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# Queen of Hearts Jayalalitha

Jayalalitha was the Chief Minister of South Indian State Tamil Nadu who died of heart attack on 5th December 2016

Jayalalitha was born on 24th February 1948 in a Tamil Brahmin family in Mysore. Jayalalitha wanted to become a lawyer. She reluctantly agreed to a career in acting when her mother forced her to act at the age of 14 years in Kannada movies. After her success in Kannada movies, by age of 18 years Jayalalitha became the most successful leading lady in Tamil. She achieved super-stardom when she acted with the Tamil super-star MG Ramachandran (MGR) in more than 20 movies and their pairing

was very popular, thus all their movies were super-hits, making her one of the highest paid actresses of those times.

MGR who was 35 years older than Jayalalitha - was a friend, mentor, philosopher and guide to her. After Jayalalitha left acting in 1980s, she sought refuge with MGR as her guru and joined MGR's party AIDMK. Under MGR Jayalalitha learned everything about politics, life, and Dravidian movement.

During her career in politics of more

than 25 years, Jayalalitha developed herself as the most respected and an astute player of politics at state and national level. She had her own view-point in most of the decisions she made, and she was considered as an IRON LADY.

Jayalalitha led a very inspiring life and has left a legacy for individuals - girls, women and even boys and men to learn from and emulate a life - full of overcoming challenges in dire circumstances.

- She was a woman in a man's world. In a patriarchy society dominated by powerful men, she made a mark for herself not only being part of the AIDMK party but by leading it.
- She faced several humiliations and accusations - and every time, she fought and came back stronger.
- Paradox of her rise to power is that she was a Brahmin heading a Dravidian party that worked for poor and against Brahmins.
- She maintained a secular and un-biased image of uniting various factions and religions in the state without outward favoritism towards anyone - a BIG achievement seeing today's divisive politics at state and national level played by other political parties and leaders.
- Through-out Jayalalitha's life most things came as a challenge - starting from, she being reluctant to join movie, reluctant to join politics, she being a Brahmin, being a lady and being accused as corrupt and being humiliated in public - but yet she over-came every difficult situation and came on top as a successful leader.
- Every time she faced a crisis, she came out more evolved, more resolved and stronger to fight her own battles with grit and determination.
- Jayalalitha branded herself as an extension of MGR's image - a savior of poor. She came out with many schemes and products branded as "AMMA". But she is also accused of emptying her state budgets by allocating many schemes as free-bees for the poor.

● Affordable rice and pulses

● TV to every poor's home

● Cycle to every girl who passes 10th standard

● Computer to every poor student who passes 12th standard

● Subsidies and free medicine to poor

● Clean drinking water

● Salt

● Free rice, flour and oil to poor

- Jayalalitha opened Amma kitchens all over Tamil Nadu that generated employment to poor women who provided delicious food to people at subsidy rates. The Amma kitchen food service was so popular that even white collar executives wearing tie stood in queue along with poor people to eat that food. This Amma kitchen model is now adapted by many states all over India.
- The unique quality Jayalalitha developed and learned was to connect directly with poor people and cadres of her party.
- All her party cadres and members considered her very charismatic and compassionate leader.
- Though Jayalalitha was always against media and was inaccessible to them, she had an understanding lot of party workers who found her to be someone who will understand their problems, a leader who was accessible to them and always thought good for the poor people.
- Jayalalitha had one of the best reach and connect among the rural masses than urban. This quality that made her win most elections.

- Jayalalitha inculcated a value of respect, dignity and discipline in her party members and the bureaucracy she appointed - which was evident in the way they conducted themselves during the last funeral journey and ceremony during her death.



The author of this article would not have written this piece on Jayalalitha if it did not have lessons for every Indian to learn and emulate.

Jayalalitha's life provided a road-map to what a good mass leader should be - who devised policy drivers to benefit poor through government schemes.

Amidst all this commemoration and salutes, Jayalalitha rests in peace alongside her mentor MGR!

An exemplary life well lived!



**RAJ DOCTOR**  
INTERNATIONAL  
DEVELOPMENT  
PROFESSIONAL, JAIPUR

She had her own view-point in most of the decisions she made, and she was considered as an IRON LADY.



## SHORT NEWS

### All CBSE affiliated schools to go Cashless FROM January 2017

After Prime Minister Narendra Modi's appeal to promote cashless transactions as a Demonetization after effect in the country, the Central Board of Secondary Education (CBSE) has asked all schools affiliated with it to stop accepting student's fee in cash from January 2017. The Central Board of Secondary Education (CBSE) has passed a circular to all the affiliated schools in the country to go cashless in their transactions. Not only the major transaction of collecting fees, but all other transactions as well are going to be cashless from January 2017. All CBSE transactions will be either online or through other cashless modes.



# WHAT DOES IT MEAN TO BE REPUBLIC?

As Independence Day in India is celebrated to enjoy the freedom of India from the British Rule, Republic Day in India is celebrated to commemorate the coming of its own constitution into force. Officially it is celebrated every year in the national capital of India (New Delhi) at the Rajpath in the presence of the President of India. Mini celebrations also take place in the state capitals in the presence of the governor of the state by hoisting the National Flag of the country.

India got declared as a Republic Country in year 1950 when the constitution was made into effect on 26th January 1950. What does it actually mean to be Republic? How is this concept related to the constitution of the country?

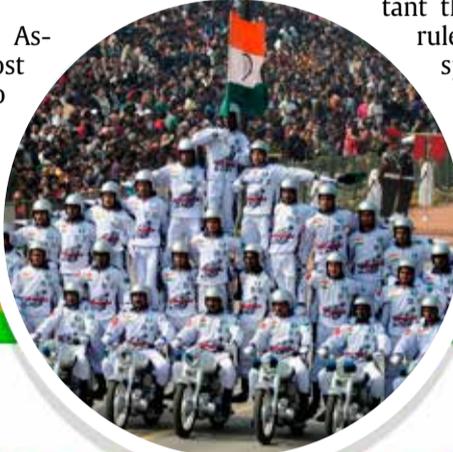
A country can be said as independent when it is free from the rule of foreigners, but it can be said as Republic when its own constitution comes into effect.

A constitution of a country is the book of laws that the people of country will follow in free will and good spirit. So, on the day on which a country declares its constitution through the officials of the government that day is said to be the Republic Day of the country. India declared its constitution on 26th January 1950, through the officials of the government, that was elected by the people, for the people and of the people, thus, the concept Re-Public, meaning the public decided to abide the constitution of the country.

Constitution means a body of fundamental principles or established precedents according to which a state or other organization is acknowledged to be governed. "The Constitution of India is the Supreme Law of

India. It lays down the framework defining fundamental political principles, establishes the structure, procedures, powers, and duties of government institutions, and sets out fundamental rights, directive principles, and the duties of citizens. India is said to have the largest constitution in the world, at the time of its launch, it consisted of 395 articles in 22 parts and 8 schedules which is now elaborated to 448 articles, 25 parts, 12 schedules, 5 appendices and 98 amendments. The specialty of Indian Constitution is its right to be amended.

The Constituent Assembly took almost three years (two years, eleven months and seventeen days to be precise) to complete its



and thus made India a true Republic.

There are many laws made by the government, many laws referred in the court of law, but whenever any conflict arises and the making of the law is questioned the constitution is referred and a solution is found with its reference. Thus, the constitution is the final law in India and it's the supreme law of India as it was drafted and decided by the people of India through the elected members in the Government. Thus, India is said to be a democratic country where the voice

of the people is more important than the voice of ruler. The freedom to speech, thought and action is the result of the constitution of the country that allows us to express



allow cultural, religious or communal bias to come on the

way of the progress of the country. It's not about meeting the desires of a majority of the people but of all the people. Though, it may look easy to say and listen but its very difficult to implement and abide by a common law. But a country can speed up the pace of progress only when the people of the country abide by the laws of the country and its constitution.

On this Republic day let's devote our duties towards our nation and abide by the constitutional framework of our country.

A very happy republic day to all!!

**DR. VISHAL VARIA**  
 Educatinist, Rajkot



historic task of drafting the Constitution for Independent India. During this period, it held eleven sessions covering a total of 165 days. Of these, 114 days were spent on the consideration of the Draft Constitution.

Thus, the making of free India was not an easy task. We may have got the freedom from foreign rule but then what laws to follow was a major concern. A country with so much of cultural diversity was difficult to be brought under one umbrella and rule. Thus, the constitution is one such tool that has unified the people of India

our ideas and desires.

To be republic means to follow the constitution of the country without any prejudice and bias. We can be called as truly republic when we follow the constitution in the true sense and its only then the country can be called as one entity.

In present times, where we are governed by our own people, the members elected by a fair voting system, it's very important that we abide the constitution. It's only through such conformation to the common law that a country can stand united. We cannot

Uttarayan occurs every year in the month of January 14th. Uttarayan and Dakshinayan are the periods between Kark and Makar Raashi, hence they are called Uttarayan and Dakshinayan. Dakshinayan starts from 16th July every year. Earth axis is tilted towards the sun at approx 23.44 degree. When our terrestrial planet i.e. earth faces the sun then summer begins and the winter arrives when the earth goes away from sun. When the sun moves from South to North then Uttarayan comes and the reverse movement of sun is called Dakshinayan. When winter comes in northern hemisphere then southern hemisphere faces summer and in this way the change of season takes place. Uttarayan brings for us lots of joy and pleasantness because this is the time when climate is temperate and the sylvan woods look attractive as the Nature smiles in fullness during Uttarayan. The movement of sun in northern hemisphere, which takes place in winter, continues for six months. If we turn the pages of the most ancient scripture i.e. Veda then this period is a bridge that begins from Vernal Equinox to Autumnal Equinox.

During Uttarayan the chill of winter goes to climax and the biting

winds give us a playful pinch. The green forests, where silence and solitude dwells, really turn into terrestrial paradise. Half-closed buds open and petals uncurl to spread sweet fragrance in the green ambience. Everyone feels as if pleasantness is in the air. People dress up themselves in woolen pullovers and keep them warm by enjoying frequent sips of either tea or coffee. Snow-clad mountains enhance the

beauty of hilly regions and cool breeze often caresses us as well. This is the time when poets condense their fanciful thoughts on papers; and artists draw portraits of Mother Nature on canvas.

Uttarayan is an important festival of Hindu calendar. Children fly kites and it looks as if a curtain of kites is drawn to put the sky out of sight. They relish the taste of delicious sweets and thus pass the day time



almost on the terrace. Uttarayan is celebrated in all states in different ways. In Gujarat the International Kite Festival is conducted and most of the eyes well protected by goggles prefer to look at the sky than earth. In Assam and Karnataka, it's a harvesting season for farmers. In Haryana people celebrate Uttarayan by eating delicious Halwa and in Bihar this festival is called by the name Khichdi. In Goa females apply Haldi-Kumkum and in Maharashtra people celebrate it by eating and offering Til (sesame) and Gud (Jaggery). In Punjab people perform Bhangra dance on the day of Uttarayana. It is celebrated with great enthusiasm and zeal in Uttar Pradesh by taking bath in holy rivers and in Bengal people worship Goddess Lakshmi especially on the day of Uttarayan.

Most of the festivals of Hindu calendar follow the lunar motion but Uttarayan or Makar Sankranti follows the solar movement. This is only the festival that falls every year on a fixed date i.e. 14th January.



**DR. HEMANTKUMAR S. PANDYA**  
 Educatinist, Ahmedabad



# Fight Against Corruption INDIA MUST WIN

## (Part -II)

### Demonetisation – Future Ahead

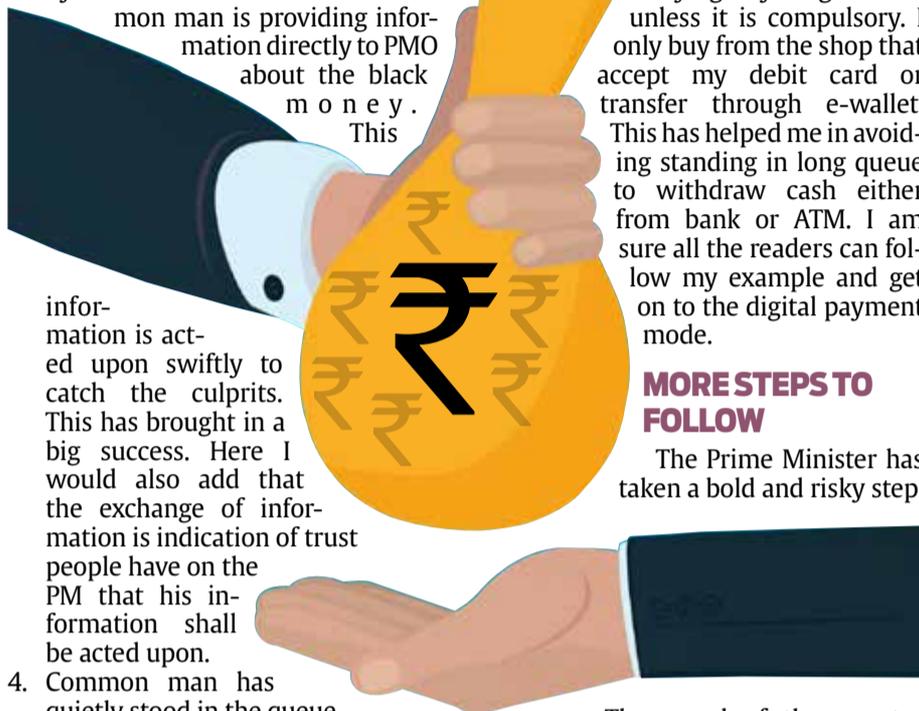
In the first article published last month, we discussed about the black money. We spoke about how the black money is created, how it is held and how it affects our economy and common citizen. We also discussed various steps government has taken before demonetisation to encourage people holding black money to declare the same.

In this article we shall discuss about effect of the demonetisation and further the steps that need to be taken by the government.

Let us first examine what has happened in last 50 days after the demonetisation was announced. Here we shall not discuss politics of demonetisation. I would like to highlight following four main things:

1. Common citizen continues standing in queue in front of the ATM and in front of the bank to deposit or withdraw money. I agree that the length of the queue has reduced drastically, but one still needs to stand in the queue. Government did announce various steps to reduce the length, but the fact remains that the scarcity of the cash is the main reason of the queue. As the amount of cash in the market increases, length shall reduce. However, government is not planning to replace full value of the demonetised notes with new currency notes. This is because as per their estimates 35 to 40% of the cash was stacked up by black money holders and was not in circulation. Therefore cash actually required to run the economy smoothly is much less than what was in circulation. Digitisation and other steps being taken by the government shall further reduce the need of cash in use. Till this balance, between supply and demand, is reached, some shortage of cash and hence queue will be inevitable.
2. We have also seen that the plan of cleaning up of the economy is sabotaged by a few by syphoning of new currency using benaami bank accounts and by other means, with help of bank employees. Government, with help of RBI and other agencies, is trying to identify such activities and is in the process of catching the culprits. Cases of Axis bank have come in lime light and strict actions are taken. Many bank employees, including a few of RBI are identified and arrested and/ or suspended. These activities have undermined the government efforts to clean up the economy. They are also one of the reasons of increased queue length in front of the bank.
3. All-out attack on black money holders by Income Tax Department and Enforcement Directorate by conducting raids. These raids were possible by co-ordinated efforts of all government departments including intelligence agencies. These actions by government have surely put in fear in the mind of people that wrong doers will be caught. Recent raid on the Chief Secretary of Tamil

Nadu was a high profile catch, demonstrating that no one shall be spared if he has done something wrong. These efforts are aided also by the citizens. It is a fact that common man is providing information directly to PMO about the black money. This



information is acted upon swiftly to catch the culprits. This has brought in a big success. Here I would also add that the exchange of information is indication of trust people have on the PM that his information shall be acted upon.

4. Common man has quietly stood in the queue for long. In spite of this, no untoward incident has taken place. He has faced the hardship but is also supportive to the decision of the government. There is a wide spread hope and confidence that finally corrupts and black marketers will be brought to book. Many political parties and media have tried to instigate them against the government but people have stood firm, showed maturity and have not got carried away by such rumours or false propaganda.

### DIGITISATION

In previous article we discussed what is the black money and how it is created. One main reason and method to create the black money is the avoidance of tax. Avoidance of tax is mainly possible because of the cash transaction. Like paying employees their pay in cash, selling goods in cash etc. These cash transactions are not caught by the system and it becomes possible to avoid tax payments. To bring all these transactions in the tax network, government has initiated massive campaign to encourage customers and traders to go cash less. Many schemes are announced, and charges on use of digital cash has been reduced. Also government has announced tax liability reduction if the traders go digital. To discourage people from transacting high amount in cash, government has tightened rules of cash transaction beyond a pre-defined amount and for all such high value cash transactions providing PAN number has become compulsory.

### These measures shall achieve following objectives:

- Reduce cash requirement.
- Increase tax collections.
- Reduce/ avoid exploitation of poor/ working class.
- Enable government to reduce tax rates benefiting the honest tax payers.

Taking initiatives in digitisation, many villages have become cash-less,

many individuals/ traders have changed over to more transactions by digital payment. For example, I have stopped buying anything in cash unless it is compulsory. I only buy from the shop that accept my debit card or transfer through e-wallet. This has helped me in avoiding standing in long queue to withdraw cash either from bank or ATM. I am sure all the readers can follow my example and get on to the digital payment mode.

### MORE STEPS TO FOLLOW

The Prime Minister has taken a bold and risky step.

The mood of the country (that of common people) indicates wide-spread support. That has encouraged the government and now government intends to go after the corrupt and black money holders in a big way to unearth the black money as much as possible. Till now, government had encouraged them to declare voluntarily and come clean. Simultaneously, as discussed in my earlier article government took steps to enact required strict laws and tighten the existing laws.

In part I, I mentioned about Benaami Transaction and Property Act that got operationalised on 01 Nov, just one week before demonetisation announcement. The provisions of this act will be used very effectively to catch the benaami properties, deposits in benaami accounts and so on. Even the PM has spoken about this act many a times and given enough warnings that he shall use it effectively. Like this, many such actions will be followed to make life difficult for the corrupt people.

GST implementation will be a big step to get more people in tax network and make it difficult for the traders to avoid tax payment. Along with the GST push to get them on digital platform is the right direction, government is moving, to clean up the society and financial system of the country.

I also expect government to announce many tax reduction steps and steps making tax laws more simple and people friendly. Government has already announced that traders/ companies need not fear and no previous cases will be opened up if they go digital and because of that higher revenue is shown. Main announcements I am expecting in this budget are:

- Increase in Income Tax exemption limit from 2.5 lac to minimum 4.0 lac or may be even 5.0 lac. Also corresponding increase in tax slab limits could also be announced.
- Decrease in corporate tax. Roadmap of this was announced in previous budgets and the same will be followed up with considerable benefits to the corporate world.

- More sops for traders and business houses for going digital.
- More steps to make the tax structure simpler and tightening the enforcement procedures.

### NATIONAL SECURITY

The discussion on demonetisation shall remain incomplete if I do not discuss effect of demonetisation on national security. You may read my detailed article on the subject on my website: [www.jaydevdesai.com](http://www.jaydevdesai.com). In short I would like to mention that there is a positive effect of demonetisation on national security. To highlight my point, I would like to list out immediate effect of demonetisation on terrorist organisations and activities as follows:

- (a) Facilities established for printing Foreign Indian Currency Notes (FICN) became useless.
- (b) Cash in hand turned worthless; unless if they have managed to exchange a part of it with help of unscrupulous persons.
- (c) Sucking out of black money held by citizens and hence their ability to collect large money through extortion and protection diminished. This effect though will be short lived.
- (d) Kashmir valley is comparatively peaceful. Stones pelting activities have reduced drastically. As per the latest announcement by separatists, strike will be observed only on Fridays and weekends. They have also welcome tourism in the valley now.
- (e) Cross border cease fire incidents have reduced and thus attempts to push in the terrorists from across the border.
- (f) Increase in bank looting incidents indicating that they are really short of cash and starving of finance.
- (g) Suicide of Javed Khakhani, a havala and fake currency king pin of Pakistan. He was working for Dawood and Lashkar for years.
- (h) Attacks by Naxalites have reduced considerably.

However, I also would like to add that this lull is temporary and will not be long lasting. Government needs to tighten the grip and make it much more difficult for them to re-establish financially by taking strong and effective steps.

In conclusion, I would like to stress that black money and corruption was a cancer-like disease that required strong, decisive though politically risky decision with well planned strategy and tactical actions plan with effective execution. As discussed in two articles, I have tried to cover all these thoughts in brief, but in some details that throw sufficient light on the steps taken and planned by the government with their reasons and effects. As Prime Minister says, demonetisation is not the last step but the first, to remove the cancer – like disease of corruption and black money from our society. These steps of course cannot make the system full proof and completely corruption free, but surely will control the problem to a very great extent.

Please do write to me on

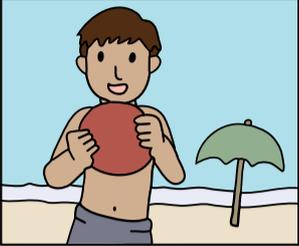
[theopenpage@tripada.com](mailto:theopenpage@tripada.com); [jd@tripada.com](mailto:jd@tripada.com)



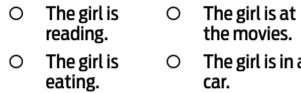
VETERAN WG CDR  
JAYDEV DESAI

# COMPREHENSION

Choose the correct option

1.  

The boy is sleeping.     The boy is at the beach.  
 The boy is at school.     The boy is in a car.

2.  

The girl is reading.     The girl is at the movies.  
 The girl is eating.     The girl is in a car.

3.  

The girl is eating.     The girl is at school.  
 The girl is playing baseball.     The girl is sleeping.

4.  

The boy is playing.     The boy is at school.  
 The boy is eating.     The boy is sleeping.

# WORD SEARCH

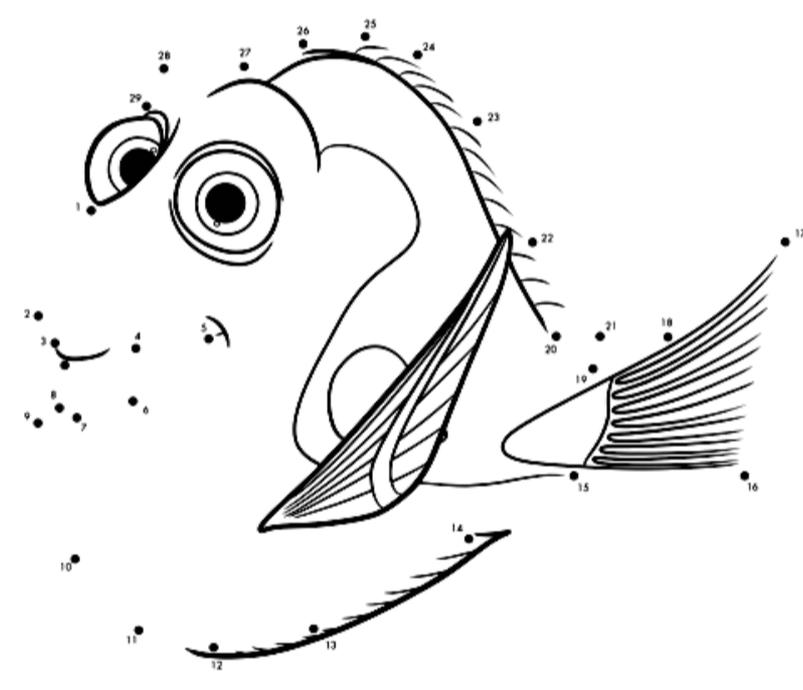
ENCQUINFOLDERO  
OPNOANADENSSH  
NMEAMEOTIZYSOI  
SPINFPTOWBEON  
TRTECQUOEQGLD  
RELURISTEBSEGE  
ESCHOOLKEUORAR  
LERASOCCBEROOQY  
PELTEACHEREOKU  
AEZAPNRSKBAZOI  
TCEKEEISAOEIUZ  
SHCNPEETEEOEUDQ  
OAGAADAMIKYQAE  
BSPCNCCLASSROOM

- Teacher
- Backpack
- Books
- Binder
- Pencil
- Quiz
- ClassRoom
- notebook
- school
- Desk paper
- Recess
- Stapler
- Folder
- computer
- Ruler

# SPOT THE DIFFERENCE



# CONNECT THE DOTS

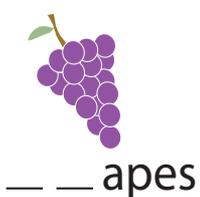
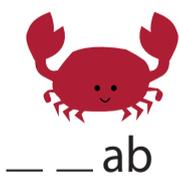


# BEGINNING BLENDS

Fill in the blanks with the correct consonant blend.

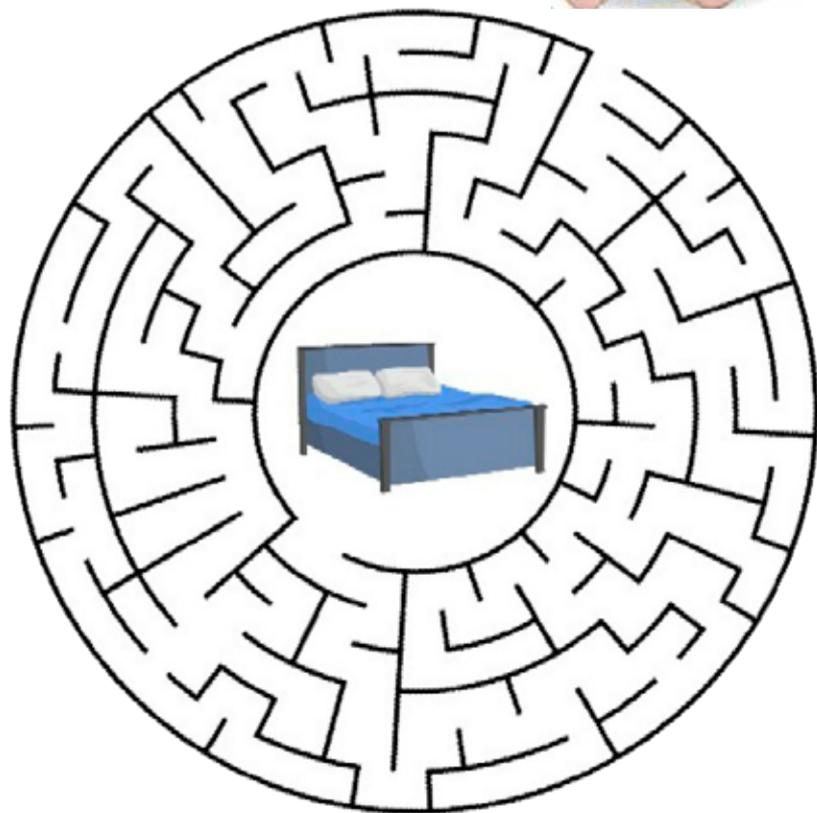


fr	bl	cr
cl	sc	pl
gr	fl	dr
	gl	br



# TEDDY BEAR MAZE

Cuddles the teddy bear is So tired that he can "bearly" keep his eyes open. Help him find his way through the maze to his cozy bed so he can get some sleep



### FIND THE SIMILAR

Which TWO are the SAME?

Which TWO are the SAME?

Which TWO are the SAME?

### FIND THE SIMILAR

Count pictures on the left add the number by 10, and draw line to match with the answer on the right.

### PICTURE PUZZLE

Write the Picture Names in the Boxes.  
One is done for you.

### SUDOKU

Fill in the grids so that each column, row, and box contains one and an only one of the letters from the given word.

	D				
S				H	
W		O		S	
O	S			D	
D				W	
			H		

SHADOW

	P	I			
S	E				
D	P				
		P		R	
		D		E	
	R	I			

SPIDER

	I			M	
	Z	O		I	
E				Z	
	B			Z	
I			Z	M	
Z				I	

ZOMBIE

				N	E	
				R	O	
						O
				N		
					R	G
				G	A	

ORANGE

### COLORS IN THE SKY

**COLOR KEY**

1 = red, 2 = green, 3 = yellow, 4 = blue, 5 = purple

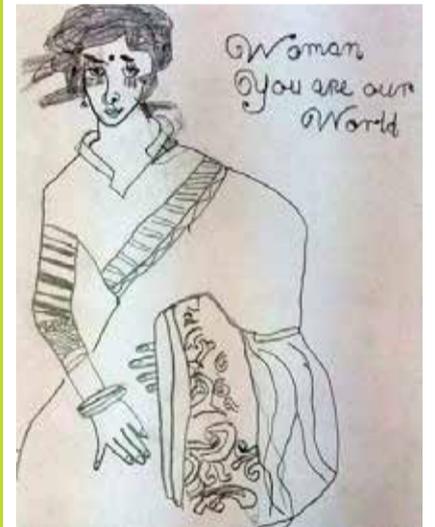
### DRAW TINKERBELL

### CHECK YOUR IQ

+ + = 30  
 + + = 18  
 - = 2  
 + + = ?

Cut the Shapes and stick them on their right places.

### ART CORNER



SALLA TEJESH  
STD. 3, KV ONGC



KANISHA SHAH  
STD-8, TRIPADA DAY SCHOOL



SINDHI MINHAZ  
STD. IX SLS, VADODARA

# The Magic Strings of Frankie Presto

In our, Book Review section this time we would be taking up a fiction novel for review for our young readers: Many of you would have read, 'Tuesdays with Morris' by Mitch Albom, and would vouch that they did not put the book down till they finished reading till the last page, once they began to read. Such is the author, Mitch Albom's efficiency in telling the story in a simple capturing style. Before writing the review about his latest book, 'The Magic Strings of Frankie Presto', I would like to give a summary of his book, 'The five people you meet in heaven' to those readers who have not yet read any of Mitch Albom's novel. This is one of the best novels which was beautifully crafted to unravel the mystery of afterlife. The novel is about Eddie, who works as a person who fixes rides in a seaside amusement park, dies in a tragic accident trying to save a little girl from a falling cart. He awakens in the

## BOOK REVIEW

afterlife, where he learns that heaven is not what he use to imagine and hearsay place, but a place where your earthly life is explained to you. He meets five people who narrate to him, how directly or indirectly he has changed his life when he was alive. These people may have been loved ones or distant strangers, yet each of them changed his path forever. One by one, Eddie's five people unravel the unseen connections of his earthly life.

As usual after reading one by one's story, the book was put down only after reading the conclusion, the last page. In this astounding story, Mitch Albom, would change all your perceptions of life after death and the meaning of our lives here on earth.

After a series of Mitch Albom's impres-

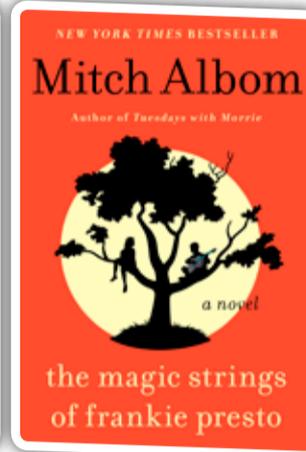
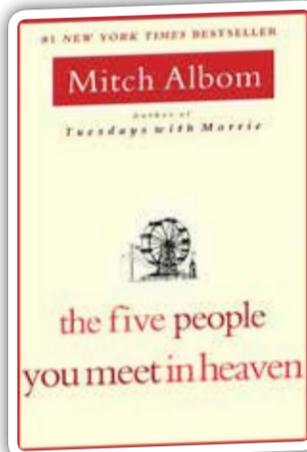
sive novels, I waited for his latest release and sure enough he did not disappoint.

His new novel, 'The magic strings of Frankie Presto' is an epic story of the greatest guitar player, Frankie Presto, and sure enough, the interesting part is the six lives he changed with his six blue strings.

It's a remarkable novel about the power of talent to change lives. I would like to quote Mitch Albom's summary about this book "Born under ringing chimes of a

burning church, Frankie's amazing journey from a war-torn Spanish town to America weaves him through the musical landscape of the 1940s, '50s and '60s, his stunning talent affecting numerous stars along the way (Duke Ellington, Hank Williams, Elvis Presley) until, as if predestined, he becomes a pop star himself. But Frankie Presto's gift is also his burden, as he realizes the power of the magical strings his childhood teacher gave him, and how, through his music, he can actually change people's fates. Frankie is the most interesting character I've ever created."

Interesting enough to pick this book and know how he changed the people's lives through his magic strings. Sure grab and read for this season.



**ANNIE VARGHESE**  
TEACHER TRAINER, AHMEDABAD

## You are here not to Survive, but to Thrive

You know that feeling that you get when you are at the edge of a cliff. There is this rush of fear that rollercoasts down your spine, goes deep into your belly, and shoots right into your throat. Your mouth is open, breathing in every ounce of air you can, to quench the doubt and fear. You are terrified, not about flying, but of falling.

In life we will many times find ourselves at such cliffs, and if you don't scream out loud of fear, then you are not normal. Fear is our body's first response to change, to new beginnings. I just couldn't stop thinking about how my life is going to turn out and that's when I realized, I am not alone. So many people out there are in the same position as mine. So this is for every soul that is anxious for their future. Just breathe and believe.

YOUR FEARS ARE AN ILLUSION. You are a fighter and you have fought to be where you are right now. You did not work this hard to turn around, you are here not to survive, you are here to thrive. It's just the pessimist in you that is putting you down, exhale it out of your life. If it is change that you are afraid of, and then just think about this, every day the earth, the climate, energy, air and even YOU change. You seem to deal with all these ginormous changes daily, there is nothing that you cannot do. If you have the power to face the whole worlds adversities,

then this minute (though it may seem otherwise right now) change, is just a cake walk.

I understand, to some this is just philosophy. So let me break a Universal fact to you- LIFE IS NEVER CONSTANT, CHANGE IS ITS ESSENCE. What is change actually? It's just like a new day, it's different. Somehow over the years, the world has made us think of change as a fearful thing. A caterpillar changes into a butterfly, a lump of clay changes into a piece of art, a seed changes into a sapling. Change, new beginnings, edge of a cliff, whatever you may call it, it's all good. Face it like a Boss, because you are nothing less. You don't know what tomorrow is going to be like, even if your brain thinks it's going to be horrible, there is an equal chance that it is going to be Epic.

I understand that asking a person to just stop being afraid is illogical. What I want you to do is to re-think about all those times when you were in this exact same situation, but it all turned out okay. so live in the present and believe in the power within you. A little positivity never hurt anyone, right? Don't worry about these little things; you will miss out on amazing experiences of life. Change is amazing, and you were born ready for it.

**ARATHI JOHNY**  
Blogger as 'Wordstolife2096'  
Mount Carmel High School



## CBSE Okays Board Exams at Class 10, Two Extra Years of Sanskrit

Students of the Central Board of Secondary Exams or CBSE will have to take board exams after Class X compulsorily from 2018. The proposal was unanimously cleared by the CBSE Board of Governors today. The Board also decided to recommend that the three-language formula be continued till the board exams - which would mean that students studying Sanskrit currently till class 8 will have to study it for another two years and then sit for board exams in the subject.

Languages that are "purely foreign" should be taught as a fourth language and made an elective subject", it would be recommended, indicating that the Board was sticking to the controversial move made by former minister Smriti Irani -- stripping German of foreign language status in Kendriya Vidyalayas.

All that remains now are the decisions on modality and the government's approval.

Currently, 2.5 crore students affiliated to the CBSE board can choose between a Board exam and a school-based examination on completion of Class X. Human Resources Development Minister Prakash Javadekar had earlier said he favored making Board exam compulsory for CBSE students as is the practice in all state boards.

"We will implement it from the 2017-2018 session. Not this year or in the next two months. The final decisions will be announced soon, it is under final consideration," Mr Javadekar had said last month. Last week, he had expressed confidence that a resolution



to that effect will be passed.

The government's move to make board exams compulsory comes after complaints from parents and academicians that educational standards have been slipping under the current system. This also makes it difficult for students to face the tough plus-two board exams, it has been said.

The CBSE board exams for Class X was scrapped in 2010 and replaced with the current Continuous and Comprehensive Evaluation. In an effort to reduce academic pressure on students, it provided for tests and grading throughout the year. At today's meeting of the CBSE governing body, its members agreed that from the academic session 2017-18, board exams will be made compulsory for all students of Class X.

But to reduce the pressure on students, one of the ideas being considered is to place 80 per cent weight age on the Board exams and 20 percent on school-based evaluation.

Source: Internet

# The Incredible Hoop Glider



## YOU WILL NEED

- A regular plastic drinking straw
- 3 x 5 inches index card or stiff paper
- Tape
- Scissors

## HOW DOES IT WORK?

Can we really call that a plane? It may look weird, but you will discover it flies surprisingly well. The two sizes of hoops help to keep the straw balanced as it flies. The big hoop creates "drag" (or air resistance) which helps keep the straw level while the similar hoop in at the front keeps your super hooper from turning off course. Some have asked why the plane does not turn over since the hoops are heavier than straw. Since objects of different weight generally fall at the same speed, the hoop will keep its 'upright' position. Let us know how far you were able to get the hoop glider to fly by writing to 'The Open Page' mail or send a letter at our office.

## WHAT TO DO

1. Cut the index card or stiff paper into 3 separate pieces that measure 1 inch (2.5 cm) by 5 inches (13 cm.)
2. Take 2 of the pieces of paper and tape them together into a hoop as shown. Be sure to overlap the pieces about half an inch (1 cm.) so that they keep a nice round shape once taped.
3. Use the last strip of paper to make a smaller hoop, overlapping the edges a bit like before.
4. Tape the paper loops to the ends of the straw as shown below. (Notice that the straw is lined up on the inside of the loops.)
5. That's it! Now hold the straw in the middle with the hoops on top and throw it in the air similar to how you might throw a dart angled slightly up. With some practice you can get it go further than many paper airplanes.

## MAKE IT AN EXPERIMENT

The project above is a DEMONSTRATION. To make it a true experiment, you can try to answer these questions:

1. Does the placement of the hoops on the straw affect its flight distance?
2. Does the length of straw affect the flight? (You can cut the straws or attach straws together to test this).
3. Do more hoops help the hoop glider to fly better?
4. Do the hoops have to be lined up in order for the plane to fly well?



# CINDERELLA



Despite the girlish name, this drink will be loved by both boys and girls as it combines tangy strawberry syrup with tangier lemon juice and a good helping of healthy and tasty fruits.

Cinderella looks good, tastes good and works good – it is sure to boost you up, even from the lowest energy levels!

## INGREDIENTS

- 1 tbsp strawberry crush
- 1 tsp lemon juice
- 3 tbsp finely chopped mixed fruits (apple and pear)
- 1 cup lemonade or any aerated lemony drink

## METHOD

1. Put the strawberry crush and lemon juice in a tall glass.
2. Add the mixed fruits.
3. Pour the lemonade over it, stir well.

And that's it, your princess Cinderella is ready to serve!



## TEST YOUR GK

1. In which of the followings places was the last Winter Olympics Games held?
  - Albertville
  - Sochi, Russia
  - Lillehammer
  - Salt Lake City (USA)
2. Hundred year war was fought between
  - France and England
  - Civil war in England
  - Greek & Persian forces
  - None of the above
3. India participated in Olympics Hockey in
  - 1918
  - 1938
  - 1928
  - 1948
4. How many red blood cells does the bone marrow produce every second?
  - 5 million
  - 10 million
  - 7 million
  - 12 million
5. India became a member of the United Nations (UN) in ?
  - 1945
  - 1959
  - 1947
  - 1960
6. India's first satellite is named after
  - Albert Einstein
  - Bhaskara I
  - Bhaskara II
  - Aryabhata
7. In which year, terrorists crash two planes into New York's World Trade Centre on September 11 in a sequence of destruction?
  - 2000
  - 2002
  - 2001
  - 2003



8. If speed of rotation of the earth increases, weight of the body
  - increases
  - decreases
  - remains unchanged
  - may decrease or increase
9. Indira Gandhi Centre for Atomic Research, established in 1971, is located at
  - Indore
  - Kolkata
  - Trombay, Maharashtra
  - Kalpakkam, Chennai
10. In Air Force, Air Commodore has one rank higher than
  - Squadron Leader
  - Group Captain
  - Air Vice-Marshal
  - Air Marshal



If you don't value your time, neither will others. Stop giving away your time and talents. Value what you know & start charging for it. — Kim Garst



# INDIAN ARMY DAY

Army Day is celebrated on January 15, every year to pay homage and salute to the courageous and brave Indian soldiers who have sacrificed their lives for protecting the country. 15th January 1949 was the day when Lieutenant General K. M. Cariappa took over as Commander-in-Chief of India. He took over the position from General Sir Francis Butcher. It is celebrated every year at all the Army Command headquarters and national capital by organizing army parades including many other military shows. Army day 2017 will be celebrated as 69th Indian Army day in the national capital. Let's explore some of the lesser known facts about our great Indian Army on this occasion:

1. The Indian Army was formed in 1776 under the British Government.
2. The motto of the Indian Army is 'Service before Self'.
3. The Indian Army is the biggest volunteer army in the world.
4. The Indian soldiers are considered among the very best on high altitudes and mountain warfare.
5. The Indian Army soldiers are among the best in jungle warfare.
6. The Indian Army is the third biggest military contingent in the world.
7. Operation Rahat, carried out by the Indian Army, is one of the biggest civilian rescue operations in the world.
8. The highest bridge in the world, the 'Baily Bridge' in Ladakh, was constructed by the Indian Army in 1985.
9. The Indian Army controls the highest battlefield, Siachen Glacier, in the world. It is 5000 meters above the sea level.
10. The Indian Army horsed cavalry regiment is one of the last three remaining regiment in the world.
11. The Indian Army is one of the biggest contributors to the United Nations peace operations.
12. The Indian Army is one of the few armies in the world that has never initiated a war.
13. Some of the wars won by Indian Army include the Kargil war, Siachen conflict, Chola incident, Liberation of Goa, Liberation of Dadra and Nagar Haveli, Second Indo-Pak war, Third Indo-Pak war and Indo-Sino conflict of 1967.

A great example of selfless service and brotherhood and above all, love for the country is what the Indian Army is all about.

## DESH PREM DIWAS

Subhash Chandra Bose was born in Cuttack in Orissa state. The Birthday of Netaji is celebrated on 23rd January. Subhash Chandra Bose's Birth Anniversary is celebrated every year with great honor by the people including government and non-government organizations. Netaji's birth anniversary is known as 'Desh Prem Diwas' Netaji, the man of great will. The man with a great belief became General of 'Azad Hind Army'. After passing examination with good marks from Calcutta's Presidency College, he went to England for further studies. He passed the difficult ICS (India Civil Service) examination at fourth number, and returned to Calcutta. Seeds of revolution were planted in his mind due to the insulting attitude and pride of British professors at Presidency College towards Indians. This way, a great revolutionist was born to help India being a free country. 'Netaji Jayanti' or 'Desh Prem Diwas' is considered as a public holiday in the state of West Bengal in India. The struggle and life of this great revolutionary patriotic leader have been inspiring his countrymen, since ages.

Prajapati Dhruv



Desh  
Prem Divas

# VASANT PANCHAMI

Saraswati Puja is an auspicious ceremony among the scholars and a common practice with teaching fraternity. It is widely celebrated in the eastern part of India in the form of puja and fasting. Similar to the hidden river Saraswati, the flow of knowledge touches the minds and purifies the thought process of individuals for ever. It is believed that the Aryans have started this puja in pre Vedic era near the banks of river Saraswati and since then it became a practice for sages, priests and scholars. Further, it is considered as Kalidas was blessed by Saraswati and later he gained the immense power to compose master pieces in Sanskrit.

Saraswati puja is a refined term for Bengali and Odia communities where as in Punjab and Bihar people celebrate this day with kite flying. In Nepal also, this is a divine puja at the schools and educational institutes like in West Benal and Odis-ha. This day, the tiny tots begin their learning

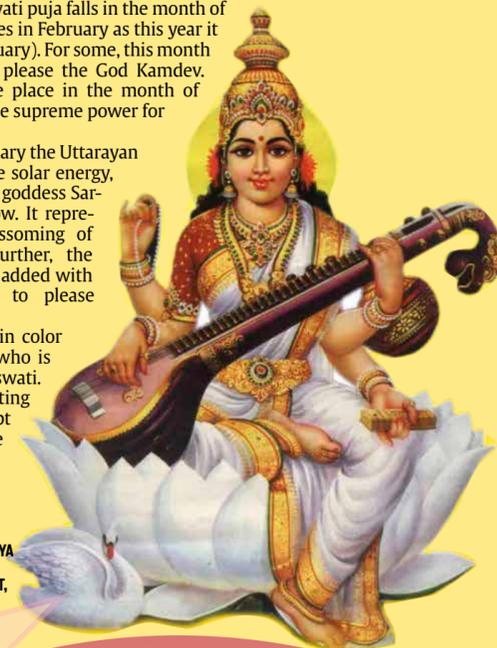
Normally the Saraswati puja falls in the month of January (at some times in February as this year it will be on 1st of February). For some, this month is the right time to please the God Kamdev. Many marriages take place in the month of January. Kamdev is the supreme power for a stable married life.

In the month of January the Uttarayan is directly related to the solar energy, hence the prime color of goddess Saraswati is golden or yellow. It represents the power of blossoming of knowledge and energy. Further, the home made sweets are also added with yellow (Gud or Jaggery) to please Saraswati.

A swan is not only pure in color but a true vegetarian bird who is the carrier of goddess Saraswati. The unique quality of separating milk from the water is an apt example of the importance of Saraswati puja.



DR. DHANANJAYA  
BHANJA  
EDUCATIONIST,  
SURAT



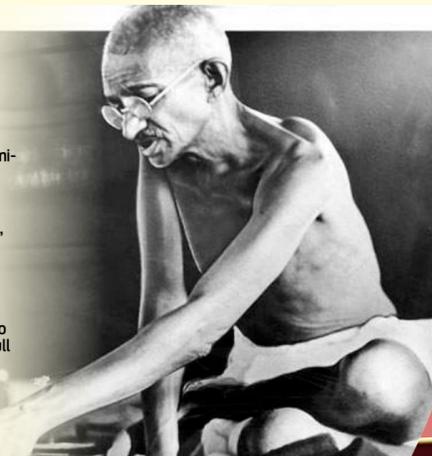
## 10 things to know about Mahatma Gandhi's assassination

A true leader, a true patriot and a great symbol of peace is our Father of the Nation, 'Mahatma Gandhi'. Gandhiji maintained that there cannot be true and lasting peace unless there is equal opportunity for all. On 30th January, 69 years ago, Mahatma Gandhi had breathed his last after being fatally shot while on his way to a prayer meeting at the Birla House.

On the 69th death anniversary of Mahatma Gandhi, here are a few things to know about his assassination:

1. Mahatma Gandhi was assassinated at the age of 79 at the Birla House (now Gandhi Smriti) in New Delhi on January 30, 1948.
2. As per reports, he was shot at 5.12 in the evening after which he died sometime later.
3. Gandhi was on his way to a prayer meeting when Nathuram Godse, a prominent member of Hindu Mahasabha, interrupted him.
4. Godse, aged 36, shot Gandhi three times in the chest at point-blank range with a Beretta M 1934 semi-automatic pistol.
5. Gandhi is said to have been carried back inside the Birla House after being shot, where he died.
6. Godse and Narayan Apte, a fellow conspirator, were given death sentences for assassinating Gandhi, while six others - including Godse's brother, Gopal - were sentenced to life imprisonment.
7. It is widely stated that Gandhi last words were "Hey Ram", which he uttered after being shot.
8. There is said to have been five prior unsuccessful attempts to kill Gandhi.
9. The first attempt to kill Gandhi was a bomb attack in 1934. In 1944, Godse was caught twice trying to approach him with a dagger. On January 20, 1948, Godse and his fellow conspirators had failed to pull off a planned shooting.
10. Two days before his assassination, Gandhi is said to have made this statement:

"If I'm to die by the bullet of a mad man, I must do so smiling. God must be in my heart and on my lips. And if anything happens, you are not to shed a single tear."



## National girl Child Day



**"When you educate a Girl, you educate a Nation"**

The rightly quoted phrase defines the importance of Female in any country. Feminism doesn't stand for portraying female above men or superior to anyone, but to provide them the same platform and respect as an individual in India's Male dominated mentality. On every 24th January since 2008, the day is celebrated as 'National Girl Child Day' in India. The government has declared the day to spread the awareness among the people about all the inequalities that women have to face in our country. This celebration has started to open doors of new opportunities and support girls for their better future. Inequality about girl child is a vast problem which includes many areas like inequality in education, nutrition, legal rights, medical care, protection, honor, child marriage and so many. 'National girl child day' has been started as a national 'Girl development mission' by the Government of India. This mission raises the awareness among people all over the country about the importance of girl's promotion. It enhances the meaningful contribution of the girls in decision making processes through the active support of the parents and other community members. It is very necessary for the girls to get full potential, safe and enabling environment. They should be aware of all their legal rights and the facts of life. They should be aware that they have the good education, nutrition and health care rights. Varieties of events are organized all across the country to celebrate the girl child day to promote girls position in the society. Government of India organizes a big campaign to increase people consciousness towards the girl children in the Indian society. At this day, various advertisements are run by the government on the TV channels, local newspapers and radio stations and through the message of "Save the Girl Child". NGO organizations and non government organizations also come together and take part in the celebration to fight against the social stigma about girl child.

## NATIONAL YOUTH DAY

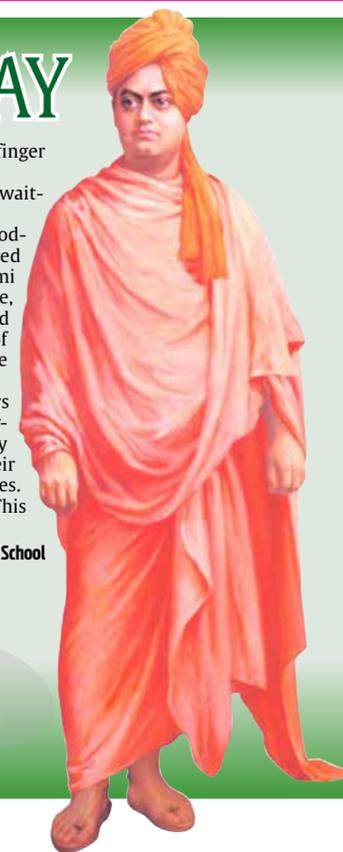
Youth is the backbone of the nation. The youth is full of ideas; they have the finger on the pulse, so they are best suited for the nation and the economy to grow.

Youth is the joy, the little bird that has broken out of the eggs and is eagerly waiting to spread out its wings in the open sky of freedom and hope.

So, to commemorate the birthday of Swami Vivekananda, the marker of modern India, 12th January is celebrated as National Youth Day. It was first declared by the government of India in the year 1984 to celebrate the birthday of Swami Vivekananda as the National Youth Day. Swami Vivekananda believed: 'Arise, awake and don't stop, till the goal is achieved'. Since then, from 1985, it started celebrating as the National Youth Day all over the country. The Government of India decided, in order to inspire all the youths of the country towards the philosophy of Swami Vivekananda and his ideals.

The birthday of Swami Vivekananda is celebrated every year at many centers of the Ramakrishna Math. An event for two days for all the age groups is organized by the mission Bhartiya in Uttar Pradesh. The day is celebrated by the government, non-profit organizations as well as corporate groups in their own way. Every year National Youth Day is celebrated with different themes. The theme of 2016 was 'Indian youth for development, skill and harmony.' This year we are celebrating the 34th National Youth Day.

MEET J. VYAS IX-B & AASTHA N. SHAH IX-B, A.G. High School



## National Voter's Day

**"National Voter's Day is Mark of the Power of Every Individual Vote"**

- Dr. Nasim Zaidi - Chief Election Commissioner of India

The voters are strength of a country and thus in a democratic country like India, celebrating a Day for the voters is always a good idea. India will celebrate its 7th National Voter's Day (NVD) on this 25th of January. Since 2011, NVD is celebrated on January 25. The significance of this day is to encourage youngsters, who have reached the age of 18, of the country to participate in the electoral process, by enrolling or registering themselves in electoral rolls and to exercise their franchise. It is the formation day of the Election Commission (EC) as well. The commission handed over photo electoral cards to 15 lakh voters in over 66000 polling booths in the state. The voter's day was organized in 66795 polling booths in 294 constituencies. The EC aims to increase the enrolment of voters so as to make universal adult franchise a complete reality and thereby enhance the quality of the Indian democracy. This initiative is expected to give the youth a sense of empowerment, pride and inspire them to exercise their franchise.

# KARUN NAIR BECOMES

## Second Indian to score 300 in Tests

India 759-7d, England 477 India post the highest ever score against England as Alastair Cook's side face battle to prevent 4-0 series defeat heading into final day

Karun Nair's maiden triple hundred helped India post the highest Test score ever made against England on a chastening fourth day of this final Test. When India finally declared on 759 for seven, they had a lead of 282 and a possible 95 overs left in the game to bowl England out and complete an emphatic 4-0 series win.

Alastair Cook's (England Captain) side reached the close on 12 without loss. They need to bat out the final day to regain some of their battered pride. India's total eclipsed the 751 for five declared the West Indies made at Antigua in 2004 – the previous highest total England had conceded in their Test history. Nair, whose highest Test score before this was 13, ended the innings unbeaten on 303. India had delayed their declaration to allow the 25-year-old to get to the landmark. It may cost them victory in this match but with a 3-0 lead already and the series wrapped up it was a luxury they could afford. Nair became only the third man in Test history to make his maiden hundred a triple, following West Indies' Garry Sobers, who made an unbeaten 365 against Pakistan at Jamaica in 1958, and Australia's Bob Simpson, who scored 311 against Eng-

land at Old Trafford in 1964.

The fact he was dropped by Cook at slip on 34 on day three added salt into English wounds. Nair was also reprieved on 154 when he edged Adil Rashid behind. Umpire Simon Fry said not out. England had no reviews left after wasting two the previous evening. Technology showed the batsman definitely hit the ball. Nair was also dropped on 217 by Joe Root and should have been stumped by wicketkeeper Jonny Bairstow on 246. His luck, unlike England's, was in though and this is an innings that will surely make the Bangalore-born batsman's career.

For England, playing the last of 17 Tests this year, the punishment they suffered today verged on the cruel. Whether or not they can save this Test on the final day will tell much about their character.

As well as Nair's let-offs Murali Vijay was also spared in the morning session when he edged Stuart Broad behind on 21. Australian umpire Simon Fry was unmoved and with no reviews left, Cook's side was helpless. Technology showed Vijay had hit the ball. At least that mistake only cost England eight runs, Liam Dawson picking up his first Test wicket before lunch when he trapped Vijay lbw on 29. Nair's reprieve on 154 and the two that followed proved rather more expensive.

It summed up England's wretched day.

**303\***  
RUNS  
**381**  
BALLS  
**32**  
FORS  
**2**  
SIX



## India's pride in Badminton World Federation (BWF) Super Series

Saina Nehwal who is born on 17 March 1990 is a professional badminton singles player from India. Nehwal, the former world no. 1, has maintained her world ranking in the top ten since 2009. She has won over twenty international titles, which include ten Super series titles. Although she reached to the world no. 2 ranking in 2009, it was only in 2015 that she was able to attain the world no. 1 ranking. She has represented India three times in the Olympics, winning bronze medal in her second appearance.

She is the only Indian to have won at least a medal in every BWF major individual event, namely the Olympics, the BWF World Championships, and the BWF World Junior Championships. She is the first Indian badminton player to have won an Olympic medal, along with being the only Indian to have won the BWF World Junior Championships or to have reached the final of the BWF World Championships. In 2016, the Government of India (GOI) conferred the Padma Bhushan – India's third highest civilian award – on her. Previously, India's top two sporting honors, namely the Rajiv Gandhi Khel Ratna and the Arjuna Award, were also conferred on her by the GOI.



**P.V. SINDHU**

Pusarla Venkata Sindhu who is born on 5 July 1995 is an Indian professional badminton player. At the 2016 Summer Olympics, she became the first Indian woman to win an Olympic silver medal. She is one of the two Indian badminton players to ever win an Olympic medal.

Sindhu came to international attention when she broke into the top 20 of the BWF World Ranking in September 2012 at the age of 17. In 2013, she became the first ever Indian women's singles player to win a medal at the Badminton World Championships. In March 2015, she became the youngest recipient of India's fourth highest civilian honor, the Padma Shri. Her silver medal win in the women's singles event of the 2016 Summer Olympics made her the first Indian shuttler to reach the final of an Olympics badminton event and the youngest Indian to make a podium finish in an individual event at the Olympics.

## AHMEDABAD TEAM IN INDIAN TT LEAGUE?

With the likes of promising juniors Manav Thakkar and Manush Shah leading the future – and a robust structure in place – it was not a surprise as murmurs are on the rise for a team from the state in the upcoming Indian Table Tennis League. The league – planned on the lines of Indian Premier League – will have teams from various cities owned by a franchisee and will take off in June 8- 30 next year. With the table tennis' international body (ITTF) also giving it a dedicated window, some of the top line paddlers of the world are expected to take part in the event.



Kamlesh Mehta, one of the men behind the idea and the sporting director of the company that will run the league, shared that they are also looking for a team from Ahmedabad. "Yes, we are looking for a team from Ahmedabad. However, for that we will need someone to come forward and own the franchisee," said the Arjuna Awardee, who has a long association with the state, told on the sidelines of a sports day function in a prominent city school.

Confirming the news, Gujarat State Table Tennis Association (GSTTA) secretary Haresh Sangtani said, "Yes, we are looking for a team. We have so many talented players in the state and if some of them get a chance to take part in the League it will be a big boost to them. They will get a chance to see, observe and learn from some of the best players in the business." However, sources told that owning a franchisee would be tough.

"It all depends on the support we get. It will be a big ticket affair and I am not sure how many from the state will come forward to support it financially," the source said, adding, "But we should not give up hope. There is still time." One of the players, who wished not to be named, felt that a team from state could be a big boost for the local players. "I am actually surprised to hear that. If that happens it will be great for the local players as they got to get up, close and personal with some top players in the game. However, I have my doubts as how many local players can actually get a chance?" said the player.

Source: Internet

## La Liga Amazing Facts

1. For the first time in their history, Rayo Vallecano has got over the hurdle of four seasons in a row in La Liga BBVA.
2. FC Barcelona has finished the runners-up in the La Liga BBVA the most number of times.
3. Telmo Zarra has the record for the most career league goals after finding the net 252 times in his career.
4. Cristiano Ronaldo holds the record for the most goals in one season with 40 last year.
5. Nine different clubs have won La Liga since its inception.
6. Luis Aragones has managed 757 games in La Liga during his career.
7. Iker Munian become the youngest player ever score a goal when he was just 16 in 2009.
8. The record for fewest win in a La Liga season is two.

Devasya D. Rajguru, A.G. High School



A successful man is one who can lay a firm foundation with the bricks others have thrown at him. – David Brinkley





# CAREER ASPECT IN PHYSICAL EDUCATION

Globalization, Professionalism, Commercialization and global health issues have propelled physical education and sport into the business arena causing an exponential growth in career opportunities. A career represents a chosen path upon which a professional travel. A professional is one who possesses distinctive qualifications that allow engagement in and contribution to a career. Career success can be greatly enhanced by examining all segments and opportunities in the industry. A wide range of career opportunities exist in the physical education and sporting arena: coaching, professional Athlete, media, law, health, journalism, marketing, retailing, and management, to list a few. Each of these opportunities in the 21st century, is not the intention of this discussion to address all of them. Some of area of physical education and Sports as a career has been tried to describe here as an introduction to the vast array of career opportunities.

## A. Sports Management

Sports Management is a very competitive career field. Completion of a 4-year degree and Master's degree with specialization in Sports Management are usually required. The Sports Management field has grown drastically over the past several years. The Sports Management field requires highly educated and trained professionals. Several of the careers and Sports Management offers required an individual to have hands on experience. This can be reached by doing internships with companies, organizations non-profits and educational systems. Some examples of Sports Management careers worldwide are:

- Sports / Athletics administration
- Fitness management
- Sporting goods
- Sports agents
- Arena management
- Interscholastic athletic administration
- Programme directors in community sports programmes
- Marketing and promotions director
- Academic services for student athletics
- Corporate sales director
- Director of ticketing and finance
- Sporting goods sales representative
- Intramural director of University/College campus recreation
- Facilities coordinator
- Sports/ Athletic director
- Compliance Director
- Sports/ Athletic business manager
- Fitness facility manager
- Sports marketer
- Sports information director
- Game day operations director
- Director of ticket operations
- Director of fund raising and development
- Professor of Sports Management



## B. Sports Media

All forms of sports media whether print, broadcast or electronic can have following career avenue when one gets certification from universities/ institution or specialization with degree in physical education.

- Electronic broadcaster
- Sports Journalist
- Media Announcer/ Presenter
- Media liaison
- Marketing manager
- Public relation consultant
- Radio/Television producer
- Online new editor

## C. Health Educator

A person desiring to be a health educator must possess a strong interest in health conversation. They must have a genuine interest in and concern for the good health of other people, a desire to keep up to date on professional matters, the willingness and ability to change with progress. Perhaps more than any other teacher, they must be able to communicate effectively in a manner that motivates others to action. The personality attributes required of health education teachers are the same for any other legal social gathering because the teachers are group leaders in their respective classrooms. Some traits are: initiative, keenness; judgement; discipline; sympathy; honesty firmness; flexibility; courage; creativity; foresight; intellectual competence; good human relations; patience and acting on 'loco parents' in the school. Provision for learning these personality attributes should be included in the teacher education curriculum.



## PHYSICAL EDUCATION

1. Teaching University /College professor Principal/ Vice Principal Educational Consultant Physical Education Teacher Outdoor Education Coordinator Research University Professor
2. Researcher Sports Historian/ Sociologist Sports Equipment Specialist
3. Coaching Professional Team Coach National Team Coach School /University Coach Community Club Coach Coaching Certificate Program Instructor
4. Administration National Sports/ Active Living Organization Program Coordinator Marketing Agents Athletics Directors Government Sports / Active Living Consultants
5. Self Employed Sports Journalist Sports Agent

## KINESIOLOGY

1. Fitness/Wellness: Personal Fitness and Life Style Consultant, strength and Conditioning Specialist, Fitness / Health Club Director. Corporate Fitness Consultant Certified Fitness Consultant Personal Trainer
2. Rehabilitation Chiropractor Physiotherapist Occupational Therapist Athletic Therapist Special Population Adaptive Specialist Athletic injury Trainer Functional Abilities Evaluator Work site Analyst
3. Sports Science University Professor Kinesiologist Sports Psychologist Biomechanist Ergonomist/ Equipment Designer Health & Physical Education Teacher Life Science Teacher Exercise Prescription Councillor Massage Therapist
4. Medical Orthopedic Surgeon Medical Doctor/ Specialist Sports Medicine Physician Chiropractor Soft-tissue Specialist Nurse/ Nurse Practitioner Paramedic

## RECREATION & LEISURE

1. Municipal Parks and Recreation Community Sports Administration Director Sports and Fitness Program Coordinator Programs for Individuals with Disabilities Senior's Programs Swimming pool or Skating Rink Facility Manger
2. Provisional and Federal Director Sports and Program Consultant Tourism Promotion Coordinator National /Provisional Park Employee Facility Design Manager
3. Government Youth service agencies (Nonprofit Sector) YMCA/YWCA Youth Program Manager Recreation manager with Correction Agencies After-School Program Coordinator Scouts/ Guides/Cadets Recreation Programmer Church-Sponsored Programs Coordinator Education Programs
4. Institutional Employment University/College Instructor/ Researcher Senior Citizen Homes Recreation Manager Hospital Therapeutic Recreation Manager Prisons Recreation Programs Worker Rehabilitation centre
5. Commercial Recreation Work place Recreation Programs manger Fitness Centre Management Sports Club Manager Hotel Recreation Manager Cruise ship Recreation
6. Camping and outdoor Education Camp Facility Administrator/ Director Outward Bound School Manager Sports Instructor Adventure Tourism Manager Water Safety Instructor

## HEALTH EDUCATION

1. Teaching University Professor/ Researcher College Instructor Junior High and High School Teacher
2. Volunteer/ Community Specialist with Disease Specific Agencies Wellness Programs with Special Populations Smoking/Aids etc. Organizations Coordinator Special Project Coordinator Rehabilitation Programs Dietician/ Nutritionist YMCA/ YWCA Advocate/ Activist Wellness Coordinator
3. Government Agencies Director manager in Public Health Agencies Managers in Hospital Health Centre School Boards Managers Level Workers Compensation Managers Level Workers Social Outreach Worker
4. Self Employed Health Behaviour Consultant / Researcher Author-health related Books and articles Health workshop Presenter Software Developer

## D. Fitness Personnel – Fitness Director, Personal Trainer etc.

The most important characteristics that an employer looks for in a new group fitness instructor is the ability to plan and lead a class that is motivating and safe. An increasing number of employees required completion of a year degree in Physical education with specialization of health and fitness. Most group fitness instructors and personal trainers required additional certification in fitness field. Obtaining a Master's Degree or advanced professional diploma is useful if an administrative or upper management position is sought.

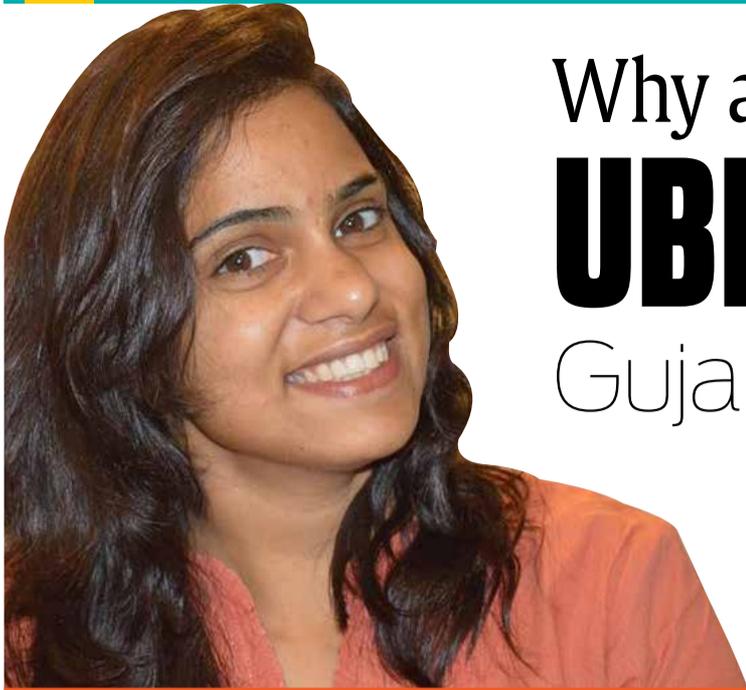
Job description: Fitness personnel lead, instruct, and motivate individuals or groups in exercise activities, including cardiovascular exercise, strength training, and stretching. They work in commercial and nonprofit health clubs, country clubs, hospitals, universities, yoga and Pilates studios, resorts, and client's homes. Increasingly, fitness workers also are found in workplaces, where they organize and direct health and fitness programmes for employees of all ages. Personal trainers work one-on-one with clients either in gym or in the client's home. Trainers help client's assess their level of physical fitness and set and reach fitness goals. Trainers also demonstrate various exercise and help clients improve their exercise techniques. Excellent health and physical fitness are important due to the physical nature of the job. Those who wish to be personal trainers in a large commercial fitness center should have strong sales skills.

This Chart is showing you different major area cover by physical education and its divided in to four parts like Physical education, kinesiology, Recreation & Leisure and Health education.



**DR. NAMRATA P. ACHARYA**  
ASSISTANT PROFESSOR-  
GOVERNMENT COMMERCE  
COLLEGE, AHMEDABAD

# Why a Post Graduate Student Became an **UBER CAB DRIVER AND** Gujarat's First Female Chauffeur



Just follow your heart and don't listen to what people has to say because somehow your heart knows everything and eventually it will take you to the right places," says Monika Yadav, a resident of Ahmedabad who drives an Uber cab as her part-time job.

And no, it's not because she needs the job – it was pure passion that motivated her to take it up. Monika is a post-graduation student at Centre for Environmental Planning and Technology, Ahmedabad, and she loves driving. With her desire to do some work related to driving, she went on to become the first female chauffeur in Gujarat. Here is her story in her own words,

"After completing my graduation last year from Jaipur, I got selected at CEPT Ahmedabad for my post-graduation programme. I did my graduation in Architecture, and architecture is a field where you have to work very hard and work on assignments for several months. For past five years I was studying and doing assignments and projects and it was something very frustrating so once I came to Ahmedabad I decided to do something adventurous. I asked myself that, what if God erases past five years from my life, then who am I? and what is my actual passion? As I'm a person who hates the same monotonous life. I have travelled almost to every state of India and have traveled to few international destinations. I am not someone who will spend her whole life doing 9-5 job on the same desk. I love travelling, and love exploring new places and love meeting new people, and above all I love driv-



ing, that's where my passion lies. I can drive car for 12 hours at a stretch and after small break again I can drive for next 12 hours. So I realized how about I do something related to driving. I approached Ola Cabs for the job of a female chauffeur but they turned it down maybe because they thought that a young girl wouldn't be able to drive a car. So I approached Uber Cabs and they were so happy with my idea of female chauffeur. They welcomed me onboard and said you can join us from the very next day but I'd some issues related to license and car so once the issues were sorted out I joined Uber as Gujarat's First Female Chauffeur. Initially I was scared about it, but with

every new customer my confidence increased and made me happy of what I was doing. Each and every rider would appreciate me and would be happy to see a young girl driving a car. There have been customers who have paid me an extra tip as a blessing just because they were happy that a girl is taking a lead in such fields. People of Ahmedabad are so cooperative and beautiful at heart. Had it been a different city then I wouldn't have been able to drive car so freely. My daily routine is waking up at 5:00 am and start driving up to 8:30 am, then attending college till 5:00 in the evening, and again start driving from 6:00 in the evening to 10:00 at night. My schedule is hectic but I enjoy picking up riders and love to hear stories from them, every day I would learn a new lesson from them. I would like to share two beautiful incidents, there was this one time I had gone to pick up a girl late at night at Gandhinagar, during the ride we started communicating with each other and she was very hungry and so was I, so we ended up having dinner together and somehow our simple talks lead to deep conversations about life and today we are very good friends. There is another one where I picked up an uncle who is an owner of a very famous kitchen module showroom. He was

very much happy to see a girl driving an Uber cab and gradually we started discussing about architecture and interior design, so once we reached at his showroom he invited me inside and made me meet his whole family and told me that beta once you're done with your passion, come to us we will train you for the interior designing. Recently one of my riders requested me to teach driving to her daughter, and I willingly taught her. So things like this make you happy, where you encounter with a stranger and the very next moment they become like your family.

### Any Message?

Just follow your heart and don't listen to the bullshit that people has to say because somehow your heart knows everything and eventually it will take you to the right places. It really saddens me that people look down towards the job of a driver, it is considered as a low esteem job and I want to change that thinking. I come from a very good and rich family and still I'm doing it. No job in this world is big or small, it's all in our head. I hope many more needy girls would come out and follow my example and become one of the bread earners of their families."

Source: Humans of Amdavad

## DPS GANDHINAGAR'S ANNUAL SPORTS FIESTA

"The moment of victory is much too short to live for that and nothing else," said Martina Navratilova, the legendary Tennis player. Apart from commemorating victories, sports meet aims at imparting lessons of sportsmanship spirit and camaraderie amongst students.

DPS-Gandhinagar organised Annual Sports Fiesta 2016-17, upholding this aspect of sports and games.

The event began with a floral felicitation of the Chief Guest, Honourable Minister of Sports, Gujarat state, Shri Rajinderbhai Trivedi, along with other esteemed guests-Mr. Munaf Patel, Mr. Amit Hooda, Mr. Sandeep Narwal, Mr. Salil Yadav, by Mr. Apoorva Goenka, secretary Bholaram Education Society. The school playground on the occasion was filled with great zeal, excitement and frolicsome atmosphere. Motivating the students was the school choir, with a soulful rendition.

The chief guest, Shri Trivedi congratulated Bholaram Society for its benevolent venture

"Saaransh Foundation" to help the children with special needs in line with Prime Minister Shri Modi Ji's vision for such children through –"Divyang". He further emphasised on the importance of sports and said, "I am extremely proud to see sports and games being pursued fervently amongst students, as it makes

the students not only pro active but also enables them to follow the principle of unity and brotherhood". He also briefed the gathering about the upcoming initiative of Gujarat govt. –Kala Mahakumbh to promote, art, Literature and music along with sports. Shri Trivedi then declared the Annual Sports Fiesta Open.

The Guest of Honour Mr, Munaf Patel said –"Academics and sports should go hand in hand to ensure a bright future to our students, giving an example of Rahul Dravid as well as Anil Kumble"

Marking the commencement of the Fiesta was the Carnival, with attractions like-Vintage car, mini circus, cartoon characters, slit walkers, unicyclist, jugglers, magician etc. Walking past the tunes of the school band. A blend of aerobics and mass drill was beautifully showcased by the students of standard 6 and 7. A Kaleidoscope of Pyramid formation Yoga and umbrella dance was appreciated by all. Our school sports captains along with the sports captains of the house carried the flame of hope, perseverance and energy to inspire all the athletes. The students then participated in other events like 100mt, 200mt, 400mt, 800mt

Hurdle race, Long Jump, Shot Put, volley ball, Tug of war, etc for boys and girls.



# CULTIVATING SENSE & DEVELOPING SENSIBILITY



## What to do with this new generation? How to control them?

Yes, a big question of our society, be it parents or teachers. What is the reason that a teacher or a parent is constantly found instructing children. Do this or don't do that. The elders are always busy correcting them. And the child feels being instructed all the times and has no freedom of behaviour. The awkward situation leads to friction in relations and ultimately the rapport which has to be stronger actually, gets weekend gradually.

The scenario is common. We need to look at it with a different perspective and should ask ourselves that is it just instructing and correcting or actually it's a kind of imposing? Yes, it is not that simple as it appears. Instructing actually is, in turn, an initiation of imposing.

Change in approach is really needed here. What could be the line of action that can lubricate the relations and bridge up the gap? Whether you are a parent or a teacher, let's try this and see how we can get situation better.



open up fully. And here, the role of an alert teacher or a parent begins. Matter that is untold or meanings between the lines are to be understood. Their underlying emotions are at peak and still they cannot open up. This requires maturity of the listener and a parent has to design his own line of action that can easily guide to cater the child in a much needed way.

standing about various learning through which they have never gone yet but they might go through in life.

### 3. Being a role model

Being a role model is not at all easy because it's always easy to instruct others than doing the same thing and being an example. This is very important point to consider when we want our child to do something the way we want. First, do it yourself.

Children keep observing all the time. We generally do not follow the same thing we expect from our child. This creates a dual impact on the mind of a child and ultimately the child use its own way to do the thing. Being a role model develops faith in the child and child feels to do the same thing.

### 4. Giving freedom

Before discussing on this point, ask yourself how much freedom do we give to our child? Giving freedom to child make us feel scared of their failure. And that's why, instead of giving them chance to decide certain things or to judge their own self, we use our own ideas and ask them to follow. Ultimately we are not helping them to develop their own thinking line up.

Actually, giving freedom to a child leads towards making them more responsible. Yes, there are chances of

initial failures but learning from mistakes makes the base far stronger than following decisions of others. Sometimes, they don't agree upon certain choices or opinions. A parent and a teacher are required to put forward the correct basis for that and obviously the pros and cons. And still, it is expected to give freedom to select the way on their own.

### 5. Quality time together

Let's ask ourselves that when did we talk to our child last? Here, 'talk to' doesn't imply to instructions but having a healthy dialogue with a child. We usually instruct the child all the time or keep asking about their exams, studies. How many of us sing with our child while we are driving? How many of us play carom or chess at least once in a week or say in a month?

Let's try to recall when did we say our child that we love them or they matter to us? No, we usually don't do this. Spending quality time with child, may it be as parent or as a teacher, means a lot for a child. A child really urges for that. Quality time leads to develop unconditional rapport that gradually develop acceptance of a parent or a teacher. Quality time with a child improves

### So, now the question is controlling children or making them learn control themselves on their own?

Going through above all of the processes, you will definitely find a rapport building process. The process will gently bridge up the gap and not only your child but you as a parent or teacher would also feel merry. Once it is done, start gentle discussions with the child about 'Right & Wrong' whichever the topic, situation or incident. Even during household chores, or shopping for the festival, buying vegetables, clothes or planning a trip, involve them, ask them, discuss why this and why not that.

Yes, gradually you are teaching them to decide what is Right and what is Wrong. Once a child would get to analyse between these two, we may not need to ask him for study or proper behaviour, because now the child knows it.

Summing up with the central idea that be available; open up and let the child also open up; understand and respect; discuss and decide, help and motivate and you will find that the grey life is soon turning up to green. Be an amazing Parent and fantastic teacher.



**DHAVAL SOLANKI**  
Educationist

### 2. Sharing yourself

Yes, this is also a very important aspect that we are missing totally. Either we are a parent or a teacher; we don't share ourselves with our kids. We don't open up. We keep ourselves in a nutshell which is always a barrier in the relationship. Here, we need to ask our own self how many of us share the office problems with our kids. Do we share how better we have dealt with a critical problem of production or a social one? NO, we don't. Rather all of us are very good at saying to our kids that they don't need to poke their nose into it.

And, yes it's a big mistake of our life. We never give our child a real time life experience by involving them or by discussing with them. But when they grow up, we expect them to handle the tough situation smoothly. Hence, when we share, actually we are imparting them a clear under-



### 1. Lending Ears

The most common thing happening today is we do not listen to our kids. Kids have many things in their mind. Seems we have totally forgotten that they too have their opinions and views. But we consider our opinions better than theirs and in the name of experience we ignore or rather we don't listen at all. Actually, our role begins from here. Listening to them properly shall give us idea about what they think and we can easily understand their ways of thinking and decision making. Listening to them will only give us chance to correct or remould their ideas.

When we do this, they feel motivated. The feeling of acceptance leads them towards being responsive. Listening to them helps us to get closer to our children and they share their joys as well as problems.

Well, listening also demands patience and understanding. While children talk to us, they usually don't

# THE FUTURE IS TODAY

One good thing about the past in the present world for the future to come is that, the entire world – the rich and the poor, the teacher and the student, Gujarati and Bengali, shopkeeper and dhobi, rickshaw driver and doctor, sister and brother, grandparents and uncle aunties all celebrate my birthday without I throwing any party. It is 31 Dec.

Just the thought makes my adrenaline rise. Indian and foreigner, country to country, state to state, community to community, district to district, street to road, here's wishing one and all the very happy and prosperous New Year Ahead.

We need to understand that past, present and future co-exist in this mighty world. There are eminent scholars who have worked on this theory. The present transforms to past even before you thought it could and the future is always future. It is only the past that stayed to see you grow.

## PAST

### Bhagwad Gita says

You have the right to work, but never to the fruit of work, it's spontaneous and naturalistic. You should never engage in action for the sake of reward, nor should you long for inaction. Whatever happened was good, what's happening, it's going well, whatever will happen, will also be good. Try not to have any heavy regrets from the past, but yes learn from it, do needful and move forward. You live in the present pertaining to your past and believe me your parents, mentors, well wishers and YOUR efforts and making have kept you where and how you are. You have all the reasons to build on the past to work the present. No one who does good work will ever come to a bad end, either here today or in the world to come.

People like us, around us have done unexpected, amazing, accidental, adventurous, adorable, unbelievable, unintentionally good, selflessly good, beneficial, inventions, medicines, machines by forecasting to comfort us.

## PRESENT

### Inescapable karma

This is not blaming us for whatever bad things that happened in the past, it is not to dwell on the past at all, but to see and concentrate on the potential for positive action in the present. The ability to do this is one of the benefits of strong mindfulness, of a mind strongly rooted in the present. This swings the overall balance of the mind, or of the situation we are in, from unhap-



py to happy. We are the creators of what we ought to live and enjoy. It is today, don't keep sitting to dig the past and don't keep hitting your head to forecast the future.

You have the power and the caliber to do, create, grow, love and be happy. But you refrain from all the available resources because of the fast world that is looking for competitiveness, digitalization etc. believe me you are missing the charm and festivity of your life. Every minute lost is lost forever. Make the best and maximum out of it. When is the last time you smiled to two people around? It starts here actions speak louder than words.

## FUTURE

### Our lives come pre-assembled and pre-packaged.

All say but I doubt they don't apply the fact- Do not worry for the future. Every human and I presume every living beings plans its future. The environment and attributes differ with each, but you are not living today because you have started to live for future at the cost of present.

Some say it is destined, some say just chill and enjoy, some say you



carve your future on present deeds, some say it just luck, some say need to have a great past for a good future, just ignore. Rags to riches have umpteen references in the world. We always are concerned about the food, drink, clothing, shoes, body products, cars, entertainment and home décor, convenient, exciting and cost-effective for us. You are normal.

I THANK YOU this time for being

the ONE you are. One more recipe - Take your family and friends add a dollop of love and affection; Mix well a healthy share of time for your spouse, squeeze some concern to the needy, make a mixture out of the work, activities and yourself, check that it is perfectly blended garnish with love, luck, laughter, happiness, prosperity being the story yourself.

It all starts with a resolution ready for the New Year to come actually every new year coming our way; whatever we could not or we did not do, we resolve to do in the year to come. We promise to our self and near & dear to go ahead with diet plans, work plans, some back log, meeting old friends, correcting bad habits, inculcating good ones and many more.



**SALLA VIJAY KUMAR**  
National Award  
Winning Lecturer, IHMA

# Inter School Chess Tournament by Abhinam Chess Academy and The Open Page



On 3rd and 4th December, the Tripada International School's campus was filled with little chess masters as an Inter School Chess Tournament was organized by 'Abhinam Chess Academy' and 'The Open Page'. The ambience for those two days was full of Dynamism, Spirit of winning and endless love for the game of Chess. All the players were charged up for their game rounds and they did not let their energy get down till all 5 rounds that took place. The parents were as well on duty for the whole day to constantly support their children and they took very good care in boosting their confidence for each round. There were 22 prizes to be won including the 'School Championship' prize in which the school with maximum number of winners wins. Categories for kindergarten to standard 12th were there as Mr. Abheejit Acharya, who is the director of

'Abhinam Chess Academy' took keen interest while deciding the categories to cover all age groups. The School championship prize went to 'Udgam School' from 'Group-A' which was for kindergarten to 3rd standard students, the 'Group-B' prize of category having 4th and 5th standards was won by 'Tripada Day School'. The Group-C and D' having students of 6th and 7th standards and 8th to 12th standards respectively were won by 'Tripada International School' and 'St.Kabir School (Navrangpura)'. The guests for the evening on 3rd December were Mr. Kaushik Mandir – Member of Sanjay Patel fan group, Smt. Kusum Joshi – Sports conveyor and Mr. Satish Patel – Senate Member and on 4th December, the Guests were Mr. Archit Bhatt – Chief Editor of 'The Open Page' an educational news paper and Managing Director of Tripada group of schools, Mr. Bhargav

Dakwala – Co-founder and director of 'Tripada Softek' and Mrs. Pratiksha Parikh – Academic Director of Tripada group of schools. The students were energized with Archit sir's motivational speech as he stated 'Winning is not appreciated until gained after loses' while Smt. Kusum Joshi and Mr. Kaushik Mandir encouraged children by providing life examples of famous players.

It was a great weekend spent by the students who took away the trophies, and participants who took away a great lesson and vow to play and win the next tournament. After all, Chess is the gymnasium of mind and "No one has ever won a game of chess by taking only forward moves, sometimes you have to move backwards to take better steps forward".

Minal Joshi, The Open Page

## WINNER OF DECEMBER



Mahek Jagdish  
Krishnani  
Std 1st, Bright  
Victory School



## DOG POSE

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### BENEFITS

- Strengthens the arms and legs.
- Increases flexibility.
- Changes perspective by taking you into an inversion.
- Tames tantrums.
- Invigorates the body.

### YOU COULD PRETEND TO BE

A dog, a bear, a roof, a mountain, a coyote, a sandcastle, or Mayan ruins

#### STEP 1



Come onto your hands and knees, with your hands shoulder-width apart and your knees hip-width apart. Press the inner triads of both hands firmly into the mat. Turn the eyes of your elbows toward each other and align your shoulders over your wrists. Your knees should be behind your sitting bones to maximize length in your torso and spine when you move into Down Dog.

#### STEP 2



For a few breaths, arch and round your spine, simultaneously moving your head and tail like Cat-Cow Pose.

#### STEP 3

From a Cat tilt, curl your toes under. On an exhalation, slowly lift your knees off the floor, bringing them in line with your ankles. Keep your knees bent and stretch your arms intensely to lengthen your torso. Press the mat away from you and open your upper, or armpit, chest. Lift your sitting bones to tilt the top of your pelvis forward and maintain the natural curves of your spine. If your hamstrings are stiff, this is a good place to stay—remaining here opens the shoulders and wakes up the spine without putting pressure on your lower back.



#### STEP 4



If you are moving deeper into the pose, slowly straighten both legs and walk your feet forward a little. Your sitting bones should be close to centered between your wrists and ankles. Make sure your lower back doesn't round and

that you can still maintain the lift of your sitting bones and the curves of your spine. Extend your arms fully and keep your lower ribs moving toward your spine to avoid low-back overarching and compression. Descend your heels even more as you engage your quadriceps. Maintain Mula Bandha and breathe freely through your nose. Stay for 20–25 breaths before coming down to rest.

## FUN WITH COLOURS

Your drawing should reach us by 20/01/2017 at  
The Open Page, 4th Floor, Vishwa Arcade, Nr. Akhbarnagar,  
Nava Wadaj, Ahmedabad-380013

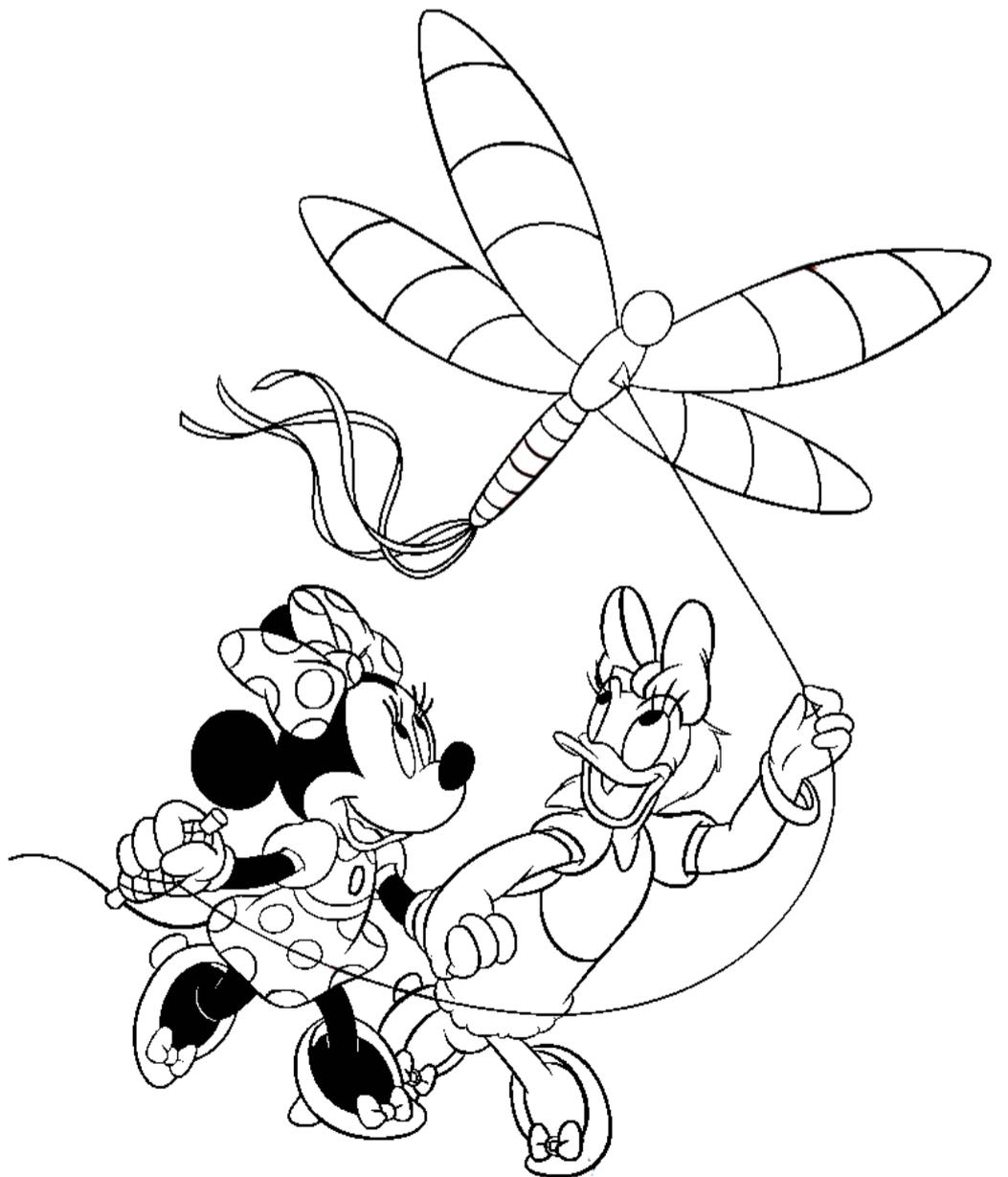
GIFT FOR  
BEST  
COLORING

Name: .....

Name of School : .....

Std: ..... Mobile No.: .....

Photo





## Globals SSV Celebrated Its ANNUAL FUNCTION

Globals SSV celebrated its annual function on 24th and 25th dec. Theme of the function was 'women'. Function started with speech by Anuja (Principal cum Director). Speech was based on quote 'every child is born to be genius' and every parent is the best mentor. Global ssv deeply believes that children have unlimited potential which can be unfolded by working with them through dedication, affection, understanding and confidence and team has tried to do so. In grand finale entire school participated with staff. 100% students participated. Students rocked the stage with their energised performance.

Lighting of lamp was done by the students. Students performed on devotional songs. Grand finale was on the theme and patriotism. Events emphasised on girls education and father daughter emotional bonding. Pre-primary kids were looking like little angels while performing on stage in different glittering costumes. Our main aim is to eradicate the stage fear and to develop confidence in the early age through this annual day functions with 100% participation.



## TRIPADA OLYMPIAD – 2016-17



At Tripada we believe that, Sports are the source of recreation. It provides relief and a sense of relaxation in a life. It is very essential to maintain health and physical fitness, It encourages the growth of team-spirit, Sports and games bring about various methods of diversions. Looking at all this aspects Tripada Gurukulam Viramgam Campus have organized TRIPADA OLYMPIAD – 2016-17 on Sunday, December 18, 2016.

486 Students from TripadaGurukulam English School, TripadaGurukulam Primary School and Tripada Primary School have participated with full of energy, zeal and enthusiasm in 81 events like 25, 50, 100 & 200 Meter Race, Frog Race, Sack Race, Lemon Spoon, Skipping Race, Walking Race, Long Jump and Short put. Lemon Spoon and Sack Race were also arranged for the parents. Around 65 students have also presented their skills in Dance, Yoga and Karate demonstration as part of opening and closing ceremony.

Special Pavilions for participants, Different tracks for different events, Participant's unique ID, Parent's Feedback wall, Selfie stage, Food and Energy drink distribution and Special area for Prize distribution were arranged for the smooth functioning of the event.

243 Medals were distributed to the winners finally those who won were happy with their efforts and result, and those who couldn't make it learned a lot from the event. Students of Tripada left for the day with the promise to put their best in all upcoming events.



### SUMMER TREKKING CAMP 2017

Contact for Booking  
Chandan Kumar ☎ 76431 11125 | Dharmendra ☎ 94095 77124 | Kuldip Barad ☎ 76434 22225

8-220, Siddhraj Zori, Near Sargasan Cross Road, S.G. Highway, Gandhinagar - 382421, Gujarat, INDIA.  
☎ (079)-6572-1234 ☎ +91-8866 651 651  
✉ info@pathadventure.com 🌐 www.pathadventure.com

#### MANALI

Rs. 10,500 (Non A/C) & Rs. 13,500 (A/C) (Per Person)

Road Departure from Ahmedabad  
29<sup>th</sup> April to 3<sup>rd</sup> May, 1<sup>st</sup> May to 9<sup>th</sup> May, 1<sup>st</sup> May to 13<sup>th</sup> May  
13<sup>th</sup> May to 21<sup>st</sup> May, 19<sup>th</sup> May to 27<sup>th</sup> May, 21<sup>st</sup> May to 6<sup>th</sup> June

Adventure Activities : Rappelling, Climbing, River crossing, River rafting, Canyoneer, Adventure game

Sight-seeing : Jogini waterfall, Vaslati Village, Vaslati Temple, Hadimba Temple, Manu Temple, snow point, club house, and Mall Road.

Trek : Bhajise lake trek, Jogini waterfall trek, Jungle trek.

#### DALHOUSIE

Rs. 9,000 (Non A/C) & Rs. 11,000 (A/C) (Per Person)

Road Departure from Ahmedabad  
29<sup>th</sup> April to 2<sup>nd</sup> May, 0<sup>th</sup> May to 16<sup>th</sup> May

Adventure Activities : Rappelling, Rock Climbing, Ladder Climbing, Flying Fox, Canyoneer, Adventure Games

Sight-Seeing : Khajjar Market, Local Sight-seeing, Walking

Trek : Kalatop trek, Jubgale trek.

#### LEN - LADAKH

Rs. 30,000 (A/C) (Per Person)

Road Departure from Ahmedabad  
31<sup>st</sup> May to 12<sup>th</sup> June, 7<sup>th</sup> June to 19<sup>th</sup> June

Sight-Seeing : Jogini Water-fall, Soling Valley, Manu Temple, Hadimba Temple, Bhotang Pass, Baroonhala Pass, sarchu, tanyang LA, nubra Valley, Khundung La Pass, Hundes, Disket Monastery, Pangong Lake, Shiyok Lake, Hall Of Fame, Father's saheb, Magnetic Hill, Photola Pass, Zozila Pass, Kargi War Memorial, Soomarg, Panoramic View Of Himalays

Adventure Activity : River Rafting/ Cycling

#### DARJEELING & GANGTOK

Rs. 22,500 (A/C) (Per Person)

Road Departure from Ahmedabad  
15<sup>th</sup> May to 24<sup>th</sup> May

Sight-Seeing : Rainbow bridge, Tiger Hill, Ghosem, Botanical Garden, Rock Garden, IMI Zoo, Tezpur Rock, MO Mans, Ranka Monastery, Ganesh Tok, Bangshan Waterfall, Nathula Pass, Tsongmo Lake or Changta Lake, Shiyok Lake.

\*Terms & Conditions apply