow a strategic plan to achieve your dream career.

### Discover your personality type

Understanding yourself and others better will help you communicate more effectively in the workplace. Of course, everybody is different, but people often display, or have character traits, which fall into one of two distinct personality types, shown below. These are extremes though, there is no right or wrong personality type or trait.

- Introverts: generally quiet and inwardly thoughtful
- Extroverts: more talkative and outgoing

Then again, many people don't fit into either category. 'Ambiverts' have characteristics of both introverts and extroverts depending on the situation.

People often think introverts are shy or anti-social, but they just prefer more peaceful environments and get their energy from quiet time and reflection. While extroverts need to be around other people to recharge their batteries. All the above given points can help you select your dream job. Parents and teachers should also identify the child's aptitude and encourage the child in developing the required skill sets.

Turn to p6





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

## Various Activities at Samarpan Public School



Inter-School fancy dress competition



Annual day celebration

## 5th consecutive year of Cosmos Cup celebrated at CCIS S G Campus



The Cosmos Cup was organized at CCIS Green Campus and SG Campus. This is the time of the year which students wait for, as it creates competitiveness and sports spirit among students. It prepares them to work under pressure. It develops value of team work and most importantly it makes them fit as sports is the best exercise.

**Here are details of Cosmos Cup Winners**

8 schools from Ahmedabad participated in various categories for Cosmos Cup.

U.12 winner Podar International School

U.14 winner Cosmos Castle International School S.G.Campus

U.16 winner Cosmos Castle International School S.G.Campus

Congratulations to the Football Team of CCIS SG Campus!!!

## Project & Model display of Science & Maths held at Tripada English School



Students applied their skills based on curriculum and developed taste of learning by doing themselves. The main objectives of organizing display were to promote interest among students. It encouraged scientific and technological creativity among students and inculcate a sense of pride in their Heart.

## 10th Annual Day Celebrated at Tripada Gurukulam



The theme of the "Annual Day Celebration" was kept as the "Incredible India", where all the classes had shown the unique and peculiar things about our country.

## School Picnic for Students of CCIS Green Campus



The most awaited day of the year was the school picnic to A.A.R.T.I Adventure Camp, nestled 41 kms away from Ahmedabad on the Gandhinagar- Mahudi highway. The school picnic for students of grade 4 to grade 10th gave the students an experience of being surrounded by greenery and beauty of nature. The tranquil campsite induced students' mood and they enjoyed hordes of activities like rock climbing, zip line, jungle trek, tyre tumble etc. It was a great day for all the students as it strengthened the bond between the students and teachers and also gave an opportunity to feel and learn from nature through the process of experiential learning.



# Why do students have – ‘EXAMOPHOBIA’?

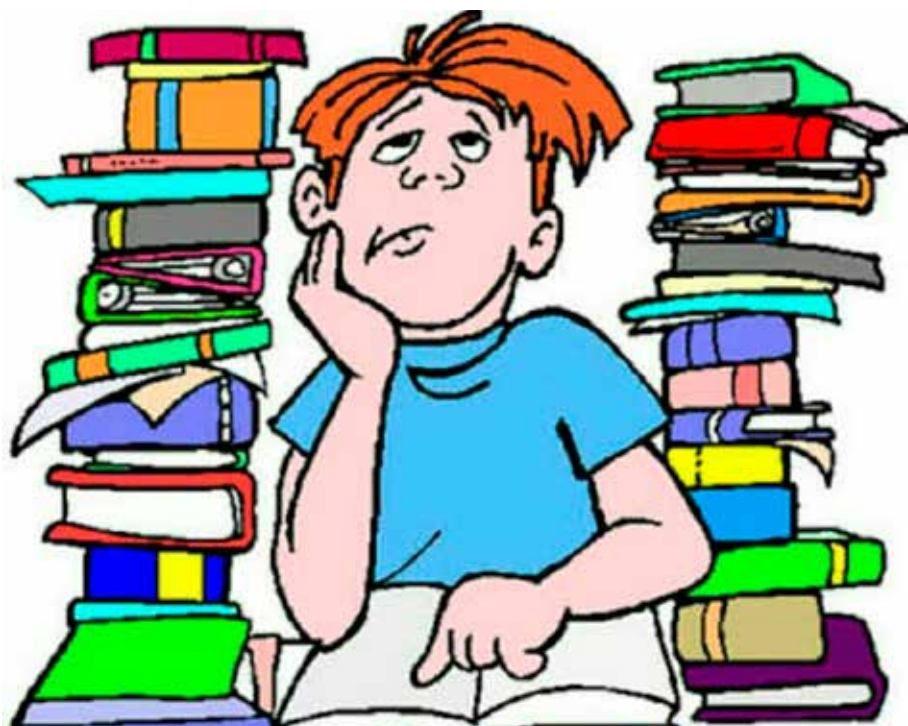
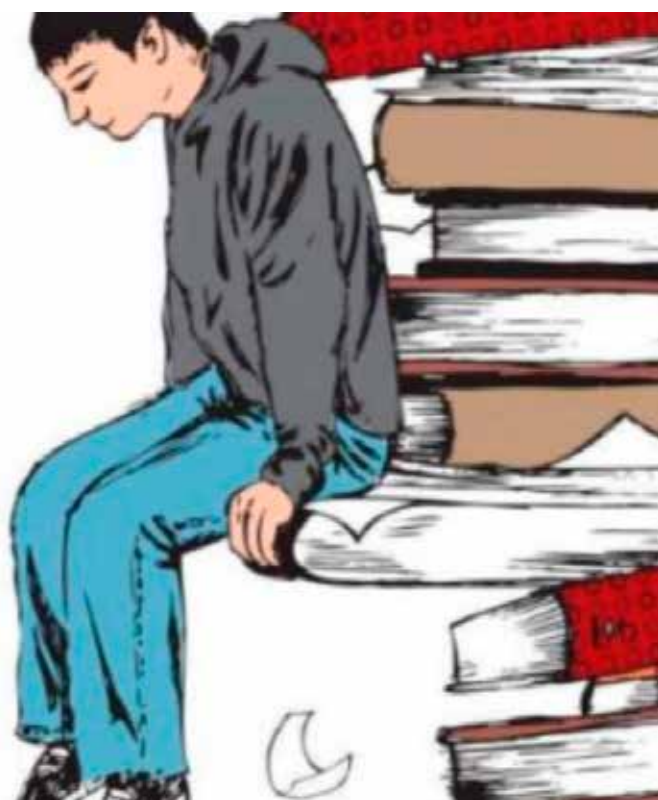


**NIDHI SHARMA**  
Principal  
Samarpan Public School  
Gandhinagar

## Steps to overcome Exam Anxiety/ Examophobia.

Follow the time table from the beginning of the year.

1. Prepare a realistic time-table from the beginning of the year (Keep it detailed and topic wise and stick to it).
2. Keep stress level to minimum. (Do light exercise, meditate or listen to music, at least 20 mins everyday.)
3. Make proper notes, helps during exams.
4. Use highlighter in the textbook for important points.
5. Revise on regular basis. (It is better to study / revise than stress)
6. Seek help if required. Talk to parents or teachers. They have passed this phase and they can help you pass through it very nicely.
7. Life is the most important in life and there is life after exams. So do not worry just plan and organize the studies and you will achieve what you dream of.
8. Last but not the least; try to be cool and relaxed all through the exams.
9. Eat healthy, nutritious and balanced food. Do not eat outside food.
10. Play sports at least 3 days in a week.



Together the teachers and parents come bring about the change in the mind set of the students. The need of the hour is change the approach of examination. As it means the beginning of fear in the mind of a student. As a matter of fact examinations are the only hurdles in an otherwise hopping and come free life of a student. The bugbear of an examination interrupts the smooth course of a student's life; games, extra-curricular activities all are stopped when examination are nearing.

Examinations are held to test student's ability, to check up the work they have done during a term, to judge what progress they have made and to deter-

mine whether they have been utilizing or wasting their time.

If there were no examinations, the merits of the various students could not be judged, nor would the majority of students take any interest as it is only the fear of examinations that makes students work.

It cannot be denied, however, that examinations do exert an unusual strain upon the minds of the students who lose all their zest for life at the approach of an examination.

Tutors are engaged, notes and guess-papers are purchased, special lectures are attended and coaching classes thronged.

In short, all possible measures are taken to get through the examination. The reason for all this is that throughout the term the students pay little heed to their studies and so when a test is near they have to concentrate all their energies on studies. In short, all possible measures are taken to get through the examination. The reason for all this is that throughout the term the students pay little heed to their studies and so when a test is near they have to concentrate all their energies on studies.

The scheme of internal assessment introduced some years ago by some institutions is intended as a step in the direction to keep a watch on their student's labor and regularity in their studies. However, even this has its own drawbacks.

## Causes may be:

- Excessive worry about exams.
- Feeling doubtful about the evaluation process.
- Worried about the consequences after the results. Especially, in households where parents are not supportive if the student scores less.
- High expectations from parents, relatives and society.
- Lack of confidence could lead to a phobia of exams when exposed to a stressful situation.

Examinophobics suffer from hyper anxiety, severe examination stress, inability to concentrate and sudden amnesia. These kinds of symptoms might lead to negative consequences mentally as well as physically.



Uttarayan Celebration



Tender Touch Playgroup School Gandhinagar



Satyameva Jayate International School



Sakar English School



Tripada English School





# 18<sup>th</sup> Annual-cum-Founder's Day at LML School Celebrate

For LMLites, Founder's Day Celebration is always been a very important and special day where the whole School comes together and displays the inherent talents in front of a big audience. The 18th Annual-Cum-Founder's Day was celebrated for two days i.e. on 13th December as well as on 14th December at Radheshyam Goenka Kala Kendra, LML School campus. The theme was 'Vasudhaiva Kutumbakam'. It was the celebration of International folk dances where every moment signifies expressions of emotions. It was the result of the collective efforts of students, teachers and administration staff under the guidance of Principal ma'am, Mrs. Ranjana Mandan. The whole program was conceptualized and executed merely within 21 days.

On the particular days distinguished Chief guests, Prof. Jasmine Chauhan Gohil (Principal Architect at Vistara Architects), Dr. Subhash Brahmabhatt (Retired Principal HK Arts and Commerce College) along with Guests of Honour, Shri Chiranjiv Patel (MD, PC Snehal Group of Companies) and Dr. Yogita Gajjar (Consultant Homeopath and Counsellor), inaugurated the event with the lighting of the lamp. Principal ma'am, Mrs. Ranjana Mandan presented the annual report highlighting the academic, sports and co-curricular activities, achievements of the school. She also highlighted the growth and vision of Lalji Mehrotra Lions School. Students from classes I to XII showcased their creativity through different events. They danced to the tune of song in colorful costumes and props. The hall was packed to the corners. Parents were visibly excited to watch their children's performance.

The program started with a welcome dance, performed by students of class III, where they emphasized on the phrase, 'Atithi Devo Bhava' on classical beats. Then the journey of International Folk-



lore was led by prominent anchors Khushi Patel and Siddharth Iyer. At first Jal House students performed the vibrant Thracian and Tarantella dance

forms of Europe. It was performed in a fast upbeat tempo which increased the rhythmic pace of each individual. Then Prithvi House took over the stage with



their Folkloric dance of Spain and Mexico. The combination of local folk culture with classical Ballet was beautiful. Vayu House presented the folk forms from South Asia. The expressions of performers enriched a sense of joy in the eyes of spectators. Agni House displayed the finale performance with dance forms of Macau, Philippines and Malaysia with great fervor and energy.

After that Fashion show with the theme of National Integration added great elan. Tiny tots of Classes I and II walked on the ramp with grace and poise. Students of classes III and IV performed the vigorous stick dance, graceful fan dance from Korea and presented harmonic and melodious group song which overwhelmed the audience. Students of class XII performed a dance drama on the theme 'SAY NO TO PLASTIC'. It was informative and at the same time entertaining too. But the most appreciated performance was by the sports activity students, 'Khelen Khel Naye Purane'. It emphasized on the importance of outdoor games, Yoga, Karate and Skating. Students get motivated when they heard the loud applaud and praising words from the guests.

Finally the National song was sung and the School Annual Day came to a happy end. All the parents and guests appreciated the performances and management. It was indeed a spectacular display of talent and visual treat to the audience.

—Vipitha Prasad, Educator, LML School

## Annual Sports Day for toddlers of Playgroup and Junior KG of Bodakdev School held at Zebar School

"The five S's of sports training are: stamina, speed, strength, skill, and spirit; but the greatest of these is spirit." - Ken Doherty

School for Children. The event was graced by Mr Manan Choksi, Executive Director, Academic Advisors Ms. Radhika Iyer and Ms. Viloo Parikh. Principal Ms. Sharmistha Sinha and Vice-Principals of both schools attended the event to motivate the toddlers.

The little ones from Junior KG showcased their coordination and teamwork in stick drill show. A cute, energetic aerobic display was put up by the Playgroup toddlers. After the shows, it was racing time was the toddlers. The tiny darlings participated in a variety of races and learnt valuable lessons in sportsmanship. The objective of organizing this event was to build gross motor skills which are required at this age and to cultivate an interest in sports. Parents were invited and came in large numbers to witness their little ones on the field. In the end, children entertained the audience with a pep-py sports dance.





# Winter special Dry Ginger Balls

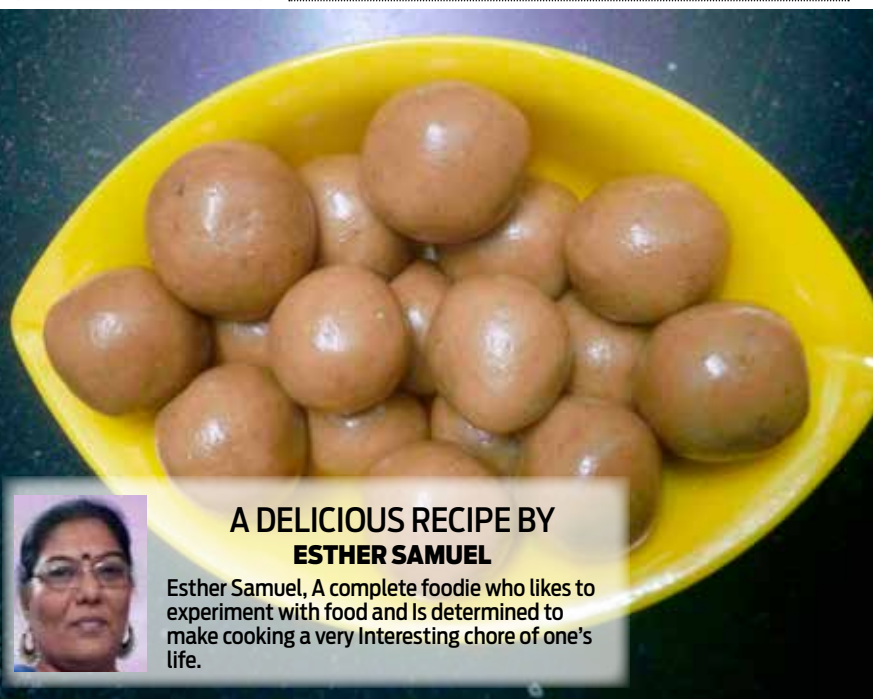
## Ingredients

4 tblsp dry ginger powder  
6 tblsp grated jaggery  
1tblsp ghee

## Method

Mix all the three ingredients properly and make small balls from the mixture.

Note: This is a winter special recipe helpful in keeping the body warm.



### 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.



# Turkey Wafflewiches

## Ingredients

- 3 ounces cream cheese, softened
- 1/4 cup whole-berry cranberry sauce
- 1 tablespoon maple pancake syrup
- 1/4 teaspoon pepper
- 8 slices white bread
- 3/4 pound sliced deli turkey
- 2 tablespoons butter, softened

## Directions

- In a small bowl, beat the cream cheese, cranberry sauce, syrup and pepper until combined. Spread over 4 slices of bread; top with turkey and remaining bread. Spread butter over both sides of sandwiches.
- Bake in a preheated waffle iron or indoor grill according to manufacturer's directions until golden brown, 2-3 minutes.

## Nutrition Facts

- 1 sandwich: 407 calories, 17g fat (8g saturated fat), 67mg cholesterol, 1179mg sodium, 41g carbohydrate (10g sugars, 2g fiber), 23g protein.

## QUIZ

- How many horns did Triceratops have?
- True or false? The name dinosaur means 'terrible lizard'.
- True or false? Tyrannosaurus rex was the biggest dinosaur ever.
- Did Theropods such as Allosaurus and Carnotaurus move on two legs or four?
- True or false? Most dinosaurs became extinct during an event that occurred 500 years ago.
- What type of dinosaur features on the logo of the Toronto based NBA basketball team?
- Apatosaurus is also widely known by what other name?
- What dinosaur themed book was turned into a blockbuster movie in 1993?
- Which came first, the Jurassic or Triassic Period?
- What weighed more, a fully grown Spinosaurus or Deinonychus?

### WINNER FOR LAST QUIZ

Khwaish Lakhwani, Std 5th - B, Airport School  
Archana Jai Kewlani, Std 5th- B, Airport School  
Kartik Bhatnagar, Std 5th- A, Airport School  
Harshi Amlani, Class- 5th - B, Airport School  
Vishwas, Class 6th - C, Airport School  
Send your answer to openpageyc@gmail.com. Names of the Winners would be announced in the next issue

## Contd. From Page 1

## A Tool to Test your Personality

	Low	Below Average	Average	Above Average	High
Logic: reasoning and problem solving	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Management: planning, proper use of time and resources	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
People: interaction with others, ability to train and counsel	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mechanical: working with tools and equipment	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Communication: listening, speaking and working with others	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Judgment: making clear, decisive decisions	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Attention: focus on the problem at hand	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Thinking: working with new ideas and creative thinking	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Physical: strength, agility and dexterity	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Senses: eyesight and hearing	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>





# Teachers should demonstrate Professional Approach

Society respectfully eyes a Doctor, Architect, Engineer, Chartered Accountant, University Professor, etc. but when it comes to a teacher, especially a School Teacher that respect is often taken lightly. In such cases, a teacher loses the charm of his or her role and merely restricts towards fulfillment of duty without much intervention into the fulfillment of the objective of a teacher. As a result the parents often develop hostility for such teacher.

Teacher professionalism has always been a topic of hot debate in the education field. Whether a teacher can be called a Professional or not is not in the scope of this article to justify, rather it is a subjective approach and we will not fall into the details of it. What we shall be looking forward in this article is what traits teacher should possess in order to be recognized as a professional and earn his or her respect as a teacher in society.

## Punctuality

Punctuality means time keeping. It essentially means time keeping in various other errands that a teacher does like reaching class on time, leaving class on time, completing syllabus timely, submitting paper for exam or test in due time, distributing scores to the students on timely basis, submitting mark sheets on time to prepare results, etc. If one is punctual all other things can be compromised or developed. For a teacher meeting the requirements of time, in time, is a must.

## Content Mastery

It is very obvious that a teacher must have the relevant knowledge about the subject he or she takes in the class. Content mastery for a teacher involves full knowledge about the text books and related reference books, having sufficient reference to the question paper and question bank for taking test for the subject, having reference to relevant audio and video content pertaining towards the subject, a charge or attitude

for keeping oneself updated with respect to the his/ her subject, etc. Content Mastery for a teacher also refers to the ability of the teacher to solve the doubts of students and rather create curiosity in the minds of students and develop a liking towards his / her subject in students.

## Contemporary Knowledge

Contemporary knowledge refers to know how with present day technology related to the subject. It refers to the teachers' ability to use the present day tools for communication, teaching and learning. A teacher is said to have contemporary knowledge if he or she is conversant with the use of technology, i.e. computers, internets, android applications, etc. In 21st century where, the world is moving ahead with concepts like flipped classrooms, a teacher must gear up for learning and making use of such technology in the class.

## Physical Appearance

The first impression is half the battle won. A teacher should have a proper dressing sense that will make him or her look respectful in the eyes of students and parents. The appearance of a teacher should be pleasing to the eyes and comforting to the heart. As they say, the looks should be suitable, the talks should be comforting and the lesson should be worthy, then the students will maintain their attention with the teacher.

## Communication with Students

A teacher often is having powerful communication skills and that is one of the key skills for being a teacher. However, over the time a person may develop slang communication skills and a fussy attitude calling other persons with names not suitable. A teacher should always call the student with their name respectfully, not only this but a teacher should also help the children establish

their identity in the class. While communicating with students a teacher should remember to repeat the instruction necessary number of times. The communication model is of much use in this. It goes somewhat like this:

Intimate → Inform → Communicate → Affirm → Feedback → Follow up.

A teacher should try to follow this model. It will save a lot of energy of the teacher and will enable maximum follow up of the instructions given by the teacher.

## Communication with Colleagues

Having a cordial relation with colleagues is very essential. A teacher should maintain healthy relations with the co staff and under staff. Talking respectfully and not involving in gossips is the key factor in this. In most of the cases an organization is suffering from informal communication flowing in the staff room. One should avoid involvement over personal matters of the co staff. Respect towards others opinion, greeting the colleagues, not to criticize others work, etc include in this.

## Delivery Mechanism

This refers to one's ability to communicate effectively to the other person. It is not enough to have the knowledge rather it is more important to deliver the knowledge effectively. The communication should be clear, jargon free, having easy language, and without any bias and preoccupied notion. The teacher should make use of colorful chalks, ready made charts, draw diagrams, and make effective use of technology, education software and other such tools to make the delivery of knowledge easy and student friendly. It also means the ability of the teacher effectively deliver content through digital media.

## Pro-Activeness and Follow-up

This is a vital trait for a successful teacher.

er. They always plan in advance for all the activities and lessons and are very pro-active in their approach and attitude. They will have forecast the situation and will be prepared to handle the situation as and when it arrives. It includes, making lesson plans, assignments, papers, etc. Moreover, informing students in advance about tests, books checking, score distribution, etc. Follow up means to cover up the lesson or homework given. It essentially means to counter check whether the students have understood the work to be done in the same manner as it was delivered. It also involves putting appropriate remarks in students books and papers.

## Counseling with Students

Counseling is the art through which a teacher can bind the students to enable liking for the subject. It is an essential skill that is required in a teacher. Counseling does not mean giving suggestions to students for better career rather it means to know the barriers a student is facing and to enable him / her to go through the barrier and develop a career. It includes group or individual counseling, understanding the student for their strength and weakness, identifying depressed students and help them to come out of it, identifying specially able students and helping them learn the topic with ease.

## Counseling with Parents

Counseling, when it comes to parents, is very important aspect. A teacher should be able to make the parents understand the strength and weakness of their child so that the parents expect optimum from them. Generally all parents want their children to top in the class but that is not possible. To enable a parent to expect what a child can deliver is an art of counseling which a teacher should do in order to upbring the student without pressure. Counseling is a weapon through which a teacher reform the environment for the child at home and in teachers absence.



**"PLAY, PRAY, PAMPER THE CHILD WITHIN"**  
**COME JOIN US AT OUR ECO DESTINATION**

**CAMP ATTRACTIONS**

Zig-Zag Bridge	Tyre Tumble
Burma Bridge	Jungle Trakking
Commando Net	Green House
Artificial Wall Climbing	Team Bulding

**A.A.R.T.I : ANANT AGROFOODS RESORT & TRAINING INC.**

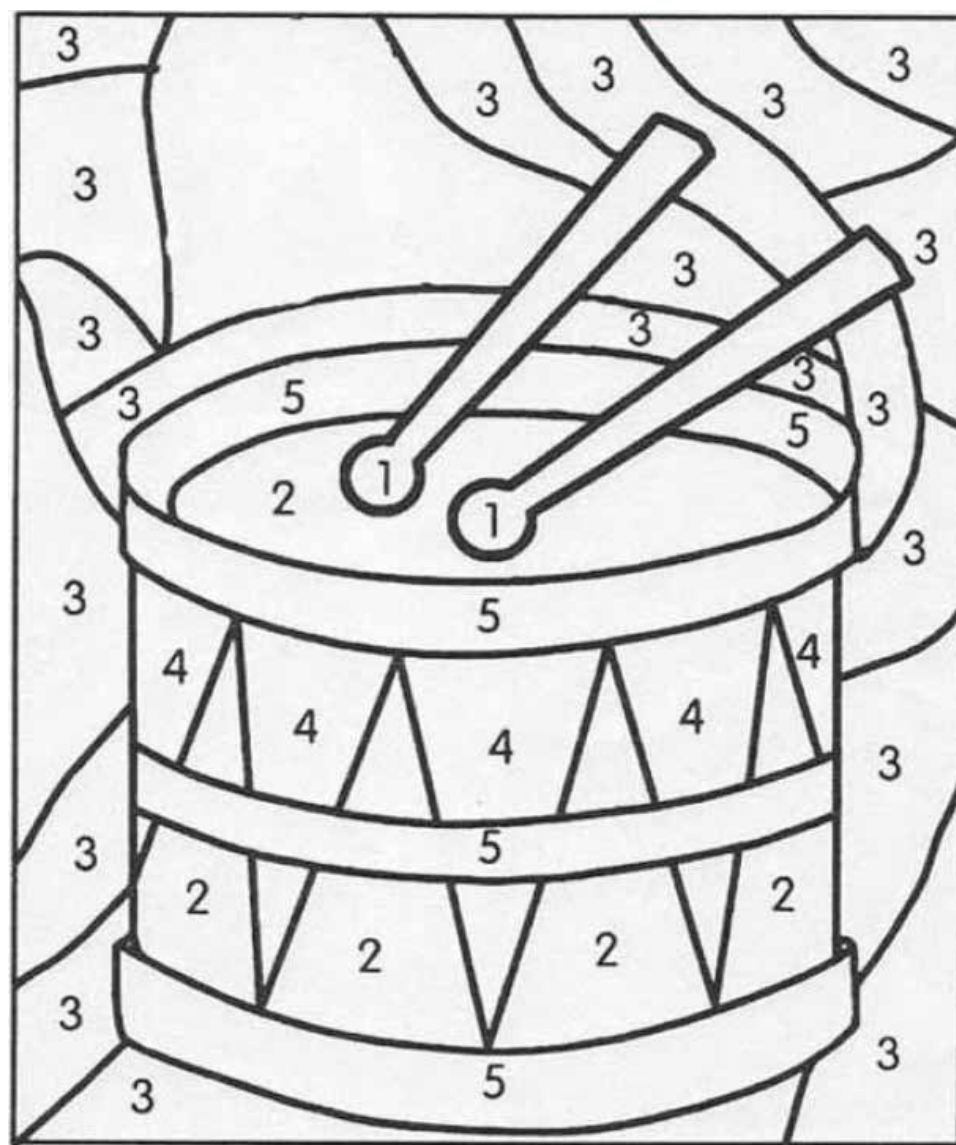
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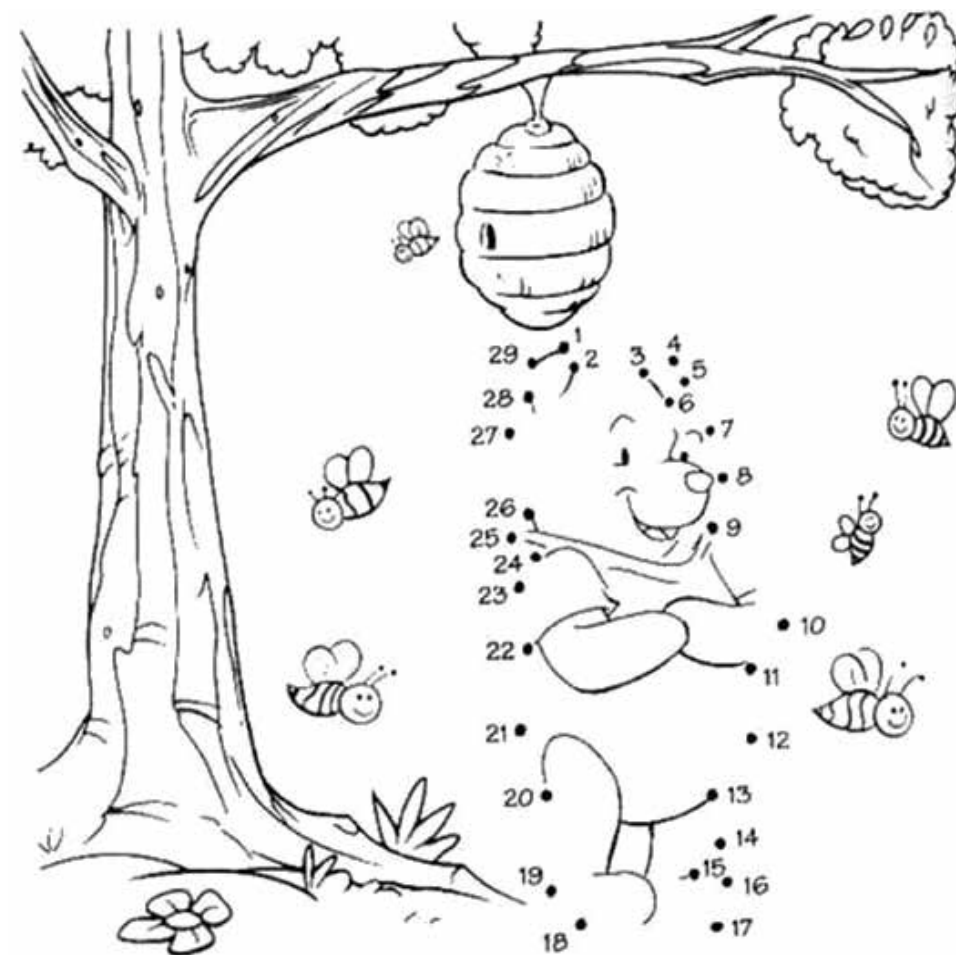
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Village, Gandhinagar-  
Mahudi Highway,  
Gandhinagar, Gujarat



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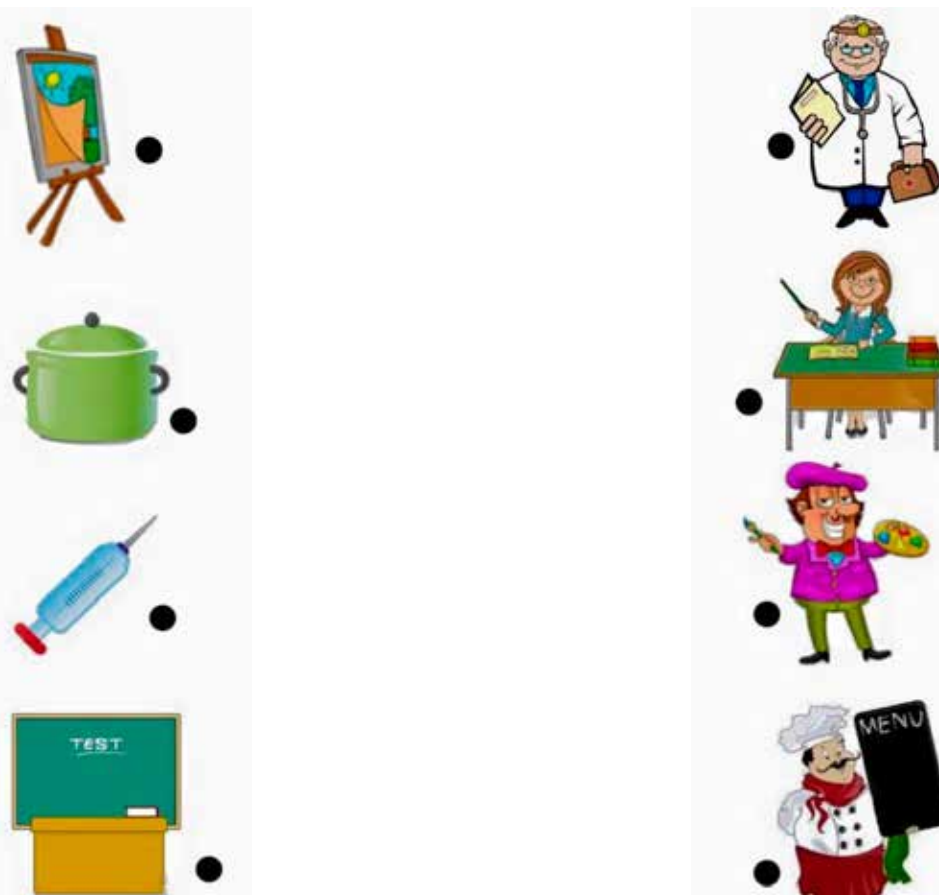


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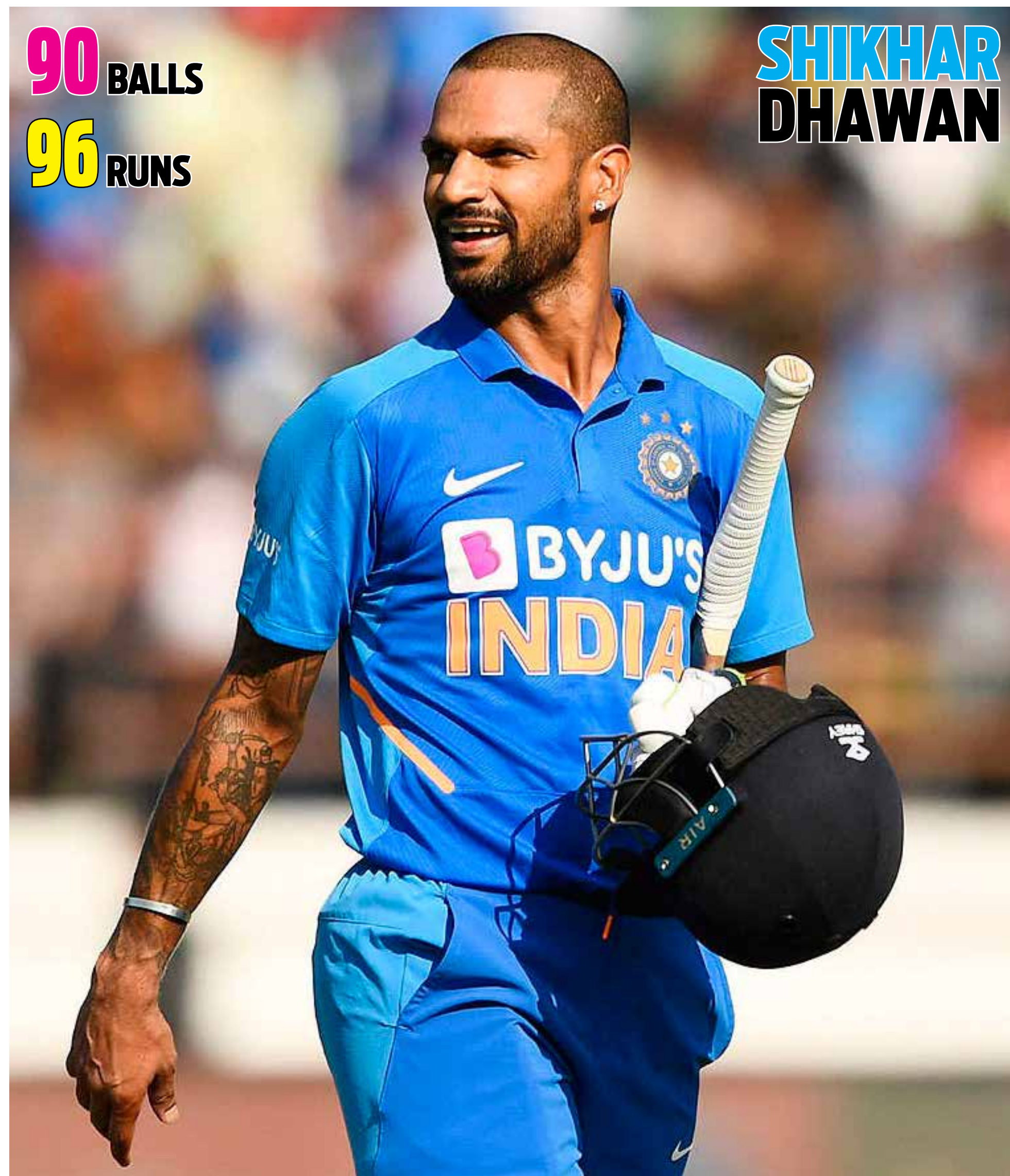
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## MATCH THE PROPER THINGS



**90** BALLS  
**96** RUNS

**SHIKHAR**  
**DHAWAN**





# Major Dhan Singh Thapa



Born	10 April 1928, Shimla, Himachal Pradesh
Died	5 September 2005 (aged 77)
Allegiance	India
Service/branch	Indian Army
Years of service	1949–1980[1]
Rank	Lieutenant Colonel
	Service number IC-7990[2]
Unit	1/8 Gorkha Rifles
Battles/wars	Sino-Indian War
Awards	Param Vir Chakra

Major Dhan Singh Thapa was in command of a forward post in Ladakh. On 20 October it was attacked by the Chinese in overwhelming strength after being subjected to intensive artillery and mortar bombardment. Under his gallant command, the greatly outnumbered post repulsed the attack, inflicting heavy casualties on the aggressors. The enemy attacked again in greater numbers after heavy shelling by artillery and mortar fire. Under the leadership of Major Thapa, his men repulsed this attack also with heavy losses to the enemy. The Chinese attacked for the third time, now with tanks to support the infantry. The post had already suffered large numbers of casualties in the earlier two attacks. Though considerably reduced in number it held out to the last. When it was finally overrun by overwhelming numbers of the enemy, Major Thapa got out of his trench and killed several of the enemy in hand-to-hand fighting before he was finally overpowered by Chinese soldiers. Major Thapa's cool courage, conspicuous fighting qualities and leadership were in the highest traditions of our Army.

# Subedar Joginder Singh Sahnian



Born	28 September 1921
	Mahla kalan, Moga district, Punjab, British India
Died	23 October 1962 (aged 41)
	Bum La Pass, North-East Frontier Agency, India
Allegiance	British India
	India
Service/branch	British Indian Army
	Indian Army
Years of service	1936–1962
Rank	Subedar
	Service number
	JC-4547[1]
Unit	1st battalion, Sikh Regiment
Battles/wars	Second World War
	Indo-Pakistani War of 1947
	Sino-Indian War
Awards	Param Vir Chakra

Subedar Joginder Singh was the commander of a platoon of the Sikh Regiment holding a defensive position at a ridge near Tongpen La in NEFA. At 0530 hours on 23 October 1962, the Chinese opened a very heavy attack on the Bum la axis with the intention of breaking through to Towang. The leading battalion of the enemy attacked the ridge in three waves, each about 200 strong. Subedar Joginder Singh and his men mowed down the first wave, and the enemy was temporarily halted by the heavy losses it suffered. With in a few minutes, a second wave came over and was dealt with similarly. But the platoon had, by then, lost half its men. Subedar Joginder Singh was wounded in the thigh but refused to be evacuated. Under his inspiring leadership the platoon stubbornly held its ground and would not withdraw. Meanwhile the position was attacked for the third time. Subedar Joginder Singh himself manned a light machine-gun and shot down a number of the enemy. The Chinese however continued to advance despite heavy losses. When the situation became untenable Subedar Joginder Singh and the few men that were left in the position fixed bayonets and charged the advancing Chinese, bayoneting a number of them before he and his comrades were overpowered. Throughout this action, Subedar joginder Singh displayed devotion to duty, inspiring leadership and bravery of the highest order.



# 71<sup>st</sup> REPUBLIC DAY 2020

## Journey of India

### First, we will discuss about the Origin of Republic Day

When India became Independent on 15th August 1947, our country did not have its Constitution and in total it was dependent on the colonial Government of India Act, 1935. Until the adoption of Constitution in 1950 India's head was King George VI. But prior to this seed of Indian republican nation was sown by Pt. Jawaharlal Nehru in Lahore Session of INC (Indian National Congress). Now, let us see Lahore Session in detail.

### Lahore Session of Indian National Congress

The seeds of republican nation were disseminated at Lahore conference of Indian National Congress at the midnight of December 31st, 1929. The session was held under the administration of Pt. Jawahar Lal Nehru. Nationalists present in the summit took an oath to mark January 26th as "Independence Day" so as to march towards realizing the vision of absolute independence from the British. The Lahore Session lined way to Civil Disobedience movement. It was made certain that 26th January, 1930 would be observed as the Purna Swaraj Day and unfurled the tri-colour flag by taking a pledge to celebrate complete Independence Day every year on 26 January.. Numerous political parties of India and revolutionaries of India from all over India united to observe the day with honor and pride.

### Second is Cabinet Mission Plan:

The Cabinet mission was arrived on March 24, 1946 and was composed of three Cabinet Ministers of England they were:

- Sir Pethick Lawrence, Secretary of State for India.
- Sir Stafford Cripps, President of the Board of Trade.
- Alexander, the First Lord of the Admiralty.

### Do you know the main objective of this mission?

- To devise a machinery for making up the Constitution of India.
- Arrangements for Interim Government.
- There shall be the Union of India which was to be empowered to deal with the defence foreign affairs and communications.
- The Cabinet mission did not accept the demand for Pakistan.



- Restricted the Communal Representation.
- All the members of Interim Cabinet would be Indian with minimum interference by the Viceroy.
- Other than Union Subjects all the residuary powers will be vested with the Provinces.
- The representatives of Provincial Assemblies and the Princely States would be formed by a Constituent Assembly and provincial legislatures were grouped into three sections.

#### Group A

Hindu dominated population area like Madras, UP, Central provinces, Bombay, Bihar & Orissa

#### Group B

Muslim dominated population area like Punjab, Sindh, NWFP, Baluchistan.

#### Group C

Hindu and Muslim both like Assam and Bengal.

Here, it is to be noted that the Cabinet Mission did not accept the demand of Pakistan but grouped the Provinces in such a way which indirectly supported the idea of Pakistan. As a result Congress accepted the plan, Muslim League first accepted and later on July 29 rejected it and call for an Action Day for achieving Pakistan. Aug 16, 1946 was fixed as Direct Action Day.

Since 1950, Republic Day of India is celebrated on 26 January. It is celebrated with the salute of 21 guns and unfurling of the Indian National flag by the Prime Minister of India. We know India became Independent from British rule on



**15th August 1947 and adopted Constitution on 26 January, 1950 by declaring ourselves as Sovereign, Democratic and Republic State.** Every year, 26 January is celebrated with immense pride & happiness all over the country.

Evolution of India from a British colony to sovereign, democratic and secular nation was certainly historical. It was a lengthy journey of around 2 decades that started with the conceptualization of the vision in 1930 to its actual comprehension in 1950. A stare into the expedition that led to the birth of Indian Republic will make our carousing more significant.

Do you know that at this day a massive parade held at Rajpath in New Delhi before the President of India which reflects power, force, different regional models reflecting cultural themes and motifs.



## Lamela and Lo Celso stir memories of Ardiles and Villa from 1978

# ARGENTINE REPLAY



for Tottenham since signing from Roma in 2013, Lo Celso's loan spell from Real Betis has been frustrating so far after he picked up an injury early in the season.

He is beginning to show the kind of form, however, that would convince Tottenham to make him permanent. "Lamela was out for so long, he has been coming back step by step. Playing half

an hour against Liverpool and 90 here. You could see his fitness is coming," Mourinho said. "And Gio again has been step by step. He was so so good against Liverpool and so so good here again. I am happy with the boys. They played with intensity."

The form of Lamela and Lo Celso is timely for Tottenham with Christian

Eriksen, out of contract in June, reportedly close to signing for Inter Milan.

Eriksen surprisingly played the full 90 minutes against Boro and Mourinho said he can "hold his head up high".

"He played very well. Very professional which is what I expect from him," he said.

"I think he did it for us today."

Jose Mourinho likened Giovani Lo Celso (right) and Erik Lamela (above) to Tottenham Hotspur's former Argentine FA Cup heroes as they combined to send his side past Middlesbrough at the second time of asking on Tuesday.

Paired together for the first time since Mourinho took charge in November, they were both on target within the opening 15 minutes as Tottenham won the third-round replay 2-1.

The lively Lo Celso produced a cool finish after two minutes to open the scoring and Lamela did the same shortly afterwards for his fourth goal of the season.

Both impressed as second-half substitutes in Tottenham's 1-0 home defeat by Premier League Liverpool on Saturday and they provided the out-of-form hosts with some much-needed spark to get past Boro and set up a fourth-round tie away to Southampton.

Older Spurs fans could be forgiven for going all misty-eyed about Osvaldo Ardiles and Ricardo Villa, the Argentine duo who shook up English football when they arrived to a ticker-tape welcome at White Hart Lane in 1978.

Ardiles was one of Tottenham's greatest foreign signings while Villa famously scored a solo winner in the 1981 FA Cup final replay against Manchester City. Lamela and Lo Celso have a long way to go to win the kind of adulation Ardiles and Villa enjoyed but inspiring Spurs to a first FA Cup title since 1991 would do the trick.

"They played very well. I don't think (Osvaldo) Ardiles and Villa would have been ashamed at all," Mourinho, who started the game with five south Americans on the pitch, said.

"They played well. The team played well. There were some sloppy passes in the second half."

While attacking midfielder Lamela has made more than 200 appearances

## ICC U19 World Cup 2020: Complete schedule of India matches

Defending champions India will look to claim the U-19 trophy for the 5th time when they begin their campaign on January 19 in South Africa.

India are already the most successful-ever side in the U-19 World Cup, winning four times. Current India senior skipper Virat Kohli was also a product of this tournament. The other players who came from U-19 World Cup and made it big are Rishabh Pant, Ravindra Jadeja, KL Rahul, Mayank Agarwal and Prithvi Shaw among others.

Even before going into the junior World Cup, some of the players have already rose to fame during the recent IPL 2020 auctions. Priyam Garg bagged a whopping Rs 1.9 crore in the auctions, while Ravi Bishnoi was bought for Rs 2 crore by Kings XI



Punjab. Yashasvi Jaiswal's struggle story from selling pani puris for a living to making it into the U-19 World Squad has already inspired millions of Indians.

India will test their title credentials in Group A in U-19 World Cup. Their first opponent will be Sri Lan-

ka. India will definitely be a force to reckon with at the World Cup as they have been enjoying winning run in the recent time.

India U-19 team won the Under-19 Asia Cup in September and a Tri-Nations tournament with England and Bangladesh held on English soil.

### Complete Schedule of India matches:

**Date:** January 19 (1.30pm IST)

**Match:** India U19 vs Sri Lanka U19, 7th Match, Group A

**Venue:** Mangaung Oval, Bloemfontein

**Date:** January 21 (1.30pm IST)

**Match:** India U19 vs Japan U19, 11th Match, Group A

**Venue:** Mangaung Oval, Bloemfontein

**Date:** January 24 (1.30pm IST)

**Match:** India U19 vs New Zealand U19, 20th Match, Group A

**Venue:** Mangaung Oval, Bloemfontein

**Date:** February 03, 2020

**Match:** Final

**Venue:** Senwes Park, Potchefstroom

### Squad:

India U19 squad: Priyam Garg (c), Yashasvi Jaiswal, Tilak Varma, Divyaansh Saxena, Dhruv Chand Jurel (vc), Shashwat Rawat, Siddhesh Veer, Shubhang Hegde, Ravi Bishnoi, Akash Singh, Kartik Tyagi, Atharva Ankolekar, Kumar Kushagra, Sushant Mishra, Vidyadhar Patil



## CCIS S G Campus girls U-17 participated in LJ football cup and scored second position



Girls are awarded with Certificates, Medals, Lakme Salon vouchers and Rs 4000/- voucher

### Kudos to

- 1) Hetvi Patel
- 2) Aanshi khanna
- 3) Vishwa shah
- 4) Divneet kaur
- 5) Dikshita Chauhan
- 6) Gitika Khiwani

## KIYG: Gujarat picks silver in kho-kho

Gujarat picked a silver medal in under-17 boys' kho-kho event at the Khelo India Youth Games that is being held in Guwahati.

In a final, Gujarat suffered an 11-19 loss against all-conquering Maharashtra, who also won the girls' title.

Maharashtra started on a strong note as they picked 10 points in the first innings. Gujarat fell behind when they managed to pocket only five points in their chase.

To their credit, Gujarat did well in the third innings where they added six more points to the tally.

But it was a day that belonged to Maharashtra as they added nine more points to their tally in the final innings to seal the deal.

Meanwhile, in the girls' under-17 category, Gujarat suffered semi-final loss to settle for the joint third-place finish with Punjab, who lost the other semi-final.



Curtains for Tasnim

Meanwhile, the badminton competition at the Deshbhakta Tarun Ram Phookan Indoor Stadium saw a couple of upsets at the quarterfinal stage.

It was curtains for Gujarat's Tasnim Mir, seeded second, lost in straight games to Harshita Agarwal (Chhattisgarh).

Also seeded second, Amit Rathore (Madhya Pradesh) was beaten by Govind Krishna (Kerala) in three games in the boys under-21 singles.

# Tasnim suffers final loss

In what could be the sign of an exciting on-field rivalry in the making, Mehsana's Tasnim Mir suffered a shocking straight games loss to another budding talent Mansi Singh of Uttar Pradesh in the under-19 girls' singles final of All India Junior Ranking Badminton Tournament that concluded in Chandigarh on Wednesday.

Top seed Tasnim, who had the advantage over her rival with recent wins, was in for a shock as the 14-year-old suffered a 17-21, 19-21 loss against Mansi, who is also 14.

The tournament was one of the two meets that Badminton Association of India is considering for the team selection for the upcoming Dutch Junior International and German Junior International 2020 Grand Prix that will be held in February and March respectively.

Tasnim started her round with a 21-10, 21-10 win over qualifier Samayara Panwar of Uttar Pradesh before she



edged out another UP girl Sonali Singh 21-14, 21-16 in the second round.

## Warriors in SPCT final

Maulayarajsinh Chavda's gritty century was overshadowed by an incident of alleged age fraud as Gandhinagar Warriors reached the final of under-16 SPCT Cup Tournament.

Electing to bat first, against Cricstar CA (CCA), Warriors found themselves in soup as they were down to 57 for five by the 13th over.

It was the 103-run sixth-wicket stand between Maulayarajsinh and Manthan Upadhyay that helped Warriors post 203 in 56.1 overs.

While Maulayarajsinh top-scored with 178-ball 126, which saw 19 boundaries, Manthan added 78-ball 32 that included five fours.

For CCA, Devashish Vishwakarma was the pick of the lot with five wickets while Samarth Verma scalped four more.

CCA looked on course with an opening stand of 139 runs between Aryan Rao (75, 133b, 8x4, 1x6) and Hiren Devda (69\*, 141b, 10x4).

Though Rudrajitsinh Gohil picked two wickets but CCA looked control at 174 for three when the drama unfolded.

"Warriors complained against one of the players from the rival camp. When we asked for the birth certificate, we came to know that the concerned player was born in 2002 while our cut-off date was on or after 1/9/2003," tournament organiser Deval Lathigara told Mirror. "We had to disqualify Cricstar CA, while Warriors were adjudged winners," he added.

In the next round, Tasnim edged out 12th seed Riya Kunjir of Maharashtra with a 21-5, 21-16 win before she beat Rajasthan's Sakshi Phogat 21-19, 21-13 in the quarters.

Tasnim's toughest match came in the semis, where she overcame a mid-game slump to record a 21-19, 17-21, 21-11 win over fourth seed Deepshikha Singh of Delhi.

Aerial sports c'ship to be held in state Gujarat is ready to experience its first Aerial Sports initiative as the Aerial Sports Association of Ahmedabad is set to organise the 3rd Aerial Sports National Championship in Anand Niketan School Sughad campus, Gandhinagar on January 18.

This is for the first time that an aerial sports championship is being played in the state.

Incidentally, it is only the third time the tournament is being held in the country.

## LOCAL SPORT

### Aarav wins national gold



City's Aarav Rajput soared in the sky with a gold medal around his neck as he stood first in the recently concluded National Karate championship in Porbandar. Fighting in the under-58kg weight group and representing Gujarat in the competition, Aarav fought ten rounds in the final match

to claim the gold medal.

### Parva helps CN win big



The young guns of Sheth CN Vidyalay came out all guns blazing and recorded a thumping inning and 221 runs win over Navyug High School (NHS) in under-19 Diwan Ballubhai School Tournament. At V9 cricket ground, NHS's decision to bat first backfired as they were bundled out for just 98 with Mayur Valun's 26-

ball 23 being the top-score. For CN, Aman Antrolia was the pick of the lot with five wickets. Vedant Trivedi then slammed 93-ball 90 while Jatan Pandya scored a measured 109-ball 65 as CN posted 239 in reply. For NHS, Devendra Yadav picked five wickets. Parva Patel then ran through the opposition with five wickets in just 7.1 overs as CN reduced NHS to 40 for seven to settle the issue.

### KIYG: Mixed day in kho-kho

In the under-17 girls' category, Gujarat had the upper hand against Maharashtra. But Maharashtra scripted a turnaround in the 3rd innings and clinched 10 points to win the match. However, there was some joy for the state as the boys' under-17 team edged out Andhra Pradesh. Gujarat started on a dominant note with a 7-0 scoreline in the first half. Andhra boys made a comeback in the second half by picking six points. But Gujarat boys got back into the rhythm in time as the added 9 more points to their tally to seal the deal by 10 points. Kalyani picks gold Meanwhile in the swimming events, Kalyani Saxena gave Gujarat a lot to cheer with her gold effect. In the girls' under-21 100m breaststroke, Kalyani clocked 1 minute 20.25 seconds to pick the gold medal. Uttar Pradesh's Aaliyah Singh clocked 1m 22.18s for the silver medal while Assam's Rajeshree bagged a bronze.

### GCC register an easy win in CBCA tourney

Gopinath CC (GCC) shone in an all-round display as they recorded a six-wicket win over Naroda Sports Club (NSC) in CBCA Minor Tournament on Friday. At Sunrise cricket ground, Chirag Patel top-scored with 104-ball 83 while Nitesh Suthar added 60-ball 34 as NSC posted 199 for nine in 40 overs. For GCC, Mahipal Jadeja picked four wickets. Himanshu Sharma then slammed 41-ball 75 while Dwarakesh Bapodara added 48-ball 43 as GCC knocked off the runs in 29 overs losing four wickets. For the losing side, Nitesh picked two wickets. SCC fire in union In an earlier match, Spandan CC (SCC) came out with an impressive collective effort as they recorded a thumping 124-run win over Moti Hamam CC (MHCC). Harsh Thakkar (84-ball 83), Mohit Shah (64-ball 80) and Nayan Patel (35-ball 51) slammed half centuries as SCC posted a massive 300 in 40 overs. For the hapless MCC bowlers, Kaushal Dave and Nandan Patel took three wickets each. Nayan then returned to haunt MCC batsmen with five wickets as SCC bowled out their under-pressure rivals for 176 in 34.1 overs. For the losing side, Meet Shukla scored a defying 60-ball 66 but that was not enough to save the day.



## Pakistan has limited options to respond to India's decision on Jammu and Kashmir: CRS report



Pakistan's leadership has "limited options" to respond to India's decision on Jammu and Kashmir as many analysts view that Islamabad has "little credibility" on the issue given its long history of covertly supporting militant groups there, according to a US Congressional report. The Congressional Research Service (CRS) in its second report on Kashmir in less than six months also said that Pakistan's ability to alter the status quo through military action has been reduced in recent years, meaning that Islamabad likely must rely primarily on diplomacy.

## At 90, Alaska Native woman is 1st counted in US Census



Lizzie Chimiugak has lived for 90 years in the windswept western wilds of Alaska, born to a nomadic family who lived in mud homes and followed where the good hunting and fishing led. Her home now is an outpost on the Bering Sea, Toksook Bay, she became the first person counted in the U.S. Census, taken every 10 years to apportion representation in Congress and federal money.

## Trump impeachment: Senators struggle to stay awake, focused



Adam Schiff was still speaking - about witnesses, documents, future presidents and the impeachment of President Donald Trump. He'd said it all before, but five hours into the Senate trial, Schiff, the lead prosecutor, was saying it again. Suddenly, from the Republican side, Senator James Risch of Idaho raised his left hand so Schiff could see it and pointed, repeatedly, to his wristwatch. Time's up, Risch signaled. He was right: It was time to vote, and - perhaps as important - it would soon be time for dinner. Schiff yielded, and the senators rose to vote and then quietly left the chamber.

## First Unmanned Space Mission In December As Part Of 'Gaganyaan': ISRO



Ahead of the launch of India's maiden human spaceflight venture "Gaganyaan" in December 2021, the Indian Space Research Organisation will undertake two unmanned missions in December 2020 and June 2021, ISRO chairman K Sivan said on Wednesday. Addressing the inaugural session of a symposium on "Human Spaceflight and Exploration - Present Challenges and Future Trends," Mr Sivan said the Gaganyaan

mission not only aims at India's maiden human flight to the space but also setting up a new space station for "continuous space human presence".

## No Stay On CAA For Now, Says Top Court; Centre Has 4 Weeks To Respond



Amid widespread protests against the the Citizenship Amendment Act or CAA, the Supreme Court is set to hear over 140 petitions on the new citizenship law. A three-judge bench led by Chief Justice SA Bobde is hearing the petitions, most of which demand that the law be withdrawn. The petitions contend that the new law is illegal and stands against the basic structure of the Constitution. They also say the law is against the right to equality as it will grant citizenship on the basis of religion.

## 70% electoral bonds purchased ahead of Lok Sabha polls, reveals RTI



Most of the political funding through electoral bonds happened during the crucial three months in the run-up to the Lok Sabha polls last year, an RTI query has revealed. As per the information received from State Bank of India, a total of 12,313 bonds worth Rs 6128.72 crore were sold since the inception of the Scheme between March 2018 and October 2019 in 12 phases.

Highest value of bonds were sold in Mumbai, followed by Kolkata and Delhi.

## 22 children conferred with National Bravery Award



Twenty-two children, including 10 girls and 12 boys have been selected for the Indian Council for Child Welfare (ICCW) National Bravery Awards, 2019. One award has been given posthumously. The gallant children come from 12 different states of India. The coveted Bharat Award has been conferred on 15-year-old Master Adithya K, who is from Kerala. Adithya saved more than 40 lives when a bus they were travelling in bus caught fire in Nepal in May 2019. Just 50 killometres short of reaching Indian border, the bus caught fire at Daunnein.

## Myanmar, China ink deals to accelerate Belt and Road as Xi courts an isolated Suu Kyi



China and Myanmar inked dozens of deals to speed up infrastructure projects in the Southeast Asian nation, as Beijing seeks to cement its hold over a neighbour increasingly isolated by the West. But no major new projects were agreed during the two-day visit by President Xi Jinping, the first of any Chinese leader in 19 years. Analysts said Myanmar was generally cautious of investments by Beijing and was also being careful ahead of elections later this year.

## BIRTHDAY WISHES

### JASON SEGEL

18<sup>th</sup> JANUARY 1980

Jason Jordan Segel born January 18, 1980 is an American actor, comedian, screenwriter, and producer. He is best known for his role as Marshall Eriksen in the CBS sitcom How I Met Your Mother, as well as for his work with producer Judd Apatow on the television series Freaks and Geeks and Undeclared, and for the critically and commercially successful comedies he has starred in, written, and produced.



### SUBHASH CHANDRA BOSE

23<sup>rd</sup> JANUARY 1897

Subhas Chandra Bose 23 January 1897 – 18 August 1945 was an Indian nationalist whose defiant patriotism made him a hero in India, but whose attempt during World War II to rid India of British rule with the help of Nazi Germany and Imperial Japan left a troubled legacy. The honorific Netaji (Hindustani: "Respected Leader"), first applied in early 1942 to Bose in Germany by the Indian soldiers of the Indische Legion and by the German and Indian officials in the Special Bureau for India in Berlin, was later used throughout India.



### HENRY VII OF ENGLAND

28<sup>th</sup> JANUARY 1457

Henry VII 28 January 1457 – 21 April 1509 was the King of England and Lord of Ireland from his seizure of the crown on 22 August 1485 to his death. He was the first monarch of the House of Tudor. Henry attained the throne when his forces defeated King Richard III at the Battle of Bosworth Field, the culmination of the Wars of the Roses. He was the last king of England to win his throne on the field of battle. He cemented his claim by marrying Elizabeth of York, daughter of Richard's brother Edward IV.



### PREITY ZINTA

31<sup>st</sup> JANUARY 1975

Preity G Zinta born 31 January 1975 is an Indian film actress and entrepreneur, who was one of the most popular actresses in the 2000s. After graduating with degrees in English honours and criminal psychology, Zinta made her acting debut in Dil Se.. in 1998, followed by a role in Soldier in the same year. These performances earned her the Filmfare Award for Best Female Debut, and she was later recognised for her role as a teenage single mother in Kya Kehna (2000).



# HELP CONSERVE NATURE



**CHANDRESH LODHIYA**  
Managing Director,  
Anala Outdoors



While talking about nature conservation, the first question that to mind is "How will my little contribution help this massive problem?" But, conservation starts with the efforts of a single individual. There are many things one can do in their daily routine to make this world a better place to live.

## Paper

India's production of paper is estimated to be more than 15 lakh tones a year! Forests in many part of the country are disappearing to produce paper. It is thus, very important to ensure that paper is not wasted. You can help in the following ways:

- By selling old newspapers so that they get recycled.
- By using both sides of the paper.
- By making rough pads with all the blank sheets from old notebooks.
- By keeping your textbooks in good condition and passing them on to your juniors.

## Water



We should consider ourselves to be the handful of fortunate individuals who have access to 24x7 clean water. Though, this also becomes the reason why we tend to waste it. Saving water is the need of the hour when it comes to saving our planet. We can do the following things to conserve water:

- Turn off the tap while you brush your teeth, wash your face or shave.
- If the tap is leaking, get it fixed at the earliest.
- While drinking water, take only as much as you need in the glass.
- Give wasted water to plants.

## Polythene bags

Every day, throughout India, millions of waste polythene bags are thrown away. Plastic is a non-biodegradable material which cannot be easily recycled. In the waste-bins' cows and other hungry animals eat them and suffocate to death. You can stop or at least minimize the use of polythene bags and convince your friends and family members to do

the same. Take it as a family project to switch to alternatives such as cloth or paper bags.

## Tree plantation



According to a report in the paper-recycling facts, published by the University of Southern Indiana, on an average basis, a single individual uses about seven trees every year. This is what we take from nature and what do we give back? Nothing except garbage and pollution. You may plant trees in your school, college or in your society. Get in touch with the forest department or a voluntary organisation working in the field. They will be able to give you saplings and advise you on the types of trees to plant and how to plant and take care of them.

## Electricity



Switch off the lights and fans as you leave the room. It is especially important in offices, schools, colleges and public places, because in such places,

nobody feels really responsible for such things. Use tube lights rather than bulbs wherever possible. You will realise that these measures, in addition to being environment friendly, will also work out to be economical.

## Select your products wisely

More than one crore animals are tortured or allowed to die horribly to test cosmetics and many other products part of our daily use. A huge amount is being spent every year on animal testing. Western countries have banned testing on animals, so multinationals now test their products in developing countries where the rules are not very stringent. Manufacturers have been asked to display a "Not tested on animals" sign on their products. Most multinationals selling cosmetics display these words on their products, support the sale of such items and encourage those around you to do the same.

## Avoid tins/cans

India, even today, does not have enough recycling plants or even a garbage collection system for soft drink cans. So, use of tins/cans only leads to piling up of garbage. Using bottles instead is not only environment friendly, but also economical as it offers the same product and quantity at a lower price.

## Pollution

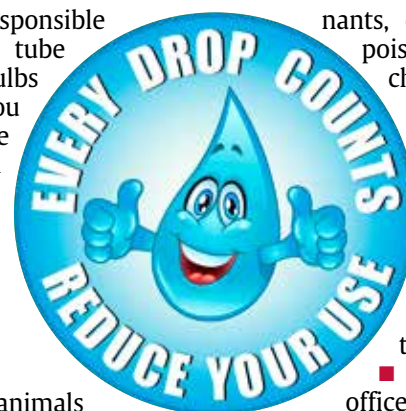
According to multiple recent studies, for our planet to survive, the current pollution levels must go down. The air we breathe is full of hazardous contami-

nants, our oceans have been poisoned with deadly chemicals and our land is getting filled with more and more garbage. You can do your bit by doing the following:

- Walk or ride your bicycle whenever possible.
- Use public transport.
- Carpool to school or office.
- Keep your vehicle in good condition by following routine maintenance, such as changing oil filters, checking the tire pressure and wheel alignment.
- Avoid littering water bodies and your environment.

Ecological Footprint is a measure of human demand on nature. Your eco footprint is equal to the land and marine area needed to regenerate the resources you consume and to absorb the corresponding waste. The more resources you use, the bigger your footprint. Today, humanity's eco footprint is 40% larger than what the planet can regenerate. That is, it takes about a year and five months for the earth to re grow what we use in a single year. According to UNEP (United Nations Environment Programme), humanity's eco footprint stands at 21.9 hectares per person, while the earth's capacity is only 15.7 hectares per person. This is clearly an unsustainable situation.

You can do your bit in contributing by following the above mentioned points, thereby reducing your eco foot print and becoming more environment friendly by every little change you adapt.





# 'BULLYING' - Cause of Concern to Mental Health



**Dr. TWINKAL PATEL**  
Founder Motherhood Foundation



Mental health is also equally as important as physical health. In today's era children teenagers & school going students have mental health issues, stress & symptoms, due to comparison, competition in the hi-tech digital era so many factors are responsible. In children's life study pressure, peer pressure unhealthy competition and comparison, pose communication in family, poor time management, status, traumatic events, financial imbalance, appearance and looking good, etc. This type of causative factors is responsible for children's mental health. Due to this type of stress and symptoms, kids have emotional, physical, behavioral and cognitive changes. Sometimes children have anxiety, sadness, depression, inferior complex-emotional disturbance. Headache, migraine, stomachache, nausea, and body ache physical complaint. Stress is causing mental and physical health issues and affected in children like reducing in thinking performance skill, affecting memory power concentration, sometimes kids became aggravated, anxious, insomnia, overeating also happens due to mental health issue children, teenagers sometimes involved towards doing abuse, crime, domestic violence, became violent and aggressive, depression, suicidal tendency, theft, etc.

## School Children Bullying

One of the measure issues for every parent's academics is school children bullying

### Definition

Bullying is mental, aggressive behaviors among school-going children that involve the perceived power of imbalance. These behaviors respected over the period of time. Bullying is completely intentional harassment misuses of power to harm, through acted like hitting, making fun of others, laugh avoid spread rumors, use bad words and languages, etc.

According to the Indian Market Research Bureau (IMRB), one-third of kids bullied in schools. In metro cities between 8-12 years of children bullied. To prevent, reduce and avoid this type of situation, the condition for our kids is prime, responsibility to parents and teachers. Before that let us know more

about bullying types, impact on our child how we can prevent.

Types of Bullying- physical, verbal, social, cyber, prejudicial.

Sometimes child bullied by hitting, throwing an object, physical violence, many cases abused by using bad language words, hesitate from others, bad touch embarrassing. Child are getting bad images, messages, tracking through social media, texting also kids do groupism, avoid discriminated kid according to status, religion, maybe background.

To develop this type of tendency in children many factors are responsible. Why kids, teen's culture and atmosphere of academics become like this?? Who is responsible for that?? Behind this mentality of children, these are factors like a lot of stress, pressure; disturb family, lack of attention from family, moral and cultural value, unhealthy competition, lack of counseling and communication from family, lack of quality time from parents, comparison, and unhealthy competition in school. Lack of case, love, support from family, school, social media use, exposure to digital and overuse of Google, social media, etc.

### Impact on Children

Those who have suffered from bullying issue suddenly some children became

## Types of Bullying - physical, verbal, social, cyber, prejudicial

sad, depressed, feed loneliness, became shy, affect on these mental, physical growth. Behavioral changes, mood swings are there, Sheldon change in study and performance, kids having depression, suicidal tendency.

### Tips/ Solution

Parents should educate about the anti-bullying policy to the children, create a friendly atmosphere at home so kids can share everything with parents. Schools have introduced guidelines and educate about this facility, rules to every child, it kind of rules/policy should be included in schools' prayers/pledges. Teachers and principals introduce these issues and awareness in school orientation programs.

Parents should pay attention, listening carefully to their kids. They should trust their kids.

Parents should ask about daily routine about school life day, friends, take care of personal belongings to stay communicate and tune with your child. Parents can boost child's strengths,

self-respect, and dignity. Teach a child how to behave with others, use of kind body language trained on how to respond, how to say no and pay attention if bullying happens at home between siblings. When you find child bullying others then do counseling for moral training behavioral correction. Bullying is a serious issue for children nowadays but teachers, parents should do gather to tackle it. Teachers, parents need to explain to them and implement a "0" tolerance bullying policy. Parents should make their children neither a victim of bullying nor bullying himself.

The student should be brave enough to resist it, kind enough not bullying anybody. The child needs to learn, create a culture of carrying, respect, empathy for others. Need to understand social/emotional/cultural value, positive attitude mostly helps to teach and nature goof humanity gesture in today's children generation, skills of wellbeing. Students-teachers make their classroom bully-free zones, parents should teach the child to accept/respect and have empathy, concern for others, their classmates, friends, peers. Together academicians, Teachers, parents, surroundings should together add value, prevent this type of social issue for children and motivate them to be a mentally, physically fit human being.