

# The Open Page

## Inspire Learning

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An important day for world literature, April 23 is observed every year as World Book Day. **p3**

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#### MOTHERS DAY



In this mortal life there is one relationship that scores effortlessly above all other known relationships on this Earth. **p10**

#### 2019 ICC WORLD CUP INDIA SQUAD



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# Tik Tok BAN – WOULD IT SOLVE THE PROBLEM?



**NIPA SHUKLA**  
CEO  
The Open Page

It's heartbreaking news for children, who are highly addicted on TikTok app. It is an app through which users can create and share quick 15 second videos with other people. As per Krina Mehta, aged 17, "TikTok is a good time pass app and many talents are found on it, but at the same time youngsters are getting addicted to it." The major percentage of users are young girls in age group of 11-20 years, who find it very amusing to make their own musical video's and upload it. As this is more of a teenage group, the comment posted on it make it more interesting for them and also motivates them to keep doing it. In fact group of girls come together create videos which they post it on the app for public view. Thanks to the availability of Internet at a throw away price the children have easy access to different apps online.

#### A source of worry

Mrs Ranjana Mandan, Principal of LML school said "Excessive use of this app deviates students from academics. Anything used sensibly in limits is good. A lot of time is devoted by students on this app. Students get fascinated by the likes and get depressed by the dislikes." Downloading TikTok allows users to create and share short videos with special effects which are hugely popular in India but worried group of parents say its content is inappropriate. Katha Shah mother of a 11 year old daughter who studies in 6th standard seemed worried as her daughter spend about 3 hours daily on Tik - Tok and has 70 videos of her own. She also complained that this has affected her daughter's studies.

Over the past few months, a lot of reports have surfaced online about the lack of quality control the app had. Some users even reported seeing abusive and sexually explicit videos on the app. This is especially alarming, considering that children and young adults between the ages of 11 - 20 are their primary audience. Similarly, an authentic investigation has revealed that children as young as nine were uploading videos on Tik-



Tok, with users posting sexual comments on them in a clear indication that the app had failed to suspend the accounts of sexual predators. Users were also sending violent and aggressive messages to children. After a series of complaints and backlash, the popular app has been ordered to go off the app stores by a Madras High Court in India. The High Court asked the government on April 3 to ban TikTok downloads, saying it encouraged pornography and warning that sexual predators could target child users. The government sent a letter requesting Apple and Google to follow the state court's order and not allow TikTok download, according to an IT ministry official. The option to download TikTok, has vanished from Google and Apple app stores in India, its setback for its Chinese developer Bytedance Technology's who putting in lot of efforts to tap India's growing internet content market.

There are as many as 17 million active users of the app in India alone, wherein a lot of them are under 18. Mrs. Saleema Chaudhary, Principal of Cosmos Castle International School, Green Campus opined "TikTok App gained popularity within the youngsters in very short period of time. On one hand it encourages the children to show their showmanship on the other hand the content may mislead the youngsters to fall victim to the negative forces."

While passing its April 3 order, the Madras HC had raised issues about the app encouraging pornography and enabling users, often children, to make highly suggestive dance videos. The Supreme Court will now hear the case against TikTok on April, 22.

The app was previously banned in countries like Bangladesh and Pakistan for displaying adult content unsuitable for the age groups the app largely caters to. As per a report, the users who already have the app installed on their phones can continue to use the app but the fresh order prevents new downloads from happening.

#### Bans are not a solution

However, will such extreme steps such as bans work? The Internet Freedom Foundation (IFF), an organization that fights for online freedom, does not believe so and has filed a PIL before the Gujarat high court stating that the ban violates Articles 14, 19 and 21 of the Constitution. In a post on Reddit, IFF had stated, "While the PUBG ban may seem absurd and amusing at first glance, it is no laughing matter. Out of the twenty-one people arrested, at least thirteen were young college students for a young student who is worried about his family's reaction and future career prospects, being arrested by the police can be a deeply traumatic experience."

However, even movies and programmes on TV can incite violence and cause addiction. So where does the government draw a line? And bans are always by passable. While TikTok has been removed from the Apple Store and Play Store, existing users can still continue using the app. Similarly, with an Android phone, you can also download TikTok from third-party platforms. Hence, a ban on the app could just give rise to more people using alternate platforms to download and access it. **Turn to p5**



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

# Khari Kamai, Extending the value system into the home

Is schooling just about learning math, science, geography and computers? "No," says the educators of Anand Niketan School Bhadaj. The school is also where children learn qualities such as sensitivity to the environment, the importance of teamwork and above all, the place where you learn to empathise with fellow human beings.

Which is why, the students of the Anand Niketan School Bhadaj worked on Social Empowerment – Empathy. The students of the school were on a unique 'earn while you learn' project in which they actually earned money for various community services performed. Students sometimes work in teams, visit houses, perform some basic tasks, for which they are paid a nominal amount by the people for whom they perform the given task. This experience teaches them about the art of persisting even after being denied. The aim of this project was to get acquainted with the fact of what it takes to earn a penny. It is also to instill, a spirit of dignity of labour. They learn to earn by working with dignity and self-respect. The students were able to understand the amount of hard work their parents put in to earn money and give them a comfortable life.

Khari Kamai Day was celebrated at Anand Niketan School Bhadaj, with the senior citizens of Vriddha Ashram on 6th April, 2019 Saturday.

Old age is also called the second childhood, and is a time when one needs love and care of the near and dear. Since four years, Anand Niketan School Bhadaj is inviting members of the old age home (Vriddha Ashram) to their school to spend some quality time with students and staff of the school, which they all enjoy with full zest and enthusiasm. Though students spend only a few hours with the mem-



bers of the old age home, they made them realize the value of their grandparents and the tenderness with which they need to take care of them.

A short cultural program was conducted by the students to entertain them. Meanwhile, the other students encouraged the senior citizens to enjoy 'garba' dance with them. This rejuvenated their drooping spirit and filled the old hearts with joy and content. They danced to their full potential, making the get-together a magnificent memory to behold.



The proceeds of the project 'Khari Kamai' was given to the members of the old age home. They were offered gifts as a token of love.



## PUBLIC SPEAKING COMPETITION IN CCIS

Public Speaking Competition on Myself/ My Family was organized at CCIS for Std. 1 and 2. Students used props like family tree and pictures of their families while speaking on the same. They spoke confidently about themselves and their families. They also mentioned about their favourite colour, favourite food, their hobbies, favourite car, etc.



## ELECTION OF STUDENT'S COUNCIL

The Students of CCIS, Green campus were excited to vote to elect their representatives for the students council 2019-20. The shortlisted candidates had to undergo an exercise to share their vision about their role and responsibilities in the council in front of the students to seek their support for their candidature prior to the voting.

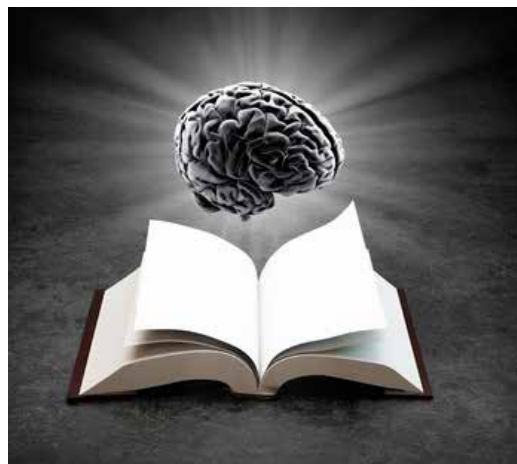




# IMPORTANCE OF READING A BOOK



**SHINA UTAVANI**  
Reporter  
The Open Page



cabulary. The more you'll read the more words you'll know.

Reading fiction gives you a glimpse into scenarios and realities you couldn't live yourself otherwise. This opens up your critical thinking capabilities and activates your sensors of empathy. You become more aware and sensitive to the plight, cultures, and customs of people, and you feel more forgiving and nurturing where you might once have been condescending or inflexible.

You're going to have a good novel questioning reality. A good novel will drag you so deeply into its plot that you will be mind - blowing and reality - blurring with your identification with the protagonist.

In order to learn a new skill, you can watch a documentary or tutorial but nothing beats the original experience of reading, processing and understanding new knowledge or how-to all by yourself. Reading is a bottomless chest from which, with each book and each tale, you will always be able to get a few jewels.

Reading helps you, even if for a short moment, to leave all of your workaday problems behind. It empties your mind until you confront your daily demons with power. It's a cliché but it's nonetheless true: reading empowers you. The knowledge and worlds you experience when reading give you confidence and wisdom on how to deal with real life situations more gracefully and wisely.

These days, too many people make grammatical errors, reading helps to write and speak better; reading helps in learning many interesting words from reading... e.g. idiosyncrasies (great word).

Reading is your key to becoming a better person in all aspects of your life. Reading is how you improve your marketability, your communication skills, your empathy and emotional intelligence. Reading is one of the few habits known to man that you can never have too much of. So go on, read on! Next time you're bored out of your mind, don't reach for your smart phone, and reach for a book instead. Reading books provides a range of benefits you may not be aware of. In fact, the more books you read, the more awesome you will be.

Reading books is like a journey—we meet other cultures and get to know ways of life that we are never going to lead on our own. It's like we're living a lot of different lives. We learn new words, literary language when we

read; we enrich our own vocabulary and gain knowledge of our surroundings, different peoples and their culture, nature, history. This kind of knowledge helps us understand the world around us better. In addition, books open our minds, open windows for different views and lives, and at the same time books inspire us with the feeling of relaxation and peace. When we all feel our life is gray and boring, we all get into moments. And books can be perfect friends at those moments! They take us to another world; they make us discover new things.

Time, spent by the book with kids — reading, telling stories, speaking ... is a time of quality. As parents you need to be aware of the fact that it is important to encourage children to develop positive reading habits, positive attitude towards books and language by reading different children's literature.

The right book can take us on adventures and inspire us to see new lands, dimensions, and alternating universes. Our imagination is ignited by reading, and we are opening our minds to new possibilities. Even science and technology non-fiction books have the ability to stimulate our creativity and innovative and inventive ideas.

Hopefully, the celebration of World Book Day also helps those among us who have strayed away from the beauty that can be afforded by reading, to pick up a book and relive times when our reality dimmed for a while, and the world of words transported us to magic places lived through stimulated imagination.



# Important Days in May and June

## MAY 1 International Labour Day & Gujarat Day - Maharashtra Day

International Labour Day is also known as the International Worker's Day and May Day which is celebrated on international level to promote and encourage the international labour associations. It is being celebrated all across the world every year on 1st of May. International Labour Day or May Day is celebrated to finish the struggle as well as to promote the requirement of eight-hour work day. Earlier the working condition of the laborer was very severe and working hours was 10 to 16 hour a day even in the unsafe conditions. Deaths, injuries and other dreadful conditions of the workers were very common at the workplace during the 1860's and working people were very agitated throughout the workday until the 8-hour workday was declared. Besides being International Labour Day, May 1 is also celebrated as Maharashtra Day & Gujarat Day. The date holds special significance for both the states – It was 59 years ago existing states of Gujarat & Maharashtra were formed hence the celebration.



### May 3

International Press Freedom day  
& International Energy Day

### May 4

Coal Miners Day

### May 7

Worlds AIDS Orphans day

**May 8:** International Red Cross Day (It is celebrated to commemorate the birth anniversary of the founder of the Red Cross Organization Jean Henry Dunant)

### May 11

National Technology Day

## May 15 International Family Day

Although families all over the world have transformed greatly over the past decades in terms of their structure and as a result of global trends and demographic changes, the United Nations still recognizes the family as the basic unit of society. The International Day of Families provides an opportunity to promote awareness of issues relating to families and to increase knowledge of the social, economic and demographic processes affecting them. It has inspired a series of awareness-raising events, including national family days. In many countries, this day is an opportunity to highlight different areas of interest and importance to families. Activities include workshops and conferences, radio and television programmes, newspaper articles and cultural programmes highlighting relevant themes.

### May 17

World Telecom Day

### May 18

International Museums Day

### May 22

International Bio Diversity Day

### May 24

Commonwealth Day

### May 25

Worlds Thyroid Day

### May 29

International Day of UN Peace Keepers

### May 30

Hindi Journalism Day

### May 31

World No Tobacco Day

## JUNE

**June 1:** World Milk Day (FAO)

## June 5: World Environment Day

World Environment Day (also called as WED) has been started celebrating as an annual event on every 5th of June since 1973 in order to raise the global awareness about the importance of the healthy and green environment in the human lives, to solve the environmental issues by implementing some positive environmental actions as well as to make aware common public worldwide that everyone is responsible for saving his environment.

**June 8:** World Oceans Day

## June 12: World Day Against Child Labour/Child Labour Prohibition Day

The International Labour Organization (ILO) launched the World Day Against Child Labour in 2002 to focus attention on the global extent of child labour and the action and efforts needed to eliminate it. Each year on 12 June, the World Day brings together governments, employers and workers organizations, civil society, as well as millions of people from around the world to highlight the plight of child labourers and what can be done to help them.

### June 14

World Blood  
Donor Day

### June 15

World Elder Abuse  
Awareness Day

### June 17

World Day to Combat  
Desertification

### June 20

World Refugee  
Day

## June 21 International Day of Yoga

United Nations General Assembly has declared 21st of June as an International Yoga Day on 11th of December in 2014. Yoga in India is considered to be around 5,000 year old mental, physical and spiritual practice. Yoga was originated in India in ancient time when people were used of meditation to transform their body and mind. Launching a particular date of practicing yoga all across the world and celebrating as yoga day was initiated by the Indian Prime Minister to the United Nations General Assembly.



**June 23:** United Nations Public Service Day

## June 26 International Day Against Drug Abuse and Illicit Trafficking

Drug abuse or drug addiction is a psychiatric, social and psychological problem that not only affects the youth of the entire world but affects a large area of people of different age. It ruins the individuals and the society in manifold- socially, physically, culturally, emotionally and economically. The International Day against Drug Abuse and Illicit Trafficking is an International Day propounded by United Nations in order to fight against the substance abuse as well as the unlawful trade of drugs. It is annually observed on 26th June all across the globe by millions of people. It is against drug abuse and illicit trafficking, it is an expression of determining and strengthening action and boosting the cooperation worldwide to achieve the goal of an international society which is free of substance abuse. On this day, various organizations are committed to eradicate this menace and emphasize on peacefully addressing the challenges of illegal drugs. Their basic principle is protecting the youth and promoting welfare of humankind.

**June 29** National Statistics Day



# Different programs at Tripada Gurukulam Campus

In the academic year 2018-19 Tripada Gurukulam Campus and its team played a magnificent role by doing various educational activities and programs.

According to Indian culture, all work-gets initiated with prayer. In school on regular basis prayer is performed by students by using different musical instruments. During assembly, various themes in accordance to Science and Technology is given to students to enhance their confidence and remove stage fear.

For developing student's inner talent of creativity and writing skill various competitions like Essay writing, Drawing, Sanskrit shlok recitation, Poem recitation and Elocution were organized. Students. India is a secular country each and every festival is celebrated with zeal and excitement. In order to make student aware about the festivals and to understand its importance school celebrated Raksha-bandhan, Janmashtami, Ganesh Chaturthi, Navratri, Diwali, Christmas and Kite flying festival. Along with celebration school also took care of bringing out innovative skills of students by organizing Rakhi making, Diya making, matki decoration during festival celebration. National festivals like 15th August, 26th January were also



celebrated. Especially on 26th January in reference of bringing social awareness, every year rally was organized on different themes. All National festivals were celebrated to inculcate feeling of patriotism and create respect for Indian Army in heart of students.

To improvise knowledge of science and languages school celebrated Hindi Day, Mother language Day, Science Day, Vasantpanchami and Teacher's day. Other than this students were trained with maths and science project in Hi-tech science lab. School also pays attention in improvising information regarding nearby places by arranging excursion

and picnic for students.

In today's time for maintaining body fitness yoga, pranayam, exercise and playing sports are also important so, to take this matter into consideration and to make student physically fit school pays attention to activities like Karate, Skating, Swimming, Horse Riding, Yoga day, celebration. Student also participated and won medal in Khel Mahakumbh organized by Gujarat government. Sports day is also held in school every year in order to motivate student and winners of different sports activity were awarded with certificate and medals.



## Contd. From Page 1

### Things Parents & Children's Need to Know about Tik-Tok

#### Strangers Can Send Private Messages

If your child's account is public; they may be receiving messages from complete strangers. Talking with your child about interacting with strangers, especially online, is becoming more and more important. Sometimes predators create social media accounts posing as children so that they appear more disarming or approachable. Remind your child that if they do not know them in real life, they should not be talking to them.

#### Suggestive Content

As with any social media platform, there is always suggestive content mixed into the bag. With Tik-Tok being mostly

based on music and video, profanity and suggestive clothing/dancing are the most obvious sources of adult content. But the app also encourages some themes that are much more mature than their 16+ rating would suggest. For example, a popular "challenge" on the app is the '#takeitoff challenge' which encourages users to dance to a specific song while discarding layers of clothes. This is especially concerning to see as young children are encouraged to participate in what amounts to a strip-tease.

#### Tik-Tok is extremely popular

You may be thinking, "I've never heard of this app before, it must be pretty unknown." Actually, the app is incredibly popular and has been flying under-the-radar for quite a while. While the main user demographic is located in China, it

has been gaining attraction in India over the past one year.

#### Positive- there is a 'digital well-being' setting

one of the more admirable functions in the app is the ability to turn on the 'digital wellbeing' setting. Once turned on, this setting will set time limits on app use, which can help your child moderate the time they spend on their phone. You can also find strategies for keeping your child's screen time in check in this Kid Matters blog post. This setting also allows a parent to put restrictions on their child's account. This will block videos that have been flagged as inappropriate. An important point to remember however that not all inappropriate material is flagged properly; things slip through the cracks.

#### Tik-Tok collects user data

While this is nothing new and all social-media apps participate in this practice, it is worth reminding parents of. This is a quoted directly from Tik-Tok's page on privacy-

"We share your data with our third party service providers we rely on to help you provide you with the Platform. These providers include cloud storage providers and other IT service providers. We also share your information with our business partners, advertisers, analytics and search engine providers"

Today's parents have the incredibly difficult task of balancing caution and encouragement as their children grow up in a world of social media and online interaction. Making choices from an informed point of view is always more healthy than from a point of fear. Talk to your kid, ask them about their apps, start a dialogue that puts you both on the same page.

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## SCIENCE EXPERIMENT

## TEST YOUR GK

1. Where is the headquarters of the European Organization for Nuclear Research (CERN)?

- Geneva
- Berlin
- Washington
- New York

2. Which Indian golfer has won 2016 BANK BRI-JCB Indonesia Open?

- Anirban Lahiri
- Gaganjeet Bhullar
- Jyoti Randhawa
- Jeev Milkha Singh

3. The world's first Bollywood Park theme park has opened in which city?

- Mumbai
- New York
- Dubai
- Kuala Lumpur

4. Denton Cooley, the famous surgeon who performed world's first artificial heart transplant, was belonged to which country?

- Germany
- China
- Japan
- United States

5. Which Indian personality has been honoured with the 2016 Dr. Nagendra Singh Internal Peace award?

- Baba Ramdev
- Sushma Swaraj
- Narendra Modi
- Sri Sri Ravishankar

6. Which of the following is the India's longest expressway in the Indian road network?

- Agra-Lucknow Expressway
- Ahmedabad Vadodara Expressway
- Allahabad Bypass Expressway
- Yamuna Expressway

7. What is the India's rank in the 2017 Climate Change Performance Index (CCPI)?

- 56th
- 20th
- 37th
- 66th

8. Who has won the 2016 Shakti Bhatt First Book Prize?

- Mahesh Rao
- Janice Pariat
- Akshaya Mukul
- Samanth Subramanian

9. Ram Naresh Yadav, who recently passed away, was the former Chief Minister of which state?

- Madhya Pradesh
- Rajasthan
- Uttar Pradesh
- Haryana

10. The book "The Ivory Throne: Chronicles of The House of Travancore" has been authored by whom?

- Manu S. Pillai
- Kanishk Tharoor
- Madhu Gurung
- Nisid Hajari

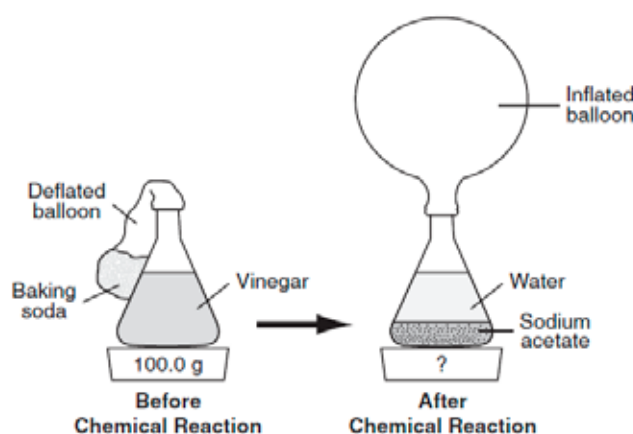


### THINGS NEEDED

1. One small unfilled plastic soda or water bottle
2. Half mug of vinegar
3. Small helium balloon
4. Baking soda
5. Funnel or portion of paper

### IT'S WORKING

The baking soda and the vinegar create an ACID-BASE reaction and the two chemicals work together to create a gas, (carbon dioxide) Gasses need a lot of room to spread out and the carbon dioxide starts to fill the bottle, and then moves into the balloon to inflate it.



### THE EXPERIMENT

- The project above is a DEMONSTRATION. To make it a true experiment, you can try to answer these questions:
- Does water temperature affect how fast the balloon fills up?
- Does the size of the bottle affect how much the balloon fills?
- Can the amount the balloon fills-up be controlled by the amount of vinegar or baking soda?

### HOW TO DO

- Carefully empty the vinegar into the container.
- This is the tricky part: Loosen up the balloon by stretching it a few times and then use the funnel to fill it a bit more than half way with baking soda. If you don't have a funnel you can make one using the paper and some tape.
- Now carefully put the neck of the balloon all the way over the neck of the bottle without letting any baking soda into the bottle.
- Ready? Lift the balloon up so that the baking soda falls from the balloon into the bottle and mixes with the vinegar. Watch the fizz-inflator at work!

## CHANA CHAAT

### INGREDIENTS

- 1 1/2 cups soaked and boiled kabuli chana (white chick peas)
- 1/2 cup paneer (cottage cheese) cubes
- 1/2 cucumber
- 1 spring onion
- 2 tbsp tomato ketchup
- 1 tsp chaat masala
- 1 tsp chopped coriander (dhania) leaves
- salt to taste

### METHOD:

1. Peel the cucumber and cut into small pieces. Keep aside.
2. Chop the spring onion whites and greens. Keep aside.
3. Combine the chick peas, paneer, cucumber and spring onions in a deep bowl and mix well.
4. Add the tomato ketchup, chaat masala, coriander and salt and toss well.
5. Serve immediately.







**SATYA RAMESH**  
COORDINATOR  
SHANTI ASIATIC SCHOOL, BOPAL

# UNRESOLVED DILEMMAS



The high degree of competition among the institutes to become number one in the country made things worse to the extent of killing the inborn curiosity of the child

As educator, whenever I come across the concept of INTENSIVE COACHING PROGRAM (ICP) offered by some of the schools, colleges and coaching institutes, I wonder what exactly this program is and how different it is from the regular teaching-learning process. Various stakeholders concerned with education might perceive the concept of ICP differently but off late, I have realized that whether or not ICP gives entry for students into IITs and Medical Colleges, it has become successful in helping at least few students gain entry into ICUs and Rehabilitation Centres.

Most of the corporate schools/colleges and institutes which provide coaching for competitive exams (JEE/NEET) follow a system which is tightly packed and differs from what it is in the conventional schools. Here one cannot expect to have time for co-curricular or extracurricular activities and most of the time in these set ups is devoted exclusively to train students for competitive exams. The high degree of competition among the institutes to become number one in the country made things worse to the extent of killing the inborn curiosity of the child turning them into mere robots that function according to the programming done by their software. What happens with the students here in these institutes and what is expected from students in IITs/NITs/AIIMS etc is poles apart. How many of these institutes in India have their modus operandi in sync with what was advocated by eminent philosophers and educationists such as Radhakrishnan, Krishnamurti and Kalam? However lofty might be the vision and mission of these institutes, at the end of the day it is just business.

In the recent past don't we have students who have committed suicides and/or who ended up becoming neurotics/psychotics, drug addicts, anti-social elements? Who do we blame for this situation? Parents of these victims are left with no choice except to lament over the loss and on the other hand leaders of these institutions always have the option of putting the blame on the child stating that s/he is not capable of coping with stress thus putting an end to many such unheard stories. Is this what is expected out of our education system?

If it is true that there are organizations which train youth on how to handle a weapon to destroy others, then it is equally true that these institutes are no different from them. How? It is because unknowingly some of the students are being pushed to a point where they aim the weapon to destroy themselves. Imagine a day when students reach to a point of frustration and aggression wherein they end up in a massacre solely aimed to destroy the

people behind the system and to bring about a revolution for a new transformation in education. Should we allow it to happen or can we do something at least now to make education reclaim its lost purpose?

It is time for each one of us to take a pause, think and act and here are a few alternatives which might help all the stakeholders concerned with education in addressing the growing problem.

- Every school must make it a point to organize Career Campaigns which help build awareness among students about various career choices after X and XII.
- Every school must conduct orientation programmes exclusively for parents to bring awareness among

them about various factors which help determine their child's career choices and their role in helping them realize their dreams.

- Government must exert strict control over the coaching institutes in terms of their intake of students, fee structure, criteria for admission, study schedule, faculty, availability of a trained counsellor/psychologist, infrastructure and many more.
- Education Boards (CBSE/ICSE/State Boards) must cancel the affiliation of all such schools labelled as dummy schools which act as a bridge between the coaching institute and the Board to have students on their rolls thereby earning their share of income.

- Eminent Professors working in IITs/NITs/BITS/AIIMS must take a step forward to bridge the gap between what schools offer to students especially at +2 level and what is expected from the students at the entry level into IITs and other premier institutes. They must provide a comprehensive and objective report to the public about the effectiveness of the programmes offered by the coaching institutes in terms of building the right attitude needed for further education.
- Institutes directly/indirectly involved in malpractices during competitive examinations must be debarred to offer any kind of educational services and the heads of these institutes must be taken to task.
- Parents must refrain themselves from glorifying only a few professions such as Engineering/Medicine. They must promote an environment at home which helps kids to take pride in choosing a career which helps them actualize their potential.
- Students must be trained to equip themselves with all the necessary skills to cope with stress at any point of time in their life. Both parents and schools have a very big role in this endeavour thereby not giving room for teenage suicides.
- Parents and students must guard themselves from the magnitude as well as the kind of publicity done by the coaching institutes. If an institute claims that 'n' students have secured admission in IITs then ask yourself out of how many. Imagine a coaching institute which has an enrolment of around 5 lakh students in its various branches across the country, could get entry only for 500 students into IITs which is 0.1% of its total enrolment then would they refund the fee for the rest 99.9% or 4, 99, 500 students? Never and no institute even bothers about the future of these left out ones.
- It is advisable if all the schools take a step forward to have integrated programs which would address the needs of senior secondary students who aspire to crack competitive exams after XII instead of leaving it completely in the hands of coaching institutes.
- Most importantly teachers who are the most important segment must learn to look at the big picture. It is always the school first and then the coaching institutes. Do not allow the periphery become so strong that in the years to come, schools have no existence.
- Let us all collectively work towards this endeavour.

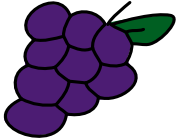


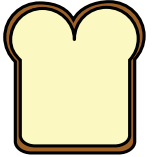
### FILL IN THE COLORS



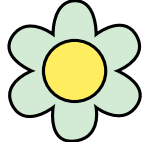
### BEGINNING BLENDS


Look at each illustration. What consonant blend matches the beginning of the word? Color in the bubble next to the correct answer.

- 

pl ☐    gr ☐    gl ☐    pr ☐
- 

bl ☐    cl ☐    br ☐    st ☐
- 

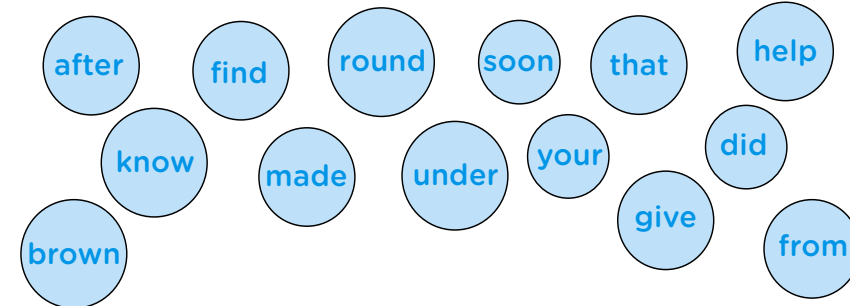
br ☐    tr ☐    dr ☐    bl ☐
- 

fl ☐    sk ☐    fr ☐    sl ☐
- 

sp ☐    pl ☐    pr ☐    st ☐

### HIGH FREQUENCY SIGHT WORDS

Choose a word from the bubbles below. Use a word to complete each sentence.



I got a cookie \_\_\_\_\_ the store.

I \_\_\_\_\_ a yummy snack.

Is that \_\_\_\_\_ favorite book?

My shoes are \_\_\_\_\_ the bed.

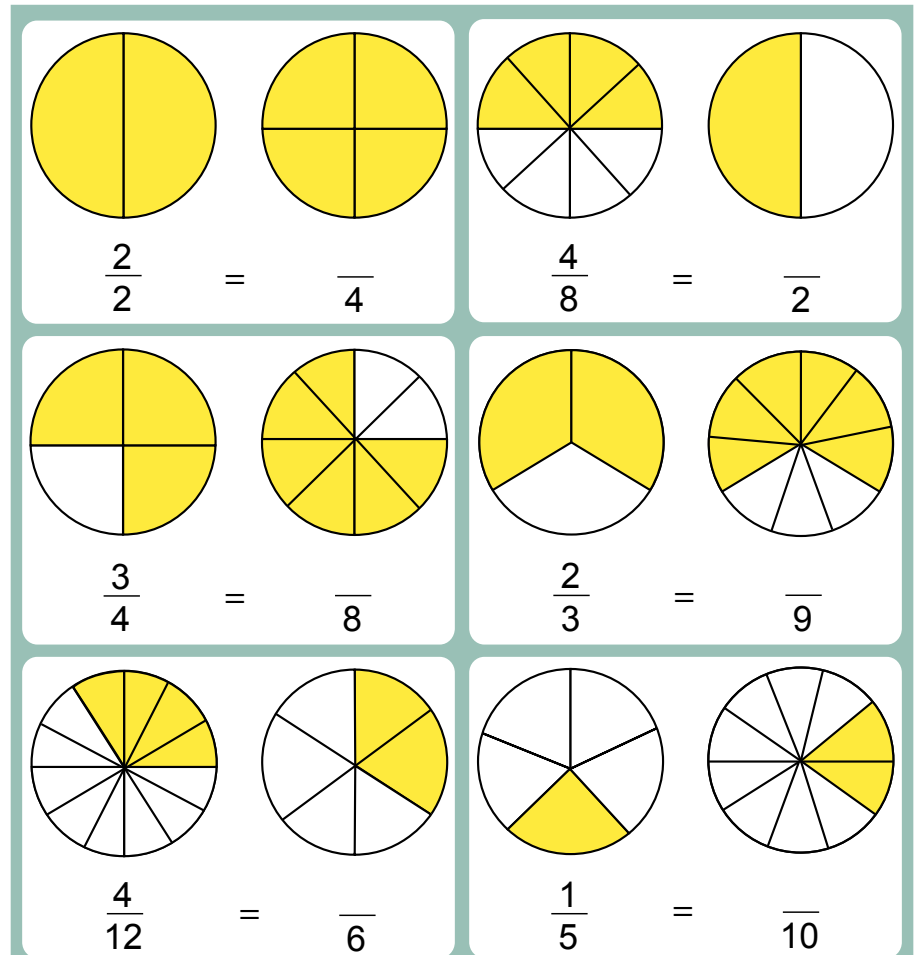
The dog has \_\_\_\_\_ fur.

I like to \_\_\_\_\_ cook dinner.

Did you \_\_\_\_\_ my red hat?

### EQUIVALENT FRACTIONS

Equivalent fractions have the same value, even though they use different numbers. Directions: Fill in the equivalent fractions below.



### FIND THE SIX DIFFERENCE



### SUBTRACTION WITH REGROUPING

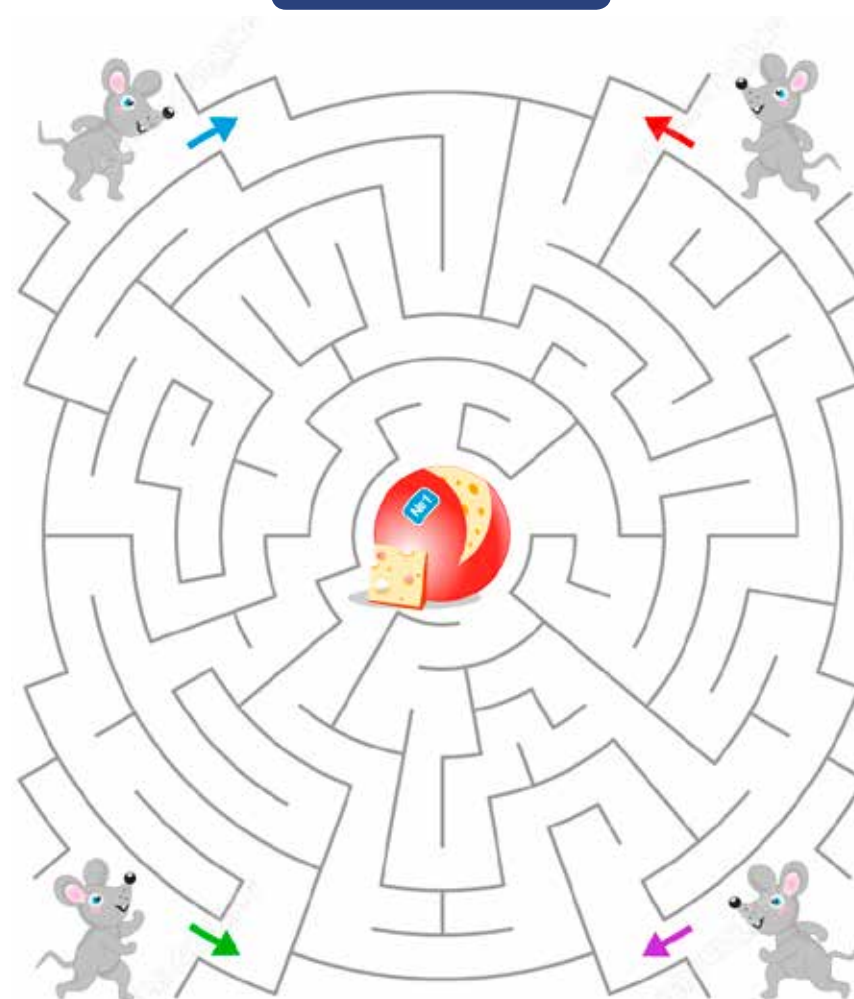
Let's review subtraction with regrouping. First, regroup the tens and the ones, borrowing one ten for the ones place. Then, subtract the ones. Finally, subtract the tens. Follow the example below:

a) 
$$\begin{array}{r} 216 \\ 36 \\ - 9 \\ \hline 7 \end{array}$$

b) 
$$\begin{array}{r} 216 \\ 36 \\ - 9 \\ \hline 27 \end{array}$$

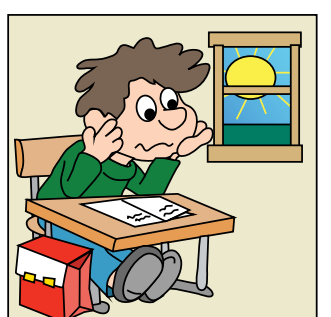
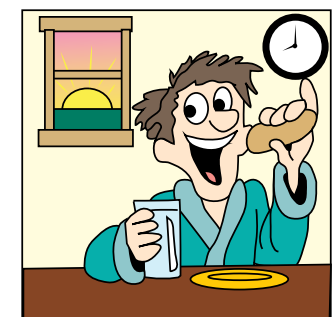
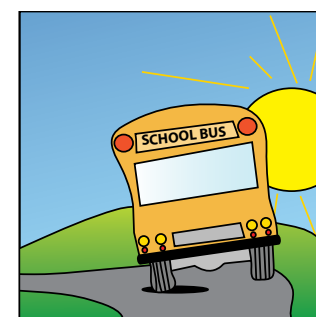
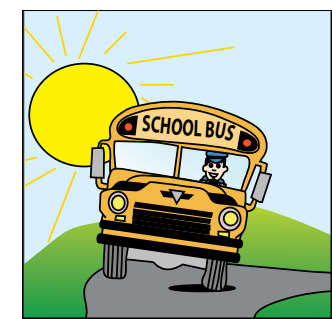
- |  |  |  |  |  |  |
|--|--|--|--|--|--|
| $\begin{array}{r} 19 \\ - 9 \\ \hline \end{array}$ | $\begin{array}{r} 11 \\ - 7 \\ \hline \end{array}$ | $\begin{array}{r} 20 \\ - 8 \\ \hline \end{array}$ | $\begin{array}{r} 11 \\ - 6 \\ \hline \end{array}$ | $\begin{array}{r} 18 \\ - 9 \\ \hline \end{array}$ | $\begin{array}{r} 23 \\ - 4 \\ \hline \end{array}$ |
| $\begin{array}{r} 22 \\ - 7 \\ \hline \end{array}$ | $\begin{array}{r} 22 \\ - 5 \\ \hline \end{array}$ | $\begin{array}{r} 16 \\ - 7 \\ \hline \end{array}$ | $\begin{array}{r} 14 \\ - 5 \\ \hline \end{array}$ | $\begin{array}{r} 24 \\ - 6 \\ \hline \end{array}$ | $\begin{array}{r} 21 \\ - 7 \\ \hline \end{array}$ |
| $\begin{array}{r} 32 \\ - 5 \\ \hline \end{array}$ | $\begin{array}{r} 31 \\ - 3 \\ \hline \end{array}$ | $\begin{array}{r} 17 \\ - 8 \\ \hline \end{array}$ | $\begin{array}{r} 25 \\ - 9 \\ \hline \end{array}$ | $\begin{array}{r} 15 \\ - 7 \\ \hline \end{array}$ | $\begin{array}{r} 20 \\ - 9 \\ \hline \end{array}$ |
| $\begin{array}{r} 41 \\ - 5 \\ \hline \end{array}$ | $\begin{array}{r} 40 \\ - 8 \\ \hline \end{array}$ | $\begin{array}{r} 52 \\ - 6 \\ \hline \end{array}$ | $\begin{array}{r} 55 \\ - 9 \\ \hline \end{array}$ | $\begin{array}{r} 62 \\ - 4 \\ \hline \end{array}$ | $\begin{array}{r} 75 \\ - 8 \\ \hline \end{array}$ |
| $\begin{array}{r} 60 \\ - 7 \\ \hline \end{array}$ | $\begin{array}{r} 47 \\ - 8 \\ \hline \end{array}$ | $\begin{array}{r} 50 \\ - 9 \\ \hline \end{array}$ | $\begin{array}{r} 12 \\ - 7 \\ \hline \end{array}$ | $\begin{array}{r} 29 \\ - 9 \\ \hline \end{array}$ | $\begin{array}{r} 26 \\ - 8 \\ \hline \end{array}$ |

### FIND THE WAY



### PICTURE SEQUENCING

Put the six pictures below in order starting with which event happened first. After you have ordered the pictures write a few sentences about what is happening in each.





Earth Day is an occasion celebrated each year on the 22nd of April. The occasion is held around the world to celebrate bolster for the security of the environment and has persistently drawn increasingly individuals in each consequent year. Soil Day brings consideration to an expansive number of issues in necessity of consideration, such as contamination of the sea, flotsam, and jetsam cleared out over on arrive, climate alter, preservation of the Earth's environments, vitality preservation, soil debasement, erosion, overpopulation, atomic issues, the consumption of the ozone layer, the exhaustion of the Earth's normal assets, the presentation of squanders and toxicants into the wild and the oceans, nanotechnology, and the deforestation of rain timberlands.

### Earth Day Significance

Earth Day could be a day devoted to expanding mindfulness approximately the Soil and its issues. Nowadays, more than 1 billion individuals presently take an interest in Soil Day exercises each year, making it the biggest civic recognition within the world. As a result of this exceptional occasion, various policy agreements and acts are endorsed such as Clear Discuss Act, Clean Water Act, Imperiled Species Act and numerous others.

Earth Day has picked up significant



importance within the past. This is often due to the reality that individuals have been seeing deficiency of nourishment, sky rocketing fuel prices, expanded worldwide warming and changing climate designs. It may be a day that recognizes the significance of our planet. Individuals come to know almost the modern environment is-

issues such as worldwide warming, draining assets etc. Both adults and kids become conscious about the strategies and tactics which they can adopt in day-to-day life to ensure cleaner environments.

Different recommendations are brought to light almost reusing, vitality preservation, expanding plant and

tree development, spare water, regard nature, decrease poisons within the discus, keep the environment clean, diminish discuss contamination, planting trees and blossoms to extend oxygen and adore and regard towards all creatures who possess the soil. There are little thoughts with colossal affect such as – plant a tree each year, switch off light when not in utilize, utilize recyclable packs for basic supply shopping etc. displayed amid Soil Day celebrations.

Separated from the person family units, indeed companies are empowering their workers to contribute their portion when it comes to spare this planet from debasement. Making utilize of open transportation, car pooling to diminish contamination, exchanging off AC after office hours, persuading individuals to require less print outs, utilizing renewable sources to create control, permitting representatives to lock in tele or video conferencing, utilizing CFL lights and bulbs, extricating geothermal vitality to warm up office buildings are few of the activities companies are taking to spare vitality and make this planet secure for our future eras. If people implement some of these and make changes in their behaviors towards Mother Earth, then we would be able to make our planet a much better place to live in – also for coming generations.

In this mortal life there is one relationship that scores effortlessly above all other known relationships on this Earth. Do you feel confused? Do not scratch your head too much as this extraordinary relationship is none other than that of the mother, which is truly priceless in terms of her innumerable love, dedication and devotion to her family. Mother's Day is celebrated in over 46 countries around the world. This is really a special day for the mothers who in this male-dominated society are mostly underrated. Using various detailed information in the form of origin, the reason for the celebration, the modes of celebration and other essential facts, let us throw some light into the occasion.

International Mother's Day is a celebration that honors mothers and every year on the second Sunday of May, motherhood is celebrated. Mother's Day will fall on May 12 in 2019. While the whole year is not enough to express our love and care for her, it's great to have at least one day entirely dedicated to her. Let her feel like a queen and get from all her 'mummy' duties a much-deserved break.

### Why do we celebrate Mother's Day?

Mother's Day is an opportunity to express respect, honor and love for mothers in different parts of the world. The day is an event that honors mothers' contribution recognizes maternal bond efforts and mothers' role in our society. Although the occasion is celebrated on different dates by different countries,

# MOTHERS DAY

the common celebrations months are March or May. Mother's Day is a similar effort like other celebrations like Father's Day, Siblings Day, Grandparents Day and others.

It is a day that reminds people of the importance and significance of mothers in their lives and is observed as a day that places special emphasis on motherly figures around the world. This is your mom's day. So treat her like a queen and spend the entire day doing things that she always wanted to do with you. You two can go for a picnic, go for a hike, cook together, go through old family pictures, or just play some fun games at home. Or you two can run a movie marathon at home. Include the all-time best comedy movies in your list to have a great time together. Below mentioned are the few ways you can make your mother feel special on her special day:

### Breakfast in Bed

Start her day by offering breakfast in bed. Her eyes will be wide open and you'll witness a big smile on her face. Make her favorite food such as pancakes, scrambled eggs or bacon and serve with

a glass of fresh juice. Leave a sweet note in the food tray to tell your mom that you love her most in the whole world and feel lucky to have her by your side.

### Give Her Flowers

Flowers are the beautiful creations of nature that always brighten up people's mood and make them happy. A hand-made bouquet of fresh and bright carnations would be absolutely perfect to wish your mom on Mother's Day and show how much you adore her from the core of your heart.

### Give Your Mom a Day Off

Set your mom free from all the household chores on Mother's Day. Encourage her to sit back and relax or go out with her friends and have some fun that she always wanted to do but couldn't do somehow due to busy schedule.

### Throw a Surprise Party

Throw a surprise Mother's Day party at home with the help of your dad and siblings. Make your mom's favorite cuisines and cocktails. She would be quite thrilled as she wasn't expecting anything like that. Your love and care combined



with a sweet surprise will make it the most special and memorable day of her life.

### Spend a Day Together

This is your mom's day. So treat her like a queen and spend the entire day doing things that she always wanted to do with you. You two can go for a picnic, go for a hike, cook together, go through old family pictures, or just play some fun games at home. Or you two can run a movie marathon at home. Include the all-time best comedy movies in your list to have a great time together.

### Surprise Her with a Lovely Gift

Everyone loves to receive gifts. If you are aware of your mom's choice, then it will be really easy to order a meaningful gift that she would love. Ranging from cakes, jewelry, accessories, apparels, handbags to personalized cushions, there are plenty of gift ideas that you can offer her on Mother's Day as a token of love.

### Pamper Her

A little rest and relaxation would be great for your mom's physical and emotional health. Book a spa session for her in the nearby salon. Offering a relaxing massage, refreshing facial, pedicure, and manicure is best to pamper your mom on Mother's Day. It would definitely help her avail some much-needed me-time and make her skin glow like sunshine.

So this Mother's Day don't only wish your mothers on social media but also make her feel special in real life.



Chaitra Navratri is a grand occasion especially in parts of Punjab, Gujarat and Maharashtra. Navratri means nine nights in Sanskrit. These nine days of celebration are dedicated to Goddess Durga's nine avatars (also called Shakti), who are believed to descend from heaven to stay with her devotees for these few auspicious days. With offerings of various flowers, fruits and prasads, Hindu devotees throughout the country pray to the deity. They also clean their house and for daily poojas wake up early in the morning.

### Chaitra Navratri Significance

There are four types of Navratri in a year, according to ancient scriptures, but only two of them are celebrated with great pomp and fervor by Chaitra Navratri and Sharad Navratri. Sharad Navratri falls around September and October; Chaitra Navratri is a typically March and April spring affair. Many Hindus do not eat non-vegetarian food, drink alcohol, and even stop smoking. They eat light, sattvik food that is cooked without garlic and onion. The logic behind this fasting is more profound than the obvious religious connotations.

# CHAITRA NAVRATRI



Sharad Navratri and Chaitra Navratri are both celebrated around the change of the season. Our immunity and digestive system tends to weaken a lot during these seasonal transitions, which is why it is advisable to

eat light during this time. Eating heavy and greasy food during this time may lead to problems like indigestion and flatulence.

As mentioned earlier, since nine different forms of Durga, or Nava Durga,

are dedicated to each day, the rituals and offerings vary. Durga's nine forms are: Shailputri, Brahmacharini, Chandraghanta, Kushmanda, Katyayani, Kalratri, Mahagauri, and Siddhidatri. According to the scriptures, a prasad of milk and sweets is offered to Goddess Chandraghanta while honey is given to Goddess Katyayani and jaggery or sweets are offered to Goddess Kalratri.

Chaitra Navratri consistently connotes the start of the Indian or the Hindu New Year, i.e. the Chitra Sudi's first day or Prathama tithi. Navratri is committed to Goddess Durga and her nine structures celebrating nine evenings. The nine days have incredible religious hugeness as in this period Goddess Durga, the awesome mother, devastated the insidious power of the devil Mahisashura.

Everywhere in the nation, the celebration is praised with genuine dedication and immaculacy. Individuals from various segments of the general public, regardless of standing or declaration of faith, praise this celebration by going to sanctuaries and offering pujas at the feet of the Mother.

# SIGNIFICANCE OF GOOD FRIDAY

Good Friday commemorates the ultimate hours of Jesus' life, his crucifixion and death as depicted within the Christian book of scriptures. Good Friday is a day of sadness, in which churches are purged and dim. Services are held in the afternoon. Numerous churches have a severe drink arranged from leaves, vinegar and other fixings. This drink is for everybody to taste after the service. This can be an imperative occasion in Christianity, because it represents the penances and enduring in Jesus' life. It is a day of grief.

It is additionally known as Holly Friday, Great Friday, Black Friday, or Easter Friday. Other images of Good Friday contain of dark cloth utilized to cover crosses, canvases and statues in churches. Other than that, a couple of individuals make a plain appearance in churches and houses by expelling all flowers.

Amid extraordinary Good Friday services, Christians contemplate on Jesus enduring and death on the cross and what this implies for their faith.

### Why do we call Good Friday "Good"?

It appears an unusual title for a day that marks such an awful occasion as execution, but when we see at the beginning of the title it becomes clearer. Some say it comes from the use of "Good" as a descriptive word connected for a day, which is an ancient English equivalent word for "Holy". Most of the Christians see the day as "good" since the message of Easter is of Christ's triumph over sin, death and the devil. Some accept it is created from a more seasoned title "God's Friday".

### Historical Importance of Good Friday:

The celebration of Great Friday dates back to the 4th century by Egeria. This old honey signifies time of self-punishment and fasting on the passing commemoration of the Christ. Terminology of "Great Friday" is determined from "God's Friday," in spite of the fact that the prop-



er reason for this kind of title is still not known.

### The arrest of Jesus

As per the archives within the Accounts, the Sanctuary Watches were secured by the Jesus' disciple Judas Iscariot; within the Cultivate of Gethsemane, he at that point arrests Jesus. In trade, Judas was compensated with cash, 30 pieces of silver was he compensate to deceive Jesus. After the capture, Jesus was persuasively brought to the house of Annas, (the father-in-law of the high priest, Caiaphas), who at that point examined Christ but may not get palatable answers. He was at that point taken into imprisonment by Caiaphas, who was the tall cleric where the Sanhedrin had accumulated.

On Good Friday we remember the day Jesus endured and passed on by torturous killing as the extreme give up for our sins. It is taken after by Easter, the great celebration of the day Jesus was raised from the dead, proclaiming his triumph over sin and passing and indicating ahead to a future restoration for all who are united to him by faith.

# BUDDHA PURNIMA



Buddha Purnima is the most sacred day in the Buddhist calendar. It is the most important festival of the Buddhists, and is celebrated with great enthusiasm.

Although Buddhists regard every full moon as sacred, the moon of the month of Vaisakh has special significance because on this day the Buddha was born, attained enlightenment (nirvana), and attained parinirvana (nirvana-after-death of the body) when he died. Shakyamuni Buddha, the historical founder of Buddhism, was born in India 3,000 years ago. There are various opinions concerning the exact dates of his birth and death, but according to Buddhist tradition, he is said to have been born April 8, 1029 BC and died on February 15, 949 BC, although other Buddhist scholars place his birth five hundred years later.

Shakyamuni Buddha was the son of the king of the Shakyas, a small clan whose kingdom was located at the foothills of the Himalayas, south of what is now central Nepal, fifteen miles from Kapilavastu. Shakyamuni is taken from the name of this tribe and muni means sage or saint. His family name was Gautama (Best Cow) and his given name was Siddhartha (Goal Achieved) though some scholars say this is a title bestowed on him by later Buddhists in honour of the enlightenment he attained.

Even though many Buddhists observe Buddha's historical birth on April 8, the exact date remains in question. Although modern archeological and historical research confirms that Prince Siddhartha Gotama lived around this time.

The exact date of Vesak is the first full moon in the fourth month in the Chinese lunar calendar. The date varies from year to year in the Gregorian calendar, but is typically in May.





# 2019 ICC WORLD CUP INDIA SQUAD

The Board of Control for Cricket in India (BCCI) on Monday announced the 15-man India squad for the upcoming ICC World Cup. Chairman of selectors, MSK Prasad and acting secretary of the Indian board Amitabh Chaudhary read out the names one by one with a couple of minor changes in the team.

The selectors have opted for experience over X-factor by naming a well-balanced squad. The rest of the players almost picked themselves with Virat Kohli at the helm.



Rohit Sharma  
(vice-captain)



Shikhar  
Dhawan



Vijay Shankar



KL Rahul



Dinesh Karthik



Yuzvendra  
Chahal



MS Dhoni  
(wicketkeeper)



Kedar Jadhav



Kuldeep Yadav



Bhuvneshwar  
Kumar



Jasprit Bumrah



Hardik Pandya



R Jadeja



Mohammed  
Shami



## WORLD CUP HISTORY

The Men's Cricket World Cup was first held in 1975 in England, which was the only nation that was able to put forward the resources to stage an event of such magnitude.[6] The first three tournaments were officially known as the Prudential Cup after the financial services company Prudential plc who sponsored the event. The matches were of 60 overs per team and played in traditional white uniform and red balls. They were all played during the day. Eight teams participated in the first tournament: Australia, England, the West Indies, Pakistan, India, and New Zealand (the six Test nations at the time), with Sri Lanka and a composite team from East Africa. One notable omission was the South African cricket team who were not competing due to the international sports boycott. West Indies won the first Cricket World Cup by defeating Australia by 17 runs in the final.

The next two World Cups held in 1979 and 1983 were again hosted by England. The 1979 Cricket World Cup saw the introduction of the ICC Tro-

WINNERS LIST

The following is a list of the winning country and runner up for each Cricket World Cup. Click on the country names for more country information, or click on the year for more information about the tournament for that year.

Year	Winner	Runner-up
2015	Australia	New Zealand
2011	India	Sri Lanka
2007	Australia	Sri Lanka
2003	Australia	India
1999	Australia	Pakistan
1996	Sri Lanka	Australia
1992	Pakistan	England
1987	Australia	England
1983	India	West Indies
1979	West Indies	England
1975	West Indies	Australia

phy, a competition used to select non-Test playing teams for the World Cup. [7] Sri Lanka and Canada qualified through the ICC Trophy in 1979. West Indies again won the World Cup tour-

nament, defeating England by 92 runs. At their meeting which followed the World Cup, the International Cricket Conference agreed to make the competition a four-yearly event. The 1983 event was hosted by England for a third consecutive time. By this time, Sri Lanka had become a Test playing nation, and Zimbabwe qualified through the ICC Trophy. India were crowned champions after up-setting the West Indies by 43 runs in the final. The odds of India winning the cup were quoted at 66 to 1 before the competition began

In the eleven ICC Cricket World Cups held so far, five different teams have won the tournament. Australia is the most successful World Cup team having won the tournament five times, and were runner up another two times. West Indies won the first two tournaments, and India have also won it two times. Pakistan and Sri Lanka have won one tournament each. Sri Lanka (1996) and India (2011) are the only hosts to win, when they co-hosted the tournament.



# MS Dhoni Becomes 1st Indian to Achieve Remarkable IPL Feat after Sensational Knock for CSK vs RCB

Not only did MS Dhoni register his highest-ever IPL score, but the CSK captain also became the first Indian to reach a stunning landmark in the T20 tournament.

Dhoni produced one of the most impactful batting performances ever seen in Indian Premier League (IPL) history, single-handedly taking his team to the brink of victory in the RCB vs CSK IPL 2019 clash at the M.Chinnaswamy Stadium in Bengaluru on Monday night. While it wasn't enough to get CSK over the line as RCB stuttered to a one-run win, MS Dhoni's knock left a lasting impression on the cricketing fraternity. Not only did MS Dhoni register his highest-ever IPL score, but the CSK captain also became the first Indian to hit 200 sixes in the tournament.

MS Dhoni almost pulled off Chennai's chase of 161 as he smashed five fours and seven sixes in his 48-ball blitz only to see his team lose by one run in IPL 2019 encounter in Bengaluru.

MS Dhoni became only the third

player in IPL history to reach the landmark of 200 sixes. Chris Gayle occupies the top spot in the list with a whopping 323 hits over the boundary while RCB star AB de Villiers is second with 204 sixes.

MS Dhoni's seven maximums in the RCB vs CSK IPL clash took his overall tally to 203 sixes in the Indian Premier League (IPL).

Rohit Sharma and Suresh Raina are next best Indians, with both batsman boasting of 190 sixes each in the T20 tournament. RCB skipper Virat Kohli is not too far behind with 186 maximums to his name.

On Sunday night, with the defending IPL champions CSK needing 26 off the last over, MS Dhoni hit a four and three sixes but missed the final ball from paceman Umesh Yadav and ran to get runs through byes.

RCB wicketkeeper Parthiv Patel, who top-scored with 53 in his team's 161-7, hit the stumps to run out Shardul Thakur as Virat Kohli's side managed to win their third game.



## SOME FACTS OF IPL

### Only two Indians to have won MVP award

The Indian Premier League is 11 years old now, and only two Indian players have so far won the Most Valuable Player award. Sachin Tendulkar was the first one to win the award in this category in the 2010 IPL season. The Master Blaster scored 618 runs for Mumbai Indians in that season. He was also the Orange Cap winner in the tournament.

Virat Kohli was the second to do it in the eight IPL season. Kohli was sensational that season and scored 973 runs. Interestingly, Aussies lead the chart with Shane Watson winning it twice, Adam Gilchrist and Glenn Maxwell one each.

### Only two overseas players have played more than 100 matches for a single team

The extravagant T20 tournament has come a long way since its commencement in 2008, and over the years many players have switched clubs. But Kieron and AB de Villiers are the only two players who have played over 100 matches for one team.

ABD made his debut for Delhi, but

since 2011 he was a loyal RCB servant. The South African batsman played 101 matches for the Bangalore side. As for Pollard, he made his debut for Mumbai Indians in 2010. He has played 123 games for the franchise.

### No no-ball for 386 overs

Piyush Chawla is one of the most under-mined spinners of Indian cricket history. However, the leg-spinner holds one of the most astounding records. During his time with Delhi Daredevils, he did not bowl a single no-ball for 386 overs. For eight years, he had bowled in the most disciplined way one can imagine.

### Virat Kohli has been part of three double century partnerships

The Indian batsman has become a horror for the opponents especially when he is on the chasing side. Interestingly, Kohli has been part of three double century partnerships in IPL history. The first came in 2012 against Delhi Daredevils, when he added 204\* with Chris Gayle. Second was in 2015 with de Villiers: 215\* against Mumbai Indians. The third

was the highest out of the three when he added 229 with ABD in 2016 against Gujarat Lions.

### Harbhajan Singh has most ducks to his name

The Indian classic off-spinner holds the record of most ducks to his name in IPL history: 13. He was part of the Mumbai Indians for nine seasons and was let go by MI in the 10th IPL auction. He is not part of the Chennai Super Kings.

### RCB holds the record for the highest and the lowest total in IPL history

Royal Challengers Bangalore has always been a team of power hitters and holds a very unique record to their name. They have the highest and lowest total to their name. In the IPL 2013, RCB scored a humongous total of 263/5 against the Pune Warriors. It was in that game Chris Gayle fired an unbeaten knock of 175. Interestingly four years later in the 2017 IPL, they were wrapped up by Kolkata Knight Riders for a meagre total of 49 runs. The top scorer of that innings was Kedarjadhav.

## SPORTS BRIEF

### PSG win sixth French title in seven years

Paris Saint-Germain won the French Ligue 1 title for a sixth time in seven seasons on Sunday after second-placed Lille could only draw 0-0 at Toulouse. Qatarbacked PSG are now 16 points ahead of Lille who have five games to play after a campaign which saw them only lose on three occasions in another dominant league campaign.

### Juventus wins 8th straight Serie A title

Cristiano Ronaldo played a key role in the winning goal and Juventus beat Fiorentina 2-1 Saturday to clinch a record-extending eighth straight Serie A title. It's the first time in Europe's five major leagues – Italy, England, Spain, Germany and France – that a club has won eight straight titles. And it was a big relief for Juventus following its elimination by Ajax in the Champions League on Tuesday, after failing to clinch last weekend with a surprise loss at Spal.

### Barcelona on cusp of La Liga triumph

Barcelona are closing in on their eighth La Liga title in 11 years after Clement Lenglet and Jordi Alba both scored in a 2-1 win over Real Sociedad on Saturday. Victory means Barca only have to beat Alaves on Tuesday and then Levante next Saturday to be crowned champions at Camp Nou. Meanwhile, Karim Benzema netted a second-half hat-trick as Real Madrid got back to winning ways with a 3-0 victory over Athletic Bilbao in La Liga.



# NASA Spots 1st Molecule of the Universe



The scientists have detected the first molecule to ever form from stray atoms in the universe. The first such molecule was helium hydride, a combination of helium and hydrogen. The discovery is a first step in unlocking the mystery of the universe's chemistry. The research was published in the journal Nature. The researchers used the National Aeronautics and Space Administration's (NASA's) SOFIA, the world's largest airborne observatory, to detect helium hydride in NGC 7027, a planetary nebula about 3,000 light-years away from Earth.

# One of the nine suicide bombers in Sri Lanka was women: Sri Lanka minister



One of nine suicide bombers in Sri Lanka on Easter Sunday was a women, the country's deputy defence minister said. The death toll in the attack has risen to 359 and over 60 people have been arrested in connection with it. As many as 10 Indians are among those dead in the bombings.

# Civil Services Day not being observed due to General Elections



The Civil Services Day 2019 was not observed on 21st April 2019 due to Lok Sabha elections. The Department of Administrative Reforms and Public Grievances has stated that the Civil Services Day will be celebrated once the new government takes over or may even consider clubbing this year's programme.

# Three Indians in TIME's 100 Most Influential people list



Asia's richest person Mukesh Ambani and Section 377 Lawyers Arundhati Katju and Menaka Guruswamy have been featured on TIME magazine's 2019 list of 100 most influential people. Arundhati and Meneka were the lead lawyers representing the petitioner seeking to overturn Section 377 of the IPC. They have helped take a giant step for LGBTQ+ rights in the world's largest democracy.

# World's 1st malaria vaccine launched in Africa, took 30 years to make



The world's first ever malaria vaccine was launched in a pilot project in Africa's Malawi on 23rd April, 2019. "Thirty years in the making, 'RTSS' is to date the only vaccine that has demonstrated it can significantly reduce malaria in children" WHO stated. About 93% of the world's malaria-related deaths in 2017 occurred in Africa.

# Etihad 1st major airline to operate single-use plastic free flight



The UAE's flag carrier Etihad Airways has become the first major airline to operate a flight without any single-use plastic items including cups, cutlery and headset bags were removed from the Brisbane-bound Earth day flight which landed on April 22. Plastic items were replaced by sustainable amenity kits, eco -thread blankets and edible coffee cups.

# Microsoft becomes third US Company to hit \$1-trillion value



US tech giant Microsoft on 24th April briefly topped \$1 trillion in market capitalization for the first time after beating its quarterly earnings estimates. Microsoft stock gained about 23% so far this year due to its flagship cloud product Azure, rivaling Amazon. Apple and Amazon, which have earlier crossed the trillion-dollar milestone, may do so again after their upcoming earnings reports.

# Srilanka finds 87 detonators at bus stand a day after 8 blasts killed 290



A day after eight bomb blasts killed 290 people and wounded over 500 others, the Sri Lanka police found 87 bomb detonators at Colombo's main bus stand. The Sri Lankan government held local jihadist group National Thowheeth Jama'ath (NTJ) responsible for the blasts. President Mathripala srisensa will declare a nationwide emergency from midnight over the blasts.

# Indonesia releases Ramayana stamp to mark 70 years of ties with India



Indonesia has released a Ramayana-themed commemorative stamp to mark the 70th anniversary of the establishment of its diplomatic ties with India. The stamp features a scene in which Jatayu fought to save sita. India's bilateral ties with Indonesia have been shaped as much by history, culture and geopolitical realities as by the visionary leadership, a text alongside the stamp read.



# 66th National film awards delayed till after LS polls

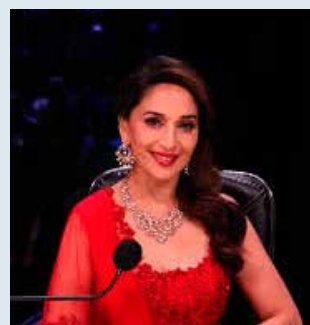
The information and Broadcasting Ministry announced that the 66th National Film Awards will be declared after the general elections in compliance with the Model Code of Conduct. The ministry said in a statement that the power of media must not affect the level playing field during elections. The awards are generally declared in April and presented in May every year.

## BIRTHDAY WISHES



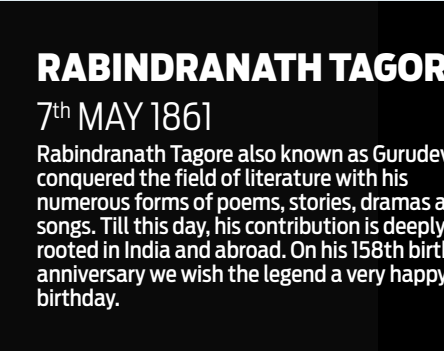
### SATYAJIT RAY 2<sup>nd</sup> MAY 1921

Satyajit Ray, an Indian filmmaker and among the dozen or so great masters of world cinema, is known for his humanistic approach to cinema. He is the master of storyteller and has left a cinematic heritage that belongs as much to India as to world.



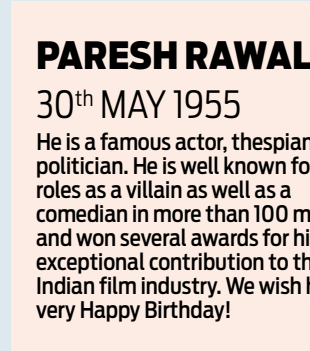
### MADHURI DIXIT 15<sup>th</sup> MAY 1967

Madhuri Dixit Nene will celebrate her 52nd birthday on May 15th. She is a well trained Kathak dancer, an amazing actress and has done many successful films. Her charm and grace is what people admire her for. We wish her a very Happy Birthday!



### RABINDRANATH TAGORE 7<sup>th</sup> MAY 1861

Rabindranath Tagore also known as Gurudev, conquered the field of literature with his numerous forms of poems, stories, dramas and songs. Till this day, his contribution is deeply rooted in India and abroad. On his 158th birth anniversary we wish the legend a very happy birthday.



### PARESH RAWAL 30<sup>th</sup> MAY 1955

He is a famous actor, thespian and politician. He is well known for his roles as a villain as well as a comedian in more than 100 movies and won several awards for his exceptional contribution to the Indian film industry. We wish him a very Happy Birthday!





# WHY PSYCHOLOGICAL & PERSONALITY TESTING?



**PRAFUL SHETH**  
CEO-Founder  
Progressive Talents Inc, USA

Accelerated technological changes has impacted every sphere of life—including-teaching strategies, learning strategies and educational institution's role in teaching/ learning processes. The entities that are not able to understand this impact are not likely to progress well and make their mark on the society.

To illustrate what is happening, let us take the example of learning processes of the school children. Passive learning has given way to the active learning. Google has placed all the information available through internet. Hence content is no longer that important; (one can always access the same on the internet). This means self-learning skills would gain more prominence than mere classroom learning where content is focused on. Learners with good self-learning skills will prosper better than those who do not possess these skills. Teachers' role is changing to that of a facilitator. Hence they will also need to change their focus.

Self-learning will offer more freedom to the learners. They will learn the way they find most useful for them. All these changes lead to a common phenomenon of a need to understanding the self. If I am aware of my weak and strong areas, I can do well by focusing on my weak areas. But, if I am not aware of what my weak areas are, I would not know where to begin. It is at this point that role of psychological and personality testing gain importance.

The aptitude tests, mindset tests, study-skills inventory and other related tests help one to become aware of the 'self', the strengths and weaknesses of one's 'self'. This will further help one choose a right direction for one's life progress. Aptitude test is a test designed to determine a person's ability in a particular skill or field of knowledge.

Study Skills Inventory test assists in providing you immediate feedback on your current approach to study skills. There are six critical study skills learners need to consistently be developing: text book reading, note taking, memory, test preparation, concentration, and time management. At the conclusion of the inventory, each of these skills will be assessed based on the manner in which the questions were answered.

While appearing for study-skills inventory test, be honest when completing this inventory. Answer the questions in

MINDSET QUIZ				
	Strongly Agree	Agree	Disagree	Strongly Disagree
1 Your intelligence is something very basic about you that you can't change very much.				
2 No matter how much intelligence you have, you can always change it quite a bit.				
3 You can always substantially change how intelligent you are.				
4 You are a certain kind of person, and there is not much that can be done to really change that.				
5 You can always change basic things about the kind of person you are.				
6 Music talent can be learned by anyone				
7 Only a few people will be truly good at sports – you have to be "born with it."				
8 Math is much easier to learn if you are male or maybe come from a culture who values math.				
9 The harder you work at something, the better you will be at it.				
10 No matter what kind of person you are, you can always change substantially.				
11 Trying new things is stressful for me and I avoid it.				
12 Some people are good and kind, and some are not – it's not often that people change.				
13 I appreciate when people, parents, coaches, teachers give me feedback about my performance.				
14 I often get angry when I get feedback about my performance.				
15 All human beings without a brain injury or birth defect are capable of the same amount of learning.				
16 You can learn new things, but you can't really change how intelligent you are.				
17 You can do things differently, but the important parts of who you are can't really be changed.				
18 Human beings are basically good, but sometimes make terrible decisions.				
19 An important reason why I do my school work is that I like to learn new things.				
20 Truly smart people do not need to try hard.				

relation to your current approach towards study skills and not how you think you should approach study skills.

Another test to talk about is the 'Mindset Test'. Every so often a truly groundbreaking idea comes along. Mindset concept is one. It answers the questions like, 'Why brains and talent don't bring success?' How they can stand in the way of it? Why praising brains and talent doesn't foster self-esteem and accomplishment, but jeopardizes them? How teaching a simple idea about the brain raises grades and productivity? What all great CEOs, parents, teachers, athletes know? Mindset is a simple idea discovered by world-renowned Stanford University psychologist Carol Dweck in decades of research on achievement and success—a simple idea that makes all the difference.

In a fixed mindset, people believe their basic qualities, like their intelligence or talent, are simply fixed traits. They spend their time documenting their intelli-

gence or talent instead of developing them. They also believe that talent alone creates success—without effort. They're wrong. In a growth mindset, people believe that their most basic abilities can be developed through dedication and hard work—brains and talent are just the starting point. This view creates a love of learning and a resilience that is essential for great accomplishment. Virtually all great people have had these qualities.

Teaching a growth mindset creates motivation and productivity in the worlds of business, education, and sports. It enhances relationships.

## Recommended ways to develop a Growth Mindset

1. Acknowledge and embrace imperfections: Hiding from your weaknesses means you'll never overcome them.
2. View challenges as opportunities: Having a growth mindset means relishing opportunities for self-im-

provement. Learn more about how to fail well.

3. Try different learning tactics.
4. Follow the research on brain plasticity.
5. Replace the word "failing" with the word "learning.": When you make a mistake or fall short of a goal, you haven't failed; you've learned.
6. Stop seeking approval.
7. Value the process over the end result. Intelligent people enjoy the learning process, and don't mind when it continues beyond an expected time frame.
8. Cultivate a sense of purpose. Dweck's research also showed that students with a growth mindset had a greater sense of purpose. Keep the big picture in mind.
9. Celebrate growth with others.
10. Emphasize growth over speed. Learning fast isn't the same as learning well, and learning well sometimes requires allowing time for mistakes.
11. Reward actions, not traits.
12. Redefine "genius." The myth's been busted: genius requires hard work, not talent alone.
13. Portray criticism as positive.
14. Disassociate improvement from failure.
15. Provide regular opportunities for reflection.
16. Place effort before talent.
17. Highlight the relationship between learning and "brain training."
18. Cultivate grit.
19. Abandon the image.
20. Use the word "yet." Dweck says "not yet" has become one of her favorite phrases. Whenever you see students struggling with a task, just tell them they haven't mastered it yet.
21. Learn from other people's mistakes. It's not always wise to compare yourself to others, but it is important to realize that humans share the same weaknesses.
22. Make a new goal for every goal accomplished. You'll never be done learning. Just because your midterm exam is over doesn't mean you should stop being interested in a subject. Growth-minded people know how to constantly create new goals to keep themselves stimulated.
23. Take risks in the company of others. Stop trying to save face all the time and just let yourself goof up now and then. It will make it easier to take risks in the future.
24. Think realistically about time and effort. It takes time to learn. Don't expect to master every topic under the sun in one sitting.
25. Take ownership over your attitude. Once you develop a growth mindset, own it. Acknowledge yourself as someone who possesses a growth mentality and be proud to let it guide you throughout your educational career.



# The Missing Link between school and college



**DR. SALEEMA CHAUDHARY**  
M.Sc., B.Ed, MS (Psychotherapy & Counselling), Ph.D Project Director, LIMRA EduTrain, Ahmedabad

School leaving examination can be strenuous for both students and their parents. All those productive hours required to be dedicated towards the preparation of the examination, sap the students, at times, and of their mental agility, their energy and many a times affect their psyche. The routine they have to go through at the school, the various assessments, projects, co-curricular and extracurricular activities, do not give them enough time to think about anything beyond the examination. The added burden to enhance their performance in the examination comes in the form of the parental and teacher's expectation.

The major responsibility of the teachers, in the school, dealing with the board batch classes is to complete the syllabus as per the time line and to guide the students in getting their concepts clear and making them examination and college /university ready so that they can pursue their higher studies in their dream college/university. Little time do the teachers get to interact with the students to know their choice of stream or vocation? All they are pressed for is the student has to score higher grades in the school board examination.

While at home, the child's home tutoring, coaching for the competitive examination take a priority in addition to the school final examination. Based on the marks scored in the class and school examination and in some cases, discussion with the teachers encourages the parents to enroll the child for various coaching classes that helps to prepare for the various competitive examination. Most of the time a child is not even allowed to voice his opinion on

the kind of examination he /she want to write. The child is compelled to do what is decided by the parents.

A time to ponder! Is this the responsibility of the school or the parents, alone, to decide the vocation or the stream that the child will pursue? There will always be a mixed response to this question from the parents and the teaching fraternity.

I would like to mention here that the

The early identification of the student's interest, attitude and personality type is important for both students and their parents

students, nowadays, are more informed and aware about themselves in what they want to do next and are far-sighted and clear about their goal than what used to be a couple of years ago the woe of the students. Thanks to all the information available on the Internet. Yet, the youngsters are guided by the expectation of their teachers, parents and at times by the peer group. Under the pretence that the kids are not responsible enough to take a decision. We as a parent do play a very vital role in the life of our kids as far as the decision of the vocation and future course of studies is concern. Our possessiveness and protectiveness as a parent doesn't let see logic in the child's aptitude or attitude towards a particular stream of studies or vocation.

Mohan (Name is changed) a youngster in his early thirties, had sought a counseling and guidance on his sudden loss of interest in his office. An engineering graduate with a high CGPA, got placed in one of the

most sought after Multi National Company and was posted in a Metropolitan city in the country. He was the apple of his parent's eyes and the family. He was doing extraordinarily well in his profession. Receiving accolade, awards and was highly appreciated by his bosses and management. He happened to visit his native after six years

of his active professional life to meet his relatives and got an opportunity to meet his college professor where he had enrolled to pursue his graduation in Physics.

To his parent's surprise and excitement of his professor, he decided to quit his job and pursue his Doctorate in Physics and give full time to the research work. Coming from a very humble background it was a shock to his parents and family but he was adamant to pursue his dream to become a scientist. He thought he has wasted lot of his time in the MNC. Although his efforts were recognized and he earned a handsome package yet the satisfaction was missing. So, he consulted the career counselor... And as it is said, the rest is history. One of the leading the Physicist of India and abroad, Mohan, is a synonymous to any new development in the field of physics.

The case study shared here is not to narrate the success story of Mohan but to make you understand that what this youngster could achieve at a later stage, could have achieved at an earlier stage had he consulted a trained counselor and had gone for a psychometric tests and analysis for his attitude, aptitude and personality trait.

## CAREER GUIDANCE AND its IMPORTANCE

It is a development process that facilitates the students to equip themselves with the required skills, knowledge and attitude to make a conscious and successful transition from school to college to the career by exploring viable educational and career options that eventually results into making a conscious decision about their career aspirations. It helps the students of high school and High secondary school to explore the conventional, non-con-

ventional and new-age careers according to their aptitude and attitude. It gives them an insight into the available academic options by giving an opportunity to back calculate and design their career path to reach their goals. At the same time, the career guidance nurtures the self awareness of the students and in-

fuses them the set viable goals for themselves. It helps in inculcating an appreciation, value and respects all occupation. Simultaneously, an understanding of how the web of occupations helps to develop a progressive society and the nation at large.

## HOW DOES CAREER COUNSELLING HELP?

Today, there is a wide range of new-age career options other than the conventional and the non-conventional ones. Career counseling helps giving the students career guidance about all these available careers as per their interest and attitude through psychometric assessments and analysis. Along with the interest and the attitude, it also helps them understand their strength and weaknesses. The career counseling ideally should take place in two steps. First, when the student is in grade -8 to 10, that helps him to decide the stream in grade -11. The second, in grade 11 or 12 when the counseling for all available career options and the required value and skill is done.

## Through the psychometric tests student can

- Get awareness about their interest and aptitude.
- Their personality type.
- Strength and weakness
- Can plan their career path
- Can plan for an alternate career (A plan B)

## HOW DOES IT HELP THE PARENTS?

The early identification of the student's interest, attitude and personality type is important for both students and their parents. If a parent knows where the child's strength are they are likely to support the child to develop his talent other than wasting time and other resources on something the child is not interested in.

It is strongly advisable to the parents, in case of any conflicts, to take help and suggestions from a career counselor who can help in mapping a career path and range of vocation for the child after using the suitable psychometric tests.

## CAREER GUIDANCE

Good career guidance nurtures the student's self awareness, self-directedness, and life skill to set a viable goal to continually learn and add value to their future workplace and to explore educational option. It also helps in inculcating appreciation, value and respect for all profession and an understanding of how the web of vocation helps in developing a progressive society.

Teachers can be trained in career guidance and become career counselor in the school. Along with career counseling, together with the Principal/coordinator, a teacher can guide her students in back calculation to map their career path.