

The Open Page

Inspire Learning

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INSIDE

The Skills of Good Speaking



Speaking well can have a dramatic effect on your professional and private life. You may not realize how important the sound of your voice is, or how much you yourself judge other people by the way they sound.

p3

Praise the Effort, Not the Child



The terms commonly used like "good boy" and "good girl" are since the mid-1800's. But the idea of using praise to motivate children really took off after the publication of "The Psychology of Self-Esteem" in 1969.

p7

Celebrating Wildlife Week



When we talk about wildlife, the first thing that comes to mind is big animals like Lions, Tigers and Elephants. Though, wildlife is not just big animals, it also refers to all animal and plant species that live or grow in the wild without being introduced by humans.

p15

Augment Moral & Cultural Values In Society....



The ancient Indian spiritual wisdom and values which regards six themes like: Conserve Forest and Protect wild life, Preserve Ecology, Sustain Environment, Inculcate Human and Family Values, Foster Women's Honour&Instill Patriotism.

p16

Boost your learning abilities

Some students learn more quickly and easily than others. Just by studying for two or three hours a day they can score even more than the others who spend half a day for cramming the syllabus. Actually this big gap in study time can only be filled by following some tricky ways of learning the things. The method of sitting for long hours and reciting and cramming the things, are all outdated. Its the time for you to improve your learning methods. There are much more fun and rewarding study techniques that can improve your exam results.

Underline the Key Points

The act of underlining something means you are engaging with certain key aspects of the text. Highlight one key sentence per paragraph and a few important phrases here and there. Highlighting the most significant parts of what you're reading helps you to brief up the whole chapter so that the next time when you are going to revise the chapter or a topic, you don't need to scroll down the whole page but you will recall every concept just by having a look of the underlined sentences.

Prepare Your Own Study Notes

Taking Notes is one of the most widespread study skills. Preparing the notes help to summarize the lectures or articles in your own words, including all the key info, so that you can easily remember the ideas. Note making is not an act of merely coping out great chunks of information from books but a piece of writing that acts as a trigger to help you remember what you have read. Remember, key words are more easily remembered than long sentences. Try to keep your notes short, to the point, well-organized and easily readable.

Make a Study Plan and Stay Organized

A well-organized study plan helps you to be clear with what you need and when you need. Create a study timetable and stick to it to achieve your goal. A study timetable helps you to remind what to learn and when. It not only helps you get organized but makes the most of your time. It'll also put your mind at ease and eliminate that nasty



feeling you get when you walk into an exam knowing that you're not at all prepared.

Collaborate with Study Partners

To break the monotony of sitting alone with your nose in the books all day, select a couple of study partners who you know you work well with and are motivated to achieve good grades. Group studying helps you to engage and process the information more deeply. If you are not clear with some topic or concept, you can discuss it with your friends. Actively engaging the information with someone else not only helps you to learn, but makes studying more enjoyable. You can also select a particular topic and teach your friend the way you like to. Sometimes the best way to learn something is to teach it, even if you haven't mastered it yet.

Take Regular Study Breaks

Your brain is like a muscle which can also get tired if you overwork it. Once it gets tired you really can't concentrate on your work. So it's important to realize the length of your concentration span and help yourself to give some rest from the work you've put in.

Taking regular short breaks not only help improve your focus, they can boost your productivity too. This gives the brain the best chance to restore the whole of your learning's.

Recall Your Learning

Never forget to recall whatever you have learned. The time when you go for a break after studying for the time you found was best, do something else not connected with your work. But don't stop thinking about what you were reading. This is quite important for you to sort out the whole information fed into it. This is the time when you can realize that what topics are in your mind and what others have swept off the mind. Thus, at the end of the rest period, the information you were reading will be much clearer than it was to begin with.

Give a Try to New Technologies

Today there are many more options for personalizing study than jotting things down with a pen on a scrap of paper. Though the old handwritten method still has its place of course, but you can try the new and online learning methods that help you to clear your doubts.

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

Khyati World School



“Say No to Plastic”



Plastic a curse for the environment as it is a nonrenewable resources. Plastic are carcinogenic and damaging our landfills and water bodies. It is a wakeup call for each one of us to reduce plastics. The students of Khyati World School presented a mesmerizing Nukkad Natak on the above theme. They acted beautifully in front of the whole school. They made every one realize that see how our motherland is weeping and if we want to save it, together we should join hands and remove this evil from our lives. The use of carrying a cloth bag to the market was explained to each one of us. Plastic is causing environmental pollution so they made each one of us from KWS took a pledge that at least we will make our campus Plastic free and same thing we all will be doing at home. This is how we make our children sensitive towards the environment issues.

together we should join hands and remove this evil from our lives. The use of carrying a cloth bag to the market was explained to each one of us. Plastic is causing environmental pollution so they made each one of us from KWS took a pledge that at least we will make our campus Plastic free and same thing we all will be doing at home. This is how we make our children sensitive towards the environment issues.

Teachers Day Celebration at Madhav School



Drawing Competition Held by SJIS



To nurture the creativity of the learners, a Drawing & Coloring competition was conducted for the Satyamevian Preprimary kids. Little tots have always fantasize about colors. Thus the competition for this session 2019-20 for the preprimary grade, where in students brought in their colorful imaginations into the vicinity. They enjoyed the coloring sessions.



SKUM English School

Ahmedabad No Plastic Movement 2019-20

Students of SKUM English School made News Paper Bags with good weight carrying capacity on large scale with the help of Art Teacher and distributed in Local Market.

Teachers Day Celebration at CCIS SG CAMPUS



TRIPADA INTERNATIONAL SCHOOL



Students of grade 7 & 8 attended awareness programme of Fire Safety. Mr. Shirishbhai Bhavsar (SSR Enterprise) explained to students about fire safety with demo of three types of equipments. Students also themselves experienced the working process of equipments.

SRV Bopal Celebrated Gandhi Jayanti



The Skills of Good Speaking



MEGHAL SHAH
Educator SVS School



Mend your speech a little, lest you may mar your fortunes.
-Shakespeare

Speaking well can have a dramatic effect on your professional and private life. You may not realize how important the sound of your voice is, or how much you yourself judge other people by the way they sound. Yet the experts mention that the impression you make on others often owes much more to how you speak – the pitch and expressiveness and clarity of your voice. From the quality of your voice and your manner of saying things, people will deduce a great deal about your personality in general and your feelings at the moment of speaking – whether you are feeling confident, frightened, excited, nervous, whether you are charming, aggressive or friendly.

Such judgments are surprisingly accurate – though not invariably so. Sometimes the impression you create by the way you speak may be unfair or misleading. It is not that in learning to speak better, you should ever speak in an unnatural way. Your voice is unique to you as your fingerprints. Modern speech training no longer aims some standardized ideal. It focuses instead on the unique qualities of every individual voice.

The first step in acquiring good speech habits is understanding why you sound as you do, and learning how to increase the power, versatility and control of your voice and speech. Voice and speech are not the same thing. Voice is the raw sound produced when the breathe vibrates the vocal cords in the throat. Speech is the more specific process of shaping into words the sound of voice and the energy of the breathe, by means of the speech organs in the head.

There are some distinct qualities that make the way you speak unique to you. These qualities are: Tone, pitch, volume

or loudness and clarity. Posture and power of the voice and control on your breathing along with pace, pause and rhythm, pitch and intonation, emphasis and resonance play an important part too.

Tone: The tone is produced by the resonating cavities of the body the way one uses it.

Pitch: The pitch of your voice is determined by the length and thickness of your vocal cords. As these are stretched, they vibrate with a higher frequency and your voice sounds shriller.

Volume or loudness: Pitch depends on the frequency at which your vocal cords vibrate; volume depends on the strength of that vibration.

Clarity: The clarity of your speech is determined by the speech organs in your mouth. These organs need to form a number of different sounds very rapidly for clear speech.

Posture and the power of the voice: It may just sound little amazing as posture affects our power of voice, but it

does. If you habitually crane your neck and thrust your chin forward, you will create tension in your throat and restrict the space in which your voice can resonate. If your shoulders slump forward, you will constrict your ribcage and lose considerable control over your breathing. If we compare the voice production of an adult with that of a

baby, a baby can yell for hours on end without any apparent damage, while an adult attempting to shout or scream would soon end up with a sore throat and croaky voice. The difference lies in the posture; the baby's bad postural habits have not yet developed that inhibit the full natural use of its body. It is as if the baby's entire body is the voice producing instrument; the adult by contrast, has compartmentalized his body and reduced the sources of voice production. A good posture is the natural alignment of the body, while sitting one should draw a straight line from the ear to the shoulder to the hip bone, and if one is standing, from the hip down to the knee. The relationship between head and neck is most important for a balanced posture.

Breathing: Breathe is the energy source of voice and speech. To speak well one need economical and well controlled breathing.

Pace, Pause and Rhythm: The way you breathe affects the rhythm and pace of your speech. The rapid speaker needs to concentrate on correct breathing and pausing. Pausing allows the speaker time to recharge and it gives the listener a chance to absorb what has been said. The Rhythm of your speech is also closely related to your breathing habits.

Pitch and Intonation: Pitch and intonation are determined by the length and thickness of your vocal cords.

Emphasis and Resonance: Emphasis is the amount of stress put on a syllable – often accompanying changes in pitch.

The voice vibrates in different parts of the body, producing its characteristics resonance.

It is now time to analyze your own voice and speech, and the distinctive qualities that make the way you speak unique to you.



Hygiene



Dr. TWINKAL PATEL
Founder Motherhood Foundation

COMPONENTS OF PERSONAL HYGIENE:

Handwash

The cleanliness of our hands is very important in all our daily activities. In our normal activities our hands frequently get dirty. There are many situations in which microorganisms are likely to attach to our hands along with the dirt. There are many communicable diseases that follow the route of faeco-oral transmission. Hand hygiene plays a critically important role in preventing this transmission.

Critical situations in everyday activity where handwashing is must:

- After using the toilet (or disposing of human or animal faeces)
- After changing a baby's diaper (nappy) and disposing of the faeces.
- Immediately after touching raw food when preparing meals (e.g. chicken or other meat).
- Before eating food or feeding children.
- After contact with contaminated surfaces (e.g. rubbish bins, cleaning cloths, food-contaminated surfaces).
- After handling pets and domestic animals.
- After wiping or blowing the nose or sneezing into the hands (respiratory hygiene).



Handwashing technique

- First wet your hands with clean water and lather with a bar of soap.
- Next rub your hands together vigorously and scrub all surfaces up to your wrists.
- Continue for 15–30 seconds or about the length of a little tune (for example, the 'Happy Birthday' song). It is the soap combined with the scrubbing action that helps dislodge and remove germs.
- Rinse your hands well with clean running water.
- Wood ash will also rub off any dirt and smells. The slight irritation you feel when you wash your hands with ash shows the cleansing power of ash.
- Local seeds such as indoo which are known to be good cleaning agents, can also be used for regular handwashing.
- Clean sand with water can be used for handwashing to help to rub off dirt.

Send your health related query to
theopenpagehealth@gmail.com

Rally Dengue Awareness by CCIS Green Campus



A rally to sensitize the students about the measures to check the spread of Dengue was organised by the students of class-5 in the school campus with placards and hoardings.

The students shared with their school mates the causes and the preventive measures that should be taken to check the spread of the vector borne disease, Dengue.

Inter School Dance Competition at LML



Inter preschool dance competition was conducted at Lalji Mehrotra Lions School. The theme was 'Bachpan'. 16 Pre Schools along with Lalji Mehrotra Lions School participated in the event. Around 280 students took part in the event representing different shades of Bachpan. The event was a huge success with the active participation of schools, that unveiled the talent of their tiny tots at the competition. The competition was adorned by the presence of Ms. Kavita Chajjed as the Chief Guest, Chairman Anil Agarwal, Secretary Mukesh Shah and other Lion members witnessed the program. The event commenced with lamp lighting, after which the judges were honoured. This was followed by the exhilarating series of performances of the preschoolers, who put forward their best efforts and flaunted their dancing skills. No dance form was sported these tiny tots who performed every dance right from Indian mythology to Bollywood dance. The programme ended with the result declaration and thanks giving. DAV School stood at First Position. LML School secured the Second Position and Little Wings won the Third Position.



SKUM English School Grammar Exhibition 2019-20

A grand English Grammar Exhibition was organized by SKUM School (English Medium) under the guidance of Principal and Vice-Principal in which all the students from Pre-primary to Higher Secondary section had enthusiastically taken part. Students displayed around 170 models based on different grammar topics. They had even arranged games on the topics like suffix – prefix, proverbs, figures of speech etc. All the parts of speech like nouns, adjectives, verbs, sentences etc. were very nicely explained by the students. Parents and Trustees also appreciated this task undertaken by students and teachers. There was also a quiz contest arranged by the teachers in which trustees also had taken part actively along with the students.



SJIS student Mahi Tripathi Std-VI wins 1st Prize of Interschool Dance Competition



SJIS student Mahi Tripathi Std-VI wins 1st Prize of Interschool Dance competition: Nache Gujarat Nache-2019. Grace and blessings!

Dawn to Dusk

The night sheepishly paves way for the dawn, and the dawn breaks out ringing jingle bells ; the sun bursts out with a victorious smile, Sprinkling colours on the horizons with majestic elegance.

The flora and fauna is full of fun and life, birds welcome the sun singing sweet songs ; greeting the dawn gratefully the trees swing in joy, zest and zeal, light and delight is spread everywhere.

The sun proudly rises at the peak in the noon, the pleasant and warm morning yields way; hesitantly but dutifully to the scorching noon the sun directs and dictates the proceedings.

All are awfully silenced, stunned and disciplined, the piercing light of the sun dazzles all; none dares to look at the severe sun, and the sun needs none to look at.

Slowly and stealthily takes over the dusk, the sun gets tired and torn, feeble and humble; gone is the heat now and gone is the light, alone and aloof feels the sun, none greets.

The journey from the ascent to descent, starts with the dawn, ends with the dusk; when everyone else looks at the sun expectantly, only the sunflower does so with sheer reverence.

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

THE OPEN PAGE EVENT OF THE FORTNIGHT



The Open Page organized Health workshop in association with Dr. Twinkal Patel of Midas Foundation for the students of Standard 1st at Mother's Pet Child Care Centre SVS School.



Contd. From Page 16

Augment Moral & Cultural Values In Society – A Talk With Shri. S. Gurumurthy

He gave example of American society where the social security is taken care by Government as there is no family. The higher education of Children in America is not funded by parents as they believe that once child starts walking he can take care of himself like animals & birds. But contrast to this higher education in India is funded by the parents as it is the duty of parents & that is the right of child. So duty of parents is right of child & duty of Child is right of parents. So in our country Social security is not responsibility of government but it is duty of children governed by Sanskaras. IMCTF emphasizes that when the body and mind combines and bends to touch feet of parents than it reflects once thought of respecting the elders.

He said IMCTF is an innovative module devised to impart, implant and in-grain moral and cultural values in young Indians. IMCTF is founded on the premise that the values constitute the eternal values (Sanatana Dharma) that sustain families, societies, economies, nations and humanity. IMCTF trusts that these virtues and values build the individual, society and nation and therefore building these virtues and values constitute nation building.

IMCTF believes that unbridled individualism imported from the West in the name of 'modernity' is undermin-



ing these timeless values in contemporary times and this is greatly endangering families, women, nature, and societies. IMCTF is convinced that this trend has to be arrested and reversed by recalling and practicing the ancient values that have sustained the society for thousands of years and which alone can, in future, help to sustain the nation, world, environment, ecology, economy and society. The IMCTF pro-

grams draw inspiration heavily from Sanatana Dharma (the ancient Indian spiritual wisdom and values) which regards six themes like :Conserve Forest and Protect wild life, Preserve Ecology, Sustain Environment, Inculcate Human and Family Values, Foster Women's Honour&Instill Patriotism. In nutshell it encompasses - nature – rivers, mountains, trees, forests, animalsetc– as Divine manifestation and treats Mother,

Father, Teacher, Girls, Women and even Strangers (Atithi) as Divine. This great tradition is the intellectual and moral source of IMCTF programs. His talk on IMCTF was so much relevant in current context that all the audience were spellbound.

ShriPraharAnjari of AOPS offered the thank you to all the dignitaries, invited guest and organizing team for making this program a success. IMCTF pledge was taken by everyone present in the hall. The talk show had lot of eye opening content for many school management and stake holders in Education system. We believe that it is still not late for us to move towards Value based learning system as we firmly believe that

"VALUE BUILDING IS NATION BUILDING"

Chickpea Salad

Ingredients

- 1 cup boiled chickpeas
- ½ cucumbers
- 1 tomato
- ½ capsicums
- ¼ cup cabbage
- ¼ cup pomegranate seeds
- 1 tblsp lime juice
- Salt to taste
- Black pepper to taste

Method:

- 1) In a mixing bowl, mix all the ingredients and toss well.
- 2) Serve with hot soup.



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.

Vanilla Sugar Cookies



Ingredients

- 3 cups all-purpose flour, sifted or aerated – see my notes below
- ¼ teaspoon salt
- 8 oz unsalted butter (226 grams), room temperature (let the butter from refrigerator sit on the counter for about an hour or so), not melted but softened
- 1 cup sugar
- 1 egg
- 2 teaspoons vanilla extract pure

Instructions

1. In a medium bowl, combine together flour and salt and mix.
2. In a separate bowl, using electric mixer, beat softened butter and granulated sugar until light in color and fluffy. Add an egg and vanilla – continue beating for a couple minutes. Turn off the electric mixer, add flour-salt mixture and then continue beating on low speed until well-combined but without over mixing.
3. Roll dough into 1-inch balls. Roll these cookie balls in sprinkles. Arrange on parchment-lined baking sheets, spacing 2 inches apart. Freeze until firm, for about 30 minutes.
4. Bake at 350 degrees F in the preheated oven for 14 minutes. Do not over-bake. Remove from the oven, and transfer to wire rack to cool completely.

Baking Soda Powered Boat

Materials

- Empty water bottle – small
- Baking Soda
- Kitchen roll or tissue
- Scissors
- Straw
- Vinegar
- Tape
- Bath or large container
- Water

Method

- Pierce a hole in the non lid end of the water bottle and poke the straw through, I trimmed mine so only used about one third of the length. Tape around the gap to prevent air escaping and keep the straw in place.
- Carefully pour some vinegar into the bottle and replace the lid.
- Pour some baking soda onto a small piece of kitchen roll and roll it up.
- Stand over your water, stuff the tissue wrapped baking soda into the bottle and quickly add the lid.
- Place in the water and watch it go.



QUIZ

1. The company which produces the iPod.
2. A coloured handkerchief worn around the head or neck.
3. Tiny blood vessels.
4. A German breed of dog with a long body and short legs.
5. Background performers in a movie.
6. Extremely hungry.
7. Slang name for a live musical performance.
8. Admiral Nelson's christian name.
9. A floating mass of ice.
10. An island country in the Caribbean.
11. 1000 bytes.
12. A colourful plant organism that grows on tree trunks.
13. The closest planet to the sun.
14. The square root of 81 ($\sqrt{81}$)
15. A colourless, tasteless, odourless gas.

WINNER FOR LAST QUIZ

Khanak Pandya Grade 5B, Airport School
Send your answer to openpageyrc@gmail.com. Names of the Winners would be announced in the next issue



Praise the Effort, Not the Child



HARSHA RAMAIYA
Founder & Director
Small Wonders, Bhavnagar



easily. The undigested praise leads to an unbalanced emotional status. Let's see how. If the child is praised regularly for every action, he becomes habituated to get praises, now the child will always rely on others for accreditations & when he is not praised he will start feeling low and will soon become a victim of inferiority complex, because his mind is programmed that things he does are only good, if they are praised by others. The child will wait for others comments for his work to get his work approved and gradually he will stop believing in himself. Waiting for others to praise makes us incompetent and in confident to decide. We praise the children to make them confident but the reverse happens because the praise is not proportionate, I would like to give you an example, if a child makes a beautiful painting we say "Wow" you are great artist, or you are very talented, you are a born artist, etc. This is directly praising the child here we have not praised his effort (painting) at all. We have totally focused on praising the child. So, now the child learns to focus only on himself and not on his effort (painting). In fact we should rearrange our words & say what a beautiful choice of colours you have; the picture

has come out very nice, you have good curves, etc. Now when you see both the praises the 1st one is directly praising the child which makes him feel flattered and over confident & in the 2nd one the praise is directed to the efforts so the focus of the child will also be on the efforts he made & without boosting himself he will put more efforts to get better and better every time. Actually, we all need our children to be self-evaluators & our action of praising the efforts will make them self-evaluators, which will build their confidence. We should be specific in our praises. Our praise should always relate to the effort the child makes. By doing this the child will focus on the efforts he makes, his attention will be on the efforts and not on himself. If we praise a child it will flatter him. So always make a point to praise the effort. Also, not all of the child's actions need to be accredited. Praise can be expressed through beautiful gesture of love like a hug, a kiss, a smile. We don't always need to use bundles of words of praise. Some gestures of feelings, expression and touch also can be a language of our praise and by this the child will learn to understand the language of emotions as well. We want the children to make

good efforts so praise the efforts.

The Flip Side of Praise

Some scholars started to argue that praise can undermine children's motivation, create pressure to continue performing well, discourage risk taking, and reduce independence Alfie Kohn, an author and lecturer on this topic, explains why praise may be harmful for young children claiming that praise:

- Manipulates children – praise is a way of getting children to comply with adults' wishes. This works in the short term because young children want adults' approval. But Kohn argues that we should not take advantage of children's dependence.
- Creates praise "junkies" – the more praise children receive, the more they rely on adult evaluations instead of forming their own judgments.
- Steals a child's pleasure – children deserve to delight in their accomplishments instead of being judged. Most people don't think a statement like "Good job!" is a judgment, but Kohn argues that it's as much an evaluation as "Bad job".
- Decreases interest – research has shown that people tend to lose interest in activities for which they have been praised. Instead of motivating a child to engage in an activity, praise motivates a child to get more praise.
- Reduces achievement – children who are praised for creative tasks tend to stumble at the next task. This may be because of the pressure created to continue to keep up the good work, and because the child has lost interest. In addition, children who are praised are less likely to take risks, as they may fear they won't receive positive feedback. It's also been found that students who receive positive reinforcement do not persist in the face of difficulties (MacLellan, 2005)

A.A.R.T.I.
ADVENTURE CAMP SITE

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FILL IN THE COLORS



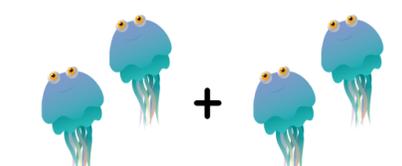
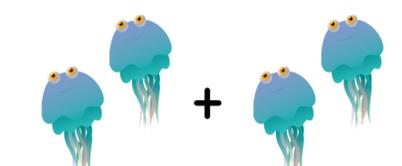
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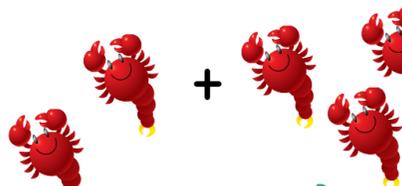
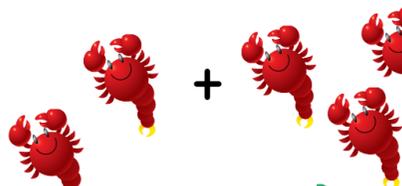
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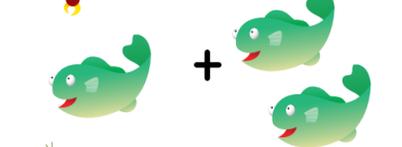
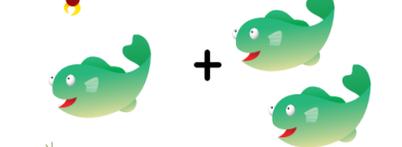
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FUN WITH MATHS

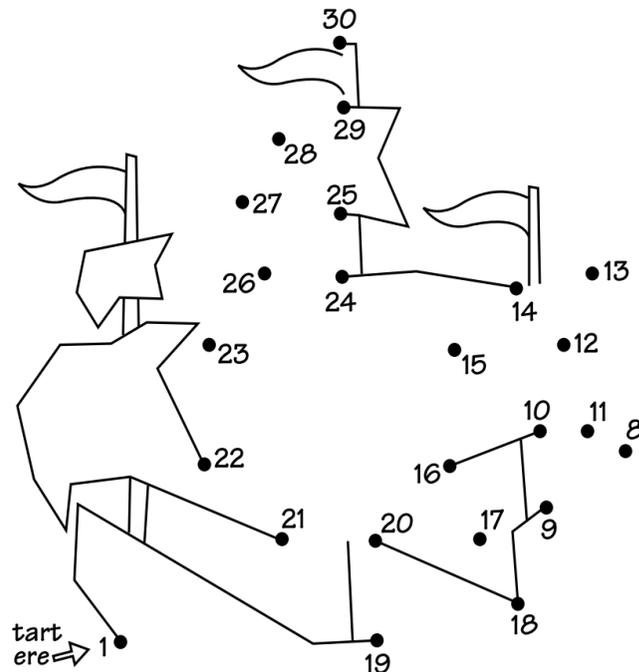
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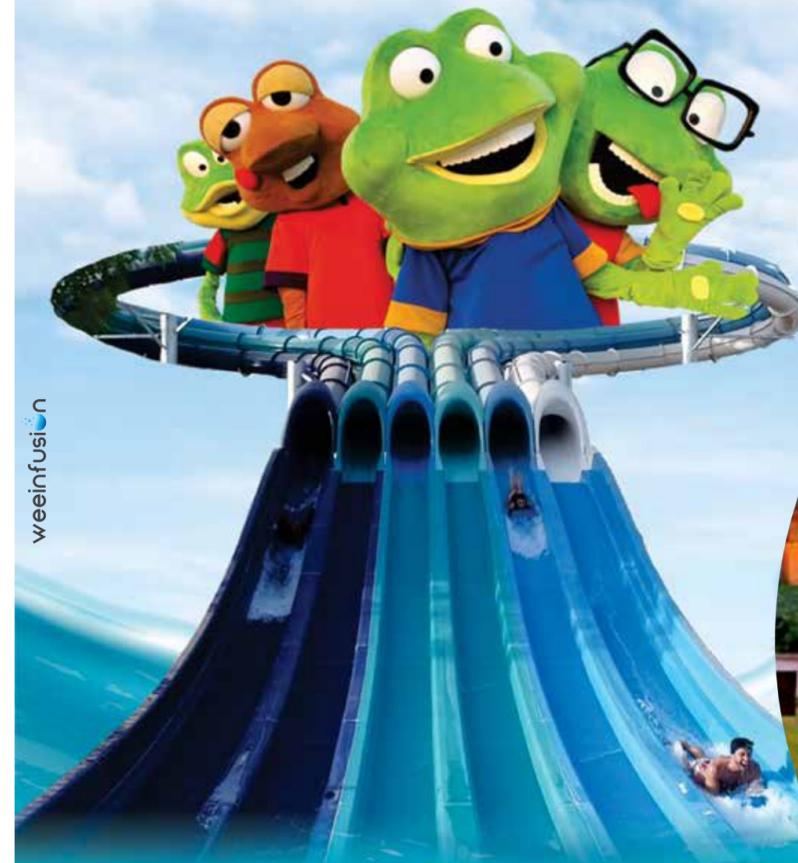
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Vijayadashami

Vijayadashami also known as Dasahara, Dusshera, Dasara, Dussehra or Dashain is a major Hindu festival celebrated at the end of Navratri every year. It is observed on the tenth day in the Hindu calendar month of Ashvin or Kartik, the sixth and seventh month of the Hindu Luni-Solar Calendar respectively, which typically falls in the Gregorian months of September and October.

Vijayadashami is observed for different reasons and celebrated differently in various parts of South Asia. In the southern, eastern and northeastern states of India, Vijayadashami marks the end of Durga Puja, remembering goddess Durga's victory over the buffalo demon Mahishasura to restore and protect dharma. In the northern and western states, the festival is synonymously called Dussehra (also spelled Dasara, Dashahara). In these regions, it marks the end of "Ramlila" and remembers God Rama's victory over the Ravan. On the very same occasion; Arjuna alone decimated 1 lakh+ soldiers & defeated all Kuru warriors including Bhishma, Drona, Ashwatthama, Karna, Kripa etc.- there by significantly

quoting the natural example of victory of good (Dharma) over evil (Adharma). Alternatively it marks a reverence for one of the aspects of goddess Devi such as Durga or Saraswati.

Vijayadashami celebrations include processions to a river or ocean front that carry clay statues of Durga, Lakshmi, Saraswati, Ganesha and Kartikeya, accompanied by music and chants, after which the images are immersed into the water for dissolution and a goodbye. Elsewhere, on Dasara, the towering effigies of Ravan symbolizing the evil are burnt with fireworks marking evil's destruction. The festival also starts the preparation for one of the most important and widely celebrated Diwali, the festival of lights, which is celebrated twenty days after the Vijayadashami.

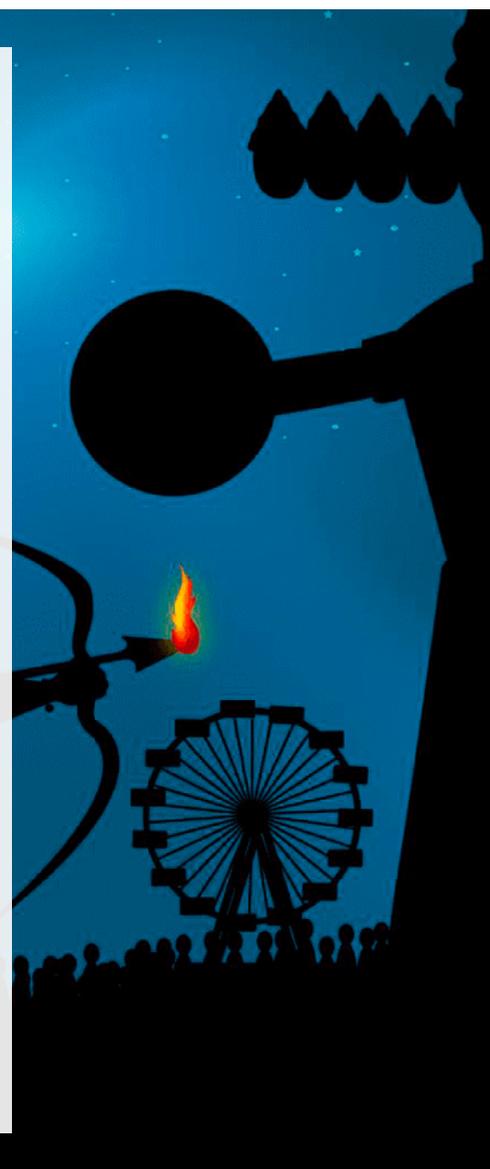
What Do People Do?

Many people of the Hindu faith observe Dussehra through special prayer meetings and food offerings to the gods at home or in temples throughout India. They also hold outdoor fairs (melas) and large parades

with effigies of Ravana (a mythical king of ancient Sri Lanka). The effigies are burnt on bonfires in the evening. Dussehra is the culmination of the Navaratri festival.

- There are many local celebrations in some areas in India that can last for up to 10 days. Local events include:
- Performances of the Ramlila (a short version of the epic Ramayana) in Northern India.
- A large festival and procession including the goddess Chamundeshwari on a throne mounted on elephants in the town of Mysore in the state of Karnataka.
- The blessing of household and work-related tools, such as books, computers, cooking pans and vehicles in the state of Karnataka.
- The preparation of special foods, including luchi (deep fried flat bread) and alur dom (deep fried spiced potato snacks), in Bengal.

Many Hindus also believe that it is lucky to start a new venture, project or journey on Dussehra. They may also exchange gifts of leaves from the Shami tree (*Prosopis spicigera*) as a symbol of the story of the Pandavas brothers' exile in the Mahabharata stories.



Sharad Purnima is one of the most famous Purnima in Hindu Calendar. It is believed that Sharad Purnima is the only day in the year when the moon comes out with all sixteen Kala(s). In Hinduism, each human quality is associated with certain Kala and it is believed that the combination of sixteen different Kala(s) creates a perfect human personality. It was Lord Krishna who was born with all sixteen Kala(s) and He was the complete incarnation of Lord Vishnu. Lord Rama was born with only twelve Kala(s).

Hence, worshipping God Chandra on the day of Sharad Purnima is considered very significant. Newly wed women, who take pledge to do Purnimasi fasting for the year, begin the fast from the day of Sharad Purnima. In Gujarat Sharad Purnima is more popularly known as Sharad Poonam.

On this day not only Moon shines with all sixteen Kala(s) but also its rays have certain healing properties which nourish the body and the soul. It is also believed that the moon rays on the day of Sharad Purnima drip nectar. Hence to take advantage of this divine phenomenon, traditionally on the day of Sharad Purnima,

Rice-Kheer a famous Indian sweet dish made of cow milk, rice and sugar, is prepared and left in moonlight for the whole night. In the morning, Rice-Kheer which is believed to be invigorated and fortified with the moonlight is consumed and distributed as Prasad in family members.

In Brij region, Sharad Purnima is also known as Raas Purnima. It is believed that on the day of Sharad Purnima Lord Krishna performed Maha-Raas, the dance of divine love. On the night of Sharad Purnima, upon hearing the divine music of Krishna's flute, Gopis of Vrindavan sneaked away from their homes and families to the forest to dance with Krishna throughout the night.

It was the day when Lord Krishna created several of Krishna(s) to accompany each Gopi. It is believed that Lord Krishna supernaturally stretched the night to the length of one night of Lord Brahma which was equivalent of billions of human years.

In many regions Sharad Purnima is known as Kojagara Purnima when Kojagara Vrat is observed for the whole day. Kojagara Vrat is also known as Kaumudi Vrat.

Sharad Purnima



1st October - International Coffee Day



INTERNATIONAL COFFEE DAY

International Coffee Day is celebrated on 1 October every year to recognise millions of people across the world from farmers, roasters, baristas, and coffee shop owners etc. who do hard work to create and serve the beverage in the consumable form.

1st October - World Vegetarian Day



World Vegetarian Day is observed on 1 October annually. It was founded in 1977 by the North American Vegetarian Society (NAVS) and in 1978 was endorsed by the International Vegetarian Union.

2nd October - Gandhi Jayanti



Gandhi Jayanti is celebrated on 2nd October every year to mark the birth anniversary of Mahatma Gandhi. He was born on 2 October, 1869 in Porbandar, Gujarat. He is an inspiration into the lives of the famous world leaders and our lives also.

2nd October - International Day of Non-Violence



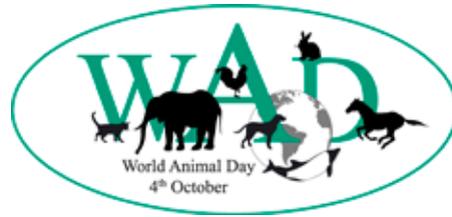
International Day of Non-Violence is observed on 2 October to mark the birthday of Mahatma Gandhi who had played an important role in India's Independence. On 15 June, 2007, General Assembly adopted a resolution of establishing International Day of Non-Violence to spread the message of non-violence including education and public awareness.

3rd October - German Unity Day



German Unity Day is celebrated on 3 October every year to mark the anniversary of the nation's unification. On 3 October, 1990, the Federal Republic of Germany and the Democratic Republic of Germany were united as one single federal Germany.

4th October - World Animal Welfare Day



World Animal Welfare Day is celebrated on 4 October to raise awareness among people about taking actions worldwide for the rights of animal as well as welfare. It is necessary to improve the welfare standards worldwide.

5th October - World Teachers' Day

World Teachers' Day is celebrated on 5 October every year in the whole world to commemorate the anniversary of the adoption of the ILO/UNESCO Recommendation concerning the Status of Teachers in 1966. No doubt this Recommendation sets benchmarks regarding the rights and responsibilities of teachers, education, recruitment, employment etc.

6th October - German-American Day

German-American Day is observed on 6 October every year. This day is celebrated as the German-American heritage.

8 October - Indian Air Force Day



Indian Air Force Day is celebrated on 8 October all over India. On 8 October, 1932 Indian Air Force Day was established.

9th October - World Postal Day or World Post Office Day



World Postal Day or World Post Office Day is celebrated on 9 October every year to raise awareness among people about the role of the postal sector for people and businesses every day. In 1874, the Universal Postal Union was established in Bern, Switzerland and its anniversary is declared as the World Postal Day by the Universal Postal Union Congress in Tokyo, Japan in 1969.

10th October - World Mental Health Day

World Mental Health Day is observed on 10 October every year to raise awareness about

the scale of suicide around the world and the role that each of us can play to help in preventing it. This day is organised by the World Federation for Mental Health. It is also supported by WHO, the International Association for Suicide Prevention and United for Global Mental Health.

11th October - International Girl Child Day



International Girl Child Day is observed on 11 October to raise voices for girls and stand up for their rights. International Day of Girl 2019 theme is "GirlForce: Unscripted and unstoppable".

14th October - World Standards Day



World Standards Day is observed on 14 October every year to raise awareness among the regulators, industry and consumers to show the importance of standardization to the global economy.

15th October - Pregnancy and Infant Loss Remembrance Day



Pregnancy and Infant Loss Remembrance Day is observed on 15 October annually in the United States. This day is a day of remembrance for pregnancy loss and infant death. It is observed with remembrance ceremonies and candle-lighting vigils.

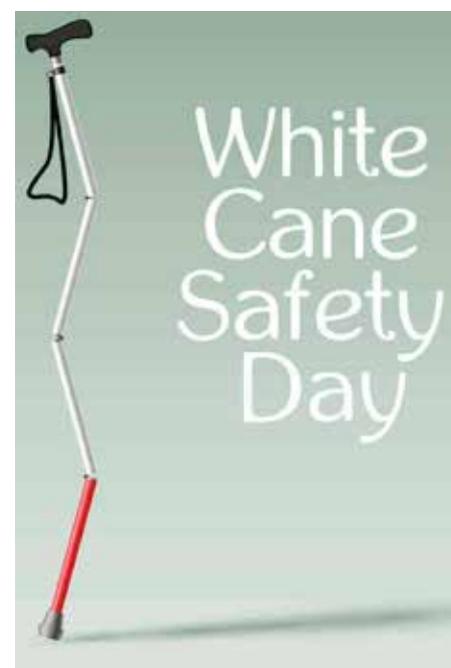
15th October - Global Handwashing Day



Global Handwashing Day :: 15th of October
"Our hands, our future!"

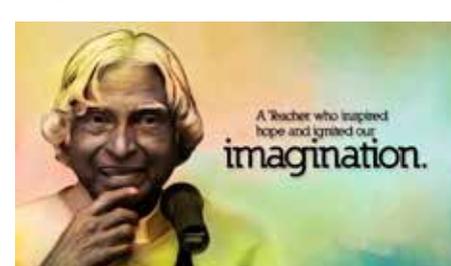
Global Handwashing Day is observed on 15 October every year and it was founded by the Global Handwashing Partnership. This day provides an opportunity to design, test and replicate creative ways to encourage people to wash their hands with soap at critical times. In 2008, the first Global Handwashing Day was celebrated.

15th October - World White Cane Day



World White Cane Day is celebrated on 15 October by the National Federation of the Blind. White cane for the blind people is an essential tool that gives them the ability to achieve a full and independent life. With the help of white cane, they can move freely and safely from one place to another.

15th October - World Students' Day



World Students' Day is observed on 15 October annually to mark the birth anniversary of A.P.J. Abdul Kalam. This day honours and pays respect to him and his efforts in the field of science and technology and also the role of the teacher that he played throughout his scientific and political careers.

16th October - World Food Day



World Food Day is celebrated every year on 16 October to inspire people about healthy diets. On this day Food and Agriculture Organisation was established and launched by the United Nations in 1945.

Rohit serves starters, India await full meal

New opener delivers with a sublime, unbeaten hundred as though he's here to stay; frustrated South Africa have a wicketless day

Maybe, even the rain gods are on Rohit Sharma's side. They too wanted to give him the chance and space to re-launch his Test career as an opener. On Day One of the first Test they were supposed to make their presence felt sometime at noon. But like the Indian cricket establishment, they too were patient with Sharma.

Rain arrived three overs after Rohit Sharma cut Senuran Muthusamy for a single to get to his fourth Test hundred. More significantly the ton had come at a time when a lot of focus was him after his elevation to the opener's slot, a move that is being seen as career-resurrecting one. The ton had taken 154 balls and included ten boundaries and four sixes.

When rain stopped play on the first ball of the 60th over with tea approaching, Sharma was unbeaten on 115, having added 202 for the opening wicket with Mayank Agarwal who is unbeaten on

84. One would have expected that Sharma would break into some sort of crazy celebrations after reaching the three-figure mark, for he was under intense scrutiny over

the team management's move, more so after the duck in the practice game at Vizianagaram. One would have expected some sort of double jump, some expletives being uttered in anger or maybe a roar aimed at the doubters.

But Sharma kept it rather mute. An almost casual raise of the bat and taking off the helmet to just the acknowledge the applause of his teammates and the crowd. As if scoring Test tons as an opener is his second nature. And it is but in white-ball cricket — his limited success as a Test player has remained a cause of disappointment for his lovers.

The start

It's a no-brainer that the new ball moves a bit, whatever be the pitch and conditions. And so was the case yesterday. Although Kagiso Rabada could be blamed for being a tad short on a slow pitch, his new-ball partner Vernon Philander was able to generate some seam movement by pitching it up.

Sharma started with a punched boundary off Rabada through point. To counter Philander's movement, he first started standing a bit outside the crease and then even took a few steps forward to counter it. As the keeper came up to stop him,

Sharma stayed back and cut Philander for a boundary.

You know Sharma is getting comfortable when he is pulling, and he brought out that shot against Rabada. Spin was introduced in the form of left-arm Keshav Maharaj — Sharma welcomed him with a six over mid-on bringing the 50 of the partnership with Agarwal.

By this time, the crowd was getting behind Sharma, chanting Rohit, Rohit. He obliged by first cutting Maharaj for a boundary and then depositing off-spinner Dane Piedt into the top tier. Danced down the track and bang. His fifty came with a swept boundary off Muthusamy and included five boundaries and a six. Lunch was taken with India at 91 without loss.



Bayern Serge Ahead



goals in high-score wins after a hattrick on his Germany debut three years ago in an 8-0 romp at minnows San Marino in a 2018 World Cup qualifier.

New-look Bayern

"Serge's attacking skills are sensational," said Bayern coach Niko Kovac.

"With his speed, with his ball control -- and he has a fantastic shot off either foot.

"What I ask of him is his defensive work and he made a huge jump with that here."

Gnabry is part of a new-look Bayern boasting plenty of Gallic flair with France's Kingsley Coman on the other wing.

Centre-backs Lucas Hernandez and Benjamin Pavard, both World Cup winners with France, shut down Spurs attack. Fellow Russia 2018 winner Corentin Tolisso was preferred to Thiago Alcantara alongside Philippe Coutinho in midfield in London.

However, the night belonged to Gnabry and the 24-year-old's impressive finishing.

petition as far as the Champions League title is concerned.

"I don't want to say that they are title

candidates, but this result will give them self-confidence," he added.

Gnabry is no stranger to claiming

Surat Jr Girls Defend Title

Surat girls' team retained their junior girls' title with a 3-1 win over Vadodara in the team event of the State and Inter-District Table Tennis Championship that is being played in Gandhidham.

In the junior girls' final, Aafrien Murad rallied from two games down, saved a match point in the fifth game to record a thrilling 9-11, 10-12, 11-8, 11-4, 16-14 win over Purva Nimbalkar.

Sheli Patel then levelled the tie with a shocking 7-11, 13-11, 11-8, 11-9 win over Filzahfatema Kadri.

Filzah make amends

Later on, Filzah-Tanya registered a 13-11, 11-7, 12-10 win over Charmi and Prathna to wrest the initiative for Surat.

Having gained the momentum, Filzah came alive in the fourth game as she



beat Purva Nimbalkar 11-5, 11-9, 11-8 win in less than 15 minutes to seal the deal.

Surat also entered the final of women's team event where they will be meeting Bhavnagar.

Ahmedabad face Surat

Meanwhile, in the junior boys' section, Ahmedabad will clash with Surat

for the top honour.

In the semis, Ahmedabad edged out Bhavnagar in a thriller.

With 2-match-a-piece, Ahmedabad's Abhilash Raval made amends for his earlier loss to beat Nandish Halani of Bhavnagar 11-13, 11-7, 10-12, 12-10, 11-6.

Earlier in the day, Dhairya Parmar won both his matches – beating Nandish (11-7, 9-11, 11-9, 11-9) and Karanpal Jadeja (13-11, 11-7, 11-9) – without breaking a sweat.

However, Ahmedabad were guilty of some unforced errors in doubles where Dhairya and Dev Patel lost to the pair of Karanpal-Harshil Kothari.

Interestingly, Abhilash, who was credited for Ahmedabad's win had lost his first match to Karanpal.

Mixed day for Daksh



It was a mixed day for Daksh Kukreti as he won boys' under-12 event while settling for second place in the under-14 singles of the AITA Championship Series tournament. At the Ahmedabad City Tennis Foundation lawns, Daksh overcame his academy mate Vyom Shah 6-1, 4-6, 7-5 to win the rain affected under-12 final. Seeded 12th in the event, Daksh started his campaign with 6-0, 6-0 win over Heet Kandoriya before beating Ayan Patel 6-1, 6-3 in the second round. Daksh's biggest win came in the quarters, where he shocked top-seed Dhiraj Reddy for a 6-1, 4-6, 6-4 win. Continuing his giant-killing spree, Daksh then shocked third seed Pratham Kotak 6-1, 6-2 in the semis. Meanwhile in the under-14 final, Daksh suffered a 2-4, 3-4 (5) loss against fourth-seed Anshuman Gairola. Daksh started the event by beating Dhiraj Reddy 6-4, 6-2 in the first round before he edged out Tanuj Chhajer 6-1, 6-0 in the second round. In the quarters, Daksh shocked third seed Ved Gajiwala 6-4, 6-1 before he created a big flutter with a 4-6, 6-4, 6-4 win over top seed Siddhant Krishna in the semis.

Sriya records doubles delight



It was doubles delight for Sriya Mehta as the youngster won the girls' doubles and mixed doubles crowns in the open category of Ahmedabad District Khel Mahakumbh Badminton Tournament. At Khokhra Sports Complex, Sriya joined hands with Deeya Mishra to record a 15-8, 17-15 win over Tasmiya Pathan and Pinki Sharma in the final for the crown. After a bye in the opening round, Sriya and Deeya breezed past Riya Kushwaha and Anjali Parihar 15-3, 15-7 in the semis. Meanwhile, in mixed doubles, Sriya teamed up with Sahil Pathan and recorded a fighting 15-11, 12-15, 17-15 win over Dipen Thakkar and Priyanka in the final match.

Women TT team suffer Surat hurdle, still in semis

Ahmedabad women's table tennis team along with Surat, Baroda and Bhavnagar stormed into the semis of the team event at late Shri Mahendraray Dulerai Buch State and Inter-District Table Tennis Championship that is being held in Kachchh. The city team booked their semis spot beating Rajkot 3-1 and Kachchh 3-0 in their Group A matches. Kausha Bhairapure, Anoushka Chatterjee, Kavisha Shah and Purvanshi Acharya proved their mettle, making the city proud. The last match played between Ahmedabad and Surat seemed evenly poised, at least on paper. Ahmedabad, captained by Kausha, looked a formidable outfit and posed a challenge. However, the Surtis continued their juggernaut with an easy win. Frenaz Chipia beat Purvanshi before Filzahfatema Kadri shocked Kausha. In the third singles, Bhavya Jayswal was too strong for Anoushka Chatterjee.

Fire power

Surat women's team led by state champion Frenaz showed no mercy as they thrashed their opponents 3-0 in every single match they played. In the Group A encounter, Surat began the carnage against Rajkot before outplaying the home team, Kachchh by the same margin – 3-0.



SKUM Boys Volleyball District Champion – 2019-20

SKUM English Medium school Under-17 Boys team become champion in the Khel Mahakumbh-2019 district level tournament and 12 boys are selected for State Level.



Ram Tirth from B A L K R I S H N A VIDHYAPITH, RAJULA pocketed his first Chess crown by winning the Khel Mahakumbh Under 11, Taluka level which was held on 1/9/2019. Ram Tirth scored 1st position out of 28 competitors. Moving on to the next level, which was the District level tournament held on 7/9/2019, he scored 2nd position out of 22 competitors and has qualified for the state level tournament.

Prarthana settles as runners up



Prarthana Solanki suffered final heartbreak as she faltered in the under-16 final of the AITA National Championship Series that concluded in Jalandhar. In the final, Prarthana suffered a 0-6, 4-6 loss against Punjab's Hargunjit Kaur. After a bye in the first round, Prarthana edged out Harshita 6-4, 6-4 in the second round. Later in the quarters, she saw the better of Punjab's Gurneet Kaur before beating Seerat Kaur 6-3, 6-3 in the penultimate round. Meanwhile in the under-14 event, Prarthana was stopped short by Seerat in the semis with a 6-1, 5-7, 0-6 loss. Receiving a bye in the first round, Prarthana eased past Karnataka's Sanjana Singh 6-0, 6-2 in the second round. She then recorded 6-2, 6-3 win over Angel Shah in the quarters.

Gujarat make it five out of five

Despite their impressive shows in recording four consecutive wins in the Vijay Hazare Trophy, Gujarat's coach Sairaj Bahutule was not taking anything for granted.

"I am not taking anything for granted. We have been playing well so far, but we cannot afford to get complacent and take our opponents lightly," Bahutule told Mirror after their thumping seven-wicket win over hosts Rajasthan on Tuesday.

"Bihar is an unknown entity for us. They have some good players but I am not very much aware of them. They can be a surprise element for us," he said while talking about their next opponents, Bihar.

But on Thursday it was Gujarat who once again came up with a clinical display to tame the unknown as the former champions edged out their rivals to record a seven-wicket win at the Jaipuria Vidyalaya ground in Jaipur.

Save the toss, perhaps, nothing went right for Bihar. Chintan Gaja gave Gujarat the first breakthrough sneaking an edge off Shasheem Rathour as Bihar lost the first wicket without



opening their account.

Gujarat smelt blood as their bowlers hunted as a pack without giving any leeway to rival batsmen. Debutant Tejas Patel, Roosh Kalaria, Chintan Gaja and Axar Patel as they were at the economical best and picked two wickets each as Gujarat bowled out their rivals for 126 in 42.2 overs.

For Bihar, Sachin Kumar Singh waged a lone battle with an unbeaten 73-ball 44 but they paid the price for kept losing wicket at regular intervals.

"We carried on the momentum and our bowlers bowled very well. We created pressure on the rival batsmen and got rewards for their efforts," Sairaj told Mirror after registering their fifth win on the trot.

With the run rate in mind, skipper Parthiv Patel (19, 20b, 3x4) and Priyank Panchal (40, 28b, 6x4, 1x6) gave them a rollicking start before Dhruv Raval chipped in with 19-ball 25.

Promoted in the order, to add impetus to the innings, Axar (27*, 26b, 2x4, 1x6), along with Bhargav Merai (17*, 22b, 1x4), saw the team through in the 20th over.

Indian Army to test new war tactics against China at 14,000 ft in Arunachal Pradesh



The Indian Army has begun an exercise, a first-of-its-kind to test its new war strategy against China, at 14,000 feet in Arunachal Pradesh -- 100 km from the forward areas along the Line of Actual Control (LAC). The war games to test the capabilities of the newly conceived Integrated Battle Groups (IBGs) will be carried out in phases in the upper reaches of Arunachal Pradesh near Tawang over the next three weeks. The initial induction for the exercise has already been done and it is underway in short phases and the final phase will be concluded by October 25. With the limitation of the area where the exercise is being held, it can only be carried out in phases. The biggest challenge is to carry out these military drills in a limited area since we cannot be going very close to the LAC, a source said.

U.S. authorities press Facebook for access to WhatsApp, other encrypted messaging



U.S. Attorney General William Barr and other U.S., U.K. and Australian officials are pressing Facebook to give authorities a way to read encrypted messages sent by ordinary users, reigniting tensions between tech companies and law enforcement. Facebook WhatsApp already uses so-called end-to-end encryption, which locks up messages so that even Facebook can't read their contents. Facebook plans to extend that protection to Messenger and Instagram

Direct. But the officials will ask Facebook to hold off in an open letter to Facebook CEO Mark Zuckerberg.

Trump asks China to probe Bidens



U.S. President Donald Trump called on China as well as Ukraine to investigate his potential 2020 election rival Joe Biden, doubling down as Democrats began an impeachment inquiry against him. Facing possible removal from office precisely for seeking foreign help against his political challengers, Mr. Trump said he wanted Ukraine President Volodymyr Zelensky and Chinese leader Xi Jinping to go after Biden.

Bengal all set to replace Uttar Pradesh as state with most BJP members



Kolkata: The number of applicants for the BJP membership drive is approaching one crore mark. Statistics available till late Wednesday indicated that at least 98 lakh people have applied for the BJP membership. Party sources are optimistic that the numbers would breach the crore mark soon. It may be recalled that BJP had flagged off its nationwide membership drive on the birth anniversary of Shyama Prasad Mukherjee on July 6. The central government had set a target of around 60 lakh for West Bengal. However, state BJP chief Dilip Ghosh had publicly stated that there will be one crore new members from Bengal.

EU sceptical of Boris Johnson's Brexit plan, wants it reworked



British proposals on Brexit could yield an agreement before an October 31 deadline, with one saying Prime Minister Boris Johnson's plan "can't fly" as it stands. But the bloc was careful not to dismiss the proposals too soon and both sides are treading carefully to avoid any blame should the tortuous divorce process end in a crash. More talks between both sides' Brexit negotiators are due on Friday but the bloc has already made it clear that Mr. Johnson's plans -- which principally involve arrangements for the border between EU member Ireland and the British province of Northern Ireland -- are nowhere close to unlocking a deal.

Iran welcomes dialogue with Saudi Arabia



On Sunday, Crown Prince Mohammed reportedly said that he would prefer a political and peaceful solution to a military one to resolve its disputes with Iran. On Monday, Ali Rabiee, spokesman for Iranian government, confirmed that Saudi leaders had sent messages to Iran's President Hassan Rouhani through the head of a third state for holding negotiations on mutual issues. Besides, Iran's Foreign Ministry announced Monday that Iran is open for holding dialogue with Saudi Arabia to settle mutual issues and talking with regional states to set up a coalition for the security of the region.

North Korea says it successfully tested new submarine-launched ballistic missile



North Korea said on Thursday it had successfully test-fired a new submarine-launched ballistic missile (SLBM) from the sea to contain external threats and bolster self-defense, ahead of fresh nuclear talks with the United States. The launch on Wednesday was the most provocative by North Korea since it resumed dialogue with the United States in 2018 and a reminder by Pyongyang of the weapons capability it has been aggressively developing, including intercontinental ballistic missiles, analysts said.

After India bans onion exports, Asia has eye-watering prices



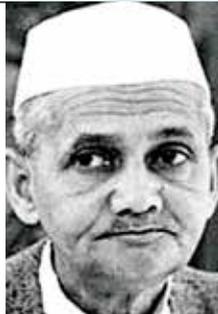
From Kathmandu to Colombo, it's a kitchen nightmare-- Onion prices have gone crazy. That's because India, the world's biggest seller of the Asian diet staple, has banned exports after extended monsoon downpours delayed harvests and supplies shrivelled. And dedicated buyers across the region, like Nepalese housewife Seema Pokharel, are flummoxed. "This is a terrible increase," said Pokharel, out shopping for vegetables in Kathmandu. "Onion prices have more than doubled in the last month alone."

BIRTHDAY WISHES

LAL BAHADUR SHASTRI

02nd OCTOBER 1904

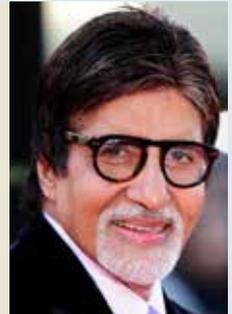
Lal Bahadur Shastri (2 October 1904 – 11 January 1966) was the 2nd Prime Minister of India and a senior leader of the Indian National Congress political party. He joined the Indian independence movement in the 1920s. Deeply impressed and influenced by Mahatma Gandhi (with whom he shared his birthday), he became a loyal follower, first of Gandhi, and then of Jawaharlal Nehru. Following independence in 1947, he joined the latter's government and became one of Prime Minister Nehru's principals, first as Railways Minister (1951–56).



AMITABH BACHCHAN

11th OCTOBER 1942

Amitabh Bachchan is an Indian film actor, film producer, television host, occasional playback singer and former politician. He first gained popularity in the early 1970s for films such as Zanjeer, Deewaar and Sholay, and was dubbed India's "angry young man" for his on-screen roles in Bollywood. Referred to as the Shahenshah of Bollywood, Sadi ka Mahanayak (Hindi for, "Greatest actor of the century"), Star of the Millennium, or Big B, he has since appeared in over 190 Indian films in a career spanning almost five decades.



A. P. J. ABDUL KALAM

15th OCTOBER 1931

Avul Pakir Jainulabdeen Abdul Kalam (15 October 1931 – 27 July 2015) was an aerospace scientist who served as the 11th President of India from 2002 to 2007. He was born and raised in Rameswaram, Tamil Nadu and studied physics and aerospace engineering. He spent the next four decades as a scientist and science administrator, mainly at the Defence Research and Development Organisation (DRDO) and Indian Space Research Organisation (ISRO) and was intimately involved in India's civilian space programme and military missile development efforts.



VIRENDER SEHWAG

20th OCTOBER 1978

Virender Sehwag born 20 October 1978 is a former Indian cricketer. Widely regarded as one of the most destructive batsmen of all time, Sehwag played as an aggressive right-handed opening batsman and also bowled part-time right-arm off-spin. He played his first One Day International in 1999 and joined the Indian test side in 2001. In April 2009, Sehwag became the first Indian to be honoured as the Wisden Leading Cricketer in the World for his performance in 2008, subsequently becoming the first player of any nationality to retain the award for 2009.



CHANDRESH LODHIYA
Managing Director,
Anala Outdoors

Celebrating Wildlife Week

When we talk about wildlife, the first thing that comes to mind is big animals like Lions, Tigers and Elephants. Though, wildlife is not just big animals, it also refers to all animal and plant species that live or grow in the wild without being introduced by humans. Wildlife can be found in various ecosystems including forests, deserts, grasslands, seas, lakes, rivers and also developed cities and towns.

Wildlife plays a significant role in maintaining the ecological balance of nature. The presence of wildlife is also an effective way to assess the quality of the ecosystem. All living things in an ecosystem are interdependent. The actions that affect one particular organism, affect the entire ecosystem in some way. For example, if Lions, being at the top of the food chain get extinct, it would increase the population of herbivores like Deers and Sambars. Without the lions and other carnivores, that control the herbivore population, these animals would ruin the vegetation of the jungles, destroying the habitats of smaller animals and insects. These animals and insects will then move to farmlands in search of food, thus impacting the food resources of the human population. So, it is like a web, if one thread of the web is disturbed, it will affect the entire web.

Wildlife Week In India

India has a very rich and fascinating heritage of Wildlife. In order to conserve and protect this wildlife, Nature and Natural resources, the government has declared several areas across the country as protected areas



in the form of National parks and Sanctuaries, wherein human occupation or at least the exploitation of resources is minimum. In spite of continuous efforts, a lot still needs to be done to ensure the conservation of our Wildlife, with quite a few species on the brink of extinction. India has

around 1000 species on the International Union for Conservation of Nature and Natural Resources' (IUCN) 'Red List' of threatened species. The list includes animals like the Himalayan Brown Bear, Namdapha Flying Squirrel, Pygmy Hog, Kashmir Stag, Malabar Civet and the Lion Tailed Macaque to name a few.

In order to raise public awareness about Wildlife conservation, every year, the first week of October (2 to 8 October) is observed as Wildlife Week in India. This week-long event focuses on the importance of Wildlife preservation for a balanced and healthy environment. Initiated in 1952 by the Indian Board for Wildlife (now the National Board for Wildlife), the week has gained eminence over the years as the state of wildlife is fast declining in India.

Every year Wildlife organisations, forest departments, government

agencies, educational institutions, private and civil society organisations celebrate the week through means of various activities connected to Wildlife. The week-long observation focuses on creating awareness and sensitizing people towards the need for conservation of wildlife and how human life is dependent on it. Apart from ecological value, wildlife also has economic, aesthetic and recreational significance.

The ultimate objective is to sensitise people, appreciate our Wildlife and work towards its conservation. An aware populace will drive conservation efforts locally in their communities, ensuring that the rich Wildlife of the country is preserved for the generations to come.

How To Celebrate Wildlife Week

- Take small steps to celebrate Wildlife through the year
- Organise a tree plantation drive in your school/society
- Organise a documentary screening on wildlife
- Invite an expert to speak on Wildlife and conservation
- Register yourself for a Nature camp
- Plan a visit to a National park or Sanctuary
- Organise a silent rally to create awareness on Wildlife
- Put up a bird feeder in your balcony
- Organise a street play or a flash mob, highlighting the importance of conserving Wildlife
- Organise a wildlife quiz competition

Many Government and Non-Government Organisations conduct a variety of activities during this period including conferences, awareness programmes, public meetings and much more. Various schools and institutions make their students aware through

Wildlife related activities like movie screening, essay writing, painting competition, debate competition and much more.

The Kamla Nehru Zoological Garden (Ahmedabad Zoo) at Kankaria, Ahmedabad gives free entry to the Zoo for Children up to 12 years during the Wildlife week and also organises various awareness programmes in the Zoo by inviting expert speakers on Wildlife for interacting with the Children.

So friends, participate in any of these activities that bring about awareness on the importance of Wildlife conservation not only during Wildlife week but throughout your life.

ACHIEVEMENT



Shri. Vinod I Patel, founder & Managing Trustee of IDP group of schools received the distinguished "Guru Dronacharya Award 2019" (given by Indian Councils of Social Welfare). He earned this title for his decades long contribution in the field of education & social welfare



Augment Moral & Cultural Values In Society

- A Talk With Shri. S. Gurumurthy



A talk show organized by IMCTF (Initiative for Moral & Cultural Training Foundation), AOPS (Association of Promotion of Prominent Schools) & The Open Page - A Children's Newspaper on "AUGMENT MORAL & CULTURAL VALUES IN SOCIETY" with Shri S. Gurumurthy, CA by profession, writer on political, economic issues & Editor of Thuglak, a weekly Tamil newsletter. Dr. Vinod Rao (IAS) Secretary (Primary & Secondary Education) was the Guest of Honour. The program was held on 30th September at J B Auditorium of Ahmedabad Management Association. Other dignitaries on dais were Shri Gunvantsinh Kothari - National Coordinator HSSF & IMCTF, Smt R. Rajalakshmi - Founder & Managing Trustee IMCTF, Shri Narayan Meghani - Secretary IMCTF, Gujarat & Shri Archit Bhatt - President AOPS. All the dignitaries were warmly welcomed by Team of IMCTF (Shri Pradip Modi, Shri Ajit Shah, Smt Manisha Joshi & Shri Tulsiram Tekwani) AOPS (Shri Raja Pathak, Shri Vatsal Vaishnav, Shri Kamal Mangal & Shri Prahar Anjaria) & The Open Page (Smt Jyoti Bhatt, Smt Pratiksha Parikh, Smt Nipa Shukla & Shri Rakesh Patel).



schools. He said that due to lack of presence of students & teachers of this standard in school they could hardly read, write & calculate. The reason for students not able to do basic learning at this standard was lack of presence in school. To improve study ability government introduced online attendance system. Initially this system was not accepted by the staff but by persistent effort it now successfully implemented and is giving positive results. He also shared his experience on centralized evaluation system for standard 3rd to 8th. He also said that the Students & Teachers who abide by rules are actually full of value based education. He also spoke on importance 'DHARMA' in one's life. He also said that Dharma is not only about doing good but it is also about not doing bad to others. He also mentioned that it is necessary to protect Dharma, our Sanatandharma as it would in turn protect us. He was very hopeful, that collaborating with IMCTF would definitely benefit the education system.



Everyone in the auditorium was all ears for the talk by Shri S. Gurumurthy. He spoke about difference between Values & Virtues. He said both are great and inevitable. He also spoke about difference between Value education and Value enforcement; one is about Sanskara and other about rules. Sanskaras go a long way with the person while rules by human tendency are meant to be broken. Ecosystem of society improves by following Sanskaras. **More Details on p5**

