

The Open Page

Inspire Learning

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Health is Wealth



Health is the greatest gift that nature has given to us. In our whole life we are very conscious about health. Growing Children need to understand the importance of having good health.

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Why are we scared to trust our kids?



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FIRE : Be safe than sorry



The fire which engulfed the four-storey building started at the ground floor, forcing students to take cover at roof.

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SUNRISE OF ACADEMIC YEAR



NIDHI SHARMA
Principal
Samarpan Public School
Gandhinagar

Start of a new academic session is like a sunrise. After almost a two-month vacation to rejuvenate one's self, students are fully charged and looking forward for an exciting new session. They are all geared up with new set of books, clothes, bags and many more things. Students start their academic session with lot of positive thoughts, aspirations.

However, after spending a few weeks away from the school and relaxing over holidays, it is little difficult for them to get back to the tedious schedule again. Whether they spent the post exams vacation relaxing or working, preparations for a new school year can be overwhelming and intimidating. So, it's important to approach the new school year with a pre-planned strategy and a positive mindset. This positive energy needs to be put into right frame so that they can excel in the academic performance. The responsibility of giving the students a motivational approach lies on the teachers and the management of the school.

If a child has been poor performer in his previous standard that doesn't mean that he would not perform this year also. If the student has been slow in studies or he has been mischievous in the class that has nothing to do with his new academic year. Probably the child along with his/ her parents would have worked on its shortcomings. But if child is treated the way he/ she was treated by their respective teachers in his/her last academic session, this would pull down his /her motivational levels.

In some cases teachers come across a basic problem that students are not keen on studies and they feel that they are unnecessarily pressurized to get their best performance. This is due to lack of student motivation. In some students it is present, which usually comes from within (intrinsic motivation). Such children perform the tasks

as they get happiness from learning and doing new tasks. Those who do work to impress parents, teachers and acquire higher grades are externally motivated. (Extrinsic motivation).

An exhausted student might think "Why I have to go to school?" or "why teachers give us so much homework? May be because it's boring! or may be its lacking that spark which can motivate them to enjoy the learning process. Parents and teachers are equally responsible for creating that "spark(s)" by make learning process enjoyable. However motivating students is one of the great challenge teachers and parents face every day. Student's engagement in learning process – a spark (both emotionally and cognitively) plays crucial role in achieving academic success. Engaged students demonstrate more effort, experience more positive emotions and pay more attention in the classroom. Also student engagement in learning process gives more positive outcomes such as higher grades and see boost in confidence than less engaged students. Other important factor is Enhance students' self-belief. When students are more engaged they act as their own learning agents working to achieve goals important to them. Students must believe that either they will win or they will learn, but they will not lose. This will not only boost their confidence but it will enhance their ability to accept the failure and take it as chance to improve.

HOW CAN WE HELP?

1. Create and provide a warm and compassionate environment.
2. Give space to the children.
3. Use words of encouragement and positive reinforcement.
4. Develop the strength of the children.
5. Make the school work & homework, more of smart work
6. Build an environment that is focused on the goals.
7. The child should learn to compete with him and not with the peers.
8. Reinforce the positive behavior.

Time management is also one of the

Dear Students, Educators & Parents and all readers of 'THE OPEN PAGE'

We would like to extend our warmest wishes to you all on the beginning of the New Academic year. Let it be interesting and unusual for you and let it bring new knowledge and discoveries, as well as new challenges.

TO THE STUDENTS *We would like to wish creative, responsible approach to education and interesting, passionate, inspiring stories and let this be the brightest and the best year of your life.*

TO THE EDUCATORS *We would like to wish them all the best for the new session and would request them to be ideal teacher so that students look upto them and aspire to achieve success in field they pursue. Above all Educators are catalyst for making students a good citizens.*

TO ALL PARENTS *We would request them to be realistic and be by the side of your child and give them all that you can with making them a good person and with least expectation. Do not push your aspiration in their mind and soul and let them open up their wings and fly, also do not be over protective. This WORLD is big enough so let them follow their passion and then there is success everywhere.*

Wishing you all a Very Happy New Academic Year!

TEAM – THE OPEN PAGE

important aspects that need to be planned on the start of a new academic session. Students can form a time chart in advance to separate their study schedule from additional activities like playing games and watching TV. They should try and implement the created time plan into their routine. This will help them to adapt to the structured routine so that they don't find it tough to stick to the same.

For example: If the school will get over at 4 p.m. then they will have to plan the time between 4 pm and the dinner during which they have to add all necessary activities like tuition classes, homework, playing sports, watching TV, etc. Which activity they want to devote more or less time, the choice is all theirs.

Thus, preparing a plan on the commencement of the new academic year can boost your performance and help you approach success with little more efforts put together.

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



Cosmos Castle International School, Green Campus

Capacity building program on soft skill was conducted for the teachers at the Regional office Ajmer of CBSE at the Cosmos Castle International School Green campus on 1/6/19. It was a learning experience for the teachers. The training was intriguing as it helped bringing in the best memories that touched the lives of the participants at some point of time. The teachers were happy to share them with others in the workshop.

Raj Madhav traditionally started their academic session

Students were greeted by a traditional way on the first day of the new session by the Management, Principal & Teachers. They welcomed the students by putting 'tilak' on their foreheads. A perfect example to make students understand our age old rituals.



Mother's Day Celebration

To give a tribute to motherhood "Mother's Day" was celebrated in "Tripada Gurukulam - Viramgaon" with great enthusiasm and zeal. All the mothers were welcomed with "Smile Cards" to start their day with a great smile. The event started with the lightening of the lamp by our Chief Guest Mrs. Reena Pandya (President of Nagarpalika) and the trustees (Mr. & Mrs. Hiren Joshi) of the school followed by the Saraswati Vandana. A "Self Grooming session" for the mother which was taken by the Principal of the school Ms. Anju Kumari. The session was specially designed for mothers to give tips of developing individual personality of each and every mother of our school kids. We had fun games for mothers playing which took them back to their childhood days.



AYUDH – A HOPE



"AYUDH – Amrita Yuva Dharmadhara", is a youth movement empowering young people to integrate universal values into their daily lives. Since its launch in 2001, it has undertaken various social service activities across the globe. One of the Youth Projects which was initiated by AYUDH was, "A fight against Air Pollution." The AYUDH Ahmedabad team participated in this drive for bringing awareness among people about the air we breathe and measures to follow in keeping environment clean. The sincere efforts of the AYUDHIAN'S are

acknowledged in sustainable development by the U.N. The U.N congratulated them by issuing certificate of appreciation on the 'World Environment Day', for active participation and support in the fight to beat Air Pollution.



DR TWINKAL PATEL
Founder Motherhood
Foundation

HEALTH IS WEALTH



It is a health that is real and not piece of gold and silver."

— Mahatma Gandhi

short. Sky often looks clear however sometimes it remains unclear all through the day because of the thick fog during peak cold months. Sometimes it rains also during the winter season and makes condition worse.

First Aid Class

Learning first aid is an invaluable life-skill. It helps children become more risk aware and equips them with skills to keep themselves safe and help themselves or others if involved in a medical emergency.

Guaranteeing our children are safe in school is one of the top priorities of parents, teachers and school administration. This has brought first aid training to the forefront making it a priority in schools. Having staff trained in first aid not only boosts the safety of the entire school, but it also can be the difference between life and death in the event of a medical emergency.

Natural way of Healing

Apart from medical assistance we in Motherhood Foundation believe in holistic way of drugs de-addiction. In our

view medical help should be assisted by mental healing like yoga, couring and meditation will help in overall development and changing the personal lifestyle of the patient.

Addiction is a chronic disease, which means that it is a condition that you will have to learn to manage for quite a long time. Drugs as mentioned are a fetal poison that kills the mental strength of the person. So it is necessary to offer proper help and support to the patients. Treating addiction is a very complex process. We are aware that stress is everywhere in form of peer pressure, depression, anxiety, worry, mood swings etc. at all level So some steps like Yoga-Yoga may sound like a strange way to cure addiction. But it helps us to catch hold of our body and mind by connecting it in sync. Yoga strengthens both the body and the mind, enabling an addict to truly understand their body and the road of recovery that lies ahead.

Support from family members – Friends and families are the best support one can have. It is very important that you surround yourself with people that are not only supportive but also trying to better themselves.

Group Sessions-Group sessions are a good mode to open up. By listing to stories and experiences of others it helps in curing the problems easily. Therapy-Therapies like Music therapy; pet therapy, gardening etc. are some upcoming ideas and therapy that helps in occupying once mind and help them relax

Motivation- Proper motivation can help the addicts attain a proper mental

health People depend on medical help all the time. But there are side-effects to medicines that can lead to an indirect and totally different problem. So in many parts of the world the concept of natural ways of healing of problems and diseases are emerging. Yoga, meditation, acupuncture, different types of therapies and sessions are the new tools for the healing and treatments of diseases.

Psychotherapy

Now-a-days most of the parents are working, staying in a nuclear family, therefore, there is a vast gap of communication and bonding of parents towards children. Not sharing of love & care on regular basis, children feels loneliness that leads them to fall in depression situation. We have seen an effective communication solves number of problems at family, friends, colleagues, peers, likewise if parents communicate effectively, children will automatically start engaging in their own activity with enthusiasm.

In today's world, every student leaves under peer pressure to score very good marks & become topper of the class and meet their parent's expectations. According to WHO, Mental disorders comprise a broad range of problems, with different symptoms. However, they are generally characterized by some combination of abnormal thoughts, emotions, behavior and relationships with others. Examples are schizophrenia, depression, intellectual disabilities and disorders due to drug abuse. Most of these disorders can be successfully treated.

This type of symptoms also leads to crimes such as rape, molestation etc. So the need of courses such as Self-Defense. Difference between good touch and bad touch. Career is a major subject of concern for students these days so every school should have a career counseling session in the end of the academic session every year. Supporting this, schools should prioritize the need for In-house trained counselors or psychotherapist who can work with the students, parents and teachers and bridge the communication that the student is afraid to amplify.

Drugs Awareness

There are certain mental health problems that are likely to be linked to drug abuse. Depression brings with it a completely overwhelming sense of sadness, hopelessness, inability to sleep, and in worse cases, inability to function. Some may turn to substance abuse to get themselves through the day. However, it only worsens depression symptoms and in turn, worsens the drug dependency. It's undoubtedly a vicious cycle.

When educating people, all drugs should be covered, regardless of the strength or perceived risk of harm. While opium, cocaine, and methamphetamine are viewed as "hard drugs," and therefore have serious consequences, "minor drugs," such as marijuana and alcohol can still be addictive and are frequently abused. People of all ages should be aware of the damage that drugs and alcohol do to the body, mind, and relationships.

Name: Kairavee Mihir Dave
School: Maharaja Agrasen Vidhyalay
Standard: 12 Com CBSE board
Percentage scored in board exam? 95.4%

How much time do you spent on studies in a day? 4-5 hours

What motivates you to study?
Interested subjects like Economics etc.

Do you get leisure time? Yes

Hobbies: Reading, Travelling

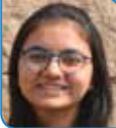
What do you do in your leisure time?
Watching T.V.

Do you prefer reading books other than syllabus? Yes

Which is your favorite book other than syllabus? Meluha.

What is your goal in life? To be a great Lawyer.

What advice you would give to other students? Focus on your dream and work hard to achieve it.



Name: Diya Panchal
School: Amrita Vidyalayam
Standard: 10 CBSE
Percentage scored in board exam? 94.4%

How much time do you spent on studies in a day? 8hours

What motivates you to study? My mother

Do you get leisure time? No

Hobbies: Dance. Sports

What do you do in your leisure time?
Watching T.V.

Do you prefer reading books other than syllabus? Yes

Which is your favorite book other than syllabus? Tinkle

How do you balance your studies and extra curricular activities? I spend maximum time in studies

What is your goal in life? Become good engineer

What advice you would give to other students? My advice is to spend maximum time and energy in studying and also take a small break in between which is essential to keep our mind fresh.



Name: Rudree Atul kumar Trivedi
School: Amrita Vidyalayam
Standard: 12th CBSE
Percentage scored in board exam? 89.4%

How much time do you spent on studies in a day? 6 to 7 hours

What motivates you to study? My goal and interest in subject

Do you get leisure time? Yes

Hobbies: Dancing, Football

What do you do in your leisure time?
Listening music

Do you prefer reading books other than syllabus? Yes

Which is your favorite book other than syllabus? Harry potter series

How do you balance your studies and extra curricular activities? I try to balance

What is your goal in life? To become scientist

What advice you would give to other students? Develop interest in subject and try to understand topic



Name: Dhruvi Atulkumar Trivedi
School: Amrita Vidyalayam
Standard: 10th CBSE
Percentage scored in board exam? 94.8%

How much time do you spent on studies in a day? I study 5-6 hours a day excluding school

What motivates you to study? My internal conscious

Do you get leisure time? Yes

Hobbies: Music, reading books

What do you do in your leisure time?
Listening music

Do you prefer reading books other than syllabus? Yes

Which is your favorite book other than syllabus? Harry potter

How do you balance your studies and extra curricular activities? With time table

What is your goal in life? Become a veterinary doctor

What advice you would give to other students? Be yourself and faithful to nation



Name: Sneha Dinesh
School: Amrita Vidyalayam
Standard: 12 CBSE
Percentage scored in board exam? 93.8%

How much time do you spent on studies in a day? 4 hours apart from school and tutions.

What motivates you to study?
Encouraging words from my teachers and parents

Do you get leisure time? Yes

Hobbies: Singing and reading

What do you do in your leisure time?
Yoga, listening music and reading books.

Do you prefer reading books other than syllabus? Yes

Which is your favorite book other than syllabus? Books related to mythology.

How do you balance your studies and extra curricular activities? By following a time table which is made on daily basis depending on the work that is to be done on that particular day.

What is your goal in life? To become a chartered accountant.

What advice you would give to other students? I would advice that students should study on a daily basis and "never do tomorrow what you can do today". And always remember that the best motivator in your life would be you yourself.



Name: Dev Ashwinbhai Patel
School: Amrita Vidyalayam
Standard: 10th CBSE
Percentage scored in board exam? 95.2%

How much time do you spent on studies in a day? 5 to 6 hours

What motivates you to study? I have great interest in study. Support of friends and will to make my parents fell proud motivates me to study.

Do you get leisure time? Yes

Hobbies: Painting and reading

What do you do in your leisure time? Read books, fill my sketch book and watch TV.

Do you prefer reading books other than syllabus? Yes

Which is your favorite book other than syllabus? Harry Potter

How do you balance your studies and extra curricular activities? I don't participate in extra curricular activities.

What is your goal in life? I wish to become a psychologist and contribute to society and humanity.

What advice you would give to other students? It is the duty of a student to study. So as a matter of fact that you can't avoid it, start studying with planned schedule. Be creative and you'll enjoy learning. Be consistent in your performance and manage time.



Name: Heet Mehta
School: Maharshi Sandipani
Standard: 12th
Percentage scored in board exam? 73%

How much time do you spent on studies in a day? 3 hours

What motivates you to study? The secrets of science

Do you get leisure time? Yes

Hobbies: Reading

What do you do in your leisure time?
Play piano

Do you prefer reading books other than syllabus? Yes

Which is your favorite book other than syllabus? Godaan

How do you balance your studies and extra curricular activities? By arranging proper schedule

What is your goal in life? To be a scientist

What advice you would give to other students? Any subject that you are studying study it with interest, try to understand it and apply it in our daily life.



Name: Dharmik Jayeshbhai Govani
School: Amrita Vidyalayam
Standard: 12th CBSE
Percentage scored in board exam? 90.8%

How much time do you spent on studies in a day? 11 hours approx.

What motivates you to study?
Father's struggle

Do you get leisure time? Yes

Hobbies: Cricket

What do you do in your leisure time?
Watching Movies

Do you prefer reading books other than syllabus? No

Which is your favorite book other than syllabus? Wings of fire

How do you balance your studies and extra curricular activities? Time management

What is your goal in life? To become an ethical hacker

What advice you would give to other students? follow your dreams



Name: Maharshi Pandya
School: Amrita Vidyalayam
Standard: 12th CBSE
Percentage scored in board exam? 92.6%

How much time do you spent on studies in a day? 4-6 hours with frequent breaks in between

What motivates you to study? I have great interest in study. Support of friends and will to make my parents fell proud motivates me to study.

Do you get leisure time? Yes

Hobbies: Dancing, Football

What do you do in your leisure time? I dance or watch informative videos on YouTube or just play Football.

Do you prefer reading books other than syllabus? Yes

Which is your favorite book other than syllabus? My most favorite is: Einstein's Theory of Relativity.

How do you balance your studies and extra curricular activities? As required by the situation I change the priorities accordingly. For eg. If tomorrow is my exam and the day after tomorrow is my dance competition (or show or anything else) I first focus on whatever is to be done Tomorrow so I'll complete my studying till tomorrow. This way I change the priorities and thus balance studies with extra curricular activities.

What is your goal in life? The goal of my life is to achieve something worthy day by day as life progress. Because attaching a specific goal to life makes life go monotonous and one-directed rather than interesting and expanded.

What advice you would give to other students? My advice to students is whenever you feel that you cannot focus on the work you are doing right now. Relax and pause in the moment and tell yourself that the work I'm doing is a 'piece of cake' and it's very easy. This way you will get the confidence to finish it as soon as possible.



Name: Hetvi Mayur Shah
School: Amrita Vidyalayam
Standard: 10th CBSE
Percentage scored in board exam? 94.8%

How much time do you spent on studies in a day? I study 4-5 hours a day excluding school

What motivates you to study? The hunger to know about everything around me and to keep pace with the technology keeps me motivated to study

Do you get leisure time? Yes

Hobbies: reading and listening music

What do you do in your leisure time? reading books other than my syllabus and spending time to get acknowledge about the technology

Do you prefer reading books other than syllabus? Yes

Which is your favorite book other than syllabus? ignited minds by APJ Abdul Kalam

How do you balance your studies and extra curricular activities?
I balance my studies and extra curricular activities by i)preparing a timetable
ii) following the timetable

What is your goal in life? My goal in life is to be successful and try my best to bring changes that can improve the lives of future generations

What advice you would give to other students? I would like to advice other students to avoid distractions and concentrate on their goals and to avoid stress and find me time for themselves





SAMARPAN PUBLIC SCHOOL:
The first annual function of Samarpan Public School was celebrated

SCHOOL LIFE – A BEAUTIFUL JOURNEY

“THE SCHOOL” There is a beginning of a new chapter in every child’s life. The very first chapter that a child’s face is a day when they start going to school when they start a new journey. It is the first phase in life when they step out of the comfort zone and place the very first small step in the world’s environment. The first day of the school seems to be a very big challenge for the child as well as the parents.

The beginning of any journey seems to be very exciting and also a little bit jerk of nervousness. The nature and the behavior of each and every child seem to be different, some of them face it difficult to adapt the change in the daily routine where some other children can adapt the change in seconds and can enjoy the whole new environment.

The day starts with the tears in the eyes and sad face, to the whole new place, even sometimes it can be the excitement of going to a new place, in the new environment with brand-new uniform and a tiny sparking bag and polished shoes. At that time, you didn’t have any idea about all the things happening around and what are you going to do at the school far from your parents. Sometimes you even feel uncomfortable and constantly miss your home, your room, your toys, and especially your comfort zone and also it gives the very mixed and overwhelming experience when you can’t predict that what is going to happen. On remembering those old days you will definitely have a big fat smile on your face with the instant glimpse of that particular moment in your mind.

On my personal experience, when I think about my first day at school, I know that I was a little bit shy but within few hours I became friendly to the atmosphere of the school, its environment, the teachers present in there and the care they took of me. Eventually, I started loving to go to school. I made many friends, learn new amazing things and many more. Even the teachers present over there were so supportive that they became my friends too.

The experience of the school is literally very amazing and provides a self-improving environment where we can



grow ourselves and can achieve our goals. Even they add meaning to our life. School takes the exams that not only teach us the syllabus but also prepare us to face all the exams, all the events which would happen in our life. The school helps us to grow, evolve and bloom like a beautiful flower in our life. The school life is full of unexpected experience which we would never get from any other place. It seems to be the second home of our life.

The school life is tough though leaving school is the toughest part. When the time comes to leave the school you would feel a pain in the heart as if you are leaving a part of your life behind you and moving forward in your life. You will remember each and every moment that you have spent in the school, the moments of joy, the moments of nervousness, the playfulness that you have enjoyed, the teachers screaming at you, the fear when you have not completed the homework, the moments when you have to appear in the exams, the moment of happiness when you have achieved the great score, your friends and friendships, your fights, those recess, and those games section. Each and every moment will be there in your mind as a flashback. You will have the tears in eyes on your first day but definitely you will cry and

have the sorrow of leaving the second home of your life on the last day.



—Shailvi Shah,
Ex YRC, Member



STUDENT OF SSRVM BEGGED PRIZE IN DRAWING COMPETITION:
Janhavi Thorat of std 8 has bagged 2nd position in Ahmedabad City and 5th in Gujarat State. at the Intermediate Drawing Exam

A.A.R.T.I
SUMMER
CAMP
2019

EXCLUSIVE NIGHT STAY

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



MANGO MASTANI

INGREDIENTS

- 1 cup mango puree
- 1 cup milk
- 4 small scoops vanilla ice-cream
- 2 tblsp sugar (quantity of sugar depends on the sweetness of mangoes)
- 2 tblsp roughly chopped mixed nuts
- 1 tblsp mango pieces
- 1 cup full of ice-cubes

METHOD:

1. Take a mixture jar and put the mango puree, 2 ice-cream scoops and sugar into it and blend it.
2. Now add milk and ice-cubes to the blended mixture and churn well, to get a smooth mix.
3. Now pour into a serving glass and garnish with 1 scoop of ice-cream, nuts and mango pieces.
4. Serve chilled.



A DELICIOUS RECIPE BY ESTHER SAMUEL'S

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.



Frozen Strawberry Lemonade

What would the spring and summer seasons be without fresh lemonade? Making homemade sugar free lemonade at home is fabulously easy! All you need is your favorite sugar free substitute and have at it. Throwing in some fresh strawberries in this recipe makes it even better. But if you're not a strawberry fan sub another fruit like blueberries or raspberries. Honestly the recipe is easily adaptable to choose whatever fruit you fancy. Even frozen fruit would work here but I would suggest removing 1 cup of the ice in the recipe because frozen fruit should make the mixture cold enough and you certainly don't want a watered down frozen lemonade.

INGREDIENTS

- 1/2 cup lemon juice
- 1/4 cup water
- 1 teaspoon lemon liquid stevia
- 1/2 cup Swerve sweetener
- 1/2 cup strawberries
- Pinch salt
- 2 cups ice

STEPS TO MAKE IT

1. Add lemon juice, water, liquid stevia and Swerve to your high powdered blender.
2. Remove stem of strawberries and wash them then add to the blender.
3. Give the blender a quick whirl then add ice.
4. Continue to blend until ice is thoroughly incorporated and lemonade is thick and slushy.
5. Taste and adjust sweeteners if needed.
6. Makes 2 servings.



FROZEN SLIME

This is a lesson in polymers. Polymers are made out of long strands of molecules, similar to a beaded necklace.

Glue contains an ingredient called polyvinyl acetate, which is a liquid polymer. Borax helps the polymer strands stick together, creating slime. Pretty awesome!



Here's what you do need

- Borax
- Glitter glue
- Glass container
- Water
- Empty contents of the bottle into a glass container. A perfect job for kids to help with.
- Once the bottle is empty, fill with water and pour into the glass container with the glue.
- Mix well.
- When measuring and mixing Borax,

please use caution. This should be done by an adult, in my opinion.

- Mix 1 teaspoon borax into 1/2 cup of warm water. mix well.
- Slowly pour the borax/water solution in the glass container with the glue/water solution to make your frozen slime recipe.

QUIZ

1. Which is the largest animal in the world ?
2. Which is the largest animal on land ?
3. Which is the smallest bird ?
4. Which is the largest fish in the world ?
5. Which is the tallest animal on the earth ?
6. Which is the biggest bird in the world ?
7. Which is the biggest continent in the world ?
8. Which is the largest country (area) in the world ?
9. Which is the most spoken language in the world ?
10. Which is the largest island in the world ?

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

Why are we scared to trust our kids?



MRS. NIRALI DAGLI
Principal
Calorx Public School, Ghatlodia.



Where there is freedom, there are limits and boundaries but there is a lot of trust and respect too

dom or trust them? As if we were to even try it, the damage would be irreparable. Most of the people who comment negatively on this philosophy of mine have not even tried this approach. They say 'if I did this, my children would take advantage of me' like it's a fact. But it is not. I believe the best consequence of trusting our kids is the confidence we imbibe in them and make them accountable for all the choices and of course the by-product is the respect we earn. When teaching your kids about the concept of respect, teach them of their worth as a person.'

C. Sternberg. For some reason, we have been led to believe this, but many children are growing up trusted and respected and they are not brats. They are confident and capable and a delight to be around.

Where there is freedom, there are limits and boundaries but there is a lot of trust and respect too. People seem to believe it is either one or the other. Strict control or total neglect.

They are scared to give their children too much freedom because it may mean they no longer have any influence over them. I beg to differ! When

you have a relationship with your children based on trust and respect you have greater influence.

You are no longer working against each other with one person giving the orders and trying to keep the other in line. You are a team. You talk about things together, you respect each other, you listen, you give advice, you comfort when things don't work out as per the plan. You model good decision making and behavior, and you let them learn about the world and the consequences of their actions without judgment. When there is no fear of punishment or being judged they are much more likely to confide in you.

When they are not constantly bombarded with rules, they are more likely to listen when it really matters. And

what happens when they make the wrong decisions? You talk about it! Giving them freedom and trust doesn't mean they won't ever do the wrong thing, and it doesn't mean you just leave them to their own devices completely! In fact, it is also important that they learn that 'it is okay' to fail in a decision or at times make a wrong choice. Thus enhancing their tolerance towards facing failures and accepting the responsibility at the same time. Of course, you step in and offer advice and suggestions when things don't go as per the plan. Again, it's not an all or nothing situation. Just treat them how you would want to be treated. If you made a mistake at work would you like to be yelled at and punished? Or would you like to talk it through, work out how to fix it, and decide how to avoid the same problem in the future? I'm guessing the latter.

Children are no less deserving of respect, trust, and freedom than adults. They are surprisingly capable when given the chance. If only people weren't so afraid to give it to them.

“ All I am saying... can be summed up in two words: Trust Children. Nothing could be simpler, or more difficult. Difficult because to trust children we must first learn to trust ourselves, and most of us were taught as children that we could not be trusted.”

—John Holt

Trust – sounds like a very small word but has a lot to do with the rational growth of a child. It shapes one's emotional stability to an extent that outcome of which is what is described as "Sana in corpore Sano" in Latin which means – Sound mind in a sound body.

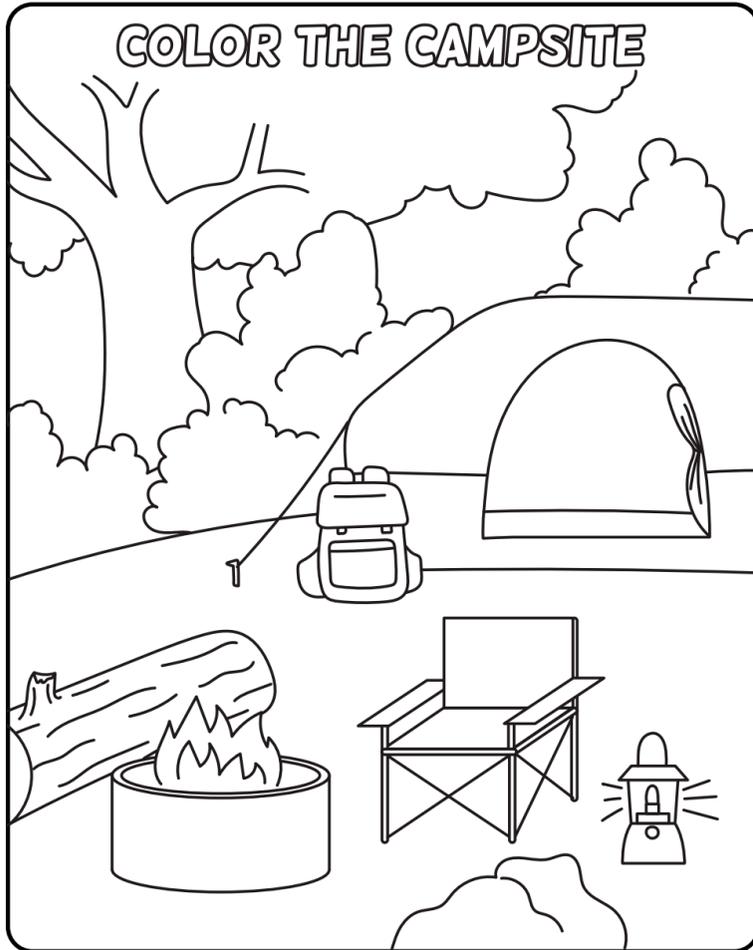
Trust and freedom are two things I value pretty highly and try to make a priority for my child. I get the feeling, this is pretty uncommon though. I often have an encounter with various so-called perfect and responsible parents that 'How can you trust your child and give them the freedom to take their own decisions?' Why are we often sure that our kids will always go wrong with their decisions and choices?

'Behind Every Young Child Who Believes In Himself Is A Parent Who Believed First'

It always makes me think, what a sad pessimistic view of children we have. The old saying goes- 'give them an inch and they'll take a mile'. Like somehow our children are out to take advantage of us and we must maintain strict control at all times. Do we really believe that children are inherently bad? That given a chance they will always make the wrong choices? I certainly don't! Perhaps if you live in a house where you are used to strict control, you might be more likely to do the wrong things when the opportunity arises just to see what it's like, or what will happen. Maybe a little bit of freedom is overwhelming and you don't know what to do with it? But in a house where freedom abounds, where you are trusted, and the lines of communication are always open, I don't find this to be the case at all. Children learn to make good choices by being allowed to practice making their own choices, and by learning through natural consequences instead of harsh imposed punishments. Not so much in my own circles, or from regular visitor parents at my place. I assume that most people whom I talk to regularly have similar views to me. But if a conversation happens to be shared to a wider more mainstream audience, then there is outrage!

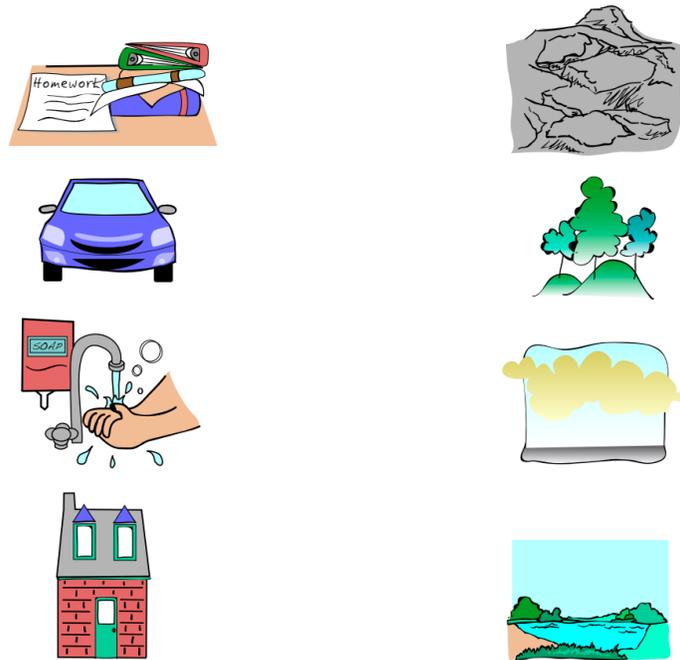
Why are we so terrified to give them that opportunity to explore the world in their own way? Why are we so very afraid of giving them too much free-

FILL IN THE COLORS



NATURAL RESOURCES

Many things we use every day affect the environment. Draw a line from the activity to the thing it most affects.

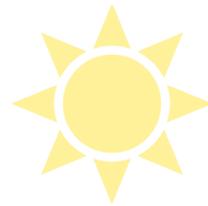


What can you do to reduce your use of our natural resources?

WORDSEARCH

LET'S GO CAMPING!

Find and circle all of the words in the list below.



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

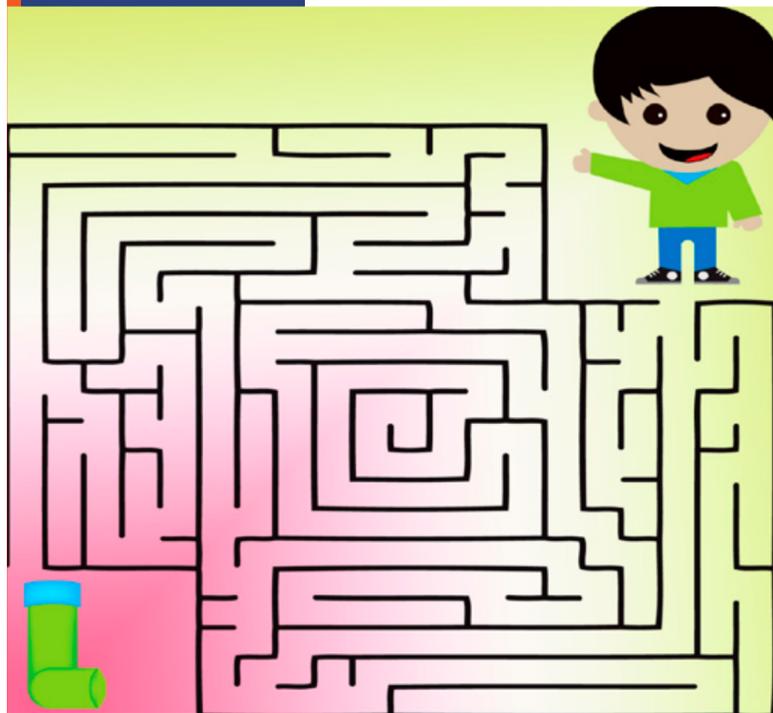


TENTS
FIRE
HIKE
SWIM
SMORES



TREES
BACKPACK
CAMPSITE
FOOD
SKI

FIND THE WAY



TRENT ALEXANDER BOULT

Competition	Test	ODI	T20I	FC
Matches	61	82	25	94
Runs scored	562	144	14	970
Batting average	14.41	9.60	3.50	14.05
100s/50s	0/1	0/0	0/0	0/2
Top score	52*	21*	5	61
Balls bowled	13,591	4,464	551	19,213
Wickets	246	150	37	354
Bowling average	27.54	25.02	21.18	26.65
5 wickets in innings	8	5	0	16
10 wickets in match	1	0	0	1
Best bowling	6/30	7/34	4/34	6/30
Catches/stumpings	36/-	26/-	12/-	51/-



Starting New Academic Year

Holidays are over; preparation has already taken place so now it's time to get into teaching!

When the year comes to an end we think back and realize our work was done and a rest is deserved. Soon we start longing for the new groups, the new materials, the planning...

I believe students never realize the amount of work we face prior to the beginning of a new academic year. In good schools all must be planned beforehand in order to provide the best possible educational service. The learning process is taken into account matching it to the syllabus.

Quoting Aristotle: "The roots of education are bitter, but the fruit is sweet". Maybe he was referring to all the background work needed, all the planning, all the study, all the organization... These all take a lot of time, but if properly done, the results, the learning, the rapport, are so rewarding to both students and teachers.

That's the issue here, a lot of work and involving all the staff is imperative or you'll end up staying awake 24/7 and will end up not being able to perform the job well

Resolve that this is a fresh, brand new school year. You can just leave all of your troubles, bad grades, grudges, enemies, or fights behind. Start FRESH!

Go school shopping for your school supplies. You will need a backpack, pencils, pens, paper, folders, etc. - all of the usual supplies. Buy the folders you like best. Dress them up with stickers or doodles. The more amusing your folders are to you, the more you will love to take them out and do your homework!

Let people know by your actions that this is a fresh new you! Don't hunch over your books or shuffle with your head down while walking. Stand up



straight and proud, walk tall, and let your books feel like they are in great hands! Be friendly in the hall, say hi to your friends, and to new people you recognize from classes. If you are new at public school, keep in mind that all the freshmen are new, too.

You will all make new friends this year. If you are new at a private school, this may not be the case, but all the freshmen are new to the idea of high school and are still just as scared as you. Look for friendly people in class, at lunch, or at your locker (if you don't have a locker, then nearby your desk). Having good friends will boost your confidence, and you will have a great time at school!

Join some teams or clubs. Don't be scared. Everyone else is probably just as nervous as you are. If volleyball is really what you want to do, but all of your friends are into soccer, play volleyball anyway - you'll make new friends on that team. You don't have to run with just one crowd all the time. Have friends in all sorts of places, so that you'll feel comfortable wherever you are.

Study. Decide right away that you will put some effort into it. If you find you have a hard time focusing when studying alone at home, see if you can find a study partner, or even better, a study group (three or four people who will agree to study together). You'd be surprised at how much your study improves when you have someone else to quiz you and how much less nervous you are about tests. This brings us to.

Be open to new friends and experiences. School is all about learning. Part of what you will learn is how to get along with different personalities, and that's really what life requires you to do. Don't be too upset if your old friends from middle or elementary school seem to be drifting away - they're probably making new friends, too. Growing up sometimes means that we have different interests than we did before, and the friends we used to have don't always share them - that's okay. It doesn't mean you can't still be friendly with them, it just means you're both moving on with your lives and growing in different directions.

FATHER'S DAY

The importance of a father can't be neglected or ignored at all and he is the superhero who is always ready to take on everyday troubles of his children. Just like a mother, the significance of a father is beyond words as he is the person who works tirelessly in office to fulfill the requirements of his children and then tries to spend maximum time with his children alongside. To honour the spirit of all such fathers and to celebrate the paternal bonding, a special day is observed every year as Father's Day to commemorate the efforts and contributions of fathers in the society.

What is Father's Day? Father's day is a day on which we celebrate our fathers, and show them that we love them. If we are fathers ourselves. Father's day is a day for spending quality time with our children.

When is Father's day celebrated? Father's day usually falls on the third Sunday in June. Though, it may occur on different days throughout the year. Last time, this was celebrated on June 17, 2018. The father's day celebration for the year 2019 June 16.

How is Father's Day Celebrated?

- By giving cards and gifts, or by doing something nice for our fathers - or simply by spending time with them.
- By dedicating songs to fathers.
- By distributing sweets.
- Dining out with the father.
- Going out to watch a movie

Importance of Father's Day

- An opportunity to tell our fathers that we love them.
- A reminder to remember all our fathers have done for us.
- A chance for families to spend time together.
- A recognition that fathers deserve their own day, just like mothers.
- A timeless celebration
- Conclusion: How will you celebrate Father's Day this year?



The Muslim holy month of Ramadan commemorates the first revelation of the Quran to the Islamic prophet Muhammad.

Over the course of the month of Ramadan - the ninth month of the Islamic calendar - Muslims fast from dawn until sunset, forgoing any food or drink until their nighttime meal.

When fasting throughout the entire day, it's important to ensure that the body is hydrated and energized so as to better cope with the deprivation.

There are a number of ways to keep overall health in check while fasting, from keeping an eye on salt intake to doing light exercise.

Here's how to fast responsibly during Ramadan, according to the experts:

Hydrate

Drinking a decent amount of water in the evening is essential during Ramadan, especially as it falls during the warmer months when the days are

RAMADAN



longer and the temperatures are higher.

"Avoid caffeinated drinks as they are diuretic and increase water loss via urine," Badiani adds.

"Fizzy drinks too are not a good source of hydration, as they can often slow down the digestive process."

It could also be worth adding electrolytes to your water, as they can help replenish your body's store of vitamins.

Avoid fried food

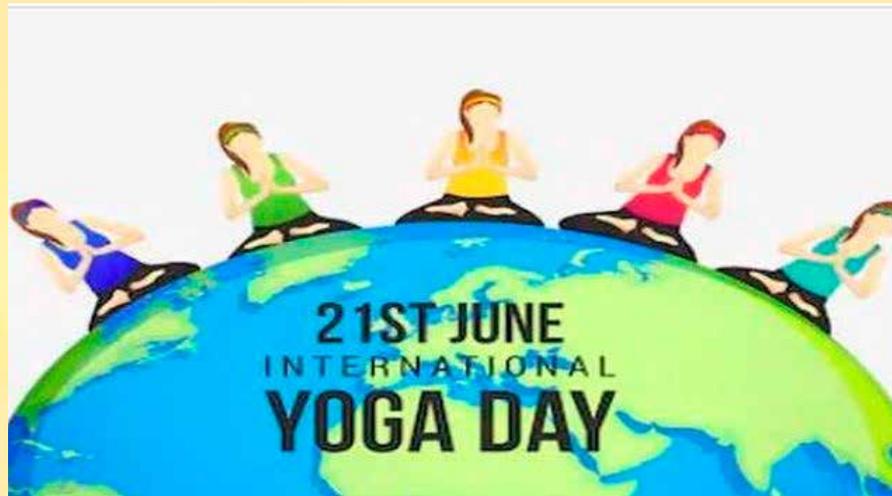
When an individual has spent their whole day not eating, it can be incredibly tempting to indulge in fast food when sunset comes around.

However, consuming food that isn't nutritious can lead to bloating and fatigue the next day.

"At a time where we only have a few hours to get our balanced diet of fruits, vegetables and protein, make sure you turn to something which has higher nutritional value," Badiani advises.

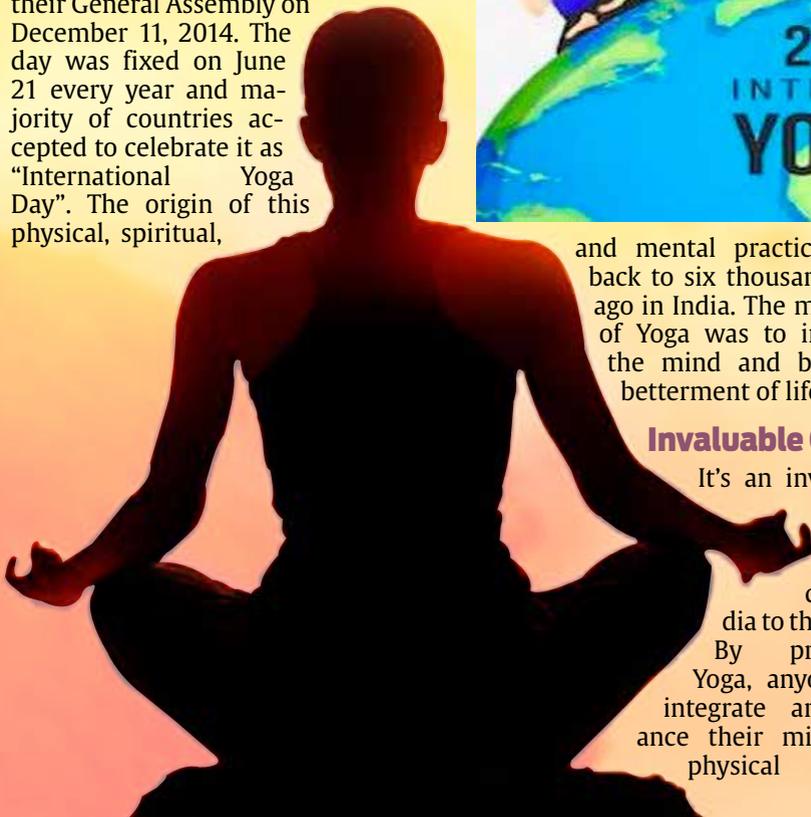
"Fried foods are one of the key reasons why people feel sluggish and bloated after fasting as the stomach is very sensitive to rich food."

INTERNATIONAL YOGA DAY



Yoga in Daily Life is a system of practice consisting of eight levels of development in the areas of physical, mental, social and spiritual health. When the body is physically healthy, the mind is clear, focused and stress is under control. The main goals of "Yoga in Daily Life" are Physical Health, Mental Health, Social Health, Spiritual Health, Self-Realization or realization of the Divine within us. These goals are attained by Love and help for all living beings, Respect for life, protection of nature and the environment, A peaceful state of mind, Full vegetarian diet, Pure thoughts and positive lifestyle, Physical, mental and spiritual practices, Tolerance for all nations, cultures and religions. Yogic techniques are known to improve one's overall performance. Pranayama is an important, yet little known part of Yoga.

International Yoga Day was declared by the United Nations during their General Assembly on December 11, 2014. The day was fixed on June 21 every year and majority of countries accepted to celebrate it as "International Yoga Day". The origin of this physical, spiritual,



and mental practice dates back to six thousand years ago in India. The main aim of Yoga was to integrate the mind and body for betterment of life.

Invaluable Gift

It's an invaluable gift, given by ancient India to the world. By practicing Yoga, anyone can integrate and balance their mind and physical fitness.

It's a great unity of mind and body and harmony between nature and man.

Meaning of Yoga

The word "Yoga" literally means union. The word also means to experience everything has become one. It's an ultimate way of enjoying life with more balanced mind and physical fitness. The yoga also helps to realize the power of human being's nature and body.

Recognized by United Nations

United Nations General Assembly recognized the Yoga practices and decided to celebrate June 21 as "International

Yoga Day" to promote among the masses. It's a global celebration of Yoga among the people of several countries through meetings, meditation, yoga, discussions, and other way of performances.

Popularity in India



International Yoga Day or just "Yoga Day" is a very popular day in India, thanks to decolonization by the United Nations. Many schools, colleges, and other educational institutes schedule special programs to promote Yoga among the masses. A good number of state governments in India also organizes their own Yoga programs for physical and mental fitness.

Celebrated Around the World

It's a popular festival, celebrated around the world especially in western countries and Asian countries, such as the United States of America, United Kingdom, Japan, Canada, and a few other countries. Yoga is being spread in other Islamic countries too, such as UAE, Kuwait, Qatar, Oman, and a few other countries.

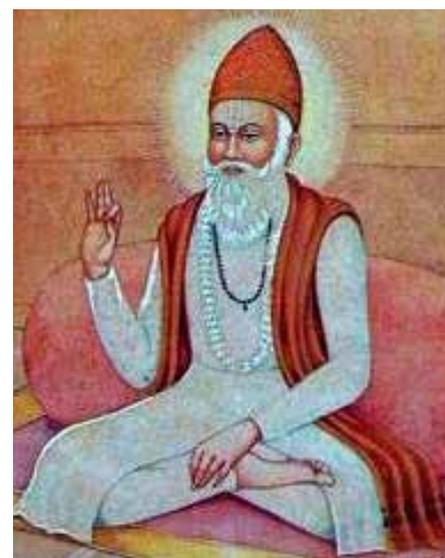
Promotions through Indian Embassies

Most of Indian embassies located around the world are also engaged in promoting International Yoga Day.

SAINT KABIRDAS

Panth which is a religious community recognizes him as its founder and its members are known as Kabir Panthis, the followers of Saint Kabirdas.

It is clearly not known about his birth parents but it is noted that he has been grown up by the very poor family of Muslim weavers. He was very spiritual person and became a great Sadhu. He got fame all over the world because of his influential traditions and culture. He was founded in Lehartara, a small town in Varanasi by the Niru and Nima (his care taker parents). His parents were extremely poor and uneducated but they adopted the little baby very heartily and



trained him about their own business. He lived the balanced life of a simple house holder and a mystic.

It is considered that he got all his spir-

itual training from his Guru named, Ramananda, in his early childhood. His writings include Bijak, Sakhi Granth, Kabir Granthawali and Anurag Sagar. The major part of Kabir's work was collected by the fifth Sikh Guru, Guru Arjan Dev, and incorporated into the Sikh scripture Guru Granth Sahib. The hallmark of Kabir's work consists of his two line couplets, known as Kabir Ke Doh.

Sant Kabir was prejudiced by the existing religious mood of that time like Hinduism, Tantrism as well as the personal emotionalism mixed with the imageless God of Islam. Kabir Das is the first Indian saint who has coordinated the Hinduism and Islam by giving a universal path which could be followed by both Hindus and Muslims. According to him every life has relationship with two spiritual principles (Jivatma and Paramatma). His view about the moksha that, it is the process of uniting these two divine principles.

The birth of Kabir remains shrouded in mystery and legend. Authorities disagree on both when he was born and who his parents were. According to one legend, his mother was a Brahman who became pregnant after a visit to a Hindu shrine. Because she was unwed, she abandoned Kabir, who was found and adopted by a Muslim weaver. That his early life began as a Muslim there is little doubt, but he was later strongly influenced by a Hindu ascetic, Ramananda.

Saint Kabirdas (1440-1518 CE) was a famous poet, saint and social reformer of India. The years of Kabir's birth and death are unclear. Some historians favor 1398-1448 as the period Kabir lived, while others favor 1440-1518. The birth anniversary of Sant Kabir is observed on Jyeshtha Purnima as per Hindu lunar calendar.

Sant Kabir's writings have greatly influenced the Bhakti movement. Kabir

A Rohit Sharma century to remember

Rohit Sharma hundreds can be placed on a snooze button, surely by now. He's become a run-making phenomenon in the last three years, scoring 16 centuries, and almost each of that inning has been characterised by clockwork precision. You'd find it hard to remember a hundred of Rohit's other than the times he's gone on to double them over. You watch them, and a few shots are bound to stick in your mind. The pull shot? Yes. The dab down to third man, most definitely and maybe a few more.

Some of that could be just because of the way he bats. Assured, calm and calculated. There's no frenzy in the running, nor between balls. But he'll keep hitting the boundary when it's needed, upping the ante when he crosses fifty, usually catching you by surprise. And then, once he's past the 100-run mark, the focus is back on the big question - can he pull off a 200 again? It's what the best of ODI batsmen do in their prime.

That's the Rohit model. At least, that has been the case so far. But then, he's also had to find more than just his comfort zone. "I think I have played more than 200-odd ODIs now. If I don't do it now, then when?" is how the man himself jokingly explained his contrasting hundred in India's tournament opener against South Africa. Sunday's knock was different, and yet similar.

First, the latter

Yes, there was the pull shot that can be remembered, and more than one, as Pakistan puzzlingly decided that bowling short to him was a workable plan. There was the cut over point for six against Hasan Ali too, as a throwback to a similar shot from Sachin Tendulkar in 2003. There was a loft to welcome Hafeez, who was Pakistan's last throw of the dice against the Indian opener.

And then the difference

This was Rohit's fastest fifty in all ODIs, it came off just 34 balls. And it didn't come without challenges. It was in this early phase of the Indian innings that Pakistan had their best bowler of the day, Mohammad Amir, showing the importance of discipline. Hasan Ali had Rohit in trouble with a couple of deliveries that seamed in, one even narrowly missing the stumps, and one that made him slash and miss.

In the Rohit model, the start is when he's usually at his slowest. Why today was different was because of multiple factors. The first being Pakistan's bowling that fed into his hitting zones. Shadab Khan even started with two

long hops and a full toss to ease Rohit to a fifty. The second was the absence of Shikhar Dhawan, the man who usually helps Rohit during that phase, ensuring his slow start wouldn't take a toll on the team's run-rate. This time around, he had a partner who he had never opened with before, in KL Rahul. The new pair had its own share of nervous moments over the course of a 136-run stand. Rahul played out a maiden over first up against Amir and took his partner's patented, slow route in getting to a 60-ball fifty. Rohit admitted after the game that he wanted to make Rahul com-

fortable even if it meant that the latter took first strike.

But this was no game for batsmen to ease into roles. It was perhaps India's biggest in terms of the pressure put upon them from the outside. And they'd been put into bat by Sarfaraz Ahmed in the hopes of causing some early panic. Games such as these rarely go down the wire, and are won or lost in the first phase. Rohit himself admitted later to exactly that.

And yet by the time Rahul got to a Rohitesque 50, off 69 balls, there was no pressure on India, for Rohit was already touching 70. India's batting template hadn't changed even as Dhawan sat out. Rohit had plugged that gap.

If you'd want to remember a Rohit hundred, that wasn't a 200, this 140 could be a good option. The 122 against South Africa will be close competition as well. Virat Kohli after all, had called it Rohit's best in ODIs.

But this had a little more going for it. The occasion was befitting, the challenge was not the smallest, and there was something new about it. Even Kohli might concur.



Yuzvendra Singh Chahal was born 23 July 1990 is an Indian cricketer and former chess player who represents India in both One Day Internationals and Twenty20 Internationals, and has also represented India internationally in chess at youth levels. He plays for Haryana in Indian domestic cricket and Royal Challengers Bangalore in the Indian Premier League. He is a leg break bowler.

Chahal is one of only two players in T20I history to have taken a 6 wicket haul.

Chahal also represented India in chess at the World Youth Chess Championship, though he gave up the game at a later stage when he struggled to find a sponsor. He is listed in World Chess Federation's official site.

Chahal was first signed up by Mumbai Indians in 2008. He appeared in only 1 IPL game for the team across three seasons but played in all matches in the 2011 Champions League Twenty20. He took 2 for 9 in 3 overs in the Final against Royal Challengers Bangalore, helping Mumbai defend the total of 139 and lift the title. At the 2014 IPL players' auction, he was bought by the Royal Challengers for his base price of 10 lakh. He got the

YUZVENDRA CHAHAL



Man of the Match award against Delhi Daredevils in IPL 2014.

In January 2018, he was bought by the Royal Challengers Bangalore in the 2018 IPL auction.

On 18 January 2019, Chahal took his 2nd One Day International 5 wicket haul by taking 6/42 against Australia. These were the joint best figures by

an Indian bowler vs Aussies after Ajit Agarkar in 2003/04. These also were best figures by an Indian spinner at MCG in Australia against Australia. In this match, Australia scored 230 in 48.5 overs while India chased it easily by winning it from 7 wickets courtesy fine knocks from M.S. Dhoni, Kedar Jadhav.

In April 2019, he was named in India's squad for the 2019 Cricket World Cup. Yuzvendra Chahal shone for India in their World Cup 2019 opening win over South Africa in Southampton on Wednesday. The leg-spinner picked up 4 wickets as India restricted the Proteas to 227 before clinching a six-wicket win.

India spinner Yuzvendra Chahal, who bowled an impeccable spell during India's opening match in the ICC Men's Cricket World Cup on Wednesday, revealed that the wicket of South Africa skipper Faf du Plessis was his favourite.

Chahal took four wickets and was having a candid conversation with Kuldeep Yadav post the match where the latter asked him about his favourite wicket.

"Faf's wicket was the best as he was playing with small forward-steps and I was drifting the ball really well. The previous two balls, I had bowled him leg spin. So on that ball, I chose to bowl on an angle so the ball drifts and hit the off stump. He couldn't pick it, he thought it was a leg spin, and that's why the ball hit the inside of his bat and hit the stumps," Chahal said in a video posted by Bcci.tv.

ANDY MURRAY AIMS FOR SINGLES RETURN THIS YEAR

Andy Murray will step up his comeback bid from the hip surgery he underwent in January when he competes in the doubles with Feliciano Lopez at Queen's Club next week.

Andy Murray hopes to be back on the singles court later this year, but the British former world number one is setting no time limits on his return. Murray will step up his comeback bid from the hip surgery he underwent in January when he competes in the doubles with Feliciano Lopez at Queen's Club next week. The 32-year-old then plans to play doubles at Wimbledon, where he has won two of his three singles Grand Slam titles.

However, Andy Murray still expects to take his time before returning to singles action, which probably rules out competing at the US Open at the end of August.

"It's baby steps just now," said the Scot. "I'm feeling good, pretty much pain-free and enjoying kind of just training, practising, improving all the time just now."

"I don't think when Wimbledon finishes that I will just step onto the singles court the following week and everything's good. I still have quite a lot of work to do before I'm at a level where I feel like I'll be able to be competitive."

Murray, who last played singles at the



Australian Open in January, said he had been making consistent progress but he would probably plateau at some stage.

"I hope at some stage this year I would be able to get back to playing singles again," said Murray, speaking at the launch of a new tennis support scheme in partnership with Amazon Prime at the Queen's Club in London.

"When that is, I'm not really interested in putting a time limit on because I'm quite happy just now so I don't need to play singles after Wimbledon or at the US Open. "If I can, that would be bril-

liant, but I don't think that's going to be the case. I think it's going to take a bit longer."

Murray has been training with American Frances Tiafoe but has still not fully tested his recovery with any singles practice matches.

"Earlier on I was hitting with singles players but I was more stationary. I was moving them rather than them moving me about."

"So, I have not played properly singles-wise yet. I am hoping that will come more after Wimbledon."

LOCAL SPORT

Rishit Patel from CCI School represented Ahmadabad in Goa



Rishit Patel from Cosmos Castle International School of 7B has represented Ahmadabad in Goa Football Festival U-12 and bagged runners up trophy and Silver medal. There's more! Rishit has been selected to represent India in Spain's International Tournament. Sports has always been an integral part of CCIS as the school believes that active sports helps to improve coordination, and teach them the importance of self-discipline. It immensely boosts self confidence and self esteem. The School believes that the biggest lesson a child learns from playing sports is to embrace failure and accept the fact that winning and losing go hand in hand. Currently the School is having a Football Team that participates in interschool football tournaments.

Real Madrid Signing Takefusa Kubo "Proud" Of "Japanese Messi" Nickname

Like Messi, Takefusa Kubo joined the Barcelona academy as a child -- when just 10 -- but left in 2015 after the Catalans were punished by FIFA for breaking rules on signing under-age players.

New teenage Real Madrid signing Takefusa Kubo said it was an "honor" to be nicknamed the "Japanese Messi" when speaking to reporters at the Copa America on Thursday. Earlier in the day, Spanish giants Real announced the 18-year-old was joining the record 13-time European champions from FC Tokyo, to play for their B team next season. "Being called the Japanese Messi is an honor and makes me proud, but I'm still not at his level and I prefer to concentrate on my abilities and strengths," said Kubo from Japan's Copa America base in Sao Paulo.

Like Messi, Kubo joined the Barcelona academy as a child -- when just 10 -- but left in 2015 after the Catalans were pun-

ished by world football's governing body FIFA for breaking rules on signing under-age players.

His dribbling skills -- which drew comparisons to Messi -- made him a YouTube sensation as a child.

But while flattered by comparisons, he still wants to be appreciated for his own attributes.

"There are several players like me, but I'm me, not some other player," he added, speaking Spanish.

Kubo wasn't allowed to speak about his transfer so as not to let the issue deflect from Japan's Copa preparations.

He has signed a six-year contract worth two million euros (USD 2.25 million) a year, according to Spanish and Japanese media.

Earlier this year, Kubo became the youngest ever goalscorer in the J-League, boosting his profile back home almost to the level of icons Hidetoshi Nakata and Keisuke Honda.

Kubo has a wise head on his young shoulders and is keeping his feet on the ground in Brazil.

"The most important thing is to absorb as much as possible" at the Copa America, he said.

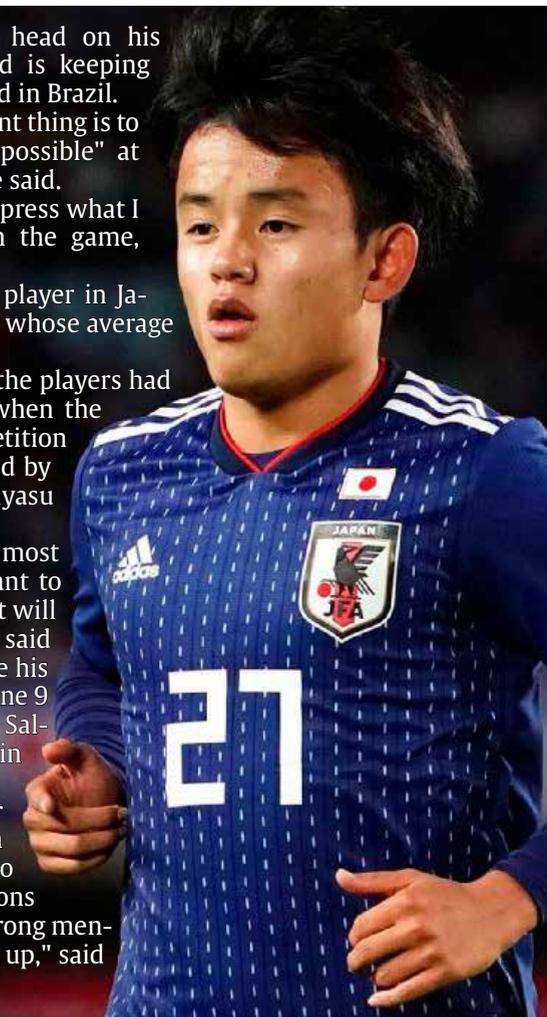
"All I must do is express what I know how to do in the game, nothing more."

He's the youngest player in Japan's youthful squad whose average age is just 22.

In fact, only six of the players had even earned a cap when the final 23-man competition squad was announced by coach Hajime Moriyasu last month.

"I've played with most of them before, I want to play with a spirit that will make them proud," said Kubo, who only made his debut for Japan on June 9 in a 2-0 win over El Salvador in a friendly in Miyagi.

Japan make their Group C bow on Monday in Sao Paulo against champions Chile, who have "a strong mentality of never giving up," said Kubo.



How Modi wave bypassed southern states



Following the 2019 elections, the Bharatiya Janata Party (BJP) has emerged as India's most powerful political force since the Congress in the 1980s. Drawing on Narendra Modi's popularity and broad-based support cutting across caste and class, BJP cemented its strongholds in the Hindi heartland, while breaking new ground in West Bengal and Odisha. BJP's ascendancy has mirrored the Congress' fall—the Grand Old Party failed to make any serious electoral gains following its 2014 nadir. All this will have important political and economic implications for India's immediate and long-term future. In a five-part series focusing on the five regions of India (north, south, east, west and central), Mint will analyse the election results to understand why these regions voted the way they did and what it could mean for the country's political economy.

BJP MP Sunny Deol to get EC notice for overspending during campaign, may lose seat



Actor-politician Sunny Deol, who won the Gurdaspur Lok Sabha seat on a BJP ticket, may be pulled up by the Election Commission (EC) for overspending during campaigning. The EC is mulling over the decision to issue a notice to Sunny Deol for overshooting the Rs 70 lakh limit of expenses for election campaign. Sunny Deol has apparently spent Rs 86 lakh in campaigning for his election debut. The poll watchdog has received complaints about Sunny Deol exceeding the expenditure limits set by them. The EC holds

the rights to suspend such a candidate's membership of the Parliament for overspending and declare the runner-up candidate as the winner.

Bihar encephalitis deaths: Muzaffarpur worse than most African countries in child nutrition

If you think some of the poorest countries in Africa (and the world) are the worst places for a child to be born in, you are mistaken. Data suggest that most of them are better places than Muzaffarpur district of Bihar. This week, Muzaffarpur has hogged national and international headlines for something its residents would wish never happened. More than 100 children have died due to acute encephalitis syndrome (AES) in the past fortnight and many more are feared infected. Caught unaware and grossly underprepared for this outbreak, the state and central governments have now launched an all-out effort to control the it, even as children continue to be brought to hospitals.

SP leader abducted, killed by Naxals in Chhattisgarh



Samajwadi Party (SP) leader was abducted and killed by Naxals in Chhattisgarh's Bijapur district, police said on Wednesday. Santosh Punem, who was also a contractor, was abducted by ultras late Tuesday evening from his construction site in Marimalla village where he had gone to supervise some road-related work, Superintendent of Police Divyang Patel said. Some locals spotted his body lying in a pool of blood at the nearby Marimalla hills on Wednesday morning and informed the police. A team of security personnel rushed to the spot, located deep inside a forest which is 16 km away from the police station, he said.

One nation, one election: An RSS-BJP agenda lingering for two decades

India's political spectrum is split over the issue of "one nation one election" push by Prime Minister

Narendra Modi, who has called a meeting of all party presidents on the matter today. Bahujan Samaj Party chief Mayawati, Trinamool Congress president Mamata Banerjee and Telugu Desam Party boss N Chandrababu Naidu have voiced their opposition and would not be part of the meeting called by PM Modi. Simultaneous elections to the Lok Sabha and the state assemblies would reduce election expenditure, lessen political animosity and free governance from the political compulsions of model code of conduct and poll promises.

Rocket hits site of foreign oil firms in Iraq's Basra, three hurt



A Rocket struck the site of the residential and operations headquarters of several global major oil companies, including U.S. giant ExxonMobil, near Iraq's southern city of Basra early on Wednesday, wounding three people. There was no immediate claim of responsibility. It came after two separate attacks in as many days on bases housing US military personnel in Iraq, as tension rose between the United States and Iran. The rocket hit the Burjesia site west of the city where two Iraqi workers were wounded. The United States evacuated hundreds of diplomatic staff from its Baghdad embassy last month, citing unspecified threats from Iran against U.S. interests in neighboring Iraq.

Pakistan's heaviest man shifted to hospital for treatment

The "heaviest" man of Pakistan, who weighs over 330 kg, was shifted to a hospital in the city of Lahore for his treatment. A group of civilian and army rescue teams transferred Noor Hassan, who hails from Sadiqabad district in Punjab province, with a special military helicopter. Hassan, who is unable to move freely due to being overweight and also because of other medical complications, will get treatment, including laparoscopic surgery, at the hospital in Lahore. The rescue teams had to break the wall of his house to take him outside as he was too big to pass through the

main gate of his house.

Exhausted polar bear wanders into Siberian city in search of food



A starving polar bear has strayed hundreds of kilometers from its natural Arctic habitat and wandered, exhausted, into the major Russian industrial city of Norilsk in northern Siberia. The female bear, visibly weak and seemingly ill, lay despondently on the ground for hours on Tuesday in Norilsk's suburbs, its feet caked in mud, occasionally rising to sniff around for food. It is the first polar bear seen in the city in more than 40 years, according to local environmentalists.

Magnitude 6.7 earthquake shakes northwest Japan, 21 injured

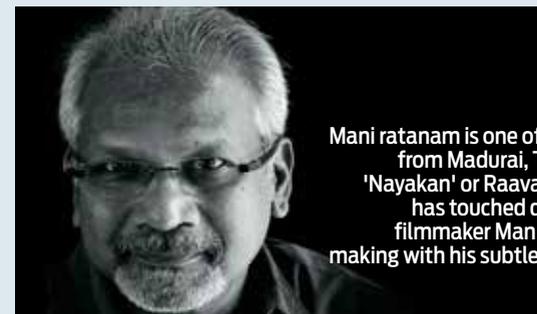


A powerful earthquake jolted northwestern Japan, causing minor injuries to 21 people and a brief evacuation of coastal homes until the risk of a tsunami passed. Store floors were littered with goods that fell off shelves, and roofs of homes showed bare spots where tiles had shaken loose. But business was returning to normal with trains mostly running as usual and electricity restored to thousands of homes that lost power temporarily. There were no reports of serious damage from the magnitude 6.7 quake. Minor sea level changes were detected by several coastal cities, but the tsunami warning was lifted after about 2 1/2 hours.

BIRTHDAY WISHES



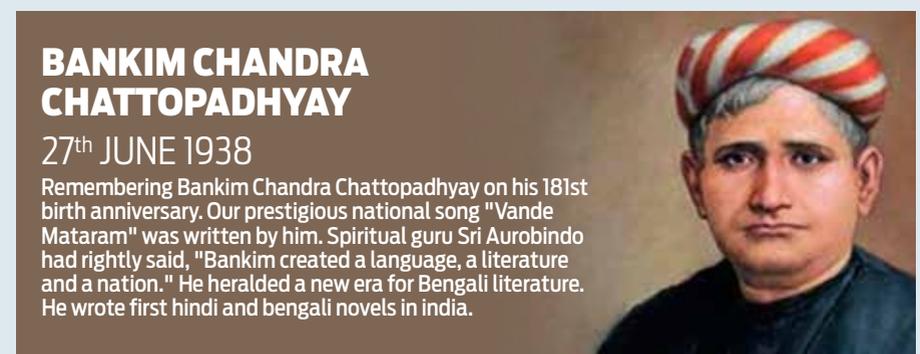
NARGIS
1st JUNE 1929
Born in Kolkata as Fatima Rashid, but known by her screen name, Nargis, she is known for her memorable roles in movies including the rural drama Oscar-nominated Mother India, Barsaat, Awaara and Shree 420.



MANI RATNAM
02nd JUNE 1956
Mani ratanam is one of the finest Indian cinema filmmakers from Madurai, Tamil Nadu. Whether gangster drama 'Nayakan' or Raavanan's romantic thriller, Mani Ratnam has touched different genre in his films. The genius filmmaker Mani Ratnam redefined the levels of filmmaking with his subtle and yet intense narration, which had the viewers awestruck many a times



AJINKYA RAHANE
5th JUNE 1988
In both innings of the test match between India and South Africa in 2015, Ajinkya scored centuries. He thus became the fifth Indian cricketer in both innings of a test match to have scored centuries. Then Ajinkya won the Man of the match award as well. We wish him a very happy birthday.



BANKIM CHANDRA CHATTOPADHYAY
27th JUNE 1938
Remembering Bankim Chandra Chattopadhyay on his 181st birth anniversary. Our prestigious national song "Vande Mataram" was written by him. Spiritual guru Sri Aurobindo had rightly said, "Bankim created a language, a literature and a nation." He heralded a new era for Bengali literature. He wrote first hindi and bengali novels in india.



LILLY DESOUSA
Educator & Teacher Trainer

SPELLBEE

language.

M.I.S.B (MaRRS International Spelling Bee) is the world's largest language learning competition that facilitates language acquisition, fosters vocabulary development and builds self-confidence in a healthy competitive environment.

Since 2003, when MaRRS first unwrapped the program, there has been an ever-increasing demand from parents for education beyond the traditional school curriculum. Skill development and literacy are essential for a growing economy.

According to Wikipedia, the United States National Spelling Bee was started in 1925. The 'bee' in 'spelling bee' is an alteration of a word that meant "voluntary help given by neighbors toward the accomplishment of a particular task," and descends from the Middle English word 'bene'.

Here are some of the things people called spelling bees before the name spelling bee became common:

- 1) Trials in Spelling
- 2) Spelling School
- 3) Spelling Match
- 4) Spelling-Fight
- 5) Spelling Combat
- 6) Spelldown

MaRRS International Spelling Bee caters to all the four aspects of language learning in a game and activity based program.

Unlike a normal Spelling Bee, the M.I.S.B has been designed as a motivational learning program with training modules built in. The eleven rounds of the competition go beyond just spellings and tests and have almost all the elements of the English Language.

MaRRS has always been innovative and is forerunners of new ways of providing students with exciting learning programs to instill a passion in them for learning in a healthy competitive environment. MaRRS attracts thousands of diverse and dynamic students each year.

Every year, MaRRS Spelling Bee orientation classes and competitions bring thousands of like-minded participants together to interact, experience, learn and compete.

Comprehending language involves a variety of capacities, skills, processes, knowledge, and dispositions that are used to derive meaning from spoken and written language. MaRRS Spelling Bee competition comprises various rounds covering all aspects of language comprehension.

The rounds of the competitions are not equipped from school curriculums. MaRRS moves beyond the school curriculum, teaching participants the supplementary language skills. MISB is an International competition held globally for students from class I – XII.

The competition is spread over five

levels beginning from the school level to Interschool to State to National and finally the International Level. Students from Gujarat have also won laurels at the International Level.

Each level comprises of the written and oral rounds assessing the students comprehensively. As mentioned earlier M.I.S.B has almost all the elements of the English Language i.e. Idioms, Reading Comprehension, Phrasal verbs, Cross-words, Jumbled Letters, Word application, Phonemics in the written rounds while the oral rounds comprise of Spellings, Synonyms-Antonyms, Segmental, Word Stress, Aural skills.

MaRRS spelling bee initiates students into the world of competitive learning, acting as an invaluable tool for language improvement. The game and activity based nature of the competition ensures the student's rapt attention and utilizes their aspirations for winning games.

To enter a spelling bee competition can result in several benefits. The spelling bee not only provides valuable educational experience but also allows engaging in healthy competition.

There are many other benefits to this fun activity:

Learning Grammar

Spelling bees do not merely involve rote learning of words. Rather, preparation for a bee is a comprehensive learning process that allows children to learn the definition and pronunciation.

Enhancing Vocabulary

The valuable learning outcome of spelling bee results in the children gaining competency over vocabulary and this allows them to excel at reading and writing. The ability to understand more words will allow you to become literate and enjoy reading an extensive range of material.

Competitive Spirit

Spelling bees allow individuals to compete in a supportive environment. The brain activity and excitement that goes with a spelling bee is just as stimulating as physical competition, which means that the whole competition can pump up the adrenaline of the contestants and the audience alike. A friendly rivalry is created and students are encouraged to interact with fellow participants and cultivate friendships.

Cognitive Skills

The spelling bee will allow your child to develop a range of cognitive skills including the ability to handle the pressure. The learning process accompanying the spelling bee is likely to enhance your

child's memory and allow your child to develop better learning skills, which can prove to be highly beneficial during higher education.

Confidence

A child's confidence level is usually boosted after entering into such competitions. A spelling bee helps them gain the confidence they need to speak in public and accept their mistakes, while also getting the applause their hard work deserves.

Even if you do not win, it's important to remember that a spelling bee competition can result in a range of benefits ranging from higher confidence to a better vocabulary.

Here are some tips to learn spellings:

1. Use tricks to help remember specific words. It can help to make up a silly little phrase or saying as a reminder. For instance, some people use "there's a rat in the middle" to help them remember how to spell "separate."
2. Learn how to make words plural. Breaking spelling down to the basics can help you spell a word even if you've never heard it before. One of the basic rules you can learn is how to make words plural.
3. When to drop the final "e." When adding an ending to a word that ends in "e," you employ different rules. (You can look up the rules in any grammar book)
4. Look at other common prefixes and suffixes. Knowing how common prefixes and suffixes are spelled can help you sound out words.
5. Learn about silent letters. Silent letters can be killers for new (and even old) spellers. Learn about the most common silent letters that you may encounter.
6. Know homophones. Homophones are words that sound the same or similar but have different spellings and meanings. They can be very confusing to new spellers. e.g. whole and hole
7. Focus on reading. Kids who read regularly pick up spelling more easily. I can never stress enough on reading, especially in the present day scenario of mobile phones which is leading you away from the joys of reading.
8. Make the letters in the word into a sentence. Another way to remember is to use the letters to make a sentence with each word in the sentence starting with one of the letters. This method is a common mnemonic or memory device.
9. Keep a journal. One way to learn more words is to keep a journal of interesting words you come across.
10. Look for similar sounds. Once you start learning words, try to make connections between similar-sounding words.

For instance, you might work with "television," "telephone," and "telepathy".

FIRE: BE SAFE THAN SORRY



NIPA SHUKLA
CEO
The Open Page



The fire which engulfed the four-storey building started at the ground floor, forcing students to take cover at roof. At least 22 students, mostly teenagers, were killed, either due to suffocation or falling off the windows in an attempt to escape from fire at a coaching centre in Sarthana area of Surat. The coaching centre was located on the third and fourth floors of the Takshashila Complex. Horrifying visuals of the fire showed kids falling off the windows.

CAUSE OF FIRE

An initial investigation suggests the fire was caused by a short-circuit. According to a fire official, flames started from the ground floor and reached the top floor, forcing some students to take shelter on the terrace which was covered. Lot of smoke accumulated on the top floor where there were AC compressors and tyres which too caught fire very fast. There was no escape route available for the students who got trapped on the top floors. The fire was doused in one hour. There were no safety equipment installed in the building. Coaching classes at the centre were run in a shade built on the top floor of the building.

Fire that occurred in Surat was an eye-opener for parents and educators. But did it really open eyes of the stake holders – Parents, Teachers & Management. From many disasters which are caused by human errors the deadliest one is FIRE.

As we spoke to Add. Fire Officer Mr. Rajesh Bhatt, he was very worried about the carefree attitude of Parents when it comes to safety of their child, as they do not take into consideration the impact that fire can cause. He said that Parents take it for granted that a disaster like fire would never occur, for them the comfort of AC is more important than the safety of Child. The major cause of Fire is normally due to short circuit in electric fittings. The load of power that is available at times is not sufficient or the cable that are put in the connecting the power is not to the capacity to take the load of the appliances that are installed. But who really cares, its more important to invest in the aesthetics rather than paying attention to the basic infrastructure.

Role of School

While protecting the Right to Education and life, it must be ensured that lives of students are protected by safety measures taken by schools. The Supreme Court of India in a direction to petition reply on 13th April 2009 has directed all schools functioning in the country to

comply safety measures. The Management of School plays a vital role in creating an environment that is safe for children that could avoid lot of untoward incidents. Few points that he mentioned are very crucial like “We should not focus on the look but focus on safety. The external & internal approach should be such that evacuation can be faster. There should not be any sort of blockage in the staircase or on the route of evacuation. There should be a proper ground area free from any type of construction that could be used at time of evacuation”.

Major cause of death in Surat case was due to smoke, that contains Carbon Monoxide, which is deadliest. Due to fault in proper ventilation it is not able to get out and hence it creates suffocation. The top most priority has to be given to have proper ventilation or to have exhaust fans that can throw out high amount of smoke. But no one really understands the harm that smoke can create if one does not have proper ventilation. But everyone is more concerned to have the comfort of AC, but this would not be possible if you have too much of ventilation, so AC is preferred against ventilation. Most of the fire accidents that have happened in past couple of years is due to lack of proper ventilation. The structure of building should be such that it has enough space for smoke to get out.

IMPORTANT POINTS TO BE TAKEN CARE BY ALL SCHOOLS ARE

1. Review Prevention Policies

The prevention of fire in schools is an ongoing process that should be reviewed regularly. The Ahmedabad Fire Department along with The Open Page intends to provide educational programs for campuses across the city, and they would freely offer their expertise to help refine school fire prevention policies.

2. Make System Familiarity A Requirement

Make sure faculty and staff members are familiar with your school's fire safety systems and everyone should have working knowledge of sprinklers, security lighting and alarms.

3. Map Evacuation Routes

Post maps in each classroom that clearly show two different escape routes in case of a school fire. Explain to students that these areas in hallways and stairwells need to stay clear of obstructions at all times.

4. Practice Fire Drills Regularly

No matter how well you teach fire safety in schools, lessons need to be reinforced with practice. Hold regular fire drills once a month so that students become familiar with getting organized for evacuation and following escape routes. These are safety skills they can take home too.

5. Set Up A Buddy System

In each classroom, identify children with special needs. Work with other students in the class to set up a buddy system that supports kids who need extra help during practice drills or actual school fire emergencies.

6. Stress Order Over Excitement

Children naturally get excited during a fire drill, but make it clear that safety depends on order. Explain why they must keep their place in line and stay with the group. Teach them to remain calm now so that they can face a real emergency without being frightened.

7. Safe Zone

Designate areas outside the building as safe zones for gathering in place after an evacuation. Make sure students understand that they should never try to go back inside until they're given the all-clear.

8. Empower Your Students

Let students know how important it is to always practice fire safety. Tell them how much you appreciate them for behaving, helping their fellow classmates and following the rules. When they know they're learning skills that will serve them even in college, kids take pride in being a part of school fire safety. We as the responsible citizen should pledge to work towards safety of students. We should also make sure that, fire which the deadliest of all man-made disaster, does not put the lives of our dear ones in danger just because of our irresponsible behavior.

Few key Do's & Don'ts are

- Do not throw water on electrical appliances or fire due to electrical appliances.
- In case of electrical fires, turn off electric main switches.
- Place firefighting equipment at appropriate locations.
- Make sure that firefighting equipment is in working condition always and refilled periodically.
- Avoid overloading electrical outlets and extension cords or multi-outlet strips.
- Keep corridors, aisles and second exits clear to facilitate evacuation. Do not block evacuation routes with equipment materials especially items that can burn easily.
- Do not use elevators in case of fire emergency.
- Know where the nearest fire extinguisher is located and how to use it.
- Know primary and secondary evacuation routes, as well as the location of safe gathering place.
- Smoke and fire detectors should be installed.
- Keep the emergency numbers ready.

It is always very important to remain SAFE THAN BE SORRY.