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HOW TO DEAL WITH THINGS YOU DON'T LIKE*

When we trust in God, we submit our will to his and trust that his way is better than ours: *"Men and women* who turn their lives over to God will discover that He can make a lot more out of their lives than they can."* — **Ezra Taft Benson** When you find yourself in a situation that is leaving you stressed, unfulfilled, or otherwise disempower, I suggest taking a moment to disassociate from the problem/situation and focus on the big picture. **Not "liking" something is a state of resistance** How many times have you complained about something only to reminisce about it after you've been through it. Think school times. We complained about stupid teachers, boring homework, stressful exams, and parents meeting, right? How many times have you said that you miss school ever since? "I hate this, why do I have to do this mountain of work in my work from home during covid" "I don't understand why we have to beat my head about what to cook everyday" "Arrrrgh! I have to take that client call and my favorite TV show is around the same time!" These are the Mental Conversation we have with ourselves during the tough times. Does the things that we complain about really matter in years to come? I doubt so. Life is not meant to be easy but we can all live a good life if we allow ourselves to. Without acceptance in the present, we are blind to opportunities for growth in the future. **Rather than resent or reject the thing you dislike, seek to observe it with equanimity**. "It is what it is. Wishing something to be different does nothing. If you can see it clearly and accept it as is, only then can you do something about it." On this road to loving something which you don't like, there are a few things to keep in mind: **Develop Compassionate Attitude** Empathy allows us to change our "me"-centered perspective and see the situation from the mind of another person. However, sometimes knowing what the other person feels or even feeling with them, is not enough to change our response. **See the Learning Curve** Developing a "growth mind set", Dr.Carol Dweck has done extensive research and has also written books on importance of growth mind set, one that sees learning as a plant that grows and blossoms with the right nourishment. A growth mind set allows us to see our mistakes as life lessons that help us refine our behaviors and become better versions of ourselves every time. A fixed mind set, on the other hand, makes us defensive of our actions and quick to lay the blame on others. **KEEP MOVING FORWARD** No one truly enjoys being in a situation that is causing them significant mental, emotional, or physical distress. If someone does seem to "enjoy" this form of suffering, it is likely that they truly desire something else (e.g., attention, love, belonging) and are ineffective at getting their true needs met. **We always have three clear choices when things don't go our way: accept it, change it, or leave it.** There is great freedom in recognizing your ability to reduce suffering in this way. The next time that you find yourself in a situation that is causing you discomfort or distress, remember that you have a choice about how to respond to reality.



MS. INDU PUNJ
Educator, Founder - Stories Matter,
Trained Counsellor

THE PARENTING DILEMMA

These days we, as parents and as individuals, feel that life is slipping away from our grip and screen time is consuming most of our days. In Netflix's latest documentary called "The Social Dilemma", the makers have pointed out very rightly that we are being controlled by the internet and if we are not paying for it we are the product. And we are being used. Now in this era of handling Gen Z, parents are really getting confused as they don't know where to draw the line. Being a mother of two grown-ups and addressing various teenage issues as a counselor, I have summarized my views in the few points given below: 1. Effective communication: It is very important to communicate your point of view in a clear language. Most mothers keep saying something or the other the entire day and children tend to take it this casually. The best way to convey your point is to sit with them, use firm language and without raising your voice you should be able to address the issues. Set rules of your conversation so that no one interrupts when someone is making a point. There should be no distraction of phone, television or any other thing. 2. Listen to understand: Most of us as parents listen to children to provide a solution. On the contrary, children just want us to share their concerns, their apprehensions, their ideas, the things that bother them--they are not expecting a solution every time. Listen to them patiently with full concern and interest. Keep your body language very receptive. 3. Parents should set rules in a clear and concise manner. 4. Lead by example: Don't set the wrong examples by using your phone while eating and talking to them. The phone should be kept aside during meal times and during serious conversations. 5. Unconditional Acceptance: Children should be made to realize that they are worthy, they are enough and their marks don't set any benchmark of their worthiness and academic performance is not the reason they are loved and accepted for. We expect our children to treat us as their best friends, for that we will have to give them the freedom to express freely, without imposing our judgements and later using these disclosures to hurt them. Children are forced to lie and hide facts due to fear of being scolded and mistreated. They find solace and peace outside the house because inside there is no one that understands them. If we change our perspective, widen our thought processes and become more accepting we will have much more happier and healthier bonding with our grown-ups and there will be fewer cases of depression, anxiety and loneliness. Hope my article helps in touching the right cord. I am thankful to the IDPS family for always providing me with a platform to express my views. Wish to remain associated with future endeavors as well.

Flt. Lt Harita Kaur: First female pilot to fly solo



Flt Lt Harita Kaur was born on 10 Nov 1971 in Chandigarh in a military family. Daughter of an Army veteran Colonel Deol, Flt Lt Harita Kaur became one of first seven women cadets inducted into the Air Force as Short Service Commission (SSC) officers in the year 1993. This also marked a critical phase in training of women in India as a transport pilots. After initial training at Air Force Academy, Dundigul near Hyderabad, she received

further training at Air Lift Forces Training Establishment (ALFTE) at Yelahanka Air Force Station in Bangalore.

On 2 September 1994, Flt Lt Harita kaur, at the age of 22 years, became the first Indian woman to fly a solo in an Avro HS-748 aircraft. She created history when she kissed the clouds at a massive height of 10,000 feet, which indeed was a momentous occasion for Indian Air Force. Daughter of an Army man, Flt Lt Harita was adventurous and

passionate about flying and Air Force life.

Living the dream: The Indian Air Force

In the year of 1992, the IAF first advertised eight vacancies for women pilot and more than 20,000 applications came from all over the country. Amongst them, only 500 applicants qualified the written test. Again, another written test was held, and only 10 or 12 candidates from each of the three centers appeared to be qualifying. They all were put through the physical test and medical checkups. After this final test, only 13 candidates passed the test, and Ms. Harita Kaur Deol was one of them. Soon, she was recruited as one of the seven cadets into the Indian Air Force as Short Service Commission Officers. She did her initial training at the Air Force Academy of Dundigul, near Hyderabad. Harita Kaur Deol – The first solo pilot in IAF without any co-pilot. Many other trainings later at Yelahanka Air Force Station, Harita finally took her step to change the history of IAF forever. On 2nd September 1994, the 22 years old Harita Deol made India shine brightly when she flew high in an Avro HS-748 and touched the clouds at the height of 10,000 feet. She was

the first woman to fly in IAF without any co-pilot. And when she finally touched the ground, she knew she had made the history of the first that day. It was not only a proud moment for her but for the officer who trained her throughout. Her demonstration was so neat that she outdid the male pilots, as exclaimed by her training officer.

Air Operation Task: 24 Dec 1996

On 24 Dec 1996, Flt Lt Harita was assigned an operational as a co-pilot. Flt Lt Harita took off from Chennai in her HS-748 Avro aircraft as a co-pilot on a sortie from Chennai to Hyderabad. However on the way to Hyderabad the aircraft suffered technical glitches along with wing fatigue and crashed near Bukkapuram village in Prakasam district of Andhra Pradesh. In this ill-fated crash Flt Lt Harita lost her life along with 24 other personnel. Thus the life of a fine Air Force officer and a committed soldier was lost in this unfortunate accident. Flt Lt Harita had achieved the distinction of becoming the first Indian woman to fly a solo flight in the IAF but unfortunately also became the first woman Air Force pilot to die in harness in the line of duty.

Top 4 Biggest Bank in the World

1. Industrial and Commercial Bank Of China Ltd. (IDCBY)

- Revenue (TTM): \$123.6B
- Net Income (TTM): \$45.3B
- Market Cap: \$231.8B
- 1-Year Trailing Total Return: -6.9%
- Exchange: OTC

The largest bank in the world in terms of total assets under management (AUM) is the Industrial and Commercial Bank of China Ltd.

2. JP Morgan Chase & Co. (JPM)

- Revenue (TTM): \$114.6B
 - Net Income (TTM): \$36.4B
 - Market Cap: \$280.1B
 - 1-Year Trailing Total Return: -5.8%
 - Exchange: New York
- JPMorgan Chase & Co. is a multinational bank and financial services holding company involved in corporate lending, asset management, wealth management, and investment and consumer banking, among other offerings.

3. Japan Post Holdings Co. Ltd. (JPHLF)

- Revenue (TTM): \$112.3B
- Net Income (TTM): \$4.7B
- Market Cap: \$34.4B
- 1-Year Trailing Total Return: -28.3%
- Exchange: OTC

Unique among many of the companies on this list, Japan Post Holdings Co. Ltd. has operations in banking as well as in life insurance, logistics, and other businesses.

3. China Construction Bank Corp. (CICBY)

- Revenue (TTM): \$112.3B
- Net Income (TTM): \$4.7B
- Market Cap: \$34.4B
- 1-Year Trailing Total Return: -28.3%
- Exchange: OTC

The second Chinese bank on our 10 biggest list is China Construction Bank Corp. It provides corporate banking services such as e-banking, credit lines, and commercial loans.

A Momentary view of Activities

INDEPENDENCE DAY CELEBRATION

Esteemed guests Mr. S.M CHOWDHARY (Advocate High Court) and K.K PANDOTRA (Advocate High Court) graced the flag hoisting ceremony on the occasion of 74th INDEPENDENCE DAY.



*Jan Gan
Man
Adhinayak
Jaya hey...
-Rabindra Nath Tagore*



A Momentary view of Activities

Eloquence - The Literary Week 2nd Edition

Event - Rhyme, Rhythm and Rapture Grade - IX and X. IDPIANs enjoyed the realm of poetry with the beauty of expression, thought, feeling, rhyme, rhythm and the music of words. The main purpose behind conducting this competition is to build self confidence, develop the oratory skills and self expression.



Event - What's your Tale? Grade - VIII. Opening up the vivid imaginations that runs wild in children and to build confidence and enhancing their speaking skills, a storytelling competition was organized for IDPIANs. The young vibrant storytellers came forth with wonderful tales. While some stories provided food for thought, some reinforced moral values and some were humorous.



Celebrations of Krishna Janmashtami



REAL HEROS



MR. GOYUM JAIN
CLASS: 3RD

When God created teachers,
He gave us special friends
To help us understand his world
And become a better person
With each

discovery

When God created teachers.
He gave us special guides
To show us ways in which to grow
So we can all decide
How live and hour to do
What's right instead of wrong?
And learn how to do strong.
Why God created teacher
In his wisdom and his grace,
Was to help us learn to make our world
A better, wiser place.



MR. AADHVIK GUPTA
CLASS: 1ST

Hello, Reader my name is Aadhvik Gupta my topic name is "MY DAD", no doubt I love my mother but here I am going to write something about my dad. I wish you like it.

DAD

Sweet as honey,
Dear as money,
Hard life span,
Soft like bun,
Smooth like butter
Strong like metal
Cheerful as pal,
Strong as the china wall.
He is the superman of my like
Do you want to know
Who is He?
My Super DAD.



MS. HADIYA TUFFAIL
CLASS: UKG

Topic Covid_19
The Covid_19 Pandemic is one of the most dangerous challenges this world has faced in our lifetime. It is above all a human crisis with severe health and socio_economic consequences. This virus is

unprecedented in our life time and requires and unprecedented response. The best response we need to have is a concept of unity. United we can win through such an epidemic. United in all stream and United in our thoughts and existence. With out any I'll will for others either on caste, religion or colour. Let's strive together, Let's follow the discipline. Let's challenge this worst period to win together and we shall surely win starting right from everyone of us. God bless everyone.



THOUSANDS OF MEMORIES

It is difficult to see your friends go, how precious they are , with them we grow. I will miss all the fun things we did together, just want to be with my classmates forever,
All the fights we fought,
All the punishments we got,
All the crafts we made, Of Supreet mam we were afraid.
All the teachers we like,
All the tiffin's we ate with delight.
All that times when teachers inspired us to do more,
And their lectures made us bore.
All that times when we got a golden chance to ask Madhu Mam for a period of dance.
Oh! How much we loved the period of games.
And how we gave each other cute and funny names.
How much we enjoyed on our picnic, how much we danced and ate.
I wish I could rewind those times. We become a family, how good was our fate. How much friendly we were with every teacher with them we used to laugh, I want too more years with them, just a few years are not enough. How the activity teachers brought smiles on our face, and how going to school gave me ease, how much we loved the human of everyone we created a thousands of memories. Words can't describe my feelings, this was the best session of my life, no matter wherever I go, I will remember the IDPS Family till I am alive.

- Afreen Iqbal
Class: 10th



REAL HEROS



Mr. Prabhjot
Grade IX



Mr. Amir Farooq
Grade X



Mr. Hamid Raza Khan
Grade X



Name: Amir Farooq
class - 10th

To all the citizens of India, HAPPY INDEPENDENCE DAY.

We want to express our immense gratitude for existing selflessly throughout the fight for independence. You emerged as selfless human beings ready to die for the national cause. You were strong, courageous, zealous, and brave that you coped with consuming days and nights very smoothly. If it wasn't for you, we hadn't been living freely in a democracy like India today.

With extreme pride in our hearts, we convey our condolences to the lost citizens of India who died for the freedom struggle and being a common man or woman, were not appreciated or even mentioned. For the India that we see today, we are grateful that you existed then to make our now better.



From: Abdullah Qa
3rd A



BHAVISH MAHAJAN
3rd A



HISTORY OF YOGA

Yoga's history has many places of obscurity and uncertainty due to its oral transmission of sacred texts and the secretive nature of its teachings.

PRE – CLASSICAL YOGA VEDAS – 10,000 BC – 500 BC.

The science of yoga is in ancient texts of Vedas, which are more than 1000 years old. But it is believed that Vedas were orally transmitted for much longer than 10,000 years or even more. The Vedas were a collection of science of Mother Nature agriculture, mathematics, astronomy, social sciences, ethics and morality, culture, arts, Ayurveda and much more. Vedas are composed in to sacred songs, mantras and rituals which were taught during that time. Vedas have four parts, Aranyaks, Samhita, Brahman and Upanishads. In Upanishads, the first explicit references to yoga appear. Concepts of withdrawing the sense, controlling the mind, and attaining liberations are the main objectives in Upanishads. There are four Vedas: Rigveda, Samaveda, Yajurveda and Atharvaveda.

RAMAYANA: About 7,000 years old, a true story of Lord Rama, is very important to the science of yoga. The Ramayana consists of 24,000 verses and tells the story of king Rama of Ajodhya Kingdom whose life is all about pain and suffering. But in this testing and difficult time, king Rama maintains his balance, lives virtuous life without compromising on principals and value of life. All his actions are for fulfilling duties and responsibilities for others. Despite of this altruistic and unselfish life, he is happy and peaceful at every moment. This is the real idea of yoga.

MAHABHARATA: Another very important true story of science of yoga is Mahabharata. It is the story

of most important yoga mater, Lord Krishna who lives about 5,000 years ago. The Mahabharata is written by the sage Vasa, which is one the longest known epic poems consisting of over 200,000 individuals verse lines. The text includes the Bhagavad Gita, which is most relevant ancient text for yoga. Bhagavad Gita is also known as yoga psychology or science of life. It contains solutions to the problems of human life. Bhagavad Gita has inspired generations and great civilizations who followed the teachings of Bhagavad Gita. Bhagavad Gita is a dialogue between Lord Krishna who symbolizes supreme consciousness and prince Arjuna live his life in contentment and peace. Lord Krishna plains the concepts of dharma, karma yoga, bhakti yoga and jnana yoga.

CLASSICAL YOGA – 500 BC:

Very systematic process of yoga were written by great Sage Patanjali in 500 BC. He wrote yoga sutras to explain the process and systematic analysis of practical methods for awakening and expanding the higher faculties of mind intellect, quality of consciousness. His path of Ashtanga Yoga included yamas and niyamas, asanas, pranayama, pratyahara, dharna, dhyana, Samadhi. Yoga sutras are concisely packed 196 line in Sanskrit which are divided in to 4 chapters.

POST – CLASSICAL YOGA –

800 AD: Shankaracharya - A revolutionary yoga master who lived in 800 AD, reenergized the yoga culture. He united various yoga traditions, sorted the ideological differences and gave science of yoga a wider appeal. He wrote commentaries on Bhagavad Gita, Upanishads, Vedant philosophy, which are wonderful insights in to

science of yoga. He founded the tradition of Swami Sannyasa or monks who played a very positive role in society after that.

HATHA YOGA – 600 AD –

1500 AD: Hatha yoga, the most popular tradition of yoga was developed during 600 to 1500 AD. Hatha yoga focuses on strengthening and purification of body – mind. Harmony of body and mind is the main objective and is achieved by practice of asana, cleansing, pranayama, mudras, and bandhas. Hath yoga was founded by Sage Matsyendranath and Goraknath. This form of yoga was more practical and helped everyone improve their health.

MODERN TIMES 1890'S: In the late 19th century, yoga started travelling to the west. The first of the masters was S w a m i Vivekananda who wowed the audience at a lecture on yoga in Chicago in 1897.

He was a disciple of Ramakrishna Paramhansa from Kolkata in India. Swami Vivekananda was a Sanyasi (monk) and he presented the true picture off science of yoga and convinced intellectuals in the west about importance of yoga for humanity. His lectures on Bhagavad Gita, Karma Yoga, Ashtanga Yoga, Bhakti Yoga, Jnana Yoga are real inspirations to every yoga follower.

THE SIGNIFICANCE OF THE ASANAS AND THE PRANAYAMAS:

"ASANA" is the Sanskrit word for a physical posture. Expressed in general terms Asana denotes a specific position which can be held in a relaxed and comfortable manner for a long period of time. In the 2nd century BC, Patanjali wrote down the

principles of yoga practice in the "YOGA SUTRAS". He named only the meditation posture "ASANA" and the physical posture he termed "YOGA VYAYAM".

Many Asanas were derived from the natural movements and positions of animals and carry the names of animals such as "Cat", "Deer", "Tiger", "Hare, etc. these postures make use of examples form nature on how to help oneself.

THE SECOND "PILLAR" OF THE YOGA EXERCISES IS

PRANAYAMA: Pranayama is the conscious and deliberate control and regulation of the breath (Prana means breath, Ayam means to control, to regulate). With each breath



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we absorb not only Oxygen, but also Prana. Prana is cosmic energy, the power in the universe that creates, preserves and changes. It is the basic element of life and consciousness. Prana is also found in food, therefore it is very important to have a healthy and wholesome vegetarian diet. The conscious guidance of prana in the body give rise to an increase in vitality, physical detoxification and improved immunity, as well as the attainment of inner peace, relaxation and mental clarity. In mythology it is said that the length of a person's life is predetermined by the number of breaths.

The Yogi tries to "Conserve Time" and lengthen life by slowing down the breath.

Do you know these surprising health facts?

With new studies and reports being released daily it can be hard to keep track of what's new in health and wellness.

To help you stay on top of your health knowledge we've put together 10 health-related facts that just might surprise you.

10. Drink something hot to cool down:

Conventional wisdom may tell you that if you are hot, drinking something cold will cool down your body. However, research has shown that on a hot day, drinking a hot beverage may help your body stay cool. The reason being that when you drink a hot drink, your body produces sweat to cool down your body temperature.

Initially you may be adding heat by drinking the hot liquid, but the amount of sweat that your body produces to cool down more than makes up for the added heat from the liquid. The increased perspiration is key; when the sweat evaporates from your skin, it is able to cool down your body temperature.

9. Your sweat is mostly made up of water:

Speaking of sweat, our sweat is composed mostly of water – about 99 percent! How much we sweat is unique to each individual; factors like gender and/or age can contribute to a person sweating more or less.

8. The strongest muscle in your body is.....:

Our muscle strength can be measured in different ways. If you are referring to the muscle that can exert the most force, then your calf

muscle, the soleus, would be the winner. However, if you want to find the muscle that can exert the most pressure, then the jaw muscle, or the masseter, would be the strongest. The human jaw can close teeth with a force as great as 200 pounds, or 890 newtons!

7. More than half your bones are located in your



hands and feet:

We are born with approximately 300 bones and cartilage which eventually fuse together by the time we reach adulthood. The adult human body consists of 206 bones. Of these bones, 106 of them are located in our hands and feet. Bones in the arms are among the most commonly broken bones and account for almost half of all adults' bone injuries.

6. You can physically see high cholesterol

It is possible to see signs on your body that you may have high cholesterol. Xanthelasmata, or xanthelasma, are cholesterol-filled bumps that form under your skin. It can be an indicator of possible heart disease. The lesions can be found all over the body and tend to appear

on the skin of older people with diabetes or other heart ailments.

5. Cholesterol-free can be bad for your cholesterol:

Food labels may say that it is cholesterol-free, however, that does not mean that the food is good for your cholesterol levels. Trans fats, which are cholesterol-

raising, naturally have no cholesterol but can be detrimental to your cholesterol levels. Trans fats can be found in many fried foods and baked goods. Trans fat, such as partially hydrogenated vegetable oils, and saturated fats are not good for your cholesterol levels and should be avoided as much as possible.

4. If you are tired, exercise will help:

If you are physically tired, the best thing to do is exercise as it will give you more energy than sitting. Studies have found that the blood and oxygen flow through the body will give you more energy and improve your mood. The increase in endorphin levels can contribute to a feeling of well-being.

3. Cold temperature can be good for your health:

If you live in Canada, you know all about cold weather. But did you know that colder temperatures can benefit your health? Colder temperatures may help reduce allergies and inflammation and research has shown that it can help you think more clearly and perform daily tasks better. The cold can also help lower

the risk of disease; mosquitoes that carry diseases such as Zika, West Nile virus and malaria are not around during the winter season.

2. Bananas can help improve your mood:

A banana has approximately 30% of your daily recommended intake of vitamin B6. Vitamin B6 helps the brain produce serotonin, which is considered a mood stabilizer.

Serotonin impacts your motor skills and emotions. It is also the chemical that helps you sleep and digest food. Eating a banana can help relieve depression and anxiety by stimulating the serotonin levels in your body.

1. Optimism may help you live longer:

Can seeing the glass half full help you live longer? Studies have found that there is a correlation between increasing levels of optimism with decreasing levels of death from cancer, disease, infection and stroke. This is particularly true for cases of cardiovascular disease. Those who had the highest levels of optimism had an almost 40% lower risk of heart disease.

So there it is, 10 interesting facts that you may not have known about your health.

SPEED BALL

SPEED BALL: The benefits of sports for students reach far beyond the physical. From improving social skills to teaching self-esteem and personal resilience, playing sports can instill lifelong values to students that reach far past the classroom.

A hollow ball in latex revolves around a metallic mast (1,70m high) which is linked by a nylon thread (fishing thread type) of 1,70m length. The thread is knotted to the mast by a loop or a plastic ring freely revolving around a reel. The mast is fixed in a base from 40 kg to 90 kg. The ball is elliptic and is hit with a rigid plastic racquet with a small handle and a strings around 25cm of diameter. The speed-ball court is about 6x4 m. for the single match and 8x6 m. for the doubles.

Rules for speed-ball:

Speed-ball is played alone (super-solo), with two players (single match), or four players

(double match), or four players (relay)

Super-solo: In Super-solo, the



mission is to hit the ball a maximum times in one minute. At first with the right hand, then a minute again with the left hand, then with two racquets in fore-hand only, then with two racquets in back-hand only. The number of hits of each movement is added to make the final score of the solo. The duration of one movement is 30 seconds for the players under 14 years old and one minute for older players. A break of 30 seconds for all



classes is granted behind each movement.

The best players can do up to 160 hits in one minute. The current men's world record is 614 hits, set by Egypt's Mohamed Nagy, while the women's record of 539 hits set by Egyptian Noha AbouZeid in the

26th world championship in Kuwait.

Single match: The



single match is played by two players, each with one racquet. Each player has his own ground, separated by a neutral strip 60 cm wide (the diameter of the speed-ball's

base). A match is divided into games of 10 points. The players attempt to hit the ball once each in turn, inverting its direction of rotation. To score points, the ball must pass twice successively across the opponent's ground, without the opponent being able to return it. If there is a fault, the point is missed and there is a new service. The service is alternated according to who wins each point. The first player to score 10 points wins the game. The first player who wins two games (three games for men's seniors) wins the match.

Double match: The double match takes place like the single, in two teams of two players. In each team, the players serve and hit the ball alternatively. The general rules are the same as the single. Specific mistakes involve the player's rotation and reception of the

MARATHON

Have you ever wondered what a marathon is and how it came into being? Well...a marathon is a running event with a distance of 42.195 km. Most marathons take place in the form of a road race although there are some that are in the form of a cross country or on uneven roads. The origin of the marathon begins around 490BC at the time when the Persians were not invading Greece. The most popular legend tells of a Greek messenger: Pheidippides who was tasked with the mission of informing the peoples of Athens that the Greeks have defeated the Persians at the Battle of Marathon. Pheidippides who viewed the mission as important set off on foot and ran non-stop. Upon reaching the gates of Athens, he

stormed into the government assembly and proclaimed the Greek victory where he fell to the ground and died thereafter due to exhaustion.



How then is the distance of the marathon derived? The distance of the two cities i.e., Greece and Athens is approximately 40.8km along

the longest southern route. And this was also the route used during the first Olympic Games back in 1896. Ever since, the marathon has been

the longest southern route. And this was also the route used during the first Olympic Games back in 1896. Ever since, the marathon has been 21.1km. Running a marathon is tough especially for beginners. But what is it that draws the crowd as it seems to be the rage these days

although it is not for everyone. Reasons differ from every individual why they chose to run in marathons and in my own opinion, these are the few:
 Test of your own endurance;
 Raise awareness and support a cause;
 Healthy lifestyle and endurance to keep running fit so long we can still run; it's not a race with anyone but it's your own race against your own clock;
 Run free and letting go of stress;
 Friendships and camaraderie are bonded. Support and encouragement during the runs;
 The tremendous fun and dynamics at the event and participants bursting with energies during the run. Been there, done that; The race shirt, the finisher shirt, medals, goodie bags, etc.

HIGH JUMP

High Jump:

High jump is a game all about height. It is a game in which perfection does matter a lot. To master the act of perfection the athlete needs to practise countless hard sessions with utmost dedication. In this article, apart from playing a procedure, we will learn various techniques and disciplines to have a cutting edge over others.

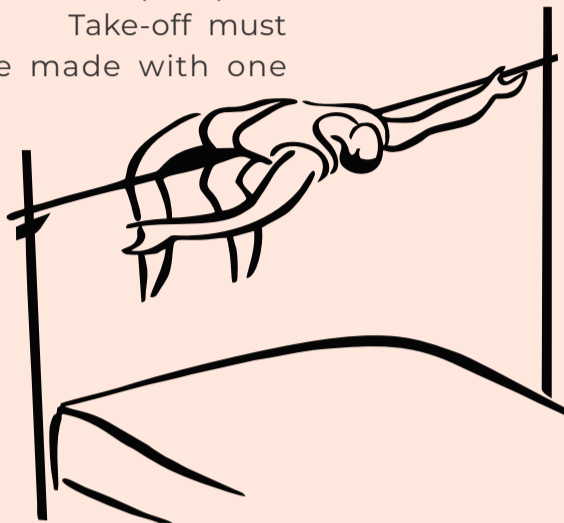
The main objective of this sport is that, the athlete needs to jump over a bar placed over a certain height

without touching it. The bar should not be dislodged from its position during the whole process. The athlete will run 1st for a certain distance then he will jump over the bar with his back towards the bar. For this to happen he needs to make turnings in the air during his leap. This

game is played in both men and women category. High Jump - Rules Following are some of the

important rules of high jump set by International Association of Athletic Federation (IAAF)

- Take-off must be made with one



nly. clears above the bar with clearance

as successful jump.

- Jumping height is decided by the Chief Judge.

- Players can accept the challenge or may pass it.

- If the competitor fails to jump the required height in three consecutive attempts then he/she will be disqualified from the competition.

- During the final match, whoever

be applied to decide the winner.

- The player who has fewer misses at the height at which the tie has occurred, is declared as winner.

- The player who has the fewest misses in the overall tournament is declared as winner.

- The jumpers have to face a jump-off if there will be a tie for a first place.

- The height will be greater than the previous level. Each player will be given

- one chance for each clearance



High Jump - Tournaments and Champions

International Associations of athletic federation (IAAF) is the governing body of high jump. Every participating country has their own governing body to organize the game successfully throughout the calendar. Here is the list of some important tournaments in this category.

- Summer Olympics
- World Championship
- World Indoor championship
- Continental Championship
- Continental indoor championship
- Commonwealth games
- Universidad
- Mediterranean

- Dislodging of the bar highest height is declared as winner.

- In case there is a tie, clearing will not be counted following two conditions may

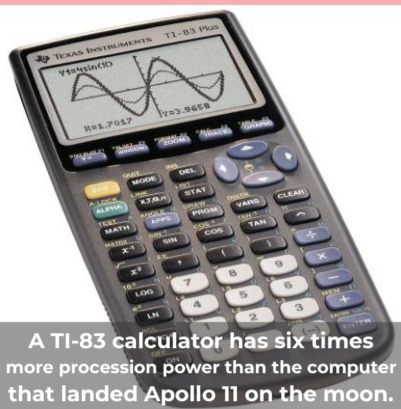
AMAZING FACTS

STARFISH



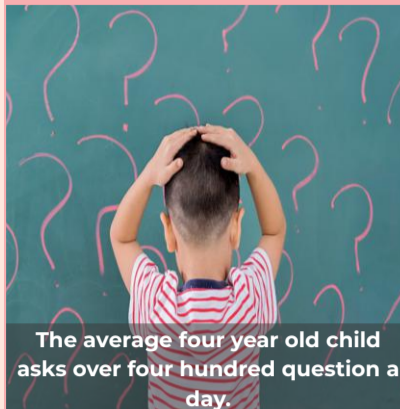
Starfish can re-grow their arms. In fact, a single arm can regenerate a whole body.

CALCULATOR



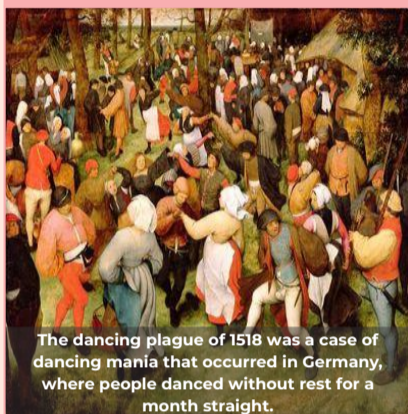
A TI-83 calculator has six times more procession power than the computer that landed Apollo 11 on the moon.

CHILDREN



The average four year old child asks over four hundred question a day.

PLAGUE



The dancing plague of 1518 was a case of dancing mania that occurred in Germany, where people danced without rest for a month straight.

MOSQUITOS



A mosquito has 47 teeth.

HUMAN SKIN



Humans shed 40 pounds of skin in their lifetime, completely replacing their outer skin every month.

Fabled First
WORLD'S FIRST WATCH



Peter Henlein (also named Henle or Hele) (1485 - August 1542), a locksmith and clockmaker of Nuremberg, Germany is the inventor of the world's first watch.

QUOTE

MAYA ANGELOU

"You Will Face Many Defeats In Life, But Never Let Yourself Be Defeated".

SCRABBLE

A	W	J	X	O	B
Z	Q	W	A	R	T
N	Z	Z	O	L	E
Q	E	A	C	H	U
F	F	O	Y	E	K



INVENTION BY TEENAGER

At the tender age of 6, Adeb was inspired to create a device for his polio-ridden father to enable him to go swimming in spite of his prosthetic leg, fashioning a waterproof alternative with an enhanced medical wax coating. He then moved on to creating a small robot to assist his mother with household chores. It wasn't long before the country took notice of the young inventor. With the government's supervision and funding, he's since developed five more inventions, including a seatbelt that monitors a passenger's heart rate and sends an immediate alert to authorities if their heart reaches a dangerous rate. In 2015, Adeb toured internationally with the Emirates Institution for Advanced Science and Technology to attend conferences, meet researchers, and participate in a space camp at the U.S. Space & Rocket Center. He's been called one of the world's most impressive young medical pioneers by CNN and received the UN Information Centre's Award of Excellence. Adeb, a member of the Arab Robotics Association, is considered the youngest Arab inventor in the field of robotics, with more than 60 certificates of achievements to his name.

WORD MEANING

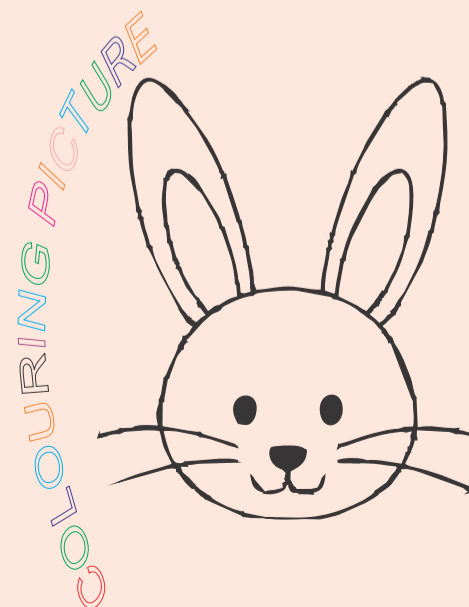


WORD:- ALIMENTATION
MEANING:- the provision of nourishment or other necessities of life.
SENTENCE:- The doctor has recommended changing my alimentation habits.

QUIZ

- Who is the father of Geometry?
- Who was known as Iron man of India?
- Amjad Ali Khan is associated with which musical instruments?
- Guru Gopi Krishna was a maestro of which dance form?
- Satyen Bose has shown his excellence in which fields?
- Ashok Pandit is known for his outstanding performance in which field?

- Euclid
- Sardar Vallabhbhai Patel
- Ravi Shankar
- Karung the Words to Healer/Gand
- Kabuki
- Shooting



CONGRATULATIONS



Marks or MARKS

- * Parents and Children are experiencing greater levels of anxiety and stress post covid -19
- * As a parent you may feel nervous about your child - let's ask is he/she HAPPY or do they have any issues like stress? Due to the new way of schooling and social distancing many of us are facing it. Is your CHILD facing it too? Is he/she scoring less marks ?, Are they not able to perform at their best?
- * If so -
Let's talk about 1+1=3
Let's connect to make a happier child
Let him/her Score optimum If you care for your child



CONTACT TODAY: 8588675548

THE ANT AND THE DOVE



One hot day, an ant was searching for some water. After walking around for some time, she came to a spring. To reach the spring, she had to climb up a blade of grass. While making her way up, she slipped and fell into the water. She could have drowned if a dove up a nearby tree had not seen her. Seeing that the ant was in trouble, the dove quickly plucked off a leaf and dropped

it into the water near the struggling ant. The ant moved towards the leaf and climbed up there. Soon it carried her safely to dry ground. Just at that time, a hunter nearby was throwing out his net towards the dove, hoping to trap it. Guessing what he was about to do, the ant quickly bit him on the heel. Feeling the pain, the hunter dropped his net. The dove was quick to fly away to safety.

"One good turn deserves another."

Raffale

India's first batch of five Rafale fighter aircraft, that took off from France's Istres airbase on July 27, 2020 and landed in India on July 29, 2020. These jets will significantly boost the combat capabilities of the Indian Air Force. A person who played a significant role in the quick delivery of the jets to India is Air Commodore Hilal Ahmad Rather who is presently India's Air Attached to France. He has also weaponized the jets as per conditions suitable for India. The IAF officer was seen with India's ambassador to France Jawed Ashraf. He is a graduate from Defence Services Staff College (DSSC) and also from the Air War College in the USA, where he passed with academic distinction. The IAF officer received Vayu Sena Medal, given for devotion to duty, when he was a Wing Commander in 2010



and Vishisht Seva Medal when he was a Group Captain in 2016. He has also won the Sword of Honour in NDA. He was commissioned on December 17, 1988, in the IAF fighter stream. He has completed more than 3,000 hours of accident-free flying on MiG 21s, Mirage-2000, and Kiran aircraft. The IAF officer is a Fighter Combat Leader and a qualified Flying Instructor. Air Commodore Rather has served as a Directing Staff at DSSC as well. He has commanded a Mirage-2000 Squadron and also a front-line Air Force Base.

From Editor's Desk

The benefit of group work is learning openness to critique, which is essential for healthy working relationships,"

"In school, everybody just wants to come out on the other side with a good product to show for their effort. "It's best for everyone to know truthfully what your schedule is like, how you function, what your best assets are and what you think someone else could do better."

This kind of communication is much easier to learn in a school environment than on your first project in a new job. And it can save you lots of frustration, or even costly mistakes, later on. Teamwork can also improve the outcome of a school project because you're able to draw upon each other's unique strengths. This ability, of seeking the expertise and ability of other people will serve you well in your academic pursuits—and throughout your career.

Students need to realize that in the real world, they will have to work with and for others no matter what. Learning this while in school and dealing with different personalities and people with different abilities will only help them do it after school when their job is on the line."

"None of us is as smart as all of us." – Ken Blanchard



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