



IDPS

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Director School of Humanities & Social Science
Manipal University, Jaipur

CREATIVITY MANTRA

People need to be creative as change is taking place as a time shock and pace of change is fast. Change is most static and permanent phenomena. It is said that necessity is the mother of invention but these days it seems that voracity is mother of invention. Survival is mother of all innovations. First industrial revolution (1784) was iconed by wheel, second (1870) by Bulb, third (1565) by TV and Fourth (2020) by artificial intelligence and 3D printing. Change drivers are driving us very fast. To faster growth we need to ignite creativity. Creativity begins with thinking and is close to divergent or lateral thinking. Normally we are accustomed of following patterns. We do not create patterns. We do remain in comfort zone as breaking comfort zone give us pain. We fail to realise that gain lies in the pain. I have evolved a creativity mantra called "ASARA – MONONA" is Add, Subtract, Alter, Rearrange, Adopt, Magnify, Opposite, Minify, Other Ways, New Ways and Alternatives. Once can be creative by adding something in surroundings or may be creative by subtraction too. People have created by adding facilities and applications on mobile and have created by subtraction by reducing their weight or by producing pendrive of 48 GB. One can also be creative by alternation or rearrangements. MANREGA is alteration while mergers and acquisitions for more profit are rearrangements. Adaptation is another way of imbibing creativity by making customised products which suit to the requirement of people. One can also be creative by applying small idea on a big canvas (EVM). Opposites may also be tried. Outsourcing is appropriate example to this. Minification is another creativity method. Nano technology researchers are exercising it. Other uses of a thing may be identified. We never knew that lock down may be use to clean polluted environment new ways may be found out. ISRO and NASA are continuously working in these ways. If one can create alternate, he is a creative trouble shooter. I therefore request and make an appeal to young generation who are more creative to try "ASARA – MONONA" Mantra to inculcate and up skill creativity as a way of life.



Dr. Amitabh Vikram Dwivedi

Shri Mata Vaishno Devi University, India

Women, Karma and Liberation

Introduction: Karma is a Sanskrit word which means 'action'. According to Hinduism, an individual does some actions-good and bad-in his/her lifetime, and consequently gets positive or negative effects/results accordingly. The Hindu scriptures prescribe dos and don'ts for the followers, including two genders and four varnas. Following the scientific law, every action has an equal reaction; in Hinduism human being cannot be free from the actions- sooner or later, in this birth or in the future births she/he will get a reward or punishment, i.e. pleasures of heaven or pains of hell for the past karma. However, the ultimate goal of each individual is to free oneself from the cycle of rebirth and to attain Moksha 'liberation'.

Women and Karma: In Hinduism, following the Vedic knowledge, a woman is subordinate to man, and her duty is to listen to and assist her father or husband, and remain chaste and faithful to her husband. Even there are concepts, such as unmarried girls are paraya dhan 'estranged money', and when time comes the father must perform a ritual, namely kanyadan 'gift of a girl' so that they may start a new life with their prospective husbands. Furthermore, the birth of a male child is a welcoming sign, whereas a girl child is not considered auspicious. This subordination puts women under second-class citizenship in an otherwise equal Hindu society.

. In Chanakya Niti, Koutilya states that the ruler, the Brahman, and the Yogi who go abroad are respected; but the woman who roams around will soon be ravished.

Following the Hindu scriptures, women are not supposed to take leadership roles, and they must not participate in religious rituals during the menstruation cycle. In ancient times, women were not supposed to study and recite the Vedic hymns. In some orthodox Hindu homes, women are still not allowed to cook and even touch anyone during the menstruation period.

The doctrine of Karma is somewhat biased and unjust for women in Hinduism; further it has been misused by men to sanction injustice and oppression. Even though the husband is an abuser and oppressor, a woman is advised to listen to her husband and follow him, considering that the suffering inflicted upon her was a reward of her previous births. The major problem/discrimination women face due the andocentric and patriarchal views that affirm the value and significance of women only in relation to men.

However, Upanishads identify the divine with women and unmarried girls. In Manusmriti, it is mentioned that where women are worshipped and respected; there reside gods.

Women and Liberation: In Hinduism, the Advaita tradition teaches us that the Supreme Being resides in each living being, and wise are those who see and seek His divine presence in all. A wife is said to be the half body of husband, and in order to attain Moksha, the husband must perform three goals: dharm, arth, and kaam with his life partner. A Hindu woman too desires a freedom from the cycle of rebirth, and for that three chief methods are prescribed: karma 'action', gyan 'knowledge', and bhakti 'devotion'. Besides their husbands, a Hindu woman is allowed to keep her love for gods, and there are examples of Mira Bai and Radha who were madly in love with Lord Krishna, despite being married.

Dr. Ravi Shankar Sharma



Dr. Ravi Shankar Sharma, KAS passed his graduation from GB Pant Agricultural and Technology University, Pantnagar in the year 1990 with Gold Medal and did his post-graduation in Forestry from Dr. Y. S. Parmar University of Horticulture and Forestry, Solan (HP) and has also done PhD (Forestry) in Forest Tree.

Breeding from the same university. He started his career as Assistant Professor / Junior Scientist (Forestry) in Shere Kashmir University of Agriculture Sciences & Technology (SKUAST) in 1993 and was posted at Regional Agriculture Research Station, Leh. He subsequently joined Kashmir Administrative Service in the year 1999 and has worked on various important assignments. He has worked as Director, Industries & Commerce, Jammu, Director, Technical Education, J & K and is presently posted as Director, School

Education, Jammu. Dr. Ravi Shankar Sharma assumed the charge of Director School Education Jammu, here at the Directorate office Jammu.

He was working as Additional Secretary to the Government, Housing and Urban Development Department. He has earlier also remained Director, Technical Education J&K and Director, Industries and Commerce, Jammu.



List of Prime Ministers of India

- | | |
|-------------------------------|--------------------------|
| 1. PT JAWAHARLAL NEHRU | 10. V. P. Singh |
| 2. Gulzarilal Nanda | 11. Chandra Shekhar |
| 3. Lal Bahadur Shastri | 12. P. V. Narasimha Rao |
| 4. Gulzari Lal Nanda (Acting) | 13. Atal Bihari Vajpayee |
| 5. Indira Gandhi | 14. H. D. Deve Gowda |
| 6. Morarji Desai | 15. Inder Kumar Gujral |
| 7. Charan Singh | 16. Atal Bihari Vajpayee |
| 8. Indira Gandhi | 17. Manmohan Singh |
| 9. Rajiv Gandhi | 18. Narendra Modi |

Ministry in India

NAME	MINISTRY	NAME	MINISTRY
Shri Narendra Modi	Prime Minister of India	Shri Santosh Kumar Gangwar	Ministry of Labour and Employment
Shri Amit Shah	Minister of Home Affairs	Shri Rao Inderjit Singh	Ministry of Statistics and Programme Implementation
Shri Raj Nath Singh	Ministry of Defense	Shri Shripad Yesso Naik	Ministry of (AYUSH)
Shri Nitin Jairam Gadkari	Ministry of Road Transport and Highways	Dr. Jitendra Singh	Ministry of Dev. of North Eastern Region
Shri D.V. Sadananda Gowda	Ministry of Chemicals and Fertilizers	Shri Kiren Rijju	Ministry of Youth Affairs and Sports
Smt. Nirmala Sitharaman	Ministry of Finance	Shri Prahalad Singh Patel	Ministry of Culture & Tourism
Shri Narendra Singh Tomar	Ministry of Agriculture & Farmers Welfare	Shri Raj Kumar Singh	Ministry of Power
Shri Ravi Shankar Prasad	Ministry of Law and Justice	Shri Hardeep Singh Puri	Ministry of Housing & Urban Affairs
Shri Thaawar Chand Gehlot	Ministry of Social Justice and Empowerment	Shri Mansukh L. Mandaviya	Ministry of Shipping
Dr. Subrahmanyam Jaishankar	Ministry of External Affairs	Ministers of State	
Shri Ramesh Pokhriyal	Ministry of Education	Shri Shripad Yesso Naik	Ministry of Defence
Shri Arjun Munda	Ministry of Tribal Affairs	Dr. Jitendra Singh	Prime Minister's Office
Smt. Smriti Zubin Irani	Ministry of Women and Child Development	Shri Kiren Rijju	Ministry of Minority Affairs
Dr. Harsh Vardhan	Ministry of Health and Family Welfare	Shri Raj Kumar Singh	Ministry of Skill Dev & Entrepreneurship
Shri Prakash Javadekar	Ministry of Information and Broadcasting	Shri Hardeep Singh Puri	Ministry of Commerce & Industry
Shri Piyush Goyal	Ministry of Railways	Shri Mansukh L. Mandaviya	Ministry of Chemicals & Fertilizers
Shri Dharmendra Pradhan	Ministry of Petroleum and Natural Gas	Shri Faggansingh Kulaste	Ministry of Steel
Shri Mukhtar Abbas Naqvi	Ministry of Minority Affairs	Shri Ashwini Kumar Choubey	Ministry of Health & Family Welfare
Shri Pralhad Joshi	Ministry of Parliamentary Affairs	Shri Arjun Ram Meghwal	Ministry of Parliamentary Affairs
Dr. Mahendra Nath Pandey	Ministry of Skill Development and Entrepreneurship	General (Retd.) V.K. Singh	Ministry of Road Transport & Highways
Shri Giriraj Singh	Ministry of Animal Husbandry	Shri G. Kishan Reddy	Ministry of Home Affairs
Shri Gajendra Singh Shekhawat	Ministry of Jal Shakti	Sadhvi Niranjan Jyoti	Ministry of Rural Development

A Momentary view of Activities

Felicitation by SSCAF-JK

A felicitation programme was organised by SSCAF-JK (School Sports and Cultural Activities Federation, Jammu and Kashmir) at INTERNATIONAL DELHI PUBLIC SCHOOL (IDPS) to felicitate the management and staff of the school for their outstanding work and support during COVID_19 Challenging times and individual excellence in the field of education. SSCAF-JK felicitated Mr. Suminder Singh (MD), Mr. Swarn Choudhary (MD), Ms. Randeep Wazir (Principal), Ms. Guneet Mann (Vice Principal), Ms. Madhu Abrol (School Manager), Ms. Suman Pal Kour (Chief Media Editor) and other staff members. Under the presence of Mr. Gulshan Rattan (SSCAFJK), Mr. TARUN UPPAL, Mr. Ravinder Singh, Mr. Jitender Sarangal and Mr. Himanshu Heer. Mr. Gulshan Rattan apprised about the upcoming events of SSCAF-JK to the team of IDPS.



E-Learning Session

We know that the session 2021-22 started off on a challenging note. Our faculty is trying their level best with E-learning making the learning experience for the children effective and not compromising on the quality of the education imparted even through online system. We assure that we will continue to do whatever possible to ensure that IDPIANs can continue learning in new and alternative ways.



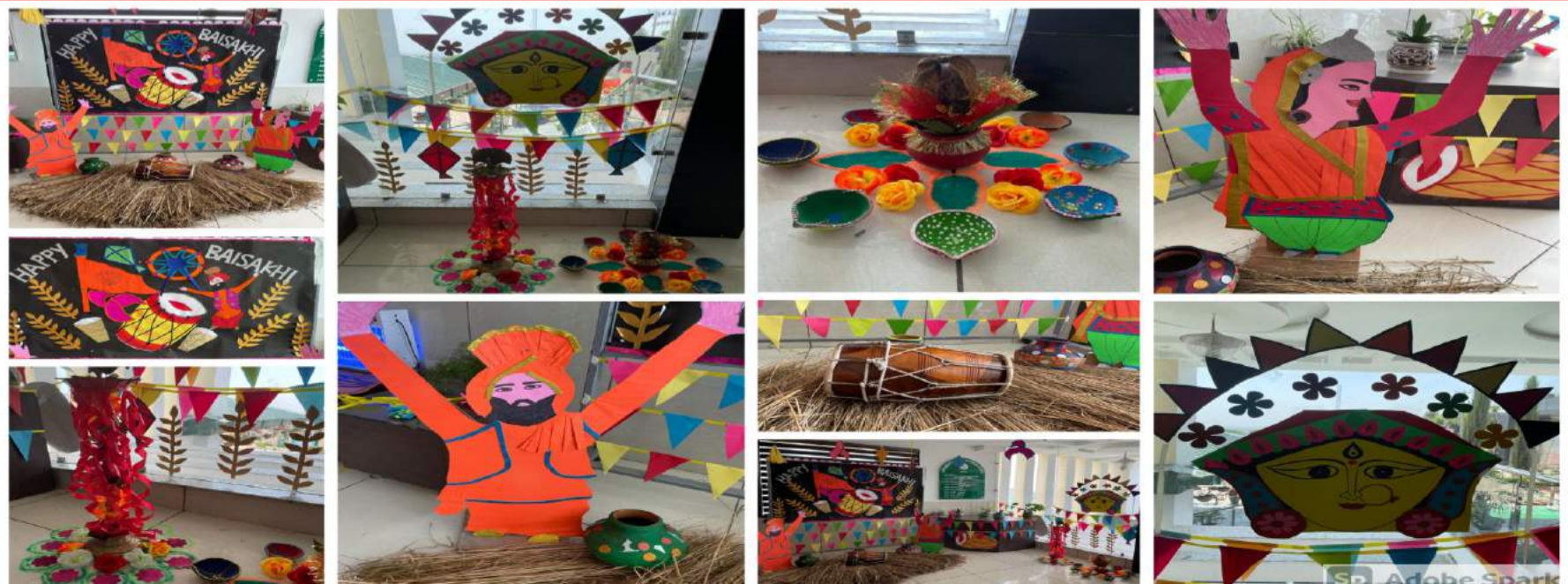
A Momentary view of Activities

Celebrating Earth Day Virtually

"The Earth is what we all have in common" The faculty of IDPS all geared up to celebrate the World Earth Day with beautiful backgrounds. Natures walk through a virtual class is actually an outstanding idea to impart knowledge about the environment to the students. All the teachers had done a commendable job to tell the students about the importance of World Earth Day.



Celebrating Baisakhi Virtually



A Momentary view of Activities

Spring Summer Soirée

It was a pleasure to have the warm and encouraging presence of Mrs Manisha Choudhary, Chairperson, IDPS along with Managing Directors - Mr Suminder Singh- and Mr Swaran Singh Choudhary. IDPS SPRING SUMMER SOIRÉE 2021-22 was also graced with the presence of our worthy Principal Ms. Randeep Wazir and the entire staff of the school. Our heartiest gratitude to all the staff members for their cooperation, support and passion that could be seen in the entire session. SALUTE TO EACH ONE OF THEM FOR THEIR RELENTLESS EFFORT AND PERSISTENT SUPPORT...



SIMPLE LIVING & HIGH THINKING

Simple Living High Thinking implies that we must lead a simple life but at the same time our thinking must not be limited.

This is to say that we must not restrict our thinking only to the nitty-gritty's of everyday day tasks. We should think big to bring about positive changes in our lives as well as that of those around us. The proverb lays emphasis on the importance of living a simple life devoid of any kind of show off. We must keep a check on our wants and desires. However, when it comes to thinking, it must be big. We must not think only about ourselves but also about those around.

-By:
Sonia Gupta

WHAT IS NURSING?

Nursing is a Profession within the health Care Sector focused on the care of individuals, families, and communities so they may attain, maintain or recover optimal health and quality of life.

Nursing encompasses autonomous and collaborative care of individual of all ages, families groups and communities, Sick or well and in all settings. Nursing includes the promotion of health, prevention of illness, and the care of ill, disabled and dying people. Advocacy, promotion of a safe environment, research, participation in shaping health policy and in patient and health Systems management and education are also key nursing roles.

-By:
Hemjeet Kour

TRUE FRIEND

If life gives only one true friend
One who is faithful till the end?

Friends are angels that lift
We up when our winds have forgotten love to fly

To share things together
To care and uplift, to love and to value
No diamonds and pearls are riches but the love of
friendship is always.

Weather we live together or apart, still our life will be
sweet, complete and true,
Because of a friend like you

-By:
Aasima Mansoor

FRIENDS

You are my best friend,
You are always in my heart and mind,
We go through several ups and downs of life,
But still nothing can apart us as we are best friends
When you hold and touch me without any fear,
Happiness spreads throughout the atmosphere
You don't need to think deeper what I'm thinking,
As you are striking in my heart and mind.

You are friend of mine
You are as hard as pine.

-By:
Farhan Majed

THE SUN

Get Happy For Every Reason,
In Full Swing Is Rainy Season
No Matter How Hard We Try,
Our Clothes and We Will Not Be Dry
Every Girl and Every Boy,
Rainy Season They All Enjoy
Children Wearing the Rain Coat,
Can Be Seen With Paper Boat

-By:
Aayat Noor

GREETINGS FROM THE SEASONS

Good morning, dear children
Said Pretty miss spring
Do you hear all my feathered song birds sing?

Good afternoon children
Queen summer then said
Have you seen my new roses so big so red?

Good evening to you!
Said sir autumn and bowed
Of my rare golden yield
I am properly proud!

Flow over the bare world
My snowflakes shall fall
Good night! Said king winter
It's good night to all.

-By:
Somya Gupta

SUMMER SEASON

Summer, summer
Is almost come
Times for fun
And swimming gear
Trips to the Beach
Are always such fun
Along with baseball
And games where we fun
Summer, summer
It almost come I can hardly wait
Let's give a big cheer
To summer season

-By:
Aditya Sharma

World Earth Day



World Heritage Day



What are Bandhas : Types, Importance in Yoga and Benefits

In yoga, the study of body and mind stands on the concept of energy that lies in our body in the form of prana shakti. The initial aim of all yoga practice is to get control over this prana shakti and this is where we need some practice called Bandhas.

WHAT ARE BANDHAS?

Bandhas in yoga is an art of locking certain areas of the body so we can manipulate energy running around those specific areas. Energy manipulation within the body becomes possible only by the flow of prana (life energy). A yogi's aim of performing bandhas is to lock the energy within the central energy channel (Sushumna Nadi) which is considered no obstacles path of flowing energy. In bandhas, we actually contract some specific body muscles. This is done by holding the breath for a while to bind prana energy within us. There are three major Bandhas, Jalandhara, uddiyana and Moola Bandha that lock the energy in the throat, abdomen and pelvis. In Hatha yoga, Bandhas are practiced to bind our chitta (mind in common language) which eventually helps one into the spiritual path.

BANDHAS ACTUALLY MEANS LOCK

Bandha is a sanskrit word, that means 'lock or 'to bind'. As the practice of Bandha locks or binds prana in

certain parts of the body, therefore, its name is Bandha. The meaning of Bandha can be defined as The yogic practices that leads to the activation of energy in certain specific parts of the body, with the help of the contraction on some muscle fibers, that accelerates the functions of all organs attached to that area.

IMPORTANCE OF BANDHAS IN YOGA:

We release the prana through certain doors (openings) within our body. These doors are root/moola (pelvic area) navel (abdominal area) and throat. Importance of Bandhas, what they actually do:

- *Bandhas* lock these doorways so that pranic energy don't leak unnecessarily in the atmosphere.

- Usually some areas of our body are energy rich and some are energy deprived. In energy rich areas prana is actually get stuck by muscular tension. Bandhas redirects this stuck energy deprived regions.

- *Bandhas* are great tools to get control over different koshas of the body, firstly through physical means then with just mental thinking.

- As the bandhas are very helpful in stimulation of the

chakras therefore yogis perform Bandhas for kundalini awakening.

TYPES OF BANDHAS:

MINOR BANDHAS: These are performed by locking our hand and feet area

1. Haste Bandha - Hand locks
2. Pada Bandha - Feet locks

MAJOR BANDHAS: These are performed by locking muscles near to pelvis, abdomen and throat respectively.

1. Mula Bandha
2. Uddiyana Bandha
3. Jalandhara Bandha

MAHA BANDHA: This body lock is when all three major Bandhas are performed altogether called Maha Bandha.

1. HASTA BANDHA: As the name suggests Hasta Bandha means " hand lock ". This bandha locks the prana in the hand and arms. Besides this Bandha awakens the energy channels up the arm

2. PADA BANDHA: The word Pada literally means foot. Pada bandha locks the energy in our feet and activates the arches of the feet. This bandha provides stability and balance in yoga practice. This lock binds us with the Earth's energy and helps to channelize the prana at the feet. It supports the elevation of joints in the legs and pelvic area.

3. MOOLA BANDHA: Moola

Bandha literally means " Root lock ". This bandha locks the energy in the pelvic region of the body. This lock includes the contraction of perineal muscle to lock the energy in the pelvic area.

4. UDDIYANA BANDHA:

Uddiyana Bandha is an abdomen lifting lock that locks the prana in the abdomen region. In this bandha we draw our navel part (abdomen) in and upward.

5. JALANDHARA BANDHA:

Jalandhara bandha is also known as " chin lock " or " Throat lock " This locks the prana in the throat region.

6. MAHA BANDHA:

When we combine three major bandhas we form Maha Bandha in Maha Bandha, we perform Jalandhara, uddiyana and Mula bandha together to get maximum benefits of these three bandhas.

Since we were born, we are aware of only our physical body. But there is a lot more than the physical body. We only know a few things about our subtle body, our soul. Bandha is a deeper understanding of our souls. These stimulates the prana and chakras. Bandhas are boon of Hatha yoga to us. One, who masters this technique of yoga, masters his/her soul.



Tennis

Tennis, original name lawn tennis, game in which two opposing players (singles) or pairs of players (doubles) use tautly strung rackets to hit a ball of specified size, weight, and bounce over a net on a rectangular court. Points are awarded to a player or team whenever the opponent fails to correctly return the ball within the prescribed dimensions of the court. Organized tennis is played according to rules sanctioned by the International Tennis Federation (ITF), the world governing body of the sports.

Tennis originally was known as lawn tennis, and formally still is in Britain, because it was played on grass courts by Victorian gentlemen and ladies. It is now played on a variety of surfaces. The origins of the game can be traced to a 12th–13th-century French handball game called jeu de paume (“game of the palm”), from which was derived a complex indoor racket-and-ball game: real tennis.

While tennis can be enjoyed by players of practically any level of skill, top competition is a demanding test of both shot making and stamina, rich in stylistic and strategic variety. From its origins as a garden-party game for ladies in whalebone corsets and starched petticoats and men in long white flannels, it has evolved into a physical chess match in which players attack and defend, exploiting angles and technical weaknesses with strokes of widely diverse pace and spin. Tournaments offer tens of millions of dollars in prize money annually.

PROFESSIONAL AND OPEN TENNIS

As tennis began to establish its popularity, there was a need for professionals to coach and to organize, but, unlike real tennis, there were no competitions in which professionals could play. This changed in 1926 when Charles C. (“Cash and Carry”) Pyle, a successful sports promoter in the United States, offered Suzanne Lenglen \$50,000 to go on a professional tour of America playing Mary K. Browne, who had been U.S. singles champion from 1912 to 1914. He also signed four male players. The tour, played in major arenas, drew large crowds and was a financial success. For the next 40 years, pro tennis consisted primarily of barnstorming tours that featured the reigning champion playing a recently signed amateur champion.

In 1967 a British proposal for a limited schedule of open tournaments was voted down by the international federation, but the British LTA refused to accept the verdict. In December 1967, despite the threat of expulsion from the ILTF, the LTA voted to abolish the distinction between amateurs and pros in their tournaments. This revolutionary step forced an emergency meeting of the ILTF in March 1968 in which 12 open tournaments were approved. The era of open professionalism in tennis dawned in 1968.

Organization and tournaments The ITF and the national associations that constitute it govern tennis worldwide; they oversee international competitions such as the Davis Cup and Federation Cup and tennis in the Olympic Games, which was restored to medal-sport status for the 1988 Games—the first time since 1924. The professional circuits were governed from the late 1970s by the Men's and Women's International Professional Tennis councils. These groups, made up of representatives of the ITF, players, and tournaments, oversee the international calendar, the implementation of rules and codes of conduct, and the training and supervision of tour officials. The councils work closely with the ATP and WITA, which supply a number of services and benefits to players and tournaments and maintain rankings that provide the basis for entry into tournaments and seedings.

Rules of Tennis:

- The game starts with a coin toss to determine which player must serve first and which side they want to serve from.
- The server must then serve each point from alternative sides on the base line. At no point must the server's feet move in front of the baseline on the court prior to hitting their serve.
- If the server fails to get their first serve in they may take advantage of a second serve. If they again fail to get their second serve in then a double fault will be called and the point lost.
- If the server clips the net but the ball goes in the service area still then let is called and they get to take that serve again without penalty. If the ball hits the net and fails to go in the service area then out is called and they lose that serve.
- The receiver may stand where they wish upon receipt of the serve. If the ball is struck without the serve bouncing then the server will receive the point.
- Once a serve has been made the amount of shots between the players can be unlimited. The point is won by hitting the ball so the opponent fails to return it in the scoring areas.
- Points are awarded in scores of 15, 30 and 40. 15 represent 1 point, 30 = 2 and 40 = 3. You need 4 points to win a game. If a game lands on 40-40 it's known as deuce. From deuce a player needs to win 2 consecutive points to win the game. After winning one point from deuce they player is on advantage. If the player wins the next point they win the game, if they lose it goes back to deuce.
- To win the set a player must win 6 games by 2 or more. The opening sets will go to a tie break if its ends up 6-6 where players play first to 7 points. The final set will not have a tie break and requires players to win by two games with no limits.
- If a player touches the net, distracts his opponent or impedes in anyway then they automatically lose the point.
- The ball can hit any part of the line for the point to be called in, outside the line and the ball is out.
- The balls in a tennis match are changed for new balls every 6 games
- A player loses a point if they fail to return the ball in either the correct areas on the court, hits the net and doesn't go into opponent's area or fails to return the ball before it bounces twice in their half.

AMAZING FACTS ★★★

EMPEROR PENGUINS



Other than humans, emperor penguins are the only warm-blooded animal to stay on Antarctica for the winter.

BLUE WHALES



The largest living animal is the blue whale, which can measure as much as 100 feet.

PANDAS



While pandas sometimes eat fish or small animals, 99% of their diet is bamboo.

SATURN




Saturn's rings are made from trillions of chunks of orbiting ice.

SUN



The Earth's core is as hot as the surface of the sun.

SOUND



Sound does not carry in space.

Fabled First

Edith Wharton



Edith Wharton is the first woman to win a Pulitzer Prize, 1921. Wharton was the first woman to win a Pulitzer for her 1920 novel. New editions are being released this year in celebration by Scribner and Penguin Classics, featuring introductions by Colm Toibin and Elif Batuman. The author's reaction to her Prize? 'I confess I did despair...' In 1921, Edith Wharton became the first woman to win a Pulitzer Prize. It was the fourth year of the prizes' existence. "The Age of Innocence," Wharton's book about New York high society during the 1870s, captured the Novel prize, as the Fiction award was known for the first three decades of its existence. This year, for the 100th anniversary its publication in 1920, Penguin Classics and Scribner are both offering new editions of the book with introductions by Elif Batuman and Colm Toibin respectively. In the June 22 edition of The New Republic, Robert Morse Lovett, a juror for the Novel prize, wrote that "The Age of Innocence" had not, in fact, been the jury's choice. The jury favored "Main Street," by Sinclair Lewis. The Pulitzer board overturned its decision. Lovett did not say so, but the man behind the switch was most likely Nicholas Murray Butler, president of Columbia University.

QUOTE

NELSON MANDELA
It Always Seems Impossible Until Its Done...

SCRABBLE

R	R	T	O	A	C
F	F	I	N	U	P
U	B	H	T	A	N
M	R	R	A	M	F
T	O	L	R	O	C

QUIZ

- How many time zones are there in Russia?
- What's the national flower of Japan?
- How many days does it take for the Earth to orbit the Sun?
- How many stripes are there on the US flag?
- What's the national animal of Australia?
- Which of the following empires had no written language: Incan, Aztec, Egyptian, Roman?

1. 11
 2. Cherry Blossom
 3. 365
 4. Red Kangaroo
 5. 365
 6. Incan



GOGGLES FOR THE BLIND BY ANAND TAGAR

GOGGLES FOR THE BLIND

Anang Tadar, a Class XI student from Arunachal Pradesh, has developed a pair of glasses to help the visually-impaired navigate "hands-free". Tadar's goggles, referred to as G4B, use echolocation technology – which mimics the way bats sense their surroundings – to alert visually-impaired wearers to objects within 2 metres of its field view. His innovation won him the Dinanath Pandey Smart Idea Innovation Award in March this year, and according to reports, UNICEF has expressed interest in refining his prototype in order to make it ready for the market. The contraption was profoundly valued by the National Innovation Foundation (NIF) and United Nations International Children's Emergency Fund (UNICEF), and hence, Anang has been approached to make a couple of models for the preliminary. In any case, the pitiful story lies ahead, Anang originates from a monetarily feeble family, and in this way, he demands some money related help to manufacture the models mentioned by NIF and UNICEF for the preliminary.

WORD MEANING

ENORMITY
noun [ih-nawr-mi-tee]

- Horribleness
- A grave crime or sin
- Horror
- The great or extreme scale, seriousness, or extent of something perceived as bad or morally wrong.

WORD:- ENORMITY
MEANING:- : the great or extreme scale, seriousness, or extent of something perceived as bad or morally wrong.
SENTENCE:- a thorough search disclosed the full enormity of the crime"

COLOURING PICTURE



Current Affairs

- Government announces Rs 14,500 crore capital infusion in 4 PSBs. The Central Government has announced to infuse Rs 14,500 crore in four state-owned lenders namely Central Bank of India, Indian Overseas Bank, Bank of India and UCO Bank in 2020-21, by issuing non-interest bearing bonds to these banks. This infusion will complete the government's total capital infusion of Rs 20,000 crore in public sector banks for the current financial year 2020-21. Earlier in December 2020, it infused Rs 5,500 crore in Punjab and Sind Bank.
- Utkal Divas or Odisha Day is celebrated on 1 April every year to remember the formation of the Odisha state after a struggle to be recognised as an independent state. Under British rule, Odisha was part of the Bengal presidency, which consisted of the present-day Bihar, West Bengal, and Odisha.
- India's largest lender, State Bank of India, has raised \$1 billion from Japan Bank for International Cooperation (JBIC) to extend loans to the supply chain of the Japanese automobile industry in India.
- The World Bank has revised upward the GDP growth projections for India by 4.7 percentage points to 10.1 per cent for the financial year 2021-22, due to a strong rebound in private consumption and investment growth. Earlier the bank had pegged the GDP growth at 5.4 per cent for FY22.
- In a bid to promote Ayurveda as the mainstream treatment for the prevalent lifestyle-related diseases, Vinoba Seva Pratishthan (VSP), in collaboration with the Ministry of AYUSH, has successfully organized a 3-day "Ayurveda Paravin Bhubaneswar."
- Mercedes star Lewis Hamilton got his bid for an eighth world title off to a thrilling start with victory in the Bahrain Grand Prix 2021.
- Subhash Kumar has assumed the additional charge as Chairman and Managing Director (CMD) of Oil and Natural Gas Corporation (ONGC) on April 01, 2021. He is serving as Director (Finance) at ONGC.
- Senior IAS officer, Mukhmeet S. Bhatia took over the charge of Director General of Employees' State Insurance Corporation (ESIC) on April 04, 2021. He is a 1990 IAS Officer of the Jharkhand cadre.
- A multinational Military Exercise named 'SHANTIR OGROSHENA' 2021 (Front Runner of the Peace) is scheduled to be held in Bangladesh from April 04 to 12, 2021.
- The fourth batch of three Rafale fighter jets landed in India after flying non-stop from Istres Air Base France, in a further boost to the strike capability of the Indian Air Force (IAF). The Rafale fighter jets were provided mid-air refuelling by air force tankers of the United Arab Emirates (UAE).
- Facebook and Google are planning to build new subsea cables from the US to Singapore and Indonesia.
- The legendary actor Rajinikanth has been selected to be honoured with the 51st Dadasaheb Phalke Awards, the highest film honour in India.
- The World Autism Awareness Day is observed internationally on 2 April every year, to raise awareness about people with Autism Spectrum Disorder (ASD) throughout the world.
- International Children's Book Day (ICBD) is organised annually on 2nd April since 1967, by the International Board on Books for Young People (IBBY), an international non-profit organization, to inspire a love of reading and to call attention to children's books.
- Union Education Minister, Ramesh Pokhriyal 'Nishank' has launched the "MyNEP2020" Platform of National Council for Teacher Education (NCTE) Web Portal which will be operational from April 1 to May 15, 2021.
- The central government has declared April 14, Dr BR Ambedkar's birthday a public holiday. Dr B R Ambedkar was the sculptor of the Indian Constitution and the country already celebrates his birthday as Ambedkar Jayanti every year.
- The Maharashtra government has declared an area at Amboli in Western ghats in Sindhudurg district, where a rare freshwater fish species was discovered, as a biodiversity heritage site.
- Chairman and Managing Director of Tractors and Farm Equipment (TAFE) Limited, Mallika Srinivasan has been appointed as the chairperson of the Public Enterprises Selection Board (PESB), an order issued by the personnel ministry.
- Former Reserve Bank of India Governor Dr Urjit Patel has been appointed as Additional Director of Britannia Industries with effect from 31st March 2021 for the tenure of 5 years.
- Defence Minister Rajnath Singh has congratulated DRDO and DMSRDE Kanpur for developing a LightWeight Bullet Proof Jacket. India needs more such innovative product design and development to realize the dream of Atma Nirbhar Bharat
- ICICI Bank and PhonePe announced their partnership for the issuance of FASTag using UPI on the PhonePe App. This integration allows over 280 million registered PhonePe users to order and track the ICICI Bank FASTag conveniently on the app.
- Aniyon Midhun of Nattika won the gold at the South Asian Wushu Championship that concluded in Nepal on March 31. The 28-year-old youth represented the country in the 70-kg category in the championship.
- Vice President Venkaiah Naidu has released a book 'Suparipalana' by retired civil servant Dr Shailendra Joshi.
- The world's first animal vaccine against the novel coronavirus has been registered in Russia, the country's agriculture safety watchdog Rosselkhoz nadzor. The vaccine for animals, developed by a unit of Rosselkhoz nadzor (Federal Service for Veterinary and Phytosanitary Surveillance), was named Carnivac-Cov.
- Rajasthan becomes the first state in the country where the state government is providing free health insurance facility to all the citizens of the state.
- The biggest floating solar power plant in India is to be set up at Ramagundam in Telangana. It is expected to be opened in May 2021. The cost of the project has been estimated as Rs 423 crores. The power plant will have 4.5 lakh photovoltaic panels.
- Union Health Minister Dr. Harsh Vardhan has approved National Policy for Rare Diseases, 2021. The policy aims to lower the high cost of treatment for rare diseases, with an increased focus on indigenous research & local production of medicines.
- Shabir Hussein Shekhadam Khandwawala, who has served as the Gujarat Director General of Police (DGP) before, is the new BCCI Anti-Corruption Unit chief.

Story Time



Once upon a time there lived a cat in a small village. One day it drank some milk from a house. So the house owner beat her mercilessly. So that day onwards she didn't enter in that village. One day she was very hungry. She kept searching for something good to eat. She has to take some food because her stomach is making noises.

She enters the village carefully. Suddenly the cat saw a rooster passing by the road. The rooster was eating some grains. The cat thought, "Ah! That is a good rooster. I wish I could eat his flesh. She thought how can I eat him and feed my stomach? After thinking for some time, the cat got an idea. He went to the rooster and accused him, "You are an irritation bird to the mankind. You start boast in the night time.

You don't let them sleep."The rooster was a little surprised. He defended himself by saying, "I boast only to help peoples. I do it for the benefit of mankind. I boast so that they might rise in time for their work. What is your problem?" But the Cat was very hungry. So she replied in anger, "You have given me enough apologies. But I will kill you and eat your flesh."

The Rooster started to fly but the cat pounced on the rooster and eats his flesh.

Moral: Unnecessary talk with the enemy does not help.

From Editor's Desk



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Positive thinking is a reflexive attitude developed or imbibed overtime that pushes you to expect fair and desired results. The power of positivity is to create, reinforce, and transform energy into reality with the mind set to seek a healthy and happy ending regardless of the situation.

Positive thinking leads an individual to success as they develop an attitude that helps them think that they can achieve the things and not be fettered by the problems that cross paths with success.

Positive thinking is achieved through determination, perseverance, self-confidence, and hard work.

Positivity plays a significant role, and many prosperous people have achieved through reinforcing positive thinking in both their personal and professional lives.

Thus, in challenging situations, people seek some light that leads them to positive thinking.

Positive thinking evokes more energy, leading to determination and hard work, ultimately translating to success. It would be best to remember that nothing gears up people to make wholehearted efforts to perform some task as positive thinking.

Clothes Communicate

My last article "Let's Groom them Young", mentioned the importance of all the factors which collectively help in creating an everlasting impression in various situations of our lives. Image Management is a combination of these 4 aspects: Clothing, Grooming & Hygiene, Etiquettes & Body Language. Each one of them is a very important aspect in itself but these aspects when put together in an individual helps him or her to make their PERSONAL BRAND very strong and eminent. Clothing is a basic human need-physical, psychologically, socially and aesthetically. Food, Clothing and shelter are ranked among basic human needs, in terms of survival. Every child is unique in their own way. The individuality of every student should remain intact but the knowledge of appropriate clothing, dressing according to the occasion being attended etc. is very pivotal. They need to understand that:

CLOTHES COMMUNICATE Clothing needs can be physical, in terms of physical survival, protection, safety health and comfort. Clothing needs can be psychological, in terms of mental health and psychological comfort. It helps to maintain or protect your body image, self- image and self -concept, self -esteem, self-confidence, self- respect. Clothing should put your mind at ease. Clothing needs can be social, in terms of acceptance, assignment, belonging and modesty. Clothing needs can be aesthetic, artistic in terms of the art elements and principles of designs. Clothing functions as the second layer to enhance appearance. Basic clothing needs must be met at all stages in life. When the clothing needs are met, the mind is free from concern about clothing and appearance. Clothing forms a very important part of building the FIRST IMPRESSION. The students need to understand the importance of clothing and how it assists in building a perspective and image about someone without having to know the person at a personal level. Clothing forms a very integral part of NON VERBAL COMMUNICATION. These aspects come into picture when the students appear for various interviews either for higher education or a professional job. The CLOTHES definitely communicate a message about the individual. My endeavour in my program "Lets groom them young" is that the students should comprehend the importance of dressing according to the Role , Occasion and Goal. As they grow and have these concepts clear and understood in their minds they would always be well dressed and groomed which will eventually be a source of self-respect , self-worth and confidence. For e.g - The students need to understand that distress jeans is a very trendy piece of clothing with the young generation , but it cannot be worn to a family function or a formal event in school. Then the student is expected to be dressed in formal shirt , jacket and trousers. The accessories also play a very important role and help in creating the complete look. The students should be aware that Image Makers and Image Breakers is an actual concept which can make or break the image of a person depending on the way he/she is dressed up. Wrinkled clothes , ill fitted clothes , unclean shoes or unmatched socks all can be Image breakers and will form an everlasting negative impression in the minds of people one interacts in their personal , social and professional lives. Therefore , Appropriate , Authentic , Attractive and Affordable clothes can help one make an impactful image and impression in the minds of people. Students once are aware of this concept of appropriate clothing and how it lays the foundation for an individual's success in the future years ; will understand how it helps them to stand out and make a mark of themselves along with the qualification , experience and skill set they own. They should always be able to convey the correct message through their appropriate and attractive clothing.



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