

# The Open Page

## Inspire Learning

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## INSIDE

### Home Made Play Dough



Junior Scientists must have a responsible adult assistant to help!

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### Raksha Bandhan...



Raksha Bandhan, also Rakshabandhan, is a popular, traditionally Hindu, annual rite, or ceremony, which is central to a festival of the same name, celebrated in India, some other parts of South Asia, and among people around the world influenced by Hindu culture.

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### IPL 2020...



Indian Premier League is set to return to UAE for the second time after it hosted the first leg of 2014 edition due to the general elections being held in India that year.

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### My Bucket List Accidentally...



In today's world, I am sure we would have everyone who would have learnt about bucket list and am also confident many tasks accomplished and many more to go.

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## It's the NEW NORMAL



**ANJU KUMARI**  
Principal  
Tripada Gurukulam Campus  
Virangam

Having passed through multiple lockdowns and unlocks, living the abiding fear of rising Covid-19 infections and fatalities and windows of 'freedom' which are erratically opened and abruptly closed, Gujarat is reeling under uncertainty.

With the COVID-19 lockdown in place, smog has given way to blue skies, waterways are seeing more marine life, and pollution levels have dropped to a large extent. In the thick of all the gloom and doom, there is a silver lining. Mother earth seems to have rejuvenated herself. If someone would ask me how social distancing going is on, and I would reply indulging in healing, self-love and soul searching. During the lockdown everyone stayed home, read books, listened to music, danced, tried hands on cooking, some meditated, some prayed, exercised, played games, rested, made art and learned many new ways to enjoy life. And, in the absence of people living in ignorant, dangerous, mindless, and heartless ways, the earth began to heal.

Parents, children all were at home spending time together playing games and understanding each other and relationships grew better. We have started doing many positive things that we have been ignoring for long. COVID 19 has made us realize what we need to do to balance our life and fill the gaps of our lifestyle, our nature and universe. It's easy to let negative thoughts creep in, but despite all of this, keeping a positive mindset has gone a long way in passing through this difficult time. During this chaos, we realized the importance of humanity, the implications of our actions.

This lockdown served as a mirror to our privileges and people are thankful for everything they have. The lifestyle of all individuals, families and society at large has changed considerably. Our diet now includes more immunity-boosting ingredients. We have also become serious on our workouts, Yoga and serious of our daily routine. Gyms have now not become a compulsion to do workouts. Social distancing and doing this solo has become the new normal.

There is a lot more emphasis on hy-



giene nowadays.

We are using hand sanitizers, putting clothes inside washing machines the moment we get back home, and having a bath more than once every day. These newly developed good habits shall remain unchanged for years to come.

Many sectors in which social distancing get inevitably threatened must redefine their approach. Educational institutions cannot have classrooms with each student sitting one foot away from the other. The fear of coronavirus won't evaporate overnight and students won't be comfortable sitting inside crowded classrooms. Their parents may not allow them to do that anyway, which is understandable. Online learning and work from home has become the new normal and most of them are really appreciating it. We had been hearing since long that the time would come when everything will be online and within our reach with the simple click of few buttons on our keyboard. Perhaps this pandemic became the cause, which brought a complete revolution in our thoughts. We can see how education can be more digitalized and affordable in future. A lot of companies are working worldwide to make work from home software's. It's such a great opportunity for all of us. Remote working would be the new mainstream.

The entertainment industry must

take a fresh look at its manner of functioning with actors, in particular, being tested before sequences involving physical proximity are filmed. Personal entertainment on laptops and cell phones will be prioritized over a visit to the theatre, which will struggle to attract footfalls.

Lockdown has also taught us how to host dinners and special events keeping in mind the new health and hygiene norms. It has also taught us how to minimize the use of external agencies coming to clean and work.

It also taught us the art of doing nothing sometimes. Your body and mind is your home and you have to learn how to love it and live with it. I would say it's now a pause. Like every other pandemic we had in the past, this too shall pass, but not without exacting its toll. In the meantime, self-isolation during this extended period of lockdown can become a tinsel bit more bearable when we manage to focus on the positive impacts the COVID-19 pandemic has brought to India and the rest of the world.

We are now turning to being human once again by contributing our due care to ourselves, our family, neighborhood, city, country and environment as well. In short we are not just cleansing ourselves but our thoughts and way of living too which is a good start due to bad VIRUS.

Although COVID19 is a deadly virus and has taken lot of lives but again the positive part of it is that it is giving us a way of thinking to be hygienic physically and mentally, no virus can damage any of us till we are united and strong and abide the country rules and regulations.

"Stay home stay safe and help each other"





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

## Various Activities Celebrated By The Students Of CCIS SG Campus



Fancy Dress Competition



Yellow Day Celebration



Yoga Day



## Students of CCIS Green Campus Celebrated World Nature Conservation Day



## "Little Master Chef of LML"



As saying goes healthy cooking leads to sound health. For pre primary students a 'Non fire cooking activity' was conducted on 2/July/2020. It was conducted with a view to create an awareness about the nutritional value of cooked food without fire. The students of pre primary were dressed up as chef and prepared chocolate balls. They presented the dish in artistic and aesthetic way. Through video students were taught to make choco balls without fire. They enjoyed making choco balls and of course loved eating them too! This provides kids practical experience with many skills such as following directions, develop motor skills, eye hand coordination and vocabulary. All the children participated with full zeal and enthusiasm.

—Naina Vankar, Educator, LML School

### What to be Quarantine...??

Yes, actually what to be.....

This time we got chance to Quarantine, Our thought clasp the negativity fear, anger, anxiety, & so on....

Time to do some fecund as we all are learners, We can append so may things .

"Clouds come floating into my life no longer to carry rain or usher storms but to add color to my sunset SKY"

—Rabindranath Tagore

We all are in a journey of learning. This time will add definitely new Colum, time to think!!! The new adaptation which will be helpful to US. Evolution is everywhere.

"Don't limit a child (or to anyone) to your own learning, for he was born in another time"

—Rabindranath Tagore

New technology with old experience give new flavor to learning yes, Perhaps it is our imperfection that make us so perfect for one another we have to be shapeless formless, like water.

Time to make free your SOUL from defeatism and pessimism. Time to discover yourself.

—Roopal Saxena, Educator, LML School

## Various Activities By the Students of Tender Touch School





**Name:** Avni Bansal  
**School:** Cosmos Castle International School  
**Standard:** 10th CBSE  
**Percentage scored in board exam?** 86.2  
**How much time do you spent on studies in a day?** 5-8 hrs  
**What motivates you to study?** My parents motivate me a lot. Whenever I feel demotivated I look upto them. I see that they believe in me and so do I.  
**Do you get leisure time?** Yes.  
**What do you do in your leisure time?** I read novels and listen to music.  
**Hobbies** Reading, Listening to music, writing and dancing.  
**Do you prefer reading books other than syllabus? (Can you name it)** For some extra information, yes. Oswaal question banks and sample papers have helped a lot.  
**What is your goal in life?** I just want to be happy in what I do and I think I am gonna pursue medical.  
**What advice you would give to other students?** Do your best. Put all your efforts into whatever you do. Even if you don't succeed it's okay.



**Name:** Bhavya Ketankumar Patel  
**School:** Adani Vidya Mandir  
**Standard:** 11th PCM  
**Percentage scored in board exam?** 85.33  
**How much time do you spent on studies in a day?** 8 hours  
**What motivates you to study?** If I study hard and be successful in life then the smile on my parents face motivates me.  
**Do you get leisure time?** Yes  
**What do you do in your leisure time?** Play Football alone at home  
**Hobbies** Listening music, Playing computer and football.  
**Do you prefer reading books other than syllabus? (Can you name it)** The Theory Of Everything by Stephen Hawking  
**What is your goal in life?** To be successful in life.  
**What advice you would give to other students?** To study for getting knowledge not for good marks.



**Name:** Bhumika Jain  
**School:** Cosmos castle international school  
**Standard:** 10th CBSE board  
**Percentage scored in board exam?** 95  
**How much time do you spent on studies in a day?** Three hours  
**What motivates you to study?** For me it's the thought of getting a good grade. Nothing can beat the happiness of a good grade. And, also, the knowledge that studying brings. It's nice to have new knowledge and understanding.  
**Do you get leisure time?** Yes  
**What do you do in your leisure time?** I spend my leisure time in my hobbies.  
**Hobbies** art & craft  
**Do you prefer reading books other than syllabus? (Can you name it)** No  
**What is your goal in life?** Chartered Accountant  
**What advice you would give to other students?** Determination and discipline are the only two prerequisites we need. Developing the discipline to reserve time for One Thing is a character trait much in need.



**Name:** Dhruvi Bhatiya  
**School:** Adani vidya mandir  
**Standard:** 10th  
**Percentage scored in board exam?** 90  
**How much time do you spent on studies in a day?** 30-45 min  
**What motivates you to study?** evening time the nature is a smoothing which I love most  
**Do you get leisure time?** Yes  
**What do you do in your leisure time?** Play football, badminton  
**Hobbies** To play football, and to read horror-mystery books  
**Do you prefer reading books other than syllabus? (Can you name it)** Yah, I love horror and mystery books. My favourite book series is goosebumps and Harry Potter series  
**What is your goal in life?** Chartered accountancy  
**What advice you would give to other students?** As a friend I want to suggest them that at this age we are more active on social media but at present we don't require social media. Because it creates distraction. If you are habituated of using it then reduce the time of using social media and balance tu your life.



**Name:** Hemangi M.Chavda  
**School:** Sri Sri Ravishankar Vidya Mandir, Godhavi  
**Standard:** 12th CBSE  
**Percentage scored in board exam?** 90  
**How much time do you spent on studies in a day?** I used to spend almost 8 - 9 hours for my study in class 12th. Because I didn't used to go for any kind of tuition classes.  
**What motivates you to study?** I used to get motivated by seeing my brother. Because he is really dedicated towards his study and sincere too.  
**Do you get leisure time?** Yes  
**What do you do in your leisure time?** I used to dance & do drawings  
**Hobbies** My hobby is to dance & do drawings.  
**Do you prefer reading books other than syllabus? (Can you name it)** I prefer to read only NCERT Textbooks rather than preferring to other guides.  
**What is your goal in life?** Psychologist  
**What advice you would give to other students?** I'd like to advise to other students out there who'd be preparing for boards next year that don't stress, relax and prefer only NCERT text book & I'd like to also say that please don't mix up your study with the syllabus done in tuitions.



**Name:** Het Upadhyay  
**School:** Cosmos Castle International School  
**Standard:** 10th CBSE  
**Percentage scored in board exam?** 92.4  
**How much time do you spent on studies in a day?** 8 hours  
**What motivates you to study?** My parents  
**Do you get leisure time?** Yes  
**What do you do in your leisure time?** Play Volleyball  
**Hobbies** Playing cricket  
**Do you prefer reading books other than syllabus? (Can you name it)** Ramayan and Mahabharat  
**What is your goal in life?** To be a good human being  
**What advice you would give to other students?** Work hard honestly don't bother for result



**Name:** Dodiya Jaydeep  
**School:** Adani Vidya Mandir  
**Standard:** CBSE 12th science  
**Percentage scored in board exam?** 93  
**How much time do you spent on studies in a day?** 14  
**What motivates you to study?** A Successful Life  
**Do you get leisure time?** Yes  
**What do you do in your leisure time?** sleep to recharge my body, mind and soul.  
**Hobbies** Cycling  
**Do you prefer reading books other than syllabus? (Can you name it)** No  
**What is your goal in life?** To become an IAS officer  
**What advice you would give to other students?** There is no substitute for hard work



**Name :** Jinal Nareshbhai Vasita  
**School:** Adani Vidya Mandir  
**Standard:** 11th CBSE  
**Percentage scored in board exam?** 85.1  
**How much time do you spent on studies in a day?** 6 hours  
**What motivates you to study?** No I didn't get leisure time except sundays.  
**Do you get leisure time?** No  
**What do you do in your leisure time?** Reading and dancing  
**Hobbies** Reading and dancing  
**Do you prefer reading books other than syllabus? (Can you name it)** Yes , I prefer reading books other than syllabus. R.S aggarwal and Oswaal.  
**What is your goal in life?** My goal is to become lecturer.  
**What advice you would give to other students?** Study on your daily basis and revise daily. Self assessment and determination is the most.



**Name :** Krati Sharma  
**School :** Cosmos Castle International School  
**Standard :** 12th CBSE  
**Percentage scored in board exam?** 94  
**How much time do you spent on studies in a day?** 3-4 hrs  
**What motivates you to study?** I believe it's the interest to do it and not the motivation because it's needed when you're not self motivated, but I was always self driven.

**Do you get leisure time?** Yes  
**What do you do in your leisure time?** Mostly I spend it by sleeping as it the only leisure time, rest I write and spend time with my friends.  
**Hobbies** I write and I am a photographer also I love interacting and meeting with new people  
**Do you prefer reading books other than syllabus? (Can you name it)** Of course, yes! It's a vital part I believe; My renowned favorites are the Shiva trilogy and

Percy Jackson.  
**What is your goal in life?** I want to Further persuade in advertising and PR  
**What advice you would give to other students?** I really want them to know that studying under pressure of doing well and leaving out on the amazing experiences that life has to offer is not going to get them anywhere. What matters is you study what you enjoy, this way not only you get good grades but also you understand and enjoy what you're doing

**Name :** Maitri Girishbhai Patel  
**School :** Adani Vidya Mandir  
**Standard :** 10 Board



**Percentage scored in board exam?** 93.4

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

7-19 hours

**What motivates you to study?**

Everyone's hope for me and my dreams motivates me to study.

**Do you get leisure time?**

Yes I got some leisure time.

**What do you do in your leisure time?**

I used to take rest and complete my homework in this time when I had no reading work to do.

**Hobbies**

Drawing , Reading

**Do you prefer reading books other than syllabus? (Can you name it)**

Yes, i had read many books of many famous authors. I prefer to read fictional books and many other motivational books. My favorite is Harry Potter.

**What is your goal in life?**

My goal is to become a Doctor.

**What advice you would give to other students?**

My advice to others is "The best view comes after the hardest climb." So without hard work there is nothing u can achieve. Dream big and achieve it.

**Name:** Krunal Chavda  
**School:** Cosmos Castle International School  
**Standard :** 12th CBSE



**Percentage scored in board exam?**

94.4

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

6 hours

**What motivates you to study?**

My goal to get above 90% is my motivation

**Do you get leisure time?**

Yes

**What do you do in your leisure time?**

Meet friends and spend time with my family

**Hobbies**

Football

**Do you prefer reading books other than syllabus? (Can you name it)**

**What is your goal in life?**

My goal is to become a successful entrepreneur

**What advice you would give to other students?**

Set goals and before you sit to study.

**Name :** Saniya Darediya  
**School :** Cosmos Castle International School  
**Standard :** 11th CBSE



**Percentage scored in board exam?** 87.4

**How much time do you spent on studies in a day?** 3-4 hours

**What motivates you to study?**

My dream to become a doctor and serve the country

**Do you get leisure time?** Yes

**What do you do in your leisure time?**

Read novels and do painting

**Hobbies**

Painting and reading

**Do you prefer reading books other than syllabus? (Can you name it)**

Yes I prefer reading novels like fault in our stars, turtles all the way down etc

**What is your goal in life?**

I want to become a cancer surgeon and help people heal

**What advice you would give to other students?**

Don't consider study as a burden but enjoy it and you'll achieve your dreams.

**Name :** Sparsh Rupareliya  
**School :** Adani Vidhya Mandir  
**Standard :** 10th CBSE



**Percentage scored in board exam?** 89.5

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

Minimum 5 hours

**What motivates you to study?**

My goal for my future motivates me

**Do you get leisure time?** Yes

**What do you do in your leisure time?**

I utilize leisure time in learning something new and which I am interested in

**Hobbies**

Painting

**Do you prefer reading books other than syllabus? (Can you name it)**

Yes of course as it can also improve your reading and understanding skills (the book which I prefer is: "the secret ")

**What is your goal in life?**

My goal is to become a neuro physician

**What advice you would give to other students?**

I advise that they should learn as much as they could and then refer to sample papers as it will help them to make them self aware about many types of questions.

**Name:** Makwana Brijesha Prakashbhai  
**School:** Adani Vidya Mandir Ahmedabad



**Standard :** 10th CBSE

**Percentage scored in board exam?**

92.2

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

10 hours

**What motivates you to study?**

My mom's struggling

**Do you get leisure time?**

Yes

**What do you do in your leisure time?**

Listening songs , playing indoor games , and use the mobile phone.

**Hobbies**

To sing songs and know facts about different animals and insects

**Do you prefer reading books other than syllabus? (Can you name it)**

Yes! 1. The riddle of the hidden treasure 2. Goosebumps- horror land 3. Goosebumps- say cheese and die 4. The mummy with no name

**What is your goal in life?**

I.A.S. officer

**What advice you would give to other students?**

I would just say that don't become panic, just chill. If your concepts are clear than you can do anything. Also apart from your study, make sure that you are spending your some time on your hobbies, the things that u like the most. Also listen to your heart for your future.

**Name :** Parmar Darshan Arvindbhai  
**School :** Adani Vidya Mandir  
**Standard :** 10 CBSE



**Percentage scored in board exam?** 95.2

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

**What motivates you to study?**

My goal motivates me to study.

**Do you get leisure time?** Yes

**What do you do in your leisure time?**

I play games like cricket, football and mobile games in my leisure time .

**Hobbies**

Read books, playing outdoor games, learn new things.

**Do you prefer reading books other than syllabus? (Can you name it)**

No, I don't read books other than textbook. But I always read something which is related to topic from google when I sit to solve questions.

**What is your goal in life?**

To become a Doctor

**What advice you would give to other students?**

To be on the top it needs hard work and determination. You have to go beyond limits more than what you do in lower classes. But also don't be so much crazy about studies.

**Name :** Chhayal Patel  
**School :** Adani Vidya Mandir  
**Standard :** 10th CBSE



**Percentage scored in board exam?** 85

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

**What motivates you to study?**

My goals and my parent's dreams motivate to me study.

**Do you get leisure time?** No

**What do you do in your leisure time?**

I didn't get leisure time cause of tuitions and school.

**Hobbies**

Singing

**Do you prefer reading books other than syllabus? (Can you name it)**

Yes (Goosebumps)

**What is your goal in life?**

Mu goal is to become a company secretary (CS)

**What advice you would give to other students?**

Board exams are not a burden on children's as in real life people use to describe and scare students by saying it's hard so take it seriously but not as a burden on you.

**Name:** Patel Priyanshi Hiteshbhai  
**School :** Adani Vidya Mandir  
**Standard :** 12th CBSE



**Percentage scored in board exam?**

93

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

8 hours

**What motivates you to study?**

My dreams motivate me to study harder every time.

**Do you get leisure time?**

Yes

**What do you do in your leisure time?**

Listen to music

**Hobbies**

Listening music, reading books

**Do you prefer reading books other than syllabus? (Can you name it)**

Yes Book name: 5am club by Robin Sharma

**What is your goal in life?**

To do MBBS.

**What advice you would give to other students?**

Be focused on your goal, read daily.



**Name:** Sanjana Mukeshbhai Patani  
**School:** Adani Vidya Mandir  
**Standard :** 11th Science- Biology CBSE

**Percentage scored in board exam?**

91.5

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

4-5 hours in a day.

**What motivates you to study?**

My target for 10th Board is of above 90% and this target and my parents motivate me a lot.

**Do you get leisure time?**

Yes, sometimes I get some leisure time probably on Sunday.

**What do you do in your leisure time?**

I spent my leisure time with my parents and reading books of motivation.

**Hobbies** Playing Cricket and Cooking.

**Do you prefer reading books other than syllabus? (Can you name it)**

Yes, Reading books played a important part in

my life as it developed my reading skills and which also get me the best results. Life of pie, keys to success, My inspiration and many more books.

**What is your goal in life?**

Doctor (Cardiologist)

**What advice you would give to other students?**

I agree that studies are going to be hard but guys, trust me it is upto us that how and on which manner we are going to do it. My advice is that read textbooks and understand concept clearly. Lastly, give your best you will definitely get the best.



# Raspberry Ice Cream in a Bag

## Ingredients

- 1 cup half-and-half cream
- 1/2 cup fresh raspberries
- 1/4 cup sugar
- 2 tablespoons evaporated milk

## Directions

- Using two 1-quart resealable plastic bags, place 1 bag inside the other. Place the first 5 ingredients inside the inner bag. Seal both bags, pressing out as

much air as possible.

- Place the 2 bags in a gallon-size resealable plastic freezer bag. Add ice and salt. Seal bag, again pressing out as much air as possible.
- Shake and knead cream mixture until thickened, about 5 minutes. (If desired, wear mittens or wrap bags in a kitchen towel while shaking to protect hands from the cold ice.)



# Beet Sprout Poppers Recipe

## Ingredients

- 1/4 Cup(55.0 gm) Potato(Boiled, Mashed)
- 2 Tbsp(16.0 gm) Beet Root(Grated)
- 1/2 Tbsp(7.0 gm) Whole Moong
- 2 Tbsp(16.0 gm) Mozzarella(Grated)
- 1 Tbsp(6.0 gm) Corn Flour
- 2 Tsp(4.0 gm) Bread Crumbs
- 2 Tsp(2.0 gm) Coriander Leaves(Chopped)
- 1/2 Tsp(2.0 gm) Garlic(Grated)
- 1/4 Tsp(1.0 gm) Green Chilli Paste
- 1/4 Tsp(0.3 gm) Mixed Herbs
- 1/8 Tsp(0.54 gm) Salt
- For Frying(16.0 ml) Oil

## Step-by-step

1. For making Beet Sprout Poppers In a bowl add 1/4th cup mashed potato, 2 tbsp grated beetroot, 1 tbsp moong sprouts, 1/4th tsp green chili paste, 1/2 tsp grated garlic, 1/4th tsp salt, 1 tbsp cornflour, 1 tbsp chopped coriander leaves. Mash well.
2. Then add 2 tbsp grated cheese, 1/8th tsp mixed herbs. Mix it. Take a portion of potato mixture. Gently press it.
3. Fill in 1.5th tsp of cheese mixture.
4. Fold and roll it into equal size balls.
5. Coat it with bread crumbs.
6. In a pan heat oil for frying.
7. Deep fry till Golden Brown.
8. Serve hot with tomato ketchup. Enjoy.



## QUIZ

1. In which direction does the sun rise?
2. Kuchipudi is the dance form of which state?
3. Who was Margaret Thatcher?
4. United Nation (UN) day is celebrated on?
5. In which season we wear warm clothes?
6. Which bird can not fly?
7. We should cross the road when the traffic light is?
8. Place where animals and birds are kept?
9. In which festival we play with colours?
10. Which fruit gives us oil?

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

# Home Made Play Dough



## Materials:

- 3 cups of flour
- 1 1/2 cups of salt
- 6 tspn cream of tartar
- 3 tspn of oil
- 3 cups of water

## Instructions:

- \*Junior Scientists must have a responsible adult assistant to help!
- 1. Dissolve salt in the water.
- 2. Pour all ingredients into a large pot.
- 3. Stir constantly over medium

heat until a ball forms by pulling away from the sides.

4. Knead the dough mixture until the texture matches playdough (1-2 minutes).
5. Store in plastic container. Should last for at least 3 months.

## FILL IN THE COLORS

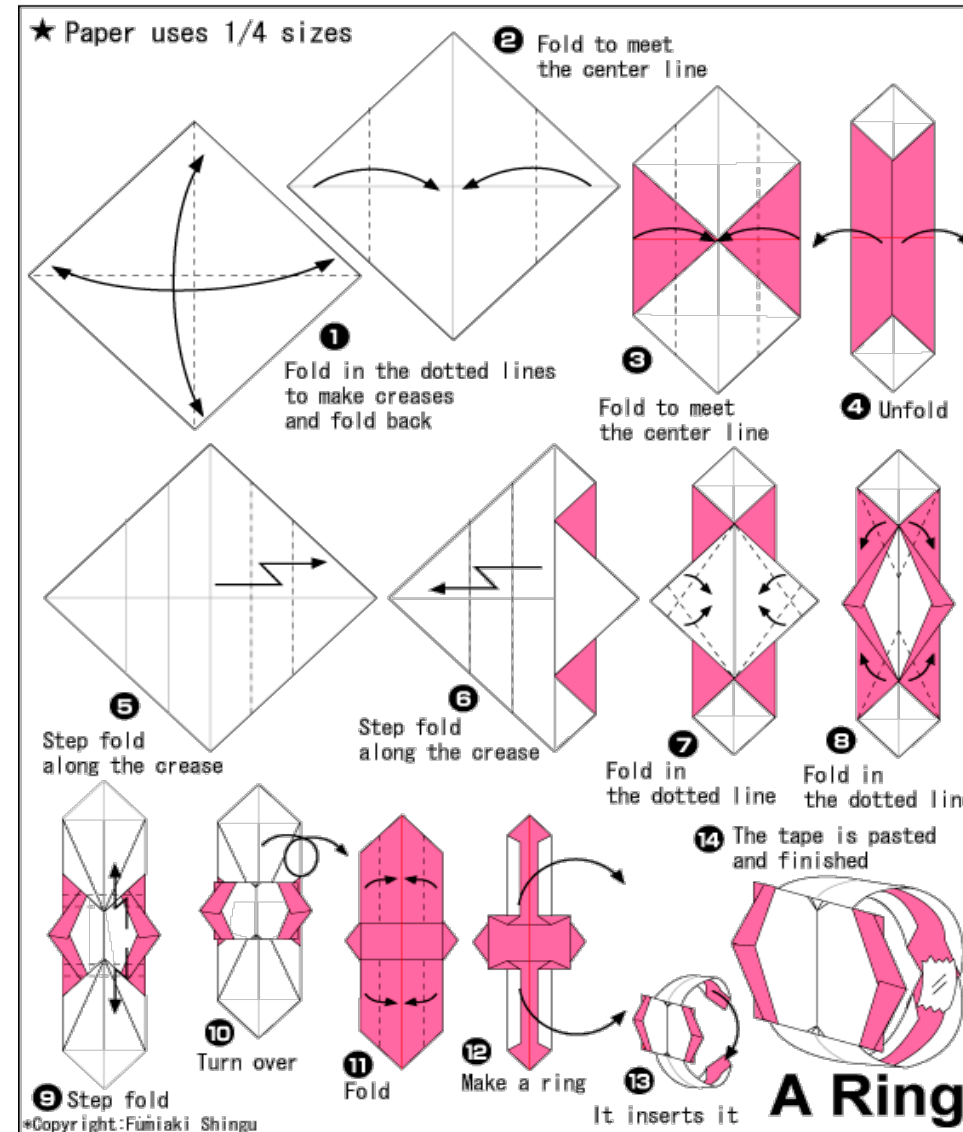


## SUDOKU

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		7	2	6		4	8	
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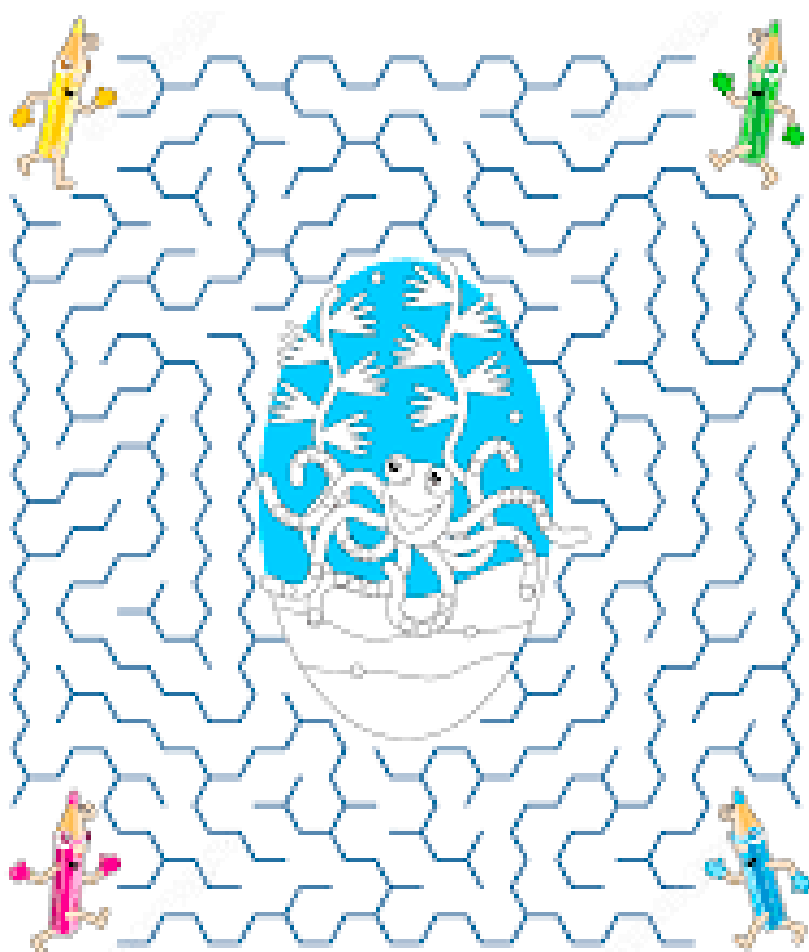
## ORIGAMI



## RIDDLES FOR KIDS

- How far can a fox run into the woods?
- What happens once in a lifetime, twice in a moment, but never in one hundred years?
- What becomes wetter the more it dries?
- What has hands but doesn't clap?
- If two's company, and three's a crowd, what are four and five?
- What goes up but never comes back down?
- What five-letter word becomes shorter when you add two letters to it?
- When things go wrong, what can you always count on?
- Mr. Blue lives in the Blue house. Mrs. Yellow lives in the Yellow House. Mr. Orange lives in the orange house. Who lives in the White House?
- A word I know, six letters it contains, remove one letter and 12 remains, what is it?

## FIND THE WAY



## FIND THE DIFFERENCE

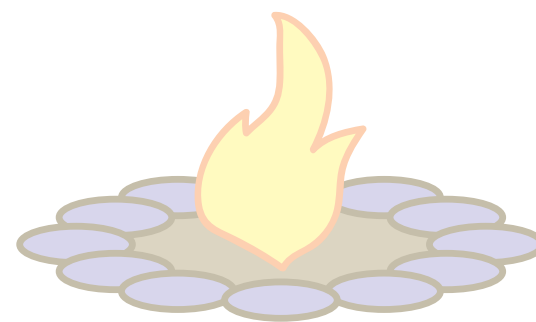


## WORD SEARCH



TENTS  
FIRE  
HIKE  
SWIM  
SMORES

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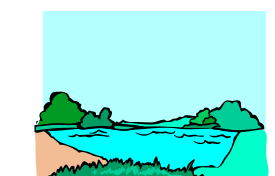
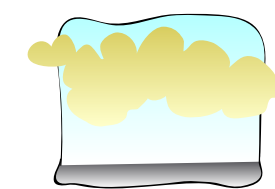
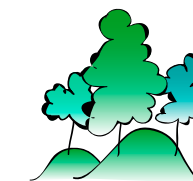
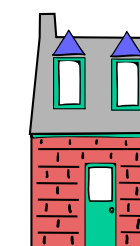
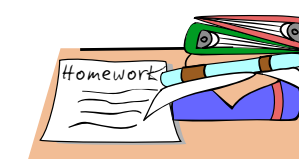


TREES  
BACKPACK  
CAMPSITE  
FOOD  
SKI



## NATURAL RESOURCES

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





# Raksha Bandhan



there are several stories related to the celebration of this special festival. Some of the various accounts related to the Hindu mythology are described below:

- **Indra Dev and Sachi-** According to the ancient legend of Bhavishya Purana, once there was a fierce battle between Gods and demons. Lord Indra- the principle deity of sky, rains and thunderbolts who was fighting the battle on the side of Gods was having a tough resistance from the powerful demon King, Bali. The war continued for a long time

and did not come on a decisive end. Seeing this, Indra's wife Sachi went to the Lord Vishnu who gave her a holy bracelet made up of cotton thread. Sachi tied the holy thread around the wrist of her husband, Lord Indra who ultimately defeated the demons and recovered the Amravati. The earlier account of the festival described these holy threads to be amulets which were used by women for prayers and were tied to their husband when they were leaving for a war. Unlike, the present

times, those holy threads were not limited to brother-sister relationships.

- **King Bali and Goddess Lakshmi-** As per an account of Bhagavata Purana and Vishnu Purana, when Lord Vishnu won the three worlds from the demon King Bali, he asked by the demon king to stay beside him in the palace. The Lord accepted the requested and started living with the demon king. However, Goddess Lakshmi, wife of Lord Vishnu wanted to return to his native place of Vaikuntha. So, she tied the rakhi around the wrist of demon king, Bali and made him a brother. On asking about the return gift, Goddess Lakshmi asked Bali to free her husband from the vow and let him return to Vaikuntha. Bali agreed to the request and Lord Vishnu returned to his place with his wife, Goddess Lakshmi.
- **Santoshi Maa-** It is said that the two sons of Lord Ganesha namely, Shubh and Labh were frustrated that they had no sister. They asked for a sister from their father who finally obliged to their sister on the intervention of saint Narada. This is how Lord Ganesha created Santoshi Maa through the divine flames and the two sons of Lord Ganesha got their sister for the occasion of Raksha Bandhan.
- **Krishna and Draupadi-** Based on an account of Mahabharat, Draupadi, wife of Pandavas tied a rakhi to Lord Krishna while Kunti tied the rakhi to grandson Abhimanyu before the epic war.
- **Yama and the Yamuna-** Another legend says that the death God, Yama did not visit his sister Yamuna for a period of 12 years who ultimately became very sad. On the advice of Ganga, Yama went to meet his sister Yamuna who has very happy and performed hospitality of her brother, Yama. This made the Yama delighted who asked Yamuna for a gift. She expressed her desire to see her brother again and again. Hearing this, Yama made his sister, Yamuna immortal so that he could see her again and again. This mythological account forms the basis of festival called "Bhai Dooj" which is also based on the brother-sister relationship.

## Reason for the celebration of this festival

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

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

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

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

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



## Meaning of Raksha Bandhan

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

## Importance of Raksha Bandhan among various religions in India

- **Hinduism-** The festival is mainly celebrated by the Hindus in the northern and western parts of India along with countries like Nepal, Pakistan and Mauritius.
- **Jainism-** The occasion is also revered by the Jain community where Jain priests give ceremonial threads to the devotees.
- **Sikhism-** This festival devoted to the brother-sister love is observed by the Sikhs as "Rakhardi" or Rakhari.

## Origin of Raksha Bandhan Festival

The festival of Raksha Bandhan is known to have originated centuries before and

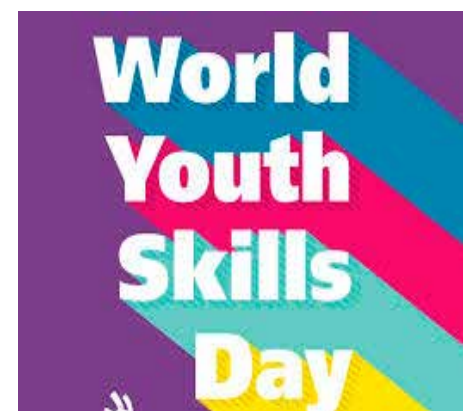


## 14 July - Bastille Day or French National Day



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

## 15 July: World Youth Skills Day



World Youth Skills Day is celebrated on 15 July every year to raise awareness about the importance of technical, vocational education & training and the development of other skills relevant to both local and global economies.

## 17 July - World Day for International Justice



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

## 17 July - World Emoji Day



World Emoji Day is observed on 17 July every year since 2014. The day is celebrated to represent an idea or an emotion through an electronic means.

## 18 July - International Nelson Mandela Day



International Nelson Mandela Day is observed on 18 July every year. The day celebrates Mandela's life and legacy in a sustainable way that will bring about the needful changes.

## 22 July - Pi Approximation Day



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

## 23 July (Fourth Thursday in July) - National Refreshment Day



National Refreshment Day is observed annually on the fourth Thursday in July which falls on 23 July in 2020. This day is basically to celebrate the fun and refreshment during the hottest time of the year that is in summers.

## 24 July - National Thermal Engineer Day



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

## 26 July - Kargil Vijay Diwas



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

## 26 July - National Parent's Day (Fourth Sunday in July)



National Parents Day is observed on the fourth Sunday in July and in 2020 it falls on 26 July. This day is celebrated to honour all the parents who play a vital role in the lives of children. Their unconditional love and sacrifice for their children can't be measured.

## 28 July - World Nature Conservation Day



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

## 28 July - World Hepatitis Day



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

## 29 July - International Tiger Day



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

## 31 July (Last Friday in July) - System Administrator Appreciation Day



System Administrator Appreciation Day is observed annually on the last Friday of July to recognise the time and effort of the administrator's, device doctors, tech-therapists who sacrifice and work their magic at unsocial hours. This year in 2020 it falls on 31 July.



# IPL 2020: Why UAE Makes Most Sense as Hosts for IPL 2020 - All You Need to Know



Indian Premier League is set to return to UAE for the second time after it hosted the first leg of 2014 edition due to the general elections being held in India that year. This time around it's the coronavirus pandemic that has brought IPL to UAE shores.

Indian Premier League is set to return to UAE for the second time after it hosted the first leg of 2014 edition due to the general elections being held in India that year. This time around it's the coronavirus pandemic that has brought IPL to UAE shores. Even though BCCI got the window to host the IPL 2020 in September-November this year in the account of T20 World Cup Postponement, having the tournament in India could have been possible because of the increasing caseload of the Covid-19 cases in India.

BCCI had no option left but to take the tournament outside of the country. Initially it was UAE and Sri Lanka which were looked at potential places to host with UAE more or less controlling the spread of the virus, while Sri Lanka was one of the least affected countries by the virus.

## Why UAE for IPL 2020

UAE was zeroed down - 1. Because it has hosted the event earlier. 2. Logistically, UAE could pull off something

similar or at least close to what England and Wales Cricket Board have managed by creating a bio-secure bubble for their international series against West Indies in England. The 11th Dubai Sports City, which includes the Dubai International Stadium and the ICC Academy, is ready as a potential venue for the T20 league. "The stadium has nine wickets on the top in case a large number of matches have to be accommodated within a smaller time-frame. We will not be scheduling any matches there to keep the wickets fresh," Dubai Sports City's Head of Cricket and Events Salman Hanif was quoted as saying by Gulf News. In the ICC complex alone, there are 38 wickets - spread over the two Oval grounds, the simulated turf wickets as well as the state-of-the-art indoor facilities in case they want to beat the heat

## How UAE works out better for the organisers and the franchises

Other major aspect that may have tilted the scales in UAE favour is their superior infrastructure and practice facilities along with flight connectivity. For franchises, UAE provides them with a much safer and much more manageable option of regrouping. The players generally prefer to stay in

Dubai since Sharjah is only a 30-minute drive from there while Abu Dhabi takes one-and-a-half hours. According to various media reports, franchises have started to set up a base for the team. Mumbai Indians, who have a commercial partnership with the JW Marriott group, are reportedly planning to set up their base at their Dubai property. Other franchises are also planning similar hubs there, reports the Telegraph.

## Cricket Stadiums in UAE

While there is still no confirmation about the venues, and the same can be expected after IPL Governing Council Meeting set for July 24, broadly speaking UAE has two Test venues and three other grounds that have hosted List A and T20 games. Dubai has the Dubai International Cricket Stadium, Abu Dhabi has Sheikh Zayed Cricket Stadium and in Sharjah, there is Sharjah Cricket Association Stadium. Dubai also has the ICC Cricket Academy Ground No. 1 and two Dubai Cricket Council Grounds. Dubai International Cricket Stadium and Sharjah Cricket Association Stadium are test venues, while ICC Cricket Academy has hosted ODIs and T20Is. The Sheikh Zayed Cricket Stadium stadium complex also features a pair of smaller grounds

called Nursery 1 (also known as Tolerance Oval) and Nursery 2. Tolerance Oval was used for a Twenty20 International between the United Arab Emirates and Australia in October 2018

## Fans could be Allowed

UAE is also looking at allowing fans to be in stadiums as well considering the UAE have the Covid-19 situation in controls in the Emirates. The UAE has recorded more than 50,000 cases and over 300 deaths. India's case count, on the other hand, has crossed the 10 lakh mark, including over 25,000 deaths. "Having spectators in stadiums is subject to government approval. We will have a detailed discussion before deciding anything. There's still time and we might consider it if the IPL is cleared to be held here," Mubashir Usmani, general manager of Emirates Cricket Board (ECB), told The Telegraph from Dubai on Friday.

## What happened in the 2014 Edition

In 2014 the first 20 matches of the league were played in the UAE split across three venues - Dubai International Cricket Stadium, Sheikh Zayed Stadium, Abu Dhabi and Sharjah Cricket Stadium. While Sharjah hosted six matches, Dubai and Abu Dhabi hosted seven each.



## Dam collapse in China could point to a 'black swan' disaster



The dam at a small reservoir in China's Guangxi region gave way last month after days of heavy rain in a collapse that could be a harbinger of sterner tests for many of the country's 94,000 aging dams as the weather gets more extreme. Located in Yangshuo county, famed for its otherworldly karst landscape, the dam collapsed at around midday on June 7, inundating roads, orchards and fields in Shazixi village.

## Chinese coronavirus vaccine starts final tests in Brazil



A Chinese-made vaccine against the new coronavirus entered the final stage of testing in Brazil, where volunteers received the first doses of what officials hope will be a game-changer in the global pandemic. The vaccine, developed by private Chinese pharmaceutical firm Sinovac Biotech, became the third in the world to enter Phase 3 clinical trials, or large-scale testing on humans -- the last step before regulatory approval.

## MP: 10.69 carat diamond worth Rs 50 lakh found in Panna district



A 10.69 carat diamond, with an estimated value of Rs 50 lakh, was unearthed in a mine in Madhya Pradesh's Panna district. Anandilal Kushwaha (35), who has a lease of a mine in Ranipur area, has deposited a 10.69 carat diamond with the local diamond office (Hira Karyalaya), Panna's diamond officer RK Pandey said. Kushwaha had also recently deposited a 70-cent diamond, he said, adding that this is the first big find after the coronavirus-induced lockdown was eased in the district.

## 95-year-old beats Covid-19 in Odisha, CM Naveen Pattnaik congratulates



At 95, Udayanath Bisoyi is Odisha's oldest Covid-19 patient to have recovered from the deadly disease. Udayanath Bisoyi, a resident of Chakunda village in Ganjam district, won the battle against Covid-19 and was discharged from Tata Medica Covid hospital on July 18. Bisoyi tested positive for the novel coronavirus on July 9. "It shows how our healthcare system is working. People should not panic and be scared. If a 95-year-old can recover from Covid then anyone can."

## US Secretary of State Mike Pompeo praises UK on Huawei, urges coalition against China



The United States and Britain put on a show of unity against Chinese telecoms giant Huawei, while Secretary of State Mike Pompeo delivered stinging criticism of Beijing's handling of the coronavirus pandemic and urged like-minded nations to "push back" together against China's threatening behaviour. Pompeo, who is visiting Britain, praised the U.K.'s response to challenges raised by China as tensions grow between Western powers and Beijing. Britain has in recent weeks decided to ban Huawei from the UK's 5G network, suspended an extradition treaty with Hong Kong and offered refuge for millions of eligible Hong Kongers who feel threatened by Beijing's tightening grip on the semi-autonomous city.

## US Embassy in Myanmar warns Chinese aggression aimed to undermine sovereignty in neighbourhood



The US Embassy in Myanmar has said China's crackdown on democracy in the region and its growing aggression is impacting sovereignty in the region. Chargé d'Affaires at the US Embassy in Myanmar, George N Sibley, penned down an article in a local news portal, Irrawaddy.com, 'How the Erosion of Sovereignty Elsewhere Impacts Myanmar at Home' where he explained how "People's Republic of China has continued its crackdown on democracy and disrespect for other nations' sovereignty".

## India to give long-term visa to over 700 Hindus, Sikhs in Afghanistan



Due to increase in attacks on minorities in Afghanistan by "Pakistan-based" terror organisations, India has decided to issue long term visa to 700 people from such minority communities who are stuck in the war-torn country. Sources confirmed to India Today that the Ministry of Home Affairs has cleared issuance of 'long term India visa and facilitate their travel to New Delhi'. "India will facilitate the return of over 700 Afghan Hindus & Sikhs after the minorities faced several terror attacks and persecution by Pakistan-backed terror groups,"

## Ayodhya temple: LK Advani and other Ram Mandir agitation leaders to be invited for 'bhumi puja'



Former deputy prime minister L K Advani and other frontline leaders of the Ram Janmabhoomi agitation will be invited to the "bhumi puja" for the construction of the Ayodhya temple. Prime Minister Narendra Modi is likely to visit Ayodhya on August 5 for the ceremony. Kameshwar Chaupal, a member of Shri Ram Janmabhoomi Teertha Kshetra, a trust set up by the Centre to oversee the construction of the temple, said they will invite former deputy PML K Advani and Murl Manohar Joshi, Uma Bharti and Vinay Katiyar.

## BIRTHDAY WISHES

### SELENA GOMEZ

22<sup>nd</sup> JULY 1992

Selena Marie Gomez born July 22, 1992 is an American singer, songwriter, actress, and television producer. Born and raised in Texas, Gomez began her career by appearing on the children's television series Barney & Friends (2002–2004). In her teens, she gained wider recognition for her role as Alex Russo on the Emmy Award-winning Disney Channel television series Wizards of Waverly Place (2007–2012).



### BAL GANGADHAR TILAK

23<sup>rd</sup> JULY 1856

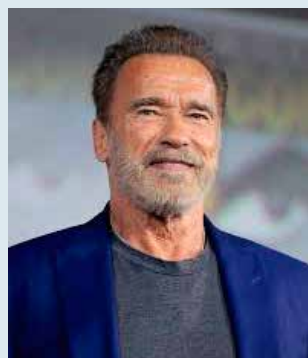
Bal Gangadhar Tilak 23 July 1856 – 1 August 1920, born as Keshav Gangadhar Tilak, was an Indian nationalist, teacher, and an independence activist. He was one third of the Lal Bal Pal triumvirate. Tilak was the first leader of the Indian Independence Movement. The British colonial authorities called him "The father of the Indian unrest." He was also conferred with the title of "Lokmanya", which means "accepted by the people (as their leader)". Mahatma Gandhi called him "The Maker of Modern India".



### ARNOLD SCHWARZENEGGER

30<sup>th</sup> JULY 1947

Arnold Alois Schwarzenegger July 30, 1947 is an Austrian-American actor, businessman, and former politician and professional bodybuilder. He served as the 38th Governor of California from 2003 to 2011. As of 2020, he is the most recent Republican governor of California.



### KIARA ADVANI

31<sup>st</sup> JULY 1992

Alia Advani born 31 July 1992, known professionally as Kiara Advani is an Indian actress who appears predominantly in Hindi films. After making her film debut with the 2014 poorly received comedy Fugly, Advani had her first commercial success with a brief role in the 2016 sports biopic M.S. Dhoni: The Untold Story. Her career advanced with starring roles in the Telugu political drama Bharat Ane Nenu (2018) as well as the Hindi romantic drama Kabir Singh and the comedy Good Newwz (both 2019).





# My Bucket List Accidentally Got Accomplished



**SALLA VIJAY KUMAR**  
National Awards Winning  
Sr. Lecturer at IHM

In today's world, I am sure we would have everyone who would have learnt about bucket list and am also confident many tasks accomplished and many more to go. This concept originated in a 2007 American buddy comedy-drama film directed and produced by Rob Reiner, written by Justin Zackham, and starring Jack Nicholson and Morgan Freeman. The main plot follows two terminally ill men on their road trip with a wish list of things to do before they "kick the bucket".

We are the gen x gen y gen z generations working our way to earn busy at the cost of family, socializing and taking care of self. There is no end of the day, we are actually running planning for the next move for the next sunrise before we go to sleep the previous night at home sweet home. We are stressed (I am trying to generalize anything here, at some point of time, we are – magnitude and situations obviously vary). It is good to say stay positive, take deep breath, count 10 to 1, and say aaaall is well. But when it comes to the real life role play with no simulations, the actual self is showcased considering our position then, temperament, intensity and every action has equal or more opposite reaction- proved.

An example worth the mention is in Indian mythology when Lord Rama's life with numerous difficult situations he dealt throughout his life – personal, family, etc, he is still been worshipped not for his failures, but for standing tall even after all these and still being the immortal, balanced idol deity. Even after all the hardship and facing all these situations he never spoke foul language, never spoke lies, he doesn't expect much from the person, he would smile and start the relationship, he never played games that involved luck, he never remembered what he gave to others, he never thought of his greatness, if anyone did may misdeeds and one good thing to him,, he would only talk about the one good thing, if someone comes and criticizes him, he listens about the disappointment and educated him softly to erase his misunderstanding, never in his life did he think about any other woman except Sita, he indulged in pleasures without transcending social norms, he never wasted the money he earned, but spent it for the benefit of everyone, though he was a king he was fully aware of the higher truth and did all his spiritual practices, he was a well-



wisher, not just for his people but each and every creature on earth, he can be satisfied with 50% of what he eats, even with 25% or a handful of a meal, his appearance was always pleasing ie he always represented himself nicely in front of others, his principle in his life was to save anyone who surrendered at his feet. No matter how much harm that person had caused to him.

**It is not important to sit and remorse but ritualizes well in the bad times. We need to express happiness with any quotient possible. We need to**

- Cue forward – focus on future possibilities
- Remember the good times and good people – good times will take you a long way
- Unlearn- learn again and continue to learn
- Be the reason for the smile in someone else life
- Leave- it attitude – let go the sorrows and bad things (we as humans cannot erase but have to work ahead to progress with a calm mind and soul)

We have heard many lists of 100 things to do before you die. How many have you done? Many of you have also documented and are working religiously on them but did you know in this hour of lockdown, so many bucket list got accomplished which would have been on back stage if not soon.

This has created an aura amongst the family members whether wife or husband, son or daughter, father or mother, grandparents or grand children, all combinations within four walls.

**Relationship redefined status**

- Giving time and listening to wife/ husband and children

**Respect each other truly**

- You got bored not working @office, home maker continues 24 x 7 x 365

**Companionship reinforced**

- Try relaxing together, help putting things in place

**Communication two –way**

- Now you know there are so many things to discuss at home too

**Information especially financial discussions**

- Common say – not required but share, the ideas may be profited

**Domestic support truly**

- Giving in a helping hand, try cooking or cleaning home/ utensils

**Talking future family ambitions and focuses**

- Together we can make a positive difference

**Reduced technological distances and improved one-to-one dialogue**

- Less on mobile that took your place, when you were in office

**Gaining more trust and understanding**

- Now you know more things of your family some you missed

**Putting ourselves in others shoes**

- How could I not be there for you

**Control over anger**

- Seriously no time for anything like this

**Managing time with a newer timeline**

- Wake up each Monday to find Sunday and all week to find Sunday, just can't sleep away. (Hafta mein 7 ravivaar hone chahiye, Granted)

**Acting appropriately**

- When you listen, you understand the situation than just reacting

**Playing games when you were a kid**

- Everyone of us has a child within

**Watching enough of TV**

- Now you know there are so many channels in your package

**Be happy together and respect love and stay safe.**

- From all wives, husbands, children and grand parents and all relations staying home on the lockdown.