



SINCE - 1968

The Open Page

Inspired Learning

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inside



FESTIVAL

p2



IMPORTANCE OF OLYMPIC

p3



LEARN THE LANGUAGE OF NATURE

p6



STUDENT CORNER

p8-9



HEY DUDE-Y, IT'S YOUR DAY!!

p11



LEARNING DIFFICULTIES

p14

“FEES Regulation Committee or FREEDOM Regulation Committee?”

GUJARAT WILL SOON DECIDE!

India as a nation has been witnessing a lot of progressive changes in each and every part of the society and hopefully India and its future generation will witness a New India in coming years. One of the major shockers and change recently Gujarat Education system is witnessing in the name of FRC (Fee Regulation Committee).

Schools are considered as mafia, schools are called as 'Arrogant', schools are considered to be 'unbound'. These are the new words which society and our media has given to our schools, whereas Indian culture says 'School is temple, school is a place where future generation is nurtured and school is a destination for social service'.

Ravi Joshi, a class 7 student of a reputed school was asking a question to his mother 'will our schools be losing quality education?' Nikita Parmar, a class 11 student was found disturbed as she came to know that her teachers are going to be replaced with freshers as schools cannot afford high salaried teachers", Adnan sheikh, a class 9 student was worried and requested his father to send him to a foreign country for school education as management has told they cannot increase infrastructure. Hardi Patel, a class 8 student was emotionally disturbed as she came to know that her school may be closed and she will be given admission to a local community school.

- FRC!! is it really worth to control the education system through fees or it need to be supported by monitoring quality education?
- FRC! Does it really make any sense By controlling number of teachers and students' ratio and not supporting the free leaning environment in the schools?
- FRC! Is it really worth to control by compelling school management to prove their commitment to serve society through only financial gains?
- FRC! Is it really 'FEES regulation committee'? or is it 'FREEDOM regulation committee'?

Let us have the opinion of different stake holders involved and affected by FRC.

The Parents' Side

Government has taken a leap to help us, but will it be really effective the way it has been shown to us? Schools are forced to cut down fees to the given cap, but monetary relief is not the primary concern for us, our child's education is. Schools still demand for the old decided fees and Government has given the circular for not doing so. Where the parents will go? Schools have been constantly screaming and worried for the quality of education and other facilities if the fee cap doesn't go up and on the other hand, Government compel them to limit their fees. The one who is actu-



ally suffering between these decisions are we, The PARENTS. Lowering the fee cap with giving inferior education will not develop our country. We are in demand for something which can lower down our burden of exorbitant fees with the right education and overall development our child deserves.

Government's Side

The aim of Gujarat Government is to be in par with Maharashtra and Tamil Nadu's Educational development and this led them to racing for a quick change and growth. One of the steps towards this is the 'Fee Regulation', which capped the fees of 15000, 25000 and 27000 respectively for Primary, High and Higher Secondary schools. The main relief they are giving to the Parents are lowering the exorbitant fees which the private schools are charging these days. In the name of facilities and quality education, many schools are gaining huge profits. By compelling parents to provide the whole year's fees in advance, charging extra for books, uniforms, tuition fees, other charges for computer labs etc are some of the major aspects Government is looking forward to. Regulating the fees by given cap, no schools will be able to charge any hidden costs and the parents will be free from getting conned. The cap can be revised if proper data and proof is ready with the

school to increase the fees for them. Through FRC, wide powers has been given to verify the justifications given by private schools for the fees being charged by them.

School Management's Side

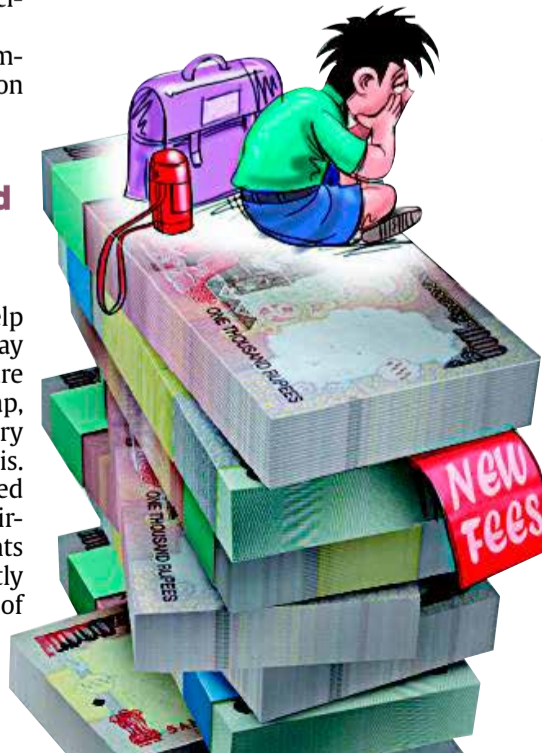
FRC will take a call within 90 days of application. Schools will have to put up the fees approved by the FRC on its notice board and website. There are nearly 15000+ schools across Gujarat which are affected by this step of Government. The place of child's development and education has now been considered just as a place of gaining huge profits. The School managements are now under pressure to lay off their high qualified teachers and home like facilities to match the provided fees cap. They are pleading to rise it because of their infrastructure management, Extracurricular activities, transport, extra classes for betterment of child's future and many other unknown but important aspects. The Government has seen one part of the benefits that parents will be less burdened, but what about the high paid teachers, well groomed students, Holistic development of the child, Hi-end school buildings, technology at par with other countries and many other areas? The fee cap decided has neglected many of the important aspects of school management and the decision therefore is not neutral which can benefit every member of the society.

Student's Side

In between this battle of politics or betterment; whatever you may call, the key person suffering emotionally and mentally are the STUDENTS. Their future is in a dilemma and they can just wait for the end and hope that it gets better for everyone around. Be it their high burdened parents, favorite teachers, frustrated school management or rigid government, the ball is totally out of their court and emotional trauma is the only thing they go through. The fear of their school getting closed or their facilities being compromised which they can't really act about it. The only ray of hope they see is to conclude something which can benefit society as a whole and not a particular segment being prioritized. A decision so Neutral and beneficial for all is what every school student thinks of. Gujarat is witnessing a revolution and students just pray for the rightfulness of it.

Gujarat has been a dynamic and progressive state since independence, Gujarat has always welcomed neutral and overall beneficial decisions for the society at large, Gujarat is witnessing turmoil in education system and it seems that education sector is ready to fight against this turmoil and overcome mutually beneficial decision for students, parents, management and government.

—MANAGING EDITOR, THE OPEN PAGE



AUSPICIOUS MONTH OF RAMADAN AND EID-UL-FITR

The festival of worship is here! The celebration with restraining from worldly pleasures and offering one's self to God is what 'Ramadan' or 'Ramzan' is all about. The Muslim community all round the world will be found deeply in prayers (Ibaadat) for the entire month of Ramadan starting from end of May till End of June, followed by a 3 days celebration of 'Eid-Ul-Fitr' which literally means 'festival of breaking the fast'. The celebration concludes after a month long fasting ceremony and intense Ibaadat to 'Allah' (God).

The community, just before the celebrations of Eid-ul-Fitr, keeps a month long fast. The practice of fasting is called 'Roza' which starts from the break of dawn till dusk and during this whole day an individual has to refrain himself from drinking, eating or having luxurious pleasures. The term 'Roza' is an Arabic word means abstinence. This year Eid will be celebrated on June 25th or 26th to mark the end of Ramzan, the Islamic holy month of fasting.

The month of Ramadan shows the Faith over Allah and how he helps his pals during the suffering of fasting. Fasting is contemplated as a ritual in self-restraint. It is observed as a way of physical and spiritual detoxification by kicking habits like morning tea, smoking and midday meals. Many Muslims avoid dressing new clothes during



Ramzan and spend more time at 'Masjids' than at any other time of the year. Fasting during Ramzan is one of the five pillars of Islam, along with the Muslim declaration of faith, daily prayers, charity and performing the Hajj pilgrimage in Mecca situated at Saudi Arabia.

People are encouraged to offer the 'Namaaz' five times a day on time and to use their downtime just before breaking their fast at sunset to recite Quran and strengthen remembrance of God. To be ready for the whole day fast, Muslims

eat what is mostly called 'Suhoor,' a pre-dawn meal of protein foods to get them through the day. Muslims ritually break their fast like the Prophet Muhammad did some 1,400 years ago, with a sip of water and some dates at sunset. That first sip of water is by far the most awaited moment of the day. After a sunset prayer, a large feast known as 'Iftar' is shared with family and friends. Iftar is a social practice as much as it is a gastronomical adventure.

Traditionally, the start of the month is

welcomed with greetings of 'Ramadan mubarak!' Another known fact of Ramzan is night prayers at the mosque among Sunni Muslims called 'Taraweeh.'

The end of Ramadan is marked by intense worship as Muslims seek to have their prayers answered during 'Laylat al-Qadr' or 'the Night of Fortune.' It is on this night, which falls through the last 10 nights of Ramzan, that Muslims believe that God sent the Angel Gabriel to the Prophet Muhammad and disclosed the first versus of the Quran. Some dedicated Muslims go into reclusion those final days, spending all of their time in the mosque (Masjid).

The end of Ramzan is glorified by a three-day holiday called Eid-ul-Fitr. Children often receive new clothes, gifts and cash which is noted as 'Eidi'

Muslims go for early morning Eid prayers the day after Ramzan. Families usually spend the day at parks, eating and greeting each other with wishes for future.

India is a country with colorful people and those people add more life with such different festivals of distinct communities to it.

Eid Mubarak All!



MINAL JOSHI
THE OPEN PAGE

Rath yatra also known as Puri rath yatra is India's most sacred festival and is basically a journey of Lord Jagannath with his siblings Balram and Subhadra.

The story of Lord Jagannath

We all know that the statues of Lord Jagannath, Balram and Subhadra do not have any hands or legs. Do you know how this kind of incomplete statue was established?

Lord Krishna appeared to be a great devotee of the Lord, King Indradyumna and ordered him to carve a deity from a log he would find washed up on the sea shore of Puri. He searched for a carpenter to make the deities. He found an old Brahmin carpenter who took the responsibility. Surprisingly the carpenter told that he will work

RATH YATRA



closed door and should not be disturbed while working. If disturbed, he would leave the work on the spot. Every day the king would listen to the sound of working by standing near the door. But one day the sound stopped. Indradyumna's Queen worried what had happened and assuming the worst opened the doors and found the deities incompletely sculpted and the carpenter vanished. This is how the deities were formed

without hands and legs.

Why does rath yatra take place and only once in a year?

Lord Jagannath, the reincarnation of the notorious Lord Krishna resides in the temple town of Puri along the Bay of Bengal in Bhubaneswar, Orissa. According to a popular legend, Lord Jagannath desired to visit his birthplace Mathura once every year along with his brother Lord Balram and sister Goddess

Subhadra to show her Mathura on a chariot. This journey from the Jagannath Temple in Puri to Gundichi Devi Temple in Mathura is known as the Puri Rath Yatra. Every year, the three deities are carried on chariots few miles away to Gundicha Temple on the second day of the new moon in the month of Ashada (June-July) according to the Hindu calendar.

Why the gods are taken blindfolded during the journey?

The gods are taken blindfolded during the journey. This symbolizes that god doesn't give us anything; it is simply the return of our own deeds.

This festival is unique in its own way. There is no other festival in the whole world where in the deities are taken out of the temple. It also symbolizes that whatever we get are fruits of our own deeds. This festival is liked so much by people that they celebrate it even in foreign countries.

HARDI PATEL (IX), LML SCHOOL

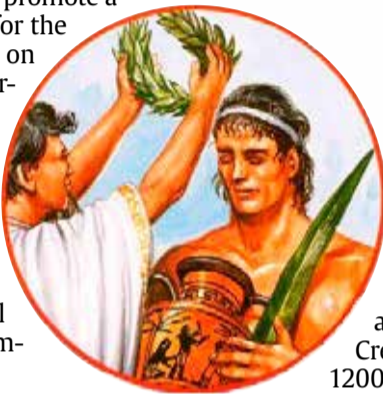


IMPORTANCE OF OLYMPIC, DIFFERENCE BETWEEN ANCIENT AND MORDEN OLYMPIC

INTRODUCTION:

Enthusiastic Greetings to all! We may have a bit of knowledge about Olympic Games and participation of players but not in depth. When we talk about Olympic games, we mean participation in inter-continental sports competition. It provides the opportunities to the participants to see others. It unites countries and continents. Sports participation is a very effective vehicle to reach and realize the said goals for the betterment of human beings among nations.

Our International Olympic Committee has said "To encourage the development of Olympic Spirit among the youth of the world and promote a program of education for the public and the press on philosophy of amateurism, the national Olympic Committee will keep in mind not to concentrate too much on performance and new records, but more to social education aesthetic, ethical and spiritual value of amateur sports".



IMPORTANCE OF ANCIENT OLYMPIC:

The word 'Sports' was by no means a Greek invention. Despite the severe conditions (rigorous) of life at the Dawn of history, men found time to enjoy a variety of sports. These were valued as a means of developing hunting skill, of preparing for war and of pleasing the angry gods. However, the Greeks' interest in sports apparently dates to the Bronze. Tumbling bull vaulting boxing, wrestling, archery and distance running were



all popular spectacles (public displays or entertainment) in the ancient Minoan Civilization of Crete (3000 B.C–1200 B.C.). Building on this concept many of the Greek States began to organize major athletic festivals, the most famous being that held at Olympia, in honour of the God Zeus. "Strength and Beauty are the gifts of Zeus... Natural gifts imply the duty of developing them with God's help by Cost and Toil".



IMPORTANCE OF MODERN OLYMPIC:

Before the revival of Modern Olympic Games, the Educationists and other dignitaries of the developed countries began realizing the value of sport activities in one's life and extending its contri-

bution towards the international community. During this period, which is considered a link between the dim past and uncertain future of sport competition, a great theologian, Martin Luther observed that a strong body could help the mind in its quest for piety (Search for being pious). He also spoke about the recreative and moral values of sport. Educational theorists such as Da filter in Italy, Comenius in Czechoslovakia and McMaster in Eng-

land stated the contribution that sport could make to the learning process, both by improving the physical health of the pupils, and by promoting the development of an integrated personality.



DR. NAMRATA ACHARYA
ASSISTANT PROFESSOR,
AHMEDABAD

DIFFERENCE BETWEEN ANCIENT AND MORDEN OLYMPIC

ANCIENT OLYMPIC

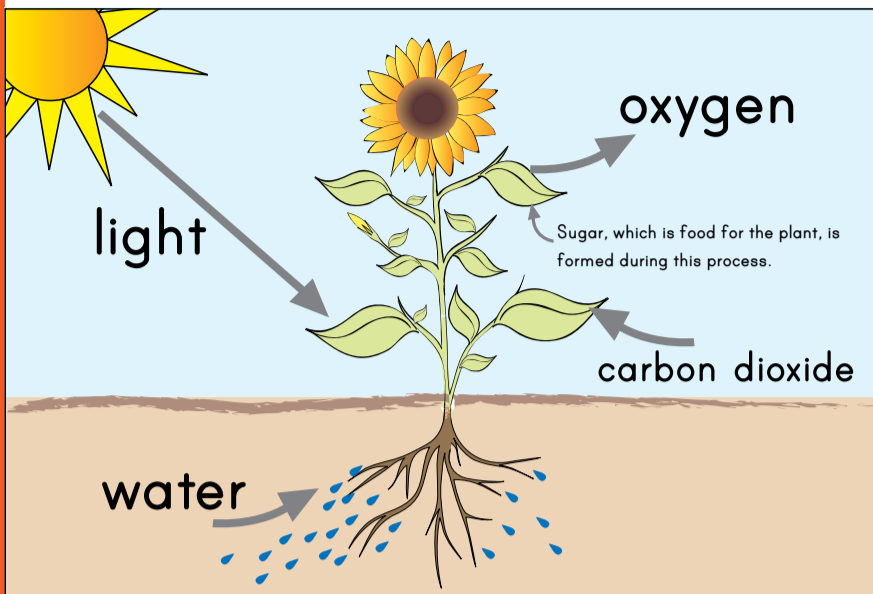
- The Ancient Olympic was conducted once in four years.
- There was march past of the participants and officials.
- The Ancient Olympic games were a religious festival for the Greeks being held in honor of God Zeus.
- The Ancient Olympic games were held only at Olympia in Greece.
- In Ancient Olympic games, oath was taken by all competitors, their trainers their fathers, their brothers and their judges in front of the statues of Zeus Horkios (God of Oaths) in the council house.
- The Competitors who wished to participate in ancient Olympics must be born Greeks.
- The men and boys could participate in competitions in naked form.
- Each Olympiad was named after the winner of 200-yard race known as stade race
- In ancient Olympics, the winners were crowned with sacred olive leave wreaths.
- Sacred fires were burning continuously in the temple of god Zeus at Olympia.
- Ancient Olympic games were held to develop and maintain unity among the Greeks.
- Ancient Olympics were conducted for five days.
- In Ancient Olympics, only individual sports events were conducted.
- Wars were stopped for the conduct of Ancient Olympic Games.
- To begin with, the married women were not allowed even to witness the games. Later on they were allowed not only witness but also to participate in the games.

MORDEN OLYMPIC

- The Modern Olympic is also conducted once in four years.
- There is march past of the participants only.
- The modern Olympic games are an international sport gathering.
- The modern Olympic games are held at different cities of the world.
- In modern Olympic games, an athlete (a captain) leading the host contingent, takes the oath on behalf of the competitors of all Nations participating in front of the Tribune of honor at the Olympic Stadium.
- The Competitors who wished to participate in Modern Olympics shall be the naturally born of a member country.
- In the Modern Olympic games, competitors should wear a proper uniform as prescribed in the rules of a particular sport.
- Each Olympiad is called in its serial order, e.g. XIVth Olympiad 1948-52, XVth Olympiad 1952-56.
- In the modern Olympics, the winners/ position holders are awarded Medals and Diplomas.
- The Olympic flame is lit and kept burning at the stadium till the close of games.
- The modern Olympic Games are held to foster international understanding and brotherhood.
- The modern Olympics are conducted for sixteen days.
- In the Modern Olympic both individuals and team sports are conducted.
- Games had to be stopped because of wars (World Wars; 1916, 1940 & 1944).
- In the Modern Olympics, officially women were never banned to participate but they started taking part from 1900 onwards.

What is photosynthesis

Look at the picture and fill in the blanks using the words at the bottom of the page.



Photosynthesis is a process where plants use _____ from the sun to convert _____ from the air and _____ from the soil into _____ to feed the plant and _____ is given out in the air.

water, sugar, carbon dioxide, light, oxygen

Words with "Sh"

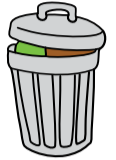
The Sound fo **Sh** is heard at the beginning of **ship** and the end of **flash**.



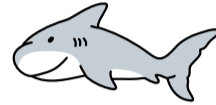
Write **Sh** to complete each word below.
Then draw a line to match the word to the picture



___ oe



fi ___



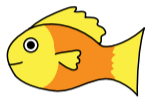
___ apes



tra ___



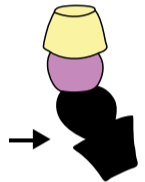
___ adow



___ ark



bu ___



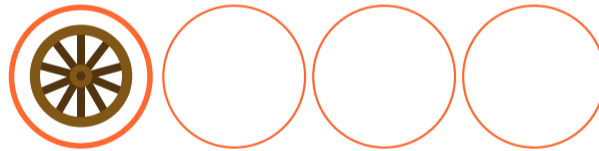
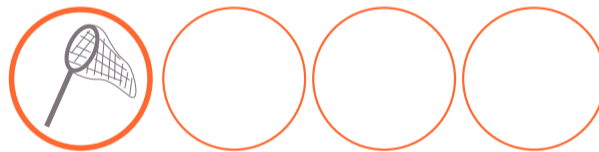
___ ell

Find at least Five Differences



Short and Long E

Cut out the pictures. Then say the word for each picture.
Glue the picture with the short **e** sound next to the net.
Glue the picture with the long **e** sound next to the wheel.



Summer

In the summer it is sunny and hot!
Circle the clothes you wear in the summer.



Multiplying Fractions

- When multiplying fractions, you simply multiply across.
- First, you multiply the numerators.
- Next, you multiply the denominators.
- Finally, you reduce the fraction if necessary.

Example: $4 \times \frac{2}{8} = ?$
 multiply numerators $4 \times 2 = 8$ reduce final answer $\frac{8}{40} = \frac{1}{5}$
 multiply denominators $5 \times 8 = 40$

- $\frac{3}{6} \times \frac{3}{2} = ?$
- $\frac{4}{7} \times \frac{5}{8} = ?$
- $\frac{5}{10} \times \frac{2}{1} = ?$
- $\frac{15}{17} \times \frac{6}{6} = ?$
- $\frac{20}{40} \times \frac{2}{2} = ?$
- $\frac{2}{6} \times \frac{6}{2} = ?$
- $\frac{5}{25} \times \frac{4}{1} = ?$
- $\frac{9}{9} \times \frac{1}{1} = ?$

IP

Read the story and fill in the missing "Ip" words from the word bank.



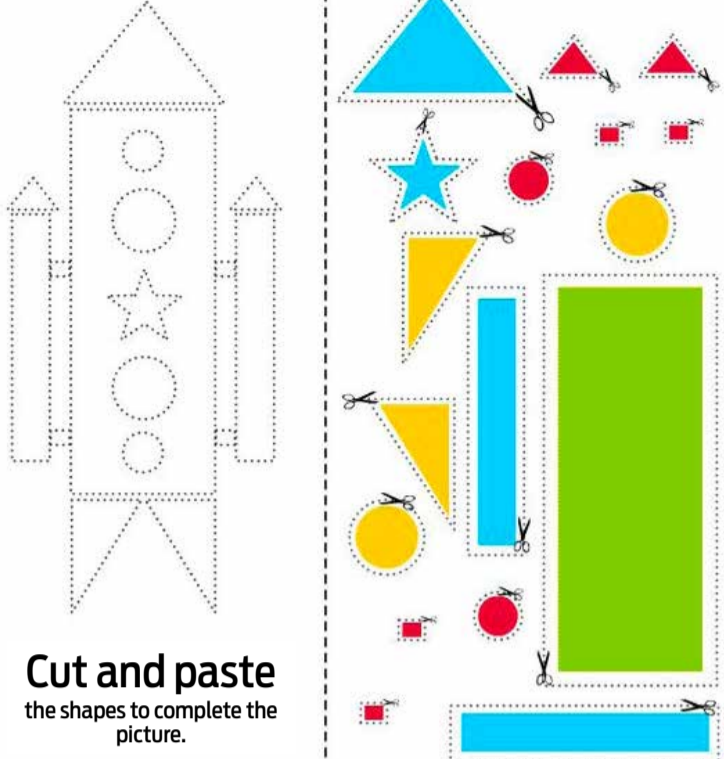
sip dip rip lips

Mom gave me fries along with a for breakfast today. When I finished my fries, I tried to _____ the juice box to take a _____ of _____ the juice. Mom was angry as I had juice all over my _____.

Back to School Word Search

R U L E R L X Q H U S N O Y A R C S O L D
 D S R O S S I C S H Z V J H A P L Q G T A
 M J A U D A D E U P G U H K G Z A R L V J
 A D G L S H A R P E N E R W C V G P U L X
 R E Q D U B J L K N X U D H O A I H E D G
 K W A U X E G T V C W Z B E E T P L I R Z
 E G J F S R E D N I B D L R K Q S K U B J
 R I D O E U H G O L U A H A I W L D C E P
 S Z A L J O D T I D O Q U S V H J P U A W
 O V G D A B W E V X J E Z E R T A X D O B
 P A P E R C L I P S K V B R E L P A T S R
 S D B R E D V Z O D N O T E B O O K H D P

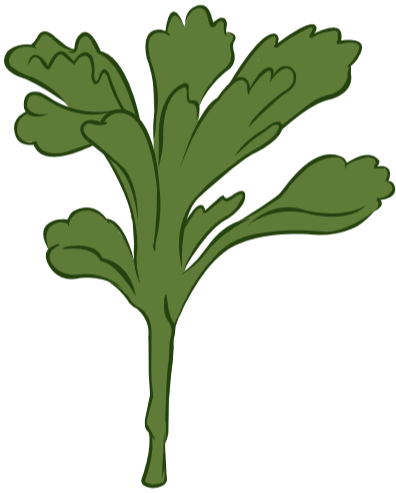
- PEN
- PENCIL
- SHARPENER
- STAPLER
- PAPER
- PAPERCLIPS
- BINDER
- FOLDER
- ERASER
- RULER
- GLUE
- MARKERS
- CRAYONS
- BACKPACK
- SCISSORS
- NOTEBOOK



Cut and paste
the shapes to complete the picture.

PLANT

Circle the items that this plant need to survive.



SOIL



SUNSHINE



HAMMER



THE MOON



RAIN

SUDOKU

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

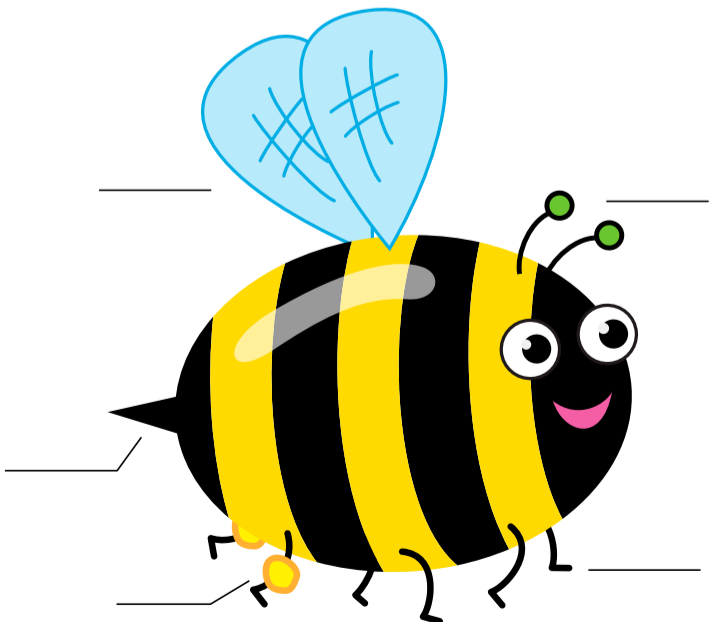
How to Play: Fill each of the blank boxes with the number grid from 1-9, with no numbers repeating in vertical, horizontal rows or 3x3 grids. Do not repeat any letters in a line. Each puzzle has only one solution.

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

ANSWERS

SCIENCE BEE CHART

Below is a chart of a bee.
Cut out the names for the different parts of the bee, and paste them in the right spot.



Wings Stinger Antennae Pollen Leg

CONNECT THE DOTS



ART CORNER



ARTI, ARJUN ENGLISH SCHOOL



VANSH, RUDRA, PARTH (GROUP), TDS



MULLA NAZIRA, SHRI LADHARAM SCHOOL, VADODARA



SALLA TEJESH, ONGC, CHANDKHEDA

MIDDLE SCHOOL: THE WORST YEARS OF MY LIFE

BY-JAMES PATTERSON AND CHRIS TEBBETS

The story starts in suspense starring the main character 'Rafe Khatchadorian' with his sister Georgia and Leonardo the Silent in Hills Village Police Department cruiser. Rafe lives in a small apartment with his mother and sister. His father has died due to some reason which is not known at that point of time. His mother works at a restaurant named 'swifties dinner'.

Rafe is starting his sixth grade in Hills Village Middle School and he is not the kind of kid who is interested in following the conduct. There he is given along with all the other students a roll of conduct book which he thinks as total rubbish and hatches a plan to break all the rules of the book. He names this plan as OPERATION R.A.F.E which stands for 'Rules are not for everyone.'

The story goes around on how he keeps on breaking the rules and getting detentions. That is not all, his mother has a boyfriend whom Rafe calls as Bear, who does nothing and he really hates. He just sleeps all day and then yells at

Rafe for everything.

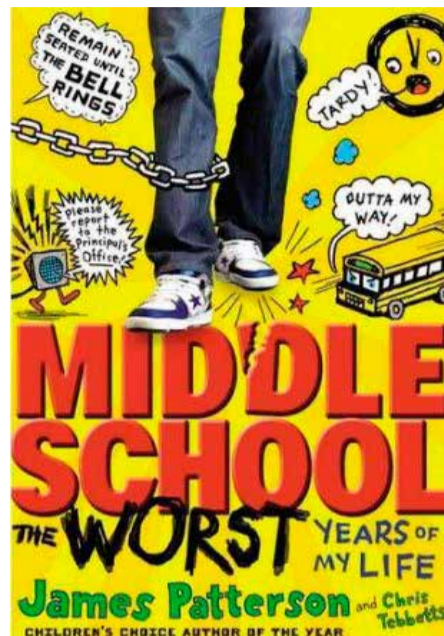
Rafe is not well in academics plus he is a troublemaker in himself but is very well in art. His sister Georgia is exactly the opposite of him. Leonardo the Silent is actually his brother and there is a little secret about him too if you read the book.

According to OPERATION R.A.F.E, he gets points for breaking the rules of the HVMS code of conduct, for instance he gets 5000 points for chewing gum in the class or 20000 points for skipping the class.

He is bullied by a guy called Miller the Killer continuously through his sixth grade. Miller steals his diary and charges him some dollars for every single page.

He finally gets the whole book back before the year ends. In his OPERATION R.A.F.E he has made a No Hurt Rule which is not to hurt anyone in his operation and he gives himself three lives for that.

At the end he loses all the three lives and then still does not give up on his



plans. He scribbles on his school walls early in the morning and gets arrested for that. Bear bribes the cops and goes crazy on Rafe. His mom calms him

down and Rafe is locked in his room and is not allowed to go out.

On that night a parcel came to his house and there was a sudden fight between his mom and Bear. He saw that his mom had fallen off the front steps and it was something related to Bear. He called the police and the ambulance. The ambulance took his mom and they went in the police cruiser which is the scene shown in the first page of the book.

The envelope contained all copies of his diary and everything about mission R.A.F.E. He got expelled from his school but was going to be sent to an art school in seventh grade which is more interesting and is described in the second book of the middle school series. Come join Rafe with his journey in middle school.



MEET J VYAS
YRC, A.G. HIGH SCHOOL

World Environment Day (WED) is held each year on June 5. It is one of the principal vehicles through which the United Nations (UN) stimulates worldwide awareness of the environment and enhances political attention and action. Each year, WED has a new theme that major corporations, NGOs, communities, governments and celebrities worldwide adopt to advocate environmental causes and the theme for 2017 is 'Connecting People to Nature – in the city and on the land, from the poles to the equator'.

A closer look at the theme raises a number of questions in my mind.

- Have we ever been taught the language of nature?
- Does one such language exist?
- If so, then has anyone tried to understand what it is?
- What if we fail to understand?

It is very difficult to answer these questions because our relationship with the nature itself is something which is beyond the understanding of mankind. However, we can no longer continue to remain quiet about what's happening around us. An attempt to understand the human – environment relationship in its true sense alone would help us change our ways in which we deal with the nature.

A great deal of work is being carried out worldwide to build sensitivity among people on preservation and conservation of environment. Yet what matters is a realization to what extent we have been successful in achieving this goal. I strongly believe that schools have a great role to play in this aspect. Environmental Science/Studies should not be considered as one more subject along with Languages, Mathematics etc. The subject should be understood by all the stakeholders especially the teacher and he / she should teach it in its true spirit.

Build curiosity in the child to be able to:

- Listen to the sound made by the opening of the flower petals.

LEARN THE LANGUAGE OF NATURE

- Understand the mutual gratitude which a honey bee and a flower express to each other.
- Listen to the sound made when a seed germinates.
- Interpret what a cloud says when it hits a mountain.

Here are a few ways in which schools in our country can contribute towards this noble endeavor.

- Installation of Solar Panels
- To have the system of rain water harvesting
- To have a compost pit (specially in schools with canteen facility so that vegetable waste could be put to efficient use)
- If possible a bio gas plant (especially in rural areas).
- Allotting space for garden

- Installation of paper recycling machinery
- Use of public transport and school bus facility both by staff and students as far as possible.
- To provide scope for proper ventilation (air and light) so that electricity can be conserved during day time.
- Measures to reduce wastage of water near wash basins and toilets.
- Optimum usage of digital boards.
- Wise use of PCs and laptops to reduce electricity consumption.
- Use of Gong Bell instead of Electric Bell.
- Wise use of paper (Unnecessary duplication of documents should be avoided).
- To opt for fuel efficient air conditioners and their timely maintenance
- Teaching students the optimum use of space in note books and answer

- scripts to avoid wastage of paper.
- Bulletin boards should exemplify the wise use of available resources.
- To avoid usage of lift in schools as far as possible.

The list is not exhaustive and the readers are welcome to add their points. I am sure even if a few of the above mentioned points are taken up in the right earnest, it would bring about a significant change in saving our planet. Why wait? Let us start the journey and try to connect ourselves with as many entities present in the nature understanding the language behind their silent support.

“The destruction of nature and natural resources results from ignorance, greed, and lack of respect for the Earth's living things. Future human generations will inherit a vastly degraded planet if destruction of the natural environment continues at the present rate”.

– Dalai Lama



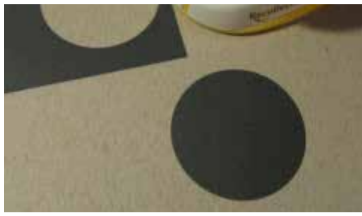
P.V. SATYA RAMESH
EDUCATIONIST, MP



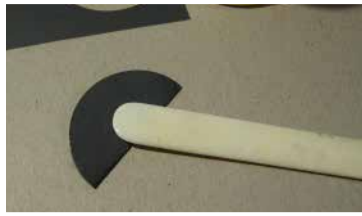
Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence. —Helen Keller



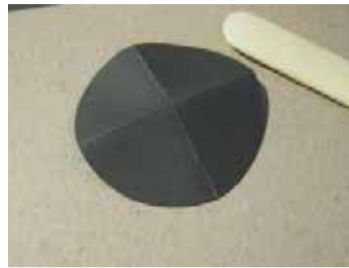
Decorative Small Paper Umbrella



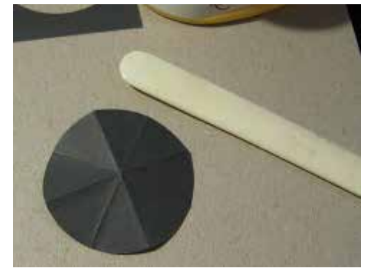
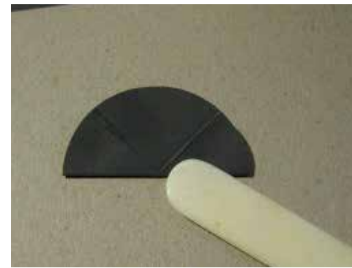
STEP-1
Start with a circle. Use a large hole punch or you could draw a circle and cut it out with scissors.



STEP-2
Fold the circle in half. Use a smooth tool or you could use a marker or knife handle or other.



STEP-3
Repeat the folds again. Until you have 8 sections.



STEP-4
Use a smaller hole punch to trim the edges between sections. You could do this with scissors or a razor knife as well.



STEP-5
Make a cut along one of the folds from the edge to the center. Overlap two sections and glue them together. Now your umbrella has 7 sections.



STEP-6
Cut out a smaller circle for support. Glue it into the middle on the inside.



STEP-7
Then cut a tiny "x" in the middle of the circle underneath and another at the apex. Push a handle (I used a toothpick here.) Before painting, I like to brush on a coat of white glue over the whole umbrella. It makes the paper stronger and makes a good surface for accepting paint.

Khaanpaan-O-Logy

FOODIE GREETING TO ALL THE PROSPECTIVE LITTLE CHEFS!

The academic year has started and as the new books and stationary covered your shelves, we are also adding a new 'Food Column' with one of our regular writers who is also a great chef, graduated from IHMA. Chef Salla Vijay Kumar will be contributing some fun, interesting, useful and delicious Food-O-Logy, which we will cover in our Khaanpaan-O-Logy section from now.

You love to hate it, but now start loving it!

Name of the Vegetable	Bittergourd
Binomial name	Momordica charantia
Indian name	Karela
Reasons of dislike	Appearance Bitterness Any combination Prejudice on the plate
Medicinal Benefits	Herbal Medicine Stomach Ailments Diabetes (Particularly Polypeptide-P, An Insulin Analogue) Laxative Antibilious Emetic Anthelmintic Agent Treatment Of Cough Respiratory Diseases Skin Diseases Wounds Ulcer Gout Rheumatism Purported Uses Including Cancer Prevention, Treatment Of Diabetes Fever HIV and AIDS Infections Weight loss Digestion Relieve constipation Improve immune system



Chef Salla Vijay Kumar
- IHMA

Name of the Vegetable	Bittergourd
Take care about the Side Effects	Diarrhea Abdominal Pain Fever Hypoglycemia Urinary Incontinence Chest Pain
Try to pre-prepare it well	Scrap the ridges with a knife or peeler Make a slit and scoop out the seeds Try to use bright green, fresh and grown Rub in the cut pieces with salt Or Cut and immerse in water with salt and turmeric Or boil in salt and turmeric water

MITHE KARELE

Ingredients:

- 2 medium karelas (bitter gourds*)
- 50 gms imli (tamarind*) pulp/extract
- 2-3 tbsp Gud (jiggery*)
- 1/2 tsp jeera (cumin seeds*)
- 1/4 tsp turmeric powder
- 1/2 tsp red chilli powder
- Salt to taste
- Oil as little as possible

English translation (*)

Method:

1. Wash the karelas, scrape them with knife or peeler
2. Slit them lengthwise and deseed them. Roughly chop them or cut into thin roundels
3. Apply some salt and turmeric and set aside for 10 minutes. Later apply pressure between palms to squeeze out the excess water
4. Heat little oil in a kadhai/pan and add the karela
5. Sauté for sometime on low-medium flame.
6. Cover and cook for 2 minutes stirring occasionally. Remove aside.
7. In the same kadhai add some oil, jeera, and onion (optional), turmeric, red chilli powder, followed by tamarind pulp/extract and jaggery, mix well and allow it to cook.
8. Then add the fried karela, adjust seasoning. Mix well and Cook till done
9. Lastly sprinkle some salt and chat masala (optional)
10. Mix it with plain boiled rice or roll it into chapatis.



MEMORY LANE

A Look back: Rabindranath Tagore visited Odisha

Rabindranath Tagore visited Puri on February 12, 1893. Probably this was his first visit to Puri. At that time he visited Puri along with the then district judge B.L. Gupta. In 1939, Biswanath Das, the then Chief Minister (called the Prime Minister also) of Orissa ad invited Rabindranath Tagore to visit Orissa. Besides, Chief Minister Das went to Calcutta to attend a meeting of All India Congress Committee in the same year. During his stay there, he personally met the poet to pay respect. Tagore told him that he was happy to know from his papers about the progress of Orissa under the popular ministry. Tagore referred his connections with Orissa for a century and said, "I belong to Orissa also, I entertain goodwill, love and affection for the people of Orissa" Mr. Biswanath Das requested him to personally to see the progress of Orissa and Tagore agreed to his proposal. After returning to Cuttack (as Cuttack was the old capital of Orissa) chief minister Das wrote a letter to the poet on behalf of the government and people of Orissa to visit this province, not as a guest of anybody but as the State Guest. But then the Governor of Orissa (first Governor) Sir John Hubback did not like the idea of making a non-official person a State Guest. But the ministry of Biswanath Das insisted that Tagore should be treated as a State Guest. The then Chief Minister sanctioned the



necessary amount of expenditure out of his discretionary fund and asked the collector of Puri to look after the arrangements. Poet Tagore then reached on 19th April 1939. He was then received there by the ministers and government officials. The poet stayed at the Circuit House as the State Government. But all his engagements were cancelled for few days as the poet suffered from slight fever and the doctors advised him complete rest. At Puri on 8th May, 1939 the poet was given an ovation on behalf of the women of Orissa. The next day i.e., on 9th May, the poet's birthday was also celebrated there with enthusiasm. The poet was welcomed with the chanting of Vedic hymns by the Pandits of Sanskrit College. The bard also has an ancestral house at Pandua village under Kujang tehsil in Jagatsinghpur district.

Text credit. Govt. of Odisha

Shipra P. Bhanja

Hindustan Antibiotics School, Pimpri



WOMEN EMPOWERMENT



Malala rightly says-"We all cannot succeed if half of us are held back." Though, women constitute 50% of our population, their importance is still around 20%. That's where we have to work. There is no denying the fact that women in India have made a considerable progress in almost seven decades of Independence, but they still have to struggle against many handicaps and social evils and masculine forces still prevail in the modern Indian society that resists the forward march of its women folk. It is ironical that a country, which has got females, worshipped as Goddesses and has even their name after a female, is positioned as the 29th rank among

146 countries across the globe on the basis of Gender inequality index. There has been amelioration in the position of women, but their true empowerment is still awaited.

Swami Vivekananda, one of the greatest sons of India, quoted that "There is no chance for the welfare of the world unless the condition of women is improved; it is not possible for a bird to fly with only one wing."

Ghata Desai

Student-J.H.A.S.V., Surat

BLOSSOMING NEW YEAR

We can't always go back and do a brand new start but we can always make a brand new ending.

The academic year 2016-17 has ended and now all of us would be promoted to a new class.

Many of us might have scored good marks and grabbed the first or second rank but some of us might not have performed well. We should not be upset about it, its ok it happens we always have another chance. Let me clear my point by pointing out to a situation; our life is like a cricket field we are the batsman and remember there is no fielder, wicket keeper or umpire who could declare you "out" its just you and a machine who is throwing a ball and ball here are the opportunities that comes to you so friends my point is that there are unlimited opportunities (ball) that are yet to come so dont divert your mind any-

where just focus on the opportunities that are coming and try your best to achieve your goal. If you achieve it then its well and good but if not its ok remember another opportunity is coming focus on it do not miss it. If not even this its ok next is coming. So the main point is that you should never lose your heart just keep trying and hope for the best and there is no one who can stop you from getting the best until you quit because there is no fielder or umpire, so dont quit keep trying...to achieve our goal we should keep trying but winning something by wrong means does not make any sense so we should always achieve success by right means. All the best for the new academic year may your efforts blossom up this year and remember the harder you try the luckier you are!!!!

Nirja Hiren oza, YRC, LML School



STANDING ALONE

I feel this is my second step towards success as the first was to have the courage to try again when I failed in the beginning. I couldn't make it to the finals in Young Chef India 2016. Well, let this be the reason I participated in the YCI 2017 and have made it to the mega final, waiting for the results. Along with that, The Open Page has carved out those writing skills in me. With all this development in my character, I have realized who are my real well wishers. A hearty thanks to all those supporters!

Here I go..
It was time to make a tough decision,
I didn't know what to do cause there was a lot of confusion.

I have always strived to prefer a competition that challenges my ability,
Then I work on it with full capability.

I never discriminate between any event,
In fact I love to test myself and I have never bent.

With this I have come across so many new people,
Some I found were fake while some were real.

I lost some people whom I never expected to, therefore, I cried in pain,
All my past efforts to keep relations with them went in vain.

I now thought that I would have to face it all alone,
This experience was without their presence, being scary and moan.

I underwent situations when I felt I wasn't stronger,
I was sleepless, those days were way too long and nights were longer.

Supporters always said, "Baby, they harm you as your efforts are true."
Supporters always stayed, and made sure their motivation stuck me like glue.

In spite of every betrayal I remained quiet,
I wanted the fake ones to know that I knew the dark truth and I still haven't created a riot.

But some constants never stepped back,
They held my hand when I was lost and brought me back to the track.

I had read and could relate that this happened to everyone who grows,
Well, actually nobody except the real ones knew whether I cried with happiness or due to grief I groaned.

Hence, this proved that my career had grown,
My real little family was and will always be my backbone!

Ekta Ganwani
Head Student Editor @ Young Reporters' Club
Lalji Mehrotra Lions School

BNARAT RATNA

LOKPRIYA GOPINATH BARDOLAI

A true hero is not made by birth but is recognized by his deeds. A follower of Gandhian movement and advocate of communal harmony, Gopinath Bardoloi was a saint like statesman and strong supporter of independence. The undisputed rising sun of eastern India, he was a mesmerizing person with multi talented mind and an author of many trend setting books. His educational journey from the native village Raha to Kolkata, was full of making history and by practicing law, he rightly argued for a separate high court in Assam. His political career from the Prime minister of undivided Assam to the post of Chief Minister of modern Assam reflects his depth and diverse knowledge of British raj.

Gopinath Bardoloi will be remembered for his tireless fight for Assam Medical College, Assam Veterinary College, Assam High Court, Assam University and many other social reforms. His books are the burning examples of the influence of Mahatma Gandhi and Sardar Patel on him while these books were composed in his jail life. Because of his advocacy and activities Assam was saved from both China and East Pakistan (now Bangladesh).

In his honor the highest civilian



6 June 1890 to 5 August 1950

award THE BHARAT RATNA was bestowed upon him in 1963. Further, a life sized statue is installed in the parliament house by Dr. A.P.J. Abdul Kalam in 2002. Guwahati airport is re-named as Lokpriya Gopinath Bardoloi International Airport. Although he was associated with the National Congress Party, yet he served the mankind above any political bias and always supported the needy ones. Truly, he will be remembered as LOKPRIYA who always worked for everybody with equal passion and interest to uphold the national pride.

AVANTIKA BHANJA,
JHASV, SURAT

A POEM ON SYRIA ATTACK



I wanted to play on the ground,
But soldiers were on a round.
I could hear gunshots,
But if I had stepped out
I could have been caught,
So, I wore some old cloth,
Which my mother bought,
That was the only top and I never went to shop.
I had dreamt dreams, while sleeping under trees.

I grew up in a military area,
Which was situated in Syria.
I was 10 years old,
strong and bold,
I looked like a boy,
And was used like a toy.
My mother left and ran,
Me alone with a horrible man.
Still lived a hope within me,
Waiting for a day of change to come,
Neither I wanted my life to last,
Even the news says it was a bomb blast.
(Help Syria it's been through a hard time)

JANWEE MUKIM, Lml School



A Poem on Father's day

I was born.
Taken to a place everyone called "home",
There were two moving objects I owned,
One with the short hair playEd with me,
Another with the long hair, beautiful, fed me,
Later I was to call them papa and mumma,
When I cried at night papa came,
When I was hungry mumma came,
So I learnt how to call them,
I had to make sounds,
No one else understood but they always did.
Slowly I grew taller and I could talk,
They sent me to a place they called school,
There were creatures like me,
Some were short, some were tall,
But I was different from all,
No one liked me,
No one talked to me,
If I fell down he picked me.

After some years, college replaced school,
But the creatures this time were real weird,
mostly fake.
Some bullied me,
Some acted to be my friends,
But when I needed a shoulder to cry on he was always there.

Suddenly, mumma shifted from home to hospital,
We went to see her,
She kept lying on a bed probably asleep.
One day, she disappeared,
Disappeared, from her bed,
I felt something, everyone said it's pain.

I didn't know what to do,
I could not sleep, I kept crying,
There he came strong and bold,
His hands ready to rub my back,
His lap there to make me fall asleep.
He was my papa,
Strong but unnoticed
Shivangi Dasgupta,
Lml School

The Indian Consensus, 2001, defines child labour as participation of children in an economically productive activity, with or without compensation, wages and profit. Such work can be mental or physical, part time or full time. It includes unpaid work on a family enterprise, farm etc.

In 2002, International Labour Organisation launched World day Against Child labour to generate attention on the issue of child labour and the efforts made globally to eliminate it. Each year on 12th June, the day marks the coming together of civil society, workers organisations, governments and millions of people to highlight the suffering of child labourers and what should be done to help them.

Last year, in 2016, the theme of the event was "Supply Chains". As of now, 168 million children are still working as labourers, all supply chains from agriculture to manufacturing, construction to services, depend on this illegal mechanism. International Organisation of Employers (IOE) and International Labour Organisation have joined hands to create Child Labour Guidance Tool- a source for corporations to gain information and ability to conduct business in accordance to the international labour standards on child labour.

India, despite having strict laws and policies to prevent child labour, is still unable to resolve the issue. The following rights and acts help decrease the plight of these children but only when implemented effectively -

1. The right to free and compulsory education -

The law mandates free and fair education for all children upto the age of 14. In order to achieve this we not only have millions of government schools but 25% of seats in private schools are reserved for children from disadvantaged socio-economic backgrounds.



2. The Indian government launched a National Policy on Child Labour in 1987-

This policy seeks to rehabilitate children working in hazardous occupations.

3. The Juvenile Justice (Care and Protection) of Children Act of 2015).

This law criminalised, with a prison term, for anybody to keep a child in bondage for the purpose of employment.

Despite these heavy regulations, India has the largest number of child labourers in the world. The primary cause for this is prevalent and widespread poverty. Other factors include overpopulation, lack of access to schools or quality education, parental illiteracy and lack of awareness regarding laws. Combined with this, is the blatant disregard for laws shown by powerful corporations for the sake of their own

profit. It's also strongly suggested that girls are twice more likely than boys to drop out of school.

However, as an individual and a citizen of this country, there are some steps we can take.



Multiple NGOs like "Rank a Brand", "Made-by" and "Fair-Wear" keep checks on how fair and transparent companies are and whether they stick to working conditions.

3. Implementation of Regulations -

By campaigning for an effective implementation of all anti child labour laws, policies and regulations you help make the world safer for millions.

When it comes to abolishing child labour, India has a long way to go but with the help of educated, informed and law-abiding citizens it will no longer be an up-hill battle.

1. Voice injustice

Whether it is your neighbour employing an underage girl to clean the house, or the "Chottu" (underage boy) at your local tea shop, it's time to not look away and close your eyes but to call them out on their actions and to inform the authorities to prevent this from happening in the future. By voicing injustice you become the voice for those who have been too oppressed to stand up for themselves.

2. Conscious consumption

Read up on the industries and help create awareness. Refuse to buy products from corporations that exploit chil-



SHEEN KAUL
STUDENT, DELHI UNIVERSITY

THE GREAT LEGEND, LIONEL MESSI

Football is not just a sport, but a religion which is followed by some great people including Lionel Messi. Lionel Andres Messi was born on 24th June, 1987. He is a football player for the Spanish club FC Barcelona and for his National Team Argentina. Considered as one of the best players in the world, Messi is the only player in history to win five FIFA Ballon d'Or awards and the first to win three European Golden Shoes. With Barcelona, he won eight La Liga titles, four Copas del Rey. Messi also holds the record for maximum number of goals scored in la Liga making him one of the most accomplished players in the world.

This icon was born and raised in Argentina. As a young child, he was diagnosed with a growth hormone deficiency. At the age of thirteen he moved to Spain to join the Barcelona team which paid for his medical treatment. In spite of his disease, he played in an amazing manner for the Barcelona team. Three successful seasons passed as he won



three consecutive FIFA Ballons d' Or.

His personal best was in the 2011-12 season as he made a record for the most goals scored. Messi is the world's all time leading goal scorer. At the youth level he won the 2005 FIFA World Youth Championship. He became the squad captain in August 2011 and led Argentina to three consecutive finals in which he won the Golden Ball and the 2015 and 2016 Copas America. The entire world hopes to have a great player like Lionel Messi to play from their team and lead them to victory.

Renee Shah, Student, LML School



Never bend your head. Always hold it high. Look the world straight in the eye. —Helen Keller





This is not a spelling mistake. This is what my son calls me. For me, Father happens to be the driving force that is carrying me and proving my existence. You have everything to look up in a man of such stature loving, sharing, caring and omnipresent with you at all times.

Father's Day is celebrated worldwide to recognize the contribution that father figures make to the lives of their children. This day celebrates fatherhood and male parenting. Although it is celebrated on a variety of dates worldwide, many countries observe this day on the third Sunday in June.

"Anyone can be a father, but it takes someone special to be a dad, and that's why I call you dad, because you are so special to me. You taught me the game and you taught me how to play it right" - Said Wade Boggs

You must agree that the first school for all of us happens to be home and when mother takes the role of a teacher then father has been designated as Headmaster. He is always on the run and wants to see you on your toes. He employs so many strategies, formulas, standards and intuitive processes and planning, solving many hardships that he correctly is the Father of the family. He knows it better and he knows he has to do it and does it in full faith when there is no scope of appreciation but definitely the contention and satisfaction accomplished for a job done well, each time.

Even before you could expect he gave you his mobile, you were fast I know but you only availed the opportunity. He taught you to take care of your mother and elders and youngsters, respect them for the divine self they are, help them as and when in your reach, listen to them even when you don't want to, carve

yourself as a better human in the society, a friend for life and one of its kind - God's gift. He teaches you to grow into a man, getting your hands on the vehicle, indulging and involving you to make payments and purchases. Like I perceive my father is a phenomenal influence in my life, here to stay for lifetime. He once said "It is difficult to keep everyone around happy and it is something

Earning money to buy things, go to movies, buy household accessories and cars, house and vacationing. Correct. They are judged to seldom have time to sit and check on the ward except for the sign in the progress report and parent teachers meeting. But did you ever see the other side of the father? Every father buys you good clothes, toys, books and anything you need. Can you sit down and enlist all the things your father does over and above the regular stuff but never asked for the acknowledgement? Try it. You will be Mt. Everest proud for it.

A father is combination of Superman, Hulk, Shaktiman, Krish, fast & furious and many more including of course Bahubali. He is a darling especially for the daughters. Did you ever wonder about all that they reach to? It is needless to mention taking you to school, tuitions, extra-curricular activities at different time zones, after his day at office. He also helps you with your homework, projects, representation in sports and competitive exams elsewhere.

I liked this statement that I read somewhere, 'Father's carry an insane burden of being the provider of the family; the one that feels it is his pre-disposed duty to ensure the happiness, health, and security of his family'. My father is always an unsung hero for me. I see him as my hero, a role model and an incomparable great human. A man who wakes up silently with the mission only to see that my family can have anything and everything we could ever need. His job did not end as he retires from his office. He continues to rise at the crack of dawn with flowers for the god with prayers for everyone, ready to tackle his endless To-Do list, without fail, every day. He is honest in his dealings and so are his social gestures that make him a heart of gold. He would not have a count of people who have benefitted by him actively or passively but his trust in himself and his

that is not possible. So it doesn't mean you don't ensure to do it. Work for it, everything will either be a success story or a lesson".

Fathers are office bearers and mostly busy you know why?

selfless responsibility strengthens with every day gone by. He never expects a thank you, but always there for whom most of the times even don't know him.

Sometimes we argue with him, why run for others, take care of self. He only proves his point - Service to mankind is Service to God. Today, I hope to see him sit down alongside his inspiring driving force - my mother, over a glass of water, to relax for a second. We three brothers and our entire family are going to reap the benefits of the good he is continuing to do. We only pray for a healthy disciplined, devoted and dedicated life - A lesson for life for anybody who trespasses him.

Today the sons and daughters individually or collectively amount to venturing farther than the dialogue in accomplishing their domesticity in the home sweet home. Today's children are more matured and understand the plight of their parents on an introduction or in a sub-conscious plot and are submissive. They can give up on anything not arguing on their subject cornered. A huge round of applause to all parents across the world who have unknowingly made this big. These serve as documents of time, telling the tale that would otherwise be lost.

My Father - Super Dad

*You helped me start,
To walk and talk slow to fast
You helped me grow,
Through good and bad you showed
You discovered my talent
To take me and myself to this
conquered patent
You polished me,
To do good and good for mankind
through me
You helped me assemble amidst
ocean
With your taught discipline,
dedication and devotion
And finally to value me like
MYSELF.*

They say, "Behind every successful Man, there is a Woman". I agree. My mother is always there. I would like to add on, "Behind every successful Man, Woman, Son, Daughter, Family, Friend, Everything, there is a FATHER."

You live in ME, my Super Daddy. Thank you is a mere gesture to the mountainous gratitude to you Father for being the most wonderful wonder in this world.



SALLA VIJAY KUMAR
NATIONAL AWARD WINNING LECTURER, IHMA

COACHING MANIA: The commercialized education

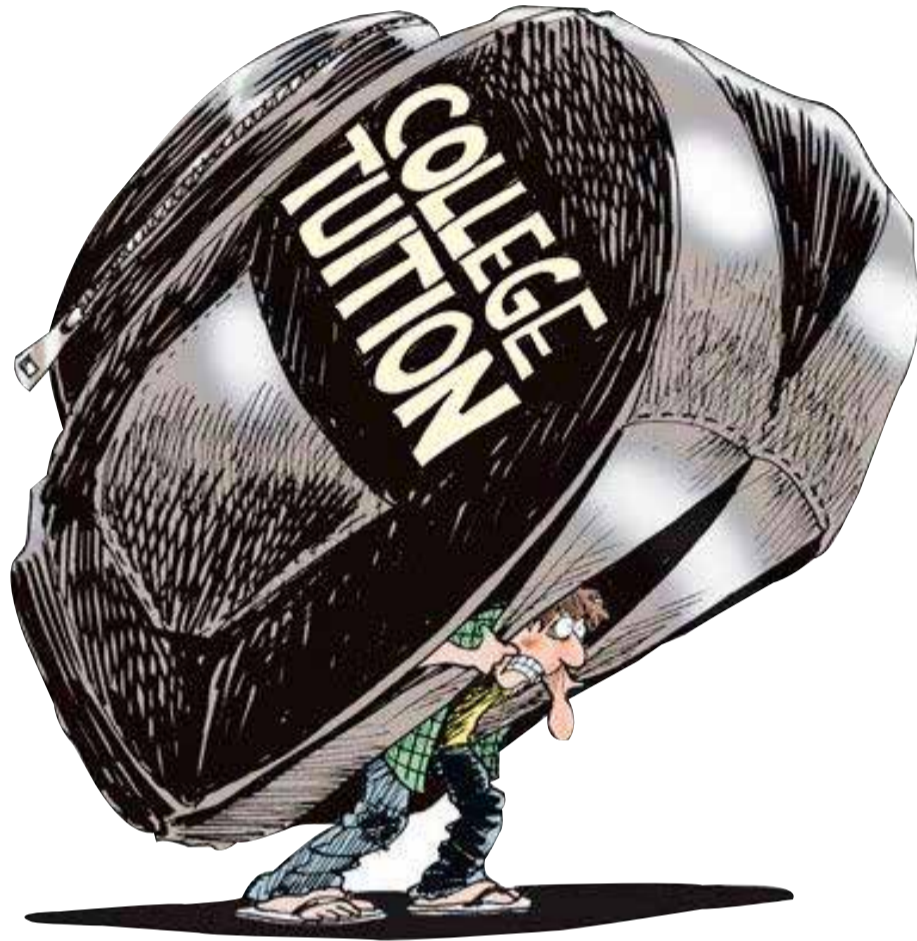
In present days cut throat competition in higher educational institutes for better career prospect seems like a mandatory evil in Indian educational system. Both the groups - the students and parents are forced by the phobia and pressure from the social impact to join in private coaching classes and many of them succumb to the work load and financial shortage. Kota, a tiny suburban town is an example where most of the suicide cases are reported in the recent time as if there is no way and hope for any alternate career in life. Poor children from Bihar, Uttar Pradesh and other parts try their luck for IITs, NITs AIIMS etc. by paying a huge amount of their parents' hard earned money. Private coaching centers are not above the radar of law and MHRD (Ministry of Human Resource Development) ministry, yet they are successfully earning crores of rupees every year. It seems that there is no quality education imparted in schools and these classes are the sole supplementary to fill the gap. Mushrooming of coaching classes is getting worse where the politicians are involved directly or playing supportive role to run their extra business smoothly.

Running a coaching class is not bad at all when they look into the apathy and genuine need of the selected students. Prof. Anand Kumar shows the way and his 'super thirty' concept is praised by one and all. Super thirty is not a money making arena but a leading supportive hand for poor brilliancy. And his labour yields the expected results for many batches. Navodaya Vidyalay Samiti also trains a good number of needy pupils with full financial assistance from the government. This year, 481 students out of 500 qualified for JEE Advanced examination. Indian Army also started

There is a big difference in coaching classes between the rural and urban students. Further the boys prefer coaching for IITs and the girls for Medicine. This year there are more than 11 lakh aspirants for NEET examination where 6 lakhs are girls.

coaching program for J&K students.

Indian parents, it seems, are worried about the future of their children rather than ignoring the present day apathy. Students are lacking values and schooling system has no time to give value education. As a teacher, I must confess that nobody is eager for a career in teaching; rather they refuse to think of school job. School and college jobs are no more profitable and parents are also vying for ready to earn professions. Now-a-days, there are many reasons for opting for coaching classes. One is academic pressure due to inability of teachings by the



In his research paper, Mr. Bray pointed out that private coaching classes are in fact doing the justice with money making policies. In fact, in terms of its nature, extent and importance, it is comparable to the formal system or it is like a shadow of the formal system. In other words, private tutoring acts as surrogate mother as schools become ineffective.

school teachers. Secondly, there is a social pressure by the parents and relatives and the last one is peer group pressure without the interest for the subject. These last two reasons are the root causes for casualties in hostel due to work load and social status. Most aspirants spoil their lives and the government is responsible by not initiating strong action for the closure of such classes. Further, the education department must take necessary action to fill the vacant posts with efficient teachers so that our students may get ample time for preparation in their own schools. There should be career counseling in school premises for the pupils and parents so that they may opt according to their aptitudes and desire. Otherwise both the educated and illiterate parents will lose their hard earned money and precious time.

In his research paper, Mr. Bray pointed out that private coaching



classes are in fact doing the justice with money making policies. In fact, in terms of its nature, extent and importance, it is comparable to the formal system or it is like a shadow of the formal system. In other words, private tutoring acts as surrogate mother as schools become ineffective. The government mechanisms seems as it is a failure and private tuition is affecting the very core of Indian education system. The central government as well as the policy makers have done the survey but the result is not new. The importance of school marks in selection to IITs play a vital role. To curb the coaching mania, there were many suggestions but private classes became richer. After the new norms with mains and advanced JEE system, these private coaching classes got more enrolled candidates and it proved as a big failure for the MHRD.

Think about our school education

A survey indicates that the top five states where coaching classes are high and maximum number of school going children are going for regular tuitions.

TRIPURA	WEST BENGAL
89%	87%
BIHAR	ODISHA
67.2%	63.4%
MANIPUR	
54.7%	

where the students of middle classes are opting for early tuition.

This seems like a fashion for bigger states and in born disease for north eastern states. A survey indicates the top five states where coaching classes are high and maximum number of school going children and they are going for regular tuitions. Tripura (89%), West Bengal (87%), Bihar (67.2%), Odisha (63.4%) and Manipur (54.7%). In India, 73% students are studying in government schools where the basic facilities are less or not at all available. Drinking water, sanitation, infrastructure and basic black boards are not provided yet. Today nearly 30% teaching posts are vacant and in-charge faculties are doing the job of the principal.

In Odisha and Bihar, there are no class rooms also in some of the schools. There is a big difference in coaching classes between the rural and urban students. Further the boys prefer coaching for IITs and the girls for Medicine.

This year there are more than 11 lakh aspirants for NEET examination where 6 lakhs are girls. RTE guidelines for free education is not followed judiciously. Politicians, Doctors, Scientists Actors and the rich ones prefer to private schools and foreign schools.

What more, our teachers also hesitate to send their children to government schools. Here, JNV is doing the noble act by providing free education to the poor and the rest is history. Odisha government has recently established residential day boarding schools where the formal education along with quality coaching for higher education is to be provided. All these private schools and colleges must be undertaken by government and a universal educational policy should be implemented.

Sooner the conversion, better the expected result. But our policy makers are not in a mood to lose their share of profit in politics and the loser is the student community and ultimately the nation.



DR. DHANANJAYA
BHANJA
EDUCATIONIST, SURAT



It does not matter how slowly you go as long as you do not stop. — Confucius





WELCOME THE NEW ACADEMIC YEAR WITH ZEAL AND READINESS

Beating the fresh academic year start blues is always a big deal for parents and students. After enjoying over 35 days of vacation it is not easy to settle with new academic year. Many things change, the class, the classmate, the books, the syllabus, the timings, getting into the school routine, etc. Settling down with the start of the school proves to be a headache for many parents and students. In order to avoid such year start blues, one should prepare in advance for such changes and welcome the new academic year with zeal and readiness.

GETTING READY TO WELCOME THE NEXT ACADEMIC YEAR

1. The new infrastructure

Most of the schools take renovation during summer vacation as it being the longest period available for such stuff. Be ready to welcome the New Year with some innovations and changes in the facilities of the school. You may find a new play area, a new hall, a new computer lab, a new library, etc. As a student we are always excited to find that new change in our school as we step in after a long break. School management may also take the advantage of such breaks and renovate the building adding some more value to the infrastructure. As Students we should not only welcome such changes but also aid in maintaining it by using such facilities sensibly and not abusing it. By making the appropriate use of the infrastructure we encourage the school management to provide us with more such facilities and enhance the learning experience for us.

2. The new class room

With the New Year and being promoted to the next standard, one will always have a new class room. Promoting to higher class is a joy in itself. Students are always excited to check in to the new classroom. The changes in the classroom may have changes in benches, seating arrangements, dimensions, ceiling fans, etc. We must be ready to accept the change with zeal. The class may be of different dimension, may not have enough aeration or lighting, and many such odds. We should keep in mind that we are going to school to study and not to look into those silly infrastructural matters. It is the class (group of people) that is going to remain same even with new arrangements, so instead of having a fussy attitude, welcome the new class with old friends again and settle down as quickly as possible.

3. The new Bench Mate

With the New Year be ready for a new friend or bench mate. School life is full of fun and learning. It is during this stage one makes new friend and for life time. You may not have the same bench mate with the New Year. One should be willing and ready to make friends with the new bench mate. Having a new bench mate will have its own rewarding experience. He/she may be more cooperative and helping than the previous one. Many a times the new bench mate may inspire you with their work pattern which in turn will improve your score. At times such an experience may have its own issues that should be dealt with patience and provisions.

4. Your Place in the Class room

Just as the class room changes, so does the internal arrangement changes. You may have a new place in the class. You could be shifted

to the back bench or on the front bench just in reach of the teacher. The new bench could have some scares or impressions left by old student. Also, in the new place in the class you may not find a fan just above your place. Chill, it's the new class and yes its going to be a new arrangement, settle down with the new arrangement and inform your class teacher if you have any issues regarding it. If you find that the board is hardly visible from your place and you have visibility issues then inform your teacher accordingly and request for a place change politely. This does not necessarily mean that one should start losing interest in studies or focus in non productive efforts.

5. The New Class Teacher

Most of the cases the students are always excited to have a new class teacher. They are all ready to impress the class teacher with their skills and hobbies. All children seek the attention and soft corner from the class teacher. Many a times it so happens that as students we might have developed a recluse for particular teacher and on finding the same as class teacher the charm of the new year fades away on the very first day. In such case we as students need to understand that the class teacher is a responsible person and has to handle many errands apart from teaching. So cooperate with the teacher and earn back cooperation and appreciation from the teacher. Share what you feel about the class with your class teacher and I am sure he/she would do best possible efforts to make

your class a comfortable place to learn.

6. Your new set of Books

The new books have taken place of the old books with new titles and diagrams. It is the duty of us the teachers and parents to accustom the child to the new book, new pattern in the books and the care and maintenance that needs to be taken for the entire year. As students we should take utmost care of the books. Keep the books properly clad with book cover and in tidy situation. Go through the book once, so that you will understand the pattern of theory in the book. The math book would have the same pattern as the previous year but there could be some changes, trace those changes and get yourself accustomed to it.

7. The New Syllabus

The New Year will also have a new syllabus with some revisions and refinements. It is always an advantage to have a revised syllabus as it contains the necessary stuff that is required to be learnt as per the times we live in. Thus, welcome the changes in syllabus and leave the rest upon the teacher to make you feel comfortable with it. As students it is our duty to follow the instructions of teacher for learning the theory. Following what the teacher says will ease your task for learning.

8. Your new Transport

If you are using the school transport or Private transport for to and fro from school, then there are also chances that there is some changes in that. One can have a new driver or conductor or a new bus all together. The most unbearable change could be the pick up and drop time if the route changes. In such cases be prepared to face the new changes and get accustomed to it.

9. New Test Schedules

The new academic year brings in lot of changes. The class, the syllabus, the teacher and all that discussed so far are bound to change and so does the test schedule change. With the new technology being introduced in education, the school may tighten the test schedules and such follow ups. The recent changes in the assessment pattern and the discontinuation of the semester system will have its positive effects on the test schedules. The semester system is dropped by CBSE and most of the state boards. Thus, we can have a different test schedule as compared to the last year. We



must be prepared for such changes to the test schedules and new paper styles.

10. The new feedback System

With technology marking its presence and growing its feet in all direction, the schools have established new feedback systems. Earlier technology was used only towards achieving academic excellence where in we have seen many companies availing their software for better grasping, learning and education of students. With the coming year it is seen that the school have many more solutions being offered by the same set of companies and new ones not only in academic field but also in database management and administration. With this year we have been approached by many companies that provide Administrative Software for better administration of the school, staff, students and parents. What's worth noting is the feedback system that such software provides. Almost all such companies provide an integrated feedback system that aware the parents with SMS, Email, Website and Mobile Apps. While the child leaves from school and prepares to reach home the parents are ready to welcome with the HW information that they received through SMS from school. In such cases, the parents must keep their patience and have a planned schedule for the child to pursue academics at home.

Ultimately, we will have a new bunch of experiences in the new year. Some may be good while some may not be welcomed. For the good experience express your joy and be happy. For those otherwise experiences, be prepared to face it and learn from it. Wish you all, a very happy academic year ahead.



DR. VISHAL VARIA
EDUCATIONIST, RAJKOT



LEARNING
DIFFICULTIESAn Increasing Concern amongst
School Going Students

Hello and Namaskar. I personally thank all of you for appreciating the article on the said topic published in the month of April 2017. If you remember, in that article we introduced the term Learning Difficulties & in brief we understood its Signs & Symptoms, Reasons, Diagnosis and its Treatment.

Looking at the appreciation, interest and inquiries from many of the readers about giving specific information on Learning Difficulties we have come up with this topic in detail.

As you all know that the Educational System of India has implemented its decision to promote students till class-IX, formally known as Right to Educa-

tion. Also there is one more initiative from Government known as Stress Free Education. Many Schools almost every school is trying to align with this initiative of Government and they have successfully introduced concepts like No homework, No Exams, No need to Bring School Bags, etc. and thus trying to align to the broad initiative of our Education System of "Bhar Vinanu Bhanter".

Our understanding is based on the fact that every child has its own pace and method of learning, understanding and growing. As per the Indian system we are made to believe that the standard/class the child has to be in is, directly proportional to the age he is in. For Eg: If the

child reaches 5 years he has to be admitted to standard 1 and by the time they attain 16 years they have to be in standard 10. Our question is: "Are these the right criteria of a child's learning".

Research has also established that many a times we the parents are pushed to put pressure on child and also on schools to promote to higher standards with the increase in Age. Without knowing whether the child is really learning the concept. We majorly focus only on Grades, Marks and Percentages. If the child is not scoring well we find alternatives such as Extra Classes, Group Tutorials, Personal Tuition, Etc. But WAIT!!! "For Many Children the solution might not be Tutorials".

Many Children need "Personalized Individual Education Plan", based on their "Individual Learning Abilities".

What is Individual Learning Ability?

The term Individual Learning Ability / learning difficulties is used to refer to a range of neurological conditions that affect one or more of the ways that a person takes in, stores, or uses information.

Signs and Symptoms

Teachers are often the first to notice that "something doesn't seem right." Most parents will, from time to time, see one or more of these warning signs in their children.

Age 0-4

- Speaks later than most children
- Pronunciation problems
- Slow vocabulary growth
- Difficulty rhyming words
- Trouble learning numbers, alphabet, days, colors, shapes
- Extremely restless and easily distracted
- Trouble interacting with peers
- Difficulty following directions or routines
- Slow to develop fine motor skills

Note: If the child is facing combination of above warning signs there are chances that they might be facing difficulties in Learning.

Age 5-9

- Slow to learn the connection betn letters & sounds
- Confuses basic words (run , eat , want)
- Makes consistent reading and spelling errors
- Interchanges number sequence & arithmetic sign
- Slow to remember facts
- Slow to learn new skills, relies heavily on memorization
- Impulsive, difficulty planning
- Unstable pencil grip
- Trouble learning about time
- Poor coordination, unaware of objects around, prone to accidents

Age 10-12

- Reverses letter sequences (soiled/solid, left/felt)
- Slow to learn prefixes, suffixes, root words, etc
- Avoids reading aloud
- Trouble with word problems
- Difficulty with handwriting
- Awkward, fist-like, or tight pencil grip
- Avoids writing assignments
- Slow or poor recall of facts
- Difficulty making friends
- Trouble understanding body language and facial expressions

Age 13-16

- Continues to spell incorrectly, spells the same word differently
- Avoids reading and writing tasks
- Trouble summarizing
- Trouble with questions with two or more words
- Weak memory skills
- Difficulty adjusting to new settings
- Works slowly
- Poor grasp of abstract concepts
- Either pays too little attention to details or focuses on them too much
- Misreads information

What are Specific Learning Difficulties?

A specific learning difficulty is when a child is able to do well in some areas of learning, but has problems with other areas. The reasons for these difficulties could be: Dyslexia, Dyscalculia, Dysgraphia, Dyspraxia, ADHD etc.

A child could also be having other issues such as physical health problems, family issues or issues at school etc.

What is Dyslexia?

Dyslexia is a learning disability that primarily affects one's ability to read and develop a strong understanding of language. It is in fact more than just a reading problem. A child with Dyslexia may also have difficulties with oral communication, organizational skills, following instructions or telling time.

What is Dyscalculia?

A condition that affects the ability to acquire arithmetical skills. Dyscalculia learners may have difficulty understanding simple number concepts, grasping numbers, problems learning number facts and procedures.

What is Dysgraphia?

Dysgraphia is a learning disability that affects writing, which requires a complex set of motor and information processing skills. Dysgraphia makes the act of writing difficult. It can lead to problems with spelling, poor handwriting and putting thoughts on paper. People with dysgraphia can have trouble organizing letters, numbers and words on a line or page. They might also have visual-spatial difficulties.

What is Dyspraxia?

Dyspraxia affects fine and/or gross motor coordination in children and adults. People with dyspraxia have trouble planning and completing fine motor tasks. This can vary from simple motor tasks such as waving goodbye to more complex tasks like brushing teeth.

DYSLEXIA

- Difficulty understanding single words (reading single words in isolation)
- Slow in learning connection between letters and sounds
- May confuse small words – at/to, said/and, does/goes
- Makes consistent reading and spelling errors including:
 - Letter reversals – d for b as in, dog for bog
 - Word reversals – tip for pit
 - Inversions – m and w, u and n
 - Transpositions – felt and left
 - Substitutions – house and home

DYSCALCULIA

- Difficulty imagining a mental number line
- Particular difficulty with subtraction
- Difficulty using finger counting (slow, inaccurate, unable to immediately recognize finger configurations)
- Difficulty understanding place value
- Trouble learning multi-step calculation
- Anxiety about or negative attitude towards math

DYSGRAPHIA

- An awkward grip on spoons, toys, crayons etc.
- Inability to firmly grasp objects
- Lack of interest in using certain toys, such as puzzles, due to inability to hold and place them properly.
- Lack of coordination in all areas of the body, especially the hands.
- Tiring quickly at drawing or coloring.
- Unable to properly throw a ball.
- Frequently dropping items.
- Tight pencil grip
- Bending/ twisting the body while writing
- Illegible handwriting or printing
- Becoming exhausted while writing or doing homework
- Flexing the hand because of tightness or cramping
- a noticeable size difference in letters and numbers
- Excellent oral presentation but poor when written
- Words or sentences are left incomplete

**DYSPRAXIA**

- Unable to stay still
- High levels of excitability, with a loud/shrill voice
- May be easily distressed and prone to temper tantrums
- May constantly bump into objects and fall over
- Difficulty with pedaling a tricycle or similar toy
- Lack of any sense of danger
- Continued messy eating
- Avoidance of constructional toys,
- Difficulty in holding a pencil or using scissors
- Isolation within the peer group. May prefer adult company
- Laterality (left- or right-handedness) still not established
- Persistent language difficulties
- Limited response to verbal instruction
- Limited concentration. Tasks are often left unfinished
- Difficulties in adapting to a structured school routine
- Slow at dressing. Unable to tie shoe laces
- Barely legible handwriting
- Immature drawing and copying skills
- Inability to remember more than 2 instructions @ once
- Slow completion of class work
- Hand flapping when excited
- Problems with co-ordinating a knife & fork

**Treatment for Learning Difficulties**

Depending on the difficulties faced by a child Individualized Education Program (IEP) can be developed. The IEP sets personalized goals for each student and is tailored to the student's individual needs and ability. Teachers work closely with parents to inform them of their child's progress and suggest techniques to promote learning at home. They are involved in the students' behavioral, social, and academic development, helping the students develop emotionally & academically.



MRS. BIJAL HARKHANI
SPECIAL EDUCATIONAL COACH
3rd EDUCATOR'S AWARD WINNER

“BE HEALTHY LIVE HEALTHY”

TYPHOID FEVER

This disease is known by various names: Gastric Fever, Enteric Fever etc.

Cause:

Bacteria: 'Bacterium Salmonella Typhi'

Transmission (spread):

- It is spread only from Human to Human. No any other animals carry this disease.
- The bacteria of Typhoid fever spread through poor hygiene habits and poor public sanitation condition.
- It is also spread by flying insects, especially fly. It is spread by contaminated water or food with the feces of an infected person.
- Bacteria (Typhi) enters through the mouth. Bacteria spends 1-3 weeks in the intestine. Thus Bacteria is spread by direct contact with the feces of an infected person.
- After this, Bacteria makes its way through the intestinal wall and into the bloodstream and then it spreads into other tissues and organs.

'Typhoid fever' is most common In India and More than 1 to 2 millions cases of 'Typhoid Fever' occurs per year.

Signs & Symptoms:

They may vary from mild to severe and usually begin in 6 to 30 days after exposure.

- High grade fever 104 °F.
- Weakness.
- Person is too tired to get up.
- Headache.
- Cough.
- Nasal bleeding (epistaxis) is seen in a quarter of cases.
- Abdominal pain.
- Constipation.
- Diarrhea is uncommon.
- Vomiting is not usually severe.
- Patient becomes very much exhausted and emaciated.
- Feeling of malaise.
- Rose spots on lower chest and abdomen in around every 3rd. patient.
- Enlarged Spleen.
- Liver is enlarged and tender.
- Intestinal Perforation & it is frequently fatal which may occur without alarming.
- Pneumonia
- Acute Bronchitis etc.

Ages affected:

- 0 To 5 years ▷ Rare.
- 6 To 60+ years ▷ Common.
- Children and youngsters are most commonly affected.

Diagnosis:

'Typhoid fever' is diagnosed by various Blood Tests & other laboratory investigations.

Treatment:

Typhoid fever is treated with antibiotic medicines. Hospitalization is necessary in severe infection also surgery is mandatory in acute & very serious condition if bleeding occurs.

Prevention:

- Maintain proper hygiene.
- Better and proper hand washing.
- Better sanitation.
- Use only mineral water.
- Do chlorination of drinking water.
- Use vegetables after properly washing with clean water.
- Eat hygienic & home-made food.
- Don't drink contaminated & pouch water.
- Don't drink direct tap water.
- Don't eat raw vegetables.
- Don't eat contaminated and street food.



CAMEL POSE

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BENEFITS

- Stretches the entire front of the body, the ankles, thighs and groins,
- Abdomen and chest, and throat
- Strengthens back muscles
- Improves posture
- Stimulates the organs of the abdomen and neck

DESCRIPTION

- Come to your knees, with your legs hip-width apart. Place your hands on your hips, with your thumbs on your sacrum, the bony plate at the base of your spine. Keep your hips over your knees and internally rotate your thighs, squeezing them toward each other.
- Inhale to engage your lower belly and reach your tailbone toward your knees, creating space between your lower vertebrae.
- On another inhalation, lift your sternum and draw your elbows toward each other, allowing your rib cage to expand.
- Keep your chest raised, your core engaged, your spine long, and your chin tucked as you drop your hands toward your heels.
- Press the heels of your hands into the heels of your feet while draping the fingers over the soles. Keep lifting through your sternum.
- Now lift your shoulders to allow the trapezius muscles between the shoulder blades to rise up and cushion your cervical spine. Gently lower the head and neck and gaze at the tip of your nose.



7. To exit the posture, bring your chin back toward your chest and your hands to your hips with your thumbs on your sacrum. Engage your lower belly and use your hands to support your lower back as you come up slowly.

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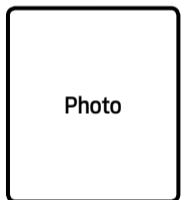
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CHAITANYA SCHOOL CELEBRATES WORLD BOOK DAY

It was a Lit fest for the whole week at Chaitanya School culminating in the celebration of World Book Day (WBD). The School was privileged to house the Smt Padma Motwani Library a state of the art, modern library on its premises. The PM Library was the hub of many innovative literary activities. It was promising to see the whole-hearted participation of students and staff in the literary presentations and role plays conducted at the school. Books of different genres, from science fiction, drama and mystery to books made into movies were read and displayed with a critical appreciation prepared by students. The primary school enacted story book characters from old favourites Cinderella, Robin Hood and Maharana Pratap to the

contemporary Harry Potter, Jack Sparrow and others. Reading and listening to literary works by teachers and students generated considerable interest as the Event was organised with the objective to create a love for books and reading.

Highlights of the Book Week: Meet-the-Author where Dr Indira Nityanandam engaged different age groups by reading out stories to them. The week long activities culminated on 22nd April, with the release of Vivaran- The Chaitanya Digest by Mr Ravi Gopalan, President Argusoft. Another feather was added to Chaitanya's cap when Ms Nalini Subbarao, Trustee- Sree Vidya Niketan Trust launched the PALIMPSEST, a Compendium written by Ms Elizabeth Koshy, Director Chaitanya School.



Vinod Khanna: Obituary of an eccentric Bollywood hero



'A villain-turned-leading man of Bollywood, a bohemian at the feet of a hippy guru, a successful politician: Vinod Khanna was a man who lived many lives', are the words of Sudha G Tilak.

Vinod Khanna, who died at the age of 70, belonged to the second wave of Punjabi heroes who ruled Bollywood - known as "Partition Punjabis". The heroes on screen then were all swashbuckling heroes known for their strapping good looks, cultivated on screen mannerisms and individual styles. He embodied all that but also

brought all the panache of 1970s cinema to his acting.

Later he joined politics - subsequently getting elected to parliament four times. He was once made a junior foreign minister.

The Open page pays homage. He will be forever remembered as an actor who wrote his own jagged script.

Bollywood will miss its favorite MOM



Reema Lagoo, veteran actor of film and TV, known for playing mom to big stars like Salman Khan and Shah Rukh Khan, died at 59 on 18th May 2017 of a cardiac arrest. The industry will remember her for a decade for her adorable roles as mom.

The actor was famous for playing 'mom' in both movies and television. Her most popular movies were 'Hum Aapke Hain Koun...! Hum

Saath-Saath Hain, Maine Pyar Kiya and Kal Ho Naa Ho'. She also made a name for herself in TV shows like 'Tu Tu Main Main and Shrimaan Shrimati'. She was last seen in a daily soap named 'Naamkaran'. She is a winner of four Filmfare Awards for best supporting actress. The Open Page pays tribute to this wonderful actress. May her soul Rest in Peace.

THE LITTLE GENIUS

Vedant Dhiren Thaker is a student of 6th standard in Shantinagar High School at Mira Road in Mumbai. Native Place: Tintoi, Taluka: Modasa, Dist: Aravali, North Gujarat, Since childhood, Vedant is interested in innovations. He has been toying with inverters, motors, magnets, LED's, batteries etc.

Vedant is a kind hearted child and when he visits his native place Tintoi, Aravalli District, North Gujarat, twice in a year, he often sees children in villages studying in kerosene lamps due to non-availability of electricity and also mothers cooking food for children in dark, where accidents often occur. He is deeply touched by this acts in rural India and aspired to innovate a novel way to generate green and free electricity to give power to the rural Indians.

He has made this possible by his innovation using discarded laptop batteries which today pose a serious environmental threat to India's environment.



Vedant is also awarded by World CSR Congress & Global CSR Excellency "SOCIAL INNOVATION & ICONIC LEADERSHIP AWARD" for his Innovation - "Recycled Battery Power Source" at the World CSR Day on 18th February, 2016 the Taj Lands End, Mumbai.

Those who can make a difference to the lives of others were selected from across the World.

The criteria involved Quality of their work, rural reach and outlook and ability to contribute value to social change.

Vedant has applied for patent for his innovation and is on his way in search of a way forward for powering rural India.



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