

The Open Page

Inspire Learning

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How To Prepare For Olympiad



Olympiad examinations at school level are competitive examinations which are conducted to imbibe problem solving skills and analytical skills in school students.

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Udaan....aim for the sky!



A time to ponder the possibility of the above thought. With the sky as your limit can your dream and aspiration be that big and high? Yes, it is possible.

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CHANDRAYAAN-2

Chandrayaan 2 is an Indian lunar mission that will boldly go where no country has ever gone before — the Moon's south polar region. We aim to improve our understanding of the Moon, which could lead to discoveries that will benefit India and humanity as a whole. These insights and experiences will cause a paradigm shift in how lunar expeditions are approached for years to come, propelling further voyages into the farthest frontiers.

WHY ARE WE GOING TO THE MOON?

The Moon is the closest cosmic body on which space discovery can be attempted and documented.

It is also a promising test bed to demonstrate technologies required for deep-space missions. Chandrayaan 2 attempts to foster a new age of discovery, increase our understanding of space, stimulate the advancement of technology, promote global alliances, and inspire a future generation of explorers and scientists.

GEOSYNCHRONOUS SATELLITE LAUNCH

VEHICLE MARK-III (GSLV Mk-III)

The GSLV Mk-III will carry Chandrayaan 2 to its designated orbit. This three-stage vehicle is India's most powerful launcher to date, and is capable of launching 4-tonne class of satellites to the Geosynchronous Transfer Orbit (GTO).

Height:
43.43 m

Lift Off Mass: **640 tonnes**

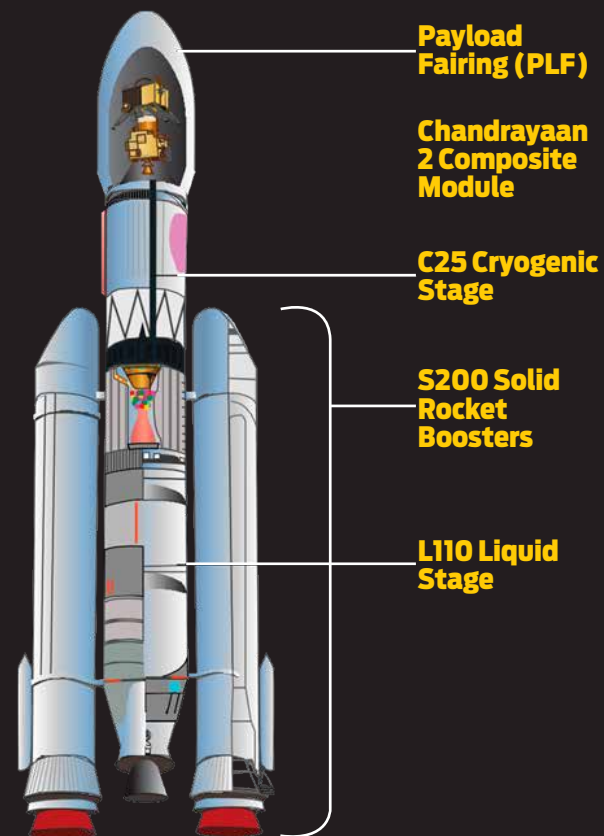
Chandrayaan 2's lander is named Vikram after Dr Vikram A Sarabhai, the Father of the Indian Space Programme. It is designed to function for one lunar day, which is equivalent to about 14 Earth days. Vikram has the capability to communicate with IDSN at Byalalu near Bangalore, as well as with the Orbiter and Pragyan rover. The lander is designed to execute a soft landing on the lunar surface at a touchdown velocity of 2 metres per second.

Landing Site: High plain between two craters, Manzinus C and Simpelius N, at a latitude of about 70.9° South 22.7° East
Alternate Site: 67.7° South 18.4° West



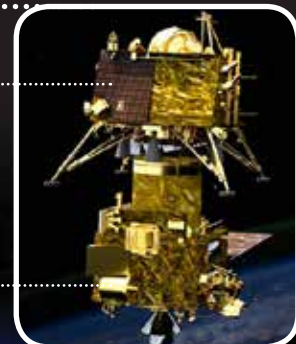
PRAGYAN ROVER

Chandrayaan 2's rover is a 6-wheeled robotic vehicle named Pragyan, which translates to 'wisdom' in Sanskrit. It can travel up to 500 m (0.5 km) at a speed of 1 centimetre per second, and leverages solar energy for its functioning. It can communicate with the lander.



Vikram

Orbiter



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

CCIS S G Campus Celebrated Yellow Day



CCIS S G Campus we Celebrated Yellow Day. A day dedicated to the yellow colour was marked with children dressed in different hues and tints of yellow. Children were beautifully dressed and brought yellow objects to make it a complete "Yellow Day"!

Van mahatva Celebration at Mother Teresa Memorial School, Shela



On the occasion of 69th Van Mahotsav, the students and teachers of Mother Teresa Memorial School planted tree sapling on 29th June 2019 in its premises. Students of Class I to X enthusiastically participated in the activity of planting trees.

Different activities performed at Satyameva Jayate International School



FIRE SAFETY

"Do not afraid, Do not be overconfident." Conscientizing everyone and preparing them for the worst, SJIS, along with the joint effort of FSAI (Fire Safety Association of India), provided intensive Fire Safety Training and created virtual ambience with mock drills that gave practical experience to the trainees.

GK Quiz Competition

Exuberating, motivating, enlightening, engaging and learning would describe the Quiz Competition by SJIS, which, with the tireless efforts of the Satyamevians, turned out to be highly successful. The competition was aimed to develop the knowledge and excellence base among the students through healthy and highly motivating meet.



Handwriting Competition

Handwriting is an essential skill for students. Practicing handwriting is an incredibly important exercise, enabling them to develop fine motor skills and confidence. It activates the brain and contributes to reading fluency, and as important as a need in all walks of life. An inter-house handwriting competition for Std I to X. The students participated in it with a lot of excitement, dedication and passion.

Poultry farm visit breeds new interest among school pupils



Std.I students, of SJIS met some real-life chicks and various farm animals at Rupal Village poultry farm, as part of their Entrepreneurship program learning. The youngsters visited the poultry farm to learn about different breeds of chickens, turkeys, all types of farm animals and how these are cared for and reared. Learning attained along with the hands on experience of the young learners.

Activities from Tripada Gurukulam, Viramgam



On account of celebrating month of June as an "English club" and to enhance "Speaking Skill" of students of Tripada Gurukulam, we have conducted "Poem Recitation" for grade 1-3, "Elocution" for grade 4-7, "Debate" for grade 8 – 10 students on 27th June 2019.



Atmosphere in Tripada Gurukulam on Saturday, 13th July was filled with anxiousness and curiosity. As it was declaration of Election result. Students were assemble in school ground standard wise. Dhru sir, the election coordinator declared results.

Professional day celebration at Rajmadhav Vidyavihar



CONCENTRATION IS THE KEY TO SUCCESS



ANJU KUMARI
Vice Principal
Tripada Gurukulam Campus
Viramgam

Concentration signifies the state of being at a Centre (Con and Centrum). In simple words, It's the process of giving all your attention to something. It is the ability to focus the mind on one subject, object or thought without fluctuating the attention or mind.

Concentration is very dynamic and constantly shifting especially with so many distractions around us. Concentration can be effected by physical conditions such as fatigue, exhaustion, or improper diet. It's a skill that needs to be developed and practiced just like any other skill in order to improve. A trained mind is able to focus, without being distracted by thoughts, noises or anything else. It's a skill that helps in all walks of life.

Why do students need to learn to focus or concentrate

Concentration helps you in bringing your attention towards a particular task as a primary objective. Everything else is secondary. This ability have endless benefits. Your focus will determine the level of achievements you get in life. Life changes when you decide to change it. The more you focus in life, the better your life will be. It helps you change your life and control your thoughts. When you focus on problems, you will have more problems and when you focus on possibilities you will have more opportunities. Focus improves your ability to study and expands your knowledge. Thus we should focus on learning new things everyday and make learning a priority in your life. It also improves your short term and long term memory and inner peace. It makes you more productive, so you work effectively and efficiently. Life is like a camera, focus on what is important and capture it. Since being focused brings a direction in your life, it strengthen your intuition and helps in achieving your goal.

Focus can change your life if used correctly. Successful people knows the importance of focus in life. Your focus will determine the level of success you achieve. When your focus is aligned with your actions, it will produce great results.

Here are things to remember :

1. It helps you change your life.
2. It gives you more opportunities.
3. Focus expands your knowledge.
4. It helps you become more productive at work.



5. It helps you achieve your goals.
6. Focus helps you become successful faster.

What Causes Concentration Problems in Kids

Here are some of the things that may be responsible for concentration difficulty in a child:

Hard Tasks

If your child finds the tasks in question to be very difficult or hard for him to manage, he will not be able to concentrate on it very well.

What Can You Do About It

Break the big tasks down into smaller tasks that appear simpler to your child and ensure that they are age-appropriate.

Available Distractions

Children are naturally curious, but they are not very eager to sit down in one place and concentrate. Their wandering minds are more likely to get distracted by anything, such as the Mobile, Laptop, Social Media, TV, radio, what is going on outside the window etc.

What Can You Do About It

Ensure that the room your child is working in is free from distractions.

Too Little Attention

Behaving in a negative way is a very common way for children to get their parents attention, and not doing their work and not concentrating properly can often be a way to get it.

What Can You Do About It

Spend some quality time with your child every day. This will make them less likely to keep losing focus when you are trying to help them with their school work or other activities.

Diet Matters

Poor nutrition and skipping breakfast

The powers of the mind are like the rays of the sun. When they are concentrated, they illumine.
—Swami Vivekananda

is a very common reason for poor concentration.

What Can You Do About It

Stick to giving your child a well-balanced diet on a daily basis and ensure they don't skip breakfast.

Not Enough Sleep

For children to be at their best, they need to get at least eight to twelve hours of sleep every night. Those who do not get enough will naturally be unable to concentrate well on the tasks at hand.

What Can You Do About It

Ensure that your child has a good sleeping routine and do not allow them to stay up too late at night. The best hours for them to sleep is from 7:30 onwards, depending on their age.

No Motivation or Interest

When children do not have an interest in something, they will have trouble focusing on something. Lack of motivation is another reason that this may happen. Most often, it affects children who are more advanced.

What Can You Do About It

Find a way to keep your child motivated and interested in the subject at hand. Consult a professional if you are unable to find a way yourself.

Lack of Exercise

Without the proper amount of physical exercise, your child is bound to become lazy and lethargic, and their powers of concentration will also wane.

Turn to p4

Nutrition – Necessary for Children's Health and Growth



DR TWINKAL PATEL
Founder Motherhood
Foundation

What are the current Beliefs/myths towards child nutrition?

In recent years, it seems like everyone jumped on the multigrain. But they will provide you the refined multigrains which contain starch. These essential parts of the grain contain protein, fiber and a range of vitamins and minerals are removed in refined foods. Don't run after frozen fruits or canned fruits; eat always seasonal fruits because frozen fruits contain preservatives and canned fruits have high amount of sugars.

Parental Guidance: Parents should not feed extra fats and carbohydrates to your kids thinking about their higher sports activity because a balanced diet will provide appropriate energy so extra energy will precipitate in your kid's body as fat.



Parental nutrition knowledge and attitudes play a fundamental role in their children's food knowledge. Eating behaviors are shaped by intrinsic (genetic, age, and sex) and environmental factors, such as family, friends, or neighborhood. Parents are important agents in the promotion of health, behavior, and education of their children; they create food environments and play a key role in structuring their children's first experiences with food and eating through their own beliefs, food practices, perspectives, eating attitudes, knowledge, and understanding of the benefits of food and nutrients on health.

Send your health related query to
theopenpagehealth@gmail.com

Name: Divyarajsinh Parmar
School: Satyameva Jayate International School
Standard: 10th, CBSE
Percentage scored in board exam? 91.6%
How much time do you spent on studies in a day? 5 to 6 hours
What motivates you to study? My self dream , my aim to become doctor.
Do you get leisure time? Yes
What do you do in your leisure time? I use to go to gardens or else i used to have a conversation with my friends
Hobbies? To read books , watch movies and to play badminton is my hobby.
Do you prefer reading books other than syllabus?(Can you name it) Yes , it is Harry Porter series by J K Rowling.
What is your goal in life? To become a doctor Or IAS officer
What advice you would give to other students? The most important thing is self confidence and don't lose your self confidence at any situation. Keep faith on yourself . Do hardwork and keep patience.



Name: Milap Bharatbhai Anwani
School: Satyameva Jayate International School
Standard: 12th, CBSE
Percentage scored in board exam? 94.6%
How much time do you spent on studies in a day? 10 hours
What motivates you to study? To acquire good academic career
Do you get leisure time? Yes
What do you do in your leisure time? Sports and hobbies
Hobbies? Music production
Do you prefer reading books other than syllabus?(Can you name it) Yes, fiction and fantasy genre books
What is your goal in life? Software engineer
What advice you would give to other students? Work hard as well as smart and success is a definite thing.



Name: Dhruvi Shah
School: Satyameva Jayate International School
Standard: 11th, CBSE
Percentage scored in board exam? 92.2%
How much time do you spent on studies in a day? 5 hours
What motivates you to study? To prove my abilities and graduate from the college of my choice I have to do it.
Do you get leisure time? Yes , a bit
What do you do in your leisure time? Read Harry Potter novels
Hobbies? Singing and writing
Do you prefer reading books other than syllabus?(Can you name it) Yes , Oswaal publication
What is your goal in life? To become a great doctor from the college of my choice
What advice you would give to other students? If you stay focused on your goal throughout the year , revise daily , set and achieve your daily goals and believe in yourself then achieving what you want is just a piece of cake.



Name: Dhvani Gandhi
School: Satyameva Jayate International School
Standard: 12th, CBSE
Percentage scored in board exam? 91.8%
How much time do you spent on studies in a day? 8 hours
What motivates you to study? The desire to be a doctor
Do you get leisure time? Yes
What do you do in your leisure time? Watch movies and play outdoor games
Hobbies? Reading mystery and thriller novels
Do you prefer reading books other than syllabus?(Can you name it) Yes like safari
What is your goal in life? To become a doctor
What advice you would give to other students? Do what you have to do until you can do what u want to do.



Name: Rashi Maheshwari
School: Satyameva Jayate International School
Standard: 12th, CBSE
Percentage scored in board exam? 90.8%
How much time do you spent on studies in a day? 6 hours
What motivates you to study? I find studying a major path to grow in my life and so like to gain knowledge.
Do you get leisure time? Yes
What do you do in your leisure time? I use to read some books
Hobbies? Traveling
Do you prefer reading books other than syllabus?(Can you name it) Yes, The Monk Who Sold His Ferrari
What is your goal in life? Work for the betterment of the society
What advice you would give to other students? Never lose hope or quit. Have confidence in yourself. Keep on trying.



Name: Manan Patel
School: Satyameva Jayate International School
Standard: 12th, CBSE
Percentage scored in board exam? 92%
How much time do you spent on studies in a day? 6 hours
What motivates you to study? Self motivation and determination
Do you get leisure time? 2 hrs a day
What do you do in your leisure time? Play football
Hobbies? Football, Basketball
Do you prefer reading books other than syllabus?(Can you name it) No
What is your goal in life? To become a successful businessman
What advice you would give to other students? Never stop achieving your dreams



Name: Maitry Acharya
School: Satyameva Jayate International School
Standard: 10th, CBSE
Percentage scored in board exam? 93%
How much time do you spent on studies in a day? 2-3 hours
What motivates you to study? My will to secure good grades and make my parents proud.
Do you get leisure time? Yes
What do you do in your leisure time? Dancing
Hobbies? Dancing, Singing
Do you prefer reading books other than syllabus?(Can you name it) No
What is your goal in life? To become a CA.
What advice you would give to other students? I would tell them tht dont take a lot of pressure for ur exams just prepare, chill and give the exams. moreover, study everyday whatever has been taught to you.



Name: Priya Sanjaybhai Thumbadiya
School: Satyameva Jayate International School
Standard: 10th, CBSE
Percentage scored in board exam? 93.60%
How much time do you spent on studies in a day? I spent at least 6 to 7 hours on studies in a day.
What motivates you to study? My parents and my aim of achieving something great in life motivates me to study more.
Do you get leisure time? Yes, I get leisure time of atleast 1 hour a day.
What do you do in your leisure time? I usually spent my leisure time talking to my family or playing with my friends.
Hobbies? My hobbies are singing and dancing
Do you prefer reading books other than syllabus?(Can you name it) Yes, I prefer reading some novels like black beauty, merchant of venice and many more.
What is your goal in life? My goal is to become a doctor.
What advice you would give to other students? Don't consider studies as a burden but consider it as a source of enjoyment.



Name: Kavish Desai
School: Satyameva Jayate International School
Standard: 10th, CBSE
Percentage scored in board exam? 90.4%
How much time do you spent on studies in a day? 8 hours
What motivates you to study? The desire to learn and understand new things.
Do you get leisure time? Yes
What do you do in your leisure time? Read Novels
Hobbies? Reading, Cycling
Do you prefer reading books other than syllabus?(Can you name it) Yes
What is your goal in life? Do research in Nanotechnology.
What advice you would give to other students? Don't stress about studies, study comfortably and have some breaks and leisure time.



Contd. From Page 3

What Can You Do About It
Switch off the TV, put down the smart-phones and get off the computer. Take your child out; ride bikes together, play catch or walk the dog. Physical exercise is important.

Mismatched Learning Style
Not all children learn the same way. Some are better at reading and writing, but others are a bit more practical.

What Can You Do About It
Find the right style of learning for your

child. Addressing these issues that can have a major influence on your child's concentration will go a long way. Rectifying concentration issues not only helps them in school, but it is also something that will help them in their adult lives and to build better careers. Concentration is a mental skill that we can develop. First, Increase your attention and second adjust the environment around to make concentrating easier.

Below are few ways to improve your attention power

- Take a book, any book, and count the words in any one paragraph. Then, count them again, to be sure that you have counted them correctly. After a few times, do so with two paragraphs. When this becomes easy, count the words of a whole page. Do the counting mentally and only with your eyes, without pointing your finger at each word.
- Count backwards in your mind, from one hundred to one.
- Count in your mind from one hundred to one, skipping each three

- numbers, that is 100, 97, 94, etc.
- Choose an inspiring word or phrase, or just a simple sound, and repeat it silently in your mind for five minutes. When your mind can concentrate more easily, try to reach ten minutes of uninterrupted concentration.
- Take a small simple object such as a spoon, a fork, or a glass. Concentrate on one of these objects. Watch the object from all sides without any verbalization, that is, with no words in your mind. Just watch the object without thinking with words about it.



YUMMY RAITA

Chocolate Chip, PB & Banana Sandwiches



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.

Ingredients

- 1/4 cup creamy peanut butter
- 2 tablespoons honey
- 1/4 teaspoon ground cinnamon
- 2 tablespoons miniature semisweet chocolate chips
- 4 slices whole wheat bread
- 1 medium banana, thinly sliced

Directions

- Mix peanut butter, honey and cinnamon; stir in chocolate chips. Spread over bread. Layer two bread slices with banana slices; top with remaining bread. If desired, cut into shapes using cookie cutters.



INGREDIENTS

- 2 cups thick curds
- 1 cup boondi
- 2 tbsp pomegranate seeds
- 1 tsp cumin (jeera) powder
- 1 tsp black pepper powder
- salt according to taste
- 1 tblsp finely chopped coriander leaves

Method

- 1) Whisk the curds in a bowl to smoothen it.
 - 2) Now add salt, cumin powder and pepper powder to it and mix well.
 - 3) Now in 2 serving bowls, pour the curd mix
 - 4) Garnish with pomegranate seeds and coriander leaves.
 - 5) Serve with any pulao, biryani etc.
- Tip: Add the boondi only at the time of serving otherwise it becomes soggy and loses its crunch.

Lava Lamp

Materials

- A clean plastic bottle, try to use one with smooth sides
- water
- Vegetable Oil (or you could use Mineral or Baby Oil instead)
- Fizzing tablets (such as Alka Seltzer)
- Food Coloring

Instructions

1. Fill the bottle up about 1/4th (1 quarter) with water.
2. Pour the vegetable oil in the bottle until it is almost full. You may want to use a measuring cup with a spout or a funnel. You may have to wait a couple of minutes for the oil and water to separate.
3. Add a few drops of your favorite food coloring. Watch as the color sinks through the oil. Did your drops of color mix with the water immediately or float in between for a few minutes?
4. Break your fizzy tablet in half and drop part of it into the bottle. Get ready ... here come the bubbly blobs!
5. You can even get a flashlight, turn off the lights and drop in another half tablet. This time shine the flashlight through the lava lamp while the blobs are bubbling!



QUIZ

- Which Italian city is famous for its leaning tower?
- Which fictional detective lived at 221b Baker Street?
- On a farm a kid is a baby what?
- Which English king had six wives?
- What does Fred Flintstone wear around his neck?
- Which is the largest city in Wales?
- What is the name of Harry Potter's pet owl?
- What food do Giant Pandas normally eat?
- How many years are there in a millennium?
- In Jungle Book what kind of animal is Baloo?
- What is the distance around a circle called?
- What is the name of the boy that visits the chocolate factory owned by Willy Wonka?
- What is the name of the fairy in Peter Pan?

WINNER FOR LAST QUIZ

Abbas Asif Kapasi, Grade-1st, Tripada Gurukulam School, Viramgam

Send your answer to openpageyrc@gmail.com. Names of the Winners would be announced in the next issue

WHAT REWARDS SHOULD I EXPECT AS A TEACHER ?

MR. HIREN PARIKH
Academic Director
Sanskardham, Bopal

We have often heard or read that 'teaching is a profession that creates other professions'. There is also another punch line about teaching as said by Harvard Gardner, that 'If a doctor, lawyer, or dentist had 20 people in his office at one time, all of who had different needs and some of whom didn't want to be there and were causing trouble, and the doctor, lawyer or dentist without assistance, had to treat them all with professional excellence for some months, then he might have some conception of the class room teachers job.'

Having read this, one would definitely fall for a teacher and would have much consideration for the job performed by the teacher. Combining the above two punch lines about teaching, or teacher, one would definitely think teaching as being above all other tasks of the world and being a teacher means having the best job. The core question is, what rewards should I expect as a teacher? Again at this point, I would like to post what one of my colleague regularly comments, 'with the present salary how can one afford to affect and influence the students to be better?' The question is not what amount of salary should a teacher be paid or what a teacher should be earning?

Knowing that the work you do and the relationships you foster have a direct impact on the lives in the community around you makes each day you teach rewarding and precious for us.

The question is 'Being a teacher what rewards should I expect?'

A common question again argues the above logic that 'is reward only monetary in nature?' Can rewards be non monetary as well?

Teachers aren't usually paid much, but we don't teach because we're greedy, we teach because we're giving.

Sometimes we give so much that we feel drained and wonder if there is anything left for us.

While being a teacher may not earn you the six-figure income you have always dreamed of, it has other benefits far beyond that of a hefty salary

As I have taught over many years, I have discovered that there are many rewards to teaching.

The below listed points would better understand one's reward as a teacher:

- Earning for time contribution
- Being with children, one of the purest elements in the world
- Observing children learning what is taught, in a way seeing your efforts realized
- Command over the class and group
- Respect for being a teacher
- Recognition as a teacher throughout the life
- Self esteem & Self Satisfaction
- You get to be surrounded with loved ones
- You get to inspire others
- You get to have an exciting day, every day.
- You get to create lasting memories that cherish forever.
- You get to make impact on lives.
- Shape the future generation.
- Daily meet most exciting and

impressionable people .

- Be a part of community.
 - Develop your know leadership skills
- A career in teaching is a career for life and one that will feed your heart and mind and help you to grow personally and professionally

Indeed a teacher is wealthier than any other person as it is a teacher that is offered the most priceless element of the world 'The child'.

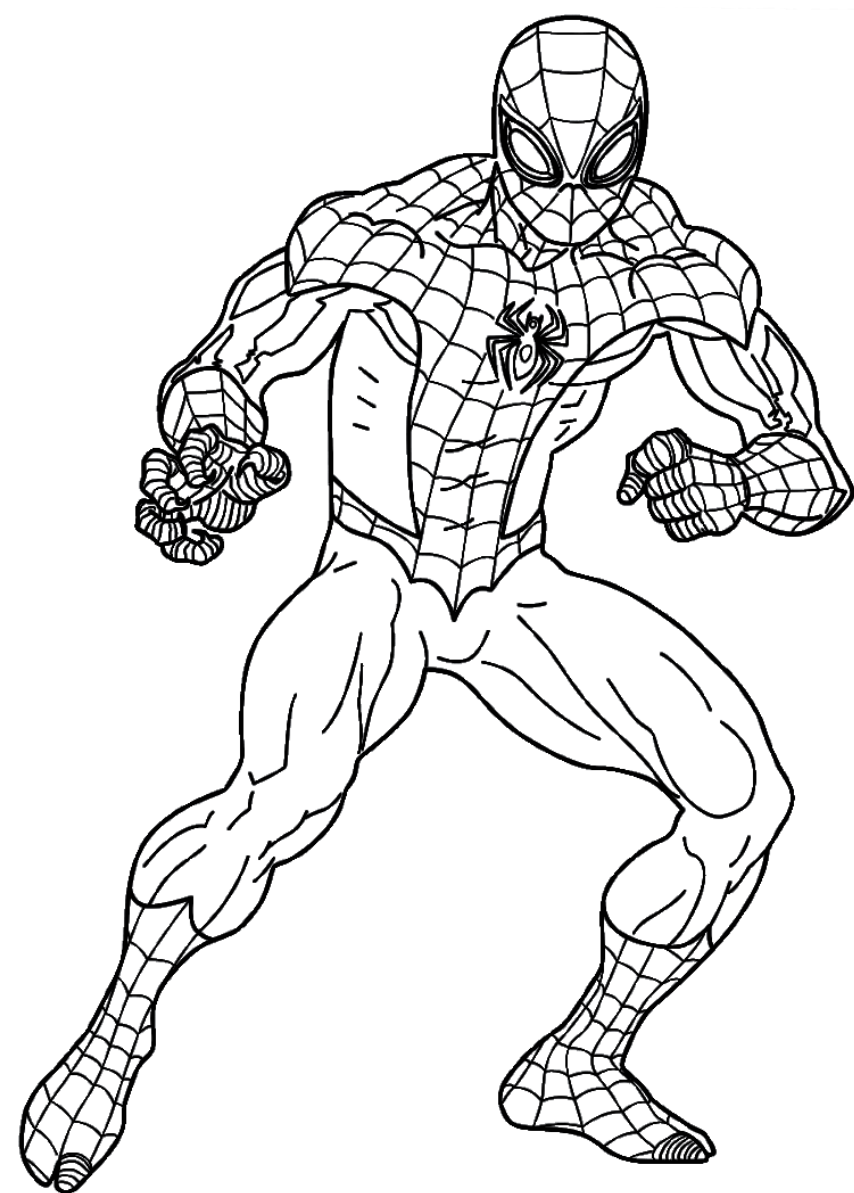


THE OPEN PAGE EVENT OF THE FORTNIGHT












The Open Page had organized a press visit in collaboration with Divya Bhaskar for the 59 students of the Samarpan School accompanied by their 5 school teachers.

FILL IN THE COLORS



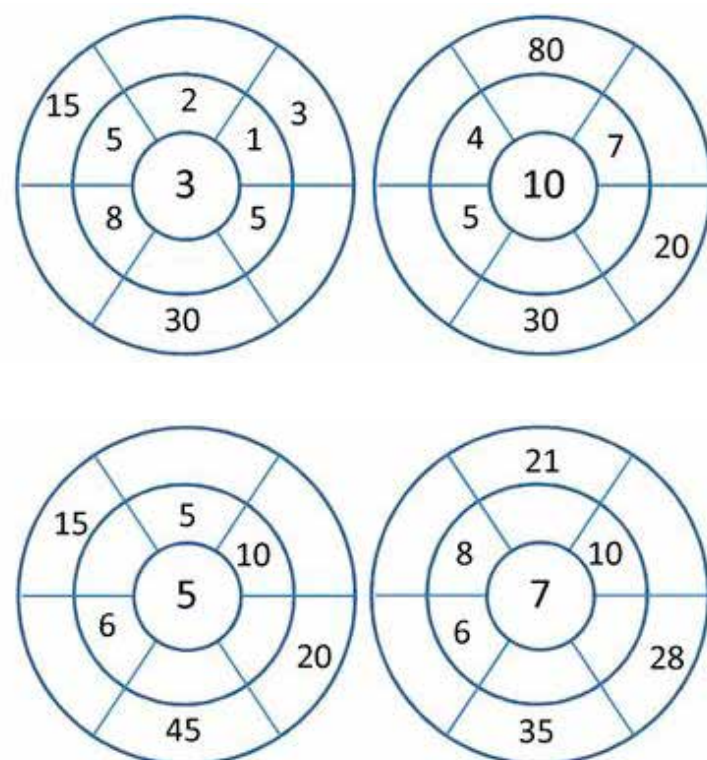
MATH WORKSHEETS

Look at the number of fruit in the story problems below and write the addition equation below it.

	+		=	
_____		_____		_____
	+		=	
_____		_____		_____
	+		=	
_____		_____		_____

FUN MULTIPLICATION TO 10X10

Multiply the inner numbers together to get the outer numbers



FIND THE DIFFERENCE



FUN WITH MATHS

Across

- Northern Hemisphere season that begins in March
- Month when Earth is farthest from the Sun
- Earth's farthest point from the Sun
- When the Sun is directly overhead at noon on the equator
- No sunset here on summer solstice (two words)
- Earth's closest point to the Sun

Down

- Southern Hemisphere season that begins in December
- Earth's orbit is not a perfect _____
- Month when Earth is closest to the Sun
- Shortest day in Northern Hemisphere (two words)
- Invisible line around Earth's waist
- Earth's _____ of rotation is tilted 23.5°



5 CENTURIES A NEW MILESTONE

ROHIT SHARMA

RUNS
648

FOURS
67

SIXES
14

RAKSHA BANDHAN



- **Jainism:** The occasion is also revered by the Jain community where Jain priests give ceremonial threads to the devotees.
- **Sikhism:** This festival devoted to the brother-sister love is observed by the Sikhs as "Rakhardi" or Rakhari.

Origin of Raksha Bandhan Festival

The festival of Raksha Bandhan is known to have originated centuries before and there are several stories related to the celebration of this special festival. Some of the various accounts related to the Hindu mythology are described below:

- **Indra Dev and Sachi:** According to the ancient legend of Bhavishya Purana, once there was a fierce battle between Gods and demons. Lord Indra- the principle deity of sky, rains and thunderbolts who was fighting the battle on the side of Gods was having a tough resistance from the powerful demon King, Bali. The war continued for a long time and did not come on a decisive end. Seeing this, Indra's wife Sachi went to the Lord Vishnu who gave her a holy bracelet made up of cotton thread. Sachi tied the holy thread around the wrist of her husband,

Lord Indra who ultimately defeated the demons and recovered the Amravati. The earlier account of the festival described these holy threads to be amulets which were used by women for prayers and were tied to their husband when they were leaving for a war. Unlike, the present times, those holy threads were not limited to brother-sister relationships.

- **King Bali and Goddess Lakshmi:** As per an account of Bhagavata Purana and Vishnu Purana, when Lord Vishnu won the three worlds from the demon King Bali, he asked by the demon king to stay beside him in the palace. The Lord accepted the requested and started living with the demon king. However, Goddess Lakshmi, wife of Lord Vishnu wanted to return to his native place of Vaikuntha. So, she tied the rakhi around the wrist of demon king, Bali and made him a brother. On asking about the return gift, Goddess Lakshmi asked Bali to free her husband from the vow and let him return to Vaikuntha. Bali agreed to the request and Lord Vishnu returned to his place with his wife, Goddess Lakshmi.
- **Santoshi Maa:** It is said that the two sons of Lord Ganesha namely, Shubb

and Labh were frustrated that they had no sister. They asked for a sister from their father who finally obliged to their sister on the intervention of saint Narada. This is how Lord Ganesha created Santoshi Maa through the divine flames and the two sons of Lord Ganesha got their sister for the occasion of Raksha Bandhan.

- **Krishna and Draupadi:** Based on an account of Mahabharat, Draupadi, wife of Pandavas tied a rakhi to Lord Krishna while Kunti tied the rakhi to grandson Abhimanyu before the epic war.
- **Yama and the Yamuna:** Another legend says that the death God, Yama did not visit his sister Yamuna for a period of 12 years who ultimately became very sad. On the advice of Ganga, Yama went to meet his sister Yamuna who has very happy and performed hospitality of her brother, Yama. This made the Yama delighted who asked Yamuna for a gift. She expressed her desire to see her brother again and again. Hearing this, Yama made his sister, Yamuna immortal so that he could see her again and again. This mythological account forms the basis of festival called "Bhai Dooj" which is also based on the brother-sister relationship.

Reason for the celebration of this festival

The festival of Raksha Bandhan is observed as a symbol of duty between brothers and sisters. The occasion is meant to celebrate any type of brother-sister relationship between men and women who may not be biologically related.

On this day, a sister ties a rakhi around the wrist of her brother in order to pray for his prosperity, health and well-being. The brother in return offers a gifts and promises to protect his sister from any harm and under every circumstance. The festival is also celebrated between brother-sister belonging to distant family members, relatives or cousins.

GAURI VRAT



Raksha Bandhan, also Rakshabandhan, is a popular, traditionally Hindu, annual rite, or ceremony, which is central to a festival of the same name, celebrated in India, some other parts of South Asia, and among people around the world influenced by Hindu culture. On this day, sisters of all ages tie a talisman, or amulet, called the rakhi, around the wrists of their brothers, symbolically protecting them, receiving a gift in return, and traditionally investing the brothers with a share of the responsibility of their potential care.

The bonding between a brother and a sister is simply unique and is beyond description in words. The relationship between siblings is extraordinary and is given importance in every part of the world. However, when it comes to India, the relationship becomes all the more important as there is a festival called "Raksha Bandhan" dedicated for the sibling love.

This is a special Hindu festival which is celebrated in India and countries like Nepal to symbolize the love between a brother and a sister. The occasion of Raksha Bandhan is celebrated on the full moon day of the Hindu luni-solar calendar in the month of Shrawana which typically falls in the August month of Gregorian calendar.

Meaning of Raksha Bandhan

The festival is made up of two words, namely "Raksha" and "Bandhan." As per the Sanskrit terminology, the occasion means "the tie or knot of protection" where "Raksha" stands for the protection and "Bandhan" signifies the verb to tie. Together, the festival symbolizes the eternal love of brother-sister relationship which does not mean just the blood relationships only. It is also celebrated among cousins, sister and sister-in-law (Bhabhi), fraternal aunt (Bua) and nephew (Bhatija) and other such relations.

Importance of Raksha Bandhan among various religions in India

- **Hinduism:** The festival is mainly celebrated by the Hindus in the northern and western parts of India along with countries like Nepal, Pakistan and Mauritius.

Jaya Parvati Vrat 13 July 2019 is observed in Ashada Maas by unmarried girls and married women in Gujarat and some other Western India parts. This vrat is observed for five days for 5, 7, 9, or maybe even 11 years.

Template:Notalic katha (the story or legend of Jaya Parvati vrat) is associated with a Brahmin woman who observed this vrat to get her husband free from his curse (was not really a curse). The divine couple Lord Shiva and Goddess Parvati were worshipped during this vrat.

Gujaratis also worship Goddess Gauri in Ashadh Maas as Gauri Vrat.

There is a legend behind the Jaya Parvati Vrat. There was a Brahmin couple. They were devotees of Lord Shiva. They had everything in their life but a child. They used to worship Lord Shiva every day in the temple. Lord Shiva was propi-

tiated with the devotion of the couple and there was a revelation which said "My Shiva Linga is at a certain place in the jungle. Nobody is performing its puja. If you go there and perform its puja, then your wishes will be fulfilled." The Brahmin couple was pleased when they heard this. They went to the jungle and found out the place where Lord Shiva's Shiva Linga was. The couple found the Linga and the Brahmin went in search for flowers to perform the puja, where he was bitten by a snake and fell unconscious. His wife got worried as her husband did not return and went in search for him. She prayed intensely for her husband's safety. Lord Shiva saw the true devotion of the Brahmin woman and brought her husband back to consciousness. Later, the couple prayed at the Linga and they were blessed with a son.

1ST JULY National Postal Worker Day



National Postal Worker Day is observed every year on 1st July to thank and appreciate all men and women who work consistently and diligently to deliver all our mail and packages.

1ST JULY National Gingersnap Day



National Gingersnap Day is celebrated on 1st July every year to enjoy this sweet and savoury treat. Do you know Gingersnaps are the cookies mainly made from molasses, cloves, ginger, cinnamon and brown sugar. Basically, it is a combination of sweet and spicy. They are healthier alternative to other cookies as they are lower in calories.

2ND JULY World UFO Day



World UFO Day is observed on 2nd July every year. It was founded by the UFO hunter Haktan Akdogan. The first World UFO Day was celebrated in 2001 and spread awareness among people to gaze at the heavens scanning for unidentified flying objects.

12 JULY National Simplicity Day



National Simplicity Day is observed annually on 12 July to honour Henry David Thoreau who was an author, philosopher, historian, tax resister, abolitionist, development critic, surveyor and leading transcendentalist. Basically, he was an advocate for living a life of simplicity.

14 JULY Bastille Day or French National Day



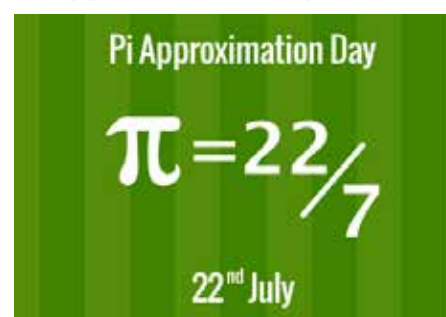
Bastille Day is celebrated on 14 July every year. This day marks the anniversary of Storming of the Bastille on 14 July, 1789 which is a turning point of the French Revolution.

17 JULY World Day for International Justice



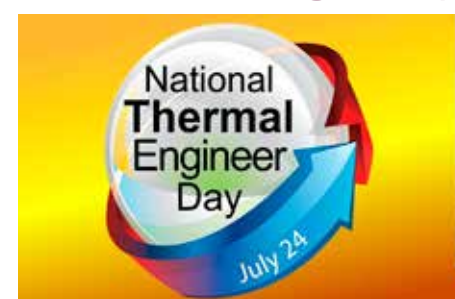
World Day for International Justice is observed annually on 17 July every year. It is also known as Day of International Criminal Justice or International Justice Day. This day recognise the emerging system of international criminal justice.

22 JULY Pi Approximation Day



Pi Approximation Day is observed on 22 July every year because of the value of Pi that is 22/7. Whereas Pi Day is celebrated on 14 March which is similar to the approximate value of 3.14 and also coincides with the Albert Einstein's birthday.

24 JULY National Thermal Engineer Day



National Thermal Engineer Day is observed every year on 24 July to show the importance of advancing the thermal engineering industry and is provide the electronics industry with innovative, high-quality and cost-effective thermal management and its packaging solutions.

25 JULY (4th Thursday in July) - National Refreshment Day



National Refreshment Day is observed annually on fourth Thursday in July which falls on 25 July in 2019. This day is basically to celebrate about the fun and refreshment during the hottest time of the year that is in summers.

26 JULY Kargil Vijay Diwas



Kargil Vijay Diwas is observed on 26 July and is named after the success of the Operation Vijay. The Kargil war was ended on 26 July which continued approx 60 days. This day is celebrated to honour the Kargil War Heroes.

28 JULY National parents Day (Fourth Sunday in July)



National Parents Day is observed on fourth Sunday in July and in 2019 it falls on 28 July. This day is celebrated to honours all the parents who play a vital role in the lives of children. Their unconditional love and sacrifice for their children can't be measured.

28 JULY World Hepatitis Day



World Hepatitis Day is observed annually on 28 July to generate an opportunity to step up national and international efforts on hepatitis. Also, this day make people aware about the hepatitis disease and its consequences in the life of the people suffering from it.



28 JULY World Nature Conservation Day

World Nature Conservation Day is observed on 28 July every year to recognise that a healthy environment is the foundation for a stable and productive society and for the future generations. We must protect, conserve and sustainably manage our natural resources.



28 JULY International Tiger Day

International Tiger Day is observed every year on 29 July to spread awareness about the need of conservation of Tigers, promote the protection of natural habitat of tigers. This day is also known as Global Tiger Day.



ICC CRICKET WORLD CUP 2019 FINAL PRIZE MONEY

ENGLAND GET USD 4 MILLION, NEW ZEALAND POCKET USD 2 MILLION

The prize money offered to the winner's of the Cricket World Cup 2019 is the highest ever offered in an international cricket tournament.

England cricket team will get richer by USD 4 million for winning the Cricket World Cup 2019 after they beat New Zealand in a humdinger of a final played at the Lord's cricket ground in London on Sunday.

The scores were tied at 241 each after 50 overs which meant the match went into the Super Over. But even the extra 12 deliveries couldn't separate the two teams as both England and New Zealand managed 15 runs each. But hosts England were crowned world champions as they had hit more boundaries in the match and in the Super Over.

The total prize pot, which sits at USD 10 million, will see the runners-up New Zealand get USD 2 million. Losing semi-finalists Australia and India will get USD 800,000 each. The 10 teams in the tournament played against each other in a single-league format, with the top four sides - India, Australia, England and New Zealand - after 45 matches qualifying for the two semi-finals.

For winning each league match, teams will get USD 40,000 each. That means the India and Australia will take home a total of USD 1.80 million each from their campaigns.

Officials adjudged Kane Williamson as the Player of the Tournament for scoring 578 runs in the 10 matches. The New Zealand captain got a trophy from

Sachin Tendulkar and a watch for finishing as the best player in the 46-day-long tournament. Ben Stokes was adjudged Player of the Match and he will walk away with a trophy and a watch.

England players had decided even before the summit clash that they would split the prize money if they end up winning their maiden World Cup title.

They will now split the money pro rata among the squad and they will receive a bonus on top of their England deals as well, thought to be worth up to 100,000 pounds each depending on which level of contract a player is on.

England head coach Trevor Bayliss will earn a separate payment negotiated when he was appointed four years ago to spearhead the World Cup assault.

Sunil Chhetri named AIFF Player of the Year for a record 6th time

Talismanic Indian captain Sunil Chhetri was Tuesday named as the AIFF Men's Footballer of the Year for a record-extending sixth time. The 34-year-old striker, who has been in peak form in the last couple of years, has earlier won the honour in 2007, 2011, 2013, 2014 and 2017. He currently plays for Bengaluru FC in the Indian Super League.

Chhetri is currently the second highest international goal scorers among active players with 70 strikes to his name, behind Cristiano Ronaldo (149). He has gone past Lionel Messi (68), who is third in the list, during the 2019 Intercontinental Cup opener against Tajikistan.

Chhetri is the most capped player of the country with 109 matches, ahead of former captain Bhaichung Bhutia (107).

India midfielder Abdul Samad was named the AIFF Emerging Men's Player of the Year.

Ace India international Ashalata Devi was named the AIFF Women's Footballer of the Year 2018-19, while Dangmei Grace was adjudged the AIFF Emerging Women's Footballer of the Year 2018-19.

Best Grassroots Development Programme award will be given to Jammu and Kashmir Football Association while R Venkatesh of Tamil Nadu won the award for the best referee.

WORLD CUP 2019: Kane Williamson named Player of the Tournament

One of the most exciting games of cricket ever ended as England were crowned the new world champions at Lord's on Sunday. It ended England's 44-year-long wait for the sport's biggest prize as their opponents New Zealand fell agonizingly short after the scores were tied even after the Super Over.

Kane Williamson, the New Zealand skipper, however, had some reason to rejoice as he was adjudged the Player of the tournament for scoring 578 runs and his outstanding leadership that led the Kiwis to their 2nd successive World Cup final. He was handed the award by Indian legend Sachin Tendulkar.

Williamson said that even though 'it's devastating' England deserve accolades on a fantastic campaign. He also felt that there were a number of times when the

game could have gone either way, but perhaps 'wasn't meant to be' for his team.

"Look, it certainly wasn't just one extra run. So many small parts in that match that could have gone either way as we saw. Congratulations to England on a fantastic campaign. It's been challenging, the pitches have been a little different to what we expected. Lots of talk of 300-plus scores, but we haven't seen many of those. I'd like to thank the New Zealand team for the fight they showed to keep us in the tournament and get us this far. A tie in the final. So many parts to it. The players are shattered at the moment. Obviously, it's devastating. They've performed at such a high level through the tournament.



We were weighing up the overheads versus the pitch, it was on the drier side. runs on the board, as it proved, was going to be challenging.

We would have liked another 20, but in a World Cup final, we'll take 240-250. Both sides showed a lot of heart, a lot of fight. For it to go to the last ball, and the last ball of the next match, it was pretty hard. That [the Stokes deflection] was a bit of a shame, wasn't it? You just hope it doesn't happen in moments like that. You can nitpick, but perhaps it just wasn't meant to be for us. It is perhaps tough to review the match and such small margins," said a heartbroken Williamson.]

New Zealand have now joined England (1987, 1992) and Sri Lanka (2007, 2011) as the only teams to have lost successive World Cup finals.

SARITA PICKS A BRONZE

The Gujarat sprinter, along with Hima Das, shines in Czech meet, while Anas seals WC berth

Gujarat's Sarita Gayakwad picked her second medal in two weeks as the sprinter from Dang, stood third in the women's 400m at the Klando Athletics Meet in Czech Republic.

Sarita clocked 53.37s to settle for the bronze medal in the event where her teammate VK Vismaya clocked her personal best of 52.54s to win the race.

Incidentally, the Income-Tax officer from the state had won the event at Kunto Athletics Meet in Poland. Sarita clocked 52.77s to win the gold ahead of teammates Sonia Baishya (53.73s) and R Vithya (53.73s).

A week before, Sarita clocked 54.21s to top the group B at Poznan Athletics Grand Prix in Poland. Overall, she was fifth in the event where Cuba's Roxana Gomez won the gold in 52.24s.

Anas qualifies for World C'ships

Meanwhile, Mohammad Anas bettered his own national record in men's 400m to clinch a gold and qualify for the World Championships while Hima Das won the women's 200m event for her third international triumph in less than two weeks.

The 24-year-old Anas clocked 45.21 seconds as he won an easy race, finishing nearly one second ahead of silver winner Omelko Rafal (46.19) of Poland in the race run on Saturday night.



Apart from re-writing his earlier national record of 45.24 seconds which he recorded last year, he also qualified for the World Athletics Championships to be held in Doha from September 27 to October 6. The World Championships qualification time is 45.30 seconds in men's 400m race.

Much-improved time

In the women's 200m race, Hima clocked a much-improved time of 23.43 seconds to win the gold. She has a personal best of 23.10 sec in 200m. This was her third international gold in 11 days.

In her first competitive 200m race of the year, the 19-year-old Assam runner

had clocked 23.65 seconds on her way to gold at the Poznan Athletics Grand Prix in Poland on July 2. After that, she won her second 200m gold at the Kutno Athletics Meet, also in Poland, on July 7 with a time of 23.97 seconds.

At this Czech Republic city of Kladno, the Indian trio of Vipin Kasana, Abhishek Singh and Davinder Singh Kang took the top three spots in men's javelin final with efforts of 82.51m, 77.32m and 76.58m respectively.

In men's shotput event, national record holder Tejinder Pal Singh Toor managed a creditable best throw of 20.36m to win the bronze. He holds the national record of 20.75m.

LOCAL SPORT

City tennis stars shine



Devesh Gupta breezed past Neel Modi to be crowned the under-10 champion in the Gujarat Open Tennis Tournament that was concluded at the RH Kapadia Tennis Academy. The 5th standard student of DPS, Bopal, won the final against Neel Modi 4-2, 4-1. In the quarters and semis, he easily defeated Viraj Shah and Preet Verma respectively with an identical scoreline of 6-1.

Ishani is U-14 girls' champ



Meanwhile, 12-years-old Ishani Pandey edged out Kri-sha Dalal 6-3, 7-5 in the final match of the under-14 girls' category. The 7th standard student of DPS Bopal blanked Kavya Shah 8-0 in the quarter-final match before recording an 8-1 win against Vama Kothari in the semis.

Vyom, runner-up in boys' U-14



Meanwhile, in the boys' under-14 section, 11-year-old Vyom Shah had a remarkable run, reaching the boys' U-14 finals. Vyom put up a great fight before losing 4-6, 4-6 to Trushang Vyas. The 6th standard student of Nirma Vid-yavihar beat Tanuj Chhhajer 7-2 in the quarter-final match. Later in the semis, Vyom overcame the challenge of academy-mate Kanj Shah defeating him 8-6.

ANIRUDDH SINH'S DELIGHT

Top-seed Aniruddhsinh Kushwaha of Valsad recorded a double delight, winning boys' U-19 singles and doubles on the Gujarat State Badminton Championship that commenced in Vadodara on Sunday.

In the singles final, Aniruddhsinh brushed aside third-seed Adheep Gupta of Kutch 21-12, 21-14. While, in the doubles final match, Aniruddhsinh teamed up with Mehsana's topseeded Bhavin Karamchandani and recorded a 21-10, 21-11 win over Kunal Sokar of Mehsana and Surat's Tejas Arora.

Meanwhile, in the girls' category, top-seed Shreya Lele of Vadodara edged past city mate and second-seed Janhvi Khanna 21-23, 21-12, 21-9 to be the crowned girls' U-19 champion.

In the doubles final, Vadodara's Janhvi and Nupur Vasavada saw the better of city-mates Saishwari Sahasrabuddhe and Shakti Chowdary Meka by registering an easy 21-11, 21-14 win.

Meanwhile, in the mixed doubles, the pair of Mehsana's Kunal and topseed Yuti Gajjar of Surat brushed aside Tejas and Janhvi to mark a 21-11, 21-16 win in the final match.

Anup, Sandhya claim LIC Chess title



Anup Deshmukh



Sandhya Koti



Prakash Gaikwad



Shilpa Palnitker

Anup Deshmukh and Sandhya Koti were crowned champions in the men's and women's categories of the 53rd LIC West Zone Chess Selection Trial.

International Grand Master Anup of Nagpur lifted the men's chess title beating Mahendra Parmar of Gandhinagar with a point's difference in the final match.

Anup topped the list with 6.5 points, while Mahanendra was second with 5.5 points. Vijay Dhale took the third place with similar 5.5 points while Dinesh Bhandarkar settled for the fourth spot with 5 points.

Meanwhile, in women's draw, Vadodara's Sandhya defeated Reshma Shah of Ahmedabad in the final round to win the crown.

Sandhya was first with 5.5 points, Reshma stood second with 5 points.

Nimisha Kevad took the third place with 4.5 points and Geeta Patel scored 4 points for the fourth place.

Prakash, Shilpa win carrom titles

Pune's Prakash Gaikwad and Mumbai's Shilpa Palnitker won the men's and women's titles in the 53rd LIC

West Zone carrom selection trial. Prakash won the men's singles title beating Rajesh Rane of Mumbai 25-4, 25-0.

Earlier in the semis, Prakash came from behind to beat Sunny Katnoria 9-25, 25-6, 24-16 to seal the final deal.

Shilpa also came from behind to win the women's crown beating teammate Anjali Siripuram 9-25, 25-8, 25-16.

In the semis, Shilpa brushed aside Megha Mathkari 23-17, 20-17 to book a place in the final.

Respite from heat, pollution as parts of Delhi receive rainfall



Parts of the national capital received rainfall on early Thursday giving much-needed respite to the people from the humidity. The heavy downpour brought the temperature down by several notches. According to Skymet, a private weather forecasting agency, the temperature was recorded at 27 degree Celsius. After a prolonged dry spell, Delhi and its adjoining regions such as Faridabad, Ghaziabad, Gurugram and Noida on Wednesday had observed a good rainfall accompanied by thundershower activities. These regions are witnessing downpour due to the shifting of Monsoon Trough southwards, which was earlier persisting over the foothills of the Himalayas.

Parliament approves Bill to give NIA more teeth



Parliament on Wednesday approved a bill to enable the National Investigation Agency to probe terror attacks on Indians and Indian properties abroad, with Home Minister Amit Shah assuring the Rajya Sabha that the legislation will not be misused. Shah defended the government for not filing an appeal against the acquittal of all four accused, including the radical right-wing's Swami Aseemanand, in the 2007 Samjhauta Express blasts case. He said the four were charge-sheeted by the previous Congress government without proof. Replying to the debate on the National Investigation Agency (Amendment) Bill, he attacked the Congress for questioning the efficiency of NIA, saying 184

terror accused have been convicted since the BJP government came to power in 2014.

President hails SC's effort to provide judgments in 9 vernacular languages



President Ram Nath Kovind on Wednesday hailed the Supreme Court's effort to provide judgments in nine vernacular languages saying the issue is "very close to his heart". "Happy to receive and be introduced to translations of 100 important judgments of the Supreme Court," he said. "These will now be available in a variety of regional and Indian languages, and access to hundreds of millions of our fellow citizens who may not know English," he added. Kovind also congratulated the apex court Collegium and the government for working together to ensure that the top court is working at its full strength of 31 "able judges". He was speaking at the inauguration of an additional Supreme Court building which will have record rooms, seminar halls and lawyers' chambers with car parking facilities.

German Ambassador meets Mohan Bhagwat, RSS chief looks smitten



Germany's Ambassador to India Walter J Lindner on Wednesday visited the Rashtriya Swayamsevak Sangh (RSS) headquarters in Nagpur, Maharashtra. The German Ambassador took a tour of the facility and met RSS chief Mohan Bhagwat, who looked very pleased in the

picture shared by the diplomat. "Visit of Headquarters of RSS (Rashtriya Swayamsevak Sangh) in Nagpur and long meeting with its Sarsanghchalak (Chief) Dr Mohan Bhagwat," German Ambassador Walter J Lindner wrote on Twitter. The diplomat, however, also alleged that the organisation has had a controversial past.

U.S. not to sell F-35 fighter jets to Turkey



President Donald Trump has announced that the U.S. would not sell the F-35 fighter jets to Turkey after Ankara purchased the S-400 missile defence system from Russia. Mr. Trump said it was not fair that when Turkish President Recep Tayyip Erdogan "really wanted" to buy the Patriot surface-to-air missile system, the previous Obama administration did not sell it. "We have a situation where Turkey is very good with us, very good. And we are now telling Turkey that because you have really been forced to buy another missile system, we're not going to sell you the F-35 fighter jets," Mr. Trump told reporters on Tuesday.

WHO declares ebola outbreak in Congo a global health emergency



A WHO expert committee had declined on three previous occasions to advise the United Nations health agency to make the declaration for this

outbreak, which other experts say has long met the conditions. More than 1,600 people have died since August in the second deadliest Ebola outbreak in history, which is unfolding in a region described as a war zone. This week the first Ebola case was confirmed in Goma, a major regional crossroads in northeastern Congo on the Rwandan border with an international airport. Health experts have feared this scenario for months. A declaration of a global health emergency often brings greater international attention and aid, along with concerns that nervous governments might overreact with border closures.

Enormous potential for growth in ties with India: U.S.



There is an "enormous potential" for growth in the India-U.S. relationship, the Trump administration has said, exuding confidence that the ongoing trade negotiations could be worked through because of the friendship between the two nations. "As it relates to our trade relationship, the secretary (of state) has said this as well when we were in India: that we see a lot of opportunity for growth in our relationship. We see enormous potential," State Department Spokesperson Morgan Ortogus told reporters at a news conference on Tuesday.

Imran Khan to visit U.S. to 'refresh' ties

Pakistan expressed hopes on Tuesday that Prime Minister Imran Khan's maiden trip to the White House later this month would help repair its acrimonious relationship with Washington as the U.S. seeks its help in ending the war in Afghanistan. Observers believe that the nearly 18-year conflict will be the major focus of talks between Mr. Khan and President Donald Trump when they meet on July 22, as Washington presses for Pakistani assistance in securing a peace deal. "Pakistan has been facilitating the U.S.-Taliban talks in good faith, underscoring that it remains a shared responsibility," Foreign Minister Shah Mehmood Qureshi said during a seminar in Islamabad.

BIRTHDAY WISHES

KATRINA KAIF 16th JULY 1984

Katrina Kaif is an English actress who works in Hindi films.[1]Despite receiving mixed reviews from critics for her acting prowess, she has established herself in Bollywood and is one of India's highest-paid actresses. Born in Hong Kong, Kaif and her family lived in several countries before she moved to London. She received her first modelling assignment as a teenager and later pursued a career as a fashion model. At a fashion show in London, filmmaker Kaizad Gustad spotted Kaif and decided to cast her in Boom (2003), a critical and commercial failure. While filming in India, Kaif received modelling assignments and established a successful modelling career.



CHANDRA SHEKHAR AZAD 23th JULY 1906

Chandra Shekhar Azad (23 July 1906 – 27 February 1931), was an Indian revolutionary considered to be the chief strategist of Hindustan Socialist Republican Association (HSRA). Born during the British colonial rule in India, he grew up to be a patriotic young man with revolutionary ideas. An independent minded individual from a young age, he became involved in the Indian nationalist movement early on. He was just 15 when he was first apprehended by the police for his participation in Mohandas K. Gandhi's noncooperation movement and given a severe flogging.



DANIEL RADCLIFFE 23rd JULY 1989

Daniel Jacob Radcliffe is an English actor, best known for playing Harry Potter in the feature film series based on the popular book series. Radcliffe has also made appearances in stage productions and a number of TV shows and films, including the ITV film My Boy Jack and the stage show Equus, which achieved much critical acclaim. He is worth roughly £20 million, mainly earned from the Harry Potter franchise. Radcliffe was born in Queen Charlotte's Hospital, West London, England, the only child of Alan George Radcliffe, a literary agent, and Marcia Jeannine Gresham (née Marcia Gresham Jacobson), a casting agent who was involved in several films for the BBC.



SONU NIGAM 30th JULY 1973

Sonu Nigam (born 30 July 1973) is an Indian playback singer, composer, live performer, host, and actor. He sings predominantly in Hindi and Kannada language films. He has also sung in English, Bengali, Manipuri, Gujarati, Tamil, Telugu, Marathi, Tulu, Assamese, Odia, Nepali, Maithili, Malayalam and various Indian languages. Nigam has also released Indian pop albums and acted in a number of films. He has been one of the highest paid Indian singers. He is often regarded as a "Modern Rafi" and is now considered as one of the most versatile singers of the Hindi film industry. He is also regarded as the "Lord of Chords".

HOW TO PREPARE FOR OLYMPIAD

Olympiad examinations at school level are competitive examinations which are conducted to imbibe problem solving skills and analytical skills in school students. It also emphasises on learning the concepts of Mathematics, Science and English. The objective of these exams is to develop the child for preparation of future competitions and challenges that would be thrown open to them in the future.

Olympiads are the exams which help students improve their problem solving skills and analytical skills, required to excel in future competitive exams. Here, we bring some important tips to prepare easily and effectively for the Olympiad tests.

The Science Olympiad Foundation (SOF) is an educational foundation and a non profit organization, established in 1996, based in New Delhi, India which promotes science, mathematics, general knowledge, introductory computer education and English language skills among school children in India through various Olympiad examinations. It helps students in their studies by providing higher level of education through their books, sample papers & Olympiads.

Why should one take Olympiad exams?

Olympiad exams are conducted at a very large scale for students to analyse their efficiencies and abilities. Giving exams at state level or all India level where students from different schools and regions compete with each other, helps them to boost up their confidence and give them a chance to grow academically and mentally.

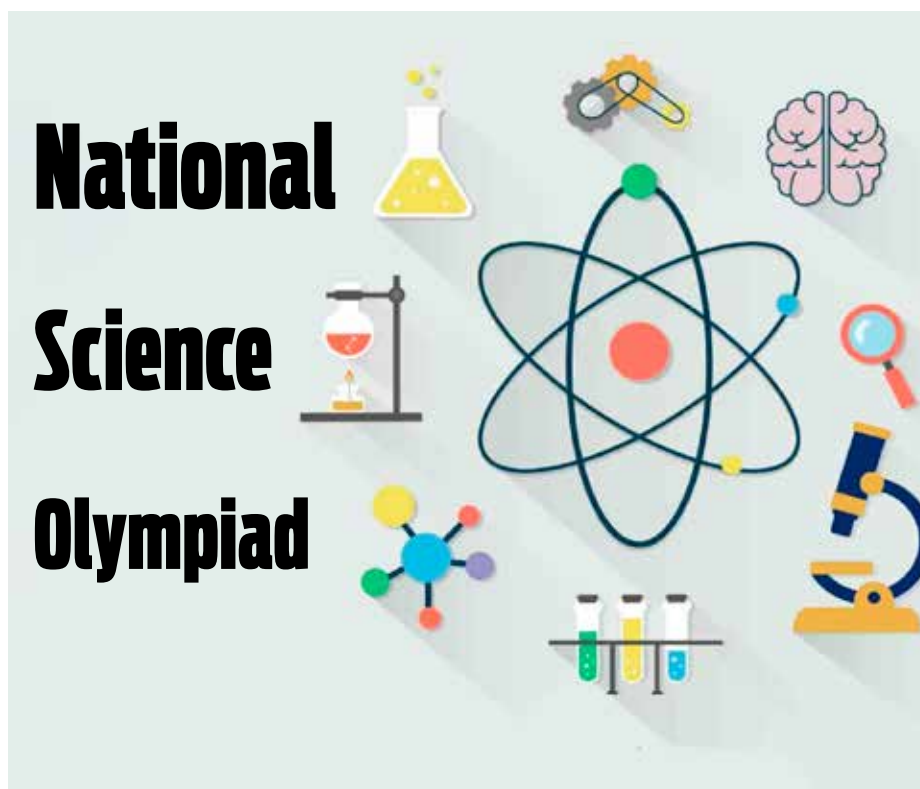
- Questions asked in Olympiads are more conceptual and tricky which requires students to understand the topic well.

This ultimately improves their routine class results

- It helps students to test their understanding, level of knowledge and power of reasoning.
- It helps to cultivate the analytical and logical thinking in the students which is quite useful for any competitive exam.
- A rank in the Olympiad helps students explore their talent.
- Awards and recognitions is another prominent advantage you get by taking Olympiad exams.

How to prepare for the Olympiad exams?

Students from class 1 to Class 12 can participate in different Olympiad Examinations. To participate in these exams the students need to apply through the schools only.



Now the real problem here is that how students can prepare for the Olympiad Examinations with continuing their regular school studies.

Here, we are providing some of the useful study tips which will help students prepare rightly for the Olympiad exams and score a meritorious position.

1. Go through the syllabus

It's very important to check the syllabus of the exam which you will appear for. For every Olympiad exam, you may check the syllabus from its official site. Going through the syllabus before starting preparing for the exam will help you know the particular topics you need to cover so that you may make a preparation strategy accordingly.

2. Plan a proper study schedule and stick to it

The students who are preparing for any of the Olympiad need to follow the proper study plan by preparing a complete strategy for every particular subject. A right study schedule helps you devote proper time to each subject and topics. It makes your studies more organized hence helping you achieve your target easily and effectively.

3. Grasp the detailed understanding of the concepts

As the problems asked in the Olympiad exams are generally based on conceptual facts. So, students should study each topic to the depth so as to gain an adequate understanding of the concepts and logics working behind that particular topic. Only detailed study can make the students confident and capable

enough to answer the tricky questions asked in any competitive exam.

4. Prepare notes/quick facts for revision

As the Olympiad tests are based on the curriculum taught in the school, so students must create notes and quick facts for each topic explained in the class. These quick facts will be very useful for future references and revisions, hence helping you learn faster.

5. Solve previous year papers, sample papers and take mock tests

Previous year papers are always useful to analyse the type of questions asked in an examination. Moreover,

practicing these papers will help you in testing your Olympiad skills. Besides this, students must solve sample papers to practice different questions covering each topic. After that take up a mock test and analyze your results.

6. Stay focused and motivated

We know that anything which is learned with full concentration and right attitude is grasped well. So while preparing for the Olympiad exams, be focused and attentive. Also, to crack the exam with flying colors, you need to believe in yourself and stay motivated throughout the preparation.

7. Daily learn English words and solve quizzes /puzzles for Maths

Learn at least one English word daily to expand your vocabulary. Keep solving

crosswords or random puzzles in newspapers and books. For Maths, find some puzzle book and practice a lot to improve your logical reasoning by solving different problems.

A student does not need to join any extra coaching classes or attend study sessions for Olympiad exam preparations. Only a thorough understanding of each topic and concept by studying each topic attentively in the class can be enough to excel these competitive exams.

OLYMPIAD EXAM DATES

Science Olympiad Foundation (SOF)

- International General Knowledge Olympiad (IGKO) - 6th & 26th September, 2019
- International English Olympiad (IEO) - 15th October, 2019 & 5th November, 2019
- National Science Olympiad (NSO) - 11th & 21st November, 2019
- International Mathematics Olympiad (IMO) - 5th & 17th December, 2019
- National Cyber Olympiad (NCO) - 28th November, 2019 & 19th December, 2019

Silver Zone

- International Informatics Olympiad (IIO) - 5th November & 4th December 2019
- International Olympiad of Mathematics (IOM) - 13th November & 13th December 2019
- International Olympiad of Science (IOS) - 29th November & 19th December 2019
- International Olympiad of English Language (IOEL) - 06th November & 06th December 2019
- Smart Kid General Knowledge Olympiad (SKGKO) - 08th November & 10th December 2019
- International Talent Hunt Olympiad (ITHO) - 22nd November 2019 & 22nd January 2020
- International Reasoning & Aptitude Olympiad (IRAO) - 29th November 2019 & 24th January 2020
- International French Language Olympiad (IFLO) - 27th November 2019 & 28th January 2020

Note

- 2nd level exam will be held on 2nd / 3rd Sunday of Feb 2020.
- 2nd level exam will be held for students from classes 3rd to 12th for IEO, NSO & IMO. IGKO & NCO will be single level exams.

Udaan....aim for the sky!



DR. SALEEMA CHAUDHARY
PRINCIPAL
Cosmos Castle International School
Green Campus, Bopal, Ahmedabad



Spread
your wings,
reach for
the stars,
sky is your
limit...

A time to ponder the possibility of the above thought. With the sky as your limit can your dream and aspiration be that big and high? Yes, it is possible. A clear vision and foresight can help you to reach to the stars and beyond.

WHAT MAKES OUR ASPIRATION SUCCESSFUL?

A positive understanding about our abilities and capability and self esteem makes it possible for us to chalk out our path to success. Life gives ample of opportunity to everyone to flourish in their chosen path.

As the story goes....

A village waterman used to fetch water from far away well for his cattle and store it in the tank near the cattle shed. He used to take the same path for his to and fro journey. Out of the two pots he used to carry one had a crack in it. Water used to trickle out. There was a constant fight between the two pots about their efficiency. The intact pot used to mock the cracked pot about the spill water. Upset as it would make him but he used to be quite. Then, one day the cracked pot pointed out to the rows of beautiful and colourful flowers on his side of the path. And happily announced the arrival of spring on his side of the path. He exclaimed with joy, look the water that spilled from my pot has not gone waste! My efficiency of carrying the water is no less than yours. I have made the path of our master beautiful. It will make him happy and will motivate him to make more trips to the well for the water. The cattle will be now more productive after being well fed.

The story would make you wonder the possibility of your capability and skill. A positive approach and attitude towards the life can make a seemingly impossible path to our goal in life approachable and achievable. Each one of us has a unique skill set and capabilities which makes and gives us our individual personality. As it is said, the wings are already there and all it takes is your courage and confidence on them to spread and reach to the sky.

SETTING OF GOAL FOR A SUCCESSFUL LIFE

Setting goal is the first step in turning the invisible into the visible. Before you

jump with an idea, Ponder!!! Why do you want to set a goal? What is the change that you want to see and bring in yourself? The identification of the motive behind setting the goal helps you and motivates you to achieve the same. Your positive acceptance of your personality type and trait helps you balance a realistic understanding of the challenges ahead and perks your confidence that you can overcome them. An understanding of the personality trait and type helps setting a goal.

Setting of goal in life gives you direction and keeps you focused and boosts your confidence.

GOAL SHOULD BE SMART

Once the vision in

your life is clear, your motive behind setting the goal is sorted. One needs to remember that the difficulty level of the goal has to be understood at all level. If the goal is too big and too hard to reach, the enormity of the task it would command to achieve will intimidate you and will not let you to take a plunge. On the other hand if it is easily achievable then it would

not push you enough to go for it.

An optimal goal is a one which challenges you at the same time, is not beyond your reach. One need to plan a goal which has to be SMART: Specific, Measurable, Achievable, Relevant and Time bound.

- A specific goal will give you direction and won't be vague. It will motivate you to achieve it. You should be able to visualize it.

- Every step, every milestones should be measurable that takes you towards your larger goal in life. It keeps you on track. The parameters that you set to trace the path must be clear and identifiable.

- An achievable target may pose some

challenges but the stress that it generates is a positive one that pushes you to reach up to it. On the other hand, an unrealistic goal may initially motivates you but may burn your energy out in the process. Leaving you with demotivated and depressed. A positive understanding about our physical and personality trait always helps in overcoming this challenge

- A relevant goal is set in real life situation and is sync with all the real life param-

eters of yours.

- No goal can be successful if it is not time bound. You need to define the time require to achieve every small milestones towards your bigger goal. You have to be realistic while assigning the time lines to reach every mile stone of your target.

If you see yourself as a successful surgeon in 10 years time from today, and you are a student of class-X. You need to collect all information that would take you towards your dream, viz. the cut off marks in the competitive exams, the best Medical college to enroll for your PG course, the minimum marks required to get into your dream college, all the pre-requisites for the same. To achieve your target, the path need to be calculated in a reverse way and timelines to be set.

It is not always necessary that the target you have chosen for yourself and the meticulously planned career path will lead you to success. A plan B should always be ready and handy in such cases. It has to be prepared with the same passion, dedication and zeal. It should also encompass the minutest detail as your plan-A. It should also be SMART. Your plan-B in life helps you in looking forward in life and also gives you enough support to march ahead.

Stay focused, go after your dreams, be passionate and keep moving towards your goal!

Setting goal is the
first step in turning
the invisible into
the visible.