



IDPS

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INTERNATIONAL DELHI PUBLIC SCHOOL

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Nida Khanam
ACC-ICF & Brain Based Certified Coach
Coach- Executive, Mindset & Career
HR & Business Mentor | Entrepreneur

You want Different Results? Feel like Leaving it Half way? Not Getting the desired Results despite clarity of Goals & Actions! Albert Einstein said, "The definition of insanity is doing the same thing over and over again, but expecting different results." Most of us complaints or feel discouraged with the results we are achieving but not ready to change what we do! This is not just with most of us but even the most spontaneous & dynamic people keep sticking to set actions and habits & expect change in outcomes. What we need to understand is that there is a need to draw a line between Thinking & Procrastination and start taking ownership of our life. Life is all about aligning & re-aligning yourself & your actions to continue living a successful & desired life!

Here is the challenge to avoid getting caught in the negativity of the current situation at the expense of your actions. The only way you can change Your reality is by doing something about it & not by dumping the goals or leaving it half-way. Your goals need structured environment to give your desired results. Fix the Environment & Not the Goals!

Some easy & crisp pointers to think & act upon are here ;

1. Trust Yourself & Be your Approver- First & most crucial thing is to Trust Self & your Journey. Unless you trust No one will trust you and do remember you are your Approver of life.

2. Shifting Mindset- What does Shifting Mindset means here. It means Shifting the lens you are looking from & pulling Yourself away from procrastination or thoughts derailing you by asking "Why & What of your life".

3. Reframe your current situation- You are the Master of your Life, you have the Control to reframing how you look at opportunities & possibilities lying but you are not focusing there. Asking yourself, What needs to be re-aligned to change your results , your current situation?.

4. Love your Goal & Reconnect with it- "Be a stamp to your Goal, be glued to it". However just being Glued may not give you what you want and you still will feel incomplete and discontent with Results. Consistency in your new habits & actions is very crucial otherwise you will keep going back & forth.

5. You are Unique & so is the Answers for you- We mostly keep following & looking for ready-made answers & solutions without understanding that "there are no fit to all size solutions but custom made".

6. Review Your Progress- Make it Real by writing it down & breaking strategies & actions into Milestones to track down your real time progress. Keep trusting the process led by actions.

7. Gratitude & Celebration- Be grateful to what you have achieved & keep celebrating every success. Appreciate people who are supporting your goals journey. Celebrate every small & big success.

8. Ignite your Madness- Your Passion , Your madness to achieve desired results is the gravity which pulls you to be focused & persistent. Let that madness be always striving you to be what you want & get what You want!

In your journey of Goals & larger purpose of life you may sometime need Expert to support & co-create your Journey. Identify Right person, who can help you fly high other than you, Keep connecting regularly.



Swarleen Kaur
Founder Director, CEO, The Talk Room
Author, Youth Personality Development
Coach & Motivational Speaker and Educator

CREATE YOUR OWN GPS

Imagine you were born with an inbuilt GPS in your body system. The moment clouds of dilemma hovered in your mind ,you switched on to the tab to know the direction of your life. Woaah... life made so easy but I guess somewhere reading these lines you got so enthralled that you forgot about the word mentioned at the beginning of my article 'imagine' Directionless, dejected and dreary of all the failures in my life I had no place to go. I had covered my thoughts in the blanket of emptiness which had by now started to dust and rust. Believe you me, life was filled with a track of failures from professional and some personal .There were people who tried to motivate me by telling there was a Pandora of potential that lies within me but no one could actually help me with the road map which could work well to spend my potential to earn from my entrepreneurship and that I could not attain any happiness. When I started my venture I thought life wasn't that tough but I realised that it wasn't that easy too. In some years I would turn into a billionaire and would be the happiest person on this earth (can't help laughing at my thought till date) The realisation started to dawn so soon becoming a billionaire, leave alone getting one client became a task. Gradually all dreams were dashing to the ground ,I was failing miserably .Finally I thought things would never materialise and what was needed was to take a step back and shut down my entire work system .Holding on to it would add nothing but more pain, more trauma and more depression. Now what next in life except a dark gloom .One day while I was sitting in my balcony when a thought struck in my mind , "What do I want? What is my satisfaction level? What am I yearning for?" There were endless questions with no answers .I closed my eyes and took a deep breathe .There was a flood of questions trying to

encapsulate my thoughts ,how,when,where who and the biggest of all 'Why me' This life is like a hunt if you think outside support is the only source to become what you want to be, you are seriously mistaken, on the other hand if you are picking up the right path ,following the golden rules and as a matter of fact creating your own GPS (Gateway to Problem Solving) situations definitely change their coarse for good. When you start working on it you realise that all these years you did not know what you were chasing, now coming back that life does not have an inbuilt GPS we have to create it .How do we do that? Tell yourself every day that everything is possible. The road to life becomes smooth when you tell yourself that only things that are unattempted are impossible .Inspire yourself this way you are asking your GPS to work better and without hassles. Our doubts are traitors and make us lose the good that we often may win. Remember our goals are far greater than our doubts, when you travel you have to face strong storms ,turbulences, heavy rains ,they may slow down your speed for a while and make you feel trackless, pathless but if your GPS is fuelled with strong desire ,dedication and determination you will find your way out. Whenever you feel like quitting, remember you might have been too close or one step away from success or your destination. You deserve to be happy. "Success will never be a big step in the future, success is a small step taken just now" quotes Jonatan Martensson. So let joy drive your GPS and you lead a happy life!!!



Parul Kaushal
Certified Image Consultant
Grooming, Etiquette & Styling Coach
Founder of Panache Image Consulting

LET'S GROOM THEM YOUNG

"Good manners will open doors that the best education cannot" by Clarence Thomas is a very powerful saying which truly depicts the importance of being aware of one's conduct as it is rated higher in many real life situations.

First Impression is the last impression still holds true for many individuals and industries. When we talk about First Impression, we are talking about a collective message we all convey through our Clothing, Grooming, Hygiene, Body Language and Etiquettes to others. This is called Non Verbal Communication as it very well conveys to the other person without communicating a single word. So it never happens that we are not communicating, we are always communicating be it VERBAL/NON VERBAL. As an Image Consultant and Grooming & Etiquette Coach I certainly know the need of Clothing Grooming, Hygiene, Etiquettes and Body Language for professionals for them to achieve the desired success they all want. Image Management is a very powerful concept as it enables the individual to project a powerful, impactful and an everlasting impression at all times and situations. The ABCD of Image Management stresses on A- Appearance, B- Behaviour and C- Communication form the backbone to those very impactful first impressions. As an Image Management professional, I strongly believe that since all these aspects are so important and contribute in such a big way to an individual's happiness and ultimate success , then why not make these skills and aspects important for the young generation from a young age. The introduction of these skills at a young age will definitely make them aware of these skills, make them learn, apply them, make it a habit and will ultimately lead to transform them as individuals.

So, my "Lets Groom them young" program definitely aims in instilling and inculcating these skills at a young age and make them a habit for them and a part of their lives. The various aspects of Clothing, Grooming & Hygiene, Etiquettes and Body Language learnt at a young age will definitely give them an edge to stand out from the rest when they have to appear for interviews be it for higher education or corporate jobs. They will absolutely know how to fit into their personal, professional and social situation with ease and confidence. So, the ultimate goal is to lay a very strong foundation for the students at a young age so that these aspects of life do not seem as challenges when they are struggling to make a mark for themselves in their respective careers.

Once they know how to conduct themselves, their self-esteem, self-confidence, self-worth and self-respect would be very high in their eyes which are truly very important factors for any individual to contribute to the society and be a great human being and a responsible citizen.

Dr. Suminder singh

Technology and learning makes the world worth living. So, Keep Innovating and Keep Sharing.

Journey of a visionary

Dr. Suminder singh is the Founder & Managing Director of International Delhi Public School, Jammu. He was born on 1st August, 1971 and raised in Shri Ganga Nagar, Rajasthan. He holds an MBA degree in Marketing and Finance from Glocal University & has also Conferred with the Doctor of Philosophy (Honoris Causa) in the specialized area of Education from University at Makaunga, Hahake, Tongatapu, Kingdom of Tonga. He is an accomplished Manager with over 21 years of experience in establishing and managing school affairs and holds the vision and leadership insights to strategically plan, direct and control complete school operations to capitalize on emerging business opportunities. He is renowned for his expertise in providing breakthrough leadership to achieve corporate strategies, build coalitions to support business growth and implement and manage change to drive organizational performance. Owing to his extensive experience in dealing with different educational boards from India and abroad, he has been actively contributing to the field of education through innovations and collaborations. He is Founder Member of International Delhi Public School, Jammu. Presently working as Managing Director and regional director of IDPS

society. Under his guidance the school has won the state and national level championships /Tournaments. Notable Experience:

- Director of GURUKRYPA PATHSHALA FOUNDATION, New Delhi.
- SAI KRIPA EDUCATIONAL TRUST as Secretary.
- ABRAHAM LINCOLN SIKSHA SOCIETY, Sri Ganga Nagar as President.
- DELHI PUBLIC SCHOOL JAMMU as Operation Manager from April 1999 to June 2016. He is the Founder member of DPS Leh and DPS Katra.

Notabe Awards And Accolades:

- Awarded by IUEF International Union of Educationists Forum on 10th June, 2018
- Awarded by Certificate of Achievement in recognition of outstanding accomplishments and individual excellence in the education field of activity in 6th ACFI Excellence Awards 2018 Global Brilliance Award by Anti Corruption Foundation of India on 23rd September 2018.
- Selected as National Advisor and State Vice President (J & K) o f I N D I A N I N T E R N A T I O N A L TEACHERSASSOCIATION.
- Awarded by National Conference of Eduleaders, Delhi 2019 for Innovative Educationist of India award.
- Selected as Deputy Director- Education Reforms by All India Council of Human Rights, Liberties & Social Justice on 10/08/2019.
- Awarded by International Membership for representing WCPA in his service to Humanity and Global Governance and for

- ratification of the Constitution for the Federation of Earth by World Constitution and Parliament Association (WCPA) on 22nd November, 2019.
- Awarded by Education Council of India (ECI) in 32nd ECI Education National Awards 2019 at Constitution Club of India, New Delhi on 11th January, 2020.
 - Appointed as Honorary Ambassador of World Dialogue Council (Vishv Samvad Parishad) on 26th January, 2020.
 - Awarded by International Nobel Award 2020 organised by Yuva for Nation, India.
 - Honoured and awarded by Dr. Sarevepalli Radhakrishnan Award at the Educator's Commendation Ceremony for the contribution towards the nation's development organized by MENTORx on 5th September, 2020.

COLLABORATED ASSOCIATIONS

- Dr. Suminder singh has Joint Venture with the following:-
- Joint Venture with Blossom Kids Montessori, Nagpur headed by Dr. Heena Muniyar, Managing Director/Principal, ABKM.
 - Joint Venture with G-SIL Education Society headed by Dr. Gaurav Sharma, President,
 - Joint Venture with IITA (Indian



International Teachers Association) headed by the Founder, Dr. Nirakesh Sharma. Joint Venture with Ms. Chameli Karmakar, Director Anti Corruption, Maharashtra. Joint Venture with Schoolie Education headed by Mr. Rahul Ray, Managing Director. Joint Venture with Fun2Learn, The hand writing experts headed by Ms. Rachna Bhimrajka, CEO/Founder. Joint Venture with Shree Vasishta Vidhyalaya headed by Ms. Sunita Nandwani. His life is loaded with achievements, accolades, honors and world-class experiences. He symbolizes the spirit of outstanding achievements & excellence despite his hardships & challenges. Enriched with a global vision, Dr. Suminder singh looks forward to creating many more innovations that reflect sophistication infused with vitality.

LIST OF SPACECRAFT OF INDIA

S.NO	NAME OF THE SPACECRAFT	LAUNCH VEHICLE	LAUNCH DATE
1.	Aryabhata	C-1 Intercosmos	Apr 19, 1975
2.	Bhaskara-I	C-1 Intercosmos	Jun 07, 1979
3.	Rohini Satellite	RS-1 SLV-3E2	Jul 18, 1980
4.	EDUSAT	GSLV-F01	Sep 20, 2004
5.	CARTOSAT-1	PSLV-C6	May 05, 2005
6.	CARTOSAT-2	PSLV-C7	Jan 10, 2007
7.	Chandrayaan-1	PSLV-C11	Oct 22, 2008
8.	SARAL	PSLV-C20	Feb 25, 2013
9.	IRNSS-1A	PSLV-C22	Jul 01, 2013
10.	Mars Orbiter Mission Spacecraft	PSLV-C25	Nov 05, 2013
11.	IRNSS-1B	PSLV-C24	Apr 04, 2014

A Momentary view of Activities

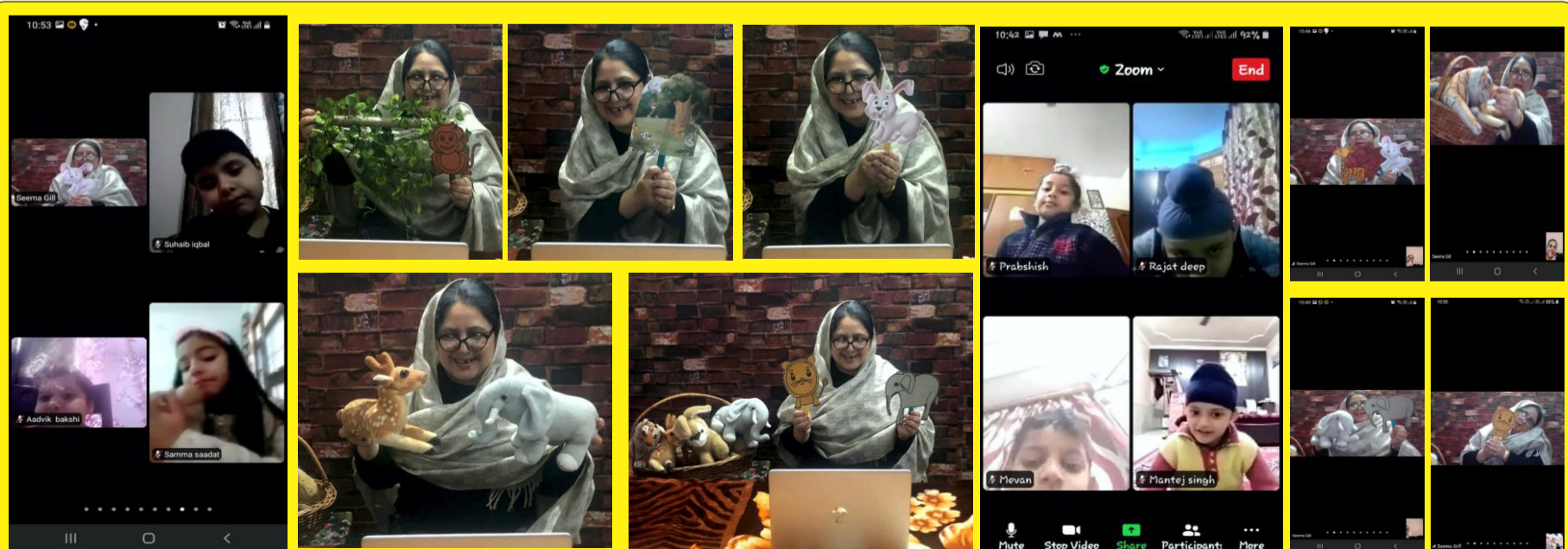
Vasant Panchami Celebrations

Vasant Panchami celebrations at IDPS Jammu in reverence to the Goddess Saraswati - the epitome of learning, music and art. The staff offered prayers to the Goddess followed by the rendition of shlokas.

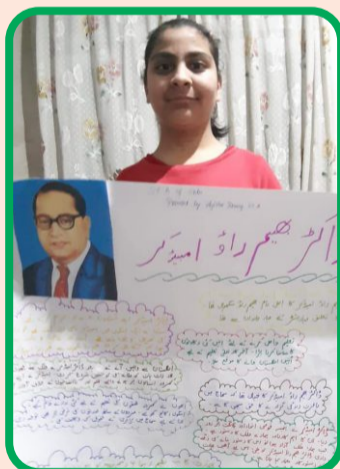


Story Telling Session

There is always a room for a story that can transport us to another place. MESMERIZING STORY TELLING SESSION BY SEEMA GILL. Stories are powerful. 🐼 They can teach morals — the values that we should live by. 🐼 They can teach history. 🐼 They can entertain us. 🐼 They can make us think about things in ways we've never thought of them before. 🐼 They can make us laugh. 🐼 They can make us cry and connect us

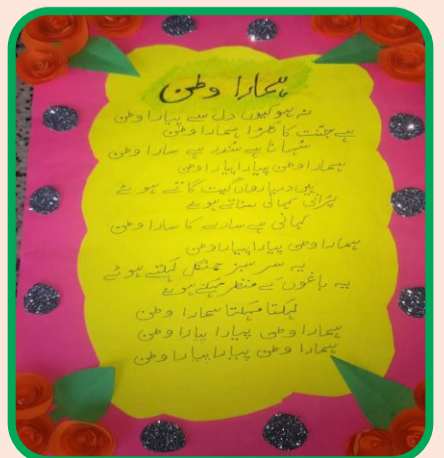
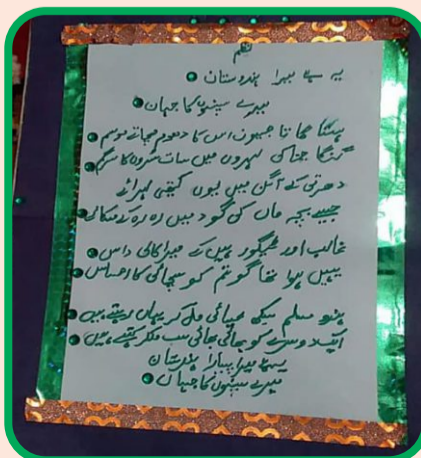
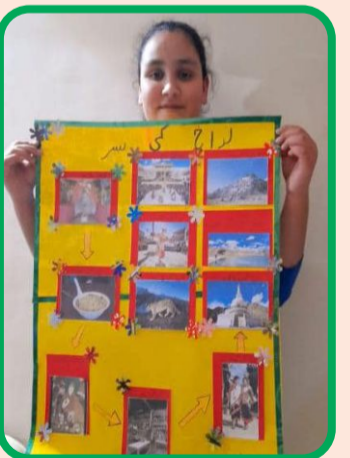
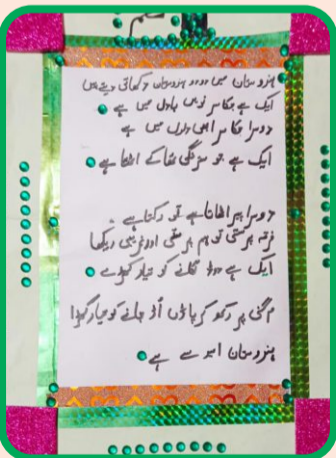
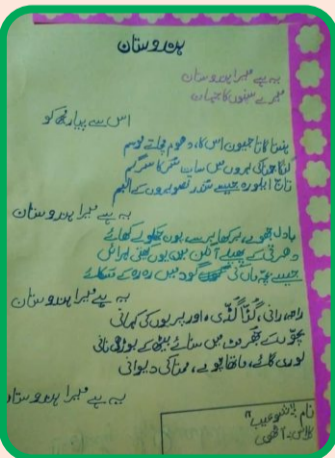
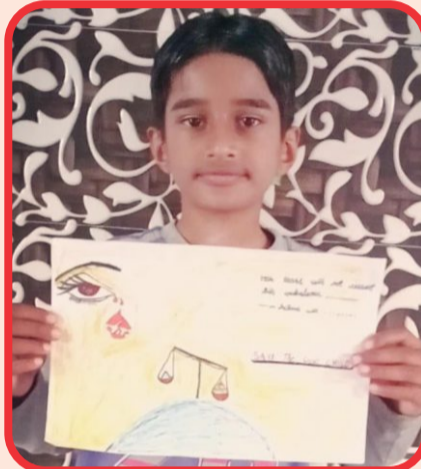
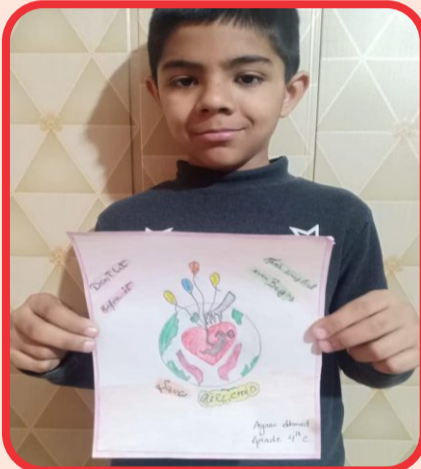
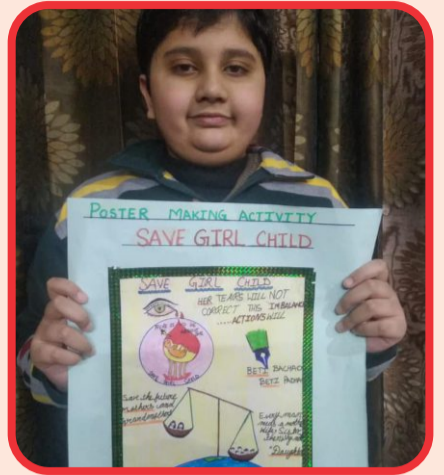
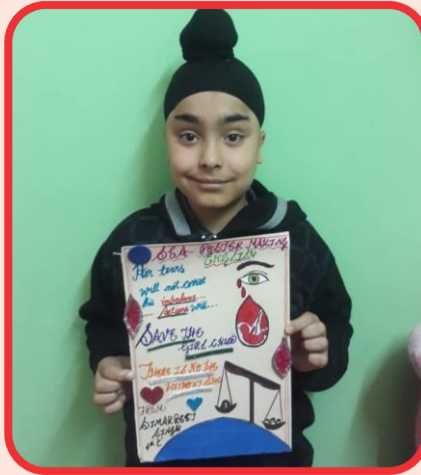
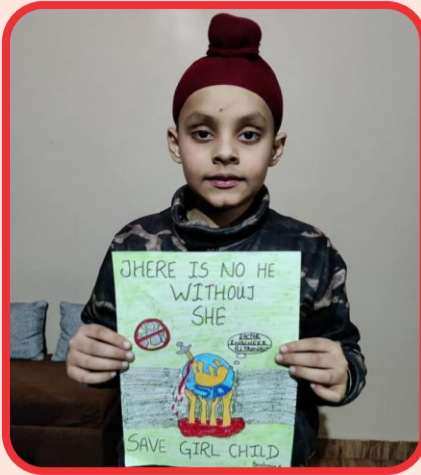
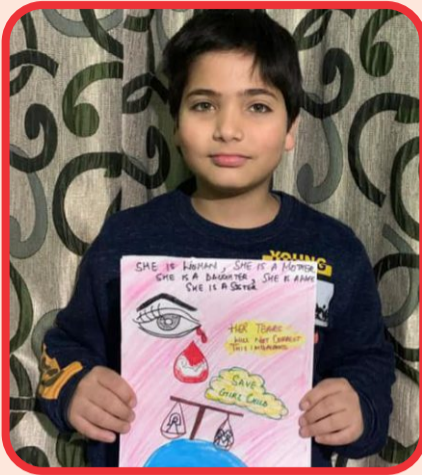


SUBJECT ENRICHMENT ACTIVITIES OF ENGLISH AND URDU HAS BEEN CONDUCTED IN GRADE 2

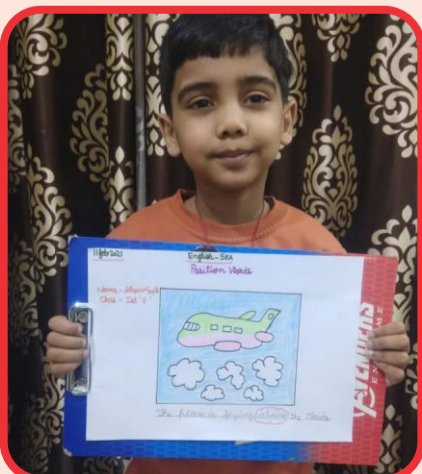
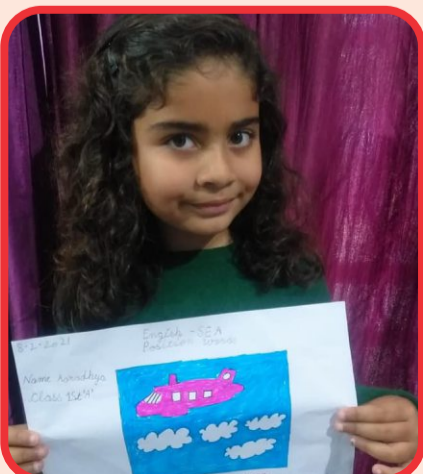
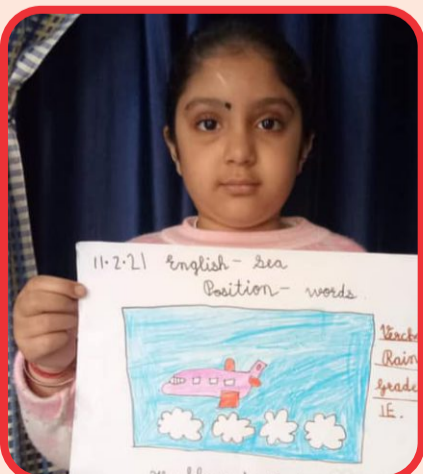
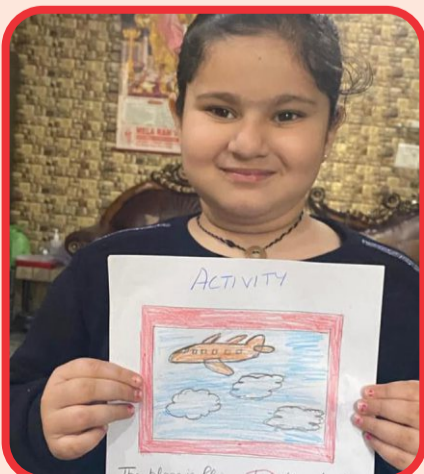
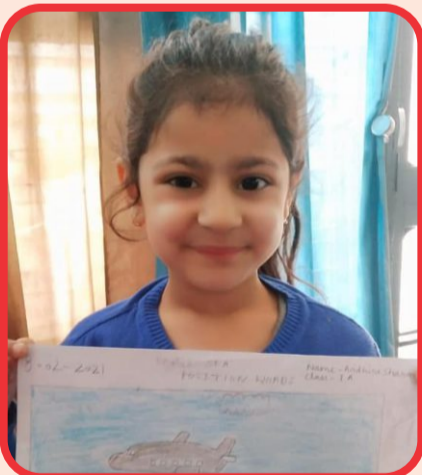
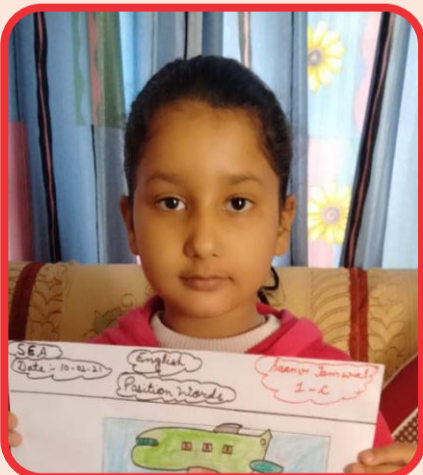
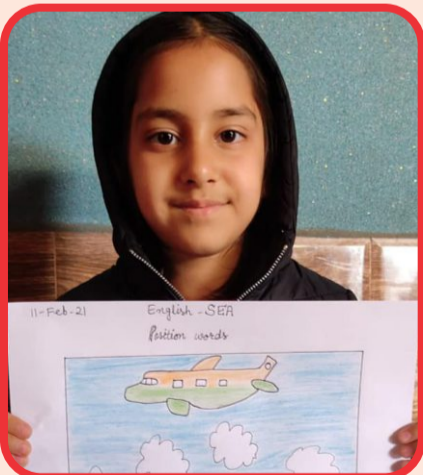
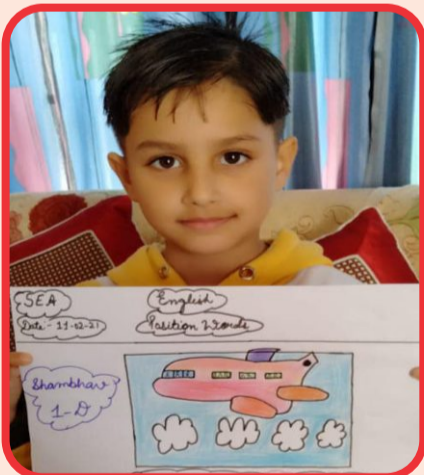
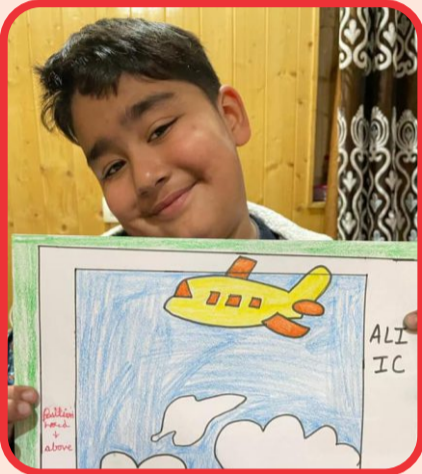
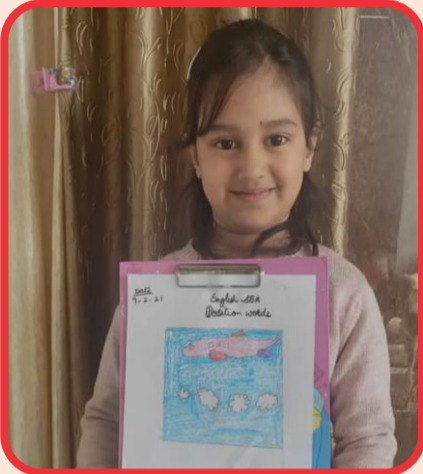
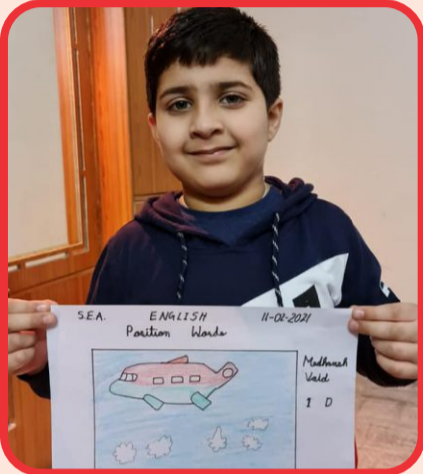
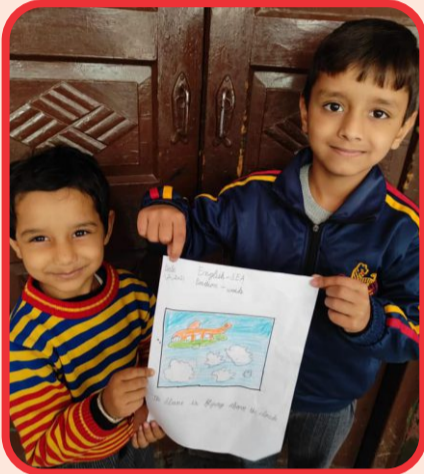
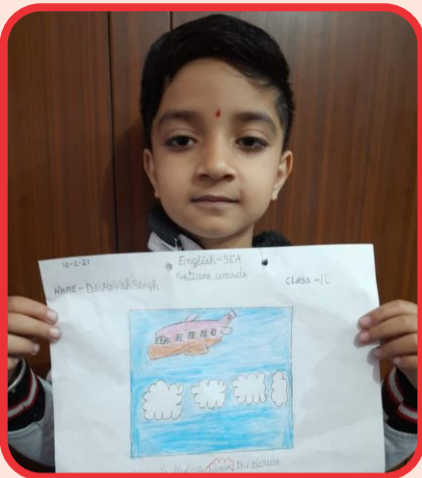
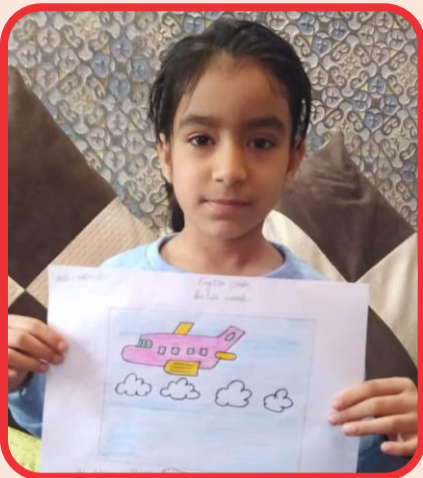


ARTISTRY OF IDPIANS

There is nothing more satisfying and fulfilling for children than to be able to express themselves openly and without judgment. The ability to be creative, to create something from personal feelings and experiences, can reflect and nurture children's emotional health.

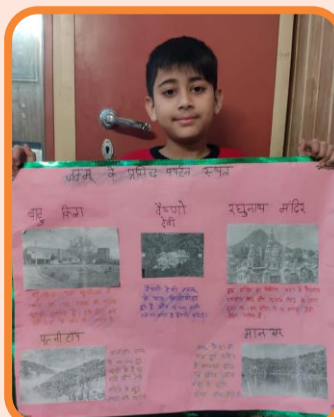
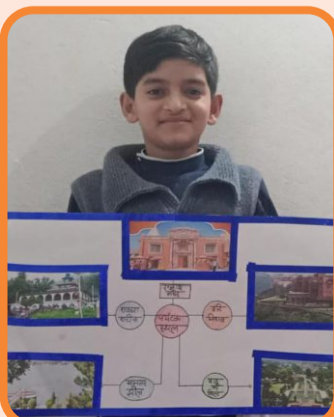
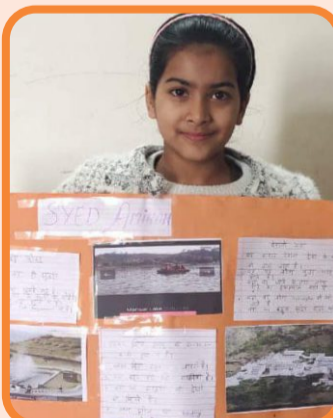
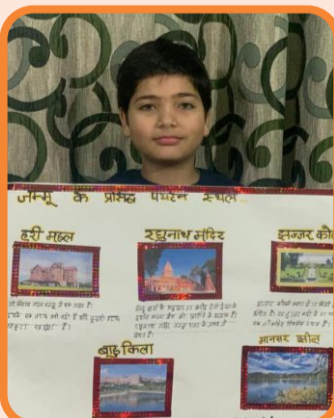
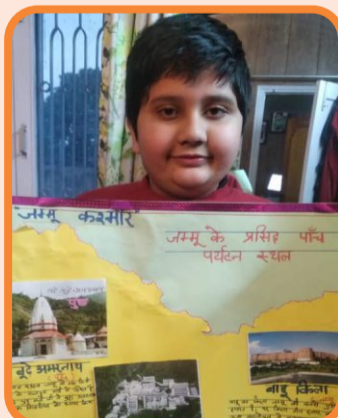
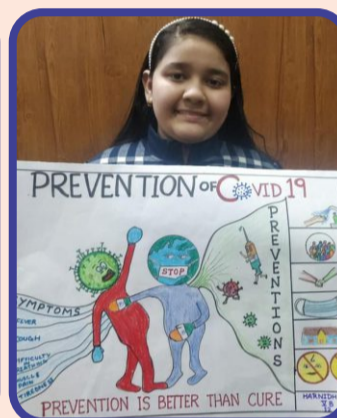
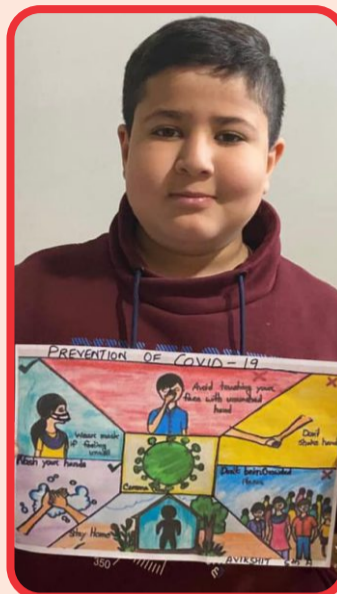
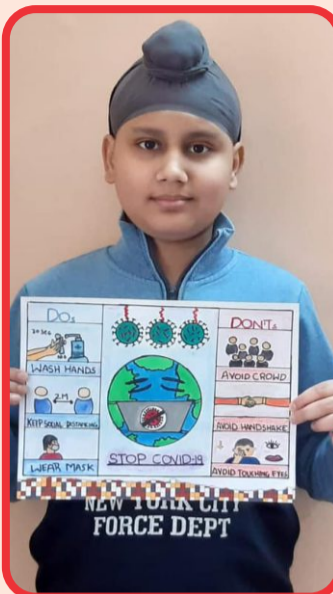


CREATIVITY IS INTELLIGENCE HAVING FUN
ANOTHER SUBJECT ENRICHMENT ACTIVITY BY THE YOUNG IDPIANS



FEW MORE SUBJECT ENRICHMENT ACTIVITIES BY IDPIANS

Creativity is more than a product — it's a process. An interesting painting, a thought-provoking writing, or a unique response, may be examples of creative work, but the decisions people make as they paint, sculpt, write and think are at the core of the creative process.



PRANAYAMA AND ITS HEALTH BENEFITS

Pranayama is the practice of breath regulation. It's a main component of yoga , an exercise for physical and mental wellness . In sanskrit , " prana " means life energy and " Yama " means control. The practice of pranayama involves breathing exercises and patterns .you purposely inhale , exhale and hold your breathe in a specific sequence. In yoga , pranayama is used with other practices like physical postures (asanas) and meditation (dhayana) . Together , these practices are responsible for the many benefits of yoga . But pranayama has benefits of it's own . These advantages are due to the therapeutic effects of breathing exercises and mindfulness. **WHAT EXACTLY IS PRANAYAMA**

Pranayama is the ancient practice of controlling your breath. You control the timing , duration , and frequency of every breath and hold . The goal of pranayama is to connect your body and mind .it also supplies your body with oxygen while removing toxins . This is meant to provide healing physiological benefits. Pranayama involves different breathing techniques. Examples include :

1. Alternate nostril breathing (Nadishodhana)
 2. Victorious breath (ujjayi)
 3. Female honeybee humming breath (Bhramari)
 4. Bellows breath (Bastrika)
- These breathing exercises can be practiced in many ways . For instance , you can do them while performing yoga poses . You can also practice them while meditation or on their own.

WHAT ARE THE BENEFITS ACCORDING TO SCIENCE ?

The benefit of pranayama have been extensively researched. According to scientific studies , pranayama may benefit your health in a variety of different

ways.

1. DECREASES STRESS :- Pranayama reduced perceived stress levels in healthy young adults. The researchers speculated that pranayama calms the nervous system , which improves your stress responses. Who practice pranayama experienced less anxiety before taking a test. Increase oxygen during pranayama. Oxygen is energy for your vital organs , including your brain and nerves.

2. IMPROVES SLEEP QUALITY:- The stress relieving of pranayama may also help you sleep. Bhramari pranayama was shown to slow down breathing and heart rate when practiced for 5 minutes . This may help calm your body for sleep. Pranayama also improves sleep quality in people with obstructive sleep apnea. The study found that practising p r a n a y a m a decreased snoring and daytime sleepiness.

3. INCREASES MINDFULNESS :- For many of us , breathing is automatic. We do it without giving it much thought at all .

But during pranayama you need to be aware of your breathing and how it feels. You also practice focusing on the present moment , instead of the past or future. This is known as mindfulness.

4. REDUCES HIGH BLOOD PRESSURE :- High blood pressure or hypertension is when your blood pressure reaches an unhealthy level. It increases the risk for some potential serious health conditions like heart disease and stroke. Stress is a major risk factor for high blood pressure. Pranayama can help minimize the risk by promoting relaxation.

5. IMPROVES LUNG

FUNCTION :- As a type of breathing exercise , the slow forceful breathing of pranayama may strengthen your lungs. Pranayama is a useful lung strengthening tool for many lung conditions, including asthma , allergic bronchitis and for recovery from pneumonia and tuberculosis.

6. ENHANCES COGNITIVE PERFORMANCE :- In addition to benefiting your lungs , pranayama may also enhances your brain function. Pranayama has ability to improve your perceived level of stress and your reaction time . Pranayama was associated with better auditory memory and sensory motor performance. These benefits are due to the stress



lowering effects of pranayama. The increased oxygen uptake, which energizes brain cells , like plays a role as well.

7. REDUCES CIGARETTE CRAVINGS :- There's evidence that yogic breathing or pranayama could decrease cravings in people who are trying to quit smoking. 10 minutes of yogic breathing caused a short term reduction in cigarette cravings. The mindfulness based yoga breathing decreased the negative effects associated with smoking withdrawal.

Pranayama, or breath control is a main component of yoga. Its frequently

practiced with yoga postures and meditation. The goal of pranayama is to strengthen the lungs capacity and other organs of the body.

Many of our activities involve asymmetrical usage of the muscles. While watching television we often turn the body to one side. Most of us turn the spine to the same side to reverse a car. In this manner many activities can be shown to be one-sided in execution - some unconsciously and others consciously. Yoga teaches us to be more aware of our body position and movements.

8) Inverted Postures. :- Inverted asanas peculiar to the yogic system include Sirshasana (Headstand), S a r v a n g a s a n a (Shpoulderstand), Halasana (Plow Pose) etc.

The practice of inverted postures reverses the effects of gravity on the body and encourages a rich supply of blood to the brain, nourishing the pituitary gland and enhancing the working of the entire endocrine system. These postures are also effective in improving mental power and concentration. Those

with high blood pressure, heart or back conditions or illness causing blood to be impure should avoid these postures.

9) Arm-Balancing Postures :- The practice of arm-balancing postures should be done in the intermediate or advanced stages of asana practice and is generally not suitable for beginners. These postures strengthen the wrist and shoulder joints, chest and arm muscles as well as the abdominal muscles and organs. Those with high blood pressure, heart problem, back or knee pain should avoid these postures.

**By Dr. Rashi Sharma
MA & PHD Yoga**

River Rafting in India



If thrill and adventure are on your mind, then river rafting in India offers you an exciting experience of sailing on the untamed waters. It has become one of the most popular activities for the ultimate thrilling experience. This outdoor recreational activity has given adventurers a whole new level of challenge and excitement. For one of the best experiences, streams originating from the Himalayas and Western Ghats present the wild side of theirs to challenge both your mind and body. The most frequented sites for this water sport are mostly situated in the lap and foothills of these mountain ranges. This expedition through wild streams is not limited to professionals as amateurs can also have the fun, albeit with some safety precautions. It is advised to take the right precautions and professional guidance to enjoy this water activity to its fullest. About River Rafting Rafting is a recreational adventure sport, in which a raft is used to sail through the waters. It was popularised as a leisure sport in the mid 1970s, and has now become an immensely popular activity that

people love to conduct during their holidays. This challenging expedition is usually done on different degrees and rapids of untamed waters. A lot of challenges are involved in this activity, which is why it demands some specific techniques of manoeuvring. Two of the main techniques required to conduct this activity successfully are punching and high siding. Punching requires the crew to paddle the raft fast, so that it gains enough speed to push through the hydraulic current. High siding is required if the raft go sideways; so in order to stop the raft from flipping, rafters move to its higher side to balance the raft. As it is a dangerous sport, proper safety precautions should be observed while undertaking it. Best Locations for River Rafting in India River rafting in India offers you an excursion through a series of adrenaline-rushing rapids down the fast streams. There are a number of sites, which offer you a chance to tame the waters at their furious best. The most popular sites for this adventure sport are Rishikesh, Kolad and the Tons in Garhwal. The thrill and dare involved vary from

site to site, depending upon the water currents and topographies. generally classified into six grades according to the level of difficulty. • Ganga River, Rishikesh: One of Grade I and II rapids are easy and the most idyllic places to enjoy this needs slight manoeuvring skills, water sport is Rishikesh. Together whereas Grade III rapids are with the crashing waves of the moderate; however the strong Ganga River and the surrounding currents and irregular waves at these may require significant adventure seekers a perfect manoeuvring. The rapids at Grade landscape to enjoy this activity. It IV and V are a bit dangerous, with a will be great fun to sail through the possibility of considerable drops narrow gorges, rocky gradients and and intense waves; thus falls. The best time to enjoy this demanding for skilled and precise manoeuvring. But the most dangerous are Grade VI rapids, with the extreme level of difficulty, and are limited to experts only. You can enjoy river rafting in India on the famous rapids in the Kundalika, Ganga and Tons Rivers. Rishikesh has ample of rapids like Sweet Sixteen, Roller Coaster and The Wall, categorised as grades I, III and IV, respectively. Three Blind Mice is another popular rapid in the category of Grade III. Rafting is generally carried in the 14 km stretch of Kundalika, which has rapids of grade II and III. Emerging as a prominent site for this water sport, Tons offers a Grade IV rapid for those who seek an adrenaline rush. Submit Query

• Kundalika River, Kolad: Located in the Sahyadri Ranges, Kolad is a place that earns top spots in the list of rafting sites in India. Passing through the thick forests, the Kundalika River here is the only site in Maharashtra that provides for an exciting daring experience. It is a hotspot for this water sport, because of the rugged topography and scenic expedition route. Know more about River Kundalika Rafting.

• Tons River, Garhwal: Enjoy the thrilling expedition on the raft in the aggressive waters of Tons River, which is the largest tributary of Yamuna. Originating from the Bandarpunch Range, the water body with its challenging waters will provide you one of the most thrilling experiences.

Grades of Rapids It defines the relative gradient of the river bed and is



Let's Quiz Around


- 1.Which country won the most number of gold medals in Field Hockey at Summer Olympic Games?
- 2.Which sport's competition is known as the "Ligue Magnus"?
- 3.Which sport's rules are codified into "Laws of the Game (LOTG)"?
- 4.When was the Grand Olympic Festival held in Liverpool?
- 5.Who is the first Indian woman to win an Olympic silver medal?



ANSWERS:
1. INDIA
2. Ice Hockey
3. Association Football
4. 1862
5. P.V. Sindhu

AMAZING FACTS

APPLE



Apples float because they are one quarter air!

RAIN




Rain contains vitamin B12.

MOON



The footprints on the moon will be there for 100 million years.

NOSE



The nose can detect a trillion smells!

BLOOD



Your blood is as salty as the ocean.

SLOTH



Sloths are strong swimmers, especially good

Fabled First
RUBY BRIDGES



In 1960, Ruby Bridges became the youngest Black child to go to a white school in the South.

QUOTE

Benjamin Franklin


"An investment in knowl dge pays the best interest"



PHILO FARNSWORTH

Gitanjali Rao, a 15-year-old Indian-American scientist and inventor, was named Time Magazine's first-ever Kid of the Year. The US-based publication announced the award Thursday, citing her ability to use technology to "tackle issues ranging from contaminated drinking water to opioid addiction and cyberbullying". Rao, who was featured on the cover of the latest edition of the magazine, was selected from a pool of over 5,000 nominees. In an interview with actor and activist Angelina Jolie, the Colorado teenager spoke about her innovations and shared a message for other young people: "If I can do it, anybody can do it."

WORD MEANING



emulate
(em' u- lat) VERB
TO STRIVE TO EQUAL OR SURPASS.

WORD:- EMULOUS
MEANING:- full of jealousy that leads one to be eager to copy another
SENTENCE:- Marla was labeled a "copy-cat" because of her emulous jealousy.

SCRABBLE

T	R	A	E	P	E
L	T	R	I	A	U
G	R	Y	H	U	N
O	W	L	L	S	Y
N	I	E	D	N	R

QUIZ

- Name Disney's first film?
- When was Netflix founded?
- Who is 3rd on the all-time list of female tennis Grand Slam champions?
- What was the clothing company Nike originally called?
- Where was the first modern Olympic Games held?
- Which football team is known as 'The Red Devils'?

1. Sweden, over 220,000

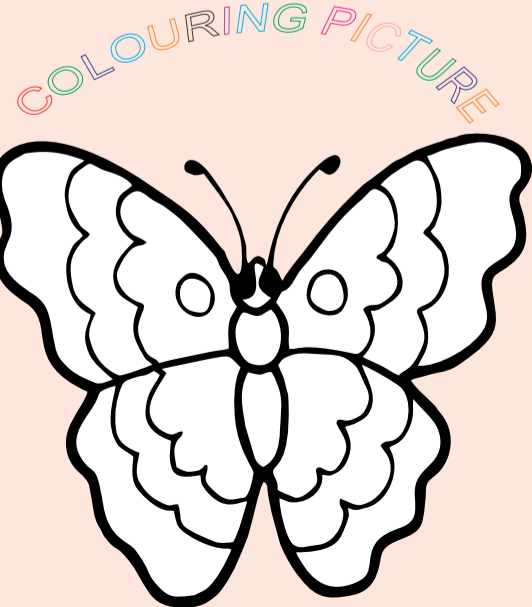
2. The Italian

3. Chris Evert

4. The Andes - 7000km long, 6962m high

5. The Mariana Trench, 11,034m

6. The Nla, 6650km



Current Affairs

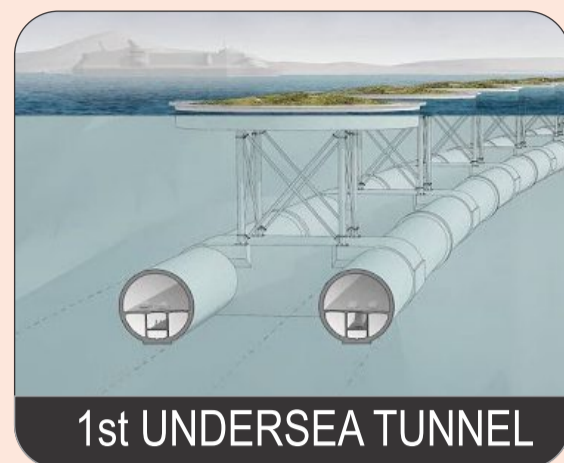
- PM Modi inaugurates 2nd khelo India National Winter Games 2021 in Gulmarg, J&K.
- India holds 1st spherpas meeting after assuming 2021 BRICS Chairship.
- India's 1st undersea Tunnel to come at Mumbai by 2023.
- India set to emerge as world's 3rd biggest civil aviation market by 2024.
- NHA signs MOU with CSCs to generate new pvc beneficiary cards, Ayushman cards under AB-PMJAY.
- EXIM Banks extended LOC of USD 7.35 million to republic of Nicaragua.
- Matam Venkata Roa appointed as MD & CEO of the central Bank of India, replaced the incumbent pallav Mahapatra.
- "E- Daakhil" portal for e filling of consumer complaints becomes operational in 15 states/UTs.
- Union Budget 2021-22 is being presented by FM Nirmala Sitharaman
- Indian-American Bhavya Lal appointed Acting Chief of Staff of NASA
- UN World Tourism Organization confirms 2020 as 'worst year on record'
- 'Atmanirbharta' named Oxford Hindi word of 2020
- Steve Smith claims the Allan Border Medal for the third time in his career
- RBI constitutes an 8-member expert panel for strengthening Urban Co-operative Banks
- Dadasaheb Phalke International Film Festival Awards 2021 announced

Novak Djokovic, the world number one Tennis player won his 9th Australian Open Title on February 21, 2021. This is his 18th Grand Slam win. Djokovic defeated Russia's Daniil Medvedev to win the title. In Women single, Naomi Osaka has won her 2nd Australian Open Title by defeating Jennifer Brady of the US.

- The United States officially rejoined the Paris Agreement
- Uttar Pradesh presents first paperless budget:- Uttar Pradesh on February 22, 2021, became the first state of India to present a paperless budget. The members of the state legislature were provided iPads for viewing the budget highlights. An app 'Uttar Pradesh Sarkar ka Budget' can also be downloaded from the Google Play Store to view the state's budget.
- Saudi Arabia allows women to join armed forces
- Saudi Arabia has permitted the women of the country to join the armed forces. They can now be appointed as staff sergeants, soldiers, lance corporals, and sergeants. The decision by Saudi Arabia can be seen as a major reform for the women of the country as till now there were very limited options of employment for them.
- Government launched BRICS 2021 website

S. Jaishankar, the Union External Affairs Minister of India, launched BRICS 2021 website. It aims at providing all forms of relevant information regarding the summit which is to be hosted by India. The Chairmanship of BRICS this year is undertaken by India under which it will be strengthening the collaboration between 5 economies.

- Russia reports the first human case of the H5N8 virus
- The first case of H5N8, which is a bird flu virus strain, has been reported in humans in Russia and was reported to the World Health Organisation. Seven workers at the poultry farm were infected after the flu outbreak in birds in December 2020. The virus results in flu-type symptoms in birds and poultry and is fatal for them but it poses a low risk for humans.



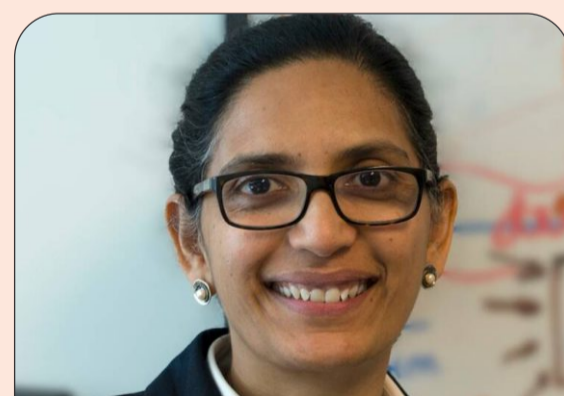
1st UNDERSEA TUNNEL



Matam Venkata Roa



Nirmala Sitharaman



Bhavya Lal



Steve Smith

A BIG REWARD

A Big Reward Once a hungry wolf was devouring his prey. In a bid to finish it quickly, he swallowed a big bite of the flesh but a bone also went in and got stuck in his throat. It hurt him very much. So he decided to go to a crane to get help from him. He said, " Well dear friend, I am in a great trouble. Please pick out the bone in my throat." The crane was afraid lest the Wolf should bite off his head. But the wolf assured him of safety and big reward besides, for the service. At last, the crane agreed to do the needful. It put its long beak into the throat of the Wolf and pulled out the bone. The wolf was very happy now. The crane demanded the promised reward for his service. The wolf, at once , said, " Isn't it a big reward that I have not bitten off your head when it could not have escaped my teeth". The crane hopped away disappointedly.

Moral: Pride hath a fall.



From Editor's Desk



SUMAN KOUR
Chief Media Editor
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Many of us grow up not knowing what we want to do with our lives. It can take years to figure it out and some never do. Many of us change jobs, careers, move to a different location, country and even different relationships, searching for their purpose and destination. To achieve success in finding your way, soul-searching is a necessity. You need to ask yourself "what do I want in life?"

Think about your strengths, your weaknesses and most importantly your passions. It may take a day, a week, a month or even longer, but when you answer your question, your personal destination becomes clear. Your direction will not fall in your lap, so don't waste another moment, create an inner compass and find it yourself.

When we talk about choosing the right path, we need to first understand that one of the greatest things of modern societies the freedom to choose which paths in life we want to take. Before we can start analyzing the various paths, we need to firstly know ourselves and recognize the values that we have as individuals. In my personal opinion the right path leaves you with no regrets and no doubts, eventually leading you to a purpose in your life.

HAPPY READING



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► ROCK CLIMBING
► YOGA & ART OF LIVING SESSIONS
► GYM ARENA

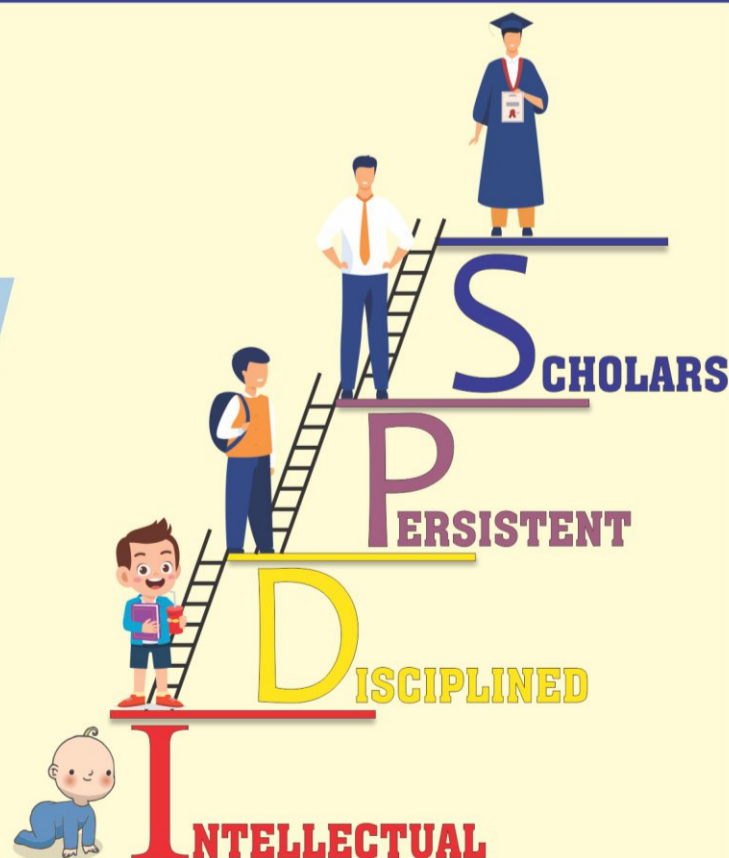
► IDPS SHOOTING STAR- INDOOR SHOOTING RANGE
► SKATING RINK
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