

SCHOOL LIVE

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JANUARY 2025

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Maha Mela



How to Develop a Growth Mindset

Kabuliwala: Tagore's Evergreen Tale

The Belly Brigade: Gut Bacteria & Good Health



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ed-note inside



In a world where knowledge and ideas are constantly evolving, it's essential to stay informed and curious. The January issue of School LIVE brings together a collection of articles and features that showcase the latest insights and perspectives from various fields.

From the science of writing by hand and its implications for cognitive development, to the economics of sustainability and the growing demand for green jobs, our expert contributors offer thoughtful analysis and commentary.

Against the backdrop of the devastating fires in California we explore the fascinating world of animal adaptations, highlighting the remarkable ways in which species respond to environmental challenges.

Rabindranath Tagore's timeless classic, Kabuliwala, remains as relevant today as it was when first written. Our in-depth look at this beloved tale offers new insights into its enduring appeal.

Throughout these pages, we aim to provide a platform for informed discussion, debate, and exchange. Every reader will find something to spark interest, from the latest research, technology and trends to inspiring stories and new ideas.

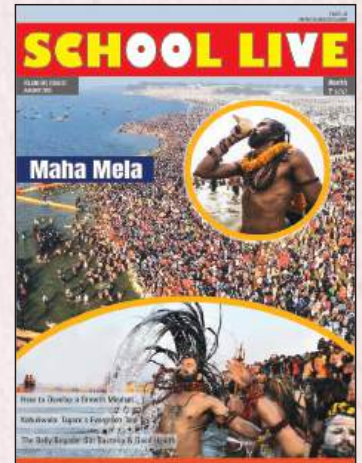
As you enjoy reading this issue, we hope you'll share our passion for learning and our commitment to sharing knowledge that inspires and informs.

Hariharan Balagopal

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 Studies show that writing by hand improves cognitive recall. The Neurological Nuances of Handwriting – Check it out!
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School Live has something for everyone. Share with your friends and relatives !

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EDITOR

Hariharan Balagopal

Studios: Crossroads Complex, NR-27,
 2nd Floor, Nathupur Road,
 DLF Phase 3, Sector 24,
 Gurugram, Haryana - 122002

www.school-live.com

Suggestions may be mailed to:

editor@school-live.com

**FOR QUERIES,
 CALL OR MESSAGE TO :**

Ph.: +91- 9818274147, 9625951969

in School LIVE | x @schoolLIVE_mag

f School LIVE | schoollivemagazine

Collaboration : Amrita Bharati



SCHOOL LIVE - THE ONLY COMPLETE EDUTAINMENT MONTHLY FOR SCHOOL STUDENTS AND THEIR PARENTS



Dr. Shayama Chona
Padmashri and Padmabhushan Awardee

As I write this message for the January issue of Principal Point Page, I am filled with a sense of pride and purpose. The dawn of 2025 brings fresh beginnings and opportunities. With decades of experience in education, I am honoured to share my insights on the evolving global education landscape.

I never envisioned a school as just a place for formal learning, nor as an institution where children are programmed to compete, memorize, and pass exams. Instead, education should encompass every formative influence on a child, recognizing these years as the most impressionable in their life's journey.

The world of education is undergoing a transformative revolution. Technological advancements, diverse learner profiles, and shifting societal needs are revolutionizing the traditional classroom model. Educators must acknowledge and adapt to these changes, ensuring that we equip our students with the skills and knowledge necessary to thrive and succeed in an ever-evolving world.

Communication is key to unlocking students' minds to learning, and I always strived to introduce new methods of connection

between teacher and child. Academic proficiency is a worthy goal, but merely the starting point. Classroom instruction should not be solely geared towards excelling in examinations. True success lies in students' ability to rigorously apply their knowledge in real-world settings and that is their true 'finish line'.

When I served as the principal at DPS R.K. Puram, we brought the vision of the future into existence. Along with national and international acclaim, it pioneered the concept of inclusive education in India. I constantly reminded both teachers and students alike to understand why they were studying, what they were studying, and why they were studying it in the way they were studying it.

In this digital age, the importance of books cannot be overstated. Reading exposes children to diverse perspectives, cultures, and experiences, broadening their understanding of the world and enhancing their language skills, critical thinking, and empathy. We, as educators and parents, must actively cultivate a reading habit, encouraging exploration of a wide array of genres and topics.

The rise of skill-based education and 'EdTech' ecosystems is bridging the gap between academic learning and real-world applications. Furthermore, institutions are prioritizing mental health programs, promoting inclusive environments, and developing entrepreneurial skills to equip students for future success. These trends highlight the need for adaptability and forward-thinking strategies in education to meet the evolving demands of the 21st century.

And therefore, our aim should extend far beyond simply boosting our students' academic intelligence (IQ). We must cultivate their holistic development by nurturing their people quotient (PQ), emotional intelligence (EQ), social quotient, spiritual quotient (SQ), and technology quotient (TQ), thereby empowering them to thrive as well-rounded, compassionate, and future-ready global citizens.

So, how can we, collectively, make education more engaging and a lifelong pursuit for children? First, parents, schools, and thought leaders must collaborate to create a holistic learning ecosystem. We need to prioritize experiential learning, incorporating hands-on activities, projects, and community service opportunities. Furthermore, we must recognize the value of 'failure,' encouraging children to take calculated risks and learn from their mistakes. Education should be an enriching journey, not a daunting task.

As Nelson Mandela so eloquently stated, "Education is the most powerful weapon which you can use to change the world." Let us wield this power to shape a brighter future for generations to come.

Dr. Shayama Chona

The Write Way

Research over the years has proven that handwriting instead of typing is beneficial for your brain!



IN today's digital world, writing by hand might seem like a waste of time. But research shows that writing skills could lead to better academic and career success.

Most students in India still write by hand. Many consider practising cursive writing a boring chore. They regard children who have traded in writing for 'smart' methods and learn typing as early as pre-school, with envy.

However, research has now shown the negative effects of the lack of handwriting training in children as well as adults.

How it Works

The process of writing, laborious as it may seem, does some very interesting things to the brain. Its relative complexity requires a finely tuned coordination between the visual and motor systems of the brain. Gripping an instrument and writing is a complicated task that requires the brain to constantly monitor and modify the pressure needed to produce a recognisable letter. The visual centres of the brain are also continuously comparing the unfolding script with stored mental models.

Recent brain imaging studies have shown that this kind of processing synchronises these areas of the brain with other parts that are involved in memory formation and cognition. They work together to strengthen learning. Tracing out letters leads to better recognition and understanding of what the shapes mean.

Writing forces the brain to slow down and process the information it is trying to record. Handwritten notes foster a connection with the information.

Handwriting v/s Typing

This is not the case while typing. Using a keyboard involves relatively simpler and uniform movements of the fingers. The brain does not distinguish much between one key stroke and another. The synchronised brain activity that is witnessed during writing by hand is missing during typewriting.

Did You Know?

In the US, only 24 states require cursive handwriting to be taught in elementary school. In India, it is not compulsory to teach cursive writing and very few schools push their children to learn it.

Uniformly typed letters are not as easy to recognise and learn as variable handwritten ones. Letter recognition in early childhood is one of the best indicators and predictors of reading and mathematical calculating abilities later in life. The fine motor actions involved in writing create neural patterns that are vital for learning even later in life and translate to long-term outcomes in how the brain processes information.

In the name of efficiency, we may be sacrificing a fundamental process that is crucial for the kind of immersive cognitive experience that enables us to learn and think to our full potential.

Many school systems that had junked writing by hand are now reintroducing handwriting instructions. Schools in the Netherlands, which were almost exclusively digital, have turned back to pen and paper after seeing a drop in reading ability in their students in recent years.

The Common Core Standards adopted by a majority of states in the US in 2010 had removed the requirement for cursive instructions from schools. More than half that number have now altered that decision and are reintroducing some form of cursive handwriting practice in their curriculums.

However, this does not mean that we have to ditch digital tools altogether to harness the power of handwriting. Research suggests that scribbling with a stylus on a screen activates the same brain pathways as putting ink to paper. Using the hand for the activity seems to be more important than the instrument used.

Benefits of Writing by Hand:

- ◆ Improves communication skills
- ◆ Improves motor and visual skills
- ◆ Improves memory and retention
- ◆ Enhances creativity and self-expression
- ◆ Develops problem-solving skills
- ◆ Promotes patience and reduces stress



Knowledge Hub!

QUIZ TIME

1. Where in India would you find the famous Shalimar and Nishat gardens?

- a. Srinagar
- b. Delhi
- c. Bengaluru

2. What is nitrous oxide, used as an anaesthetic, commonly known as?

- a. Antifreeze
- b. Laughing Gas
- c. Rubbing Alcohol

3. Who was the first Governor-General of Bengal?

- a. Robert Clive
- b. Warren Hastings
- c. William Bentinck

4. On the banks of which river is Mahatma Gandhi's Satyagraha Ashram located?

- a. Narmada
- b. Chenab
- c. Sabarmati

5. Who was the first Indian to swim the English Channel?

- a. Amartya Sen
- b. Mihir Sen
- c. Som Sen

6. Name the first animal that was sent into space.

- a. Ham the chimp
- b. Laika the dog
- c. Albert the hamster

7. Golden Globe awards are given for excellence in which field?

- a. Travel shows
- b. Films and Television
- c. Television

8. Who was Britain's only second woman prime minister?

- a. Theresa May
- b. Margaret Thatcher
- c. Harriet Harman

9. Of which metal is the filament in an incandescent electric bulb made?

- a. Tungsten
- b. Tin
- c. Aluminium

10. In which sport is the term 'Half Nelson' used?

- a. Boxing
- b. Sailing
- c. Wrestling

11. Who wrote the children's classic 'Peter Rabbit'?

- a. Enid Blyton
- b. Beatrix Potter
- c. Agatha Christie

12. Thalassaemia is a disorder affecting the

- a. Lungs
- b. Heart
- c. Blood

13. What are the integrated circuits in electronic equipment made of?

- a. Silicon
- b. Uranium
- c. Mica

14. Name the continent in which the Cape of Good Hope is located.

- a. Asia
- b. Africa
- c. South America

15. Which of these pigments gives tomatoes their red colour?

- a. Bilirubin
- b. Lycopene
- c. Melanin

Answers: 1. Srinagar 2. Laughing Gas 3. Warren Hastings 4. Sabarmati 5. Mihir Sen 6. Laika the dog 7. Films and Television 8. Theresa May 9. Tungsten 10. Wrestling 11. Beatrix Potter 12. Blood 13. Silicon 14. Africa 15. Lycopene

Ringling in the New



THE new Chinese year began on January 29 and will go on till February 12. It was the first day in the Year of the Snake. In China, the New Year is unique. Though they have adopted the Western calendar for daily use, the Chinese have their own calendar which follows the passage of the moon. Their zodiac has a 12-year cycle and each year is ruled by a particular sign represented by an animal. These animals are: Rat, Ox, Tiger, Rabbit, Dragon, Snake, Horse, Sheep, Monkey, Rooster, Dog and Pig.

Many Chinese believe that the year of a person's birth determines his personality and also how prosperous he will be in life.

If you were born 12 years ago, in 2013 or 12 years before that, in 1989, then you are ruled by the sign of the snake. People born under this sign are said to be very intuitive, intelligent and wise. They love to have the best of everything. They prefer to work alone and get stressed out if they don't get their own space. They get on best with people born under the Ox and Rooster signs.

Ssserpent Talesss

HISSS...! Welcome to the world of snakes! Since ancient times, snakes have been revered as mystical beings in various cultures. These cold-blooded legless creatures inspire awe with their unblinking stares and deadly venom.

More fun facts about
the Snake personality
on Page 51!

Symbolic Value

Mythology draws on the biological traits of snakes to endow them with magical qualities. For example, during the process of moulting, snakes cast off the old skin, emerging rejuvenated with a bright new skin. This makes them an apt symbol for rebirth and immortality.

Snakes like cobras are known to hold their ground and bare their fangs when threatened. Little wonder then that they are often depicted as guardians of sacred places and secret treasures.

Snake venom can kill a human being, but it is also valued for its medicinal properties. In Greek mythology, Asclepius is the god of medicine. His staff, the Rod of Asclepius also known as the 'asklepian', is used as the symbol of modern medicine by several organisations including the World Health Organization. It consists of a serpent entwined around a stick.



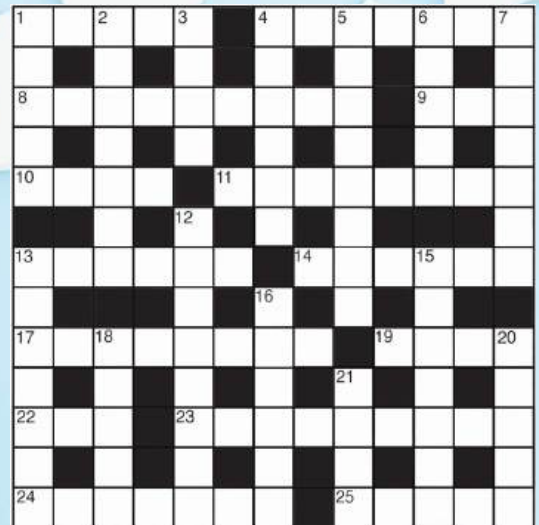
Crossword

Across:

1. Puny; undersized (5)
4. Celebrity admirers' society (3, 4)
8. Time gaps between events (9)
9. Old mare (3)
10. City on Osaka bay (4)
11. Room for washing dishes and clothes (8)
13. Track suit (informal) (6)
14. Really! (6)
17. Administrative division in modern Greece (8)
19. Embankment (4)
22. Unit of electrical resistance (3)
23. Amazed (9)
24. Cut out surgically (7)
25. Street dog (5)

Down:

1. Beat lightly (eggs, e.g.) (5)
2. Ugandan airport, scene of Israeli hostage rescue mission (7)
3. Open space at back of house (4)
4. Spanish dictator (6)
5. Baby bird (8)
6. Bayonet (5)
7. With bulging peepers (3-4)
12. George Lucas film series (4, 4)
13. Main city of Silicon Valley (3, 4)
15. Galapagos Islands belong to this country (7)
16. What a paratrooper did (6)
18. Ape someone (5)
20. Father (5)
21. Ado (4)



Answers:
Across: 1. Weedy 4. Fan club 8. Intervals 9. Nag 10. Kobe 11. Scullery 13. Sweats 14. Indeed 17. Nomarchy 19. Bund 22. Ohm 23. Astounded 24. Excised 25. Stray
Down: 1. Whisk 2. Entebbe 3. Yard 4. Franco 5. Nestling 6. Lance 7. Bug-eyed 12. Star Wars 13. San Jose 15. Ecuador 16. Chuted 18. Mimic 20. Daddy 21. Fuss

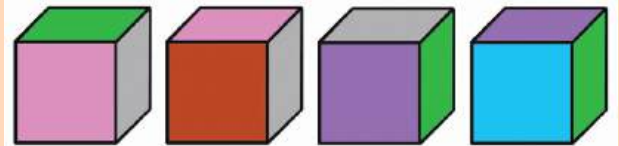
A Quick Think

1. What kind of a ball can be rolled but never bounced or thrown?
2. When is $1300 + 20$ equal to $1400 - 40$?
3. Renu Auntie lives on a street with ten houses. The houses are numbered 1 to 10. If you add up all the house numbers that are lower than Renu Auntie's house number, the total is three times her actual house number. What number is Renu Auntie's house?
4. I have a money box that is 25 cm long, 12 cm wide and 10 cm tall. How many coins can I put into the empty box?



B What's the Colour?

Looking at the four positions of the cube, can you find the colour of the face opposite grey?



D Code Decode

Millie has forgotten the five-digit code of her front door. With the help of the following clues, can you figure out the code?

1. The second and third digits add up to 9.
2. The first digit is equal to the second digit cubed.
3. The sum of the third and fifth digits is divisible by 6.
4. The fourth digit when added to any number makes no difference.
5. None of the digits repeat themselves.



C Figure it Out!

A man sits down next to a millionaire at a casino and says, "I bet you a million bucks that I know every song on earth. I can actually sing one which has your daughter's name in it!"



The millionaire challenges him, "My daughter's name is Gunasundari. I dare you to sing a song." Minutes later, the millionaire has to part with his cash. What song does the man sing?

Answers:
 A. 1. An eyeball 2. When it is referred as time. Timewise, 1300 + 20 is 13:20 or 1:20 pm and 1400 - 40 is 13:20 3. No. 7 4. Just one, after which it will no longer be empty.
 B. Blue
 C. Happy Birthday
 D. 82705

Overcoming Anxiety

YOU are standing on the podium ready to begin your speech when suddenly you wonder, "What if I mix up the words? What if people start laughing at my speech?" Your mind is racing, your heart pounds and you start feeling dizzy.

This feeling is called ANXIETY.

The most common reason a person feels anxious is negative self-talk. Teenagers feel anxious when there are high expectations from parents or there is parental disapproval of their behaviour or actions, peer pressure, drinking, drug abuse or depression.

Anxiety can be experienced in multiple situations — before an examination or a stage performance, before meeting strangers, etc. Even a person who is well prepared will fumble and spoil his or her chances of success, because of anxiety.



Identify Triggers

Is it work, family or school? Write about your stress in a diary and try to find the pattern of stressful moments. Writing will help you vent your feelings. If you feel too lazy to write, talk to someone. Spend your precious time with people who help you relax and not with those who add to your stress.

Anxiety becomes a problem when it interferes with everyday life.

For example, if someone who has a fear of flying, becomes anxious before a flight, it is normal but if the anxiety persists even after the flight, it is a problem.

If you see anxiety as a challenge rather than as a threat, it will give you motivation and help you to improve your performance. Your entire energy is then devoted towards your goal. For example, if you are not a very studious person, your anxiety will push you to study.

Remember, "Just when the caterpillar thought the world was ending, he turned into a butterfly".

Alleviating Anxiety

Accept Yourself

The first major step to overcoming anxiety is acceptance. Things may go wrong even in the best of circumstances. If there is something lacking in your preparation or talent, recognise and accept it. It will make it easy for you to face the outcome.



Take Time Out

Stepping back from the problem at hand helps clear your mind and get a new perspective. Practise yoga, listen to music or paint. Sleeping is the best way to relax. After going through bouts of anxiety your body requires additional sleep.



UNUSUAL TO A DEGREE!

For those of you who would like to venture away from the traditional career route, there are many quirky job options available today!

Tea Husbandry

Universities offer undergraduate, master's and PhD courses in tea cultivation and technology. This includes the cultivation of tea plants as well as the technologies used to improve the quality, yield and sustainability of the process. Students learn about growing the crop, pruning techniques, regulations regarding safe chemical use, post-climate adversity practices, tea tasting as well as the economics of the tea industry. They can work in tea plantations or in the tea business.

Viticulture and Oenology

It is the study of grape growing and wine making. Students learn the science and practice behind cultivating grapes, producing wine, ageing and packaging, wine tasting, consumption and marketing. Students can complete a certificate or diploma course or can pursue a bachelor's or master's degree. They can find jobs in winemaking, vineyard management, teaching and research, and wine businesses.

Astrobiology

It is the study of life in the cosmos and combines concepts from various disciplines, including astronomy, mathematics, physics, biology, chemistry, geology and atmospheric science. These degrees explore the nature of environments that support life, the planetary systems, stellar interactions and processes that are necessary for the search for life beyond Earth. Astrobiology students can complete an undergraduate, master's or PhD course and find careers in research, or work as a scientist or an educator.

Adventure Education

These programs are an exciting combination of outdoor skill-building and leadership studies. The courses teach environmental awareness, and develop one's love for conservation. One can gain knowledge of and expertise in first aid, camp management, map and compass reading, survival training, leading wilderness expeditions, rock climbing fundamentals, canoe paddling and white water kayaking. Graduate programmes as well as post-graduate diplomas are available. Adventure Education majors can expect to work in outdoor education at a state or national park or with outdoor/adventure outfits.

Auctioneering

The courses teach auctioneering law and ethics, audience communication, procurement and appraisal of merchandise, client sourcing, catalogue composition and auction preparations. They specialise in training students for both live and online auctions. Certificate and bachelor's courses are available for various fields such as real estate, sports, fund raising, automobiles and even government assets. Students completing the program are approved to be auctioneers or work in an auction house.

Farrier Science

A farrier is an expert in equine hoof care, with a deep knowledge of horse anatomy and physiology. It is a physical, but rewarding career for those with a love for horses. The courses teach them the basics of hoof mechanics, proper trimming techniques, forging and horseshoeing. There are certificate



and degree programmes as well. Farrier Science majors can become farriers or professionals in equine industries such as recreation or racing.

Wildlife Management

Subjects covered include conservation biology, biodiversity assessment, conservation policies and enforcement and modern scientific methods, techniques and tools. There are certificate and diploma courses as well as degree and master's programmes. After graduating, students can find jobs as forest officers in government agencies, in conservation organisations, ecological consulting firms, timber companies, and in zoos and wildlife rehabilitation centres.



'Lift' Karade!

More than 170 years ago, Elisha Otis made it possible to build sky-hugging towers with his 'uplifting' creation!

The world's largest passenger lift is in India! Located at the Jio World Centre in Mumbai, it was built by Kone, a Finnish company. It is the size of a studio apartment and can carry 235 people at a time between five floors.



WHERE in the world can you ascend 118 storeys in 55 seconds at a dizzying speed of 73.8 kilometres per hour? In one of the 114 passenger lifts at China's Shanghai Tower! The next record-holder is in CTF Finance Centre, Guangzhou, also in China. Surprisingly, Dubai's Burj Khalifa, the world's tallest building, does not make it into the top 5.

It was an American Elisha Otis who made it possible to build towering skyscrapers when he invented the lift in 1854. At the Crystal Palace Exposition in New York, Otis dramatically unveiled the first safety mechanism for freight hoists — large platforms used to lift up goods. The ropes broke often, killing and injuring people.

Otis stood on the platform of the hoist which was hauled up to 30 ft (9 metres) along with boxes, barrels and other cargo. Then he ordered the rope to be cut. People watched open-mouthed as the hoist was stopped dead in its tracks by a bow-shaped spring attached to the top of the platform. The spring arched when the hoist was hauled up without its ends touching the notched guide rails on either side. When the rope was cut, however, the spring flexed back and its ends jammed in the guide rails, preventing the platform from plunging down. Otis installed the first passenger lift in a 5-storey building in New York City in 1857.

JERK-O-METER

Zany Ideas

The 'Jerk-O-Meter', designed by the Massachusetts Institute of Technology, is a nifty gadget connected to the phone. It looks for vocal clues such as how often you interrupt, how quickly you speak or whether you mumble. It displays warnings such as 'Try harder' or 'Don't be a jerk' the moment you start sounding rude or inattentive!

Quiz

- How many kilometres is equal to one light year, the measurement of distance in space?
- Which instrument is also called Torricelli's tube?

Answers: 1. 9.46 trillion km
2. The barometer, used to measure air pressure. It was invented by Italian physicist Evangelista Torricelli in 1644.

Towards a Sustainable Future

India is expected to have 35 million 'green jobs' by 2047.

There is a high demand for capable people with 'green skills', that is, the knowledge and technical expertise to help companies bring about changes in business practices to reduce their environmental impact.



Environmental Scientists

An environmental scientist is a qualified natural sciences expert dedicated to protecting the environment and human health. These scientists analyse environmental problems and develop solutions for them. They scrutinise data and provide professional advice to policy makers to help them comply with government regulations. They work on ways to reduce waste and diminish the carbon footprint.

Most environmental scientists specialise in a particular environmental aspect — such as toxic waste cleanup, acid rain, air pollution, wildlife preservation, land conservation, mining reclamation or soil erosion.

A highly-developed analytical mind with critical-thinking skills is essential. Problem-solving skills, interpersonal, writing and speaking skills along with a passion for protecting the Earth are all prerequisites.

A Bachelor's degree in Environmental Science or a related field such as Bioscience or Geosciences is required. Completing specialised courses in subjects such as Hydrology, Waste Management or Environmental Regulations, or even a Masters' degree, are essential for becoming a team leader or a manager. Those interested in a more research-oriented position can opt for a doctorate.



Environmental Consultants

They play a key role in managing sustainability initiatives and leverage their expertise in helping companies meet their environmental objectives. They are responsible for raising organisational awareness on the importance of conservation, sustainability and other environment-related matters. They use their scientific knowledge and technical skills to evaluate and assess the current environmental policy, management systems and processes of an organisation through comprehensive audits. They implement efficient systems and processes for their clients to mitigate current and future environmental damage and shape the path towards corporate

decision-making. They help to enforce government policies designed to protect the environment from various hazards. Environmental consultancy firms have a client base which includes public sector as well as commercial companies.

Consultants need to be detail oriented, have good analytical skills as well as honed verbal and written communications skills.

They require a Biology, Chemistry, or environment-related Bachelor's degree, though many acquire more advanced degrees which can vary from a Master's degree and a Law degree to a doctorate. Additionally, advanced degrees in Economics and Public Policy are also common. The NEBOSH Environmental Management Certificate is globally recognised.

STEP-BY-STEP

Write a Winning Resume!

It might seem like just a sheet of paper, but there is a lot riding on your resume.

A resume [pronounced rez-u-may] is the first introduction of a candidate to a prospective employer. It showcases their accomplishments and qualifications and helps secure an interview. Hiring managers spend less than 10 seconds to decide whether to keep a resume or toss it in the reject pile. Now with bots that scan the resume via an applicant tracking system (ATS), writing an eye-catching resume has become even more essential.

There are different types of resumes, and the right format to choose will depend on the job and the unique circumstances of the candidate.

- **Chronological** – starts with the most recent job position and works backward. Ideal for those with a solid, gap-free work history.
- **Functional** – highlights skills and qualifications relating to the job description. Used when changing careers or graduating from college, and work history is not as great.
- **Combination** – lists both a strong work history and a built-out skills section. Suited for those with significant certifications and work experience.
- **Targeted** – specific for the position being applied for. Helpful when applying online, to help one rank higher on the ATS.
- **Non-traditional** – includes photos, graphics and visuals. Ideal for creative fields.

Follow the three C's rule — be clear, consistent and concise.

1. Choose a professional font and font size such as Ubuntu or Overpass, 11-12 pt for normal text and 14-16 for section titles.
2. The top of the resume should be a simple headline with your full name and a description of your specialty, like content creator or marketing specialist.
3. Include a professional summary or a resume objective focusing on the needs of the company the application is for.
4. Clearly display contact information like phone number, email and address. Include a link to a professional social media account or website, like LinkedIn, if there is one.
5. In the work history section, mention detailed information about previous employers, including company names, dates of employment, locations, job titles and a clear outline of responsibilities. Include quantifiable achievements and contributions. Use action verbs to create an impact.



6. Create an inventory of soft skills, hard skills and technical skills. Match them to skills outlined in the job description.
7. List educational credentials including the name of the university, location, year of graduation and type of degrees and certifications received. Mention notable awards and honours received.
8. If you are early in your career or freshly graduated, definitely include internships, volunteer work and even personal interests that line up with the position being applied for. Present yourself as somebody who has transferable skills, whether it is interfacing with the public or experience in customer service.
9. If there is a recommendation letter or note from a reference, include it on the resume.
10. Proofread the document to ensure there are no grammatical or spelling errors.
11. Include a well-crafted cover letter.
12. The resume can include past study or career gaps; they are no longer stigmatised or taboo.
13. Have two resumes handy, one for ATS and one to hand out when meeting in person. The latter can be more elaborately designed, whereas ornamentation should be avoided for online applications as they throw off the bots.
14. There are multiple websites that offer free resume templates that can be tailored to suit your purposes.

What to Avoid

Do not overstuff the resume. It does not need to be more than one or two pages.

Do not label the soft copy simply as 'Resume'. Save it with your name. E.g., RajKumarResume.pdf.

Avoid mentioning things not yet accomplished. Focus on achievements instead. E.g., instead of writing 'not yet graduated', include the year you will graduate.

Do not list unrelated or outdated skills and experience.

Do not include personal information beyond what is required.

Navigating ATS

- ◆ Align keywords with the job description.
- ◆ Keep formatting minimal and choose a standard font.
- ◆ Spell out acronyms.



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Pomp & Pageantry

A stunning annual parade at Kartavya Path in Central Delhi was the highlight of the 76th Republic Day celebration on January 26.

The parade was heralded by 300 artists playing 'Sare Jahan Se Achha' with musical instruments from different parts of the country. Various grand tableaux highlighted the theme of 'Swarnim Bharat: Virasat aur Vikas'.

The composition *Jayati Jai Mamah Bharatam* featured a spectacular record-setting ensemble of over 5000 folk and tribal artists performing, as they showcased 50 traditional dance forms that celebrated the rich and colourful legacy of India.

Indonesian President Prabowo Subianto was the chief guest, with an Indonesian marching band and contingent also participating in the grand parade. The celebrations concluded with a heart-stopping array of stunts by the Corps of Signals Motorcycle Rider Display Team, the Daredevils. A 'fly-past' and air show by 40 aircraft provided the thrilling finale.



Planetary Parade

A spectacle of a different sort took place in the firmament from January 21–29. Six of the planets in our solar system lined up in a 'planetary parade', of which Venus, Jupiter, Saturn and Mars could be seen with the naked eye while Neptune and Uranus required binoculars or a telescope to be seen. The unusual celestial event was seen worldwide, with the best views in places with low levels of air and light pollution. The planets' alignment was visible after sunset or before dawn.

The last time such an occurrence was observed was in June 2024, and seven planets including Mercury will be glimpsed at the end of February 2025.

Hollywood in the Hot Seat

Starting on January 7, two large wildfires erupted in Los Angeles, California, in the upscale Pacific Palisades and Eaton. The fires spread quickly with other blazes threatening the San Diego area. Southern California has never before seen wildfires of this magnitude and destructiveness. More than 57,000 acres were reduced to ashes.

At least 29 people are known to have lost their lives and more than 16,000 structures were destroyed, including the homes of many celebrities. The Santa Ana winds, which blew with great ferocity and fanned the flames, are thought to be the result of a warming climate. California has suffered from extreme drought since October 2024. Water shortages also made firefighting difficult.

Although the major conflagrations have been controlled, firefighters were still battling the fire near San Diego as of writing.



Maha Mela

It is the world's largest gathering of pilgrims, numbering around 40 crore or 400 million. The Kumbh Mela falls every 12 years. The 2025 event, which will go on till February 26 (Mahashivaratri), is said to occur once in 144 years, so it is known as 'Maha Kumbh'. Hindus believe that a dip at the Triveni Sangam in Prayag, or the confluence of the rivers Ganga, Yamuna and the mythical Saraswati at this time, offers salvation or 'moksha'.

Sadhus belonging to various akharas rub shoulders with celebrities, heads of state and ordinary citizens at the Mela.

A couple of fire incidents and a stampede have marred the otherwise well-organised event. In the wee hours of January 29, a stampede killed at least 30 people and injured more than 60. Unusually large crowds had flocked to the 'Sangam Nose' for a ritual dip called 'Amrit Snan'. The tragedy struck between 1-2 am when a huge crowd jumped over the barricades and trampled on devotees who had been waiting overnight at the ghat to take a dip on the occasion of Mauni Amavasya, one of the most auspicious days at the Mela.



100 and Counting...

The Indian Space Research Organisation (ISRO) achieved a significant milestone on January 29. It accomplished its 100th launch by placing a second-generation navigational satellite in orbit from the Satish Dhawan Space Centre in Sriharikota, Andhra Pradesh. This was the second in the Navigation with Indian Constellation (NavIC) series. The series aims to provide accurate position, velocity and timing to users in the Indian subcontinent as well as to regions that lie 1,500 km beyond India. ISRO has now placed 548 satellites in orbit, of which 433 are foreign satellites.



Boy Hero

Deependra Netam, a ten-year-old tribal boy from Abujmarh in the Bastar region of Chhattisgarh, saved his father's life. His father Vnajaram was collecting bamboo in the Narayanpur forest area, when he was attacked by a sloth bear. The valiant Class 5 student attacked the bear with sticks and chased it away. He then walked with his injured father for a few kilometres then raised an alarm for help.

In the Line of Fire

Wildfires have raged across the drought-stricken state of California in the United States for more than a month, destroying millions of acres of forest and a whole street of tony Hollywood residences. Ever wondered how animals cope with a flaming forest?

Natural Phenomenon

Wildfires or forest fires are a common natural occurrence. They start during the summer months or in prolonged periods of drought, when vegetation dries out. Lightning striking a dried tree is enough to start a blaze. Fanned by the wind, the fire spreads quickly, consuming vast areas of forest. Forest departments and firefighters have a tough job containing the fires and millions are spent and lives lost in extinguishing them.

Gangway!

Animals that live in regions that see frequent forest fires have evolved and adapted to live with it. Animals caught in a forest fire obviously try to escape the flames and break cover. Predators seize this golden opportunity to grab a snack. Bears, raccoons, and raptors have been observed hunting down the fleeing animals.

Different species use different strategies to avoid being instantly barbecued. Birds fly away. Mammals run. Amphibians and other small creatures burrow into the ground, hide out in logs or take cover under rocks. Other animals, including large ones like deer, take refuge in water bodies.

Bush firefighters in Australia have frequently spotted waves of creepy crawlies rushing ahead of the fire, desperately attempting to outrun the licking tongues of flame

Smoked Out

Some animals die of smoke suffocation or are charred. These are the ones that can't run fast enough or find suitable

shelter. Not all of those creepy crawlies may escape. Young and small animals are particularly at risk and some of their strategies for escape might literally backfire. For example, a koala's natural instinct is to crawl up into a tree and it ends up trapped.

Deep Down

The heat can kill even organisms buried deep in the ground, such as fungi. Jane Smith, a mycologist with the U.S. Forest Service in Corvallis, Oregon, has measured temperatures as high as 700°C beneath logs burning in a wildfire, and 100°C a full 5 cm below the surface.

Scientists don't know the exact number of animals that die in wildfires each year. However, there are also no documented cases of wildfires — even the really bad ones — wiping out entire populations or species.

Rising from the Ashes

Landscapes burned in a wildfire don't die. They just transform into a new habitat. This can also mean

new opportunities. In some places, woodpeckers will fly in and feast on bark beetles in dead and dying trees. Black fire beetles lay their eggs only in burned-out trees since there is no sap or resin to trap the larvae when they emerge.

A disturbance like a wildfire lets an old forest be reborn. A fire sparks many changes, as plants, microbes, fungi, and other organisms re-colonise the burned land.

Water bodies in a burned area can also change. Fish may temporarily move away. There can be a short-term dying out among aquatic invertebrates, which can affect the land animals that eat them.

Woodland and grassland animals (and plants) have lived with a cycle of fire and re-growth for ages. Many species actually require fire to regenerate. Heat from the flames can stimulate some fungi, like morel mushrooms, to release spores. Certain plants will produce seeds only after a blaze.

Good or Bad?

Over the past century, wildfires have often been put out quickly or prevented because they damage human habitation.

That's led to fewer species of those trees and plants that grow only in the years after a fire. It's also caused a fall in some animal species that depend on post-fire habitat. The Kirtland's warbler is a small American songbird that nests only in young jack pine forests. The pine cones only release their seeds in a fire. Without fire, much of the bird's nesting habitat has disappeared.



BELIEVE IT OR NOT!

Magnetic Personalities

THE Academy of Sciences in Paris came across a strange case in 1846. Angelique Cottin was a 14-year-old girl who worked in a glove making shop in Normandy. For more than two months, Angelique went through a bizarre experience. The wooden frames she worked with twisted in her hands, her bed rocked, chairs moved away when she attempted to sit down and furniture went hurtling across the room at the slightest touch of her hand!

In the 1800s, scientists researched several cases of 'human magnets'. The United States had two: a student in Baltimore, Louis Hamburger, found that pins and other metal objects would attach themselves to his skin, dangling from his open hands. Frank McKinstry of Missouri had to keep on walking when he went out, because if he stopped, his feet would become fixed to the road. Passers-by would have to lift his feet forcibly off the ground!

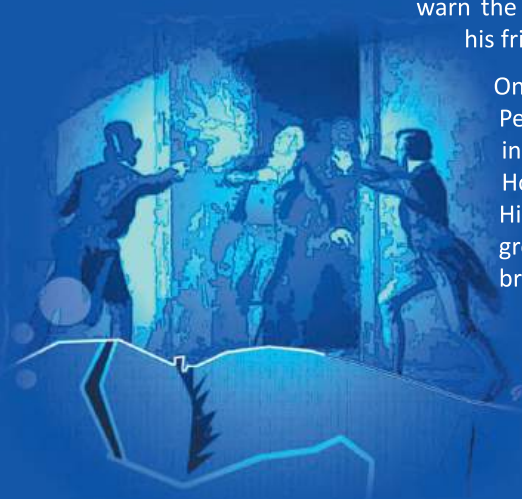
Till today, scientists have been unable to discover the reason behind the phenomenon.



ON May 3, 1812, John Williams of Redruth in Cornwall, England, dreamt he visited the House of Commons in London where he saw a man shot to death. The killer was wearing a dark green coat with shiny brass buttons. In his dream he was told that the dead man was Prime Minister Spencer Perceval.

The following day, Williams told his wife and his friends about the dream. He felt that he should travel to London to warn the prime minister but his friends laughed.

On May 11, Spencer Perceval was shot in the lobby of the House of Commons. His assassin wore a green coat with shiny brass buttons.



Chased by Lightning



LIGHTNING pursued Major Summerford all his life, and even afterwards. Lightning struck his horse when he was fighting for the Canadian forces in Flanders in 1918. He was thrown from the saddle, and sustained serious injuries because of which he had to retire from the army. Six years later, he was fishing in a lake in Vancouver, his hometown, when he was struck by lightning. He was partially paralysed as a result. He was again struck by lightning a few years later, and this time he was left completely paralysed. He died soon afterwards, in 1932.

Two years after his death, lightning struck the graveyard in which he was buried, and shattered his tombstone.

Did You Know?

AUREL RAILEANU, a hospital worker from Romania, is called the world's most powerful human magnet. His skin has the extraordinary ability to attract metal, wood, heavy things like electric irons, and even a 26 kg TV set!



Kabuliwala



MINI was a chatterbox. She was barely five years old, but talked nineteen to the dozen. One morning she came running into my room and slipping her hand into mine, said brightly, “Baba, can you believe it, our watchman Ramdayal calls a ‘crow’ a ‘krow’. He doesn’t know anything, does he?” And she burst into peals of laughter.

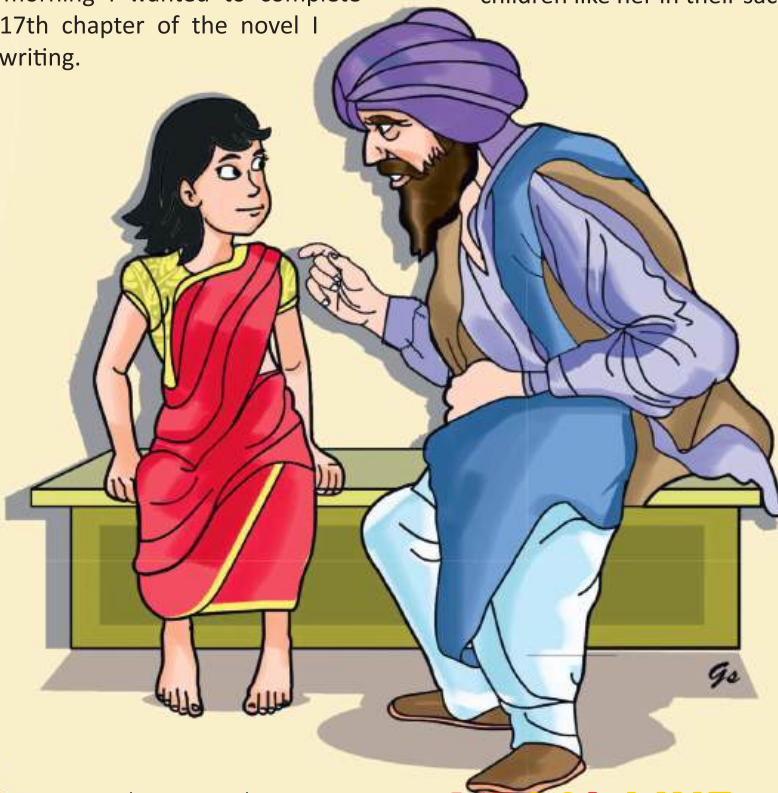
Before I could reply, she was off into another story, this time about Bhola, the cook.

Normally, I relished her prattle, but this morning I wanted to complete the 17th chapter of the novel I was writing.

Suddenly, Mini ran to the window.

“Kabuliwala! It’s a Kabuliwala!” she cried excitedly.

Sure enough, there was a Kabuliwala in the street below, his trademark sack slung over his shoulder. He was tall, bearded and turbaned, dressed in the loose pyjamas and long shirt that is typical of his tribe. Hearing Mini’s voice, he looked up. Immediately, Mini panicked and ran to the kitchen to hide herself in her mother’s lap. She had a terror of Kabuliwalas because she believed they bundled up small children like her in their sacks!



Now he was at my door, and because he had been called, I bought a few nuts and raisins. His name, I learned, was Rahman.

His eyes wandered around the room.

“Where is the little girl?” he asked.

I wanted Mini to get over her irrational fear of these pedlars who had left Afghanistan to make a living selling dry fruits in Calcutta. When I called out to her, she came hesitantly and stood by my chair, stealing covert glances at the ‘giant’ who stood in the doorway. When he offered her a handful of nuts and raisins, she shook her head vigorously.

So I was not a little startled to find Mini a few days later, conversing gaily with the Kabuliwala! The corner of her little sari was bulging with nuts and raisins. As I went in I heard her ask, “What is in your sack, Kabuliwala?”

“An elephant, my little one,” he replied, and then both of them bent over double with laughter.

Not to be outdone, Rahman asked, “And when are you going to your father-in-law’s house?”

She was puzzled for a moment because she did not know what it meant, and then retorted, “Are you going there?”

Prison is jokingly referred to as the ‘father-in-law’s house’ because one gets free food and lodging there. Rahman shook his fist at the imaginary

policeman and said, "When I do, I will beat up my father-in-law!"

At this Mini broke into a flood of delighted laughter as she pictured the poor, belaboured relative.

The months passed in this way, and though Mini's mother objected to their friendship, I saw no reason to forbid the Kabuliwala's visits. Even when the time for his annual trip home to Kabul came near, and he was busy collecting his debts, Rahman would drop in and see Mini.

One chilly January afternoon, I heard loud shouts in the street. When I rushed to the window, I saw Rahman handcuffed and walking between two policemen. His clothes were stained with blood.

Apparently, my neighbour had bought a shawl from him on credit, but now denied it and refused to pay him the money. A scuffle had broken out. Rahman had lost control and attacked him with a knife.

"Kabuliwala, oh Kabuliwala!" It was Mini.

Rahman's face lit up. She could not ask him what was in the bag because he didn't have it with him. So she went on to her next question.

"Are you going to your father-in-law's house?"

Rahman laughed and said, "Yes, my little one, but I cannot beat up my father-in-law!" And he held up his bound hands.

Mini did not reply and ran into the house. After a few weeks, everyone had forgotten about poor Rahman.

Eight years later, the house reverberated with music and merrymaking. Mini was getting married! I was busy directing the men who were putting up the decorations when I heard a familiar voice say, "Sahib!"

It was Rahman, the Kabuliwala! He had been released from prison. My first thought was that his appearance was an ill omen on an auspicious day. Immediately, I was ashamed of myself.



"Rahman," I said, "can you come another day? There is a ceremony in the house and we are all very busy."

He turned to go, then paused.

"Can I see the little girl...Mini?" he asked in a tremulous voice. "I have something for her."

He took out a packet of dry fruits, which he must have borrowed from a fellow Kabuliwala.

"I am afraid you can't see her, but I will give it to her," I said gently. "It is her wedding day today."

I pressed some money on him. He refused to take it.

"Sahib, I do not want money for these little tidbits! I, too, have a little girl in Kabul, just like Mini."

From the pocket of his salwar, he removed a creased piece of paper. On it was a smudged print in ink of two little palms.

"She is my only child," he explained and wiped away the tears that threatened to spill from his eyes.

After that, I had to call Mini. She came

in all her bridal finery and stood shyly in front of us.

The Kabuliwala was stunned for a few moments. He had not realized that Mini would be grown up. He sat down suddenly on the floor, when it dawned upon him that his daughter, too, would have grown up and might now not know him.

"So, you are going to your father-in-law's house, little girl?" he queried softly.

Mini did not reply but blushed. She now knew the meaning.

When Rahman got up to leave, I handed him a 100-rupee note.

"Go back to your daughter, Rahman," I said. "And may the happiness of your meeting bring happiness to my daughter."

My generosity meant I had to do without the orchestra and lights I had planned. The ladies of the house were sad. But my heart lightened and brightened when I thought of a long-lost father in a distant land opening his arms again to enfold his only child.

—A story by Rabindranath Tagore retold.

FINAL JUDGEMENT

By Kaavya Rajan

“Here ye, Here ye, we are gathered here today for the execution of a man who murdered our respected Lord Livingston a year ago”.

“Murder”! The small portly man exclaimed, drawing gasps from the crowd.

Lord Livingston was found murdered on 31 December 2023 in cold blood while sleeping. The Police arrested this man, named Divine Poker. Lord Livingston had spotted Divine Poker rotting in the slum in downtown Queens on the very cold snowy New Year day of 2023. He showed much kindness to Poker, took him home, gave him food, warm clothes and shelter. Thereafter he showed even greater kindness and employed him as his personal driver.

In less than a year Poker had murdered him for no reason whatsoever. During the trials, however, he pleaded not guilty. Although the prosecution failed to establish any motive, it clearly established that the murder weapon found at the bedside of Lord Livingston was Poker's gun. The bullet that had gone through Lord Livingston's head and out through the window had shattered the glass pane and lost in the woods. Due to heavy snow and very cold conditions the bullet remained undiscovered. Investigations showed that Poker was the only person with Lord Livingston on the day of the crime. The trial court found him guilty and sentenced him to death by hanging. Poker appealed and his appeal was rejected. He sought mercy from the President which was denied.

“This man murdered our beloved Lord Livingston. This man Divine Poker, who is a danger to all will now meet his end he manner he deserves!”

The crowd roared. and the hangman walked onto center stage. Three heavily armed guards escorted in a young pale but determined looking man, to much booing. So, it was him who had murdered the lord. Strange, some thought; for he did not look capable of killing a fly, much less a man as powerful as Lord Livingston.

The hangman walked forward and wrapped the noose around the young man's neck. Judgement day had arrived. Poker suddenly went white and lost.

“Any last words?” the hangman asked.

“Yes sir. There! The fourth man in the third...” Poker did not finish his sentence. In a few minutes thereafter he was gone; declared dead by the jail doctor.

As the doctor, the chief investigator of the crime Inspector Truthy, and Chief Prosecutor Ken Joy slowly walked away from the scene, they were joined by Judge Merry, the trial judge who had first sentenced Poker to death.

What was the dying man saying just before the hanging, Judge Merry asked. “Nothing clear. Probably blabbering something fourth in third...” the Hangman said.

As they all casually turned around to the corridor, they gasped. Lord Livingston, the fourth man on the third row was walking past.

WHOSE is the NOOSE ?

The hangman's noose has silenced an innocent man, but the real killer remains at large, hidden in the shadows. Justice has failed, and the truth remains elusive. But we want to hear from you! What do you think really happened on that fateful night? Were there clues missed, alibis faked, or witnesses silenced? Perhaps you suspect a larger conspiracy or a personal vendetta?

Did the entire system - law enforcement, judiciary, and government - conspire to eliminate an innocent person? Or was it a case of individual corruption and negligence?

Or is it possible that the condemned man wasn't as innocent as he seemed? Was he hiding secrets, and did his supposed innocence merely mask a more sinister truth?

Take the story further! You can extend the plot with a continuation, explore the events leading up to the murder in a prequel, or craft a sequel that brings justice to the wrongly accused - or perhaps reveals the condemned man's true nature. Share your theories, plot twists, and alternative endings with us! Write to us and join the investigation - together, let's uncover the truth and bring justice to those who deserve it.

Send your story to editor@school-live.com. The most imaginative and logical submission adjudged by Kaavya Rajan, will be published under your name, giving you the chance to showcase your creative writing skills to a wide audience. Don't miss this opportunity - submit your story today!

DO GOODERS DAY

A New Month



A New Mission

EveryBuddy needs a Home
Let's protect their natural habitat

Meet Elie



Mission #1

To protect the habitat of
Elie and his friends and family

Did U Know?

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KEY TO SUCCESS

A Matter of Mindset

Our mindset often determines our success or failure — be it in studies, career, business or relationships.

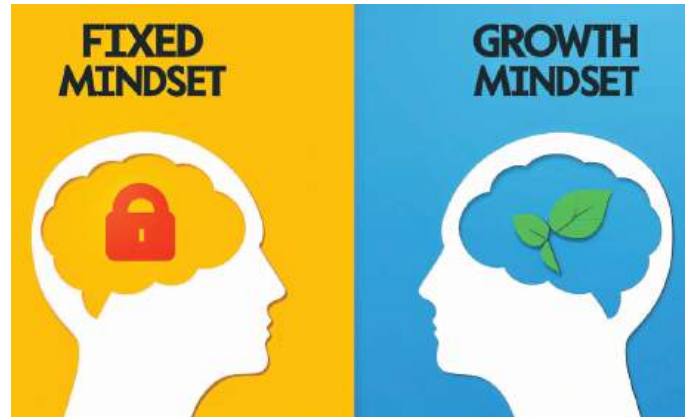
AJIT is a diligent student who aims to always excel in class. However, every time he has an important Physics test coming up, he is filled with self-doubt. In two previous tests, his scores in the subject were low.

‘Physics is just not my thing,’ he thinks, and is unable to put in his hundred per cent for the test. He resigns himself to another poor result in the subject.

Does the above scenario sound familiar to you? It is not uncommon for students to give up on certain tasks believing that they simply lack the ability. The truth is that the way we perceive our abilities has an impact on our performance. When we make negative assumptions about our own talent and skills, we hinder our own progress. Thus our mindset often determines our success or failure. By cultivating a growth mindset, we can achieve more in all aspects of life — be it study, career, business or relationships.

What is a growth mindset?



The concept of growth mindset was put forward by American researcher and developmental psychologist Carol Dweck. A person’s intelligence, abilities and talents are not fixed traits; they can be developed through effort, learning, perseverance and guidance from others. Persons with a growth mindset constantly seek new challenges and believe that mistakes and setbacks are a part of learning.



In contrast, a fixed mindset is the belief that intelligence, talents and abilities are innate gifts — they are fixed characteristics that cannot be acquired. So, people with a fixed mindset do not value effort and persistence; they believe that talent alone creates success. They play it safe by avoiding new challenges and fail to learn from mistakes, preferring instead, to give up.

In the words of Dr Dweck, “In a fixed mindset, everything is about the outcome. If you fail — or if you’re not the best — it’s all been wasted. A growth mindset allows people to value what they’re doing regardless of the outcome.”

Here are a few situations to explain the difference between the two approaches.

Situation	Fixed Mindset Approach	Growth Mindset Approach
		
You are taking up a new task.	This looks tough!	This looks interesting!
You have been working on a task for some time without success.	I’m not good at this!	This may need some more time and effort.
You get negative feedback for your work.	I knew this was not going to work anyway.	I need to find another way to do this.
You scored well in a particular subject.	Wow! I am really intelligent in this subject!	Wow! I have worked hard and improved in this subject!
Your peer has achieved success.	It’s in his genes!	It’s the result of his efforts.

Why is a growth mindset important?

A growth mindset helps you develop a positive attitude as you persevere with the belief that you will improve. Secondly, it builds resilience as you do not see setbacks as permanent. It fosters adaptability, since you are prepared to readjust your own attitudes each time you face a hurdle.

To understand better, let us take the example of Ajit. By adopting a growth mindset, he refuses to believe that Physics is 'just not my thing'. He views it as a challenge he can overcome with hard work and perseverance. When he again scores less in the next test, he does not give up. He takes it as a temporary setback and tries a new strategy of learning through videos. He also seeks feedback on his progress from his teacher.

In other words, Ajit is like an Olympian who is striving for his 'personal best' (like Usain Bolt who kept improving his own record in the 100 metre race!). He is on a continuous path of improvement.

This brings us to the essential elements of a growth mindset — effort, persistence, willingness to learn and adapt, and openness to feedback. It is important to note that all these factors together contribute to success. For example, mere efforts may not yield results if they are not in the right direction. Here, feedback from peers or teachers can help to direct the efforts towards achievement of the goal.

Putting Words Into Action

How can we cultivate a growth mindset? Here some are simple, practical ways that can get you started:

◆ Identify your own mindset

Think about how you approach the world around you. Do you say things like, 'He is a born leader' or 'He has worked hard to be a leader'?

By identifying whether you have a fixed or growth mindset, you can take the first step towards change.

◆ Get out of your comfort zone

Challenge yourself to do something that you are not already good at, for example learning the basics of a subject/topic or picking up a new sport. This way, you will gradually develop an openness to learning.

◆ Explore new perspectives on success

Take a renewed look at people you admire. Think about how they achieved success. How did they overcome the odds? How did they develop their abilities? These thoughts can prompt you to appreciate the importance of effort, perseverance and training.

◆ Reflect on your own improvements

Think about an area of interest where you have improved over time (for example, you are better at badminton now

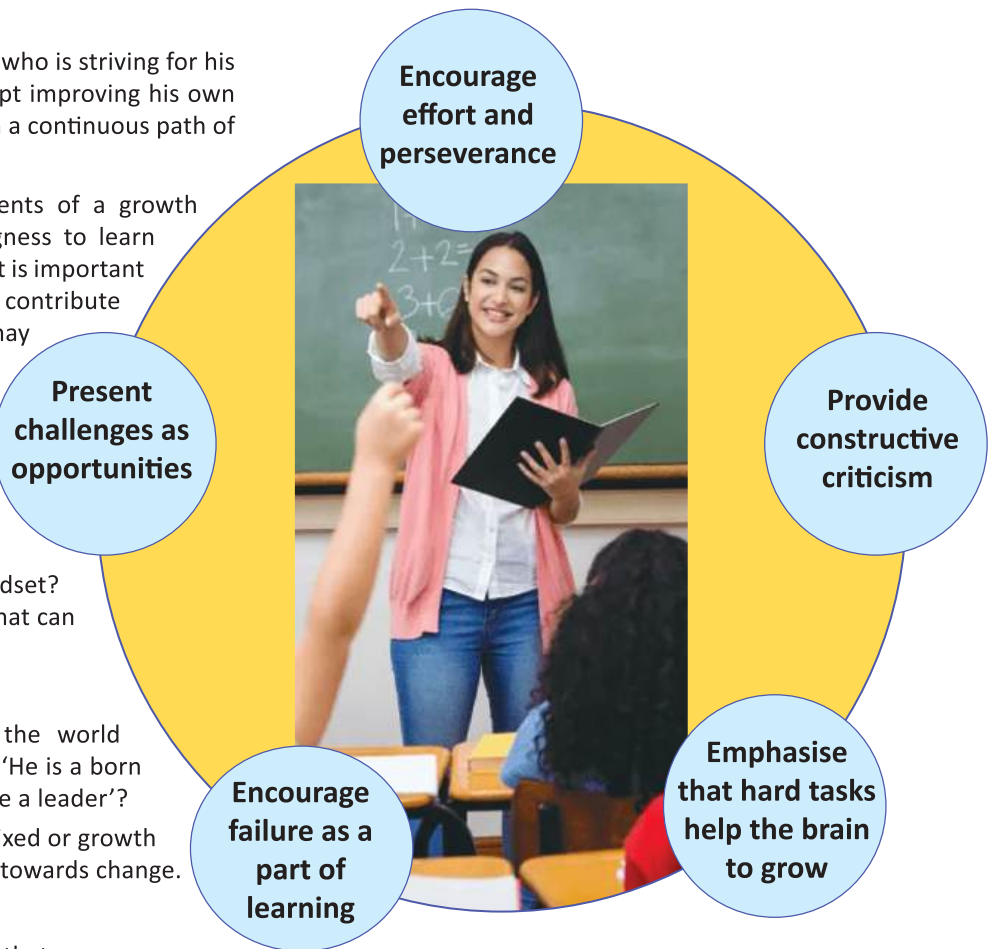
than you were in the past). Why was it difficult before and why is it easier now? How did this change come about? The answers will convince you that we can improve with time and effort.

◆ Seek feedback

By seeking feedback from others, you can track your own progress and identify more areas for improvement. This can further help you to chart a plan to enhance your performance.

The Educator's Role

Educators can foster a growth mindset among students in the following ways :



The Need of the Hour

It is important to cultivate a growth mindset so that we are prepared to face the challenges that lie ahead.

The Power of 'Yet'

An important strategy for self-advocacy is using the word 'yet'. For example, I have not been able to solve this Math problem yet, but with effort, I am sure I will.

This implies that you are on the path to achieving your goal.

—Radha Sundaresan

Sound of Silence

Silent entertainment has captivated audiences over the ages and is here to stay. It has made inroads into the drawing room, thanks to television. In 2010, a popular Indian TV channel featured a silent comedy serial, GudurGu, the first of its kind in the country.

ANCIENT GREEKS and Romans perfected the art of story-telling through gestures and body movement. Thus began the development of mime, the art of silent acting.

Street artists in sixteenth century Italy wore masks with comical exaggerated expressions and poked fun at society through their mime acts spiced with music, acrobatics and buffoonery. Their unique style gave birth to a new art form called commedia dell'arte, which later evolved into the pantomime.

It takes years of practice, supreme body control and supple facial expressions to enact a scene on stage without any words or props. A mime artiste dons white face make-up with black outline around the eyes and mouth to exaggerate the emotions.

A talented mime can enact a serious or a comic subject with ease. Etienne Decroux, Jacques Tati and Marcel Marceau are some famous European artists who carved a niche in the world of mime.

Mime in India

In 1976, renowned mime artist, Niranjan Goswami established the Indian Mime Theatre to encourage the art of Mukhabhinaya — the Indian version of mime. It was his teacher, the self-trained Jogesh Dutta who introduced the art in India in the 1950s. The art form borrows its origins from Bharata's *Natyashastra*, the bible of Indian classical dance.

Movie Magic

The first movies made at the turn of the 20th century had no sound. However, no movie was truly silent — movie halls arranged for musicians to provide live music and special effects while the audience watched the movie. In India, musicians played the harmonium, tabla, sarangi or violin as the movie ran.

Rowan Atkinson
as Mr Bean



Marcel
Marceau



To make up for the absence of speech, silent films had intertitles — little bits of dialogue inserted in between the scenes to help the audience to keep up with the storyline. *The Great Train Robbery* and *The Birth of a Nation* were some of the path-breaking films of the era.

It was not easy to act in silent films. Actors had to exaggerate their facial expressions and body language so that the audience could understand the story unfolding on screen.

Little wonder then that silent comedy with overacting became popular. Charlie Chaplin was one of the greatest names

in the world of silent comedies. His films like *City Lights* and *Modern Times* are considered classics.

Indian silent cinema boasted of noteworthy films on mythology, folklore and history like *Nala Damayanti*, *Pati Bhakti* and *Gopal Krishna* and stars like Patience Cooper, Sulochana, Seeta Devi, Himanshu Rai, Sampat and V. Shantaram.

Long after the silent era, some filmmakers directed silent films as a tribute to the genre, e.g. Mel Brooks' *Silent Film* and closer home, Kamal Hassan's *Pushpak*. Silent film festivals are held all over the world to honour the films made during the silent era. Even today, silence is a part of our daily dose of entertainment — think *Mr. Bean* and *Shawn the Sheep*.



Swadeshi Fare

The first wholly Indian full-length silent feature film was Dadasaheb Phalke's *Raja Harishchandra* (1913), a 40-minute film about a legendary noble king who sacrificed his kingdom and family to honour a promise he made to Sage Vishwamitra.

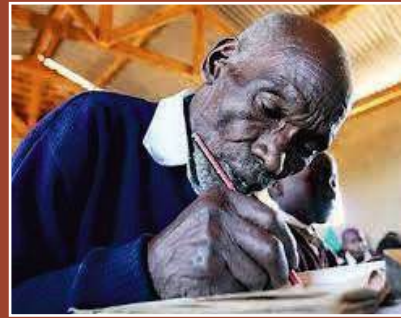


AGE No Bar

These intrepid men and women challenged themselves to complete their education in their golden years...

Freedom to Learn

Although he had no papers to prove his age, Kimani Ng'ang'a Maruge, who died in 2009, believed he was born in 1920. When the Kenyan government announced universal free primary school education, this veteran freedom fighter demanded to be taught to read. He started elementary education alongside two of his 30 grandchildren at the age of 84 in 2004, earning him a mention in the Guinness Book of World Records as the world's oldest person to start primary school. In September 2005, Maruge flew to New York City to address the United Nations World Summit on the importance of free basic education for all. A feature film about his life titled *The First Grader* was released in 2011.



Fun at Any Age!

Born in Hiroshima on September 1, 1919, Shigemi Hirata served in the Navy during World War II. After the war, he worked as a security guard in a hospital until his retirement. Hirata was interested enough in traditional Japanese pottery to take a distance-learning course at the age of 85. Eleven years later, he graduated from Kyoto University of Art and Design in Japan at the age of 96 years and 200 days in 2016, a Guinness World Record for the oldest graduate. "Learning is always fun at any age," said Hirata.



Desire Fulfilled

Raj Kumar Vaishya was born in Bareilly, UP, on April 1, 1920. He graduated from Agra University with a law degree in 1940. Family responsibilities kept him from pursuing a Master's. In 1980, when he retired as GM of a private firm, Vaishya got his cherished Master's in Economics from Nalanda Open University at the age of 99 in 2017!



Making History

Known as the face of the Senior Freshman meme, Nola Ochs was born on November 22, 1911, in Kansas, USA. She was a housewife until her husband died in 1972. Driven by the desire to complete the education that was interrupted by the Great Depression, she started taking classes at age 77. In 2007, Ochs took home a degree in History from Fort Hays State University, graduating alongside her 21-year-old granddaughter Alexandra! Ochs went on to earn her Master's in History at 98 in 2010, making her the oldest recipient according to the Guinness Book of World Records.



No Child's Play!

Born on September 2, 1912, Ingeborg Rapoport was studying for a PhD in paediatrics in 1938 from the University of Hamburg. Then the Nazis came to power and since she was a Jew she was forced to leave. She immigrated to the USA, where she met and married her physician husband. When they moved back to East Berlin years later, she established the first neonatology clinic in Germany. In 2015, 77 years after she had to quit studies, the 102-year-old Rapoport succeeded in getting her doctorate from Hamburg University, becoming the oldest recipient of one!

The Amazing Race

Two American women raced to beat Phileas Fogg by going around the world in less than 80 days.

“NO ONE but a man could do this.”

The business manager of *New York World*, the tabloid newspaper owned by Joseph Pulitzer, was emphatic in refusing to sponsor a project proposed by an intrepid young woman journalist, Elizabeth Cochrane, who wrote under the pseudonym, Nellie Bly. She wanted to be the first to emulate the feat achieved by the fictional character Phileas Fogg in Jules Verne’s adventure novel *Around the World in Eighty Days*. She proposed to turn fiction into fact by completing the world trip in lesser time. When told that it could not be done by a woman, she retorted, “Very well. Start the man, and I’ll start the same day for some other newspaper and beat him.”

Bly had already established her reputation as an investigative journalist in 1887 when she spent ten days in a mental institution feigning madness to write an exposé on the horrible conditions that the woman patients lived in. Her sensational report prompted the asylum to implement immediate reforms.

Bly’s editor gave her the go-ahead and she set sail from America on November 14, 1889, with just one small suitcase for a 75-day trip. She was 25.

Unknown to her, another magazine *Cosmopolitan* dispatched their own 28-year-old reporter, Elizabeth Bisland, just six hours later on the same day, to travel in the opposite direction and beat Bly. So while Bly headed to Europe, Bisland went westwards.



Bly had been to Mexico before as a foreign correspondent but it was Bisland’s first trip out of the country. Both travelled light, belying the prevailing notion that women travelled with a ‘dozen trunks’.

The Finish Line

Bly ran into rough weather while crossing the Pacific Ocean and reached San Francisco two days behind schedule. Pulitzer chartered a train to ship her to New York in time — an expense that cost more than the rest of her trip combined. Bly arrived on January 25, 1890 — 72 days, 6 hours and 11 minutes after she had embarked on her historical

journey. It was a world record at the time.

In the meantime, Bisland missed her ship departing England for New York, though her publisher had bribed the shipping company to wait for her. She had to board a slower ship and arrived in New York on January 30, 1890, completing her trip in 76½ days. Both women had accomplished the task of surpassing Phileas Fogg.

And later...

Bly became a household name following her triumph. She described her experiences in her bestseller, *Around the World in Seventy-Two Days*. She endorsed numerous products and had a board game based on her journey called ‘Round the World with Nellie Bly’. An express train was named after her.

On the other hand, the quieter Bisland shunned publicity of any kind. She wrote seven articles about her race, which were compiled in a book entitled *In Seven Stages: A Flying Trip Around the World*.

Around the World

BLY’S itinerary took her through England, France, Italy, Suez Canal, Yemen, Colombo, Penang, Singapore, Hong Kong and Japan. In France, she took a detour to visit Jules Verne in Amiens.

Bly had fascinating encounters during her travels. She observed the quirks in her fellow travellers, watched men catch a crocodile in Egypt, saw

American coins being worn as jewellery in Colombo, bought a monkey in Singapore and visited a Chinese leper colony.

Throughout her journey by steamship and train, Bly sent short progress reports to her newspaper. It was only when she reached Hong Kong that she came to know about Bisland who had already left from there three days before.



The public followed the race with great interest. *The New York World* started a contest offering a free trip to Europe for the reader who came closest to guessing Bly’s arrival time.



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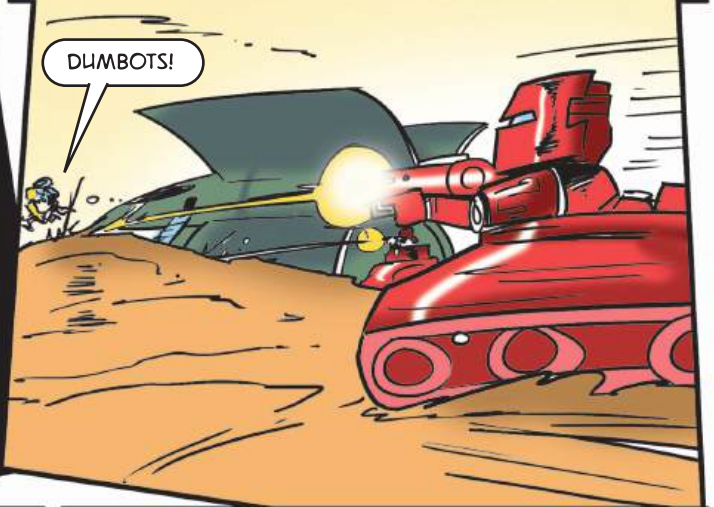
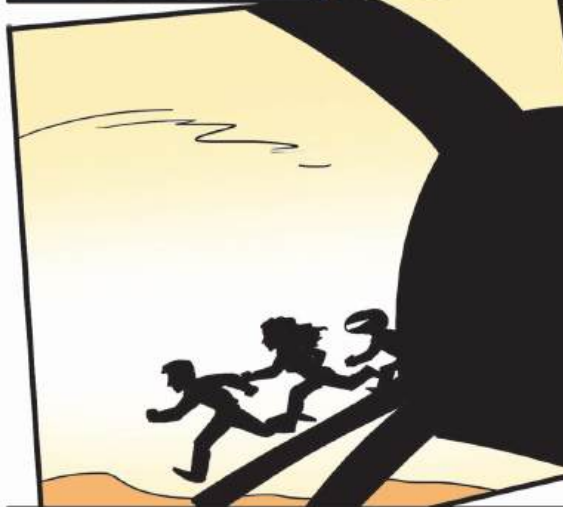
Escape From Oryzya

— A Captain Shiva Adventure

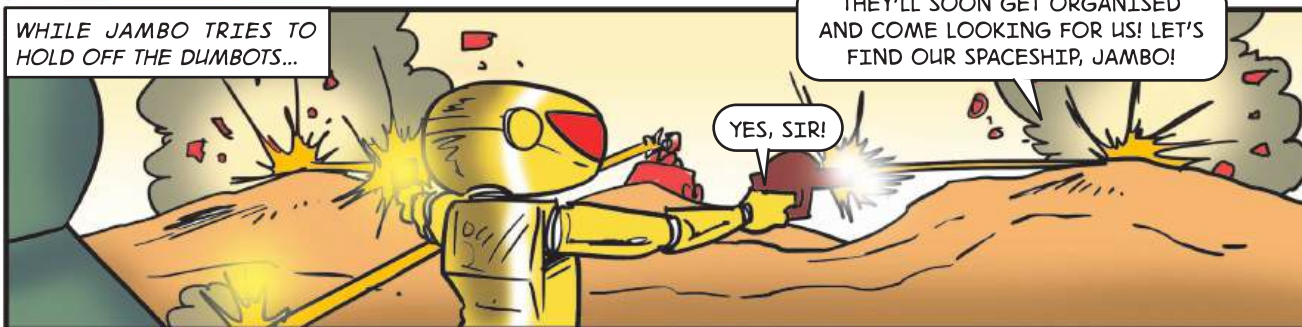
Story: Luis Fernandes

Artwork: Abhijeet Kini

STORY SO FAR: DJOR AND JAMBO STEAL ONE OF THE ENEMY'S AIRBUBS AND PICK UP SHIVA. BUT THEY HAVE 10 SECONDS TO LAND BEFORE IT EXPLODES...



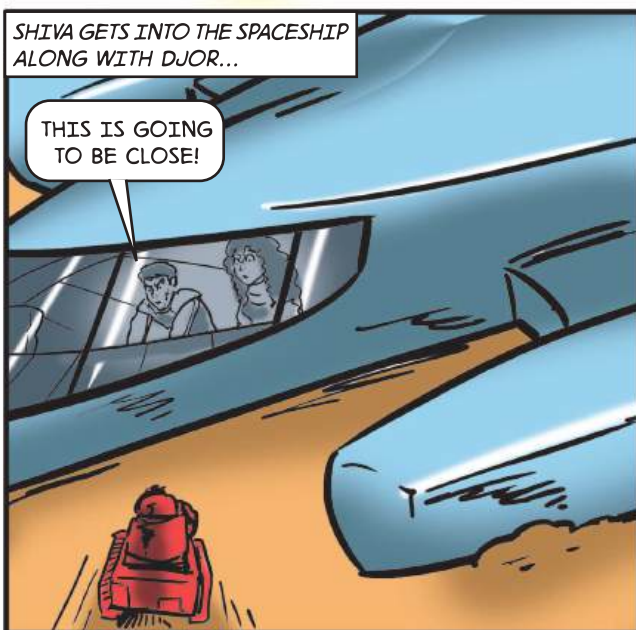
WHILE JAMBO TRIES TO
HOLD OFF THE DUMBOTS...



THEY'LL SOON GET ORGANISED
AND COME LOOKING FOR US! LET'S
FIND OUR SPACESHIP, JAMBO!

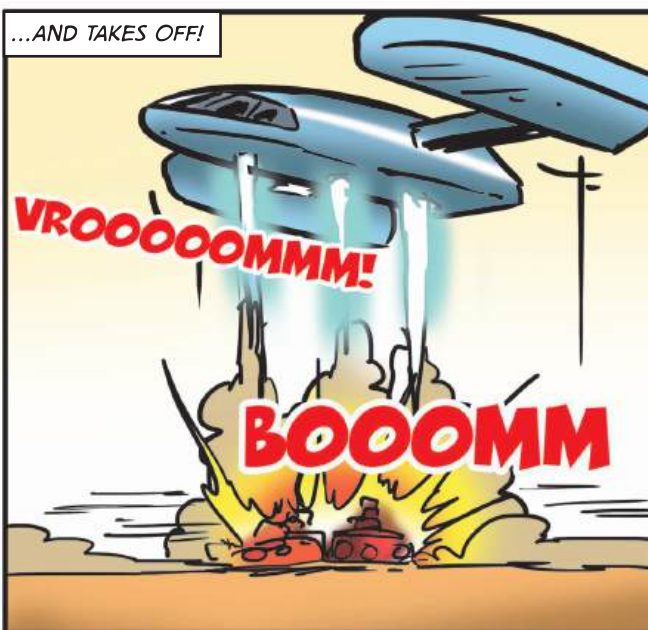
YES, SIR!

SHIVA GETS INTO THE SPACESHIP
ALONG WITH DJOR...



THIS IS GOING
TO BE CLOSE!

...AND TAKES OFF!



MADE IT!



BUT JAMBO'S STILL
DOWN THERE...LOOK!
HE'S BEEN HIT!

ARE YOU GOING TO
LEAVE HIM THERE?

NEVER!



TO BE CONTINUED

The Shortest Ever

The shortest war in recorded history was the one waged between the British Empire and the East African island sultanate of Zanzibar, in 1896. It lasted for 38 minutes.



The world's shortest commercial flight is a 2.7-km route between the Scottish islands of Westray and Papa Westray. It lasts for just 57 seconds.

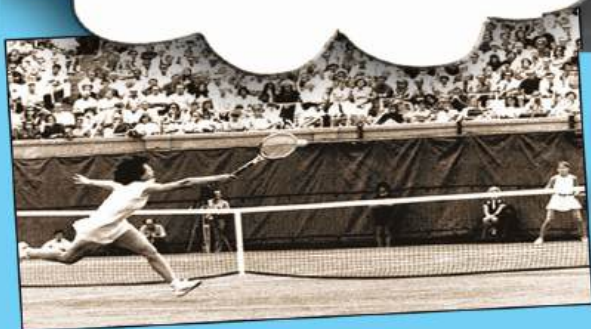


The insect with the shortest lifespan is the mayfly. Although it lives for about a year in the water as a nymph (a stage before metamorphosis), it lives as an adult for less than 24 hours.

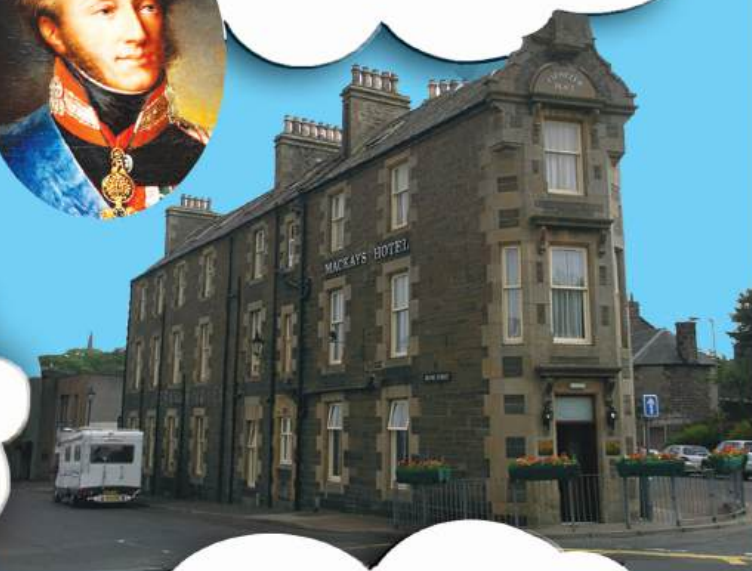
In 1830, Louis-Antoine became the King of France after his father abdicated. But within 20 minutes, Louis-Antoine too abdicated, making him the shortest reigning monarch in history.



At the 1969 Wimbledon tournament, Susan Tutt and Marion Bandy played the shortest tennis match in history. It lasted for 20 minutes, with Tutt beating Bandy 6-0, 6-0.



The world's shortest street is Ebenezer Place in Wick, Scotland. Measuring just 2.05 m long, it has only one address — No.1 Bistro, a restaurant in Mackays Hotel.





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Land of the Rising Sun

Fact File

Capital: Tokyo

Population: 124.3 million

Currency: Japanese yen (JPY)

JAPAN is an archipelago in East Asia comprising four main islands—Honshu, Hokkaido, Kyushu and Shikoku and numerous tiny islands. Tokyo, the capital of Japan is also its largest city. Japan has a constitutional monarchy. The monarch is only a ceremonial figurehead and power is vested primarily with the Prime Minister and the Diet (Parliament).

The Japanese call their country Nippon or Nihon, which means 'sun-origin' and is translated as The Land of the Rising Sun.

Sumo

Sumo originated in Japan and is its national sport. It is a contact sport in which one wrestler or *rikishi* attempts to force his opponent to either go out of the circular ring or touch the ground with any body part other than the soles of his feet.

Professional sumo wrestlers, who are required to live in communal sumo training stables called *heyas*, lead strictly regimented lives. On entering the *heya* they are required to grow their hair long enough to form a topknot or *chomage* and wear only traditional Japanese dress in public.

Itsukushima Shrine

The Itsukushima shrine situated on Miyajima island in Japan, is a UNESCO World Heritage Site. The shrine has been built on pillars which rise above sea level.

At high tide the shrine and its gate appear to be floating on the water. The shrine complex includes a prayer hall and a theatre where musical dramas called 'Noh' are performed. They are connected to each other by boardwalks. The shrine was built by Taira no Kiyomori in 1168 CE.

The Sacred Mountain

Snow-capped and breathtakingly beautiful, Mount Fuji or Fuji-san as the Japanese respectfully call it, is the world's most photographed mountain. It is 3,775 m high.

Mt. Fuji is sacred to the Japanese. To them it is not only the abode of the goddess Konohana Sakuyahime, the 'Flowering Tree Princess', but also a symbol of their country.

It is the dream of every Japanese to climb the sacred mountain and every year during the climbing season, some three million people start up its slopes.

In 1707, Mt. Fuji which is of volcanic origin, erupted, spewing a 15 cm layer of ash on Tokyo, 105 km away. But since then it has maintained a majestic silence.



Akira Kurosawa

(1910–1998)

Akira Kurosawa was a famous Japanese film director and producer, who received international acclaim when his period film *Rashomon* won the Golden Lion at the Venice Film Festival in 1951. Kurosawa, who was regarded as one of the most influential filmmakers of his time, won the 1989 Academy Award for Lifetime Achievement. Akira drew inspiration for his films from diverse sources like Shakespeare, Tolstoy as well as Noh theatres and the Jidaigeki period dramas of Japan. His film *The Seven Samurai* was remade in the U.S.A. under the name *The Magnificent Seven*.

A Memorial To Peace

On August 6, 1945, at 8.15 a.m., America detonated an atom bomb over Hiroshima, a bustling city in Japan. More than 140,000 people died. Thousands more were destined to die over the years from leukaemia and radiation sickness.

One building remained standing though the bomb was detonated directly above it. It is known as the Genbaku Dome or Atom Bomb Dome, preserved exactly the way it looked after the bombing.

Today it stands on the east bank of the Motoyasu River in the Hiroshima Peace Park. The Park houses a number of monuments as well as a museum, each dedicated to a different aspect of the bombing. A Peace Flame burns constantly and it will not be extinguished until nuclear weapons are completely abolished. A cenotaph with the names of the dead has the words in English and Japanese: 'Repose ye in Peace, for the error shall not be repeated.' Every year, on the anniversary of the bombing, a service is held before the cenotaph. At exactly 8.15 a.m. the great Peace Bell is struck and a minute's silence observed.

The first time the Olympic Games were held in Asia was in 1964 at Tokyo, Japan. Yoshinori Sakai, who was born in Hiroshima, the day the A-bomb fell, was chosen to light the Olympic flame.



- ◆ The animation originating in Japan is called anime.
- ◆ The Parasite Museum is only one of several unusual museums in Tokyo. There are museums dedicated to salt, tobacco, fire, kites, luggage, buttons and noodles.
- ◆ What's English?
It is the grammatically incorrect version of English spoken in countries like Japan and China, where 'L' is pronounced as 'R'. McDonald's for example, is Makudonarudo in Engrish.

Manga Comics

Manga, which literally means 'whimsical pictures', refers to Japanese comics and print cartoons. There are separate manga for men, boys, girls and women and manga cafes where one can order comics with coffee.

'Pushy' People

Tokyo's transport system is the busiest in the world. Its subways and trains are so jam-packed that there are 'pushers' — men who try to stuff in as many people into the coaches as possible before the automatic doors can close. The Japanese don't seem to mind, as they've been putting up with the pushers for many years!

MIND YOUR LANGUAGE!

Rainbow World

1. You turn ____ with envy.
2. When things go wrong, you feel ____.
3. In a desperate situation you hunt for a ____ lining.
4. When you're frightened, you turn ____.
5. When you're angry, you flush ____.
6. And when you get mad, you turn ____ with rage.
7. On a fun trip, you paint the town ____.
8. A tragedy marks a ____ day.
9. When you are old, you become ____.

Answers: 1. green 2. blue 3. silver 4. white 5. crimson 6. purple 7. red 8. black 9. grey



Laugh & Learn

Chetan: You should have been an engine-driver!

Ketan: Why do you say that?

Chetan: You're always interrupting my train of thought! 'To interrupt one's train of thought' means to disturb one's flow of ideas, especially when one is deep in solving a difficult problem.

Did You Know?

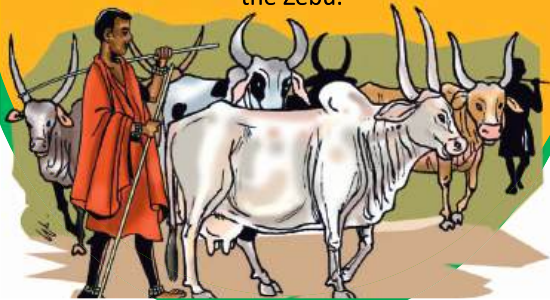
When the Russian army entered Paris in 1815, the hungry soldiers dashed into the restaurants shouting, 'Bistro! bistro!' (a word that meant 'quick' in Russian). Since then the word 'bistro' has been used in France to mean a restaurant selling a quick meal.

Learn a Word

ZEBU

A ZEBU is an ox with a hump found in India, East Asia and Africa. You say it as ZI as in ZIP + BOO.

For example: The Turkana tribe of Turkana land, in northeast Kenya are called the people with the grey bull because they domesticate the Zebu.



Know Your Adjectives



Are the following statements correct?

1. An insolent man is a rude person.
2. A judicious person is rash by nature.
3. A perfunctory worker does his work mechanically without thinking.
4. A prolific writer is one who produces many works.
5. A docile person is one who rebels against his superior.
6. Glib talkers are shy.
7. A stringent rule is strictly enforced.
8. Magnanimous people are kind and generous.
9. The clandestine activities of an organisation are known to the public.
10. A gregarious person does not interact much at parties.

Answers: 1-yes; 2-no, judicious means careful and sensible; 3-yes; 4-yes; 5-no, docile means meek and submissive; 6-no, glib means confidently smooth; 7-yes; 8-yes; 9-no, clandestine means secret; 10-no, gregarious means sociable.

Word Power

Enfant terrible

Meaning: (n) – a clever person whose startling behaviour embarrasses or annoys others. The term is of French origin. It literally means 'terrible child'.

Pronunciation: aufau-teri-bl

E.g. The British painter Damien Hirst is considered an enfant terrible of contemporary art.



Grandfather Cherry Blossom

AN old couple lived in a little village in Japan. They were poor but content, save for the fact that they were childless. One morning, the old woman found a small white puppy, an Akita, the native Japanese dog, whimpering in one of the vegetable patches in the garden.

"Look what I found!" she told her husband.

The couple decided to bring him up like the son they never had. Whenever they made rice cakes or fish, Shiro got his share first. He grew into a sturdy, smart dog.

One afternoon, the old man heard Shiro barking excitedly. When he went out to see what the matter was, Shiro ran to him and tugged at his kimono.

The dog then ran to a tree in the yard and began digging furiously. The old man fetched a spade to help Shiro. Together they unearthed a cache of old gold coins buried deep in the ground.

The old man and his wife gathered up the coins. They would never be needy again. When someone said that he was very lucky indeed, the old man who shared his wealth with all the villagers, pointed to Shiro and said, "I am lucky to have got him as my son."

Years later, Shiro died. The couple was grief-stricken. They buried him in the yard and planted a pine tree over it. The tree grew rapidly. One day the old woman said, "Why don't you cut some wood off the pine tree? We can make a mortar out of it and pound some rice for the cakes Shiro loved so much."

The man did as she wished and they made a mortar.

When they pounded the steaming rice in the mortar, it began overflowing and didn't stop! They fed the whole village with it. The samurai lord's son got to hear of the mortar and confiscated it, but it would not work its magic for him. In a fit of anger, the lord burned the mortar to ashes. When the old man heard of this, he was very sad. He went to the castle and collected the ashes.

He was scattering the ashes in the garden when a gust of wind blew some of it on to the bare cherry trees growing

nearby. It was winter but when the ashes touched the trees, they burst into blossom! The old man scattered the ashes all over the village wherever there were cherry trees and they blossomed in a vision of red, white and pink! Everyone was amazed and the old man became known as 'Grandfather Cherry Blossom'.

The samurai lord heard of this and summoned the old man. He got the ashes scattered over the barren trees in the castle garden too. He was astonished when the trees bloomed. He apologized for his son's bad behaviour and said that he would be suitably punished.

The samurai lord showered the old couple with presents and wished them many more years of happiness.



Running Out of SAND



SAND IS a naturally occurring granular material composed of finely divided rock and mineral particles. It is found on beaches and deserts. It is formed by the breaking down or erosion of large boulders by wind or water.

Sand is a very important mineral. It can be used to make concrete which is used in buildings to help support the structure. It is used to make glass, computer chips and to store nuclear waste. It can also be used as a mixer with salt to prevent the formation of ice on roads.

The extraction of sand is called sand mining. Sand can be mined from sand dunes, beaches and even dredged from river and ocean beds. The main reason sand is extracted is to make concrete, which is in great demand because of the booming construction industry. River sand is considered the best for this purpose. It has jagged edges and is not rounded like desert sand. It also does not contain salt like beach sand. But since there isn't enough sand on river beds, sand found on beaches and creeks is also used after removing the salt.

Sand plays an important role in protecting the coastal environment. It acts as a buffer against strong tidal waves and storm surges by reducing their impact as they reach the shoreline.

Indiscriminate river bed mining harms the environment. It also leads to the deepening of rivers, change in the course of rivers and soil erosion. The river-plains become more vulnerable to flooding. Riverbed mining also affects groundwater recharge and the foundation of bridges, causing them to collapse.

When sand is taken away, all the life forms and biodiversity it supports also get destroyed. Indiscriminate beach and ocean mining have caused entire beaches and whole islands to disappear.

Illegal sand mining is rampant in developing countries like India and China, where construction is on the increase. Rich countries import sand from poor and developing countries. Singapore, for instance, is expanding its physical borders by importing sand from poorer countries like Cambodia, which, as a result, is losing its beaches.

In India, mining licenses are issued to contractors. The licenses limit the quantities of sand that can be taken and the locations

from where it can be mined. Sand mining policies are framed by state governments in India. Unfortunately, these laws are usually not enforced. There is hardly any monitoring either.

Markets for sand in India are dominated by sand mafias, criminal enterprises that mine and sell sand illegally. Although illegal sand mining is a serious environmental crime, there is little awareness about it. As it's a rural issue, urban people are unaware of it unless they see it happening at a beach where they are holidaying. Also, many don't want to register an official complaint against such illegal activities as it can be dangerous.

The UN took a long time to wake up to this issue. The first ever UNEP (United Nations Environment Programme) round-table on sand sustainability took place in October 2018 at Geneva, where I, as a keynote speaker, made a virtual presentation on the issue.



— As told to Shweta Mittal by
Ms. Sumaira Abdulali, an ardent
crusader, who has been campaigning
against illegal sand mining, among
other environmental issues.

Most people think that sand is plentiful, but sand is a non-renewable resource. The demand for it actually exceeds supply and the rate at which we are using it, we will soon be running out of it.

International practices and regulations vary widely, with countries such as Indonesia, Thailand, Malaysia, Vietnam and Cambodia banning marine sand exports in the last two decades, while others lack any legislation or effective monitoring programs.

UNEP's 2022 Sand and Sustainability report called for enhanced monitoring of sand extraction and use, and recommended ending sand extraction from beaches and active beach-nearshore sand systems for mining purposes.

Despite new regulations passed by the government, illegal sand mining is still rampant in India.



Meals

A healthy pet is a happy pet!

- ★ Chicken changezi
- ★ Buff bhurji
- ★ Quail
- ★ Mutton masala
- ★ Chikpea Salad
- ★ Paneer Meal

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Mindbender

Martin is shipwrecked on an island and must hurry to reach a village before it gets dark. There is a fork in the path — one way leads to the village and the other leads to hungry cannibals. Martin sees two sisters on the path who both know which path is safe. But one of the sisters is honest, and the other always lies. Martin can ask one of them only a single question. What should it be?



Sudoku

Fill in the grid so that every horizontal row, vertical column and 2x3 box has the digits from 1–6 without repeating them in the same row, column or box.

	3			6	4
1		5			
	4		6	1	
6	1				3
		1		2	
3			5		

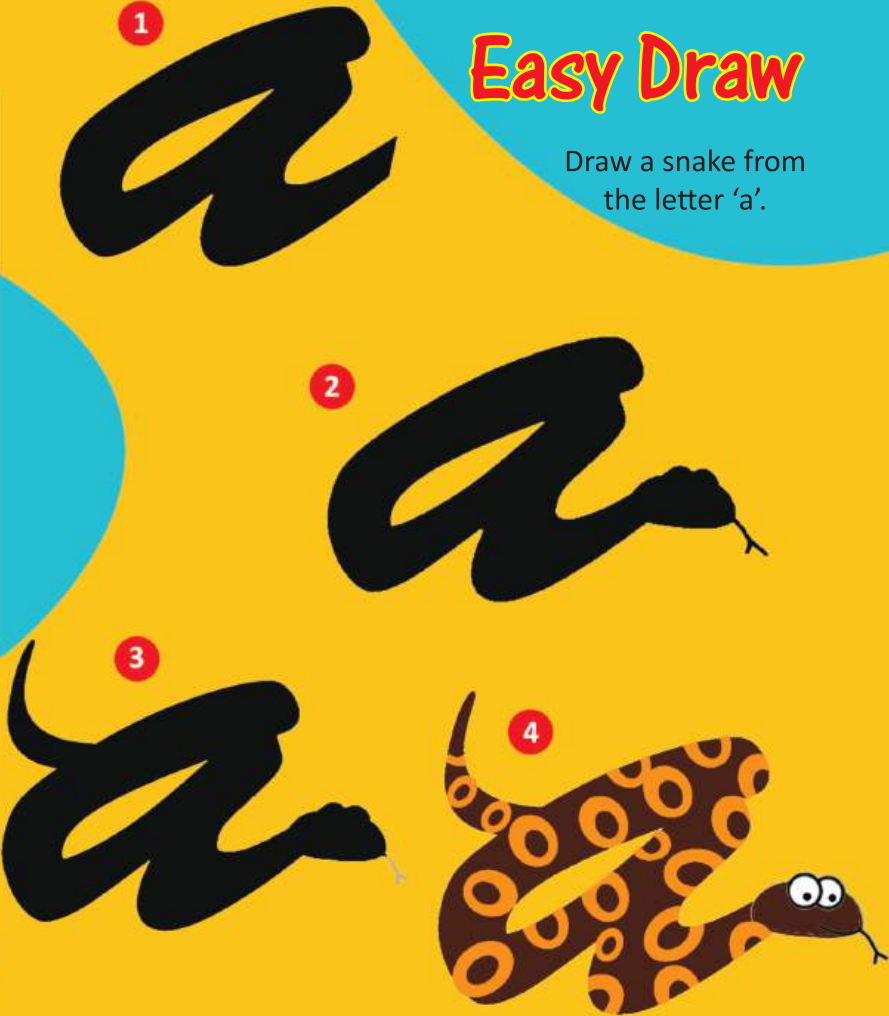
3	2	6	5	4	1
4	5	1	3	2	6
6	1	4	2	5	3
2	4	3	6	1	5
1	6	5	4	3	2
5	3	2	1	6	4

Answer:

Answer:
Martin should ask: 'If I were to ask you which path leads to the cannibals, what would you say?' and go the other way.

Easy Draw

Draw a snake from the letter 'a'.



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The Belly Brigade

Your body has a powerful team working hard to keep you healthy and energised: the Belly Brigade. This team of tiny helpers lives in your gut and helps your body function smoothly, says Dr. Supriya Kapil Shetty Thanekar.

Gut Feelings

The gut, also known as the gastrointestinal (GI) tract, includes your stomach, where food begins to break down; the intestines, which absorb nutrients from food; and the colon, where waste is processed and eliminated.

But your gut does more than just digest food. It is home to trillions of tiny organisms—bacteria, fungi, and even viruses. Most of these microbes are good for your health. Together, they form the Belly Brigade, responsible for breaking down food into energy, protecting your body from harmful germs, and sending signals to your brain that help regulate your mood, memory, and focus.

Microbe Miracle

Even though they're small, these microbes have a huge impact on your health, especially your sleep. When you get a good night's sleep, you wake up feeling refreshed and ready to take on the day. But when you don't sleep well, you may wake up in a bad mood, which can affect your whole day. If you want to have a good morning, you need to have a peaceful night's sleep—and that starts with taking care of your gut health.

The Good Guys

'Good' bacteria in the gut, such as Lachnospiraceae and Odoribacter, are linked to better sleep, while 'bad' bacteria, like Selenomonadales can disrupt your sleep. Eating a diet rich in fibre and plants helps keep your gut bacteria balanced, improving both sleep quality and overall health.

A regular sleep schedule also helps beneficial bacteria in your gut thrive, improving digestion, boosting immunity, and supporting brain function. Sleep also strengthens the gut-brain connection, a network of communication between your gut and brain.

Awesome Axis

Your gut and brain are like best friends—they're always talking to each other through something called the gut-brain axis. A healthy gut sends signals to your brain that help you stay calm, focused, and happy. If your gut is unhealthy, it can send "stress signals" to your brain, making you feel grumpy, tired, or unfocused. However, staying up late—whether for school work, gaming, or watching TV—can disrupt your sleep and affect your Belly Brigade's work.





Sleep Deep!

When you don't get enough sleep, this can happen:

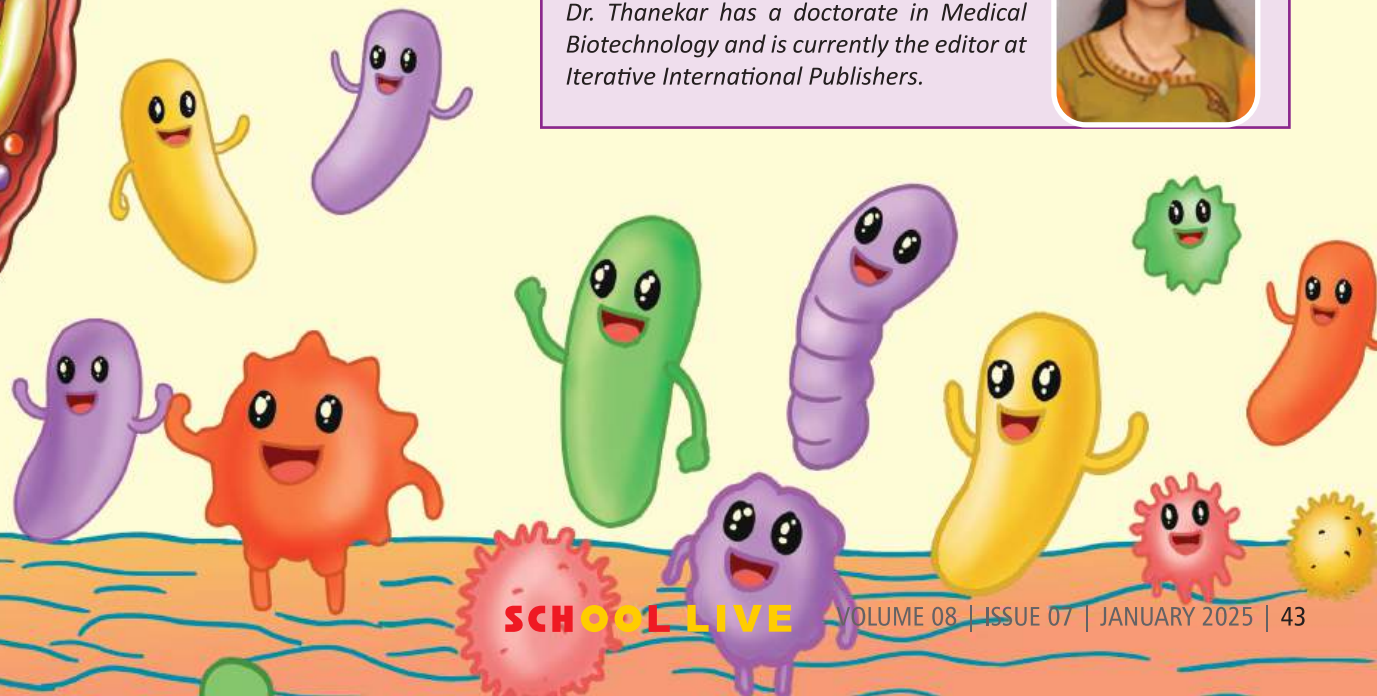
- ◆ Harmful bacteria may rise, causing stomach discomfort.
- ◆ The communication between your brain and gut becomes weak, affecting mood and focus.
- ◆ Your immune system weakens, making you more likely to get sick.

Be Your Gut's Best Friend!

- ◆ **Stick to a Sleep Routine:** Go to bed and wake up at the same time every day to help your body and gut stay in sync.
- ◆ **Eat a Balanced Diet:** Include plenty of fruits, vegetables and whole grains to feed the good bacteria in your gut.
- ◆ **Stay Active:** Exercise boosts your energy, promotes healthy digestion and improves sleep.

Remember...

Studies show that good sleep helps healthy gut bacteria grow, which supports your immune system and mental clarity. Kids who sleep well also tend to do better in school and get sick less often.



Dr. Thanekar has a doctorate in Medical Biotechnology and is currently the editor at Iterative International Publishers.

Snake in the Box

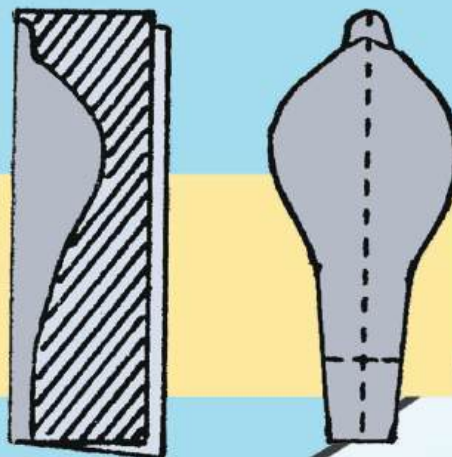
Things Needed

An empty matchbox, a rectangle of black tinted paper, a strip of tinted paper measuring 0.5 cm x 2 cm, glue and scissors.

Method

1

Fold the tinted paper in half. Trace out the snake shape on it. Cut along the outlines. Unfold it. Cut out fangs from a piece of paper and attach them to its mouth. Draw the patterns shown with white paint on the underside. Paint the eyes.

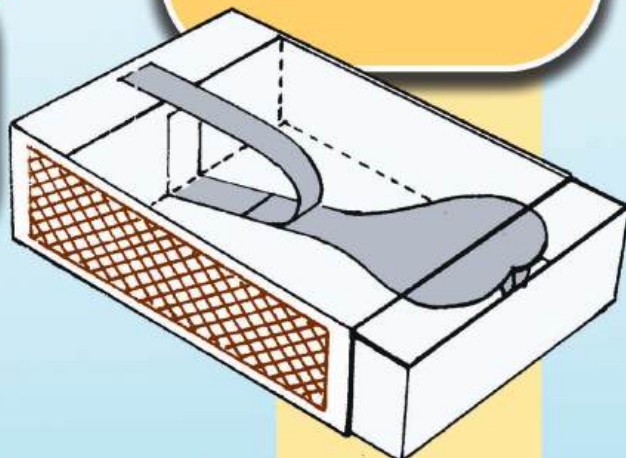
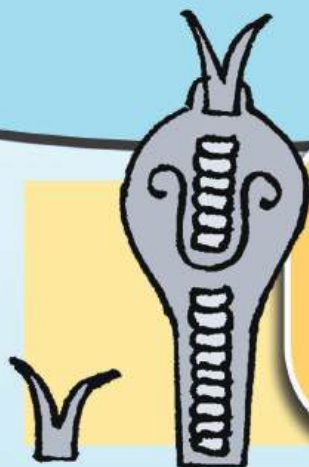


4

The snake will rear up suddenly when you fully slide open the matchbox!

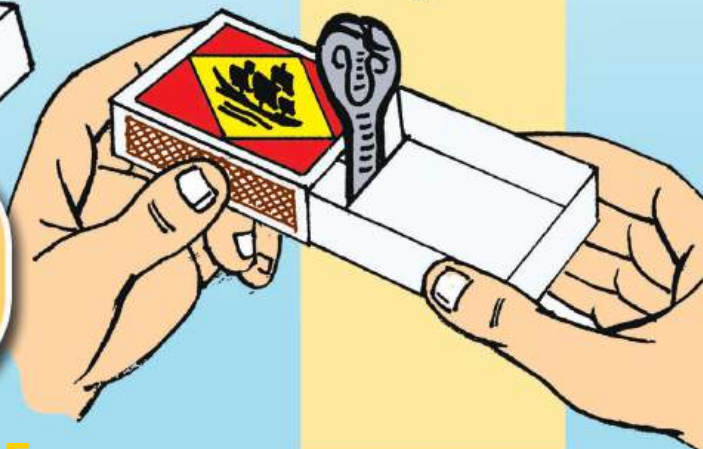
2

Open the matchbox and glue one end of the paper strip on the inner side of the cover. Attach the snake to the inside of the matchbox drawer, using glue. Refer to illustration.



3

Stick the other end of the strip to the upper side of the snake and slide the box into the cover as shown in the figure.



Immersed in Faith

THE MAHA KUMBH MELA in Prayagraj, Uttar Pradesh, which began on January 13 will end on February 26, on the auspicious occasion of Mahashivaratri. The Kumbh Mela takes place every 12 years. The current one is unique, as it happens once every 144 years.

Crores of pilgrims have been congregating at the sacred Triveni Sangam, the meeting point of the Ganga, Yamuna, and mythical Saraswati rivers, for a holy dip. Devout Hindus believe that it confers moksha or salvation.

The Legend

The 'Kumbh' refers to the pot of ambrosia or the nectar of immortality that was thrown up during the churning of the Ocean of Milk by the Devas and Asuras.

A war erupted over the possession of the precious Kumbh. The gods managed to seize it. As it was being carried to heaven, four drops spilled from the pot over Ujjain, Prayagraj, Nashik and Haridwar.

The Mela thus commemorates the victory of the gods over demons in obtaining the elixir.

Royal Dip

The Shahi Snan, or royal bath, is a sacred dip performed by sadhus belonging to various akharas at the Sangam. This ritual is believed to cleanse sins and bestow divine blessings.

Spirituality Unlimited

Renowned scholars and spiritual leaders deliver discourses providing insights into religion and spirituality.

Pilgrims participate in yoga and meditation sessions.

Devotees sing devotional songs and chant shlokas, creating an atmosphere filled with spiritual energy.

Akhara Processions

The traditional processions of various akharas of sadhus are known as 'Peshwai'. The holy men ride on elephants, horses and in chariots. The Naga Sadhus' participation in the procession is a spectacle to behold.

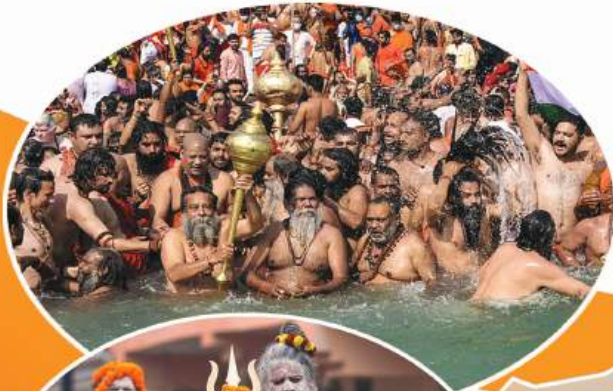
Mammoth Feat

Organising an event of this magnitude is a mind boggling feat in itself. Crowd control, security and safety are vital during such mega events.

A sprawling city of tents, ranging from luxurious tents with premium facilities to more affordable ones, was built to accommodate the 40 crore or 400 million people expected to visit the Mela over 45 days. In addition, there are cottages, dormitories and camps.

Starting two years before the Mela, the Prayagraj Municipal Corporation created dense forests in more than ten spots in the city using the Japanese Miyawaki technique. An area of 55,800 sq m has been greened. The largest forest, with around 1.2 lakh trees of 63 species, is in the Naini industrial area, while 27,000 trees from 27 different species have been planted to transform the city's largest garbage dump.

The aim is to improve the air quality of the city during the Mela. Miyawaki forests have many benefits, such as reducing air and water pollution, preventing soil erosion, and increasing biodiversity.



Mountain



Alpine Style

It is a self-sufficient way of mountaineering. An alpinist carries his own food, shelter and equipment, and it is a minimal impact activity.

Anchor

It is a device that helps the climber to attach himself to the climbing surface. It ensures protection should a fall occur.

Bergschrund

It is a crack that divides the glacier. It is a major obstacle for the climber.

Bivouac

It is a temporary, makeshift and generally unplanned overnight camp which is without tents or any kind of cover.

Crampon

A metal frame with spikes attached to the boots of the climber.

Crux

It is the most difficult route or the most dangerous part of the climb.

Deep Water Soloing (DWS)

In this form of rock climbing, an individual climbs an area that is directly above a water body to protect from injuries in case of a fall.

Edmund Hillary

He was a New Zealander mountaineer and explorer who was the first person to reach the summit of Mount Everest. He accomplished this feat on May 29, 1953. He was accompanied by Tenzing Norgay.

Free Climb

As the name suggests, a climber ascends using only his hands and feet.

Glissade

An act of sliding down a slope of snow using any of the 3 methods:

- ◆ Sitting
- ◆ Standing
- ◆ Crouching

Climbing A to Z

High Altitude Cerebral Edema (HACE)

HACE is a medical condition resulting from the physiological effects of high altitude. The brain swells with fluids. It is a severe and mostly fatal form of altitudinal sickness.

Ice Hammer

It is an ice axe where the head consists of a pick and a hammer.

Jamming

Forcing a body part into a crack in a rock for a strong grip while climbing up.

Liquid Chalk

It is spread all over the hands and fingers and left to dry.

Powdered chalk can also be used. It dries up the sweat and moisture on the hands while climbing.

Mantle

It is the external covering of a climbing rope.

Nunatak

It is an exposed piece of mountain or rock which is not covered with ice or snow. It is also called a glacial island. Usually plant life can survive only on nunataks as the rest of the area is surrounded by either snow or ice.

On-sight

A clean ascent (an ascent without fall or rest) with no prior practice or advice.

Pointless Ups and Downs (PUDs)

A hike consisting of poor climbs and routes, an indication that the person tasked with route finding should be replaced. Other features of PUDs include unsafe stream crossing, trees blocking the trail and so on.

Rappel

To climb down a fixed rope, generally by using a braking gadget.

Scree

A collection of broken rocks which are small and are often found at the base of a cliff. It is difficult to climb on scree but useful to descend.

Self-arrest

A life-saving technique by which the climber uses an ice axe to stop himself when he slides down.

Traverse

To climb laterally or in a horizontal direction instead of climbing vertically.

Undercling

A gripping technique in which the palm is facing upwards. It is also called 'undercut'.

Verglas

A thin coat of ice that is formed on rocks when rainfall or snow freezes on them making it difficult to climb.

Wand

A bamboo stick with a flag used to mark paths on glaciers and snow.

X (Protection Rating)

A rating from Yosemite Decimal System given to climbs that have minimal or no protection, deeming such climbs as risky.

Yosemite Decimal System

It is a numerical system that rates the difficulty of climbs, hikes and walks in the United States of America. It was developed in the 1950s.

Zero

A term used when hikers camp at the same place for a day and achieve no distance in order to rest or to acclimatise. A zero is a day where hikers achieve only a small distance.

The 'Peak' Hour Rush

May 2019 was one of the busiest and deadliest climbing seasons on Mount Everest. As many as 11 people died, not due to avalanches or blizzards but because there were too many climbers, especially inexperienced ones. Some of them died waiting for oxygen replenishment in a long queue. Other deaths occurred because some were not even fit to climb.

Shake that Sauce!

Is it easier to take out tomato sauce by simply tilting the bottle or by shaking it vigorously?

Let's find out.

What you need:

A bottle of tomato ketchup and a saucer.

What you do:

- ◆ Tilt the bottle to let the sauce flow out.
- ◆ Shake the bottle vigorously to let the sauce flow out.

What you find:

The sauce comes out easily only when the bottle is shaken vigorously.

Why?

Liquids like tomato sauce will flow out freely only when they are disturbed or forced to move. The faster they are made to move, the faster they flow. Such liquids are called thixotropic liquids. When you shake the bottle vigorously or hit the sides, the sauce becomes less firm and starts flowing.

Some paints, too, are thixotropic. They do not drip when they are on the brush but when they are moved along the surface of the wall with the brush, they become slippery liquids.

Thixotropic liquids are found in nature too. Quicksand is one example. The more one struggles in quicksand, the less firm it becomes, and the victim is eventually drowned.



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and mass



Helps reduce
body fat



No Bloating
and heaviness



Boosts energy
and overall
fitness

Disclaimer:

*All claims are applicable to mixing 32 g powder in 150 ml water. This product is not intended to diagnose, treat, cure or prevent any disease. Pregnant or lactating women or anyone with a medical condition should consult with a physician before consuming this product. Not to exceed the stated recommended daily usage.

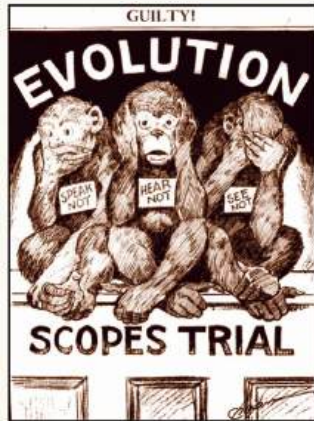
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What was the Scopes 'monkey trial'?

IN 1925, the state of Tennessee in the USA passed the Butler Act. The Act forbade the teaching of Charles Darwin's theory of evolution in all public and state-funded schools, because it went against the Bible's story of man's creation. The American Civil Liberties Union (ACLU), set up in 1920, saw the Act as an opportunity to publicise its mission.



The ACLU offered to defend any teacher prosecuted under the Act. John Scopes, a high school science teacher in Dayton, Tennessee, agreed to stand trial. Scopes was defended by Clarence Darrow, a renowned lawyer. The prosecution was led by William Bryan, a famous fundamentalist Christian.

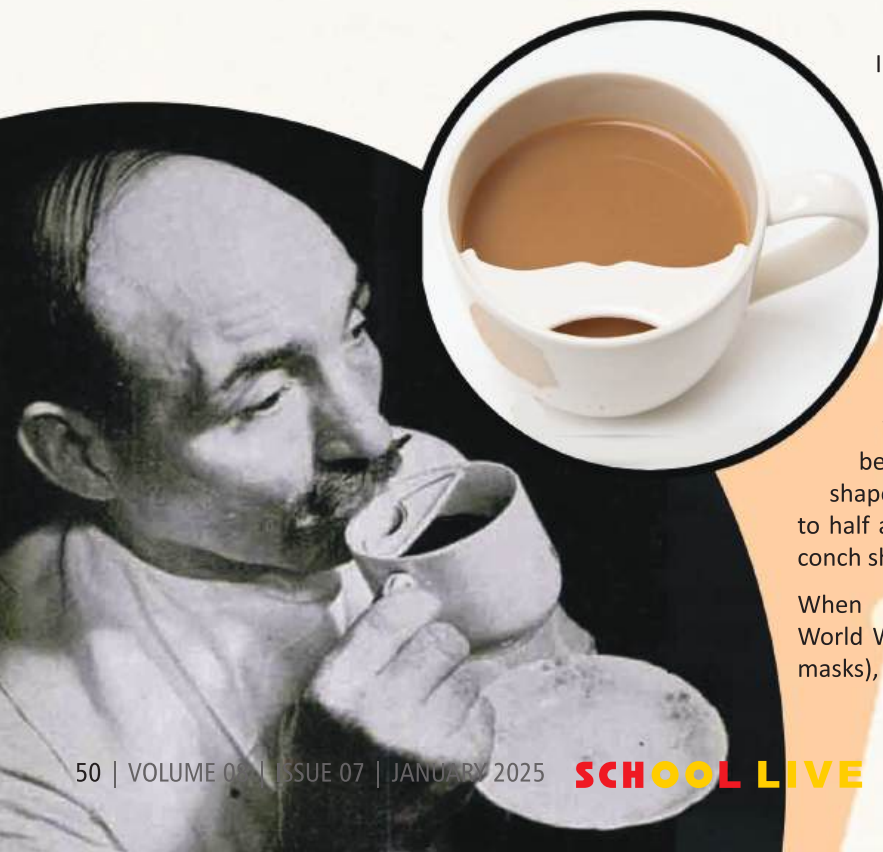
The trial lasted just eight days but it caused a sensation. Hundreds of people packed the courtroom and the

proceedings were covered by every newspaper. It was the first trial to be aired live on radio.

John Scopes was found guilty and fined \$100 but the state Supreme Court overturned the verdict, saying that the fine was excessive. Though the Butler Act and similar anti-evolution laws in other states were repealed only years later, the monkey trial convinced ordinary Americans that the teachings of science and theology should be kept separate in educational institutions.



What was a Moustache Cup?



IN the 19th century, it was fashionable for men to grow luxuriant, well-waxed moustaches.

The only downside for a moustachioed male was when he had to drink a cup of hot tea or soup. The heat melted the wax and made the moustache wilt.

A British potter, Harvey Adams, came to the rescue when he invented the moustache cup in the 1860s. The cup had a butterfly-shaped shelf with a hole to drink through set inside its rim.

The moustache cup (with matching saucer) was a bestseller all over the world. It came in varied sizes and shapes, ranging from large 'farmer's cups' that held close to half a litre of liquid, to dainty porcelain ones carved like conch shells.

When big moustaches fell out of favour during World War I (they made it difficult for soldiers to wear gas masks), moustache cups also made a quiet exit.

Slithery Snakes!

*A dekko into the personality of those born in the year of the snake...
(Disclaimer: to be taken with a rather large pinch of salt, maybe?)*

THE Snake is the sixth animal in the Chinese zodiac, in a 12-year cycle. To find out if you are one, calculate backwards from 2025, subtracting 12 years each time — 2013, 2001, 1989, 1977, and so on.

According to the month you are born in, you are one of five kinds of snake — Earth, Metal, Water, Wood or Fire.

Those born in the Year of the Snake are said to be intelligent and quick thinking, but they can also be dishonest and deceptive. Though snakes don't often tell lies, they will when they think they can get away with it. Maybe the idiom 'snake in the grass' denoting an untrustworthy person, derives from this quality!

Snakes have an elegant, charming personality and are known to be the master seducers of the zodiac, so beware... they can strike up a conversation with strangers easily, whether in personal or work situations.

At work, snakes are organised and very efficient, and they do their jobs quickly and without much fuss. They are also good communicators and figure things out logically, making well thought out decisions.

Snakes like to learn new things, value knowledge and always want to know more about the world.



A Bowl of Cherries

Origins

The word 'cherry' is derived from Cerasus (modern Giresun) a city in northern Turkey. The cherry is one of the oldest cultivated fruits in the world. It was first introduced to Europe from Asia Minor in 300 BCE.

Turkey is still the largest producer of cherries in the world, followed by the USA (where it was introduced in the 1600'S). The American northwest is where 90 per cent of the country's cherries are grown.

Cherry Picking

The cherry is a drupe or stone fruit and belongs to the same (rose) family as plums, apricots, almonds and peaches. There are two basic types: sweet and sour. Sour cherries are bright red in colour, round and very juicy. They can be eaten on their own but taste best if used in jams, preserves, pies and tarts.

Sweet cherries, on the other hand, are firm, heart-shaped and large. They come in light or dark red colours. They are very good for popping in the mouth, fresh!

There are more than 50 varieties of cherry. Bing, Rainier and Maraschino are some popular ones.



Packed with Health

Cherries are rich in antioxidants and minerals. Tart cherries relieve the pain of gout and arthritis.



Royal Recipe

When Queen Victoria of England celebrated the diamond jubilee of her reign in 1897, French chef Auguste Escoffier created a dessert, later called cherries jubilee. Made with flambéed cherries and cherry liqueur (called kirsch) it is served as a sauce over vanilla ice cream.



Passion Flower

The cherry blossom is Japan's national flower. In spring, when the cherry trees burst into a multitude of pinks, reds and whites, Japanese throng the outdoors to enjoy the *hanami* or the centuries-old tradition of viewing the cherry blossom and picnicking under the trees.

The arrival of the cherry blossom is tracked closely with round-the-clock news reports providing updates on exactly where and when the fabled flowers will appear. The blossoming begins in January in Okinawa and reaches Kyoto and Tokyo in April. It blooms last in Hokkaido in the northern reaches a few weeks later.

To the Japanese cherry blossom symbolizes the ephemeral or transient quality of life. It appears everywhere — in their art, their music and their literature.

The flower was used to whip up patriotic fervour during World War II with the soldiers' sacrifice compared to the falling of the blossoms.

Japanese pilots on suicide missions painted the cherry blossom on the side of their planes. A unit of the *kamikaze* was actually called Yamazakura or wild cherry blossom.



Fragrance of Friendship

Japan gave 3,020 cherry blossom trees as a gift to the United States in 1912 to celebrate the nations' growing friendship. These trees were planted in Sakura Park in Manhattan and on the shore of the Tidal Basin in Washington D.C. The annual National Cherry Blossom Festival is celebrated in spring.

The Ghost Car

ON May 5, 1963, Japan's first Grand Prix since the war was held at the Suzuka circuit. Most people felt that Masao Asano would win. His racing car was a white Austin-Healy and its number was 42. The choice of the car number shocked the Japanese as it is considered inauspicious. The Arabic numerals for 42 translate as *shi ni*, closely related to the Japanese word *shingu* ("to die"). But Asano did not care for these superstitions.

Unfortunately, in that race, Asano had an accident and died. The Japan Auto Federation (JAF) which controls the country's motor sports, reviewed the accident and a few weeks later, banned the use of the number 42 on vehicles used for racing.

The second Grand Prix was held a year later and the JAF developed a new system for determining the running order of the racing drivers. Two teams of spotters took their places in the control tower and recorded the number of each car as it completed a circuit. During the race, the spotters would call out the numbers on the cars as they flashed by, without concentrating on any car number because there were too many cars and they were very fast.

After the 25-lap race, when the two teams compared notes, they discovered that a car with the number 42 had completed 8 laps. Nobody could tell what kind of car it was or who the driver was.

The Unlucky Number

The Japanese are very superstitious about certain numbers. Four is considered an unlucky number in Japan because it sounds like *shi* meaning death. This is why there are two ways of saying the number four, *shi* and *yon*. Whenever possible, people try to avoid using the deathly one. License plates having the digits 42 which sounds like *shini* are strictly avoided. Many housing complexes, hotels and hospitals skip the fourth floor.

Forty two is also said to be the most unlucky age for Japanese men.

HADDIRAJ



Ashwin & Abhijeet



Wallet Wizardry



THIS smart wallet has a minimalist bi-fold design that is spacious enough to easily carry cash and cards while preventing loss or theft. It incorporates a Bluetooth Low Energy (BLE) tracker tag that can be paired with a smart app on Android as well as Apple phones to give a real-time GPS location. A separation alarm notifies the user if the wallet goes out of range and the app shows the last seen location. If the wallet is marked as 'Lost', the app conducts a community search. The tag's beacon signal connects to any app user within range and updates the GPS location on the backend without disturbing that user. The wallet is also designed with a Radio Frequency Identification (RFID) blocking mechanism that prevents unauthorised scans and safeguards cards against digital data theft. A 1.6 mm super slim rechargeable lithium battery is integrated within the wallet itself.

TRADITIONAL dishwashers are bulky contraptions that require plumbing and special installation. The counter-top dishwasher is an appliance that takes up minimal space and does not require any plumbing. Its small size and portability make it space efficient and handy for use in tiny apartments and even in recreational vehicles and boats.

The water tank supplies the water required for a wash and a drain hose allows the used water to flow directly into the sink. Dishwasher detergent or tablets can be loaded into the track-shaped cartridge and can be preloaded for multiple washes at a time. The sweep jet technology with a spinning spray arm thoroughly cleans a full load of dishes in just 15 minutes using only 2.6 litres of water and 0.17 kWh of power. It also features a Fruit Wash Programme which can be used to blast away contaminants on fresh produce.

Dishy Dishwasher



Bathing Smart

TO create a truly luxurious, pampering and relaxing experience while bathing, this smart bathtub seamlessly blends technology with elegantly sculpted lines. The gentle curves of this jet spa tub are augmented by its use of AI to deliver a personalised water jet massage. Each encounter becomes more distinctive over time as the tub's AI-enhanced system learns to focus on the specific preferences of daily users. It can automatically adjust the temperature of the water, regulate water levels and ensure that the intensity of the jets is adapted to each user's liking. A waterproof digital display dial-button knob creates an easy-to-use physical interface. The tub is also equipped with an app that can be downloaded onto a smart device. This allows users to draw a bath to their preferences even before setting foot into the bathroom, making bath time a hassle-free and extremely rejuvenating experience.



Drip Dry your Dog Or Cat!

THIS pet dryer box is a good solution for common challenges faced by pet owners such as uneven drying and discomfort that pets experience using conventional drying methods. It utilises a dual cross-flow drying system to provide an efficient and comfortable drying experience for small pets. The directed airflow is combined with wide ventilation to ensure complete and even drying while also reducing drying time. The low noise, ultrafast air speed and automatic dehumidification features create a comfortable experience for the animals and help in reducing their stress while maintaining a gentle approach. The unit is equipped with variable frequency temperature control to create a comfortable environment, and dual chips provide real-time monitoring of the drying status in the cabin. The dryer is also convenient to use with a user-friendly interface and smart app. Its construction also makes it easy to clean and maintain.



THE LIGHTER SIDE



Hand-Me-Down

Sham: Mummy, you know that vase that you said had been handed down from generation to generation?

Mother: Yes, dear.

Sham: Well, this generation just dropped it.

Not Me!

Two little boys were going round an art gallery. They came to an abstract painting.

"Hey, let's run," whispered one to the other, "before they say we did it."



Hard to Please



Judge: I don't understand why you broke into the same store three nights in a row.

Thief: Well, I picked out a sari for my wife, and I had to change it twice.

Scared Silly

1st ghost: They're showing that Hitchcock movie *Psycho* again on television tonight.

2nd ghost: Oh, no. The last time I saw it, it nearly frightened the life into me.

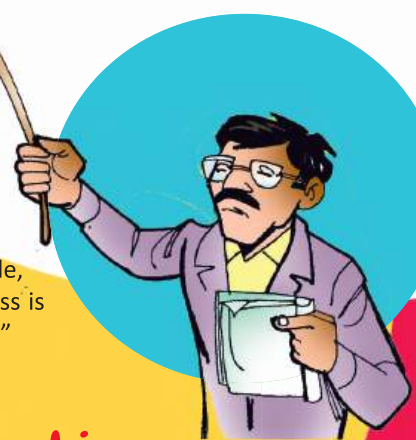


Lonely Latitude

The professor explained latitude, longitude, degrees and minutes, and then said to his class of college students:

"Suppose I asked you to meet me for lunch at 45 degrees, 4 minutes north latitude and 23 degrees, 15 minutes east longitude where would we meet?"

There was silence for a while, then a voice said: "My guess is you would be eating alone!"



Hardly Working

Boss: How many people work in your department?

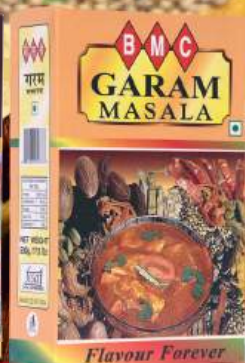
Supervisor: About half of them sir.





MASALE

*The Taste of
Tradition*



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