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Picture Reading and...



Picture reading is the ability of a child or a person to comprehend a picture or set of pictures and describe through written or oral means of communication.

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Adopt and Adapt to perform...



"Never worry what others say when you walk away from all the drama. Be grateful you had the strength and courage to stay out of the conflict and be at peace with your choices."

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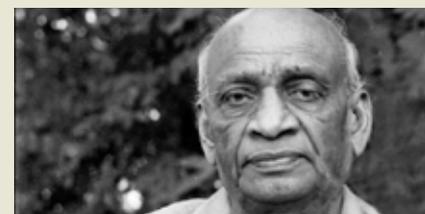
Interested Making Career in Engineering !



Engineering is one of the most demanding and sought after courses among students after class 12, and one of the most popular career fields today. There are many entrance exams organised in India for admissions into engineering programmes.

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A Tribute to "Iron Man of India"



Sardar Vallabhbhai Patel was a senior leader of Indian National Congress and a prominent figure in the Indian Freedom Struggle, who later became India's first Deputy Prime Minister and first Home Minister.

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Opportunities In Boredom

Technology has made our life easier as well as entertaining. However, sometimes it is lack of interest that we feel bored even after occupied by electronic gadgets. Boredom is actually an opportunity for you to improve your life in some or other way. A student's mission should be to make the best use of time and other resources spent in learning to create value for oneself and to the society.

Reading

The best thing you should do is reading. Evidence suggests that children who read for enjoyment every day not only perform better in reading tests than those who don't. You will also develop a broader vocabulary, increased general knowledge and a better understanding of other cultures. You can also study about something you find exciting. Change the genre of books you usually read; not just fiction, try to read autobiography of famous personalities, like those of Barack Obama, APJ Abdul Kalam, and Jawaharlal Nehru.

Learn new things; in Art & Craft

Next, you could take up art & craft. One of the most important benefits that art and craft gives to you is the chance to be creative. A creative outlet gives an opportunity to make decisions and be innovative

in a variety of ways. Your imagination will have no limits, and this in turn inspires high self-esteem and self-confidence. Secondly praising for what you have accomplished in arts and crafts project, especially when pointing out specific details or choices that you have made, is another form of positive reinforcement you will see others admire you for your decisions, and this will persuade you to keep creating. Another way is to get some craft material, learn how to make Diwali Greeting cards or Diyas and give them to who you think would need them.

In this electronic age and internet era students rarely have left-over time to be bored. But boredom is actually an opportunity for you to experiment in new things. This article talks about how to use your time of vacation in doing more interesting things.

Giving back to the community where you live help alleviate boredom. Get some colouring books and colour. It's a good way to open up the artistic side of yourself, and it is fun. There's also irrelevant and colour books with swearing in them. That makes coloring fun an entirely other way.

Volunteering and Social work

Go and start volunteering at an orphanage or at a homeless shelter or a slums. That will prevent boredom and give you an outlook on life that you can get in any other way, that of how lucky you are. Think of all you have and yet you get bored!

Take up a music, dance or singing course

Enroll yourself in a class, if you haven't. Learn something new. Open yourself to better things in the world and realize that there's more to life than what you have. All this will fill your boring hours and give you stuff to do. Hopefully you will discover something to do that will take away your boredom and help move you to a more mature human being.

Make realistic goals, think about future plans

Yes, this is the most important and helpful thing to remove the boredom. Ask yourself about what your aim is and what exactly you are doing in order to achieve your goals. As a student time is a valuable resource; thus, one has to identify the most important tasks that add value to one's education and

ruthlessly focus on them. You should try to set aside a specific period during the day/night when the energy levels are high to perform the most important tasks. If possible you could delegate trivial tasks to others. Make a full proof plan for your career, reaching the goal and achieving that feat. Start working: Identify your strengths, your weaknesses, your hobbies. Find out where you want to be 10 years down the line.

Travel and travel plans

If you like travelling, make a list of places you would want to go, visit those places and try writing about them. When you are getting bored (just in case), you can read it, it'll make you ecstatic.

Meditate

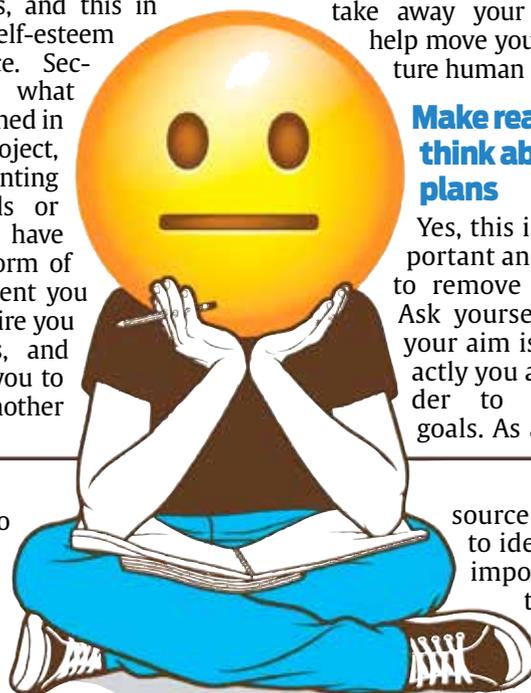
This is the biggest stress reliever given the fact that we people have to deal with a lot of stress daily in our life. Our brain is mostly like a boiling pressure cooker and it definitely needs rest so that the body can rejuvenate and heal itself for oncoming activities.

Communicate

We are social beings we need to talk to people. Start conversations, even with strangers. When you interact with people you don't know who aren't like you, you get the chance to break out of your comfort zone and change your view of reality altogether. This can spark creative ideas, give you new ideas to think about, and plenty more and at the end you will get a new friend.

Get out of your comfort zone

Dare to step out of your shell and see the world. Sometimes, you need the courage to defeat boredom. Boredom, at times, invokes courage. Grab the opportunity and face your fear. That way, you'd be killing two birds in one stone. You killed boredom and conquered fear at the same time.





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

Various Activities at Satyameva Jayate International School



Kabaddi Competition

"Technique Is The Basis Of Every Pursuit. Win or Defeat....."

An Inter-House Kabaddi competition was organized by amidst of all cheer ups & hooting, it was definitely one of the cut-throat competitions on the sports ground. The final match was won by Tagore house by 5 points. Our 1st Runner up is Raman House & the 2nd Runner-up is Sarojini House. The Kabaddi Court is not less than a place of worship for my team. We fall here, we learn here, we rise here, we met here.



Sundarvan Trip

Richard Jefferies has rightly quoted, "If you wish your children to think deep thoughts, to know the holiest emotions, take them to the woods and hills, and give them the freedom of the meadows: the hills purify those who walk upon them", and so the Satyamevians of our pre – primary sections were taken to the Sundarvan to enjoy their experiential learning where they saw many birds and animals and under the guidance of their teachers learnt a great deal all together.



Swachhata Seva Campaign

To reinforce 'sanitation as everyone's business' & to focus on plastic waste management as its key theme, SJIS observed 'School Swachhata Campaign'. With the Abhiyan sweeping the school & its adjacent area, this campaign is an another effort to enlighten the school children, regarding hygiene and keeping the environment around them clean.

Various Activities at Amrita Vidyalayam

Orange Day / Modak Day Celebration



Amrita Nursery celebrated Ganesh Chaturthi / ModakDay/ Orange Day. Students came in orange coloured attires with smiles on their faces. The day started with prayer, darshan of Lord Ganesha followed by prasad distribution. Students and teachers felt blessed after getting darshan of our beloved Vighnaharta. In the class teachers narrated stories of Lord Ganesha and showed videos. Students danced to the tunes of Orange Colour song.

Teachers Day Celebration



Teachers are the source of knowledge and wisdom. From them leads the ideas and thoughts that one day each one of us will use to provide back into this society. Students of Amrita Vidyalayam, Ahmedabad celebrated 'Teachers Day' to express their gratitude and appreciation for their teachers. It is impossible to define teachers. They not only teach and guide students in academics but also help them to take the right path. They are the light of the world, the beacon in the dark and the hope that gives us strength. On the ceremonious occasion of Teachers Day the assembly began with chanting of prayers followed by an article where students highlighted the contribution of teachers in student's life.

Swachh Bharat Maha Abhiyaan Say No To Plastic at Tripada Gurukulam, Viramgam

2nd October, on the birth anniversary of father of our nation - Mahatma Gandhi & Lal Bhadur Shastri the students of Grade 7, 8 & 9 took a special initiative to make our school campus "Plastic Free Zone".

With the same message and to create awareness among the society students of grade 7, 8 & 9 were taken to "Gandhi Hospital" of Viramgam, where the students gathered all the plastic wastes littering in the campus area of the hospital. Students made paper envelopes which were gifted in hospital to all the different medical officers, students requested the hospital staff to give the reports to patients in those paper envelopes with a message of "Say No To Plastic Bags" emphasizing on reusing it and reducing the wastage. Students also visited the "Mamledar Office" & the "Seva Sadan Office" of Viramgam & gifted this paper envelopes. The brilliant idea of students was liked by all.

In school Campus the students of grade 1 to 6, were taught to make paper bags which had message of "Say No To Plastic" written on it. The students were informed about the harmful effects of plastic to our nature. The children were guided to use these bags in their daily life as well.





Picture Reading and Mental Development



DR. SHAIENDRA GUPTA
Educationist, Ahmedabad

Picture reading is the ability of a child or a person to comprehend a picture or set of pictures and describe through written or oral means of communication. Pictures of news papers, magazines and other sources can be used as an effective tool for teaching reasoning, thinking, problem solving and many other life skills to all the group of students. It is an interaction activity & helps in promoting learning as well as language and literacy skills. Picture reading helps children develop reasoning, master non verbal communication; develop the skills of connecting two unknown situations & problem solving. It further helps in critical & creative thinking, imagination and mental visualization of a plot. Interactive picture reading stimulates and leads to formation of neural networks in the brain.

We can make many picture cards using suitable pictures in the news paper and pasting them with against a thick chart paper cut to similar size. Such collection of pictures can be used in many ways for the mental development of children. Identification of objects and situation in the given picture: Picture cards can be used for helping children identify things present or describe the situation using a picture.

Young children can play sorting of all the cards having same no of objects or sorting cards having red color etc. We can make many games/ activities involving counting, color recognition, identification of living and non living things in the given pictures. Counting and color recognition: News paper and magazine pictures are lively and connected with our surrounding. Use them for teaching counting, teaching recognition of colors. Color the picture: Children love colouring, black and white pictures in the news papers

can be used for coloring activities. Give your child many pictures to color and help them develop visualization, fine motor skills and creativity. Reading facial expressions and describing emotions: Emotional awareness can be facilitated through pictures. Show them pictures and ask them to identify the emotion of a particular character...by asking question, "how this character is feeling", "what may be the reasons for such feeling /



emotion".

We can also teach words to describe different emotions leading to emotional literacy. What will happen next? Show them a picture and let them describe next sequences, we can ask them to draw three to four sequences succeeding the reference picture. We can also give them set of 10 to 20 pictures and ask children to arrange them on a time line. Making dialogue: Select pictures depicting human interaction, give every child one or two such cards and ask them to write dialogue for each character in the card. Do not worry about language...let them express in any language... for young children expression and interaction is more important than language. Story making: Children like making stories, let them pick up 6 to 7 picture cards and make a story connecting all the cards. We can increase cards depending on their confidence level.

Make it a fun filled interaction activity by asking questions and asking them to give a suitable title and act out the story. Sorting pictures in different categories: Give a child ten to twenty unrelated picture cards and let them classify in two to three categories. Let them decide criteria and classify followed by presentation stating basis of classification and discussion. Making connection train: Children enjoy the game of making connection train in which they are given 10 to 15 cards and they are asked to arrange them in a train form by putting in the descending order of correlation i.e. by putting one card after that another card which seems to be highly related.... to the least related. It is an imaginative play and helps children develop problem solving skills. Language development: Teaching of new words can be made fun filled through pictures, as children find it easy to grasp new words when they see related object. We can teach sentence formation using pictures.

Pictures are easily available everywhere, keep on collecting suitable pictures for your child and use them for innumerable creative activities. They can be used at home and school for teaching many concepts, skills and developing empathy too...play games like, "let us name all the persons in the pictures", let us guess nationality of the persons in the picture", "At what time the picture may have been taken",many creative games/activities can be creating using picture cards.

We can also use to hone our own visualization and creative thinking by looking at a picture and thinking about the context, event etc presented in the picture. Picture reading also hones our emotional intelligence. Pictures are everywhere and available freely use them as training and teaching tool to make a lively interaction and teaching.

Hygiene



Dr. TWINKAL PATEL
Founder Motherhood
Foundation

COMPONENTS OF PERSONAL HYGIENE

Oral hygiene

The mouth is the area of the body most prone to collecting harmful bacteria and generating infections. Our mouth mechanically breaks food into pieces. This process leaves food particles that stick to the surface of our gums and teeth. Our mouth cavity is full of bacteria and is a good environment for bacterial growth.

The decaying process that takes place on the surface of the teeth eventually produces a build-up called that is then converted into tartar. The result is tooth decay. In addition, unpleasant smelling breath, teeth and gum infections could be a result of poor oral hygiene.



Advice for keeping mouth clean

- Rinse the mouth after each meal.
- Brush your teeth with a fluoride-containing toothpaste twice a day – before breakfast and before you go to bed. Cleaning the mouth with twigs is possible if done carefully.
- During the day, fill your mouth with water and swish it around to get rid of anything sticking to your teeth.
- In addition to regular brushing, it is advisable to floss your teeth at least once a day, usually before you go to bed.

Nail hygiene

Nail care is important for health as well as cosmetic reasons.

Importance

Good nail care can prevent fungus infections of the nail, painful ingrown fingernails and toenails, and infections of the skin in the hands and feet.

Signs of healthy nails

- Nail plates are a pinkish-white colour.
- Cuticles are existent.
- Nails and white tips are of even lengths.
- Prominent half-moon shaped white section (called the lunula) at nail base.

Send your health related query to
theopenpagehealth@gmail.com

Khyati World School Celebrated World of Colors

AMMA - Our Inspiration

Amma! O Amma!
You are our inspiration
Inspiring us daily
In our soul, in our heart

Amma! O Amma!
You are our God
You teach us how to live
The life selflessly
You teach us how to love
Every being

Amma! O Amma!
I love you from the heart,
You are a miracle made
by God,

You are a superwoman.
Amma! O Amma!
You've totally changed me
head to toe.
You've totally changed my life
Day to night.

Amma! O Amma!
You are beloved Guru.
Amma! O Amma!

—VRUTIKA N. RAO, Amrita Vidyalayam
YRC Member



Toddlers usually love colours in our school curriculum we generally teach our kids the concept of colour- one month one colour. To stimulate these young brains as tedious task and demands lot of patience and creativity. The ability to identify a colour is a cognitive process providing a link between visual dress and words. It also helps in child development and his able to identify the colorful world and its colorful things. Children are naturally attracted towards bright colour. That is a reason why most of the toys are colorful. We introduce colour theme along with an activity. We go for green week or yellow week and make the child understand that same colour over this time. children are experiential learners, therefore if we teach the colour concepts through all their senses such as sight, smell, sound, taste, and touch they learn better. We go for some modelling clay activity , colour matching games, fingerprinting , jig-saw puzzle, treasure hunt games etc.We believe that these skills in childhood can lead to better academic performance in future.

HYDROPATHY

It is a blanket term for medical treatments which involve the use of water historically hydrophath was an important part of medical practice and many people believed that water played a valuable role in the cure of disease. Hydrophathical techniques continue to be used today in a wild range of medical fields, ranging from physical therapy to dermatology. Typically, such treatments are practitioners as a supplement to regular treatment. The water in hydrophath is mainly a vehicle for other curative agents, such as coolness, heat and medicinal be used to similar effect, although water carries the advantage of having a high heat capacity and being easy to work with. In some forms of hydrophath, like therapeutic baths, water also plays a more active rob in the cure, as it makes patients buoyant, reducing stress on joints and muscles.

—Karan Bhatt, Alumni Amrita Vidyalayam
YRC Member

Navratri Celebration by Shree Vidyanagar English School



Navratri Celebration at Tripada International School

Kameshwar International School celebrated Navratri Festival



The Navratri festival was celebrated with great enthusiasm and excitement by the students of Tripada English School. The students attired in traditional dresses added to the festive mood. The positivity and energy exuberating out of the colorful costumes combined with the enthusiasm of dancing different types of Garba filled the entire atmosphere with excitement.

The campus looked like a mini Gujarat, with all the Students and Teachers, all dressed up in colourful traditional Gujarati attire and dancing to the rhythmic Garba beats! The celebration started with 'Aadhyashakti Aarti' dedicated to Goddess Durga, which was done by our chief guest trustee Shree Nikunj Patel, MD. Dr. Jesal Patel Sir, Campus Director Dr. Sanjay Patel sir and Principal Shaynee Banerjee, our devoteed Faculties and students.

Navratri Celebration by D.P. High School



Navratri was celebrated with full of joy and happiness. They celebrated traditional day, dandiya decoration and Maha Arti on this occasion. Students performed Garba and Dandiya and they enjoyed a lot on this occasion.

Poetic Justice

Never reveal to the winds, secrets of life,
as the winds hide nothing from the trees,
the tree tell all tales to the birds,
and the birds merrily sing them all over.

Greener appear the grass from the other end,
reality is what you get to see from above,
all that meets to the eyes is not true,
none has touched a mirage, you know.

What you have is seldom yours,
what you give away is only yours,
lend your joys, borrow others' sorrows,
for what you give ultimately you get.

Sins of parents of ten visit their children,
why children suffer for the parents' guilt?
chaotic though it looks, justice is poetic,
deeper pain the parents miseries of children.

Your acts always follow you like shadow,
as the dusk nears, the shadow lengthens,
the dusk turns into night, the chase ends,
the shadow slowly melts after engulfing you.

(A tribute to Late Shri R. K. Pathak, IAS)

Navratri Celebration by LML School



Navratri of worshipping Goddess Durga, was celebrated with full glory by LML School. It was 2 days celebration held on 4th and 5th October. Navratri celebration for students from kindergarten to grade IV was organised on 4th of October during the school hours. Classes V onwards along with alumni had their Navratri celebrations on 5th of October. Even though it was raining, it did not pour down the excitement and dedication of students. Their energy was boosted by the school orchestra through their melodious drumbeats. Students' enthusiasm was gifted with awards under various categories. The students returned home with a bag full of pleasant memories.

Mitwa Shah, Young reporter, LML School.



CCIS S G Campus Celebrated Navratri



Students came dressed in beautiful, colourful traditional dresses which added flavour to Navratri celebration.

CCIS Green Campus Celebrated Navratri



Navratri was celebrated with great enthusiasm and excitement by the students of CCIS Green Campus. The dress code for the day being "ETHNIC", brought out the vibrancy of colors and traditional attires, that India is so well-known for, the world over. This show of ethnicity was showcased by children as well as the teachers, wherein along with the saris, ghagra-cholis, also made an appearance.





Fruit Cream

Ingredients

- 1/4 cup apples (finely chopped)
- 1/4 cup pineapple (finely chopped)
- 1/4 cup grapes (cut into halves)
- 1/4 cup pomegranate seeds
- 200 gms whipped cream
- 2 tblsp icing sugar

Method

- Whip the cream with icing sugar till soft peaks are formed.
- Then add all the fruits and mix well.
- Keep in the refrigerator and let it chill for about an hour.
- 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.

Fruity Peanut Butter Pitas

Ingredients

- 1/4 cup peanut butter
- 1/8 teaspoon each ground allspice, cinnamon and nutmeg
- 2 whole wheat pita pocket halves
- 1/2 medium apple, thinly sliced
- 1/2 medium firm banana, sliced

Directions

In a small bowl, blend the peanut butter, allspice, cinnamon and nutmeg. Spread inside pita bread halves; fill with apple and banana slices.

Nutrition Facts

1 pita half: 324 calories, 17g fat (4g saturated fat), 0 cholesterol, 320mg sodium, 36g carbohydrate (13g sugars, 6g fiber), 12g protein. Diabetic Exchanges: 3 fat, 1 starch, 1 lean meat, 1 fruit.



Edible Rock Candy



Ingredients

- 2 cups water
- 4 cups granulated sugar
- Optional: 1/2 to 1 teaspoon flavoring extract or oil
- Optional: 2 drops food coloring

Prepare Your Materials

1. Clean the glass jars thoroughly with hot water.
2. For each jar, cut a length of a thick cotton thread a few inches longer than the height of the jar, and tape it to a pencil. Place the pencil across the lip of the jar, and wind it until the thread is hanging about 1 inch from the bottom of the jar. Attaching a paper clip to the bottom of the thread will weigh it down and help it hang straight.
3. As an alternative, you can use a wooden skewer instead of the string. Use clothespins balanced across the top of the jar to clip it into place.

Make Your Rock Candy

1. Gather the ingredients.
2. Wet each thread or wooden skewer with water, and roll it in granulated sugar. This base layer gives the sugar crystals something to grab when they start forming. Set these aside to dry while you prepare the sugar syrup.
3. Place the water in a medium-sized pan and bring it to a boil. Begin adding the sugar, one cup at a time, stirring after each addition. You will notice that it takes longer for the sugar to dissolve after each cup you add. Continue to stir and boil the syrup until all of the sugar has been added and it is completely dissolved. Remove the pan from the heat.
4. If you are using colors or flavorings, add them at this point. When using an extract, add 1 teaspoon of extract; for flavoring oils, only add 1/2 teaspoon. Make sure you don't stand right in front of the pan because the scent can be very strong as it rises in the steam. Add 2 to 3 drops of food coloring and stir it in to ensure an even, smooth color.
5. Allow the rock candy to grow until it is the size you want. Don't let it grow too large, otherwise, it might start growing into the sides of your jar! Once it has reached the desired size, remove it and allow it to dry for a few minutes, then enjoy or wrap in plastic wrap to save for later.
6. Serve and enjoy!

QUIZ

1. How many players are there in an ice hockey team?
2. LPG(Liquefied Petroleum Gas) is mainly a mixture of which gases?
3. Which instrument is used for measuring wind speed?
4. How many straight edges does a cube have?
5. Which layer of planet Earth is made up of tectonic plates: Inner Core, Outer Core, Mantle, or Crust?
6. Convection, Frontal and Relief are the three main types of clouds, rainfall, or winds?
7. Can you name the legendary Benedictine monk who invented champagne?
8. Which actress has won the most Oscars?
9. Which kind of 'bulbs' were once exchanged as a form of currency?
10. What does the term 'Piano' mean?
11. What does the term 'birdie' mean in a game of golf?
12. Which naturalist sailed in the famous ship called Beagle and found the breakthrough island called the 'Galapagos'?

WINNER FOR LAST QUIZ

Bhavya Joshi Grade V 'B', Airport School Ahmedabad
Send your answer to openpageyrc@gmail.com. Names of the Winners would be announced in the next issue





Adopt and Adapt to perform....



DR. SALEEMA CHAUDHARY
PRINCIPAL
Cosmos Castle International School
Green Campus, Bopal, Ahmedabad



"Never worry what others say when you walk away from all the drama. Be grateful you had the strength and courage to stay out of the conflict and be at peace with your choices."

The above quote became apt when I was extensively going through the literature to help a patient of mine who was distressed. She was unable to cope up with the mental agony although she finds herself in perfect physical state but still was unable to participate and face the challenges thrown by the circumstances all around her. While I was trying to find out a solution to help her to resolve the stressful condition, it became equally clear to me that the patient needs to help herself by taking a decision. I explained to her that mental health is a state of someone who is "functioning at a satisfactory level of emotional and behavioural adjustment"

MENTAL HEALTH; a factor contributing to emotional health and behaviour.

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Over the course of life, if one experiences mental health problems, his thinking, mood, and behavior could be affected. Many factors contribute to mental health problems, including:

- Biological factors, such as genes or brain chemistry
- Life experiences, such as trauma or abuse
- Family history of mental health problems

Behavioral disorders involve a pattern of disruptive behaviors in children that

last for at least 6 months and cause problems in school, at home and in social situations. Nearly everyone shows some of these behaviors at times and are passed on as part of growing up, but behavior disorders are more serious. And above all, emotional health suffers of the individual.

Behavioral disorders may involve

- Inattention
- Defiant behavior
- Hyperactivity
- drug use
- Impulsivity
- criminal activity

Behavioral disorders include

- Oppositional Defiant Disorder (ODD)
- Conduct Disorder
- Attention deficit hyperactive disorder (ADHD)

WHY EMOTIONAL HEALTH IS IMPORTANT:

As per the World Health organization health can be defined as, "a state of complete physical, mental and social wellbeing." A state where the body is physically and physiologically fit.

Emotional health refers to our overall psychological well-being. It includes the way we feel about ourselves. Good emotional health isn't just the absence of emotional problem or being free of de-

pression. It is the presence of positive characteristics.

There exist a strong connection between one's mind and the body. They feed into each other's normal functioning in respect to day to day situations and crisis, coping ability, self esteem. Performances and productivity in the work. It requires our awareness and effort to build our physical health and to keep ourselves disease free.

HOW EMOTIONAL INTELLIGENCE CONTRIBUTES TO SUCCESS IN LIFE?

Research has found out that often people with high Intelligent Quotient (IQ) and a moderate Emotional Quotient (EQ) flounder than those with modest IQ and high EQ. IQ isn't enough on its own to be successful in life. Succeed at work and achieve career and personal goals. When one has high Emotional Intelligence, it can help in better people engagement in a way that draws them to you as:

1. You can relate better to people.
2. Form healthier relationships
3. Achieve greater success at work.
4. Lead a more fulfilling life.
5. Less impulsive and more self controlled.

HOW TO IMPROVE YOUR EMOTIONAL INTELLIGENCE?

1. Self awareness: Start recognizing

and accepting your own emotions and how they affect your thoughts and behavior.

2. Self Management: Practice a control on your impulsive thoughts and behavior. Adopt and adapt to changing circumstances.
3. Social Awareness : Sharpen your skills to understand the emotions, needs and concerns of other people. Be empathetic towards them. The emotional cues you pick up will make you in a better control of your emotions and make you socially comfortable too.
4. Relationship management: You know how to develop and maintain good relationships with people who matters to you in your professional and personal life.

TALKING ABOUT MENTAL HEALTH

Talking about a mental health condition with someone can be scary and intimidating. However, sharing it with someone you trust or a counselor can help you immensely to resolve the situation. Initial hesitation to talk to someone about your mental health, can put you under lot of stress but the anxiety can be overcome if you shed the inhibition and talk fearlessly to the person.

HOW CAN A COUNSELOR HELP?

Once you start talking and gain confidence in sharing the counselor can help you in the following way:

- Talk through how you're feeling, and listen to you
- Help you find information that could help
- Offer encouragement
- Help you manage your day-to-day affairs
- Reduce feelings of loneliness
- Offer continued support

Feedback on the article can be shared at: editor@theopenpage.co.in

A.A.R.T.I
ADVENTURE
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Diwali, Deepavali or Dipavali is a four to five-day-long festival of lights, which is celebrated by Hindus, Jains, Sikhs, and some Buddhists every autumn in the northern hemisphere (spring in the southern hemisphere). One of the most popular festivals of Hinduism, Diwali symbolizes the spiritual "victory of light over darkness, good over evil and knowledge over ignorance." Light is a metaphor for knowledge and consciousness. During the celebration, temples, homes, shops and office buildings are brightly illuminated. The preparations, and rituals, for the festival typically last five days, with the climax occurring on the third day coinciding with the darkest night of the Hind lunisolar month Kartika. In the Gregorian calendar, the festival generally falls between mid-October and mid-November.

In the lead-up to Diwali, celebrants will prepare by cleaning, renovating, and decorating their homes and workplaces. During the climax, revelers adorn themselves in their finest clothes, illuminate the interior and exterior of their homes with diyas (oil lamps or candles), offer puja (worship) to Lakshmi, the goddess of prosperity and wealth, light fireworks, and partake in family feasts where mithai (sweets) and gifts are shared. Diwali is also a major cultural event for the Hindu, Sikh, Jain, and Buddhist diaspora from the Indian subcontinent.

The five-day festival originated in the Indian subcontinent and is mentioned in early Sanskrit texts. The names of the festive days of Diwali, documented by Qa Kishore, as well as the rituals, vary by region. Diwali is usually celebrated eighteen days after the Dussehra (Dasara, Dasain) festival, with Dhanteras, or the regional equivalent, marking the first day of the festival when celebrants prepare by cleaning their homes and making decorations on the floor, such as rangoli. The second day is Naraka Chaturdashi or the regional equivalent which for Hindus in the south of India is Diwali proper. Western, cen-

Happy Diwali

tral, eastern and northern Indian communities observe main day of Diwali on the third day i.e. the day of Lakshmi Puja and the darkest night of the traditional month. In some parts of India, the day after Lakshmi Puja is marked with the Govardhan Puja and Balipratipada (Padwa), which is dedicated to the relationship between wife and husband. Some Hindu communities mark the last day as Bhai Dooj or the regional equivalent, which is dedicated to the bond between sister and brother, while other Hindu and Sikh craftsmen communities mark this day as Vishwakarma Puja and observe it by performing maintenance in their workspaces and offering prayers.

The Diwali festival is likely a fusion of harvest festivals in ancient India. It is mentioned in Sanskrit texts such as the Padma Purana, the Skanda Purana both of which were completed in the second half of the 1st millennium CE. The diyas (lamps) are mentioned in Skanda Kishore Purana as symbolizing parts of the sun, describing it as the cosmic giver of light and energy to all life and which seasonally transitions in the Hindu calendar month of Kartik.

Diwali was also described by numerous travellers from outside India. In his 11th century memoir on India, the Persian traveller and historian Al Biruni wrote of Deepavali being celebrated by Hindus on the day of the New Moon in the month of Kartika. The Venetian merchant and traveler Niccolò de' Conti visited India in the early 15th-century and wrote in his

memoir, "on another of these festivals they fix up within their temples, and on the outside of the roofs, an innumerable number of oil lamps... which are kept burning day and night" and that the families would gather, "clothe themselves in new garments", sing, dance, and feast. The 16th-century Portuguese traveler Domingo Paes wrote of his visit to the Hindu Vijayanagara Empire, where Dipavali was celebrated in October with householders illuminating their homes, and their temples, with lamps.

Dhanteras (Day 1)

Dhanteras starts off the Diwali celebrations with the lighting of Diya lamp rows, house cleaning and floor rangoli

Dhanteras, derived from Dhan meaning wealth and teras meaning thirteenth, marks the thirteenth day of the dark fortnight of Kartik and the beginning of Diwali. On this day, many Hindus clean their homes and business premises. They install diyas, small earthen oil-filled lamps that they light up for the next five days, near Lakshmi and Ganesha iconography. Women and children decorate doorways within homes and offices with rangoli, colourful designs made from rice flour, flower petals and colored sand, while the boys and men decorate the roofs and walls of family homes, markets, and temples. The day also marks a major shopping day to purchase new utensils, home equipment, jewelry, firecrackers, and other items. On the evening of Dhan-

teras, families offer prayers (puja) to Lakshmi and Ganesha and lay offerings of puffed rice, candy toys, rice cakes and batashas (hollow sugar cakes).

According to Tracy Pintchman, Dhanteras is a symbol of annual renewal, cleansing and an auspicious beginning for the next year. The term "Dhan" for this day also alludes to the Ayurvedic icon Dhanvantari, the god of health and healing, who is believed to have emerged from the "churning of cosmic ocean" on the same day as Lakshmi. Some communities, particularly those active in Ayurvedic and health-related professions, pray or perform havan rituals to Dhanvantari on Dhanteras.

Naraka Chaturdashi, Chhoti Diwali (Day 2)

Naraka Chaturdashi also is known as Chhoti Diwali, is the second day of festivities coinciding with the fourteenth day of the second fortnight of the lunar month. The term "chhoti" means little, while "Naraka" means hell and "Chaturdashi" means "fourteenth". The day and its rituals are interpreted as ways to liberate any souls from their suffering in "Naraka", or hell, as well as a reminder of spiritual auspiciousness. For some Hindus, it is a day to pray for the peace to the manes, or deified souls of one's ancestors and light their way for their journeys in the cyclic afterlife. A mythological interpretation of this festive day is the destruction of the asura (demon) Narakasura by Krishna, a victory that frees 16,000 imprisoned princesses kidnapped by Narakasura.

Naraka Chaturdashi is also a major day for purchasing festive foods, particularly sweets. A variety of sweets are prepared using flour, semolina, rice, chickpea flour, dry fruit pieces powders or paste, milk solids (mawa or khoya) and clarified butter (ghee). According to Goldstein, these are then shaped into various forms, such as laddus, barfis, halwa, kachoris, shrikhand, and Sandesh, rolled and stuffed delicacies, such as karanji, shankarpali, maladu, susiyam, pottukadalai. Sometimes these are wrapped with edible silver foil (vark). Confectioners and shops create Diwali-themed decorative displays, selling these in large quantities, which are stocked for home celebrations to welcome guests and as gifts. Families also prepare homemade delicacies for Lakshmi Pujan, regarded as the main day of Diwali. Chhoti Diwali is also a day for visiting friends, business associates and relatives, and exchanging gifts.

This day is commonly celebrated as Diwali in Tamil Nadu, Goa, and Karnataka. Traditionally, Marathi people and South Indian Hindus receive an oil massage from the elders in the family on the day and then take a ritual bath, all before sunrise. Many visit their favorite Hindu temple.





Lakshmi Puja (Day 3)

The third day is the height of the festival, and coincides with the last day of the dark fortnight of the lunar month. This is the day when Hindu, Jain and Sikh temples and homes are aglow with lights, thereby making it the "festival of lights". The word Deepawali comes from the word the Sanskrit word deep, which means an Indian lantern/lamp.

The youngest members in the family visit their elders, such as grandparents and other senior members of the community, on this day. Small business owners give gifts or special bonus payments to their employees between Dhanteras and Diwali. Shops either do not open or close early on this day allowing employees to enjoy family time. Shopkeepers and small operations perform puja rituals in their office premises. Unlike some other festivals, the Hindu typically do not fast during Diwali and Lakshmi Puja, rather they feast and share the bounties of the season at their workplaces, community centers, temples, and homes.

As the evening approaches, celebrants will wear new clothes or their best outfits, teenage girls and women, in particular, wear saris and jewelry. At dusk, family members gather for the Lakshmi Puja, although prayers will also be offered to other deities, such as Ganesha, Saraswati, Rama, Lakshmana, Sita, Hanuman, or Kubera. The lamps from the puja ceremony are then used to light more earthenware lamps, which are placed in rows along the parapets of temples and houses, while some diyas are set adrift on rivers and streams. After the puja, people go outside and celebrate by lighting up patakhe (fireworks) together, and then share a family feast and mithai (sweets, desserts).

The puja and rituals in the Bengali Hindu community focus on Kali, the goddess of war, instead of Lakshmi. According to Rachel Fell McDermott, a scholar of South Asian, particular Bengali, studies, in Bengal during Navaratri (Dussehra elsewhere in India) the Durga puja is the main focus, although in the eastern and northeastern states the two are synonymous, but on Diwali, the focus is on the puja dedicated to Kali. These two festivals likely developed in tandem over their recent histories, states McDermott. Textual evidence suggests that Bengali Hindus worshipped Lakshmi before the colonial era and that the Kali puja is a more recent phenomenon. Contemporary Bengali celebrations mirror those found elsewhere, with teenage boys playing with fireworks and the sharing of festive food with family, but with the Shakti goddess Kali as the focus.

On the night of Lakshmi

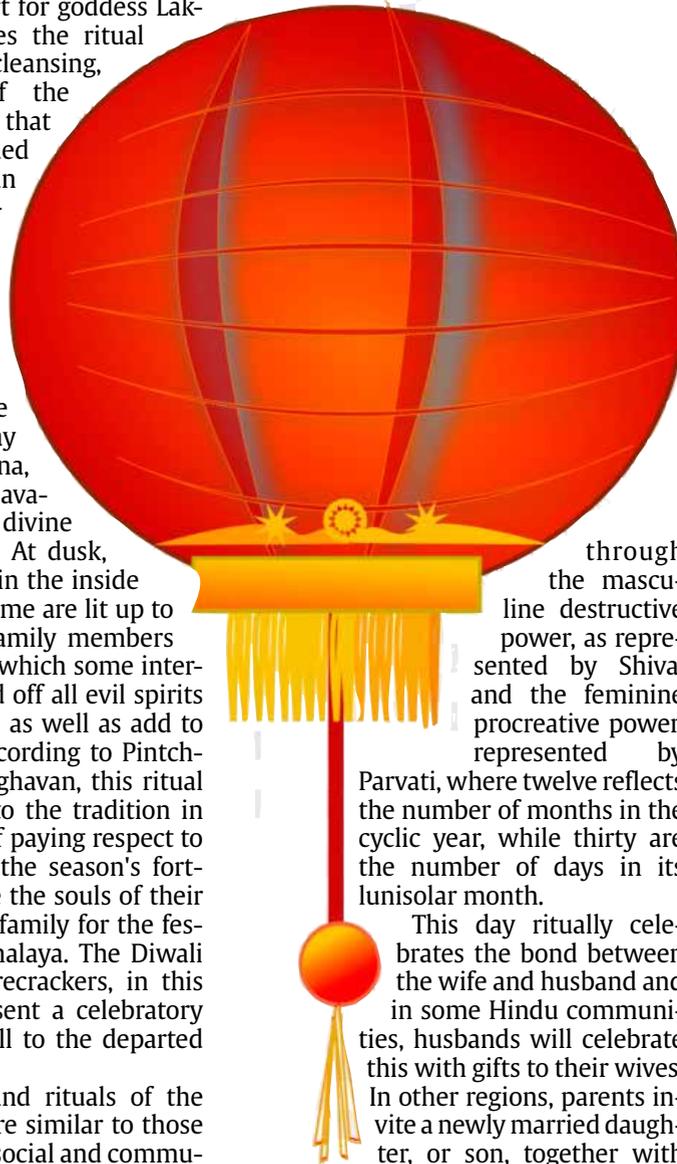
Puja, rituals across much of India are dedicated to Lakshmi to welcome her into their cleaned homes and bring prosperity and happiness for the coming year. While the cleaning, or painting, of the home is in part for goddess Lakshmi, it also signifies the ritual "reenactment of the cleansing, purifying action of the monsoon rains" that would have concluded in most of the Indian subcontinent. Vaishnava families recite Hindu legends of the victory of good over evil and the return of hope after despair during the Diwali nights, where the main characters may include Rama, Krishna, Vamana or one of the avatars of Vishnu, the divine husband of Lakshmi. At dusk, lamps placed earlier in the inside and outside of the home are lit up to welcome Lakshmi. Family members light up firecrackers, which some interpret as a way to ward off all evil spirits and the inauspicious, as well as add to the festive mood. According to Pintchman, who quotes Raghavan, this ritual may also be linked to the tradition in some communities of paying respect to ancestors. Earlier in the season's fortnight, some welcome the souls of their ancestors to join the family for the festivities with the Mahalaya. The Diwali night's lights and firecrackers, in this interpretation, represent a celebratory and symbolic farewell to the departed ancestral souls.

The celebrations and rituals of the Jains and the Sikhs are similar to those of the Hindus where social and community bonds are renewed. Major temples and homes are decorated with lights, festive foods shared with all, friends and relatives remembered and visited with gifts.

Annakut, Padwa, Govardhan puja (Day 4)

The day after Diwali is the first day of the bright fortnight of the lunisolar calendar. It is regionally called as Annakut (heap of grain), Padwa, Goverdhan puja, Bali Pratipada, Bali Padyami, Kartik Shukla Pratipada and other names. According to one tradition, the day is associated with the story of Bali's defeat at the hands of Vishnu. In another interpretation, it is thought to reference the legend of Parvati and her husband Shiva playing a game of dyuta (dice) on a board of twelve squares and thirty pieces, Parvati wins. Shiva surrenders his shirt and adornments to her, rendering him naked. Accord-

ing to Handelman and Shulman, as quoted by Pintchman, this legend is a Hindu metaphor for the cosmic process for creation and dissolution of the world



through the masculine destructive power, as represented by Shiva, and the feminine procreative power, represented by

Parvati, where twelve reflects the number of months in the cyclic year, while thirty are the number of days in its lunisolar month.

This day ritually celebrates the bond between the wife and husband and in some Hindu communities, husbands will celebrate this with gifts to their wives. In other regions, parents invite a newly married daughter, or son, together with their spouses to a festive meal and give them gifts.

In some rural communities of the north, west and central regions, the fourth day is celebrated as Govardhan Puja, honoring the legend of the Hindu god Krishna saving the cowherd and farming communities from incessant rains and floods triggered by Indra's anger, which he accomplished by lifting the Govardhan mountain. This legend is remembered through the ritual of building small mountain-like miniatures from cow dung. According to Kinsley, the ritual use of cow dung, a common fertilizer, is an agricultural motif and a celebration of its significance to annual crop cycles.

The agricultural symbolism is also observed on this day by many Hindus as Annakut, literally "mountain of food". Communities prepare over one hundred dishes from a variety of ingredients, which is then dedicated to Krishna

before shared among the community. Hindu temples on this day prepare and present "mountains of sweets" to the faithful who have gathered for darshan (visit). In Gujarat, Annakut is the first day of the new year and celebrated through the purchase of essentials, or sabras (literally, "good things in life"), such as salt, offering prayers to Krishna and visiting temples.

Bhai Duj, Bhai-Beej (Day 5)

The last day of the festival is called Bhai Duj, Bhai Beej, Bhai Tilak or Bhai Phonta. It celebrates the sister-brother bond, similar in spirit to Raksha Bandhan but it is the brother that travels to meet the sister and her family. This festive day is interpreted by some to symbolize Yama's sister the Yamuna welcoming Yama with a tilaka, while others interpret it as the arrival of Krishna at his sister's, Subhadra, place after defeating Narakasura. Subhadra welcomes him with a tilaka on his forehead.

The day celebrates the sibling bond between brother and sister. On this day the womenfolk of the family gather, perform a puja with prayers for the well being of their brothers, then return to a ritual of feeding their brothers with their hands and receiving gifts. According to Pintchman, in some Hindu traditions, the women recite tales where sisters protect their brothers from enemies that seek to cause him either bodily or spiritual harm. In historic times, this was a day in autumn when brothers would travel to meet their sisters or invite their sister's family to their village to celebrate their sister-brother bond with the bounty of seasonal harvests.

The artisan Hindu and Sikh community celebrates the fourth day as the Vishwakarma puja day. Vishwakarma is the presiding Hindu deity for those in architecture, building, manufacturing, textile work and crafts trades. The looms, tools of the trade, machines and workplaces are cleaned and prayers offered to these livelihood means.

Other traditions and significance

During the season of Diwali, numerous rural townships and villages host melas, or fairs, where local producers and artisans trade produce and goods. A variety of entertainments are usually available for inhabitants of the local community to enjoy. The womenfolk, in particular, adorn themselves in colorful attire and decorate their hands with henna. Such events are also mentioned in Sikh historical records. In the modern-day, Diwali mela is held at college, or university, campuses or as community events by members of the Indian diaspora. At such events, a variety of music, dance and arts performances, food, crafts, and cultural celebrations are featured.





THE UNFLAPPABLE AGARWAL



Still South Africa can allow themselves a smile after keeping India down to 273/3. And that run-glutton Agarwal is out of their way after a second Test ton.

Trust in technique
Back to Agarwal, there's something about this implacable man. Even when's looking ungainly, he makes you feel he's well past

have happened in the previous ball. India would've hoped the disenchanted KL Rahul had this too.

Put Agarwal on a spiteful pitch, make him bat with a bleeding nose, and whizz a few balls past his ears, you'll probably see him present the same confident stride forward.

In the first session, South Africa did turn up on a surface that appeared inviting to the quicks. Overnight drizzle juiced up the strip where Ranji batters have a ball. The man-

ner in which Rabada snaffled Rohit Sharma – the ball pitched close to his body and swerved a touch before grazing his bat – was the way to go here.

But Nortje, having struck Agarwal flush on the helmet, was engaged in a different duel with him. He appeared keen to test Agarwal's squatting skills, making him duck under a blast of short deliveries going round the wicket. Legslip, square-leg, short-leg and

100, ready to take fresh guard, and make long days seem like weeks.

His defining quality is trust in technique regardless of what may

mid-wicket ringed around him, but the chance never came.

Somehow Nortje switched to the other extreme – when he was too full Agarwal creamed him past covers, four times in the space of 10 balls.

If the Proteas sum up their day, they'll admit they didn't quite nail down the right length, with Rabada, the only South African quick to draw the Indian batsmen forward, being the exception throughout the three passages of play.

Cheteshwar Pujara perished after making India's first-innings score look prosperous and so did Agarwal 10 overs later after a well-compiled ton. Rabada's lateral movement did them in, showing how doing the right things brings rewards even in benign Gahunje.

Did Agarwal pull the lofted shot out of his quiver?

Sure he did, twice off Keshav Maharaj, as he was closing in on that hundred. He didn't wait to maim Nathan Lyon in Australia, but the Agarwal we'll see from here on will be in no rush. He's six Tests old but remains a man of infinite experience. He will wait until his opponents break.

Just past tea, Philander started a fresh spell. His arm speed waned, the ball aged, and the early moisture had long dried out. Now he was running fingers over the seam.

Toward sundown, Virat Kohli (undefeated on 63) whipped Maharaj past mid-on against the turn. So what if that shot brought about his downfall in Vizag? This was a fresh day refreshed further by the attitude of his young opener who's growing in stature.

FORWARD MARCH



the world," Abraham, 22, told the Evening Standard. "When you look at Harry Kane, if he gets a chance in the box, nine times out of 10, it's a goal. So I'll go there learn off him and hopefully be like him."

Callum Hudson-Odoi is not involved

for the trips to Prague and Sofia having only recently returned from a long-term Achilles injury, but the 18-year-old has impressed on his comeback for Chelsea.

Firepower

However, his time will come as one of

the stars of Leicester's early rise to challengers for a Champions League place in the Premier League this season.

Four more qualifiers over the next two months with little on the line just as the Premier League season is getting up to speed may signal a lull for supporters.

But for Southgate there are precious few opportunities left to mould the right 23-man squad that despite their tender age will have great expectations placed on their shoulders next summer.

Meanwhile, England players who react to racist abuse by walking off the pitch should face punishment if they breach a UEFA protocol, Bulgarian soccer chief Borislav Mihaylov said ahead of next week's Euro 2020 qualifier.

England striker Tammy Abraham indicated this week that the players could act as a group and leave the pitch if subjected to abuse in qualifiers against the Czech Republic on Friday and Bulgaria in Sofia on Monday.

Bulgarian supporters made monkey chants at visiting black players when England last travelled to Sofia for a European qualifier in 2011, prompting UEFA to fine the Bulgarian Football Union (BFU) 40,000 euros (\$44,072.00).

Opener registers second Test ton after overcoming jittery start as India claim Day One honours against South Africa

It's an hour into the first session. You haven't sighted the scoreboard. You would rather get clues from the middle. You watch Mayank Agarwal, his head over ball, assurance sketched across the face. You're quick to conclude: there goes Mayank; he's got his eye in; he's moved serenely to 45 perhaps. None of which was true to start with. In the early part of his innings, Agarwal had actually been peeking at ghosts.

He clumsily evaded a ball directed at his skull. The lethal bumper crashed his helmet before skipping over to the ropes. Debutant Anrich Nortje, owner of that mean delivery, had been uncorking his speed rockets at will.

The early part of Agarwal's innings yesterday may have had cynics snorting. Did anyone say he would have no escape in Johannesburg?

Agarwal isn't a complete virtuoso of technique. Opening the face of his bat, he offers a whiff of a chance early on, but you must be alert. This day South Africa weren't. One delivery from Kagiso Rabada, shaping away from middle, flew off his handle past a leaping gully. Did anyone say he would have no escape in Edgbaston?

Somewhere in that torrid session, Vernon Philander snaked one in for a confident leg-before shout against Agarwal. But this was a day when kind spirits circled around Agarwal's crib. When you enjoy that kind of luck, you win reviews too. Not only that, it would be cruel to remind the tourists that they also lost another toss in the sub-continent.

Halfway through qualifying for Euro 2020, England's place at next year's finals already appears assured thanks to a prolific forward line that has plundered 19 goals in just four qualifiers.

The Three Lions will be confident of maintaining their 100 percent record in qualifying when they visit the Czech Republic on Friday and can even mathematically secure qualification by the time they travel to Bulgaria four days later. At 26 and 24, Harry Kane and Raheem Sterling are the older heads of a thrilling forward line that threatens to be the envy of Europe next summer.

Kane and Sterling have each scored six times in four qualifiers so far.

Rashford has struggled for fitness and form in a Manchester United side devoid of creativity, but is still just 21 and has plenty of time to make his case to start at the Euros.

Electric start

Tammy Abraham's electric start to life back at Chelsea after a series of loan spells has earned him an England recall with eight goals in as many league games. However, Abraham faces the thankless task of trying to usurp Kane to be England's number nine.

"For me, he's the greatest striker in



Vraj, Raghav spring a surprise

Gujarat's Vraj Gohil and Maharashtra's Raghav Amin were the stars of the opening day of the under-14 Asian Series tennis tournament that is being played at Ahmedabad City Tennis Foundation courts on Monday.

In the boys' singles first round, Vraj, a wild card entrant, shocked the fifth seed Pranav Taneja of Haryana with a 6-1, 6-1 win.

Meanwhile, Amin came from a set down to shock the sixth seed Atulya Atri of Delhi 2-6, 6-4, 6-3.

However, it was business as usual as second seed Chinmay Patel of Gujarat handed a double bagel (6-0, 6-0) to statemate Dev Gohil in a one-sided affair.

Haryana's Siddhant Sharma, the fourth seed, too was at his dominating best as he too recorded a 6-0, 6-0 win over Gujarat's Ekansh Shukla.

Third seed Jigyashman Hazarika of Assam too faced little difficulty in his 6-1, 6-3 win over Rajasthan's Bharat Phulwaria.

Eighth seed Ahaan Dhekial too recorded a similar win. The youngster from Uttar Pradesh beat Gujarat's Siddh Shah for a 6-1, 6-3 win.

Business as usual

Meanwhile, there was little surprise in the girls' singles where the top four seeds - Chandni Srinivasan of Telangana, Raja



Sarvagya Kilaru of Haryana, Saumya Ronde of Telangana and Samriddhi Pokarna of Karnataka - got byes in the opening round.

Fifth seed Priyanshi Chauhan of Gujarat started her campaign with a 6-3, 6-2 win over USA's Priyanka Rana.

Sixth seed Namrata Das of Assam was at her dominating best as she recorded a 6-0, 6-0 win over Omesha Nayak of Gujarat. Eighth seed Diya Choudhuri of Maharashtra too faced little hassle in her 6-1, 6-4 win over Devanshi Gohil of Gujarat. However, seventh seed Amodini Naik of Karnataka survived a scare with a 6-3, 2-6, 7-6(6) win over Gujarat's Dhvani Kavad.

Manthan shone with ball in Warriors' march



Manthan Upadhyay shone with the ball as Gandhinagar Warriors edged out Surat's Ryan International School (RIS) by virtue of the first innings lead in under-15 SGVP Trophy All India School Cricket tournament. Electing to bat, Prince Barot topscored with 44-ball 26 while Mauleshraj Chavda added 56-ball 21 as Warriors struggled to post 133 in 63 overs. For RIS, Aditya Dalawat picked six wickets while Meet Hand chipped in with two more. Manthan then picked four wickets, while Mitrajsinh Chudasama took two more as Warriors bowled out their rivals for 119 in 51.3 overs to win the match. For RIS, Saksham Raj top-scored with 83-ball 50 while Divyansh Madrecha added 78-ball 30.

Rudra stars in DBMS win

Rudra Patel shone in an all-round show as Diwan Ballubhai Madhyamik Shala (DBMS), Ellisbridge edged out Durga Vidyalaya by virtue of the first innings lead in multiday under-14 HC Kapasi School Tournament. At V9 cricket ground, Tathya Jaiswal waged a lone battle with 80-ball 51 as Durga Vidyalaya struggled to post 127 in the first essay. Rudra again rattled the rivals with a five-wicket haul. Rudra then returned to haunt Durga Vidyalaya with the bat as his 146-ball 101 helped DBMS post 185 in reply to take the deciding 58-run lead. For Durga Vidyalaya, Laxit Patel picked six wickets. Rudra then rolled his arm to pick three wickets as DBMS reduced their rivals to 28 for 8 in the second innings before running out of time.

Title for Krishpalsinh

Krishpalsinh Rajput won the boys' under-14 title in the recently held State Ranking Tennis Tournament that was held at SRAG Tennis Academy. In the final, Krishpalsinh edged out Alfaiz Shaikh 9-4 to win the crown. After a bye in the opening round, Krishpalsinh started his campaign with 6-4 win over Hardik Bhargava. No stopping Krish in the third round, Krishpalsinh edged out Ekansh Shukla 6-3 before recording a 7-2 win over Vardhaman Ingole in the quarters. Krishpalsinh's toughest challenge came in semis where he defeated Neal Shah 8-7(1) to seal the final berth.

Krish, Sujal help AES power through

Krish Keshwani and Sujal Patel starred with the ball as Asia English School (AES) recorded a 10-wicket win over Navyug High School (NHS) in under-16 Reliance Foundation Inter School Tournament. At Royal cricket ground, Krish took five wickets while Sujal chipped in with four more as AES bowled out their rivals for 54 in 26.5 overs. For Harsh Suthar top-scored with 16-ball 18. Pahal Trivedi then top-scored an unbeaten 23-ball 21 as AES knocked off the runs in seven overs without losing a wicket.

Hiramani have it easy

Hiramani School displayed their might as they recorded a 76-run win over Diwan Ballubhai Madhyamik Shala (DBMS), Kankaria in one-day under-19 School Tournament. At Sunrise cricket ground, Aarya Rathod top-scored with 31-ball 38 while Raj Chaudhary added 49-ball 37 as Hiramani School posted 160 in 38 overs. For DBMS, Ishaan Shah took two wickets. DBMS batting, however, came a cropper as they were bowled out for 84 in 23.2 overs. Bharat Nai recorded unbeaten at 29-ball 17 for DBMS while Aditya Dubey picked two wickets for the winning team.

City to host Asian Series meet



After a gap of almost three years, international tennis returns to the city with the Asian Ranking under-14 tournament starting on Monday. The tournament, that will be held at the Ahmedabad City Tennis Foundation (ACTF) courts in Navrangpura, boys' and girls' singles and doubles.

"The tournament is a very good opportunity for the Indian players to accumulate Asian ranking points," AITA tournament match referee Somnath Manna said. "It also provides an opportunity for the youngsters to have the experience of testing their skills against players from other countries."

The local challenge will be led by Priyanshi Chauhan along with Dhvani Kavadi, both of whom made it to the main round in girls' singles. The boys' half will see Chinmay Patel leading the local charge along with Hemang Kavadi, both of whom have made it to the main round. "There are other local players in the qualifying rounds," tournament organiser Ranjit Thakor said. "In all, we have some 20 local players. It will be a very good experience for these youngsters as we are having an international tournament in the city after a long time."

VHS script an easy win

U-14 KC Kapasi multi day tournament



VHS eased past Shardamandir by virtue of their first innings lead

Gautam Bambhaniya shone for Vidyanagar High School (VHS) as they eased past Shardamandir Vinaymandir by virtue of their first innings lead in the U-14 KC Kapasi multi day tournament that concluded at the V-Sun cricket ground. Choosing to bat, VHS posted a total of 157 for ten in 100.5 overs in the first innings. Gautam top-scored for the team with a 92-ball 33. For Shardamandir, Manav Patel scalped five wickets. Returning to bat, Mayank Yadav top-scored with a 115-ball 58 for Shardamandir but his efforts went in vain as they were bowled.

For VHS, Meet Patel took four wickets while Gautam added three more. Batting in the second innings, VHS boys posted 14 runs in 14 overs with Jainish Patel scoring an unbeaten 43-ball 7 to seal the match for the team with their lead in the earlier innings. Aksh shines in VES win In another tie at Sunrise

cricket ground, Aksh Dave led the charge for Vijaynagar Education Society (VES) with his all-round efforts as they edged out NR High School by virtue of their first innings lead. Choosing to bat, VES boys posted a total of 123 for ten in 71.1 overs with Harsh Arora (167-ball 67) being the top-scorer for the team. For NR, Vashim Ansari scalped six wickets. Vying for their first



innings batting, NR boys could not score past 39 runs and were bowled out early in 51.2 overs. Ashesas Patel scored a 43-ball 11 for the team. For VES, Drona Desai picked five wickets and Aksh took three. Returning for the second innings, VES posted yet another 84 runs with the loss of a wicket in 40 overs. Aksh top-scored with a 134-ball 58. Sharansh Yadav took the lone wicket for NR. The match ended in a draw but VES managed to win it on the basis of first innings lead.

New UPCC chief Ajay Kumar Lallu takes charge, vows to transform party



The newly appointed UPCC president Ajay Kumar Lallu reached here on Friday to assume his new responsibilities, vowing to make the Congress party again "the voice of the deprived" in Uttar Pradesh. Lallu, who took a UP Roadways bus to reach Lucknow, was given a rousing welcome on his arrival as the party workers and supporters, carrying welcome posters and banners, accompanied him in a nearly four-km-long march from the Polytechnic Crossing to the UPCC Headquarters, Nehru Bhawan at Mall Road here.

U.S., China agree 'Phase 1' trade deal; Trump suspends October tariff hike



The United States and China agreed on Friday to the first phase of a deal to end a trade war, prompting President Donald Trump to suspend a threatened tariff hike, but officials said the agreement had to be put on paper and more work was required to get it finalized. The partial accord, covering agriculture, currency and some aspects of intellectual property protections, represented the biggest step toward resolution of a 15-month tariff war between the world's two largest economies that has hit financial markets and slowed global growth.

Iranian oil tanker hit off Saudi coast, may have been missiles

An Iranian-owned oil tanker was struck, probably by missiles, in the Red Sea off Saudi Arabia's coast, Iranian media said, an incident that if confirmed will stoke tension in a region rattled by

attacks on tankers and oil sites since May. The Sabiti was hit in the morning about 60 miles (96 km) from the Saudi port of Jeddah, Iranian media reported. The National Iranian Tanker Company (NITC) said the ship was damaged but now heading to the Gulf, denying reports it was set ablaze.

Resolution celebrating Mahatma Gandhi's legacy introduced in U.S. House



Indian-American Congressman Raja Krishnamoorthi has introduced a resolution in the US House of Representatives celebrating Mahatma Gandhi's 150th birth anniversary and his enduring legacy. "Mahatma Gandhi is one of my personal heroes," Mr. Krishnamoorthi said after introducing the resolution. The resolution was cosponsored by a bipartisan group of 14 other lawmakers.

Nepal decks-up to welcome Chinese president



Nepal government has set up welcome gates at various locations around the capital with the flag of Nepal and China docked on the edge of the road as well as the portrait of the President on the poles. The two-day stop-over visit of the Chinese President is set to begin from October 12. As per the schedule, Chinese President Jinping will be landing in capital Kathmandu at around 4:30. Xi is set to hold meetings with Nepal President Bidhya Devi Bhandari at Sheetal Niwas on Saturday evening followed by a dinner hosted by her. He will also hold talks with Nepal's former Prime Minister and opposition party chairman Sher Bahadur Deuba.

No water in water coolers, hiring freeze: UN rolls out cutbacks as budget crisis hits world body



No water in water coolers, stalled escalators, a cutdown on hiring -- are some of the cutbacks rolled out by the United Nations as the world body faces one of the worst budget crisis in decades. UN Secretary General Antonio Guterres rolled out cutbacks such as a cutdown on hiring, "an end to water coolers, fewer flights and fewer documents and reports and translations", news agency AFP reported. This is not it and the worst is yet to come. Given the grim UN budget scenario, the world body may now not have enough money to pay the staff salaries for next month.

Turkish invasion of north Syria has resulted in widespread casualties: Pentagon



The "unilateral invasion" of northern Syria has resulted in widespread casualties and destruction, US Defense Secretary Mark Esper said. This has also undermined the successful multinational "Defeat ISIS" mission in Syria, Mark Esper said. Esper will be visiting NATO next week in Brussels and he plans to press members of the alliance to take collective and individual diplomatic and economic measures in response to Turkish actions. "Despite the opposition and repeated warnings from the US and the international community, Turkish President (Recep Tayyip) Erdogan ordered a unilateral invasion of northern Syria that has resulted in widespread casualties, refugees, destruction, insecurity, and a growing threat to US military forces,

Modi, Xi hold two-and-half hour conversation over dinner, resolve to expand ties



Prime Minister Narendra Modi and Chinese President Xi Jinping held a two-and-a-half hour "pleasant conversation" over dinner on Friday, resolving to further energise bilateral development partnership and insulating the overall ties from differences over contentious issues. The meeting at the magnificent Shore temple complex under a sea-facing colourful tent in this coastal town continued much beyond the schedule time as both leaders, helped by two interpreters, touched upon a range of issues, including complex ones, over sumptuous local Tamil delicacies.

Modi and Xi, assisted by one translator from each side, sat down for around 15 minutes at Pancha Ratha complex, an example of monolithic Indian rock-cut architecture, and engaged in casual talks while sipping fresh coconut water - images reflecting warmth in personal chemistry between the two leaders of two emerging economies.

From Pancha Ratha, the two leaders visited the beautifully lit-up Shore temple - a symbol of cultural heritage of the Pallava dynasty. After spending some time together, Modi and Xi were joined by top delegates of both sides and all them witnessed a cultural programme presented by Kalakshetra society.

After the event, Modi hosted Xi for the private dinner at the Shore temple complex which was beautifully decorated with lights and flowers. Eight delegates from each side were also invited for the dinner and they sat in tables little away from Xi and Modi's. Delicately selected authentic Tamil cuisines including vegetarian and non-vegetarian dishes were served.

At the site of Krishna's butterball, a gigantic granite boulder sitting firmly on the slope of a hillock, Modi held Xi's hands, reflecting warmth in their personal chemistry.

BIRTHDAY WISHES

HEMA MALINI

16th OCTOBER 1948

Hema Malini is an Indian actress, writer, director, producer, dancer and politician. In 1962, she made her acting debut in the Tamil film Ithu Sathiyam. Malini first acted in a main role in Sapno Ka Saudagar (1968), and went on to feature in numerous Bollywood films, primarily as the lead actress. In most of her films, she starred opposite her husband Dharmendra and with Rajesh Khanna and Dev Anand. Malini was initially promoted as the "Dream Girl", and in 1977 starred in a film of the same name She has played both comic and dramatic roles, as well as being a dancer.



NAVJOT SINGH SIDHU

20th OCTOBER 1963

Navjot Singh Sidhu (born 20 October 1963) is an Indian politician, television personality and former cricketer. He was the Minister of Power and Renewable Energy Sources of the State of Punjab. As a professional cricketer, Sidhu had a career spanning over 19 years after his first-class debut in 1981-82. After losing his place in the national team after his international debut in 1983-84, he returned to score four half-centuries in the 1987 World Cup. Playing mostly as a top-order batsman, he went on to play in 51 Tests and 136 One Day Internationals for the country.



EMILIA CLARKE

23th OCTOBER 1986

Emilia Clarke is an English actress best known for her role in the HBO series 'Game of Thrones.' The daughter of a theatre sound engineer, she was exposed to the world of acting at an early age. She studied at the Drama Centre London and acted in several stage productions including 'Breakfast at Tiffany's'. She made her television debut with a guest role in an episode of the English soap opera 'Doctors'. She later went on to play her breakthrough role as Daenerys Targaryen in the fantasy series 'Game of Thrones' for which she earned several awards and nominations.



HILLARY RODHAM CLINTON

26th OCTOBER 1947

Hillary Diane Rodham Clinton born Hillary Diane Rodham; October 26, 1947 is an American politician, diplomat, lawyer, writer and public speaker. She was First Lady of the United States from 1993 to 2001, a United States senator from New York from 2001 to 2009, and the 67th United States secretary of state from 2009 until 2013. Clinton became the first woman to be nominated for president of the United States by a major political party when she won the Democratic Party nomination in 2016.





A TRIBUTE TO “IRON MAN OF INDIA”



19 Year Old Sardar Vallabhbhai Patel



Sardar Vallabhbhai Patel With J.B. Kripalani & Manibehn



Sardar Vallabhbhai Patel With Mahatma Gandhi



Sardar Vallabhbhai Patel With Jawaharlal Nehru



Vallabhbhai Patel (October 31, 1875 – December 15, 1950), the icon of India's solidarity and integrity and the champion of peasant's movement in British India, was a political and social leader of India who played a major role in the country's struggle for Independence and subsequently guided its integration into a united, Independent nation. He is known as the 'Iron Man of India'. After the great victory of Bardoli peasants' movement, people named him 'Sardar'.

Vallabhbhai Patel organized the peasants of Kheda, Borsad, and Bardoli in Gujarat in a non-violent Civil Disobedience Movement against oppressive policies imposed by the British Raj. In this role, he became the most influential leader in Gujarat under guidance of Mahatma Gandhi. He rose to the leadership of the Indian National Congress in 1931 at the Karachi Congress Session and was at the forefront of all political events from 1931 onwards, at national level. He was a key figure in organising the party for elections in 1934 and 1937 and promoting the Quit India Movement of 1942, which resulted into arrest of almost all the leaders of freedom struggle.

Early Life

Vallabhbhai Patel was born in Nadiad, Gujarat, on October 31, 1875 (His birth anniversary is now observed as National Unity Day or Rashtriya Ekta Diwas). Patel practiced law at Godhra, Borsad, and Anand in Gujarat, after passing the bar examination. He earned the reputation of being a fierce and skilled lawyer. Patel had a dream to study law in England. Using his hard-earned savings, he managed to get a pass and ticket to go to England. However, the ticket was addressed to 'V.J. Patel'. His elder brother Vithalbhai also had the same initials as Vallabhai. Sardar Patel came to know that his elder brother too cherished a dream to go to England for studies. Vallabhbhai Patel allowed Vithalbhai Patel to go, in his place.

Journey to England

In 1911, at the age of 36, two years after the death of his wife, Vallabhbhai Patel journeyed to England and enrolled at the Middle Temple Inn in London. Patel finished at the top of his class despite having had no previous college background. He completed the 36-month course in 30 months. Returning to India, Patel settled in Ahmedabad and became one of the city's most successful barristers.

As Congress President and a Social Reformer

Congress committed itself to the defense of fundamental rights and civil liberties. Patel advocated for the establishment of a secular nation. Minimum wages for workers and the abolition of untouchability were among his other priorities. Patel used his position as Congress president to organize the return of confiscated land to farmers in

MAJOR FACTS

- He led farmers in various successful Satyagrahas in Kheda 1918, Borsad 1924 and Bardoli 1928.
- Elected as Ahmedabad's Municipality President in 1924 and worked till April 1928.
- Elected President of the Indian National Congress in 1931 in Karachi Session.
- Independent India's first Deputy Prime Minister, Home Minister and Information and Broadcasting Minister.
- The Architect of United India post-Independence.
- Held the charge of Prime Minister of India four times on different occasions till 1950.
- Charted the Indian Constitution by drafting provisions for important subjects as a Chairman.
- Posthumously, conferred with Bharat Ratna in 1991.

Gujarat. Patel worked extensively against alcohol consumption, untouchability, caste discrimination and for women emancipation in Gujarat and outside.

Deputy Prime Minister and Home Minister

After Independence, he became India's first Deputy Prime Minister. On the first anniversary of Independence, Patel was appointed as the Home Minister of India. He was also in charge of the States Department and the Information and Broadcasting Ministry. As the first Home Minister and Deputy Prime Minister of India, Patel organized relief efforts for refugees fleeing from Punjab and Delhi and worked to restore peace. Soon after the Indian Independence, some of the Maharajas and Nawabs of the 562 princely states believed they would become independent rulers of their respective kingdoms, similar to the pre-British era. They argued that the Government of free India should treat them as equals. It was Sardar Patel's insight, wisdom and diplomacy that finally convinced the monarchs who agreed to accede with the Indian Republic. Paying tribute to him, Nehru called Sardar 'the builder and consolidator of new India.' However, the invaluable services of Sardar Patel were available to independent India for just 3 years. The brave son of India died on 15 December 1950 (aged 75), after suffering a massive heart attack.



Birth: October 31, 1875

Birth Place: Nadiad town, Gujarat

Parents: Father Jhaverbhai, a farmer, and mother Laad Bai, a simple homemaker

Wife: Jhaverba, who passed away at a very early age in 1909

Children: Daughter Maniben (Born in 1903); Son Dahyabhai (Born in 1905)

Death: December 15, 1950, at Birla House Mumbai

