



# *DHL'S e-Horizon*

## **Volume- 4**



**Dr. Hedgewar Library**

Working Under-

**Dr. Hedgewar Pustakalaya Sah Sewa Samitee**

**Laxminagar, Bhachchi, Madhubani, Bihar - 847212.**



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## Message From The Editor's Desk

Namaskar,

**'Some ideas than can change our life'.**

This is my proud privilege to bring about the 4th issue of DHL's e-Horizon on the occasion of 27th Quiz contest of Dr. Hedgewar Library which is situated at Laxmi Nagar Bhachchhi near the city of Madhubani district in state of Bihar. Objective of publishing e-Horizon is to set the career of a person and improve the quality of his/ her life. I believe that when a person settles with a good job, his/her life is filled with happiness. We may say C3: CHAIR, CHARM & CHAMPION, so when a person gets the chair it results in several opportunities along with charm and they become a Champion in their own ways. For this we should have proper guidance and motivation for success. We try to provide such guidance and motivation so that they can become successful in his /her life. This issue of e-Horizon has focused on conceptual based thinking which will support to strong the subject for those who are preparing for the competitive exams and academic students for strengthening their basic concepts and understanding of respective subjects. We have also included positive articles and stories of their kind which would give confidence and guidance to lead a better life and it will also serve as a boon in this critical situation. Still students are not going freely to educational Institute specially in Higher education. So, e- Horizon will be very helpful for each and every person. We aim to create a good educational environment and provide facilities by Library and through publishing e-Horizon to the competitive students as well as academic scholar and we have succeeded very much in it. We also organise Quiz contest every year for primary to college students. It has become a tradition that the participants who secure first position in the college level quiz get a Government Job. Our library is now well-equipped with good infrastructure, good magazines, books. The members of the Library are also taking online classes and quizzes. Now, our plan is to digitalise the library.

Undoubtedly, it is the tireless effort of our writers, members of editorial board, and members of Library whose incessant guidelines and ethos of working together have carved the niche of success. I extend my heartiest thanks to Abhay ji and another senior members and Mentors of Library for their support and motivation. I specially thank the coordinators of e-magazine Ms. Pallavi Bhowmik and Designer Mr. Mihir Kumar Adak for their tireless efforts. I congratulate our expert writers who have done hard work for this e-Horizon. Last but not the least; we should make our career before guiding /helping the respective candidates/ students for making their career.

Finally, I would like to say; "Set a positive mind and with determination shine."

Pawan Kumar Ray

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# MESSAGE



Education Department  
Mizoram University

Ref No: .....

Date: 22<sup>nd</sup> December 2021

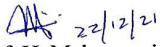
## Message

I am very glad to know about the initiative taken by Mr. Pawan Kumar Ray, Research Scholar Mizoram University and Asst. Professor, Harkamaya College of Education, Gangtok, Sikkim for publishing DHL's e- Horizon. He established Dr. Hedgewar Library in 1991 at a remote village in Bhachchhi, Madhubani of Bihar and published DHL's e- Magazine from 2020 (in the midst of Pandemi) which will help students become successful in academic and competitive examinations through e-learning.

Previously 3 volumes of this e- magazine were published and the first publication was launched last year in 2020 on the occasion of Teachers' Day. A variety of topics and areas were covered in the previous volumes, it can be said that the e- magazine has become a very important resource for those who are preparing for various academic and competitive examinations.

I extend my hearty Congratulations to the editorial team, writers and also the entire team of this DHL's e- Horizon for its success.

With kind regards

 22/12/21  
Prof. H. Malaswami  
HOD Education department  
Mizoram University



I am extremely glad that the DHL is going to publish its 3rd issue of e-magazine named 'DHL's e- Horizon' under the stewardship of Mr. Pawan Kumar Ray, Assistant Professor, Harkamaya College of Education, Gangtok, Sikkim. The DHL is not only a library but also a multipurpose institute catering to the needs of students from Primary to Ph.D Scholars in various capacities.

I am pleased to be associated with this institution since last 5 years. My best wishes and congratulations to the founder and president and the dedicated library committee of the DHL on this special occasion.

Dr.Kishore Kumar Biswal  
Principal, Saltora Netaji Centenary College,  
Saltora, Bankura, West Bengal



It is a great pleasure for me to express my deep sense of gratitude to esteemed editor Mr. Pawan Kumar Ray Assistant Professor Harkamaya College of Education, Gangtok, Sikkim for this edition of e-magazine which will play an important role in favour of academic and competitive students and will appreciate, encourage, empower and motivate students to do their best.

Dr.Binay Kumar  
Principal, Harkamaya College of Education  
Gangtok Sikkim



My heartiest Congrats to the editorial team for a wonderful imaginative idea during the pandemic. It was a thrilling experience to me when I read the pages of this e-magazine. All of the articles were worth my time. The selection of topic speaks a lot about the creativity of the e-magazine and its writer. The editorial was excellent, motivating and it would have a positive impact on the readers.

In the global pandemic to come up with creative and quench the learner's quest is really praiseworthy. Last but not the least I appreciate and thank you to think in such a holistic perspective for the betterment of the lower strata of our society.

Mr. Sunil Kumar Das  
Sr. Teacher (Maths) Cum Master Trainer  
Dr G L Dutta Dav Public School Kankarbagh, Patna



I am deeply happy to be given this opportunity to pen something about this beautiful piece of creation. This platform has really given so many students and stalwarts a like chance, to express themselves in front of a large audience. It contains so much useful content for everyone and can keep the reader hooked for long. It provides a ready reckoner to the academia about the level of intellect of the contributors to the e-magazine. In my opinion, this e-magazine should be an indispensable collector's item. It is a good initiative and I thank everyone for churning out this e-magazine year in and year out. A big salute to Team DHL!

Mr. Ashish Chandra, Trainee in Administration,  
Aryabhata Ashram New Delhi



It's a good initiative for all of us that Quiz competition held every year in our village especially in Dr. Hedgewar library. It's gives us so much knowledge in single day that I can't express in words. I participate in the Quiz competition every year. This e-magazine guided me to take a good step towards success.

Mr. Bipul Kumar  
B.Sc chemistry  
Competitive examinee  
Bhachhi, Madhubani, Bihar



## Details of Library & It's Achievement

Established: 2nd June 1991.

Founder : Mr. Pawan Kumar Ray.

Trust: Dr. Hedgewar Pustkalaya Sah Sewa Samitee.

Registration No.: T-7978/2016

Website: [www.drhedgewarlibrary.com](http://www.drhedgewarlibrary.com)

Email: [dhl2june1991@gmail.com](mailto:dhl2june1991@gmail.com)

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### Features:

Dedicated members are always ready to help the needy whether it is of educational nature or an economical support. Always ready to reach the helping hands who are interested in helping the mankind.

### Work field:

- (i) Organizing a Mega quiz-Contest every year on 31st of December for updating of Knowledge and organising the Competition on Foundation day i.e 2nd June for the development of different skills of students.
- (ii) Educational assistance is given to the student who topped the Matriculation and Intermediate examination previous years.
- (iii) Monetary assistance to one student who is unable to meet the expense of his/her study
- (iv) Organizing some National festivals throughout the years for awareness amongst the new generation.
- (v) Run the competitive coaching centre by founder and members of library to provide better facilities to students. Free education to those who cannot afford.

### Achievement:

- (i) Registration of Library in NITI Aayog in the year 2020 with Unique Id: BR/2020/0260018.
- (ii) Thousands of people succeeded in competitive exams and got Government Job, and working all over India even abroad by the virtue of Library.

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**You may send Competitive Articles/ Social Articles and Feedback / Suggestion.**

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## Ambedkar , A True Social Reformer

**B**hart Ratna Dr. Bhimrao Ramji Ambedkar was born in a Marathi lower class family (treated as untouchable at that time) on 14th April 1891. He was an eminent Indian jurist, economist, politician, social reformer, educationist, and the architect of the Constitution of India.

### As an Educationist:

Dr. Ambedkar was not satisfied by the culture of education system prevalent those days. He was in favour of mass education because at that time the lower classes (shudras/dalits) and women were debarred by the education system. There was no equality and freedom to have education. Due to lack of education, Dalits' became mentally slave, morally degraded, culturally handicapped, economically weaken and socially backward and there was no social status and dignity. The valiant efforts of Ambedkar's guru, Mahatma Jotirao Phule, bore fruit and for the first time the schools for the education of women and the untouchables were established in India. It was Ambedkar, who told the idea of free and compulsory education first time so that the poor citizens, the dalits, get education as they did not had money to pay for it. In constitution he prescribed many articles regarding education viz. Article 28, 29, 30, 45, 46, 350.

### As a Democrat:

Commenting on the Democracy, Dr. Ambedkar said, "There is one thing which I feel is extremely necessary within the working of democracy and it's the name of democracy there must be no tyranny of the bulk over the minority. The minority should feel safe that although the bulk is carrying on the government, the morality isn't being hurt, or the minority isn't being hit below the belt." He further stated that, "Democracy isn't a sort of government, but a sort of social organization." Dr. Ambedkar always had the socialistic approach which is clearly visible in his statements about democracy. He believed that, Democracy is essential in imparting social justice. Regarding society, Ambedkar said that it should be based on liberty, equality and fraternity. He held that democracy was not only a form of government but a system in which all the citizens participate in governance, after thinking through issues and discussing them with each other. Re-

spect for one's fellow beings is the basis of democracy. He laid down certain conditions in this regard. They're as follows;

1. There shouldn't be glaring inequalities in society, that is, privilege for one class;
2. The existence of an opposition;
3. Equality in law and administration;
4. Observance of constitutional morality;
5. No tyranny of the majority;
6. Moral order of society: and
7. Public conscience.

### As a Messiah for the Downtrodden

In 1932, British announced the formation of a separate electorate for "Depressed Classes" within the Communal Award. Gandhi fiercely opposed a separate electorate for untouchables, saying he feared that such an appointment would divide the Hindu community. Gandhi protested by fasting while imprisoned within the Yerwada Central Jail of Poona. The agreement gave reserved seats for the depressed classes within the Provisional legislatures, within the overall electorate. In the Poona Pact, a unified electorate was in theory formed, but primary and secondary elections allowed Untouchables in practice to settle on their own candidates.

On his return to India in 1923, he founded, Bahishkrit Hitakarini Sabha with a main object of spreading education and improving the economic conditions of the oppressed classes. With a slogan of Educate-Agitate-Organized the social movement led by Dr. Ambedkar aimed toward annihilation of the caste and therefore the reconstruction of the Indian society on the idea of equality of citizenry.

In 1927 he led the march at Mahad, Maharashtra to determine the rights of the untouchables to require water from the general public Chawdar Lake. This marked the start of anti-caste and anti-priest movement. The temple entry movement launched by B.R. Ambedkar in 1930 at the Kalaram temple is another landmark within the struggle of human rights, political and social justice.

One of the greatest contributions of Dr. Ambedkar was in respect of fundamental rights and directive principles of state policy enshrined in the constitution of India. The fundamental rights provide for freedom, equality and

abolition of untouchability and remedies to ensure the evolution of rights. The directive principles mentioned fair distribution of wealth and better living conditions for all.

It was he, who forsook his high pedestal, lying down to their level, gives them a helping hand and raised them to human stature. For Indians, Ambedkar is not any more a historical personality named Bhimrao Ramji Ambedkar. He is already metamorphosed into a symbol—a symbol for their collective aspiration and an icon for the thesis of their emancipation. Human history is replete with such icons; rather it's largely made from them.

- Article 14 declares that the equality before law and the equal protection of laws shall be available to all.
- No discrimination against any citizen on the grounds of sex (Article 15)
- State can make any special provisions for women & children. (Art. 15(3))
- Article 15(4) : Compensatory discrimination for the SC/ST
- Article 15 No discrimination on grounds of religion, race, caste, sex or place of birth or any of them.
- Article 15 (5): This clause was added in 93rd amendment in 2005 and allows the state to make special provisions for backward classes or SCs or STs for admissions in private educational institutions, aided or unaided.
- Article 16 Equality of opportunity in public employment.
- Article 16(4): This clause allows the state to reserve vacancies in public service for any backward classes of the state that are not adequately represented in the public services.
- Article 16 (4A): this enables the state to implement reservation within the matter of promotion for SCs and STs.
- Article 16(4B): This allows the state to consider unfilled vacancies reserved for backward classes as a separate class of vacancies not subject to a limit of 50% reservation. Constitutional protection to the Marginalized/Vulnerable groups
- Article 17: This abolishes untouchability and its practice in any form. (The protection of Civil

Rights Act, 1955, The SC/STs (prevention of atrocities Act, 1989.

- Article 29 & 30 guarantees cultural and educational all rights.

### **As an Anti Casteism:**

Ambedkar was a victim of the age old caste system in our country. He said the caste system was not a division of labour but a division of labourers. It was a layered system, in which the labourers were placed one above the other. This division of labourers was based on birth. It gave no weight to aptitude and competence. Many people thus were caught up in doing things they did not like. The caste system thus was injurious from the economic point of view.

He wrote, "The effect of caste on the ethics of the Hindus is simply deplorable. Caste has killed public spirit. Caste has made public opinion impossible. A Hindu's loyalty is restricted only to his caste."

### **As a Strong Advocate of Gender Equality:**

Dr. Ambedkar fought tirelessly for the economic and social liberation of women. The all round development of women was his top most agenda and he left no stone unturned in achieving this goal. As the Chairman of the Drafting Committee of Constitution, Ambedkar tried an adequate inclusion of women's rights in the political vocabulary and constitution of India. Dr. Ambedkar, a social visionary aptly provided appropriate rights to women in the Constitution through several articles and at a later stage, many more were included. He was the first Indian who made a constitutional framework to secure the women's right. Ambedkar was strongly opposing the gender inequality in our society. He was aware of the miserable conditions of women. He believed that women are the worst sufferers of the oppressive, caste-based, and rigid hierarchical social system. He worked to ensure that women were also protected under labour laws. He was instrumental in reducing the number of working hours and improving the working conditions. In 1928, as a member of the Legislative Council of Bombay, he supported a Bill granting paid maternity leave for women working in factories.





Pawan Kumar Ray  
Assistant Professor  
Harkamaya College of Education  
Gangtok, Sikkim

## Mathematics with fun and pleasure

Most of cases we heard when child wanted to ask questions to parents may you help me solve problem in Maths, they reply “You may ask questions in any subject except in Maths”. Not only children but Parents also suffer from Mathematics phobia (Numerophobia). Problem starts with home only and slowly-slowly it becomes big problem in the community of students. According to me the parents take mathematics as a horror movie. If they would realize the utility of Mathematics in each step of our life and they would encourage their kids so that even they can utilize Mathematics and not take it as a burden. It is a general perception that Mathematics is based on formulae only but reality is that if children may understand the concept, they may solve the problem sum of mathematics and create the formulae themselves. So, no need to learn the formula of mathematics rather understand the clear concept of any topic of mathematics and solve the questions logically and technically. Parents need to cooperate with their kids according to their capability and choose the perfect mathematics teacher for helping the children.

Mathematics is science as well as arts. It exercises our mind and develops logical thinking and reasoning. Application of mathematics becomes more useful when we apply it in day-to-day life and specially in home environment. So, role of parents is very important in encouraging their kids to learn mathematics with fun and pleasure. This will happen only if we have essential competencies and motivation to do so. Someone pronounces MATHS like this “**Meri Atma tujhhe har pal satati hai**”. It is negative thinking and attitude. If we change our thinking positive way we may say “**Meri Atma tujhhe har pal Sarahati hai**”. Here Sarahati means in the sense of motivation. We may say better way **Maths is Mental art of techniques with high Strength**. So, we should encourage our children in such a way they may develop ideas in respect to mathematic and get interest in this subject. Motivation plays a Vitol role to develop interest amongst students. It is like “**TONIC**”. This fear of Mathematics makes it difficult for them to make Mathematics learning enjoyable. We have to make learning Mathematics an interesting task despite the constraints of time and resources. We should solve the problems in Mathematics by doing various activities with the help of Maths and make

our life easier. So, interest can be developed amongst students. We should do mathematical sum with fun and pleasure and enjoy it.

### I want to present beautiful example to understand the concept easily.

When we are going to teach student to learn Profit and Loss. We may ask the child to go to the shop and buy a pen, now we may ask him/her “how much cost of pen have you given to the shopkeeper” Child might reply that he/ she gave 20 rupees. He/she decorated the pen. When the child went to school his friend said, “Wow! That’s a beautiful pen you got there consider giving it to me?” The child replied to his/her friend “Ok but you have to pay me 25 rupees”. His/her friend agrees and gives money of 25 rupees. In this case we may ask to the child “See how much extra money you have got, first you bought the pen with 20 rupees only which was the cost price and now you have sold it to your friend for 25 rupees which is the selling price, now you have extra 5 rupees, that is the profit. This way the concept of profit will be clear rather than learning the formula Profit = Selling price – cost price. Similarly, we may explain about the Loss concept.

Some funny and interesting questions:

1. If it took 10 labours 20 hours to build a wall, how long would it take for 5 labours to build it?

**Ans: No Time It is already built.**

2. Some boys were playing. Two boys were in front of one boy; One boy behind another boy; One boy in the middle. How many boys participated in the game?

**Ans: 3**

3. What shape will you obtain, if you rotate circle along a diameter?

**Ans: Sphere.**

4. When we write from 1 to 100 how many times do, we write the digit 9? Ans: 20

5. How to write or arrange digit ‘9’, by using any mathematical operations so that the result is 1,00,000 ?

**Ans:  $99999 + 99 \div 99$**





Dr. Manorath Dahal  
Assistant Professor  
SCERT, Sikkim

## Language Influences Personality; Evolution of Language

According to my view, “your personality changes when you change language.” How language play an important role in individuals life. It is the source for impression to each other. Multilingualism in language makes the individual’s personality is another dimension to present before others. For example a Nepali native speaker when starts speaking Bengali that becomes a surprising effect to that community how an individual influences other community. Therefore, in Indian context one must be multilingual because that provides ample opportunity to understand others mind. Suppose a Russian native speaker come to India and started speaking Hindi, Maithili and other languages that impression goes to other parts of the world how an individual practices by loving other different languages. Certainly, language influences personality because the way who speaks the languages.

Here I quote from Sanskrit: **सा विद्या या विमुक्तये** which means in Hindi is **विद्या वही जो बंधनों से मुक्त करे** | “Sa Vidya Ya Vimuktaye” Meaning in Hindi. **जो भगवान के शुद्ध ज्ञान में शांत रहना सीखता है, मिले हुए सामर्थ्य का सदुपयोग करता है उसके जीवन में शक्तियाँ आती हैं और निर्भयता आती हैं।**

How education in languages played an important role for livelihood. Like that language is also a type of culture which moulds the people from one dimension to another. Another component of multilingual mounting research points to change of personality.

An interesting concept has been explored about multilingualism and personality in an article published in The Economist. It questions whether a speaker’s personality can change when their spoken language changes. Being able to speak another language is generally linked to a more flexible brain. Many issues are considered. For example, being able to speak another language is linked to a more flexible brain. This, coupled with cultural influences amongst languages, may have an impact.

For example, some multilingual reported a difference in speaking style. These differences ranged from the level of perceived rudeness to frequency of interrupting another speaker. Reasons cited for these characteristics included cultural differences in the acceptance of more rude language to the structural differences between the languages spoken. Word order may have an impact. If the meaning of the sentence is revealed earlier in one language, interrupting in that language may reduce the risk of misunderstanding the speaker if the significant word or words have already been uttered.

If anyone listen to BBC news and Voice of America that makes a difference in pronouncing skills but as we speak Indian English that also makes difference. That means re-

gionalism in India made our language region specific. For example, when Shiv Khera speaks we carefully listen to him because his speaking style motivate us to listen and learn something more.

Lack of subtlety and nuances when learning a new language: Different speaking styles may exist with little choice, especially as they are being learnt. Many language learners report that when learning a new language they often feel too blunt or direct, not because they wish to be so, but because they have not yet developed a sufficient vocabulary in which to be more nuanced.

Many new language learners report that they often feel too blunt or direct: Others report that they are still translating words in their head when speaking in their new language and may not have awareness or are forced to ignore subtleties in the other language. Now let us think about language and culture: The connections between language and culture are complex and no doubt have some influence on language and personality. Similarly, the link between language and culture are of the following opinions: Many multilingual are not necessarily multicultural. For example, a business professional may learn another language for work, but as an adult, they are much more likely to transfer their own culture into their new language or perhaps merge their new language skill into the corporate culture.

On the other hand, there are people who grew up in a truly multicultural environment, where their cultural reference points are likely to switch along with the shift of language. Similarly, someone who was born and raised in Gibraltar with one Spanish parent and one British parent, growing up bilingual, he explained a constant feeling of needing to either restrain or express him if he was speaking the language that did not match his emotional state at the time!

The link between language and culture bilingualism and personality: the level of fluency cannot be ignored. Finally, the level of linguistic and cultural fluency should not be ignored. Being able to speak a new language with all of the correct syntax and other formalities may still make the speaker sound like they have little personality when speaking it.

Transferring the personality of their mother tongue may sound confusing, especially if very different emotions are expected between the words and actions exhibited. Only when a speaker matches their linguistic personality with their new language are they likely to be

considered truly multilingual. This includes the use of slang, tone and matching body language. A whole thing is new to you, perhaps? Now the question comes in the mind how language evolves:

Luke Strongman (2017) stated that in the twenty-first century, there are between 6000 and 8000 different languages spoken in the world, all of which are in a continuous state of evolving, by inter-mixing or stagnating, growing or contracting. This occurs through changes in the population size of the people who use them, the frequency and form of their use in different media, through migration and through inter-mixing with other languages. As Stadler et al. argue, human languages are a 'culturally evolving trait' and when it occurs language change is both sporadic and robust (faithfully replicated) and the main established variants are replaced by new variants. Only about 200 of these disparate languages are in written as well as spoken form, and most, except the popular ones like Mandarin, Spanish, English, Hindi, Arabic, Portuguese, Bengali, Nepali and Russian, are in decline of use. But how did language itself evolve and come to be the most important innate tool possessed by people? The complex issue of language evolution continues to perplex because of its associations with culture, social behaviour and the development of the human mind.

Therefore, how language influences personality; evolution of language continues in the community from which different generation learn differently. That is how, how languages are important to play which influences personality. Sometimes language becomes the barrier for

some people but if you think of Chinese language which is speaking around the globe is more than world's 50% population. Their business is not hampered due to language but they established such an impression for growing their business. So I urge the learners make your language simple, understandable, meaningful and informative. You will also influence by your personality while using your language.

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[www.languagelearning.com](http://www.languagelearning.com) (Searched on 12th Dec. 2021).

[www.personalityeffect.com](http://www.personalityeffect.com) (Searched on 9th Dec. 2021)



Smruti Sneha Sahu



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## Can your brain take the test?

P,Q,R,S and T, five friends went to market and bought Five sets of mobile phones. Each and every person took one set. But they choose to use service networks of Airtel, Vodaphone, Idea or Reliance but not necessarily in the same order. They all went to a restaurant and took a five seat round table for dining. In the table they discussed about their mobile set which each of them has bought.

The mobile phone sets of each person had a unique quality. These qualities were 16 gb internal memory, micro sim, 4g network and 6gb RAM. Amongst P Q R S and T, two were enjoying services of Airtel and they were not seating next to each other in the dining table and the other two were enjoying 16 gb internal memory facilities are seating next to each other. The one who was enjoying 'micro sim' facility along with the 'Vodaphone' network in his mobile phone set is seating second to the right of the person who bought the phone Idea. Neither of P or R were enjoying Airtel network. The persons who use service network Airtel were not enjoying '16gb internal memory' facility in their mobile phone sets and they both are seating next to the person who don't uses 4g net. Q who has not using the network of reliance, was enjoying '16 gb internal memory' facility in his mobile phone set and is seating opposite to the one who uses 6 GB RAM. Neither P nor T was enjoying '16 gb internal memory' facility or '4g network' facility.

(Try to solve all the questions in 5 mins)

### Question: 1

Who among the following was using Vodaphone network?

- A. P
- B. Q
- C. R
- D. Can't say
- E. None of these

### Question: 2

Who among the following had 6 Gb RAM facility in his mobile phone set?

- A.P
- B.R
- C. Q
- D. Cant' Say
- E. None of these

### Question: 3

Which of the following is the pair of the persons who were enjoying network of Airtel?

- A. PT
- B. TS
- C. SQ
- D. Can't say
- E. None of these

### Question: 4

Who is seating in between R and T?

- A. S
- B. P
- C. Q
- D. Can't say
- E. None of these

### Question : 5

Who is seating second to the left of Q?

- A. E
- B. T
- C. S
- D. P
- E. None of these



In this segment, we are going to discuss about two great personalities of India who have earned all round accolades for their grit, perseverance and untiring effort to establish themselves as the role model for the younger generations. Their struggle in life and the effort to come out of it is inspirational story for all.



(1) The first story is about Patricia Narayan, a self made entrepreneur of Tamilnadu.

### **Patricia Narayan :- The success story of this incredible female entrepreneur**

Patricia Narayan is the Director of Sandheepa Chain of Restaurants and the winner of the FICCI Woman Entrepreneur Award in 2010. Her hard work, passion and, perseverance have helped her achieve success. After fighting against all odds, Patricia is a successful entrepreneur inspiring women from all around the world. Her success story will surely inspire women who want to fulfill their dreams. Back in the day, women were confined to their kitchens but now they are breaking barriers and striving for success in male-dominated fields. One great example is Patricia Narayan. Here's her success story.

### **The early life of Patricia Narayan:**

Patricia was born into a conservative Christian family from Nagercoil, Tamil Nadu. When she was 17, she married Narayan, a Hindu Brahmin boy, against the wishes of her family. After a few months, her husband turned out to be an abusive drug addict. He had no time for her or their children. After a year, she decided to leave her husband and divorce him. But she and her two children had nowhere to go. Thankfully, her father decided to forgive her and took them in. But, Patricia didn't want to become a burden for her parents. She wanted to become independent and move out as quickly as possible.

Patricia was always interested in cooking and

experimenting with food. Hence, she decided to turn her passion for cooking into a career. She wanted to do something to support herself and her two kids. She borrowed money from her mother and started making jams and pickles at home. In a day, all the things were sold out by her mother's colleagues. This gave Patricia a boost of confidence and hope. After going through so much, her life was finally getting better. She saved all of her earning to make more jams and pickles.

### **Steps towards success:**

To increase her sales and sell her food to a larger group, Patricia decided to take up a cart to one of Chennai's busiest public spots, Marina Beach. Two disabled persons were employed to help her in selling snacks, fresh juice, coffee, and tea. Her first-day sale was just a cup of coffee but she did not lose hope. The next day, her sales increased to Rs. 700. Later, she included ice creams, sandwiches, and French fries on her menu. From 1982 to 2003, she continued her business and earned enough money to support her family.

One day, The Chairman of the Slum Clearance Board was impressed by the quality of her food. He offered her a chance to run a canteen in his office. After that, she started opening more branches across all offices in Chennai. In 1998, she became a partner of the Sangeetha Restaurant group. However, in 2004, another tragedy struck her life when she lost her daughter and son-in-law in a road accident. It took her almost two years to get over the death of her daughter. In 2006, Patricia and her son started their first restaurant, Sandheepha, in loving memory of her daughter. Since then, she never looked back.

### **Lessons we can learn from Patricia's story**

Today, the Sandheepha Chain of Restaurants has 14 outlets with over 200 employees. Her story is truly inspirational to people all around the world who feel demotivated. She inspires us to be brave and to never let anyone or anything stop us from being successful. To become an entrepreneur you must be determined and ambitious. Just keep believing in yourself and move forward.

(2) This story is about Kalpana Saroj, a well decorated self made entrepreneur from Maharashtra.



Kalpana Saroj : - The success story of the original “Slumdog Millionaire”

Kalpana Saroj is an Indian entrepreneur and Chairperson of Kamani Tubes. Born in poverty and subjected to abuse while growing up, she overcame huge obstacles to become one of the most sought-after entrepreneurs in the country. Today, she had built a \$112 Million empire and is an inspiration to young female entrepreneurs throughout the world. Often, she is described as the original “Slumdog Millionaire”. Her path to success was definitely not an easy one. She has shown the world that if you believe in yourself, anything is possible.

### Early life of Kalpana Saroj

Kalpana was born to a Dalit family in Vidarbha, Maharashtra. Her father was a constable and her family lived in police quarters. She had three sisters and two brothers and as a Dalit girl, she faced a lot of discrimination. She was not allowed to participate in any extra-curricular activities at school. Additionally, the parents of other children would scold them for playing with her, visiting her house, and sharing food with her. She was a bright student and loved going to school. Being a Dalit, the teachers disapproved of her and often made her sit apart from the other students.

When she was just 12 years old, she got married. She shifted to Mumbai to live with her husband. In a household of ten people, she was responsible for all the cooking, cleaning, and laundry. Her in-laws did not treat her well and she was starved. They heaped emotional and physical abuses on Kalpana. When her father visited her after six months, he was horrified. He decided to take her back home. When Kalpana returned back home, the people in her village looked at her with disgust and taunted her. In the Dalit community, it was thought of as a sin if a married girl stayed with her parents.

### A second chance at life

Unable to bear the harsh comments of the people around, Kalpana drank three bottles of rat poison. Fortunately, her aunt saw her in time and Kalpana was rushed to the hospital. She managed to survive and regained consciousness. However, after the incident, Kalpana felt

strong, recharged, and empowered. God gave her a second chance at life and wasn't going to waste it on self-pity. She decided to go back to Mumbai and stay with her uncle. In Mumbai, she worked as an assistant tailor in a garment factory. Within a few months, she mastered the art of sewing and got attention of employer. Due to her hard work and sincerity she was promoted with a financial upgradation. After that, she rented a one-room flat and lived there with her family. Her life was just getting better when suddenly, a tragic incidence changed everything. Her younger sister passed away since she couldn't raise enough money for her treatment.

After her sister's death, she decided to not settle for an ordinary job and became an entrepreneur. She went through various government loan schemes and applied for a loan. With the money, she started a small furniture business and sold cheap versions of high-end furniture. Alongside her furniture business, she also continued tailoring. Kalpana worked for almost sixteen hours a day. She was determined to succeed, no matter what circumstances she faced.

### Steps towards success

Before becoming the owner of Kamani Tubes, Kalpana was caught in a real estate battle. For two years, she fought the legal battle and cleared the litigation issue of the land. One day, the workers of Kamani Tubes, a metal engineering company under massive debts, approached her to take charge and settle the debts. Kalpana Saroj bought the company and nursed it back to health in a daring revival scheme. As her first order of business, she created a core team of ten members and worked day and night to get the company in shape. Gradually, their efforts paid off and Kamani Tubes was profitable again.

### Lessons we can learn from Kalpana Saroj's story

From living in a slum to setting up an empire worth \$112 Million, Kalpana's story is truly inspirational. Kalpana Saroj says, “Ivy League degrees and fancy MBAs are not what make an entrepreneur. Grit, perseverance and a superhuman ability to have faith in you does.”

### Achievements

The Dalit; Gutsy; sometimes reckless; School dropout; Child bride; Slum dweller; Suicide survivor but a self made entrepreneur Kalpana Saroj received the prestigious Padma Shree award on 20th April 2013 for the exemplary performance in the field of Trade and Industries. She was appointed as member of the board of directors of Bhartiya Mahila Bank (BMB) by the Govt. of India. She

also served on the Board of Governors of Indian Institute of Management, Bangalore.

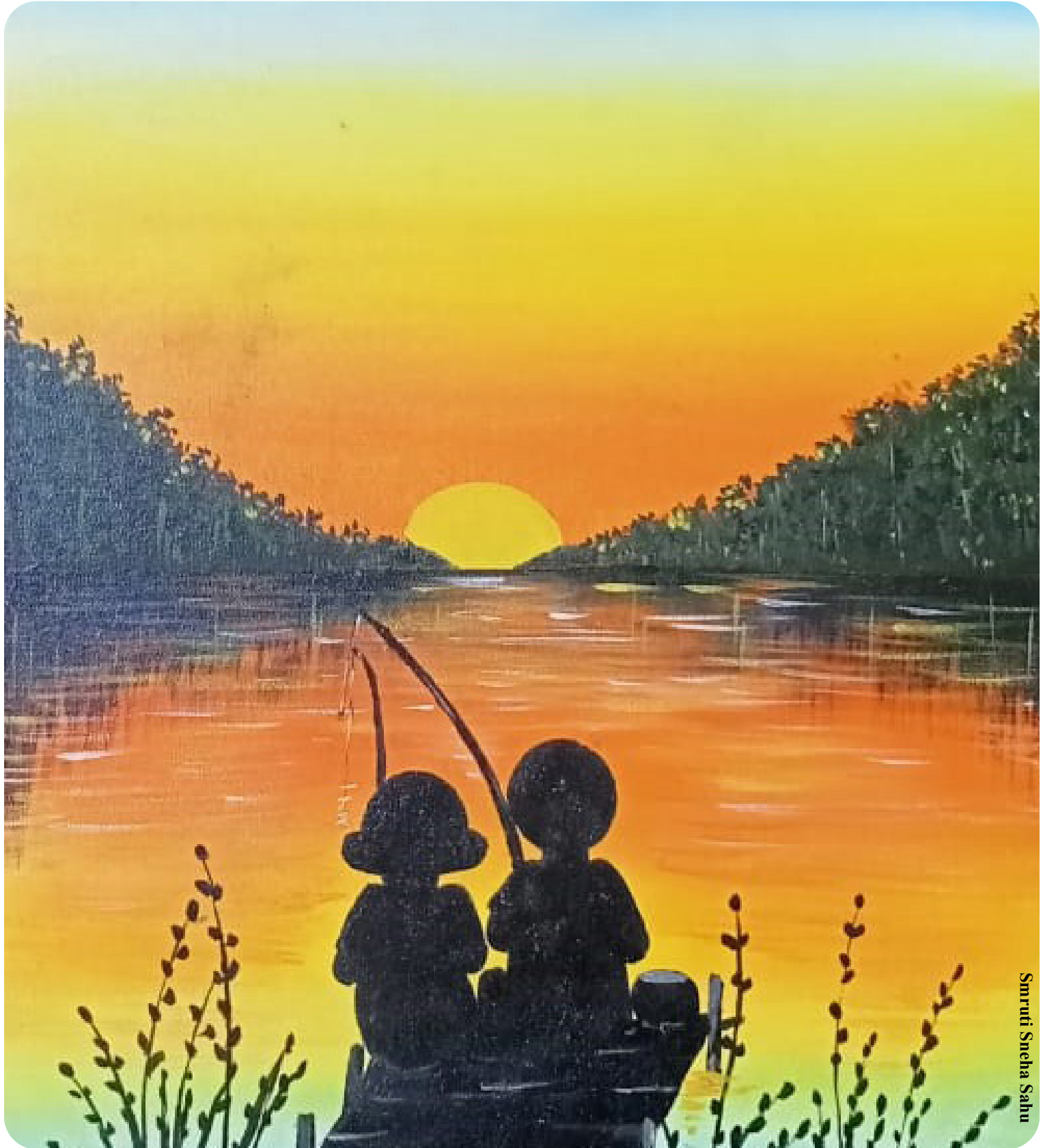
With these two stories we may imbibed that:

- (1) Never lose self-confidence.
- (2) Always remain loyal to what you know.
- (3) Struggle keeps you grounded to handle success, so, never complain when you are facing any struggle.
- (4) Never feel depressed about failure because nothing is permanent, not even success.

(5) Pain is inexorable and that's why you should just move on.

(6) Never compromise on quality.

(7) One doesn't need to be highly educated to be successful. One requires a dream, ambition, focus, perseverance, and skill.



Smruti Sneha Sahu



**Surjit Prasad**  
PGT, English  
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## Minimum resources Big achievement: Obliterate your obstacles and continue on your path

**R**esources play a vital role in our life to achieve anything big or small of our wish and desire. It supports us to become successful and to lead a satisfactory life. If we see around us in our society and neighbourhood there are many successful and unsuccessful people who has their own story of success and failure. There are some people who always blame resources or family condition for their failure and at the same time we see some people of same socio-economic condition achieve something remarkable. The successful people never bow their head in front of the problem rather they try their best to come out of it and develop opportunity for them. It is not only resources make us to achieve something we desire but also our indomitable spirit, determination and perseverance.

**‘Where there is a will, there is a way’.** There were many people who had major disabilities but owing to their determined attitude, they won over their disabilities and rose to great heights. Louis Braille is a living example to us who lost both eyes due to an early childhood accident but excelled in his education and discovered ‘Braille Script’ which enabled the blind people to read and write. Dr Suresh H. Advani struck by polio at the age of eight years, and become a famous Indian oncologist who pioneered Hematopoietic stem cell transplantation in India. He did not allow his disability to obstruct his professional life.

Abraham Lincoln was one of the great president of U.S.A who was living in a poverty stricken family. When Abraham was 9 years old he lost his mother, his father was a farmer who had no interest in his education. Abraham started working as a labourer to overcome his financial condition and to complete his education. If we see the life of our 2nd Prime minister of India Lal Baha-

dur Shastri we will come to know that how struggling and challenging life he had. He lost his father at the age of 2 years, the family was in extreme kind of poverty. He had to borrow textbooks from his friends and to reach school he had to cross Ganga river by swimming but did not allow is poverty to obstruct his path of success.

Every year on India’s Republic day Government of India announces Padma awards to recognise achievements of people in different activities and discipline involved public service. If we see the recent list of Padma Awardee like Tulsi Gowda of Karnataka, Smt. Rahebai Soma Popere of Maharastra, Harekala Hajabba of Mangalore, Sindhutai Sapkal(maai) we will come to know these people are poverty stricken and anyhow through daily wages they are fulfilling their needs but a indomitable spirit and determination of achieving something big made them to become successful and they served as a social worker and brought a ray of hope in the life of others. They proved nothing is impossible for a determined person.

It is very difficult to take all the names of the people who come out of minimum resources to achieve something very big but anybody who poses the 3-D concept in their mind i.e determination, dedication and devotion towards their goal can have a big achievements and success. We need to concentrate on our goal and be fully determined to achieve it. Strength did not come from physical capacity and resources availability. It actually comes from our handwork, indomitable will and determined approach.

**If the determination to succeed is strong, all obstacles and disabilities are eventually surmounted.**



Stand as a rock; you are  
indestructible. You are the Self  
(atman), the God of the universe.

*Swami Vivekananda*





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## GOVERNMENT EDUCATIONAL SCHEMES

**G**overnment Schemes in India are launched by the government to address the social and economic welfare of the citizens of this nation.

These schemes play a crucial role in solving many socio-economic problems that beset Indian society, and thus their awareness is a must for any concerned citizen.

On February 1, 2021, the Finance Minister of India released the Union Budget 2021-22 and made new announcements regarding the government schemes in India. In 2020, a relief package worth Rs 1.70 lakh crore was announced to tackle the financial difficulties which were faced due to the COVID-19 outbreak under the PM Garib Kalyan Yojana. This year, the government has announced the Aatmanirbhar package amounting to Rs. 27.1 lakh crores to deal with the impact of coronavirus.

### SOME GOVERNMENT SCHEMES

As per the above discussion the Government schemes are very much important. Let's know about some of the Government.

#### **Pradhan Mantri Jan Dhan Yojana:**

Pradhan Mantri Jan Dhan Yojana is a National Mission on Financial Inclusion that provides an integrated approach to bring about robust financial inclusion and ultimately provide banking services to all households in the country.

#### **Make in India:**

PM Narendra Modi launched the 'Make in India' campaign that will facilitate investment, foster innovation, enhance protection for intellectual property and build best in manufacturing infrastructure.

'Make in India' has identified 25 sectors in manufacturing, infrastructure and service activities and detailed information is being shared through interactive web-portal and professionally developed brochures.

#### **Swachh Bharat Mission:**

Swachh Bharat Mission was launched in the entire country as a national movement. The campaign aims to achieve the vision of a 'Clean India' by 2nd October 2019. The Swachh Bharat Abhiyan is the most significant campaign with regard to sanitation by the Government of India.

#### **Beti Bachao Beti Padhao:**

The goal of this scheme is to make girls socially and financially self-reliant through education.

#### **Atal Pension Yojna:**

Atal Pension Yojana is a pension scheme mainly aimed at providing a universal pension scheme for those

who are a part of the unorganized sector such as maids, gardeners, delivery boys, etc. This scheme replaced the previous Swavalamban Yojana which wasn't well-received by the people.

#### **Digital India Mission:**

The Digital India programme is a flagship programme of the Government of India with a vision to transform India into a digitally empowered society and knowledge economy.

#### **Pradhan Mantri Shram Yogi Maan-dhan:**

It is a voluntary and contributory pension scheme, under which the subscriber would receive the following benefits:

(i) **Minimum Assured Pension:** Each subscriber under the PM-SYM, shall receive a minimum assured pension of Rs 3000/- per month after attaining the age of 60 years.

(ii) **Family Pension:** During the receipt of a pension, if the subscriber dies, the spouse of the beneficiary shall be entitled to receive 50% of the pension received by the beneficiary as a family pension. Family pension is applicable only to a spouse.

(iii) If a beneficiary has given a regular contribution and died due to any cause (before age of 60 years), his/her spouse will be entitled to join and continue the scheme subsequently by payment of regular contribution or exit the scheme as per provisions of exit and withdrawal.

#### **Gold Monetisation Scheme:**

Gold Monetisation Scheme was launched by the Government of India in 2015, under this scheme one can deposit their gold in any form in a GMS account to earn interest as the price of the gold metal goes up.

**PM CARES Fund -Prime Minister's Citizen Assistance and Relief in Emergency Situation Fund:** This is a public charitable trust initiated by Prime Minister Narendra Modi. This national trust is created with the objective to meet the distressed and dreadful situations like COVID-19 in the times ahead. PM CARES was initiated on March 28, 2020, under the chairmanship of the Indian Prime Minister with the Ministry of Home Affairs, Defence Minister and Finance Minister as the ex-officio Trustee.

#### **Aarogya Setu:**

The Government of India took the initiative to fight the Coronavirus pandemic. It launched a mobile application to spread the awareness of COVID\_19 among the citizens of India through an app called Aarogya Setu. The Aarogya Setu mobile app has been developed by the National Informatics Centre (NIC) that comes under the Ministry of Electronics and Information Technology. For

detailed information, visit the link of Aarogya Setu given above.

**Ayushman Bharat:**

Launched in 2018 by Prime Minister Narendra Modi Ayushman Bharat is a health scheme. It is the largest government-funded healthcare programme in the world with over 50 crore beneficiaries. The Ayushman Bharat programme has two sub-missions PM-JAY & HWCs.

Pradhan Mantri Jan Arogya Yojana (PM-JAY), earlier known as the National Health Protection Scheme (NHPS) will cover the financial protection for availing healthcare services at the secondary and tertiary levels.

Health and Wellness Centres (HWCs) are aimed at improving access to cheap and quality healthcare services at the primary level. Read about Ayushman Bharat in detail in the link provided above.

**UMANG:**

Unified Mobile Application for New-age Governance is a mobile application launched by PM Narendra Modi to provide secured access to the citizens to multiple government services at one platform. UMANG is a key component of the Digital India initiative of the government that intends to make all traditional offline government services available 24 \* 7 online through a single unified app.

**PRASAD Scheme:**

Pilgrimage Rejuvenation and Spirituality Augmentation Drive. The Scheme is launched under the Ministry of tourism in the year 2015. The aim of the PRASAD Scheme is the integrated development of pilgrimage destinations in a prioritized, planned, and sustainable manner for providing a complete religious tourism experience. The focus of Pilgrimage Rejuvenation and Spirituality

Augmentation Drive- PRASAD is on the development and beautification of the identified pilgrimage destinations. Further details on PRASAD scheme is given in the related page link given above in the article.

**Atmanirbhar Bharat Abhiyan:**

The scheme (meaning self-reliant India scheme) is a name given to the full-fledged economic stimulus package announced by the Union Government. It has been launched with an aim to make people self-dependent and overcome the difficulties caused by the coronavirus pandemic.

**National Digital Health Mission:**

Launched on August 15, 2020, the mission aims to create an integrated healthcare system linking practitioners with patients digitally by giving them access to real-time health records.

**PM Atmanirbhar Swasth Bharat Yojana:**

The scheme is launched to develop capacities of primary, secondary, and tertiary health care systems, strengthen existing national institutions, and create new institutions, to cater to the detection and cure of new and emerging diseases.

**National Infrastructure Pipeline Project:**

It is a social and economic infrastructure project which was launched in 2019 in order to improve the overall quality of life for all citizens. The NIP will fulfil all the crucial factors that will help India in achieving its target of becoming a \$5 trillion economy by the financial year 2025.



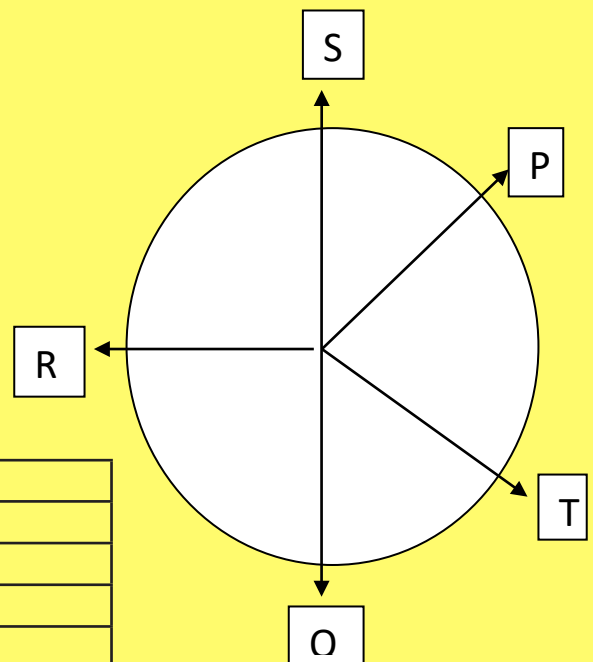
**Can your brain take the test?**

**The answer key:**

- Question 1  
Answer- (A) P
- Question 2  
Answer- (E) None of these
- Question 3  
Answer- (B) TS
- Question 4  
Answer- (C) Q
- Question 5  
Answer- (C) S

**EXPLANATION**

Friends	Mobile Service Network	Specific Facility
P	Vodafone	Micro Sim
Q	Idea	16 GB Internal Memory
R	Reliance	16 GB Internal Memory
S	Airtel	6 GB RAM
T	Airtel	4 G Net





Vandana Singh  
Teacher, DPS Darbhanga

## हमारी संस्कृति

हमारे समाज के अंतर्मन के गहराई तक व्याप्त गुणों के समग्र स्वरूप का नाम संस्कृति है, अर्थात् जो समाज को सोचने, विचारने तथा उत्तम कार्य शैली की प्रधानता को परिभाषित करता है। संस्कृति शब्द की उत्पत्ति क्री धातु से हुआ है अर्थात् करना इस धातु से तीन शब्द बनते हैं। प्रकृति, संस्कृति एवं विकृति। प्रकृति का मूल स्थिति संस्कृति को लाती है और जब यह बिगड़ जाती है तब विकृति कहलाती है। संस्कृति को अंग्रेजी में कल्चर कहते हैं, जो लैटिन भाषा के कल्ट या कलटस से लिया गया है जिसका अर्थ होता है जोतना विकसित करना तथा परिष्कृत करना, अर्थात् अंतिम उत्पाद के रूप में हमें साड़ी उपलब्धियों से परिपूर्ण करती है। संस्कृति का निर्माण की बात करें तो यह किसी खास व्यक्ति या समाज के पुरुषार्थ से संभव नहीं अपितु समाज के असंख्य ज्ञात एवं अज्ञात व्यक्तियों के सहयोग का परिणाम है। सभी व्यक्ति अपने समर्थ एवं योग्यता के अनुसार संस्कृति के निर्माण में सहयोग करते हैं अतः हम यह कह सकते हैं कि किसी देश की संस्कृति उसकी संपूर्ण मानसिक निधि को सूचित करती है। संस्कृति का शाब्दिक अर्थ होता है उत्तम या सुधरी हुई मनः स्थिति से है क्योंकि मनुष्य स्वभावतः प्रगतिशील प्राणी है। यह अपने बुद्धि के प्रयोग से अपने चारों ओर की प्राकृतिक परिस्थितियों को निरंतर उन्नति की ओर अग्रसर करती है।

संस्कृति हमारे जीवन को विशेष महत्व प्रदान करती है, लेकिन हम वर्तमान समय में पाश्चात्य सभ्यता संस्कृति को अपना अपनी मौलिक संस्कृति की धरोहर को भूलते जा रहे हैं वर्तमान समय में संस्कृति के बिगड़े रूप को देखकर हमारा अंतर्मन काफी व्यथित है क्योंकि हमारे समाज में अपनत्व की भावना प्यार एवं सहकार की भावना, सेवा एवं सहायता इत्यादि इन सभी की कमी इस तरह दिखते प्रतीत हो रहा है कि हमारा परिवार हमारा समाज और हमारा देश टूटते बिखरते नजर आ रहा है। आखिर हम कब तक शांत हो मौन बैठे रहेंगे। अपने अंतर्मन से पूछें एवं पुनः अपनी संस्कृति की ओर लौट चलें।

संस्कृति को पुनः स्थापित करने के लिए हमें पुनः समाज के सभी व्यक्तियों को जागृत होना होगा सभी वर्ग एवं समुदाय एवं सभी बुद्धिजीवियों से विनम्र निवेदन की दूसरे देश की संस्कृति ना अपना कर ,अपने भारत की संस्कृति को हमारे समाज में पुनः स्थापित करें।

भारतवासी' संस्कृति की ओर लौट चलो' के इस सद्वाक्य का मसाल लिए हम सभी भारतीय संस्कृति की रक्षा करें एवं भारत माता को संस्कृति रूपी आभूषण से पुनः सुसज्जित करें।



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## Educating Young Minds for Global Competencies

“In our interconnected world, we must learn to feel enlarged, not threatened, by difference -that is what I have argued.”

-Jonathan Sacks

India’s philosophy supports the notion of the world being one family as portrayed by the Vedic scriptures “Vasudhaiva Kutumbakam”. A country which has always produced aspirational, young and dynamic mind from the great Aryabhatta to Dr.APJ Abdul Kalam in the world history has yet to play a pivotal role in bringing today’s youth at par with the global competence level. In the last 70 years our country have transformed into one of the fastest growing economies with maximum world youth residing and learning here. As the world collectively enters into the third decade of the 21st century, it stands as witness to a dramatic shift in the education ecosystem as a whole. The 21st century education is an education that sets children up to succeed in a world where more than half of the jobs they’ll have over their careers don’t even exist yet. In short, it’s an education that provides students with the skills and competencies they need to thrive in the 21st century.

The interaction between technology and globalisation has created new challenges and new opportunities. Digitalisation is connecting people, cities, countries and continents in ways that vastly increase our individuality and collective potential. In such state of existence education will be a key to reconcile the needs and interests of people, communities and nations within an equitable framework based on open borders and a sustainable future, and it will be a means ensuring attainment of the sustainable development goals.

Global competence supports the Sustainable Development Goals (SDGs) both by providing the vision of education the SDGs advocate for, and by encouraging young people to act in the general interest of collective-wellbeing and sustainable development that the SDGs embody.

Global Competence is a multi-dimensional construct that requires a combination of knowledge, skills, attitudes and values successfully applied to global issues or intercultural situations. Global issues refer to those that affect all people, and have deep implications for current and future generations.

Educators and education systems worldwide are reassessing the knowledge, skills, and dispositions students need for success in today’s rapidly changing and

complex world. In a remarkable moment of global consensus, the member states of both the United Nations (UN), through its adoption of the Sustainable Development Goals (SDGs) in 2015, and the Organisation for Economic Co-operation and Development (OECD), through its Programme for International Student Assessment (PISA) in 2018, prioritized education for global citizenship and global competence.

Global Competence is the toolkit that a productive, involved citizenry uses to meet the problems and opportunities of the world. Global competence challenges students to investigate the world, consider a variety of perspectives, communicate ideas and take meaningful action. A globally focused approach engages students in their own learning and motivates them to strive for knowledge and understanding.

A new generation of students requires different skills from the generations that came before. The world is changing fast. The ability to thrive in this new and rapidly changing environment is grounded in a globally focused module.

Global competence integrates knowledge of the world and the skill of application with the disposition to think and behave productively. In addition to knowledge of the world, a globally competent citizen exhibits habits like critical thinking, rational optimism, innovation, empathy and awareness of the influences of culture on individual behaviour and world events.

Success in career and life will depend on global competence, because career and life will play out on the global stage. Alumni of the Indian Institute of Technology, Kanpur, Arvind Krishna has been with IBM for over two decades. Pichai Sundararajan, born in Madurai, TN an Indian American business executive, started his career with Google in 2004, and is now the CEO of Alphabet Inc. and its subsidiary Google. Once responsible for building and running Microsoft’s computing platform, Hyderabad-born Satya Nadella has been the CEO since 2014. Born in Hyderabad, Shantanu Narayen has been the CEO and Chairman of Adobe Inc. since 2007. Most recently Parag Agrawal who is presently an Indian-American technology executive has joined Twitter as a software engineer in 2011 and became the chief technology officer in 2017 is now being appointed as the chief executive officer (CEO) of Twitter since November 2021. There are many more such examples where we find Indian origin holding key position in the various fields. For decades now, Indians have been playing a focal role in the success of technol-

ogy powerhouses globally. Thus, we need more of such globally competent youth in today's world from our nation.

Today's youth should be prepared for global competence by broadening the range of knowledge, skills and practices.

The schools and education systems are most essential platform in fostering global knowledge, skills and attitudes among their students valuing openness to the world, providing a positive and inclusive learning environment, offering opportunities to relate to people from other cultures and their by allowing them to participate in various international competitive exams which enable them to measure their global competence.

Competitive exams of national and international level for school students sit at the core of the Indian educational system. These exams are the gateways to some of the best courses and institutes in the country and around the world. Following are the list of such exams which is held in India every year, to test the competence of the student in the specific subject areas.

1) NTSE (National Talent Search Exam) - A national-level examination cum scholarship program, the students who qualify for this two-tier exam receive cash scholarship for the complete academic year. (Sub- Science, Mathematics, Social Science, Mental Ability and General Awareness)

2) Indian National Olympiad (INO) (Sub: Physics, Chemistry, Biology, Astronomy and Junior Science)

3) GeoGenius- Geography Olympiad; to spark student interest in Geography and increase public awareness about it.

4) Silverzone Olympiads: Aims at promoting competitive awareness of academics in school children in India and abroad. These exams develop creative thinking and enhance problem-solving skills. (sub- Computer, Mathematics, Science and English Language)

5) Asset (Assessment of Scholastic Skills Through Educational Testing): A scientifically-designed, skill based assessment test, it breaks free from the concept of rote learning. (Sub- English, Mathematics and Science (Social Studies and Hindi- Optional)

6) Kishore Vigyan Pratsahan Yojana of KVPY: It is a national level competitive exam in Basic Sciences and conducted by the Department of Science and Technol-

ogy for students of classes XI and XII. The selected students become eligible for admission to the five-year integrated MS program at the Indian Institute for Science Education and Research.

7) International Olympiad of English Language (iOEL)- The International Olympiad of English Language is a test of competence and knowledge in the English Language, is held annually at the national and international levels. (Sub- English Language)

8) SKGKO – Smartkid General Knowledge Olympiad . (Sub- History, Geography, General Science, Current Affairs and Sports)

9) iSSO- International Social Studies Olympiad ( History, Geography and Civics)

Thousands of aspirants migrate to various parts of the world every year to complete their higher studies. Good performances in competitive 'study abroad' exams also help to win scholarships and other forms of financial aid. Some of the most popular and important international entrance exams include the SAT, MCAT, LSAT, GMAT, GRE, IELTS and the TOEFL. These are required for admission to universities and colleges in various countries across the globe. These competitive entrance exams are a standardised and reliable mode of evaluating the millions of applicants who aspire to achieve a higher dimension of education and growth in their life.

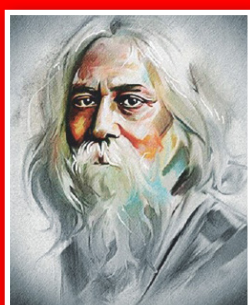
It is for the first time in independent India that a sincere and serious effort has been made to usher in far-reaching transformations in India's educational system.

This new National Education Policy (NEP), announced by the government, is geared towards preparing our students for meaningful and satisfying lives and responsible citizenship roles with a global outlook but rooted in Indian ethos.

India is poised to become a global education hub with the government introducing major policy changes. The global competence of our youths today may shape our future.

"If you want to be successful, don't seek success – seek competence, empowerment; do nothing short of the best that you can do."

- Jaggi Vasudev (Sadguru)



The highest education is that which does not merely give us information but makes our life in harmony with all existence.

--- Rabindranath Tagore



Shri. Shiv Narayan Ray  
Warrant Officer,  
Indian Air Force

## The biggest health risks and remedy

**G**raduating the high school and stepping into college is an exciting time for students. But as their world unfolds to new adventures and possibilities, so do many health risks surround them, from illness to unhealthy lifestyle habits.

Mental health takes a heavy toll in college, increasing the risk of anxiety and depression. With the pressure of exams, grades and financial aid requirements, students get a lot in their plate. Experiencing anxiety occasionally is a normal part of life. However, people with anxiety disorders frequently have intense, excessive and persistent worry and fear about everyday situations. Often, anxiety disorders involve repeated episodes of sudden feelings of intense anxiety and fear or terror that reach a peak within minutes

(panic attacks).

These feelings of anxiety and panic interfere with daily activities, are difficult to control, are out of proportion to the actual danger and can last a long time. One can avoid places or situations to prevent these feelings. Symptoms may start during childhood or the teen years and continue to aggravate in adulthood.

Jacobson's relaxation technique is a type of therapy that focuses on tightening and relaxing specific muscle groups in sequence. It's also known as progressive relaxation therapy. By concentrating on specific areas and tensing and then relaxing them, you tend to become more aware of your body and physical sensations.

### Whole-body technique:

Joy Rains is the author of *Meditation Illuminated: Simple Ways to Manage Your Busy Mind*. She recommends beginning the relaxation therapy with a breathing exercise and then moving from the feet up. She suggests the following exercises:

#### Feet

1. Bring your attention to your feet.
2. Point your feet downward, and curl your toes under.
3. Tighten your toe muscles gently, but don't strain.
4. Notice the tension for a few moments, then release, and notice the relaxation. Repeat.
5. Become aware of the difference between the muscles when they're tensed and when they're relaxed.
6. Continue to tense and relax the leg muscles from the foot to the abdominal area.

#### Abdomen

1. Gently tighten the muscles of your abdomen, but don't strain.

2. Notice the tension for a few moments. Then release, and notice the relaxation. Repeat.

3. Become aware of the difference between the tensed muscles and the relaxed muscles.

#### Shoulders and neck

1. Very gently shrug your shoulders straight up towards your ears. Don't strain.
2. Feel the tension for a few moments, release, and then feel the relaxation. Repeat.
3. Notice the difference between the tensed muscles and the relaxed muscles.
4. Focus on the neck muscles, first tensing and then relaxing until you feel total relaxation in this area.

### Localized technique

You can also apply relaxation therapy to specific parts of the body. Nicole Spruill, CCC-SLP, is a speech specialist. She uses Jacobson's relaxation technique to help professionals who sing or do a lot of public speaking prevent and recover from vocal cord strain.

Here is the three-step process Spruill recommends:

1. Close your hands tightly to feel the tension. Hold for 5 seconds, and slowly allow the fingers to release one by one until they're completely relaxed.
2. Press your lips tightly together and hold for 5 seconds, feeling the tension. Slowly release. The lips should be completely relaxed and barely touching after the release.
3. Finally, press your tongue against the roof of your mouth for 5 seconds, and notice the tension. Slowly relax the tongue until it's sitting on the floor of the mouth and your jaws are slightly unclenched.

### The takeaway

Progressive relaxation therapy is generally safe and doesn't require a professional's guidance. Sessions typically last no more than 20-30 minutes. Trusted Source, making it manageable for people with busy schedules. You can practice the techniques at home using the instructions from a book, website, or podcast. You can also buy an audio recording that takes you through the exercises. In today's world, owing to the recession the world is facing in every sector, depression and anxiety has become a very common term. We need alertness and stringent actions to support people going through this. It's time we stand hand in hand for a better, safer world for every living being.





Kuldip Sharma  
Lecturer  
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## Art and Crafts skill development – “Experiential learning incorporated from the idea of Nai Talim”

Art and Crafts skill development – “Experiential learning incorporated from the idea of Nai Talim”

Vocational Education is an important aspect of Education and rightly so has been a key feature of National Education Policy 2020. An opportunity of experiential learning for school children is the need of the hour and with the thrust of NEP and with the idea of Nai Talim, it is expected that there would be a paradigm shift in the teaching learning process in near future and would be inclined towards experiential learning.

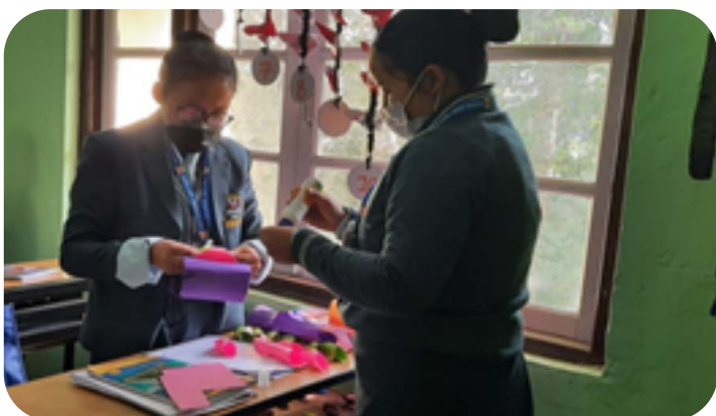
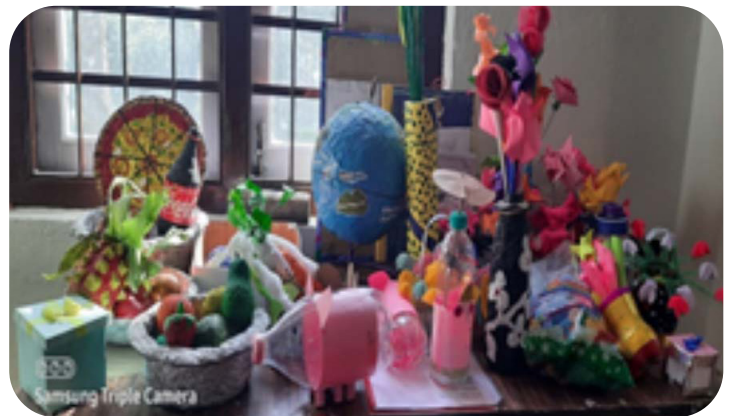
Work experience is a platform where the students demonstrate their vocational skills and also builds a relationship with others and nature. In the similar fashion, students get to know about visual and performing arts once they are exposed to Art education. It is believed that students learn faster when they are involved in activities, role play and learning by doing method.

Keeping in consideration the importance of art, crafts and experiential learning; District Institute of Education and Training in Sikkim educates Student-Trainees on it through two papers titled ‘Creative Drama, Fine Arts & Cultural Education I’ and ‘Creative Drama, Fine Arts & Cultural Education II’ in 1st and 3rd Semesters respectively during their two years course of ‘Diploma in Elementary Education’.

District Institute of Education and Training, Gyalshing West Sikkim gives enough exposure to its trainees when it comes to experiential learning and cultural education. DIET trainees get engaged in preparing various kinds of creative art and crafts.

DIET trainees also host annual cultural fest in the Institute. They come in traditional attire, showcase their traditional stalls and serve food items to the guests. Various artefacts, cultural practices of worshipping God are shown as well. It is through this event, the trainees get to know about traditional and religious practices of other communities.

As per the mandate of NEP 2020, the vocational education should be given prime importance in all schools so that our learners in school acquire all those vocational skills that are needed for a person to become self-reliant. Dignity of labour and decent economic growth should be instilled in our students from early years of their schooling.





Wasim Khan,  
B.Ed., M.A. History Teacher

## CURRENT AFFAIRS

प्रश्न 1 किस राज्य की सरकार ने सरकारी नौकरियों में भर्ती की प्रक्रिया में से साक्षात्कार ( Interview ) को हटा दिया है ?

उत्तर— आंध्र प्रदेश

प्रश्न 2 Policy maker's journal from New Delhi to Washington नामक पुस्तक किसने लिखी है ?

उत्तर— कौशिक बसु

प्रश्न 3 कहीं की सरकार ने हौसला (HAUSLA – Inspiring Her Growth) कार्यक्रम की शुरु किया है ?

उत्तर— जम्मू कश्मीर

नोट:— इसका उद्देश्य क्षेत्र की महिला उद्यमियों की क्षमता को बढ़ावा देना तथा उनके उत्पादों व सेवाओं तक व्यापक पहुँच बनाना है।

प्रश्न 4 देश का पहला एक्वेटिक किंगडम ( Aquatic kingdom) किस शहर के रेलवे स्टेशन पर खोला गया है ?

उत्तर— बेंगलुरु

नोट:— आत्मनिर्भर भारत के तहत ये तैयार किया गया है, इसका उद्देश्य रेलवे स्टेशन पर यात्रियों का मनोरंजन करना है।

प्रश्न 5 भारत के पहले स्वदेशी ड्रोन रक्षा गुंबद इद्रजाल का निर्माण किसने किया है ?

उत्तर— ग्रेने रोबोटिक्स (Greene Robotics)

नोट:— इसका निर्माण हवाई खतरों के खिलाफ 1000 – 2000 Km के क्षेत्र तक के लिए हैदराबाद स्थित (Greene Robotics) द्वारा किया गया है।

प्रश्न 6 कोंकण एक्सरसाइज भारत और किस देश की नौसेना के बीच आयोजित हुई है ?

उत्तर— ब्रिटेन

नोट:— भारतीय नौसेना और ब्रिटेन की रॉयल नेवी की नौसेनाओं के बीच सहयोग बढ़ाने के लिए 2004 से हर साल द्विपक्षीय नौसैनिक अभ्यास किया जा रहा है। ।

प्रश्न 7 इस्माइल साबरी याकूब (Ismail Sabri Yaakob) किस देश के नए प्रधानमंत्री बनें हैं ?

उत्तर— मलेशिया

नोट:— इन्होंने मुहिद्दीन यासीन का स्थान लिया है।

प्रश्न 8 भारत के पहले स्मॉग टॉवर को किस शहर में स्थापित किया गया है ?

उत्तर— नई दिल्ली

नोट:— हवा को शुद्ध करने के लिए Smog Tower दिल्ली लगाने वाला पहला राज्य बना।

प्रश्न 9 ग्लोबल क्रिप्टो एडॉप्शन इंडेक्स Global Crypto Adoption Index 2021 में कौन – सा देश पहले स्थान पर रहा है ?

उत्तर— वियतनाम

नोट:— क्रिप्टोकॉरेंसी को अपनाने में भारत दुनिया में इसी पायदान में है।

प्रश्न 10 टेलीविजन निगरानी एजेंसी (BARC) के नए CEO कौन बने हैं ?

उत्तर- नकुल चोपड़ा

नोट- BARC – Broadcast Audience Research Council

प्रश्न 11 टोक्यो पैरालंपिक में भारत ने कुल कितने पदक जीते हैं ?

उत्तर- 19 पदक

नोट- टोक्यो पैरालंपिक में भारत ने 5 स्वर्ण, 8 रजत, और 6 कांस्य पदक जीता है।

प्रश्न 12 एशियन जूनियर बॉक्सिंग चैंपियनशिपक 1 आयोजित किस देश में हुआ है ?

उत्तर- UAE

नोट- यह आयोजन संयुक्त अरब अमीरात के शहर दुबई में हुआ है।

प्रश्न 13 भारत का पहला E- Vehicle Friendly Highway कौन सा बना है ?

उत्तर- दिल्ली-चंडीगढ़ हाइवे

नोट- सौर ऊर्जा से चलने वाला ये चार्जिंग स्टेशन हर प्रकार के E- Vehicle को चार्ज कर सकता है।

प्रश्न 14 राष्ट्रीय वन्यजीव दिवस (National Wildlife Day) 2021 कब मनाया गया है ?

उत्तर- 4 सितंबर

नोट- इसे मनाने का उद्देश्य दुनियाभर में तेजी से विलुप्त हो रहे वनस्पतियों और जीव-जन्तुओं की सुरक्षा के लिए लोगों को जागरूक करना।

प्रश्न 15 मगरमच्छ की तीन प्रजातियाँ पाए जाने वाला देश का एक मात्र जिला कौन – सा बना है ?

उत्तर- केंद्रपाड़ा (उड़ीसा)

नोट- ओडिशा के केंद्रपाड़ा जिला में मगर, घड़ियाल, और खारापानी मगरमच्छ की तीन प्रजातियाँ पाई जाती हैं।

प्रश्न 16 IPL 2021 का खिताब किस टीम ने जीता है ?

उत्तर- चेन्नई सुपर किंग्स (CSK)

नोट-चेन्नई सुपर किंग्स ने आईपीएल 2021 के फाइनल में कोलकाता नाइट राइडर्स को 27 रन से हराकर IPL 2021 का खिताब जीता है।

प्रश्न 17 भारत का पहला वर्टिकल लिफ्ट रेलवे सी ब्रिज न्यू पंबन ब्रिज कहाँ बनाया जाएगा ?

उत्तर- तमिलनाडू

नोट- यह रेलवे सी ब्रिज तमिलनाडू के रामेश्वरम में बन रहा है। यह न्यू पंबन ब्रिज भारत का पहला ऐसा रेलवे ब्रिज है जो समुद्र के ऊपर वर्टिकल लिफ्ट के रूप में बनाया जा रहा है।

प्रश्न 18 प्रधानमंत्री नरेद्र मोदी के नए सलाहकार (Advisor) कौन बने हैं ?

उत्तर- अमित खरे

नोट- शिक्षा तथा सूचना एवं प्रसारण मंत्रालय के पूर्व सचिव अमित खरे को नया सलाहकार बनाया गया है।

प्रश्न 19 मेरा घर मेरा नाम योजना किस राज्य सरकार ने शुरू की है?

उत्तर- पंजाब

नोट- पंजाब के मुख्यमंत्री चरणजीत सिंह चन्नी ने मेरा घर मेरा नाम योजना का ऐलान किया है।

प्रश्न 20 आँगनवाड़ी ऑन व्हील्स (Anganwadi on Wheels) अभियान को किस राज्य/ UT सरकार ने शुरू किया है?

उत्तर- दिल्ली

नोट- इस योजना में दिल्ली में चलती फिरती आँगनवाड़ी बच्चों तक पहुँचकर उनकी पोषण और स्वास्थ्य संबंधी जरूरतों को पूरा करेगी।

प्रश्न 21 भारत के सर्वोच्च न्यायालय ने पेगासस जाँच के लिए किस विशेषज्ञ समिति को गठित किया ?

उत्तर- आर बी रवींद्रन समिति

नोट- इसकी अध्यक्षता सेवानियुक्त न्यायाधीश आर बी रवींद्रन करेंगे।

प्रश्न 22 जम्मू कश्मीर में "Apple Festival" का उद्घाटन किसने किया है ?

उत्तर- नरेंद्र सिंह तोमर

नोट- श्रीनगर में पहली बार सेब महोत्सव आयोजित किया गया। जम्मू कश्मीर देश के 87% सेब का उत्पादन करता है।

प्रश्न 23 किस केंद्रशासित प्रदेश में ओपन एयर फ्लोटिंग थियेटर का उद्घाटन किया गया ?

उत्तर- (a)जम्मू कश्मीर

नोट- ये दुनिया का पहला Open Air Floating Theater है।

प्रश्न 24 ऑक्सफोर्ड इंग्लिश डिक्शनरी का वर्ल्ड ऑफ द ईयर 2021 किसे चुने गया ?

उत्तर- Vax

नोट- (Vax) वैक्स लैटीन शब्द Vacca से लिया गया है, जिसका अर्थ टीकों के लिए एक संक्षिप्त रूप में।

प्रश्न 25 भारतीय टीम के नए मुख्य कोच कौन बने हैं ?

उत्तर- राहुल द्रविड (Rahul Dravid)

नोट- राहुल द्रविड ने रवि शास्त्री का स्थान लिया है।



Ram Kumar Singh  
Post Graduate  
Teacher, Kendriya Vidyalaya

## NEVER GIVE UP

*“Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time.”*  
- Thomas Edison

**T**he life is full of uncertainties and obstacles and also it is full of goals and responsibilities. Every day of life is outcome of past and base building for future. Success comes easily only some time with some lucky people but its rare. As we know tough people are tested by God in toughest way. There will be many instances where you will face failure but you need to understand its meaning. Failure is a temporary result not the end one. And our goal is to reach at the end output which must always be ‘Success’.

Mere speaking is not enough to believe what exactly I mean to convey among the young generation who are fighting every second to attain the stage of success. That’s why let’s have a look on few motivational stories which morale will be Never Give Up.

### • Dr. ABDUL KALAM

He hails from a poor family. In early childhood he distributed newspaper after school to financially contribute in his father’s income who was a boat owner. He always have average grades in school days. Once in his college, the Dean was dissatisfied with his progress and threatened to revoking his scholarship unless the project was completed within time limit. He worked hard and meet deadline. He joined Aeronautical Development Establishment of DRDO and rest is the history.

### • ARUNIMA SINHA

She is a former national volleyball player, boarded the Padmavati Express train at Lucknow for Delhi on 12th April 2011, to take an examination to join CISF. She was pushed out of a general coach of the train by the chain and bag snatcher. Even after having met with an accident, she become the first female amputee to have climbed Mount Kilimanjaro, Mount Vinson etc. Her never give up spirit and courage is truly what heroes are made of.

### • MANOJ BHARGAVA

Manoj Bhargava was a taxi driver at the age of 30. But now he is a billionaire entrepreneur and also founder of 5 Hour Energy.

### • ANG LEE, FILM DIRECTOR

Till 30 years he was a jobless person. He was married too. But currently he is the first Asian Director to win an Oscar, Golden Globe and BAFTA for Best Director to win both the Golden Bear and Golden Lion multiple times.

### • AMANCIO ORTEGA

He was a shirt shop helper till 30 Years of his age. But surprisingly he is now the fourth richest person in the world and founder of Zara.

### • RAY KROC

You will be shocked to know that till age of 52 years

he used to sold paper cups and milkshake mixers. Eventually became the founder of McDonald’s.

### • RAJNI KANTH

He was born as Shivaji Rao Gaikwad in an impoverished family. At the age of five he lost his mother and grew up with his four siblings. His father was a police constable. After completing his schooling he did many blue collar job including collie, carpenter and bus conductor. With the help of his friends financially he joined acting classes. During his course in acting , he was noticed by a Tamil Movie director K. Balchander and rest is the history we all know.

### • THOMAS ALVA EDISON

“ If you learn from your mistakes then you are intelligent. But if you learn from someone’s mistake you are a genius”.

Once his teacher gave a paper to him to give his mother. Her mother eyes were filled with tears as she read what the letter said about her son.

“Your son is Genius. This school is not the right place for him, and there are no teachers efficient to train him. So, please train him yourself.”

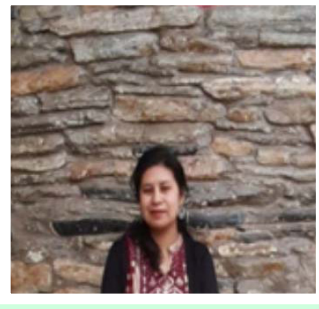
He was lasted for 3 months in school and this was turning point for him.

After many years when he become one of the greatest inventor of the century. One day he found that letter and it read, “The school cannot allow your son to attend classes here anymore because he is mentally impaired. He is expelled.”

There are numerous examples of successful person whose Never Give Up attitude boosted their hard work and turned into the Victory. By citing above few examples I just want to share to young aspirants that you should always be with Never Give Up attitude. Never waste your time in criticising others because in return you will get stress and negativity. Use Mobile, Laptop and Internet properly as per need; do not let yourself to be used by Technology. Make books and simple living person in top of your friend list. Manage your day with proper plan. Follow the personalities who has made an example by their own effort and created history. It’s not always that any sports men, actor or only politicians will be the ideal person, your Mother, Father, Brother, Friend and even your Teacher can be your Ideal to be followed. Always listened to your Guru, respect elders and remember it’s not luck its hard work with blessings which transforms your whole hearted effort into a grand success. No way is without obstacle and unless you faces obstacle you will not be able either to face future challenges or to enjoy your victory.

In my word, “If you are not facing any obstacle in your path to goal, you are moving in wrong direction.”





NAME : MINSANG TAMANG  
STUDENT(M.A)

## SNOWFLAKE

Now , that I know that the season is back  
I crave for your presence  
Thinking about the goody goody times you made me feel.  
You made me sense  
Lost in the aura you create.  
As light as a feather you drop from the high sky  
I long for your presence  
Beaming with joy and enthusiasm.  
You make me feel so elated.  
O!! snowflake , why are you so magical.  
You make me get lost in the depth of magic  
In the brink of second you make me forget the world.  
The peace that you bring in  
The love that you hold and bring along  
The heat that you bring along  
The pressure you build , in every nook and corner of my cells.  
What a marvellous thing to experience !!!

आशीष चंद्र , भच्छी, मधुबनी

दर्पण

छोड़कर वो अपना घरबार, करके बाधाओं को पार  
भगत सिंह था उसका नाम, बस देश को आने को काम  
दिया स्वार्थ का चोगा उतार ,लगा दी शहीदों की एक लम्बी कतार !!

ललकार उठाई करके सिंहनाद , आराम का किया परित्याग  
नये रूप से की शुरुआत, दुश्मनों को देकर आघात  
देशप्रेम से ऐसा किया लबरेज, आतंकित हो गये गोरे अंग्रेज !!

एक दीप मिटाये अंधेरा , एक किरण लाता है नया सवेरा  
गर दीप की किरण बचानी है , तो देनी सबको कुरबानी है  
ये आशा क्यों है उदास? , क्या हम हैं अपने पास?  
इस शहादत का क्या तरीका है? उनसे हमने क्या सीखा है?  
अचानक से जो मन बोले वो बात भी, , मन और बुद्धि साथ आये तभी,  
गर दिखता भी है तो कभी-कभी, लेकिन ये जीवन शैली क्यों हो?  
ये दो पल गर जीवन-सार बनें तो , हम सब भगत- सुभाष बने !!





Tribute to Ex.Chief of Defence Staff of the Indian Armed Forces  
(2019–2021)

16 March 1958 - 8 December 2021.

