

HOW TO PREPARE FOR EXAMS



Specific



Measurable



Attainable



Relevant



Time
Based

*There are no secrets to success. It is the result of preparation, hard work
learning from failure.*

-General Colin Powell

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**His Grace
Dr. Stephanos Mar Theodosius
of Blessed Memory**
(02-10-1924-05-11-2007)



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Printed at
Santhome Muscat Printers, Bhilai



((Courage+Desire)^{resolution}) x hardwork = (success)^{appreciation}

Fr. George C. Varghese

Dear friends,

Life is good when we realize it as a wholesome and winsome package. We the Darpan team wish our readers a happy and prosperous 2020' a year full of learning for young minds in India. The student community should be well prepared now for the future expectations which are hoped to be bountiful as assumed and celebrated. The thoughts of having multiple opportunities in the country. This year is more so important b'coz we're celebrating the 70th year of Republic India. With pride we stand for Justice Liberty Equality and Fraternity.

In this space, I will focus to give best advice through a great legendary personality. When Einstein was questioned by his teacher "How do you score extremely well in physics every time than all other subjects?" He replied that he loved physics and it was very interesting for him than any other subject. His love for physics and interest to learn brings out the world's famous equation 'E=mc².

So if you are saying no or rejecting every other opportunity that comes your way, then you must be in the pursuit of knowing your passion. The passion to win comes true when you start to love your journey with defined goals. You may ask "How to succeed in exams, How to achieve goals? It is easier said than done" Many people fail not because they don't have goals but they fear exams. Let me give you some tips for you to prepare for your exams. You are sitting in the exam hall, waiting to get your hands on that anticipated piece of paper. We're here to give you some help answering and writing exam questions that will show your knowledge to the person who reads your paper.

How to Answer Exam Questions Pay attention!

1. Practice past papers There really is no better way to get ready for exam than by attempting past papers. Most exam bodies should have past papers available. This process isn't just about preparing an answer for a specific question, it's about understanding how you approach a question in an exam, how to structure your answer, the timings you should assign and what information will get marks.

2. Read All Questions Carefully The stress of the situation can cause you to misread a question, plan your

answer out, start writing your response and then realize you made a mistake and wasted vital time. Even though you generally won't be writing answers to every question on the paper, reading all questions thoroughly will ensure you make the right choices and can highlight how much you know about the topic. Don't forget to attempt all questions that you have selected. However, be careful of MCQ questions with negative marking. If you're not sure of the answer you could cost yourself some valuable marks.

3. Manage Your Time It's where you need to be strict on yourself. Once you have assigned a time limit for each question, you must move on once you hit it or you won't be able to give the next question your full attention and time. Remember to leave yourself some time at the end to go back over your answers and add in little notes or pieces of information about the topic. You never know, this could help bump you up a grade!

4. Structure Your Answer Don't just jump into writing your answer. Take the first few minutes to plan the structure of your essay which will save you time when you are delving into meaty parts. Always stay on topic; don't digress and start outlining other themes in the book for example. Most essays should have an introduction, three main points and a conclusion. A lot of students see a conclusion as a final sentence to finish the piece off. A strong conclusion gives an 'A grade' student the chance to shine by bringing everything together and fortifying their opinion.

5. Review Your Answers Thoroughly Smart students can still make the mistake of handing their answer book in without checking through what they have written. Proofread your answers as much as you can to correct any spelling mistakes and add any extra comments you think are worth mentioning. You will be surprised what you can spot in those last few minutes. This is your last chance to throw in that quotation, list other relevant points or even draw a quick diagram. Now is not the time to drop your game, show the examiner what you're made of.

Remember, exams are not designed to trick you. Don't panic on the day of your exam or this could mean that you get a lower grade than that you truly deserve. Convince yourself that you know how to answer exam questions and you're almost there with a better grade.



By the Grace of God Almighty we stepped into a new year with high hopes and new aspirations. It's a common practice to make Resolutions at the beginning of every New Year. "I will get up early in the morning, I'll spend more time for studies..." etc. are some of the common and repeated new year resolutions taken by the students. Alas, most of such decisions fall into the deep sea on the next day or within a few days. But there are a few strong-hearted who stick on to their resolutions throughout the year. Dear children, if you haven't taken a New Year Resolution or if your resolution has failed, don't worry, take a new one. Find out at least one area in your life which needs improvement and decide to improve on that. A few sample resolutions are given here: 'I'll ask more questions, I'll make good friendships, I'll be honest always, I'll spend less time on Social Media, I'll find time to exercise and play games, I'll get up at (fix a time earlier than you do at present), I'll always obey and respect my parents, teachers and elders, I'll spend more quality time (specify the amount of time you plan to study daily) for study, I'll eat healthy food instead of junk food, I won't bully anyone, I won't body shame anyone,...'. Moreover resolve to be joyful always. Remember you can make resolutions any time and there is no need to wait for the next New Year. What matters is your resolve to make and stick to the right decisions.

January- for students-also reminds the imminent arrival of Annual Examination. For most of the students,

Fr. Dr. Joshi Varghese
(Diocesan Education Officer)

"Your success and happiness lies in you. Resolve to keep happy, and your joy and you shall form an invincible host against difficulties".

-Helen Keller

examination means a time of anxiety, fear and stress. The present edition of MGM Darpan is attempting to address this problem faced by the students. You can find helpful and interesting articles on how to deal with exam phobia (fear of examination) and how to excel in examination. All the Very Best For Your Examination!

About seven thousand students from our various Schools had enthusiastically participated in LOGOS Olympiad 2019. The Olympiad was conducted in three subjects, viz., English, Mathematics and General Knowledge for students of Class I to Class XII. It gave the students an opportunity to prepare and attempt a very competitive examination. It's a matter of pride that about two thousand students from our Schools bagged medals for School toppers and another two hundred bagged special prizes for securing top positions in the Group level (the photographs of toppers are included in this issue). Congratulations to all the winners and participants!!!



Teachers' Corner

HOW TO PREPARE FOR THE EXAMINATIONS

Dr. (Prof.) B. L. Handoo, Delhi
Educational Guru



The important lesson to remember when preparing for examinations is that they don't happen accidentally – they take place through a schedule known, by and large, months in advance. For the best results then, your preparation should also be planned and scheduled equally early. It can then be in small doses: Proven to be the most effective method of learning. Equally important, a longer term preparation enables you to build up confidence that you know the subject.

The last six to eight weeks before the exams is a time for intensive preparation. The Do's and Don'ts for the day (s) of the examination are a significant part of preparing for the exams.

Establish examination techniques to be able to do full justice to the many days of preparation you have put in.

HOW TO PREPARE FOR THE EXAMINATIONS

The important lesson to remember when preparing for examinations is that they don't happen accidentally – they take place through a schedule known, by and large, months in advance.

LONG-TERM PREPARATION

This should be the only phase where you attempt to “learn” or “revise”

To be able to do this, plan your time carefully

Time-table each day to cover several subjects

Explicitly identify your strong and weak areas

As in all other phases, work out your own mechanism for checking whether you are spending your time effectively

Take some practical decisions as you proceed with your long-term preparation

INTENSIVE PREPARATION

Examinations are an unnatural process. With very few exceptions, most examinations require you to memorize packets of knowledge and present them in an elegant form, through several pages of written material, within a limited time.

Choose your style of study

Don't discard your tested methods of study believing that there is a “proper” way.

Practice writing

During examinations, students are expected to write much more and much faster than they normally do.

Use methods to develop your memory

Since examinations require you to write from memory, students often devise their own techniques of strengthening their memory.

Don't bluff yourself

It is easy to follow the ritual of study without actually studying.

Choose someone to study with

Find a partner or a group of friends whom you can meet every few days.

Retain your normal bodily patterns

The great mistake many students make is to cut down on sleep. Most examinations last 2 or 3 weeks and you must

ensure that your body is able to withstand the stress.

Choose a proper diet

This is particularly important once the actual examination period begins. "Eat light but nourishing food" is the general message.

And finally, learn to relax

It is well known that it is impossible to sustain peak levels of concentration over long periods of time.

PREPARATION FOR EXAMINATION DAY

Examinations will continue for many days once they begin.

Don't Keep your examination schedule a secret

Inform your family of your schedule.

Avoid straining your eyes the day before the exams

You will probably not be able to stop preparing,

Avoid the temptation to buy new instruments

Many students believe that they are showing respect to an examination by buying new pens, new geometry boxes etc.

Get your sleep

More marks are lost by not being able to put down what is known, to the best of your ability,

Eat before the examination

Many tense students try to skip food.

Get to the examination centre early

It is terrifying to be caught in a jam with a few minutes to spare before an exam.

Go to the exam centre with someone else

In case something unexpected should happen to you,

Cool off before the exams

Let your mind free-wheel. Don't panic if before the exam begins you get a feeling that you know nothing or have forgotten everything

EXAMINATION TECHNIQUE

Even when all your preparation is done and all precautions for the examination day taken, it is still possible to perform poorly in the exam because of bad examination technique.

The following slogan should be your motto when dealing with any question:

"Answer the question, the whole question and nothing but the question".

"Answer the question

"The whole question"

"Nothing but the question"

Read instructions carefully and follow them absolutely

Allocate your time before you begin

Decide on the sequence of questions to be answered

Do not spend more than your allocated time on a question

Be careful of what you submit at the end

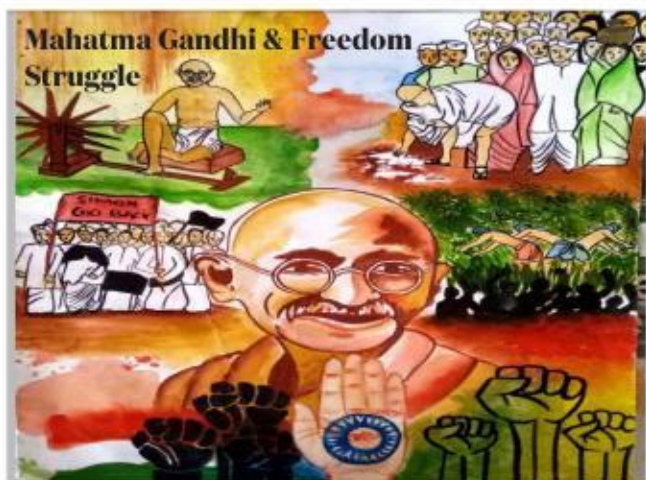
AFTER THE EXAMS

And finally, the exams come to an end. Stretch yourself just a little more before you begin to enjoy your well-earned rest.

Go over all your question papers once more, and compare the answers you wrote with your books and with your friends.



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EXAMINATION STRESS AND COPING

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mobile phones etc distract our attention whenever we sit to study. We always leave our work unfinished because of our attention shifting away from study material. Undivided attention during study hours can make the understanding of the subject matter clear and thus the learning process easy and smooth. Try and remove or ignore the attractions.

- Not enough sleep and you feel lazy and tired the whole day definitely impacts your academic results. Too much addiction of gadgets and social media is a reason for late nights and a very common symptom among the children today. The bright lights of the screen of cell phone or a tab can kill sleep. Researches have shown that LED lights in phones disturb production of sleep hormone melatonin. Productivity of work will definitely go down if you are not mentally fresh during the day.
- Unhealthy eating habits like fast-food, junk-food, unbalanced diet, not drinking enough water and juices is a reason for unhealthy body leading to unhealthy mind. This will make the body less energetic and dehydrated. Mind will not be absorbing learning material to its optimum level. Eating healthy food and overnight soaked nuts like almonds give body energy plus sharpen brain cells.
- Not taking enough healthy breaks like openair games, playing matches in playground, jogging etc is bad for the body as well as the mind. The more you keep your body fit and active your brain will also work to its optimum level.
- No fixed study time at home is a reason for poor grades. Study time at home should be fixed on a daily basis and not whenever you can find time. Like we go to school daily at the same time, similarly we should have a study routine at home. This time should not be compromised and should become a habit.
- Forgetting is another very important cause of poor marks and thus fear of examinations builds up in a student. Learning technique is a very individualistic process. Every child has his unique pattern of learning. There are many methods of learning. Every student should choose the method that suits him the best.

Feeling of stress is an unavoidable part of life. No individual can have a stress-free life. Common areas that gives stress to people are education, health, finances, security, social relationships, family discord, work pressure etc. In course of normal development, one learns to cope with stress and overcome it.

Examination stress or pressure is an unavoidable part of student life. No matter how good you are in your academics, you will still feel the stress regarding tests and examinations.

Stress has both positive and negative impact. A mild degree of anxiety and stress may be stimulating and motivating a person to do well but when this stress is of a higher degree it can be disrupting and debilitating a person's life. Stress having positive effects in an individual is called eustress and every person should focus on the aspect of converting stress to eustress.

This article focuses on the causes that lead to examination stress and how they can be tackled.

Reasons that build up examination stress and healthy practices and learning techniques to be adopted

- Procrastination is the main cause of examination stress. This means that work scheduled for that day is shifted to another day. No deadlines are reached. Work gets piled up and goals become unreachable. Always make a timetable that you follow. Give yourself enough time and space for recreation. Make a realistic time table that you can follow easily and achieve your target. Small success gives huge satisfactions and pleasures. They can be very motivating.
- Too many attention shifts is another cause that lead to examination stress. Friends calling, the need to watch a favourite show on TV, sound of messages coming in

- Possible methods of learning can be whole method and part method. In the whole method you learn the entire thing as it is. The part method generally involves breaking down the learning material into segments, practicing those parts separately until they are learned, and then integrating them later.
- Another way is to learn the highlighted points and elaborating them in your own language. When there are many points in a sequence, the best way is to learn in a series where you make a mental connection with the previous point.
- Visual material is learnt best so picturize the lesson and create an imagery of the material you learn in your mind.
- Learning is good when you learn with logic and reasoning. Understand the meaning and write in your own words.
- Rote learning will fade away soon after learning, so avoid it.
- At home daily revise the lessons studied at the school. Lessons taught in a class is just a sensation that will fade away, so if you revise the same day, only then it will go to the memory system.
- Revise again at regular intervals so that the learnt material reaches the long-term memory and becomes permanently engrained in the brain.

Every child has his strengths and weakness. Never compare your talents and grades with other children. There are no short cuts to a good academic record. You have to work diligently and regularly to reach the goal. Hard work never fails a student. Adopt that method of learning that suits you the best.

Ask The Counsellor: Students as well as the parents are invited to send their queries related with any mental health issue to mgmdarpan@gmail.com



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EXAM PHOBIA

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EXAM Phobia is nothing but irrational thinking. Exams are always stressful. Sometimes it is far beyond our expectations and preparation; what is coming in exam & what is not. Many negative thought processes enters our head when exams enter in our life. We become nervous, tensed & unhealthy because of such environments and conditions. We face many problems in preparing for exams, physical and cognitive problems like memory failure during exam; fast heartbeat, vomiting, stomach ache, etc are the symptoms which body feels when we face examinations. Phobia has no place in student's life who have self confidence and belief in self and God. We have to combat tactfully and with a sense of balance in all aspects of life. So what are you afraid of? Develop a positive attitude and thinking to face any exam phobia.

Positive Notes:

- The quickest way to do many things is to do one thing at a time.
- "The plus symbol is made with 2 minus symbols!"

Attitude upgrading:

- Plan to reward yourself for your hard work

Techniques to Challenge

- Work out a time table
- Concentrate on difficult subjects but do Math and Language regularly
- Leave time for revision
- Take ample breaks in between
- Eat right, exercise and be happy
- Prioritize and manage your time
- Don't hesitate I asking help
- Avoid talking to friends who get stressed very easily



- Write down everything you feel like you need to do
- Watch a film, a TV show, play cricket or listen to some music that makes you feel good.
- Take a warm water shower or a bath can help relieve stress.

On the big day

- Don't study all night before exam
- Start early to reach before time
- Arrange all your equipment in advance.
- Do some of the relaxation techniques so that you are calm and focused.
- Don't wind each other up with ideas of what might or might not come up in the exam.

Final Tips:

- Be positive about your approach towards study
- Prepare a smart schedule and follow
- Conscious of the blue print of the question paper- number of questions, types of questions, nature of questions and marks allotment.
- Have positive attitude 'I can' and 'I will'.
- Start learning, build confidence, and destroy fear.
- Eat Fresh and Warm Food and Drink Fresh and Lukewarm Water
- Listen to Relaxing Music and Practice Relaxation Techniques

TIPS TO DEAL WITH EXAMINATION STRESS

Exam season is right around the corner, which probably means that the notorious exam stress should be setting in right about... now? You are busy with your mocks and didn't do quite as well as you'd hoped? Or you got better than expected but still want to top it?

Well, here are some Do's and Don'ts to help you stay cool, calm and educated...

Do's:

Plan.

Planning is key to good revision. When left to our own devices we sometimes struggle to find the motivation to get off Netflix and actually do some work. So, just like you have at school, draw out a timetable of allocated time slots to spend on each subject and stick to it! Examination is an art and it has to be managed wisely. Before starting your preparation, sit with the marking scheme and plan out for completing the chapters of your interest first. Difficult chapters if possible try to learn and if not possible then browse through it. Don't leave any chapter untouched. It can help in attempting short question answers and sometime in answering situational based or logical based questions which need not require rote learning.

Take regular breaks... and naps!

You deserve it.... Our brains don't work well when we're tired, and revising can be exhausting. Don't trudge through it. Make sure you take a break every hour for 10 minutes, have a snack or something but don't get distracted, be disciplined! Power napping is proven to increase productivity, give it a try! we just told you to nap more. Meditation is also a good medicine to relax the stress. Go on, do it.

Eat breakfast.

We don't perform well when we're hungry, so no matter how nervous you are, eat a balanced breakfast. Eggs are a good choice and anything with Omega 3 to get your brain juices flowing. Avoid sugary foods like chocolate, this will give you a sudden burst of energy but cause you to crash during the exam!

Eat Lunch.

If your exam is in the afternoon, make sure you eat a decent balanced lunch. Hunger does not mix well with exams, there's nothing worse than a grumbling stomach in the middle of a silent exam hall!!

Get creative.

Make your own revision materials. Instead of just trying to memorize boring notes, try making flash cards or mind maps... you could even write a song. How come we

can sing the entire T-Swift album word-for-word but can't remember the names of presidents of India for a history exam? Get singing... your song will be so ridiculous but you'll never forget it.

Organise your workspace.

Where you work is important, if you're in a stressful environment, it is inevitable that the stress will rub off on you. Find some place where proper light and calmness is there so that you can spread out and get organised.

Remember that everyone learns differently.

We all have a friend who has finished the assignment as soon as it's assigned and wants everyone to know about it, but not everyone works like that. Some people wait until the last minute and cram. We all learn and work in different ways, so find your way and own it.

Don't:

Put yourself under too much pressure.

...Freak out, stay up all night before the exam last minute revising, turn up late and full of sugar and energy drinks. If you have left it to the last minute, don't start panicking now. Have a look over the key points, eat a good meal and go to bed early. We perform better when we're well rested.

Overrevise.

Make sure you have a good balance between work and play. You should still be enjoying time with your mates at the weekend, as well as getting in some study time. You don't have to put your entire life on hold if you plan properly!

Be too hard on yourself.

Be the best you can be, that's all you can do. If it doesn't work out, remember that it's not the end of the world. There are opportunities to re-sit exams and alternative options, ask your teachers!

Drink coffee or tea before an exam.

Trust us on this – we've been there, done that. Caffeine is a diuretic, which means it comes out almost as quickly as it goes in. So avoid it! Have a bit of water and stay hydrated but don't overdo it.

So an attempt was made to discuss some ways to get through your exams without losing your mind. If you feel like you're under pressure and struggling to deal with stress then remember these points.

All the best, hope you got it!

Fr. Reji. C. Varghese

MGM Hr. Sec. School, Bokaro



CHRISTMAS STAR & TEACHERS

Fr. Dr. Joshi Varghese
(Diocesan Education Officer)

Christmas, as we know, is the festival of commemoration of the incarnation (God taking human form) of Lord Jesus Christ and some call it as birthday of Jesus and is celebrated worldwide with much joy and festivities. Santa Claus, Christmas Tree, Christmas Star, Cake etc. are a few things that are generally associated with Christmas.

The Star and the Magi

It's seen that during Christmas season Stars are lit and hung around homes and Churches. What has a star to do with Christmas? St. Mathew, the Gospel writer (one who wrote about the incarnation/ birth of Jesus and how He lived as a human being) records the incident behind the tradition of Christmas Star. At the birth of Jesus Christ, the Magi (Wise men) found a special star in the sky and they concluded that the star marked the birth of someone great. These wise men from the East followed the Star. The Star led them to Jerusalem and assuming that the great child whom the star symbolised would be found in the Palace, they went and asked the King Herod about the birth of the new King. He was astonished and frightened to hear about the birth of a new King, as it would mean the end of his rule. Realising their mistake they retreated from the palace and continued following the Star. The star eventually led them to Bethlehem where they found infant Jesus, presented him with Gold, Myrrah and Frankincense and worshipped him.

Teacher as Christmas Star

Star that motivates

There are millions of stars in the sky. However it was this particular Star that motivated the Wise men out of their

routine mundane life. It was this Star that inspired them to undertake the long journey in search of the newly born future-King. They were excited by the Star and leapt into action. The monotonous way of their life was broken and replaced with adventure. This is exactly the role of a great teacher, to motivate the students and inspire them to undertake the adventurous and fun filled journey of learning. William Arthur Ward has rightly said "The good teacher explains. The superior teacher demonstrates. The great teacher inspires". It is possible that at some point of their arduous journey, the Wise Men might have considered of going back. But this didn't take place as the Star motivated them to continue on their search. A great teacher continually motivates the students during their struggles and in spite of failure and success.

Star that guides

The primary role of the Star was to lead the Magi to the place where Lord Jesus was born. The star gently guided them to Jesus, the Light of the world. The journey was possible mainly because of the guidance of the star. The role of a teacher is similarly to guide the students to the shores of knowledge, to guide them towards the light of Wisdom. Similarly s/he has to show the right path to the students. Apart from transacting the curriculum, a great teacher helps his/her students to undertake the journey of life. In fact this role of the teacher- to guide the students in taking the right choices in life – is very much important.

Today when the students are flooded with information and misinformation, the teacher needs to shine like a Star to show the right path to the students. In short the role of the teacher cannot be limited to classroom teaching of the textbooks prescribed, rather they are expected to guide the students grow morally and spiritually. Their guidance is very much essential in

developing the social skills and life skills in students. A great teacher leads and guides not merely through words rather through deeds.

Star that corrects without blaming

Though the Magi followed the star and reached Jerusalem, they lost their way. This happened as they stopped looking at the star for guidance and acted as per their prejudice - that the future king would be found only in the palace. Thus they entered the palace of King Herod to see the newly born prince. The news of the birth of Jesus made the King nervous. He decided to destroy the newborn so that there won't be any threat to his throne in future. Finally the Magi got out of the palace and again followed the star. The Star finally led them to Bethlehem where they found infant Jesus and worshipped the newborn. It's noteworthy that the star didn't stop showing the way even though the magi had stopped following its guidance. It patiently continued to lead them to the place where Jesus was born. Similarly the teachers should always deal with the students with utmost patience. There is no doubt that managing a class of 40 odd students with all their tantrums, different levels of comprehension, diverse range of intelligence, varied interest levels etc. is a herculean task. The job needs a big heart and is not for the ordinary mortals. A great teacher would keep the smile throughout the day in spite of the mistakes committed and mischiefs done by the students. S/he patiently motivates them without accusing or criticizing them to strive and travel ahead. Children, for that matter every person, are bound to make mistakes. Some past mistakes of students shall never stop a great teacher from showing them the path ahead. Indeed teacher's job includes not only preparing the students to achieve success but also to equip them to face and overcome failures in life.

Dear Teachers, you are entrusted with great responsibilities which no one else can fulfill. Students look upon you as guiding stars. Be like the Star that shone about two thousand years ago during the birth of Jesus and **MOTIVATE, GUIDE and GENTLY CORRECT** the ways of students entrusted into your care. Yes , **YOU ARE THE STARS!!!**



THE EXAMINATION

I pity every heart,
That whines and wails.
Has a fire ablaze within,
At the merest glimpse of gleam , but quails.
Beware, it's the demon,
The chances of triumph, which curtails.
The chances of triumph which curtails.
The bludgeonings and complications,
The failure and frustration,
Often pull you down and shove you,
In the void of demotivation.
In the void of demotivation.
The one who stands up, but still,
With valour to challenge his imperfections
If you ask me, is the one sure to excel,
In each of life's examination,
Alive to taste the jubilation,
The triumph and the exultation.
The triumph and the exultation.

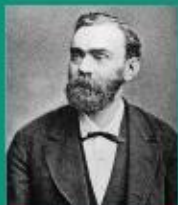
Aashi Tiwari, Class-10-A, MGM Hr. Sec. School, Bokaro



Kaleidoscope

NOBEL PRIZE WINNERS OF 2019

Dr. Sandhya Pillai, Head, Department of Physics, CCET, Bhilai



Alfred Nobel and the Nobel Prizes: Alfred Nobel (1833-1896) was born in Stockholm, Sweden, grew up in Russia and studied Chemistry and Technology in France and US. He was interested in science, inventions, entrepreneurship, literature and peace work. He held views very radical for his times. The prize he established reflects his interests. He died in Italy.

In 1895 he signed a will, as per which, his entire assets were to be used to endow prizes to those who, during the preceding year, have conferred the greatest benefit to humankind, without consideration to nationality. Accordingly from 1901 Nobel Prizes are being awarded for Physics, Chemistry, Physiology, Literature and Peace. The prizes for Physics & Chemistry are awarded by the Swedish Academy of Sciences, that for Physiology by the Karolinska Institute in Stockholm, for Literature by the Academy in Stockholm and that for the champions of peace by a committee of five persons to be selected by the Norwegian Storting.

In 1968, Sweden's Central bank instituted The Riksbank Prize in Economic Sciences, in memory of Alfred Nobel and it has since been awarded by the Royal Swedish Academy of Sciences according to the same principles as for the Nobel Prizes. But it is not a Nobel Prize.

In 2019, 15 laureates have been awarded for their achievements.

PHYSICS



James Peebles: A Canadian-American astrophysicist, astronomer and theoretical cosmologist, who is currently the Albert Einstein Professor Emeritus of Science at Princeton University and is widely regarded as the leading theoretical cosmologist since 1970.

He has been awarded the Nobel Prize for the discovery of an exoplanet orbiting a sun-like star. Much of his work relates to the development of the universe from its first few seconds.



Michel Mayor: A Swiss astrophysicist and Professor Emeritus at the University of Geneva's Department of Astronomy, is an active researcher at the observatory of Geneva. His works led to the discovery of 51 Pegasi b, the first extrasolar planet orbiting a sun-like star.



Didier Queloz: A Swiss astronomer and Professor at University of Cambridge as well as the University of Geneva, together with Michel Mayor discovered the first extrasolar planet orbiting a sun-like star. He recently said that humans will be able to find alien life in the next 30 years.

ECONOMIC SCIENCES



ABHIJIT BANERJEE
Indian American economist



He is an Indian American economist who is currently the Ford Foundation International Professor of Economics at Massachusetts Institute of Technology. His parents were both Professors of Economics, father at Presidency College, Calcutta and mother at Centre for Studies in Social Sciences, Calcutta. He did his BSc in Economics from Presidency College and M.A. in Economics from JNU. He was awarded the Nobel Prize for his works regarding experimental approach to alleviating global poverty.



Esther Duflo : A French-American economist, who is the Professor of Poverty Alleviation and Development at the Massachusetts Institute of Technology. She has been awarded the Nobel Prize, along with her husband

Mr. Abhijit Banerjee, for her works regarding experimental approach to alleviating global poverty.



Michael Kremer: is an American development economist at Harvard University. Awarded Nobel prize for his works regarding experimental approach to alleviating global poverty.

CHEMISTRY



John B Goodenough: An American materials scientist and solid state physicist, he is a Professor of mechanical engineering and materials science at the University of Texas. He is accredited with the identification and development of lithium ion battery. He is the oldest Nobel

laureate in history.



M Stanley Whittingham: He is an English American chemist and currently a Professor of Chemistry at the Binghamton University. He described the concept of intercalation reaction for rechargeable batteries and invented the first rechargeable lithium ion battery. He

is called the Founding Father of rechargeable lithium batteries.



Akira Yoshino: He is a Japanese Chemist and a Professor at Meijo University. He created the first safe, production-viable lithium ion battery, which became used in cellular phones and notebook computers.

LITERATURE



Peter Handke: He is an Austrian born novelist, playwright, translator, poet, film director and screenwriter. Nobel Prize has been awarded to him for an influential work that has explored with linguistic ingenuity the periphery and the specificity of human experience.

PEACE



Abiy Ahmed Ali: is an Ethiopian politician serving as the fourth Prime Minister of the Federal Democratic Republic of Ethiopia. Since becoming Prime Minister, Abiy launched a wide programme of political and economic reforms and worked to broker peace deals in Eritrea, South Sudan. Abiy was awarded Nobel Peace prize for his work in ending the 20 year post-war territorial stalemate between Ethiopia and Eritrea.

PHYSIOLOGY



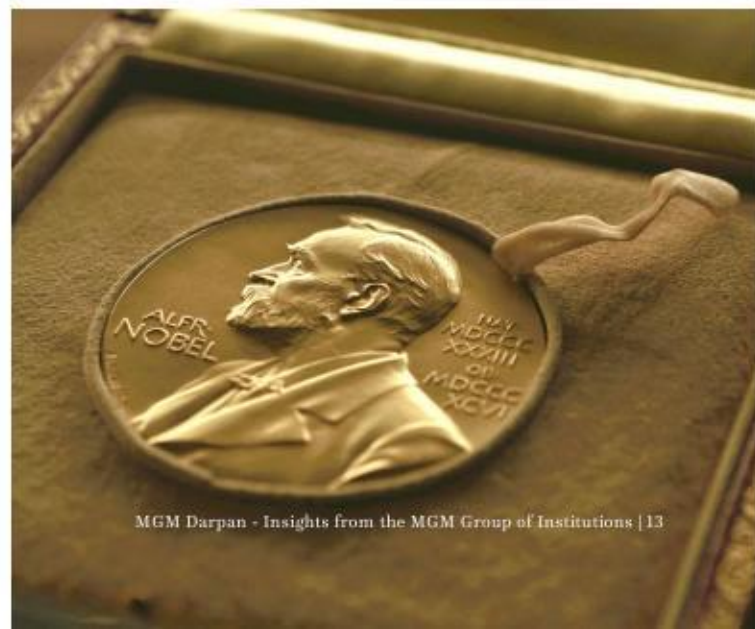
William G Kaelin Jr : A Professor of medicine at Harvard University, he has focussed on understanding the role of mutations in tumor suppressor genes in cancer development.



Peter J Ratcliffe: is a British physician-scientist and is a trained nephrologist. He is known for his work on the cellular reaction to hypoxia, a condition in which the body or a region of the body is deprived of adequate oxygen supply.



Gregg L Semenza: is an American Professor of paediatrics, radiation oncology, biological chemistry, medicine and oncology at the John Hopkins University. He is known for his discovery of HIF-1, which allows cancer cells to adapt to oxygen-poor environments.



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Promise of plants

NURTURING CHILD'S NATURE.

Dr. Vinita Thomas

Head, Department of Botany, St. Thomas College, Bhilai

Some time back I came across a statement "If I could raise my children to have botanical attributes, they would be like plants or trees that provide shelter, protection and food for other living creatures, shade to cool the soil and discourage weeds from taking root nearby". As a Plant Science person I could connect with the intent of this statement. Every parent has envisioned a grand plan about the future of their children where the above mentioned botanical attributes take a backseat and the education/examination has taken the driver seat. One must remember students are educated to deal with real-life situations not just scoring good grade.

Educating a child is similar to cultivating a tree. In both cases, the objective is to provide them with their needs in order to bring out the potential that they have. When you come to think of it, a child needs the very same things a tree does in order to grow.

Earth!!!! Water!!!! Sun!!!! Air!!!!

Earth

Earth provides the tree with nutrients. The application of this concept to education is very powerful. A child is not a mushroom; he has deep roots that connect him to a rich source of nourishment of both body and mind. As a matter of fact every parent is taking huge efforts to ensure that their kids are eating healthy food or snacks. Children prefer treat foods which is okay but not a good idea. As of now children are eating on average about twice as many treat foods as they should be. These foods are often high in sugar, fat or saturated fat, and low in vitamins and minerals. That's why kids shouldn't eat them too often. If they fill up on these foods they'll have no room left for the nutritious foods (green vegetables, fresh fruits) they need to eat. Therefore, making small changes to children's diet could make big differences to their future. That doesn't mean children can't have 'nice'(as they call it) things to eat. There are lots of healthy, tasty options. Mom's homemade healthy balanced food has the magic of preparing children to face any challenges.



Earth also represents stability; the more "rooted" a child is the stronger he will grow combined with the values we wish him to absorb as well as the connectedness we want him to feel. The stronger his connection with his roots more secure he will feel and trust the rules and limits established by parents. Hence, children are counting on their parents for stability.

Water

As water is crucial for a plant's growth and survival, the billions and billions of cells of human body needs water in order to survive. This substance makes up a majority of your body weight and is involved in many important functions, including:

- flushing out waste from your body
- regulating body temperature
- helping your brain function

Drinking water activates your metabolism. A boost in metabolism has been associated with a positive impact on energy level. Since brain is mostly water, drinking it helps you in a number of ways, including improving concentration and maintaining memory function. Therefore it is pretty clear that hydration affects the brain, particularly in adolescence.

One of the reasons that wisdom is compared to water is that water, like wisdom, finds itself most comfortable in the lowest (i.e., most humble) recipient. Therefore, water represents humility. Humility is an indispensable quality when it comes to being open to absorbing new information. Our children must have humility in order to learn; if they think they know it all, they will not learn. Water also has a unique property of changing shape as that of the container it occupies teaching us to adjust and

accommodate without losing our basic qualities and strengths. And go with the flow, learning to preserve our energies for the long run.

Sun

A tree needs both the light and warmth radiated by the sun so does your child. We're used to hearing about how too much of the sun's warm rays can be harmful to your skin. But the right balance can have lots of benefits. Sunlight and darkness trigger the release of hormones in your brain. Exposure to sunlight increases the brain's release of a hormone called serotonin. Serotonin is associated with boosting mood and helping a person feel calm and focussed. At night, darker lighting triggers the brain to make another hormone called melatonin. This hormone is responsible for helping you sleep. Getting anywhere from 5-15 minutes of sunlight on your arm, hands and face two to three times a week is enough to enjoy Vitamin D boosting benefits of the sun which is required for strong bones. A daily dose of vitamin D showed improvements in memory and learning. Similarly sleep affects learning and memory in two ways: Lack of sleep impairs a person's ability to focus and learn efficiently. Sleep is necessary to consolidate a memory (make it stick) so that it can be recalled in the future.

Besides this one must provide our children with warmth and unconditional love. Our love for them must be as predictable as the sunrise. This unconditional love instils in them a self-esteem and security that allows them to face life's challenges with confidence.

Air

"Air" implies two things: space and atmosphere. Just as tree needs space to grow, so does a child need space to develop his own identity. In addition to this he needs personal quality time with his parents. He might have unique talents or hobbies that need to be developed. Also, the child's privacy must be respected and protected. It is very important to be aware of the environment that surrounds your child. By environment I mean "quality of air" that he breathes in the home as well as outside it as well as the "familial influences". There is an ongoing debate about which factor is more influential—nature or nurture—but there is no denying that the world we live in plays a major role in shaping who we become. What your child "breathes in" from the atmosphere in which he grows is more significant than what he hears. The air quality outside is not in our control. Poor indoor air quality has a subtle impact not just the lungs, but the heart and brain also; bringing down child's productivity and reduces test performance in future. According to NASA several indoor plants have the ability to remove

carbon in the air and release oxygen in exchange thus improving the indoor air quality. The microorganisms in soil of potted plants absorb harmful chemicals released indoors.

The child's family is the most important factor in his development. Whether he is nurtured by parents, grandparents, or others, the family provides bonding and first relationships. A strong relationship consists of communication, respect, trust, problem solving and affection. Nurturing a positive self-esteem in children includes creating a sense of safety and security, promoting confidence by developing a good attitude about their abilities and encouraging problem-solving.

In order for our children to be happy and successful they should be prepared to face challenges not just scoring good grades in exams. The decisions regarding their well being and future should be taken wisely. Family plays an important role in the development of children's mental health by helping them understand their emotions, develop resiliency and foster healthy relationships. Parents are like gardeners who are consistent and persistent in tending their garden and constantly on the lookout for problems that might arise and "nip them in the bud" before they grow out of control.

Remember: Trees never complain. Likewise, children often do not adequately express what they need when they need it. They often suffer in silence. It's our job to tend to the precious seedling that has been placed in our care.

Did You Know



Write your notes in longhand.

Many people prefer typing their notes for a school or work assignment into a laptop or electronic tablet. That's good for speed, but not so good for retention, experts say. Most people are likely to retain more of the information if they write it down the old-fashioned way, with pen and paper. People who type their notes tend to try to take verbatim notes, while those who take notes in longhand are more selective, and the processing their brain conducts benefits them, according to a study published in *Psychological Science* in 2014.



Disability rights activist lives her dream, wins accolades

One of M. Ummul Khair's dream was to touch the waves. A person with cerebral palsy, it had been a struggle all along for this 33-year-old disability rights lawyer.

For the first 17 years of her life, she remained home-bound without education in Bengaluru. But she picked up courage to break the "stereotype" and travelled to Chennai, where with the support of Vidya Sagar, a non-governmental organisation working with persons with disability, she completed school education, did a BA in sociology and later got a law degree from Dr. Ambedkar Law College in Chennai.

"I had to depend on my parents for everything as I could not travel alone," she recalls. But living in Chennai taught her independence that she craved.

"I believe in social justice equity not just for persons with disability but for everyone," insists Ms. Khair, who fights for the rights of persons with disability as an advocate. "At times I forget. Being a forgetful lawyer is my biggest challenge," she says with wry humour, adding: "Accessibility is a huge challenge not only for persons with disabilities, but everyone."

She is working in Disability Legislation Unit (DLU) in the area of advocacy, inclusion, employment, education, policy making, besides making footpaths, toilets and parks accessible to persons with disabilities.

Apart from conducting sensitisation programmes for government departments, she has set up a group to create strategies for support circles and supported decision making. Her efforts have brought her several recognitions, including from the U. S. She has been chosen for the Helen Keller Award, instituted by Mindtree and the National Centre for Promotion of Employment for Disabled People.



M. Ummul Khair
has been chosen for the
Helen Keller Award

EXAMS

Every year they come, they go

And all you can do
is study, study, study.

Is it worth it in the end,
Before the chaos hits the
doors?

Before you write one word?
Is that boy laughing in the
rain?

Don't get distracted
Waiting for that bell to ring
Go home, lie that you did well.

Once the result come
You're ready for the shouting
Oh God, oh God it's exam time.



Khushi Mohan, 8 B, MGM Hr. Sec. School, Bilaspur



EXAM TIME – QUALITY TIME

Mrs. Sheila Mathew

Principal, MGM Hr. Sec. School, Bilaspur

Do your best and God will do the rest- is a saying spoken often by elders to instill hope in a person preparing for an examination. This hope translates itself into a strong inward power, compelling us to reach out towards the future. It also helps us maintain our confidence, even when everything seems to be stacked against us.

Amidst this, let's examine these simple facts that are necessary while preparing for any Examination.

1. Faith-

Let's start having faith and belief in ourselves, so that we can identify ourselves with our goals that are the pathways to success. A person who lacks belief in himself will not be able to bring out the best.

2. Discipline-

Let's develop discipline. Disciplined study, time management, food habits and body and mental health must be given utmost importance. Study hours must be chalked out to get maximum output. Disciplined approach is the only way to manage several things very systematically without a lot of stress or strain.

3. Goals & Deadline-

Let's set specific goals with deadlines and action plans to keep an organized study/work schedule. This will act as a

catalyst boosting the work and taking it step by step ahead.

4. Positive thinking-

Let's promise to think positive for it provides clarity to the mind, and puts the odds in our favour.

5. Avoid overstress –

Let's do away with overstress for nothing can be attained by it. It has only negative effects.

6. Good night's sleep-

Let's plan to have a good night's sleep. Lack of sleep causes depression, memory problems, diminished critical thinking skills and leads to BP and hypertension.

7. Self evaluation-

Let's be realistic and honest with ourselves, and give space and time for self evaluation. This helps us to keep track of the goals and deadlines.

8. Food control-

Let's focus on good diet, augmenting it with right nutritional or herbal supplement to boost brain functioning.

9. Yoga/ Exercise-

Let's aid the body & brain functioning with yoga & exercise, by making it a part of our daily routine.

10. Prayer-

Finally let's submit to the power of prayer and the wisdom of God who constantly tends us in our needs, taking up our helplessness and converting them into strength.



Every problem has a solution. Think beyond all rules & regulations. The solution might pop immediately, once the barriers are broken.



COPING WITH EXAM PRESSURE /STRESS

Stress is often termed as a twentieth century syndrome, born out of man's race towards modern progress and its ensuing complexities-Benjamin Franklin. Stress is our mind and body's response or reaction to a real or imagined threat, event or change. The threat, event or change is commonly called stressors. Stressors can be internal (thoughts, beliefs, attitudes or external (loss, tragedy, change).

Through this article, I would like to share with you few proven scientific tips to help you overcome exam stress. Now, with the Board exams of Class 10, 11 & 12 knocking at our door, i feel that these tips/strategies will help you overcome exam stress.

1. Clear your room and your desk:

Have you heard the saying "A cluttered desk is a sign of a cluttered mind". It turns out it's not just something your mother says to get you to clean your room. It's scientifically correct. The more clutter you have around your workspace, the less you're able to concentrate on preparing for the exam. This is because your brain is being bombarded by so many distractions. Physical clutter overloads your brain and impairs your ability to think, which leads to stress. So; you need to clear your desk and your room.

2. Read something for leisure:

It's proven that reading for pleasure can reduce stress by up to 68%. Reading relaxes your body by lowering your heart rate and easing the tension in your muscles. So the next time you feel the tension rise at the thought of an impending exam, pick up a good book and give yourself a 10-minute reading break.

3. Reduce your sugar intake:

Research shows that when you're stressed, your adrenal glands release cortisol – a stress hormone – to manage it. But cortisol also affects your blood sugar level. So, the more your sugar intake spikes, the more stressed you'll feel. Did you know that what happens in the morning has more effect on how your body manages stress than at any other time? This is because your body sets its blood sugar "clock" based on what you do after you wake up. Here are some practical tips to help you reduce your sugar intake and maintain a healthy diet:

Don't...

- ▶ Skip breakfast.
- ▶ Eat sugary cereals or candy.
- ▶ Drink sugary drinks.

Do...

- ▶ Eat a high-protein breakfast. Include eggs, peanut butter, oats or nuts.
- ▶ Eat 4 to 5 servings of fruits and vegetables a day.
- ▶ Eat more fish, e.g. salmon, trout.

4. Reduce your phone usage:

Researches shows that overuse of mobile phones not only cause stress, but can also have a negative impact on your mental health.

So it's time to get smart about your smartphone. Here are a few things you could try:

- Check your social media feeds just once or twice a day.
- Turn off all notifications.
- Put your phone on airplane mode, or better still, switch it off after 9pm.

If you're still struggling, there are many fun apps designed to help you ignore your mobile phone and focus on studying for your exams, such as:

- Forest: When you want to concentrate, you can plant a seed in Forest, which will take 30 minutes to grow. But if you get distracted and leave the app, your tree will wither and die.
- Moment: This app tracks how much time you spend on your devices. It allows you to set daily limits and find your own balance.
- Offtime: Offtime lets you monitor and customise your connectivity so you can do the things that matter – like study for your exams

5. Sing your heart out:

Researchers have discovered that singing can soothe your tension and elevate your spirits. This reduces the effects of stress. When you sing, you release endorphins, which are associated with feelings of pleasure. And the more you sing, the more you increase your endorphins and lower your levels of cortisol. So if you're trying to beat exam stress, sing your heart out when you're taking a break!

6. Don't multitask:

Multitasking is bad for your health. It increases your heart rate and blood pressure, and causes stress. Doing several tasks at once may seem like an efficient use of your time, but multitasking actually wastes time and reduces the quality of your work. Here's how to avoid multitasking:

- Get rid of all the distractions before you start work.
- Close all the unused tabs in your browser, and minimise all other windows on your computer screen.
- Make a list of all the tasks you need to complete for the day; work through the list one item at a time.
- Set a realistic deadline for every task on the list.



7. Learn and apply time management techniques:

A study involving students revealed that those who had been taught time management techniques showed lower levels of exam-related anxiety than those who had not. Effective time management includes getting enough rest and a good night's sleep, which leaves you feeling more energised so that you're able to focus when studying. Managing your time well helps you to avoid feeling overwhelmed, so you'll be less stressed.

Here are just a few of the many time management techniques used to become an A+ student, while still getting 8 hours of sleep a night:

- Take a break after studying for 40 to 50 minutes. For most students, working in blocks of 40 to 50 minutes helps them to be as productive as possible.
- Complete assignments at least one to two days before they're due. By doing this, you'll have time to check through your work thoroughly.
- Block out time for studying. Put it in your calendar and treat it as if it's a fixed appointment.

8. Listen to quiet, calming music:

I've already mentioned that singing can help to reduce exam stress, but so can listening to music – especially slow, soothing classical music. The comforting power of music is well established, which makes music an effective

stress management tool. Listening to music has a relaxing effect on our minds and bodies, slowing our pulse, lowering our blood pressure, and decreasing our levels of stress hormones. So set aside 10 minutes a day to tune in to some classical music and tune out your exam stress.

9. Get enough sleep:

Studying long hours is tiring. When it cuts into your usual hours of sleep, research shows us that stress levels will increase. Stress and sleep have a two-way relationship. Stress can make it more difficult to fall asleep. It can even lead to sleep disorders. At the same time, getting a good night's sleep reduces the effects of stress.

Practice these tips to get a good night's rest every night:

- Try to go to sleep and get up at the same time every day. This helps to set your body's internal clock and optimize the quality of your sleep.
- Avoid sleeping in, even on weekends. Aim to keep your sleep schedule as regular as possible. If you have a late night, try taking a short nap the following day, rather than sleeping in.
- Keep your electronic devices out of your bedroom. The blue light emitted by your electronic devices (e.g. phone, tablet, computer, TV) is especially disruptive to sleep.

10. Focus on progress, not perfection:

Do you sometimes feel as if you're not good enough? Do you think that you'll never be able to achieve the goals you've set for yourself? If so, you may be a perfectionist.

This is another way of saying you're too hard on yourself, which means that you need to focus on the progress you're making instead of your perceived failures. Being a perfectionist may sound ideal, but it often causes undue stress. These are some ways to deal with it:

- Set realistic goals instead of trying to achieve the impossible.
- Celebrate small and big successes.
- Make sure you take time out from studying to do things you enjoy.
- Invest in the relationships that matter the most to you.
- Find ways to contribute at home and at school, because this will shift your focus toward the needs of others.

Er. Renji Thomas, MGM Hr Sec School, Dimapur
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The Burning Story....

Dr. Vinita Thomas
*Head, Department of Botany,
St. Thomas College, Bhilai*

Australia is reeling from massive & powerful bushfires & the worst drought in decades.

Gardens in Sydney estimate that many rare animal and plant species have been lost in some areas.

Not only are fires becoming more severe and frequent in parts of Australia, but for many species there is not much habitat left. Such species have already declined and are often reliant on habitat where a single fire can wipe out entire populations. Climate change is increasing the risk of more frequent and intense bushfires.

There have been greater burnings in the deep past, as we can see from the fossil record. They provide strong and disturbing evidence of how fire drove widespread extinctions that completely reshaped life on Earth. We do know that wildfires have driven mass extinctions and reshaped life on Earth at least once before when the asteroid strike that led to the demise of the dinosaurs sparked deadly global firestorms. Although the history of fire appears to have been continuous since plants invaded land, evidence that fire has actually altered the biogeography of landscapes and had major impacts on ecosystem function may be tied to the late Tertiary.

Humans have seldom if ever seen fires like these. The bushfires have been rightly described as unprecedented, and extinctions can play out over an extended period. The full gravity of the impending catastrophe is unimaginable.

Australia is reeling from massive and powerful bushfires and the worst drought in decades. Australia is one of 17 “megadiverse” countries exhibiting great biodiversity harboring the majority of Earth's species and high numbers of endemic species. A lot of ancient forests in Australia have been lost to the wildfires. It is amazing to note that although thousands of trees, shrubs and grasses are destroyed by fire, many plants will regrow. Some plants are protected from the heat of the flames by thick bark. Some have buds under the bark that grow after a fire, fed by food stored in the bark and water collected by roots deep in the soil. The seeds of some cedar plants are fire resistant. They fall into the ash of a fire and when rain falls, they begin to grow. Some plants protect their buds from fire with layers of succulent foliage or a cluster of needles. Many plant species in fire-affected environments require fire to germinate, establish, or to reproduce. The shade-intolerant giant sequoia (*Sequoiadendron giganteum*), require fire to make gaps in the vegetation canopy that will let in light, allowing their seedlings to compete with the more shade-tolerant seedlings of other species, and so establish themselves.

Though bushfires are common in Australia the current bushfires raging across much of Australia have not only taken a huge human and economic toll, but also delivered heavy blows to biodiversity and ecosystem function. As the Gondwana Rainforests of New South Wales and Queensland have been badly affected by the fires are home to a rich diversity of insects and a huge range of land snails, some restricted to tiny patches. Scientists are warning of catastrophic extinctions of animals and plants. Reports show that 48 percent of the Gondwana reserves, which have been present since the age of dinosaurs, have been destroyed. The Royal Botanical



BETI BACHAO, BETI PADHAO

"If you educate a man you educate an individual,
but if you educate a woman you educate an entire family."

-Mahatma Gandhi

I. INTRODUCTION

Beti Bachao, Beti Padhao (save the daughter and educate the daughter) is a central government scheme which was launched on 22 January 2015. The aim of this scheme is to prevent the female feticides, increase the child sex ratio, and to empower females by providing them education. Why we need such schemes for strengthen the position of a girl child in the society? If we respect a daughter definitely there has been no discrimination between sons or daughters. The child sex ratio for females is less than 930 per 1000 males in Haryana, Gujarat, Rajasthan, Uttar Pradesh, Bihar and Punjab. According to the 2011 census, Kerala was the only state in India having highest literacy rate of 94 percent, out of which male literacy stood at 96.11 percent while female literacy was at 92.07 percent. If we talk about the sex ratio, again Kerala represented the highest sex ratio with 1084 females per 1000 males while Daman & Diu had the lowest sex ratio in India with just 618 women per 1000 males.

The female education plays an important role in her own house as well as in the society. An educated female is more likely to send her children to school, thereby improving the nation's literacy rate. There are several other advantages of educating women apart from ensuring good health and hygiene; they can raise the nation in every sphere. An educated woman can bring a positive change in the country. According to 2011 census, the states having lowest female literacy rates are Arunachal Pradesh 59.57%, Uttar Pradesh 59.26%, Jammu & Kashmir 58.01%, Jharkhand 56.21%, Bihar 53.33% and Rajasthan 52.66%.

2. MAIN OBJECTIVES OF THIS SCHEME

- To generate awareness among the parents of girl child.
- To improve the efficiency of girl child by providing education, so that she will be independent both socially and financially.

3. ADVANTAGES OF FEMALE EDUCATION

- Prevents child marriage and early pregnancy
- Improves the economic and social condition of the country
- Reduces poverty
- Leads to better health and longer lives
- Uplifts the standard of living
- Reduces infant mortality and maternal mortality
- Leads to small family size
- Increases female involvement in political field
- Reduces domestic and sexual violence
- Promotes children's education

4. DISADVANTAGES OF ILLITERACY AMONG FEMALES

- Poverty cannot be alleviated from the society
- Cases of household violence and sexual harassment increase in the society
- Country's economic growth will be retarded
- Overall literacy of the country will be low
- Family size will be comparatively larger and overall population will increase

5. CONCLUSION

Poverty and illiteracy among parents are the root causes of low female literacy rate in India. In our Indian society basically, parents prefer to have more sons instead of daughters. They think that daughter is like a burden on them and son is an asset. Females constitute about 50% of country's human resource but lack of education snatches their chance to be a part of the progress and development of India. This in turn slows down the rate of our economic progress. So, there is a high need to emphasize female literacy and empower them in the society.

Dr. Aparna Ghosh

Dept. of Economics, St. Thomas College, Bhilai

HOW TO PREPARE FOR EXAMS

Exams are necessary to find out the real skills, talents and knowledge of the students. With the examination method students study their lessons properly to increase their knowledge and help the teachers how to best meet the needs of their students through instructional techniques.

Making preparation for exam is an important part of academic life. As preparation is the key to success on the final full stop success in exam is determined by many intrinsic factors. So preparation and motivation represents an essential element of success.

Apart from these there are some other guidelines which will help to prepare for exams-

1. Say no to last minute study: Enough time must be devoted to studies. A stitch in time saves nine is the right proverb. So start studying early and try to avoid studying at last moments.
2. Study habits must be organized: Attention must be paid to details that can distract us should be removed from study space. Study space should be comfortable.
3. Visual aids: Visual aids like charts and diagrams can be used to refresh our memory and remember what we have learnt.
4. Notes must be taken while studying: It helps to break down complex objects into steps or parts. It gives quick review and a gist of concept.
5. Practice papers of previous years can be reused: It helps to see the format and formulation of the questions and give an idea of expected ones.
6. Study in groups if required: With the help of friends in group the subjects is focused. Group study also helps us to learn faster remember the things that we have learnt.
7. Regular breaks: Taking small study breaks helps us to refresh and maintain the study performance. Breaks help us to improve our concentration and memory.

Exams are a bit stressful but being prepared can help us to manage stress and allow us to perform at our best. One of the best method of releasing stress during examination is meditation. It relaxes and adds to our clarity, focus and happiness. So, forget the rest and give the best and we will surely succeed.

Samridhi Singh, Class- 8/E, MGM Hr. Sec. School, Bokaro



Madhubani Art by Anu Vanshika
Class 9/F, MGM HSS, Bokaro

PREPARATION FOR EXAMS

Exams are defined as tests which are taken to measure a student's knowledge, skill and aptitude towards the subject. Now if we survey around us and ask students about their plans for exams, we will find that almost each of them wants to excel in their subjects but when we look at the results, we find that only some individuals were able to score good marks. Now a question arises, what is the reason for some scoring well and some scoring bad?

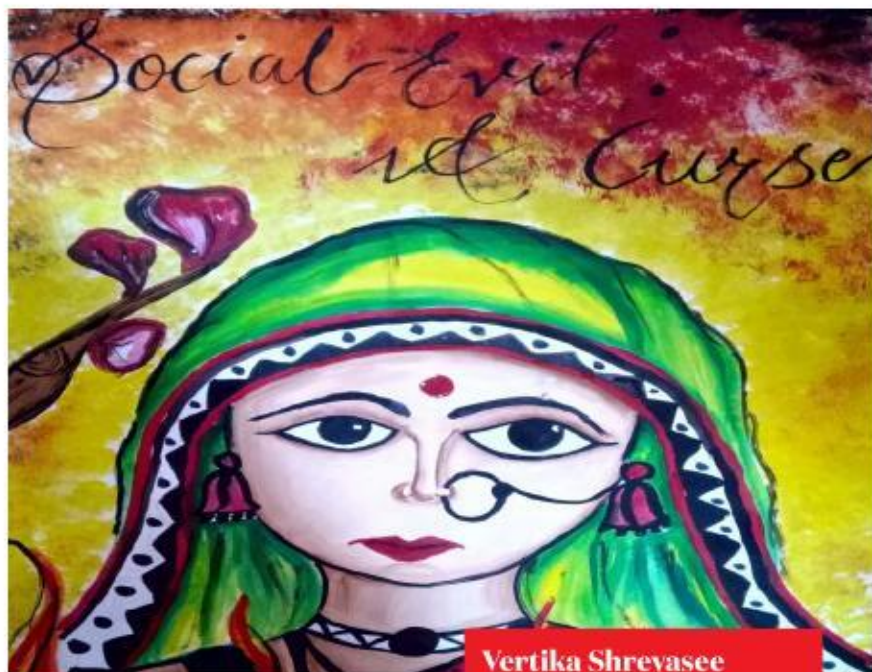
Well, the major reason for this is their preparation for the exams. As we all know that "preparation is the key to success" thus proper planning and preparation leads an individual to the path of eminence.

Another thing that plays a major role is sheer determination that restricts one from getting distracted. Strong will power also increases one's focus towards the goal. Meditation is another factor which increases the learning capacity of a student and writing as simple as possible with good content increases the probability of getting good marks. One of the best ways to prepare is to undertake a thorough revision of the portion. Most importantly, we should have a optimistic mindset before writing the exams.

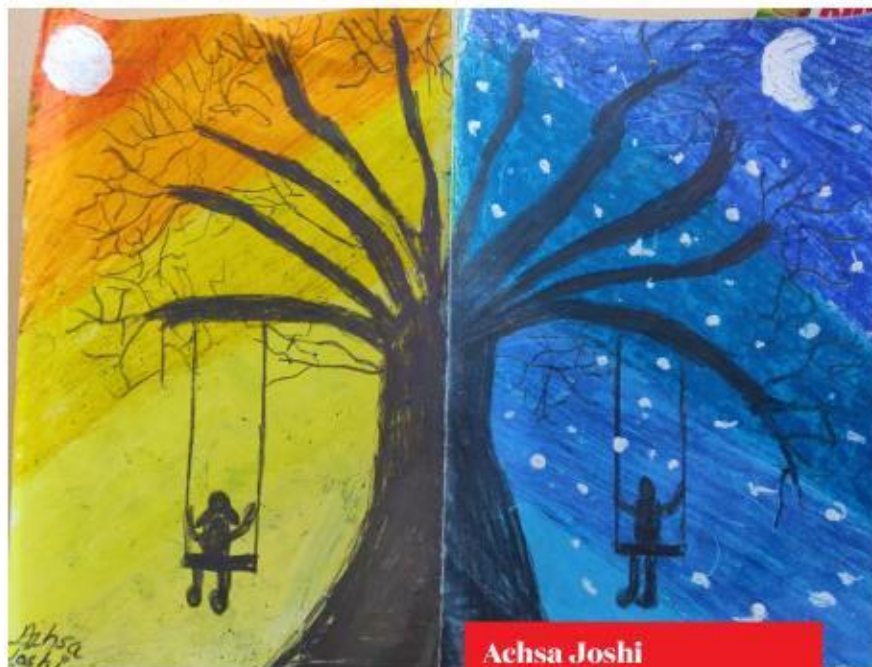
We should keep in mind - "Good results will not come in one day but one day they are definitely going to come."

Animesh Kumar,

Class - 9/c, MGM Hr. Sec. School, Bokaro



Vertika Shreyasee
Class 10/B, MGM HSS, Bokaro



Achsa Joshi
MGM Public School, Bhilai

LOGOS OLYMPIAD - 2019

GROUP TOPPERS - ENGLISH

					
USADITY BARMAN REY Class - II M.G.M.Hr.Sec.Sch,Bokaro	PRATHEKSHA SHRIVASTAVA Class III M.G.M.Hr.Sec.Sch,Bokaro	AVNI MISHRA Class IV M.G.M. Hr.Sec.Sch,Cannan Garden	PRIYA TOPPO Class IV M.G.M. Hr.Sec.Sch,Cannan Garden	SHAGUN PANDEY Class IV M.G.M. Hr.Sec.Sch,Cannan Garden	ARYANSHU AYUSHMAN ROUT Class IV M.G.M. English School,Rourkela
					
CHAITANYA JAMBULKAR Class IV M.G.M.Hr.School,Bilaspur	SHREJAL SAHU Class IV M.G.M.Hr.Sec.School,Korba	JHEMAANRITA Class IV Mar Basilio Vidhya Shiksha Bhilai	TSHUBHAM REDDY Class V M.G.M Public School,Shanti Nagar	SARAH Class VI M.G.M.Hr.Sec.School,Dimapur	ROSALYN KIKON Class VII M.G.M.Hr.Sec.School,Dimapur
					
SAMRIDDHI SINGH Class VIII M.G.M.Hr.Sec.Sch,Bokaro	ANUSHKA RATH Class IX M.G.M. Hr.Sec.Sch,Cannan Garden	SHREYA AWASTHI Class IX M.G.M. Hr.Sec.Sch,Cannan Garden	AMRITA PATEL Class X M.G.M. Hr.Sec.Sch,Cannan Garden	ALINA BENJAMIN Class XI M.G.M. Hr.Sec.Sch,Cannan Garden	SUJAL KUMAR Class XII M.G.M.Hr.Sec.School,Dimapur

GROUP TOPPERS - G. K.

				
KANAKA ZAIN Class I M.G.M Public School,Gopalpur	AVNI SARATHE Class II M.G.M. Hr.Sec.Sch,Cannan Garden	KAVYA SHARMA Class II M.G.M. Hr.Sec.Sch,Cannan Garden	MANYA GAUTAM Class III M.G.M. Hr.Sec.Sch,Cannan Garden	KIRITNA CHANDRA Class III M.G.M.Hr.Sec.School,Korba
				
NEETIKA CHANDRA Class III M.G.M.Hr.Sec.School,Korba	SHUBHANK CHOUDHARY Class IV M.G.M.Hr.Sec.School,Hansi	AAROH ATMAPOOJYA Class V M.G.M. Hr.Sec.Sch,Cannan Garden	ANAMIKA YADAV Class VI M.G.M. Hr.Sec.Sch,Cannan Garden	ADITYA CHOURASE Class VII M.G.M. Hr.Sec.Sch,Cannan Garden
				
ARYAN KUMAR WAGHE Class VII M.G.M. Hr.Sec.Sch,Cannan Garden	NAMAN RAJAK Class VII M.G.M. Hr.Sec.Sch,Cannan Garden	ASTHA DUBEY Class VIII M.G.M. Hr.Sec.Sch,Cannan Garden	ANIMESH YADAV Class IX M.G.M. Hr.Sec.Sch,Cannan Garden	KIMIN SHARMA Class X M.G.M. Hr.Sec.Sch,Cannan Garden

GROUP TOPPERS - MATHS



SARANSH SHARMA
Class I
MGM Public School, Gopalpur



ANISH DEWANGAN
Class II
M.G.M Hr. Sec. School, Bilsapur



USADITYA BARMAN RAY
Class II
M.G.M Hr. Sec. School, Bokaro



MANAV DWIVEDI
Class II
M.G.M. Hr. Sec. Sch, Cannan Garden



HITESH JATAW
Class III
M.G.M. Hr. Sec. Sch, Cannan Garden



SHUBH CHOCHAN
Class III
M.G.M. Hr. Sec. Sch, Cannan Garden



AYUSH PRASAD NATH
Class IV
M.G.M. English School, Rourkela



ABHINAV PANDIT
Class V
M.G.M Public School, Shanti Nagar



TUSHAM REDDY
Class V
M.G.M Public School, Shanti Nagar



ARYAN SINGH
Class VI
M.G.M.Hr. Sec. Sch, Haldol



RIYA RAJ
Class VII
M.G.M.Hr. Sec. Sch, Bokaro



AYUSH
Class VII
M.G.M.Hr. Sec. Sch, Bokaro



ANKIT RAJ
Class VIII
M.G.M.Hr. Sec. Sch, Bokaro



HARSHIT GOURASIA
Class IX
M.G.M. Hr. Sec. Sch, Cannan Garden



RISHI BAGHEL
Class X
M.G.M. Hr. Sec. Sch, Cannan Garden



PULUKULA DEEPSHIKHA
Class XI
M.G.M. English School, Rourkela



ROHIT ROY
Class XII
M.G.M.Hr. Sec. School, Dimapur

1ST RUNNERS UP - ENGLISH



NAIBEDYA NAYAK
Class I
M.G.M. English School, Rourkela



MONALI BISANDORE
Class II
M.G.M.Hr. Sec. School, Bagdona



KARTIK RATHORE
Class III
M.G.M. Hr. Sec. Sch, Cannan Garden



CHUMRENTUNG
Class III
M.G.M.Hr. Sec. School, Dimapur



BRUESH VERMA
Class IV
M.G.M. Hr. Sec. Sch, Cannan Garden



G. VEDIKA
Class IV
M.G.M. Hr. Sec. Sch, Cannan Garden



KANISHKA BATHAM
Class IV
M.G.M. Hr. Sec. Sch, Cannan Garden



NANCY DANGI
Class IV
M.G.M. Hr. Sec. Sch, Cannan Garden



VIDYA YADAV
Class IV
M.G.M.Hr. Sec. School, Karba



ADITI KAUSHIK
Class V
M.G.M. Hr. Sec. Sch, Cannan Garden



SONAM SINGH
Class VI
M.G.M. English School, Rourkela



VISHESH RAMBHAL
Class VII
M.G.M. Hr. Sec. Sch, Cannan Garden



AMRITA KUMARI SAHOO
Class VII
M.G.M. English School, Rourkela



TANISHQ
Class VII
M.G.M.Hr. Sec. Sch, Bokaro



AKANKSHA VERMA
Class IX
M.G.M. Hr. Sec. School, Bilsapur



LIPIKA DUTTA
Class X
M.G.M.Hr. Sec. Sch, Bokaro



LIKALI
Class X
M.G.M.Hr. Sec. School, Dimapur



PRACHI PARMAR
Class XI
M.G.M. Hr. Sec. Sch, Cannan Garden

RIKUNKABA
Class XII
M.G.M.Hr. Sec. School, Dimapur



































1st RUNNERS UP - GK

						
RISHAV KUMAR Class I M.G.M. School, Dhanput	HARSH DONGRE Class II M.G.M. Hr Sec Sch, Cannan Garden	NATASHA PRASAD Class II M.G.M. Hr Sec Sch, Cannan Garden	VAISHNAVI RANI Class III M.G.M. Hr Sec Sch, Bokani	ADITI PATIDAR Class IV M.G.M. Hr Sec Sch, Cannan Garden	JAHNVI SINGH Class IV M.G.M. Hr Sec Sch, Cannan Garden	PALAK GAUTHAM Class IV M.G.M. Hr Sec Sch, Cannan Garden
						
SHARADDHA MEHRA Class IV M.G.M. Hr Sec Sch, Cannan Garden	SANDHYA RANI MAHANTA Class IV M.G.M. English School, Rourkela	ANKITA SHUKLA Class V M.G.M. Hr Sec Sch, Cannan Garden	NEELAMKAR Class V M.G.M. Hr Sec Sch, Cannan Garden	SHAURYA PRATAP SINGH BAGHEL Class V M.G.M. School, Dhanput	GAURAV PARMAR Class VI M.G.M. Hr Sec Sch, Cannan Garden	SHREYANSH DUBEY Class VI M.G.M. Hr Sec Sch, Cannan Garden
						
VANI RATHOR Class VI M.G.M. English School, Rourkela	HIMESH PAL Class VII M.G.M. Hr Sec Sch, Cannan Garden	PRARTHANA BHANNARE Class VII M.G.M. Hr Sec Sch, Cannan Garden	SHWANSH VISHWAKARMA Class VII M.G.M. Hr Sec Sch, Cannan Garden	JANVI THAKUR Class VIII M.G.M. Hr Sec Sch, Cannan Garden	SAURAJ PURI Class VIII M.G.M. Hr Sec Sch, Cannan Garden	FAHD SAYYED Class IX M.G.M. Hr Sec Sch, Cannan Garden

1st RUNNERS UP - MATHS

						
RISHISHA GHANA Class II St. Gregorios School, Calcutta	HARSHIKA KUMARI Class II St. Gregorios School, Calcutta	CHETNA DHRUVE Class II M.G.M. Hr Sec Sch, Cannan Garden	PRANJAL NANGURKAR Class III M.G.M. Hr Sec Sch, Cannan Garden	ARYANSHU AYUSHMAN ROUT Class IV M.G.M. English School, Rourkela	HARDIK SHARMA Class V M.G.M. Hr Sec Sch, Cannan Garden	
						
ANSH GUPTA Class V M.G.M. Hr Sec Sch, Hathital	REETIKA GHOSH Class VI M.G.M. Hr. Sec. School, Raipur	SAMEEKSHA SAHU Class VII Mar Baselos Vidhya Bhawan, Bhubai	PRANJAL MISHRA Class VII M.G.M. Hr Sec Sch, Cannan Garden	MANISHA MARANDI Class VII M.G.M. English School, Rourkela	TANISHO PATEL Class VIII M.G.M. Hr Sec Sch, Cannan Garden	
						
SHIVAM CHOUREY Class VIII M.G.M. Hr Sec School, Itarsi	SAKSHI SINHA Class IX M.G.M. Hr Sec Sch, Bokaro	RIYA PATEL Class IX M.G.M. Hr Sec School, Itarsi	RAJVEER GUPTA Class X M.G.M. Hr Sec Sch, Cannan Garden	PRANAY SAPTARSHI Class X M.G.M. Hr Sec Sch, Cannan Garden	DUSHYANT CHOUDHARY Class XI M.G.M. Hr Sec School, Itarsi	SAMRITH SINGH Class XII M.G.M. Hr Sec School, Itarsi

2nd RUNNERS UP - ENGLISH

 VIRAJ RAJPUT Class II M.G.M. Hr. Sec. School, Raipur	 DHANYA JAY VERMA Class II MGM Public School, Raipur	 ANANYA KAUSHIK Class II M.G.M. Hr. Sec. Sch. Cannan Garden	 PRATYUSH SHRIVASTAVA Class III M.G.M. Hr. Sec. Sch. Bokaro	 ABIGIEL Class III M.G.M. Hr. Sec. School, Dimapur	 TANISHK SINGH Class III M.G.M. Hr. Sec. Sch., Hatfield	 ARON JOSHI Class III M.G.M. Public School, Shanti Nagar
 EVANGELIN KUMAR Class IV M.G.M. English School, Rourkela	 PRASANG KUMAR Class IV Mar Basilio Vidya Bhawan, Bhubaneswar	 RITI TAZARI Class V M.G.M. Hr. Sec. Sch. Cannan Garden	 VIDHI RATHOR Class VI M.G.M. English School, Rourkela	 VANI RATHOR Class VI M.G.M. English School, Rourkela	 RUBY KUMARI PANDEY Class VI M.G.M. Hr. Sec. Sch. Bokaro	 IMTISLUNEP Class VI M.G.M. Hr. Sec. School, Dimapur
 YATKA YADAV Class VI Mar Basilio Vidya Bhawan, Bhubaneswar	 ARYAN SINGH Class VI M.G.M. Hr. Sec. Sch., Hatfield	 SHRISTI TWARI Class VI M.G.M. Hr. Sec. Sch., Hatfield	 RUDRAKSHI SINGH Class VII M.G.M. Hr. Sec. Sch., Hatfield	 DEWANSHU DEWANGAN Class VII M.G.M. Public School, Shanti Nagar	 LEAH NULLIE Class VII M.G.M. Hr. Sec. School, Dimapur	 TANISHA SURYAWANSHI Class IX M.G.M. Hr. Sec. Sch. Cannan Garden
 TAKSH SHARMA Class IX M.G.M. Hr. Sec. School, Itarsi	 EUDICA Class XI M.G.M. Hr. Sec. School, Dimapur	 GARGI SINGH Class X M.G.M. Hr. Sec. Sch. Cannan Garden	 HARSHITA CHOUDHARY Class X M.G.M. Hr. Sec. Sch. Cannan Garden	 PRIYANKA PATEL Class XI M.G.M. Hr. Sec. Sch. Cannan Garden	 BHOOMI SINGH Class XII M.G.M. Hr. Sec. Sch. Cannan Garden	 G VISHNU Class XI M.G.M. Hr. Sec. Sch. Cannan Garden
 TANISHKA YADAV Class XI M.G.M. Hr. Sec. Sch. Cannan Garden	 SUKHWINDER SINGH DEOL Class XI M.G.M. Hr. Sec. School, Itarsi	 PAYAL GHOGRE Class XI M.G.M. Hr. Sec. School, Raipur	 ABIGAIL SUKHAJ Class XI M.G.M. Hr. Sec. School, Dimapur	 KUNAL RANA Class XII M.G.M. Hr. Sec. School, Dimapur	 SAHIL NAGWANI Class XII M.G.M. Hr. Sec. Sch., Hatfield	

2nd RUNNERS UP - GK

 AARADHYA JAIN Class I M.G.M. School, Dhanpuri	 PREKSHA JAIN Class I M.G.M. School, Dhanpuri	 SARANSH SHARMA Class I MGM Public School, Gopalpur	 ADARSH MANU YADAV Class II M.G.M. Hr. Sec. Sch. Cannan Garden	 POORNAM PASWAN Class II M.G.M. Hr. Sec. Sch. Cannan Garden	 ABHJEET KUMAR SINGH Class II MGM Public School, Gaur, Bikaner	 ANAMIKA VISHWAKARMA Class II M.G.M. Hr. Sec. Sch. Cannan Garden
 DRASHITA PATEL Class III M.G.M. Hr. Sec. Sch. Cannan Garden	 SONAKSHI Class III M.G.M. Hr. Sec. Sch. Cannan Garden	 HARDIKA Class III M.G.M. Hr. Sec. School, Dimapur	 NETHAN SHIBU VARGHESE Class III M.G.M. Hr. Sec. School, Dimapur	 ADHYANSH SARANYA Class IV M.G.M. Hr. Sec. Sch. Cannan Garden	 ANSH VERMA Class IV M.G.M. Hr. Sec. Sch. Cannan Garden	 AVNI TARK Class IV M.G.M. Hr. Sec. Sch. Cannan Garden

2nd RUNNERS UP - GK

 GYANESHWAR KEDAR Class IV M.G.M. Hr Sec Sch, Cannan Garden	 MANVI PAHAL Class IV M.G.M. Hr Sec Sch, Cannan Garden	 NIKHIL UJJWAL Class IV St. Gregorios School, Calcutta	 T. SHUBHAM REDDY Class V M.G.M. Public School, Shanti Nagar	 ADITI PASWAN Class V M.G.M. Hr Sec Sch, Cannan Garden	 AMAN SEN Class VI Mar Basilio Vidya Bhawan, Bhowanipore	 CHAITANYA Class VI M.G.M. Hr Sec Sch, Cannan Garden
 SATYA JIT SINGH Class VI M.G.M. Hr Sec Sch, Cannan Garden	 SHUBH YADAV Class VI M.G.M. School, Dhanpuri	 MOHAN ANSARI Class VI M.G.M. Hr Sec Sch, Kolkata	 ANIKET GAUDA Class VI M.G.M. English School, Roorkela	 MUSKAN SHARMA Class VI M.G.M. English School, Roorkela	 TEJRAJ KISAN Class VI M.G.M. English School, Roorkela	 RISHIKA PATEL Class VI M.G.M. Hr Sec Sch, Cannan Garden
 ANURUDH DUBEY Class VII M.G.M. Hr Sec Sch, Cannan Garden	 RISHABH MISHRA Class IX M.G.M. Hr Sec Sch, Cannan Garden	 JEMIMA ELSA SHAJI Class IX M.G.M. Hr Sec Sch, Kolkata	 G. VISHAL Class X M.G.M. Hr Sec Sch, Cannan Garden	 AMRITA PATEL Class X M.G.M. Hr Sec Sch, Cannan Garden	 RAMAN SINGH Class X M.G.M. Hr Sec Sch, Cannan Garden	

2nd RUNNERS UP - MATHS

 RISHAV KUMAR Class II M.G.M. Hr Sec Sch, Baganpore	 TISEEKA ASHWARI Class II M.G.M. Hr Sec Sch, Cannan Garden	 ASHWAN KUMAR Class II M.G.M. Hr Sec Sch, Bokaro	 DROPTI MAKORIA Class III M.G.M. Hr Sec Sch, Cannan Garden	 KRITI PRASAD Class III M.G.M. Hr Sec Sch, Cannan Garden	 SONAM YADAV Class III M.G.M. Hr Sec Sch, Cannan Garden	 SHUBHAM PRASAD Class IV M.G.M. Hr Sec Sch, Cannan Garden
 ANUP MOHANTY Class IV M.G.M. English School, Roorkela	 SONAM GAITAM Class V M.G.M. Hr Sec Sch, Cannan Garden	 NAYANK SINGH Class V M.G.M. Hr Sec Sch, Cannan Garden	 KUNAL PANMAR Class V M.G.M. Hr Sec Sch, Cannan Garden	 ARYA SOLANKI Class V M.G.M. Hr Sec Sch, Cannan Garden	 UDIT NARAYAN Class V M.G.M. Public School, Shanti Nagar	 ABHINAV PATEL Class VI M.G.M. Hr Sec Sch, Hatthal
 ANMOL AGRAWAL Class VII Mar Basilio Vidya Bhawan, Bhowanipore	 YASHVA KANHOLKAR Class VII Mar Basilio Vidya Bhawan, Bhowanipore	 PRINCE KUMAR SINGH Class VII M.G.M. Hr Sec Sch, Bokaro	 KRISHNA SAHU Class VII M.G.M. Hr Sec Sch, Hatthal	 ANANYA PATWA Class VII M.G.M. Hr Sec Sch, Cannan Garden	 POONAM DUMBRELE Class IX M.G.M. Hr Sec Sch, Cannan Garden	 RAVINDRO PATEL Class X M.G.M. Hr Sec Sch, Cannan Garden
 UTKARSH JAIN Class XI M.G.M. Hr Sec Sch, Barui	 JAYA SINDAR Class XII M.G.M. Hr Sec Sch, Cannan Garden	 TRISHU DHIRU Class XII M.G.M. Hr Sec Sch, Cannan Garden	 SAHIL NAGWANI Class XII M.G.M. Hr Sec Sch, Hatthal	 SHIKHA VERMA Class XII M.G.M. Hr Sec Sch, Hatthal		

CONGRATULATIONS



World Rope Skipping Championship

Rohit Srivastava of MGM HSS, Bokaro won 1 gold and 1 silver medal & Sonali Soren won 1 gold and 1 bronze medal held at Talkatora indoor Stadium at New Delhi



National Kick Boxing Championship

MBVB school, Bhilai won bronze medal in 65th National School Games Kick Boxing Championship in Delhi (Punjab) Raunak Behera cls 10 -B Bronze, Riya Singh cls - 8 A Bronze, Aditya Janghel - 7B Bronze.



State level Child Right Congress

Organised by Vigyan Jagran Samiti, Jharkhand at Holy Cross School, Bokaro. Senior & junior teams of MGM Hr. Sec. School, Bokaro were selected among top 3 projects.



Interschool English Extempore competition

Abhishek Sarkar (class 10) of MGM HSS, Bokaro won the 1st prize in inter school English extempore competition organised under the aegis of Dr. Radhakrishnan Sahodaya School Complex.



CBSE National Rope Skipping Championship

Held at Shri Ram Ashram Public School, Amritsar, Punjab MGM HSS, Bokaro won 10 medals. Winners are Dolly Kumari (9/B)-1 Silver, Sristy Anand (9/A)-1 Silver, Akancha Toppo (9/A) - 1 Silver, Rohit Srivastava (8/F)- 2 Bronze Athvara (8/F)- 2 Bronze, Kumar Aryan 8/C)- 1 Bronze, Ram Besra (11)- 1 Bronze, Sonali Soren (10/C)-1 Bronze

VSSF-Science Promotion Orient Test

MGM HSS, Bokaro students qualified in National SPOT 2019 PRELIMS organised by Vikram Sarabhai Science Foundation. Qualified students are Shreya (Cls 3), Sampurn Kumar (Cls 5), Priyanshi (Cl 3), Shreya Rani (Cls 3), Divya Raj (Cls 5), Raunak Kumar (Cls 3), Shagun Sharma (Cls 7), Adyan Srivastava (Cls 7), Ujjwal Pratap Singh (Cls 6), Anant Kumar (Cls 8), Sidrah Tarannum (Cls 7)



Interschool Rhymes Competition

MGM HSS, Bokaro won second position in KISLAY-2019 organised by DPSChas. Winner are AvniAradhya (1/A), Sparshisarkar (1/B), Insha Rashid (1/C), Ananya Bharti (1/E), Lavanya Bharti (1/F)

East Zone Judo Championship

MGM HSS, Bokaro students won 9 medals in CBSE East Zone Judo Championship held at Baldeo Public School, Mathura, UP. Winners are Sristy Anand (9/A) Gold, Zeba Naaz (7/C) Silver, Amrita Hansda (10/A) Silver, Manish Kumar (9/E) Silver, Devashish Halder (11) Bronze, Aditi Singh (8/A) Bronze, Shreyoshi Ghosh (9/B) Bronze, Shubham Singh (10/B) Bronze, Bandana Kumari (9/C) Bronze



Interschool volleyball Tournament

MGM HSS, Bokaro secured 2nd position in interschool volleyball tournament organized by DPS Bokaro

THEME FOR NEXT ISSUE



**SOCIAL MEDIA
& STUDENTS**

Principals are requested to
send the materials to
mgmdarpan@gmail.com
before 10th March 2020

Extraordinary Journey



NDTV India's Managing Editor Ravish Kumar won Ramon Magasaysay award for 'harnessing journalism to give voice to the voiceless' and his 'unflinching commitment to a professional, ethical journalism of the highest standards'. Ravish is known for his hugely popular show Prime Time that reports real-life and underreported problems of ordinary people.



Peggy Whitson, who has an account of staying in space for a record 665 days, received the 2019 Women in Space Science award. She was the first woman astronaut to hold NASA's chief astronaut position and has completed a total of 10 spacewalks over the course of her career, and commanded the International Space Station twice. She currently holds the space endurance record in the US, she is eighth on that list overall. Station twice. She currently holds the space endurance record in the US, she is eighth on that list overall.



The A to Z CEO

Sundar Pichai, 47, was appointed the chief executive of Alphabet, the parent company that controls the American technology giant Google. Pichai has been with Google for 15 years now. His rise at the firm has been meteoric, largely because of his phenomenal success with the Chrome project making it the world's most used web browser.



Sanna Marin, 34, was sworn in as Finland's Prime Minister on December 10. She is the world's youngest prime minister. Her new government is a coalition of five parties and all of them have female leaders. Tough times ahead for Marin as Finland is presently a hotbed of volatile politics.

Gita Gopinath became the International Monetary Fund's first female chief economist in January. She is the second Indian to hold the position, the first being former RBI governor Raghuram Rajan.



High Altitude TRAFFIC JAM

To scale the world's highest peak Mount Everest, that stands tall at a height of 8848m, is a challenge for many a mountaineer. This year there was a surge in the number of mountaineers wanting to scale the peak, and this also led to a record number of fatalities. Eleven climbers lost their lives in the process of scaling Mt. Everest. A number of reasons like increase in the number of permits issued to climb Mount Everest, inexperienced climbers and a short weather window are some of the probable factors leading to the highest number of deaths. As the poor weather restricted the time frame for summit attempts, there was overcrowding at the summit. It was reported that nearly 100 climbers had queued up above 26,000 feet, popularly known as the death zone. At this zone the human body is exposed to insufficient levels of oxygen.



CHENNAI'S Day Zero

After Chennai's main source of water Porur Lake reached its lowest level and with the other major lakes like Chembarambakkam, Poondi, Red Hills and Cholavaram also drying up, the city was in the grip of a severe water scarcity. What added to the worsening situation was inadequate rainfall in 2017 and failed monsoon in 2018. On 19 June 2019, Chennai city officials declared that 'Day Zero', or the day when almost no water is left, had been reached, as all the four main reservoirs supplying water to the city had run dry. This is not the case with Chennai alone, though this was the most severely affected. As per a recent report by NITI Aayog, 21 Indian cities, including Chennai, will run out of groundwater by 2020. This will impact 100 million lives. The report also mentioned that by 2030, 40% of India's population will not have access to drinking water.



Phenomenal SPELLERS

In a historic finale of this year's Scripps National Spelling Bee competition, eight youngsters were announced as co-winners. The unprecedented result came after organisers said they ran out of challenging words. Of the eight co-champions, six are of Indian origin.

COURTESY: THE HITVADA

EXAM MANTRA

Do something now that your future self will thank you for and turn it into a 'quid pro quo'..... to 'seize the day' -----Carpe Diem----- existentially.

When the going gets tough, the tough gets going.....is clichéd but undeniable. Better grades can get you a better job, a better car and a better life.

Thus said let's quickly browse through a few practical norms to give ourselves the best shot in the arm for our exams.

Make a study schedule that suits you the best. Organise your study space and your daily chores. Study smart with time slots that suits you with regular breaks of 5 minutes which can be reduced when you inch towards the examination. Use flow charts and diagrams as well as practice on old exams. Organize study groups with friends and teachers. Snacking on healthy food is good for your brain and memory. Check on the technicalities of the exam and on the exam specifics. And Bingo you are all set for the exam!

All the best!!

Sayantani Chattopadhyay,

Teacher, MGM Hr. Sec. School, Bokaro



Orient BlackSwan

Incorporated in 1948, Orient BlackSwan is one of India's best known and most respected publishing houses. We publish well-researched academic and general books by distinguished authors, with a consistent emphasis on quality.

New Gul Mohar was revised to fulfil the requirements of the CISCE Syllabus. It is, as always, about English today – the way it is written, spoken, heard and used for our current needs. It offers fresh and unmatched reading selections with the finest stories, poems and plays including rich, Indian writing, universal themes and the most current issues.



MY BEST FRIEND

My Best Friend is a comprehensive and integrated preprimary programme for three levels, Nursery, UKG and UKG. It is developed to match the learning outcomes set down by different boards of learning and in accordance with the Early Childhood Care and Education (ECCE) guidelines.



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Email: customercare@orientblackswan.com | www.orientblackswan.com





ACTIVITIES AND EVENTS



Cleanliness Drive – Clean communities, healthy citizens

MGM HSS, Bokaro organised Cleanliness Drive on the occasion of 150th birth anniversary of Mahatma Gandhi.



Annual Sports Day held in Kamalini MGM Nursery School, Balco Nagar, Korba



M.G.M. Higher Secondary School, Balco 39th Annual sports closing ceremony and Christmas celebration was Inaugrated by Mr. Ravi Kumar (ex student of MGM, Deputy collector of Bihar) and Rev. Fr. Jibu James with sportsman spirit and with great enjoyment the function came to end.



M.G.M. Hr. Sec. School, Balco Nagar, Korba (C.G.) 39th Annual Sports Opening.



Fit India school week – Fit body, Fit mind, Fit environment
MGM HSS, Bokaro celebrated fitness week as a part of fitness India Movement.



MGM Hr. Sec. School, Balco Nagar, Korba (C.G.) organised Marathon followed by Rally on the occasion of Guru Ghasidas Jayanti.



MGM Hr Sec School, Midland, Dimapur Celebrated Mar Theodosius(founder Bishop) Charity Day



The 34th Annual Day Celebration of MGMHSS, Midland, Dimapur

Pre Christmas Celebration at MGMHSS, Midland, Dimapur



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