

The Open Page

Inspire Learning

RNI No. GUJENG/2002/23382

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inside

SOCIAL MEDIA - A TRAP!



We are living in a digital era. And the best and the worst thing this digital era has given us is "Social Media".

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BUILDING AMICABLE PARENT-TEACHER...



Education is one of the most important pillars of development in the constantly changing and ever evolving world that we live in.

p7

AMBEDKAR JAYANTI



We all are living in the societal wheel, tediously moving through the different facets of life under the illusion that we are free because we have achieved Independence.

p11

SCHOOL SHOULD PREPARE YOU...



Your ability to function successfully as an adult will depend at least in part on how well you can read a recipe, write a letter, or calculate a tip.

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How To Relax After Exams



GARIMA BHATT
Educationist

March is the month of final submissions, exams, last minute cramming and stress for most students. Now that is this month of sleepless nights and stressful days comes to an end, it feels like a huge weight has been lifted off your shoulders, replaced by a sense of excitement and freedom. Before long tension about exam results and the new academic session will be back, but in the meantime it is important for students to wind down and enjoy some well deserved relaxation. However, sometimes one might feel a bit numb and lost after the exams and wonder what to do with all the free time as well as the best ways to relax their body and mind.

My first suggestion would be to have a 'Me Day'. You are undoubtedly exhausted from all the stress during the exam period so a day to recuperate is a must. Stay in bed, listen to music, eat 'everything you shouldn't eat' and sleep as much as you want. You deserve to completely crash. It will give you a chance to unwind and get back to your normal self. Studying for a whole year can take its toll. If you haven't had a chance to change up your routines or discover new interests, now is a great time to get started!

Exams can really zap you of energy, so it's important to do something to unwind and refocus once they are out of the way

Forget your exams and start something new – get involved in a new sport, pick up a new hobby, see a new band or show or do something that you've never done before! You'll be surprised at how quickly it helps you wind down.

Another great way to relax could be to binge watch Netflix and catch up on all the great movies and shows you missed due to exams. If you prefer books then pick up your kindle or a book you've



A vacation is a great way to forget the stress and tension of school, homework, exams and to reboot yourself

been meaning to read for a while to get lost in its pages and forget about the world. If you are into video games, then this is the best time to guiltlessly binge on those as well

Speaking of binging, good food with good company is also a great way to unwind. Whether it is trying out a new dessert recipe, having a Master Chef Style cookout, going out to your favourite restaurant or just ordering in a pizza, having a dinner night with friends is the perfect way to catch up after exams. Organizing a potluck party is a great excuse to invite old friends over. Have everyone bring different dishes or impress everyone with your cooking skills. Whatever you do, it is a great way to chill and still have a good time.

Exam time can be very tiring, so sometimes the very best thing is to go home and be looked after by family, get your dinners cooked for you and hang out with your family and pets. Home should definitely feel cozy after the exam hall

and library. Exams can really zap you of energy, so it's important to do something to unwind and refocus once they are out of the way.

Once you have relaxed your body and caught up on your sleep and rest, don't forget to re-energize yourself by catching up on some outdoor activities. Even though summer is almost here, the weather is still pleasant enough to go out for a picnic at the park. You can also indulge in your favourite sport and plan a cricket, football or basketball match with friends. Swimming is also a great option in these rising temperatures. Alternatively, a day at the water park can be fun as well the perfect way to cool yourself.

In the end, to fully relax, some people have to get away from their surroundings and immerse themselves in a new place. A vacation is a great way to forget the stress and tension of school, homework, exams and to reboot yourself. You can take a road-trip to the hills of Mount Abu or for a beach vacation to Diu. You can also visit the newly opened Statue of Unity or go for a family trip to Ambaji or Somnath. Those who love adventure and wildlife can plan a trip to Gir. If short on time, a day trip to Nalsarovar can be incredibly refreshing and relaxing. Getting out of the house and doing something carefree will relieve any exam stress you were still holding on to.

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



ACHIEVEMENT

Esha Shukla was awarded at the 'Sanskar utsav' which was held at Rajkot on 14th march, 2019. Well known comedian Shri Jagdish bhai Trivedi gave her the award. It was a pleasant day for Esha to receive the prestigious award.



HOLI CELEBRATION



At CCIS S G Campus students celebrated Holi and also learn the reason of celebrating holi, Festival of colours. The festival of Holi was celebrated with lots of enthusiasm and happiness in CCIS S G Campus. The children enjoyed putting "Gulaal" on each other and wished their friends "Happy Holi". They enjoyed listening to the story of "Holika" which is symbolic to the victory of good over evil. The teachers educated the children to play with natural colours and were also told not to waste water during the festival. CCIS wishes everyone a Happy and Safe Holi! An awareness campaign known as Safe Festival was organized in CCIS Green Campus. The students learnt to make eco-friendly and natural colours from herbs and vegetables. A special assembly - Eco Friendly Holi was conducted by the students of Grade 2. The little ones of Kindergarten watched a video on the harmful effects of artificial colours, wastage of water and took a pledge in class not to use balloons and artificial colours and play a friendly and a safer Holi.



Green Campus organized Graduation Ceremony

Cosmos Castle International Green Campus organized Graduation Ceremony for the students of Pre- Primary on 23rd February, 2018. The event commenced with Ganesh Vandana to evoke the blessings of Lord Ganesha. The students performed on a peppy number-Waka-Waka and left everybody spell bound with their mesmerizing performance. The most important part of the day- Graduation Ceremony was when the tiny tots of Pre Primary walked the stage with red stoles and yellow sash around their shoulders, where the Principal felicitated them with Graduation Cap, Certificate of Graduation and mementos.

TIS students presented their Projects



Tripada International School Students of STD 3 and 4 of TIS displayed their projects of science and maths in their own class rooms. There were huge collections of activities done in other subjects too. Group activities, individual projects were beautifully designed and displayed by the little ones. Many of the projects were made from best out of waste. The teachers and students put up a wonderful demonstration of the activities that incorporates the assessments of their skills.





SHINA UTAVANI
Reporter
The Open Page

SOCIAL MEDIA - A TRAP!



time away from other essential activities, including homework and sleep. It creates a domino effect: less sleep can make your teen more grumpy and less attentive, which can impact his performance at school, which could make you introduce new rules or expectations about grades and behavior, which might erode your relationship if the

struggle becomes the centerpiece of your lives.

You've probably experienced a taste of the social media trap yourself: have you ever started scrolling through a newsfeed and then wondered where the time went? Did you ever see a photo of someone and think, "Wow, I wish I had that dress/car/trip/life?" For a teen,



this can become all-encompassing.

Here are a few ways to prevent your teen from getting caught in the social media trap:

Real Life Validation: Teens, like the rest of us, want to feel loved, valued, and appreciated. They want to belong. Offer opportunities for this in real life so they're not forced to seek all their validation online. This could come in the form of a sport or activity in which they excel in or a close family life. Every teen is different, and those years can be difficult (as you well know), but understand that the less included your child feels in real life, the more he or she will probably look for that inclusion online.

Real Talk: The conversation about your child's digital life should be open and ongoing. Include honest discussions about the nature of social media and how what they see is not only the best of the best of someone's life; it may very well be altered to appear even better than it was. Explain to your teen how some people buy likes and followers to appear more popular. You can easily find examples of this and teach your child to do the same: look for Instagram users with lots of followers but a very small percentage of likes per post. If a user has authentic followers and likes, about one to three percent of followers will like any particular post (with some popular profiles going up to five or six percent, genuinely). If the percentage is exceptionally higher or lower, there are probably some fake likes and followers there. Click on the followers and notice how many of them have no profile picture or little activity on their own profiles. Check the comments for irrelevant remarks.

Real Rules: Teenagers need guidelines when it comes to the internet, and it's never too early to start setting some rules when it comes to mobile devices. Do your research and learn more about the many social sites available to your teen; if you find some that aren't appropriate for your son or daughter, you can block them using trustworthy parental controls. You can also limit the amount of time your child spends online, which means less time on social media overall and more time with homework, family, or sleep.

We can't keep our teens away from social media completely. They use these networks to build friendships, and their social life is partly online. To take that away would be to take away their connection to their peers. However, the risks are real, so as parents today we have to find the balance between the good and the bad of social media.

INTERVIEW OF MILKHA SINGH



Question: what motivated you to start golf? Who inspired you to start golf?

Answer: I was introduced to golf by my father. I was 9 years old by then. My father also played golf. We had good company of 4-5 players. We competed with each other. Hence I got motivated and started to play golf as a career.

Question: how do you prepare for tournaments?

Answer: I set a routine. Monday would be the travel day and on Tuesday I would get up in the morning, have some coffee, and then do some yoga. Then I would go to the course. Then I would work on the part of golf which went wrong in the course round. I would do lots and lots of chipping and putting because as you go from course to course the green changes and you have to adjust to that. Talking of the preparedness of the mental part I would say that you need to believe in yourself and think that you are the best golfer out there.

Question: what is the secret behind winning?

Answer: I think you should be hardworking and you have got to believe in yourself. If you believe in yourself then everything comes to you. I think that's the secret behind winning.

Question: According to you, what makes golf so special?

Answer: Golf is unique. It's close to life and values. You learn to be in discipline while playing golf. For example – you have to be five minutes early on the tee before the tee of time. The second thing is that nobody watches you while playing golf. You have to write your score on your own and be honest. In this way you become a good human being. The third thing is that golf teaches you to be strong enough on ups and downs. For example, if you hit a bad shot then you gotta say I am gonna get the next shot better.

Question: What will you say to the youngsters of today's India?

Answer: Children should be hardworking. They should have self-belief to be better persons. They should enjoy their professions, be it a golfer, doctor, cricketer anything. They should be sincere in their work and be successful in life.

—Kuljot singh bakshi, Lml school

THE BLACK DREAM

There it was the scary night

With the rainfall in the moonlight

All the creatures went to their homes with a scare in their mind

A tree framed looked like a ghost in my sight

With the leaves falling down from the height

Saw the fight between good and evil

Suddenly I woke up and it was a dream where the evil fell into the well.

—Aarya Dwivedi, Std. 9th, St Xaviers Loyola

CORRECT ME WHERE I AM WRONG!!!

“The needy king and the sage”



A Sage was passing through the capital city of the famous king. While he was waking, he noticed a single currency coin on the road. He picked it up. He was satisfied with his simple living and he had no use of that coin. So, he planned to donate it to the one who is in need of it. He strolled around the streets throughout the day but didn't find anyone such. Finally, he reached the rest area and spent a night there.

Next morning, he wakes up in the morning for his daily activities and sees that a king is going for his invasion of another state with his war ready army. When the king saw the sage standing, he ordered his army to be stopped. He came to the Sage and said, “Oh Great Sage, I am going to war to win another state so that my state can be expanded. So bless me to be victorious”.

After thinking, Sage gave a single currency coin to the king! The king was confused and annoyed with this

because what use he has for a single coin while he is already one of the richest kings! He curiously asked a sage, “what's the meaning of this one coin?”

A Sage explained, “Oh Great King! I found this coin yesterday while strolling around the streets of your capital city. But I had no use of it. So, I had decided that I will donate it to someone needy. I strolled around till the evening in your capital, but found no one such. Everyone was living a happy life. It seemed that they were satisfied with what they had. So I found no one to give this coin. But today, the king of this state, still have the desire to gain more and not satisfied with what he already has, I felt you were in need of this coin.”

The King realized his mistake and gave up the planned war.

Moral: We all should learn to be happy with what we have. Yes, we all desire more or better than we already have, but do not waste a chance of enjoying what you already have. There are those who may not have what you have, and there will be some who have lots more than you have. Do not always compare, be happy and lead a healthy life.

- | | | | | |
|------------|------------|----------|-------------|-------------|
| 1. City | 4. Coin | 7. Night | 10. Came | 13. Has |
| 2. Walking | 5. Streets | 8. Next | 11. Another | 14. mistake |
| 3. Simple | 6. reached | 9. state | 12. Living | |

DEAFENING SILENCE

The leaves above whistled with the winds,

The leaves below rustled beneath my feet.

Yes, everything was normal.

Even the filters of the painter's sky in the cold cold evening.

Except for the cold touch of the mist, that sent a chill down my spine through every nerve of my fragile body.

As if the blood running and panting inside me froze

No, do not let your brain cells imagine this to be some freakishly cliché scary place.

All I was surrounded by, were the worn out yellow and rusted leaves.

And moss-covered huge life-size asteroid surfaced rocks.

And this might have been one of those places,

Where I wanted to be all alone though I would have feared the cooing of the pigeons stalling in the flowerless trees but still be soothed by the song of the crickets under the moonlight.

—Sudeshna Das

ART CORNER



Aadarsh A. Thakar

SHRI SATYA SAI VIDYANIKETAN SCHOOL, (NAVSARI)



SHUBH PANCHAL

ANAND NIKETAN, BHADAJ CAMPUS



Satvik N. Patel

SHRI SATYA SAI VIDYANIKETAN SCHOOL, (NAVSARI)

ANNUAL DAY PRESENTATIONS OF TRIPADA SINGAPORE INTERNATIONALE' SCHOOL (TSI) GANDHINAGAR



History was created at Tripada Singapore Internationale' School Campus located in the sylvian surroundings of Gandhinagar with "Rhapsody" an amalgamation of music, dance and drama was staged on the open air theatre for the Annual Day Presentation on Saturday March 9 2019.

The entire plethora of performances included a vibrant energetic fast paced colourful 'Bhangra' and "Giddha" from the youngest performers of grade 1 and 2. The grade 5 students had Water as the Element in a song titled "behane do" expressing fluid movements with colour of blue symbolizing calmness and serenity. Grade 9 presented the "Surgical Strike of Uri" on stage with the correct mixture of patriotism and valour that awakened in all of us the national spirit.

Grade 6 sent a strong global message though their beautifully choreographed dance titled 'Kaato Na mujhe' - soul touching words and the expressions lent a tragic feeling to the dance.

The finale had the outgoing class of 12 handing over the baton to the grade 11 - symbolizing the handing over the legacy of Tripada Values through lighted candles which were passed on signifying the Jyot of Knowledge dispelling darkness of ignorance.

The event was brought to a resounding close with Tripada Anthem and the National Anthem. Over all it was a fun filled event.



EXCLUSIVE NIGHT STAY

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DID YOU KNOW?



The human brain weighs 3 pounds. It comprises 60% of fat and is one of the fattest organs in the human body. Human brain has the capacity to generate approximately 23 watts of power when awake. Of the total blood and oxygen that is produced in our body, the brain gets 20% of it. When the blood supply to the brain stops, it is almost after 8-10 seconds that the brain starts losing the consciousness. The brain is capable of surviving for 5 to 6 minutes only if it doesn't get oxygen after which it dies. The blood vessels that are present in the brain are almost 100,000 miles in length. There are 100 billion neurons present in the brain. In early pregnancy, the neurons develop at an alarming rate of 250,000 per

minute. As we grow older, we are unable to remember new things. According to the researchers in the US it is because the brain is unable to filter and remove old memories which prevent it from absorbing new ideas.

HERO POSE

BENEFITS

- Increases flexibility in the knees and hips; tones the muscles in the arches of the feet; increases circulation in the feet and legs

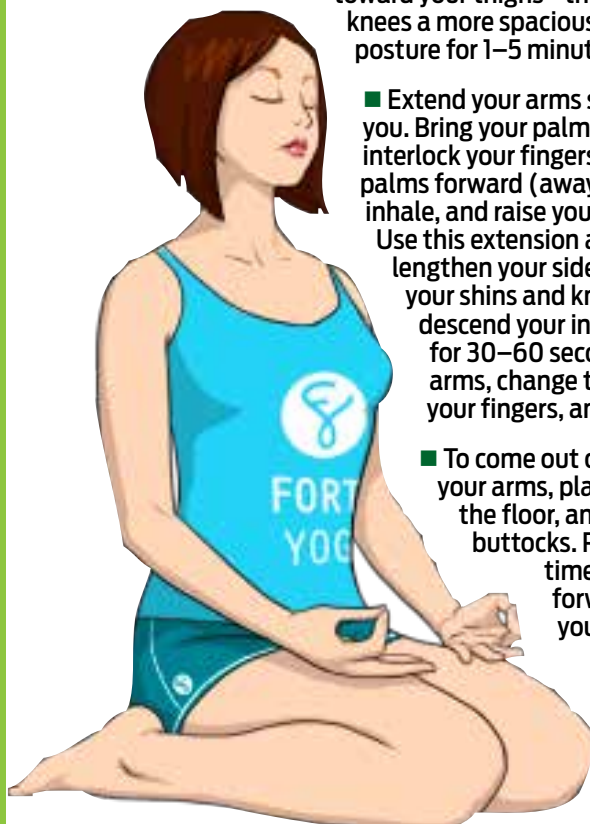
DESCRIPTION

- Kneel on your mat with your knees together and thighs perpendicular to the floor. Separate your feet slightly wider than hip width (if this is painful on the tops of your feet or your knees, kneel on a thin blanket). Point your toes straight back and spread the balls of your feet from the big-toe side to the little-toe side. Ideally, all of your toenails will touch the floor.
- Bend your knees a bit, lean forward, and place your hands on your calves. Pull your calf muscles back away from your knees and roll them out. Lower your buttocks and sit on the floor. The inner sides of your calves should touch your outer thighs.

- Place your hands on your knees, catch the skin on your knees, and draw it up toward your thighs—this will give your knees a more spacious feeling. Sit in this posture for 1–5 minutes.

- Extend your arms straight in front of you. Bring your palms together and interlock your fingers. Now, turn your palms forward (away from you), inhale, and raise your arms overhead. Use this extension along your arms to lengthen your sides upward. Press your shins and knees down and descend your inner groins. Hold for 30–60 seconds. Lower your arms, change the interlacing of your fingers, and repeat.

- To come out of the pose, lower your arms, place your hands on the floor, and lift your buttocks. Raise one knee at a time, sliding each foot forward to straighten your leg.



BE SCHOOLED WITH AMAZING FACTS

1. 27,000 trees are cut down each day so we can have Toilet Paper.

2. Aluminum can be recycled continuously, as in forever. Recycling 1 aluminum can save enough energy to run our TVs for at least 3 hours. 80 trillion aluminum cans are used by humans every year.

3. When you throw plastic bags and other plastic materials in the ocean, it kills as many as 1 million sea creatures annually.

4. A glass bottle made in our time will take more than 4,000 years to decompose.

5. Only 1% of our planet's water supply can be used. 97% is ocean water and 2% is

frozen solid in the Arctic, for now.

6. The world's oldest trees are more than 4,600 years old

7. One ton of carbon dioxide released into the air can be avoided by replacing 75-watt bulbs with energy efficient bulbs.

8. According to USAID, one-third people of the earth will be facing "severe" or "chronic" water shortages by the year 2025.

9. According to a UN study on sanitation, far more people in India have access to a cell phone than to a toilet.

10. 40% of the Earth's waterways are undrinkable.



KNOCK YOUR SELF

1) National Achievement Survey 2017 is the largest ever national assessment survey in.

- | | |
|----------|-----------------|
| a. India | c. Asia Pacific |
| b. Asia | d. World |

2) Cabinet has approved the creation of which agency for educational testing under the Indian Societies Registration Act, 1860?

- | |
|---|
| a. National Testing Agency |
| b. National Educational Agency |
| c. National Education Testing Agency |
| d. National Higher Education Testing Agency |

3) Which educational institution was named after India's first PM?

- | | |
|--------|---------|
| a. JNU | c. DU |
| b. BHU | d. CISR |

4) On Teacher's Day 2017, which portal providing national digital infrastructure for teachers was launched?

- | | |
|------------|-----------|
| a. DIKSHA | c. GYAN |
| b. SHIKSHA | d. SHAKTI |

5) Which strategic nation building initiative is NITI Aayog set to launch to mentor students?

- | | |
|-----------------|----------|
| a. Mentor India | Campaign |
|-----------------|----------|

- | | |
|---------------------------|-------------------------|
| b. Student India Campaign | d. Coach India Campaign |
| c. Teacher India | |

6) What does MUSK stand for in the context of secondary and higher education cess?

- | | |
|---|---------------------------------------|
| a. Madhyamik and Uttar Shiksha Kosh | c. Madhyamik and Unnati Shiksha Kosh |
| b. Madhyamik and Uchchatar Shiksha Kosh | d. Madhyam and Uchchatar Shiksha Kosh |

7) INS is set to launch which first online course for nurses?

- | | |
|------------------------|------------------------|
| a. Infusion therapy | c. Intelligent therapy |
| b. Intravenous therapy | d. Internal therapy |

8) What is the web portal address for supply of NCERT textbooks launched in Aug 9, 2017?

- | | |
|---------------------------------|--------------------------------|
| a. www.ncertbooks.ncert.gov.in | c. www.ncertbooks.ncert.gov.co |
| b. www.ncertbooks.ncert.gov.com | d. www.ncertbooks.ncert.gov |

9) NASSCOM foundation has joined hands with which firm to establish a rural digital literacy centre (the first in Telangana) in Peddeshapur Village?

- | | |
|-------------|-----------|
| a. Arcesium | c. Arces |
| b. Cesium | d. Arcesi |

BUILDING AMICABLE PARENT-TEACHER RELATIONSHIP



DR. KINJAL FATNANI
Principal
The Primary School, Bhavnagar



Education is one of the most important pillars of development in the constantly changing and ever evolving world that we live in. There is a challenge of maximizing the development of people's skills and capacity to meet the ever growing demands. A flexible system is seen as being required to respond to changing circumstances, providing learners with the knowledge and skills they require where and when this is convenient – hence enabling all learners to maximize their capacities at all stages of life. A flexible system is seen as being required to respond to changing circumstances, providing learners with the knowledge and skills they require where and when this is convenient – hence enabling all learners to empower themselves for future challenges.

The education system can be perceived as a triangle that has three stakeholders in three corners. It consists of parents, teachers and students. It is their relation, communication and support that makes or breaks the system. Parents and teachers highly influence the education of the child. More effective the relation, better the educational outcomes. Teacher, student and parent relations are also crucial in the field of teaching and learning. They are the pillars of education; build strong they will give good citizens. Taking care of this relation is of paramount importance. Now that we understand that there is a need for strong and cordial relationship between parents and teachers, let's see how we can achieve it.

Tips for Teachers

The teacher is the person who inspires and encourages the student to strive for greatness, give shape to future and nurtures their talent and potential. An effective teacher can have a positive impact on the life of a student. A good mentor can motivate the student at every point of difficulties in and out of the classroom. A good teacher, in fact, becomes a role model for students. Students tend to follow their teacher in almost every way. The teacher's caring attitude will have a major influence on the students. Student's self-esteem could be uplifted by a good teacher. Teacher gives wings to the ambitions and aim in the mind of the student for future academic success. But how a teacher behaves with parents is as im-

portant as their behavior with students. Here are some ways how teachers can improve their relations with parents:

1. Communicate constantly and consistently

Transparency in your work is the key to a better relation. In addition to this, the teacher should communicate all ups and downs of a student with their parent continuously. One cannot report the case to parents in its advance stage. Teacher has to report all signs of improvement or any change that she observes in the child. This will help teachers and parents to adopt a common method of dealing with the child.

2. Try to get into their shoes

Parents may have genuine concerns which the teacher should attend to. The teacher may be qualified and experienced to deal with various students problems. But a parent may face many hurdles and difficulties. A teacher should try to get into their shoes and understand what is wrong and why.

3. Go that extra mile

After all you are a teacher, a mentor, a guide, a friend and a philosopher to your student. Sometime a child may need some extra time or attention or some kind of help. A teacher should go

“No significant learning can happen without a significant relationship”

out of the way and help that child even it is not a part of her duty. This extra mile can create wonders which the child will cherish for his life time. So dear teachers, don't hesitate to go that extra mile.

Tips for Parents

Parents are the first and continuing educators of their children. A kid's education starts from home. Parents are their first teachers and they have a key role in shaping up their future. A balance of education at home and school moulds a student's actual learning. Parents should be a helping hand in the educational journey of their children. Parental encouragement really adds to the educational success of their children. Here's what parents can do to help teachers.

1. Be positive in your approach and attitude

The first opinion that a child develops for his school and his teacher is through his parents. If the parents discuss about the inabilities or mistakes of teacher in front of their children, they will start taking their teachers for

granted. They will not respect and obey them. They will keep doubting them as their parents have done.

2. Trust the teacher and her ways of working

Parents should also understand the fact that the teacher tries really hard. She make mistakes while multitasking, but she is trying genuinely to create that spark in your child's life. So trust her and support her wherever possible. This will help her boost the morale and work even better.

3. Be alert and updated

Times have changed and so is the system of education. Parents should update themselves with the latest trends and researches in the field of education. They should be alert what their child learns from the school and how. Their books, schedules and results should be closely monitored by parents themselves and not their tuition teachers

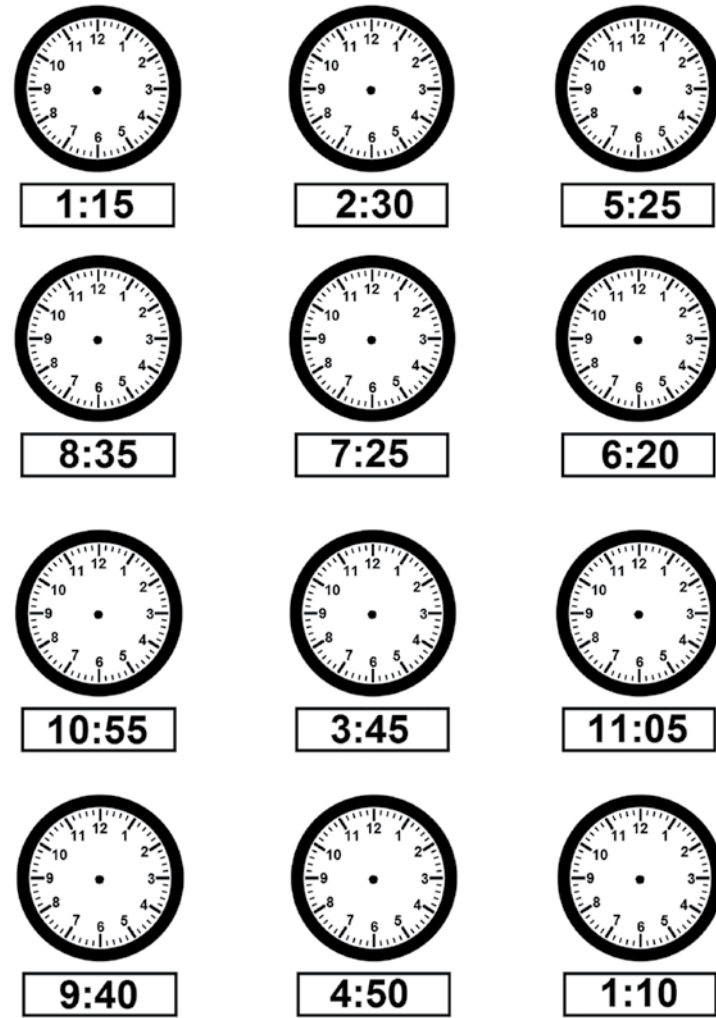
Conclusion

So come-on parents and teachers let's join hands. Let's make a strong bond that will help our children grow and develop in all aspects of life. Let's all be more open, more transparent, more cooperative and more supportive. Let's gift them a happy and safe school life!

DINOSAUR QUILT



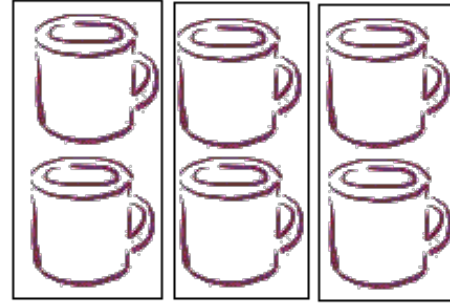
DRAW HANDS ON THE CLOCK FACE TO SHOW THE TIME



DIVIDE

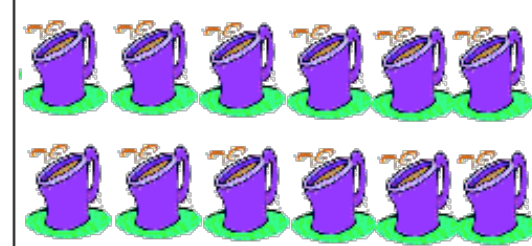
Circle the correct number of sets of objects. Write the answer above the equation.

SAMPLE



How many sets of two are there in six objects?

$$2 \overline{) 6}$$



How many sets of three are there in twelve objects?

$$3 \overline{) 12}$$



How many sets of three are there in six objects?

$$3 \overline{) 6}$$



How many sets of four are there in eight objects?

$$4 \overline{) 8}$$

$$4 \overline{) 8}$$

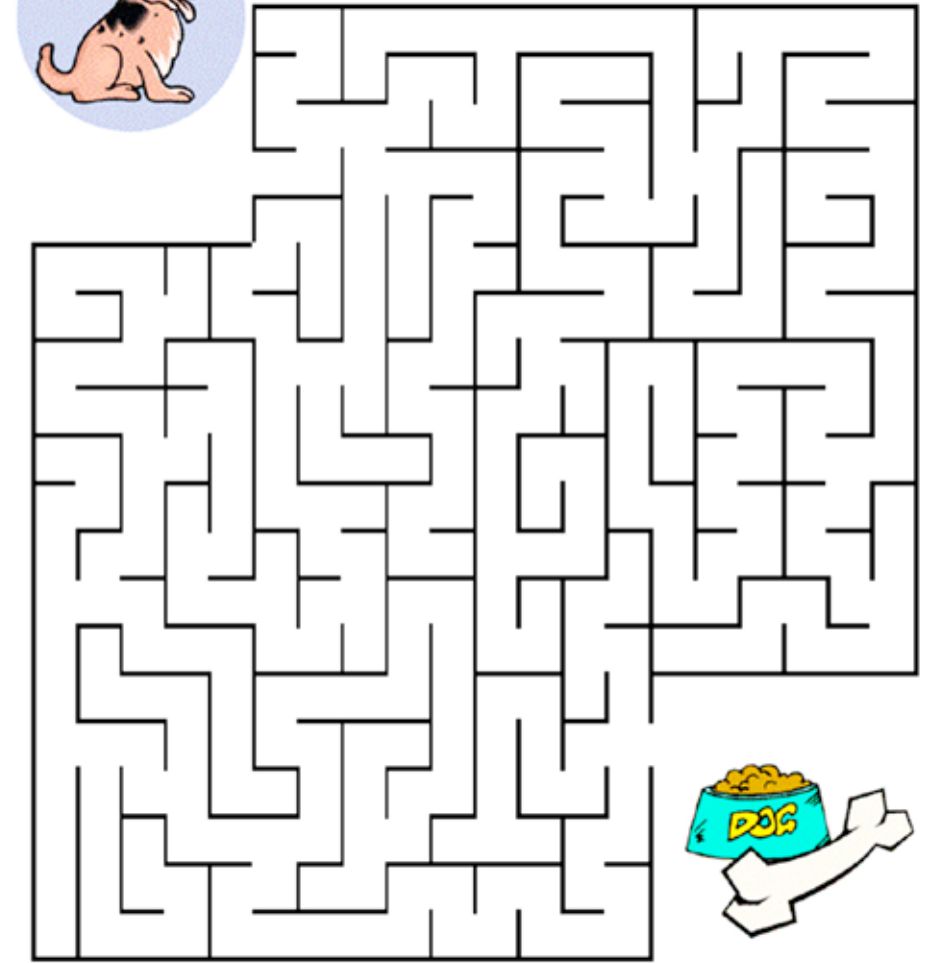
$$3 \overline{) 9}$$

$$1 \overline{) 8}$$

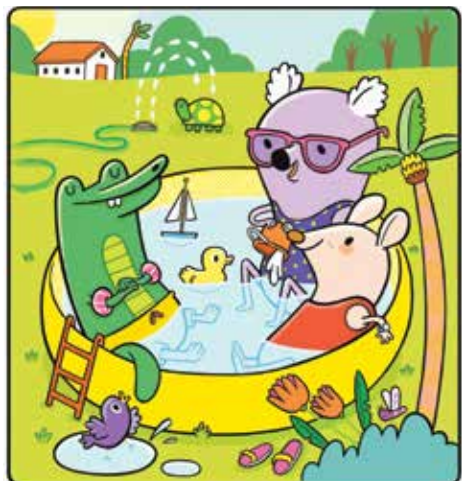
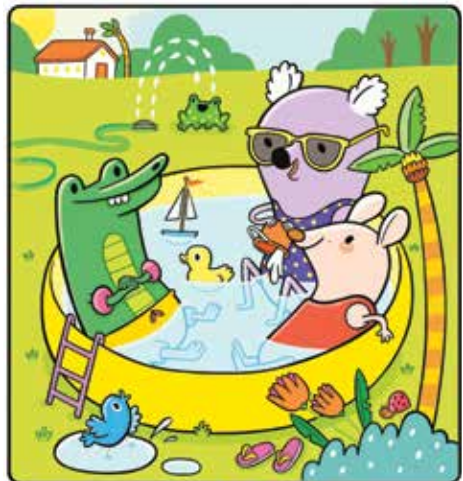
$$4 \overline{) 12}$$

AMAZING - FUN

Help the dog find his food.

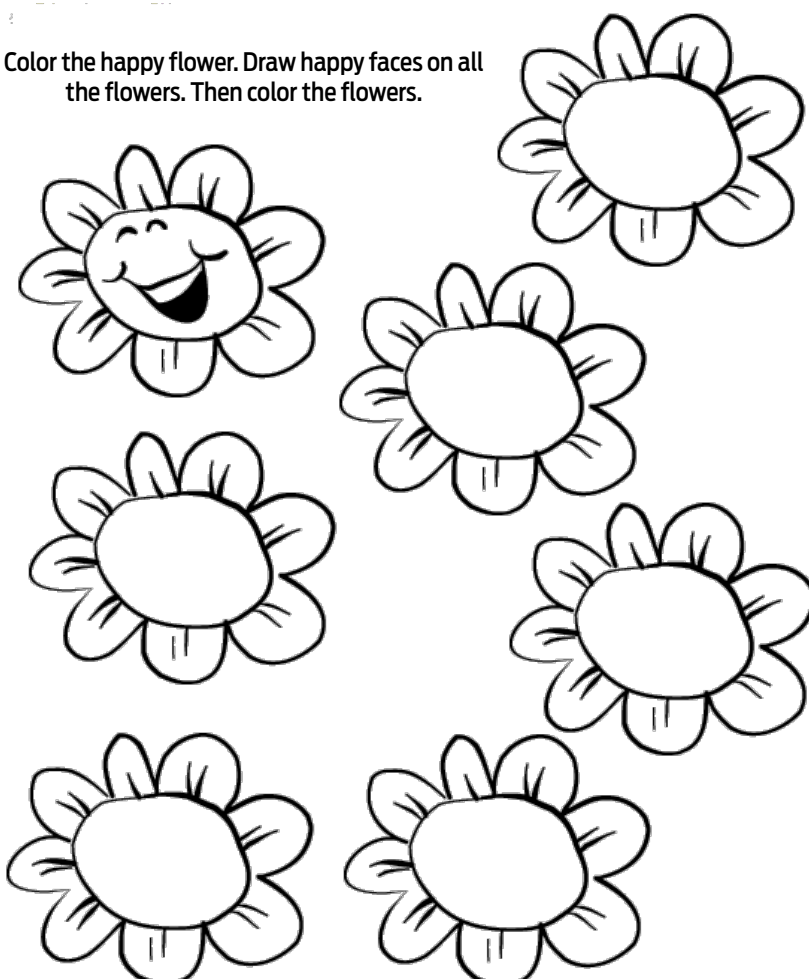


FIND THE FIVE DIFFERENCE

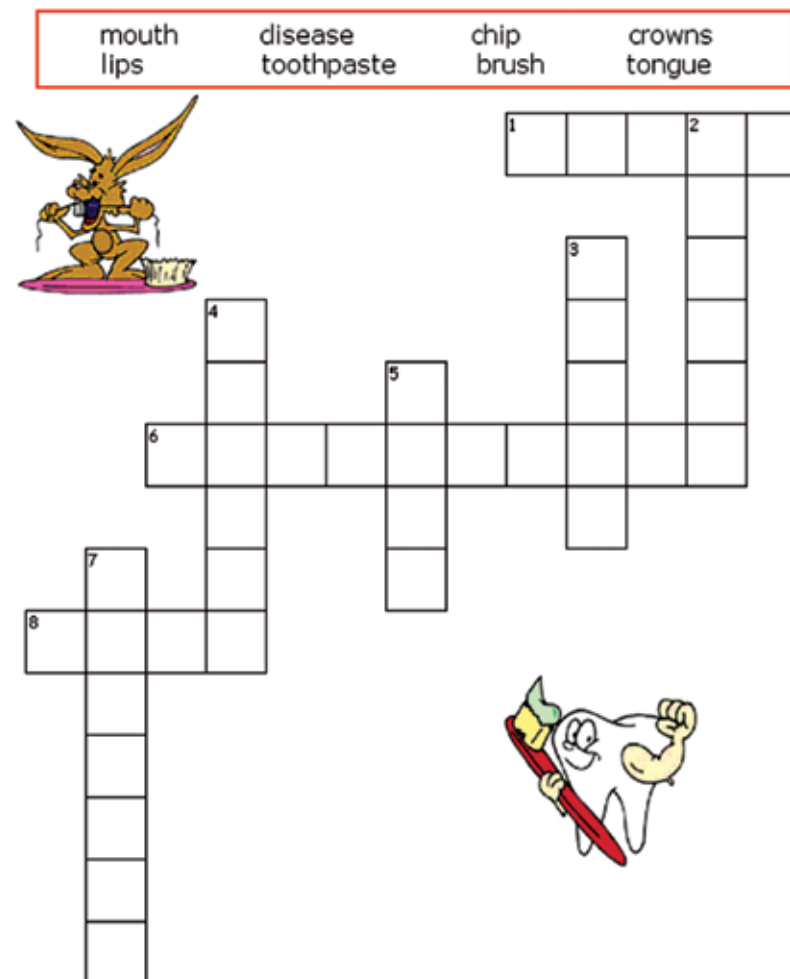


DRAW FLOWERS

Color the happy flower. Draw happy faces on all the flowers. Then color the flowers.



CRISS CROSS



WORD FIND FUN-FOREST



Find and circle these words. They run down, across, and diagonally.

trees

shrubs

flowers

plants

green

creek

animals

birds

KINDNESS

One word with many emotions. Kindness is defined as the quality of being friendly, generous, and considerate. Affection, gentleness, warmth, concern, and care are words that are associated with kindness. Being kind often requires courage and strength. Kindness is an interpersonal skill. In this fast pace world, kindness and compassion takes a back seat to selfies, self-interest and expendable human interactions. Every person is waiting to be discovered or become rich, believing it holds the key to their happiness. Yet when they attain success, they long for their former life having underestimated the trappings of fame and celebrity.

Science has now shown that devoting resources to others, rather than having more and more for yourself, brings about lasting well-being. Kindness has been found by researchers to be the most important predictor of satisfaction and stability in a marriage. Many colleges, including Harvard, are now emphasizing kindness on applications for admission. There are different ways to practice kindness. One way to be kind is to open your eyes and be active when you see people in need. Do you notice when people could use a helping hand? A sense of community is created when people are kind to those who need help.

Your eyes means noticing when others are suffering. A kind word, a smile, opening a door, or helping carry a heavy load can all be acts of kindness. Celebrating someone you love, giving honest compliments, sending an email thanking someone, telling someone how s/he is special to you, helping an elderly neighbor with yard work or food, taking a photo of someone and sending it to the person, sharing homemade food, refusing to gossip, and donating old clothing and things you don't need are all ideas about how to practice kindness.

Kindness is a willingness to full-heartedly celebrate someone else's successes. Your response to someone's successes may determine more about your relationship than how you respond when times are difficult. Do you minimize the success, not pay attention to it, or bring up all the problems with the success? Kindness is to be openly happy for the other person.

Kindness is also about telling the truth in a gentle way when doing so is helpful to the other person. Receiving accurate feedback in a loving and caring way is an important part of a trusted relationship. The courage to give and receive truthful feedback is a key component of growth and flexible thinking.

Kindness includes being kind to yourself. Do you treat yourself kindly? Do you speak gently and kindly to yourself and take good care of yourself? There are many ways to be kind and many opportunities to practice. Perhaps kindness is a value that could add more satisfaction to and strengthen your relationships.

Kindness is not something that demands hard work. It originates from the simple act of doing no harm to others. It involves judging less; however compelled you might be to do so. The ego is quick to judge when it is victimized and hurt, so it retaliates in revenge. Kindness, however, bites its tongue. It does not seek to be right but to preserve peace of mind. You gain little by giving someone a piece of your mind, other than inciting conflict and separation.



GUDI PADWA

Gudi Padwa is observed in the month of Chaitra, according to the luni-solar calendar, and is considered an auspicious day that marks the New Year, celebrates the onset of spring and the reaping of Rabi crops. Maharashtrians celebrate the day by decorating their houses and also make colorful rangoli. A special Gudi flag, generally of yellow or red color, is made and is garlanded with flowers, mango and neem leaves. It is topped with upturned silver or copper vessel signifying victory and achievement. Gudi is believed to ward off evil, invite prosperity and good luck into the house. The advent of a new year heralds new hopes, new dreams and greater chances of prosperity and wish fulfillment and so it is celebrated with a lot of joy and pompousness throughout Maharashtra.

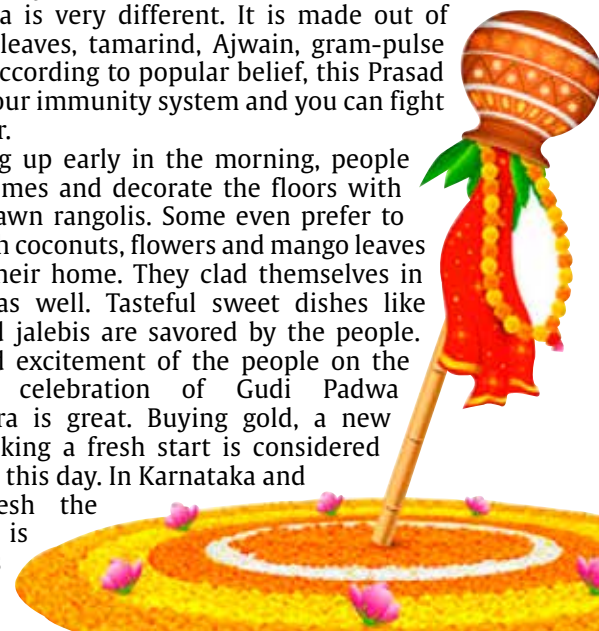
History of the Gudi Padwa in Maharashtra

According to Hindu mythology, on the day of Gudi Padwa, Brahma created the universe. Gudi symbolizes lord Rama's victory over Ravana. Since a symbol of victory is always held high, so is the gudi. This festival commemorates the coronation of Rama post his return to Ayodhya After years of exile. Maharashtra's legendary warrior, Chhatrapati Shivaji Maharaj, first started celebrating Gudi Padwa after his victory. The tradition of Gudi was initiated by Shivaji and since then, Marathi households follow it to welcome the New Year.

Description of the Gudi Padwa in Maharashtra

Unrestrained merriment marks the celebrations of Gudi Padwa. There are several rituals and customs that are associated with the celebration of this festival. A bamboo staff or gudhi is erected in front of the house. A new cloth is then tied to the gudhi. A bright garlanded vessel is hung on top of it. This is symbolic of achievement. This gudhi is devotedly worshipped and the Prasad is distributed among all the members of the family. The Prasad that you will get in any of the Maharashtra households on the occasion of Gudi Padwa is very different. It is made out of tender Neem leaves, tamarind, Ajwain, gram-pulse and jaggery. According to popular belief, this Prasad strengthens your immunity system and you can fight diseases better.

After waking up early in the morning, people clean their homes and decorate the floors with beautifully drawn rangolis. Some even prefer to keep a pot with coconuts, flowers and mango leaves just outside their home. They clad themselves in new clothes as well. Tasteful sweet dishes like shrikhand and jalebis are savored by the people. The ardor and excitement of the people on the occasion of celebration of Gudi Padwa in Maharashtra is great. Buying gold, a new vehicle or making a fresh start is considered prosperous on this day. In Karnataka and Andhra Pradesh the festival is celebrated as Ugadi.



AMBEDKAR JAYANTI

We all are living in the societal wheel, tediously moving through the different facets of life under the illusion that we are free because we have achieved Independence. But, do we truly educate ourselves enough to break the shackles of habit that bind us. It takes immense faith, belief and courage to go against the "normal" flow and create something new. One such unbelievably brave individual in the recent history of our country is Dr. Bhimrao Ambedkar.

Dr Bhimrao Ramji Ambedkar was born on April 14, 1891. He contributed greatly towards the nation as a philosopher, jurist, social reformer, politician and anthropologist. He was Independent India's first law minister and the Principal Architect of the Constitution of India, the biggest and most complex constitution in the world. His birthday is celebrated every year as 'Ambedkar Jayanti'.

WHY AMBEDKAR JAYANTI IS CELEBRATED

Ambedkar Jayanti is celebrated by the people of India to remember his immense contributions for the poor people of India. Dr. Bhimrao Ambedkar is the father of Indian Constitution who had drafted the Constitution of India. He was the great human rights activists born on 14th of April in 1891. He had established the "Bahishkrit Hitkarini Sabha" in the year 1923 in India aiming to spread the necessity of education as well as enhancing the economic status of the low group people of India. He run a social movement for people using slogan "Educate-Agitate-Organize" aiming to eradicate the casteism in India as well as rebuilding the Indian Society by following the rule of equality of human beings.

A march was also led by him in the year 1927 at Mahad, Maharashtra for establishing the equal rights for untouchable people who were not allowed to even touch or taste the water of "Public Chowdar Lake". He has been marked in the Indian history for starting the social movements like anti-caste, anti-priest movement and temple entry movement. He led the temple entry movement in the year 1930 at Kalaram Temple, Nasik, and Maharashtra for real human rights and political justice. He said that political power is not the only way to solve all the problems of depressed class people, they should get equal rights in the society in every field. He was deeply involved in making legal changes in order to protect the low class people rights during his Membership of Viceroy's Executive Council in 1942.

He paid his major contribution by protecting the Fundamental Rights (for the social freedom, equality and eradication of untouchability for low group people) and Directive Principles (enhancing the living status by securing the fair distribution of wealth) of State Policy in the Indian Constitution. He continued his social revolution till the end of his life through the Buddhism. He has been honored with the Bharat Ratna in the month of April in 1990 for his big contributions towards the Indian society.

HOW AMBEDKAR JAYANTI IS CELEBRATED

Ambedkar Jayanti is celebrated with great passion all over the India including Varanasi, Delhi and other big cities. In Varanasi the event for the birthday anniversary celebration of Dr. Ambedkar is organized by the Dr. Ambedkar Jayanti Samaroh Samiti in



A great man is different from an eminent one in that he is ready to be the servant of the society".

— Dr. B R Ambedkar

Kutchehri areas. They organize variety of events like painting, general knowledge quiz competition, debate, dance, essay writing, symposium, sports competition and drama to which many people participate including students from nearby schools. In order to celebrate this occasion, a big seminar is organized yearly by the Bhartiya Journalists Welfare Association, Lucknow.

Three days long festival (from 15th of April to 17th of April) is held at the Baba Mahashamshan Nath temple at Manikarnika ghat Varanasi where various cultural programs of dance and music are organized. Students from junior high school and primary schools make a prabhat pheri in morning and secondary school students take part in the rally at this day. At many places, free health check up camps are also organized in order to provide free of charge check up and medicines to the poor group people.

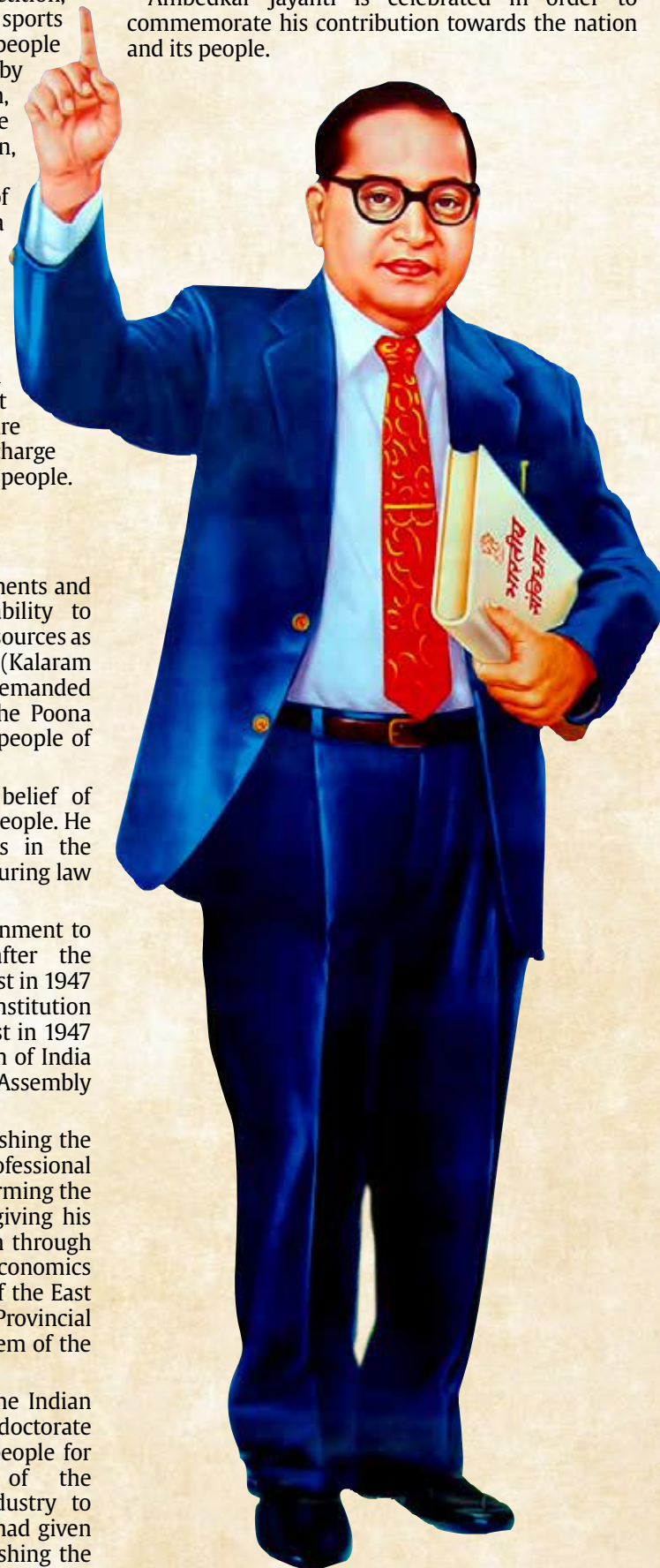
CONTRIBUTIONS OF B. R. AMBEDKAR

- He had started an active public movements and marches in 1927 against untouchability to remove the untouchability for water resources as well as enter to the Hindu temples (Kalaram Temple movement in 1930). He has demanded for the separate electorate through the Poona Pact to reserve seats for untouchable people of depressed class.
- He worked to eliminate the social belief of untouchability for the lower group of people. He protested to uplift the untouchables in the society to enhance their social status during law practice in the Bombay High Court.
- He was invited by the Congress government to serve as a first Law Minister after the independence of India on 15th of August in 1947 and appointed as a "Chairman of the Constitution Drafting Committee" on 29th of August in 1947 where he drafted the new Constitution of India which was adopted by the Constituent Assembly on 26th of November in 1949.
- He had played his great role in establishing the Reserve Bank of India as he was a professional economist. He became successful in forming the Reserve Bank of India in 1934 after giving his ideas to the Hilton Young Commission through his three successful scholarly books on economics such as "Administration and Finance of the East India Company, The Evolution of Provincial Finance in British India, and The Problem of the Rupee: Its Origin and Its Solution".
- He also played his role in planning the Indian economy as he got his Economics doctorate degree from abroad. He encouraged people for the growth and development of the industrialization and agricultural industry to enhance the economy of country. He had given ideas to the government for accomplishing the

food security goal. He encouraged people for good education, hygiene and community health as their basic requirement. He had established the Finance Commission of India.

- He had opposed the Article 370 in the Constitution of India in order to provide the special status to the people of Jammu and Kashmir, India.

Ambedkar Jayanti is celebrated in order to commemorate his contribution towards the nation and its people.



Dhruv shines in AITA tourney

City boy Dhruv Hirpara won hat-trick of titles in AITA CS7 tennis tournament that was held in Jalandhar.

In the under-16 final, Dhruv brushed aside Assam's Tushar Paul 6-3, 6-0 to win the crown.

Earlier, in the quarters, Dhruv handed a double bagel (6-0, 6-0) to Yugraj Singh of Chandigarh. The youngster then defeated Aryan Arora of Punjab 6-2, 6-2 in the semis.

It was a similar scenario for the youngster in the under-18 final where he recorded a 6-0, 6-1 win over Tushar for the crown.

Earlier in the quarters, Dhruv beat local boy Yuvraj Chohda 6-0, 6-2. However, Dhruv faced his biggest test in the semis where he overcame a midgame slump to record a 6-3, 3-6, 6-1 win over his doubles partner Aman Kumar of Uttar Pradesh.

Dhruv and Aman also joined hands to



Dhruv shines in AITA tourney

record a fighting 6-2, 4-6, 10-8 win over Amit Kumar of Uttar Pradesh and

Gurnoor Singh Kular of Punjab to win the under-18 doubles crown.

Lucky venue

Meanwhile, in another AITA CS7 tournament that was held at the same venue from March 11 to 16, Dhruv won the boys' under-16 singles crown beating Haryana's Tushar Mittal 6-4, 6-2 in the final.

Earlier in the quarters, the youngster from Gujarat beat Kanishk Pande 6-0, 6-2 while he recorded a 6-1, 6-0 win over Daksh Agarwal in the semis.

Zainab shines

In the same tournament, Gujarat's Zainab Patel won the girls' under-16 and under-18 singles crowns.

In the under-16 final, Zainab recorded a 6-2, 6-2 win over Hargunjit Kaur of Punjab while in the under-18 final, the youngster recorded a 6-0, 6-0 win over Naureen Bhardwaj of Punjab.

Gujarat's young swimmer Aryan in TOPS league



One of the promising swimmers in the country, Aryan Nehra is now among the handful of talented swimmers in the country who has been selected for the Target Olympic Podium Scheme (TOPS).

The six swimmers include young sensation Srihari Natraj (100m and 200m backstroke), Advait Page (800m and 1500m freestyle), Kushagra Rawat (400m and 800m freestyle), Kenisha Gupta (50m and 100m freestyle), Aryan Makhija (800m and 1500m freestyle) along with Ahmedabad's Nehra who has been nominated for the 1500m freestyle.

The swimmers are part of the development group for Olympic 2024 that will be held in Paris.

The inclusion would be a big boost for the 15-year-old from Ahmedabad who trains at the prestigious British International School in Phuket and making some impressive progress in recent times. After sizzling at state meets before setting the pool on fire at the junior level in national meets, Aryan had made the swim fans take note of his development after achieving 'B' mark for the World Championship in the 1500m freestyle at the recently concluded 55th Malaysia Invitational Age Group Swimming Championship.

I am pleasantly surprised with the result. I have been practicing hard and I was expecting improvement. But there is huge difference between what we expect and what we achieve," Aryan had told after his achievement.

Vaidehee's doubles delight, singles shocker



Vaidehee and Sravya win the women's doubles crown

4-6 loss in the opening set.

However, they got their composure back with a bang to level the match by winning the second set 6-1 before sealing the deal with a 10-5 win in the third set.

Earlier in the pre-quarters, Vaidehee and Sravya recorded a 6-1, 6-1 win over Maharashtra's Sharanya Shetty and Gujarat's Deesphikha Saw.

Their giant killing run started in the quarters where they shocked the second seeded pair of Dakshata Patel of Maharashtra and Moulika Ram of Telangana for a 6-3, 7-5 win. Later in the semis, they scalped the third seed pair of Anusha Kondavaati of Andhra Pradesh and Sai Dedeepya Telangana for a 6-1, 6-1 win.

Singles shocker

Despite her doubles win, it was a singles shocker for the top seed Vaidehee as she suffered a 6-7 (7), 4-6 loss against seventh seed Nidhi Chlumula of Telangana in the semifinals.

Vaidehee started her campaign with 6-0, 6-3 win over Bela Tamhankar of Maharashtra before she recorded a 6-2, 6-1 win over Delhi's Avika Sagwal. In the quarters, Vaidehee beat her doubles partner Sravya 6-3, 6-4.

SPORTS BRIEF

Shivya wins kata gold in state meet



Shivya Gohel claimed the gold medal to her name by taking the first spot in sub junior Kata category of the 4th Open State Taekwondo Cup that concluded in the city recently. The seven-year-old aced the 16-18kg weight category by defeating Doon Sharma and Kinjal Patel in the deciding rounds.

Title for Hridhaan



Hridhaan Osatwal came out with an impressive show to win boys' under-10 crown in the Gujarat State Ranking Tennis Tournament that was held at Neon Tennis Academy. In the final, the youngster recorded a comfortable 8-3 win over Dev Patel.

Hridhaan started his campaign with a 5-1 win over Kshitij Jain in the first round. Showing his form, Hridhaan then blanked Vedant Patel 6-0 in the pre-quarters. Continuing his winning march, Hridhaan then edged out Preet Verma 7-2 in the quarters before handing a bagel to Surajpal Singh Rajput with a 7-0 win in the semis.

Kunal powers APM to victory

Kunal Hotchandani shone with the ball as Anand Pragati Mandal (APM) thwarted Bharat Vijay Mills (BVM) for a 49-run win in the Ganesh Cup Minor tournament that commenced at Sardar Patel Stadium on 22nd march, 2019. Choosing to bat, APM boys posted a total of 206/10 in 35 overs. Suchit Patel top-scored for the team with a 39-ball 40. For BVM, Kuldip Darbar picked five wickets while Prakash Patel took three but their efforts went in vain as the rival team's bowling side overpowered them. As they returned, BVM fell prey to APM's bowling attack as they collapsed for 157/10 in 31 overs. Chintan topped the chart for his team with a spell of 39-ball 40.

Dhanush bags a brace



Dhanush Patel of St Kabir School, Drive-in, aced the U-16 Boys singles and doubles event of AITA Championship Series that concluded in Jaipur on 22nd march, 2019. Fourth-seed Dhanush was at his best in the final match; easily taming the third seeded Devaharshith Neelam of Telangana 6-1, 6-2. Dhanush was serving great in the match and hit 6 aces in the game. Earlier in the semi-finals, the right handed player beat Krish Waghani of Maharashtra 6-2, 6-4. While in the quarters, Dhanush beat eighth seeded Shafaat Ali Asghar of Rajasthan 6-1, 6-2.

Guj High Court 'A' triumphs

Pranav Naik displayed some all-round skills for Gujarat High Court 'A' (GHCA) as they romped out Mehsana District Court (MDC) by nine runs in the final match of Late Justice Shri SD Shah T-20 memorial cup that concluded recently on Gujarat University cricket ground. Electing to bat, GHCA managed to put up a total of 147/4 in the given 20 overs. Pranav top-scored with an unbeaten 20-ball 40 while Riyaz chipped in with an unbeaten 15-ball 20. For MDC, Kyshap Kadiya picked two wickets and Mohd Husen Fakir took one. Returning, MDC could not chase the given target and fell short of nine runs for an upset loss. Vishal Vyas top-scored with a 33-ball 50 and Bhavesh Thakar added 33-ball 28. For the winning team, Pranav scalped five wickets while Rajnish took two.



'GET READY TO COME BACK!'

Juventus will hope Ronaldo recreates his magic of 2016 as they seek to end 23-year-old wait

Source: Internet

Juventus's Champions League hopes are hanging on Cristiano Ronaldo pulling off another sensational comeback as the Italians trail 2-0 to defensive specialists Atletico Madrid going into the last 16, secondleg tie in Turin on Tuesday.

"We didn't expect to lose the first leg 2-0, but anything can happen, and we want to give a great response in our home, in front of our fans," Ronaldo told Juventus TV ahead of the game in the Allianz Stadium. "These are the great nights, the fantastic ones: the Champions League nights," he continued.

"The team is confident of playing a great game and I am too. To the fans I say: think positive, let's believe."

"Get ready to come back!"

The seven-time reigning Italian champions bought Ronaldo last summer from Real Madrid for \$117 million to end their Champions League heartbreak going back 23 years.

Past inspirations

The 34-year-old's stunning overhead kick for Real in the quarter-finals in Turin last April had dumped Juventus out of the tournament once again.

Expectations are high that he can

reproduce his improbable hat-trick which lifted Real Madrid past Wolfsburg in April 2016 with the Spaniards 2-0 down to the Germans after the first leg.

Juventus have come from behind in the elite European competition eight times – including in the 1996 quarter-finals against Real Madrid on their way to winning the title.

They also lifted the European trophy in 1985, but have finished runners-up five times since their last success, including twice in the past four years. "CR7 is here for that," wrote Italian sports daily Corriere dello Sport, of "a game Cristiano cannot get wrong."

"He wasn't signed to win the Scudetto or to boost merchandising, Juve are waiting to end years of disappointments." Ronaldo won five Champions League titles with Manchester United and Real Madrid and has scored a record 121 goals of which 57 have proved decisive.

The reality is...

The top scorer in the Champions League for the last six seasons, he has however scored just once in this year's competition, delivering a performance far below expectations in Madrid.

Since the Madrid game he has not scored in the league and has been

overtaken as the top Serie A scorer by Sampdoria's Fabio Quagliarella, who has 20 goals to Ronaldo's 19.

The problem for Juventus is they need to score at least twice against a team that specialises in defence.

Diego Simeone's Atletico – second in La Liga – have not conceded a goal for five games.

"Everyone knows that they are a strong team, they defend very well, they don't take a lot of risks and they play on the counter-attack, but we are ready, and we will do everything we can to beat them," said Ronaldo, who has scored 22 goals against Atletico.

"The fine details will make the difference, and we want to win and qualify for the quarter-finals."

At stake, coach's fate

Allegri's future at the club he has won 10 trophies with since 2014 will likely hinge on this game. The Juventus coach knows the stakes are high.

"I think expectations have been raised far too much and it has become an obsession," said the 51 year-old.

"Since I arrived, the Champions League has always been an objective, but if people say that it's a failure if Juventus go out, that is not right."

Saina Nehwal withdraws from India Open tourney



Acce shuttler Saina Nehwal Wednesday pulled out of the Indian Open BWF World Tour Super 500 which begins Tuesday, after failing to recover from an acute gastroenteritis problem. Saina, who turned 29 last Monday, had played through pain during the All England Championships after suffering from an acute gastroenteritis and mild pancreatitis ahead of the tournament.

Sarita books Asian C'ship berth

Income Tax officer from the state Sarita Gayakwad came out with an impressive display as the Asian Games gold medalist won the women's 400m hurdles gold in 23rd Federation Cup National Senior Athletics Championship. Sarita set a new meet record with 57.21 seconds to win the gold medal in the tournament that was held in Patiala. The win also helped her qualify for the Asian Athletics Championship that will be held in Doha.

Karnataka's M Arpitha clocked 57.45s for the silver medal while Odisha's Jauna Murmu took the third place in 57.58s.

Creditable third

The 25-year-old from Dang also added another medal to her kitty as she finished a creditable third behind



Sarita created a new meet record

international stars Hima Das and MR Poovamma in 400m.

While Assam's Hima clocked 52.88s for the gold, Karnataka's Poovamma clocked 53.15s for the silver medal. Sarita was third with 53.28s.

SPORTS BRIEF

Marathon runner Gopi qualifies for Doha Worlds



India's Asian marathon champion Gopi Thonakal has qualified for the World Athletics Championships to be held in Doha in September-October after finishing 11th in the Seoul International Marathon. The 30-year-old Gopi clocked his personal best

time of 2 hours 13 minutes 39 seconds in the marathon race on Sunday, bettering the World Championships qualification mark of 2:16:00. His earlier best was 2:15:16 last year. Gopi's time is the second best ever by an Indian after the four-decade old national record of 2:12:00, which is held by Shivnath Singh.

Prajnesh rises to career high 84 post Indian Wells run

The breakthrough run at the Indian Wells has propelled India's Prajnesh Gunneswaran to career-high rank of 84 but injured Yuki Bhambhani on Monday dropped out of top-200 for the first time in almost two years. He was followed by Ramkumar Ramanathan (139), who dropped three places. In the doubles, Jeevan Nedunchezhiyan touched a new career-high of 64 and was third highest-ranked player of the country after Rohan Bopanna (36, +2) and Divij Sharan (41, -1). In the WTA rankings, Ankita Raina continues to be India's top-ranked player at 168.

FIH to do away with Hockey Series after 2019

The International Hockey Federation (FIH) will do away with its Hockey Series events after this year to enable its member associations to focus more on continental qualifiers and championships, the game's governing body said Tuesday. Insisting that the inaugural edition of the ongoing FIH Pro League has been a success, the world body said it will stop the Hockey Series events, which also serve as World Cup and Olympic qualifiers, after this year. Instead, the world body has decided to give more emphasis on continental tournaments for qualifications in big events like the World Cup and Olympics.

KT Irfan becomes first Indian athlete to qualify for Tokyo



National record holder KT Irfan became the first Indian from athletics to qualify for the next year's Olympics while finishing fourth in the 20 km event of the Asian Race Walking Championships in Nomi, Japan. The 29-year-old Irfan clocked 1hour 20 minutes and 57 seconds to better the Tokyo Olympics qualification

standard of 1hour 21minutes. The Olympics qualification period for race walk events and marathon race has begun from January 1st this year and will run till May 31, 2020. The Olympics qualification period for all other athletics events will start from May 1st this year and will run till June 29, 2020. No other Indian from athletics has so far qualified for Tokyo Olympics.

Annu Rani re-writes national record in Javelin throw

Javelin thrower Annu Rani rewrote her own national record to clinch the gold and qualify for both the Asian and World Championships on the third and penultimate day of the Federation Cup National Senior Athletics Championships on Sunday. The 26-year-old Rani, who represented Uttar Pradesh, hurled the spear to a distance of 62.34m, nearly half a metre more than her earlier national record of 61.86m that she recorded in 2017. She also qualified for the Asian Championships, also to be held in Doha next month, for which the qualifying standard of 58m was set by the Athletics Federation of India.

NATION

Goa CM Manohar Parrikar passes away aged 63 after prolonged illness



Goa chief minister Manohar Parrikar passed away aged 63 on 17th march, 2019 after prolonged illness. He had been in and out of hospitals in Goa, Mumbai, Delhi and New York since February 2018. Parrikar had first become Goa CM in 2000 and had also served as Defence Minister of India from 2014 to 2017. He was cremated with full state honors in panaji. Pramod Sawant has been sworn in as the new Goa chief minister.

Delhi police get hi-tech mobile control room bus worth 3.7 crore rupees



Delhi police on 19th march, 2019 inducted a Mobile Control Room bus with all modern equipment into service. The bus, built by Bengaluru-based firm Mistral at the cost of 3.7 crore rupees, is fitted with latest equipment including Integrated Communication System (ICT), voice logger and CCTV surveillance among others. The bus can be deployed at a strategic location at short notice.

T-series overtakes PewDiePie as most subscribed YouTube channel



Indian music label T-series YouTube channel has become the platform's most subscribed after overtaking PewDiePie, run by 29-year-old Felix Kjellberg. PewDiePie and T-series have more than 90.2 million subscribers each on YouTube. Notably, T-series already has the most-watched YouTube channel in the world with nearly 65 billion views while PewDiePie's videos have been seen 20.7 billion times.

India's deepest shaft cave discovered in Meghalaya



India's deepest shaft cave Krem Um Ladaw has been discovered in Meghalaya's East Khasi Hills district during the annual 'Caving in the Adobe of the Clouds Expedition'. The cave has a 105 m deep shaft entrance passage, Meghalaya Adventurers' Association General Secretary Brian Kharpran Daly said. This comes a year after the world's longest sandstone cave was discovered in Meghalaya.

Facebook seeks to invest in Indian content startups: Report

Facebook is in early-stage talks for the first time to invest in several regional content startups in India, Livemint reported. 'Facebook hasn't been able to crack the vernacular content space', the report cited sources. "Any startup funding would also be a departure from Facebook's usual strategy of buying companies outright," the report further said.

facebook

INTERNATIONAL

India slips 7 spots in global list of happiest nations

Indians are not as happy in 2019 as they were in 2018 and the country figures at 140th place, seven spots down from last year, on this year's UN World Happiness Report released Wednesday which is topped by Finland for the second year in a row. The report was released by the Sustainable Development Solutions Network for the United Nations on March 20 which has been declared as World Happiness Day by the UN General Assembly in 2012.

The report ranks countries on six key variables that support well-being: income, freedom, trust, healthy life expectancy, social support and generosity.

According to the report, the overall world happiness has fallen over the past few years, which has mostly been fuelled by a sustained drop in India, which came in 140th place this year compared with 133rd place in 2018.

The UN's seventh annual World Happiness Report, which ranks the world's 156 countries on how happy their citizens perceive themselves to be, also noted that there has been an increase in negative emotions, including worry, sadness and anger. Finland has been ranked as the happiest country in the



world for the second year in succession. The Nordic nation is followed by Denmark, Norway, Iceland and The Netherlands. Pakistan is ranked 67th, Bangladesh 125th and China is place at 93rd, according to the report. People in war-torn South Sudan are the most unhappy with their lives, followed by Central African Republic

(155), Afghanistan (154), Tanzania (153) and Rwanda (152).

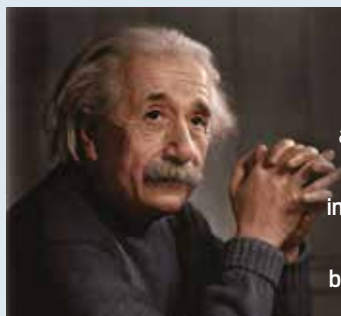
The happiness study ranks the countries of the world on the basis of questions from the Gallup World Poll. The results are then correlated with other factors, including GDP and social security. The United States ranks at 19th place for happiness, despite being one of the richest countries in the world. Members of a laughter club in Mumbai during a session at Girgaum Chowpatty

Human brain surgery from 3000 km away via 5G done in china



A Chinese surgeon has performed remote brain surgery on a human using 5G technology developed by Huawei, state media reported. Dr. Ling Zhipei remotely implanted a neurostimulator into his patient's brain and manipulated the instruments in a Beijing-based hospital from a clinic on Hainan Island 3000 km away. The surgery on the Parkinson's patient lasted three hours and ended successfully.

BIRTHDAY WISHES



ALBERT EINSTEIN 14th MARCH 1879

On his birthday let's remind ourselves one of the great advices he gave i.e. "we cannot solve our problems with the same thinking we used when we created them". Einstein's child-like wonderment at world is both refreshing and infectious. He had a very different perspective and insightful thoughts on everything from religion and racism to human stupidity and income tax. He's still seen as one of the most brilliant minds in science and the most fascinating character in the history.



KALPANA CHAUHAN 17th MARCH 1962

Kalpna Chauhan - the first woman of Indian origin to go to space. A tomboy from beginning she developed a passion of airplanes in her early childhood. She is an inspiration for many youngsters out there who want to pursue their dreams. She always said "The path from dreams to success does exist. May you have the vision to find it, the courage to get on to it, and the perseverance to follow it."

MARY KOM 01st MARCH 1983

Mary Kom has positioned India in many international tournaments and is one of the best boxers in the nation at the moment. She is definitely an inspiration to many athletes who aspire to represent their country in a sport of their choice. As the boxer is turning a year old, we wish her a very Happy Birthday!



SAINA NEHWAL 17th MARCH 1990

Happy Birthday to the most amazing badminton player and the first Indian to win a gold medal in badminton at Olympics. She was the youngest player to win a four star tournament - Philippine Open - in May 2006. She was just 16 years old when she achieved the feat. She is truly an inspiration to many.



GUJCET PREPARATION TIPS: HOW TO PREPARE FOR GUJCET 2019



The first step towards cracking GUJCET 2019 is to have a good preparation plan. Once you know exactly what has to be prepared, then it certainly becomes easy to study. While preparing for GUJCET 2019, candidates must plan to cover the syllabus in a manner that not just allows them to dedicate sufficient time to the important topics but also boost their confidence to score high in the examination. Here, we have some useful tips and tricks to crack the GUJCET 2019.

The Gujarat Common Entrance Test (GUJCET) is an offline exam, which takes place every year in the month of April for all the candidates seeking admission in Engineering and Pharmacy programmes offered by the Government, Govt. aided and self-financed institutes of Gujarat.

Now, let's take a look at some important pointers that can be considered for GUJCET 2019 preparation.

Time Management

The most important part of the preparation for GUJCET is time management. Time management is considered to be perfect if a candidate manages to cover the entire syllabus in whatever time is available. Taking out some time for revision and relaxation from the exam timetable is a sign of good management of time.

Creating a Study Plan

During the exam season, planning and implementing a study plan is essential to cover every bit of the syllabus. Before creating a study plan for GUJCET preparation, candidates should map out the study portions that need to be covered. An effective study plan can be accomplished only when the entire syllabus is covered in it. Select important chapters and prepare them first. Keep time for revision in the everyday study plan. This will help candidates in completing the entire syllabus on time and will also reduce their stress level ahead of the exam.

Prepare Short Notes

One of the most productive ways to prepare for GUJCET is to make short notes. For better exam preparation, making short-notes subject-wise can help candidates at the time of revision. Short-notes can help candidate's brush-up the entire syllabus quickly in the run-up to the entrance exam.

Self-Assessment

It is indeed important for candidates to

evaluate their preparation from time-to-time. Self-assessment done on a regular basis can help candidates check and analyze their preparation so that improvements in the study plan can be done if needed. It will also help in focusing on weaker sections of the syllabus so that more attention can be given to such sections.

Be Clear With Concepts

It is obvious that if your concepts are not clear it will be tough for you to successfully proceed with your preparation. Understand the topic from every perspective. Give your preparation such an edge that you are ready to answer all kinds of ifs and buts yourself.

Practice Diligently

Solve a sufficient number of GUJCET practice questions with increasing difficulty level every time you are done with a chapter. Mark the difficult questions and solve them again later. You can also solve JEE Main practice questions as JEE Main and GUJCET have almost the same syllabus.

GUJCET 2019 Mock Tests

While preparing for the entrance test, you must try and solve as many GUJCET mock tests as possible to get familiar with the examination pattern and the type of questions asked in the test. Solving mock tests is important for better exam preparation as it gives a lot of knowledge about the final exam. It also helps candidates in evaluating their overall performance.

GUJCET Preparation Tips for Physics

1. Make sure you understand each and every concept in a manner that you

are able to visualize them.

2. All the formulas and equations should be at your fingertips.
3. Allocate a minimum of 3 hours to solve MCQs and maintain your speed of solving it.

The important topics for GUJCET Physics are as under

- i) Current Electricity
- ii) Heat and Thermodynamics
- iii) Electrostatics
- iv) Magnetic Effect of Current and Magnetism
- v) Wave Optics
- vi) Physics of Nucleus
- vii) Semiconductor Electronics
- viii) Atoms

The best GUJCET Preparation Books for Physics

1. Concepts of Physics by HC Verma
2. Fundamentals of Physics by Halliday Walker and Resnick

GUJCET Preparation Tips for Chemistry

1. Make note of all important equations, reactions, formulas and practice them on a regular basis.
2. Solve a sufficient number of questions for each and every topic.
3. Study Chemistry on a regular basis.

Below are the important topics for Chemistry

- i) Chemical Kinetics
- ii) Chemical Bonding
- iii) General Organic Chemistry
- iv) p-Block Elements II
- v) Chemical Equilibrium
- vi) Coordination Compounds

The essential GUJCET Prepara-

tion Books for Chemistry are as under

1. Physical Chemistry by RC Mukherji
2. Organic Chemistry by Morison and Boyd

GUJCET Preparation Tips for Mathematics

1. Never mug up steps to solve the problems. Understand them first. Same goes with shortcuts.
2. Always maintain a note for every formula you memorize and practice them.
3. Solve problems on a daily basis.

The important topics for GUJCET Mathematics are as under

- i) Vectors
- ii) Probability
- iii) Three Dimensional Geometry
- iv) Indefinite Integration
- v) Definite Integration
- vi) Permutation and Combination
- vii) Complex Numbers

The essential GUJCET Preparation Books for Mathematics are as under

1. Class XI and XII Mathematics by RS Aggarwal
2. Problems in Calculus of One Variable by IA Maron

Now you have a detailed article on GUJCET Preparation tips. Keep these in mind as you plan your preparation.

Make sure you take GUJCET Mock Test Series once you have finished the whole GUJCET syllabus and learn from your weaknesses and mistakes. This will ensure you don't make the same mistakes in the actual exam.



NIPA SHUKLA
CEO
The Open Page

School should prepare you for life in the real-world



Your ability to function successfully as an adult will depend at least in part on how well you can read a recipe, write a letter, or calculate a tip. In other words, much of what they learn in school is worth remembering, if not for your professional future, for your personal life.

But just how well are schools actually equipping students to become functional members of society? While few could question the value of reading, writing, and arithmetic, is this really everything we need to know?

Indeed, it seems that young humans are generally sent into the world with plenty of education but a dearth of practical knowledge to help them navigate everyday life. In the interests of dispatching more young learners into adulthood with the practical skills and knowledge needed to survive, we should equip them with the following skills.

COOKING

It's simply better for your health and for your wallet to cook meals at home. Considering that food is essential to everyday living and physical survival, we should know how to prepare it!

Unfortunately, not everybody learns how to do this in the comfort of the family kitchen. The proliferation of pre-packaged foods and drive-thru restaurants means that for many, knife skills and plating principles are a distant afterthought. Surely, not everyone is meant to become a chef at a Five or a three-star restaurant, but we should know how to make a tea or small bit on lunch / dinner so that you do not end up starving when left with no option.

People who frequently cook meals at home eat healthier and consume fewer calories than those who cook less. Whether schools do it as a special subject for all the students but a cooking education should be required.

FIRST AID

It is vital to have practical knowledge of first aid. You never know where you'll be — or how far away from first responders — when emergency strikes. Creating a citizenry with the ability to provide basic and emergency first aid should be a top priority for our schools. From administering CPR or treating allergic reactions and stopping profuse bleeding, first aid techniques can save lives.

In order for young children and teenagers to grow into responsible, independent, young adults who can take proper care of themselves and others, they need to be able to recognize the signs of dehydration, concussion, and heat exhaustion, among other dangerous medical scenarios. It's also just as important to recognize when a situation cannot be resolved without a trip to the Doctor. Making a quick and in-

formed decision can be the difference between life and death. Let's be sure that all of our students understand the basics of first aid administration and have presence of mind when there is an emergency such as a fire / earthquake / short-circuit and to be alert by the time they leave high school.

ETIQUETTE

Blame it on today's casual culture or smartphones or the language of television, but not all children learn the proper rules of social order in the home. Children learn from example, and if parents and the media aren't modeling good manners, it may fall on the school to cultivate "pleases" and "thank-yous."

It may seem like a small and petty matter, but we could perhaps go a great distance to reduce the vitriol and anger in our public discourse if we all learned to treat each other with greater dignity and respect. It may be time to resurrect the concept of the mandatory school etiquette class.

HOUSEHOLD REPAIRS

For all the joys that come with home ownership, the list of headaches — from installing light fixtures to fixing leaky faucets — is never-ending. Being a responsible member of the family it is also the joint responsibility of children to own the issues in the home, one would do well to learn how to manage these problems.

Your first taste of maintenance and upkeep can be overwhelming. The

techniques and technicalities specific to some repairs really do require the help of a trained authority. Schools should employ such authorities. Knowing how to use the proper tools for various tasks not only delivers a cost savings, but also instills a sense of pride. There is value in being able to create, construct, and repair with your own two hands, and there is value in knowing which repairs or renovations you can handle personally and which are best left in the hands of the professionals.

AUTOMOBILE MAINTENANCE

No schools typically offer driver's education. This course is aimed at preparing teenage students to get behind the wheel. As such, it provides instruction on the rules of the road and the actual practice of driving. Both are necessary to pass the written and road tests required to earn one's license.

However, one major aspect of motorist training is largely overlooked. There is no knowledge is given to students at school level for automobile maintenance and repair. Of course, cars aren't cheap. Learning how to change your own tyre, oil, filters, belts, windshield wipers, and battery could save you a lot of money over the lifetime. And learning how to diagnose your own auto problems is perhaps the best way to avoid being the victim of an unpredicted auto problem. We could empower our students to greater self-sufficiency, savings, and safety by arming them with the tools to keep their own vehicles rolling.

NEGOTIATING

Apart from joining the debate team, students currently have little opportunity to learn and practice the art of negotiation. More than mere arguing, negotiation is a skill in which cogent logic, artful persuasion, and effective compromise are essential.

Learning how to negotiate isn't just an important skill for getting a good deal or making a case for a salary raise. Negotiation centers on conflict resolution and problem solving, and is a prime platform for delving into creative and critical thinking, for managing personal relationships, and for strengthening professional partnerships. Negotiation is an art that must be taught, practiced in order to be mastered.

It should be the province of schools to teach even those students not affiliated with the debate team to advance their priorities and interests by employing and refining proven negotiating skills.

SOCIAL MEDIA SAFETY

Recent studies show that 71 percent of teens say they use at least one, if not more, of the following social networks: Whatsapp, Facebook, Google+, Instagram, Twitter & Snap chat

Like it or not, social media aren't going anywhere. This means that young students today and in future generations must learn to handle themselves properly on such platforms. At present, 34 percent of students report experiencing cyber-bullying in their lifetimes.

While some schools now provide mini-units of study on internet safety, more is necessary. Unfortunately, one in three parents believes their teens to be much more tech-savvy than they are, leaving them with a sense of helplessness when it comes to their teen's online behaviors. Only 21.7 percent of parents think their teens can get in trouble online. This parental disconnect from reality is disconcerting.

Apart from the basic importance of teaching young users to recognize and report predators, as well as to discourage cyber-bullying, students should receive a proper education on digital behavior. From avoiding social oversharing, and accidentally hitting "Reply All," to maintaining privacy and preserving one's public reputation, students need to know how to exist safely and how to self-regulate in a digital world.