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INTERNATIONAL DELHI PUBLIC SCHOOL **AFFILIATED TO CBSE**
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Main Akela Hi Chala Tha Janib-e-Manzil Magar, Log Saath Aate Gye Aur Karwan Banta Gya

Avul Pakir Jainulabdeen Abdul Kalam, popularly called APJ AbdulKalam was born on October 15, 1931 at Rameswaram, India and died on July 27, 2015. Kalam earned a degree in Aeronautical Engineering from Madras Institute of Technology and later in 1958, he joined Defence Research and Development Organisation (DRDO).

He soon moved to Indian Space Research Organisation (ISRO), where he was appointed as Project Director of SLV-III, India's first indigenously designed and produced satellite launch vehicle. Rejoining DRDO in 1982, Kalam planned the program that produced a number of successful missiles, which helped earn him the nickname as 'Missile Man of India'.

From (1992-1997) Kalam was Scientific Adviser to the Defence Minister of India and he later served as Principal Scientific Advisor (1999-2001) to the Government of India with the rank of Cabinet Minister. His prominent role in the country's 1998 nuclear tests established Kalam as a national hero. In 1998, Kalam put forward a countrywide plan called Technology Vision 2020, which he described as a road map for transforming India from a less developed to a developed society in 20 years.

The plan called for, among other measures, at increasing agricultural productivity. emphasizing technology as a vehicle for economic growth and widening access to health care and education. In 2002, India's then ruling National Democratic Alliance (NDA) put forward APJ Abdul Kalam to succeed outgoing President, KR Narayanan and he was subsequently sworn in as India's 11 President in July 2002 and completed his term in 2007.

He remained committed to using science and technology to transform India into a developed country. Kalam wrote several books, including an autobiography, Wings of Fire (1999) For his remarkable achievements and contributions towards the nation, APJ Abdul Kalam was also awarded the country's highest honours, Padma Vibhushan (1990) and Bharat Ratna (1997).

"Parindon ko manzil milegi yakeenan, ye faile hue unke par bolte hai, Wohi log rehte hai khamosh aksar zamane mein, jinke hunar bolte hai."



MS. PRARTHANA SETHUMADHAVAN
Certified Transformation Coach,
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ADAPTABILITY QUOTIENT

The COVID -19 epidemic that is holding the world in its deadly tentacles has given one unique message to one and all globally. ` There is no such thing as Status -Quo', meaning that – there will be no continuous and predicting existing states –politically, economically and socially. All of these in the coming times will see rapid transformations at regular and frequent intervals. Change will be the only constant in our lives from now on. We will experience a high degree of disruptions (which essentially means an event that will complete upturn the existing status –quo, either in business or politics or society'. We as a generation have to learn to live with these sudden and radical changes that will keep happening all around us. One of the key skills that we need to in build in ourselves to combat change and disruptions, is the skill of being Adaptable. Being adaptable means, that you have the skill of accepting the new norms and shaping yourself as per the new requirements of the situation. It

requires us to become flexible and understand each situation for what it is and stands for and what opportunities it can bring us. As students, this is the one skill that will enhance your chances of succeeding in life and you will be able to stay afloat amidst rapid transformational circumstance, both personally and professionally.

So, how do you start building your Adaptability Quotient?

1. Accept the change as positive
2. See the change as an opportunity
3. Adapt plans as necessary
4. Quickly master new technology, vocabulary, operating rules
5. Take into account other people's concerns
6. Sort out your strengths and weaknesses fairly accurately
7. Admit personal mistakes, learn from them, and move on
8. Remain optimistic always.

Adaptability is a New Age Skill, without which survival in the coming times will be a question mark. Its your single most important success barometer. It requires practice, conscious thought and action, every step of the way. Start adapting.

ROSALIND FRANKLIN: The Hero Denied Her Due



Rosalind Elsie Franklin (25 July 1920 – 16 April 1958) was an English chemist and X-ray crystallographer whose work was central to the understanding of the molecular structures of DNA (deoxyribonucleic acid), RNA (ribonucleic acid), viruses, coal, and graphite. Although her works on coal and viruses were appreciated in her lifetime, her contributions to the discovery of the structure of DNA were largely recognised posthumously. Franklin was educated at a private day school at Norland Place in West London, Lindores School for Young Ladies in Sussex, and St Paul's Girls' School, London. Then she studied the Natural Sciences Tripos at Newnham College, Cambridge, from which she graduated in 1941. Earning a research fellowship, she joined the University of Cambridge physical chemistry laboratory under Ronald

George Wreyford Norrish, who disappointed her for his lack of enthusiasm. The British Coal Utilisation Research Association (BCURA) offered her a research position in 1942 and started her work on coals. This helped her earn a Ph.D. in 1945. She went to Paris in 1947 as a chercheur (postdoctoral researcher) under Jacques Mering at the Laboratoire Central des Services Chimiques de l'Etat, where she became an accomplished X-ray crystallographer. She became a research associate at King's College London in 1951 and worked on X-ray diffraction studies, which would eventually facilitate the discovery of the double helix structure of DNA. In 1953, after two years, owing to disagreement with her director John Randall and more so with her colleague Maurice Wilkins, she was compelled to move to

Birkbeck College. At Birkbeck, John Desmond Bernal, chair of the physics department, offered her a separate research team. She died in 1958 at the age of 37 of ovarian cancer. In 1962, Francis Crick, James Watson and Maurice Wilkins shared the Nobel Prize for describing DNA's double-helix structure — arguably the greatest discovery of the 20th century. But no one mentioned Rosalind Franklin — arguably the greatest snub of the 20th century. The British-born Franklin was a firebrand, a perfectionist who worked in isolation. “She was prickly, did not make friends easily, but when she did she was outgoing and loyal,” Jenifer Glynn wrote in *My Sister Rosalind Franklin*. Franklin was also a brilliant chemist and a master of X-ray crystallography, an imaging technique that reveals the molecular structure of matter based on the pattern of scattered X-ray beams. Her early research into the microstructures of carbon and graphite are still cited, but her work with DNA was the most significant — and it may have won three men a Nobel. While at King's College London in the early 1950s, Franklin was close to proving the double-helix theory after

capturing “photograph #51,” considered the finest image of a DNA molecule at the time. But then both Watson and Crick got a peek at Franklin's work: Her colleague, Wilkins, showed Watson photograph #51, and Max Perutz, a member of King's Medical Research Council, handed Crick unpublished data from a report Franklin submitted to the council. In 1953, Watson and Crick published their iconic paper in *Nature*, loosely citing Franklin, whose “supporting” study also appeared in that issue. Franklin left King's in 1953 in a long-planned move to join J.D. Bernal's lab at Birkbeck College, where she discovered the structure of the tobacco mosaic virus. But in 1956, in the prime of her career, she developed ovarian cancer — perhaps due to her extensive X-ray work. Franklin continued working in the lab until her death in 1958 at age 37. “As a scientist, Miss Franklin was distinguished by extreme clarity and perfection in everything she undertook,” Bernal wrote in her obituary, published in *Nature*. Though it's her achievements that close colleagues admired, most remember Franklin for how she was forgotten.

The World's Highest Mountains

Rank	Mountain	Range	Country	Feet
1.	Everest	Himalayas	Nepal/Tibet	29,035
2.	K2 (Mount Godwin Austen)	Karakoram	Pakistan/China	28,250
3.	Kangchenjunga	Himalayas	India/Nepal	28,169
4.	Lhotse	Himalayas	Nepal/Tibet	27,940
5.	Makalu	Himalayas	Nepal/Tibet	27,766
6.	Cho Oyu	Himalayas	Nepal/Tibet	26,906
7.	Dhaulagiri	Himalayas	Nepal	26,795
8.	Manaslu	Himalayas	Nepal	26,781
9.	Nanga Parbat	Himalayas	Pakistan	26,660
10.	Annapurna	Himalayas	Nepal	26,545

A Momentary view of Activities

Father's Day Celebration

Your arms are always open when I need a hug; your heart understands when I need a friend; your gentle eyes are stern when I need a lesson; your strength gives me wings so that I can learn to fly. The little munchkins from IDPS Garten enthusiastically participated in the Father's Day activity and created tokens of love for their adorable fathers.



World Environment Day

IDPS appreciate the efforts of the students to spread the message through their art to conserve our Environment and its resources for our better future.



IDPIANS UTILIZING THEIR TIME BEING CREATIVE AND PRODUCTIVE

IDPIANs actively engaged in “learning by doing”. They are provided with activities and learning experiences to support ways in which they seem to learn the best. We appreciate the efforts of our children to spread the message through their art to conserve our environment and its resources for our better future.



LIFESTYLE CHANGES FOR HEART ATTACK PREVENTION

Heart disease is the No. 1 cause of death and Stroke is the No. 5 cause of death in the India. One of the biggest contributors to these statistics is a lack of commitment to a heart healthy lifestyle. Your lifestyle is not only your best defence against heart disease and stroke, it's also your responsibility. A heart-healthy lifestyle includes the ideas listed below. By following these simple steps you can reduce all of the modifiable risk factors for heart disease, heart attack and stroke.

Lifestyle Changes

Stop smoking: If you smoke, quit. If someone in your household smokes, encourage them to quit. We know it's tough. But it's tougher to recover from a heart attack or stroke or to live with chronic heart disease. Commit to quit. We're here to help if you need it.

Choose good nutrition: A healthy diet is one of the best weapons you have to fight cardiovascular disease. The food you eat (and the amount) can affect other controllable risk factors: cholesterol, blood pressure, diabetes and overweight. Choose nutrient-rich foods which have vitamins, minerals, fiber and other nutrients but are lower in calories over nutrient-poor foods. Choose a diet that emphasizes intake of vegetables, fruits, and whole grains; includes low-fat dairy products, poultry, fish, legumes, non tropical vegetable oils, and nuts; and limits intake of sweets, sugar-sweetened beverages, and red meats. And to maintain a healthy weight, coordinate your diet with your physical activity level so you're using up as many calories as you take in.

High blood cholesterol: Fat lodged in your arteries is a disaster waiting to happen. Sooner or later it could

trigger a heart attack or stroke. You've got to reduce your intake of saturated fat, trans fat and cholesterol and get moving. If diet and physical activity alone don't get those numbers down, then medication may be the key. Take it just like the doctor orders. Here's the lowdown on where those numbers need to be:

• **Total Cholesterol:** Your total cholesterol score is calculated using the following equation: HDL + LDL + 20 percent of your triglyceride level.

• **Low-density-lipoprotein (LDL) cholesterol = "bad" cholesterol:** A low LDL cholesterol level is considered good for your heart health.

However, your LDL number should no longer be the main factor in guiding treatment to prevent heart attack and stroke. For patients taking statins, the guidelines say they no longer need to get LDL cholesterol levels down to a specific target number. Lifestyle factors such as a diet high in saturated and trans fats can raise LDL cholesterol.

• **High-density-lipoprotein (HDL) cholesterol = "good" cholesterol:** With HDL (good) cholesterol, higher levels are typically better. Low HDL cholesterol puts you at higher risk for heart disease. People with high blood triglycerides usually also have lower HDL cholesterol. Genetic factors, type 2 diabetes, smoking, being overweight and being sedentary can all result in lower HDL cholesterol.

• **Triglycerides:** Triglyceride is the most common type of fat

in the body. Normal triglyceride levels vary by age and sex. A high triglyceride level combined with low HDL cholesterol or high LDL cholesterol is associated with atherosclerosis, the buildup of fatty deposits in artery walls that increases the risk for heart attack.

Lower high blood pressure: It's a major risk factor for stroke a leading cause of disability in India. Stroke recovery is difficult at best and you could be disabled for life. Shake that salt habit, take your medications as

recommended by your doctor and get moving. Those numbers need to get down and stay down. An optimal blood pressure reading is less than 120/80 mmHg.

Be physically active every day: Be physically active every day. Research has shown that at least 150 minutes per week of moderate-intensity physical activity can help lower blood pressure, lower cholesterol and keep your weight at a healthy level. And something is better than nothing. If you're inactive now, start out slow. Even a few minutes at a time may offer some health benefits. Studies show that people who have achieved even a moderate level of fitness are much less likely to die early than those with a low fitness level.

Aim for a healthy weight: Good nutrition, controlling calorie intake and physical activity are the only way to maintain a healthy weight. Obesity places you at risk for high cholesterol, high blood pressure and insulin resistance, a precursor of type 2 diabetes — the very

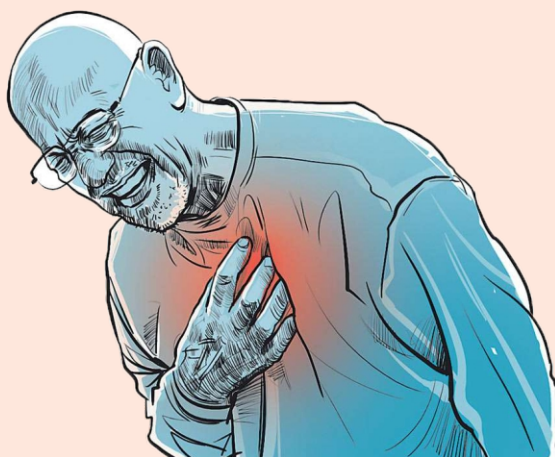
factors that heighten your risk of cardiovascular disease.

Manage diabetes: At least 68% of people >65 years of age with DM die of some form of HD; 16% die of stroke. Other risk factors, such as high blood pressure, high cholesterol, smoking, obesity, and lack of physical activity can greatly increase a person with diabetes' chance of developing cardiovascular disease.

Reduce stress: A few studies have noted a relationship between coronary heart disease risk and stress in a person's life that may affect the risk factors for heart disease and stroke. For example, people under stress may overeat, start smoking or smoke more than they otherwise would. Research has even shown that stress reaction in young adults predicts middle-age blood pressure risk.

Limit alcohol: Drinking too much alcohol can raise blood pressure, increase cardiomyopathy, stroke, cancer, and other diseases. It can contribute to high triglycerides and produce irregular heartbeats. Excessive alcohol consumption contributes to obesity, alcoholism, suicide and accidents.

However, there is a cardioprotective effect of moderate alcohol consumption. If you drink, limit your alcohol consumption to no more than two drinks per day for men and no more than one drink per day for women. The National Institute on Alcohol Abuse and Alcoholism defines one drink as 1-1/2 fluid ounces (fl oz) of 80-proof spirits (such as bourbon, Scotch, vodka, gin, etc.), 5 fl oz of wine, or 12 fl oz of regular beer. It's not recommended that nondrinkers start using alcohol or that drinker's increase the amount they drink.



The Effect of Sports on Teenagers



Sports help teenagers live a more active life -- thus reducing their risk of obesity, diabetes and other serious health complications – and athletics affect teens mentally, socially and psychologically. According to a 2010 West Virginia University study published in “Applied Research in Quality of Life,” teenagers who play sports are happier, feel healthier and are more fulfilled by life.

Weight Control

More than 30 percent of

American teens are overweight or at risk of being overweight, according to the Centres for Disease Control and Prevention. Overweight teenagers may face a greater risk of developing health complications including diabetes and asthma, along with mental health ailments including depression and anxiety. Playing a sport helps teenagers maintain a healthier weight and boosts their cardiovascular system, lowers their blood pressure, improves their mood and helps them make healthier choices in life.

Self-Esteem Boost

The Women's Sports Foundation reported in 2004 that sports help teen girls to perform well in school, develop a positive self-image and reduce their risk of developing an eating disorder. Because of this greater physical awareness, sports participation can reduce sexual risk in teen girls, including everything from teen pregnancy to abusing drugs or alcohol before sex. Resulting behaviour include an increased use of condoms and fewer sexual partners.

Learn Life Skills

Playing a sport teaches teenagers many valuable life skills including leadership, the value of teamwork and cooperation. Athletic teens also learn how to handle stress and pressure, set goals and work hard to reach a goal. Playing a sport allows teenagers to build relationships with their coaches and peers. All of these experiences will help teenagers learn how to work with others as well as become easy to work with later in life, whether it's at home, at school or on the job.

Other Considerations

Though sports participation may decrease risky behaviours in females, athletic males may have an increased risk of drinking, violence and abusing drugs.

A 2009 study presented at the American Public Health Association's 137th Meeting and Exposition noted a correlation between teenage male athletes and risky behaviour. Teen boys whose reputations are based on athletic ability, and those who receive preferential treatment, are particularly at risk. The study noted the importance of supporting teenage athletes yet cautioned against raising them to icon status.

LET'S QUIZ AROUND

Q1. Sandy storm” is the autobiography of which veteran cricketer?

Q2. World's highest Hockey ground is located in

Q3. For how many times ” Undivided India” was part / member of summer Olympics?

Q4. What is the approximate maximum weight of Golf Ball as per Rules of Golf?

Q5. Kookaburras is the nickname of Hockey Team of which country ?

Q6. The word Gambit is related to which of the following sports?

Q7. Dempo Sports Club is a sports club , one of the most prominent football team of India is based in _____?

Q8. In Kho-Kho , the players occupying the squares are known as _____?

Q9. Ian Thorpe is related to which sport?

Q10. Sachin Tendulkar hit his 100th international century against which team?

ANSWERS:

Q1. SANDEEP PATIL

Q2. SHILAROO

Q3. FIVE

Q4. 45 GMS

Q5. AUSTRALIA

Q6. CHESS

Q7. PANJIM

Q8. CHASERS

Q9. SWIMMING

Q10. BANGLADESH



AMAZING FACTS

COMPUTER

The first computer was invented in the 1940s.

UNICORN

The unicorn is the national animal of Scotland.

VEIL

The longest wedding veil was the same length as 63.5 football fields.

KIDS

Kids ask 300 questions a day.

LETTER 'E'

"E" is the most common letter and appears in 11 percent of all English words

DOLLARS

The healthiest place in the world is in Panama.

QUOTE

MALCOLM X

Education is the passport to the future, for tomorrow belongs to those who prepare for it today.

SCRABBLE

P	E	A	P	A	L
T	E	R	C	E	N
V	E	L	T	A	R
I	C	V	T	I	M
S	E	N	O	H	C

QUIZ

- The National Anthem was first sung in the year?
- Raja Ravi Verma, was famous in which of the fields?
- Jude Felix is a famous Indian player in which of the fields?
- Who headed the first scientific group to leave for Antarctica in 1982?
- Who is the creator of the Rock Garden in Chandigarh?
- The theme of International Albinism Awareness Day is?

1. 1911
2. Painting
3. Cricket
4. Dr. S. Z. Kishan
5. Nishu Choudhary
6. Shining our light to the world

Goggles for the Blind

Anang Tadar, a Class XI student from Arunachal Pradesh, has developed a pair of glasses to help the visually-impaired navigate "hands-free".Tadar's goggles, referred to as G4B, use echolocation technology – which mimics the way bats sense their surroundings – to alert visually-impaired wearers to objects within 2 metres of its field view.His innovation won him the Dinanath Pandey Smart Idea Innovation Award in March this year, and according to reports, UNICEF has expressed interest in refining his prototype in order to make it ready for the market.

Kids doing fireless cooking activity

Fabled First

Salim Ali

Salim Moizuddin Abdul Ali, born on November 12, 1896 in Mumbai, was an ornithologist and a naturalist. Salim Ali was among the first Indians to conduct systematic bird surveys across India and his bird books helped develop ornithology in the sub-continent.This Birdman of India was the key figure behind the Bombay Natural History Society after 1947 and used his personal influence to garner government support for the organisation. He was awarded India's second highest civilian honour, the Padma Vibhushan in 1976.

WORD MEANING

what's another words for cricking?

creaking, stridulation, chirking

WORD:- STRIDULATE

MEANING:- To produce a shrill sound.

SENTENCE:- Most spiders are silent, but some tarantula species are known to stridulate.

COLOURING PICTURE



INTERNATIONAL DELHI PUBLIC SCHOOL JAMMU



Dear IDPians,

A wise man once said:

"Start where you are, use what you have, and do what you can."

So, even though, we're stuck in our homes, it will not stop us from learning and growing. Neither will it stop us from having fun.

In this sentiment, IDPS has brought for you yet another package.

Welcome to IDPS Summer Quest 2020. With specially designed activities, this summer will be happening and exceptionally memorable.

So, Buckle up! And get ready for the joy ride.

Explore your inner creative self, and enjoy the summer bonanza.

STAY HOME! STAY SAFE! STAY HAPPY!



Mrs Randeep Wazir
Principal IDPS



Mrs Madhu Abrol
School Manager IDPS

From Editor's Desk

"Great works are performed not by strength but by perseverance."

-SAMUEL JOHNSON

Many people search for one secret that will propel them forward. Some look for these secrets within countless articles or speak to people who have succeeded in a particular field. Right now everybody wants to move higher and higher up the ladder of success with the least workload possible. The secret has made countless beings powerful and successful beyond their expectations. You may be wondering, what is this magical power that can grant a person's most heartfelt desire?

Well, the answer is not too complicated. There is just one secret found among all the world's leaders, inventors and successful businessmen. However it doesn't mean that the secret is really difficult. One can acquire the power to success like a little sweet, but only if we put our mind's to it. The secret – it is perseverance. Perseverance is the ability to keep going in the face of continuous challenges. It is the ability to disregard distractions and stay focused. For every success there are tons of failures. You just need to hold on till the very end. Speaking of failures, I always remember one thing; never let your failures undermine your talent or decide who you are. If you have faults, you have some positives too. Remember, a mistake is a mistake. Only the same mistake twice makes you a fool. Remember what you are capable of. Use the quality of perseverance to climb the ladder of success. As an editor of the IDPS newspaper, I always like to imbibe new qualities and good values of life in my reader's minds. I am quite confident that if you focus on the quality of perseverance and use your talents in the right way, there is nothing that can stop you from succeeding in your life.



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