

MAKE Your Speech

A. In English, there are many expressions consisting of two words, joined by the conjunction 'and' that help us to make what we want to say, more forceful or vivid. Try and see if you can fill in the blanks.

1. He disliked the hotel so much that he decided to check out immediately, bag and _____.
2. It was raining _____ and _____ so the cricket match had to be abandoned.
3. The NGO was thinking of _____ and means of raising funds.
4. I was sitting in one position for so long that i got pins and _____ in my feet.
5. After he won the lottery and became rich overnight, he became very _____ and mighty.
6. Nobody likes a long speech; the golden rule is to keep it short and _____.

B. Items of clothing too have found a place in the English language some of them make space for write answers are only used in conservation. Replace the words in italies with phrases given below that have similar meaning.

1. Mala's grades were poor in the second term, so the teacher asked her to get serious and work harder. _____
2. After his graduation, Peter got a job in a corporate office. _____
3. Kavita was talking out of turn and her grandmother said she was getting too sheeky for her age. _____
4. He came across as a soft-spoken and kind man, but it turned out that he was not what he appeared _____.
5. When Sharad got angry with the shopkeeper, his wife said, 'Don't lose your temper. Keep your cool.' _____
6. Reena hosted a lavish party but could not pay the bill. The resturant owner angrily said, 'You should live within your means.' _____
7. Preeti said that her new dress fitted her perfectly _____.
8. Shivam got excellent result in his examinations despite being unwell for the entire term. The teacher applauded him saying "very well done!" _____.



white-collar job, keep your shirt on, hats off to you, like a glove, pull up her socks, too big for her boots, cut your coat according to the cloth, a wolf in sheep's clothing



1. Many English words have come from *Latin* and *Greek* languages.
2. The first word spoken on the Moon was *Okay*.
3. The number of character ranges in Chinese language from a few thousand to **50 thousand**, depending on what you are looking for.
4. The South Korean capital, Seoul means *The capital* in the Korean language.
5. In Chinese, the words 'crisis' and 'opportunity' are the same.
6. The names of all the continents **end** with the same letter that they start with.
7. In English, **four** is the only digit that has the same number of letters as its value.
8. The first message tapped by Samuel Morse over his invention of telegraph was - *What hath God wrought?*
9. *Karaoke* means *empty orchestra* in Japanese.
10. There are only four words in the English language which end in -dous: *tremendous*, *horrendous*, *stupendous* and *hazardous*.
11. In English, the letters most used in words are in order: *e, t, a, o, i, u*.



Did You Know?

The word dictionary has come from Latin language. In Latin, it is 'dictionarius' which means a collection of words.



Famous Caricature Characters



Given below are clues about some famous caricature characters. Can you guess their names?

1. A wandering musician who became a member of Robin Hood's band of 'Merry Men'.
2. In Gulliver's Travels, Gulliver's ship is named after this animal.
3. A character from Charles Dickens's David Copperfield who was always in debt.
4. This character created by Sir Arthur Conan Doyle solved the most difficult problems with ease.
5. This golden haired little boy met a pilot who had crashed his plane in the Sahara desert. The boy told the pilot that he was from another planet.
6. He is the character of a series of comic books and several animated TV Series, characterized by his super human strength.
7. A fairy tale character who has a life span of 300 years.
8. This character possessed the magic lamp in a famous story in the Arabian Nights.



- | | | |
|-----------------------|--------------------|-------------|
| A. Aladdin | B. Sherlock Holmes | C. Antelope |
| D. The Little Prince | E. Allan-a-Dale | F. Micawber |
| G. The Little Mermaid | H. He-Man | |

INDIAN WORDSMITHS/ RHYMESTERS

Famous wordsmiths and rhymesters of different languages are given below. Identify their language with the help of Help Box.



Tulsidas
Surdas
Bihari
Kabir

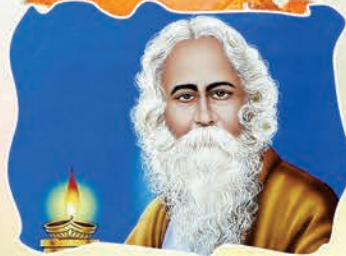
Sumitranandan Pant
Jai Shankar Prasad
Maithilisharan Gupt
Upendra Nath Ashq
Munshi Premchand

1



Bhupen Hajarika
Hem Chandra Barua
Hem Chandra Goswami
Madhavkandali
Nagen Saikia
Indira Goswami

4



Ashapoorna Devi
Bankim Chandra
Chatterjee
Bibhuti Bhushan
Bandopadhyaya
Bishnu Dey
Rabindranath Tagore
Tarashankar
Bandopadhyaya
Sharat Chandra
Mahasweta Devi

2



K.V. Puttappa
S.M. Karanth
Pampan
Ranna
Ramchandra Bendre
K.S. Karnath
Purandar Das
Girish Karnad

3

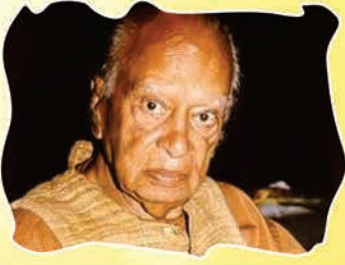


C.V. Raman Pillai
S.K. Pottekatt
G. Sankara Kurup
Thakazhi Sivasankaraw Pillai
O. Chandu Menon
Vallathol

5



Sanskrit, Urdu,
Tamil, Punjabi,
English, Marathi,
Malayalam,
Assamese, Bengali,
Kannada, Hindi



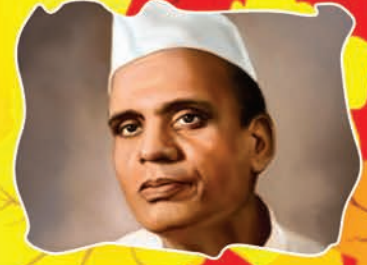
Mulk Raj Anand
R.K. Narayanan
Khushwant Singh
Vikram Seth
Arundhati Roy
Jhumpa Lahiri
Chetan Bhagat

6



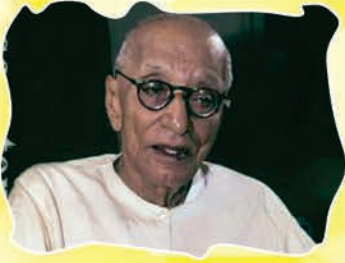
Mir Taqi Mir
Mirza Ghalib
Mohammed Iqbal
Saadat Hasan
Manto
Firaq Gorakhpuri
Ismat Chughtai

7



Sant Tukaram
Sant Gyaneshwar
Hari Narayan Apte
V.S. Khandekar
Dilip Chitre
Vijay Tendulkar
Sane Guruji

8



P.V. Akilan
Subramanya Bharati
Ramalingam
C. Rajagopalachari
Thiruvalluvar
Kalki

9



Maharshi Valmiki
Maharshi Ved Vyas
Harsha
Ashvaghosh
Shudrak
Bhasa
Bharavi
Jaidev
Bhartrihari
Kalidas
Dandi

10



Bhai Veer Singh
Dhani Ram Chatrik
Nanak Singh
Balwant Gargi
Warris Shah
Amrita Pritam

11

SHARING is *Caring*

Sharing is an act that equates to caring. This is very true in how we build and function within our social relationships. When we share, we are also imparting part and parcel of ourselves in order to signify that we are secured enough to give to others. When we share things that we have to others, we showcase a sense of humility and empathy to those in need. The simple phrase "Sharing is Caring" speaks in volumes for it illustrates a trait that everyone understands and that seems pleasing to all.



Sharing bring happiness

Sharing in all its forms a truly powerful way to bring happiness. You can share things that are special to you-like a book, a tool or a special event in your life, or even your affection.



Sharing is fundamental to development of all human relationships and civilization

We begin learning to share as soon as we are able to communicate. Often, it begins with parents teaching us the importance of sharing a toy with a friend.





Sharing brings love, care, passion, tolerance, interdependence, empathy, responsiveness, gratitude and harmony not only among the families but as well as in the societies and countries.



It is importance to care/share because the persons feels like they belong here. It makes the person feel that people care about you. Also' it makes the person that is giving very good inside.



It effect's people in a good way because if you do something good to someone, they will feel loved and most likely do something good for someone else.



Its important to care and share because everyone is equal and everyone should be cared for.



It's important as other people would follow in your footsteps and the world would be a happier place.

India's Miracles in Science



Today, India is equipped with the latest technology in science. Let us study about some of the miracles in the field of science and technology.

1. **Green Revolution** in the 1960s, came with many new changes in agricultural. High yielding varieties of wheat and mechanisation agricultural led India on the path off sufficiency. M.S. Swaminathan was the pioneer.



2. **The telecom network** in India possesses a diversified communication system that links all parts of the country by the Internet, telephone, telegraph, radio, and television. India has the world's second largest mobile phone users. It has the world's fourth largest Internet users. India has come to be regarded as the world's most competitive and one of the fastest growing telecom markets.



3. **Nuclear Weapon:** The underground explosion at Pokhran in Rajasthan on 18 May, 1974 demonstrated India's nuclear weapon capability power to the world.





4. Super Computer: The Indian scientist have been successful in developing super computers which are as good as made anywhere else in the world. Our software engineers are best in the world. India is one of the biggest IT service providers in the world.

5. Medical science has completely eradicated small-pox. Efforts have been made to find cure for Tuberculosis, Leprosy, Malaria, Polio, etc. India is fully competent to manufacture various kinds of antibiotics along with conventional drugs at very affordable prices.



6. Medicine and Health: In healthcare, scientific breakthroughs and better pre-natal and post-natal care saw infant mortality rate going to almost half of what it was 60 years ago.

7. White Revolution is a successful association of technology and milk cooperatives. It led to highly increased milk production. The National Dairy Development Board (NDDB) founded in 1965, transformed dairying into an instrument for the development of India's rural people. V. Kurien was the pioneer.



Science EXISTS AROUND US

Such a prejudiced and unwarranted views, leads too many to ignore evidence in plain sight. Here are some scientific facts given below. Read about them.



1

1. Humans get a little taller in space because there is no gravity pulling them down. However, when you are back on earth, you lose that extra height.



3

3. A small gap is left between the joints of rail tracks to permit expansion of rails due to the heat generated by the friction of the moving train wheels. It also allows metal expansion due to seasonal temperature changes.



5

5. When we suck air out of an empty Tetra Pak, it crumples. This happens because the air pressure inside the Tetra Pak becomes less than the air pressure outside the pack. This excess outside pressure exerts force on the walls of the Tetra Pak, making it crumple.

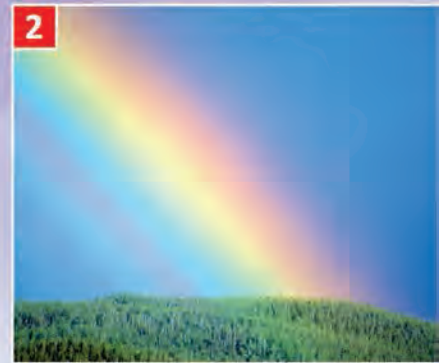


7

6. We perspire when it is hot in order to keep our body at its normal temperature, which is 37°C . The sweat secreted by our skin, removing excess heat and thus, cooling us.

7. Light travels faster than sound. That is why we see a flash of lighting before we hear its roar.

8. Ice floats on water but it sinks in alcohol because ice is lighter than water but heavier than alcohol.



2

2. We generally see a rainbow after the rain because then the atmosphere is rich in moisture. The water droplets in the air act like a prism through which the white light of the sun is dispersed, causing a visible spectrum of colours to be formed.



4

4. Hot or cold liquids retain their temperature for a long time when placed in a thermos or vacuum flask. The vacuum between the double glass walls of the flask acts as an insulator and prevents heat transfer.



6



8

Elements Around Us

Write the names of the component in the blanks. Take help from the Help Box.

- _____ is used in fluorescent lights.
- Vulcanization of rubber is done with _____.
- _____ is used in white polishing of costume jewellery.
- 80% of the earth's atmosphere is _____, and is gaseous and odourless.
- The liquid part of the blood is called _____.
- _____ is a drug and is used to treat malaria.
- _____ is used to prevent the Goiter.
- _____ element is orange-pink in colour and is used for making cables and electrical wires.
- _____ is used for developing photographic negatives.
- _____ is used for electroplating iron objects.
- Hot-air balloons are filled with _____.
- _____ is liquid at room temperature and is also known as quicksilver.
- _____ in our body helps our bones to grow.
- It is connect muscle to bone is called _____.



Helium, Plasma, Iodine, Quinine, Calcium, Neon, Sulphur, Silver, Tissue, Copper, Nitrogen, Zinc, Mercury, Rhodium, Mercury



Did You Know?

The ancient Egyptians were the first chemist. The word 'chemistry' comes from 'chem', the name for ancient Egypt.

There are some words related to our universe. They have been jumbled up. Unscramble them and write the correct names.

1. A collection of billions of stars held together by gravitational force.

AGALYX : _____

2. It is a ball of dust and ice that orbits the Sun. It has two tails-one of dust and the other one of gas.

OCEMT : _____

3. In astronomy, when the moon covers the sun by getting in front of it, or when the moon is hidden in the earth's shadow.

CEILSPE : _____

4. It is a small rocky object that revolves around the sun.

SAETORDI : _____



5. The distance that light travels in one year which is around 6 trillion miles.

ILHGTEYAR : _____

6. It is a massive collapsed star, which has a field of gravity around it which is so strong that neither light nor matter can escape from it.

LACBK OHEL : _____



7. A small particle produced by a comet, orbiting the sun.

EMETRO : _____

8. A rotating neutron star that emits beams of radiation.

UPLSRA : _____

9. It is a satellite that revolves around of planet.

OMNO : _____



10. A great stellar explosion, indicating the death of a massive star.

USEPNRVOA : _____

BIONIC EYE

Eyes are the most vital sense organs because it is through them that we see the world we live in. Loss of vision is therefore a very limiting disability. Biotechnology has come up with a pioneering invention that helps the blind to see again.

Bionic eye is a visual prosthesis which help restore partial vision to those who lost sight mainly due to retinitis pigmentosa - a degenerative eye disease caused by progressive deterioration of the rod photoreceptor cells in the retina. It is also useful for patients who suffer macular degeneration which comes with old age. Bionic eye arouses visual sensations in the brain by stimulating different parts of the optic nerve. It comprises electronic mechanism like image sensors, processors, receivers, radio transmitters and retinal chips.

The bionic eye work

1. The implant translates the images into impulses which the brain can interpret.
2. A video camera fitted to a pair of glasses capture and processes the images.
3. The images processed by the prosthetic eye do not give perfect vision. They give visual cues to patients and partly reinstate vision. With the help of the prosthetic eye, patients can see outlines of objects and living beings and can also recognize faces.
4. These images are wirelessly sent to the bionic implant at the back of the eye.
5. The device has a bionic implant which is kept at the back of the eye.

In July 2015 the doctors in Manchester, UK, performed the first bionic eye implant on an 80 year old patient who lost his central vision due to muscular degeneration. Future bionic eyes will use the most advanced silicon chip and electrode design, computer vision processing algorithms and wireless technologies.



Dr. APJ

Abdul Kalam



Bharat Ratna Avul Pakir Jainulabdeen Abdul Kalam, generally known as Dr. APJ Abdul Kalam, was the 11th President of India (2002-2007). He was born in a necessitous and little educated Tamil family on 15 October, 1931, at the Rameshwaram district of Tamil Nadu, India.

He started working at a young age to support his father. He received average grades in school, but was seen as a hard working and bright student with a strong desire to learn things. He completed his schooling from Rameshwaram Elementary school. In 1954, he graduated in physics from St. Joseph's College in Tiruchirappalli, which was then affiliated to the University of Madras.



Journey and Achievements as a Scientist

- After completing his graduation in 1960, Dr. APJ Abdul Kalam joined as a scientist in Defense Research and Development Organisation's Aeronautical Development Establishment.
- At the very start of his career, he designed a small helicopter for the Indian Army.
- He also worked under the renowned scientist Vikram Sarabhai as a part of the committee of INCOSPAR.
- In 1965, he worked independently in Defense Research and Development Organisation for the first time on an expandable rocket project. This programme was expanded in 1969 and more engineers were included after receiving Government approval.
- He developed a low-cost coronary stent along with Dr. Soma Raju, a cardiologist, in 1998. It was named "Kalam Raju a Stent" after them. Both of them also designed a tablet PC called "Kalam Raju Tablet" for health care in rural areas.



Did You Know?

Dr. APJ Abdul Kalam passed away on 27 July, 2015, due to a massive cardiac arrest during a lecture at the Indian Institute of Management, Shillong.

His Awards and Recognitions

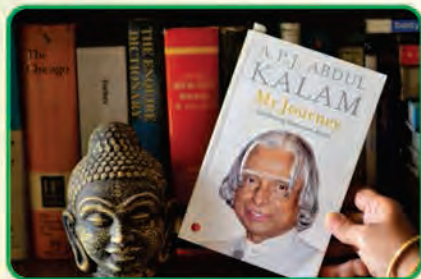
- The nation honoured Dr. Kalam with Bharat Ratna, the highest civilian award.
- In 1990, he was awarded the Padma Vibhushan by the Indian Government for his work with the DRDO and ISRO.
- In 1981, he received the Padma Bhushan.
- In 1998, the Government of India presented to him the Veer Savarkar Award.
- The Alwar Research Centre, Chennai bestowed on him the Ramanjan Award in 2000.
- The University of Wolverhampton in UK bestowed on him the Honorary Doctorate of Science in 2007.
- In 1997, the Indian National Congress conferred him with the Indira Gandhi Award for National Integration.
- He received the Hoover Medal from ASME Foundation, USA in 2009.
- He received the title "Missile Man" of India.
- 2015, The United Nations recognized Dr. Kalam's birthday as "World Student's Day".



Dr. APJ Abdul Kalam was fond of writing songs and poetry and he wrote a lot of books in his career.

List of some books which is wrote by Dr. APJ Abdul Kalam.

- India 2020 : A Vision for the New Millennium, 1998 with Y. S. Rajan
- Transcendence : My Spiritual Experiences with Pramukh Swamiji, 2015
- My Journey : Transforming Dreams into Action, 2013
- Mission India, 2015
- Inspiring Thoughts, 2007
- Forge Your Future : Candid, Forthright, Inspiring, 2014
- Turning Points : A Journey through challenges, 2012



Wimbledon is the oldest and most prestigious lawn tennis championship. It is held at the All England Club in London every year.

Tick (✓) the correct options to answer the following questions about Wimbledon.

- How is the Wimbledon court different from that of the other three Grand Slams?
 - It is a grass court.
 - It is a cemented court.
- Name the players who won the Men's Singles maximum times.
 - William Renshaw, Pete Sampras and Roger Federer
 - Boris Becker, Rafael Nadal and Andy Murray
- The first Indian to win the Junior Wimbledon title was :
 - Ramanathan Krishnan
 - Sania Mirza
- Why were yellow tennis balls introduced in 1972?
 - White balls became dirty very fast.
 - To make the balls visible to the camera.
- The four Grand Slam tennis tournament are :
 - UK Open, Paris Open, Australian Open, Wimbledon
 - US Open, Roland Garras, Wimbledon, Australian Open
- The first Wimbledon Championship was :
 - 1884
 - 1877
- The men's doubles and women's singles events begin in :
 - 1977
 - 1884
- Name the youngest woman and the youngest man to win a Wimbledon singles title.
 - Charlotte Dod and Boris Becker
 - Sania Mirza and Mahesh Bhupathi

Write 'Y' for the Yes and 'N' for the No.

1. In kabaddi, while attacking your opponents, if you manage to get a hand across the line after touching an opponent, is the player out?
2. In a relay in athletics, if a team member drops the baton during the changeover or at some other time, is your team disqualified from the race?
3. In field of hockey, is it compulsory for a goalkeeper to wear a face mask?
4. Of the 12 members in a kho-kho team, do nine come on the field to play the games?
5. While playing doubles in table tennis, do you and your partner have to play alternate shots?
6. While serving in badminton, can your racket make contact with the shuttlecock above your waist?
7. In basketball, can you pass the ball back to a teammate who is still in your half of the court, while you are in the opponent's half?
8. In a game of volleyball, are three members of a team permitted to play/touch the ball each time?
9. In football, if a defender kicks the ball back to his goalkeeper, is the goalkeeper allowed to pick the ball up with his-her hands?
10. In twenty20 cricket, does the 'power play' session end and are the fielding restrictions relaxed, after six overs?
11. In football, can the defender head the ball back to his goalkeeper?
12. In cricket, can a batsman be run out, off a no ball?
13. Badminton, volleyball, basketball, squash, kho-kho, kabaddi, netball and hand ball are all played on courts.
14. Butterfly, back, breasty, freestyle (crawl) are the names and order of the four strokes in swimming.



Personalities from Musical World

Music is universally liked and it has its own heroes and heroines music relaxes and entertains us . Let's read about some of these personalities.

Kings of Music

1. King of Rock and Roll - Elvis Presley
2. King of Swing - Benny Goodman
3. King of Ragtime - Scott Joplin
4. King of Mountain Music - Roy Acuff
5. Prince of Pop - Justin Timberlake



Musicians who have influenced popular music

1. Bill Haley and His Comets - Rock 'n' Roll.
2. Woody Guthrie -Folk music.
3. Ray Charles - Rhythm and Blues.
4. Dave Brubeck - Modern Progressive Jazz.
5. Bob Marley - Reggae Music



Queens of the Music

1. Queen of Soul - Aretha Frankin
2. Queen of country music - Shaina Twain
3. Queen of pop - Britney Spears
4. Queen of Folk Music - Joan Baez
5. Queen of Rock - Janis Joplin



Kings of Rock Music.

1. 'Heavy Metal (Hard Rock) by musician Van Halen'
2. 'New Wave' by musician 'The Pretenders'
3. Pop Rock by Olivia Newton - John
4. Punk by 'The Clash'
5. Country Rock by 'The Stray Cats'



Five Kings of Jazz Music.

- 1. Boogie Woogie by Jelly Roll Morton
- 2. Blues by Bessie Smith
- 3. Dixieland by The Preservation Hall Band
- 4. Modern by Miles Davis
- 5. Ragtime by Scott Joplin



Identify the some music singers given below and write their names.



Help Box Arjit Singh, Shreya Ghoshal, A.R. Rahman, Sonu Nigam, Katy Perry, Rihanna

EXTREME

Adventure Sports

Adventure is an indispensable tool to explore the beauty of nature. Adventure when mixed with sports treats a whole new world of life changing experiences. Adventure sports are very exciting and thrilling.

Here are brief descriptions of some of these adventure sports. Read the clues and name them.

1



1. This sport uses a huge balloon, which is able to carry 3-4 people. It flies in the air with the wind to a height of 1,000 ft. or more. The hot air is lighter than the colder air outside and helps the balloon to stay up. _____

2. The rivers of hilly areas provide ample opportunities for people to practise this sport. An inflatable raft, manoeuvred by 4-5 people, is used in this sport _____

2



3



3. In this sport, a person can fly through the air using an aluminium frame covered with synthetic cloth. The pilot hangs from it with the help of a harness and runs into the wind off a hill or a cliff. _____

4. This is one of the fastest growing show sports. The natural slope of a snow clad mountain provides an ideal setting for it. It is a sport of travelling down snowy slopes using a snowboard. _____

4



5



5. This is a water based sport full of excitement, canoe - like boat in which the paddler sits facing forward. It is growing in popularity nowadays. _____



River-rafting, Hang-gliding, Snow-boarding, Kayaking, Hot-air ballooning

Pro KABADDI LEAGUE

Let us know about Indian Kabaddi :

The Pro Kabaddi League is a professional kabaddi league founded in 2014. This sports league has picked up kabaddi, the favourite sport of rural India and popularized it among people all over the country.

Kabaddi is a contact sport played on a field with two teams of seven players on the opposite halves of a field. One player of a team attacks the opposite by entering the other half of the field. The attacking player takes a single breath and enters the field. While muttering 'kabaddi', the player has to touch as many players as he can under one breath. The short forty - minute game is captivating and keeps the viewers at the edge of their seats.

Some rules to play kabaddi :

1. The team that win the toss shall have the choice of the court.
2. Only when the defenders who have gone out of bounds will be declared out.
3. When the struggle begins, the court shall include the lobbies during the struggle and after the struggle in the same raid. The players involved in the struggle can use the lobbies to enter their respective side of the court.
4. A raider shall continue to chant "KABADDI" as the approved chant. If he is not keeping chant in the opponent's court, he shall be declared out and the opponent will be awarded one point and a chance to raid.
5. If a raider, who is caught by one or more defenders, escapes from their attempt to hold and reaches his court safely, he shall not be pursued.



HOLLYWOOD Personalities

Identify the following well-known Hollywood personalities and write their names.

1



2



3



4



5



6



7



8



9





Scarlett Johansson, Leonardo Di Caprio, Brad Pitt, Jennifer Lawrence, Emma Watson, Will Smith, Robert Downey Jr., Tom Cruise, Angelina Jolie,

Yogasanas are not exercises, but rather very subtle processes to manipulate one's energy in a particular direction.

Tick (✓) the correct option.

- It increase blood circulation along the spinal cord, making it supple. It also brings relief to those suffering from arthritis.

(a) Chakrasana (b) Trikonasana
- It strengthens the lower parts of the body, relieves arthritic pain and stomach disorders.

(a) Padmasana (b) Vajrasana
- It strengthens muscles and bones and helps in to improve the shape of the chest. It also makes the spine flexible.

(a) Chakrasana (b) Trikonasana
- It helps to get rid of a fat around the waist and abdomen. It also strengthens the rib cage.

(a) Dhanurasana (b) Chakrasana
- This asana is useful for people who have to sit for long hours. Its strengthens the backbone, improves concentration and helps those who suffer from arthritis and gout.

(a) Padmasana (b) Vajrasana
- In Sanskrit, the word 'yoga' means :

(a) Fitness (b) Union
- Postures adopted during yoga are called :

(a) Asanas (b) Strechses
- It improves blood circulation in the body. It strengthens the arm muscles as well as your big muscles.

(a) Trikonasana (b) Mayurasanan



Did You Know?

The word 'yoga' was first mentioned in the oldest sacred texts, the Rig Veda. The Vedas were a collection of texts containing songs, mantras and rituals to be used by Brahmans the Vedic priests.

POPULAR CRICKET Personalities



Identify the following popular cricketers. Write their names and the country to which they belong :



1. Name : _____
Country : _____

2. Name : _____
Country : _____

3. Name : _____
Country : _____



4. Name : _____
Country : _____

5. Name : _____
Country : _____

6. Name : _____
Country : _____



7. Name : _____
Country : _____

8. Name : _____
Country : _____

9. Name : _____
Country : _____



Names

AB de Villiers, Lasith Malinga, Sarfraz Ahmed
Virat Kohli, Kumar Sangakkara, Jonathan Trott
Steve Smith, Kemar Roach, Sachin Tendulkar

Country

South Africa, India, Sri Lanka, Australia,
Pakistan, Sri Lanka, England, India, West
Indies,

Read the following statements. Do you agree with them or not?

1. Girls are not as athletic as boys.
2. Men are mentally stronger than women.
3. Teaching is best suited for woman.
4. Cooking and other household chores are best done by women.
5. Boys should not cry.
6. Girls love indoor games.
7. Men are the breadwinners in all families.
8. Girls are scared of cockroaches.



If you agree with the above statements, that means you are biased and judgemental. When you make assumptions about a particular set of people, these assumptions are referred to as stereotypes. We become judgemental and biased when these stereotypes influence our behaviour.

Always remember that each individual is different. Nobody can tell anyone that he/she can do only certain type of things. Anyone can do anything. It is all about choice and will strength. You cannot discriminate against anyone on the basis of gender, colour, race, social status or ethnicity. There is no shame if a boy likes to play with dolls. On other hand it is absolutely welcome if a girl wants to play football with boys.



If you observe closely, you can see gender discrimination everywhere. For example - in some of the TV ads that you see, in the way certain people talk, in the way some people choose their courses in college etc. You



might have seen many washing powder ads on TV in which it is almost always the mothers who are being shown as washing clothes. Isn't perfectly fine if the fathers wash the clothes? When you are repeatedly shown something in a particular way, you will think that is how things normally are. Many people who see these ads may start to believe that washing clothes is for women to do. This is how gender stereotypes work.

Be aware of these generalizations. You will get many examples if you observe closely around you. Understand these stereotype and act against them. Do your part too make the world a better place where everybody is treated equally.



Good and pleasant etiquette in a child is such a wonderful trait in modern society.

Read the following scenarios and choose your responses to tick (✓) the right option.

1. Imagine you are at a dinner party. You need particular dish that is far from your side of the table. You will :

- A. decide not to eat that dish.
- B. lean over and take it.
- C. ask the nearest person to pass it.



2. An old friend approaches you while you are talking to another friend. You will :

- A. introduce your old friend to the friend you are talking to before you break into conversation.
- B. ignore the friend you are talking to and talk to the old friend at once.
- C. continue talking to the friend and ignore the old friend.



3. In a class test you scored lower than your friends. You will :

- A. understand that there is no point of studying and ignore the marks.
- B. take it as an opportunity to study well and do well in the coming tests.
- C. feel worried and dejected, and believe that you are good for nothing.



4. A relative asks you a question while you are playing with a smartphone. You will.

- A. answer at once without taking your eyes off the smartphone.
- B. pretend that you haven't heard the questions as you don't want to get disturbed.
- C. stop whatever you are doing on the smartphone, look at the person who talked to you and answer him politely.



5. You want to tell something to your uncle, but he is talking to your mother. You will :

- A. wait patiently for your uncle to finish what he is saying and then talk to him.
- B. tell at once what you want to tell to your uncle.
- C. ask your uncle to stop talking and listen to you.



6. Your friend is upset about something you did. The mistake is yours and when he/she is talking about that to you, You will :

- A. tell him/her that you will talk later and then never mention that topic.
- B. not take anything that he/she says seriously as you know that he/she will be fine after some time.
- C. listen to all the things that he/she says and then apologize for your behaviour.



VALUE OF Money



Rohit, Pinki, Rahul, Tina and Kajal want to go for an outing to a restaurant.

Rohit, Pinki, Tina and have ₹200 each while Rahul and Kajal have ₹350 each. They all pool in their money and order their favourite food.

Imagine yourself to be Rahul. Plan a group order according to your budget and fill the table given below. Calculate the total amount so that you do not run short of money. You can change your order if needed.

Items	Quantity	Amount
1.		
2.		
3.		
4.		
5.		
Total Amount		

Bavereages Centre					
Palate Ticklers		Price	Beverages		Price
Momos		₹ 60	Fresh Lime Soda		₹ 50
Vada Paav		₹ 50	Tea		₹ 30
Chole Bhature		₹ 90	Hot Coffee		₹ 40
Dhokla		₹ 90	Cold Coffee		₹ 60
Samosa		₹ 20	Deserts and Ice Creams		
Sambar Vada		₹ 70	Jalebi		₹ 70
Paneer Tikka		₹ 80	Barfi (1 piece)		₹ 15
Aloo Chaat		₹ 50	Sandesh		₹ 20
Kachauri		₹ 40	Ras Malai		₹ 40
Masala Dosa		₹ 90	Gajar Ka Halwa		₹ 60
			Single Scoop ice cream (any flavour)		₹ 45
			Double Scoop ice cream (any flavour)		₹ 60

Now, write answers for the following.

1. Many children waste food by ordering more than they can eat. How much surplus order did your place?

2. Was it necessary to spend that much? Give reasons to support your point.

3. What is the total amount of the bill?

4. What can you do with the remaining money?

5. How much money will be left with you?

Spend Money Wisely

Money spent wisely will help you get more by paying less. Spend money carefully.

- When you are going for an outing, spend less and use the saved money for another outing. This way you can have two outings at the cost of one.
- Learn to save money.
- Help the needy and poor by donating from your pocket money.
- Organize your purchases by category (food, clothing, entertainment, etc).
- Avoid impulse purchases.
- Only purchase what you actually need.
- Understand the difference between needs, wants and wishes.
- Maintain an account of your weekly and monthly expenses.
- Budget your expenses before spending money.
- Keep a record of every rupee spent.

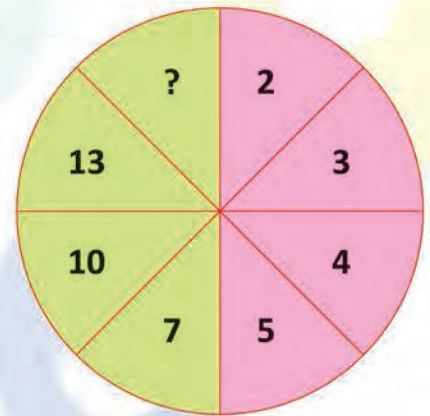


Solve the following.

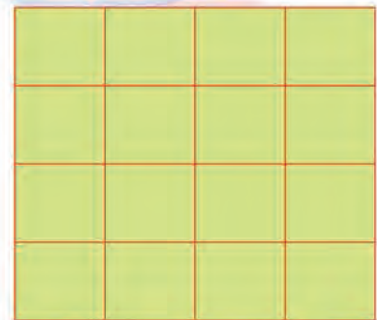
- How many triangles are there in this figure? Do not forget to count the 'container' triangle.
- Count the number of squares in this diagram.
- Can you join these 5 points with 8 line segments, without going over a line already drawn and without taking your pen off the paper?
- Fill in the plus (+) or minus (-) sign between these numbers so that they give the correct answers.



- $10 \quad _ \quad 13 \quad _ \quad 21 \quad _ \quad 8 \quad _ \quad 4 = 6$
- $7 \quad _ \quad 3 \quad _ \quad 12 \quad _ \quad 13 \quad _ \quad 9 = 14$
- $15 \quad _ \quad 2 \quad _ \quad 6 \quad _ \quad 5 \quad _ \quad 11 = 17$
- $14 \quad _ \quad 7 \quad _ \quad 16 \quad _ \quad 19 \quad _ \quad 23 = 27$
- $18 \quad _ \quad 14 \quad _ \quad 15 \quad _ \quad 29 \quad _ \quad 8 = 28$

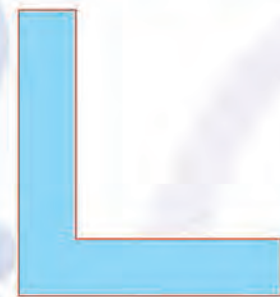


- Find the missing number in this circle.
- Which is the odd one out in each series of numbers? Circle it.
 - 1, 3, 9, 27, 82
 - 4, 8, 16, 31, 64
 - 2, 6, 19, 54, 162



- This simple subtraction sum employs all the digits from one to nine. Can you fill in the missing figures? (These may be two solutions.)

$$\begin{array}{r}
 9 \quad _ \quad _ \\
 (-) \quad _ \quad 4 \quad _ \\
 \hline
 _ \quad _ \quad 1
 \end{array}$$



- A farmer had an L-shaped piece of land. He wanted to divide it equally between himself, his six children and wife. Unable to solve him to simply divide the land into eight equal L-shaped portions. How did he do it?

- Insert mathematical symbols (+, -, /, x) in the following rows to make a correct equations.

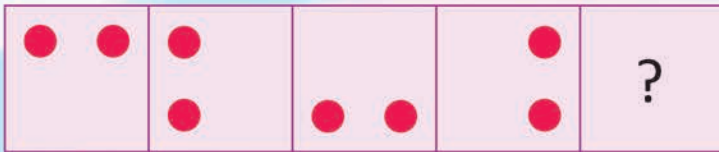
- $\boxed{3} \quad \boxed{3} \quad \boxed{3} \quad \boxed{3} \quad \boxed{3} = \boxed{10}$
- $\boxed{4} \quad \boxed{4} \quad \boxed{4} \quad \boxed{4} \quad \boxed{4} = \boxed{17}$
- $\boxed{5} \quad \boxed{5} \quad \boxed{5} \quad \boxed{5} \quad \boxed{5} = \boxed{26}$



BRAIN RIDDLE

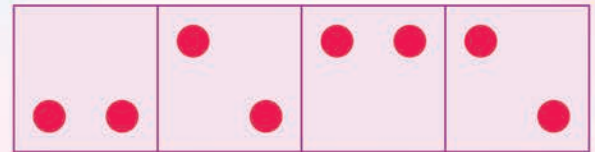
Follow the sequence of the given figures and write the serial numbers of the figures replacing the question marks in the boxes.

Problem Figures



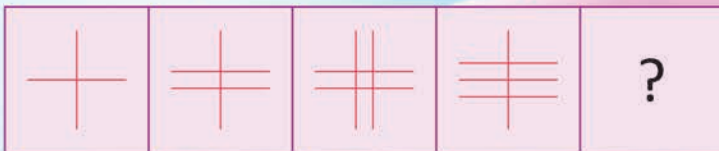
a. b. c. d. e.

Answers Figures



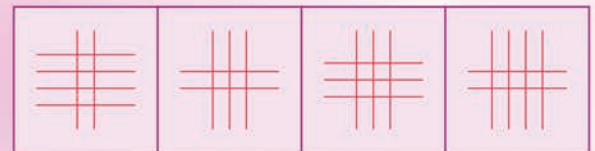
i. ii. iii. iv.

Problem Figures



a. b. c. d. e.

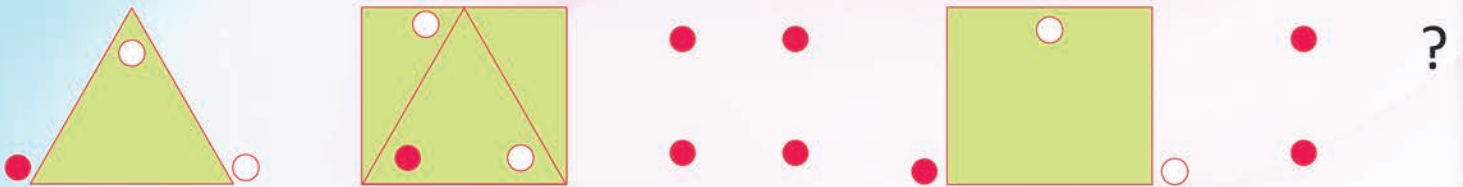
Answers Figures



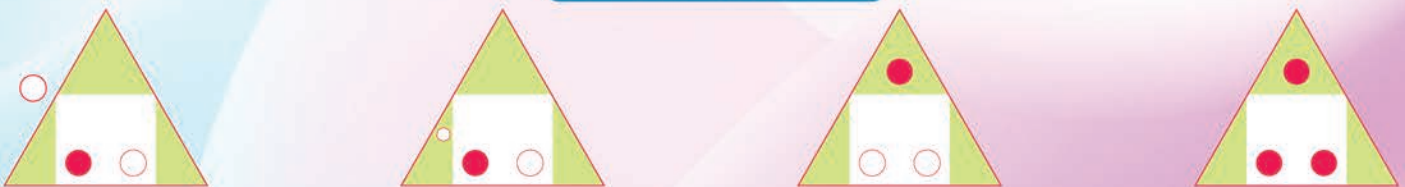
i. ii. iii. iv.

Taking into account the relation of the second figure with the first one, write the serial number of the figure having the same relation with the third figure.

Problem Figures



Answers Figures



Find the odd one out



a. b. c. d.

Sudoku

Sudoku is a number puzzle which involves a square grid with 9 columns and 9 rows. In the grid, there are 9 smaller 3-by-3 squares. To complete the puzzle, you have to fill each box with numbers such that the number 1 through 9 appear only once in each row, in each column, and in the smaller 3-by-3 squares. Some of the squares will be pre-filled.

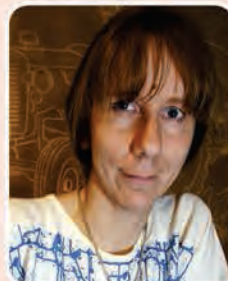
Solve the typical sudoku puzzle.

8					9	6		
1	9	6	4	7	3	4		4
3		5			2			1
		4					8	7
9		8					5	3
2		7	8	3			6	4
4					8	7		6
6	8		7	5			9	
			6	9				8



Did You Know?

The first World Sudoku Championship was held in Lucca, Italy, in 2006. The winner was Jana Tylova of the Czech Republic. Goa, in India, hosted the third World Sudoku Championship in 2008, in which Thomas Snyder of the USA won the overall championship.



Answer these question orally.

1. A man looking at a photograph says: 'Brothers and sisters I have none, but this man's father is my father's son.' Who is the person in the photograph.
2. To stay healthy, which should be your heaviest meal-breakfast, lunch or dinner?
3. What is the correct way of writing 'twelve O' clock in the afternoon'?
4. Think of a word that can be placed before the following words to make new words: strip, base, line, tight.
5. How would you wish someone for their birthday, the day after?
6. Which geometric figure is always correct?
7. A wild animal is more likely to attack you if you are afraid of it.
8. How many feet are there in the world?
9. A cox is the person who sit in the stern of the boat to direct the rowers during a race. Is the person usually a 'heavyweight' or a 'lightweight'?
10. What is raised during the rainy season in India?
11. Migrating birds fly across the evening sky in a V-formation. Why?
12. What are the best letters to read in hot weather?
13. If the train you were catching was scheduled to depart at 17:30 hours, what time would it leave the station?
14. Would your mother's cousin's son be your second cousin?
15. Which is easier to tear-wet or dry paper?
16. Tom is older than Susan and Jane is younger than Mary. Mary is older than Tom. Who is the eldest of the Four?



Did You Know?

Mnemonics is the art of improving your memory and a mnemonic helps you to remember. For example, if you want to remember the names of the Great Lakes in North America, take the first letter of each name and make up the word 'Homes' ('H' - Huron, 'O' - Ontario, 'M' - Michigan, 'E' - Erie, 'S' - Superior).

Modern GADGETS

Following are some modern gadgets. Identify and name them.



1

It is a portable storage system.



2

It is a portable music library.



3

It guides you in reaching your destination.



4

It is a TV system that can access the Internet.



5

It is a gaming console by Sony.



6

It is an e-book reader by Amazon.



7

It is device to track your activity level.



8

It is a smart watch from Apple.



9

It is an electric flash memory data storage device.



Did You Know?

Motion sensing gaming came into the forefront with the introduction of the Nintendo Wii. Players could now play games by banking on their movements. Microsoft took this a step further by introducing the 'kinect' system. This system allowed players to play without any controllers and they must bank upon their movements.

DESSERT *Delights*

Mostly deserts are sweet dishes some of us like them warm and some like frozen. But we all love mouth-watering deserts.

Here are some deserts from all over the world. Fill in the missing letters in the blocks to name the deserts. The words in the Help Box on the following page are there to help you.

1. This hearty and sweet-layered pastry with a filling inside is typical to Austrian cuisine.

t d



2. The first chilled desert, of rose water and vermicelli, was made by Persians in 400 BCE.

f u a

3. It is a traditional French dessert that has a vanilla-flavoured custard base. It is chilled in special dishes, with sugar sprinkled on top, and then caramelized just before serving.

c m r e



4. They are small, light cakes which are crunchy outside and soft inside. They are usually made with almonds, sugar and egg whites.

m a r n

5. These traditional Japanese bite-sized sweets are made with rice cakes, called mochi, azuki bean paste, and fruits. The paste is moulded into various attractive fruit shapes.

a a h



6. A popular dessert in Greece and the Middle East, it has layers of pastry filled with a spice -and-nut mixture.

k a

7. In Poland, this popular cake is made from fresh cheese known as twarog. Sometimes, potatoes are added to it.

e n



8. In this oven-baked custard, caramelized sugar is poured into a vessel to coat the bottom, and a vanilla-flavoured custard is poured on top.

l

9. This mouth-watering dessert made of ice-cream, layered with fruit and syrup, is often served in a tall glass.

a f i



10. This chilled and refreshing dessert gets its French name from the Persian word Sharbat. It is made of fruit juice, sugar, milk and egg white.

o b

11. This rich Indian dessert is made by boiling rice or wheat with milk and sugar and is flavoured with cardamom, raisins, saffron, pistachios, and almonds.

h



12. This soft and creamy traditional Italian cake is made of biscuits dipped in espresso and layered with mascarpone, egg yolks and sugar.

i m

13. This smooth and creamy caramel-like sauce from Latin America is also known as 'sweet milk'. You can have it with anything-from cookies or ice cream to cakes and candies.

u e e c



Help Box wagashi, baklava, sorbet, creme brulle, tiramisu, sernik, strudel, kheer, parfait, macaroons, flan, faluda, dulce de leche

Health First

Good health is physical fitness and the absence of disease, with all parts of the body working properly together. In humans it is the ability of individuals or communities to adapt the self-manage when facing physical mental psychological and social changes with environment. Good food is essential for health and survival but too much of same food may also be harmful.

Classify these food items by writing the correct letters of the alphabet next to them-P for proteins, F for fats, C for carbonhydrates, V for vitamins and M for minerals.



Milk



Meat



Vegetables



Nuts



Potatoes



Green Vegetables



Wheat, Rice



Eggs



Oranges, lemons



Fruits



Cornflakes



Butter



Did You Know?

Antibiotic resistance is a serious global threat, every year at least 7,00,000 people around the world die from infections with superbugs that are resistant to antibiotic.

GREAT PRESIDENTS OF US



Some of the famous President's first and middle names are listed below. Find out their correct surnames from the Help Box and fill in the blanks.

1. The President who had the longest term of office was Franklin D. _____. He was elected 4 times and served for 12 years and 39 days.
2. The youngest elected President was John F. _____. He was 43 1/2 years old when he took the oath of office.
3. The youngest President of the U.S.A was Theodore _____. He was 42 years and 10 months old when he took office after President Mc. Kinley was assassinated.
4. The tallest President of the U.S.A was Abraham _____. He was 6 feet and 4 inches tall.
5. The oldest elected President was Ronald _____. He was 69 years of age when he took the oath. He was re-elected at the age of 74.
6. The shortest President was James _____. He was 5 feet and 4 inches in height.
7. The President who had the shortest term of office was William H. _____.
8. The longest lived President was John _____.
9. The President who died in the office were William _____ Harrison; Zachary _____, Warren G. _____ and Franklin D. _____.
10. The Presidents who were assassinated were Abraham _____; James A. _____; William _____ and John F. _____.
11. The first President of the U.S.A was George _____.



Kennedy, Reagan, Roosevelt, Madison, Lincoln, Roosevelt, Harrison, Adams, Lincoln, Garfield, Kennedy, Mc. Kinley, Washington, Taylor, Roosevelt, Harding, Henry