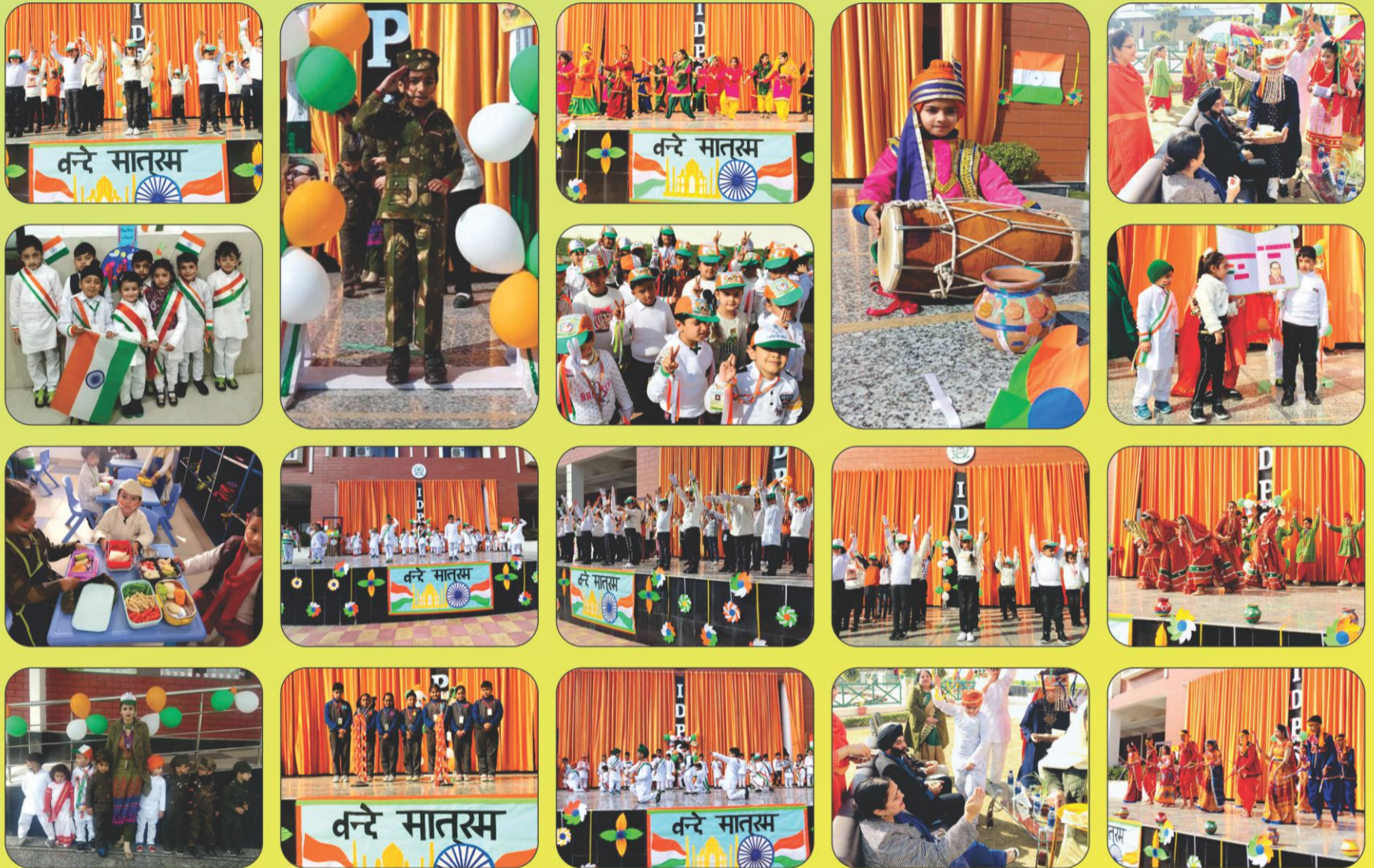




REPUBLIC DAY CELEBRATIONS



Freedom in mind, faith in words, pride in our heart, memories in our soul. Let us salute our nation on this Republic Day. Happy 71th Republic Day to all of you. Republic means Supreme power and we as citizens are enjoying all the rights irrespective of status and genders. IDPS commemorates the values of everyone who fought for republic nation and hundreds who debated every clause and sub clause before finally giving every Indian, a constitution of the people, by the people, for the people. IDPS salutes the valiant and brave armed and para military forces who sacrifice so much and stand ready to save and guard the honour of our motherland. Our special thanks to Chairperson- Mrs. Manisha Choudhary, Mr. Suminder Singh (Managing Director Operation), Mr. Swaran Choudhary (Managing Director Finance), Mrs. Randeep Wazir (Principal), Mr. Mehfooz Aslam (Principal IDPS Bandipora), Mr. K.K. Pangotra (Advocate of High Court), Mr. Pritam Choudhary, Mr. Arun Choudhary and staff members to be the part of our celebrations.



Congratulations to all the winners!

To make learning more interesting for the students and also prepare them for the current competitive environment, the students of the International Delhi Public School, Jammu conducted examinations under the Science Olympiad Foundation 2019-20 and the result for the first exam- International General Knowledge Olympiad was declared.

We proudly felicitated following winners with medals

1. Vihaan Singh, Grade I-Gold Medal,
2. Manasvani Sethi, Grade I- Silver Medal,
3. Armeet Pal Singh, Grade I- Bronze Medal,
4. Harman Singh, Grade 2- Gold Medal,
5. Mahi Sharma, Grade 3-Gold Medal,
6. Harman Singh, Grade 4- Gold Medal
7. Palkeen Kaur, Grade 5- Gold Medal,
8. Suhail Anaya's, Grade 8- Gold Medal

PUSARLA VENKATA SINDHU



Pusarla Venkata Sindhu, known as PV Sindhu, is an Indian professional badminton player and the first Indian woman to win an Olympic silver medal.

Born on July 5, 1995, in Hyderabad, Sindhu is also one of the two Indian badminton players to ever win an Olympic medal, the other being Saina Nehwal.

The ace shuttler came to international attention when she broke into the top 20 of the BWF World Ranking in September 2012 at the age of 17, and has featured in the top 10 of the world rankings, for most parts of her career.

Sindhu was born to P V Ramana and Vijaya in Hyderabad. Both her parents were national level, volleyball players. Sindhu started playing badminton at the

age of eight and then joined Gopichand Badminton Academy.

Sindhu's first major recognition came in the form of the 5th Servo All India ranking championship in the under-10 category. In the under-13 category, she won the doubles titles at the Sub-Junior Nationals and the All India Ranking in Pune. At the 51st National School Games in India, she won the gold medal in the under-14 category.

Sindhu's achievements

Sindhu made her international debut in 2009 at The Sub-Junior Asian Badminton Championships and announced her arrival in the badminton circuit with a bronze medal in her first international competition.

She finished as runner-up in the 2010 Iran Fajr International Badminton Challenge and reached the quarterfinals of the 2010 Junior World Badminton Championships in Mexico. At the age of 17, she won the Asian Junior Championships.

She finished as runner-up in the 2010 Iran Fajr International Badminton Challenge, and reached the quarterfinals of 2010 Junior World Badminton Championships in Mexico. At the age of 17, she won the Asian Junior Championships.

In 2013, she bagged her first Grand Prix win by defeating Singapore's Gu Juan. At The World Championships in 2013, Sindhu won a bronze medal and repeated the feat the following year too.

In the same year, she was awarded the

Arjuna Award, one of the highest honours for any sports person in India.

She competed in Commonwealth Games in 2014, where she reached the semi-finals after losing to Michelle Li of Canada. She became the first Indian to win two back-to-back medals in the BWF World Badminton Championships after her bronze medal finish in 2014 BWF World Championships.

In October 2015 she reached the final of Denmark Open by defeating three seeded players, Tai Tzu-Ying, Wang Yihan, and Carolina Marin, but lost to defending champion Li Xuerui. In November, she won her third successive women's singles title at the Macau Open Grand Prix Gold.

The biggest moment of Sindhu's career came in the year 2016 when she went on to become the youngest and the first female athlete from India to win a silver medal at Rio Olympics. She was graced with India's 4th highest civilian honour, The Padma Shri Award, later that year.

In 2017, Sindhu won The Indian Open Super Series and later added a silver medal at The BWF World Championships. After reaching the final of the 2018 World Championships, she became the first shuttler in the world to reach the finals of three successive major events.

However, the gold medal remained elusive and she had to settle for a silver each time.

Under the tutelage of coach Pullela Gopichand, the ace shuttler reached the



6th rank of the Badminton World Federation.

In 2018 Sindhu made it to the top 4 of the All England open, before losing to world No.3 Akane Yamaguchi in the semifinal. Sindhu competed at the 2018 Commonwealth Games in Gold Coast, winning gold in the mixed team event and a silver medal in the women's singles event.

Sindhu in the 2018 World Championships won her second consecutive silver medal and her total fourth. On 16 December 2018, Sindhu made history by becoming the first Indian to win the season-ending BWF World Tour Finals tournament in Guangzhou, China.

With earnings of \$8.5 million, Sindhu was ranked seventh in Forbes' list of Highest-Paid Female Athletes 2018 based on earnings from prize money and endorsements between June 2017 to June 2018.

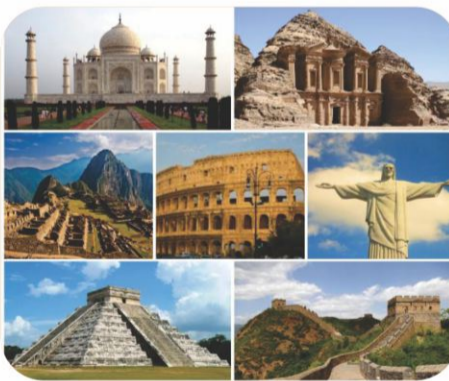
SEVEN WONDERS OF THE WORLD

1. Taj Mahal, Agra, India: Points - 94. Taj Mahal is an ivory-white marble mausoleum on the south bank of the Yamuna river in the Indian city of Agra. It was commissioned in 1632 by the Mughal emperor, Shah Jahan (reigned from 1628 to 1658), to house the tomb of his favourite wife, Mumtaz Mahal. It also houses the tomb of Shah Jahan, the builder. The tomb is the centrepiece of a 42-acre complex, which includes a mosque and a guest house, and is set in formal gardens bounded on three sides by a crenellated wall.

2. Chichen Itza, Yucatan, Mexico: Points - 92. Chichen Itza was a large pre-Columbian city built by the Maya people of the Terminal Classic period. The archaeological site is located in Tinum Municipality, Yucatán State, Mexico. The site exhibits a multitude of architectural styles, reminiscent of styles seen in central Mexico. Chichen Itza was one of the largest Maya cities and it was likely to have been one of the mythical great cities, or Tollans, referred to in later Mesoamerican literature.

3. Machu Picchu, Cusco, Peru: Points - 89. Machu Picchu is a 15th-century Inca citadel, located in the Eastern Cordillera of southern Peru, on a 2,430-metre (7,970 ft) mountain ridge. It

is located in the Cusco Region, Urubamba Province, Machupicchu District, above the Sacred Valley. Most archaeologists believe that



Machu Picchu was constructed as an estate for the Inca emperor Pachacuti. Often mistakenly referred to as the 'Lost City of the Incas,' it is the most familiar icon of Inca civilisation. The Incas built the estate around 1450 but abandoned it a century later at the time of the Spanish Conquest.

4. The Colosseum of Rome, Rome, Italy: Points - 88. The Colosseum, also known as the Flavian Amphitheatre, is an oval amphitheater in the centre of the city of Rome, Italy. Built of travertine, tuff, and brick-faced concrete, it is the largest amphitheater ever built. The Colosseum could hold, it is

estimated, between 50,000 and 80,000 spectators, having an average audience of some 65,000; it was used for gladiatorial contests and public spectacles such as mock sea battles, animal hunts, executions, re-enactments of famous battles, and dramas based on Classical mythology. The building ceased to be used for entertainment in the early medieval era. It was later reused for such purposes as housing, workshops, and quarters for a religious order, a fortress, a quarry, and a Christian shrine.

5. The Great Wall of China, China: Points - 81. The Great Wall of China is the collective name of a series of fortification systems generally built across the historical northern borders of China to protect and consolidate territories of Chinese states and empires against various nomadic groups of the steppe and their polities. Several walls were being built from as early as the 7th century BC by ancient Chinese states. The currently well-known walls were built by the Ming dynasty.

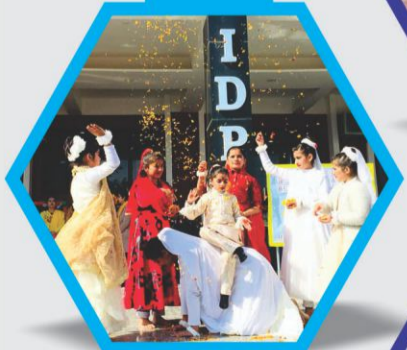
6. Christ the Redeemer, Rio de Janeiro, Brazil: Points - 81. Christ the Redeemer is an Art Deco statue of Jesus Christ in Rio de Janeiro, Brazil, created by French sculptor Paul Landowski and

built by Brazilian engineer Heitor da Silva Costa, in collaboration with French engineer Albert Caquot. Romanian sculptor Gheorghe Leonida fashioned the face. Constructed between 1922 and 1931, the statue is 30 metres (98 ft) high, excluding its 8-metre (26 ft) pedestal. The arms stretch 28 metres (92 ft) wide. It is located at the peak of the 700-metre (2,300 ft) Corcovado Mountain in the Tijuca Forest National Park overlooking the city of Rio de Janeiro. A symbol of Christianity across the world, the statue has also become a cultural icon of both Rio de Janeiro and Brazil, and is listed as one of the New7Wonders of the World.

7. Petra, Jordan: Points - 77. Petra, originally known to its inhabitants as Raqmu, is a historical and archaeological city in southern Jordan. Petra is believed to have been settled as early as 9,000 BC. Famous for its rock-cut architecture and water conduit system, Petra is also called the Rose City due to the colour of the stone out of which it is carved. It has been a Unesco World Heritage Site since 1985. Unesco has described it as 'one of the most precious cultural properties of man's cultural heritage'.

A Momentary view of Activities

BASANT PANCHAMI



LOHRI



IIT WORKSHOP



MOTHER TODDLER



ROAD SAFETY WEEK



Motherhood: The Purest form of Human Existence!!



Motherhood in essence can be d e f i n e d differently by different people!!

For some it may be the art of raising children, for some it may be the way a lady manages all the household chores

and her children along with her career. And, to some might be something that defines their personality. It's the need of the hour to strip of the concept of categorizing motherhood into a single

group and let each person have their own ay of categorizing motherhood. Motherhood affects everyone in a different way and that should be respected.

It's not necessary that you can be called a mother only when you give birth to the child from your physical body. Although in most of the cases, it is that you are mother when you give birth to the child. But, indeed, motherhood is much more than just a physical happening. There have been a lot many of mothers who have not given birth to the children yet have taken up the responsibility of being a mother in the most beautiful way. And there have

also been mothers who have left their children and disrespected the essence of being a mother. That makes quite clear that giving birth to the child not necessarily relates to motherhood.

Motherhood is defined by the art of nurturing and loving someone from the deepest corner of the heart without expecting anything in return for it. It not that if someone serves food for you but that does not makes a mother. Throwing meal at you is not the only requirement for being a mother but the love with which it served is what makes a mother. A mother knows all of your bad habits and even then she loves you, she teaches

her children the art of living rather the art of a fearless and truthful living. She takes care of her child's dreams and passions. She will help you fight courageously with your fears and hurts.

There might be many people whose biological mothers have not done anything for them that a mother is expected to do. And, there are a lot of such people out there. The job of being mother is not an easy one. Till the last breath a mother takes care of the issues of their children and they never mind tackling those issues at any stage of their life.

Mother



Mom, You taught me how to write.
Mom, you taught me this world is wide.
Mom, you taught me not to fight.
Mom, you taught me to scale new height.
Mom, you gave me all you had.
Mom, you too cried whenever I cried.
Mom, you gave all that made me glad
Mom, I really want to become your pride.
Mom how much I love you, I cant explain.
But I can never let your teachings go all in vain.
Mom, I remember my favourite thomas train.
The budget of the month, you had to maintain.
Mom you are a women like no other.
Life is heaven when we are together.
How can I express my love for my mother.
She is a great soul, She is my mother.

GURTEJ SINGH.
CLASS 4TH A
Son of Mrs Ranjeeta Kour.

Albert Einstein

Albert Einstein was born on 14 March 1879 in the German city of Ulm, without any indication that he was destined for greatness. On the contrary, his mother thought Albert was a freak, to her, his head seemed much too large.

At the age of two and a half, Einstein still was not talking. When he finally learnt to talk, he uttered everything twice. Einstein did not know what to do with other children, and his playmates called him 'Brother boring'. So, the youngster played all by himself much of the time. He especially loved mechanical toys. Looking at his newborn sister Maja, he is said to have said: "Fine, but where are her wheels?"

A headmaster once told his father that what Einstein chose as a profession would not matter because he'll never make a success at anything.

Einstein began learning the violin at the

age of six, because his mother wanted him to; he later became a gifted amateur violinist, maintaining this skill throughout his life.

But Einstein was not a bad pupil, he attended the high school in Munich, where Einstein's family had moved when he was 15 months old, and scored good marks in almost every subject.

Einstein's new personal chapter coincided with his rise to world-fame. In 1953 he had published his General Theory of Relativity, which provided a new interpretation of gravity. His work was proclaimed as a scientific revolution and was awarded the Nobel prize in 1921.

He also promoted world peace and used his fame to end arms buildup. When he died, he was celebrated as a visionary and world citizen as much as a scientific genius.

BY: SALEEM AIJAZ NAJEE



Atif Abad Qazi
Class 9A

PERSONAL HYGIENE

Personal hygiene is how you care for your body. This practice includes bathing, washing your hands, brushing your teeth, and more. Every day, you come into contact with millions of outside germs and viruses. They can linger on your body, and in some cases, they may make you sick. Personal hygiene practices can help you and the people around you prevent illnesses. They can also help you feel good about your appearance.

Personal hygiene habits such as washing your hands and brushing and flossing your teeth will help keep bacteria, viruses, and illnesses at bay. And there are mental as well as physical benefits. "Practicing good body hygiene helps you feel good about yourself, which is important for your mental health. People who have poor hygiene — disheveled hair and clothes, body odor, bad breath, missing teeth, and the like — often are seen as unhealthy and may face discrimination.

Personal Hygiene: Healthy Habits Include Good Grooming

If you want to minimize your risk of infection and also enhance your overall health, follow these basic personal hygiene habits:

- **Bathe regularly.** Wash your body and your hair often. You don't need to shower or bathe every day, But you should clean your body and shampoo your hair at regular intervals that work for you." Your body is constantly shedding skin. That skin needs to come off. Otherwise, it will clog up and can cause illnesses.

- **Trim your nails.** Keeping your finger and toenails trimmed and in good shape will prevent problems such as hang nails and infected nail beds. Feet that are clean and dry are less likely to contract athlete's foot.

- **Brush and floss.** Ideally, you should brush your teeth after every meal. At the very least, brush your teeth twice a day and floss daily. Brushing minimizes the accumulation of bacteria in your mouth, which can cause tooth decay and gum disease. Flossing, too, helps maintain strong, healthy gums. "The bacteria that builds up and causes

gum disease can go straight to the heart and cause very serious valve problems,". Unhealthy gums also can cause your teeth to loosen, which makes it difficult to chew and to eat properly, he adds. To maintain a healthy smile, visit the dentist at six-month intervals for checkups and cleanings.

- **Wash your hands.** Washing your hands before preparing or eating food, after going to the bathroom, after coughing or sneezing, and after handling garbage, goes a long way toward preventing the spread of bacteria and viruses. Keep a hygiene product, like an alcohol-based sanitizing gel, handy for when soap and water isn't available.

- **Sleep tight.** Get plenty of rest — 8 to 10 hours a night — so that you are refreshed and are ready to take on the day every morning. Lack of sleep can leave you feeling run down and can compromise your body's natural defenses, your immune system.

Personal Hygiene: Poor Hygiene Hints at Other Issues

If someone you know hasn't bathed or appears unkempt, it

could be a sign that he or she is depressed. "When people are sad or depressed, they neglect themselves,". Talking about the importance of proper personal hygiene for preventing illnesses and providing personal hygiene items may help some people. Be candid but sensitive and understanding in your discussions, Novey says. Despite your best efforts, your friend or loved one may need professional help. You should encourage them to see a counselor or doctor if their personal hygiene doesn't improve.

Personal Hygiene: Good Habits Help Keep You Healthy

For most people, good hygiene is so much a part of their daily routines that they think little about it. They bathe, they brush their teeth, visit the dentist and doctor for regular checkups, and wash their hands when preparing or eating food and handling unsanitary items. To keep those you care about healthy and safe, help them learn, and be sure that they are practicing, good personal hygiene.

TULSI - HOLY BASIL

It is one of the oldest herbs known to mankind, tulsi's healing and healthful properties have been the most treasured knowledge across the world. Holy Basil or Tulsi, is considered sacred in Hinduism and is worshiped as 'Goddess of Devotion' in many of the Indian households. Tulsi is cultivated for religious and medical purposes and also for its essential oil which is often used in Ayurveda. Tulsi leaves are used in a variety of culinary preparations. In addition to the flavour, the culinary herb is said to preserve and enhance the properties of the food. From a healthy gut to stronger immunity, the benefits of tulsi leaves are quite a lot. We all know about the spiritual significance of cultivating the Tulsi plant, but let us unveil more of Tulsi's benefits.

Acts as an Anti-Inflammatory

Tulsi is packed with strong anti-inflammatory properties that cure a variety of diseases and disorders. It contains enzyme-inhibiting oils, including eugenol, citronellol and linalool. The anti-inflammatory properties of tulsi help lower inflammation, lowers the risk of heart disease, rheumatoid arthritis and inflammatory bowel conditions. Chewing of Tulsi leaves soothes fever, headache, sore throat, cold, cough, flu.

Packed with Disease-Fighting

Antioxidants

Tulsi essential oil has the ability to help fight free radical damage while protecting DNA structure and cells. Tulsi contains two water-soluble flavonoid antioxidants, orientin and viceninare that strengthen the



immune system, protect the cellular structure, DNA and delay the effect of skin ageing.

Skin Care

The essential oil of Tulsi cleanses the skin from within. This excellent skin cleanser is perfect for those with oily skin. It removes dirt and impurities that block pores. Apply the paste made of Tulsi leaves on your face for 20 minutes. Wash it off with cold water. The strong anti-inflammatory and antimicrobial properties of Tulsi help prevent the formation of acne. Tulsi is

known to heal many diseases and ailments. Juice of Tulsi leaves is used in treating ringworm and skin disorders. For skin problems, the mix of Tulsi and Aloe Vera juice is beneficial. Few physicians used this beneficial herb as skin ointments for treating

leucoderma. It also prevents premature ageing and keeps the skin healthy.

Heals wound and protects against infection

Extracts made from its leaves are thought to boost wound healing speed

and strength. Some people use Tulsi after surgery to heal and protect their wounds from infections. It increases your wound breaking strength, healing time and contraction.

Home Remedy for Cough

Tulsi leaves are used in the treatment of cough and cold. To cure cough and cold fever, one should take the decoction of tulsi flowers, ginger, black and long pepper powder along with honey for at least three to four times a day. It is good to reduce the

symptoms of cough and cold. A person suffering from expectorant should take the juice of Tulsi leaves and sugar. For dry cough, the mixture of Tulsi leaves, onion and ginger juice is helpful in managing and controlling it.

Stress Buster

Tulsi's essential oil may help manage depression and anxiety too. The herb stimulates neurotransmitters that regulate the hormones responsible for including happiness and energy. Chewing 10-12 fresh Tulsi leaves control stress and manage anxiety. Tulsi tea also helps in reducing stress.

Tulsi for Fever

The decoction of tulsi leaves, neem leaves, powder of ginger and powder of long pepper has the ability to reduce fever and its symptoms considerably. Tulsi tea is quite effective against malaria and dengue fever, especially during the rainy season. During fever, applying the paste of Tulsi leaves on cold feet is beneficial.

Tulsi prevents heart disease

Tulsi leaves show a positive impact in reducing cholesterol level in the body, thereby helpful in preventing cardiac diseases. Tulsi leaves also act as a tonic for the heart. Blood circulation enhances when the juice of fresh leaves is applied locally.

SPORTS CLUB



SPEED BALL

Speed-Ball is a racquet sport invented in Egypt in 1961 by Mohamed Lofly (grandfather of Taimour Lofly) for the training of beginner tennis players. Today it is a sport in its own right, enjoying popularity not only in Egypt but in other countries. Several of these countries make up the International Federation of Speed-Ball (FISB)

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 strings around 25 cm of diameter. The speed-ball court is about 6x4

m. for the single match and 8x6 m. for the doubles.

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 aim is to hit the ball a maximum time 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

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 ball.

Federation

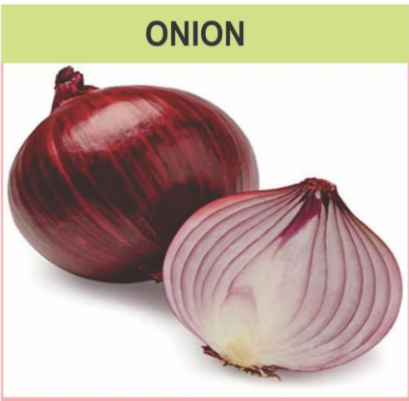
The International Federation of Speed-Ball (FISB) was founded in 1984 by the membership of Egypt, France, and Japan. Several other countries joined the federation (Kuwait, KSA, Austria, Slovenia, Denmark, Pakistan, Sudan, India, Lebanon, Nigeria, Afghanistan, UAE, ...).

AMAZING FACTS



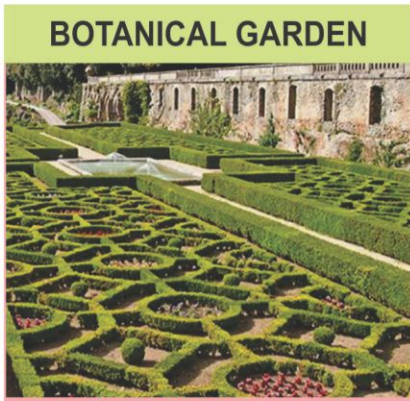
CABBAGE

CABBAGE HAS 91% WATER CONTENT.



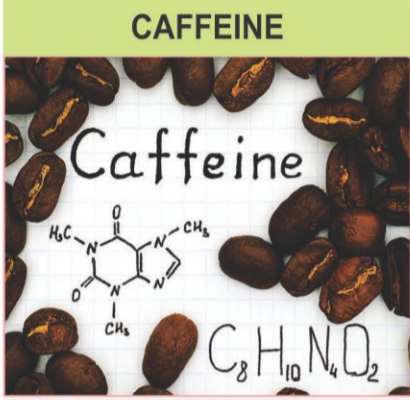
ONION

EATING LOTS OF ONIONS WILL MAKE YOU SLEEPY, AS IT ACTS AS A SEDATIVE.



BOTANICAL GARDEN

THE FIRST CERTIFIED BOTANICAL GARDEN WAS FOUNDED BY POPE NICHOLAS III IN THE VATICAN CITY IN 1278 AD.



CAFFEINE

CAFFEINE SERVES THE FUNCTION OF A PESTICIDE IN A COFFEE PLANT



BIRDS SPECIES

THERE ARE AROUND 10000 DIFFERENT SPECIES OF BIRDS WORLDWIDE.



HUMMING BIRDS

HUMMINGBIRDS CAN FLY BACKWARDS.

Fabled First

Mihir Sen



Mihir Sen was an Indian long distance swimmer and businessman. He was the first Indian to swim the English Channel from Dover to Calais in 1958, and did so in the fourth fastest time. He was the only man to swim the oceans of the five continents in one calendar year.

QUOTE

Stephen Hawking.

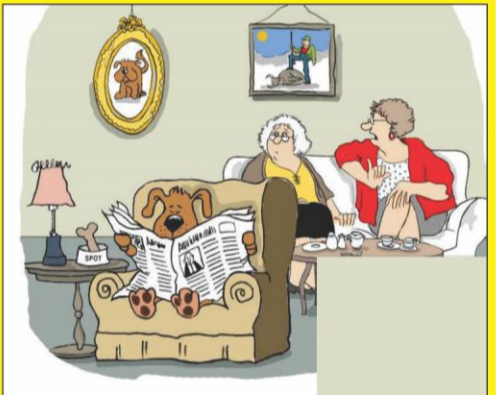
However difficult life may seem, there is always something you can do and succeed at.

Self-sanitizing door handle by SUN MING WONG



Self-sanitizing door handle Sun Ming Wong aged 17, and King Pong Li, aged 18, developed a bacteria-killing door handle. The teens knew that microbes are spread through contact, from door handles to shopping carts. They decided to look for a material that would adequately kill bacteria in situ. Their search proved fruitful after using titanium oxide. Their handles not only have a coating of titanium oxide but also an LED light integrated into the handle to activate the compound. It is said their solution can destroy 99.8% of all bacteria and viruses. The entire device also only costs around \$13, making it an affordable choice for most.

WORD MEANING



"I thought it would be difficult to paper train a dog, but Spot made a remarkable adjustment!"

WORD:- REMARKABLE

MEANING :- worthy of attention; striking.

Sentence:- She has remarkable powers of observation.

SCRABBLE

Grid for a Scrabble word search with letters: R, E, E, T, L, T, T, B, R, E, T, U, R, E, D, F, A, M, A, A, N, B, A, N, W, R, D, E, P, O.

QUIZ

- 1. Which crop is sown on the largest area in India?
2. Entomology is the science that studies
3. The world smallest country is
4. Which was the first fort constructed by the British in India?
5. What is the second largest country (in size) in the world?
6. The currency notes are printed in

- 1. RICE
2. INSECTS
3. VATICAN CITY
4. FORT ST. GEORGE
5. CANADA
6. INDIAN



MANSAR LAKE



Mansar Lake is situated 62 km (39 mi) from Jammu, Mansar is a lake fringed by forest-covered hills, over a mile in length by half-a-mile in width. Surinsar-Mansar Lakes is designated as Ramsar Convention in November 2005.

Besides being a popular excursion destination in Jammu, it is also a holy site, sharing the legend and sanctity of Lake Manasarovar. On the Eastern Bank of the Lake there is a shrine to Sheshnag, a snake with six heads. The shrine comprises a big boulder on which are placed a number of iron chains perhaps representing the small serpents waiting on the tutelary deity of the Sheshnag. Two ancient temples of Umapati Mahadev & Narsimha as also a temple of Durga are situated in the vicinity of the Mansar lake. People take a holy dip in the water of the lake

on festive occasions. Newlyweds consider it auspicious to perform three circum-ambulations (Parikarma) around the lake to seek the blessings of



Sheshnag, the lord of serpents, whose shrine is located on its eastern bank.

Certain communities of Hindus perform the Mundan ceremony (First hair cut) of their male children here.

There are also some ancient

temples on the lake's shores, which are visited by devotees in large numbers. Mansar is also ideal for boating for which the Tourism Department provides adequate facilities.

flickering of seasonal birds, tortoise and fishes of different species. There is a wild life Sanctuary housing jungle life like Spotted Deer, Neelgai etc. besides other water birds such as Cranes, Ducks etc. One can also witness the traditional and typical distinct life style of Gujjar and Backarwals wearing ethnic costume, living in open Kullhas around on the hills of Mansar Lake.

This Mansar lake road joins to another important road that directly links Pathankot (Punjab) to Udhampur (Jammu & Kashmir, Jammu Province). Udhampur is a Town of strategic importance, again on National Highway No. 1A. The shortcut road from Mansar or Samba to Udhampur by-passes the Jammu town. Surinsar Lake, a smaller lake that is linked to Mansar, is 24 km (15 mi) from Jammu (via a bypass road).

With all religions belief and heritage behind the Mansar Lake is also picking up its fame among the tourists with all its flora & fauna. The lake has cemented path all around with required illumination, with projected view decks to enjoy

From Editor's Desk



SUMAN KOUR
Chief Media Editor
idpschronicle@gmail.com

Perseverance means to continue steadfastly, especially in something that is difficult or tedious. It requires regular practice to develop the quality of perseverance. Only a patient person with strong determination can achieve his goal by perseverance.

Perseverance is the secret of success. Without it, no great achievement is possible. Even if a person is not very talented, nor highly knowledgeable, but of an average merit, still he can succeed in life simply by his perseverance. Every action has its reaction. So hard labour has no alternative. It

must yield results.

A person who is highly intelligent, and a scholarly genius, but is lethargic by nature, and reluctant to diligence, can hardly prosper in life, because he does not know how to use his brain and labour in the right direction. In this world, all the great things have been made or constructed only by perseverance.

Say, the lofty monuments, the palaces, the cities, the buildings etc.-all were built only by long and hard labour. 'Rome was not built in a day'. It took many years to build the beautiful city of Rome. It is through perseverance of thousands of diligent men that such magnificent structures can be erected:

In human life, perseverance plays a very important role. Modern science, architecture, literature, music-in every sphere of life-perseverance is the root cause of success and glory. Shakespeare did not compose such voluminous works just in a day. He had to work hard during days and nights with tremendous perseverance to create such great masterpieces

The modern scientists, too, carry on their experiments day and night for years together in order to attain success. If one looks at his own life, he can very well understand that whatever he has so far gained, he has gained it only by his hard labour, and not by chance or magic, or by someone's grace.

Therefore, perseverance must be practiced from the very childhood so that the noble habit becomes a part and parcel of one's life. With that great asset or goodwill, a man can walk easily on the hazardous road of his life's journey; and success will be his and his only.

Happy Reading



INTERNATIONAL DELHI PUBLIC SCHOOL, JAMMU

(Under the Aegis of The International Delhi Public School Society, New Delhi)
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