



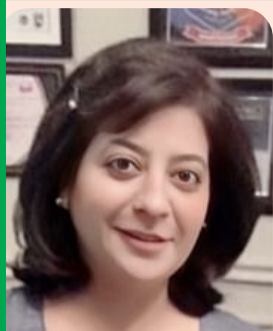
IDPS

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CHRONICLE

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INTERNATIONAL DELHI PUBLIC SCHOOL **AFFILIATED TO CBSE**
CBSE CODE - 730102



DR. SANGEETA
Chairperson MENTORx Women

MAGIC FEATHERS -BELIEVE IN YOURSELF

You're walking down a familiar path when something on the ground catches your eye. You walk up and realize it's a large feather. You were having an awful day, but somehow finding a feather on the ground has completely elevated your mood and state of mind. That is the innate magic of the feather. Think about the moments you are most proud of in your life

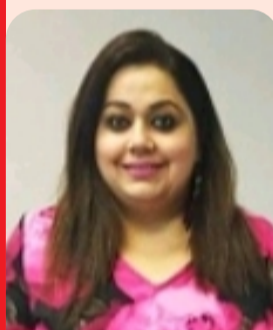
Building self-belief in our young people is an essential element of their education. Encouraging Young people, with high self-belief. Self believe is key to a healthy and happy life.

Knowing your inner self comes from being self-aware. Even if you do not have full clarity of your inner self, it is likely that certain aspects of him/her are already exhibited on a day-to-day basis through how you act.

Important part of self-belief comes from knowing your weaknesses and being relaxed about them.

Making young ones feel confident about the extent of their knowledge is as important as having the knowledge itself. Keep walking along the right path with your self-belief intact and success shall come your way. It will all soon seem magical. Make sure that you are treading the right path. Magic happens by standing face to face with fear and letting it know that you are worthy, and you are brave and your dreams matter so take up some space in this crowded world and make your dreams come true.

Self-belief gives you the freedom to make mistakes and cope with setbacks by seeing them for what they are: temporary setbacks, not the end of the world. And something else you'll notice: As your self-belief grows, people around you start to believe in you more, too. Because it really isn't the feather – it's you.



MS. BHAVDEEP KOHLI
Director Kohli Finishing School,
Kohli Star Image School, Moga, Punjab

HOT SKILLS STUDENTS NEEDS TO FOCUS AFTER COVID-19

Every passing year our world is witnessing major breakthroughs in science and technology. These advancements have a direct effect on the global job market and economy. For example, with the intervention of AI in every sector, the value of manual labour went down. Hence the degree of development of a sector determines the demand for jobs. Talking about global jobs in 2021 and beyond, we will see a surge in jobs for data analysts. The demand for mathematical and computer experts will also increase. Global recruiters will be looking for talented sales managers and HR specialists. Product designers and govt relation experts will be in high demand. To become a master in this skill, follow the given algorithm step by step-

- Understand the scenario and locate where the problem lies exactly.
- Have a detailed knowledge about the barriers.

- Weigh the available solutions.
- Execute a reliable plan of action.
- Compare the results and see what positive changes you can make.
- At the workplace, you will be facing a number of critical situations. For example, a quick problem-solving attitude will help you to resolve conflicts. You may face delays in completing some projects. Here intelligent problem-solving skills will become your saviour.

Critical Thinking – This skill encompasses applying logic and reasoning to analyse real-life situations. It will enable you to raise logical arguments during work. With aptness in reasoning, you can foresee the consequences of a plan. Using this power, you can efficiently organise the available information into categories. Critical thinking allows you to visualize the entire situation from a different angle. So, companies nowadays are adding more critical thinkers to their workforce. You can cultivate this quality very easily. You just have to be inquisitive about everything you encounter. **Creativity**- Every innovation in technology is a child of creativity. So, creativity is what gives you an edge over others. Companies will highly prefer creative individuals as they have the ability to lead the company in a new direction. Being creative means that you are able to generate novel ideas by combining some jumbled thoughts. Creativity also affects the way you manage things in the workplace. **Leadership and team management**- It is the most sought after quality while recruiting the leaders and managers of a company. Although the robots are fast and efficient, they can't imitate the leadership qualities of a human perfectly. A leader is like the sole guide of time. His duty is to foster effective collaboration among fellow teammates. A leader should be phenomenal in his communication and working. Because the team members will look up to him for inspiration. **Good coordination with colleagues** – It is more of a social skill than a company requirement. You need to mingle with your team members in the first place. This ensures that you never hesitate to share your own opinions with them. You should be well aware of the strength and weakness of your colleagues. Good coordination with the colleagues means you are flexible enough to adapt to a difficult situation and the problems. Even if your colleagues are of a widely different personality, you should stand shoulder by shoulder every time. This boosts the productivity of the company.

SHAKUNTALA DEVI: The Human Calculator



She was born with this extraordinary talent as from the very childhood, she used to solve arithmetical problems orally in no time. On the other hand, her father took her to different places to exhibit her prowess. Soon, her reputation spread all over the country and finally her fame crossed the borders of the country. she was acclaimed as an accomplished mathematician. BBC(London) invited her to give her demonstration on television. Many other countries also invited her. She was asked very complex questions solvable by computers only. But Shakuntala Devi never faltered and gave the answer after mental calculations. In 1977, at Southern Methodist University, she gave the 23rd root of a 201-digit number in 50 seconds. Her answer 546,372,891 was confirmed by calculations done at the US Bureau of Standards by the UNIVAC 1101 computer, for which a special program had to be written to perform such a large calculation, which took a longer time than for her to do the same. On June 18, 1980, Shakuntala Devi gave the product of two thirteen-digit figures after multiplying them within only 28 seconds. The figures were 1894766817799 and

5426462773730, asked by the computer department of Imperial College London in 1976. she amazed the US scientists by giving immediate answers to complex arithmetical problems by her conventional approach. Shakuntala Devi has delighted world audiences with her lightning fast computation and her infectious enthusiasm and love for numbers. In addition to her work as a mental calculator, Devi was a notable astrologer and an author of several books, including cookbooks and novels. Devi wrote a number of books in her later years, including novels as well as texts about mathematics, puzzles, and astrology. She wrote the book The World Of Homosexuals, which is considered the first study of homosexuality in India. She saw homosexuality in a positive light and is considered a pioneer in the field. On 4 November 2013, Devi was honoured with a Google Doodle on what would have been her 84th birthday. A film on her life titled Shakuntala Devi was announced in May 2019. The film stars Vidya Balan in the lead role and features Sanya Malhotra, Amit Sadh, and Jisshu Sengupta. Produced by Sony Pictures Networks

Productions, the film streamed worldwide on Amazon Prime Video on 31 July 2020. Shakuntala Devi, an Indian mathematical wizard known as "the human computer" for her ability to make incredibly swift calculations, died on Sunday in Bangalore, India. She was 83. The cause was respiratory and cardiac problems, said D. C. Shivadev, a trustee of the Shakuntala Devi Educational Foundation Public Trust. Ms. Devi demonstrated her mathematical gifts around the world, at colleges, in theaters and on radio and television. In 1977, at Southern Methodist University in Dallas, she extracted the 23rd root of a 201-digit number in 50 seconds, beating a Univac computer, which took 62 seconds. In 1980, she correctly multiplied two 13-digit numbers in only 28 seconds at the Imperial College in London. The feat, which earned her a place in the 1982 edition of the Guinness Book of World Records, was even more remarkable because it included the time to recite the 26-digit solution. "At the age of 6, she gave her first major show at the University of Mysore, and this was the beginning of her marathon of public performances."

National Symbols of India

S. No.	Name	Symbol
1.	National Motto	Satyameva Jayate Sanskrit: सत्यमेव जयते ("Truth Alone Triumphs")
2.	National Anthem	Jana Gana Mana ("Thou Art the Ruler of the Minds of All People")
3.	National Song	Vande Mataram ("I bow to thee, O Mother!")
4.	National Cockade	National cockade
5.	National Days	Independence Day, Gandhi Jayanti, Republic Day
6.	National Currency	Indian rupee ("₹, INR")
7.	National Calendar	Saka calendar
8.	National Colours	Saffron, Blue, White and Green, Sky blue (sports)
9.	National Animal	Bengal Tiger
10.	National Heritage Animal	Indian Elephant
11.	National Aquatic Animal	South Asian River Dolphin
12.	National Reptile	King Cobra
13.	National Bird	Indian Peacock
14.	National Flower	Indian Lotus
15.	National Vegetable	Pumpkin

A Momentary view of Activities

Eid Celebrations



Environmental Week

In lieu of the Environment Week, IDPIAN's planted saplings and created #Bird #feeders to feed the hungry and thirsty birds. Our heartfelt gratitude and appreciation to all the children and parents who are giving their wholehearted participation for the activities sent by the school.



Poetry Recitation

We appreciate and thank all the parents who gave their whole hearted participation for the poetry recitation competition to enhance the learning process of children. The students participated enthusiastically and were all excited to present their poems on the theme- Environment.



IDPIANS UTILIZING THEIR TIME BEING CREATIVE AND PRODUCTIVE



MR. ALI HASSAN KHAN
CLASS: 10TH

In the roaming street animals History, which are roaming carelessly everywhere, why did COVID-19 society has not effected them, if we see we n t through the eyes of science throughma they are resistance to the virus ny plagues, or the virus can not modify famines, their DNA to hide from the a n d i m m u n e s y s t e m , Disasters but when we see through the eyes of nature. The COVID-19 is every Decade. But Humans are o n l y an anti-virus for Earth and all gifted multi habitat animals creatures except us (humans), which can adopt itself in many HOW? Because if we see, all situations, so being at home creatures has o contribute in for a human being is not a big nature, e.g. when an animal sacrifice, and the COVID-19 is dies, the body starts one of the disaster for humans decomposing by the fungus which will be written in the but so small creature can't history of Human disasters. decompose that much huge You may be thinking that you body of an animal and the see covid patients all around body will generate bad you who are coughing, bacteria which will cause weeping and all, but what of illness in nearby animals or plants, but there are vultures and hyenas to eat the dead body of animals and clean the Earth, same like it the plants take CO² and gives O² which is the breath of life for animals, and the small birds eats insects to maintain its population, but what's humans are contributing to Earth they are just taking and destroying, they eat fishes, animals, plants, kill trees, destroys air and water. Nature's rule is that the species which is contributing nothing will get destroyed, but because of more intelligence, humans survived many killing situations. Earth takes the Humans as a virus and to kill this virus it sent an anti-virus named COVID-19, and you must have noted from the first day of look-down till now how much change in air, water, trees has happened, now you can see more stars in the sky compared to before. Many people saw a star like planet and thought it was a comet and that's because it was hidden in the pollution, whenever the nature will see the situation is now improved the plague will get stopped. This is nature that makes us human beings like this but we should not become more bad guy, we should learn something from the situation and plant more trees and happiness.

"Be Home, Be Safe, and Protect Your Planet."

ARTISTIC



JASLEEN RANDHAWA
SECRETARY ADMIN, IDPS

When you want to make the main color pure and bright, don't just keep adding bright colors on it. Just make the colors around the spot darker and dull. It will give the scene dramatical effects. I think the life is the same."

Hiroko Sakai



TRUTH OF LIFE



MS. ISHWAR CHANDER JAIN
CLASS: 7TH B

Don't educate your children to be rich. Educate them to be happy. So when they grow up they will now the value of things not the price. Eat or food as your medicines, otherwise you have to eat medicines as your food. There is lot of difference between "human being" and "being human" - A few understand it. You are loved when you are form you will be loved when you die. In between you have o manage....! If you want to walk fast, walk alone...! But if you want to walk far, walk together...! ix best doctor in the world – 1) Sunlight 2) Rest 3) Exercise 4) Diet 5) Self Confidence 6) Friends maintain them in all stages of life and enjoy healthy life.

- If you, see the moon, you see the beauty of God.
- If you see the sun, you see the power of God and,
- If you see the mirror, you see the best creation of God, so believe in yourself.

We all are tourists and God is our travel agent who already fixed all our routes, reservations and destinations. So trust him and enjoy the trip called "life."

BRONCHITIS

BRONCHITIS: It is when the lining of the large breathing tubes get inflamed (swollen and red). These airways, called the bronchial tubes, connect the windpipe to the lungs. Their delicate lining makes mucus, and covers and protects the organs and tissues involved in breathing. Make it hard for air to pass in and out of the lungs. Irritate the tissues of the bronchial tube lining. Then, they make too much mucus. The most common symptom of bronchitis is a lasting cough.

Types of Bronchitis

Bronchitis can be acute or chronic: Acute bronchitis comes on quickly and can cause severe symptoms. But it lasts no more than a few weeks. Viruses cause most cases of bronchitis. Many different viruses can infect the respiratory tract and attack the bronchial tubes. Infection by some bacteria can also cause acute bronchitis. Most people have acute bronchitis at some point in their lives.

Chronic bronchitis is rare in children. It can be mild to severe and lasts longer (from several months to years). The most common cause of chronic bronchitis is smoking. The bronchial tubes stay inflamed and irritated, and make lots of mucus over time. People who have chronic bronchitis have a higher risk of bacterial infections of the airway and lungs, like pneumonia.

Signs & Symptoms of Bronchitis

Acute bronchitis often starts with a dry, annoying cough triggered by the of the lining

of the bronchial tubes.

Other symptoms may include:

- coughing that brings up thick white, yellow, or greenish mucus
- feeling short of breath
- soreness or a feeling of tightness in the chest
- wheezing (a whistling or hissing sound with

- when someone touches their mouth, eyes, or nose after contact with respiratory fluids from an infected person

Things that put people at risk for chronic bronchitis include:

- smoking, even for a short time
- being around tobacco

antibiotic for bronchitis caused by a virus. Antibiotics work only against bacteria, not viruses.

Home care helps most kids with bronchitis feel better. The doctor will recommend that kids and teens:

- drink lots of liquids
- get plenty of rest

For some older kids or teens,

doctors might say it's OK to give an over-the-counter or prescription cough medicine to ease coughing. They also sometimes prescribe a bronchodilator or other medicines that treat asthma. These help relax and open the bronchial tubes and clear mucus so it's easier to breathe. Kids usually get these medicines through inhalers or nebulizer machines.

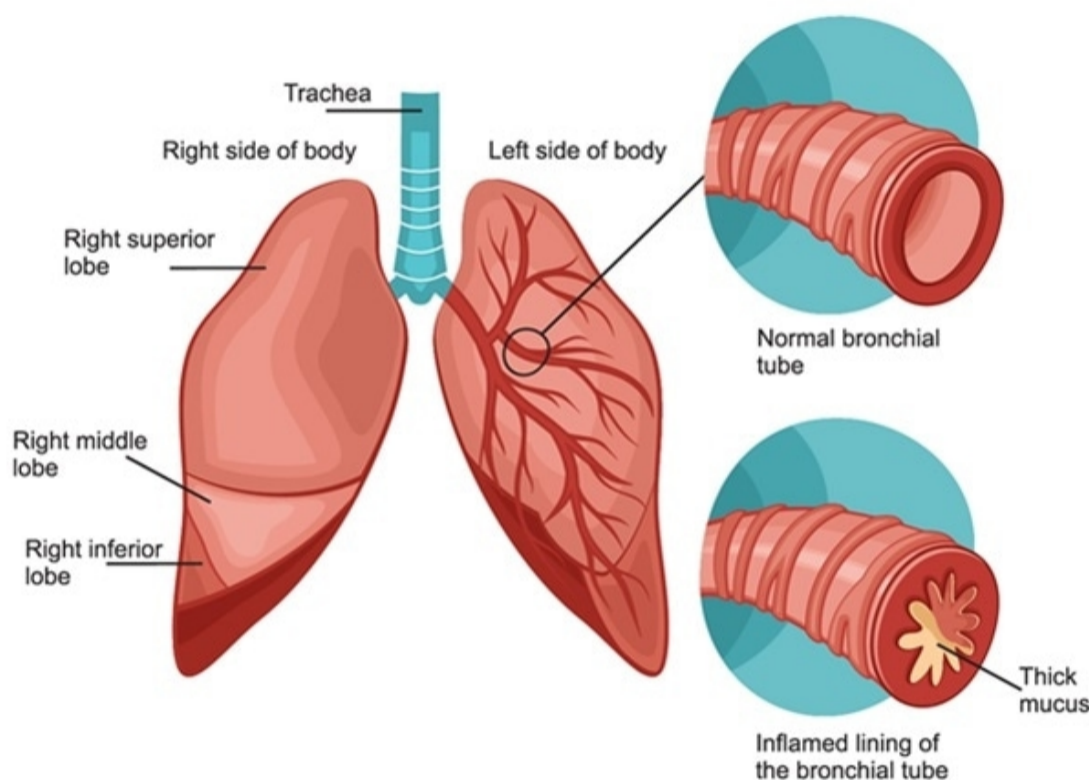
A child or teen with chronic bronchitis should avoid being near

whatever irritates their bronchial tubes. For people who smoke, that means quitting. Tobacco smoke causes more than 80% of all cases of chronic bronchitis. Smokers also take longer to recover from acute bronchitis and other respiratory infections.

HOW Can Bronchitis Be Prevented?

Washing hands well and often can help prevent the spread of many of the germs that cause bronchitis, especially during cold and flu season. Encourage anyone in your family who smokes to quit. Protect kids — with or without bronchitis — from secondhand smoke. It can put them at risk for viral infections and increased congestion in their airways.

BRONCHITIS



breathing)

- headache
- generally feeling ill
- fever
- chills

For people with chronic bronchitis:

- It can take longer than usual to recover from colds and other common respiratory illnesses.
- Wheezing, feeling short of breath, and coughing can happen every day.
- Breathing can get harder and harder.

Causes of Bronchitis

Acute bronchitis is usually caused by a virus. It may happen along with or after a cold or other respiratory infection. Viruses can spread:

- when someone with bronchitis coughs and sends infected droplets into the air

smoke

- exposure to chemical fumes and other air pollutants for long periods

How Is Bronchitis Diagnosed?

When doctors suspect bronchitis, they will do an exam and listen to a child's chest with a stethoscope to check for wheezing and congestion.

No tests are needed to diagnose bronchitis. But the doctor may order a chest X-ray to rule out a condition like pneumonia. Sometimes doctors do a breathing test (called spirometry) to check for asthma. Some kids who seem to get bronchitis a lot — with coughing, wheezing, and shortness of breath — may have asthma instead.

Treatment of Bronchitis

Doctors won't prescribe an

Benefits of Sports for Students

In addition to good exercise, the benefits of playing sports for students often include social and psychological growth as well. Playing sports is not only a fun way for students to stay active, but can also be helpful for academic growth! The benefits of sports for students include improving their self-esteem, building interpersonal social skills and more.

Benefits of sports for students:-

1. Health benefits: This is probably the most obvious one, but for a good reason! Any physical activity that encourages exercise is worth participating in. As the old saying goes, "body and mind" are get proper exercise through energized throughout the day, maintain a proper sleeping helps with staying focused

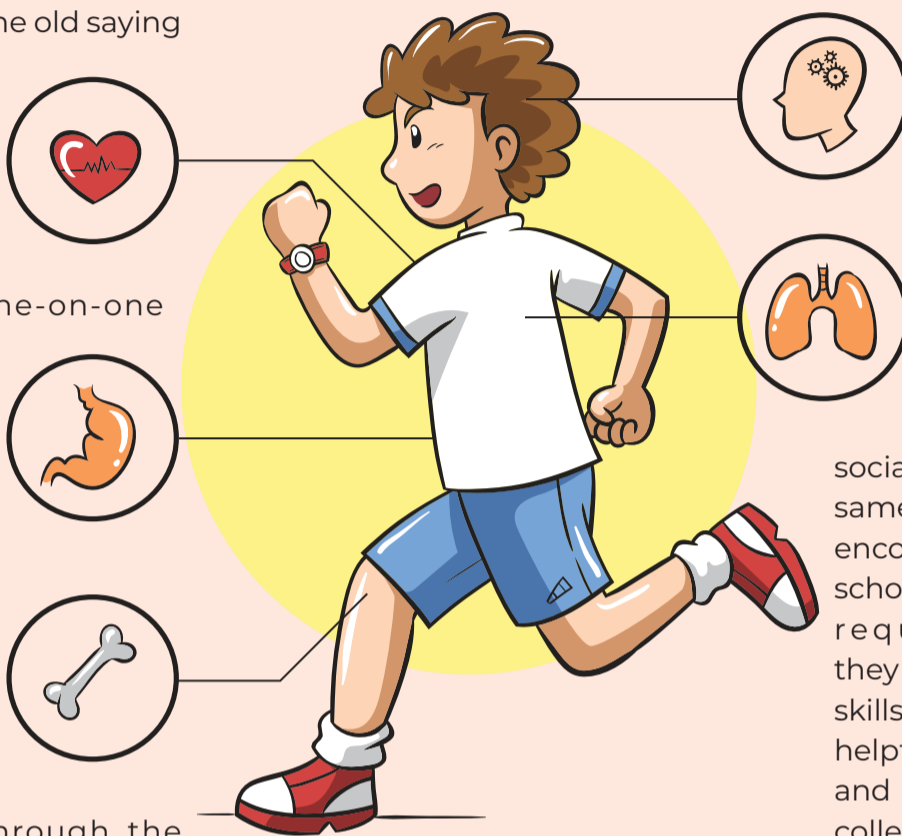
2. Social Skills: Sports

between players. Even one-on-one still require communication during a match while of competition. The social help them to improve their individuals that share the translate to the classroom, engaging and confident at

3. Teamwork: Team sports coordinate together while scoring a goal). These same approaches – are extremely at school. Group projects academic sphere even through the well with others is hugely beneficial for a beyond).

4. Self-esteem: Playing sports is fun. And it's not just about winning or losing – simply participating in sports encourages a mind set towards practice, growth, and improvement. These are the same principles we encourage students to hold academically. Getting better at something feels good, and sports are an excellent way to experience tangible improvement. Whether it's shooting hoops just for fun or joining a team league, sports can be an extremely positive influence on a student's self esteem. This same confidence boost will translate into all areas of their lives, including academic performance.

5. Resilience: Remember the old saying, "Learn to be a good sport?" Quite literally, in fact, sports teaches us that we don't always get the outcome we want. Olympic athletes train for years only to fall short of the gold medal – but rather than discourage their efforts, it motivates them to pick themselves up again and train harder. Team sports are the same – emotions can run high, and losing a big game can be disappointing. However, these experiences teach students to have good sportsmanship. Resilience is just as important in academics – when students are disappointed with a score or exam result, having good resilience helps them to "bounce back" and try again with a new approach. Sports are a great way of instilling these values at a young age.



WEIGHT - LIFTING

Olympic weightlifting, or *Olympic-style* weightlifting, often simply referred to as weightlifting, is a sport in which the athlete attempts a maximum-weight single lift of a barbell loaded with weight plates. The two competition lifts in order are the snatch and the clean and jerk. The snatch is a wide-grip, one-move lift. The clean and jerk is a close-grip, two-move lift. Each weightlifter receives three attempts in two successful lifts determines the overall weight categories are different for male and complete at least one successful snatch and total, and therefore receives an "incomplete" press was once a competition lift, but was discontinued due to difficulties in judging proper form. In comparison with other strength sports, which test limit strength (with or without lifting aids), weightlifting tests aspects of human ballistic limits (explosive strength); the lifts are therefore executed faster—and with more mobility and a greater range of motion during their execution—than other strength movements. The lifts performed in the sport of weightlifting, and in particular their component lifts (e.g. squats, dead lifts, cleans), are commonly used by elite athletes in other sports to train for both explosive and functional strength. The sport is controlled by the International Weightlifting Federation (IWF). Based in Budapest, it was founded in 1905.



AMAZING FACTS

ELEPHANTS




India has a spa just for elephants.

SUGAR




India was the first country to develop extraction and purifying techniques of sugar.

SNAKES AND LADDERS

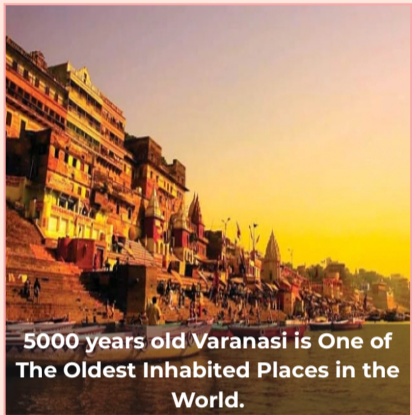


Snakes and Ladders originated in India.

Fabled First
Marty Cooper made the first cellphone.



VARANASI



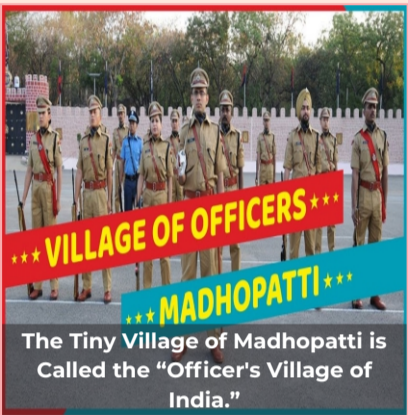
5000 years old Varanasi is One of The Oldest Inhabited Places in the World.

MAWSYNRAM



Mawsynram is the Wettest Place on Earth with 11,873 Millimetres of Rain Annually.

MADHOPATTI



The Tiny Village of Madhopatti is Called the "Officer's Village of India."

On April 3 1973, Motorola engineer Marty Cooper made the first cell phone call to Joel Engel, a rival from the research department at Bell Labs where the idea for cell phones was born in the late 1940s. Cooper made the call on a DynaTAC phone that weighed in at about 2.2 pounds and was 10 inches long. In 1947, an engineer at Bell Labs named William Rae Young proposed that radio towers arranged in a hexagonal pattern could support a telephone network. Cooper and his colleagues filed a patent for a "radio telephone system" in October of 1973, but the phone did not become commercially available until 1983. It cost about \$4,000 to purchase.

QUOTE

JOSEPH JOUBERT
To teach is to learn twice.



Sixteen Year Old Student Turns Banana Peels Into Bioplast.

As fruit, bananas are perfectly packaged – all the protection they need is provided by their flexible, resilient peels. As then-sixteen-year-old Turkish student Elif Bilgin discovered, the starches and cellulose contained in their outer layer can also be used to create materials that insulate wires and form medical prostheses. Bilgin developed a chemical process that turns the peels into a non-decaying bioplastic that she hopes will help replace the need for petroleum and combat pollution. Bilgin's endeavors won her the top prize and \$50,000 at the Scientific American Science in Action competition, as well as the honor of becoming a finalist in the Google Science Fair 2013.

WORD MEANING



WORD:- BLING
MEANING:- Jewellery, decoration or clothing that attracts attention because looks expensive.
SENTENCE:- She wore a fake-fur coat, big sunglasses and lots of bling.

SCRABBLE

E	Z	I	A	R	B
H	C	N	I	L	C
D	I	N	G	E	N
T	E	N	F	A	S
T	E	R	G	O	I

QUIZ

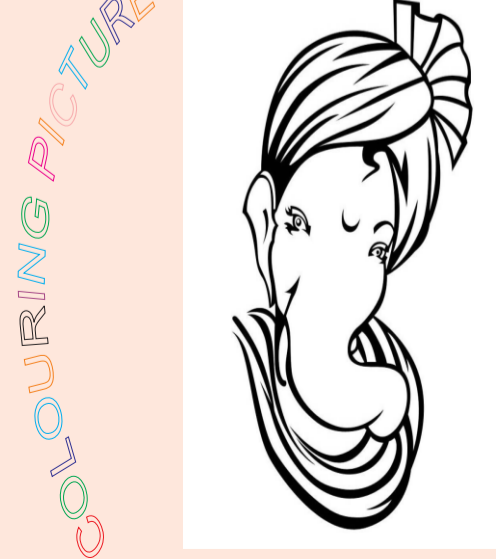
- Which state is going to observe "No Vehicle Day" on the first day of every month in 2020?
- Which Indian state has recently launched 'Cyber Safe Women' initiative?
- The theme of the International Nurses Day 2020 is?
- Which SAARC member country pledged \$1 million to SAARC Coronavirus Emergency Fund?
- Microsoft is set to launch its third India Development Centre (IDC) in this city
- Which Indian city was recently certified formally as a World Heritage site by UNESCO?

1. Rajasthan
2. Maharashtra
3. Kerala
4. Karnataka
5. Andhra Pradesh
6. Gujarat



Dancing to the tunes of nature.

COLOURING PICTURE



MINDFUL MEDITATION



Ms. Vishakha Pandita
Life Coach &
Motivational speaker

Nowadays everyone is talking about doing Meditation in this pandemic. But little do people know WHAT IS MEDITATION

MEDITATION is all about being in Balance. Its about being in present. We human beings are always thinking about past...where we can't do to things that have happened...or else we think about future.. where we don't know what will happen..its totally uncertain. But surely we can have a wonderful present. By enjoying the moment we are a part of.

Our mind swings like pendulum.. Sometimes about things happened and sometimes about what will happen next.

In this process we ignore our today.. Meditation is all about being in today and enjoying present. Our mind is so much cluttered with unwanted and unnecessary thoughts which take away space of good thoughts.. And this unnecessary burden plays a havoc on our mind. We stress our mind with so many thoughts that the wear n tear goes to extreme and then we start getting mental n physical health issues...and the never ending journey starts of doctors, medicine, therapy.

Little do we understand that our mind needs break from this over thinking. We pile up all sort of emotions in our mind, without realising that the capacity is less and the pressure we are adding is much more. To slow down the process of excessive thinking and mental pressure, Meditation comes to our rescue. But there are lots of myth about Meditation. To make things more clear let me explain you in a easy way. After each thought our mind produce, it takes a self break... this period is called as thoughtlessness. We have our thoughts going on one after another, the more we try to calm ourselves and increase this period of thoughtlessness between two thoughts, there is when the process of MEDITATION takes place.

Knowingly and unknowingly our mind takes break between thoughts and the nerves are relaxed and when they are relaxed they work more efficiently and the results are shown thru our productivity. Earlier we used to always feel lethargic and overburdened with thoughts..but when the thoughtlessness increase, it gives better mind set, clarity in thinking, relaxed mind, positivity, happiness, cheerfulness, concentration, good physical health and much more health benefits beyond comparison. We just need to silence our mind and our mind starts the healing within. With MEDITATION you feel relaxed, rejuvenated, detoxified, heart fulness and tranquillity. If you meditate for few minutes daily you will witness that your body and all its functions are activated and you will feel energized for whole day. The best example here i can give is of a MOBILE PHONE. Due to opening lots of app our mobile gets hanged so we need to clear the mobile phone..same way when we put our attention to too many things our mind gets overworked and tired. We need to clear our mind from unwanted thoughts, feeling, emotions and MEDITATION is the best way to do it.

Story Time

THE FOX AND THE STORK

A selfish fox once invited a stork to dinner at his home in a hollow tree. That evening, the stork flew to the fox's home and knocked on the door with her long beak. The fox opened the door and said, "Please come in and share my food."

The stork was invited to sit down at the table. She was very hungry and the food smelled delicious! The fox served soup in shallow bowls and he licked up all his soup very quickly.



However, the stork could not have any of it as the bowl was too shallow for her long beak. The poor stork just smiled politely and stayed hungry. The selfish fox asked, "Stork, why haven't you taken

your soup? Don't you like it?" The stork replied, "It was very kind of you to invite me for dinner. Tomorrow evening, please join me for dinner at my home." The next day, when the fox arrived at the stork's home, he saw that they were also having soup for dinner. This time the soup was served in tall jugs. The stork drank the soup easily but the fox could not reach inside the tall jug. This time it was his turn to go hungry.

"A selfish act can backfire on you."

From Editor's Desk

If you are persistent, you will get it. If you are consistent, you will keep it.

To be consistent means to dedicate yourself completely to a task, activity or goal. It means to stay engaged without distraction. Consistency is about building small empowering habits and rituals that you partake in every single day that keep you focussed on your highest priorities and goals.

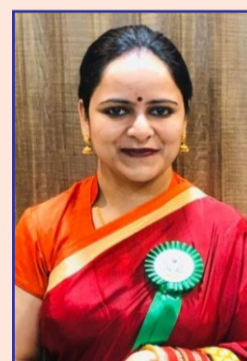
Everyone wants consistency, whether it regards Studies, running a business, investing, supervising employees, dieting, exercising or parenting. Consistency develops routines and builds momentum. It forms habits that become almost second nature.

For example, think about one of your goals.

It requires consistent effort to push toward that goal. If you are not consistently focused on achieving it, you will likely fall back into old habits or lose interest. Being consistent is the difference between failure and success. The Success is neither magical nor mysterious. Success is the natural consequence of consistently applying basic fundamentals."

Small disciplines repeated with consistency every day lead to great achievements gained slowly over time. To be consistent means understanding that the greatest power lies in the present moment. Therefore consistency demands that you stay vigilant, mindful and present on the task at hand without losing focus. It demands that you are able to discipline yourself to this moment, and only to this moment without exception

"Don't be resistant to being consistent."



SUMAN KOUR
Chief Media Editor
idpschronicle@gmail.com