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BE A FIT CHILD



There's a lot of talk these days about being fit child. People who care (parents, doctors, teachers, and others) want to know how to help children to be more fit.

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Play Safe Holi



Holi, The celebration of a new season, a fresh start and a different life. Holi is celebrated as the arrival of Spring, the victory of good over evil and the triumph of friendship, love, and happiness.

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Why we need Matribhasha Divas



India is country of diversity. According to the most recent census, we in India have total 121 languages; Hindi & English is our official language.

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The Theory of Everything...



Professor Stephen William Hawking was born on 8th January 1942 (exactly 300 years after the death of Galileo) in Oxford, England.

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CORONAVIRUS

What you need to know

What is a coronavirus?

Coronaviruses are a large group of viruses that are common among animals. In rare cases, they are what scientists call zoonotic, meaning they can be transmitted from animals to humans, according to the US

Coronavirus symptoms

The viruses can make people sick, usually with a mild to moderate upper respiratory tract illness, similar to a common cold. Coronavirus symptoms include a runny nose, cough, sore throat, possibly a headache and maybe a fever, which can last for a couple of days.

For those with a weakened immune system, the elderly and the very young, there's a chance the virus could cause a lower, and much more serious, respiratory tract illness like a pneumonia or bronchitis.

There are a handful of human coronaviruses

That is known to be deadly.

Middle East respiratory syndrome, also known as the MERS virus, was first reported in the Middle East in 2012 and also causes respiratory problems, but those symptoms are much more severe. Three to four out of every 10 patients infected with MERS died, according to the CDC.

Severe acute respiratory syndrome, also known as SARS, is the other coronavirus that can cause more severe symptoms. First identified in the Guangdong province in southern China, according to the WHO, it causes respiratory problems but can also cause diarrhea, fatigue, shortness of breath, respiratory distress and kidney failure. Depending on the patient's age, the death rate with SARS ranged from 0-50% of the cases, with older people being the most vulnerable.

The Wuhan coronavirus is currently thought to be more mild than SARS and MERS and takes longer to develop symptoms. Patients to date have typically experienced a mild cough for a week followed by shortness of breath,

PROTECTING YOURSELF AGAINST CORONAVIRUS



1. Avoid close contact with anyone showing symptoms of respiratory illness



2. Wear gloves, wash or change them daily



3. Wash your hands

4. Wash your towels if they have touched your hands



5. Avoid touching doorknobs and banisters

6. Cover your mouth and nose when you cough or sneeze



7. Wear a surgical mask. They are, however, not that effective and must be changed daily



8. Cook food thoroughly



causing them to visit the hospital, explains Peter Horby, professor of emerging infectious diseases and global health at the University of Oxford.

How it spreads

Viruses can spread from human contact with animals. Scientists think MERS started in camels, according to the WHO. With SARS, scientists suspected civet cats were to blame. Officials do not yet know what animal may have caused the current outbreak in Wuhan.

When it comes to human-to-human transmission of the viruses, often it happens when someone comes into contact with an infected person's secretions, such as droplets in a cough.

Depending on how virulent the virus is, a cough, sneeze or handshake could cause exposure. The virus can also be transmitted by touching something an infected person has touched and then touching your mouth, nose or eyes. Car-

egivers can sometimes be exposed by handling a patient's waste, according to the CDC.

Human-to-human transmission has been confirmed for the Wuhan coronavirus, but experts are now trying to understand who is transmitting it most, who risk is at most and whether transmission is occurring mostly in hospitals or in the community. SARS and MERS were largely transmitted inside hospitals, Herby said. Some people are also considered to be "super spreaders."

Who is affected?

MERS, SARS and the Wuhan coronavirus appear to cause more severe disease in older people, though uncertainty remains around the latest outbreak. Of the cases of Wuhan coronavirus reported so far, none are yet confirmed to be among children. The average age is people 40 or over.

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

National Youth Day Celebrated at Sakar School



Students of Samarpan Public School Visted Police Station



Students of Zebar School Celebrated "Make Zebar Anger-free"



Anger is a state of mind which, if controlled and channelized in the right direction, will enable children to do marvellously well in future life. Children are the harbingers of change. They need to bring about the change in the school and society. No understanding or reasoning can arise out of anger. An 'Anger Free' environment would help Zebarites to become mentally active and emotionally healthy as they would be calm and mentally charged to return to their school the next day.

Inter school Science Quiz Organized for Students of CCIS Green Campus



Students of associated schools of Hub of Learning participated in the event. The event was organized to raise the scientific temperament of the students of Primary and Secondary Section. The event was made intriguing by means of live demonstration of the questions.

"Mahashivratri" & "Importance of Education" Celebrated at D.P. Campus

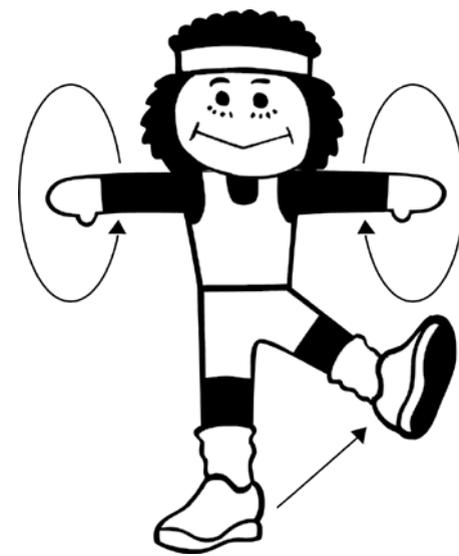


Annual Sports Day Celebrated at CCIS SG Campus

Sports has proved to enhance mental and physical development, as well as social skills and even improvements in academic performance. This is the time of the year where the students wait eagerly as they get an opportunity to showcase their talents in various sports. The day began with the Opening Ceremony. The main highlights of the ceremony were Lezim dance, Ring exercise, Mass PT, Pyramid, Yoga, Self defence, Dumbles performed by students in a dynamic way. Students performed various sports like Relay race, Lemon & Spoon, Hoola Hoop, Pyramid, Football, Three legged race. Through all these the students learnt team spirit, patience, and coordination. It was indeed a day well spent, basking in the warmth of the sun and witnessing the students dance, jump, cheer and enjoy themselves!



BE A FIT CHILD



less time you have for active stuff, like basketball, bike riding, and swimming. Try to spend no more than 1 hour a day on screen time.

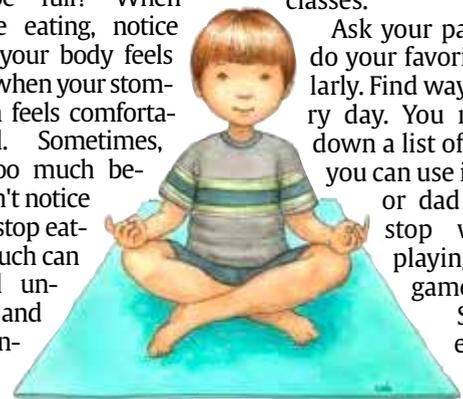
5. Be Active

One job you have as a kid – and it's a fun one – is that you get to figure out which activities you like best. Do more of physical activity like join some extra curriculum activity – playing Tennis, Basketball, Football, Table Tennis, etc. You can even enroll for some dance classes.

Ask your parents to help you do your favorite activities regularly. Find ways to be active every day. You might even write down a list of fun stuff to do, so you can use it when your mom or dad says it's time to stop watching TV or playing computer games!

Speaking of parents, they can be a big help if you want to be a fit kid. For instance,

they can stock the house with healthy foods and plan physical activities for the family. Tell your parents about these five steps you want to take and maybe you can teach them a thing or two. If you're a fit kid, why shouldn't you have a fit mom and a fit dad?



There's a lot of talk these days about being fit child. People who care (parents, doctors, teachers, and others) want to know how to help children to be more fit.

Being fit is a way of saying a person eats well, gets a lot of physical activity (exercise), and has a healthy weight. If you're fit, your body works well, feels good, and can do all the things you want to do, like run around with your friends.

Some parts of this are up to parents – such as serving healthy meals or deciding to take the family on a nature hike. But children can take charge too when it comes to their health.

Here are five rules to live by, if you're a kid who wants to be fit. The trick is to follow these rules most of the time, knowing that some days (like your birthday) might call for cake and ice cream.

1. Eat a Variety of Foods

You may have a favorite food, but the best choice is to eat a variety. If you eat different foods, you're more likely to get the nutrients your body needs. Taste new foods and old ones you haven't tried for a while. Some foods, such as green veggies, may taste better the older you get. Shoot for at least five servings of fruits and vegetables a day – two fruits and three vegetables.

Here's one combination that might work for you:

- at breakfast- Have some seasonal fruits with some healthy breakfast like poha, Upma. Avoid having bread/bun
- with lunch – have a proper Indian meal like – Roti, Sabji, Dal, Rice, Curd and salad
- for a snack- an apple
- with dinner – proper Indian dinner – you can have khichadi once in a while – avoid Junk food.

2. Drink Water & Milk

When you're really thirsty, cold water is the best thirst-quencher. And there's a reason your school cafeteria offers cartons of milk. Kids need calcium to build strong bones, and milk is a great source

of this mineral. How much do kids need? If you are 4 to 8 years old, drink 2½ cups of milk a day, or its equivalent. If you're 9 or older, aim for 3 cups of milk per day, or its equivalent. You can mix it up by having milk and some other calcium-rich dairy foods. Here's one combination:

- 2 cups (about half a liter)
- 1 slice cheddar cheese
- ½ cup (small container) of yogurt

If you want something other than milk or water once in a while, it's OK to have 100% juice. But try to limit juice to no more than 1 serving a day. Avoid sugary drinks, like sodas, juice cocktails, and fruit punches. They contain a lot of added sugar. Sugar just adds calories, not important nutrients.



3. Listen to Your Body

What does it feel like to be full? When you're eating, notice how your body feels and when your stomach feels comfortably full. Sometimes, people eat too much because they don't notice when they need to stop eating. Eating too much can make you feel uncomfortable and can lead to unhealthy weight gain.

4. Limit Screen Time

What's screen time? It's the amount of time you spend watching TV or DVDs, playing handheld games, and using a smart phone, tablet, or computer. The more time you spend on these sitting-down activities, the





**"PLAY, PRAY, PAMPER THE CHILD WITHIN"
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Annual Sports Day Celebrated Horizon English School



23rd Annual Day Celebrated at S.G. & S.V. English Medium Schools



The zealous show started with the lighting lamp ceremony by the Renowned Dignitaries like the Mayor Mrs. Reetaben Patel, D.E.O. Dr. Bharat bhai Vadhera, Chairman of Standing Committee, Mr. Devendra Sinh Chavda, Campus Director, Dr. Sombhai Patel and others. The cultural performances of dance and drama by the students of both the schools were spectacular and remarkable. The felicitation of the meritorious students was done along with the Sports Achievement Awards. The celebration of completion of 100 years of Sarva Vidyalaya Kelvani Mandal was memorable with this joyful and exhilarating event.

Annual Performance Awards given at Satyameva Jayate International School



Students of Tender Touch Celebrated Chocolate Day



Subject Based Practical Display by the Students of Tripada English School



Science, Math's and language projects were displayed in Tripada English School. The students of STD 4th and 5th participated in the event. They prepared models, charts even performed experiments. Each and every concept was explained by the students themselves. The topics included were lifecycle of insects, properties of air, solar system, lunar and solar eclipse, types of forces, soluble insoluble substances, Biodegradable Non- biodegradable waste, state of matter, windmill, solar power energy, rain harvesting, Robert, Spider, volcano, structure of earth, water purification, math puzzles, etc. Our main objective was to make the students to learn the all concepts easily through this project display. All projects covered by their syllabus also. The students gave an enthusiastic and confident presentation.

The awards acknowledge the tremendous achievements of the students across the whole spectrum in education in the school and recognize that this pursuit of excellence is not confined to academic achievement but encompasses the whole range of activities that makes for a rounded and balanced education. The Presentation ethos will always be to help students to reach their potential and our highly dedicated teaching staff committed to this cause. The range of awards those are presented reflects all aspects of school life.

Goodbye are never Easy

Lalji Mehrotra Lions School hosted a farewell party for the batch of class XII. It was scheduled on 31st January, during the school hours. The departing batch was all into alliteration with the boys in blazers and the girls in gowns. They were made to enter the party hall with a ramp walk along with songs matching with their personalities were being played. They were then made to play several fun games, which were followed by a contest for the selection of "Mr. and Ms. LML". Sai Renshi Rajesh became Mr. LML while Shivangi Dasgupta begged Ms. LML title.

The day continued, as they were asked to recount a few of their experiences of their school life. They were served snacks and drinks, after which,



they were all gifted certain mementos as a little token of love and gratitude.

The session was succeeded by a cake-cutting, in which the entire batch of class XII was made to cut an enormous cake. This was followed by another gift-distributing session by class XII to their immediate juniors. Thus the last day was finished for the senior batch in school, which they would reserve in their heart for life time!.

**Nisarg Patel, Young Reporter,
LML School**

ENJOY THE LITTLE THINGS



Life is full of Happens

Be the reflection

Love yourself

Experienced the beauty of nature

Enjoy the little things Sorrow or Happiness.

Happens is a time

Be; happy in your own present way

Because the world has gifted

You the tomorrow

To witness the Beautiful blue Sky.

Happiness is a flowing river

The weight of Happiness is....

Mother's lap, Father's Love

Brother's Smile and friend's closeness.

The heart of happiness can

Make the bond of 'I into we'

Enjoy the cheerfulness and

Let it overflow,

No, matter what life gives

Enjoy the Little things.

Nitya Naidu

(Madhav International School)

Arangetram



Ananya Mathew, a student of Udgam School for Children, performed her 'Arangetram' or the maiden performance, in Bharat Natyam in front of an appreciative audience. Her facial expressions, gestures and graceful movements were very impressive.

Ananya has been fortunate that her mother too is a

Bharat Natyam dancer. She had performed her Arange-tram years back. Ananya has watched the video of her mother's performance and drawn inspiration from that. Her mother has guided her whenever required. She is utmost grateful to her parents for supporting her throughout her journey. Ananya started training at the age of 6. However, she took breaks from the training between 8 and 10 and again stopped at the age of 13. She started practising for her performance at 15, about 3 months before the grand Arangetram. But the way she danced, no one could have made out that she did not have continuous 7 years of training as other dancers do.

Ananya danced her way through allaripu, snake dance, shabdham, varnam shloka, thillana and concluded with Mangalam. Her favourites are the snake dance to the song of 'aadupambe' and 'bhoshambbo'. The former gave her a chance to display her flexibility and expressions.

The Arangetram was a mesmerizing two-hour treat to art lovers. A class 11 student of Humanities, who turns 16 next month, Ananya aims to become a dedicated Social Worker. She is yet undecided how she will take her dancing ahead. However, she admits that the journey and the culmination in the Arangetram has benefitted her immensely. She has become more disciplined physically and mentally.

Here's wishing Ananya all the best in whatever she does.

Contd. From Page 1

Coronavirus treatment

There is no specific treatment, but research is underway. Most of the time, symptoms will go away on their own and experts advise seeking care early. If symptoms feel worse than a standard cold, see your doctor.

Drink plenty of fluids, get rest and sleep as much as possible.

How can you prevent it?

There is no vaccine to protect against this family of viruses, at least not yet. Trials for a MERS vaccine are underway. The US National Insti-



tutes of Health is working on a vaccine against the new virus, but it will be months until clinical trials

get underway and more than a year until it might become available.

You may be able to reduce your risk of infection by avoiding people who are sick. Try to avoid touching your eyes, nose and mouth. Wash your hands often with soap and water and for at least 20 seconds.

Awareness is key. If you are sick and have reason to believe it may be the Wuhan coronavirus due to travel to the region or coming into contact with someone who has been there, you should let a health care provider know and seek treatment early.

Cover your mouth and nose when you cough or sneeze, and disinfect the objects and surfaces you touch.

Cheese and Herbs Crackers

Ingredients

- 2 cups Maida
- 1/2 cup shredded processed cheese
- 1/2 cup corn flour
- 2tblsp mixed herbs
- 1/2 cup oil
- Salt per taste
- Water as required

Method

- 1) Take Maida, corn flour and salt and mix well.
- 2) Add cheese, herbs and oil and mix well again.
- 3) Now add water gradually and knead hard dough.
- 4) Now make balls from it and roll them one by one into chapattis.
- 5) Now cut into desired shapes and pierce them with a fork.
- 6) Now keep in a greased tray and bake in a pre-heated oven at 180 degrees for 20 minutes.
- 7) Serve with a dip of your choice.



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.

Broccoli Tots

Ingredients

- Extra-virgin olive oil, for brushing
- 1 (10-oz.) bag frozen broccoli (about 3 c.), thawed and patted dry
- 2 large eggs, beaten
- 1 c. panko bread crumbs
- 1 1/2 c. shredded cheddar
- 1/2 c. grated Parmesan
- 1/4 tsp. garlic powder
- Kosher salt

DIRECTIONS

1. Preheat oven to 400°. Brush a rimmed baking sheet with oil and line with parchment paper. Brush parchment with oil.
2. Pat broccoli dry and very finely chop broccoli or pulse in a food processor until very finely chopped. Scrape chopped broccoli into a medium bowl and stir in egg, panko, cheddar, Parmesan, and garlic powder. Season with salt.
3. Scoop 1 tablespoon broccoli mixture and press into a tater tot shape using lightly dampened hands. Transfer to prepared baking sheet. Continue with remaining broccoli mixture, evenly spacing tots on prepared baking sheet.
4. Bake, turning once, until golden and crispy, about 20 minutes. Remove from oven and serve warm with ketchup.



QUIZ

1. In which direction does the sun rise?
2. What do you call a type of shape that has five sides?
3. Which month of the year has the least number of days?
4. Which is the largest flower in the world?
5. Which are the vowels in the English alphabet series?
6. How many zeros are there in one hundred thousand?
7. How many hours are there in two days?
8. How many months of the year have 31 days?
9. How many weeks are there in one year?

WINNER FOR LAST QUIZ

Zarna Patel, Std 5th B, Airport School

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

The Exploding Lunch Bag

You will need

- One small (sandwich size) zip-lock bag – freezer bags work best.
- Baking soda
- Warm water
- Vinegar
- Measuring cup
- A tissue

What to do:

1. Go outside – or at least do this in the kitchen sink.
2. Put 1/4 cup of pretty warm water into the bag.
3. Add 1/2 cup of vinegar to the water in the bag.
4. Put 3 teaspoons of baking soda into the middle of the tissue
5. Wrap the the baking soda up in the tissue by folding the tissue around it.
6. You will have to work fast now – partially zip the bag

closed but leave enough space to add the baking soda packet. Put the tissue with the baking soda into the bag and quickly zip the bag completely closed.

7. Put the bag in the sink or down on the ground (outside) and step back. The bag will start to expand, and expand, and if all goes well...POP!

How's it work?

Cool huh? Nothing like a little chemistry to to add fun to a boring afternoon. What happens inside the bag is actually pretty interesting – the baking soda and the vinegar eventually mix (the tissue buys you some time to zip the bag shut) When they do mix, you create an ACID-BASE reaction and the two chemicals work together to create a gas, (carbon dioxide – the stuff we breathe out) well it turns out gasses need a lot of room and the carbon dioxide starts to fill the bag, and keeps filling the bag until the bag can no longer hold it any more and, POP! Be sure to clean up well and recycle those plastic bags...have fun!



PLAY SAFE HOLI



Dr. TWINKAL PATEL
Founder Motherhood Foundation

Holi, The celebration of a new season, a fresh start and a different life. Holi is celebrated as the arrival of Spring, the victory of good over evil and the triumph of friendship, love, and happiness. The season of a good harvest. As responsible parents, we should take a few measures before and after the Holi celebrations for our children greater good. Holi was initially introduced to prevent diseases by throwing naturally present colourful antibacterial ingredients such as Turmeric. This made people immune. This is not the case now; the festival has evolved from a simple celebration to a mass commodity. The arrival and introduction of various new artificial colours are guaranteed to harm the children and the environment. So necessary precautions should be taken this Holi.

Make sure you and your kids apply a Sunscreen, reapplying sunscreen might not be possible. But it's must to wear a sunscreen of SPF 50, and apply before half an hour at least for the best result. This will help you prevent skin damage, rashes, and redness to a good point. Please do wear waterproof sunscreen. It is better concerning your kids to go for an all-organic Holi with suggested applying of coconut oil or Almond Oil or Olive oil which has an SPF of 4 to 7 and rich of nutrients and vitamin A,B, E and many more. Especially for delicate skin. Once you apply the sunscreen add a thick and even layer of moisturizer for the face and body lotion for the body. You can use petroleum jelly as well. Make sure to use a mild moisturizer for the child's body. This layer of Cream will help the artificial colours to cease and slow them from penetrating the skin.

Wear a thick layer of fabric but do avoid denim. Thick cotton clothes (of white colour) are best recommended. If you want to, wear Khadi. Wear full sleeves and completely covering clothes for better protection of the body. Avoid Makeup. Use flexible and fluid fabric. Don't wear tight clothes because this will not allow respiration and when kids move or run in the fabric you can have fungal infections. Be certain that your child wears a breathable and eco-friendly dress.

Grease your children's hair with coconut oil or Almond Oil or Olive oil Or Caster oil which are having rich contains of nutrients and vitamin A,B, E and many more. and plate it because it can be later shampooed off with the remaining colours. Use a non-mineral oil on the hair. This will help your hair



from getting dirty and give nutrients to the scalp and hydrates the hair follicles. Make sure the kid's nails are cut before Holi because this can help from getting unnecessary wounds. If the nails are big then it can probably lead to the colour accumulation in between the space of your skin and nail. Which can't be easily removed, so best avoid. One can wear earbuds or small cotton rolls in the ear for avoiding water and colour to get into the ears. Make sure the cotton is not too small.

Eat a lot of hydrating vegetables such as cucumber and tomato. You could give your child a treat with Mosambi juice. Drink coconut water and sugarcane juice as well. Do drink clean and boiled water, never get dehydrated. Dehydration can lead to infectious diseases including viral diseases. So drink clean and boiled water, avoid outside food. It is better to stay indoors if you have any infectious diseases including the common cold. Prepare delicious homemade food best preferred for your kids.

For an all eco-friendly, organic and Herbal Holi, one can choose plant-

based, Vegetable or Fruit colour, Organic colours such as Turmeric Powder, arrowroot powder, cornstarch powder, red rose powder, and spinach leaf powder, soak water of Palaash flower (Kesudo), Rose, Rose water or water colour etc... This Holi is best approved for people with sensitive skin and kids. Avoid Synthetic colour at any cost because this contains harmful ingredients including sand, mica, glass powder and lead chromate which are not good for your child's skin and body. Natural colours are skin-friendly and increase immunity in the body.

Use an eye cream or coconut oil around the eye area. If your eyes are sensitive, you should go for the above mentioned organic Holi. You can reach for a frozen bread sliced or cucumber and keep it on top of your eyes if your eyes burn. You can use shades for protection.

Children should play Holi always with the consent of parents. Children and Senior citizens shouldn't be forced and they shouldn't stand outside in the sun for long hours. Colours going into children's eyes should be taken care of principally because their eyes are very sensitive and medical help should be taken if irritation persists. The same goes for senior citizens. It is better for kids aged 3 and below to not participate in Holi. Make sure your kids eat Dates, juar Dhaani, mamara and channa.

One should always be alert when playing Holi and close one's eyes and lips. This helps the colours from going into the system. You can also use a dental cap for further protection.

Remove the clothes immediately once the Holi celebration is over. Use coconut oil and massage your child's body and face before washing the colours off. You can use any non-mineral plant-based oil but surely, not cooking oil. Use a cream-based face wash, mild soap, scrub soap, neem paste, turmeric, or sandal wood and for hair use sulfite-free Shampoo and after wash hair do the hair oil massage, it will nourish your hair.

If colour had gone inside the eyes then first relax, do calm down and then immediately clean your hands thoroughly preferably with clean drinking water and don't directly force water to your eyes but take water in a bowl and dip your face gently opening and closing your eyes till the colours are removed. If irritation persists immediately see a doctor and don't wait till the next day. Do not ever sleep with irritated eyes. Dehydrate yourself and drink a lot of clean water or homemade lemon juice. Apply hair cream alone if you feel your hair is extremely dry.

Seldom the pigment of the colour may persist, don't force you and wait for two-three days. Don't use detergents or bleach on the skin to remove pigments as it can do more damage to the skin. Never apply lemon straight to your face especially after Holi does not since citric acid irritates the skin even if lemon contains vitamin C. In case after Holi skin irritation, redness or rashes persist then do immediately see your nearest doctor.

Throw your colours in the air. And have a happy, healthy and safe Holi.

FILL IN THE COLORS

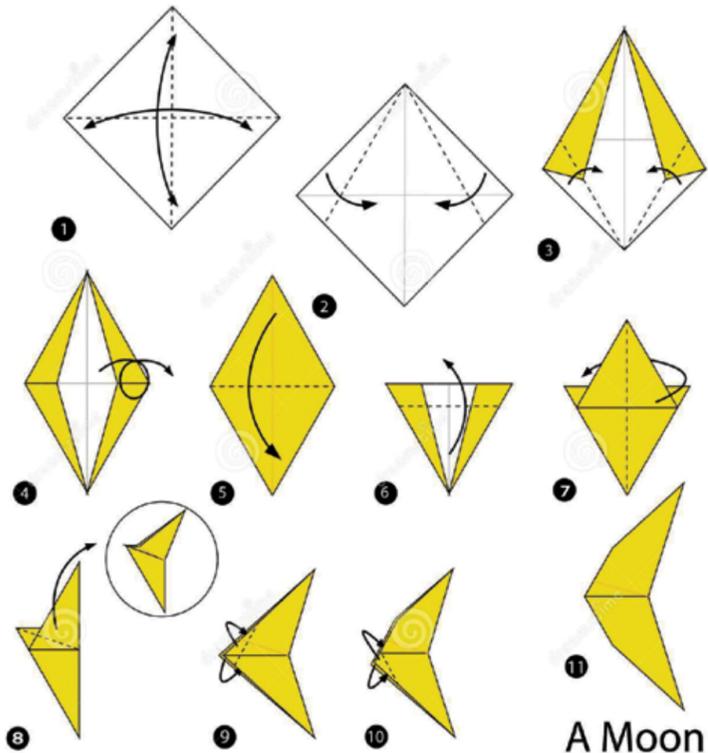


SUDUKO

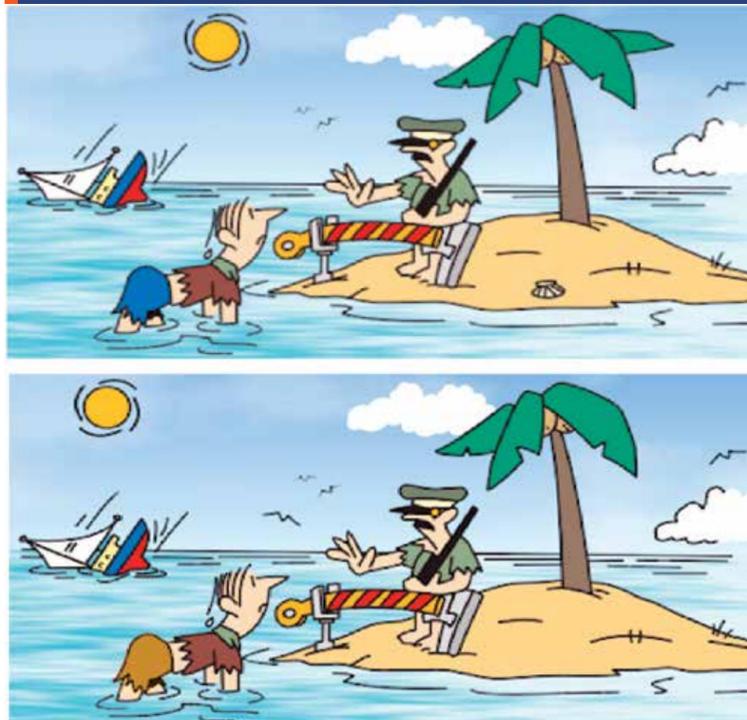
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PVC Flying Officer Nirmal Jit Singh Sekhon



Born	17 July 1943 Ludhiana, British India (now in Punjab, India)
Died	14 December 1971 (aged 28) Srinagar, Jammu and Kashmir, India
Allegiance	Republic of India
Service/branch	Indian Air Force
Years of service	1967–1971
Rank	Flying Officer
Unit	No. 18 Squadron
Battles/wars	Indo-Pakistani War of 1971
Awards	Param Vir Chakra (posthumous)



During the Indo-Pakistani War of 1971, he was serving with the No.18 Squadron, "The Flying Bullets" of IAF, flying the Folland Gnat fighter aircraft based at Srinagar. On 14 December 1971, Srinagar airfield was attacked by six Pakistan Air Force F-86 jets of 26 Sqn from PAF base Peshawar. Flying Officer Sekhon was on readiness duty at that time. As soon as the first aircraft attacked, Sekhon rolled for take-off as No 2 in a two-Gnat formation, with Flt Lt Ghuman in lead, just as the first bombs were falling on the runway. Only delayed due to dust kicked up by the preceding Gnat, Sekhon lost no time in singling out the first Sabre pair, which was re-forming after the bombing run. The Gnat Leader, Flt Lt Ghuman, lost visual with his wingman just after take-off, remained out of the fight leaving Sekhon to handle the muddle all by himself. In the ensuing air battle, Sekhon scored a direct hit on one Sabre and set another ablaze. The latter was seen heading away towards Rajauri, trailing smoke.

Sekhon, after being hit, was advised to return to the base. He is said to have flown in straight, wings level for some time, then going inverted, plummeting down, probably due failure of control system. He attempted a last-minute ejection, which did not prove successful, as his canopy was seen to fly off. The wreckage of the Gnat was found in a gorge, near the road coming from Srinagar town to the base, a few miles from the base. Despite many search efforts by Army and Air Force, his remains were never found due to the mountainous terrain of where his fighter went down, much to the disappointment of his wife and family.

PVC 2nd Lt Arun Khetarpal



Born	14 October 1950 Pune, Bombay State, India
Died	16 December 1971 (aged 21) Barapind Shakargarh Sector
Allegiance	Republic of India
Service/branch	Indian Army
Years of service	1971 (6 months)[1]
Rank	Second Lieutenant Service number IC-25067
Unit	17 POONA HORSE
Battles/wars	Indo-Pakistan War of 1971 Battle of Basantar
Awards	Param Vir Chakra



On 16 December 1971, the Squadron Commander of 'B' Squadron, the Poona Horse asked for reinforcement as the Pakistani Armour which was superior in strength, counter attacked at Jarpal, in the Shakargarh Sector. On hearing this transmission, Second Lieutenant Arun Khetarpal who was in 'A' Squadron, voluntarily moved along with his troops, to assist the other squadron. En route, while crossing the Basantar river, Second Lieutenant Arun Khetarpal and his troops came under fire from enemy strong points and RCL gun nests that were still holding out. Time was at a premium and as critical situation was developing in the 'B' Squadron sector, Lieutenant Arun Khetarpal, threw caution to the winds and started attacking the impending enemy strong points by literally charging them, overrunning the defence works with his tanks and capturing the enemy infantry and weapon crew at pistol point. In commander of his troop was killed. Second Lieutenant Arun Khetarpal continued to attack relentlessly until all enemy opposition was overcome and he broke through towards the 'B' Squadron position, just in time to see the enemy tanks pulling back after their initial probing attack on this squadron. He was so carried away by the wild enthusiasm of battle and the impetus of his own headlong dash that he started chasing the withdrawing tanks and even managed to shoot and destroy one. Soon thereafter, the enemy reformed with a squadron of armour for a second attack and this time they selected the sector held by Second Lieutenant Arun Khetarpal and two other tanks as the points for their main effort. A fierce tank fight ensured ten enemy tanks were hit and destroyed of which Second Lieutenant Arun Khetarpal was severely wounded. He was asked to abandon his tank but he realised that the enemy though badly decimated was continuing to advance in his sector of responsibility and if he abandoned his tank the enemy would break through, he gallantly fought on and destroyed another enemy tank. At this stage, his tank received a second hit which resulted in the death of this gallant officer.

HAPPY HOLI

The Celebration of Holi

People celebrate Holi with utmost fervour and enthusiasm, especially in North India. One day before Holi, people conduct a ritual called 'Holika Da-

fire with his son on the lap, where Holika got burned and Prahlad came out safe. This indicated he was protected by his Lord because of his devotion. Thus, people start celebrating Holi as the victory of good over evil.

han'. In this ritual, people pile heaps of wood in public areas to burn. It symbolizes the burning of evil powers revising the story of Holika and King Hiranyakashyap. Furthermore, they gather around the Holika to seek blessings and offer their devotion to God.

The next day is probably the most colourful day in India. People get up in the morning and offer pooja to God. Then, they dress up in white clothes and play with colours. They splash water on one another.

Children run around splashing water colours using water guns. Similarly, even the adults become children on this day. They rub colour on each other's faces and immerse themselves in water.

In the evening, they bathe and dress up nicely to visit their friends and family. They dance throughout the day and drink a special drink called the 'bhaang'. People of all ages relish holi's special delicacy 'gujiya' ardently.

In short, Holi spreads love and brotherhood. It brings harmony and happiness in the country. Holi symbolizes the triumph of good over evil. This colourful festival unites people and removes all sorts of negativity from life.



BRINGING TO LIFE-THE COLOURS OF HOLI



gold flowers as well as flowers of the Indian Coral tree. The Palash tree specifically blooms around springtime, and its bright orange hues are a harbinger of the oncoming transformation of climate and landscape. Birds, bees and other insects flock around the Palash tree, attracted to the orange colour of the flowers, helping pollination and natural

reproduction of this tree species.

Making organic colour for Holi

Traditionally, the flowers are carefully collected from the trees where they bloom a couple of days before Holi. The petals are then gently taken apart from the stem and are left in the sun to dry. Once dry, the petals are ground by hand

to create an organic, lush paste of colour that can be further dried to create a powder or used as a wet colour.

The natural colours procured from tesu and other bright-hued flowers have beneficial advantages for the skin and are not toxic to the environment in any way. Over time, due to the lack of availability of these flowering trees in urban areas and the cheaper manufacturing costs of industrial dyes—tesu has lost its symbolic and utilitarian value on Holi.

The Palash tree and so many others across India are revered for their capacity to provide the medicinal product, food, shade, spiritual succour and stunning visuals when in full bloom, to human beings and animals alike. It is important that as a culture, we use festivals as an opportunity to go back to our roots, most of which involve ritual and tradition that brings us closer to nature. At these times we should also reflect on the need for ardent conservation year-round of our natural resources that have spiritual, historical, social and economic significance for urban and rural societies alike for industry and day to day sustenance.

Holi is known as the festival of colors. It is one of the most important festivals in India. Holi is celebrated each year with zeal and enthusiasm in the month of March by followers of the Hindu religion. Those who celebrate this festival, wait for it every year eagerly to play with colours and have delectable dishes.

Holi is about celebrating happiness with friends and family. People forget their troubles and indulge in this festival to celebrate brotherhood. In other words, we forget our enmities and get into the festival spirit. Holi is called the festival of colours because people play with colours and apply them to each other's faces to get coloured in the essence of the festival.

History of Holi

The Hindu religion believes there was a devil king named Hiranyakashyap long ago. He had a son named Prahlad and a sister called Holika. It is believed that the devil king had blessings of Lord Brahma. This blessing meant no man, animal or weapon could kill him. This blessing turned into a curse for him as he became very arrogant. He ordered his kingdom to worship him instead of God, not sparing his own son.

Following this, all the people began worshipping him except for his son, Prahlad. Prahlad refused to worship his father instead of God as he was a true believer of Lord Vishnu. Upon seeing his disobedience, the devil king planned with his sister to kill Prahlad. He made her sit in the

The splendorous and brilliant orange of the tesu flower of the Palash tree is the reason for its famed sobriquet—the flame of the forest! Among its many uses, the tesu flower is used to make colour for the festival of Holi. The festival of Holi marks the advent of spring in the Hindu calendar, a festival for purging, bidding goodbye to the old and preparing for new beginnings. The occasion is celebrated by spreading the vibrant colours of spring among friends and family in the form of gulal or pinkish-red powder from hibiscus and rose, saffron-coloured powder from tesu, yellow powder from marigold along with coloured water that people playfully sprinkle on each other. The fond exchange of colour is accompanied by song and dance and the consumption of sweets and savoury delicacies that are native to different regions in India where the festival is being celebrated.

Tesu of the Palash Tree

The colours used during the festival of Holi were extracted from natural sources such as the tesu, hibiscus and mari-

Veda Krishnamurthy hasn't had a great tournament but feels she can turn things around in the final



INDIA'S PRIDE - WOMEN'S CRICKET TEAM

Senior India batter Veda Krishnamurthy says her team seems destined to win the ICC Women's T20 World Cup in its maiden final appearance provided it keeps nerves in check against four-time champions Australia here at the iconic Melbourne Cricket Ground on Sunday.

India will have the psychological advantage going into the final as they had stunned the defending champions by 17 runs in the tournament opener.

"It's all about destiny, and I'm a big believer in destiny. I feel like this is the way it was meant to be. There is a joke going around that this World Cup is made in such a way that it's helping us, starting from the wickets to everything else," she was quoted as saying by the tournament's official website.

The Harmanpreet Kaur-led India reached the final on the basis of their unbeaten record in the tournament after their semifinal against England was washed out on Thursday.

Krishnamurthy, who was a part of the Indian team that finished runnerup to England in the 2017 Women's ODI World Cup, understands the pain of missing out on a world title.

"Being in the final is just reward for



the way we played in the group stages. There was an advantage to having won all our games with the weather not in our hands." The team's first target of reaching the final having achieved, the 27-year-old player said the Indians now

need to hold their nerves and remain focussed leading up to the big day on Sunday.

"We said the first aim was to get to the final and take it from there. We've crossed the first stage. We need to make

sure we hold our nerves and we do what we need to do on the final day," she said.

India's recent rivalry with Australia has taken fascinating twists and turns, with Kaur's outfit chasing down 173 in their recent tri-series and getting home by 17 runs in the T20 World Cup opener. But all is not hunky-dory for Krishnamurthy on the personal front. Considered a great finisher, she has recovered from a series of singledigit scores in the tri-series to score 20 from 11 balls in a finishing role against Bangladesh.

Having scored just 35 runs from four matches in the tournament so far, the Karnataka batter knows her role in the team. "As an individual, the role given to me is very consistent in the last year. They've put effort in the last year to keep me there and I've been supported by every individual, not just one or two. The entire team, with all the support staff have shown faith in me," she said.

"I know coming into the World Cup, I would play a crucial role to finish the innings well, Krishnamurthy said specific roles have been set for every player of the squad and they all are trying to contribute as much as they can to help the team achieve its goal.



KCC have it easy

The team recorded a 10-wicket win over Bank of India in Major tourney

Khadiya Cricket Club (KCC) came out with their best display as they trounced Bank of India (BoI) with a comfortable 10-wicket win in the Reliance Foundation Major Cricket Tournament at Sardar Patel Stadium in Navrangpura.

Asked to bat, BoI colts posted a total of 132 runs before going all out in 59.2 overs in their first innings. Karan Trivedi scored an 88-ball 35 for the team.

For KCC, Jay Patel took two wickets.

KCC then thrived on Devarsh Gajjar's 95-ball 56 as they scored a total of 137 runs in 52.1 overs taking a five-run lead.

Dhruvang Patel scalped seven wickets for BoI.

Returning for their second innings, BoI banked on Karan Trivedi (30-ball 40) and Jaymeet Patel (46-ball 40) to score 102 runs for 10 wickets in 29.3 overs. KCC's Harsh Trivedi picked three wickets for the team.

As they returned, KCC colts chased down the target in 18.4 overs with 10 wickets in hand. Gaurav Patel (53-ball 60) top-scored for the team and Rohan Mistry added a 59-ball 39.

Bhavesh's efforts in vain

Bhavesh Sadariya shone with an all-round display for Maninagar Cricket Club (MCC), but his efforts went in vain as Patel Club thumped them with a sublime 10-run win in CBCA Minor cricket tournament.

At Sunrise cricket ground, Patel Club's Taufiq Ansari top-scored with a 40-ball 48 as they struggled to post 187 in 34.3 overs after choosing to bat. Sadariya scalped four wickets and Faraz Pathan added three more.

MCC batsmen, too, struggled in their chase as they were bowled out for 177 in 36.4 overs despite Bhavesh's 70-ball 65.

For the winning team, Kosar Rangrez and Aniruddh Gohil picked three wickets each.

Mohit powers SCC win

In another tie at V-9 cricket ground, Mohit Shah stood tall for Spandan Cricket Club (SCC) as they saw the better of Shanti Gymkhana with an eightwicket win. Batting first, Yash Mistry scored an unbeaten 55-ball 78 for Gymkhana as they posted a total of 265 runs with the loss of nine wickets in 40 overs. Raju Ram, too, added 44-ball 45 for the team.

Batsmen power HCC



At Sunrise cricket ground, Honest Cricket Club's (HCC) batsmen led their charge with a six-wicket win over Bharat Vijay Mills (BVM) in CBCA Minor Cricket Tournament. Batting first, Kishan Patel's 51-ball 55 helped BVM post a total of 227 in 38.3 overs. Dharmesh Merchant too chipped in with a 42-ball 47. Smit Patel scalped four wickets for HCC. Returning, HCC thrived on Dhaval Pandya's unbeaten 63-ball 69 as they chased down the total in 36.2 overs with six wickets to spare. Their innings also saw knocks from Bhavin Engle (51-ball 58) and Meet Gohel (42-ball 43) to meet with the target. For the losing team, Kartik Thakor took two wickets.

Title for Prakhar, Vyom



Prakhar Joshi and Vyom Shah were at their dominant best as they saw the better of Farhan

GU girls pick silver medal, boys settle for bronze



The Gujarat University (GU) girls' team of Deepshikha Saw, Ishwari Seth and Kosambi Sinha suffered a final heartbreak as they picked a silver medal in the tennis event of Khelo India University Games held in Bhubaneswar.

In the final, GU girls suffered a 1-2 loss against the girls from Hyderabad's Osmania University. Deepshikha gave the team a winning start as she recorded a 6-4, 7-6(3) win over Anusha Kondaveeti. However, Ishwari could not keep the momentum going as she suffered a 0-6, 6-7(7) loss against Sravya Shivani in the second singles. In the decider, Ishwari and Deepshikha suffered a 4-6, 3-6 loss against Sravya and Anusha to settle for the second-place finish.



Bronze for boys

Meanwhile, the boys' team of Aman Patel, Bhruven Bondre and Kamaksh Dave settled for the third-place finish. After a 0-2 loss against Punjab University in the semis, GU boys blanked Barkatullah University, Bhopal in the third-place play-offs. Bhruven gave GU the winning start with a closely fought 7-5, 5-7, 6-3 win over Akash Nandwal. Skipper Aman then sealed the deal with a 6-2, 7-5 win over Udit Yadav.

Ahmed and Aryan Kanakarwal to be crowned champs at the AITA national ranking tournament that concluded in Jaipur on Friday. Playing in the U-14 doubles final, the in-form duo thumped Rajasthan's Farhan and Aryan to record a 6-3, 6-4 win. After a bye in the quarters, Prakhar and Vyom eased past Delhi's Namit Bhatia and Shreyas Dogial of Rajasthan with a comfortable 6-1, 6-2 win in the penultimate round.

Brothers' day out



It was a double delight for Jagaria household as elder brother Max won the under-12 singles title while younger brother Om won the under-8 singles title at the Open Baroda Tennis Tournament in Vadodara. Max recorded convincing 7-2 win over Preet Verma in the final to win the under-12 title. The class 5 student of Nirman High School, Vasna edged out Het Soni 4-2 earlier in the quarters. Max's toughest

challenge came in semis where he recorded a fighting 6-5(4) win over Manay Dubey.

Om dominates

Om was at his best as he blanked Aarav Patel 6-0 for the under-8 title. Om made his intentions clear with his 3-0 win over Prakalp Patel in the quarters. But the class 1 student of Nirman High School, Vasna had a battle in hand when in the semi-finals, Om overcame a stiff challenge from Manav Patel winning 5-4(4).

Pandurangaiah's maximum break

Hyderabad's Pandurangaiah was at his dominating best as he made the maximum break possible at 6 Reds Snooker National Championship at the Sports Club of Gujarat complex. Railway Sports Promotion Board's Pandurangaiah struck a purple patch in the fourth frame of his match with Ketan Vohra of Uttarakhand when leading by three frames to none. In a perfect display of precision potting, superb cue-ball control, coordinated rhythm and a committed sense of purpose, Pandurangaiah compiled the maximum break of 75 to romp home in style as he won in straight frames by 41-07, 53-47, 41-11 and 79-00 points.

Upset wins

In other tie, Atit Shah of Kerala rallied magnificently to beat Gujarat's Anand Sheth in a seven frame match. Anand was sitting pretty when he led 3-0 before Atit dug deep from his reserve to strike a break of 65 in the fourth and then kept up his tempo to take the fifth and sixth frames too levelling the match at 3-3. Atit then went on to win confidently in the seventh frame winning the tie by 33-40, 07-31, 19-44, 65-00, 63-33, 47-06 and 50-11 points.

Historic City Chowk in Jammu renamed as 'Bharat Mata Chowk'



The historic City Chowk, the commercial hub in old Jammu, was renamed as 'Bharat Mata Chowk' following the passage of a resolution by the general house of the Bharatiya Janata Party (BJP)-led Jammu Municipal Corporation (JMC). The renaming of the chowk drew mixed reactions from the people with most of them welcoming the decision but urged the JMC to focus more on development and cleanliness rather than changing names.

Egypt says 1,443 people tested for coronavirus so far



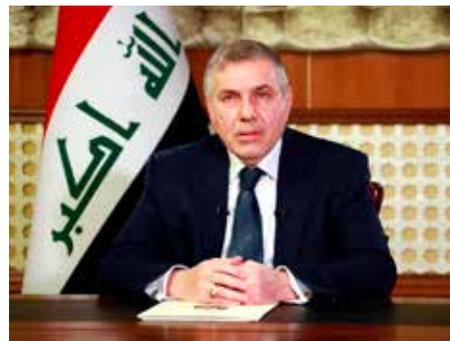
Egypt's health minister said that 1,443 people had been tested so far for the new coronavirus, only one of whom tested positive and was cleared after being given appropriate medical care. Speaking at a televised press conference ahead of a visit to China, Minister of Health Hala Zayed also said that Egypt has requested the details of coronavirus in two patients in France said to have returned with the illness from Egypt and has sent a medical team to investigate the places they had visited.

North Korea fires 2 projectiles off east coast into sea, says South Korea



North Korea fired two unidentified projectiles off the east coast into the sea, South Korea's defence ministry said. The ministry said the projectiles were fired from the eastern coastal city of Wonsan, where North Korea has fired a series of short-range missiles. The ministry did not provide details of the projectiles but said it is watching for any additional launches. North Korean leader Kim Jong Un oversaw military drills, a rare public outing amid efforts to prevent an outbreak of the coronavirus in the isolated country.

Iraqi prime minister candidate Mohammed Allawi quits as vacuum looms



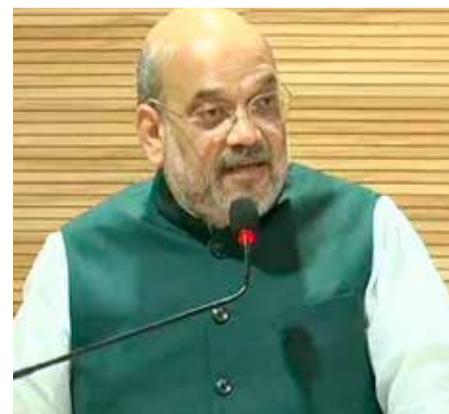
Iraqi Prime Minister-designate Mohammed Allawi withdrew his candidacy for the post, accusing political parties of obstructing him, deepening a domestic crisis and threatening an unprecedented power vacuum. His move came hours after parliament failed for the second time in a week to approve his cabinet amid political infighting in the oil producer, where mass protests and deadlock between lawmakers are delaying Iraq's recovery from years of war.

Malaysia's monarchy to rule on pathway out of political turmoil



Malaysia's nine monarchs are due to meet on to determine how the country's next government will be formed after the shock resignation of Mahathir Mohamad earlier created political turmoil. Mahathir's move, which broke a coalition with old rival Anwar Ibrahim that had secured a surprise election victory two years ago, has been widely perceived as an attempt to consolidate the 94-year-old leader's power.

People who want to divide country and disrupt peace must fear NSG, says Amit Shah



Without naming anyone, Union Home Minister Amit Shah said that people who want to create a "divide" in the country and "disrupt peace" must fear the National Security Guard (NSG). "We want peace in the entire world. In our history of 10,000 years, India has never attacked anyone. We would not allow anyone to disrupt our peace. And anyone who takes the lives of soldiers will have to pay dearly."

Clearing of temple site begins in Ayodhya



Clearing of the Ram Janmabhoomi site in Ayodhya has begun with heavy earth-moving machines moving into the 67.7 acre premises, marking the beginning of the process of Ram temple construction. Chief priest of the makeshift temple, Acharya Satyendra Das, told IANS, "It is a memorable moment for Hindus as we are now looking forward to temple construction at last. Machines have begun levelling land and clearing bushes and heavy thickets."

Passport not mandatory for foreigners for applying for citizenship



The Calcutta High Court has ruled that it is not mandatory for foreigners to produce a valid passport and its particulars for processing of application for grant of Indian citizenship if he is able to satisfy the appropriate authorities the reasons for non-availability of the document. Justice Sabysachi Bhattacharya passed the order while disposing off a petition by granting the petitioner liberty to file an application before the authority "as contemplated in Rule 11 of the Citizenship Rules 2009, upon furnishing explanation as to the non-availability of the passport".

BIRTHDAY WISHES

NITISH KUMAR

1st MARCH 1951

Nitish Kumar born 1 March 1951 is an Indian politician. He is the present Chief Minister of Bihar, a state in India, since 2015 and has served in that role on five previous occasions. He has also served as a minister in the Union Government of India. Kumar is a member of the Janata Dal (United) political party. He endeared himself to Biharis, used to low expectations from previous regimes, when as Chief Minister, his socialist policies bore dividends in appointing more than 100,000 school teachers, ensuring that doctors worked in primary health centres, electrification of villages.



DANIEL CRAIG

02nd MARCH 1968

Daniel Wroughton Craig born 2 March 1968 is an English actor. After training at the National Youth Theatre and graduating from the Guildhall School of Music and Drama in 1991, Craig began his career on stage. He made his film debut in the drama *The Power of One* (1992) and attracted attention with appearances in the historical television war drama *Sharpe's Eagle* (1993), the family film *A Kid in King Arthur's Court* (1995), the television serial drama *Our Friends in the North* (1996), the biographical film *Elizabeth* (1998), the television film *Love Is the Devil*



AAMIR KHAN

14th MARCH 1965

Mohammed Aamir Hussain Khan born 14 March 1965 is an Indian actor, director, filmmaker and television talk-show host. Through his career spanning over thirty years in Hindi films, Khan has established himself as one of the most popular and influential actors of Indian cinema. He has a large global following, especially in India and China, and has been described by Newsweek as "the biggest movie star" in the world. Khan is the recipient of numerous awards, including nine Filmfare Awards, four National Film Awards, and an AACTA Award, as well as an Academy Award nomination.



ANDREW JACKSON

15th MARCH 1767

Andrew Jackson March 15, 1767 – June 8, 1845 was an American soldier and statesman who served as the seventh president of the United States from 1829 to 1837. Before being elected to the presidency, Jackson gained fame as a general in the United States Army and served in both houses of the U.S. Congress. As president, Jackson sought to advance the rights of the "common man" against a "corrupt aristocracy" and to preserve the Union.

Why we need Matribhasha Divas

India is country of diversity. According to the most recent census, we in India have total 121 languages; Hindi & English is our official language. As declared by UNESCO, February 21 is observed worldwide as the International Mother Language Day to promote linguistic and cultural diversity. In a way to encourage students to study their respective mother tongues, all the schools were asked to celebrate February 21 as Matribhasha Divas. The very purpose of commemorating February 21 as Matribhasha Divas is to promote the use of one's mother tongue. The main objectives of this effort is to make people aware of the use of mother tongue which is necessary for the overall development of a nation and make them proficient in their respective mother tongues.

Celebrating this day helps in imparting feelings of national togetherness and oneness in the nation. Celebration of the International Mother Language day in schools will help children grow with the values of their nation and get familiar with the cultural traditions of the country.

We with increased migration and the growing popularity of international schools, the number of children learning in a language other than their mother tongue is growing rapidly.

Research indicates that having a strong mother tongue foundation leads to a much better understanding of the curriculum as well as a more positive attitude towards school, so it's vital that children maintain their first language when they begin schooling in a different language.

Mother Tongue Meaning

The meaning of mother tongue can often be referred to as your first language or native language. It is the language that you most commonly speak. However, mother tongue meaning is always referencing the language that the child has used from birth for important and impacting times in the child's life. For example there are instances where a child is brought up until school age using a particular language at home spoken by their mother, father or other family members, and due to living in another country, begin to adopt the language spoken in their interactions such as fun groups, school etc...but if the child comes back home continually to another language, this is impact can be lessened.

The mother tongue meaning for a child involves more than just language and includes the child's personal, social and cultural identity. The choice of words and expression carry different meaning across cultures and where in one language asking direct questions is considered intrusive, in another it is inquisitive. This means that the language



chosen when speaking is thought about before it is delivered.

The importance of mother tongue

The importance of mother tongue is studied because when children develop their mother tongue, they are simultaneously fostering a whole host of other essential skills, such as critical thinking and literacy skills. It is these skills that they take with them into formal education, and research tells us that any skills and concepts gained in the learner's home language don't have to be re-taught when they transfer to a second language.

It is so important that parents speak their own mother tongue to their chil-

dren. The research uncovers the link between a child's development and their mother tongue. It is found that children who develop skills in two or even three languages, grow up to have a deeper understanding of how to form sentences and expressions, making the use of language as a whole a lot easier. Children speaking just one mother tongue language had a fixed mindset on how to communicate what they want or need. Furthermore, the children with a strong mother tongue found it easier to pick up a second language and develop their literacy skills. Children's knowledge and skills transfers across languages. However skills learnt in mother tongue could also be transferred into the language learning approach so if a child has to

think more about how to deliver the sentence and when to use it, their cultural identity is also easily adapted. Therefore it is a healthy approach to learning for parents to teach second languages at home and also develop the child's use of language and expression.

Role of mother tongue in child development

It's also well known that a strong mother tongue foundation equips children with the skills they need to learn additional languages, allowing them to transfer their understanding of the structure of language to several new languages. The intuitive understanding of grammar that develops when children learn their first language can easily be passed on to other languages.

With multilingualism becoming an increasingly sought-after attribute within the workplace, this advantage cannot be overstated; globalization and increased co-operation between nations mean that, in many organizations, it has become a requirement to have language skills in addition to being a specialist within a particular field.

Language and mother tongue also play a huge role in the development of personal, social and cultural identity. Children with a strong foundation in their first language often display a deeper understanding of themselves and their place within society, along with an increased sense of wellbeing and confidence. Naturally, this flows down into every aspect of their lives, including their academic achievement

THE THEORY OF EVERYTHING

STEPHEN HAWKING

Professor Stephen William Hawking was born on 8th January 1942 (exactly 300 years after the death of Galileo) in Oxford, England. His parents' house was in north London but during the second world war Oxford was considered a safer place to have babies. When he was eight his family moved to St. Albans, a town about 20 miles north of London. At the age of eleven, Stephen went to St. Albans School and then on to University College, Oxford (1952); his father's old college. Stephen wanted to study mathematics although his father would have preferred medicine. Mathematics was not available at University College, so he pursued physics instead. After three years and not very much work, he was awarded a first class honours degree in natural science.

In October 1962, Stephen arrived at the Department of Applied Mathematics and Theoretical Physics (DAMTP) at the University of Cambridge to do research in cosmology, there being no one working in that area in Oxford at the time. His supervisor was Dennis Sciama, although he had hoped to get Fred Hoyle who was working in Cambridge. After gaining his PhD (1965) with his thesis titled 'Properties of Expanding Universes', he became, first, a research fellow (1965) then Fellow for Distinction in Science (1969) at Gonville & Caius college. In 1966 he won the Adams Prize for his essay 'Singularities and the Geometry of Space-time'. Stephen moved to the Institute of Astronomy (1968), later moving back to DAMTP (1973), employed as a research assistant, and published his first academic book, *The Large Scale Structure of Space-Time*, with George Ellis. During the next few years, Stephen was elected a Fellow of the Royal Society (1974) and Sherman Fairchild Distinguished Scholar at the California Institute of Technology (1974). He became a Reader in



Gravitational Physics at DAMTP (1975), progressing to Professor of Gravitational Physics (1977). He then held the position of Lucasian Professor of Mathematics (1979-2009). The chair was founded in 1663 with money left in the will of the Reverend Henry Lucas who had been the Member of Parliament for the University. It was first held by Isaac Barrow and then in 1669 by Isaac Newton. From 2009, Stephen was employed



as the Dennis Stanton Avery and Sally Tsui Wong-Avery Director of Research at DAMTP.

Professor Stephen Hawking worked on the basic laws which govern the universe. With Roger Penrose he showed that Einstein's general theory of relativity implied space and time would have a beginning in the Big Bang and an end in black holes (1970). These results indicated that it was necessary to unify general relativity with quantum theory, the other great scientific development of the first half of the 20th century. One consequence of such a unification that he discovered was that black holes should not be completely black, but rather should emit 'Hawking' radiation and eventually evaporate and disappear (1974). Another conjecture is that the universe has no edge or boundary in imaginary time. This would imply that the way the universe began was completely determined by the laws of science. Towards the end of his life, Stephen was working with colleagues on a possible resolution to the black hole information paradox, where debate centres around the conservation of information.

His many publications included *The Large Scale Structure of Spacetime* with G F R Ellis, *General Relativity: An Einstein Centenary Survey*, with W Israel, and *300 Years of Gravitation*, with W Israel. Among the popular books Stephen Hawking published are his best seller *A Brief History of Time*, *Black Holes and Baby Universes and Other Essays*, *The Universe in a Nutshell*, *The Grand Design* and *My Brief History*.

Professor Stephen Hawking received thirteen honorary degrees. He was awarded CBE (1982), Companion of Honour (1989) and the Presidential Medal of Freedom (2009). He was the recipient of many awards, medals and prizes, most notably the Fundamental Physics prize (2013), Copley Medal (2006) and the Wolf Foundation prize (1988). He was a Fellow of the Royal Society and a member of the US National Academy of Sciences and the Pontifical Academy of Sciences.

In 1963 Stephen was diagnosed with ALS, a form of Motor Neurone Disease, shortly after his 21st birthday. In spite of being wheelchair-bound and dependent on a computerised voice system for communication Stephen continued to combine family life (he has three children and three grandchildren) with his research into theoretical physics, in addition to an extensive programme of travel and public lectures. Thanks to the Zero-G Corporation, he experienced weightlessness in 2007 and always hoped to make it into space one day.

ANALA

PROGRAMMES FROM
MARCH TO JULY
2020



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8 DAYS

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JAYALGARH
11 BATCHES
5/7 DAYS

NEW
Trekking Camp
CHOPTA
TUNGNATH-DEORIATAL
1 BATCH
6 DAYS

Aravali Camp
KUMBHALGARH
1 BATCH
3 DAYS

Jeep Safari
LADAKH WITH
NUBRA VALLEY
2 BATCHES
10/14 DAYS

Himalayan Treks
HIMALAYAN
ADVENTURES

Himalayan Camp-I
MANALI
14 BATCHES
9/11 DAYS

Himalayan Camp-II
DALHOUSIE
6 BATCHES
9 DAYS

Himalayan Camp-III
SHIMLA
5 BATCHES
8 DAYS

Himalayan Camp-IV
DHARAMSHALA
2 BATCHES
7 DAYS