



IDPS

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



MS. HARINDER CHEEMA
Author and Poet

THE LESSON OF LIFE

I see the birds in the sky And feel why I can't fly ? I see the fish in the water enjoying their life And start complaining again about my struggle and strife I thought the problem was in living on the land I wished I had wings instead of hands I felt the world of animals and birds was so free When a sparrow called out to me, " Come my dear let's fly, God has given me the power for one day to take you to the sky" I suddenly found I had grown wings And I couldn't see my hands, my fingers and my rings I excitedly started my journey with the sparrow Who knew the directions so well, without any navigation, google maps or arrows I felt tired and hungry flying at a great height And there was no food and water in sight The sparrow said, " If we are lucky, we will find something to eat And if not, then we wait and generally don't tweet, My eggs were eaten by a serpent last time And you thought only your world is full of crime Each time I build a nest somebody breaks it down This doesn't happen only in your cities and towns There are bird catchers waiting to catch me in their net And life is not easy here too, you bet" I felt life was not easy there So I jumped into the water filled with fear I had just started enjoying the water on my face When I saw a shark coming towards me at a great pace And in no time the sea animals saw me as a delicacy to eat As for them I was just a piece of meat I begged and cried to be back on the land Instead of gills, fins and wings I wanted back my limbs and hands We keep on comparing and forget to enjoy our life and habitat And do not realize that a rat's home is a hole and he feels safe in that Learning my lessons well I threw my doubts away I thought I was the superior one but the beasts showed me the way.



DR. NANCY JUNEJA
Founder - RevUp Life Skills
Co Founder MENTORx

Give your Child's Future - "The Global Edge"

Today's world is fast paced and advanced and the Digital space has given us chance to learn and grow along with opportunities for students to get global exposure . The students today have golden opportunity to focus on holistic growth and openness to evolve with changing demands in education. The success story of today mentors is Inspiring tale of dedication and enterprise. Today the Mentors are recognising the need for the emotional healing of students as well enhancing their Cognitive ability. They are creating an environment with well-planned and well-designed accelerated learning program. The learning needs have gone beyond classroom learning .In order to meet the global curriculum , the responsibility is shared between teachers, students and parents. With online and digital learning becoming more mainstream, Students are getting all the more responsible & motivated to voluntarily attend online classes, pay attention, and study. For this to happen, education has to become enjoyable, and evaluation more relevant and holistic, so that children discover the joy of learning, filling the vacuum in our education system Though it was huge turning point in education ,but each challenge bring along an opportunity. With tools and technology dominating the Education system ,it has in positive way made students inculcate skill of being adaptable, being flexible, the habit of self discipline ,self study ,technical skills and much more. The sooner we adapt, the sooner we progress ahead in this Dynamic Era.



MS. RIMA KOHLI
EDUCATIONIST

FEAR

Fear is an unpleasant feeling triggered by the perception of danger real or imaginary. This threat can be at times detrimental for our physical, emotional and psychological well-being. While there are certain things that can trigger fear in most of us, we can learn to become afraid of nearly anything. Certain amount of Fear is essential for our growth and safety. Let me share examples with you in this regard. Eg: If we do not have fear of failing we might not study well for our exams. If we are not a little fearful of traffic, we might not be crossing the road cautiously and fall into trouble. But when Fear predominates us psychologically to the extend that it interferes with our daily chores that is the time we need to pay heed and at times take professional help Our brain is a very powerful organ. You can't fathom the extend of repercussions that can take place due to this. I will share an example with you here. A criminal was going to be hanged till death. But then a medical team approached them that

they wanted a person for their experiment. They warned the jail in charge that this could be fatal too. So they offered this criminal for the experiment. The scientist told him that he would be kept in a room and tied to a chair. His eyes would be blindfolded and a snake would be left in the room with him. The jailor told him incase he escapes the snake bite. He would be given his freedom and his sentence would be pardoned. So the criminal hurriedly agreed. He was blindfolded, tied to a chair. One scientist made the hissing sound of the snake. The other after sometime pricked his hand with the safety pin. Shockingly after a few seconds he expired. When the criminal's body was taken for post- mortem, there were traces of venom in his blood. Where did this venom come from? A pin can create such a havoc?

Shiv Kumar Sharma



Shiv Kumar Sharma, born on January 13, 1938, Jammu, Jammu and Kashmir, India, Indian santūr (hammered dulcimer) virtuoso who is credited with shifting the instrument from a predominantly accompanimental and ensemble role in the Sufi music of Kashmir to a solo role in the Hindustani classical music tradition of North India. Sharma began studying music when he was five years

old. His teacher was his own father, Uma Dutt Sharma, who was an accomplished Hindustani vocalist as well as tabla (pair of drums) and pakhavaj (double-headed drum) player, all in the tradition of the Benaras gharana (community of performers who share a distinctive musical style). Shiv Kumar trained as a singer and tabla player, and, by the time he was 12, he was performing for the local radio station in Jammu. When he was a teenager, his father introduced him to the santūr, a dulcimer with some 100 strings that was well known in the Sufi music of the Kashmir region but foreign to Hindustani tradition. Encouraged by his father, Shiv Kumar shifted his instrumental focus to santūr, with the aim of using the instrument to perform Hindustani music. In 1955 Sharma gave his first major public performance of Hindustani music on the santūr. Although his playing drew praise from the more-progressive listeners, it was criticized by many traditionalists, who believed that the santūr—as a percussive fixed-pitch instrument—was ill suited to the pitch bending and other melodic nuances of Hindustani music. In response to the negative feedback, Sharma increased the melodic range of the instrument, changed the arrangement and tuning of the strings, and reworked his playing technique to produce a more-sustained sound that suggested the tone and flexibility of the human voice. As a result of his unflagging effort and technical virtuosity, the santūr gradually gained acceptance, and by the late

20th century the instrument had been solidly incorporated into the Hindustani tradition. Sharma released numerous albums of Hindustani santūr music, such as The Last Word in Santoor (2009), as well as many experimental works, including The Elements: Water (1995), which was cast in the smooth and soothing style of New Age popular music. He also played music for many films, including Silsila (1981) and Chandni (1989). For his unique contribution to Indian music, he received a Sangeet Natak Akademi (India's national academy of music, dance, and drama) award in 1986. He was also awarded two of the country's top civilian honours: the Padma Shri (1991) and the Padma Vibhushan (2001). Sharma published his autobiography, Journey with a Hundred Strings: My Life in Music (with Ina Puri), in 2002.

Important Organisation

S. No.	Organisation	Founded On	Headquaters
01.	Reserve Bank Of India (RBI)	01 April 1935	Mumbai
02.	Securities and Exchange Board of India (SEBI)	12 April 1992	Mumbai
03.	Pension Fund Regulatory & Development Authority (PFRDA)	23 August 2003	New Delhi
04.	National Bank for Agriculture and Rural Development (NABARD)	12 July 1982	Mumbai
05.	Small Industries Development Bank of India (SIDBI)	02 April 1990	Lucknow
06.	National Housing Bank (NHB)	09 July 1988	New Delhi
07.	Telecom Regulatory Authority of India (TRAI)	20 February 1997	New Delhi
08.	Food Safety and Standards Authority of India (FSSAI)	01 August 2011	New Delhi
09.	Bureau of Indian Standards (BIS)	23 December 1986	New Delhi
10.	Board of Control for Cricket in India (BCCI)	01 December 1928	Mumbai
11.	India Chemical Council (ICC)	1938	Mumbai
12.	Council of Scientific and Industrial Research (CSIR)	1942	New Delhi
13.	Central Statistical Organization (CSO)	1951	New Delhi
14.	Central Pollution Control Board (CPCB)	1974	New Delhi
15.	Central Board of Film Certification (CBFC)	1951	Mumbai
16.	Defence Research and Development Organization (DRDO)	1958	New Delhi
17.	Geological Survey of India (GSI)	1851	Kolkata
18.	Indian Council of Medical Research (ICMR)	1911	New Delhi
19.	Insurance Regulatory and Development Authority (IRDA)	1999	Hyderabad
20.	Indian Council of Agricultural Research (ICAR)	1929	New Delhi
21.	Inland Waterways Authority of India (IWAI)	1986	Noida
22.	Life Insurance Corporation of India (LIC)	1956	Mumbai
23.	Medical Council of India (MCI)	1933	New Delhi
24.	National Safety Council (NSC)	1966	Navy Mumbai
25.	Press Council of India (PCI)	1966	New Delhi
26.	Sports Authority of India (SAI)	1961	Delhi
27.	National Association of Software and Service Companies	1 March 1988	Noida, UP
28.	Indian Stainless Steel Development Association (ISSDA)	1989	Haryana
29.	National Council of Educational Research and Training	1961	New Delhi
30.	National Research Development Corporation (NRDC)	1953	New Delhi

A Momentary view of Activities

Investiture Ceremony

Investiture Ceremony is the most awaited event of the school. A day of colours, excitement and exuberance for the school and proud parents, who witness their children take new leadership roles through the event. Ms. Randeep Wazir, Principal IDPS welcomed the proud parents, children, Chief Guest, the Guest of Honour & principals from various eminent schools of Jammu & Kashmir who took out their valuable time to attend the virtual event. Sharing words of wisdom with everyone, the Chief Guest of the day Brig.(Dr) Davinder S. Grewal(Retd) explained about the value of sportsmanship and team spirit, handling failures and never giving up on one's dreams, no matter what goes wrong. Adding to his thoughts, he motivated students to never stop seeking and learning for it is a never ending process aligning to the vision of the School "Learn & Succeed". Ms. Reema Kohli- Guest of Honor addressed the School Council with her words of wisdom and blessings. Mrs. Manisha Choudhary - Chairperson IDPS, Mr Suminder Singh and Mr Swarn Singh Choudhary also extended their blessings and congratulated the newly elected School Cabinet.

INTERNATIONAL DELHI PUBLIC SCHOOL, JAMMU

Investiture Ceremony

CHIEF GUEST

GUEST OF HONOR

BRIG. DAVINDER SINGH GREWAL (RETD.)

MS. REEMA KOHLI
SOFT SKILLS TRAINER & MOTIVATIONAL SPEAKER

Thank You

MS. SUCHETA GUPTA
DIRECTOR ACADEMICS DPS, UDHAMPUR

MR. MEHFOOZ ASLAM
PRINCIPAL, DPS, BUDGAM

MS. ROHINI AIMA
PRINCIPAL, JAMMU SANGRITHI

For gracing the occasion and blessing the newly appointed Student Cabinet.

MR. SUMINDER SINGH
MD(OPERATIONS), IDPS

MS. MANISHA CHOUDHARY
CHAIRPERSON, IDPS

MS. RANDEEP WAZIR
PRINCIPAL, IDPS

MR. SWARN CHOUDHARY
MD(FINANCE), IDPS

INTERNATIONAL DELHI PUBLIC SCHOOL, JAMMU

CHIEF GUEST

BRIG. DAVINDER SINGH GREWAL (RETD.)

GUEST OF HONOR

MS. REEMA KOHLI
SOFT SKILLS TRAINER & MOTIVATIONAL SPEAKER

SPECIAL GUEST

MS. MANISHA CHOUDHARY
CHAIRPERSON, IDPS

3RD INVESTITURE CEREMONY

28 SEPTEMBER

MR. SUMINDER SINGH
MD(OPERATIONS), IDPS

MR. SWARN CHOUDHARY
MD(FINANCE), IDPS

MS. RANDEEP WAZIR
PRINCIPAL, IDPS

MS. MADHU ABROL
SCHOOL MANAGER, IDPS

MS. GUNEET MANN V.
PRINCIPAL, IDPS

INTERNATIONAL DELHI PUBLIC SCHOOL, JAMMU

PRESENTING MEMBERS OF IDPS STUDENT CABINET 2020-21

MOHD. AQIF KHAN
HEAD BOY

IQTIDA SYED
HEAD GIRL

HOUSE CAPTAINS

ZARRAR AHMED
SPARTANS

MOHD. KAIF
KNIGHTS

MOHD. HAFIZ
KNIGHTS

RUDRA PRATAP
TIGER

VICE - HOUSE CAPTAINS

MUHIBBA MUNEEB
SPARTANS

MADHUR DUBEY
KNIGHTS

AAISHA
KNIGHTS

CH. USMAAN GUL
TIGER

EDITORS

AASINA MANSOOR
EDITOR

MOHD. ZAHID
EDITOR

JIYA ARORA
ASST. EDITOR

Release of Vol. III

Evolution is growth, change and transformation. We proudly announce the release of the Volume III of IDPS Chronicle - The monthly newspaper of IDPS. With the persistent efforts of Ms Suman Pal Kour- Chief IDPS Editor we have been able to successfully complete two years of publication. The event witnessed the presence of Mr. Kavinder Gupta, Ex Deputy CM of J&K - The Chief Guest of the event and Jb. Sohail Kazmi, Senior Journalist and Social Activist - Guest of honour. It has been a major milestone for entire IDPS Family as during these unprecedented times, the entire staff of IDPS has shown consistent, continued and relentless services for the school. The entire IDPS Management gratefully recognizes their efforts and appreciate them for their support.



A Momentary view of Activities

IDPS in World Book of Records, LONDON

A proud moment for IDPS Jammu getting included in the - World Book of Records UK London. “When you decide on what you truly want, both your focus and your target will attract each other”. With a feeling of pride and excitement, it gives us immense pleasure to announce that International Delhi Public School Jammu has been able to achieve the record of organizing “A mass event where 1100 participants shared their selfies along with a placard including slogan- Be the change” on 2nd October,2020 and got its name recorded in the prestigious World Book of Records.

With a great teamwork and concerted efforts, we have been able to achieve this benchmark, transforming our potential into achievement. We whole heartedly thank each of the participants for their immense support and their participation.



A Momentary view of Activities

C  r  monie d'inauguration of Scholars Block, Library & Lab.



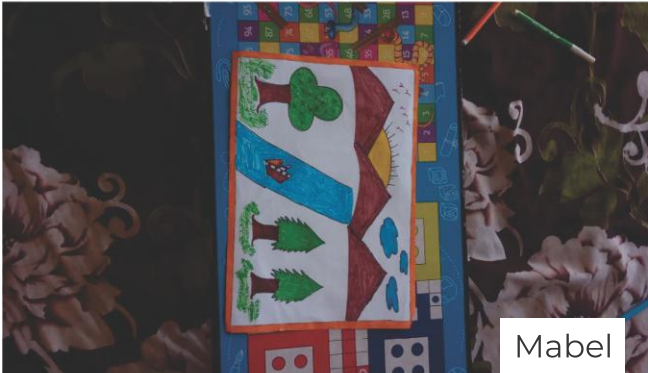
Prof. Manoj K. Dhar
Vice Chancellor, JU

It was our proud privilege to extend heartiest welcome to our Chief Guest – Prof Manoj K. Dhar , Hon’ble Vice Chancellor University of Jammu. We were extremely honoured and humbled with his presence as he could find time inspite of his pre occupations for the Inaugural ceremony of the senior block of IDPS. It was a moment of joy and enthusiasm as, Ms. Manisha Choudhary, Chairperson IDPS, entire Management team of IDPS and other dignitaries took out their valuable time to be present here with us for this occasion. With the support and the blessings of the almighty, IDPS Jammu experienced an upward trend and I feel humbled and overwhelmed with the faith every single individual has shown in us. It had been a great ride since our inception in 2018 and at IDPS Jammu we believe in creating a synergy to strive for excellence and keep on moving despite of the challenges and obstacles, creating benchmarks. We offer important life skills which enable the students to enhance communication skills, leadership skills and team work for grooming every facet of their personality. We give chance to the students to explore and analyse their inner talent, with the aim of making learning more interesting for our students. We prepare them for the current competitive environment.



“Every child is an artist, the problem is staying an artist when you grow up”.

-Pablo Picasso



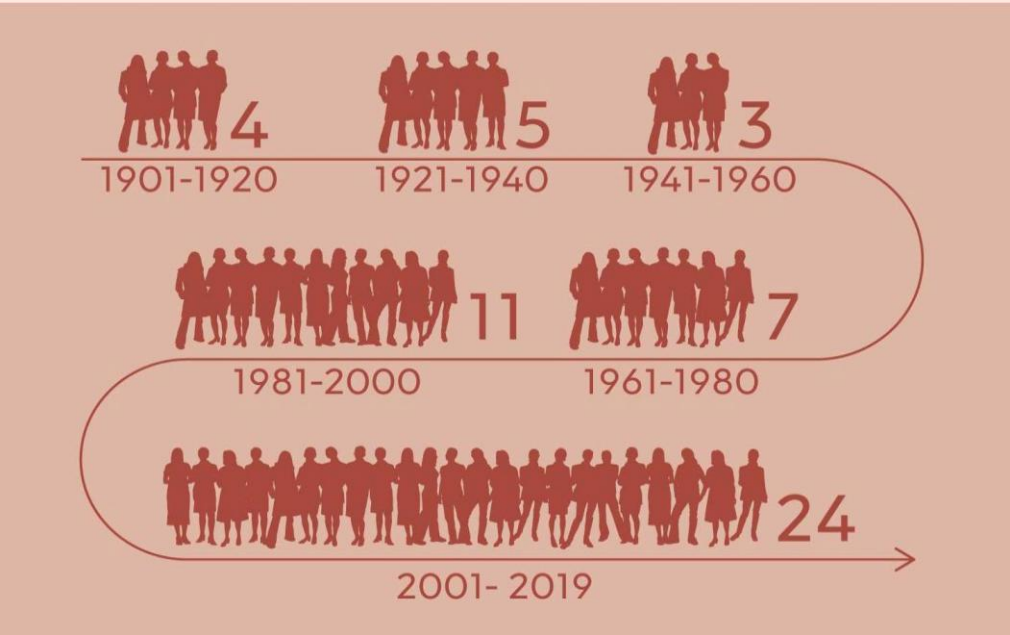
OF THE NOBEL PRIZE AND WHY IT ELUDES MORE WOMEN



Ms. Jasleen Raina
PRT, IDPS JAMMU

Though it is not an exception to see a woman win one of the world's most prestigious awards- the Nobel Prize; however, it was a little unprecedented this year. It is the first time that a woman- only team has won a Nobel in the science discipline. Emmanuelle Charpentier of France and Jennifer Doudna of the U.S. have made history today. They have been contributing to the field of science for a very long time but today they have inadvertently contributed to the idea that women can do wonders and become mistresses of their fortunes. Nobel Prize and Women A Swedish Inventor and industrialist, famous for the invention of the explosive dynamite, Alfred Nobel gave a major portion of his fortune to the establishment of a fund that recognizes and rewards most intellectual minds from around the world-The Nobel Prize. Between 1901 and 2019, 919 individuals and 24 unique organizations have received the Nobel Prizes. Out of these, they have been awarded 54 times to women only. There is only one woman who has been awarded the prize two times and that too in different fields- Marie Curie. She was also the first woman to receive the prestigious prize. An interesting fact! The Curie Family has been the most successful, as most members of their family have received this prize. Marie Curie, her husband Pierre Curie, her daughter Irene Joliot –Curie whose husband Frederic Joliot are also recipients of this award. There has been some increase in the number of women winning nobel prizes since the time it started but

The sorry state: The trend for more women receiving nobel prize is marginally growing though it is not very satisfying. The number is quite small owing the social inadequacies forever faced by women and the lack of support for them to excel infinitely in any given field especially in the fields of STEM. In 2017,when all Nobel prizes went to male nominees, it raised a question amongst actually wrong that few that year)had received question should have back, we heard Goran board of directors of the that it was disappointing part of winners' list in any discovery or verified and validated, conferred. Early during the times that encouraging for women! the chair of the prize in economics, awarding research, made in the time when we had much more of a gender bias in economics as well as in many other sciences. It basically means that, as time goes by, the fraction of women Nobel laureates will increase."



Of Nobel Prize in science and women: Mary k Feeney, who is a professor and Lincoln professor of ethics in public affairs and associate director of the Centre for Science, Technology and Environmental Policy studies at Arizona State University, mentions in an article published in the Conversation, about why less women win science Nobel Prizes. She explains about the implicit bias that women face as experts or academic scientists. Prof Mary talks about the typical image people hold for a nobel prize winner: a scientist who is a senior male person and is white. "It manifests itself by valuing, Acknowledging and rewarding men's scholarship over women's scholarship." She also says that men cite their own papers 56 per cent more than women do. According to her, "women are under represented in journal editorships, as senior scholars and lead authors and as peer reviewers. This marginalization in research –gate keeping positions works against the promotion of women's research." Studies have also shown women are under represented in the nominations for the Nobel Prizes and it is probably not due to their worthlessness but due to the hindrances and other biases that discourage women before they can climb influential echelons and be among the eminent pool of scientists to be considered for major prizes.

Interesting Fact! Malala Yousafzai was 17 when she was awarded the Peace Prize in 2014. She is the youngest winner of the award. The Oldest person to win a Nobel is John B. Good enough was 97 when he was awarded the Prize in chemistry in 2019. Hope sustains but we shouldn't just wait! It is true that the trend towards women getting more leadership roles and recognition is getting ahead but there is still a large gap due to the inherent biases.

Let's start from home and never say that a girl is not a science-person. The upbringing and exposure play a large role in developing one's mind set as well as choices for future actions. Worth of a human being shall be decided by his own efforts and destiny. Being threatened by a woman's intelligence and success does not make any sense because she has every right to celebrate her genius. We hope to see more women, people of colour winning awards like the Nobel, that would serve as role models for others and embolden deserving endeavours.

YOGA : Pranayama

TYPES OF PRANAYAMA

As Mentioned In The Verses Of Bhagavada Gita, “pranayama Is A “trance Induced By Stopping All Breathing.”

Pranayama Has Long Been Considered A Crucial Aspect Of Yoga. This Practice Focuses On Controlling And Regulating Your Breathing Through Specific Breathing Techniques And Exercises. There Are Three Stages Of



DR RASHI SHARMA
M.A & PhD, YOGA

Pranayama, The First Being Inhalation Through The Nostrils Which Is Known As Puraka. The Second Is Exhalation, Known As Rechaka And The Third Is Holding The Breath In Or Holding Outside The Body Which Is Known As Kumbhaka.

The Word ‘prana’ Is Sanskrit And Means Life Force. ‘pranayama’ Translates To The Control Of Life Force Which Is Essentially What Breath Is.

Practising Pranayama On A Regular Basis Has Many Benefits:

- Improves Lung Capacity
- Strengthens Abdominal Muscles
- Lowers Blood Pressure
- Reduces Cholesterol
- Beneficial For Sinus Issues
- Reduces Stress
- Increases Alertness

How Do You Practice Pranayama?

Experts Advise That The Best Time To Practice Pranayama Is Early In The Morning, Especially On An Empty

Stomach. It Is Ideal To Perform It Outdoors So That You Have Plenty Of Fresh Air. There Are Three Stages For Practicing Pranayama:

1. Purak (inhaling)
2. Kumbhak (restraining Your Breath)
3. Rechak (exhaling)

Types Of Pranayam: Healing Benefits

An Ancient Indian Yogic Discipline, Concerned With The Control Of Breathing, Pranayama, Is Derived From A Combination Of Two Sankrit Words - prana (breathe) And Yama (control).

1. Three Part Breath: Dirga Pranayama

For Those Wanting To Begin Practising Pranayama, This Exercise Is Perfect. By Completing A Three-part Breath, It Teaches The Body How To Effectively Fill And Empty The Lungs Whilst Focusing Your Attention On The Present Moment. This Is Vital If You Are Not Used To Using Your Full Lung Capacity And Can Be A Highly Beneficial Technique For Relieving Stress Or Tension In Daily Life.

2. Ocean Breath: Ujjayi Pranayama

Ujjayi Breath Acts As A Technique To Calm The Sympathetic Nervous System Whilst Boosting Oxygen Consumption. As You Reduce The Amount Of Air Which Passes Through Your Throat, You Lengthen Your Breath Cycle, So It Is Long, Full, Deep And Controlled. This Practice Is Often Used In Vinyasa Flow Yoga As It Is Highly Powerful And So Can Support A Vigorous Flow.

It Involves Making Of Sound From Throat. Some Experts Opine That It Lowers Blood Pressure. Some Say, That Is Useful In Treating Diseases Of Ear, Nose And Throat. From An Ayurvedic Point Of View, It Stimulates Udana Type Of Vata Which Controls Functions Like Speech, Memory, Immunity And Enthusiasm.

3. Anuloma Viloma

Pranayama

It Is A Derivative Of Nadi Shodhana, Excluding The Breath Holding Phase. It Balances Tridosha.

4. Skull Shining Breath: Kapal Bhati

Kapalabhati Is Well Known For Being An Invigorating And Warming Exercise. As It Helps To Strengthen The Diaphragm And Abdominal Muscles Whilst Energising The Brain, This Practice Can Be Beneficial For Preparing The Mind For Work That Requires Focus. Here, The Air From Lungs Is Forcefully Exhaled. But Inhalation Is Made Involuntarily. Many Use This Pranayama In The Initial Phase Of Meditation It Helps To Improve Alertness And Concentration. Kapha Is Related To Obesity, And This Pranayama Strengthens Abdominal Muscles And Helps To Burn Calories. Hence, It Is Beneficial For Kapha Balance.

5. Agnisara Pranayama

The Air Is Exhaled Out And At That Point, Abdominal Muscles Are Fanned. This Improves Digestion Power. Hence, It Increases Pitta At The Level Of Stomach And Intestines. It Also Activates Vata In Large Intestines, Due To Increased Abdominal Pressure, During This Pranayama.

6. Bhramari Pranayama

It Is More Targeted Towards Mind And Spirituality Than The Body. It Balances All The Three Doshas. I Have Heard From A Spiritual Yogi That This Makes You “think Before You Talk” – Based On This Explanation, It Can Be Said That It Helps To Control Vata In Mind And In Speech. It Also Increases Kapha To A Minor Extent.

7. Nostril Breathing : Nadi Shodhana

Nadi Shodhana Pranayama Is A Hatha Yoga Practice Which Purifies The Energy Channels Of The Body. During The Practice Of Nadi Shodhana, You Will Block Off One Nostril, Inhaling And

Exhaling Through The Open Passageway Prior To Switching Sides. This Can Be Particularly Helpful For Easing Racing Thoughts Or For Alleviating Anxiety And Stress Before Falling Asleep. Alternate Nostril Breathing Can Also Be Beneficial For Improving Your Ability To Focus At The Beginning And End Of A Practice.

8. Lion’s Breath: Simhasana Pranayama

Simhasana Pranayama Is Ideal For Relieving Tension And Stress In The Body Through Stretching Your Entire Face, Giving Flow Through Your Mind And Body. The Practice Is Performed By Lowering The Jaw To Open The Mouth Wide, Stretching The Tongue (don’t Know Why There’s A Gap Here) Out And Curling It Down

As You Forcefully Exhale. This Powerful Exhalation Is Beneficial For Releasing Negative Emotions Such As Anger And Resentment Which Are Often Held Inside The Body.

9. Shitali Pranayama

This Particular Pranayama Is Effective For Cooling Down The Body. You Begin In The Same Seated Position And Prepare Your Body For The Pranayama By Taking Five To Six Deep Breaths. Then Make An ‘o’ Shape With Your Mouth And Begin To Inhale Deeply. Always Exhale Through Your Nose. This Can Be Repeated 5-10 Times.

10. Sheetkari Pranayama

It Is A Coolant Breathing Exercises. Mitigates Pitta And Increases Kapha And Vata Doshas.

11. Surya Bhedana Pranayama

It Generates Heat. It Increases Pitta Dosha And Decreases Kapha Dosha.

12. Bhastrika Pranayama

It Is Meant To Increase Blood Circulation And To Activate Body Channels. It Increases Vata To A Great Extent, And Pitta To A Lesser Extent.

BASEBALL

Baseball started in England in the mid-18th century as a simple bat-and-ball game. It was brought in North America by immigrants and evolved into a new and very popular sport. It is also the national sport of the United States.

It is a bat-and-ball game played between two opposing teams who take turns batting and fielding. The game proceeds when a player on the fielding team, called the pitcher, throws a ball which a player on the batting team tries to hit with a bat. The objective of the offensive team (batting team) is to hit the ball into the field of play, allowing its players to run the bases, having them advance counter-clockwise around four bases to score what are called "runs". The objective of the defensive team (fielding team) is to prevent batters from becoming runners, and to prevent runners' advance around the bases in order and touches home as a batter). The team that scores the most runs by the end of the game is the winner.

The first objective of the batting team is team who reaches first base without a runner, either immediately or during runs by getting batters or runners "out", which fielders have methods of getting the batting between batting and fielding; the batting three outs. One turn batting for each team innings, and the team with the greater at the end of nine innings, extra innings are usually



to have a player reach first base safely. A player on the batting being called "out" can attempt to advance to subsequent bases as teammates' turns batting. The fielding team tries to prevent forces them out of the field of play. Both the pitcher and team's players out. The opposing teams switch back and forth team's turn to bat is over once the fielding team records constitutes an inning. A game is usually composed of nine umber of runs at the end of the game wins. If scores are tied played. Baseball has no game clock, although most games

PROFESSIONAL BASEBALL: Professional baseball Two important developments in the history of baseball occurred in the post-Civil War period: the spread of the sport to Latin America and Asia (discussed later) and the professionalization of the sport in the United States. The early baseball clubs such as the New York Knickerbockers were clubs in the true sense of the word: members paid dues, the emphasis was on fraternity and socializing, and baseball games were played largely among members. But the growth of baseball's popularity soon attracted commercial interest. In 1862 William Cammeyer of Brooklyn constructed an enclosed baseball field with stands and charged admission to games. Following the Civil War, this practice quickly spread, and clubs soon learned that games with rival clubs and tournaments drew larger crowds and brought prestige to the winners. The interclub games attracted the interest and influence of gamblers. With a new emphasis on external competition, clubs felt pressure to field quality teams. Players began to specialize in playing a single position, and field time was given over to a club's top players so they could practice. Professionalism began to appear about 1865–66 as some teams hired skilled players on a per game basis. Players either were paid for playing or were compensated with jobs that required little or no actual work. Amateurs resented these practices and the gambling and bribery that often accompanied them, but the larger public was enthralled by the intense competition and the rivalries that developed. The first publicly announced all-professional team, the Cincinnati (Ohio) Red Stockings, was organized in 1869; it toured that year, playing from New York City to San Francisco and winning some 56 games and tying 1. The team's success, especially against the hallowed clubs of New York, resulted in national notoriety and proved the superior skill of professional players. The founding teams were the Philadelphia Athletics; the Chicago White Stockings (who would also play as the Chicago Colts and the Chicago Orphans before becoming the Cubs—the American League Chicago White Sox were not formed until 1900); the Brooklyn (New York) Eckfords; the Cleveland (Ohio) Forest Citys; the Forest Citys of Rockford, Illinois; the Haymakers of Troy, New York; the Kekiongas of Fort Wayne, Indiana; the Olympics of Washington, D.C.; and the Mutuals of New York City. The league disbanded in 1876 with the founding of the rival National League of Professional Baseball Clubs. The change from a players' association to one of clubs was particularly significant. The teams making up the new league represented Philadelphia, Hartford (Connecticut), Boston, Chicago, Cincinnati, Louisville (Kentucky), St. Louis, and New York City. When William Hulbert, president of the league (1877–82), expelled four players for dishonesty, the reputation of baseball as an institution was significantly enhanced.

LET'S QUIZ AROUND

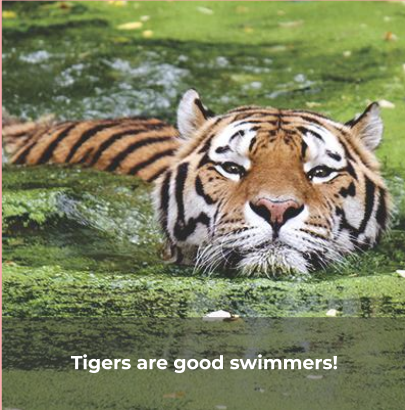
- Q1. Who was the first Rajiv Gandhi Khel Ratna?
- Q2. Which was the first brand, Sachin Tendulkar endorsed in the beginning of his career?
- Q3. Which player has won 11 titles at one particular Grand Slam event?
- Q4. Where are the headquarters of International Hockey Federation located?
- Q5. Which player is given the title of the Flying Sikh?
- Q6. With which sport is Dutee Chand associated?
- Q7. When was the first time the Commonwealth Games were held in Asia?
- Q8. Who was the first Olympic Champion?
- Q9. When was the Olympic Flame first introduced in the Winter Olympics?
- Q10. Who was the first individual world championship medal winner from Independent India in wrestling?



- ANSWERS:
- Q1. Viswanathan Anand
- Q2. BOOST
- Q3. Rafael Nadal
- Q4. Lausanne
- Q5. Milkha Singh
- Q6. Sprint 100m
- Q7. 1994
- Q8. Coroebus
- Q9. 1936
- Q10. Udey Chand

AMAZING FACTS

TIGERS



Tigers are good swimmers!

CHEVROTAIN



The chevrotain is an animal that looks like a tiny deer with fangs.

ALBERTA



Alberta, Canada is the largest rat-free populated area in the world

CATS



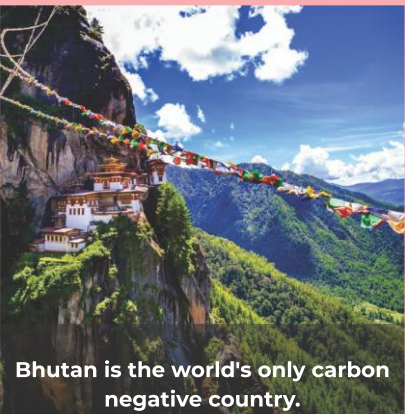
Cats can't taste sugar, they don't have sweet taste buds.

PUFFIN



A baby puffin is called a puffling

BHUTAN



Bhutan is the world's only carbon negative country.

Fabled First

THE FIRST WOMEN SPEAKER OF A STATE ASSEMBLY IN INDIA



Shanno Devi (born 1 June 1901) was an Indian politician who was the first woman speaker of a State Assembly in India. Devi was from the Indian National Congress party and represented the Amritsar City West constituency (1951 to 1957) and the Jagadhri constituency (1962 to 1966) of the Indian state of Punjab. Devi was first elected to the Punjab Legislative Assembly (then undivided India) in 1940 from Multan defeating the son of Ganga Ram by about 6000 votes. She was member of the Indian National Congress from the state of Punjab. She was re-elected for the same seat in 1946 by defeating her closest rival candidate by 19000 votes.[4] In the following election of 1951, she contested on behalf of Indian National Congress and she won against Parkash Chand of the Bhartiya Jan Sangh by about 8000 votes,[5] and was elected again as a member of the Punjab Legislative Assembly in the 1962 assembly election on an Indian National Congress ticket by defeating Inder Sain of the JS by about 5000 votes. On 6 December 1966, she joined Haryana legislative assembly as its first speaker, where she also served as a deputy speaker.

QUOTE

CHADWICK BOSEMAN

"You have to cherish things in a different way when you know the clock is ticking."

SCRABBLE

B	O	D	A	A	R
G	G	T	B	A	E
D	O	W	I	N	W
T	T	O	B	E	L
E	S	E	V	A	L

QUIZ

1. First university founded in Bologna, Italy?
2. The end of the First World War ?
3. The end of the Second World War?
4. William Shakespeare was born in ?
5. Communist China founded?
6. First use of modern paper?

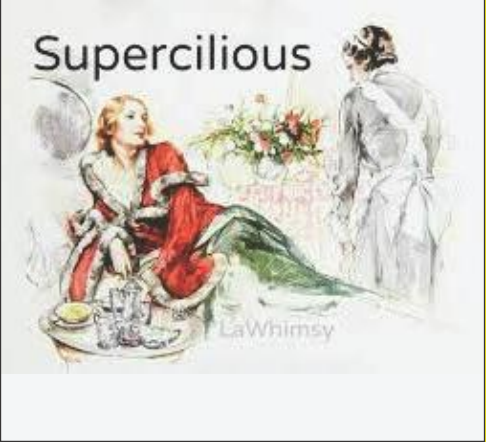
1. 1098
2. 1918
3. 1945
4. 1564
5. 1949
6. 1057AD



HANNAH HERBST

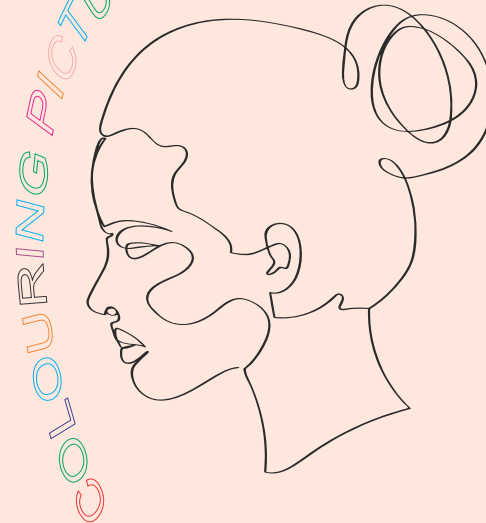
Herbst was inspired to invent at the age of 15 by her then-nine-year-old pen pal, who lives in Ethiopia and did not have access to lights. This is surprisingly common: there are 1.3 billion people alive today without electricity. So this student came up with the Beacon (Bringing Electricity Access to Countries through Ocean Energy), which captures energy directly from ocean waves. Herbst's thinking was that populations tend to settle around bodies of water; about 40% of the world's population lives within 100km (62 miles) of the coast and only 10% lives further than 10km (6.2 miles) away from a source of freshwater that you don't have to dig for, such as a river or lake. The technology consists of a hollow plastic tube, with a propeller at one end and a hydroelectric generator at the other. As tidal energy drives the propeller, it's converted into useable energy by the generator. After designing a prototype turbine as a computer model, Herbst 3D-printed a prototype which she tested in an intercostal waterway Hannah won the 2015 Discovery Education 3M Young Scientist Challenge, earning the title of "America's Top Young Scientist", was named to the Forbes 30 Under 30 list in 2018, and was awarded first place and Best of Category at the Intel International Science and Engineering Fair in 2019 (see a complete list of awards). She ran as varsity captain in Track and Cross Country at FAU High School, and led her team to district, regional, and state titles in 2019. and is currently studying the properties of shark skin for medical applications at the Florida Atlantic Biomechanics Lab.

WORD MEANING



WORD:- SUPERCILIOUS
MEANING:- haughtily disdainful or contemptuous, as a person or a facial expression.
SENTENCE:- Culkin inhabits space with a squalid sort of entitlement, and he employs a supercilious side-eye as if twirling a mustache.

COLOURING PICTURE



Current Affairs

1. Atal Tunnel Rohtang inauguration: World's longest highway tunnel opened in Himachal Pradesh. Prime Minister Narendra Modi has inaugurated Atal Tunnel in Manali. It is "world's longest highway" tunnel and is named Atal Tunnel, Rohtang. The 9.02 kilometres long engineering marvel connects Manali in Himachal Pradesh to Lahaul-Spiti throughout the year. Currently, the area remains cut off for about 6 months each year owing to heavy snowfall and inclement weather. The Atal tunnel has huge strategic significance as it will greatly assist in the movement of armed forces. Atal Tunnel or the Rohtang tunnel has been built in the Pir Panjal range of Himalayas. The tunnel is located at an altitude of 10,000 Feet from the Mean Sea Level (MSL). The tunnel is set to reduce road distance by 46 kilometres between Leh and Manali. Atal tunnel also reduces the journey time by around 4 to 5 hours. The decision to construct a strategic tunnel below the Rohtang Pass was taken on June 03, 2000 during the tenure of the then Prime Minister Atal Bihari Vajpayee.



2. Harsh Vardhan launches website for info on clinical trial of CSIR ushered repurposed drugs. Union Science and Technology Minister Harsh Vardhan on Tuesday launched an online portal that provides information about CSIR ushered repurposed drugs and their current stage of trials.

The Council for Scientific and Industrial Research (CSIR) has been exploring multiple combination clinical trials of antivirals with host-directed therapies for a potential treatment of COVID-19 since the beginning of the pandemic.

3. CSIR-CMERI develops Sustainable Municipal Solid Waste Processing Facility. "Besides achieving Decentralised Decimation of Solid Wastes, it also helps create value-added end-products": Prof. (Dr.) Harish Hirani. Equipped with Advanced Segregation techniques, the Bio-Digestion process adopted has minimum pollution factor. This CSIR-CMERI MSW Technology envisions a Zero-Landfill and a Zero Waste City in addition to developing Job-Creation opportunities.

PANCHAYAT
RAJ ACT



4. The Ministry of Home Affairs (MHA) has amended the Jammu and Kashmir Panchayati Raj Act, 1989, omitting a provision requiring payment of honorarium to panches and sarpanches (village head) in the newly created Union Territory. The amended law also says that Halqa Panchayat shall be required to get its accounts audited by a chartered accountant every year. Halqa means the area comprising a village or contiguous number of villages determined by the government.

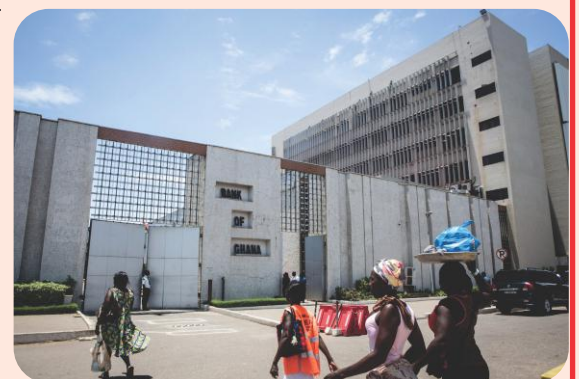
5. Surat now has india's largest BRT'S Network: Chief minister vijay Rupani on 21st oct, 2020, elauched projects worth more than Rs. 200 crore in Surat. The BRTS corridor from Kumbharia to Kadodora was opened. With the opening of this BRTS, Surat has become the only city in the country to have the longest BRTS network of 108 km.

6. India has been ranked at 4th position, with a score of 39.7 out of 100, in the Asia Power Index 2020, released by the Sydney-based Lowy Institute. The Asia Power Index 2020 ranks 26 countries and territories to assess the relative power of states in Asia. India, the fourth most powerful nation on the index after Japan, lost economic growth potential in the pandemic and is also ceding strategic ground to Beijing.

7. Indian Bank partners with IIT-Madras to fund startups. State-owned Indian Bank in collaboration with IIT-Madras Incubation Cell (IITMIC) on Tuesday launched an initiative for funding startups. Under the initiative — IND Spring Board — IITMIC will refer startups with proven technology and established cash flows to the bank and also extend advisory to the bank on the business model. The lender will extend loans of up to Rs 50 crore to these startups for their working capital requirements or purchase of machinery and equipment, among others. The bank's Managing Director and CEO Padmaja Chunduru said it is a known fact that banks find it difficult to fund startups as they do not meet the requirements under traditional models of financing.

8. Team Trifed Wins Virtual Edition of National Awards for Excellence in for Investment in Start-UPS. Shri Pravir Krishna, MD, Trifed Awarded CEO of the Year and Visionary Leadership Award.

9. "Bank of Ghana" has won the Central bank of the year award 2020. Apart from this, Mark Carney (Governor of the Bank of England) has won the Governor of the year at the Central bank of the year award 2020. Central Banking Awards is held annually to recognize excellence in the central banking community. This was the 7th edition of the award and the ceremony was held virtually on.



10. Seema Gupta, Director (Operations), Power Grid Corporation of India Limited, a PSU under Ministry of Power, has been named the winner of GOLD Stevie® Award in the LIFETIME ACHIEVEMENT- BUSINESS category in the 17th annual Stevie Awards for Women in Business.

Story Time



THE FARMER AND THE STORK

Finding that cranes were destroying his newly sown corn,
a farmer one evening set
a net in his field to catch the destructive birds.
When he went to examine the net next morning he found
a number of cranes and also a stork.
“Release me, I beseech you,” cried the stork,
“for I have eaten none of your corn,
nor have I done you any harm.
I am a poor innocent stork,
as you may see - a most dutiful bird,
I honor my father and mother.
I...”
But the farmer cut him short.
“All this may be true enough, I dare say,
but I have caught you with those were destroying my
crops, and you
must suffer with the company
in which you are found.”
People are judged by the company they keep.

Advantage of Black Caraway (Kalonji)

It is a seed also known as Nigella Sativa and it is an annual flowering plant that is native to south and south west Asia. It also known as black cumin or by its scientific name Nigella Sativa. Kalonji belongs to the buttercup family of fiowering plants. It grows up to 12 inches tall and produces a fruit with seeds that are used as a flavorful spice in many cuisines. In addition to its culinary use, kalonji is known for its medicinal properties. Antioxidants are substances that neutralize harmful free radicals and prevent oxidative damage to cells. Research shows that antioxidants can have a powerful effect on health and disease. In fact some studies indicate that antioxidants may protect against several types of chronic conditions, including cancer, diabetes, heart disease and obesity.



DR. RAVI THAPLOO
EDUCATIONIST

- 1. Fights Acne:** Sweet lime juice and kalonji oil together can fix many skin problems. For every cup of sweet lime juice, you'll need about half a teaspoon of kalonji oil. Apply the oil twice a day on your face and watch your blemishes and acne disappear. If you keep pure kalonji oil handy, you can use it to treat cracked heels as well.
- 2. Keeps a Check on Diabetes:** This is probably one of the most known benefits of kalonji. If you already have diabetes, kalonji oil can also help to manage it. Take half a teaspoon of the oil in a cup of black tea every morning, and see the difference in a few weeks.
- 3. Increases Memory and Alleviates Asthma:** Ground kalonji seeds with a little bit of honey is known to boost memory. And if you mix this in warm water and drink, it also helps in alleviating breathing trouble (asthma included) in children and adults alike. But you need to do this is for at least 45 days, and avoid cold beverages and food during the period.
- 4. Gets Rid of Headaches:** One of the most common urban problems in today's time is headaches. Instead of popping a pill, rub kalonji oil on your forehead, relax, and wait for your headache to disappear. Nothing like natural home remedies!
- 5. Aids Weight Loss:** The warm water, honey, and lemon combination is often recommended for those who are on a diet. Now add a pinch of powdered kalonji seeds to this mix and see how it works. Many health enthusiasts have claimed that kalonji seeds are a miracle ingredient which helps in shedding those extra kilos.
- 6. Eases Joint Pain:** It's an old-school treatment; take a handful of kalonji seeds, and heat it well with mustard oil. Once the oil is smoking, take it off the flame and cool it down for a bit. The oil is ready when you can dip the tip of a finger into the oil without feeling uncomfortable. Now use this oil to massage the inflammable joints.
- 7. Controls Blood Pressure:** For those who suffer from or have the tendency of high blood pressure can drink half a teaspoon of kalonji oil with warm water to keep hypertension under control. It is of course advised to follow a proper diet along with it.
- 8. Protects the Kidney:** Kidney stones are a common urban problem. It is said that half a teaspoon of kalonji oil had with two teaspoons of honey and warm water can aid in getting rid of kidney pain, stones and infections. But you also need to consult a doctor to get a proper diet.
- 9. Makes Teeth Stronger:** Did you know that kalonji traditionally to take care of dental swelling or and weak teeth? Of course you need to see a dentist, but you can also massage your teeth with curd and some kalonji oil twice a day to strengthen your gums.
- 10. Strengthens Immunity:** Kalonji oil, honey and warm water have more than one benefit. Apart from the ones already mentioned, it can also help to strengthen your immunity if consumed daily. If you add kalonji oil in boiling water and inhale the fumes, it can also reduce nasal congestion, and help those who suffer from sinusitis problems.

From Editor's Desk



SUMAN KOUR
Chief Media Editor
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"Balance is beneficial for student's life"
As a student you have many things to do in your life. Therefore, you need to find a balance between different things.
If the students learn to balance between the different task, they can succeed in all their endeavour. They won't feel depressed or stressed.
Students must start setting a time table for their tasks and work accordingly, so that they can finish their tasks in time and would not disappoint anybody.
"Balanced life is the key to a happy and successful life".
Therefore, students must learn to find a balance in their life so that they can be successful and happy.

