

The Open Page

Inspire Learning

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inside

PERFECTLY IMPERFECT



Modern life is all about competition and standing out amongst the crowd. We are constantly made to feel that

success is the only path to happiness and there is no place in the world for the second best. It seems that life is not worth living unless we are 'The Best' at everything we do.

p3

ELOCUTION COMPETITION



Initiative for Moral and Cultural Training Foundation is an innovative module devised to

impart, implant and ingrain moral and cultural values in young Indians.

p5

MAKING SCHOOLS MORE RELEVANT

As India tackles its illiteracy problem, more and more children are being enrolled into schools than ever before. However, when put in context with the growing unemployment, this begs the question whether the current secondary and higher secondary educational model provides the necessary skills and learning that can lead to meaningful employment or vocation?

p7



REMEMBERING MAHATMA



Mahatma Gandhi is the quintessential symbol of India to the global eye. Many renowned global leaders claim to have been inspired by his vision and principles.

p10

THE MANTRA FOR SUCCESS



PURITY, PATIENCE, AND PERSEVERANCE ARE THE THREE ESSENTIALS TO SUCCESS AND, ABOVE ALL, LOVE"

In a public lecture regarding difficulties in life, Swami Vivekananda strongly emphasised that the ideals of 'tyaga'(sacrifice) and 'seva'(selfless service) were the most imperative aspects of shaping the life of young people. he also made a plea for the need for a nationwide renovation to include these ideals in our modern educational standards.

The monk made the point that this way of life is what can be called 'spiritual pursuit'. He firmly believed that human triumph is often brief and material wealth impermanent. Chasing these fickle pursuits of wealth and victory would no doubt lead one to be disillusioned and lost eventually. Instead, he challenged us to give ourselves a noble reason to live, a lofty ideal to live for and a higher state to reach; within the limits of human existence. This spiritual pursuit according to him was the path to true satisfaction and contentment.

Although we are making great progress in many fields, India is also a nation facing incredible challenges. This is evident from the utter lack of safety and security for the girl child and women anywhere in the country, and the impunity with which monstrous crimes against them are committed. On the one hand, there is incredible wealth and on the other, unimaginable poverty. Millions of our children still lack access to even primary education, and we're still grappling with the issue of child labour.

The current Indian youth, is unlike any generation India has seen in a long time. They have great creative energy, immense

self-confidence and monumental dreams. They possess a 'never give-up' spirit and the determination to overcome all obstacles and challenges using creativity and innovation. Demographically, India is at its youngest best today and has the power to meet any challenge with the collective consciousness and effort of all people, especially young people.

Swami Vivekananda believed that working for any social change required massive energy and spirit. Hence, he requested the youth to amplify both their mental energies and physical fitness. What Vivekananda wanted from the youth were 'muscles of iron' and 'nerves of steel'. Today, the youth are exceptionally responsive and they just need to be encouraged in their quest for justice and social equality.

The single most important advice that Swami Vivekananda had for youngsters was to cultivate and nurture the ability to 'feel'. **"Feel, my children, feel; feel for the poor, the ignorant, the downtrodden; feel till the heart stops and the brain reels and you think you will go mad – then pour the soul out at the feet of the Lord, and then will come power, help, and indomitable energy,"** he urged the youth.

"First it is feeling, then it becomes willing, and out of that willing comes the tremendous force for work that will go through every vein and nerve and muscle, until the whole mass of your body is changed into an instrument of the unselfish Yoga of work, and the desired result of perfect self-abnegation and utter unself-

ishness is duly attained," he further explained.

He offered this 'mantra' to those who wished to achieve spiritual success and go beyond just 'feeling' and make an actual difference to the world around them- **"Purity, patience, and perseverance are the three essentials to success and, above all, love."**

He believed that the purity of thought was essential for purity of conduct and character. He said that we become what we think and so it is important to remain pure and without selfishness or malice in our thoughts. **"If you are pure, if you are strong, you, one man are equal to the whole world."**

He also urged the youth to develop patience as without this quality nothing big can ever be achieved. Changing the world is neither easy, nor fast. **"Fortune favours the brave and energetic."** Don't look back – forward, infinite energy, infinite enthusiasm, infinite daring, and infinite patience – then alone can great deeds be accomplished.

Lastly, perseverance or tenacity- to keep going, no matter the challenges and obstacles in your path. This 'never say die' attitude is what will keep you pushing forward even in the face of hundreds of difficulties and disappointments- both of which are an inescapable reality of life. **"To succeed, you must have tremendous perseverance, tremendous will. I will drink the ocean', says the persevering soul, 'at my will mountains will crumble up.' Have that sort of energy, that sort of will, work hard, and you will reach the goal."**

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

SJIS Preprimary paints it RED!



The tiny tots of SJIS enjoyed their share of colour red on 19th September, when they celebrated RED DAY in school with their teachers and friends. The entire Kindergarten was decorated with red balloons and looked bright and lively. Going with the theme of the day, all children and teachers were also dressed in red. The colour red symbolises energy and vitality, which was certainly a part of the entire event. Children looked bright and happy, and enjoyed their day. A drawing competition was also held on the occasion for the Sr. Kg section, where all the little ones showed off their creativity and imagination.



“Be the change you wish to see in the world” Mahatma Gandhi

Students of CCIS celebrated Gandhi Jayanti and Lal Bahadur Shastri's anniversary in a very special way. Day started with special assembly act where they presented different episodes of Mahatma Gandhi's life and his sacrifices for the country. Along with speech on Lal Bahadur Shastri's contribution for the country. Day was followed by introducing Charkha and famous slogan to kindergarten students. Children also learnt about Gandhiji's three monkeys which symbolises “see no evil, hear no evil and speak no evil”. In the afternoon students of 3rd to 8th standard had Elocution competition and poster making competition which gave students opportunity to present their thought and bring out their creativity on the posters by throwing beautiful colours and writing famous slogans.



A WORKSHOP FOR PARENTS AT SJIS



Bringing schools and parents together improves academic and social success for children. It was with this aim that SJIS invited Dr. Shailendra Gupta to conduct a workshop for parents of students from kindergarten to class X on the 22nd of September. This workshop was based on the topic “Bring out the genius in your child”.

The workshop covered variety of topics of interest to all parents and took place within the familiar environment of the school community. With the skills and strategies learnt during the workshop, parents can help their children grow in confidence and resilience. Dr. Gupta showed parents how to get children to cooperate more, to communicate more, to try new things and to persevere – as well as how to do well academically and socially. Parents also learned how to support their children in academic, artistic and sporting endeavors - without placing undue pressure on them.



DLIS participated in Inter School Maths and Science project

Creativity and innovation activities at Pearl Foundation



Divine Life International School students have participated and gave excellent performance in inter school maths and science project of Naroda city school. In which primary section student presented smart city project which showed how to save electricity.



Creativity and innovation activities at Pearl Foundation. Various activities were conducted for different age groups to teach them more about science and innovation.

PERFECTLY IMPERFECT

Understanding the modern obsession with perfectionism



SOUMYA BHATT
Founder- Starlit Ability Enhancement Services and Knack Services, Mumbai She is a trained psychologist with extensive experience in educational guidance, counselling, training and evaluation.

Modern life is all about competition and standing out amongst the crowd. We are constantly made to feel that success is the only path to happiness and there is no place in the world for the second best. It seems that life is not worth living unless we are 'The Best' at everything we do. There is a great pressure to be "perfect". There is a fear about what others think of us and of being rejected or disliked. Young students slog till late hours in the night to score over 95 percent and fulfil their parents' dreams. Many people say "it's good to have high standards," but they forget the internal hell one goes through to live up to the standards of perfection.

And if God forbid, you miss your lofty goal or exceptionally high standards, you feel that you have failed, even though you are far from failing. So you tell yourself you are stupid or lazy for procrastinating on tough tasks. You don't know that the delay comes from your fear of failing, and not because you are lazy. The pressure you place on yourself weighs you down and you wear the "not good enough" label each and every day.

Perfectionists not only have high standards for themselves but also for others. If people don't perform up to their high expectations, then they are judged as incompetent. This leads to frustration and inability to trust others. They develop the attitude where they think "If I want something done right, I must do it myself," and they take on more work than they can handle. Unrealistic expectations cause them to criticise and judge others, which further leads to complications in other areas of life.

If you're a perfectionist, then this list is extremely familiar to you and you know exactly what the pressure to be perfect feels like. It's the feeling that all eyes are on you when you make a mistake. It's the fear that seizes you and keeps you from trying something new. Perfectionism results in failure because in your eyes, things can always be better and that pressure can lead to a breakdown. But this perfection pressure comes at a great cost to your psychological health. It's not easy constantly feeling like you're living under a spotlight or being judged for each little mistake.

According to the American Psychological Association, the rise of



YOU KNOW YOU'RE A PERFECTIONIST IF YOU'RE

- Setting unrealistically high-performance standards
- Constantly find faults in what you do or others do
- Overly critical of mistakes
- Procrastinate or avoid situations that could result in failure
- Seeking external approval for doing something well
- Self-bashing and endless questioning (do I look good, am I smart enough, will they hate me?)
- Spending excessive time on tasks, making them tougher and more complicated than they should be
- Shrugging off compliments and failing to acknowledge success and victory
- Overthinking on what you shoulda, coulda, woulda said or how you shoulda, coulda, woulda done something differently

perfectionism among young people can be directly associated with increase in overall stress, depression, and anxiety. The desire to be perfect has even been tied to suicidal thoughts.

In a society that magnifies mistakes, is it any wonder that so many young peo-

5 STEPS TO OVERCOME THE COMPULSION TO BE PERFECT

- Deal with your fear of failure. Success lies beyond the fear of failure. Fear of failing creates undue stress and anxiety. It can 'freeze' you and stop you from achieving your goals. If you try something there's a chance that you will fail, but if you don't try then there's no chance of succeeding at all. And even if you do fail that's OK too. Mistakes are often the stepping stones to success. As the saying goes "if at first you don't succeed try, try again."
- See mistakes as an opportunity for growth. Everyone makes mistakes. Look at them as learning opportunities rather than failures. Ask yourself "What can I learn from this and how can I use it to make my life better?" By doing this you can turn your failures into victories.
- Appreciate compliments and celebrate your achievements. Take time to celebrate and enjoy your accomplishments before brushing them off and hastily moving to the next task. Also, don't ignore the compliments others give you. Those spoken truths often go unheard but hold the key to what others see in you.
- Accept yourself- as you are. Perfection is boring. The world would be a dull place if everything and everyone was perfect. Beauty lies in imperfections and so does progress. Without mistakes there would be no airplanes, electricity, technology or even hilarious YouTube videos. With every mistake we learn, we grow and we understand a little more about life. Don't let the embarrassment of screwing-up stop you from discovering yourself and accepting who you are — mess ups and all.
- Don't give in to perfectionism. Your beauty lies in your imperfection. You are a work of art, a true magnum opus. Don't surrender to the false internal thoughts that tell you that you're not good enough, smart enough, attractive enough, worthy enough... Those lies will steal away your joy of living.

ple attempt the impossible task of being perfect? Perfection is an unachievable ideal and the desire to achieve it is a silly dream that's damaging our emotional and mental health. We endlessly strive for perfection in our body, in our performance, and in our relationships. But we

all have flaws, fears, and make mistakes, and that's perfectly OK. It's our imperfections that make life interesting and they help us grow into a stronger more resilient person. We don't have to strive to achieve the impossible. We are designed to be perfectly imperfect.

Grandparents Day celebrated at Lalji Mehrotra Lions school



The 4th Grandparents Day was celebrated at Lalji Mehrotra Lions school on 6th October with Guru Smt. Maheshwari Nagarajan as the Chief Guest. Smt. Nagarajan is a senior dance artist, and a Director at Nritya Kala Kendra. Students and their grandparents participated enthusiastically in the various activities including fashion show, best out of waste, non-fire cooking, games and dance.

Some of the teachers- Ms. Vipitha, Ms. Vaishali, Mr. Aashish, Ms. Ranu and Mr. Zaheen were also awarded for their excellent service to the school.

"It was really a successful event. We received huge participation from the grandparents. Over 50 grandparents participated in the non-fire cooking event," said Ranu Deshmukh, a teacher at LML school. The main motive behind this event was to strengthen the grandparent-grandchild bond.

"I feel it was a really good and successful event organised by our school," said a grandparent at the event. Overall it was a successful event where everyone involved left with smiles of joy on their face

—Kuljot Bakshi, Young reporter, Lml school



Photo by: Manan Mehta

PRE-NCSC PROJECT WORK PRESENTATION



Tripada Parivaar Contributes to Kerala Fund

The students, staff and administration of Tripada School, generously collected funds towards relief efforts for the recent floods in Kerala that devastated the homes and lives of many in the state. The Tripada team along with class 9 students went to the State Revenue Minister's office to hand over the cheque of Rs. 1,11,111 that they collected.

Chaitanya Khoj-2018- Interschool Quiz at IIT Gn Campus



Chaitanya School hosted the Chaitanya Khoj – the Interschool Quiz Contest at the IIT Campus, Gandhinagar on 9th October 2018. This unique Chaitanya initiative aims to enhance general awareness among students of Gandhinagar and Ahmedabad and examine their knowledge on a competitive platform. The event is a regular feature at Chaitanya in the form of inter-class competitions at various levels which culminates into Chaitanya Khoj – The Inter School Quiz.

16 prominent schools of Gandhinagar and Ahmedabad participated in the preliminary written quiz. The qualifying teams who vied for the coveted Appa Memorial Trophy were St. Xavier's School, Sakar English School, Mount Carmel School & Chaitanya School.

CHAITANYA SCHOOL WAS TOP SCORER AND WON THE SHIELD OF

EXCELLENCE. Sakar School bagged the Rolling Trophy with Runners-up Trophy going to St Xavier's Gandhinagar.

About hosting the Chaitanya Khoj on the IIT Gn Campus, Trustee Chaitanya School, Ms Elizabeth Koshy said, "We believe that formal education starts with pre-school and it never really ends. At the IIT Campus, we get a glimpse of the abundance of opportunities that premier institutions like the IIT have to offer to all the young people of Gen Z".

The Event was inaugurated by Mr Ram Gopalan, MD of Argusoft America. The Rolling Trophy was awarded to the winning team by Dr Indira Nityanandam. Mr CK Koshy Advisor, CEPT University presented the Shield for Excellence to the winning team in the presence of SVNT Trustees, Mr Ravi Gopalan and Ms Elizabeth Koshy



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

Inter-School Elocution Competition Organised by IMCTF and Rotary Club

Initiative for Moral and Cultural Training Foundation is an innovative module devised to impart, implant and engrain moral and cultural values in young Indians. As a part of this module IMCTF and Rotary Club of Kankaria organized the Elocution competition on 4th October 2018 at Rotary Bhavan, Maninagar. The theme for the competition was 'ENVIRONMENT PROTECTION'.

All the schools of the city participated in it with great enthusiasm. Competition was divided in three categories ; A (Std 6 to 8), B (Std 9-10) and C(Std 11-12) and topics were Environment my responsibility, our tradition and environment and sustainable development through environment respectively.

Ahmedabad city was divided into 4 zones which were Aakash, Vayu, Jal&Prithvi. Initial selection round were conducted within school, then between school from each shikshansankuland than the winners of this round competed among different shikshansankul which finally gave us three winners from each category from 4 different zones. Thus final was organized between the winners of each zone. More than 100 schools and approximately 600 students participated in this competition at different levels. Approximately 40 students had participated in the final round. They all had participated with good content, self-confidence, excellent presentation. In the final each category had 12 participants and we had 3 final winners.

Mayor SmtBijalben Patel was the Chief Guest and she gave away prizes to all the winners, School award and certificate of appreciation to all student who had reached the zonal level competition. Shri Archit Bhatt – Coordinator for IMCTF Ahmedabad spoke about the format and process of conducting the Elocution competition. ShriNarayanbhaiMeghani, Secretary IMCTF – Gujarat spoke about different activities of IMCTF, he also spoke how important it is to develop value based education in schools. Rt. Smt-Veenaben Parikh – President, Rotary Club of Kankaria briefed the audience about different social activities of carried out by Rotary.

ShriJayeshThakkar of IMCTF gave vote of thanks to Rotary for organizing the event, to different schools who sent their students to participate and also the parents for encouraging and support. The event was followed by lunch. All the students, teachers, school coordinators, IMCTF team and Rotary Team had put in great effort to make this Elocution Competition a grand success.



WINNERS IN RESPECTIVE CATEGORIES WERE

CATEGORY A (STD 6 TO 8)

1st Winner	KhandelaHetvi D	TejasVidhyaVihar(Prithvi)
2nd Winner	Raval Swati R	S D VyasShardaVidhyamandir(Aakash)
3rd Winner	BisnoiJyoti B	Little Bird (Prithvi)

Judges :MrsShashi Bhatt-(IMCTF), Ms. Dhvani Patel (GTPL-Anchor), Rt. Mr. Dharmesh Patel (Rotary Club of Kankaria)

CATEGORY B (STD9-10)

1st Winner	Shah Harsh M	Shree Vidhyanar(Jal)
2nd Winner	KalalHiral B	SaraswatiVidhalay(Aakash)
3rd Winner	ThakkarPrachi K	Divine Life (Jal)

Judges: Mr. Rakesh Pandya (IMCTF), Mr. Raj Bhaskar (Columist), Rt. Mr. RakeshGupta(Rotary Club of Kankaria)

CATEGORY C (STD11-12)

1st Winner	SantharaKunjai	DiwanBalubhai(Jal)
2nd Winner	BathamKanan	A G High School (Jal)
3rd Winner	KotakKhushi	A G High School (Jal)

Judges: Mr. Ashwin Trivedi (IMCTF), Mr. Jaywant Pandya (Columist), Rt. Mrs. DipaGosai(Rotary Club of Kankaria)

HOST SCHOOL AWARD WAS GIVEN IN EACH ZONE

AAKASH	SHREEJI VIDHYALAY - BAPUNAGAR
VAYU	MATRUCHAYA VIDHYALAY – ODHAV
PRITHVI	SHREE RAM VIDHYALAY - BOPAL
JAL	A G HIGH SCHOOL - NAVRANGPURA

BIRTHDAY CORNER



Dear,
MITANSHU
HAPPY BIRTHDAY
Wishes from
Aayush, Trisha,
Jenil, Nikhil, Aarti

Wish your friends on his/her birthday by sending their photograph and message to **The Open Page:**
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LML SCHOOL INITIATES ECO CLUB

When it comes to promoting innovative ideas for promoting awareness and ecological balance, LMLites are never behind. With this thought in mind we have started an Eco club. The main objective of Eco club is to promote clean and healthy environment by using strategies like- recycling, composting, waste segregation, plastic free premises and e-waste collection. For this we have included children from classes III to VIII who are keen on participating for the cause.

This year our main objective is to separate and utilise wet waste comprising of food waste for making organic compost. To start off, children selected a particular area and got involved in thorough cleaning by removing plastic bags and other garbage. Secondly a deep pit was dug for proper disposal of kitchen waste. In addition, the participating students selected another area, where they cleared the grass and sowed the seeds of seasonal vegetable. This task was to make them understand the concept and techniques of organic farming so they can promote the cause further in the society.

As of now efforts done by the children have started bearing fruits, literally, and it gives them immense joy and great satisfaction. Moreover we are also associated with Karo Sambhav, an organisation which is involved in the collection and recycling of E-waste.

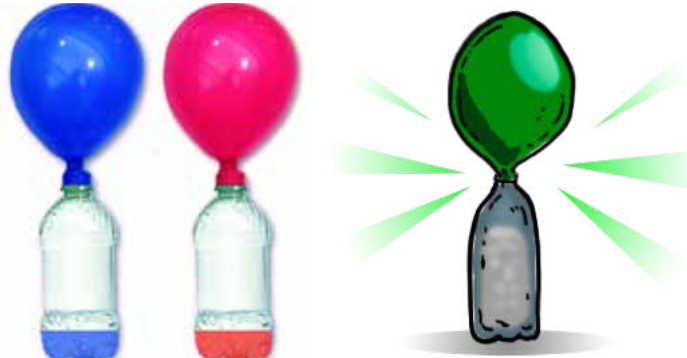
Annie Bachheti, Lml school



BUILD A FIZZ INFLATOR

THINGS YOU NEED

- One small empty plastic soda or water bottle
- ½ cup of vinegar
- Small balloon
- Baking soda
- Funnel or piece of paper



METHOD TO DO

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

OBSERVE HOW DOES IT WORK?

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

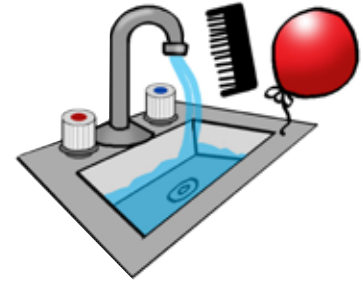
MAKE IT AN EXPERIMENT

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

BEND WATER WITH STATIC ELECTRICITY

THINGS YOU NEED

- A dry plastic comb
- An indoor faucet/tab
- A human head full of clean dry hair



METHOD TO DO

1. Turn on the faucet and slowly turn down the water until you have a VERY thin stream of water flowing.
2. Take the plastic comb and brush it through your hair ten times.
3. Now slowly bring the comb close to the flowing water, (without actually touching the water) If all goes well, the stream of water should bend towards the comb! Magic you ask? Not really.

OBSERVE HOW DOES IT WORK?

- When you brushed that comb through your hair, tiny parts of the atoms in your hair, called ELECTRONS, collected on the comb. These electrons have a NEGATIVE charge. Remember that, its important. Now that the comb has a negative charge, it is attracted to things that have a POSITIVE charge. It is similar to the way some magnets are attracted to certain metals.
- When you bring the negatively charged comb near the faucet it is attracted to the POSITIVE force of the water. The attraction is strong enough to actually pull the water towards the comb as it is flowing! If you want to try another experiment with your comb, tear up pieces of tissue until they are as small as you can get them...I mean really small! Then charge your comb again by brushing it through your hair, and bring it close to the tiny pieces of tissue. If the pieces are small enough they will jump off the table to the comb the same way that the water was pulled to the comb. It is all thanks to the wonders of static electricity.

MAKE IT AN EXPERIMENT

- To make it a true experiment, you may try to answer these questions:
1. Does water temperature affect how much the water bends?
 2. Does the size of the comb affect the static power?
 3. Does the amount of moisture in that air affect the static power? Try it after someone has taken a shower in the room.
 4. Does the material that the comb is made of affect the static power?

TRY SOME LAVA IN A CUP



THINGS YOU NEED

- A clear drinking glass
- ¼ cup of vegetable oil.
- 1 teaspoon salt
- Water
- Food coloring (optional)

METHOD TO DO

1. Fill the glass about 3/4 full of water .
2. Add about 5 drops of food coloring – I like red for the lava look.
3. Slowly pour the vegetable oil into the glass. See how the oil floats on top – cool huh? It gets better.
4. Now he fun part: Sprinkle the salt on top of the oil.
5. Watch blobs of lava move up and down in your glass!
6. If you liked that, add another teaspoon of salt to keep the effect going.

OBSERVE HOW DOES IT WORK?

Of course, it's not real lava but it does look a bit like a lava lamp. First of all, the oil floats on top of the water because it is lighter than the water. Since the salt is heavier than oil, it sinks down into the water and takes some oil with it, but then the salt dissolves and back up goes the oil!

MAKE IT AN EXPERIMENT

- To make it a true experiment, you can try to answer these questions:
1. How long will the effect go on if you keep adding salt?
 2. Do different kinds of food oil give different effects?
 3. Will other substances (sand, sugar, etc.) work the same as salt?
 4. Does the height or shape of the glass affect the experiment?



A VOCATIONAL APPROACH

MAKING SCHOOLS MORE RELEVANT



PUNAM KOCHHAR

Principal
SVS English School



“We often boast about India's demographic dividend. But the question that arises is what we do with this if we cannot skill them, if we cannot educate them and cannot enhance their employability?”
—Former President Pranab Mukherjee

school level to provide an education that is also vocational and practical? At school level, there must be options available for skill development courses and they must be provided in the secondary stage of schooling. Many more courses in fields such as Hospitality and Tourism, Handicraft, Healthcare, Textiles, Photography, IT, Retail, Banking, Insurance can be added that would interest students to learn from. For instance if a student opts for healthcare, he could learn to be a blood-collection expert and later can add further courses to become full-fledged pathology technician or nurse. The pedagogy has to be practical; learning can be enhanced through field visits, e-learning, industry driven projects, digital or video inputs and so on.

At which age should skilling ideally begin for students?

Introduction to skill training at a young age will give the students an opportunity to explore various options and accordingly, narrow down on a vocation of their liking. To make India the skill capital of the world, the school curricula will have to go through a dynamic change. Skill development should ideally begin at the age of 13 years, from the eighth standard, while in school. Integration of skill development and education is es-

sential for skilling to take wings. Skill development will remain a dream if carried out in isolation through centres alone. It has to be imparted in schools alongside academics. If a student opts for motor repair as a skill development course while in school, at a later stage, he can opt for a diploma or degree in automobile engineering.

Factors in the Indian education system that prevent skill development of students

The two major reasons of skill shortage are faculty and facility. Currently, our education system puts maximum emphasis on bookish knowledge. This is why when an individual graduates, he/she struggles to apply this knowledge in real life scenarios. From Primary to Higher Secondary, the subjects covered in the school curriculum are languages, mathematics, science and technology, social science, art education, physical training etc. The curriculum does not cover components of employable skills nor is there any option to introduce students to different vocations. The options of vocational education is limited to certain boards, which do not cater to the larger target audience.

Moreover, in the classrooms too, the teacher's role needs to change; it needs to flip around in a way that the teacher

Prominent employable skills at present

In general, apart from the core subject expertise, some of the prominent employable skills that employers seek are:

- Communication skills (verbal and written)
- Commercial awareness
- Attitude towards work
- Lifelong learning
- Self-management
- Teamwork
- Problem solving
- Initiative
- Self-motivation
- Adaptability
- Stress management
- Creativity
- Interpersonal sensitivity
- Technology/it skills

facilitates the overall learning of students rather than only distributing notes. The facilities at a lot of schools need to be upgraded as per the 21st century requirements, which will in turn encourage skills that students can gain. Stepping away from the usual chalk-duster method and using field-visits or multi-media can greatly enhance student interest in learning.

While the education system has its own set of challenges and limitations, there is a need to transform the way we skill our youth, as they lack practical knowledge. Fundamentally, there is much more work to do to ensure, we have a skilled youth force in the near future.

As India tackles its illiteracy problem, more and more children are being enrolled into schools than ever before.

However, when put in context with the growing unemployment, this begs the question whether the current secondary and higher secondary educational model provides the necessary skills and learning that can lead to meaningful employment or vocation?

Presently, only 29 percent of students who enrol in Class 9 go on to any form of tertiary or college education.

A large number of the others remain unemployed, or are pushed into the informal sector, which accounts for about 90 percent of the work force. Most subjects currently taught in the secondary/higher secondary segment prepare students for higher education, as opposed to the world of work. Equipping school students with employability and life skills addresses this gap and has the potential to alter their long-term career outcomes.

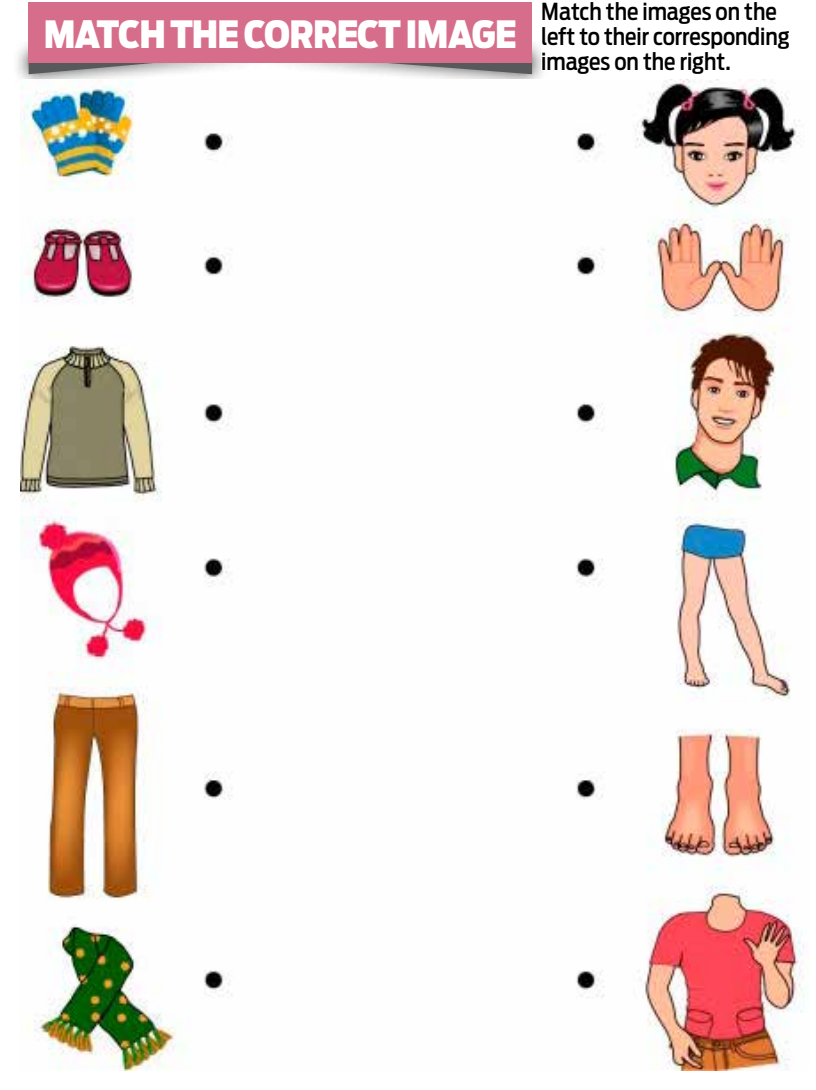
In the changing world scenario, there is also a major change with regard to industry and the job market. As India makes strides from an agro-economy to manufacturing and services, there is now an overpowering need for skilled workers. Therefore, the pedagogy in schools, has to be more practical that it is today. The Revised Vocationalisation of Secondary and Higher Secondary Education Scheme (2014) recommends the introduction of vocationally aligned subjects from Class 9 onwards. Although several schools across various states are trying to pilot such educational reforms but many implementation gaps exist- including a theoretical curriculum and pedagogy, insufficient focus on industry alignment, and non-standardised teacher training.

Why is it important to get employable skills?

About 90 per cent of employment opportunities require vocational skills. Only 20 per cent of our graduates get employed, while the rest are unable to get suitable employment due to the lack of employable skills. In the present context of globalisation, the demand for skilled and multi skilled workers has increased. Therefore in the context of developing countries, such as India, there is a critical need for quality skill development and training.

Various ways to carry out skill development at school level

So what can we do at our individual



CORRECT ANSWER

In each box, write down the correct operations: + or - make the sum correct

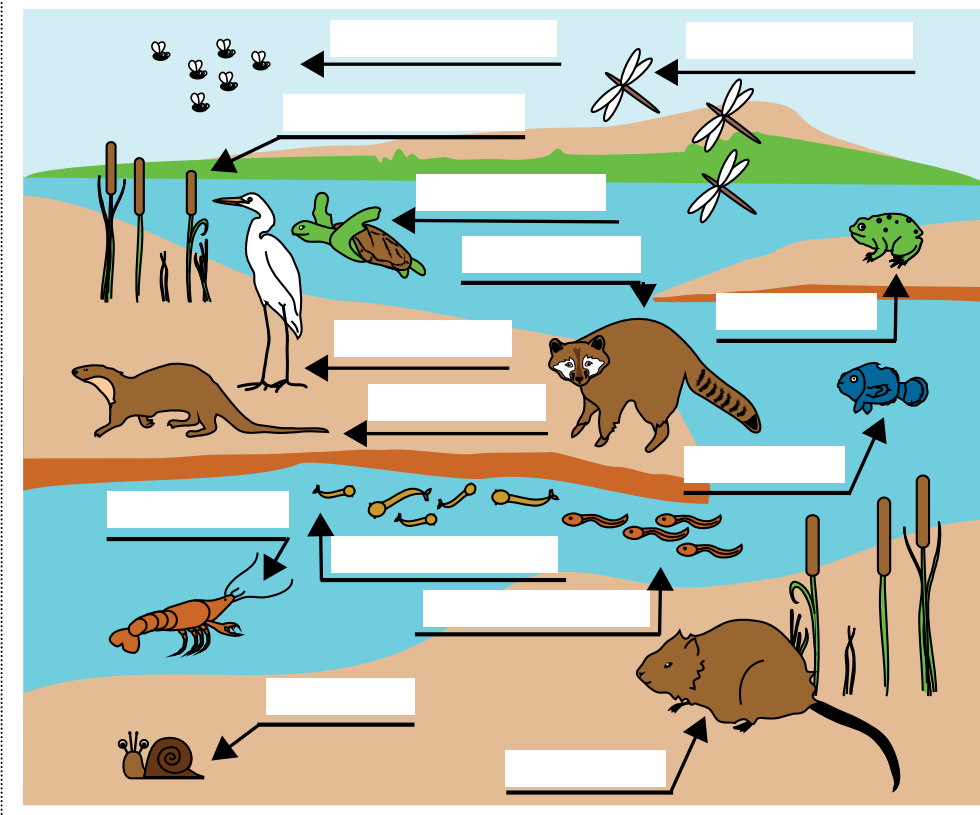
3	+	2	+	1	=	6
3	○	2	○	1	=	4
3	○	2	○	1	=	2
3	○	2	○	1	=	0
5	○	1	○	2	=	8
5	○	1	○	2	=	6
5	○	1	○	2	=	4

LIFE IN THE MARSH: A FRESHWATER BIOME

A marsh is one of the three types of wetlands. The other two types are bogs and swamps.

Directions: Use the words in the word bank to label the animals in the marsh. If you aren't sure, do the ones you know first, and then look up the others in a dictionary

muskrat	dragonflies	egret	marsh flies
turtle	frog	cattails	crayfish
snail	river otter	raccoon	fish
tadpoles	mosquito larvae		

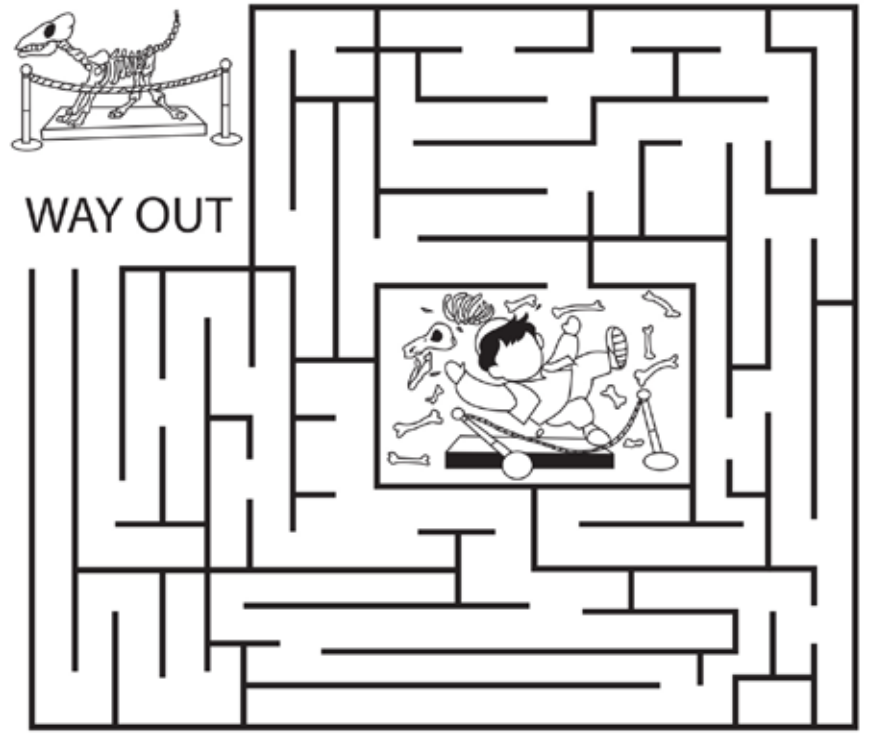


FIND AT LEAST TEN DIFFERENCES



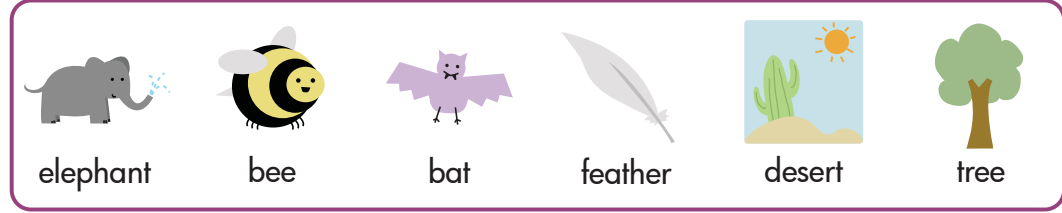
MUSEUM MAZE

Can you help ahmed find his way out from the museum?
He accidentally damaged the skeleton and wants to go tell the museum worker about his accident.



USE THE PICTURES AS CLUES TO COMPLETE EACH SIMILE

A simile is a phrase or figure of speech that compares two things using the words like or as.



I'm so thirsty, my mouth is as dry as a _____.

Without her glasses on, Judy felt as blind as a _____.

The baby kitten is as light as a _____.

I was as busy as a _____ as I worked to finish my homework.

My older brother is as tall as a _____.

If my dog keeps eating so much, he'll become as big as an _____.

Now make up your own simile!

VEGAN WORD SEARCH

A vegan does not eat or use animal products or animal-derived products of any kind. This includes meat, dairy, eggs, honey and fish.

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

- | | | | |
|---------------|-----------|--------|-----------|
| ALTERNATIVE | GRAINS | RAW | TOFURKY |
| BEANS | LIFESTYLE | SALAD | VEGAN |
| COMPASSION | NONDAIRY | SEITAN | VEGETABLE |
| ENVIRONMENTAL | PLANTS | SOY | |
| FRUIT | POTATOES | TOFU | |

Mahatma Gandhi is the quintessential symbol of India to the global eye. Many renowned global leaders claim to have been inspired by his vision and principles. This month on 2nd of October India celebrated Gandhi Jayanti, which marks Bapu's birth anniversary. To us ordinary Indians, the moment the mighty figure of Mahatma Gandhi rises before us, many questions present themselves- What is his relevance today and for the future? What inspiration can we draw from his life? What light can his thought and wisdom shed on our current problems? How does his way of life affect our course of action in private and public affairs?

That the Mahatma is relevant today and for centuries to come is not in doubt at all. If humanity is to progress, Gandhi is inescapable. He lived, thought and acted, inspired by the vision of a humanity evolving towards a world of peace and harmony. We may ignore him only at our own risk. The relevance of a man or his message can be said to have many aspects. It can be immediate or remote; it can be local, regional or general; it can be personally relevant to some or universally for all. In the case of Mahatma Gandhi all these aspects can be successfully observed and studied.

Gandhi's approach to himself, and to life in general, was that of a seeker of truth and a votary of non-violence and universal love. His was a scientific mind and he seemed to be searching for that law of life and being, which would promote the common wealth, and help man reach higher elevations of consciousness. He advocated that love, spelt as non-violence in thought, word and deed, was the shortest path to human progress and evolution, both individual and social. In his eyes, progressive non-violence could express itself best through service, self-suffering and, if necessary, total sacrifice.

His mind was always open, fresh and receptive to truth as he went on finding it from day to day by experience. For him, while his own life was the laboratory for discovering the inner core of truth, human society was the larger field for social experiments which could lead to harmony and happiness. No matter in what corner of the world he worked in, the whole of humanity and its good was always his goal and concern.

One very important aspect of his life adds measure significantly to what he thought and did. His life was an open book. His day-to-day life was lived, as if constantly on a stage and open to public

Remembering Mahatma



The Man and His Message

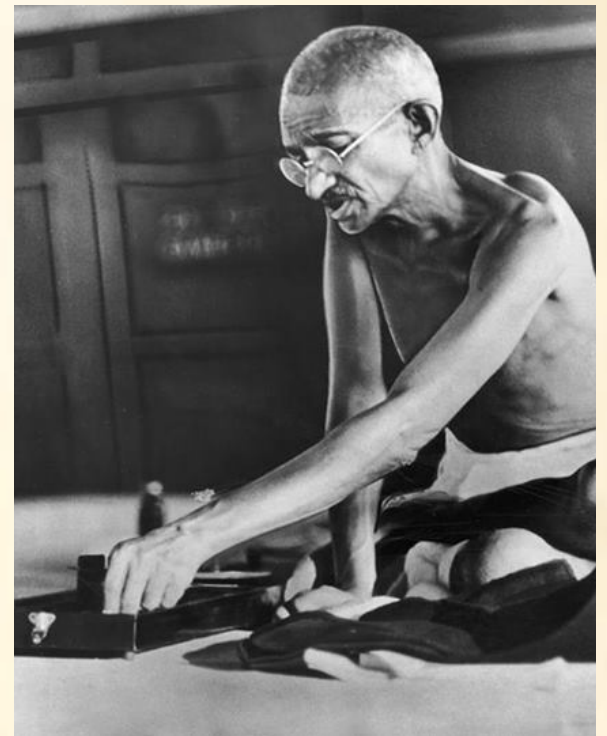


view. He took the people and even his opponents into confidence not only in regard to his actions but even his motivations. The result is that none in history has left behind so much of documentation and direct evidence concerning everything he thought and did. Moreover, he himself has written so much and on every conceivable subject that his writings are likely to run into fifty to sixty sumptuous volumes of five hundred pages each. All this material is proving to be very helpful in assessing Gandhi's relevance both for the present and in the future.

It's impossible to cover all the aspects of the Mahatma's life and teaching in a few paragraphs or pages. So this article will address only those aspects of his life and message which are of the utmost importance.

The life-story of Gandhi as a man is of the greatest relevance to every human being who aspires to rise above the average level and lead a meaningful life, with the motto, "from good to better daily self-surpassed". Gandhi was not merely a moralist but one who believed that man has a great future and that he is evolving towards a higher and nobler destiny. He knew the power of the many vital and sensual urges of man. He has also confessed with remarkable frankness his own weaknesses in this matter. But what makes a study of his life most helpful is the unceasing attempt he makes to conquer these weaknesses and establish the superiority of moral and spiritual endeavour. Not one of us is free from the weaknesses our minds are subject to.

If Gandhi's life, thought and action are extremely relevant and useful for every self-conscious human being who aspires a



higher, nobler and more exalted life than he may be living today, Gandhi's teachings regarding social life and its proper organisation are equally compelling, constructive and practical. In fact, he called himself a practical idealist. He did not even for a moment forget that man is essentially a social being.

While the fundamental lines of his research, namely, the truth about 'the law of being' and its search through love alone, were once for all decided, his mind was always open like that of a scientist to new discoveries. That is why we find so much freshness in the way he deals with every new situation. Going along the path he had chalked out for himself, he arrived at a social philosophy which could be characterised as a synthesis between the needs, urges and aspirations of the individual and of the society of which the individual is an inseparable and indivisible part. He called it 'Sarvodaya' the rise and well-being of all.

While it is the duty and responsibility of society to plan for the fullest possible development of the best in every individual, it is equally necessary that the individual render back unto society what he, in fact, owes to society. Thus there has to be a balancing of rights and obligations between the individuals and the society. A society will be but an abstract concept if we do not think in terms of the individuals who form it. An individual is equally an abstract entity without a society to belong to. Bapu understood that success and happiness of an individual was essentially tied to the success and happiness of the larger society.

NAVRATRI- THE FESTIVAL OF NINE NIGHTS AND THREE GODDESSES

Navratri or 'nava' (nine) 'ratri' (nights) is the festival that is celebrated in most parts of India in different ways and rituals. But one thing is common across these regional variations- they are all dedicated to the worship of Devi or Goddess. Navratri is undoubtedly the celebration of the feminine spirit in all its divine forms. In this sense it is a unique religious festival.

During Navaratri, the Mother Goddess is worshipped in Her various forms as Durga, Lakshmi and Saraswati. Though the Goddess is one, She is represented and worshipped in three different aspects. On the first three nights of the festival, Durga is worshipped. On the following three, Lakshmi and then Saraswati Devi on the last three nights. The tenth day is called Vijayadasami. Vijaya means "victory", the victory over our own minds that can come only when we have properly worshipped these three: Durga, Lakshmi, and Saraswati.



DURGA



Durga represents the courage and strength of the Goddess. To gain noble virtues, all evil tendencies in the mind must be destroyed. This destruction is represented by the Goddess Durga. Durga is durgati harini- she who removes our evil tendencies. This is why she is also called Mahishasura Mardini, the destroyer of Mahishaasura, 'mahisha' meaning buffalo and 'asura' meaning demon. The buffalo as a demon symbolises Tamoguna, the quality of laziness, moral darkness, ignorance and inertia. We have these qualities too. This 'buffalo' in our mind causes us to become dull and want to just sleep and do nothing, despite having lots of energy and potential. When our mind is under excessive influence of Tamoguna, we prefer to do nothing - just like the buffalo that likes to lie in pools of water. In the Puraanic story, Durga's killing of the Mahisha demon is, symbolically, the destruction of the Tamoguna within us that is very difficult to destroy. In the Durga Devi Havana (sacrifice), we invoke that Divine Power within us to destroy our animalistic tendencies.

LAKSHMI



For true knowledge to dawn within us, we have to prepare our minds. The mind must be pure, concentrated, and single-pointed; this purification of the mind is obtained through the worship of Lakshmi. Usually when we think of Lakshmi, we think of money and wealth. This is why there's always a crowd at any Lakshmi temple. Everybody likes Lakshmi Puja (Lakshmi worship) because they think she represents material wealth. But what is real wealth? Even if we have material wealth but no self-discipline or self-control, nor the values of love, kindness, respect and sincerity, all our material wealth will be lost or destroyed. The real wealth is the inner wealth of spiritual values that we practice in our lives, by which our minds become purified. Adi Shankaracharya himself, in Vivekachudamani, describes that 'sat sampati' or six forms of wealth (calmness of mind, self-control, self- withdrawal, forbearance, faith and single-pointedness) that are to be cultivated to attain wisdom. These virtues are important because our goal is victory over the mind - a victory such that we do not get disturbed by every change that takes place in our lives. Only when we have these noble values will we be able to preserve our material wealth and make good use of it. Otherwise money itself becomes a problem. In the Upanishads, the Rishis never asked for material wealth only. In the mantras of the Taittiriya Upanishad, they first asked to have all the noble virtues fully developed in them. "Having gained the noble virtues, thereafter Lord please bring wealth to us". Our wealth of virtues is our true Lakshmi. This victory comes only when the mind is prepared, and this mental preparation is the symbolism of the Lakshmi Puja.

SARASWATI



Saraswati is the Goddess of art, music, philosophy, creativity, wisdom and learning. She is associated with Brahmas and the Vedas. Worshipping her leads to a Sattvik state of mind, which is necessary for true knowledge and victory over the mind. Victory over the mind can be gained only through knowledge, through understanding;

and it is Goddess Saraswati who represents this highest knowledge of the Self. Although there are many kinds of knowledge in the Vedas - phonetics astronomy, archery, architecture, economics and so on, the real knowledge is the spiritual knowledge. In other words, we may have knowledge of many other subjects and sciences but if we do not know our own Self, then that is the greatest loss. Therefore the supreme knowledge is the knowledge of the Self that is represented by Goddess Saraswati.

So in this way, during Navaratri, Goddess Durga is invoked first to remove impurities from the mind. The Goddess Lakshmi is invoked to cultivate the noble values and qualities. Finally, Saraswati is invoked for gaining the highest knowledge of the Self. This is the significance of the three sets of three nights when all these three are gained subjectively, and then there will be Vijayadasami, the day of true victory! As we can see, the theme of the entire Vedas is reflected in the Navaratri festival: Purify the mind and remove all negativities; cultivate positive virtues; gain spiritual knowledge and transcend limitations. This is the real victory - the dance of joy - ritualistically performed at night, to signify our spiritual awakening.

SJIS SHINES AT KHEL MAHAKUMBH

“Success is where preparation and opportunity meet.”

Sports is an integral part of student life. It teaches them discipline, team spirit and sportsmanship. This year three of our class X students went to the most acclaimed sports event of Ahmedabad – The Khel Mahakumbh and made the school proud with their performance.

Samvit Rangani, Mandar Pimple and Chirag Rathore went to participate in the event on 22nd September'18. Samvit Rangani won the First prize in 400mts race at Taluka Level. Mandar Pimple won the Third prize in 200 mts race and he also stood first in Shot put at the Taluka Level.

Both Samvit and Mandar have qualified for the state level competition to be held on 06th October'18. School wishes them loads of good luck!!



Mandar Pimple



Samvit Rangani

SPORTS BRIEF

Atharva claims state U-14 title

In a fitting tale of redemption, Atharva Patel beat Harshank Parikh to win under-14 title in the Gujarat State Open Tennis Tournament that was held at Ahmedabad International Sports Academy. In an exciting final, the first set was a close fight with both the players refusing to give any quarter. But Atharva held on to his own to win the keenly contested opening set 7-6(12-10) during tie-break before settling the issue with a 6-4 win in the second set. After a bye in the opening round, Atharva beat Ayaan Patel 6-3 in the second round before breezing past Tanay Sharma 7-1 in the pre-quarters. In the quarters, he beat Utsav Vyas 8-4 before going past Trushang Vyas 8-1 in the semis.

CCIS Girls Reach Football Finals



CCIS girls U-14 played their way to the Finals in the Khel Maha Kumbh football match by winning against Anandniketan and Rachna School scoring 1/0, 2/0 respectively. They bagged the 2nd position and were awarded Rs 2000 prize money individually.

Anushka aces U-17 tourney



Anushka Shah thumped Krishna Jain to be crowned champ in the under-17 badminton Khel Mahakumbh district level tournament. She recorded a 15-12, 15-9 win against Krishna in the final match. Earlier in the semis, Anushka edged past Khushi Shah with a 15-7, 15-9 score line.

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GUJARAT GIRLS PROUDLY BRING BACK THE BRONZE MEDAL

The ASISC Nationals Volleyball Championship was conducted at a beautiful hill station - Kottagiri, Coimbatore in Tamil Nadu on 27th to 29th September, 2018. Under the guidance of Coach Rajesh sir, the girls volleyball team represented Gujarat in the ASISC Nationals Volleyball Championship in senior and junior categories. They achieved the 2nd runner-up position in both the categories. Also Ishwa Panchal, Priyanshi Jhanwar, Charvi Pithava, Himadri Agrawal, Vriti Patel, Devanshi Singh and Keval Patel were selected for SGFI, National Volleyball Championship Tournament for India team.



HEMANG WINS KHEL MAHAKUMBH CROWN



Hemang Kavad was at his best as the youngster won the under-14 crown in Khel Mahakumbh Ahmedabad City tennis tournament. In the final, Hemang edged out Vraj Gohil 9-2 for the crown. Earlier in the quarters, Hemang beat Vahin Patel 5-3 while he recorded 6-4 win over Yagna Patel in the semis. Vraj, on the other hand, beat Smit Patel 5-2 in the quarters before recording a 6-5 win over Sparsh Sharma in semis. Yagna, who had beaten Chinmay 5-4 in quarters, took the third place beating Sparsh 5-3. AM

Kausha rules the show with triple crowns; Chitrax bags two

Ahmedabad: Kausha Bhairapure continued her dominance in the tourney by claiming three titles in the 2nd Ahmedabad District Table Tennis Championship held at Sports Club on Saturday. Kausha made a clean sweep as she defeated Hely Shah in the women's final and Yashwi Shah in the youth and junior girls' title rounds. In all the three finals Kausha needed minimal games to wrap up the contest and be the champion.

Kausha started the rout with junior girls' title by taming Yashwi 11-5, 11-9, 11-8, 11-7. Yashwi was once again at the receiving end in the youth girls' final. In the best of the seven games contest, Kausha aced four sets and settled the game 11-9, 11-7, 11-9, 11-5.



The final clash

In the boys' group, it was a mixed day for both Chitrax Bhatt and Dhairy Parmar but they found a way to laugh about it as the final clash commenced between the two. Chitrax claimed junior and youth boys' title while Dhairy had the men's trophy to his credit. All the finals played between Chitrax and Dhairy were

stretched to seven games. Both played 21 games in total to settle the question 'who reigns superior'. The junior boys' final was a see-saw game but it resulted in setting the momentum for the next two clashes.

Chitrax won 4-3 in a cut-to-cut encounter and settled the match 11-9, 9-11, 11-8, 4-11, 11-9, 6-11, 11-8. In the youth boys' final match, Chitrax trailed and was left staring as Dhairy raced to a 3-0 lead. However, the lanky paddler refused to budge and scored some wonderful forehand and backhand topspin points.

In contrast, Dhairy went in defensive mode which allowed Chitrax to dictate the terms and make a comeback. He aced the match 8-11, 8-11, 10-12, 11-8, 11-5,

11-9, 11-8. Learning from his mistakes, Dhairy transformed his form when both the paddlers took positions on either side of the table in the men's final.

Chitrax won the first game and for a moment it seemed he is planning on taking a good lead but Dhairy displayed his arsenal with some outstanding top-spin points to make a roaring comeback.

The match went down to the wire but Dhairy ensured he had the last laugh. He triumphed the game with a 8-11, 11-3, 11-9, 11-13, 5-11, 11-8, 11-9 scoreline.

Meanwhile, Janya Parikh and Harsh Patel were crowned sub-junior girls and boys champions respectively. Pratha Pawar and Pratham Mehta triumphed in mini cadet categories.

SHIKHAR DHAWAN



NATION

PM Modi inaugurates Sikkim's first airport



September 24: Dedicating Sikkim's first airport at Pakyong to the nation, Prime Minister Narendra Modi said on Monday his government is committed to make the Northeast an 'engine of India's growth story' and lamented the 'slow pace' of development work in the region under the previous governments.

'Statue of Unity' gets finishing touches as unveiling nears



October 13: The 'Statue of Unity' dedicated to Sardar Vallabhbhai Patel, which is touted to be the tallest statue in the world, is being given final touches as it is set to be unveiled by Prime Minister Narendra Modi on October 31.

IAF celebrates 86th Air Force Day



October 8: The Indian Air Force on celebrated its 86th anniversary at the Hindon Air Base in Ghaziabad with a large parade and an air display.

India accounts for most selfie deaths in the world



October 9: If you think standing at the edge of a scenic cliff or on top of a waterfall or leaning out of a train to take a selfie is fun, think again. The quest for extreme selfies has killed 259 people between 2011 and 2017, a 2018 global study has revealed. And India leads the list with 159 deaths in the period covered by the study.

SPORTS

Cricket captain Kohli, lifter Chanu bask in Khel Ratna glory



September 25: Ace cricketer Virat Kohli sent the shutterbugs into a clicking frenzy as he received the Rajiv Gandhi Khel Ratna award, sharing the country's highest sporting honour with diminutive world champion weightlifter Mirabai Chanu at the Rashtrapati Bhawan, in New Delhi.

Napoli stun Liverpool; Neymar treble inspires PSG



October 4: Lorenzo Insigne's 90th-minute winner gave Napoli a deserved 1-0 Champions League victory over Liverpool on Wednesday that saw the Italians move to the top of Group C.

highest sporting honour with diminutive world champion weightlifter Mirabai Chanu at the Rashtrapati Bhawan, in New Delhi.

INTERNATIONAL

From shining skyscrapers to dilapidated shells: 2018's Architectural Photography Awards



October 15: The awards are split into four categories: Exterior, Interior, Sense of Place, and Buildings in Use, with each comprising five finalists. The 20 photographs that make up the shortlist will be exhibited at the World Architecture Festival in Amsterdam between November 28 - 30, and an overall winner will be announced on the 30.

Tsunami strikes Indonesian city after strong earthquake



September 28: A dramatic video footage of the tsunami hitting Palu shows the high waves sweeping away several buildings and then the large tilted mosque in the town, about 80km from the quake's epicentre. The earthquake hit just off central Sulawesi at a depth of 10km (6.2 miles) just before 18:00 (11:00 GMT), the United States Geological Survey said.

Perfect lift off! ISRO launches 2 foreign earth observation satellites

Sep 17, The Indian Space Research Organisation on Sunday night successfully launched into space the NovaSAR and SI-4 earth observation satellites of United Kingdom from the spaceport in Sriharikota and successfully placed them in the designated orbit. In a night launch, the workhorse polar satellite launch vehicle-C42 launch vehicle blasted off from the first launchpad at the Satish Dhawan Space Centre at 10.08 pm. Prime Minister Narendra Modi congratulated the space scientists, saying it shows India's prowess in competitive space business.



BIRTHDAY WISHES



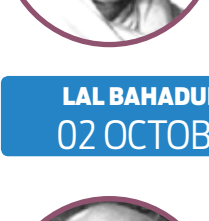
MAHATMA GANDHI
02 OCTOBER 1869



AMITABH BACHCHAN
11 OCTOBER 1942



VIRENDER SEHWAG
20 OCTOBER 1978



LAL BAHADUR SHASTRI
02 OCTOBER 1869



ABDUL KALAM
15 OCTOBER 1931



PRABHAS RAJU UPPALAPATI
23 OCTOBER 1979



SARDAR VALLABHBHAI PATEL
31 OCTOBER 1875



MILKHA SINGH
08 OCTOBER 1935



PARINEETI CHOPRA
22 OCTOBER 1988

What should I do to get admission into IIT?



MR. PRAWIN SHARMA
DIRECTOR
360° Concepts, Ahmedabad

Don't Just set goals.
Hunt Them.



the Science stream (with PCM or PCMB) in class 11 after your class 10 board results.

Important Tips and Strategy From Those Who Cracked IIT Admissions:

- Start your preparation as early as you can. You can prepare either by self-study or by joining a good coaching institute. It is often recommended to start from class 9, but this is not mandatory because actual preparation starts from class 11, Class 9–10 courses are generally for your foundation.
- Forget about your past achievements like high marks in class 9 or 10, as well as your past failures like scoring average marks in previous classes.
- Develop a rigorous study ritual and work ethic. Aim to give yourself at least 6 hours daily for self study, because without self-study JEE is just a dream.
- Maintain your consistency, it is most important here. Don't give up easily when you find yourself struggling towards new and difficult concepts. Push yourself a little

more and try to maintain your consistency.

- Don't demotivate yourself by comparing yourself to others. Focus on your path, your story. At the same time avoid over-confidence or over-congratulating yourself for getting a high score in a mock-test or answering a difficult question in class. This can lead to a loss of focus and take you away from your goal.
- Always make notes while preparing any topic and revise them regularly. Regular revision is very important for IIT preparation.
- Listen to your teachers and don't assume they are fooling you. This is the biggest mistake generally committed in class 11 by most aspirants. Participate in all India mock-tests to check your national level performance.
- Never forget to analyse your mock tests, learn from your mistakes and avoid repeating the same mistakes in future tests
- Never say negative words to yourself as this will break your focus and motivation. It's a big dream and long journey. There may be some setbacks along the way but you can recover if you keep a posi-

tive attitude and your goal in mind.

- Practise, practise, practise... as much as you can. Remember this is the key and there is no limit here.
- Learn to manage your time. It's good to have some hobbies that help you relieve your stress but avoid Social Media at all costs. It is the single largest source of wasting time among students.
- Don't skip revision classes, and also prepare your personal revision schedule to cover any uncovered topics or to revise already covered topics.
- Never hesitate to ask for help in clarifying your doubts, always be curious.
- Don't forget JEE preparation during board exams as well, dedicate some time to just practise MCQs or for revising your short notes
- After board exams, take as many mock-tests as you can. This will help you become familiar with the paper format, difficulty levels as well as managing your time during the actual JEE exam. Crack JEE Mains with a respectable score.
- Utilise the 42–45 days of time after JEE Mains for JEE Advanced. This time is extremely precious, utilise every possible minute for advanced preparation. It is said that this time can make you or destroy you. No matter what you have done or not done during the previous months, ultimately this is the time that really matters.
- Forget your JEE Main score and start revising the notes of your strongest chapters or topics or concepts. This time is best to strengthen your strengths. Just focus on your strengths and only do self study. Ever pick up anything new at this time. Take mock tests on alternate days under the exact time limit to develop your familiarity, confidence and time management for the actual exam.
- Try not to study until the last moment before the D-Day. Best to keep the last day for relaxing and getting proper rest so your body and mind are fresh on the day of the exam. Maintain a calm temperament during the examination and please read the instructions very very carefully.
- Finally, give your best, and wait for the results of your unbeatable journey full of important experiences and life lessons. Hope for the best but be prepared for the worst. Remember the journey is more important than the destination. If you crack the Monster called JEE Advanced with under 15k rank in general category, you will be called for JOSAA counselling. Fill up your choices, wait for an allotment letter, verify your documents and accept the seat.
- Finally, welcome to IIT. Hope this helps you!!!

Emotional Health: The Key to Living Fully



DR. SALEEMA CHAUDHARY
Principal, Sri Chaitanya Techno School. M.Sc., B.Ed, MS, Ph.D (Psychotherapy & Counselling)

This is a profound quote I aptly discovered while going through copious amounts of literature in order to help a patient of mine who was distressed and unable to cope up with the constant mental agony she felt inside. Although she was in perfect physical state, she was unable to participate and face the challenges thrown by the circumstances around her. She was so stressed out because she was not in touch with her emotions and was using unhealthy coping mechanisms to deal with them.

The unfortunate truth is that she is not a rare case. Most people today consider emotions to be irrational and unnecessary. People prefer living in the physical and practical realm. As a result, as a society we are losing touch with our emotions and suppressing them to unhealthy limits. This can cause many problems in our life including turbulent relationships, professional instability, anxiety disorders and so on. This is why it is important to understand and remember the basic principles of emotional health, if we wish to live our lives to the fullest.

Emotional intelligence, also known as EI or EQ (for Emotional Intelligence Quotient), describes a person's ability to recognise emotions, to understand their powerful effect, and to use that information to guide thinking and behaviour. Since EI helps you to better understand yourself--and others--a high EQ increases your chances for successfully achieving goals.

WHY IS EMOTIONAL HEALTH IMPORTANT

- As per the World Health Organisation, 'Health' can be defined as, "a state of complete physical, mental and social well-being." A state where the body is physically and physiologically fit.
- Emotional health refers to our overall psychological well-being. It includes the way we feel about ourselves. Good emotional health isn't just the absence of emotional problem or being free of depression. It is the presence of positive characteristics.
- "The best gift you can give your children is to keep yourself emotionally, physically, spiritually and intellectually healthy." — Iben Dissing Sandahl,
- There exists a strong connection between one's mind and the body. They feed into each other's normal functioning in respect to day to day situations and crises, coping ability, self esteem as well as our performance and productivity at work. People who are emotionally healthy are in control of their emotions and behaviour. They are able to handle life's challenges, build strong relationships and recover from setbacks.
- Emotional intelligence is the ability to tap into your emotions and use them to make your life better. Being in touch with your feelings allows you to manage stress levels and communicate effectively with other people, two skills that enhance your life both personally and

Most meditative practices focus on the mind and becoming aware of our thoughts. By bringing this same awareness to our emotions - and then going further by consciously engaging them and uncovering the wisdom they hold - we can gain an even greater level of self-mastery. Emotional mastery comes not just from detachment, but from also allowing our emotions to fully flow, and receiving all that they have to offer us." —Jessica Moore



professionally. Research has found out that often people with high Intelligent Quotient (IQ) and a moderate Emotional Quotient (EQ) struggle more than those with modest IQ and high EQ. IQ isn't enough on its own to be successful in life. IQ can help one get a job, but it's emotional intelligence that helps us in managing the stress and strong emotions when one goes through the ups and downs of life. Moreover, it is also a significant factor in building stronger relationships, achieving professional success and meeting our goals.

HOW TO IMPROVE YOUR EMOTIONAL INTELLIGENCE?

- Unlike IQ, which remains constant throughout your life, EQ can be developed and honed over time. The following strategies can help you improve your emotional health and intelligence over time using mindfulness and other simple techniques.

Self awareness: Start recognising and accepting your own emotions and how they affect your thoughts and behaviour. Take some time to sit down and reflect on your own use of emotions. For example, think about how you typically respond when:

- You read an email that implies you made a mistake
- Your significant other unfairly blames you for something
- Another driver cuts you off on the highway
- A close friend or associate begins to cry unexpectedly
- By first identifying your own emotions and reactions, you become more mindful and start the process of building control.

Self Management: Take a pause before acting or speaking. "The pause" may be as simple as taking a moment to stop and think before we act or speak. But this is easier in theory than in practice. Even if we're generally good at managing our emotions, factors like added stress or a bad day can impair our ability to do so at any given time. And this is not just about upsetting situations; we are often tempted to jump on opportunities that look really good at the time but that we haven't really thought through. When you work on pausing before speaking or acting, you create a habit of thinking first

Social Awareness and Asking for Perspective: Sharpen your skills to understand the emotions, needs and concerns of other people. Be empathetic towards them. The emotional cues you pick up will make you in a better control of your emotions and make you socially comfortable too. By asking those close to us about our interactions with them, we can learn from their perspective. For example, we could think about a specific time when we were in a highly emotional state.

- Ask the other person: Did I act out of the ordinary during that time? Could you describe how?
- Then, ask them to relate experiences regarding when they were going through an emotional situation: How did I deal with you at that time? Would you say I was sensitive to your feelings and emotions?

- Getting the answers to these questions will help us to see ourselves more like others see us--and help us to understand others better, too. You can then use that knowledge to adjust your dealings with others.

Relationship management: Most of us would agree that qualities like empathy and compassion are valuable ingredients to healthy relationships. So, why do we often neglect to show those qualities when it matters most--like when we fail to show understanding to a close friend or partner when they're going through a difficult time? Truth is that it's extremely challenging to put ourselves in another person's shoes. We often forget how specific situations feel, even if we've experienced very similar circumstances. So, how do we bridge the gap? Demonstrating qualities such as empathy and compassion means that we try our best to see a situation through another person's eyes. But we have to go further than drawing on our own experiences; showing true empathy means exploring the "why". Ask yourself:

- Why does this person feel the way (s) he does?
- What is he or she dealing with that I don't see?
- Why do I feel differently than (s)he does?

If you can't effectively answer those questions, consider working alongside the person for a period of time to truly understand what's going on, as viewed from that person's perspective.

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Incase of any query, you may feel free to contact the following

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