

# The Open Page

## Inspire Learning

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Trekking means a long journey to be undertaken on foot in areas where common means of transport are generally not available.

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Why should we do Home work?



There is a lot of pressure that students feel, when it comes to doing Homework. They (students) need to be made understood the importance of doing Homework, which we have tried to explain in this article.

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# Future In Education - National Education Policy 2019

The current education policy was drafted in 1986 and revised in 1992 and hence there is need for revisiting the entire landscape of education so as to catch up with requirements of twenty first century.

The draft of the New Education Policy has ambitious recommendations with an aim to turn India into a "knowledge superpower", but the outlay for education in Nirmala Sitharaman's maiden budget will show how serious the government is towards the policy overhaul.

The National Research Foundation can be a game changer. However, there is a need for a higher focus on K 12 education. Unless we fix core issues in learning levels of school children - such as building foundational skills, tracking impact, board exam revamp, teacher training, etc. - initiatives at the higher education level will not yield desired results.

## What Changes Will Take Place in School Structure:

Students will have to undergo schooling for 15 years and we have divided it into four divisions.

The new policy redraws the schooling system on a 5+3+3+4 formula instead of the current 10+2 model under which the students in the age group of 3-8 years will be part of the foundation stage, that will include three years of pre-primary and classes 1 & 2. It will be followed by three years Preparatory Stage i.e. 8-11 age group. Three years of middle school for 11-14 years and four years secondary stage for 14-18 years.

All students will take 'state census examinations' in grades 3, 5 and 8 where they would be tested on core concepts, knowledge and higher order skills. The grade 3 census examination, for instance, would test basic literacy, numeracy, and other foundational skills. Each year of the secondary stage will be divided into two semesters. Each student would take five to six subjects in each semester.

To counter the harmful effects of board and entrance examinations, the panel recommends restructuring them to a 'modular' format allowing students to take the board examination in each subject at the end of the semester in which they take that subject. Students will be expected to take a total of at least



24 subject board examinations or on average three a semester instead of final examinations.

Language is a key focus of the policy which strongly recommends making the mother tongue the mode of instruction at least until class five and preferably till at least class eight. It says Sanskrit be offered at all levels of school and higher education as one of the optional languages on par with all Schedule 8 languages. All students will be asked to take at least two years of a classical language of India in classes 6-8, with the option to continue through secondary education and university.

## What's After School?

After the policy comes into effect, students will have to cover four years of education instead of three years for degrees. With the completion of first year the students will get a certificate, and upon completion of second year, students will be awarded a diploma, then one year thereafter, a degree will be awarded. But in the final and fourth year, students will be promoted to contribute their time mainly for research upon completion of which they will be awarded an honor.

The panel suggests that higher education system be brought under a single regulator -- National Higher Education Regulatory Authority (NHERA). While University Grants Commission (UGC) will become a purely grant providing body. The likes of All India Council for Technical Education, Medical Council of India and National Council for Teacher Education should evolve into profes-

sional standard setting bodies, the panel suggests.

Higher education institutions will be restructured into three types: (i) research universities focusing equally on research and teaching; (ii) teaching universities focusing primarily on teaching; and (iii) colleges focusing only on teaching at undergraduate levels. All such institutions will gradually move towards full autonomy - academic, administrative, and financial.

The policy suggests three types of universities. Research-focused universities, comprehensive teaching and research universities and Type 3 will only focus on teaching.

Emphasizing on liberal arts and liberal education tradition of Takshashila and Nalanda, the committee has recommended a four-year bachelor of liberal arts or bachelor of liberal education degree. The panel suggests that undergraduate courses move to a three- or four-year duration with multiple exit options allowing for say an advanced diploma in a discipline after completing two years of study or a diploma after completing one year. Different designs of Masters programme are proposed from a two-year programme with the second year devoted entirely to research or an integrated five-year bachelor's/masters programme besides a one-year masters programme for those who have completed a four-year programme.

The New Education Policy 2019 looks quite promising and has been drafted keeping in mind the requirement of 21st century children of India.

—Team The Open Page

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



**ELECTION HELD AT LML SCHOOL**



Elections are an integral constituent required to set up a government. Hence I feel it's a Civic sacrament which gives a platform to choose our wishful representatives. We the LMLites having the same mind, for the first time of our LML history, held elections to vote our Head girl and Head boy. This decision of our honorable principal—Ranjana madam gave the student a fair shake to showcase their leadership qualities and their artistry to make a splash and win the hearts of the students to gain votes. Generally, the people who stand in elections are engrossed towards the powers of the post and not the responsibilities. But in LML School it's just

the other way round, here, the candidates were more leaned towards the responsibilities and duties rather than the powers, because they wanted to bring changes so as to pay back to what the School has gifted them with. The spirit of responsibility makes our school special.

Ultimately, the deserving candidates were discovered and were crowned by our honorable principal with badges—a bunch of responsibilities and duties.



**D.P. Campus Nava Vadaj**

Assembly on rainy Season all Students had participated with joy and gave useful information on rainy season. Student came forward to speak about the same.

**Achievements of SSRVM Satellite branch**



**Ananya Shah**



**Durva Jethva**



**Yurv Hirpara**



**Swarit Parikh**



Spellbee international level achievements school topper congratulations SSRVM Satellite School Ahmedabad.

**DEVELOPMENT PROGRAMS HELD AT SJIS**



**Entrepreneurship Visit to LIG- Guptanagar (Slum Visit):** "Poverty is not God gifted, It can be removed from proper guidance and training" On 10th of April, students of Std 5 and 6 visited the Slum area called Guptanagar which is situated in Ahmedabad. In Guptanagar there are 50,000 houses and more than 1 lac children, 70% children are studying in Government schools and only 30% of them go to school. It seems like a different world. The visit had broadened the horizon of vision of the students about the socio- economic disparity that prevail in the society.

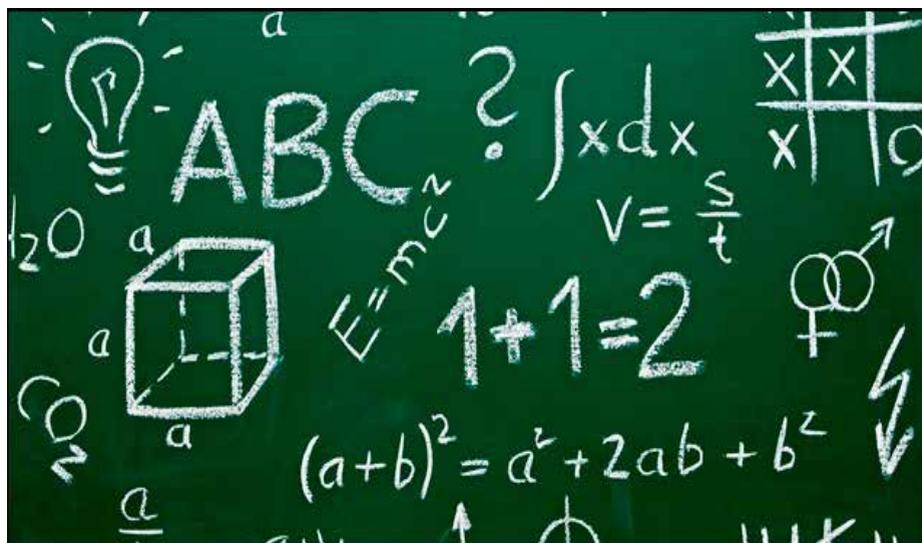


**Educational Trip to VSSE:** "Every expedition made is an experience which leaves students pondering and implores them to think." SJIS endeavours to inculcate a holistic approach towards life amongst the students. Continuing this legacy an "Educational Trip" to VSSE (Vikram Sarbhai Space Exhibition) at the Space Application Centre, Ahmedabad was organized for the students of classes VI, VII and X.

# How can students deal with fear of mathematics subject?



**ROOPAL SAXENA**  
LML School  
Educator



It is commonly observed that students get stuck with complex calculations but with the mental calculations of even simple arithmetic, they will be able to save their extra time and efforts. Topper students accept this fact that for mathematics subject they do mental calculations to play with numbers and get quick and accurate.

Divide the concepts – Students who are weak in mathematics should take small steps to master maths. For this, they need to divide the questions from a concept into three parts –

- Easy – questions directly based on the theorems and formulae.
- Moderate – The questions based on 2 or more concepts.
- Tough questions – The lengthy and time taking questions which need to be solved with different strategies; for example questions in probability chapters.

Almost, every other student has fear of mathematics due to the complexity of calculations and theorems, but it could be their favorite subject if they approach it with positive frame of mind and aptitude.

Don't adopt new tricks for solving questions – Students need to understand that maths is the only subject where changing methods and techniques of learning to solve the questions are rare. We have been adapting to the methods which the math experts have taught us over the decades. However, there are interesting and fun tricks to learn mathematics such as Vedic mathematics, but if students who are not well aware of it then they should not try it during their exams. Such methods of learning maths should be practice when

students have enough time to spare and they want to learn something new and interesting.

Taking about the topics if we will simply tell to students regarding fractions  $\frac{1}{4}$ , they will get confused or some of them will not even understand, rather than that if you given them the example & demonstrations on Pizza, Roti or Kit-Kat. They will understand more clearly.

Similarly one more topic I found very interesting i.e. Round off the numbers: I used to make understand that topic by help of the two animals i.e. Monkey & Donkey. If the comparing number is less than 5 it always act as Donkey as the rest numbers will become zero. Similarly if the comparing number is more than 5 it behaves like a Monkey. As monkey's nature is to jump always like that the number will jump 1 step ahead.

By these small tricks we can give them big concepts in a play way meth-

od. No need to take any topic so seriously to take to teach but yes take a topic to teach the concept.

Conclusion: Students, who fear mathematics but have to appear for the subject in examinations, need not worry rather they should develop a plan and strategy to overcome this challenge. Mathematics is a subject where students can get marks easily if they implement correct formula and method. Use the tips mentioned here to do away your maths fear and get good marks on the subject.

## Nutrition – Necessary for Children's Health and Growth



**DR TWINKAL PATEL**  
Founder Motherhood  
Foundation

**L**et's Understand: Nutrition is the intake of food, considered in relation to the body's dietary needs. Good nutrition is an adequate, well balanced diet combined with regular physical activity – is a cornerstone of good health.

### DEFINITION

As defined by World Health Organization (WHO), "Nutrition is the intake of food, considered in relation to the body's dietary needs. Good nutrition – an adequate, well balanced diet combined with regular physical activity – is a cornerstone of good health."

### IMPORTANCE OF NUTRITION FOR KIDS

Good nutrition is an important part of leading a healthy lifestyle. Combined with physical activity, your diet can help you to reach and maintain a healthy weight, reduce your risk of chronic diseases (like heart disease and cancer), and promote your overall health. you and your child should eat healthy to stay fit and healthy. As we all know, what is nutrition; balance diet is required according to age of kids and stage of growth.

First of all, we should know basic requirements of our body and what are the sources of certain nutrient. Let's know more about our vital sources of nutrients:

- A nutrient is a source of nourishment, a component of food, for instance, protein, carbohydrate, fat, vitamin, mineral, fiber, and water.
- Macronutrients are nutrients we need in relatively large quantities.
- Micronutrients are nutrients we need in relatively small quantities. Macronutrients can be further split into energy macronutrients (that provide energy), and macronutrients that do not provide energy.

Send your health related query to  
theopenpagehealth@gmail.com

# ARTIFICIAL INTELLIGENCE

According to the father of Artificial Intelligence, John McCarthy, Artificial Intelligence is

"The science and engineering of making intelligent machines, especially intelligent computer programs". They are designing machines that have ability to think. It is rather a frozen intelligence that is exhibited by machines or we can say intelligence of a machine.

Whether it is a boon or curse to the human existence is an ongoing debate.

No doubt that due to the limitless creativity, understanding, thirst to curiosities and mental ability of the human beings had propounded to invention of artificial intelligence. It had made the lives of humans easier.

Let's first discuss about the advantages of this intelligent machine created by human beings:

- It plays an important role in strategic

games like chess, tic tac toe etc.

- It is able to communicate with computers that understand human used natural language.
- These types of systems are able to understand, interpret and grasp visual input on the computer.
- It can understand the language spoken by humans and talk to them.
- It comprises huge memory and good processors.
- They are adaptable to the surrounding environment.
- Errors are reduced while functioning with these machines.
- It helps in repetitive jobs, digital assistance, medical applications, fuel exploration, financial industries etc.
- Unlike humans, they do not require frequent breaks and refreshments.

They are programmed for long hours and can continuously perform without getting bored or distracted or even getting tired.

- Somehow, I am not convinced with these advantages of Artificial Intelligence.
- Creation of artificial intelligence requires high costing of making and maintenance of these complex machines.
- It is creating idleness amongst the youth. They are not using their creative abilities, innovation, and intelligence, thought process ability.
- These machines cannot replace human intelligence. They do not have intuitions, feelings, moral values, decision-making skills like humans.
- This intelligence is creating unemployment in certain sectors.

- These machines are expensive so they are not affordable to many people.
- It can only perform the program built in it and if in case, any software damages, the work stops there only and may be our data may be lost due to that error.
- They cannot adapt to the changing environment. They need frequent up gradation with the changing environment.
- These machines cannot be improved with experiences like humans. With time, it leads to wear and tear.
- Artificial intelligence in wrong hands may lead to mass destruction of mankind.

Scientists need to resolve these issues to make artificial intelligence a device that can be useful to human kind. I am assured that the human brain will definitely find a solution to these problems and make something's that is beneficial to the human civilization.

—Huma Minesh Mandan, Std X A, LML School

# INTERNATIONAL YOGA DAY CELEBRATED



CCIS School



Tripada Group of Schools



LML School



Yoga is an invaluable gift of India's ancient tradition. It helps in attention, focus and concentration especially important for students. There are uncountable benefits from Yoga. The 5th international yoga day was celebrated by the students and teachers of our school with great enthusiasm. Students of Std-1 to 8th demonstrated various asanas followed by Omkar chanting, Pranayama, Surya namaskar, Vajrasana, Padmasana & Laughing exercise. Warm up exercises were taken and all the students performed sitting and standing asanas, importance of these were explained simultaneously by our students. The celebration was concluded with the speech. The teachers have also participated with the students, they encouraged the students to practice regular yoga to remain fit and improve concentration.



Divine Life School English Medium Naroda





**Name:** Yashti Patel  
**School:** LML School  
**Standard:** X ICSE  
**Percentage scored in board exam?** 96.7%  
**How much time do you spent on studies in a day?** 4 hours  
**What motivates you to study?**  
My ambition  
**Do you get leisure time?** Sometimes  
**What do you do in your leisure time?** Reading novels

**Hobbies?** Listening song

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

**What is your goal in life?** To become a doctor

**What advice you would give to other students?** Regular study from day one would avoid backlog. Perform any other recreational activity in order to reduce stress. Keep yourself at arm length from mobile and other disturbance Never panic.



**Name:** Carol Patel  
**School:** LML School  
**Standard:** 10th ICSE  
**Percentage scored in board exam?** 97.33%  
**How much time does you spent on studies in a day?** 6 hours  
**What motivates you to study?** My parents have always encouraged me even in my darkest times. They have served as my best friends whom I could talk to about everything.  
**Do you get leisure time?** Yes

**What do you do in your leisure time?** I used to go for outings

**Hobbies?** Swimming, Dance, Music, Art and Craft

**Do you prefer reading books other than syllabus? (Can you name it)** Yes, books help a lot when it comes to essays. They also serve as an effective means to develop our imagination.

**What is your goal in life?** I want to become a doctor and want to pursue a higher qualification in medicals.

**What advice you would give to other students?** I would like to say that study is a burden only if you feel it that way. It can be easily tackled if you enjoy doing it.



**Name:** Maitree Jain  
**School:** Cosmos Castle International School  
**Standard:** 10th CBSE  
**Percentage scored in board exam?** 95.2%  
**How much time does you spent on studies in a day?** 4-5 hours  
**What motivates you to study?** To achieve excellence, knowledge is the key. Studying is not only meant for scoring marks but also to score excellence.  
**Do you get leisure time?** Yes I do, around 2 hours.

**What do you do in your leisure time?** Reading or taking up music anything which makes me forget the future worries.

**Hobbies?** Reading books, music

**Do you prefer reading books other than syllabus? (Can you name it)** Yes, definitely. Inspirational (Tuesdays With Morrie or Five people you meet in heaven) Suspense and Mysteries (Agatha Christie or Stephen king series)

**What is your goal in life?** To achieve satisfaction and happiness with anything I do and to serve the nation in any possible way

**What advice you would give to other students?** Be yourself, materialism will always prevail but being original is what everyone needs. You matter not your scores or grades.



**Name:** Snigdha Tiwari  
**School:** LML School  
**Standard:** 12th ISC Arts  
**Percentage scored in board exam?** 91.8%

**How much time does you spent on studies in a day?** It was never an enforced schedule that I followed. I studied only when I felt like it. Only then was it possible for me to actually study. Following a strict schedule never worked out for me.

**What motivates you to study?** I think, if the subjects that you have are the ones that you are interested in, there is no motivation or a push required whatsoever. Studying is not a duty or a liability that needs motivation to be addressed. If you like what you study and are naturally interested in the subject, that is all that is required.

**Do you get leisure time?** Of course I did. I love watching films and never gave up on them even during boards. I think you have to be as much at rest and happy during the time. It will only enhance your concentration while "studying".

**What do you do in your leisure time?** As I said, I love watching films. Movies have been and will always be my most consistent love, so I made sure I never gave up on them.

**Hobbies?** Watching films, dancing, and reading.

**Do you prefer reading books other than syllabus? (Can you name it)** Without a doubt, if there is something that can transcend your writing skills and creativity, it is a habit of reading. Pick a book the description of which you find intriguing and start.

**What is your goal in life?** Life is exactly my goal. What I wish for the most is a life in the truest sense of the word. I may not have a specific field I want to excel in or a specialization, what I know is that I'll allow myself to be drawn to the thing I would find the most befitting and true to my conscience at any point of time in my life.

**What advice you would give to other students?** I may not have done so much as to give advice to other students out there. But there sure is one thing and the only one I am sure I am right about, and that is conscientiousness. Be as honest and true to yourself as possible. That would be enough.



**Name:** Himadri Agrawal  
**School:** LML School  
**Standard:** Class 12 ISC board Science  
**Percentage scored in board exam?** 91%  
**How much time does you spent on studies in a day?** 7 hours  
**What motivates you to study?** My career goals and the expectations of my teachers and parents.  
**Do you get leisure time?** Yes

**What do you do in your leisure time?** In my leisure time I prefer doing some activities like playing volleyball, listening music, and reading some novels.

**Hobbies?** My hobbies are travelling and listening music.

**Do you prefer reading books other than syllabus? (Can you name it)** Yes. I strongly prefer reading books other than syllabus. Only academic knowledge does no good to a person. I have read "Telepsychics" by Joseph Murphy, "Death on the Nile" by Agatha Christie.

**What is your goal in life?** I want to become a successful engineer and contribute for the progress of our country.

**What advice you would give to other students?** I would advice all the students to not only concentrate on academics but also participate in other co curricular activities like sports, music, dance, public speaking etc. All these things are very necessary to survive in this world full of competition. One needs to be an all-rounder.

**A.A.R.T.I. ADVENTURE CAMP SITE**  
Anil Goswami : 9687615514  
Email id: campsaluva@gmail.com,  
Website: www.aartcamps.com

# JAMUN SHOTS

## Ingredients

- 2 cups Jamun (deseeded)
- 1/2 cup powdered sugar
- 1 lemon juice
- 1 cup water
- Salt for garnish

## Method

- 1 Freeze the deseeded jamuns for 6-7 hours in an airtight container.
- 2 Now remove from the fridge and put in a blender.
- 3 Add powdered sugar, lemon juice and water. And blend well to get a pouring consistency.
- 4 Take shot glasses and dip the brim of the glasses into water and then into salt to get a fine line of salt on the brim.
- 5 Now pour the Jamun mix in the glasses and serve chilled.



### A DELICIOUS RECIPE BY ESTHER SAMUEL

Esther Samuel, A complete foodie who likes to experiment with food and is determined to make cooking a very interesting chore of one's life.



# Carrot & Chutney Sandwiches

Carrots are packed with nutrients and are pocket-friendly too. Here we have a very simple carrot and chutney sandwich recipe that your little one will be able to make and enjoy any time.

## Ingredients

- One cup of grated carrots
- Two tablespoons of mayonnaise
- Four tablespoons of green chutney
- One cup grated paneer
- Twelve slices of whole wheat bread
- Salt

**Time Needed:** Twenty minutes

**Servings:** Serves Four

## How To Make

- In a bowl, take the grated carrot, add mayonnaise, salt, and mix well.
- Add grated paneer, green chutney, and salt to taste in another bowl and mix well.
- One sandwich will require three slices of bread. Take one slice of bread and spread the carrot chutney mixture.
- Cover it with another slice of bread and then spread the green chutney and paneer mixture on that slice, and finally place the last slice of bread on top.
- Trim off the crusts and enjoy.



# HOW TO MAKE INVISIBLE INK

Making invisible ink is a lot of fun, you can pretend you are a secret agent as you keep all your secret codes and messages hidden from others. All you need is some basic household objects and the hidden power of lemon juice.

## What you'll need

- Half a lemon
- Water
- Spoon
- Bowl
- Cotton bud
- White paper
- Lamp or other light bulb



## Instructions

1. Squeeze some lemon juice into the bowl and add a few drops of water.
2. Mix the water and lemon juice with the spoon.
3. Dip the cotton bud into the mixture and write a message onto the white paper.
4. Wait for the juice to dry so it becomes completely invisible.
5. When you are ready to read your secret message or show it to someone else, heat the paper by holding it close to a light bulb.

## QUIZ

- 1 Which big country is closest to New Zealand?
- 2 Where in Scotland is there supposedly a lake monster called Nessie?
- 3 What is the name of the policeman in the pre-school children's television series Balamory?
- 4 Who created the children's book character Tracy Beaker?
- 5 How many colours are in a rainbow?
- 6 Which river flows through London?
- 7 What is the name of the bear in The Jungle Book?
- 8 Name the most famous nurse of Victorian Times who improved care for wounded soldiers?
- 9 What is the name of the toy cowboy in Toy Story?
- 10 Pharaoh is the title given to the rulers of which ancient country?

### WINNER FOR LAST QUIZ

Panth Patel, Grade-4th, AnandNiketan-Bhadaj Campus  
Stavan Viral Gandhi, Grade 4-E, Udgam School for Children  
Kanchi Pandya, Grade 4G, Udgam School for Children

Send your answer to [openpageyrc@gmail.com](mailto:openpageyrc@gmail.com). Names of the Winners would be announced in the next issue

## MESSAGE FROM A PRINCIPAL

# PRESSURE OF EXAMS

## An appeal to Parents/Teachers/Counselor

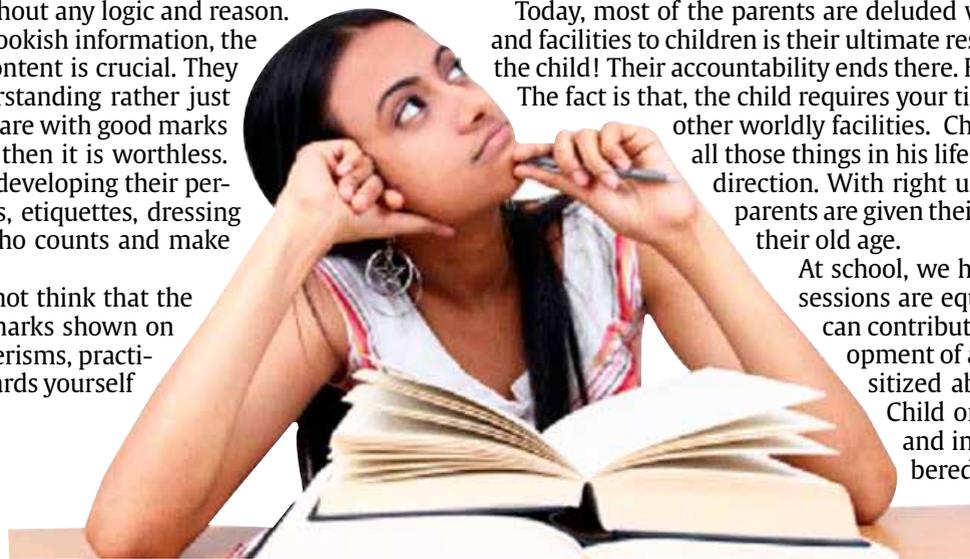
Dear Students,  
I have observed in my 25 years of experience that children have been taking intense pressure of the examination. The intensity propels to the level where children lose their sleep and disturbs their routine consumption of food too. Actually, if children plan their academics from the beginning of the year and put it into action according to the plan, then it can do wonders. Simple planning wonderful execution is the key. In this, parents also need to play an important role. Their support and confidence in children boosts their morale. It acts as the catalyst for good results in exams.

Also, in today's times, information is construed as knowledge. It is a great misconception. Children need to understand that bookish knowledge will make them the part of one herd which is being driven without any logic and reason. It should be understood that rather than bookish information, the true and practical understanding of the content is crucial. They will be evaluated on their practical understanding rather just than the information that they hold. If you are with good marks but without any practical understanding; then it is worthless. Apart from books, children must focus on developing their personality, art of good communication skills, etiquettes, dressing sense. This will make them the person who counts and make impact to the society at large.

Even if you get less marks in exam, do not think that the game of life is over. Life is not based on marks shown on report card; it is based on the skills, mannerisms, practical learning and your positive attitude towards yourself and life.



**HITESH PURI**  
PRINCIPAL  
DPS, East, Ahmedabad



Now days it is coming to our notice through teachers and counselors that there are a large number of children that are going through mental anxiety and traumatic conditions on personal front. The explosive growth of internet consumption and exposure to various mode of media among children is adding fuel to the fire. Children are turning emotionally imbalanced and feeling unsafe. It will be no exaggeration is saying that children develop suicidal tendencies! Let me say, that one of the major part of school hours is also consumed to ensure that children acquire the normalcy and find them into the comfortable zone so that they can study well in school. Due to increasing issues in the families like quarreling parents, disturbing lifestyle, extramarital affairs are creating unsafe environment for children. Situation is truly alarming and it has to be understood that this is harming nonetheless but the future generation.

Today, most of the parents are deluded with a perception that providing money and facilities to children is their ultimate responsibility and that is the upbringing of the child! Their accountability ends there. Rather the reality is the other way round.

The fact is that, the child requires your time and love more than your money and other worldly facilities. Child is much more capable to accumulate all those things in his life if he is brought up with love and proper direction. With right upbringing, children will too ensure that parents are given their due respect and space when they reach their old age.

At school, we have found the need that the counseling sessions are equally important for parents so that they can contribute in a favorable way in the overall development of a child. Parents are too needed to be sensitized about the fact that child is a gift of God.

Child only becomes what he/she sees at home and in the surroundings. It should be remembered that the parents who love and respect each other is the true sunshine for the child.

# PARENTS CHILDREN'S TEACHER IN DISGUISE



**HARSHA RAMAIYA**  
Founder & Director  
Small Wonders, Bhavnagar



**"PARENTS ARE TEACHERS AND HOME IS A CHILD'S FIRST AND IMPORTANT CLASSROOM"**

Mahatma Gandhi has very well quoted: Every Home is a university and the Parents are the Teachers. For children everyone and everything is a teacher. Here, today we will talk about children's two great teachers the Parents and the School. Parents are the first teachers of a child; the child's learning journey begins right from the time he is in the womb of a mother. Further this learning progresses when he is introduced to his parents (his first teachers). Then they teach them to walk, talk, act, react etc. Everything we do every day is a lesson for them. Children are keen observers and very good imitators (copy cats). Children monitor and absorb each and every move, habit, expression, taking pattern, behaviour etc of Parents and act accordingly.

This observation is layered on the child's mind before he goes to school. He already has learnt many things from Parents. So, I think Parents' role as Teachers is very well justified perhaps the responsibility factor to shape up a child's future with right values lies more on Parents shoulders. Parents children's

teacher in disguise.

The basic nature, the thought process, the attitude towards life, the life style etc are taught by Parents to their children. Parents play a major role in building and developing these characteristics in children. I believe they learn more at home than in School. So parents should give a thought every time when they deal with their children as, every dealing with a child is teaching them every time. Parents mostly want the school to

teach the children, but Schools are meant for academics and scholastic learning.

The schools upgrade and revise its syllabus accordingly. The school has a big limitation, as it has to deal with a group of children who are a mixed bag of fast, medium and slow learners. So the school has to adopt a midway technique to reach out to the whole group. Whereas parents have one or two children and can accordingly tailor stitch

their approach to cater kids. Also the school has syllabus and extracurricular activities to conduct and most of the activities are performance based and evaluated at the end of the year. The school makes all possible efforts to fulfill its set goals.

The children learn discipline, competitive spirit, team building etc from school. The school has its own set of development for children which it fulfills religiously. The learning's at home and at school is different and cannot be compared but each one holds an impact on the child's overall development. Both should work consistently and this will in turn bring good results. School and Parents both are the architects of the child's overall development. Neither of them can put off their responsibility on the other nor can escape from it. To conclude I would say Parents and School go hand in hand for upbringing the best generation.

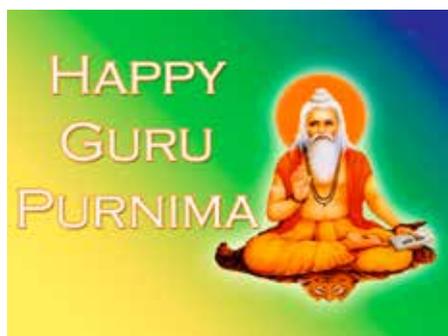


# GURU PURNIMA

## Significance of Guru Purnima

Guru Purnima (Poornima) is a spiritual tradition in Indian religions dedicated to spiritual and academic teachers, who are evolved or enlightened humans, ready to share their wisdom, with very little or no monetary expectation, based on Karma Yoga. This festival is traditionally observed by Hindus, Buddhists and Jainsto revere their chosen spiritual teachers / leaders and express their gratitude.

Human beings are just flesh and bones without an enlightened mind and soul. It is the guru who imbibes good qualities and his teachings to make a human being a sophisticated individual. The first guru or teacher of a person is the mother, who makes him understand the true value of life and guide him on how to differentiate between the right



and the wrong. She instills in him the moral values in the childhood which later gets taken over by the bonafide gurus in the form of teachers.

The festival is celebrated on the full moon day (Purnima) in the Hindu month of Ashadha (June-July) as it is known in the Hindu calendar of India

and Nepal.. So the celebration of this day by honoring our gurus becomes essential. Only the proper teachings and blessings of our gurus-parents, teachers, and our well-wishers can make us a cultured and refined individual. The festival was revived by Mahatma Gandhi to pay tribute to his spiritual guru Shrimad Rajchandra

## Celebrations of Guru Purnima

The day begins with the religious activities performed by the disciples in remembrance of their gurus. People conduct Guru Pooja in their homes or at the temple in the name of their guru(s).

In educational institutions, like the schools and colleges, Guru Purnima is celebrated by being grateful to the teachers as well as thanking them for their teachings and support. There are events being hosted by many educational institutions on this day. The alumni also pay a visit to meet their teachers and offer gifts to them.

Pandharpur Wari or Wari (Vari) is an annual pilgrimage (yatra) to Pandharpur - the seat of the Hindu god Vithoba in the Indian state of Maharashtra, in honour of the deity. Palakhis (palanquin processions) carrying the paduka (foot prints) of various saints - most notably Dnyaneshwar and Tukaram - from the Varkari (Warkari, one who performs the Wari) sect (which venerates Vithoba), are taken from their respective shrines to Pandharpur. The tradition is more than 700 to 800 years old. Dnyaneshwar's palakhi leaves from Alandi, while Tukaram's begins at Dehu; both in Pune district of Maharashtra. This March on foot from various locations in Maharashtra to Vithoba temple, Pandharpur, attracts a total of over a million pilgrims. The journey takes 21 days. Numerous palakhis join the main Tukaram and Dnyaneshwar palkhis that starts from Dehu and Alandi respectively. The wari culminates at the Vithoba temple on Ashadhi Ekadashi. Devotees from Maharashtra and nearby areas set out for Pandharpur, wearing holy basil beads and singing the glories of Vithoba and songs like "Gyanba Tukaram", commemorating the saints. Upon reaching Pandharpur on Ashadi Ekadashi, these devotees take a holy dip in the sacred Chandrabhaga River/Bhima River before proceeding to visit the Vitthal temple.

The Dnyaneshwar Palkhi is managed by the descendents of Haibatraobua Arphalkar who started the palkhi in Modern times, the hereditary Chopdars, and Alandi Devasthan trust. The whole procession divided into sub groups called Dindi. Most dindis are registered with the Palkhi organizers. There are more than 200 Dindi on each route. Each dindi has between 100 and 500 members. The palkhi is at the centre of the Wari procession and around half the number of Dindi is ahead of the palkhi and the other half are behind. All Dindis are assigned their number and position in the procession and the sequence is strictly followed. The numbers are mentioned as follows: e.g. 5th Dindi ahead of palkhi. There are many unregistered dindis also



who walk well ahead or extreme back of the official Wari procession.

## Tukaram Maharaj palkhi (palanquin) Rath

The timetable of Wari route is published well in advance and is strictly followed. It is well defined and minute details are made available including starting location, the location of breaks including lunch, rest, and night stay location. Every morning, early dawn, after worshipping the Saint's footwear, the palkhi sets out at 6am. A Tutari (wind instrument) is blown thrice to alert all Warkaris. At the first signal, all Warkaris get ready to leave. At the second signal, the dindis stand in the queue as per designated sequence and at the third signal, they start walking. After 4 to 5 km, they take a quick break for breakfast. They take break for lunch as per the given schedule.

Every dindi has one truck or a similar vehicle where the luggage and food material is kept. This is used at the night stay location everyday. The Warkari just carry the emergency material, Tal, Abhang book etc. during walk. The management ensures that the tents are set

up and the food is prepared before the respective dindi arrives at the location. The dindis also decide the sequence in which the Abhang to be sung. Most of the dindi members know all the abhang but the newcomers carry the small book while walking. At any point of time, only one Abhang is sung in while dindi. The varkari who adorns the garland of Tulsi is called as Malkari. The person who carries Veen in the entire journey is called the Veenekari. These persons have a special status in the dindi and whole management is driven by them. Any dispute during travel between the dindis is resolved by then at the stay.

From last few years, the additions of doctors have improved the medical facilities in the Wari. The doctors do take care of the members who have got infected or become weak during travel due to walking. There are few professional doctors who close their city practice devote their 21 days in the wari and take care of the dindi people every year.

The stay arrangements of each dindi are well defined and planned at every location. Most of the dindis make stay in the temples available in village or in the tents.

## DATES TO REMEMBER

### 1ST JULY NATIONAL DOCTOR'S DAY

In India, Doctor's day is observed on 1st July to mark the importance of doctors hold in our lives. This day is also meant to commemorate the medical industry and its advancements.

### 1ST JULY - CANADA DAY

Canada day is celebrated annually on 1st July and it is a statutory holiday. This day marks the anniversary of the formation of the union of the British North America provinces in a federation under the name of Canada. Canada Day also means fireworks and the year's biggest national party.

### 4 JULY - INDEPENDENCE DAY USA

Independence Day USA is celebrated every year on 4 July. United States Independence Day is also known as the Fourth of July or the Fourth. This day commemorates the adoption of the Declaration of Independence on 4 July, 1776 from the Kingdom of Great Britain.

### 11 JULY WORLD POPULATION DAY

World Population Day is observed annually on 11 July to focus the attention on the urgency and importance of population issues.

### 11 JULY NATIONAL 7-ELEVEN DAY

National 7-Eleven Day is observed every year on 11 July. On this day 7-Eleven convenience stores reserve special deals for their customers. Every year it honours their customers in variety of ways.

### 12 JULY NATIONAL SIMPLICITY DAY

National Simplicity Day is observed annually on 12 July to honour Henry David Thoreau who was an author, philosopher, historian, tax resister, abolitionist, development critic, surveyor and leading transcendentalist. Basically, he was an advocate for living a life of simplicity.

### 12 JULY PAPER BAG DAY

Paper Bag Day is observed on 12 July annually to recognise the importance of an invention of Paper Bag that we mostly take it for granted. In 1852, Francis Wolle, a schoolteacher, invented the first machine to mass-produce paper bags.

### 18 JULY - INTERNATIONAL NELSON MANDELA DAY

International Nelson Mandela Day is observed on 18 July every year to call us on every day, to make the world a better place. On this day we look back on what has been done and forward to what will be done. This day also celebrates Mandela's life and legacy in a sustainable way that will bring about the needful changes.

# JOURNEY OF LORD JAGANNATH



The annual Rath Yatra coincides with the Rath Yatra in Puri. As per tradition elephants have the first glimpse of Jagannath, his brother Balabhadra and sister Subhadra and lead the procession. The Chief Minister of Gujarat performs the 'Pahind Vidhi' or the symbolic cleaning of the path for chariot of Jagannath for the rath yatra, after which the procession begins. The rath yatra entourage passes through different parts of the city of Ahmedabad covering a distance of about 14-km. The yatra halts at Saraspur, where the locals offer 'Maha Bhoj' to the entire entourage of devotees of Lord Jagannath. It is celebrated as 'Lokotsav' or public festival of the state of Gujarat. The Ahmedabad Rath Yatra is known to be the third largest Rath Yatra festival after the Rath Yatra festivals in Puri and Kolkata are celebrated on the same day.



## Anant Tripada Family Organized 52nd Rathyatra

On July 4th 2019 52nd Rathyatra was organized by Anant Tripada family and this year I.D.P school too joined hands with Tripada to celebrate Rathyatra. Rathyatra was started at 6:30am with Puja and ended around 1:40pm at sola bhagwat.

The Rath Yatra will start from Nilkanth Mahadev Temple and cover the places like Abhinandan Society, Patidar Chowk, Manorava Hall, Vardan Tower, Pragatinagar Garden, Vijaynagar Char Rasta, Dharti Vikas Mandal Circle, Kameshwar Cercle, Pul-lav Char Rasta, Shastrinagar, Rannapark, Prabhat Chock, Chanakyapuri bridge, Dam-ru Circle (Somnath Chowk), Pramukh Nagar, Vishwas-2, IDP School, Nirman Tower, Bhagwat Complex (Prasang Char Rasta), Bhagwat Char-Rasta, Sola Bhagwat Temple around 1:45 pm.



# Jasprit Bumrah and the art of mainstreaming Yorkers again

Whenever a product disruptively changes the Indian psyche, it takes a bit of time to fully penetrate Indian markets. The path that the likes of cable TV, internet and mobile phones, amongst others, took to get to mainstream involves a period of time that can be loosely categorized in three steps. There were the ones who took to it early because they recognized the ways it can impact their life, or simply because they could afford it. Then came the ones who were inquisitive about the new products that were being hyped up so much, and took the dip. And then the ones of trepidation, who had preferred to assess and see if it is really worth it.

In Indian cricket, as a fast bowler, the kind who can bowl yorkers at will, as someone who has can be called just that - fast - without the rider of 'medium' attached to it, and as someone who is often listed amongst the best in the world, Jasprit Bumrah is a commodity that cut through many of these cross-sections in

surprisingly quick time and become mainstream. So mainstream, that merely the thought of life without him could cause panic attacks.

Patrick Farhat, the physio, was out in a matter of seconds and making a sprint towards the fallen man, like he'd been hit by a bus. Eyes remained transfixed, both the team's and the fans', as Farhat leaned over and finally got Bumrah up on his feet. You would not need bubbles popping up with words to know what they were thinking. "Is he limping? No, doesn't seem like it. Let's watch a few more steps. Yep, definitely not." But these wouldn't suffice to confirm if he's really fine. Remember how Shikhar Dhawan hit a century with what was later revealed to be a broken thumb?

For the two overs that he was off, Bumrah had left twiddling thumbs across the globe. The tension was further enhanced by Mohammed Shami conceding 17 runs in an over that kick-started Bangladesh's second wind in the

chase. It continued on for five more overs before Bumrah was brought back into the attack. The plan was deliberate to take the game long and leave Bumrah to carry the heavy load in the death overs. There's, after all, good reason that he's India's premium bowler. And right on cue, he struck with the first ball to bowl Sabbir Rahman and took the pressure off the rest of the attack.

It's a face that'd be hard to keep going on the field when the pressure is high. The mask was broken briefly when Bumrah kicked one of the markers at the 30 yard circle in disgust. Rubel Hossain had smashed him down the ground for a four, on one knee, that had helped take eight of the over - the 46th of the innings. Bangladesh had only two wickets left but were inching closer with the sprightly Mohammad Saifuddin leading the way. The target never seemed gettable, really, with the knowledge that a run-rate of 10 would be required against



Bumrah.

First Rubel, the man who'd caused him embarrassment, was castled by a searing one on the base of middle stump. Bangladesh's final fight had been killed, and it left Bumrah screaming in delight at getting it right once again. On that roll, Mustafizur Rahman stood little chance to keep out the one on his toes. A first-ball duck, a win for India and, with that, their semifinals berth confirmed were the results that followed.

## Sania Mirza turns expert for Wimbledon 2019

Sania Mirza will join broadcasters Star Sports as an expert to analyse the day-to-day action of the ongoing Wimbledon for fans across the country. of the ongoing Wimbledon for fans across the country.

Sania, a six-time grand slam winner and former Wimbledon double's champion, brings her wealth of knowledge having played the singles, doubles and mixed doubles formats and will join from the studios on Star Sports Select 1/HD and Star Sports Select 2/HD and on Hotstar.

A lethal combination of an unstoppable forehand backed by a steely will and a title winning mentality, she has been one half of some of the successful doubles in both women's and mixed categories with partners like Martina Hingis and Mahesh Bhupathi.



## SHAKIB AL HASAN registers historic double for Bangladesh in World Cup history

Bangladesh all-rounder Shakib Al Hasan became the first cricketer in the history of the World Cup to score 500-plus runs and also claim more than 10 wickets in a single edition of the showpiece event.

After his innings of 66 against India Tuesday, Shakib was placed second in the leading run-scorers chart in this World Cup with 542 runs from seven innings, just behind Rohit Sharma, who has 544 runs in his kitty from seven innings as well.

Shakib, who has scored two centuries and four fifties so far, also has 11 wickets in his kitty from seven games at a strike rate of 34.9.

On Tuesday, the star all-rounder scored 66 runs and also claimed the wicket of Rishabh Pant to achieve the rare landmark.

New Zealand's Scott Styris is the closest to Shakib in the achievement, scoring 499 runs and picking up nine wickets in the 10 matches he played in the 2007 edition of the tournament.

Shakib had blasted an unbeaten 124 against the West Indies during their seven-wicket win in Taunton.

He had also claimed five for 29 to



single-handedly bowled Bangladesh to victory over Afghanistan in another match.

During the course of the World Cup, Shakib also became the second Bangladeshi batsman to amass over 6000 runs in ODIs.

## COPA AMERICA

### More heartbreak for Messi as Brazil beat Argentina in semis to reach final

Brazil beat Argentina 2-0 on Tuesday and will play Sunday's Copa América final at the Maracanã Stadium in Rio de Janeiro.

The hosts will seek their 10th South American title, while superstar Lionel Messi remains without trophies for his national team.

Gabriel Jesus opened the scoring at 19 minutes in the Mineirão Stadium in Belo Horizonte after a samba-style play from right-back Dani Alves. It was the striker's first goal in the tournament.

Roberto Firmino added the second at 71 minutes assisted by Jesus in front of 56,000 fans.

Brazil's opponent will be determined on Wednesday when defending champions Chile take on underdogs Peru at the Arena do Grêmio in Porto Alegre.

Despite Argentina's defeat, Messi delivered his best performance in the tournament.

Injured striker Neymar celebrated Brazil's victory with friends and with President Jair Bolsonaro in the stadium's boxes.

# Loyola girls shine in PSL

Young shuttlers from St Xavier's Loyola High School, Anjali Barot and Aishni Sharma, shone in the Premier School League Badminton tournament that was held at Eka Club.

In the under-15 girls' singles, Anjali held on to her own to beat Niyati Alok of Podar International School, Gandhinagar 21-17, 15-21, 21-17 in a closely contested match.

Aishni, however, faced little hassle as she won the under-17 girls' singles crown beating Divine Life School's Priyal Shah 21-15, 21-18 in the final.

Soham Konde of Nirman High School won the under-15 boys' singles crown beating Aman Singh of Sheth CN Vidya vihar 21-11, 21-14 in the final.

Aman, however, had something to cheer as he joined hands with his schoolmate Jay Mehta to win the under-15 boys' doubles crown. They beat Ved Patel and Shrey Prajapati of Delhi Public School (East) 21-9, 21-17 in the final.

Another heartbreak



However, it was another heartbreak for Aman and Jay as they suffered a 15-21, 4-21 loss against Dion Rodricks and Vimal Kumar of Delhi Public School, Gandhinagar in the under-17 boys' doubles final.

Bornabh Gogoi of Divine Child International School, Adalaj won the under-17 boys' singles crown beating Sidhartha Patolia of Euro School, Shilaj 21-6, 21-16 in the final.

Hilay Pujara of Nirma Vidya vihar won the under-13 boys' singles crown beating Urv Patel of Udgam School for Children 21-5, 18-21, 21-18 in a closely contested final.

Niyati Alok of Podar International School, Gandhinagar won the under-13 girls' singles crown with a 21-5, 21-10 win over Nirma Vidya vihar's Pranshi Doctor in the final.

## LOCAL SPORT

### Big win for MPCA colts



The young guns of 'Power Cricket Academy (MPCA) were at their dominant best as they recorded a thumping 263-run win over the hosts CN Sports Academy (CNSA) 'A' in under-16 twoday CNSA Cricket Cup. Electing to bat, half-centuries from Raj Bundela (90-ball 78), Divya Jadav (89-ball 55) and Dev Patel (64-ball 56) as MPCA posted 334 in 70 overs. For the hosts, off-spinner Mitesh Patel was the pick of the lot with four wickets. CNSA batting, however, was a big let-down as only three of them - Varun Shah (66-ball 12), Jay Rabari (26-ball 12) and Harsh Bhatt (11-ball 11) - managed to reach double figures. Off-spinner Divya returned to haunt CNSA with five wickets while Dev Patel picked two more with his spin as MPCA bowled out their rivals for just 71 runs in 36.3 overs to win the match.

# Saritaben tops again



Gujarat's sprinting queen Saritaben Gayakwad once again hogged the limelight for all the right reasons as the Income-Tax officer topped the women's 400m race in Kunto Athletics Meet in Poland. Saritaben clocked 52.77s for the top position ahead of teammates Sonia Baishya (53.73s) and R Vithya (53.73s) as Indians dominated the race.

Incidentally, only last week, Sarita topped group B in 400m at Poznan Athletics Grand Prix in Poland. She clocked 54.21s while R Vithya (54.33) and V Subha (54.35) clocked personal bests while taking the next two spots. Sarita was fifth overall with Cuban Roxana Gomez winning the gold in 52.24s.

## Another gold for Hima



Meanwhile, star sprinter Hima Das claimed her second international gold in women's 200m with a top finish at Kutno Athletics Meet.

Hima, who has been struggling with a back problem for the past few months, clocked

23.97 seconds to clinch the gold while VK Vismaya bagged the silver in 24.06s. This was Hima's second competitive 200m race of the year. She has a personal best of 23.10s, which she clocked last year.

National record holder Muhammed Anas also won the gold in men's 200m race with a time of 21.18 seconds.

# Amit Panghal to spearhead India's challenge at World Championship



Amit Panghal rode on his Asian Championships gold to get a direct entry, while Commonwealth Games silver-medallist Manish Kaushik edged past Shiva Thapa in India's eight-strong squad for the World Boxing Championships in September.

Manish claimed the newly-created 63kg category spot in the team ahead of four-time Asian medallist Shiva in the national trials for the big event to be held in Ekaterinburg, Russia from September 7 to 21.

Amit (52kg) was given a place in the squad for winning a gold at the Asian Championships which was the original criterion for selection.

Kavinder Singh Bisht (57kg), Duryodhan Singh Negi (69kg), Ashish Kumar (75kg),

Brijesh Yadav (81kg),

Sanjeet (91kg), and Satish Kumar (+91kg) joined him through trials held at NIS Patiala last weekend. Only the top two boxers from each of the categories were eligible for the trials with their recent performances

being the criteria for selecting the face-off names, the Boxing Federation of India (BFI) said in a statement. Manish claimed a split verdict over the 2015 World Championships bronze-medallist Shiva. Shiva had avenged his 2018 India Open loss to Manish at this year's edition in Guwahati to claim the gold.

In the 57kg category, Asian Championships silver-medallist Kavinder edged Mohammed Hussamuddin in a split verdict to claim his place.

**Farmers block Mysuru-Bengaluru highway, demand water for crops**



Traffic between Bengaluru and Mysuru have been affected as farmers on Wednesday blocked the highway connecting the two cities. The agitating farmers put up a roadblock on the national highway to demand water for their standing crops. They demanded that water be immediately released from Cauvery and Hemavati rivers to save their crops. They said they wouldn't be able to pay loans worth Rs 495 crore if water was not immediately released.

**Delhi temple attack: Don't know whether temple was vandalised by Hindus or Muslims, says man involved in parking row**



Amid reports of communal tension in Hauz Qazi of Chandni Chowk after a fight over parking snowballed into the vandalism of a temple, one of the men involved in the parking row said he was not sure which community vandalised the temple. I don't know if those who attacked the temple were Muslims. It's only hearsay that people who attacked the temple were Muslims. I can't even recognise them, Sanjeev Kumar. On what triggered the argument, Sanjeev Kumar said on he found a bike parked in front of his house on Sunday night following which he asked the owner of the bike to park the vehicle somewhere else. This led to a scuffle.

**Telangana forest ranger attack: Ahead of Congress fact-finding probe, police detain leaders**



The controversy surrounding the attack on a woman forest ranger by Telangana Rashtra Samithi (TRS) workers refuses to die. On Wednesday, the Telangana Police detained local Congress leaders who were protesting the incident. Telangana Congress Legislature Party (CLP) had formed a five-member fact-finding committee to probe the Sunday incident where 34-year old Forest Range Officer C Anita was attacked by a group of people, allegedly led by ruling TRS MLA Koneru Konappa's brother Krishna.

**Mumbai limps back to normalcy as rains subside**



India's financial capital limped back to normalcy on Wednesday morning with public transport resuming services after torrential rains, that lashed the city since Sunday, subsided. At 375.2 mm, the rainfall in the 24-hour period before 8.30 am Tuesday was the highest since the July 26, 2005, deluge in Mumbai. It had widely affected train and bus services while several flights had to be diverted from Mumbai airport and others were delayed for hours. A senior Brihanmumbai Municipal Corporation official Wednesday said that with respite from incessant showers, there was no more water logging in any parts of the city and suburban trains and BEST buses were

running according to schedule.

**Please take the money: Vijay Mallya accuses CBI of witch hunt, again offers to pay back banks**

After the UK High Court granted Vijay Mallya the



permission to appeal against the extradition order on Tuesday, he took to Twitter lauding the court's order and accused the Central Bureau of Investigation (CBI) of witch hunt. In a series of tweets not long after his hearing, the embattled liquor tycoon said, "God is great. Justice prevails." Informing that he has been allowed to appeal against his extradition, Mallya added, "I always said the charges were false."

**Pakistan to receive \$1 billion IMF instalment**



Pakistan will on Tuesday receive the \$1 billion installments from the International Monetary Fund's (IMF) under the recently concluded \$6 billion bailout package. Speaking at a news conference on Monday, IMF mission chief for the country Ernesto Ramirez-Rigo said the bailout package for Pakistan was aimed at stability of the nation's economy and institutions, Geo News reported. "Pakistan has paid attention to economic reforms, he explained, adding that the US dollar exchange rate in the country was nearer to the reality. It was necessary to bump up tax collection in order to stabilize the economy.

**In Japan, the business of watching whales is far larger than hunting them**



People packed the decks of the Japanese whale-watching boat, screaming in joy as a pod of orcas put on a show: splashing tails at each other, rolling over, and leaping out of the water. In Kushiro, just 160 kilometres south of Rausu, where the four dozen people laughed and cheered, boats were setting off on Japan's first commercial whale hunt in 31 years. Killed that day were two minke whales, which the boats in Rausu also search for glimpses of - a situation that whale-watching boat captain Masato Hasegawa confessed had him worried. They won't come into this area - it's a national park - or there'd be big trouble," the 57-year-old former pollock fisherman said. "And the whales we saw today, the sperm whales and orcas, aren't things they hunt.

**Turkey: Russia preparing S-400 missile systems for delivery**



Turkish President Recep Tayyip Erdogan says Russia's S-400 air defense missiles are currently being prepared to be flown to Turkey. Speaking to reporters before leaving for Bosnia on Monday, Erdogan wouldn't say, however, when the Russian missile defense system would reach Turkey or where they will be deployed. The delivery of the systems could bring Turkey closer to U.S. sanctions. U.S. officials have warned that Turkey would face economic sanctions as well as being expelled from a program to produce the F-35 fighter jets. Turkey has refused to pull back from the deal.

**BIRTHDAY WISHES**



**TOM CRUISE**  
3<sup>rd</sup> JULY 1962  
Thomas Cruise born Thomas Cruise Mapother IV: July 3, 1962 is an American actor and producer. He has received several accolades for his work, including three Golden Globe Awards and nominations for three Academy Awards. Cruise is one of the best-paid actors in the world, and his films have earned over \$3.9 billion in North America, he is one of the highest-grossing actors of all time.



**RANVEER SINGH BHAVNANI**  
06<sup>th</sup> JULY 1985  
Ranveer Singh Bhavnani born 6 July 1985 is an Indian actor who appears in Hindi films. The recipient of several awards, including three Filmfare Awards, Singh is among the highest-paid actors in the country and has featured in Forbes India's Celebrity 100 list since 2012. After completing a bachelor's degree from Indiana University Bloomington, Singh returned to India to pursue a career in film. He briefly worked in advertising and went on to make his acting debut in 2010 with a leading role in Yash Raj Films' romantic comedy Band Baaja Baaraat.



**MS DHONI** 07<sup>th</sup> JULY 1981  
Mahendra Singh Dhoni born 7 July 1981 commonly known as MS Dhoni is an Indian international cricketer who captained the Indian national team in limited-overs formats from 2007 to 2016 and in Test cricket from 2008 to 2014. Under his captaincy, India won the 2007 ICC World Twenty20, the 2010 and 2016 Asia Cups, the 2011 ICC Cricket World Cup and the 2013 ICC Champions Trophy. A right-handed middle-order batsman and wicket-keeper, Dhoni is one of the highest run scorers in One Day Internationals (ODIs) with more than 10,000 runs scored and is considered an effective "finisher" in limited-overs formats. He is also regarded by some as one of the best wicket-keepers in modern limited-overs international cricket.



**PRIYANKA CHOPRA**  
18<sup>th</sup> JULY 1982  
Priyanka Chopra was born on 18 July 1982: the former Miss World and Bollywood star who's dominating Hollywood and just married Nick Jonas. Priyanka Chopra is an actress, best known in the US for her role as Alex Parrish on the ABC show "Quantico" (which lasted from 2015 to 2018). Before starring on an American TV show, she was already a big deal in her home country of India. She was a major star in Bollywood and won the Miss World crown. The 36-year-old married Nick Jonas at Umaid Bhawan Palace in Jodhpur, Rajasthan, India.



**CHANDRESH LODHIYA**  
Managing Director,  
Anala Outdoors

# LET'S GO TREKKING



Trekking means a long journey to be undertaken on foot in areas where common means of transport are generally not available. It always refers to walking on trails and entails cross-country hiking or climbing. Trekking is not mountaineering; it is walking over rough terrain. The term, derived from South African Dutch word trek (noun), trekken (verb), (literally meaning to "pull, travel"), became a word in English language in the mid-19th century, to mean a long arduous journey, typically on foot.

Trekking is becoming immensely popular among students across the globe because of its several benefits. It can be pursued as both a hobby and a sport. Taking up trekking as a hobby can offer both mental and health benefits to children and adults alike. A recent study has shown that hiking or trekking as a sport is a great way to improve the overall psyche of school going students, they feel more self-confident after finishing a trek. The outdoor trekking environment also brings them out of their comfort zones.

## Benefits of Trekking

- 1. Good for health:** In today's world of indoor culture, trekking keeps you mentally and physically fit. Walking around nature and breathing in fresh air can give the perfect workout to your body. It also improves strength, cardio fitness and the ability to build stamina. While trekking, the various limbs of our body get in motion. Thus, it provides good physical exercise which keeps us fit. This helps in smooth circulation of blood, improves the digestive system and you feel energetic.
- 2. Enhances self-confidence:** All treks have some particular destination and on the way, there can be many obstacles like a steep climb or crossing a stream or even the duration of the trek. This tests your physical and mental strength. Overcoming these challenges and reaching the destination gives you a sense of achievement and this in turn, enhances your self-confidence to a great extent.
- 3. Brings you close to Nature:** Nature includes different varieties of flora and fauna, rivers, lakes, mountains, glaciers etc. While trekking, you will be exploring and encountering all these wonders of nature in their various moods and colors. The blue sky above, birds flying, the gurgling sound of a stream or a river, the sweet music of waterfalls, the lush green meadows, and soothing sound of the breeze can be felt while trekking. The activity is one of the best ways for exploring and enjoying the beauty of nature.
- 4. Social benefits:** While trekking, students carry each other's day packs,

help each other on difficult terrain, provide moral support and encouragement to each other. They share water, food and other supplies as well. Mutual trust and friendship develops among students who spend a lot of time together. This helps in the overall development of the students.

- 5. Instils Environmental Awareness:** Students learn a lot about the environment in their classroom, but they will only become aware about it when they go on a trek and experience raw nature first hand. After experiencing the beauty of nature, they become aware about the environment and the significance of conserving natural resources.
- 6. Stress Buster:** This generation of students is victim to a lot of pressure for performing at the top in everything they do. Exploring and enjoying nature can take away the negativity and stress from our mind. Trekking is one of the best ways to reduce anxiety and boredom and in turn simulate peace of mind.
- 7. Learning about new cultures and lifestyles:** While trekking, you come across many different people who follow different cultures. You can experience these remote lifestyles and cultures while walking through those places. Anywhere you go, you will definitely learn about a culture which is very different than yours.

Sounds amazing, right? Trekking is very exciting and thrilling, but if done without proper precautions, it could be

dangerous. Trekking can be organized on your own or with a professional organization. School students should always ensure that they go with a reputed & professional organization. Before getting yourself registered, keep the following points in mind:

- 1) Always join a trusted and professional organization.**
- 2) Start exercising at least a few weeks ahead of the trip.** This strengthens the sleeping muscles and builds up stamina.
- 3) Make sure to carry some dry snacks, water and all your gears mentioned by the trek organizer before you leave the camp.**
- 4) Make sure that your trek organizer is carrying first aid.**
- 5) Make sure that your trek organizer adheres to all the safety standards at the camp and while travelling.**
- 6) Make yourself aware about the geography, weather, and gradient of the trek and wildlife of the location.**

On the mountains, it is said that a group that is not disciplined is not a safe group. Please take care of the following dos and don'ts while on a trek:

- 1. Consuming dry fruits and sweets can provide you sufficient energy.**
- 2. Avoid carrying valuables.**
- 3. Maintain safe distance from the ponies, yaks and other animals as they can be quite aggressive at times.**
- 4. Do not make loud noise or litter here and there during your trek. Keep the mountains clean and bring back all**

your waste.

- 5. Refrain from trekking and take rest when you feel sick or suffer from high altitude sickness.**
- 6. Always follow your guide and stay close to your group.**
- 7. Drink a lot of water to avoid dehydration.**
- 8. Clothing should be comfortable. As far as possible wear full pants and full sleeved shirts or t-shirts.**
- 9. Carry enough woollens/rainwear according to the weather.**

There are many trekking locations across the world. First timers, however, should start with a location not very far and with a shorter duration of camp. Jambughoda is one such location in Gujarat and very near to Ahmedabad.

## JAMBUGHODA

An easy destination to combine with a visit to Champaner is the Jambughoda Wildlife Sanctuary, a mere 20 km away from Pavagadh and 170 km from Ahmedabad. Full of forests of Teak and Mahuda trees, Bamboo, and other lush vegetation, Jambughoda is home to large populations of many kinds of wildlife. The Leopard, at the top of the food chain, is the primary predator, and its numbers have been increasing recently. Other large wildlife includes the wild Boar, Nilgai (Blue Bull, the largest antelope in Asia), Jackal, Hyena, Barking Deer, Sloth Bear, and Chausingha (a four-horned antelope).

Before independence, the region belonged to the princely state of Jambughoda. The valleys nestled in the well-forested hills have always been home to many tribal settlements. There are many places to hike through the forests in the sanctuary and it is a marvelous site for camping and trekking for the first timers. With trekking as a hobby, students learn the art of self control, self discipline, determination and stay focused on their goals. It is for these reasons that many schools organize trekking expeditions to develop team spirit and love for nature among the students. So, what are you waiting for? Pack your bags and let's go trekking!

# Why should we do HOMEWORK?



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There is a lot of pressure that students feel, when it comes to doing Homework. They (students) need to be made understood the importance of doing Homework, which we have tried to explain in this article.

Homework is more of an extension of studies that has been done in the school. It gives students a short revision of the subjects that have been taught in the school for that day.

There are benefits and harms involved in doing homework.

## THE BENEFITS

1. The first benefit of homework is that it allows students and teachers to work more closely together. They can discuss their assignments or any problems that they are having before or after classes.
2. The second benefit is that it can bring families closer together as students may ask their parents or siblings for help on their homework. Not only will this help the students get a better understanding of their work with any parts that they are stuck on, it will also allow parents to get more involved in their child's educational life.
3. Thirdly, doing homework will prepare students for the big end tests. If a child does poorly on an assignment then they will learn what is necessary to do well on the next test. It also provides students with the opportunity to practice at what it takes to be successful in school. Like everyone says, practice makes perfect.
4. Doing homework is also a great way to develop responsibilities. By being assigned work one day and knowing that it has to be done by the next day, they will develop a sense of punctuality by completing their work on time.
5. It allows parents to see how their children are being educated and they can develop a better idea of how they can help their child.

## THE POTENTIAL HARM

However, some parents, students and even some teachers feel that after 7-8 hours of lessons in school, it is unfair to expect students to come home and work for another three hours. Students should be given homework as per their age, as the smaller children have less speed and capacity of doing homework after full day study in school. Teachers should make it point that quantity of

homework for the day should not exceed more than 2 hours for an average capacity student. Reason is that they need time to relax and take their minds off work. Secondly, it reduces the amount of time that children could be spending with their families. Family time is especially important to a growing child and without it social problems can crop up and a family unit can be compromised by a lack of time being spent together. In growing teenager, as pressure of studies increases and aspirations from parent's increase, homework can cause conflict between children and parents when the parent wants the child to do their homework but meets resistance from the student to do the task. Too much homework can encourage cheating because children end up copying off one another in an attempt to finish all their assignments. They then end up being rewarded for cheating which doesn't benefit them at all. A lot of teachers don't often have the time to check the Homework given to students, this create a feeling of dejection in students as their hard work was not appreciated.

## TIPS TO DO HOMEWORK EASILY AND ON TIME

Homework can be fun if you do it on time and with a plan. Here we provide you tips to do your homework with ease which will help you save your extra time and efforts too. Utilize these tips to do your homework on time and faster.

Doing homework on time is the first trait of every successful student. Any student who does their homework also excels in academics at school because they practice and learn everything on time. Moreover, they do not need extra help and take less pressure for studies during examinations.

1. Prioritize your homework – first thing to make your homework simple is by prioritization, which can be done by sorting your homework. You need to divide your homework into reading, learning and writing/artwork.
  - Reading – chapter reading, stories or poems.
  - Writing – Math problems, Questions/Answers and assignments, drawing, science projects.
  - Learning – question/answers, test



subjects, English word meaning, Hindi word meaning and learning theorems, laws, SI Units etc. This system will help you prioritize your homework easily.

2. Organize and Schedule your studies – you can only be able to do your homework/studies easily and faster when you have concentration and peace of mind for studies. To make sure about this, you need to block distractions during studies. These distractions include sleep/laziness, bad postures, noise, hunger etc. so to avoid such distractions you need to do following things –
  - Make a study schedule.
  - Make sure your brain is relaxed well before starting studying only then you will be able to focus on studies
  - Also, your study room/area should be noiseless, lit up properly and room temperature should be comfortable so that you can concentrate on your studies.
  - Ask for Help – Whenever you face any problem/difficulty in doing your homework, you must ask your parents or elders for help. In case, you don't find someone for help, you can always save that problem for asking

your teacher at school only. But don't let this problem obstruct your homework and you should complete rest of your homework.

3. Differentiate between Homework and Revision – homework is the task for you to do at home so that you can remember and practice what you have learnt at home but revision is a part of your self-studies/evaluation and completely different from homework. Homework is to be done compulsory but revision is for your better understanding of subjects/homework. When your teacher asks you to revise any chapter or subject, it means you should utilize your extra time apart from homework to know better about the subject.

4. Recreational breaks – you must take at least 10-15 minutes of break during your study time for every one hour. It helps you in better focus on your studies as such recreational breaks refresh your brain and you are again charged up to study. Many research found that our brain can focus better when we take 15 minutes break and 45 minutes learning. Recreational breaks can include snacks, games, and time with friends and family etc.

## SOME OTHER USEFUL TIPS

1. Keep your devices like mobile phones, laptops, tablets away from you while studying as it causes distractions
2. Do your homework within two hours after returning from school as you'll remember your school work better. Also, you'll get enough time to play or to do extracurricular in the evening.
3. Never negotiate with your study time by doing any other thing like attending events or for entertainment because this will misbalance your study schedule. So, first studies then rest of the things.

## CONCLUSION

You can make your life easier and your homework fun by organizing few things like prioritization of work, study schedule and break from studies. Follow these tips to balance your studies and this will help you excel in academics and reduce your stress of studies too.