

SCHOOL LIVE

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AUGUST 2025

Monthly
₹160

Diving Deep to Seek AI



Good Touch & Bad Touch

Freedom's Forgotten Heroes

The Storyteller : A Tale By Saki



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ed-note inside



What a month this August has been! Rains, rains, and more rains! Potholes turned into ponds and umbrellas became our most loyal sidekicks. This August, according to the meteorological department has been the wettest in 15 years. The monsoon may have tried to slow us down, but if anything, it only made the spirit of freedom and festivity louder. This August has been one big, splashy carnival, and some of that colour has happily dripped into these pages.

Between tying rakhis, breaking dahi-handis, and welcoming Bappa with modaks galore, we've also had our minds buzzing with big ideas and small surprises. The Chinmaya Delhi Open Rating Chess Championship makes its grand entry. India's chess fever is now knocking at your classroom doors. And while the players plan their next moves, we've lined up plenty of mind-benders and puzzles to keep the rest of you guessing too.

Focus is back on AI this issue. No amount of discussion on the topic is enough, given the break-neck speed at which AI is evolving.

Of course, no edition of School LIVE is complete without our comic strips, cheeky as ever, ready to sneak in both laughter and wisdom. Add to that our mix of thought-provoking stories, festival snapshots, and a dash of AI talk, and you have an issue that's equal parts brain fuel and entertainment.

So flip through, smile often, and maybe even get check-mated on purpose, because every page here is a move waiting to surprise you.

Hariharan Balagopal

• Ctrl + Alt + Future

From classrooms to careers, AI is already rewriting the rules. The sooner we learn its language, the faster we script our tomorrow.

• Freedom's Hidden Heroes

Not every fighter's name made it into your history textbook. Here's to the forgotten warriors whose courage still lights our tricolour.

• Career à la Carte

Behind every sizzling pan is a career waiting to be plated. The food industry is proving that passion can also be profession. Part-2.

• Knots That Never Untie

From toddlers to grey-haired siblings, Rakhi ties them all. Distance may stretch, but the bond only snaps back tighter.

• Spotlight

Some schools don't just build careers, they build soldiers. Meet the Institutions where discipline is the curriculum and courage the exam.

• Safety Is No Secret

Growing up means knowing your boundaries. Understanding safe and unsafe touch is power every child deserves.

• Bin There, Done Right!

Restaurants worldwide are serving up creativity with a side of conscience. Wasted food is out, zero waste is in.

• When Stories Bite Back!

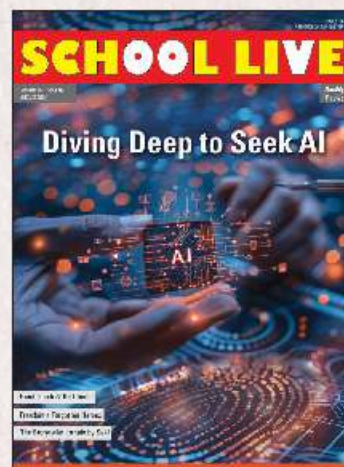
Saki's classic tale returns with its mischief intact. Sometimes stories teach, sometimes they tease—and sometimes they do both at once.

• The Knockout Guide

This issue covers Boxing A-Z, laying out the rules and rhythm of the sport. From gloves to glory, here's everything you need to step into the ring.

School Live has something for everyone.
Share with your friends and relatives!

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



**Ms. Archana Soni, Principal
Chinmaya Vidyalaya, Vasant Vihar**

PRINCIPAL POINT

educate, and inspire across disciplines. Artificial Intelligence remains one such arena. The deeper one looks into AI, the more there is to uncover. Far from being a passing fascination, it has become the defining force of the present. Whether in classrooms, workplaces, or creative arts, AI influences the way we think and act. And the more we discuss it, the more we demystify it for ourselves and for the generations to come.

This August also carries the fragrance of freedom. As India celebrated her 74th Independence Day, the skies were painted with tricolour pride, and every street seemed to echo the rhythms of liberty. Beyond the familiar tales of national heroes, we bring you an article spotlighting some lesser-known freedom fighters whose courage secured the rights we so easily enjoy today. Their stories, unsung yet stirring, remind us that Independence was not gifted but earned, often with quiet sacrifices that history barely recorded.

August has also been a month of festivals, ringing in joy and togetherness. Rakshabandhan rekindled sibling bonds in countless homes, stitching families closer with threads of affection. Across India, Janmashtami brought vibrant tableaux of Krishna's playful spirit, while Ganesh Chaturthi heralded processions of colour, song, and devotion. These festivals do more than decorate the calendar, they remind us of the shared values of family, celebration, and resilience that bind us as a society.

Fittingly, our continuing series on careers in the food industry finds its place here. After all, the festival season is incomplete without the aromas of sweets, snacks, and regional delicacies that fill every neighbourhood. To turn that passion into a profession is both timely and relevant, especially for students looking at unconventional yet rewarding career paths.

This edition, like every other, is a tapestry of new ideas, compelling stories, and thought-provoking features designed for readers of all ages. It is our endeavour to keep the magazine not just a mirror to events but also a guide to possibilities.

And before we close, a word of heartfelt acknowledgement: School LIVE, in a gracious gesture, has extended Chinmaya Vidyalaya the opportunity to announce this championship through its pages. We remain grateful for this platform, which not only informs but also inspires.

Archana Soni

If there has ever been a moment when chess has captured the imagination of young India, it is now. School LIVE has always championed chess as more than a pastime; it is a discipline of strategy, patience, and clarity of thought. This commitment finds a natural extension in a milestone event we are proud to spotlight: the Chinmaya Delhi Open Rating Chess Championship for School Students (Delhi-NCR only).

For the first time, a FIDE-rated tournament has been conceived exclusively for school students. Over 400 participants are expected to test their skills across nine rounds of competition, and with INR 5 lakhs in prize money on the line, the championship promises both intensity and inspiration. More than the numbers, though, it stands as a tribute to the commanding presence India enjoys today on the global chessboard. From Viswanathan Anand to the new generation of prodigies, India has turned into a powerhouse. That momentum now touches the grassroots, and our school children carry the baton forward. The championship is not just another event; it is history in the making.

But chess is only one part of this rich August edition. Our magazine continues to explore themes that provoke,

KEEP LEARNING!

In a fast-changing world, a degree is no longer enough. You need to continuously upgrade your skills to stay relevant!

YOU may be a student, a working professional, or someone looking for a new job. Today, skilling, upskilling and reskilling have become vital for personal and career growth.

Skilling

Skilling means learning the basic skills needed to start working in a particular field. These are job-specific skills that prepare you to enter the workforce.

For example, if someone learns how to repair mobile phones, work in a hotel, or use accounting software, they are developing job-ready skills. This kind of training can come from vocational institutes, short-term courses or even school programmes.

In India, there is a growing push for skill-based education. The National Education Policy (NEP) 2020 encourages adding practical training to regular academic learning. Government programmes like Skill India and PMKVY aim to help young people become employable by teaching them hands-on skills.

Upskilling

Upskilling means building on the skills you already have to become better at your current job or to move up in your career. This can include learning new technologies, tools or methods that are now being used in your profession.

For instance, a teacher learning how to conduct classes online is upskilling. A software engineer taking a course in artificial intelligence (AI) or a marketing executive learning digital marketing are also examples.

Technology is changing fast, and job roles are evolving. Professionals who stay updated with new trends are more likely to get promotions or better job offers. Companies also prefer employees who keep learning because it helps them remain competitive.

Even students can upskill while still in college. Taking short online courses in Excel, coding, communication skills or data analysis can make you more attractive to employers when you graduate.

Reskilling

Reskilling means learning an entirely new set of skills so you can shift to a different job or career path. It's especially useful if your current job is becoming outdated or if you want to explore a new field.



For example, someone who worked in a retail store but learns digital marketing to work online is reskilling. A journalist learning content writing or a biologist learning coding to work in health tech are also examples.

People choose to reskill for many reasons: changing interests, job loss or better opportunities. Reskilling helps you stay prepared for changes in the job market.

Why all three matter

Skilling, upskilling and reskilling are all essential because they make you more employable and help you grow in your career. In a world where new technologies are replacing old ones, being willing to learn new things is not a choice—it's a necessity.

- ◆ Skilling helps you get your first job.
- ◆ Upskilling helps you grow and improve in your current role.
- ◆ Reskilling helps you switch to a different career when needed.

In today's economy, it's common to switch jobs or even industries. Learning continuously helps you adapt to these changes with confidence.

Learning Never Stops

Thanks to the Internet, it has never been easier to learn. Online platforms like Coursera, edX, Udemy, SWAYAM and Google Career Certificates offer high-quality courses at affordable prices. Many universities and colleges also offer add-on courses to help students develop extra skills alongside their degree.

Companies such as TCS, Infosys and Wipro provide training to their employees so they can keep up with new technologies. Many government programmes and NGOs also offer training in both technical and soft skills, such as communication, teamwork and leadership.

Even if you are a student today, it's a good idea to explore short-term courses and certifications that match your interests and goals. This gives you an edge in interviews and helps you start your career on the right foot.

—Pritha Roy Chaudhury

Knowledge Hub!

QUIZ Time

1. Since when has the Amar Jawan Jyoti been kept burning at India Gate?
a. 1947
b. 1962
c. 1971

2. What is the city of Delft in Holland well-known for?
a. Pottery
b. Dolls
c. Stainless Steel

3. Who was India's first female foreign secretary?
a. Nirupama Rao
b. Chokila Iyer
c. Sujatha Singh

4. Which tributary of the Indus flows entirely within Ladakh?
a. Jhelum
b. Amravati
c. Zaskar

5. What useful substance is counted in reams and quires?
a. Cloth
b. Ribbon
c. Paper

6. What is the peculiarity of the Manx cat?
a. It is white in colour
b. It has blue eyes
c. It has no tail

7. What is Israel's parliament called?
a. Shura
b. Knesset
c. Diet

8. How many toes does a zebra have on each foot?
a. Five
b. Two
c. One

9. Which of these Asian countries is the smallest?
a. Maldives
b. Singapore
c. Indonesia

10. Where is the Bridge of Sighs?
a. Vienna
b. Venice
c. Athens

11. What is a gargoyle?
a. An architectural feature
b. A Greek monster
c. A boil in the mouth

12. Who replaced Rishi Sunak as UK prime minister?
a. Boris Johnson
b. Keir Starmer
c. Liz Truss

13. In which borough of New York City is the US Open tennis tournament held?
a. Queens
b. Manhattan
c. Brooklyn

14. Who is the coach of the Indian women's cricket team?
a. Gautam Gambhir
b. Amol Muzumdar
c. Diana Edulji

15. What is the capital of Angola?
a. Bamako
b. Monrovia
c. Luanda

Answers: 1. 1971 2. Pottery 3. Chokila Iyer 4. Zaskar
5. Paper 6. It has no tail 7. Knesset 8. One 9. Maldives
10. Venice 11. An architectural feature 12. Keir Starmer
13. Queens 14. Amol Muzumdar 15. Luanda

Answering In the Classroom

Do you feel something strange in your tummy when your teacher asks you to stand up and answer a particular question in front of the class?

AFTER you stand up, even though you know the answer, you may be looking around to find your friends staring straight at you and by that time, you tend to forget the answer!

There is nothing to worry about. According to one study, almost 90% of the students of your age face the same problem. Here are a few tips and tricks, which will help you answer your teacher confidently in front of the whole class.



- ◆ Pay attention to what the teacher is saying. This will help you answer fearlessly as you will know what exactly the teacher is asking.
- ◆ The moment the teacher asks you a question, tell yourself, "Yes, I know the answer and I will answer properly". Remember, your teacher wants to know how much you have understood. So, be bold!
- ◆ When at home, practise with your parent. Stand up and answer as if you are answering your teacher.
- ◆ Learn your answers by rote so that you don't fumble when your teacher suddenly asks you a question.
- ◆ Read newspapers and books. Refer to the dictionary when you come across a difficult word. This will increase your knowledge and vocabulary.
- ◆ Some students have a problem with speech, like stammering. So they are mum in the class. If you are one of them, confide in the teacher or ask your parent to talk to her or him.
- ◆ If you don't understand what the teacher is trying to explain, stand up and ask for a clarification. If you don't understand a concept how will you answer any question on it? Remember, teachers always appreciate children who ask questions in the classroom.

Become a Speed Reader!

Reading is a good habit. But many do not read books because they think it is time-consuming.

YOU'LL be amazed to know that although average reading speeds vary between 200 and 350 words per minute, this can be substantially improved to as much as 700 to 1,000 words or more. Our vision can take in an entire page of text in less than a second and our brain can process information much faster than that.

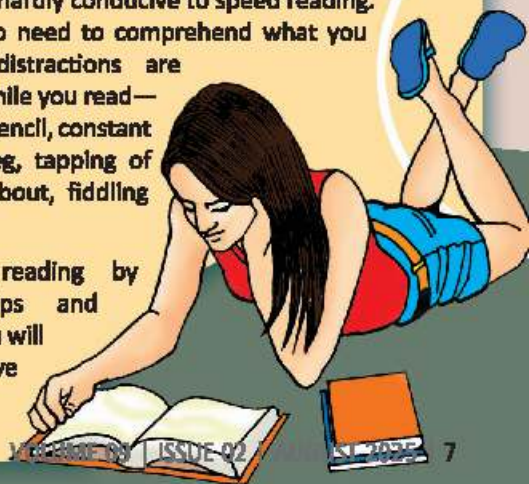
Speed Reading Tips

1. When you pick up a book to read, understand what the book is about. Preview its contents and read what the author has to say about the book. You will be better equipped to understand things quickly as you read.
2. Start reading without vocalising what you see. You will consume more time when you read aloud or even in your mind, simply because you have to stop at each word. Also, your brain has to comprehend what it hears (when you vocalise aloud or in your mind) along with what it sees. This would be fine if you need to read a text book, say on medical terms, but if it's fiction, it is a waste of precious time.
3. View words as blocks and chunks instead of single items. Pan your eyes from start to finish of a sentence at one

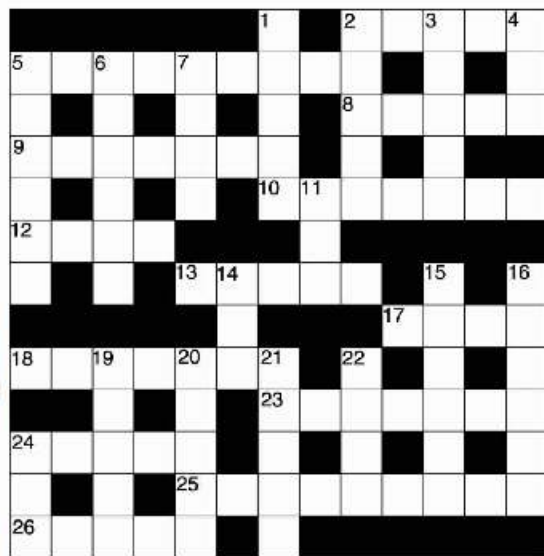
quick sweep. You can try using a pointer to help you keep track. You will eventually learn to skim through paragraphs and whole chapters.

4. Avoid going back because you think you did not understand the previous sentence. Keep going and only turn back after you have completed a chapter. More often than not, you will find that you won't need to.
5. Don't be distracted. Sitting down to read with the television on is hardly conducive to speed reading. After all you do need to comprehend what you read. Other distractions are motor habits while you read—fiddling with a pencil, constant shaking of a leg, tapping of feet, walking about, fiddling with hair, etc.

Get better at reading by following these tips and remember that you will certainly improve with practice.



Crossword



Across:

2. Snigger (5)
5. Downplay (4, 5)
8. Breathing difficulty in sleep (5)
9. Spiral-shaped roll with filling (7)
10. Revives a bad memory (5, 2)
12. Skulk (4)
13. Highway inn (U.S.) (5)
17. Homeless alcoholic (4)
18. Briefness (7)
23. Informal name for the devil (3, 4)
24. Fraudster (5)
25. Completely (5, 4)
26. Howled (5)

Down:

1. Venomous European snake (5)
2. Loose (5)
3. Hammond ____; British novelist (5)
4. New Zealand parrot (3)
5. Roll of parchment (6)
6. Whirling bits of snow (6)
7. Petition God (4)
11. Highest playing card (3)
14. Choose (3)
15. Restrain; hold down (6)
16. Oriental smoking pipe (6)
19. Adhesive made of synthetic polymer (5)
20. Annoyed (5)
21. Country bumpkin (5)
22. Small whirlpool (4)
24. Corn on the ____ (3)

Answers:
 Across: 2. Smirk 5. Soft pedal 8. Apnea 9. Roulade 10. Rakes up 12. Lunk 13. Motel 17. Wino 18. Brevity 23. Old Nick 24. Crook 25. Every inch 26. Bayed
 Down: 1. Adder 2. Slack 3. Innes 4. Kea 5. Scroll 6. Flurry 7. Pray 11. Ace 14. Opt 15. Plinion 16. Hookah 19. Epoxy 20. Inked 21. Yoke 22. Eddy 24. Cob

A Club Code

Monte Carlo is an exclusive club which admits members only after they provide the correct code. At the entry, the member first gives a random number upon which he/she gets another number in response. The member has to provide the correct third number in order to enter the club. Here are a few series that are allowed entry.

- 1 → 3 → 5
 27 → 11 → 6
 9 → 4 → 4

Suhana is given the following numbers. What number should she give to complete the series and gain entry?

- 16 → 7 → ?

B Think Tank

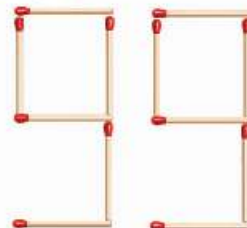


The Green Hill housing colony has a 10-m-deep water tank. The supervisor switches on the motor in the morning and switches it off in the evening when he leaves for home. The tank fills up around 5 m during the day. However, the water level goes down by 4 m due to a leak.

How many days will it take for the tank to overflow?

C Matchstick Mania

Move only two matchsticks to turn the number 99 into 25.



D Quick Think

1. What is an astronaut's favourite key on a computer keyboard?
2. In a crowded room, you see a child stand up and leave her seat. Yet you cannot sit in her place. Why is that?
3. While grazing, a cow walks 50 m north, then 50 m east and then 50 m south. She finally walks 50 m to the west and stops. In what direction will her tail point when she reaches her destination?
4. If two is company and three is a crowd, what is four and five?
5. Soman gets a drum which has 100 litres of water. He adds something in it and now it has only 75 litres. What does Soman add?



- Answers:**
 A. 5. The second number in the series is the number of letters in the first random number, and the third number is the number of letters in the second random number. So Suhana must answer '5' as 'seven' has five letters.
 B. 7 days
 C. 1. Space bar 2. She has been sitting on your lap.
 3. Downwards 4. Nine 5. A hole

Quizmaster

MY friend, Rangaswamy burst into my house to tell me he had been selected for a TV quiz programme.

"You mean you're going to answer questions on TV?" I asked, impressed.

"Yes!" said Ranga, beaming.

"But do you think you could answer the questions?" I asked. "Some of the questions make your head swim."

"Try me!" said Ranga. "Ask me any question on any subject under the sun!"

I was awed. I could not think of a single question.

"Uh... who invented TV?" I asked, diffidently and immediately realised I had goofed. One can hardly ask a top-notch quiz enthusiast a question that even a schoolboy could answer. Ranga did not even deign to reply and I hastily withdrew the question.

"You could try me on capitals," said Ranga, helpfully. "I know the capital of every country in the world!"

"What is the capital of... of... Burkina Faso?"

"Burkina Faso! Oh, yes, I've heard of the place," said Ranga, "The capital is... is..." and he began to hit the side of his head with his hand as if to dislodge the answer from some corner of his brain.

Even great quiz enthusiasts have their off days, I thought.

"Never mind," I said, kindly. "Here's a question in history: when did the Berlin Wall fall?"

"Berlin Wall fall," repeated Ranga, dully and fell silent.

"Want a hint?" I asked.

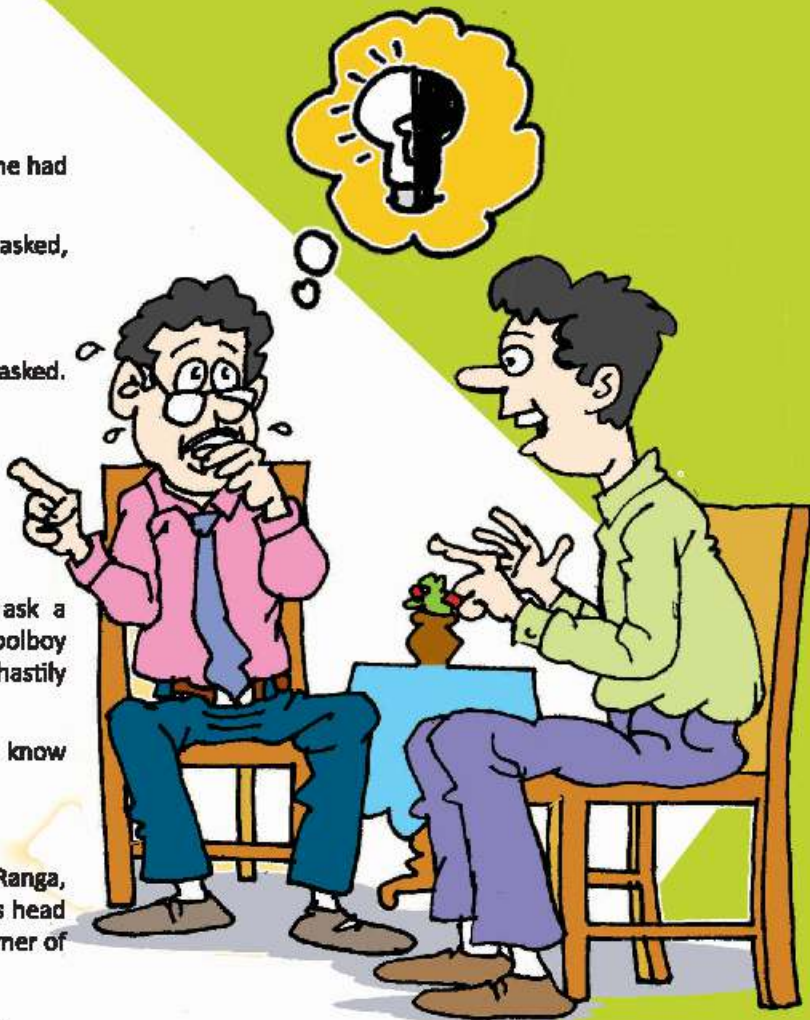
"No, no," said Ranga. "I know the answer. It's just that I've a poor memory for dates."

A gem of a question suddenly came to me.

"What was Nehru's favourite flower?" I asked.

"Lotus?" said Ranga and his big brown eyes begged me to say he was right. But quizmasters have to be ruthless.

"You're way off the mark," I said, "otherwise I would've given you ten points."



Ranga quivered like a jelly. All his assurance was gone. I, on the other hand, felt on top of the world. I got to my feet and began to walk up and down like a tiger on the prowl. A Niagara of questions flowed from my lips and my friend could only hem and haw or start coughing madly. He was saved by the doorbell. It was the dhobi.

"Got to go," said Ranga and pushing the dhobi aside, rushed out.

"You know, Ranga," I shouted after him, "I would like to get on a quiz programme too!"

"You would?" said Ranga, pausing.

"Yes, as a quizmaster."

Ranga turned pale and hurried away without another word.

— Luis Fernandes

Starry Shower

THE Persid meteor shower hit its peak on the nights of August 12–13, bringing with it a torrent of 50–100 shooting stars per hour. It is one of the most highly anticipated shooting star displays of the year and takes place each year as Earth travels through the debris shed by comet 109P/Swift-Tuttle.

The meteor shower is so named as it appears to radiate from the Perseus constellation. However, the 2025 shower happened to coincide with a full moon (nicknamed a ‘Sturgeon’ moon). The bright moonlight made it a challenge to spot all but the brightest of meteors.



Monsoon Fury

A CLOUDBURST struck Himachal Pradesh's Kullu district on August 8 causing a flash flood. This followed the more disastrous event in Uttarakhand on August 5, which killed around 70 people and left dozens missing. Mudslides triggered by the cloudburst swept away buildings, shops and roads in Dharali.

A cloudburst usually occurs during the monsoon, when a spell of rain of 100 mm or more per hour falls over an area of 30 sq. m or less.

In 2013, a cloudburst caused a flash flood in Kedarnath, also in Uttarakhand, killing more than 6000 people.



Game On!

THE 2025 Esports World Cup (EWC) was held between July 8 and August 24 in Riyadh, Saudi Arabia. The EWC 2025 featured 2,000 of the most elite gamers from 200 clubs spread across more than 100 nations. They competed in 25 tournaments and 24 games for a record-breaking prize pool of more than 70 million US dollars. S8UL became the first Indian team to qualify for the event. This was the second edition of the rebranded tournament series and drew an audience of millions both in person and online.



Ask the Expert

OPEN AI introduced their fastest, smartest and most creative AI system with the release of ChatGPT-5 on August 7. GPT-5 is a significant leap with its built-in expert level intelligence providing state-of-the-art help in coding, maths and writing, with extended reasoning for more accurate answers. It outperforms previous models and has greatly improved its ability to follow instructions.

Not everyone is Impressed, however. Users complain that the latest model lacked emotional depth in its responses unlike its predecessors. Many paying customers have threatened to cancel their subscriptions due to the removal of all previous AI models with this release.



Eye in the Sky

CARRYING an advanced radar system that produces a dynamic, three-dimensional view of Earth in unprecedented detail, the NISAR (NASA-ISRO Synthetic Aperture Radar) satellite was launched from the Satish Dhawan Space Centre in Sriharikota, Andhra Pradesh, on July 30. Jointly developed by NASA and ISRO, the satellite can detect the movement of land and ice surfaces down to the centimetre. The satellite lifted off aboard a GSLV rocket. Ground controllers began communicating with it about 20 minutes after launch, confirming it was operating as expected.



Acing the Test

THE Anderson-Tendulkar Trophy 2025 between India and England marked India's dramatic entry into the ICC World Test Championship 2025–27 cycle while showcasing new and exciting changes in its cricket leadership. The series was an epic contest with each match going into the fifth day and provided some of the best individual and collective performances the Test format has seen recently. Despite England's home advantage and India's pre-series struggles, the series finished 2-2 with thrilling finishes to the fourth and fifth Tests as India pulled off a remarkable draw and win at Old Trafford and The Oval, respectively.

The series broke digital viewing records with over 170 million viewers tuning in to watch the five Test matches.



Career Cosplay

A BIZARRE trend has emerged in China with some jobless youth reportedly paying companies for the dubious privilege of pretending to work there. For a few hundred yuan, companies list them as "consultants" and provide them with what look like fully functional offices and all the trimmings of real employment — without the pay cheque or actual work experience.

Such operations are now appearing in major cities across China as the unemployment rate recently topped 14 per cent. Instead of facing the stigma of unemployment, some youth are resorting to this elaborate charade as a temporary reprieve from being judged, an attempt at maintaining their dignity in the face of economic and societal pressure.

Tales of Freedom

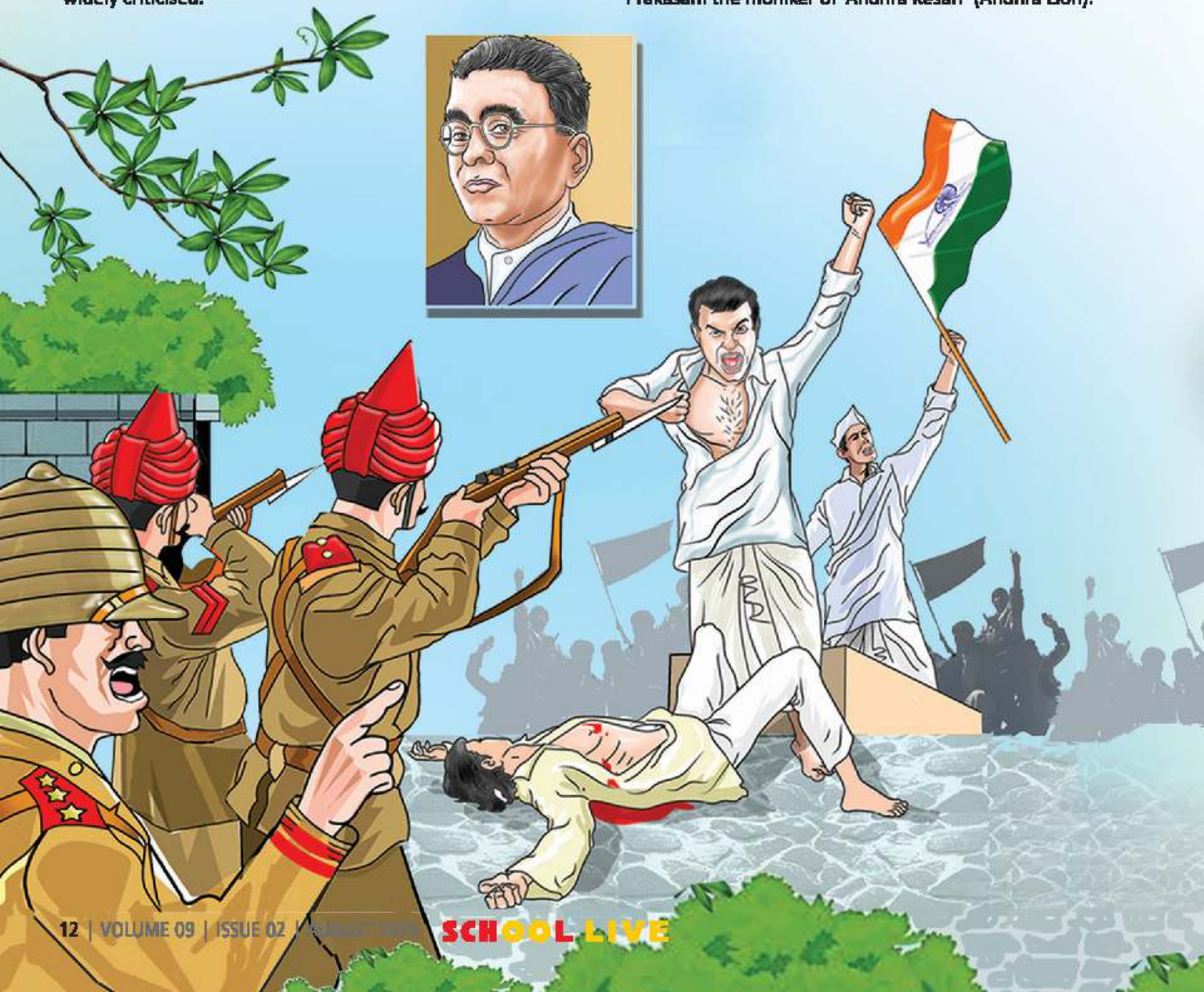
As we celebrate 78 years of independence, here are some tales of courage from our struggle for freedom.

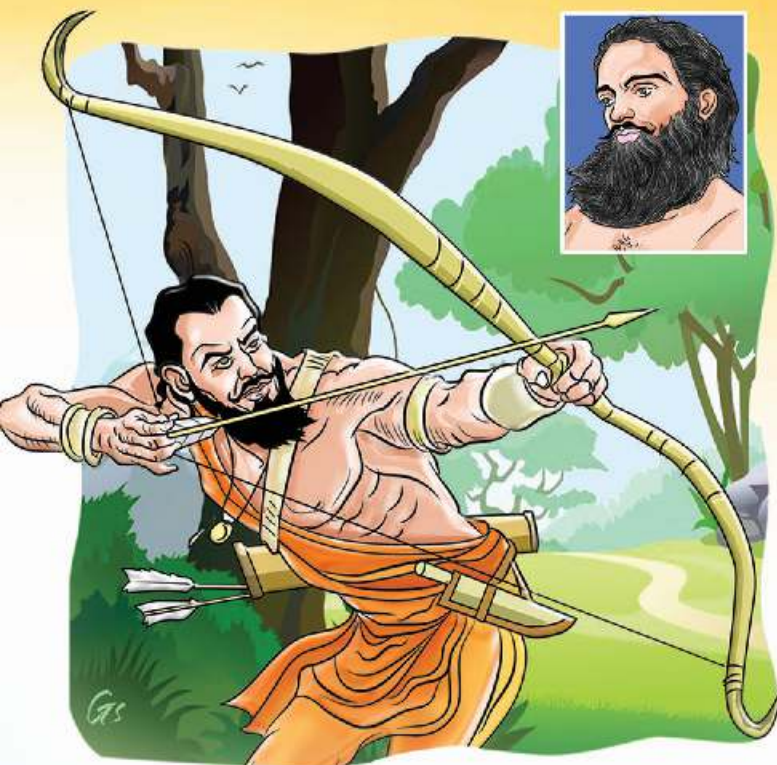
Andhra Kesari

Tanguturi Prakasam was one of the first Telugu barristers to make a mark in the Madras High Court. It was in those very corridors of justice that Prakasam was drawn to the freedom movement. He became an ardent follower of Mahatma Gandhi. He soon quit his practice and threw himself wholeheartedly into the freedom struggle.

In 1927, the all-white Simon Commission was appointed to study the introduction of constitutional reforms in India. As the commission had no Indian representatives, it was widely criticised.

When the commission arrived in Bombay (Mumbai) on February 3, 1928, Prakasam led a band of demonstrators in Madras (Chennai), shouting slogans against it and calling for its boycott. The police opened fire to control the swelling crowds, killing a young volunteer. They threatened to shoot anyone who dared to move towards the fallen youngster. Prakasam boldly stepped forward. When the police aimed their guns at him, he ripped open his shirt and bared his chest, daring them to shoot him. This act of defiance earned Prakasam the moniker of 'Andhra Kesari' (Andhra Lion).





Robin Hood of the Godavari

From the jungles of the Rampa region in the East Godavari district of Andhra Pradesh emerged a young hero who galvanised the local Adivasi tribals to rise against the British Raj in the 1920s. His name was Alluri Sitarama Raju. The Madras Forest Act had severely affected the tribal way of life. It prevented the tribals from engaging in the traditional method of shifting cultivation and collecting forest produce. They ended up being exploited for cheap or free labour by the British.

Raju channelled the tribal discontent into an anti-British force. He realised that mere bows and arrows were not enough. So he conducted lightning strikes on police stations, raiding their arsenal of guns and ammunition. He would announce the date and time of attack and even enter the details of the loot in the station diary!

For two years from 1922–1924, Raju and his guerrilla fighters terrorized the British. A bounty of 10,000 rupees was placed on his head and special forces were drafted to combat his men. No amount of persuasion could sway the local people from being loyal to Raju. They called him 'Manyam Veerudu' (Hero of the Jungle). It was only after Raju was caught and shot dead on May 7, 1924, that the British heaved a sigh of relief.

Young Braveheart

In 1938, Dhenkanal (in Odisha) was up in arms against the repressive measures of the local kings who were British loyalists. The British force was hot on the trail of Veer Balshnav Pattanayak, a revolutionary who was stirring up villagers against them. They arrived at the village of Bhuban on October 10, 1938, to nab him, but he escaped. A troop of British soldiers chased him, but they were stopped in their tracks by an ordinary boy of extraordinary courage.

Baji Raut was a 13-year-old boatman of Nilakanthapur village who was standing guard at a ghat on River Brahmi. When the British platoon arrived and demanded to be ferried across,

Baji Raut refused. A furious soldier attacked the boy with the butt of his rifle, fracturing his skull. The boy was fatally injured, yet he managed to raise an alarm, alerting the villagers. A soldier bayoneted him, while another shot him. Enraged villagers rushed to the riverbank. The platoon panicked and hastily retreated in Baji Raut's boat while firing away at the mob, killing four more.

Baishnav Pattanayak took the bodies of Baji Raut and the four villagers to Cuttack to give them a hero's farewell. In 1943, Sachidananda Routray, the father of modern Odia poetry, immortalised the boy's sacrifice in his poem, *Baji Raut*.





It was August 14, and the students of Mahatma Gandhi School were asked to stay back in the evening because the Principal, Mr. Gupta wanted them to practise the national anthem. His friend, the retired Brigadier Shukla, was to be the Chief Guest for the Independence Day celebrations and he wanted everything to be perfect.

Brigadier Shukla had five daughters whom he doted on. He believed that unlike girls, boys were incapable of doing anything well. Now Mr. Gupta, who had two sons of his own and also regarded the five hundred boys in his school as his children, wanted to prove that boys were as talented and disciplined as girls.

Nikhil and Sanjay, who were in Class VI and tall for their age, were

standing right at the back near some parents, who had come to take their wards home. As everyone sang the national anthem, something caught Nikhil's eye.

"Psst!" he whispered to Sanjay. "Just try and lip read what that big man over there's singing. It's certainly not *Jana gana mana*."

Lip reading was the latest hobby of the two boys. They picked it up after they saw a movie in which lip reading was the hero's pastime. The two impressionable eleven-year-olds had watched with disbelief as the hero's expertise in lip reading led him to expose crime, save people's lives, get a lucrative job and finally gain the love of the heroine.

Since then anyone who was seen talking but was out of earshot became an object of great interest to the two.

Sanjay, standing right behind Nikhil noticed the man's lips were moving very quickly, too quickly for him to make out what he was singing. But it certainly wasn't the national anthem. He whispered back excitedly, "You're right. Could it be the national anthem of another country? Is he a traitor? A terrorist?"

The anthem was over and the people began to disperse.

"Let's follow him!" said Nikhil when they saw the man leave after the anthem got over. With almost professional expertise, they dodged, turned, moved, ducked, slowed down and quickened their pace as the occasion demanded, never losing sight of their quarry. After going along winding paths and narrow lanes, the man finally entered a small house. Silently, the boys went around and spotting an open window, cautiously peeped in.

They saw the man put something into a drawer, then take something out and put it into his pocket.

"A gun!" whispered Nikhil. The man then pulled the door shut and left the house without locking it.

"Quick! There's no time to lose! He'll be back soon since he's not locked the door. Let's look for some concrete proof that he's a traitor."

They entered the house, went into the room and opened the drawer. There was a parcel and a photograph of a man in a military uniform. Across the photograph was written the name Brigadier Shukla.



"Brigadier Shukla? Why, he's our chief guest for tomorrow! Do you think the man is planning to assassinate him at the parade?" Sanjay asked, looking horrified. "Probably he came to school to plan out his strategy for tomorrow. Come on! Let's tell Mr. Gupta. He'll know what to do."

Sanjay put the photo of Brigadier Shukla into his pocket. Nikhil noticed a framed photograph of the man on the table, and put it into his. They ran out and hired an autorickshaw to take them to the Principal's house.

When they arrived, they asked the driver to wait. Sanjay rang the bell continuously till an irate Mr. Gupta himself opened the door.

"What do you boys think you're doing ringing the bell like this in the middle of the night?"

It was not even dark but Mr Gupta loved to exaggerate.

"What's the matter, Poncho? Who's it?" came a deep voice from inside.

Poncho? The boys stifled a giggle in spite of the gravity of the situation. The owner of the voice soon appeared. They recognized him immediately for they had just seen his picture.

"Brigadier Shukla!" they exclaimed. "A terrorist is planning to kill you!"

"Have you gone mad? Or are you delirious?" said the principal putting his hand on Nikhil's forehead to check if he had fever.

"Please listen, Sirs," said Nikhil and the whole story came tumbling out. And like magicians pulling rabbits out of their hats, the boys fished the photographs out of their respective pockets.

Brigadier Shukla's eyes popped out when he saw the man's photograph.

"Chander!" his booming voice echoed round the room. "I've been hunting for him! Where's he?"

This was just the response the boys wanted. "We'll take you to him," they said. The boys hopped into the auto while the two men followed in Mr Gupta's car.

"I hope Brigadier Shukla has taken his gun," said Nikhil, looking worried.

When they reached the house they saw Chander at the gate. He didn't seem to have heard them approach. And then to their surprise they saw the Brigadier run and hug Chander, shouting, "Chander! Chander!"

Chander returned the hug, his lips moving silently but furiously. Then the two began to gesticulate furiously. The boys looked at each other, amazed. This wasn't how a terrorist was greeted.

The mystery was cleared when Brigadier Shukla explained that Chander, a deaf mute, had been his loyal help. A few years ago, he had gone to his village to look after his ailing mother, and had not returned. Later, when the Brigadier got transferred from that place, he tried to trace him without success.

"We talk in sign language. Chander says he too has been looking for me. He is working for a courier company and had come to the school to deliver a parcel."

The boys looked at each other in dismay.

"Don't look so gloomy! It's thanks to you boys that I found him. You don't know how happy my wife and daughters will be when I take him home. Good hobby, lip reading! Ha, ha!"

Chander smiled and moved his lips strangely, and Brigadier Shukla

explained that it was a habit of his when he was happy or agitated or lost in thought.

At the Independence Day celebrations, Brigadier Shukla was full of praise for the programme and for the school, singling out Nikhil and Sanjay for special mention. "Very brave and patriotic boys," he said. "They have restored my faith in boys and in the present generation."

While he continued his speech, the two boys talked to each other in their version of sign language, their latest hobby.

— Khyrunnisa A



Diving Deep to Seek AI



**AI is shaping the future
and by starting now, you
can be part of the next big
breakthrough!**

WHO would have imagined a decade ago that we could chat with machines? Thanks to advances in artificial intelligence (AI), these machines can now generate human-like responses and understand patterns in language. For example, the AI on your smartphone can predict what you are about to type while texting a friend! From features like autocorrect and predictive text to voice assistants like Alexa and Siri, AI is everywhere in our lives.

When ChatGPT and DALL-E were introduced, they amazed everyone. These AIs can quickly answer complex questions or create wild images, like a pizza-eating chimpanzee climbing Mount Everest!

How are these models built?

Imagine playing a video game where your character starts as a newbie and gets better at its job with practice. Similarly, Large Language Models (LLMs) like ChatGPT are trained on billions of words from books, websites and conversations so that they can understand and generate human-like text. They use complex mathematics and patterns to come up with the best answer to your question. Also, just like your video game superhero, AI models keep improving by learning from more data and feedback.

Who leads in AI development?

America has been at the forefront of AI breakthroughs with tech giants like Microsoft, Google, Apple, Amazon and Meta investing heavily in research. Many other countries, including China, the European Union, and India, are developing their own AI models and technologies.

Why is it difficult to build AI LLMs?

It is not easy to build AI LLMs for two main reasons:

- ◆ It requires HUGE amounts of data.
AI models need vast datasets from books, websites, and conversations. However, not every language has enough digital content available. Access to some data is restricted due to copyright protections.
- ◆ It requires super powerful computers.
Training AI models is like playing 1000 video games at the same time. A regular CPU (computer processor) isn't enough. It requires thousands of GPUs (Graphics Processing Units) to train them. Originally made for gaming, GPUs are now used for AI training because they can process large amounts of data quickly.

However, only a few companies produce these powerful AI chips. Among them NVIDIA and AMD are the biggest. These chips are expensive and often in high demand, making AI development extremely costly.

Does this mean no one else can build an AI LLM? Certainly not! While it is challenging, AI innovation is happening worldwide. A little-known Chinese start-up called DeepSeek created a stir recently by launching a new AI model that competes with major models like ChatGPT. While American tech giants are spending billions of dollars to improve AI, DeepSeek claims to have trained its model with only \$6 million. The open-source model offers free access to everyone which means anyone can read its code and customise it for their use.

This shows that with creativity, smart algorithms and access to resources, even small teams can build powerful AI models.

How can you develop an interest in AI?

Here are a few ideas:

- ◆ *Before building AI, start using it*
Chat with AI chatbots like ChatGPT, DeepSeek or Perplexity and see how they respond. Try image-generation AI like DALL-E, Midjourney and Stable Diffusion to create fun pictures!
- ◆ *Learn the basics of coding*
Platforms like Scratch and Code.org let you create animations, games, and stories using simple drag-and-drop coding. Once you are comfortable, try learning Python, the most popular programming language for AI. Try simple Python projects on websites like repl.it.com.
- ◆ *Learn how AI thinks*
You can watch YouTube videos on 'What is AI' or 'How AI learns'. Google's 'Teachable Machine' lets you train a model to recognise images!
- ◆ *Build simple AI projects*
Play with Google's Quick, Draw! to train AI to recognise drawings—it's like playing Pictionary with a computer.
- ◆ *Stay curious*
Join a coding club of your school or find online platforms for young learners. Keep up with AI news and explore new updates as scientists are constantly working on improving AI technology.

Here's a fun way to see how AI learns.

Try training AI to recognise hand gestures.

1. Go to Google's 'Teachable Machine' at <https://teachablemachine.withgoogle.com/>
2. Click on 'Get Started' → Choose 'Image Project'
3. Train the AI to recognise two hand gestures.
For example,
 - ◆ Thumbs up  (AI learns this means 'Yes')
 - ◆ Thumbs down  (AI learns this means 'No')
4. Show different pictures of each gesture to train it.
5. Click 'Train Model' → Now AI can recognise your hand gestures!

ITIANS GALORE

PATWA TOLI, a small village of weavers in Gaya, Bihar, boasts of nearly 110 ITIans (graduates of the Indian Institute of Technology).

The first Patwa resident to pass out of an IIT was Jeetendra Prasad, in 1992. Though he got a job abroad, he would take leave every year and return to Patwa Toli to guide bright youngsters to get into an IIT. He would provide them with study material, coaching and even offer them financial help. As a result, many Patwa youngsters got admission into the IITs.

Those who passed out, continued the tradition Prasad had started and like him, they too would visit the village during their holidays and coach aspiring youngsters to secure admission.

Patwa Toli now has a formal study circle called 'Nav Prayas', which helps students to get admission into an IIT with study materials, notes and money.

Plans are in the offing to change the name of the village to Abhiyanta Vihar, meaning 'the village of engineers'.



You can't Smoke in Koolimadu

KOOLIMADU, in Kerala's Kozhikode district, is the country's first tobacco-free village.

In the early 1990s, when a chain-smoker from their village died of cancer, the villagers were shocked. Many of them got together and began an earnest campaign against tobacco, hanging banners at the village bus stop and entreating travellers not to smoke while they were in the village. They printed 'no-tobacco' pledge cards and went from door to door asking everyone to sign or put their thumb impression on them. They also made sure that shops stopped stocking tobacco leaves, cigarettes and beedis.

Their efforts bore fruit in 1995, when Koolimadu was declared tobacco-free. The ban on tobacco is strictly monitored by groups of youngsters and anyone caught flouting the ban is excommunicated for an entire day.

SUPER SARPANCH



PUNSARI is a small village about 80 km from Gujarat's capital, Gandhinagar. A little over a decade ago, it didn't have water or electricity. The roads had potholes and there wasn't a proper drainage system. As much as 98% of the villagers were uneducated and there was a law and order problem. All this made many people migrate to cities nearby.

Things began to change after 23-year-old Himanshu Patel was elected Sarpanch in 2006. In a short span of time, the village got solar panels, round-the-clock water and electricity, concretized roads, streetlights, a sound transport and drainage system and a toilet in every house. The village's wastes are now collected in a van and transferred to a renewable energy plant that reuses the wastes to create electricity to light up the village.

So that the villagers don't have to travel to the city for medical help, Patel got a healthcare centre built. He also made Punsari Wi-Fi enabled. The schools, two of which are airconditioned and have in-house cooks to prepare the midday meals, are equipped with CCTV cameras, computers and Wi-Fi.

In 2011, Punsari won both the state as well as the national awards for the Best Gram Panchayat. Patel's unwavering efforts have made the model village the country's first 'smart village'.



Raksha Bandhan

I hurriedly finished all my chores ... cleaned my room, finished my homework, ate dinner and brushed my teeth. Mom looked highly amused, "What's the rush, Sneha? Surely, you don't have to go anywhere at this time of the night?"

I shook my head, "No Mom, I've to complete an assignment."

"But," she frowned, "you told me you finished your homework!"

"Yes," I said hurriedly, "I thought I did. I just remembered this assignment now."

I escaped to my room before she could say anymore. I didn't want her to know that I was going to write a letter to my brother.

I settled down with a paper and a pen and began my letter.

Dear Bhaiya,

It's Raksha Bandhan tomorrow. My friends at school showed me the colourful rakhis they've purchased for their brothers. They kept talking about how affectionate and protective their brothers were towards them. They were also excited about the gifts they would be getting from their brothers.

Bhaiya, I miss you. I long to tie a rakhi on your hand. Sure, I can tie it on a cousin ... or a friend's hand. But, I don't want to tie it on somebody who's just like a brother; I want to tie a rakhi on your hand! Won't you come and meet me?

I stopped writing when I suddenly noticed my little sister had quietly entered the room and was standing behind me reading what I wrote!

"You pest," I screeched. "Haven't you heard about something called privacy!"

"So," she sneered. "This was the assignment that you'd forgotten about. A letter to your 'bhaiya'!"

"Mind your own business!" I shouted.

"Tell me," she continued as if she hadn't heard me. "What's so special about your bhaiya? What can he do that I can't?"

"My bhaiya can protect me from all those dangerous guys out there!" I said grandly.



"So can I!" she said. "I'm learning karate. If anybody so much as touches your hair, I'll give them a nice solid kick. Trust me, he'll never dare to tease another girl for the rest of his life!"

I hid my smile in a cough, "My bhaiya is amazing in math! He can help me score better in that subject!"

"Ha!" she snorted. "Big deal! I can help you with that too. You may think of me as a kid, but

I'm a champ in that subject and I can make you an expert."

I was running out of ideas, "Bhaiya will look after our parents in their old age," I said.

She was smiling, "Do you really think that only bhaiya can do that? I can do that too."

I had tears in my eyes! In my hurry to write to my bhaiya, I'd forgotten to think about my little sister. As we hugged each other, my sister gave her parting shot, "Oh, and there's one more thing that I can do that your bhaiya can never do."

"I can do all the above things and DO THEM FOR REAL! Not like your imaginary brother!" she said.

I stood there laughing at my only sibling ... not sure whether I was laughing at her or at myself. Whoever said Raksha Bandhan can only be celebrated with brothers. It is the jet age and in this age ... sisters rock too!

— Sangeetha Narayan



A Journey to Confidence

MOST of us feel shy from time to time, but for some, their shyness may curtail their potential.

For many, shyness begins in childhood—a reluctance to speak up in class, avoidance of group activities or internal panic during social interactions. Shy people may not know how to navigate communal situations or feel comfortable in them, leading to avoidance. Feeling shy can be triggered by new situations or unfamiliar people, leading to feelings of apprehension and awkwardness. People who are introverted also may not naturally seek out other people and may feel drained by social situations, leading to a perception of shyness.

Shyness is often linked to a fear of judgment or rejection. It is entwined with self-doubt and hesitation and can feel like an invisible wall, holding us back from experiences, relationships and opportunities. For some, this emotional state can become a deeply ingrained habit and a persistent companion, hindering their ability to connect with others, pursue their passions and live life to the fullest. Left unchecked, it could lead to increasing feelings of loneliness, unimportance and reduced self-esteem.

But even the quietest voice can grow louder with time. Transforming shyness into confidence is possible and often leads to profound personal growth. This journey, though, is rarely a straight line. It is a winding path shaped by self-discovery, patience and countless small steps that slowly shift how we see ourselves in the world. It takes time and practice but it can be achieved with the right mindset and strategies. Building confidence begins with understanding what fuels the fear. Is it past experiences? Unrealistic expectations? Or



simple unfamiliarity? Identifying these roots helps clear the emotional fog and makes space for change.

On the other hand, confidence does not mean becoming loud or dominant. It is simply being comfortable in your own skin. Becoming confident allows for quiet strength, the kind that does not need validation to feel worthy. And perhaps the most beautiful part of the journey is realizing that the authentic self, once buried under layers of hesitation, deserves to be heard.

So if you're shy, celebrate your depth and sensitivity. See it for the strength it is, not as a flaw. Confidence is not about changing who you are — It's about embracing who you've always been.



Here are some tips to help you in your expedition of growth:

- ◆ **Acknowledge and accept** — Feeling shy is normal and a common trait. It is not a flaw or something to feel ashamed of.
- ◆ **Identify triggers** — Pinpoint situations or people that make you feel shy. This allows you to prepare for them and manage them.
- ◆ **Challenge negativity** — Replace critical self-talk and thoughts with positive yet realistic affirmations. Shift the focus to your strengths.
- ◆ **Start small** — Do not try to overcome shyness all at once. Set achievable goals like greeting a stranger or talking to a shopkeeper.

- ◆ **Prepare in advance** — Having topics or questions ready for conversations will help reduce anxiety and help you feel more in control.
- ◆ **Focus outwards** — Shift your attention to the people you are interacting with. Practice active listening. Ask questions and show genuine interest.
- ◆ **Practice social skills** — Engage in conversations. Work on your body language. The more you practice, the easier it becomes.
- ◆ **Celebrate victories** — Acknowledge progress, no matter how small it may seem, whether it is joining a new group or speaking up in class.
- ◆ **Embrace imperfections** — It is alright to make mistakes or stumble. Look at awkward moments as opportunities to learn and grow.
- ◆ **Be patient** — Give yourself time and don't be too hard on yourself. This is a gradual process and requires consistent effort.

—Esther Kurien

My Body Belongs to Me

It is crucial that even children as young as two and three know how to keep themselves safe and differentiate between a 'good touch' and a 'bad touch'...

TODAY more than ever, children have to learn who they can trust and about physical or body safety. The challenge for parents lies in building this awareness without causing undue fear and anxiety.

Teaching kids about good touch (safe) and bad touch (unsafe) helps to protect them and speak up if something feels wrong.

Good Touch

A good touch makes a child feel safe, loved and cared for. It usually comes from a parent or a relative such as a grandparent, who is trusted. The touch happens in a comfortable and non-threatening atmosphere and feels right. It is not confusing or scary for the child.



Talking about Touch

The conversation with a child can start by the time they are two years old. The topic can be revisited as they grow. A parent should use simple, calm and clear language. He or she should not communicate any stress or anxiety to the child.

Name body parts

Use the correct names like penis, vagina, breasts, buttocks, etc. This helps children understand and express themselves clearly if something inappropriate happens.

Examples of Good Touch

- ◆ A hug from parents or grandparents.
- ◆ A pat on the back from a teacher for doing well.
- ◆ Holding hands with an adult or older sibling while crossing the street.
- ◆ A doctor's touch during a check-up (with permission and a parent present).

These kinds of touches are normal and help the child build trust and an emotional connection.

Bad Touch

A bad touch is any touch that makes the child feel confused, scared, embarrassed or uncomfortable. It may just be a hug or kiss or it may be on the private parts of the body (the parts covered by underwear). It may also

happen when the child is seated on the lap of the person.

Sometimes, the bad touch happens when no one is around and comes with a "Don't tell anyone!" warning.

A bad touch continues even when the child expresses disgust, fights it off and clearly says "No!"

Examples of Bad Touch

- ◆ Someone touching a child's private parts.
- ◆ Asking a child to touch someone else's private parts
- ◆ Unwanted hugging, kissing or touching.
- ◆ Showing the child private body parts or pornographic pictures.

Even if the person who does this is known to the child, such as a relative, teacher, family friend or neighbour, if it makes the child feel uneasy and threatened, it is a bad touch.

them that their comfort comes first and foremost.

Warning Signs

Children may not tell you of bad touch directly, so be alert for these signs.

- ◆ Sudden fear of a person or place.
- ◆ Unexplained anger or mood swings.
- ◆ Bed wetting or nightmares.
- ◆ Withdrawing from friends or activities.
- ◆ Talking about private parts in odd ways.

Three Rules for Kids

- ◆ Say NO to bad touch.
- ◆ GO away from the person.
- ◆ TELL a trusted adult.

Empower, not frighten

The goal of teaching good touch and bad touch is to give children confidence, not make them fearful. When children understand body safety, they are able to face the world, speak up and protect themselves — at any age and no matter what the situation.

Explain 'private parts'

Tell children that private parts are those covered by their underwear and no one should touch them. The exceptions are parents or caregivers who give them baths or help them dress. Doctors may also examine a child's private parts, but this can be done only in the presence of a parent or guardian.

Create a circle of trust

With your child participating, list a few adults they can always go to — like a parent teacher, or grandparent — if something feels wrong.

Don't force displays of affection

Don't force a child to hug or kiss someone if they don't want to. This tells

Boxing A to Z



Apron: The part of a ring that extends beyond the ropes.

Bleeder: A fighter who often bleeds from the nose and is vulnerable to cuts.

Cutman: The team member of the boxer who tends to cuts, contusions and bruises in between rounds.

Ducking: A defensive tactic in which the boxer bends his knees so that the incoming punch doesn't hit him cleanly and passes over his head.

Eliminator: A contest in which a competitor is eliminated.

Faint: A faked punch or movement done to deceive the opponent.

Glass jaw: A boxer who cannot take punches due to his weak chin.

Heavyweight: A weight division that consists of boxers weighing over 200 pounds (90.9 kgs).

Infighting: Close-range boxing.

Jab: A quick sharp punch thrown in a direct line from the boxer's chin towards his/her opponent.

Knockout (KO): A situation wherein the boxer is knocked down and is unable to get up within ten seconds. In such a case the knocked out boxer loses.

Low blow: A punch deemed by the referee to be below the legal level.

Mouthpiece: A piece of rubber worn in the mouth to protect the teeth.

Orthodox: A right-handed fighter or a right-handed boxing style.

Points: Points are awarded to the boxer for landing clean punches on his opponent. Points are deducted if the boxer commits a foul. If both the boxers are still standing after a stipulated time or rounds then the points awarded by the judges are used to determine the winner.

Queensberry Rules: The standard rules of modern boxing.

Rabbit punch: An illegal punch to the back of the head.

Shadow boxing: An exercise to improve the technique of the boxer. The boxer throws punches in the air without a particular target.

Throw in the towel: A member of the boxer's team throws a white towel signalling to everyone that the boxer has given up. He loses by technical knockout.

Undercard: Series of fights that take place before the main event/fight.

White corner: The two boxers and their teams are assigned two different corners and the remaining two corners are called white corners. After the boxer knocks down his opponent, he is told to go to a white corner while the referee begins the count.



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muscle strength
and mass



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body fat



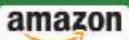
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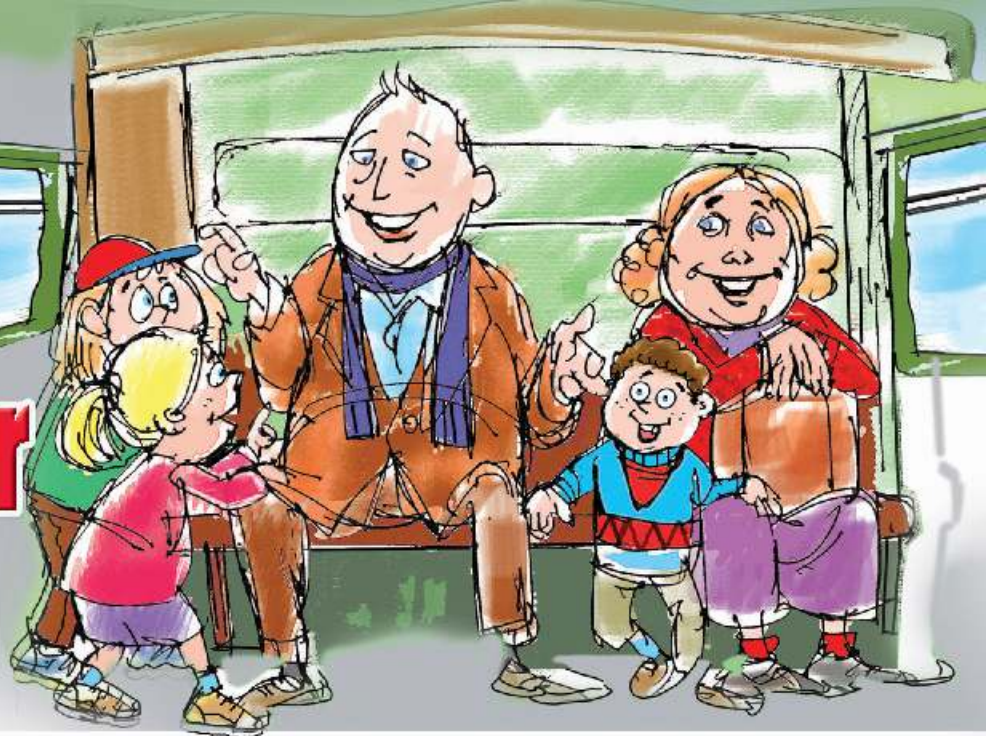
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The Storyteller



THE man sighed. It was a hot day, not a very pleasant day for travelling. There were three small children—a boy and two girls—in the train compartment, along with a lady who they addressed as 'Aunt'. They were restless and irritable, constantly moving about between the seats, much to the man's annoyance. The aunt started all her sentences with 'Don't' and the children invariably replied with 'Why'. The boy, who was the youngest of the trio, amused himself by beating the cushions so that clouds of dust rose into the air.

The man frowned and the aunt said sharply, "Don't Cyril, don't do that! Come here and look out of the window."

"Why are those men driving the sheep out?" Cyril asked, pointing.

"To another field, maybe," replied the aunt.

"Why? There is enough grass here!" said Cyril.

"The grass is better in that field," said his aunt, exasperatedly.

"Why is it better?"

"Oh, look! There are so many cows standing there!" said his aunt quickly.

They had been passing endless vistas of cows and bulls since the start of the journey, but she behaved as if it was extraordinary.

"Why is the grass better?" Cyril persisted.

The man scowled and the aunt decided that he was an unfriendly person. She still couldn't come up with an explanation for Cyril, though.

The younger girl began reciting a poem. Unfortunately, she knew only the first line. She endlessly repeated the line and not too softly. The aunt saw the man's scowl deepen, and afraid that he would summon the conductor, called out, "Come here. I will tell you all a story."

The children moved reluctantly towards her, as if they knew that their aunt wasn't much of a storyteller.

She launched upon a story which was interrupted umpteen times by questions from the children. It was an insipid tale of a girl who was so good that she made lots of friends. In fact, because she was such an angel, the friends rushed to rescue her from a mad bull.

"Wouldn't they have rescued her if she hadn't been so good?" asked Cyril.

The man thought it was an intelligent question, one he wanted to ask her himself.

"Of course, they would have, but they wouldn't have come so fast," replied the aunt, annoyed.

"That's the stupidest story I have ever heard," declared one of the girls.

"It was so stupid that I listened only to the first part," said Cyril.

The younger girl didn't say anything but started reciting her poem again.

The man remarked, "It looks like you are not good at telling stories."

"Oh," said the aunt in an offended tone. "Then why don't you tell them one, if you are better at it?"

"Yes, tell us a story!" demanded the older girl.

"Once upon a time, there was a girl named Bertha," began the man. "She was a very, very good girl."

The children's faces drooped in disappointment. What was interesting about that?

"She always told the truth. She obeyed all instructions. She kept her clothes clean. She never missed school or shirked her homework. She ate healthy food, not pizzas or chips or chocolate. She got straight A's and was polite to everyone."

"Was she pretty?" asked the older girl.

"Not as pretty as you. But she was horribly good."

The children's ears perked up. The word 'horrible' in relation to good was out of the ordinary. It was not like their aunt's stories. It rang true!

"She was so wonderfully good," continued the man, "that she won three big medals. One medal was for punctuality, one for following the rules and one for generally being good. She wore these medals all the time and they clinked together when she walked. She was very proud of them because now everyone knew that she was a good child."

"Horribly good," said Cyril.

"Bertha's fame reached the ears of the king of the land. He invited Bertha to visit his palace garden once a week. This was a great honour because children were not allowed into the garden."

"Were there sheep in the garden?" asked Cyril.

"No, there were no sheep."

"Why were there no sheep?"

The aunt smiled triumphantly.

"The king's mother had once dreamed that he would be killed by a sheep or a clock falling on him. So there were no sheep in the garden or clocks in the palace."

The aunt's mouth fell open in admiration at the man's ingenuity.

"Was the king killed by a sheep or a clock?"

"No, he is still alive, so we don't know if the dream will come true. The king allowed little pigs to run about in the garden instead."

"What colour were the pigs?"

"They were black with white faces, white with black spots, grey and some were white all over."

The man paused to let the children absorb the information about the pigs.

"Bertha was surprised to find that there were no flowers in the garden, only trees and bushes. She was sad because she had promised her parents she would not pick the flowers. She felt foolish as there were no flowers to pick," continued the man.

"Why weren't there flowers?" asked the younger girl.

"The pigs had eaten them. The gardeners told the king that he could keep either pigs or flowers, not both. So with an unhappy sigh, he gave up the flowers."

The children were happy because the grown-ups they knew would have chosen flowers over pigs.

"However," said the man, "there were a number of other beautiful things in the garden. There were musical fountains,

colourful parrots that talked, gold, blue and red fish in the ponds and hummingbirds that could hum songs. Bertha was thrilled and told herself that had she not been so good, she would never have got the chance to see such marvellous things.

"As she walked about, her medals clinked against each other, reminding her of her goodness. But unknown to her (and the gardeners and the king), there was a big wolf that came to the garden to hunt the fat little pigs."

Immediately, the children's faces became lively. The story was becoming interesting.

"What colour was it?" they chorused.

"It was grey with a long bushy tail, a lolling pink tongue and fierce red eyes. It spotted Bertha at once, because she was wearing a white dress and it was shining with cleanliness. The wolf loped towards her."

"What did she do?" asked Cyril.

"She was very frightened and ran the other way. She wished she had never been invited to the garden. She saw a thick laurel bush and jumped into it. The wolf stopped and looked this way and that but he couldn't find Bertha. The bush was thick and had a strong scent, so he couldn't see Bertha or smell her. Bertha sat trembling inside the centre of the bush, not even daring to breathe.

'If only I had not been so good, I would not have been here,' she thought.

"The wolf was about to give up and go away to catch a pig. Instead, when Bertha's medals for goodness clinked together. The wolf stopped and turned back to the bush. He dived into it and soon found Bertha. He dragged her out of the bush. Soon, there was nothing left of Bertha but her shoes, pieces of clothing and her three medals."

The children who had been holding their breath, let it out in a long whoosh.

"Did the wolf eat any of the pigs?" asked Cyril.

"No, they all escaped."

"The story had a boring beginning but it ended beautifully," said the younger girl.

"This is the most beautiful story I have ever heard," said the older girl.

"It is the only beautiful story I have ever heard," said Cyril.

"I disagree," said the aunt, pursing her lips. "It is the most unsuitable story I have ever heard. You have undone years of careful teaching."

"Well," said the man, gathering up his things as the train slowed down. "I kept them quiet for fifteen minutes, which is more than you could do. Goodbye!"

—A Saki (H H Munro)
story retold



Defenders of the Future



Discipline, leadership, and a sense of duty — these are etched into every cadet who walks through the gates of India's military schools.

Sainik Schools

Established in 1961 by the Ministry of Defence, the then Defence Minister V.K. Krishna Menon wished to bridge the gap between elite public school students and those from rural areas, for the recruitment of officers in the armed forces.

Sainik Schools prepare students academically, physically and mentally for entry into the National Defence Academy (NDA) and the Indian Naval Academy (INA).

The schools follow the CBSE curriculum. Students undergo rigorous physical training, and are part of the NCC (National Cadet Corps). The emphasis is on character building and fostering a sense of national pride.

Admission is based on a competitive entrance exam held at the Class 6 and 9 levels.



As of 2025, there were over 33 Sainik Schools spread across India, with more being added under the new Sainik School model, including private partnership schools.

Rashtriya Military Schools (RMS)

These schools were originally known as King George's Royal Indian Military Schools. Established after World War I to provide education to the sons of defence personnel, they now have students from both defence and civilian families.

As with Sainik Schools, the RMS focuses on preparing students for admission to the NDA and INA. However, academic and co-curricular activities are also an integral part of the schools.

There are currently five schools — in Bengaluru, Belgaum, Ajmer, Dholpur and Chail.

They follow the CBSE board with English as the medium of instruction. Physical training, NCC and leadership-building activities are core components. Admission is through an all-India entrance exam followed by an interview and medical test.



RMS students are even today affectionately called 'Georgians'.

Rashtriya Indian Military College (RIMC), Dehradun

Founded in 1922, the RIMC is one of India's oldest military training institutions. Originally begun to train Indian boys for the Royal Military Academy at Sandhurst in the UK, it now serves as a feeder institute to the NDA and IMA.

RIMC has produced many of India's top generals and defence strategists.

There is only one RIMC, so there is tough competition for admission. There are a limited number of 25 to 50 students per batch. The curriculum is CBSE with military training. Students usually enter when they are between 11.5 to 13 years old and undergo a five-year integrated training program.

For a century, it was a male bastion, but in 2023, following a Supreme Court order, girls were allowed to apply.



National Defence Academy (NDA), Khadakvasla

Though not a school in the strictest sense, the NDA is a premier training institution for cadets of the Army, Navy and Air Force who aspire to become officers.

Cadets join after Class 12 via a Union Public Service Commission (UPSC) exam, followed by a Service Selection Board interview and medical tests.

The three-year course awards a B.Sc. or B.A. degree from Jawaharlal Nehru University. Key focus areas are, of course, physical training, weapon handling and service-specific orientation.

The NDA is located near Pune, in Maharashtra.



Indian Military Academy (IMA), Dehradun

The IMA, established in 1932, provides pre-commission training to gentlemen cadets for the Indian Army.

Entry is through the NDA, Combined Defence Services (CDS) exam, or directly via the Technical Graduate Course. The training combines academics, tactics, weapon training and leadership development. The duration varies from 1.5 years for direct CDS entry, to one year for technical entries.

The IMA has produced thousands of officers who have led India in wars, peacekeeping missions, and humanitarian rescue efforts.



Other Service Academies

Air Force Academy (AFA), Dundigal

Trains future officers of the Indian Air Force in flying, air traffic control and ground duties.

Indian Naval Academy (INA), Ezhimala

Located in Kerala, it is the largest naval academy in Asia, providing academic and naval training to cadets.

Officers Training Academies (OTA), Chennai and Gaya

OTAs prepare men and women graduates for short-service commissions in the Indian Army. It provides one year of intensive military instruction.

Armed Forces Medical College (AFMC), Pune

Established in 1948, AFMC was the first medical college set up by the armed forces of any country in Asia. It trains doctors, nurses, dentists and paramedical staff to cater specifically to the health care needs of the Indian military.

Military Technology Institutes

Apart from mainstream military schools, India has several technical institutes for defence aspirants. Officers specialize in technical/technological fields essential to modern warfare.

- ◆ College of Military Engineering (CME), Pune trains officers for the Corps of Engineers in civil, mechanical and combat engineering.
- ◆ Military College of Electronics and Mechanical Engineering (MCEME), Secunderabad offers training in electrical, mechanical, and electronics engineering as well as weapon maintenance.
- ◆ Military College of Telecommunication Engineering (MCTE), Mhow, focuses on IT, communication technologies and electronic warfare.

KEY TO SUCCESS

THE ART OF PUBLIC SPEAKING

At some point of time during your student life and later, you will be called upon to do a bit of public speaking. How can you breeze through this opportunity?

Here are some tips.

Know your Audience

First, you need to prepare your presentation to suit your audience. If you are speaking to an assembly of your own age group, including a humorous anecdote on a teen issue will really pep up the speech. You need to aim at keeping your listeners interested in what you are saying, at all times.

Plan, Prepare, Practise

Keep in mind that most people aren't born orators. A good speaker always plans, rehearses and practises a presentation well ahead of time. A time-tested technique is to practise in front of a mirror. You can see yourself and work on your gestures and manner of presentation.

Speak Clearly with Punctuations

Do not race through your presentation/speech. The act of public speaking is intended to put across a point (or two). So speak loudly, clearly and insert appropriate pauses for the meaning to sink in. Pauses also offer great opportunities to refresh your thoughts while you smile at the audience (and catch your breath as well).

Make Eye Contact

If you observe good speakers you will see that they make frequent eye contact with listeners in order to keep them involved. Just as you would greet someone by looking into the eyes, you need to look the audience in the eye in order to convey a message of relating to

them during your speech. Making eye contact also gives an impression of confidence and knowledge.

Use Note Cards

Consider using small note cards to jot down your main points. Do not write out the entire speech as it is difficult to refer to it quickly. You might end up reading from the piece of paper—that's just not like the great speaker you are trying to be. Do make sure though that notes are allowed in the presentation.

Quick Tips

- ◆ If you happen to be the nervous type, try positive visualization—visualize yourself giving a great presentation. Also try deep breathing to calm the nerves.
- ◆ If you make a mistake during the presentation, correct yourself and carry on. People want to hear the rest of what you have to say.
- ◆ The audience is made up of people, just like you and I. If YOU are happy with what you have to say, there is no reason why they shouldn't be.
- ◆ One last tip—avoid spicy or new foods the night before your big day. Have a good night's sleep and wake up early.



LEARNING TO BE INDEPENDENT

Teenagers often feel the urge to assert their independence. But they should keep in mind that with independence comes responsibility.

- ◆ First, tell yourself that you are growing up and learning to discriminate between right and wrong. Remember, humility is better than overconfidence.
- ◆ If you would like your parents to accept that you have grown up, then as a first step try spending your pocket money wisely and responsibly. Initially it may be tough but you will slowly see a difference in the way your parents deal with you.
- ◆ Try walking the tight rope between fun and responsibility. Keep your personal things in order. Finish your homework on time. It shows that you can shoulder responsibilities.
 - ◆ Take up a household chore—taking your pet for a walk or watering the plants, for example. Do it diligently and sincerely. Soon your parents will trust you with bigger chores.
 - ◆ Identify areas where you feel you know better than your elders—which Internet connection or phone plan they should opt for, etc. and make your suggestions. They would willingly accept your decisions.
 - ◆ Participate in important household discussions but be a good listener. Try to understand what your parents say and then give your viewpoint.
 - ◆ Lastly, remember your parents are looking forward to the day when they can trust you with important decisions. But as of now they are anxious about your safety and well-being. Be patient.





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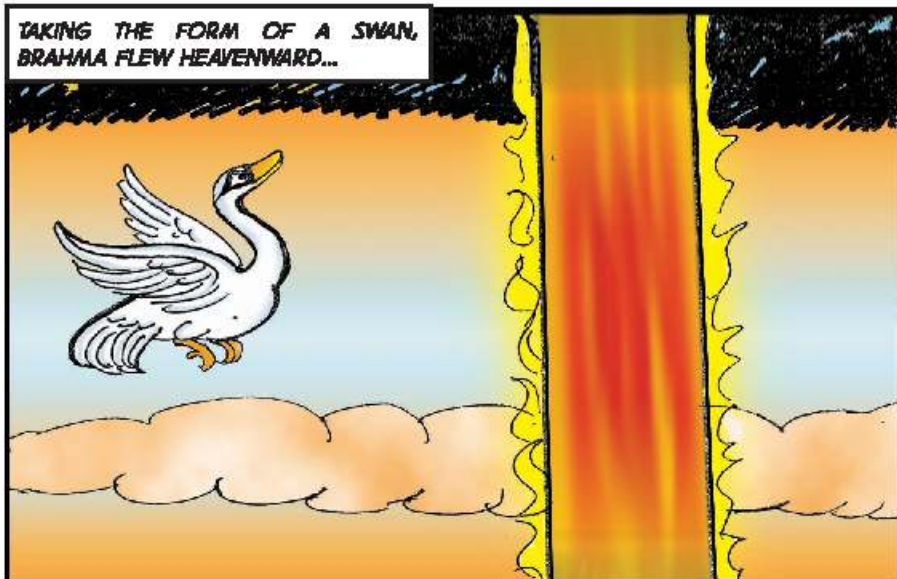
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THE JYOTIRLINGAS OF SHIVA

STORY SO FAR: BRAHMA AND VISHNU ARE FIGHTING FOR SUPERIORITY, WHEN A HUGE PILLAR OF FIRE RISES BETWEEN THEM.

Script:
Gayatri Madan Dutt
Artwork:
M. Mohandas

TAKING THE FORM OF A SWAN,
BRAHMA FLEW HEAVENWARD...



...WHILE VISHNU, IN THE FORM OF SHWETA VARAAHA, THE WHITE BOAR, DUG HIS WAY INTO THE EARTH.

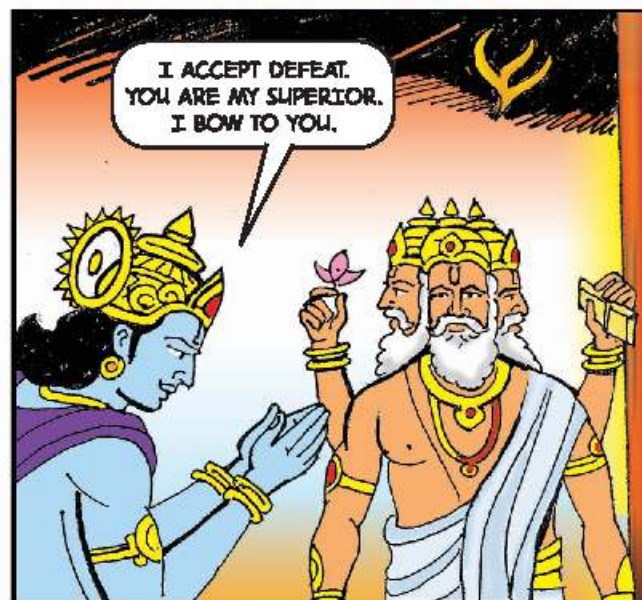
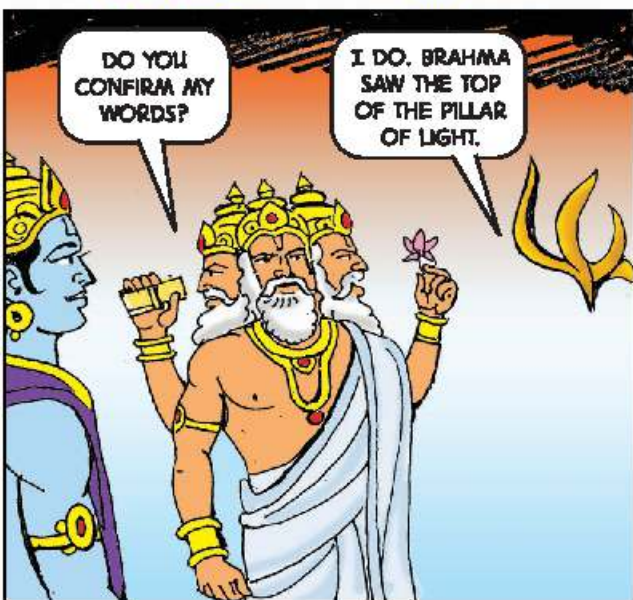
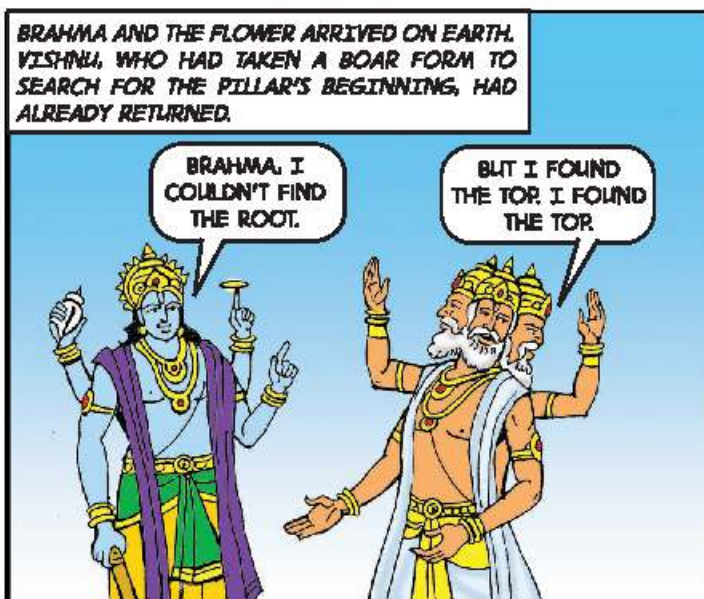
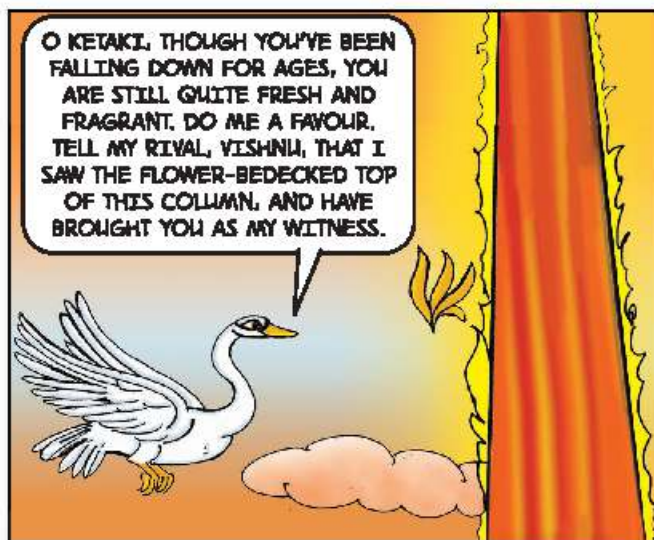


THOUSANDS OF YEARS PASSED.



IT WAS A KETAKI FLOWER. IT HAD FALLEN WHEN THE PILLAR OF LIGHT HAD SHAKEN WITH LAUGHTER AT BRAHMA AND VISHNU'S FRUITLESS SEARCH, AND HAD BEEN DRIPPING DOWNWARD FOR CENTURIES.





TO BE CONTINUED

Food for Thought

The second part on careers in the food industry...



Caterer

Catering is a service tailored to special events — from intimate birthday parties and grand corporate celebrations to anniversaries and weddings. Caterers are responsible for every facet of the food service. This includes detailed menu planning, preparation, transportation and delivery, elegant presentation and a thorough clean-up after the event!

A successful catering event begins with clear communication. This includes discussions with the client on scheduling, menu selection, pricing and any specific dietary restrictions.

This is followed by menu planning that includes food tasting sessions. Whether it is for a simple buffet or an elaborate multi-course meal, catering onsite at a venue or offsite, it requires expertise in food plating, packaging, safe transportation and maintenance of impeccable hygiene.

Caterers need a strong foundation in the culinary arts and a deep understanding of food safety regulations. They must be able to handle a high-pressure environment, possess an eagle eye for details, quickly adapt to challenges and have exceptional organisational and time-management skills.

Courses: Bachelor's degree in Culinary Arts, Bachelor of Catering Technology and Culinary Arts, B.Sc. in Catering Science and Hospitality Management, BBA in Hotel and Catering Management.

Duration: Three years.

Job Opportunities: Catering companies, food trucks and carts, wedding companies, event locations.

Food Service Associate

These are trained individuals crucial to the smooth operation of any commercial food service. They handle basic tasks that ensure efficiency and customer satisfaction. Their responsibilities? Stocking supplies, managing food inventories, cashing and assisting with special catering events. A key role is understanding and accommodating customers' health needs and dietary restrictions, while following health and safety regulations.

Food service associates' daily tasks are diverse and demanding. They set up and close out cash registers, maintain sanitary and organised work areas, conduct inventory, restock workstations and ensure that all service equipment is spotless.

This role demands physical stamina — frequent standing, walking, lifting and carrying. Associates must be prepared for extended hours, often with little notice. Essential skills include basic arithmetic for transactions and strong communication skills for effective interaction with supervisors, co-workers and the public.

Courses: Certification in Food Protection and Management, Bachelor's degree in Hospitality or Food Management.

Duration: Three years.

Job Opportunities: Cafeterias, cafes, restaurants, hotels, schools, corporate canteens, business centres.



Health Coach

A health coach supports clients in achieving healthier lifestyles by guiding them through nutrition, fitness and behavioural changes. Their goal is to help individuals make lasting, positive changes to improve overall well-being — whether that means managing chronic conditions, adopting better eating habits or increasing physical activity. Health coaches work closely with clients to understand their health concerns, set realistic goals and create personalised action plans tailored to each individual's needs and lifestyle.

Health coaches typically engage in one-on-one consultations, and sometimes group sessions, to discuss health concerns, pinpoint goals and devise customised, actionable plans. These plans are crafted to dramatically enhance a client's health. Some coaches even collaborate with medical professionals, often managing multiple clients simultaneously.

Unlike personal trainers or dietitians, health coaches use a holistic approach, addressing a wide range of wellness factors including sleep, stress, exercise, diet and emotional health. They create a safe and supportive environment where clients can explore their challenges and build practical, sustainable strategies for change.

A successful health coach possesses a strong understanding of healthcare developments and practices, coupled with insights into psychology and effective coaching techniques. Training in fitness and nutrition is essential. Beyond



knowledge, a positive demeanour and exceptional listening and communication skills are paramount for guiding clients toward lasting health improvements.

Course Details: Diploma or Certification programmes in health coaching, nutrition, fitness or lifestyle management; Bachelor's degree in health, nutrition, fitness, or behavioural science.

Duration: Six months to three years.

Job Opportunities: Clinics, hospitals, consultancies, self-employed.



Corporate Wellness Consultant

As businesses increasingly recognise the profound benefits of a healthier and happier workforce, corporate wellness consultants have emerged as highly sought-after professionals. These experts guide companies in developing and implementing effective employee wellness programmes, primarily aimed at improving the overall health and well-being of large groups within the workplace.

The core responsibility of a corporate wellness consultant is to provide crucial insights and strategies to organisations seeking to enhance employee well-being. This includes encouraging physical activity, promoting healthy eating habits, advocating

for necessary medical and psychological support and other preventative measures to maintain employee happiness and health. Consultants are instrumental in both establishing and executing these programs. They evaluate existing wellness initiatives and, as needed, custom design tailored programmes after a detailed analysis of the company's specific needs.

Their comprehensive toolkit encompasses strategies for improving physical health, elevating mental health awareness, implementing stress management techniques, identifying problem areas and devising practical solutions. Consultants may also organise wellness workshops or events addressing specific health concerns pertinent to a particular company's employee demographic.

A strong foundation in nutrition or behavioural science provides consultants with a deep understanding of nutritional concepts and the dynamics of health and wellness across diverse populations. Successful consultants should also possess a blend of crucial soft and hard skills, including exceptional communication, strong problem-solving abilities, keen analytical skills and excellent interpersonal skills.

Course Details: Diploma or Certification in corporate wellness; Bachelor's degree in health, nutrition, fitness or behavioural science.

Duration: Six months to three years.

Job Opportunities: Businesses, corporations, start-ups, NGOs, educational institutions, government agencies.

Banking Blood

AMERICAN researcher, Charles Richard Drew, originated the concept of a 'blood bank' in 1940.

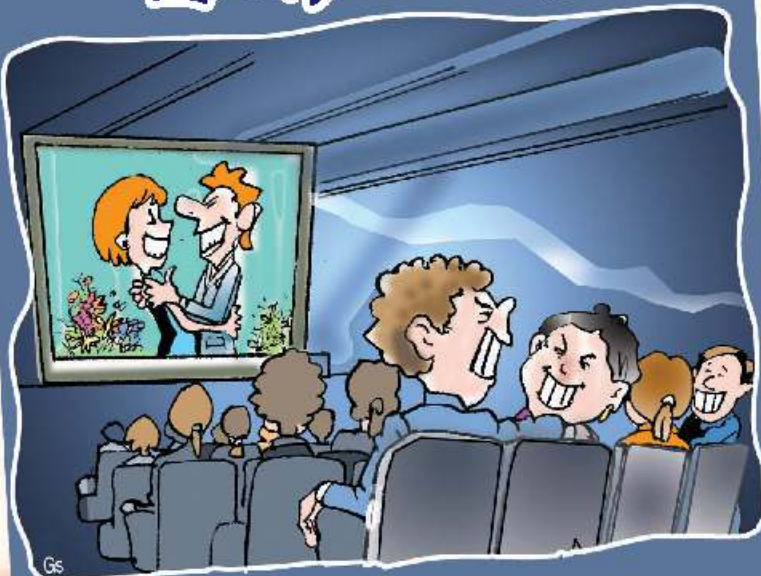
While researching for his doctorate in the medical field, he took up the job of a supervisor at the blood plasma division of the Blood Transfusion Association in New York City. There he found that by separating the liquid red blood cells from the near solid plasma and freezing the two separately, blood could be preserved and reconstituted at a later date. He published his findings in a thesis called 'Banked Blood', where he referred to the process of collecting and storing blood as 'banking' it.

Drew's method for storing of blood plasma revolutionized the medical profession and has helped to save countless lives all over the world.

The newest concept in blood banks is the storing of umbilical cord blood, which contains stem cells that can be used to cure diseases.



Zany Ideas



IN 2005, Japanese moviegoers were treated to seven different scents wafting from under the last three rows of seats in the theatre, each smell synchronized with the action in the Hollywood film *The New World*! A love scene meant a whiff of flowers and a mix of peppermint and rosemary signalled a sad scene. In the 1980s, viewers of the American films *Polyester* and *Lust in the Dust*, were given cards with six numbers. They had to scratch and sniff the number that appeared on the screen — for example, No.5 was the gunsmoke in a fight scene!

Quiz

1. Name the only disease that has completely been eradicated through vaccination.
2. Name the three main sub-particles of an atom

Answers: 1. Smallpox, thanks to World Health Organisation's (WHO) initiatives.
2. Proton, Neutron and Electron

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GADGET GYAN

Power Unplugged

A HIGH-SPEED wireless magnetic power bank, it serves as a speedy charging accessory and is compatible with most devices. The MPP magnetic alignment reduces the risk of overheating with more precise positioning.

The power bank has a 10,000 mAh capacity which can be accessed through the Qi 2.2-certified wireless charging adapter. This supports charging speeds of up to 25W, giving a quick boost. Users can also power up devices through a physical connection as it features a built-in braided USB-C charging cable that doubles as a lanyard when not in use. An additional USB-C port found on the bottom of the power bank allows simultaneous charging of two devices. It is paired with a small display showing its remaining capacity.



Sleep Smarter!

WANT to improve the quality of your sleep? The smart sleep headband integrates non-invasive technology into a user-friendly headband. The technology aims to get you to fall asleep faster as also give you a refreshing night's sleep.

Wearing the headband for 15 minutes before bed allows its advanced EEG+ sensors to map and measure brain activity directly before sleeping. It creates a working model of your brain's unique sleep patterns and trends. It gently stimulates the neurons that then nudge the brainwaves into optimal sleep pathways. Its closed-loop system combines sensors with proprietary AI and machine learning models to provide a personalised sleep solution to each user.

The product has three main pieces: the charging base and cord, the headband and the flex clip which is the electrode component. The app's video tutorial gives step-by-step instructions for setting it up and connecting it to Bluetooth. You can track your progress in the Sleep Journal!

Ergonomics On-the-Go

THE portable vertical mouse combines ergonomic comfort with compact portability. Its sleek design folds flat into three interlocking, magnetically secured panels, making it easy to slip into any bag or pocket. When unfolded, internal magnets snap it into a 47° or 57° angle, encouraging a natural handshake position that reduces wrist strain and supports healthier posture during long use.

Despite its compact size, the mouse offers full functionality. The largest panel serves as the main grip surface; the middle contains sensors, a Bluetooth button and a wireless charging zone; while the smallest panel supports the thumb while locking the structure together.

It connects to up to three devices via Bluetooth or a 2.4 GHz USB dongle, with a dedicated switch button for easy toggling. A 500 mAh rechargeable battery powers it for up to two months per charge via USB-C. It is compatible with Windows, macOS, Linux, Android, and iOS.



Wrinkle-free Wear

A FULLY automated ironing system that eliminates the tedium of manual ironing sounds like a dream! Advanced steam technology, intelligent pressure control and automated garment feeding delivers wrinkle-free clothing in under a minute! Weighing 15 kilos, the countertop device is about the size of a home printer. Best of all, it uses 90 per cent less water and energy than traditional steam irons.



The system's patented 3D ironing technology adapts to complex garment shapes. Its superheated steam can reach 200°C to penetrate multiple fabric layers, simultaneously ironing and sanitising the garment. The cool-touch casing and safety sensors keep users safe.

A companion app allows one to choose from a range of fabric types and garment sizes. It automatically calibrates steam intensity, pressure and processing time according to the option.

There are also specialised modes, such as Hygiene, Eco and Refresh.

What is E-money?

E-MONEY is a cashless form of money, which can be transferred electronically or through the Internet. It has no physical form and exists only as entries in bank records. It is used mainly to make online purchases of goods or services through the Internet.

You can open an e-cash account with a bank and deposit the money which you want to use for electronic transactions. The bank will provide you with encryption keys, which are very secure, and are to be typed in, to authenticate every transaction. The bank will use its own set of encryption keys to verify the genuineness of the transaction made by you, and then allow payment.

The main advantage of e-money is that it is fast and easy to send and receive, does not wear out like notes and cannot be counterfeited. Also, the charges for e-money transfers are very low.



Disney Dollars!

THERE is a special currency, called Disney currency or Disney Dollars, designed by Walt Disney Corporation.

These Dollars are available for an equal amount of US dollars, and are used as money in the Disney Parks and in the Disney Stores.

Disney Dollars are similar in size, shape and design to the US dollar, and most of them have pictures of Disney cartoon favourites, including Mickey Mouse, Minnie Mouse, Donald Duck, Goofy, Pluto or a drawing of one of the landmarks of Disneyland or Walt Disney World Resort. They also feature two small monochrome reproductions of Tinker Bell. Some Disney dollar notes bear the signature of the Treasurer, Scrooge McDuck!

Disney has made a lot of profit from this idea, as many people exchange actual US dollars for Disney currency, and keep it as a memento or part of a collection!



Dirty Money!

MONEY LAUNDERING does not mean the cleaning or washing of dirty notes! It means disguising or concealing the origin of money that has not been obtained by legal means.

For example, suppose an employee has stolen large sums of cash from the office. He will not be able to deposit the cash in a bank account as it may arouse suspicion, and he cannot explain how he got it. So, what the employee may do, is use the stolen money to make a big purchase and then sell the item to someone legally. The money he will get from the sale of the item will be 'clean' and legal as he can account for it. Thus the employee can launder the illegal money.

- ◆ In 1849, when the Gold Rush in California was at its peak, miners sent their laundry across the Pacific Ocean to Honolulu in Hawaii, for washing and pressing. This was because the laundry costs were very high in California during those boom years, and it was cheaper to send the clothes to Hawaii!



MIND YOUR LANGUAGE!



Laugh & Learn

What did the cake of soap exclaim when he saw the detergent sulking?

'Hey don't get yourself into a lather!'

To get into a lather is to become anxious and agitated when something goes wrong.



Learn a Word

Nincompoop

A simple, silly or a foolish person is a nincompoop. It's pronounced as nin (to rhyme with PIN) + com (to rhyme with TOM) + poop (to rhyme with SOUP).



Which animal do these adjectives refer to?

1. Ursine
2. Porcine
3. Vulpine
4. Piscine
5. Bovine



Answers: 1. Bear 2. Pig 3. Fox 4. Fish 5. Cow

What's the Opposite?

- a. perishable
- b. lavish
- c. enormous
- d. arrive

Answers: a. durable
b. scanty c. tiny d. depart



Can You Beat It?

All the phrases in the exercise below have one word in common — beat.

1. Whenever Dhaval wants to talk business, he _____ (approaches the subject indirectly)
2. Both Esha and I saw the rare flower at the same time, but I _____ (got there first)
3. He likes music because I saw him _____ to the song. (mark the rhythm by tapping the feet or fingers)
4. However much Fazal _____, he could not come up with a solution. (searched for ideas)
5. Gagan _____ the fruit vendor for the apples. (haggle to lower the price)

Answers: 1. beats about the bush 2. beat her to it 3. beat time 4. beat his brains 5. beat down

Phrase Craze

Can you complete the sentences below with phrases that utilise the word 'man'?

Take the help of the clues in the brackets:

1. The captain was not _____ to remain with the sinking ship till the end. (brave or courageous)
2. My uncle has a reputation of being a _____. (fashionable and fond of partying and socialising)
3. This year's Budget is going to hit the _____ very hard. (common or average citizen)
4. When his father died suddenly, Anmol had to be the _____. (the male head of the family)
5. We thought our professor was a reputed _____, but he turned out to be an impostor, a _____. (a learned scholar; a fraud or a sham)



Answers: 1. man enough 2. man about town 3. man on the street 4. man of straw 5. man of letters

Booby Trap!



What's the difference between gild and guild?

Gild means to cover with a thin layer of gold. For example: The temple had a number of gilded statues adorning its walls.

It also means wealthy and privileged.

For example: What would the gilded class know about poverty?

On the other hand, **guild** is an association of craftsmen or merchants which was popular in medieval times.

For example: The potters' guild protested against the new tax on river clay.

What a Word!

Diplomacy:

Pronounced:

di-plo (as in blow)-macy
Skill in dealing with people, saying and doing nasty or difficult things in the nicest ways.

SCHOOL LIVE

YOU NEED TO USE SOME DIPLOMACY. HUG HIM AS YOU TELL HIM HE'S FIRED.



Persia's Magic Carpet

IRAN, earlier called Persia, has contributed much to the world of art and culture. One of its best known artistic exports is its ancient hand-woven Persian carpet. Mostly made of natural sheep wool, silk or cotton, these Persian carpets are unparalleled in their craftsmanship.

Persian carpets are named after the city or region where they have been made, e.g. Tabriz, Isfahan, Kerman, etc. Every region has its own characteristic style and technique of weaving carpets.

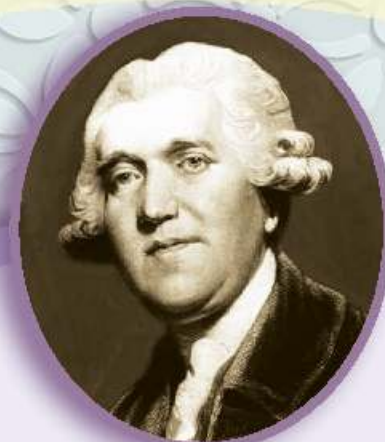
The small tight knots present in each square inch of a Persian carpet make it priceless. Its exquisite design can be seen clearly from the front as well as the back. The more the number of knots per square inch (KPSI), the more superior is the craftsmanship.

The Carpet of Wonder in the Grand Sultan Qaboos Mosque in Muscat measures an astounding 4343 sq.m (60.90 m x 70.50 m). It took 600 weavers four years



to complete! The world's largest carpet can be found in an Abu Dhabi mosque—it is a 5,600 sq.m hand-woven Persian carpet with more than two billion knots.

Potter Extraordinaire



JOSIAH WEDGWOOD (1730–1795) did not have it easy. He walked six miles to attend school, lost his father at nine, and then the dreaded smallpox permanently damaged his right leg at twelve. Yet the boy's creative genius and perseverance helped him to establish England's finest stoneware company.

Josiah experimented with and pioneered new techniques of pottery. His greatest triumph was the creation of 'Jasperware', a special type of ceramic ware characterised by fine-grained coloured porcelain overlaid with rich white decorative motifs. One of his achievements was a Jasper replica of a famous ancient Roman glass vase called the Portland Vase.

- ◆ Josiah called himself the 'Potter to Her Majesty' after the Queen of England was pleased by his work.
- ◆ He was the grandfather of Charles Darwin, the famous naturalist known for his ground-breaking theory of evolution.
- ◆ Wedgwood boasts that their fine bone china is so strong that their coffee cups can balance a bus with 40 people aboard!

Zany Festivals

Take a look at these amusingly unconventional and idiosyncratic festivals that take place across the world.



During the Hari-Kuyo festival, Japanese women place their used or broken needles in a piece of tofu and display them on a temple altar. After thanking the needles, they wrap the tofu in paper and immerse it into a river.

A day after the Ugadi festival, Andhra Pradesh's Kairuppala village holds the 'Pidakala War', which involves two teams hurling cow dung cakes at each other. This is a re-enactment of a mythical marriage dispute and is said to bring health and prosperity!



On the second day of the five-day Diwali celebrations, Nepal observes Kukur Tihar, a festival where dogs are worshipped for their loyalty. After a ceremonial puja, the dogs, adorned with garlands, tilak or gular are fed scrumptious food.



During the Zhongyuan or Hungry Ghost Festival, the Chinese lay out tables laden with food outside their homes for wandering spirits and they also burn special paper money for their deceased ancestors to use in the afterlife!

On Shrove Tuesday, ladies of Olney town in England compete in the Pancake Race. Dressed as traditional housewives, they run a distance of 380 metres with a frying pan, flipping pancakes!



An exciting UFO Festival takes place every year in July at Roswell, New Mexico, known as the UFO capital of the world, where the costume contests for humans and pets steal the show.





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Cradle of Humankind

Located in the Horn of Africa, Ethiopia is the most populous landlocked country in the world. It is known as the cradle of mankind because the oldest complete human fossil nicknamed 'Lucy' was found in the Afar Depression here in 1974.

Addis Ababa

Established as the capital in 1886 by Emperor Menelik II, Addis Ababa is Africa's fourth-largest city. It is renowned for its museums and the local market called Merkato is a tourist draw.

A reconstructed model of Lucy's fossil remains.

Ethnological Museum

Set within Haile Selassie's former palace and surrounded by the beautiful gardens and fountains of the University, is one of the finest museums in the continent.

A flight of stairs built by the Italians is located near the palace's main entrance. Each step represents one year of Mussolini's reign (starting from his march to Rome in 1922).

Visitors can view the bedroom, bathroom and luxurious changing room of Emperor Haile Selassie, complete with a bullet hole in the mirror put there during the 1960 coup d'état.

Magnificent Churches

Commissioned by Emperor Menelik II to commemorate his stunning 1896 victory over the Italians in Adwa, the St. George Cathedral is dedicated to Ethiopia's patron saint.

Fact File

Capital: Addis Ababa
Population: 132 million
Currency: Birr
Main language: Amharic

The Holy Trinity Cathedral, also in Addis, is Ethiopia's second-most important place of worship after St. Mary of Zion in Aksum.

The museum in the cathedral grounds contains Africa's best collection of Christian religious paraphernalia.

Emperor Haile Selassie and his wife are interred in huge granite tombs inside the cathedral.

The town of Lalibela is situated high in the Lasta Mountains of central Ethiopia and is named after the king who ruled it in the early 13th century. He was responsible for building the 11 marvellous churches.

Gondar

The churches are hewn out of single blocks of stone.

Bet Medhani Alem with its five aisles is believed to be the largest monolithic church in the world.

Solomon's Descendant

The oldest sovereign African nation, Ethiopia had a continuous monarchy for 2000 years till 1974, when its last king Haile Selassie was overthrown in a military coup led by the Marxist Lt Col Mengistu Haile Mariam.

Emperor Haile Selassie was believed to be a direct descendant of the Biblical King Solomon and the Queen of Sheba. He was baptised Ras Tafari Makonnen and ascended the throne of Ethiopia in 1928, at the age of 38. He was the supreme ruler for the next 44 years.

Gondar

Often termed 'Africa's Camelot' for its profusion of turreted castles, Gondar, a city to the north of Tana Lake, was once the capital of the Ethiopian empire ruled by the Solomonid kings.

A 70,000 sq.-m compound called the Royal Enclosure contains the numerous castles and palaces.

Harar

Harar in northern Ethiopia is situated on a hill. It is a walled city with 368 alleys, 110 mosques and 102 other shrines contained within just one square kilometre!

For centuries, Harar has been a bustling centre of commerce because of its nearness to the coast.

The Feres Magala square showcases the historic Great Five Gates of Harar. Other notable buildings are the Medhane Alem Cathedral, Haile Selassie's residence and French poet Arthur Rimbaud's house.

A popular tourist attraction is the feeding of spotted hyenas at night just outside the city walls. The practice originated in the 19th century when starving hyenas attacked the livestock during a famine. To placate them, the hyenas were fed meat. Two sets of 'hyena men' hand feed the pack and tourists can also do so for a payment!



Ethiopian wolf

Wild Ethiopia

Simien Mountains National Park

The Simien Mountain range is a massive table of rock that is almost 4500 m high and scored with deep gullies. The mountains are home to huge groups of gelada monkeys as well as the magnificent but endangered walla or Abyssinian ibex.

Electrifying Experience

When Emperor Menelik II heard about the electric chair as a method of executing criminals, he ordered three from the US, thinking they would run on batteries! Ethiopia did not have electricity. So rather than waste them, the emperor used one of the chairs as his throne.

Danakil Depression

The desolate Danakil Depression has an astonishing 25 per cent of Africa's active volcanoes. It lies 100 metres and more below sea level and is one of the hottest and most inhospitable places on Earth.

Bale Mountains

The Bale Mountains National Park has rolling misty moorlands, alpine lakes and gushing streams. The Ethiopian wolf, the world's rarest canine, can be seen here.

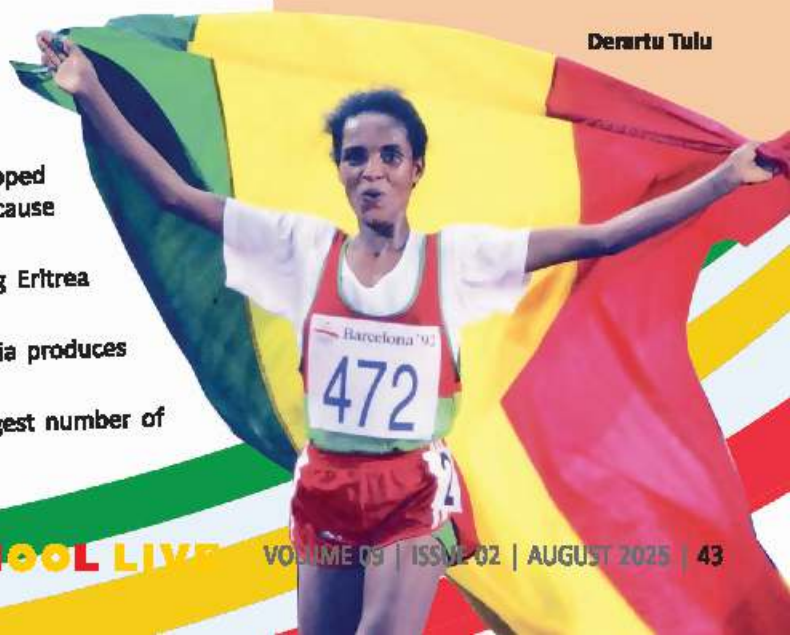
Athletic Glory

Ethiopia has produced some of the world's greatest long-distance runners, both men and women. Abebe Bikila was the first black African to win an Olympic gold in 1960. All the champions hail from the mountainous north, where training in the thin air builds endurance. A long line of athletes followed Bikila to glory, including Haile Gebrselassie, Miruts Yifter, Kenenisa Bekele, Tirunesh Dibaba and Almaz Ayana. Derartu Tulu became the first black African woman to win a gold at the 1992 Olympics.

Derartu Tulu

Did You Know?

- ◆ Ethiopia, unlike the rest of Africa (barring Liberia), was never colonized, apart from a five-year occupation by Italian dictator Benito Mussolini's forces.
- ◆ It was the second country in the world after Armenia to adopt Christianity as its religion.
- ◆ The country is one of the poorest in Africa and the least developed in the world. Millions have died and still die of starvation because of drought and famine.
- ◆ Ethiopia fought a long and bloody war with neighbouring Eritrea which seceded in 1993 cutting off its access to the sea.
- ◆ The country gave coffee to the world but today even India produces more coffee than Ethiopia.
- ◆ Ethiopia and South Africa share the top spot for the largest number of UNESCO World Heritage sites in Africa.



The Missing Rupee

RAM and Shyam would go to the market every day to sell their guavas.

Ram would sell 30 guavas each day at the rate of 2 guavas for Re.1. He would make ₹15 at the end of the day.

Shyam would also sell 30 guavas but would give 3 guavas for ₹1. He would make ₹10 daily.

One day Shyam could not go to the market and asked Ram to sell his guavas for him. Ram took the 60 fruits and sold them all at the rate of 5 guavas for ₹2. He returned with ₹24 at the end of the day.

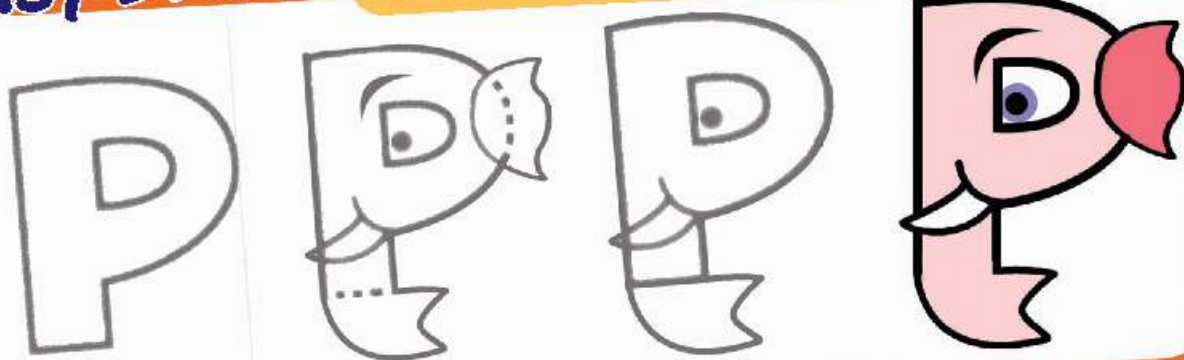
When they sell their guavas separately they make a total of ₹25. Why did Ram end up with 1 rupee less when he went alone?



Answer: Two of Ram's guavas together with three of Shyam's are indeed worth ₹2, but at the end of 10 such sales, Shyam's guavas were over and then Ram had to sell his remaining 10 guavas at the same price. Normally 5 of his guavas would cost ₹2.50 but now he was selling 5 for ₹2. So he lost ₹1 on the last ten guavas.

Easy Draw

Draw a Ganapati from the letter 'P'



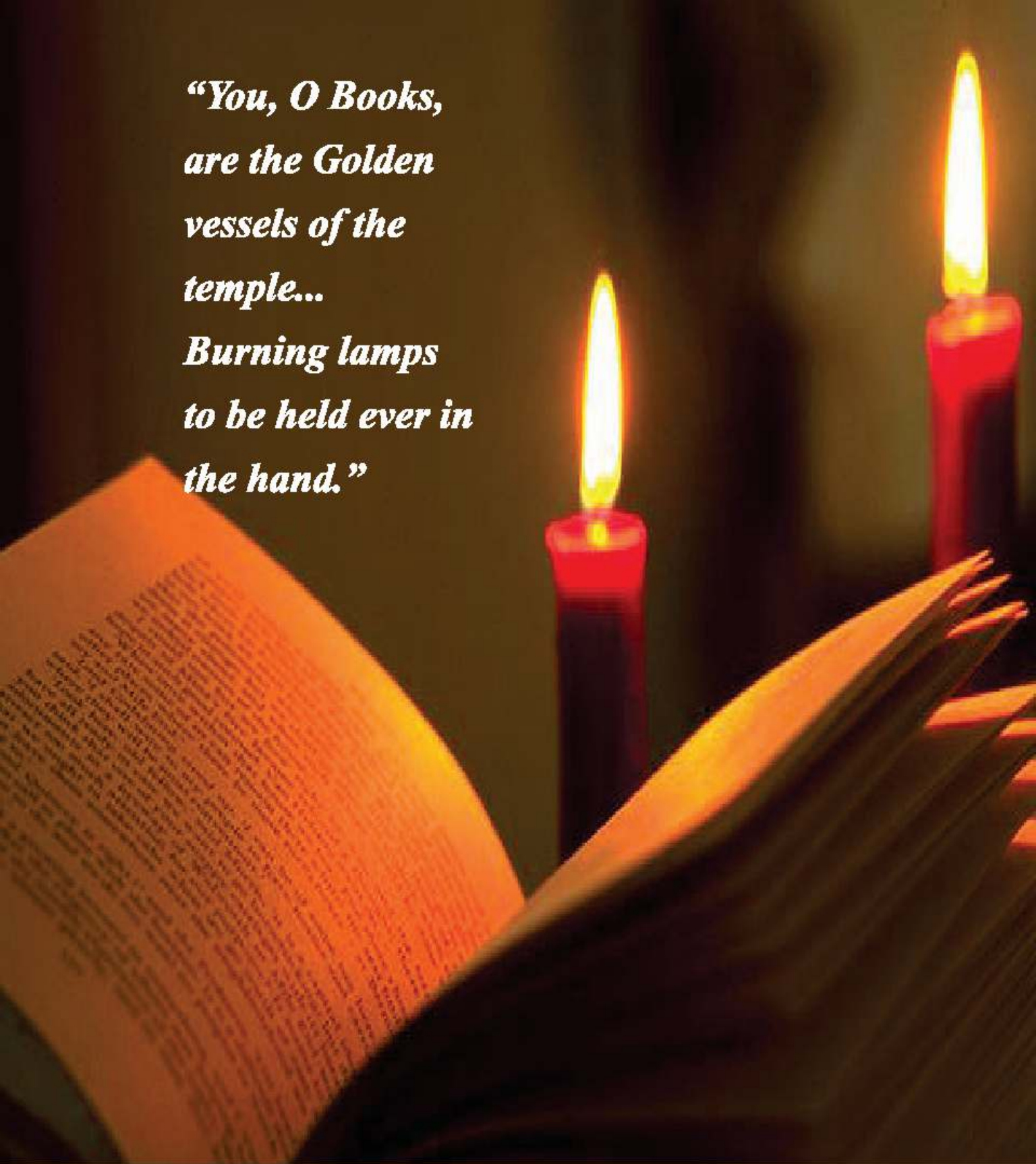
Sudoku

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

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.

ANSWER:

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



***“You, O Books,
are the Golden
vessels of the
temple...
Burning lamps
to be held ever in
the hand.”***



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Thinking Outside the Bin

Restaurants around the world are doing their bit to go zero waste...

EVERY YEAR, 1.3 billion tons of food valued at \$1 trillion, are lost or wasted globally, food that could provide nourishment to two billion people, food that uses substantial energy, water and land resources to reach our tables. Food waste is also responsible for around eight per cent of total greenhouse gas emissions.

Restaurants are responsible for around 12 per cent of this figure. This is usually from food spoilage, parts of vegetables, fruits and meat that are discarded as inedible while cooking, and food that is uneaten by customers. When one includes dry waste such as bulk packaging used to deliver and store provisions and drinks, disposable cutlery and single-use plastics, the total quantity of waste generated is huge.



Douglas McMaster,
head chef at Silo



For the last ten years, a number of restaurants around the world have tried to reduce both wet and dry waste.

A few advertise themselves as 'zero waste' or 'restaurants without bins'. Their cuisine claims to use every inch of the produce, whether plant or animal. The concept is termed 'root to shoot' and 'nose to tail'.

One of the first to go zero waste was Silo, a London fine dining eatery run by chef-owner Douglas McMaster. It was the brainchild of artist Joost Bakker who introduced the concept in Australia in 2011. Since then, Douglas has developed and refined the concept to almost a fine art.

How do zero waste restaurants minimize their carbon footprint?

Produce is bought locally and directly from farmers and is packed and delivered in reusable, returnable containers.



The restaurants churn butter, mill flour and brew beverages on the premises. Vegetable and fruit trimmings and peels, cheese rinds and other leavings are fermented and turned into flavourful seasonings. Coffee grounds from local coffee shops and veggie trimmings from other restaurants make their way into dumpling fillings, soups and to flavour ice cream!

Whatever little is left over despite these efforts, is composted in an onsite industrial composter. The compost is sold to their suppliers or as Nolla in Finland does, offered free to customers in a 'doggy bag'!

Most zero waste restaurants serve a set menu so that particular items that are ordered infrequently or not at all, don't sit in the refrigerator and spoil. Some have a software to keep track of what sells and what rots.

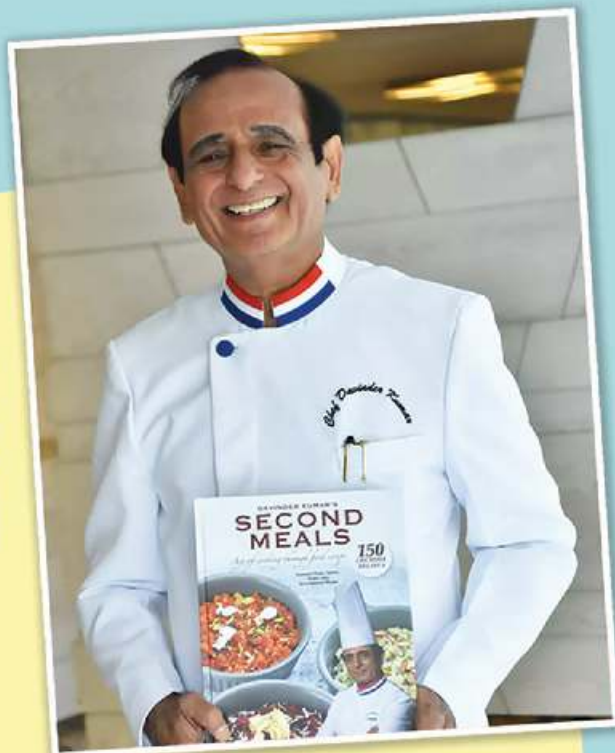
Even their decor and dinnerware is made of upcycled food packaging waste, dried seaweed and crushed wine bottles. The floor is compostable cork and the ceiling is sheep's wool! The bar stools and lampshades are made from mycelium threads got from mushrooms.

There's an economic upshot to waste-reduction as well. One study shows that restaurants save 600 rupees for every 85 rupees invested in anti-waste methods.

In India...

Many Indian chefs and restaurateurs are going the zero waste way.

Chef Radhika Khandelwal became eco-conscious in 2008, when she began weighing all the food waste generated in her restaurant Fig & Maple. Her dishes incorporate scraps—a slaw containing apple and cucumber peels, and a dish that uses root vegetable skins. Excess vegetable skins are frozen and fermented to make miso incorporating koji, a fungus.



Davinder Kumar

Vanshika Bhatia uses Instagram to showcase creative recipes like rind curry. She also gives tips on how to turn items like leftover rice into a dessert.

In Rahul Sharma's Araku Coffee, a café in Bengaluru, bread trimmings are repurposed to make chips. Tomato skins go into a tomato cake. Cake trimmings don a new avatar as chocolate crisps.

Davinder Kumar, Executive Chef at Le Meridien in New Delhi, has even published a book called *Second Meals*, with recipes that use vegetable and fruit scraps. He wants to change India's culture of big fat weddings and over-the-top buffets. He puts up seasonal menus, offers small plates and educates his staff about food wastage.



Radhika Khandelwal

LET'S FIND OUT



WHO WAS MAURICE SENDAK?

MAURICE SENDAK (1928–2012) was a famous children's book illustrator and author. His most-loved work is *Where the Wild Things Are*, often lauded as the best picture book of all time.

Sendak was born in New York to Jewish immigrant parents. He was a sickly child and had to spend most of his time in bed. His only diversion was reading and the books fired his imagination. He developed an interest in drawing after watching Walt Disney's *Fantasia* when he was 12.

His first published illustrations were for a textbook called *Atomics for the Millions* in 1947. Through the 1950s, he continued illustrating children's books written by other authors, including the renowned 'Little Bear' series by Else Holmelund Minarik.

Sendak's most famous book as both author and illustrator was *Where the Wild Things Are* (1963) in which a little boy

named Max is sent to bed without supper because he is naughty. He is so furious that his bedroom disappears and turns into a jungle. He gets into a boat and sails to the land of the wild things — huge creatures with claws, fangs and big scary eyes. But Max is unafraid and they accept him as the wildest of them all and crown him king. Max announces, 'Let the rumpus begin!', and they dance and run riot till Max misses home and wants to return.

Though psychologists condemned the book as traumatizing for young children, it became hugely popular and won many awards, including the Caldecott medal. It has sold more than 30 million copies and been translated into 40 languages. It was adapted into an opera in the 1980s and a movie in 2009.

Sendak wrote more than 50 children's books, including *In the Night Kitchen*, *Seven Little Monsters*, *Fantasy Sketches*, *Outside Over There* and *Bumble Ardy*.

WHAT IS MOSSAD?

IT is an Israeli intelligence agency responsible for that country's intelligence and counter-terrorism operations. Before Israel was formed in 1948, Mossad was responsible for bringing Jewish exiles to Palestine.

Mossad has carried out a number of high-profile operations to bring former Nazis and militant Arabs who have harmed Israeli nationals to justice. One of its best-known operations was the abduction of infamous Nazi war criminal Adolf Eichmann from a bus in Buenos Aires, Argentina, in 1960. Eichmann was tried for war crimes in an Israeli court and hanged in 1962.

Another notorious Mossad operation was 'Wrath of God' to avenge the massacre of 11 Israeli athletes during the 1972 Munich Olympics by the Palestinian group, Black September.

The operation eliminated the surviving kidnappers and those Palestinian Liberation Organization (PLO) members believed to have supported and financed the massacre.



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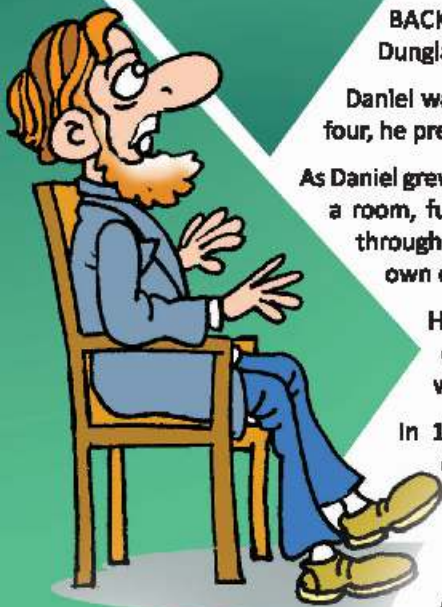
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Floating in the Air



BACK in the 19th century even the most incredulous found it hard to scoff at Daniel Dunglas Home's eerie 'talent'.

Daniel was born in 1833 in Scotland. His folks got their first shock when at the age of four, he predicted the death of a friend.

As Daniel grew older, the chilling coincidences became creepier. When the teenager entered a room, furniture would move around and inexplicable rapping sounds resounded through the house. Convinced their son was possessed, Daniel's folks left him to his own devices at the age of 18.

Home decided to hone this talent in America where he discovered he could control fire with his mind and levitate objects. He could also communicate with the dead and make uncanny predictions.

In 1879, William Crookes, who won the Nobel Prize for discovering cathode rays, put Home to the test. He placed a musical instrument in a cage and challenged Home to make it float. Needless to say it did, as did Home! The skeptical man of science became a firm believer.

After taking the US by storm, Home created a stir in Europe. At the feast of Napoleon III he made all the glasses jump up and down!

Over the years, countless scientists tried to expose Home as a hoax. None succeeded.

Daniel Dunglas Home retired at the age of 38 and led a luxurious life until 1886, when he passed away from tuberculosis.



PICK A LOCK OR TWO!

AMSTERDAM in Netherlands is home to one of the strangest clubs in the world. The club, TOOOOL (The Open Organisation Of Lockpickers) consists of a group of enthusiasts interested in lock picking. The club holds regular meetings where members exchange tips and practise lock picking. TOOOOL also organises the Dutch Open Lockpicking Championships, an annual international competition with categories like padlock, mechanical locks and freestyle where contestants confront the locks with any tools of their choice.

Lock picking, the art of opening a lock without damaging it or using a key, gained popularity as a sport in Netherlands and northern Germany during the last century. The trend, which grew out of computer hacking, was started by Steffen Wernery, a notorious hacker, who set up the Sports Enthusiasts of Lock Picking club in Hamburg, Germany in 1997. Today, TOOOOL boasts of over 100 members, two main chapters in Netherlands and branches in the USA and Germany.

At first, the Dutch police were very suspicious of this weird club which promoted what they deemed to be a 'criminal activity' but were later convinced it was harmless fun. Even so, policemen often attend TOOOOL meetings in disguise and members pledge that they will never misuse the skills learnt, for anti-social activities.

TOOOOL has worked with consumer groups to spread awareness about the flaws of so-called 'secure' locks. They have even assisted German authorities in a criminal case.



HADDIRAJ

The One Per Cent



Ashwin & Abhijeet



Roaring Cup

You need: A paper cup, scissors and a ball of sturdy but thin string.

Method:

- 1.** Cut a 35-cm-long piece of string and tie a large knot at one end.
- 2.** Turn the cup upside down and make a small hole in the centre of its bottom.
- 3.** Now turn the cup right side up.
- 4.** Run the unknotted end of the string through the inside of the cup till the knot catches in the hole.
- 5.** Now you have a long piece of string hanging down from the cup.
- 6.** Hold the string tightly and rub your thumbnail down the string while squeezing and pulling the string. You should hear a roaring sound!

Why?

The cup acts as a 'resonator', a cavity that amplifies and prolongs sound. The sound waves hit the cup walls and bounce back, combining to create a loud sound. The principle of resonance is used in musical instruments like the violin and sitar which have hollow 'sound boxes'.

Now try rubbing the string without the cup. Do you get the same sound? Why not?





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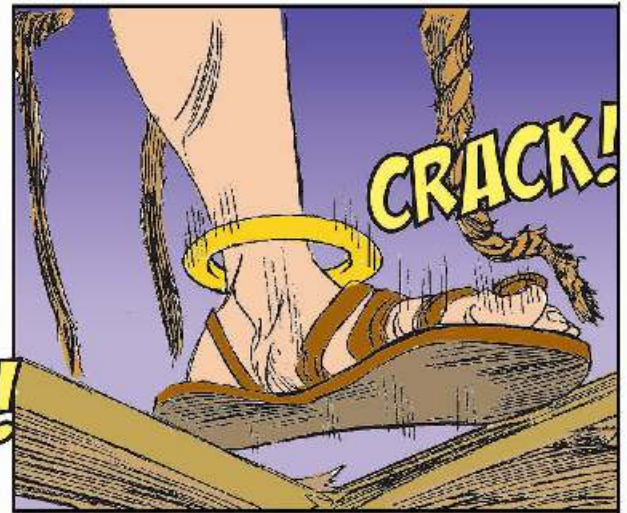
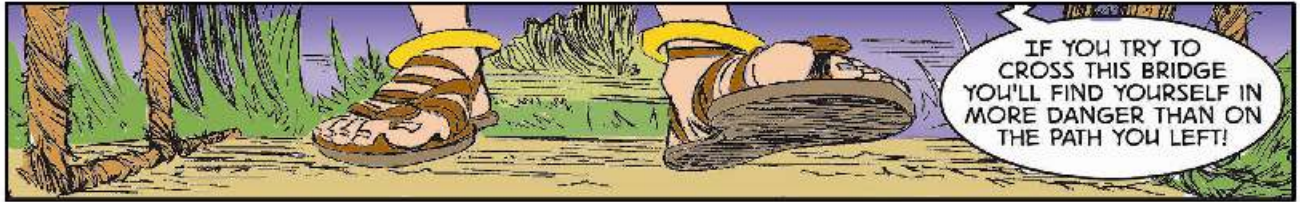
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BRIDGE OF REGRETS

Developed by Luis Fernandes Artwork: Durgesh Velhal Colour: Snehangshu Mazumder

STORY SO FAR: THE VETĀ ADVISES BHOOTNATH NOT TO TAKE A PARTICULAR PATH. SUSPICIOUS THAT IT IS A LIE, HE DECIDES TO STRIKE OUT ON A PATH OF HIS CHOOSING, A BRIDGE...



YOU'D BETTER LET ME GO! MY WEIGHT WILL ONLY MAKE MATTERS WORSE FOR YOU!



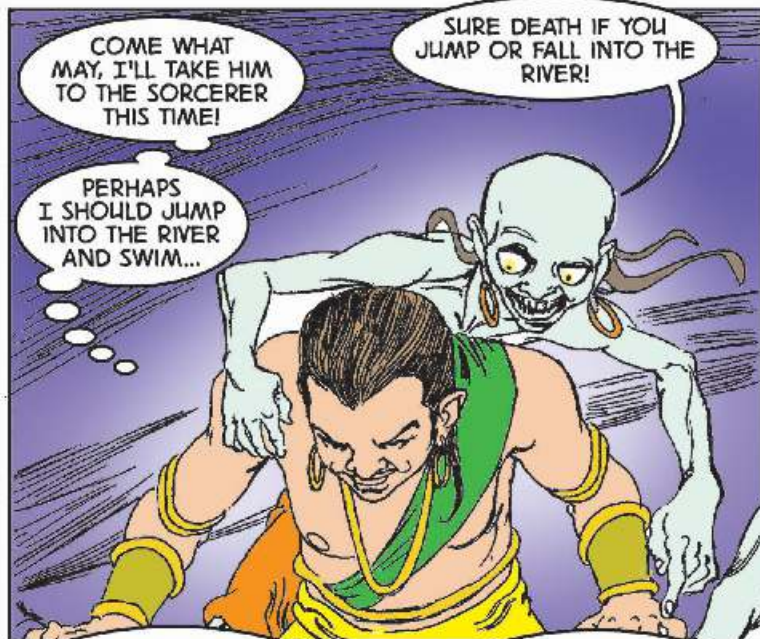
SO THAT'S HIS GAME! HE TRICKED ME INTO TAKING THIS PATH SO THAT I WOULD LAND UP ON THIS BRIDGE AND FIND HIS WEIGHT A HANDICAP!

IT'S TEEMING WITH CROCODILES!

COME WHAT MAY, I'LL TAKE HIM TO THE SORCERER THIS TIME!

SURE DEATH IF YOU JUMP OR FALL INTO THE RIVER!

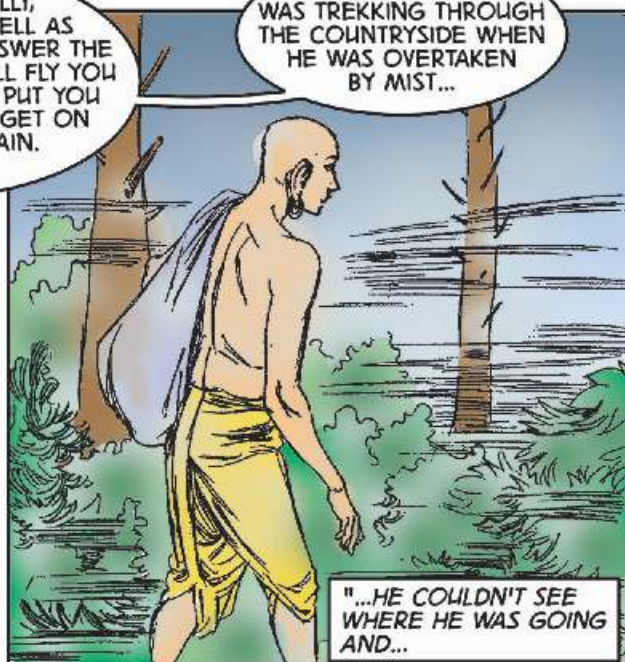
PERHAPS I SHOULD JUMP INTO THE RIVER AND SWIM...



YOU CAN'T GO FORWARD, YOU CAN'T GO BACK, YOU CAN'T JUMP INTO THE RIVER. YOU'RE TRAPPED MY FRIEND, TRAPPED! WELL, THIS IS A GOOD TIME TO TELL YOU A STORY!

LISTEN CAREFULLY, IT'S A STORY AS WELL AS A RIDDLE. IF YOU ANSWER THE RIDDLE CORRECTLY I'LL FLY YOU TO THE OTHER SIDE, PUT YOU DOWN SAFELY AND GET ON YOUR BACK AGAIN. PROMISE!

A YOUNG MAN WAS TREKKING THROUGH THE COUNTRYSIDE WHEN HE WAS OVERTAKEN BY MIST...



"...HE COULDN'T SEE WHERE HE WAS GOING AND..."

TO BE CONTINUED

The Crowned Apple

The wonder fruit filled with ruby-red seeds bursting with health and life...

PAEANS have been written about the wonders of the pomegranate. Its plain leathery exterior contains nutrient-rich globules.

Ancient Fruit

The pomegranate is mentioned in ancient texts like the Torah, Quran and Homer's poems. It is believed to have been originally grown in Persia and the Himalayas. For millennia, it has been cultivated in Egypt, West Asia, Pakistan, India, Southeast Asia and the Mediterranean region.

The ornamental pomegranate tree grows to a height of about 6–10 metres. Its bright red flowers light up the tree that is grown not only as a fruit crop but also as a decorative plant in parks and gardens. An incredibly hardy plant, it is drought tolerant and grows well in regions with cool winters and hot summers.

Unlike mangoes, pomegranates cannot be ripened after being plucked from the tree. Once plucked, they can be stored for a long time, so it is easy to ship them to distant lands.

Symbolic Value

Various ancient cultures prized the pomegranate as a symbol of fertility

and prosperity. The fruit has been immortalised in art, literature and mythology. In Greek mythology, Persephone was tricked into marrying Hades, the god of the Underworld, when she ate six pomegranate seeds. The fruit was highly regarded by ancient Jews and was depicted on old Jewish coins. Jews consider it auspicious to eat pomegranates on Rosh Hashanah, the Jewish New Year. In Armenia, the fruit plays an integral role in many bridal customs — the couple drink pomegranate wine on the wedding night. The pomegranate also figures in religious Christian art and heraldic crests of many European institutions.

Health Benefits

The pomegranate is a health freak's best friend. The fruit is widely regarded as a super food and its juice has been acknowledged as the best source of antioxidants. Loaded with vitamins and carbohydrates, it is a rich source of fibre.

Clinical trials have studied the effect of pomegranates in the treatment of various illnesses like prostate cancer, diabetes and heart disease, to name a few. Eating the fruit on a regular basis can reduce cholesterol and protect

from degenerative diseases like Alzheimer's and rheumatoid arthritis. Its antioxidants grant it powerful anti-aging and anti-inflammatory properties.

Myriad Uses



As a fruit, a pomegranate can be eaten as is or as a colourful sweet and sour addition to a healthy salad. It is a popular ingredient used in the cuisines of India, Pakistan and the Mediterranean countries. Ground pomegranate seeds spice up many of our biryanis and curries. It is also used to make dessert wine. Grenadine, a syrup added to cocktails, was originally a mixture of pomegranate juice, sugar, and water.

The pomegranate has also been long used in traditional medicine. Ayurvedic medicine recommends pomegranate extracts to treat stomach ailments like diarrhoea and dysentery. The pulp and peel of the fruit are abundant in natural tannins whose astringent properties are beneficial for health. Hence, pomegranate extracts are used in dietary supplements.

All parts of the tree, which are rich in tannins are used for curing leather. Pomegranate flowers yield dyes for textiles. Medieval peoples wrote using ink made from pomegranate peel, a practice still followed by artists who indulge in calligraphy as a hobby.

Did You Know?

- ◆ The military 'grenade' was named after the French term for the pomegranate.
- ◆ The fruit is the official symbol of the city of Granada in Spain.
- ◆ A pomegranate can contain 200 to 1400 seeds.
- ◆ The dwarf pomegranate is much sought after by bonsai lovers.
- ◆ Nar, "a sun-loving, playful pomegranate" was one of the official mascots of the first European Games held in Baku, Azerbaijan in June 2015.



MAGICAL CONE



You need:

Two sheets of poster paper one orange and the other green in colour, three sheets of plain white paper, scissors and glue.

Method:

1. Roll one sheet of plain paper measuring about 12 cm long, tightly to form a tube and stick the ends firmly.
2. Roll the second sheet of plain paper measuring about 10 cm loosely and stick the ends.
3. Now cut out a 10 cm x 10 cm square from the orange poster paper. Make small cuts all along one edge.
4. Wind the poster paper around the 12-cm-long tube leaving about 2 cm from the bottom as shown in the illustration. Stick the end firmly.
5. Cut out an 8 cm x 8 cm square from the green poster paper and make small cuts all along one edge. Wind it around the 10-cm-long tube from the bottom to the top of the tube.
6. Now slide the orange tube into the green tube till it is completely hidden from sight.
7. Wrap the whole contraption with the third sheet of plain paper in a loose cone, with only the end of the green tube sticking out.
8. Now with a dramatic flourish pull out the green tube from the bottom of the cone. Put it back inside the cone and then pull out the orange tube from the bottom to surprise your friends!



THE LIGHTER SIDE



Miss Chang was in a plane and enjoying the view outside the window when all of a sudden a parachutist appeared and said, "Care to join me?"

"No, thank you," replied Miss Chang. "I am very happy where I am."

"Well suit yourself," called back the parachutist, "I am the pilot."

* * * * *

Two donkeys are standing at a busy traffic intersection waiting to cross.

One asks the other, "So, shall we cross?"

The other shakes his head and points to the stripes.

"No way, look what happened to the zebra."



A doctor accidentally prescribed his patient a laxative instead of a cough syrup.

Three days later, the patient came for a check-up.



A woman caught her husband on the weighing scale, sucking in his stomach.



Vinod: Why did you leave your last job?

Narain: Something the boss said.

Vinod: Was he abusive?

Narain: Not exactly.

Vinod: What did he say then?

Narain: You are fired.



Sheena's old aunts would come up to her at weddings and ask her teasingly, "Well Sheena? Do you think you'll be next?"

They stopped once she started asking them the same question at funerals.



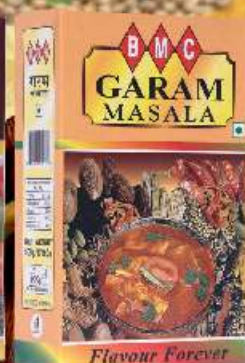
An Eskimo brings his friend to his home for a visit. When they arrive, his friend asks, puzzled, "So where's your igloo?"

The friend replies, "Oh no, I must've left the Iron on..."





*The Taste of
Tradition*



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