

## 7 The Open Passing

RNI No. GUJENG/2002/23382 | Postal Registration No. GAMC-1732 | 2016-18 Issued by SSP Ahd-9, Posted at P.S.O. 10th Every Month Ahmedabad-2, Valid up to 31-12-2018 AHMEDABAD, MONDAY, FEBRUARY 5, 2018 VOL.16, ISSUE-10 www.theopenpage.co.in ☐ facebook.com/theopenpage (12+4) TOTAL PAGE-16 INVITATION PRICE: ₹30/-

From, The Open Page, 4th Floor Vishwa Arcade, Opp. Kum-Kum Party Plot, Nr. Akhbarnagar, Nava Wadaj, Ahmedabad - 380013 | Ph : 079-27621385/86

#### Dear student,

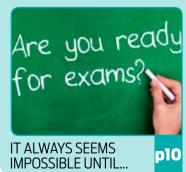
Heights may make you feel a bit shaky at times but I know you can reach at the top, with your courage and determination. Do the best in exams, May your path be smooth and easy. Let your success come true, That's my best wishes to you!

**Chief Editor Archit Bhatt** 









#### **RACK YOUR BRAIN**

 Which article from this open page newspaper have helped you in reference to your work or for any project?

Readers ,If you want to reflect in "Rack your Brain", Mail us your answers, in 25 or 30 words with your photographs upto 15th February 2018, Mail Id: theopenpage@tripada.com or you can whatsapp on 9586022210.

## FOOT PRINTS OF SUCCESS



Of all the hard jobs around, one of the hardest is being a good teacher"- an apt quote for the teachers who were nominated and won the Best educators award in the 4th The Open Page Educator's Award hosted at the sprawling campus of Alembic Group of Schools, Vadodara on 11 January 2018.

Their consistent hard work to bring about a positive difference in the lives of the children has earned appreciation and recognition through this prestigious award which they received from the hands of the Governor of Gujarat, Shri O P Kohli.

In line with the success of this event since its inception in the year 2014, 1st Educator's Award in Ahmedabad, followed by the 2nd Educator's Award at Raikot hosted by Gardi Vidyapith and the 3rd Educator's Award at Surat hosted by Vibrant Academy, the 4th Educator's Award this year added a feather to our cap of success.

The grandeur of this event at the famous Alembic School campus, was the presence of eminent personalities in the field of education from across Gujarat, apart from the Governorshri of Gujarat who graced the event and handed over the trophies to the deserving winners from Pre-Kg category to Secondary educator, Principals, parents, Sanskrit educators, school management, special educators and social service in the field of education, adding up a total of 12 categories of awards.

The other eminent personalities who graced this event were, Air Common-





dore B.V Upadhyay, Prof. Parimal Vyas, Mr. Pranav Amin (Alembic Schools) and Lord Bhikhu Parekh.

In the presence of GovernorShri of Gujarat and eminent guests, all the academicians were awarded and recognized for their extra ordinary service in the education fraternity. Veterans who have spent their work life serving and upgrading education were also felicitated.

In his inspiring speech, Shri O P Kohli, Governor of Gujarat, emphasised the need for experiential learning to create skill India.

The educators from each category



were nominated on the basis of their whole hearted involvement with the learners to upgrade their learning through their successful innovative teaching and learning methodology. Recognition and appreciation was given to those educators who made a difference in the lives of their learner in spite of the hurdles, after the jury round in the morning of the event day.

The event culminated with the announcement of 5th Educator's Award's Host, Divine Child Schools at Mehsana and handing over the shield to the Managing Trustee of Shankus-Divine Child Schools, Mrs. Ruchi Chaudhary, with the expectation of receiving nominations of deserving educators. It was then followed by Hi-tea to all the invitees and guests.

Continue...page-8





# "Flowers, Birds, Sweets and Kites, BASANT PANCHAMITRULY DELIGHTS!"

When the frost of winter goes by and the vernal breeze starts caressing the face of earth then Spring enters and .spreads everywhere a feeling of pleasantness. Vasnat Panchami falls in the month of Magh Sud Pancham (fifth day of the month Magh, bright fortnight). This is the month when the season of winter starts shrinking inch by inch and the temperate climate of Spring starts advancing slowly. This is the time of Northern Solstice which lasts for six months and considered as the pious month of Uttarayan.

The Goddess of knowledge Saraswati is worshipped during these days. There are three potential energies of the Almighty God, namely Goddess of wisdom (Goddess Sarswati), Goddess of strength (Goddess Durga) and Goddess of wealth (Goddess Lakshami).

Our earth moves around the sun and it moves on its axis also. Earth is slightly tilted. When tilted portion faces sun then summer comes and when it goes far from sun then winter arrives. When the earth is in the middle position then it is neither too hot nor too cold and such climate prevails when spring and autumn seasons arrive here. Uttarayan falls in the month of mid-Jan when the climate is temperate.

Surprisingly, the people of all ages whether old, young and small fly kites whole day and thus enjoy the festival of Uttarayan.

During this month the vernal breeze, instead of giving a frosty pinch, starts giving a caressing touch. Fruits-bearing branches swing in air and petals of flowers bloom to spread everywhere a sweet fragrance. Mother Nature smiles in fullness. Filtered through leaves the Soothing sunbeams fall from cloudless sky. People like to sit in open space for getting the warm feel of sunbeams. Tuneful winds also produce a sweet melody to set the mood of season.

These festivals and social customs are performed to bridge the gap for coming closure. In this way we can unite and develop an amicable and good relations with other people which is important for maintaining peace and harmony in society and thus in nation as well.



NEELESH V. BHADORIYA PRINCIPAL, AHMEDABAD

Lord Shiva's musical instrument, Damroo is a significance of getting rid of evil and unnecessary desires from the body. Eliminating evil from the body means cleansing your body and making it free from diseases through proper exercise and healthy diet. You must bring some activeness into your life in the form of exercise and yoga and must have control on your untimely food cravings. You must take utmost care of your health and develop high will power through exercising.

#### 8. Don't Ignore Even Minute Details While Taking Decisions

Holy Ganga river flowing down from the matted hair of Lord Shiva signifies clarity and understanding of everything. Many times, we take decisions on the basis of handful of knowledge that we have with us. We tend to ignore having complete details about the matter before pronouncing our decision. Be it at workplace, relationships, fitness routine, studies, etc, we jump into conclusions by getting influenced from other people without proper understanding of the matter. But. Trust your knowledge and then take decisions.

#### 9. Remove Negative Thoughts

Kamandalam or water pot of Lord Shiva symbolises purification of mind. You have lived your life worthlessly if you have not eliminated negativity from your mind and focused on positivity. Negativity attracts stress, tensions, poor health and you are least likely to cherish the life given to you. You need to opt positive approach in your life to help your mind think productively and to enjoy life with a cheerful attitude.



JYOTI PARMAR THE OPEN PAGE

### SOME IMPORTANT LESSONS TO LEARN FROM LORD SHIVA

Lord Shiva is known as the destroyer of Levil forces and is known by various names such as Mahadeva, Pashupati, Mahakaleshwar, Natraja, Bhole Nath, etc. In most spiritual aspects, He commutes on a divine bull named Nandi.

Lord Shiva has many iconic features on his looks such as a third eye on his forehead, a snake named Vasuki around his neck, his throat is blue, a beautiful crescent moon on his head, the holy river Ganga flowing down from his matted hair, a trishul in his hand along with his musical instrument, Damroo. As per the Hindu beliefs, Lord Shiva sits on a tiger skin and he has a water pot or Kamandalam beside him. He wears rudraksha beads on this body and he has ash smeared over his complete body.

In today's life, where we all are getting devoid of our culture and values, we must try to incorporate some of the lessons taught by our rich Hindu culture. Lord Shiva is a true example of a true teacher who signifies that with love and compassion we can win the world and to eliminate social evils, we must take a staunch stand. Let's know how lord Shiva teaches us:

#### 1. Nothing Is Impossible If You Have A Peaceful Mind

Lord Shiva's matte hair is a symbol of unison of mind, body and soul that enables him to focus better on his duties and gives peace to his mind. Similarly, in our lives, whether we want to study harder, attain more productivity at workplace, concen-

trate better or aim at achieving better health condition, then we must try to unite our body, mind and soul. When we work peacefully, we save our energies in doing constructive things and we are able to face difficulties with a smile on our face.

#### 2. Perceiving Things By Giving It A Thought

The third eye of Lord Shiva symbolises that we must not always believe what we see until we are able to see it from the mind's eye. This means whenever we face an adverse circumstance, then we must not keep on thinking about what we see in front of us.

#### 3. Control Your Ego

Lord Shiva's weapon Trishul is the indicator of controlling your ego, mind and intellectual self. If you are challenged to do something which your mind does not permit and out of ego, you do it to show off yourself, then you have no control over your mind, intellect and ego. If you have complete control on your mind, then you will able to take better decisions and you will feel great when you express your true self.

4. Practice Meditation For A Focused

Lord Shiva is be-

lieved to be seated in a meditative pose and he is symbolised to have an undeterred level of concentration. He is known for his calm attitude due to his prowess in practising meditation. In today's busy life, people are constantly in stress . To keep stress at bay and improve concentration, you must practise various meditation techniques, then you will be able to handle them with a calm mind and you will have better clarity about the subject while keeping you in best health at all times.

#### 5. Life Is Ephemeral

The ash smeared on Lord Shiva's body signifies that everything is temporary in this Universe. Life is ephemeral and we all are mortal beings. Keep your soul clean by living life with content and happiness while keeping others happy too.

#### 6. Manage Your Anger In A Constructive Manner

Blue throat of Lord Shiva indicates control on anger and channeling it into a constructive cause. Whenever, you feel angry and you feel that your emotions will burst out, just go for a work out or jogging or start meditating in a calm place. Put your energies in constructive manner that would otherwise get wasted in taking actions that you don't intend to take in logical state of mind.

7. Develop Will Power With Exercise

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#### $E^{\text{very one of us have passed through}}_{\text{the schooling days. Having gone}}$ through as first timers crying to go to school, crying not to go to school, the C.W. and H.W., the vacation homework, the sports and competitions, the project works, the laboratories, the dissection and the H2SO4 solution, algebra and geography. How can we forget the stars as a good remark given in the notebooks by teachers and hands, the monitors and school captains - all a composite package that continues to produce the future citizens of our country. It is a delight to see RTE privileged students also climbing the stairs in the schools. More so to the great voluntary mentors who at different stages of life instill education among the under privileged in a difficult environment, creating a classroom atmosphere in the woods. The classroom is destined where people gather to seek learning, under a tree, on a rock or just roadside.

Home has always been considered as an institution where we start to learn and continue learning as a never ending entity. "The title is not wrongly spelt". It is classroom created by journeying. The practical aspects of weights and measures for example can be better understood at grocers, at the tailor, at the mall, at the theatre, at the picnic spot, at the bank/post office. Therefore it is a proven fact that classroom exists in every place we intend to learn or exercise our dealings.

Simulation is a vital classroom technique actualized majorly beyond classrooms. The joint/nuclear families have taught us family values, finance, heritage of



## **CLASS 'ROAM'**Beyond Discipline



ning, organizing, executing, prioritize, assess good and bad. The society has taught us social responsibilities,

give. Friends and acquaintances have taught us personal and professional attributes, being there at the time of need. Now the biggest classroom outside the usual four walls is the world over. We have been learning every bit. Talk about the latest how to fly a kite this uttarayan or the oondhiyu and jalebi delicacies accompanying the kites, or may it be the republic day and the service of the armed

forces and our leaders who gave us this day. We learn about their dedication, sacrifice and Teachers/ mentors/ facilitators can try a few odd options and are

assured of the most unexpected positive results. Some of the

teacher's concern can make the classroom learning fruitful and healthier mindset

- Groom the weaker students than polishing the best
- Core students' team for guiding junior students
- Give a chance to take initiative, plan and deliver e.g. : event
- Scope of focused lecture absorption by every student (some are slow learners)
- Illustrations from real life than bookish
- Field trips to enhance illustration/ understanding
- Promote participative classroom dissemination
  Always have a system of follow up
- with students
- Understand the student profile than showing off what you know
- Appreciate for a good sill or knowledge from students
- Building rapport, representing organization so work for yourself

I take this opportunity to salute the mentors who take it up for students with learning disabilities and see them shine. The classroom is to go around (not wander) on a journey on a learning spree. There are things you learn, there are people you learn from and there are instances that teach you. Life is a lesson no boundary bondage but flourishing classroom around.

Be There to celebrate learning.



NATIONAL CHAMPION MASTER KAUSHIK SALLA CLASS 8 KV ONGC SECOND RUNNERS UP IN MENTAL ARITHMETIC AT ALOHA 14TH NATIONAL LEVEL COMPETITION AT CHENNAI



SALLA VIJAY KUMAR NATIONAL AWARD WINNING LECTURER, IHMA

wide every year .

Every nation is having pride on its mother language. So, no language is inferior to others. Therefore the celebration of International Mother Language Day is very significant for every nation to keep its language identity. The proclamation of UNESCO is very important because it's a birth right of every nation to keep its language for general use and conversation and also have a great respect for the mother tongue. The diversity of the language maintains a separate identity of every nation.

It is also necessary to have respect for other languages. All languages are equal in status. No one is inferior or superior. In fact it is the medium to express our thoughts in words and also helps to carry out our day-to-day activities. It is good to learn other languages along with our mother language because knowledge widens our horizon of thinking and helps to be friendly with others. It bridges the gap of people and helps to maintain the global peace.



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

### International Mother Language Day

It is observed worldwide every year on 21st February. It was announced by UNESCO on 17 November 1999 and then recognized by United Nations General Assembly. In fact, it was a social movement.

Language is the medium to express our feelings and also for the communication of our thoughts. It helps in preserving our valuable culture and heritage. It helps to carry out the day-to day activities with the help of dialogues. The term 'Mother Language generally termed as ancestral language and keep link with the customs of descendents. Mother language also brings perfection in body language because everyone is almost proficient and fluent in his mother tongue. While speaking mother language everyone feels himself very comfortable. In A/RES/61/266 the United Nation General Assembly declared to promote the preservation and protection of all languages usually used for conversation throughout the world. In the year 1999 UNESCO announced 21 February as International Mother Language and now it is observed world-



#### Match the Words to the Pictures

zebra

giraffe

lion

monkey

penguin

gorilla

elephant

seal

FIND THE DIFFERENCE

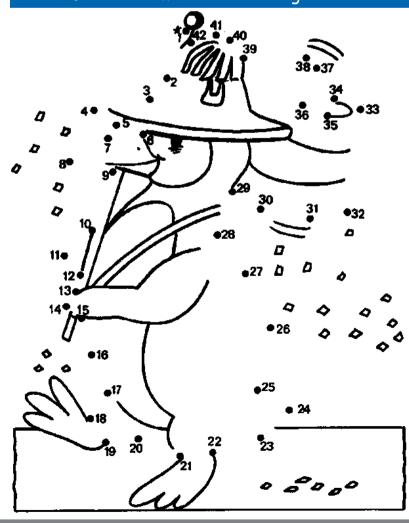
#### See the shadows and match the pictures



#### FILL IN THE MISSING LETTERS IN. FURNITURE WORDS.

不	Tab _ e	-	Ch_ ir
ستس	Be		Pill _ w
	C_ ib	Hillian	Dr _ wer
	Ma_terss	11	_ ofa
M	S_ool		C_uch

#### Join the numbers in ascending order



#### SUDOKU

7	4	9			1	3		2
	2		6			4		
6		3	9		4	1	7	
2				8				3
			1				9	
		4		6				
	3		2		8			
				3		8	1	
	7	8	5	9		2		

**How to Play:** Fill each of the blank boxes with the number grid from 1-9, with no numbers repeating in vertical, horizontal rows or 3x3 girds. Do not repeat any letters in a line. Each puzzle has only one solution.

t	ε	7	9	6	5	8	L	I	
9	Ι	8	L	ε	Þ	7	S	6	1
L	S	6	8	I	7	9	ε	Þ	$\triangleright$
I	7	L	5	9	ε	ħ	6	8	Z
8	6	S	7	Þ	Ι	L	9	ε	Ž
ε	t	9	6	8	L	S	I	7	ERS
2	L	I	Þ	7		ε	8	9	S
6	8	Þ	ε	L	9	I	7	9	
7	9	ε	I	5	8	6	Þ	L	

### Read the questions. Circle the word that answers the question. Then write the word on the line.

What will the caterpillar do?

Dad and Sarah will play what?

Saint.

81

What will the girls do with the bikes?



ride right read

skate

4. The rabbit tries to do what in the grass?



hike side hide

What would you choose to do in this park?



slide sleep slip

6. This boy is happy because he was first in what?



race

#### Solve the puzzle















Match each sentence to the correct picture. Write the letter of the sentence in the box

- A. A brown and white puppy is having fun.
- B. Domestic animals are in a large farm.
- C. A studious boy is reading a red book.
- D. Three kids are in their wooden bunk beds.
- E. A cute boy is painting with green paint.

RT CORNER











#### Word Search

There are 8 words hidden in the puzzle below. Circle the words as you find them and then cross each one off the list on the bottom of the page.



#### **CHAVDA HIRAL YASHASVI RAI** SRI SATHYA SAI NARMADA CALORX, SCHOOL VIDYA NIKETAN

RISHI SOLANKI

LML SCHOOLL

Your drawing should reach us by 20/2/2018 at The Open Page, 4th Floor, Vishwa Arcade, Nr. Akhbarnagar, Nava Wadaj, Ahmedabad-380013

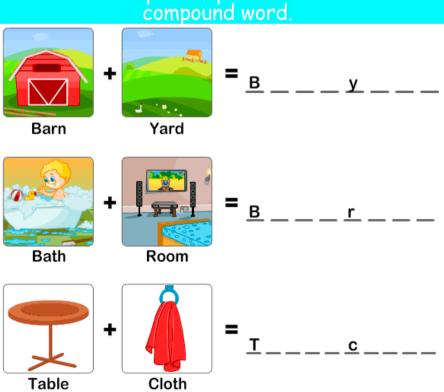
**GIFT FOR** BEST COLORING

ZEEL JANI Vedant Int. School

Name: Name of School :

Photo

Use each pair of pictures to write a compound word.









**Port** 



Chatrapati Shivaji Maharaja was the founder of the Maratha Empire in western India. He is considered to be one of the greatest warriors of his time and even today, stories of his exploits are narrated as a part of the folklore.

Born on 19 February 1630 to Jijabai and Shahaji Bonsle, Shivaji reigned only for a short term of six years i.e., from 1674-1680.

Shivaji turned out to be a born leader. An active outdoorsman, he explored the Sahayadri Mountains (those surrounding the Shivneri forts) and came to know the area like the back of his hands. By the time he was 15, he was able to accumulate a band of faithful soldiers from the Maval region who played a great role in Shivaji's early conquests.

Shahaji (Shivaji's father) was in service of the Bijapuri Sultanate - a tripartite association between Bijapur, Ahmednagar, and Golconda, as a general. He also owned a Jaigirdari near Pune. Due to his busy job he had to travel a lot and hence Jijabai took care of his education. The sense to choose between right and wrong was instilled in Shivaji by his mother. By 1645, Shivaji acquired mastership over Torna from Inayat Khan, Chakan from FirangojiNarsala, Kondana from Adil Shahi Governor, along with Singhagarh and Purandar.

Due to his great military skills Shivaji became the biggest threat to Mohammad Adil Shah, who made Shahaji his prisoner. He released Shahaji on the condition that Shivaji kept a low profile



and kept from further conquests. Shivaji resumed his conquest from 1665 after Shahaji's death.

Mohammed Adil Shah sent Afzal Khan, a powerful general in his employ to subdue Shivaji. The two met privately on November

10. 1659 to discuss terms of negotiation. Shivaji had an idea that the secret meeting could be a plan to kill him and thus he decided to carry with a metal tiger claw and armor. When Afzal Khan attacked Shivaji with a dagger, he was saved by his armor and Shivaji retaliated by attacking Afzal Khan with the tiger's claw, mortally injuring him. He ordered his forces to launch an assault on the leaderless Bijapuri contingents. Victory was easy for Shivaii in the Battle of Pratapgarh, where around 3000 Bijapuri soldiers were killed by the Maratha forces. Mohammad Adil Shah next sent a larger army under the command of General Rustam Zaman who faced Shivaji in the Battle of Kolhapur. Shivaji secured victory in a strategic battle causing the general to flee for his life. Mohammed Adil Shah finally saw victory when his general Siddi Jauhar successfully sieged the fort of Panhala on September 22, 1660. Shivaji recaptured the Fort of Panhal later in 1673.

In 1674 Shivaji was crowned as an independent king was glorified as Chatrapati and Deva Raja, taking vows to protect Brahmins and cows to uphold dharma. By the time of his death in 1680, he carved out a large kingdom which included substantial territory in peninsular India. He was not only a successful military leader, but an able administrator as well.

Shivaji died at the age of 52 on April 3, 1680, at the Raigad Fort, after suffering from a bout of dysentery.

Hardi Patel, Student, LML School



As we all know today's world is stepping towards digitalisation. So, there is a revolution of awareness amongst people. There are many types of payment methods used for transaction of money. Apps such as PayTM, Mobikwick, have contributed towards economic growth and

Did you ever believe that the currency can be virtually stored into your account? Well, that's true, this revolution has been started in big countries and also in India, which is now spread World Wide. This type of currency is called crypto-currency.

Well, crypto currency is a computer encrypted currency, which is used for trade and business all over the world. This computer encrypted quality gives it authentication at the user and public level, as it gives encrypt coins and no person can access your coins unless and until he/she has your bank account details as well as your crypto account details. As this currency is in craze, several digital coins have been launched. The most popular coin is "BIT-COIN". It costs around 16,000 \$ and 11, 15,386 in Indian currency. When it was launched in the year 2009 it costs 0.08 \$ and 5.13 in rupees per coin.

Well, questions aroused frequently in our minds are how these coins are generated? These coins are generated through mines, not coal mines but digital mines. The work of these mines are to do mining of the coins whenever required.

India also has crypto- currencies, not one or two but hundreds. Among those coins, the most youngest and preferable coin is the "ATC Coin", launched by Mr Subhash Jewaria in May 2017. When he launched this coin it was 0.50 INR but now it costs 80.34 INR per coin.

These ATC coins can be taken into your account registering your name into the crypto inbox. The main and the best feature of this coin are amazing:

- 1. If you purchase coins you will get bonus of 10% coins in your account every month.
- If you reach the seventh level of recruitment by adding customers under your account then you will get royalty.
- The coins after a fixed time period can be converted into BITCOIN.
- The coin in bonus can be put on sale on any time but the coins purchased by you shall not be put on sale until compeltion of 14 – 16 months.

All these things makes the world of crypto - currency amazing. Even I have witnessed craze for these coins at my very own house. These coins will be creating revolution. I think the future will be great and bright in the upcoming years.

Radha Bhawarkar, Student, Tripada Gurukulam

He screamed 'why why a girl, I hoped it was a boy'. It's a burden on us now it's all because of you, all because of you.

Her mother cried, 'because of me your life now will be ruined'

I hope you die because if you live, it won't be a life worth living

One month later they made me marry a boy I did not know nor I could say no,

I was one month old

No one stopped this act of 'Child marriage' I wasn't taught maths, English but was taught how to cook food and how to clean houses,

At the age of 7, they sent me to work in a factory so that I could contribute in the family's capital,

Though my muscles pained no one did even care It was decided I have to leave home when I will be 12 And stay with people I hardly know and having a husband 8 years elder to me



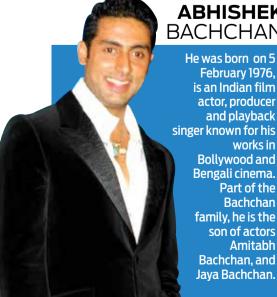
And hit me with a belt all the night God did bless me by killing him by the addiction he had Those weren't the modern days, I was made to be sit with my dead husband,

I thought of running away but the fire caught me before I moved,

I was burnt but my soul was now set free...

Janwee Mukim. Student, Lml School

#### IRTHDAY WISHES



**ABHISHEK** BACHCHAN

February 1976, is an Indian film actor, producer and playback singer known for his works in **Bollywood and** Bengali cinema. Part of the Bachchan family, he is the son of actors **Amitabh** Bachchan, and Jaya Bachchan.



**AJAYSINHJI** JADEJA

Born 1 February 1971, He is a former Indian cricketer, who has been a regular member in the Indian cricket team between 1992 and 2000. He played 15 Test matches and 196 One Day Internationals for India.

#### **RANDHIR** KAPOOR

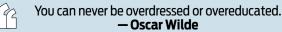
Born 15 February 1947, He is an Indian film actor, producer and director, who works in the Hindi film industry. He was an established actor of the 1970s and a two-time Film fare Award nominee.



SHAHID KAPOOR

**Born 25 February 1981,** also known as Shahid Khattar, is an Indian actor. The son of actors Pankaj Kapurand Neelima Azeem, Kapoor was born in New Delhi. Cited in the media as one of the most attractive Indian celebrities.







## ARE TODAY'S CHILDREN

**FASHION VICTIMS?** 



out to the target audience with up to date fashion style and children have chosen up the trend extremely quick.

Movies and TV seems to be selling the idea of being cool. Latest trends inspire numerous parents to buy branded outfit for kids. The focal point has shifted from personality development to beauty. Now days we are simply creating a generation of fashion victims.

There have been observational debates that fashion is destroying the children as they are inclined towards trending fashion products and are making their parents spend huge money on the clothes and accessories.

Children should be aiming for their career and future but instead, they are getting influenced by various TV commercials and other forms of media that appeal to them directly. This is very harmful to their future, career in the long run.

Earlier, it is used to be a very healthy competition among classmates and friends about who will score better in which subject or who will outshine the other's in sports, music, dramatics, debate etc. But now a days it is



accessories and clothes.

Girls , on the other hand , are becoming conscious of their weight & appearance that they often skip meals or eat very little to look slim which is very harmful to their health & Development. On their own, they are experimenting with diet pills & supplement which is really an unhealthy practice. Also students are getting their hair treated with bleach, colours, and chemical products without knowing their harmful side effects.

Every face has two sides one right side & other the wrong side, same as if we see latest trend in fashion has made the children victim but on the other hand it has also made them self confidence & independent decision maker. It is wrong to say that children are victim of fashion but they are just following the soci-

ety. Fashion is everywhere around them, their parents, family members and even teachers are following fashion so it is natural that they too are inclined by fashion.

Following fashion trend help children to identify and connect with other children who have same choice as them. This will make them more sociable and help them in making friends. When children are dressed up stylishly they are countered as one of the pleasant personalities. This acceptance will help them in their career & future. These are few positive aspects going with fashion.

Fashion used to be the subject of rich & affluent, but now the common people are also experimenting with it. The discrimination in the society is not there anymore. It is not just about clothing but also about other accessories as well like bags jackets wallets.

sories as well, like bags jackets, wallets, purse, shoes etc. It has become wide-spread and acceptable too.

We need to create an environment where children can be themselves, where they don't emulate adults. Using your mother's lipstick or your father's shaving brush is innocent but trying to copy outfit is outrageous. We have entered a scary world where kids are expected to be miniature adults!

Parents have to tackle this demon by being firm but kind. Spend quality time with your child. Lay down some non negotiable rules. You can allow an occasional treat like dressing up for a birthday party. Get your children involved in some age appropriate activity. There are more meaningful things in life than just looking good. A popular saying goes: child is the father of man, but let your child be a child a little while longer.



MS. ANSHU SINGH CHOUDHARY

ASSISTANT PROFESSOR,

AHMFDARAD

## "Challenges are an opportunity to test you and rise to the next level"

My nature is to know and to experience something new and go for discovery, I like to challenge myself and keep learning, therefore I like to try new things and keep myself growing.

And its reality that when you least expect your wants becomes easy and smooth life, It sets a challenge to test your courage and willingness. Such a moment, there is no point in pretending that nothing has happened or in saying that we are not yet prepared. You have to face it.. The challenge will not wait.

I have realized; it is during the times I am far outside my element that I experience myself the most. That I see and feel who I really am, the most! I think that's what a comet is like, you see, a comet is born in the outer realms of the universe! But it's only when it ventures too close to our sun or to other stars that it releases the blazing "tail" behind it and shoots brazen through the heavens! And meteors become sucked into our atmosphere before they burst like firecrackers and realize that they're shooting stars! That's why I enjoy taking myself out of my own element, my own comfort zone, and hurling myself out into the unknown. Because it's during those scary moments, those unsure steps taken, that I am able to see that I'm like a comet hitting a new atmosphere: suddenly I illuminate magnificently and fire dusts begin to fall off me! I discover a smile I didn't know I had, I uncover a feeling that I didn't know existed in me... I see myself. I'm a



shooting star. A meteor shower. But I'm not going to die out. I guess I'm more like a comet then. I'm just going to keep on coming back."

When we are born from that day to till last journey of our life every human being have to face the challenges. Just born child have to struggle beyond his capacity to adjust him of herself in unexposed atmosphere, have to learn by own for feeding etc, .So dear readers would like to say every moment of the life is full of challenges and we should not scared of facing it we should try to find the way to come out of it. I know, it hard to face challenges. Many people try to avoid challenges and setbacks, But at least ,if you face it, you will know to develop confidence in you and will be prepared mentally to find the way, otherwise it is not that every time you can avoid all the challenges in life, so why not to face them now and learn new way to live the life too.

Here would like to throw light on ,how

you can overcome with challenges and setbacks that you are facing. But before that we should why we face the challenges? In context to that I would say that It is very important to know that challenges are necessary for your growth because if you want your development and growth you need to go for different path. Remember challenges polish your talents and improve your skills. It gives you strength and helps you to become successful individuals in the field in which you are involved. One more thing, challenges helps you to discover who really you are and how you behave in adversities. When you are successful, you feel confident, but it is the times that makes you know how you truly are.

It is advisable for those to challenge yourself who want to reach the mountain in one run. So in reaching your full potential will give you growth and line of success. But for that you need to set goals

In such a manner which can lead you to go wild with creative and imagination but these goals should influence your motivation in height. Though these may be achieved goals, but don't make them simple. Your challenge should be bit difficult so that your skills should be in practice. It is better to divide a big goal into small goals for simplicity.



DINESH P LALWANI SOLUTION ARCHITECT WITH ERICSSON - PUNE

#### FEW POINTS HOW TO OVERCOME

- Need to understand the problem properly: See that when your are working and trying to overcome with a problem which is not too easy, then first understand the problem clearly this will help you to focus your thoughts to get the proper solution.
- 2. Find out your strengths and resources: It could may help you to achieve your goals. Make a list of possible resources. It could be material like laptop, money, transportation, cell phone, magazines diary etc., which can help you out to solve your problem, You can start with your available resources and later on you can arrange the required things taking base on the available things. Personal skills and strength are the important resources which a person holds, It can give you instant help to succeed yourself.
- 3. Make motivation your biggest strength: If people surrounding you are negative and non-supportive then it becomes hard to succeed. But remember that your motivation is the biggest support of yours and keep yourself motivated every now and then.
- 4. Plan yourself to the root to achieve your goal: Proper strategy you need to plan, for that think hard ,decide right plan and map and properly execute it in correct manner and timely. Note that successful person have tried and failed but these failure teaches one lesson ahead and step by step it becomes stepping stones for success. Scientist Einstein is a big example of not to lose the hope and don't stop chasing your success until you get it.
- 5. Execution of your strategy: You need skill, intelligence and creativity to executive your strategy as it should be done with determination and effort and make it sure that you try your best to get the desired result, even if not then it does not mean you should be disheartened. Again make a new plan with your confidence and try that the lacking which made you failure should not be repeated next time.
- As there could be main two reasons which made you failure, either your strategy was not proper or you did not executed it well. Don't let your motivation down ,find out the causes and rectify by eliminating the problem accordingly and try again with your full confidence to get success.

Therefore, the brain needs to be regularly challenged in order to attain its uttermost performance. Hence be thankful for each new challenge, because it will build your strength and character.





### WINNERS OF 4th EDUCATOR'S AWARD 2017-18







Ms. Taraben N. Patel



Mr. Tejaskumar R. Mehta



Mr. Jitendrakumar D. Vaja



Mr. Sajjanshinh A. Padval



Dr. Ajita V. Pillai



Dr. Deepak J. Pandya



Ms. Poojaben P. Paija



Ms. Neeta Sharma



Ms. Salehabibi K. Kureshi



Ms. Reshma A. Shah



Mr. Mansuri K. Noormahmad



Ms. Prafula R. Pathak



Ms. Varsha J. Vyas



Mr. Naginbhai P. Patel



Mr. Hardik Joshipura



Dr. Amrutlal G. Bhogayta









## Nothing is more precious than life... especially the life of your .. Handle them with car

hildren have never been very good at listening to their elders, but they have never failed to imitate them." This is the inbuilt quality in the children which makes them to learn fast. Its important to understand that the method which we apply to talk to our children forms a huge impact on their learning ability and also on their listening skill. Its just like an echo which reflects the sound which we throw. So we should know that the way we speak to them and environment around us is showing them how we want them to reflect back to us.

In studies we have found different forms of communication which parents generally do with their kids, an aggressive way which children avoid to listen, passive way where kids find that they can run riot and can walk all over and assertive way which makes them clear that they have to listen, as this way is firm, warm and confident.

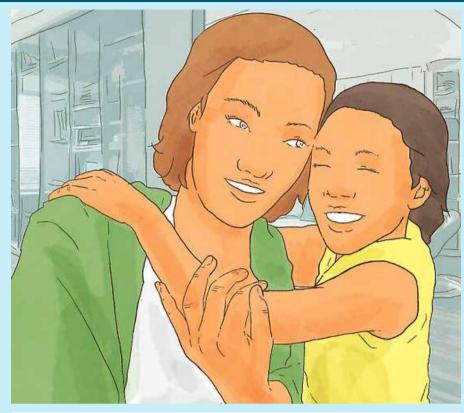
Let's try to understand few ways which can help our kids to listen us in more effective

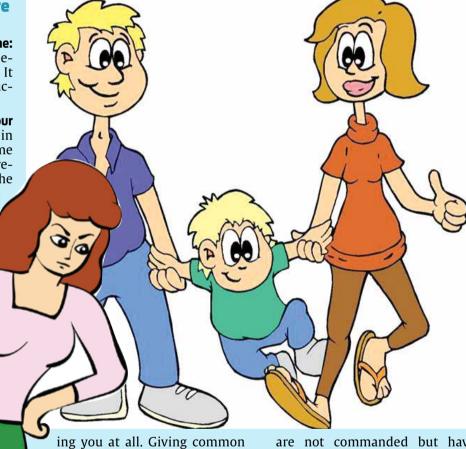
1. Call your child with his or her name: It helps to get their attention before delivering your message. It makes it clear that this instruction is for them only.

2. Use respectful words in your language: As children are good in imitating and deliver the same respect and praise which they receive for them. So don't use the word like you are bad, ashamed of you, stupid, ridiculous etc., These types of words makes the child feel worthless and they stop responding as they ignore listening.

3. Try to form connectivity with your child: This will help you to listen to each other and form an eye contact while talking and make them understand then reason why they should do and why not? It important is that first of all address them with his or her name and talk one to one.

4. Usage of appropriate volume: Yelling is not the solution or right method for children either in the classroom or at home. Yes, for urgent situations it should not be ignored to get the attention as it is once in a while, but using this method for majority of time will not work as kids will stop listen-





and general instructions daily from another room may also fall on deaf ears after a while. As it gives message to them that you are too busy and not serious that is why instruction is coming from remote area.

Go closure to your child and join him or her, show a respectful behavior and then come with your instructions in a proper way and they should know that you mean it to do!!

5. Keep optional choice or alternatives for them: This will make your kids feel that they

choice . So they will cooperate with you realizing that they are shown importance to get the things done.

6.Don't give too many instructions at a time: This will make our kid confuse to follow too many directions at once whether for behavior or for subject improvement. Make your instructions simple and single.

**7. Avoid nagging :** To support your kids set a schedule for their daily routine. As with this they will know their work job to follow otherwise instructing all of sudden to do when they have not set their mind makes you nag which very easily they avoid to listen.

8. Show warm behavior but be firm: As a model first you apply to say such as thanks, please, sorry, excuse me ,pardon please, etc., to your kids But at the same time be firm if you have made decision about anything ,stick to it and make sure that other elders should support your decision .It may happen your kids does not like it, but make your request important and speak to them firmly , casual tone will give message to kids that you are not serious whether to follow or not. Therefore firmness is necessary with request.

- Give them chance to express their **ideas:** By asking open ended questions give your kids to think more and to put up their ideas ,suggestion, view on that point. Respond to their thinking, ideas and feelings by showing your interest and by appreciating it. Don't just give them yes or no based ans.
- 10. Confirm that your kids should understand your language: If your kids are not responding then confirm that whether they understood your instruction or not? ,find the reason of not responding and if your instruction is too lengthy, split it into small parts and try to rephrase it into simple words which is familiar to the kids and make it short and simple. Give them early reminder to follow their set schedule twice and thrice.
- 11. Keep conversing with your kids and listen to them with full attention: Make your kids believe that you care enough to listen to them . Converse with them to know their behavior, thoughts and ideas and to make good bonding. Open comfortable communication with them will built confidence, self esteem, good bonding with you & with others. At the same time you will find a cooperative and healthy relation with you. It's important to know that talking with kids is essential to open and know their thoughts. Only talking is not advisable but at the same time hearing them appreciating them required.
- are not commanded but have 12. Try to praise not to interrupt: When they are sharing something to you like story ,incident or any ideas don't interrupt their thoughts and ideas .They will lose their interest in sharing their feelings .Any guidance or advice if your want to give, first listen them properly ,praise their expressions and then make point you can give advice or suggestion so they will respect your advice too.

Remember each day of our lives we make deposits in the memory banks of our children..So deposit good memories with lots of fragrance .So whenever it is used it comes with good interest in usage.







la

Are you ready for exams?

## "IT ALWAYS SEEMS impossible until it's done"

Cultivating a success to score a very good percentage in board exam should be inside every student's mind. Remember students, You have to expect things for yourself before you can do them.

Start where you are ,need not to worry if you find yourself at the least knowledge stage, use what you have first and then try to make your content stronger taking it as a base ,do what you can, don't try to compare yourself with others, strive for progress, not perfection as every time it does not work. Don't wish to go for easier and shortcut way ,wish how you can be better, Push yourself, because no one else is going to do it for you and it is said that there is no substitute for hard work, Don't' waste your time in giving excuses that you don't have enough time. You also have exactly the same number of hours per day which the scholars were having who made the history, Don't behave yourself overconfidently and see that your victories should not go on your head but at the same time those who are failures. Don't allow your struggle to go to your heart. Here preparation plays an important role as success is the fruit which any one gets when there is a preparation and an opportunity. Preparation makes you confident to face the challenges, so keep an habit to do the preparation in prior as it is said that "The best preparation for tomorrow is to do today's work superbly well."

Every student wants to score good marks ,Let's know the strategies to score more percentage in the board exam:

But before we go for advice, students you should know that Rome was not built in a day. Practice makes a man confident and the effort should be there daily right from beginning. Eating in one day can spoil your digestion power system. So if you eat less with quality of food you will remain healthy in the same way if you think that you can memorize everything in one day then it is not possible even though you are so good in studies. To score good marks test your daily capacity of understanding the content and to remember it in your mind and then fix your daily hours for reading and for

practicing .Remember if you will daily form a habit of reading and understanding the content ,your mind will be able to keep in a storage , some students need more practice to register in his or her mind and someone can remember at once, but preparation if

makes you failure.

One thing I will say that ,yes every student is not able to stand in one line even though they work hard from the beginning but if hard work is from beginning the progress is sure!!, generally what happens huge number of students do not take first 9 month seriously. They start preparing just before three months of the board exams.

done properly with time then it never

Last three months should be kept for only reading, revision or practicing, before that preparing notes, collecting every stuff related subjects, understanding, clearing the content should be completed.

#### Some suggestion and guidelines to boost up your confidence and make your exam iovful.

- A) Be your competitor: Keep one thing in your mind that you have to challenge yourself and have to defeat your previous scored percentage every time. If you get success in doing this you are going to win in board exam battle.
- **B) Work for task:** Make sure with your hard work that your present has to be better than your past in studies .Accordingly make your plans to-

wards achieving your task.

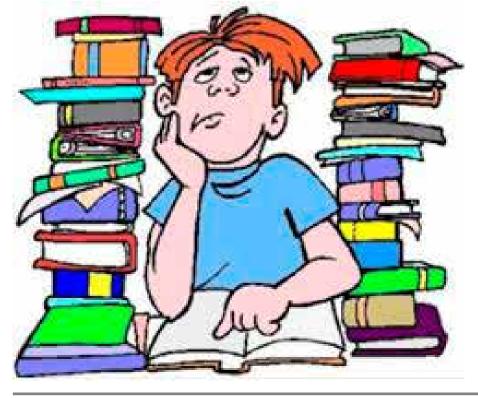
- **C) Make graph of your progress:** Making graph will help you to know your status of progress and you will be able to find out how much you need to improve yourself and in which subject.
- Throughly: The syllabus books are the best ,which students should complete first and always stick to the textbook as they are the base root and it includes the true significance of the key to get success. Reference books are good supporter for the students those who want to take part in competitive exams after 12th class for extra and deep knowledge.
- E) Find out your lacking: What are the lacking and weak points in you, find and take help to overcome with it. Check properly your answer paper of preliminary exam and list out the mistakes for each and every subject and rectify your mistakes and keep in mind these types of mistakes should not be repeated in board exam any more!!
- F) Make your handwriting readable: If your handwriting is not good, try to make it better and work on it at least to make it in readable form. Maintain neatness and cleanliness in the paper. It effects on the examiner.
- **G) Time management to write paper:** Every student should know to manage the time while writing paper otherwise even scholars can lose the marks.
- H) Maintain your schedule: Take healthy sleep of 5 to 6 hours. only. the learning subjects in morning time remains long time in memory. Utilize your activity time, proxies subjects and sports time for reading. Keep an habit of at least 8 hours.
- **I) Practice and solve at least 5 years previous papers:** Now a days for practice you can take help of internet to search the previous papers too. Solve the papers without seeing the ans., and then check and rectify yourself. You will get guidance for all types of questions.
- J) Check your paper properly after writing the exam: The question you don't know keep for last to think and divide your time according to the weightage on the questions.
- **K) Relax at night just before the exam:** It is advised to relax and take proper rest to prepare your mind to ap-

pear for the exam with confidence. Don't go for detailing ,just do quick revision of topics and just think you have prepared everything and you know it. Go for sleep early. You will b fresh for tomorrow . Don't worry if any of the chapter is left out .Before exam do not discuss any of the things done or not done and be confident.

- **L) While facing the exam:** With confidence read the questions with same focus as you have done enough practice of alike questions. Now make plan than which question you will attend first. Keep the un known question for last to think and write.
- **M) Priority:** Always attempt 5 marks question first as when you face shortage of time it is not possible to solve these weight age questions. But you can easily do the 1 marks or 2 marks question even when shortage of time is there. Keep uniformity in writing with the given pattern in question paper. Keep your stationary in spare.
- N) Don't hurry to leave the examination hall: Wait up to the last second of exam, even though you have written everything. Just revise your paper .Find your silly mistakes and resolve it. Cross check your objective answers again.
- **O) Some additional suggestions:** Before 3 months of board exam put your whatsapp time wasting chatting, give rest to your face book, disconnect your self from attending parties, meeting friends, going out for fun.



MS. POONAM DWIVEDI EDUCATOR, AHMEDABAD





## AMAZING FACT



1. Dinosaur feathers were found trapped in amber.

**Chinese scientists** used

technology in a human for the

7. Lasers can get trapped in a

**CRISPR** gene-editing

first time.



2. Humans have been living in Australia's interior for at least 49,000 years.



3. World's oldest fossils are 3.7 billion years old.



World's largest radio telescope is finished, with a CSIRO sensor in its heart.



6. World's oldest vertebrate lives about 400 years.



8. Cats always land on their feet, thanks to physics.



9. A Ninth Planet Was Discovered In The Solar System.

#### CHEELA / EGGLESS VEG OMELETTE

#### **Ingredients**

- 250 gms Whole Wheat flour
- 1 no. medium Onion, finely chopped
- Ino. Capsicum, finely
- chopped
- ¼ tsp Turmeric powder

■ ¼ tsp Cumin seeds

- (Haldi)
- ¼ tsp Red chilli powder
- Fresh Coriander leaves, finely chopped
- Salt, to taste
- Oil/Butter Wee bit

#### **Optional ingredients:**

- 200 gms Chic Pea Flour (Besan)
- 50 gms Refined flour
- Or Moongdal or with
- vegetables or paneer or oats
- Optional ¼ tsp Ajwain if besan/chicpea flour is used instead
- Optional kasoori methi crushed to taste if no coriander leaves available

#### **Directions for Whole** Wheat Vegetable Chilla (Cheela) Recipe:

- 1. Mix all ingredients except oil into a batter.
- 2. Pour the batter on a preheated pan like pancakes so that all vegetables spread all over
- 3. Cook on both sides evenly with oil/butter preferably on a non stick pan
- 4. Serve the Whole Wheat Vegetable Chilla (Cheela) with any chutney or ketchup or pickle for breakfast, evening snack or dinner.



C

waterfall.

#### CHILD'S POSE

#### **BENEFITS**

- Every one needs a good resting pose and Child's pose is an awesome one not just for beginners but for yoga practitioners of all levels.
- It's super calming for the mind.
- It's great for your digestion.
- It elongates the lower back.
- It relax your back muscles.
- It reminds you that resting is a good thing.

#### **DESCRIPTION**

It's good to learn child's pose to use when you're fatigued in Down Dog, before bed at night to work out the kinks, or anytime you need a mental break and stress/tension relief.

#### **HOW TO DO IT**

Start on all fours then bring your knees and feet together as you sit your butt back to your heels and stretch your arms forward. Lower your forehead to the floor (or block or pillow or blanket) and let your entire body release. Hold for as long as vou wish!



#### **MATHEMATICS-6**

In this article we will learn few interesting methods of multiplications.

#### Multiplication with 22

- Multiplication of two digit number with 22 First multiply the given number with 2 then the method will be same as the multiplication with 11. The flowchart is  $X \times 2 \times 11$  where X is a two digit number. Earlier we have learn about the multiplication with 11 lefts recall it first.

33 × 11	54 × 11	45 × 11	63 × 11		
3(3+3)3	5(5+4)4	4(4+5)5	6(6+3)3		
363	594	495	693		
So, 33×11=363	So, 54×11=594	So, 45×11=495	So, 63×11=693		

Now, you can easily multiply any two digit number with 22.

33 × 22	42 × 22	48 × 22	38 × 22
$(33 \times 2 = 66)$	$(42 \times 2 = 84)$	$(48 \times 2 = 96)$	$(38 \times 2 = 76)$
6(6+6)6	8(8+4)4	9(9+6)6	7(7+6)6
6126**	8124**	9156**	7136**
So, 33×22=726	So, 42×22=924	So, 48×22=1056	So, 38×22=836

\* Here we should keep reminder in mind and it will add to next digit

c. Red bell pepper

b. 1962 in Jakarta





1) Which of the following is the part of nonliving components of environment including landforms ,climate, water bodies, temperature, humidity, air etc..

a. Physical c. Biological Environment Environment b. Cultural Environment d. Cognitive Environment

2) Which of the following is the richest sources of vitamin B1?

b. Carrot d. Pomegranate 3) How many times does the kidney filter

blood in a day? c. 300

d. 400 b. 200 4) Which of the following is the correct

number of violin string?

b. 3 d.5 5) What sports is played at Wimbledon?

c. Chess b. Badminton d. Cricket

6) When was the hockey introduced in the Asian games?

c. 1966 in Bangkok

d. 1970 in Bangkok

7) Kautilya was the prime minister of which ruler?

a. Chandra Gupta c. Chandragupta Maurya b. Chandra Gupta II d. Ashoka

8) Who was India's 1st Deputy Prime Minister?

a. Sardar Vallabhai c. Choudhary Charan Patel Singh

b. Morarji Desai d. Jagjivan Ram 9) Who was India's first woman Cabinet

a. Dr. Vijayalakshmi Kaur Pandit c. Dr. Annie Besant

b. Rajkumari Amrit d. Sheila Dixit 9) Which British Governor continued in that

position even after India become **Independent?** 

c. Lord William a. Sir Archibals Nye Bentinck b. Sir Henry Knight d. Warren hastings

A, A, D, A, A, A, C, A, B, A

a. 1958 in Tokyo

#### Senses of patriotic fervor were seen in different schools to celebrate Republic Day















Schools has celebrated 69 years of being a Republic Day on 26th January 2018. Students celebrated this day by hoisting the Indian flag at schools and shown their patriotism by giving different performances.

#### **ACHIEVEMENT**



Nirja Shah of std 7th of Global Indian International School, Ahmedabad has won two gold medals in the swimming competition at Divine Sports Fest 2017. The event was organized by Divine Child School, Mehsana.

#### KEEP IT UP! FOR YOUR ACHIEVEMENT

BRIGHT INTERNATIONAL SCHOOL, winner again in the field of art and drawing. Every year a competition RANGOTSAV is organized by the Rangotsav organization Mulund, Mumbai. This year 1164 students took part in the various art, drawing and handwriting competitions and 49 students won awards and prizes.

Ist prize, a bicycle was won by Preet Chandegara of grade 4th and two- 3rd prizes were won by Suhani Vachhani of grade 2nd and Hir Patel of grade 6th and 10 consolation prizes were won by the Brightians.11 students got ART MERIT TROPHIES and 25 got gold medals. All the students were given certificates with trophies and medals.MRS. S.K. RISAM, the principal of the school got KALABHUSHAN AWARD, MR.HASMUKH PRAJAPATI, the art teacher got KALA VIBHUSHAN AWARD and the school got the trophy for being outstanding school taking so many certificates medals and prizes. CONGATULATIONS TO ALL THE BRIGHTIANS







#### Celebration of Annual Carnival: GALAXY GLOBAL SCHOOL







Students of Galaxy Global School showed their dance talent on the stage. Theme ON GUJARAT STATE - FATHER OF THE NATION GANDHIJI - THE IRON MAN OF INDIA SARDAR VALLABHBHAI PATEL - PRIME MINISITER OF INDIA SHRI NARENDRA MODIJI AND VARIOUS FOLK DANCE WERE MAIN ATTRACTION OF THE PROGRAM.

#### RACK YOUR BRAIN - REFLECTIONS

Q. What is the difference between unity and uniformity? How we can relate with the kids development?

Ans: As a father I always want my child to learn discipline first, Here in simple way I would say that unity is a strength and uniformity is a set pattern, So according to my view the relationship, values and beliefs which are taught to the children to form unity and then with unity they have to focus on vision to work on mission, to make strategies and to know the measurements steps which in uniformity they have to follow to achieve their goal.

— **Milion Joshi,** Rajkot

