



INSIGHT



JOY OF BEING TOGETHER

20 PAGES OF

READING
LEARNING
EARNING

INSIGHT

GOA TEACHER OF THE MONTH

GET DOWN TO THE LEVEL OF YOUR STUDENTS & BECOME THEIR FRIENDS

Interview

Dr. Anshu Kulkarni

Dr. Anshu Kulkarni is a teacher at Gurukul Global School, Goa. She has been teaching for over 10 years and is passionate about her work. She believes in being a friend to her students and helping them to learn and grow.

Q: How do you manage to be a friend to your students?

A: I believe in being a friend to my students. I try to understand their needs and help them to learn and grow. I also try to be a role model for them.

Q: How do you manage to be a teacher and a friend at the same time?

A: I believe in being a friend to my students. I try to understand their needs and help them to learn and grow. I also try to be a role model for them.

Q: How do you manage to be a teacher and a friend at the same time?

A: I believe in being a friend to my students. I try to understand their needs and help them to learn and grow. I also try to be a role model for them.

GET DOWN TO THE LEVEL OF YOUR STUDENTS & BECOME THEIR FRIENDS

» PAGE 03

Chandigarh

1	Delhi Public School- Sector 40-C, Chandigarh
2	Chitkara International School Chandigarh-Sec-25
3	Gurukul Global School-Sector 13 Chandigarh
4	Ajit Karam Singh International Public School -Chandigarh
5	Bhavan Vidyalaya, Sector 27
6	Sacred Heart Senior Secondary School, Sector-26
7	Ryan International School, Sector 49
8	Saint Kabir Public School, Sector-26
9	St. Anne's Convent School, Chandigarh
10	St.John's High School , Sector-26

3rd position in the Times School Survey this year

» PAGE 04

INSIGHT

Traditions, Rituals and Helping

Garba Dance

Garba Dance is a traditional Indian dance. It is performed during the Navratri festival. It is a very popular dance in India.

Garba Dance is a traditional Indian dance. It is performed during the Navratri festival. It is a very popular dance in India.

Garba Dance is a traditional Indian dance. It is performed during the Navratri festival. It is a very popular dance in India.

Junior Events: Garba Dance One of the much-awaited festivals in India...

» PAGE 07

INSIGHT Sports

Samarth Sharma

Samarth Sharma is a young athlete. He has won 2 Silver Medals in U 17 & U 19 Boys Singles in 34th...

Samarth Sharma is a young athlete. He has won 2 Silver Medals in U 17 & U 19 Boys Singles in 34th...

Samarth Sharma is a young athlete. He has won 2 Silver Medals in U 17 & U 19 Boys Singles in 34th...

Sports : Samarth Sharma won 2 Silver Medals in U 17 & U 19 Boys Singles in 34th...

» PAGE 10

MD's Message

JOIN HANDS TOGETHER TO TAKE THE BEST CARE OF OUR CHILDREN DURING THIS TIME

Dear Parents,

The past two years have been rough. Our patience, resilience and strength have all been thoroughly tested. The COVID-19 Pandemic has gotten the better of us, rather best of us at all fronts by pushing us to our limits. This pandemic has been the worst for the younger generation, the generation which thrives on social interaction. They had lost all interactions with their friends, they couldn't go out and enjoy, and they couldn't come to school.

I feel for that young sportsperson who worked hard for a sports tournament and it got cancelled, I feel for that young artist who burnt the midnight oil perfecting their art, my heart goes out to these young children who prepared for their special events which inevitably got cancelled due to this virus.

As Azim Premji correctly stated in one of his recent articles, "The loss of learning is of two kinds. First, children have not learnt what they would have learnt in these 18 months had schools been open.

Second, most children have forgotten a lot of what they knew before the schools shut in March 2020. Of India's 25 crore (250 million)-odd school going children, the overwhelming majority is in the grip of this emergency".

We at Gurukul Global School consider ourselves fortunate that we have such a robust technological infrastructure and such amazing teachers who provided their unflinching support during these trying times. The teachers worked hard familiarizing themselves with a lot of new technology and gave it their very best and helped the students breeze through the syllabus with ease. Teachers really gave it their best and learnt how to use new applications, fueled by their passion for teaching.

Despite this a very small subset of the children's studies and life experiences have still suffered. Despite our best efforts it has been found that practical and hands-on learning still can't be properly done Online and requires the students to

be present in-person. Although a good makeshift replacement But Online learning is no substitute for in-person learning. Now that the situation is starting to normalise and the virus is relatively under control, it's time that the school becomes host to the positive energy children bring to it again, filling the premises with the everlasting joy that it once hosted. With that said, we need to join hands to take the best care of our children during this time. We are taking all precautions necessary to ensure the safety of our children and it's time we give them a chance to come and enjoy their childhood once again. What has happened is now past us and with covid on a steady decline it's time we start living our lives once again and allow our children to do the same. Shall you have any suggestions on how we can make learning in classrooms better, safer, more engaging, or more interactive. I would be the happiest to hear back from you about it.

Yours

-PARVEEN SETYA



NINA PANDEY

Principal's Message

A warm welcome to all my students!

It has been an exciting year for all of us, actually a year full of challenges. Now, it is nice to see you all attending the Offline classes and enjoying the perks of being in school, sitting with your friends, sharing notes, playing together and sometimes doing a little mischief!

Though it is pretty exciting, but some of the students and parents might have worries about the renewed course load and the loss of learning habits, which this Covid time has enforced. I wish to share with you a trick! It is more of a learning principle than a trick, which

would be constructive for all of you who might face challenges in the coming years.

The technique is called the 'Pareto Principle.' It has been found that 80% of the outcomes are generated from 20% effort. Amazing! Isn't it? Now, how can we use it while you are learning? Imagine you have a vast syllabus to cover. A good thing for you to know is that 80% of it can be covered with only a 20% of time commitment. Use it to prioritize your time and achieve maximum output. Once you have done that, go over to the

complex 20%, which is still left to do.

You can apply this technique to all aspects of your life. Use it to manage your time well. I know each one of you will hit the stride soon. We have for you and all stakeholders, our School's Newsletter- INSIGHT with a different outlook. We have incorporated innovations and a vast scope to enhance knowledge, both at National and Global level. This value addition will cater to all age groups and lead to happy reading.

Lastly, I want to wish everyone Good Luck for the rest of the year.

Knowledge... Wildlife

The Native Americans who lived in Florida (South Eastern state of US) have named Everglades as 'Pa-hay-Okee' which translates into "grassy waters." Everglades, "the River of Grass" was a name given by Marjory Stoneman Douglas (journalist & writer) in one of her books.

The Everglades is internationally known for its extraordinary wildlife. More

than 360 bird species can be found in Everglades National Park alone. The Everglades is known for its many wading birds, such as white and glossy ibises, roseate spoonbills, egrets, herons, and wood storks. The Florida Everglades, or simply the "Glades", is a name which encompasses much of the interior of Southern Florida, though it is also the most sparsely populated area of the

state. High phosphorus content is causing impact in the Everglades such as: loss of the natural communities of algae that are its defining characteristics. Also, there is a loss of water dissolved oxygen that fish need and there are changes in the native plant communities that result in a loss of the open water areas where wading birds feed.





GET DOWN TO THE LEVEL OF YOUR STUDENTS & BECOME THEIR FRIENDS

over the years being a teacher is priceless. Its the respect and love from my students and an identity for myself. And I have been a student of an amazing human being, Mrs. Lata Vaidynathan who always wanted me to be where I am today. I feel that the spiritual and moral gratification that teaching as a profession provides you out rightly outweighs the monetary aspect of the job.

Q Globally speaking, the Indian education system has a stereotype of being extremely tough and based on rigorous rote learning compared to a more practical sense of education that we see prevail in the west, hypothetically, if you were to be the education minister of this country, what changes would you bring in the antagonized system, if any?

— The first thing that I'd like to stop, which I'm sure the education system is already working on, is 'rote learning'. I'd like to promote practical hands-on and experiential learning amongst the students. Rote learning and cramming of books must be stopped for the betterment of the students and this would be my top priority if I were to be the education minister of this country.

Q How do you prepare yourself for a class?

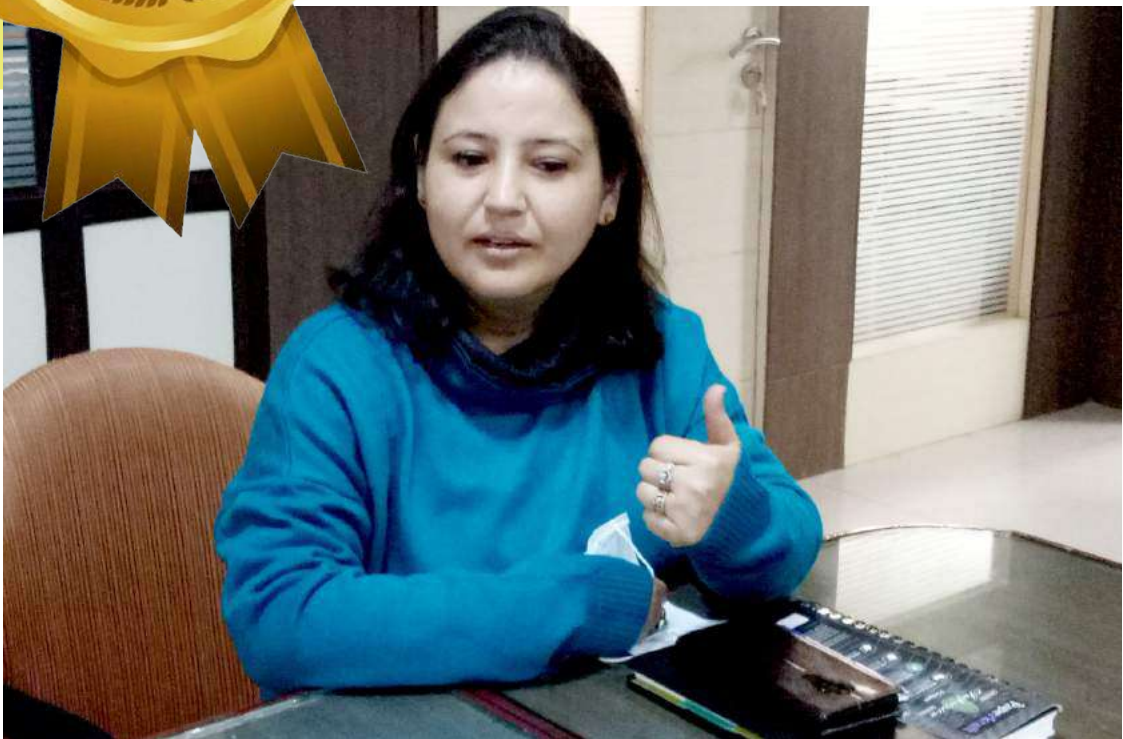
— There is a monthly planner, on which teachers work. We do planning much in advance but brushing up on a topic is needed a day before.

Q Ma'am if any of the students are crying or feeling hungry , so how do you handle such students?

— PATIENCE IS THE MANTRA. Personal touch is a must. There are many such students and they take 4-5 days to adjust initially. Gradually school becomes a 2nd home for them.

Q What is your pain area in teaching and how do you handle that?

— There is as such no pain area but when in spite of your hard work, you are unable to get the desired results from students it pains. One is forced to think as to where one has lacked as a teacher. But at the same time even a slight improvement motivates you to continue to strive better.



Q As a teacher, how do you seem to inspire students to do well in academics and extra-curricular activities?

— Well the first thing is I don't inspire children rather I get inspired by them. The affection they give and the innocence they have, force me to try to be as innocent and as affectionate as them. I try to get down to their level. I don't see a child sitting in front of me as a student, instead I see a friend in her/him, I try to become friends with my kids first. I believe that it's easier for the students to connect or share anything and everything with their teachers once that bond is set. That level of understanding between teacher-students is built up and the students begin to understand what a teacher wants from them and the entire process becomes easier and smoother.

Q That's a great answer ma'am; we live in a culturally and cognitively diverse environment in terms of student demo graph, So hypothetically speaking, in a class of 30 student with vast cultural identities and cognitive abilities, how do you manage to work on each student individually in such a diverse classroom environment?

— See, it gradually comes with time and experience. We take time to remember their names initially but gradually each one of them becomes part of our lives.The children who are already extroverts and outspoken, they tend to get along with teachers easily but my focus in specific remains on students who are introverts. I try to focus on them first and make them comfortable. Encourage peer learning, give equal opportunities to all the students and work on the ones who need more attention. Every child is special and intelligent and therefore, everything falls into place gradually.

Q How was your journey from a teacher to a coordinator?

— I'm a very hardworking and dedicated person, whatever I do, I give my 100% to that work whether it's my family or it's my profession and therefore, it wasn't very difficult for me to

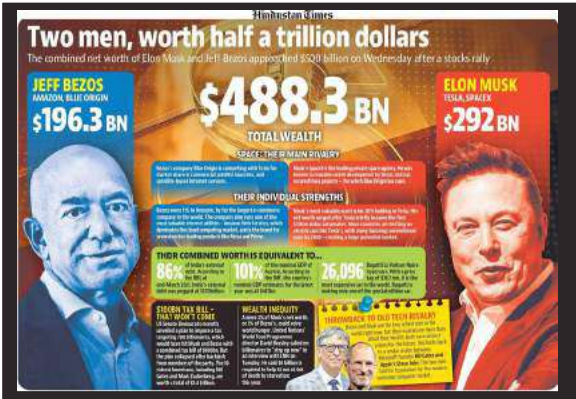
transit to the position of coordinatorship. I am a teacher first and that's because my inclination has always been more towards being one. Coordinatorship, yes probably the management considered me efficient enough to be provided with the profile. Certainly a lot of responsibilities came over my head, but then I very strongly believe that the responsibility of a teacher towards a student invariably weighs out the responsibility of a coordinator in the same sector. As a coordinator, it's been so far great. I have a very dedicated and efficient team of teachers who work with me. I'd say 'with me and not under me', because they all are very well versed with the skills required to be in the field. The journey is still on and I would thank the management that deemed it fit to give me the title.

Q In a world driven by finances and monetary gains, there are not enough incentives for someone to become a teacher and in a country like India, where the student teacher ratio is rather problematic, what is your opinion on this concerning premise?

— I would not agree to that. What I've earned



► Editorial team Khushbu Chadha & Shaurya Kashyap in conversation with GONA Ma'am.



Knowledge... Economy/Wealth

The value of the two fortunes Jeff Bezos and Elon Musk—a sum bigger than the market value of Johnson & Johnson and about equal to that of America's biggest bank, JPMorgan Chase & Co.—is yet another watershed moment in what's shaping up to be a historic week for billionaires.The combined net worth of Elon Musk and Jeff Bezos approached \$500 billion on Wednesday, fueled by the unrelenting rally in Tesla Inc. shares and a broad surge in tech stocks that sent the Nasdaq 100 to an intraday record.

Musk, co-founder of publicly traded Tesla and closely held rocket company SpaceX, has added \$122.3 billion to his fortune this year, pushing his net worth to \$292 billion, according to the Bloomberg index. Amazon.com Inc. founder Bezos is worth \$196.3 billion.Musk's wealth has ballooned partly because he hasn't sold any of his Tesla stock for years, instead tapping banks for loans using his stake in the electric-vehicle maker as collateral. Pledging shares is a way to monetize equity without actually selling it.



Values instilled by my parents and teachers have been my strengths and have brought me a long way. I love unconditionally and work wholeheartedly whether I am at home or at my workplace. I have always fallen for innocence and respected people who are straight forward and not manipulative. Honesty is certainly the best policy me.



► Herbinderjit Kaur Rai

Back to School for Kindergarten

Welcome to Kindergarten

Time plays a role in almost every decision. There was a day when it was decided to shut the entire world for the safety of the people and today is the day when Gurukul Global School is declaring the reopening of the school for the most adorable tiny tots, the students of Kindergarten. After almost one & half year of online education, the school campus is abuzz with children and at the same time the school buses are whizzing on roads.

The School's management has equipped itself with safety before opening up for students in a phased manner, first the students of Classes IX to XII were called and then gradually Classes VII

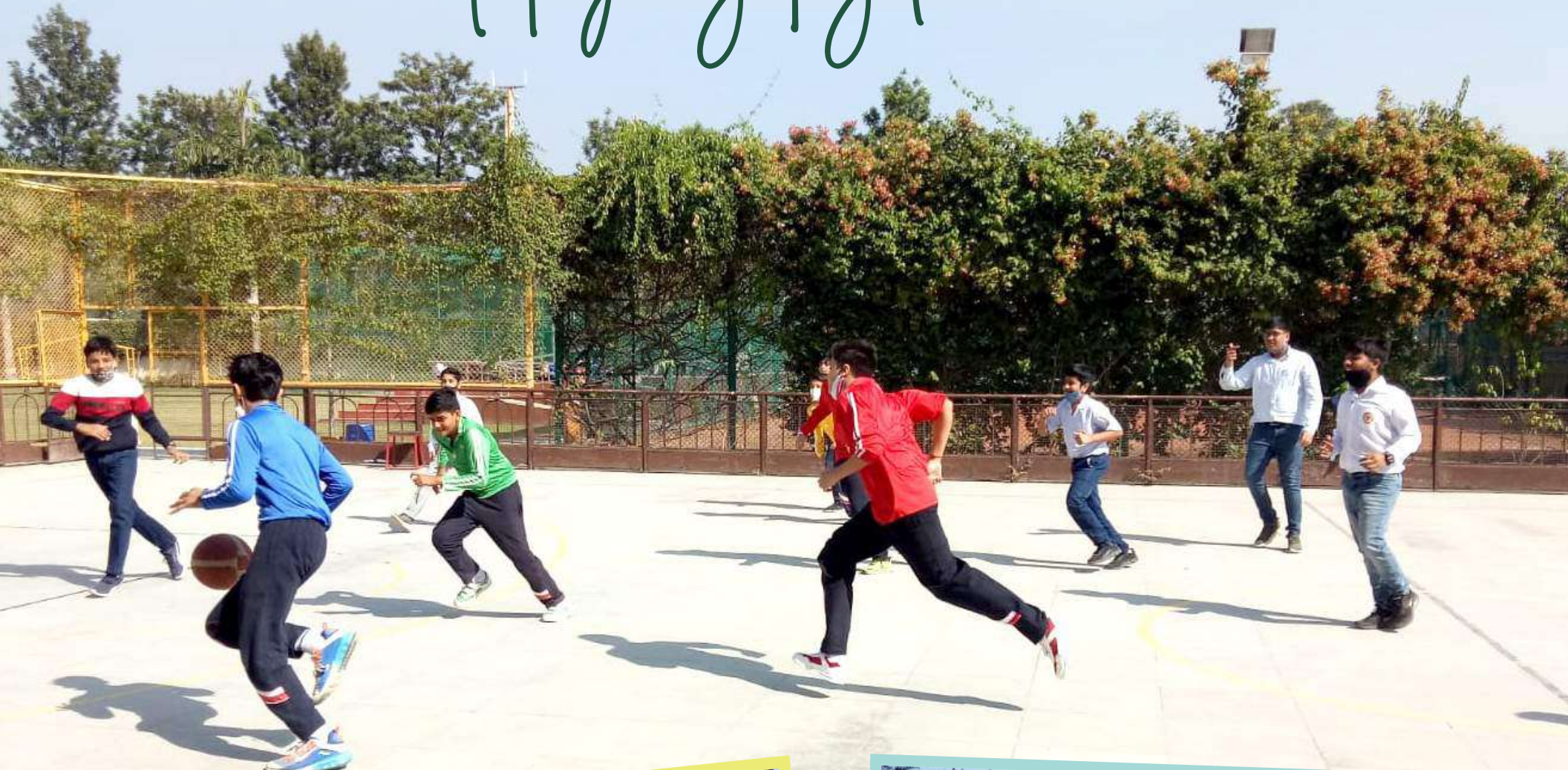
and VIII resumed Offline School. Classes I to VI also started in Hybrid mode in the month of November. All the teachers and staff members of the school are vaccinated. The school is regularly sanitized, the temperature of every staff member, student, and visitor is recorded. The teachers and the support staff ensure that the students have their masks on. The school is now awaiting to see the tiny tots of Kindergarten giggling and running across the school premises. Kindergarten years are the root years of a child's education. The teachers build social, emotional, literacy and motor skills among the children. During this period a child learns from all spheres by looking, by hearing, by touching, by smelling and by feeling. Though the teachers did their best, but all this was not possible in the Online classes.



3rd position in the Times School Survey this year

Chandigarh	
1	Delhi Public School- Sector 40-C, Chandigarh
2	Chitkara International School Chandigarh-Sec-25
3	Gurukul Global School -Sector 13 Chandigarh
4	Ajit Karam Singh International Public School -Chandigarh
5	Bhavan Vidyalaya, Sector 27
6	Sacred Heart Senior Secondary School, Sector-26
7	Ryan International School, Sector 49
8	Saint Kabir Public School, Sector-26
9	St. Anne's Convent School, Chandigarh
10	St.John's High School , Sector-26

Playing Together



We are Celebrating 75 YEARS OF AMUL



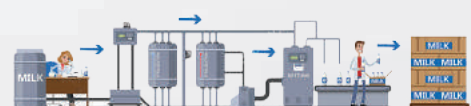
200 liters of milk was collected when it was conceived.

36 LAKH

farmer families are associated with it.

53,000

Crores annual turnover in 2020-21.



30 MILLION

liters of milk processing capacity per day.

18,600

small milk producer cooperatives of villages are associated with it.

From the inspiration of late Tribhuvan Das, Sardar Sahib to the poorest of the poor women who produce milk for Amul in a small village today, everyone has accomplished the feat and in 75 years, Amul has spread all over and a Global brand has been created.

This is one such example of how when many people convert the sum of their potential together, how much power can be created, and this is the basic mantra of cooperatives. We may be small, but we are many in number. If a large number of small people unite and walk in one direction, so that a strong force can be created, it is called a cooperative. Today Amul's movement has done this. When it was conceived, around 200 liters of milk was collected and today the annual turnover of Amul has crossed Rs. 53,000 Crores in 2020-21. Amul has developed the capacity to process and store 30 million liters of milk per day. 36 lakh farmer families are associated with it by making it their business and living their life with respect. More than 18,600 small milk producer cooperatives of villages are associated with it today and are contributing to making Amul strong. There are 18 district level dairies and milk processing plants have been set up at 87 locations across the country. The journey from collecting 200 liters of milk to collecting 30 million liters of milk is a long journey.

preferred target for whalers. At present, they are among the most endangered whales in the world, and they are protected under the U.S. Endangered Species Act and Marine Mammal Protection Act and Canada's Species at Risk Act. There are fewer than 366 individuals in existence in the western North Atlantic Ocean—they migrate between feeding grounds in the Labrador Sea and their winter calving ar-

50 Years of Disney



- > On July 17, 1955 Southern California's Disneyland came up.
- > On October 1, 1971 first Walt Disney World Resort opened at Florida 16 years after Southern California's Disneyland.

- > 12 parks have opened up in six different resorts on three different continents.
- > Oct 1, 2021 marked its 50th anniversary as it still continues to be a major driver in the travel world.

Walt Disney World's influence

WDW has become one of the most popular tourist destinations in the world in its short 50-year history. Known in theme park circles as "Professor Roller Coaster," he said Walt Disney World is a dominating force in the global attractions industry.

The 1955 opening of Disneyland in California convinced other entrepreneurs that theme parks were a good investment. The opening of Walt Disney World in 1971 led to a spurt of theme park building in the USA.

Some of the major amusement parks that followed soon after were Kings Island in Ohio in 1972, Carowinds on the North Carolina-South Carolina border in 1973, Six Flags Great Escape in New Jersey in 1974 and Kings Dominion and Busch Gardens in Virginia in 1975.

WDW has led the industry in many areas like ride design and technology, entertainment, resort development, transportation systems, special events, dining experiences, ticket pricing, queue products, merchandising and conservation.

Some of the favourite rides at WDW include the classics such as Pirates of the Caribbean, the Haunted Mansion and the newer rides being Avatar Flight of Passage.

Changes and traditions at the park

A whole lot has changed at the Florida park since 1971. Notable additions came years and decades later: Space Mountain (opened in 1975), Splash Mountain (1992) and the Seven Dwarfs Mine Train (2014).

Despite all the changes and advancements 50 years have brought, some of the original rides and attractions from 1971 remain today.

They include beloved favorites such as the Country Bear Jamboree, Dumbo the Flying Elephant, the Haunted Mansion and the Tomorrowland Speedway. Jungle Cruise has recently been updated at Disneyland and Disney World to address racially insensitive stereotypes.

The signature structure of the park, Cinderella Castle, has been there from the start.

How Disney will celebrate the anniversary

Disney's 50th anniversary party is going to be an 18-month party. And celebrations will be held not only in the Magic Kingdom but at the other three of the resort's theme parks.

For fans of the park, The Grand Opening of Walt Disney World is a fascinating look at Disney World's beginnings, especially when the park has grown extensively over the last 50 years.

Knowledge... Geography

The North Atlantic right whale is a baleen whale, one of three right whale species belonging to the genus *Eubalaena*. Because of their docile nature, their slow surface-skimming feeding behaviors, their tendencies to stay close to the coast, and their high blubber content (which makes them float when they are killed, and which produced high yields of whale oil), right whales were once a

preferred target for whalers. At present, they are among the most endangered whales in the world, and they are protected under the U.S. Endangered Species Act and Marine Mammal Protection Act and Canada's Species at Risk Act. There are fewer than 366 individuals in existence in the western North Atlantic Ocean—they migrate between feeding grounds in the Labrador Sea and their winter calving ar-



Georgia and Florida, an ocean area with heavy shipping traffic. In the eastern North Atlantic, on the other hand—with a total population reaching into the low teens at

most—scientists believe that they may already be functionally extinct. Vessel strikes and entanglement in fixed fishing gear result in high mortality rate and are their two greatest threats for their recovery.

Traditions, Rituals and Helping



1 Garba Dance

One of the much-awaited festivals in India, Navratri was celebrated by the students of LKG Yellow wherein they performed Garba Dance on the foot tapping numbers of their choice. They were dressed up in bright attires, held well decorated Dandiya Sticks and showcased their amazing talent in the class virtually. The teachers told all the students the importance of all the nine days of Navratri.

2 Number Fun

Numbers and Math can be a challenging topic for children to learn at a young age. Therefore, our mentors at Gurukul Global School find ways to teach them these skills in a way that is full of fun and understandable for them. We strongly believe that Numbers are the foundation for all aspects of Math and Money in life, so it is important to grasp these concepts. Let's have a look at our students of UKG Yellow having fun while learning numbers through various fun-filled activities.

3 The festive season is the most joyous time of the year for everyone. We belong to a country which is the land of festivals and celebrations. Every festival brings happiness and harmony between our traditions and rituals. We ensure that our students learn the importance of every festival and therefore, our students are informed prior about the virtual celebrations of the upcoming festivals. Our students in return leave no stone unturned in showcasing their amazing talent in the form of their speeches, attires, dance forms and many more related to the festivals.

4

'Say No to Plastic' "Nature is for everyone's needs but not for anyone's greed. So, discard plastics from environment" Plastics are choking the world. It is our foremost duty to prevent the Earth from being laminated with plastic. In this regard, Virtual Poster Making Activities on 'Say No to Plastic' were conducted for the students of Classes I & II. The aim was to apprise the students about the hazardous effects of using plastic on the environment and human health and accordingly find practical ways to reduce and avoid the use of plastic bags. The educative activities successfully etched the important message of reducing the use of plastic in the minds of students.

5

International Day of Peace

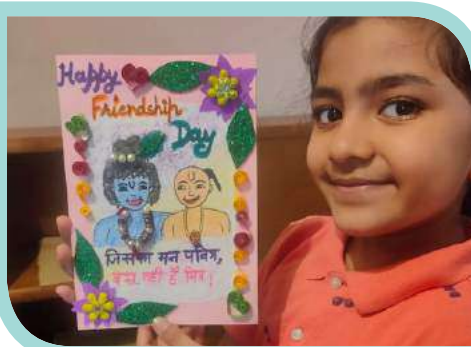
On September 21st, all the young artists of UKG joined together virtually to celebrate the International Day of Peace. Students learnt to make these pretty birds in pink with the help of various shapes and letters to mark the International Peace Day.

6

Activity on Community Helpers

The students of Class Nursery were taught in their virtual classroom that community helpers are people who work together to make the community a safer place for everyone. Children were taught the names of community helpers and how they use their specific skills to serve us.

The young Globalites were made to do a Role Play Activity on Community Helpers which not only increased their vocabulary and general knowledge but also helped them in understanding as to how one should interact with these community helpers in the event of an emergency.



Knowledge... Nobel



Nobel Prize for Medicine/ Physiology- David Julius and Ardem Patapoutian for their discovery of Human body receptors to temperature and touch.

- Nobel Prize for Chemistry-** Benjamin List and David Macmillan for their work on a unique way to build molecules.
- Nobel Prize for Literature-** Abdulrazak Gurnah for his work on impact of migration of uprooted people.

- Nobel Prize for Peace-** Maria Ressa and Dmitry Muratov for their freedom of speech and expression in adverse conditions.
- Nobel Prize for Physics-** Syukuro Manabe, Klaus Hasselmann and Giorgio Parisi for their contributions to our understanding of complex physical systems.

- Nobel Prize for Economic Science-** David Card for his empirical contributions to labour economics and Joshua D Angrist, and Guido W Imbens for their methodological contributions to the analysis of causal relationships.

75 years of India's Independence

- > 15 August 1947 Bill passed for India's Independence
- > 12 March 2021, Inauguration of platinum jubilee celebrations of 75 years of Indian Independence
- > For 75 weeks celebrations will be on.
- > 15 August 2023, on India's 75th anniversary, the celebrations will end.

The Hon'ble Prime Minister Sh. Narendra Modi inaugurated the year-long celebrations from Gujarat on 12th March 2021, which also marks the 91st anniversary of the historic Salt Satyagraha led by Mahatma Gandhi. **India's Independence Day is significant as it stands as a reminder of the sacrifices that many freedom fighters made to get independence from British rule. India on Sunday celebrated its 75th Independence Day on August 15, 2021.** The Indian Independence Bill was introduced in the British House of Commons on July 4, 1947, and passed within 15 days. On August 15, 1947, the British rule over India ended and marked history. Prime Minister Jawaharlal Nehru unfurled the tricolour from the Red Fort in Delhi for the first time. Thereafter, every year on Independence



Day, the national flag is hoisted at the Red Fort by the incumbent Prime Minister followed by an address to the nation.

This year, the theme of the celebrations would be 'Nation First, Always First'. **The Azadi Ka**

Amrit Mahotsav initiated by the Union government has posted that this year marks 75 years since India achieved independence.

This year, the theme of the celebrations would be 'Nation First, Always First'.

UAE : 50 years of its Foundation

- 2 December 1971 marked the foundation date of UAE
- 6 April 2021 Starting time of the Golden Jubilee celebration 50th year of UAE
- 31 March 2022 marks the end of celebration
- Plan to Spend Dh24 billion (\$6.53bn)-to get 75,000 Emiratis into private sector jobs
- Plan to Spend Dh1 billion fund -for micro-loans for new graduates for their businesses (with UAE universities).

The UAE consists of seven emirates founded as a federation. Six of the seven emirates (Abu Dhabi, Dubai, Sharjah, Ajman, Umm Al Quwain and Fujairah) combined on 2 December 1971. H. H. Sheikh Khalifa bin Zayed Al Nahyan, President of the UAE announced 2021, as the 'Year of the 50th' to commemorate 50 years of the UAE's formation in 1971. From 6 April 2021 until 31 March 2022, the UAE will celebrate its remarkable journey over the last 50 years and begin preparing for the next 50.



The activities marking the UAE's Golden Jubilee will be built on the following four pillars:

- launching the 'Year of the 50th' with a festive spirit that engages all those who call the UAE their home.
- calling upon all UAE nationals to contemplate the values and achievements of the past in honor of the UAE's Founding Fathers.
- inspiring youth to have their vision about the next 50 years and supporting them to make quality national achievements.
- championing long-term initiatives and impactful policies to empower citizens and residents to do their part.

Some of the achievements during the last 50 years are-

- The UAE announced an ambitious strategic initiative to reduce carbon emissions by 2050.
- In September, 2019, Hazza Al Mansouri became the first Emirati to journey into space
- boarding a Soyuz rocket.
- The Etihad Rail megaproject, which will stretch about 1,200 kilometres across the country and will carry passengers and freight when completed, is also quickly taking shape.

Knowledge...

Innovations

George Westinghouse Jr. (October 6, 1846 – March 12, 1914) was an American entrepreneur and engineer based in Pennsylvania who created the railway air brake and was a pioneer of the electrical industry, receiving his first patent at the age of 19 for the rotary steam engine. At the age of 21, he invented a "car replacer", a device to guide derailed railroad cars back onto the tracks, and a reversible frog, a device used with a railroad switch to guide

trains onto one of two tracks. At the age of 22, Westinghouse invented a railroad braking system using compressed air. The Westinghouse system used a compressor on the locomotive, a reservoir and a special valve on each car, and a single pipe running the length of the train.

Westinghouse's interests in gas distribution and telephone switching led him to become interested in the then-new field of electrical power distribution in the early



1880s. The Westinghouse company installed 30 more AC-lighting systems within a year and by the end of 1887 it had 68 alternating current power stations to Edison's 121

DC-based stations. This competition with Edison led in the late 1880s to what has been called the "war of currents" with Thomas Edison and his company.

Westinghouse remained productive and inventive almost all his life. The George Westinghouse Jr. Birthplace and Boyhood Home in Central Bridge, New York, was listed on the National Register of Historic Places in 1986.

In 1989, Westinghouse was inducted into the National Inventors Hall of Fame.



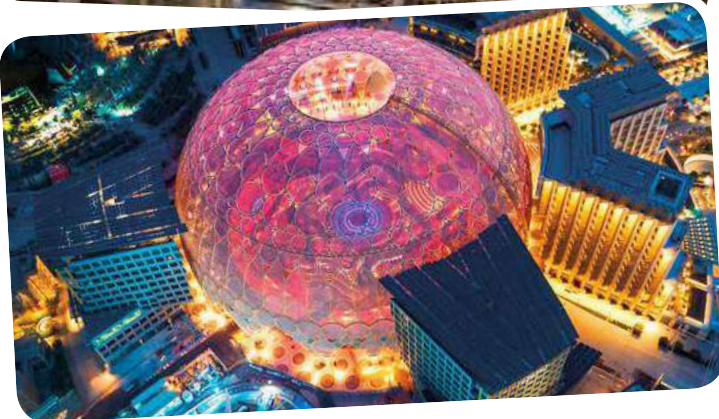
Dubai Expo 2021

- 192** participating countries
- 6 month duration of the expo
 - 1 October 2021 Start of the expo
 - 31 March 2021 marks the end of the expo



The theme of this year's Expo 2021 Dubai is Connecting Minds, Creating the Future. The sub-themes are Sustainability, Opportunity and Mobility. The areas under focus for the Sustainability segment are industries, financial capital, governance, employment and education. 192 pavilions, myriad exhibitions, hundreds of restaurants and non-stop activities, there are experiences for every taste at Expo 2020 Dubai.

The main site of Expo 2020 Dubai is a 438-hectare area (1083 acres) located between the cities of Dubai and Abu Dhabi, near Dubai's southern border with Abu Dhabi. The master plan, designed by the American firm HOK, is organized around a central plaza, entitled Al Wasl, enclosed by three large thematic districts. Each one is dedicated to one of the sub-themes of Expo 2020 – Sustainability Opportunity and Mobility. The infrastructure of the 4.38 km² Expo 2020 site was built by Orascom and BESIX. The site has an emergency centre which includes an isolation room, emergency care room, ambulances and helicopter services.



Some interesting Facts....

- **Location:** Dubai Exhibition Centre situated in a 438 hectare area
- **Mascot:** Salama, Rashid, Latifa, Alif, Opti, and Terra
- **City:** Dubai
- **Awarded:** 27 November 2013 (The Bureau International des Expositions (BIE) general assembly in Paris named Dubai as the host on 27 November 2013)
- **Motto:** Connecting Minds, Creating the Future

In the eye of Jupiter's Great Red Spot

Nasa scientists have released new findings that for the first time detail that previously unknown scale of the Great Red Spot, a storm so big it could swallow all of Earth

"THE PERMANENT SPOT"

Scientists are still in awe of the Great Red Spot, a massive storm on Jupiter that has been raging for centuries. Now, thanks to data from NASA's Juno probe, scientists have discovered that the storm is much larger than previously thought. It's so big that it could swallow all of Earth.

BIG ENOUGH TO SWALLOW EARTH

The Great Red Spot is a massive storm on Jupiter that has been raging for centuries. It's so big that it could swallow all of Earth.

THE NEW FINDINGS

Scientists have discovered that the Great Red Spot is much larger than previously thought. It's so big that it could swallow all of Earth.

JUNO'S ANALYSIS

NASA's Juno probe has provided new insights into the Great Red Spot. The data shows that the storm is much larger than previously thought.

Knowledge... Space Science

The Great Red Spot is a persistent high-pressure region in the atmosphere of Jupiter, producing an anticyclonic storm that is the largest in the Solar System. Located 22 degrees south of Jupiter's equator, it produces wind speeds up to 432 km/h. Observations from 1665 to 1713 are believed to be of the same storm; depicting the storm has existed for at least 356 years. It was next

observed in September 1831. NASA's Juno Probe shows that 1,000 Earths Could Fit In Jupiter's Red Spot Storm. Researchers say the Great Red Spot plunges around 200 to 300 miles below the planet's cloud tops. The data from the Nasa's Juno Probe is giving scientists studying the solar system's largest planet, a 3D picture of Jupiter's atmosphere for the first time.

Sports

►► Shrawasti Kundilya



She won the Title in U 15 Girls Singles Category and stood Runner Up in U 18 Mixed Doubles category in Universal Tennis ranking Championship 2021 held at Roots Tennis Academy, Zirakpur on 9th July 2021, won the Title in U 14 Girls Doubles and stood Runner Up in U 14 Girls Singles in Chamunda – AITA All India Open (CS-7) Tennis Championship 2021 held at Chamunda Tennis Academy, Karnal (Haryana) from 15th to 18th October 2021, she stood Runner Up in U 14 Girls Singles in Chamunda – AITA All India Open Tennis Championship 2021 held at Chamunda Tennis Academy, Karnal (Haryana) on 23rd August 2021. She also participated and secured 17th position in U 14 Girls Singles category in ALTEVOL – ASIAN U-14 Tennis Tournament 2021 held at Alexander Waske Tennis University, Ahmedabad (Gujarat) from 12th to 17th April 2021 and also secured 20th Position in Asian U 14 Girls Singles in Asian U 14 Championship 2021 held at Sports Complex, Sonapat (Haryana) from 20th to 25th September 2021.

►► Jashan Antal



He won Gold Medal in U 18 Boys Singles Category in Khelo Haryana Youth Games, Panchkula 2021 held at Tau Devi Lal Stadium Panchkula on 25th August 2021.



Samarth Sharma won 2 Silver Medals in U 17 & U 19 Boys Singles in 34th Chandigarh State Table Tennis Championship 2021 held at Sports Complex, Sec-50 Chd from 3rd to 8th October 2021.

►► Harkuwar Singh



He won Silver Medal in U 19 Boys Singles in Punjab State Table Tennis Ranking Tournament held at Corporation Table Tennis Hall, Jalandhar (Pb) from 10th to 12th September 2021.

►► Nanki



She made the school proud as she got selected and played for the Indian Women Team in Inline Hockey World Championship 2021 held at Roccaroso, Italy from 8th to 19th September 2021.

►► Arnav Aggarwal



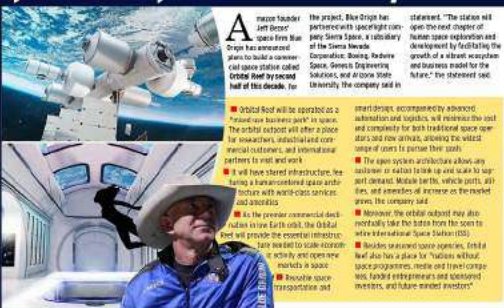
He won 3 Gold Medals in U 17, U 19 Boys & Mens Singles in 34th Chandigarh State Table Tennis Championship 2021 held at Sports Complex, Sec-50 Chd from 3rd to 8th October 2021.

►► Hunar Mittal



She stood Runner Up in Category A Girls in IGU Southern India Amateur Golf Championship held at Bengaluru on 26th Sep 2021.

Work from space? Bezos to build a private space station by 2030



Knowledge... Space Science

The spaceflight company founded by Amazon executive chairman Jeff Bezos, has unveiled plans for a space station called Orbital Reef. The space station would be built to give anyone the opportunity to establish their own address on orbit by providing services such as planning, payload development, training, transportation, data analysis and security. The Orbital Reef space station will be in an orbit close to Earth. Blue Origin describes the station as a "mixed-use business park" that will provide the infrastructure that companies need to open new markets in space. The station includes reusable space transportation and an open-system architecture that allows users to scale up their use

of the station as needed, with features such as module berths, vehicle ports, utilities and amenities set to grow with the market. The exterior of Blue Origin space station will have Earth-facing living quarters. Blue Origin is developing the station with commercial space company Sierra Space. It will be built in low Earth orbit – an orbit relatively close to the Earth's surface – and will be commercially owned, developed and operated. For over sixty years, NASA and other space agencies have developed orbital space flight and space habitation but now Blue Origin plans to expand access, lower the cost, and provide all the services and amenities needed to normalize space flight.

Seerat Chugh



She won 3 Silver Medals in Junior 10 Mtr Pistol, Women 10 Mtr Pistol & Youth Women 10 Mtr Pistol in 46th Chandigarh State Shooting Championship 2021 held at Patiala Ki Rao Shooting Range, Sec 25 Chd from 24th to 28th Sep 2021.

Gauresh Pahwa



He won Silver Medal in Quards U 10 Boys category in Chandigarh State Roller Skating Championship 2021 held at Skating Rink Sec 10, Chd from 29th to 31st October 2021.

Sangini Mamgain



She stood Runner Up in Junior Girls Category in 30th Chandigarh state Carrom Tournament 2021 held at St. Stephen's School, Sec- 45 Chd from 9th to 11th October 2021.

Manal Antal



She won 3 Gold Medals in U-16, U-18 girls & women singles and a Silver Medal in U-14 girls category in JJ Innovational Table Tennis Championship held at Amritsar (Punjab) on 17th & 18th July 2021, won a Gold Medal in U 18 Girls Singles in Khelo Haryana Youth Games, Panchkula 2021 held at Tau Devi Lal Stadium Panchkula on 25th August 2021, won a Silver Medal in U 13 Girls Singles in Rackconnect Open Table Tennis Tournament 2021 held at Delhi on 14th August 2021 and She also won a Silver Medal in U 13 Girls & Bronze medal in U 15 Girls Singles in 55th Haryana State & Inter Distt. Table Tennis Championship 2021 held at Delhi Public School, Sonipat (Haryana) from 17th to 21st August 2021.

Divleen Kaur



She won Silver Medal in Quards U 12 Girls category in Chandigarh State Roller Skating Championship 2021 held at Skating Rink Sec 10, Chd from 29th to 31st October 2021.

Gopal Kakkar



He won the Junior Boys Title in 30th Chandigarh state Carrom Tournament 2021 held at St. Stephen's School, Sec- 45 Chd from 9th to 11th October 2021.

Kanush Rana



She won 1 Gold Medal in U 12 Rink Race 500m & 1 silver medal in Rink Race 1000m in Girls category in 27th Panchkula Distt. Roller Skating Championship 2021-22 held at Blue Bird School from 22nd to 23rd October, 2021

Shiven Goyal



He made the school proud as she got selected and played for the Indian Men Team in Inline Hockey World Championship 2021 held at Roccaroso, Italy from 8th to 19th September 2021.

Panav Mahajan



He won Bronze Medal in Quards U 17 Boys category in Chandigarh State Roller Skating Championship 2021 held at Skating Rink Sec 10, Chd from 29th to 31st October 2021.

Anij Dhingra



He won Gold Medal in open category in Haryana Open State Roller Skating Championship held at Kurukshetra, Haryana on 3rd October 2021 and won 1 Gold Medal in U 12 Boys category in 27th Panchkula Distt. Roller Skating Championship 2021-22 held at Blue Bird School from 22nd to 23rd October 2021.

Jashan Kalra



He won Bronze Medal in Youth Men 10 Mtr Air Rifle in 46th Chandigarh State Shooting Championship 2021 held at Patiala Ki Rao Shooting Range, Sec 25 Chd from 24th to 28th Sep 2021.

Yashika Sawhney



She got selected in UTCA Chd U19 Girls Cricket Team and participated in BCCI U 19 One Day Cricket Tournament 2021 held at Surat, Gujarat from 20th September to 6th October 2021.

भारत के खेल रत्न



Knowledge... Sports

11 sports persons have been recommended for this year's Major Dhyan Chand Khel Ratna by the national sports awards selection committee headed by retired Supreme Court judge, Justice Mukundakum Sharma.

This is the first time so many names have been recommended for a single edition of the awards ceremony. This year, a total of 72 names have been recommended for the Khel Ratna, Arjuna (35), Dhyan Chand, Dronacharya (regular) and Dronacharya (lifetime).

Among those who have been recommended for the

Khel Ratna – India's highest sporting honour – include Tokyo Olympics gold medallist javelin thrower Neeraj Chopra, silver-winning men's freestyle wrestler Ravi Dahiya, Tokyo bronze medallist woman welterweight boxer Lovlina Borgohain and men's hockey team's goal keeper P R Sreejesh. Five para-athletes, who created history by winning gold each at the Tokyo Paralympics, have also been nominated for the Khel Ratna. These include Pramod Bhagat (para-badminton), Sumit Antil (para-javelin), Avani Lekhara (para-shooting), Krishna Nagar (para-badminton) and Manish Narwal (para-shooting).

Facebook Outage

On October 4, 2021, the social network Facebook and its subsidiaries, Messenger, Instagram, WhatsApp, Mapillary, and Oculus, became globally unavailable for a period of six to seven hours. It prevented anyone trying to use "Log in with Facebook" from accessing third-party sites.

During the outage, many users flocked to Twitter, Discord, Signal, and Telegram, resulting in disruptions on these apps' servers. The outage was caused by the loss of IP routes to the Facebook Domain Name System (DNS) servers, which were all self-hosted at the time. Border Gateway Protocol (BGP) routing was restored for the affected prefixes with application-layer services gradually restored to Facebook, Instagram, and WhatsApp.

Effects were visible globally. Swiss Internet service provider Init7 recorded a massive drop in internet traffic to the Facebook servers after the change in the Border Gateway Protocol. On October 5, Facebook's engineering team posted a blog post explaining the cause of the outage. During maintenance, a command was run to assess the global backbone capacity, and that command accidentally disconnected all of Facebook's data centers.

Facebook's outage came a day before whistleblower Frances Haugen was set to testify before Congress about her experiences at the company. Haugen, a former Facebook product manager who worked on its Civic Integrity group, in which she declared that Facebook "pays for its profits with our safety."

A former employee of Facebook named Frances Haugen earned national renown after appearing before Congress on October 5, 2021 where she accused Facebook of poisoning the minds of young American women, aiding and abetting global evil doers.

While Haugen has presented herself as a "whistle-blower" who risked it all to expose the secrets of the powerful, she was legally represented by an organization led by former intelligence insiders with close ties to the US national security state called Whistle-blower Aid.

Senate Subcommittee on Consumer Protection Chair Sen. Richard Blumenthal commended Haugen for her courage to stand up against one of the most powerful, implacable corporate giants in the history of the world. Haugen claimed that she came forward with her testimony at great personal risk.

Haugen emphasized in her testimony that she didn't wanted to break up Facebook but was merely looking for increased content moderation to root out extremism and misinformation.



FB whistleblower's allegations should be probed: US senator

Washington: US lawmakers pressed Facebook on Tuesday afternoon CEO Mark Zuckerberg of pushing for higher profile while being considered about user safety and they demanded that regulators investigate whistleblower accusations that the social media company harms children and stifles dissent.

Coming a day after Facebook and its units including Instagram suffered an outage, whistleblower Frances Haugen testified in a congressional hearing that "for more than five hours Facebook wasn't used to document, destabilize democracies and make young girls and women feel about their bodies." In an era when bipartisanism is rare in Capitol Hill, lawmakers have on both sides of the aisle agreed on the need for big changes at Facebook.

In an opening statement to a Senate Commerce subcommittee, chair Senator Richard Blumenthal, a Democrat, said, "Facebook is a mirror," Blumenthal said. Haugen, a former product manager on Facebook's civic misinformation team who has turned whistleblower, said Facebook has sought to keep its operations confidential. "The document has a history of solutions for how to fix Facebook, because Facebook didn't want them to know enough about what's causing the problems. Otherwise, there wouldn't have been need for a whistleblower," she said.

The top Republican on the subcommittee, Marsha Blackburn, said Facebook turned a blind eye to kids below age 18 on its sites. "It is clear that Facebook prioritizes profit over the well-being of kids and all users," Facebook spokeswoman Kevin McAuliffe said ahead of the hearing that the company sees protecting its community as more important than maximizing profits and said it was not accurate that Facebook used facial recognition to identify users. She said that Instagram was "back" for teenage girls.



Hindustan Times Facebook knew about abusive content globally

WASHINGTON: Facebook employees have warned for years that as the company raced to become a global service it was failing to police abusive content in countries where such speech was likely to cause the most harm, according to interviewees internal company documents viewed by Reuters.

Facebook currently operates in more than 190 countries and boasts more than 2.8 billion monthly users who post content in more than 160 languages. But

a heightened risk of conflict and violence. "We know these challenges are real and we are proud of the work we've done to date," Jones said.

Still, the cache of internal Facebook documents offers employees in recent years have sounded alarms about problems human and technological — both aimed at rooting out speech that violated its own standards.

Among the weaknesses cited were a lack of screening algorithms for languages used in some of the countries Facebook has deemed most "at-risk" for



G20

The G20 (or Group of Twenty) is an intergovernmental forum comprising 19 countries and the European Union (EU). It works to address major issues related to the global economy, such as international financial stability, climate change mitigation, and sustainable development.

The G20 is composed of most of the world's largest economies, including both industrialized and developing nations. The group collectively accounts for around 90 per cent of gross world product (GWP), 75-80 per cent of international trade, two-thirds of the world's population, and roughly half the world's land area.

The G20 was founded in 1999 in response to several world economic crises. Since 2008, the group convenes at least once a year, with summits involving each member's head of government or state, finance minister, foreign minister, and other high-ranking officials; the EU is represented by the European Commission and the European Central Bank. At its 2009 summit, the G20 declared itself the primary venue for international economic and financial cooperation.

The G20 Science 20 Summit 2021 will be held on the theme "Preparing for pandemics" and the Social Science and Humanities 20 Summit 2021 will focus on the concept of "crises." Both Summits will take place back-to-back ahead of the G20 Leaders Summit 2021, which is to be hosted by Italy in October 2021.

Stand of India (Facebook)

India is Facebook's largest user base. But the platform devotes only 13% of its total budget on content moderation for India and devotes 87% to the US which has less than 10% of users. This budgetary allocation and chronic underinvestment for the safety of its larger user base, must be the first point of correction. New revelations underline how the company is sheltering hate speech in India. This week more than 10,000 pages of internal Facebook documents, studies and correspondence capturing headlines across the world were released. They have posed questions in the public mind, about the impact on India and on them as users of Facebook services.

In September 2021, Frances Haugen, a former Facebook employee had submitted eight complaints to the US Securities and Exchange Commission regarding material misrepresentations by Facebook, on a broad range of issues including promotion of extremist content and hate speech. Facebook claims to strongly combat hate speech on its platforms. However according to Haugen's complaints Facebook is deleting less than 5% of all the hate posted on its platform and moreover it is promoting misinformation and other divisive, low-quality content. It's not just Facebook which has come under fire but also Instagram (which is owned by Facebook) is said to be harmful to children, especially teen girls who claim that the platform makes thoughts of suicide, making situations even worse. As India is Facebook's largest user base, the recent disclosures become significant for close to 34 crore users. More over, it lacks the ability to intelligently determine hate speech when made in languages like Hindi or Bengali, even when it notified by users. Also, Facebook was aware that some anti-Muslim narratives and hate speech was prevalent on its platforms in India by certain political actors but it chose to do nothing due to political reasons.

Till date, there has been no official comment by the Union government. Also no action seems to have been taken by any legislative body. For the Indian government, they should acknowledge the problem caused by social media. Such recognition should support credible processes that are transparent for the creation of institutions that enforce rights respecting regulations.

Visit of the Prime Minister of Denmark to India (October 9-11, 2021)



Prime Minister of Denmark H.E. Ms. Mette Frederiksen paid a State Visit to India from 9-11 October 2021. It's a first visit to a Head of Government to India following the COVID-19 pandemic. PM Frederiksen was accompanied by a high level official and business delegation. In her bilateral exchanges, PM Frederiksen held talks with Prime Minister Shri Narendra Modi. She also called on Hon'ble President of India.

During the visit, the two countries decided to further expand collaboration in the areas of agriculture technology, including the sectors of food safety, cold chain, food processing, fertilizers, fisheries, aquaculture, etc. New areas of cooperation like Smart Water Resource Management, Waste to Best- creation of best resources from waste, and efficient supply chain management were also identified. Both sides welcomed the cooperation in the field of health.



Knowledge... Space Astrophysics

Star Trek's, Shatner becomes world oldest traveller

William Shatner — Captain James Kirk of Star Trek fame — did it for real when at the age 90 he became the oldest person in space aboard a rocket ship flown by billionaire Jeff Bezos's company Blue Origin. Shatner was one of four passengers to journey for 10 minutes and 17 seconds to the edge of space aboard the white fully autonomous 60-foot-tall

New Shepard spacecraft, which took off from Blue Origin's launch site about 20 miles (32 km) outside the rural west Texas town of Van Horn.

The crew capsule returned to the Texas desert from the suborbital flight under parachutes, raising a cloud of dust. Shatner emerged from the capsule in the desert silence.

2021 Indian startups ride high on unicorns



Company	Industry	Valuation (billion)	Founders
digit	Insurance General	1.8	Pankaj Sahasrabudhe, AMI Ankur, Kapil Gupta, VPS Capital
innovaccer	Health Analytics	1.3	Neelkanth Mehta, Vinod Khosla, Lightspeed Venture Partners, Tiger Global
FINE STRA	HR	1.4	Vijay Sankaranarayanan, Sequoia Capital India, Accel, Matrix, YMC Capital
maestro	Social Commerce	2.2	Jaideep Chakrabarti, Shantanu Chakrabarti, Softbank, Naspers
INFRA.MARKET	Market place, Construction Material	1	Aditya Mittal, Ramesh Narayan, Naspers, Tiger Global, Endeavour India
CRED	Payment, Credit and rewards	2.2	Jaideep Chakrabarti, Accel, Sequoia Capital, Tiger Global, Lightspeed Venture Partners
PharmEasy	E-pharmacies	1.5	Omni, Off, Eight Roads, Tiger Global, Naspers, Temasek
Grofers	Personal finance, Retail food	1	Sequoia Capital India, Tiger Global, Naspers, Tiger Global, Accel Capital
gupshup	Conversational messaging	1.4	Tiger Global, Charles River Ventures, Tiger Global, Naspers, Y Combinator
UrbanClap	Local media	2.5	Sequoia Capital, Lightspeed Venture Partners, Tiger Global, Naspers
Changia	Local, Subscription, Selling services	1.4	Tiger Global, Sequoia Capital, Tiger Global, Naspers, Accel India, Naspers, Temasek

2021 has been an exceptional start for Indian start-ups, with 14 unicorns in its kitty. With seven months remaining in hand, India Inc. expects many more companies to cross the \$1 billion valuation mark. Zeta, a banking technology provider became the 14th unicorn this year at a valuation of \$1.45 billion.

With the current pace that the Indian start-ups are setting on their way into the \$1 billion club, It's been raining unicorns in India.

Despite battling with a dwindling economy, India already has 14 unicorns in its kitty in just five months into 2021. From another perspective, 14 unicorns are more than what India collectively had from 2014 to 2018 (13 unicorns).Also, in the next few months, we may see 35 more start-ups joining the unicorn club.

Fast-growing and innovative (unlisted) firms are sprouting up in new sectors as well as locations across India, rapidly gaining scale as they ride unique growth opportunities from digital public infrastructure and partnerships. In terms of the number of unicorns, India ranks a distant third after the US and China.

Gone are the days when Indian start-ups were considered rip-offs of some western apps. That perception about Indian start-ups has undergone a drastic change, and it has taken many years to achieve that.

Meanwhile, the latest reason for the unicorn boom in this country is the pandemic. COVID-19 in many ways has expanded the availability of opportunities for start-ups. Start-ups pivoting to be unicorns have already captured the market in their respective fields, thus becoming profitable. For instance, Gupshup, a conversational messaging platform is a 15-year-old company and the tenth unicorn this year. Its last funding round was in 2011 but over the intervening years, it was profitable. Among the other unicorns are 6 to 4 year old companies, such as Urban Company, Moglix, Sharechat, Innovaccer, Infra.Market, Zeta .These are not the companies that started yesterday and became a unicorn today. These start-ups have been there for a quite a long time. They have been able to acquire customers, build processes and now they are profitable and continue to grow.The latest entry into the Unicorn club is the Insurer Acko valued at over \$1 billion this year.

How aware you are????



What Is Diabetes?

Diabetes is a disease that affects how the body uses glucose ,a sugar that is the body's main source of fuel. Your body needs glucose to keep running. When you eat-

- Glucose from the food gets into your bloodstream.
- Your pancreas makes a hormone called insulin.
- Insulin helps the glucose get into the body's cells.
- Your body gets the energy it needs.

The pancreas is a gland in your belly that helps your body digest food. It also makes insulin. Insulin is a key that opens the doors to the cells of the body. It lets the glucose in. Then the glucose can move out of the blood and into the cells.If someone has diabetes, the body either can't make insulin or the insulin doesn't work in the body like it should. The glucose can't get into the cells normally, so the blood sugar level gets too high. Lots of sugar in the blood makes people sick if they don't get treatment.

Types of Diabetes

The two major types of diabetes are type 1 and type 2.

Type 1 diabetes in children, the pancreas can't make insulin. The body can still get glucose from food but the glucose can't get into the cells where it's needed. Glucose stays in the blood, which makes the blood sugar level very high and causes health problems. To fix the problem, someone with type 1 diabetes needs to take insulin through regular insulin shots. In Type 2 diabetes, the pancreas still makes insulin, but the insulin doesn't work in the body like it should and blood sugar levels get too high.

What Are the Signs of Type 1 Diabetes?

- Frequent Urination- Youpee a lot because the body tries to get rid of the extra blood sugar by passing it out of the body in the urine (pee).
- Increased thirst- You shoulddrink a lot of waterto make up for all that peeing.
- Extreme hunger- You eat a lot because the body is hungry for the energy it can't get from sugar.
- Weight loss-The body starts to use fat and muscle for fuel because it can't use sugar normally hence it starts to lose weight.
- Fatigue and weakness- Youfeel tired a lot because the body can't use sugar for energy.
- Acetone breath- You might have a fruity smelling breath.

Risk factors for type 1 diabetes in children include family history, genes and certain viruses may trigger the autoimmune destruction of the islet cells.

What Are the Signs of Type 2 Diabetes?

- Increased thirst and frequent urination
- Fatigue -Lack of sugar in your child's cells might make him or her exhausted.
- Blurry vision. If your child's blood sugar is too high, fluid may be pulled from the lenses of your child's eyes. Your child might be unable to focus clearly.
- Darkened areas of skin. Before type 2 diabetes develops, certain areas of the skin begin to darken. These areas are often found around the neck or in the armpits.
- Weight loss. Without the energy that sugar supplies, muscle tissues and fat stores simply shrink. However, weight loss is less common in children with type 2 diabetes than in children with type 1 diabetes.

Risk factors for type-2 diabetes in children include heavy weight, inactivity in kids, family history, age and sex&pre-term birth.

In any of the type of diabetes, you must visit a doctor called a pediatric endocrinologist, a type of doctor who helps kids with diabetes and growth problems. The doctor will conduct a blood test to measure the amount of sugar (glucose) in the blood. High blood sugars show that a kid has diabetes. Getting treatment for diabetes can stop these symptoms from happening. Kids with diabetes will have to do special things sometimes, like eating a snack in the bus during a long school trip, or they might have to wake up earlier to take their insulin and have some breakfast to keep their blood sugar levels under control.

Although this might seem like a lot of work, the good news is that new products and equipment can help make it easier for kids to take care of their diabetes.

Even though kids with diabetes have to do some special things, it doesn't keep them from doing the stuff they love. They can still play sports, go out with their friends, and go on trips. So if you have a friend with diabetes, let him or her know you can deal with it. Being friends is all about having fun together, not having a perfect pancreas..

Gaganyaan Has Opened Space To The Private Sector

Within a decade Indian industry should begin providing space tourism too



Knowledge...

Space Innovations

Gangayaan opens space for Private Sector

India's 'Gaganyaan' mission is likely to be launched by the end of 2022 or early 2023.The mission, originally scheduled for a launch by 2022 was planned to coincide with the 75th anniversary of India's Independence, but it could not happen due to COVID-19. The Gaganyaan Programme envisages undertaking the demonstration of human spaceflight to Low Earth Orbit (LEO) in

the short-term and will lay the foundation for a sustained Indian human space exploration programme in the long run. The objective of Gaganyaan programme is to demonstrate indigenous capability to undertake human space flight missions.As part of this programme, two unmanned missions and one manned mission are approved by Government of India (GoI).

Event with In School



School holds Investiture Ceremony

After holding the Online elections for the students council (session 2021-22), Gurukul Global School Chandigarh held the Investiture Ceremony to commemorate the Oath taking of the Elected Office Bearers. The ceremony was held in the lush green lawns of the School in the presence of esteemed President Mrs. Neena Setya and MD Mr. Praveen Setya.

While addressing young leaders, School Principal Mrs. Nina Pandey said - "A leader must always have control over their team and at the same time, be empathetic towards their peers to achieve the desired success. Leaders have three things: inner vision, inner light and inner strength." She further added that leaders must convey ideas in a clear way, and yet, be ever-ready to listen to others opinions. And most importantly a good leader must always be humble. Wishing them bright tenure MD Mr. Praveen Setya emphasized on personal development of young leaders through practical learning. He said that young leaders must keep moving forward despite all the obstacles and challenges that life throws in front of them.

President Mrs. Neena Setya advised the office bearers to work with the spirit of unity in the interest of students. She said that true



leaders are those who empower others.

The programme concluded by the singing of School Song followed by the National Anthem. All Covid precautions were taken while conducting the ceremony. The programme was conducted to instill in the students the confidence on how things can be done by following the distancing norms.

Andreu Ibáñez

GGG (NEW VENTURE 'GAMA')

Gurukul Global School unfolded another new interactive initiative by introducing a new venture named 'GAMA' i.e.- Global Ask Me Anything- an event in which he



school students from class VIII to XII participated and asked questions to renowned world personality. The first Guest personality was none other than Mr. Andreu Ibáñez the director of ICT Laboratories of the Lleida Science Park in Spain. He is also the Project administrator for Liquid Galaxy Lab, a project started by Google. He is an expert in the Google Ecosystem being a mentor, an organization administrator for Google Summer of Code. This venture was received well by students of Gurukul Global School. The students asked questions not only related to Artificial Intelligence but also on future of technology, 5G, data privacy, cyberbullying and more.

School unveils interactive venture 'GAMA' for kids



Gurukul Global School, Chandigarh unfolded another new interactive initiative by introducing a new venture named 'GAMA' i.e.- Global Ask Me Anything- an event in which the school students from class VIII to XII participated and asked questions to renowned world personality. The first guest was none other than Mr. Andreu Ibáñez the director of ICT Laboratories of the Lleida Science Park in Spain. He is the project administrator for Liquid Galaxy Lab, a project started by Google and an organization administrator for Google Summer of Code. This venture was received well by students of Gurukul Global School. The students asked questions not only related to Artificial Intelligence but also on future of technology, 5G, data privacy, cyberbullying and more.

Mr. Andreu is a technologist with more than 35 years of emaculate experience in the Information Technology Sector. He is the director of ICT Laboratories of the Lleida Science Park in Spain, where he



has setup one of the unique labs in the world to carry out various projects in the google ecosystem. He is the project administrator for Liquid Galaxy Lab, a project which was started by google as a cluster of Google Earth instances to run in complete synchroniza-

tion and has grown considerably since then. He is an expert in the Google Ecosystem being a mentor and an organization administrator for Google Summer of Code and Google Code-in, founder and organizer of Google Developers Group Lleida, Co-Organizer for Google Developers Group Spain and an Ambassador to the WomenTechMakers program. He is also an international speaker with more than 400 talks in over 12 countries. He is also the President and founder for Lleida Drone, the drone tech association created in 2011, a pioneer in all of Spain. He enjoys constantly innovating and is currently dedicated to creation of new technologies for a diverse spectrum of tech fields such as Display Clusters, Drones and Lasers.



Mothers get awareness against Cyber Crime

Mr. Ashutosh Sharma- Cyber Crime Awareness Advisor, Chandigarh police was the Guest Speaker of the workshop on Cyber Crime Awareness which was held especially for the mothers of Globalites of classes VI to XII.

The workshop was attended in both Online and Offline mode by mothers. Principal, Ms Nina Pandey in her welcome address said that this workshop was being conducted for the mothers who are raising their kids in this age of Cyber Revolution and apart from other responsibilities they need to check, protect and guide their kids too. The guest speaker started his speech by saying that though the internet is a necessity today, every parent has to give his/her kids dangerous weapons like mobiles, laptops and computers these days as they need it to get their education.

He highlighted that Cyber grooming is a threat and exposes the kids to hackers.

He stressed that mothers need to be well informed and know exactly what their children are accessing. The workshop was a success as more than hundred mothers not only joined Online but shared their concerns about the safety measures to be taken and enquired about the Apps which could help them in tackling their kids to stay safe from Cyber Crimes

Other officials from the Cyber Crime department shared about fifteen ways to save not only the kids but everyone from getting involved in frauds. The workshop concluded with Secondary Head, Ms. Renu Sharma proposing the vote of thanks to all the speakers, mothers and staff who had been part of the workshop.





Stress & Time Management

Gurukul Global Kids get tips on Stress & Time Management by previous topper- Hiteshwar

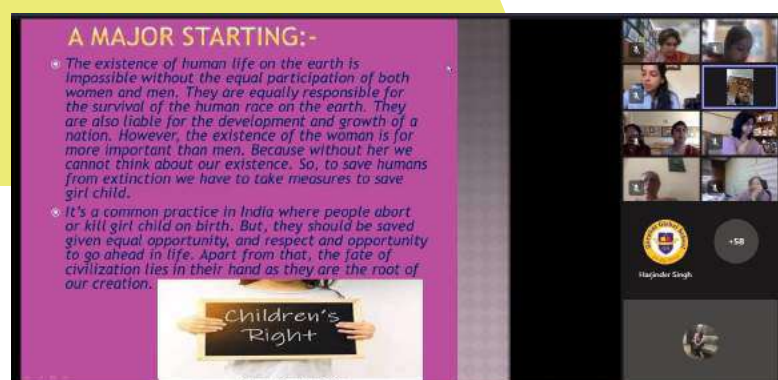


The School its annual event, Inter School Jamboree, Virtual Crusaders, Season 2, 2021 from 15th September, 2021 to 9th October, 2021. The event for Classes Pre-Nursery to V filled everyone with great zeal and enthusiasm. The school witnessed marvellous performances by more than 200 participants in eight different events from thirty-four schools. The events were ripples of diverse activities, from mythological to cuisine, retro to folk, fancy dress to poetry. Many young entrepreneurs came up with innovative ideas and dynamic marketing skills. The event had incredible and eminent national and international judges. The Result Declaration Ceremony started with an auspicious Diya lighting ceremony, followed by Ganesh Vandana.

The School's esteemed dignitaries, President Ms. Neena Setya and Managing Director Mr. Parveen Setya graced the occasion along with other Directors. Principal Ms. Nina Pandey thanked principals and teachers of various schools for motivating the students to participate in this Online event. The main purpose of this event was to provide a platform for the budding creators and enthusiasts to display their creativity and skills. Thank you note was presented by the head of Junior School Ms. Herbinderjit Kaur Rai. The event was well executed by the event incharge Ms. Leena Khaneja, Rajwinder Kaur, their team and the IT department. Being the host school, GGS students only participated and ceded its position to the next school in ranking.



Virtual Webinar on Empowering Girls



Gurukul Global School, Manimajra organized a virtual webinar on girls rights for Classes VI to X in association with Rotary Club, Chandigarh. Dr. Rita Kalra, member of Rotary Club, Chief Guest Chairperson Child Welfare Committee- Dr. Satinder Kaur Sachdeva, Chandigarh Administration and Guest of Honor Ms. Shruti Arora, IPS, AGMUT Cadre, presently serving as ASP in South Chandigarh Police Graced the occasion. On this occasion, the girl students were informed about their rights. Dr. Satinder also informed the girls about women empowerment and protocol to be followed while facing the issues. Principal Nina Pandey gave a vote of thanks and encouraged the girl students to empower themselves to achieve creative goals.

A special workshop was organised for Globalites from Class VI to XII.

Mr. Hiteshwar an All India topper answered questions based on how to manage time and stay away from stress.

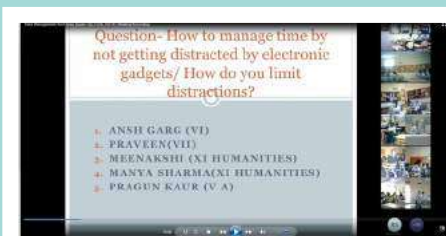
He shared his opinion that self-study is most important aspect of studies and revision should be done systematically.

He gave examples from the game of cricket to explain the difference between success and failure.

He said being vigilant, having a good handwriting and not missing regular school are the tips to reach success.

To achieve our goals focus is required. Instead, of being stressful if we work and see how others are doing good, it boosts our confidence.

- On being asked, 'How does stress effects our body?' — He said work hard for those who love you and don't bother what your critics say. He said for him little stress is always good as then you work hard but only thinking about stress will never help you. He said your giving 100 percent will make you successful. Toppers



are also stressed but they have a clear vision and they work on their mistakes. Even I was not a topper always, he said I closely followed their progressive growth.

- What are different stress busters? — He said go for a walk, play a sport, join hobby Classes. Talking to parents and teachers also helps to release stress. No one appreciates anger. Don't show your anger rather answer with your good result. Have a calm mind

Events in Press

Investiture Ceremony



Cyber Crime



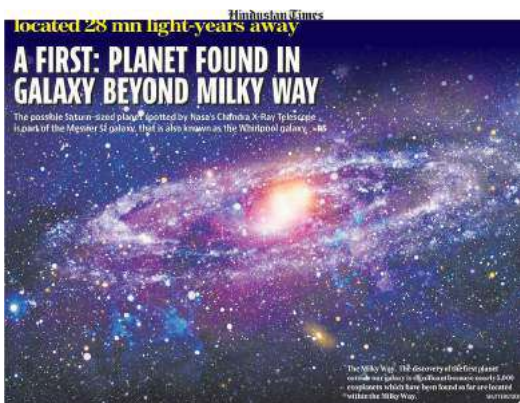
Session with Topper



Kindergarten Activities



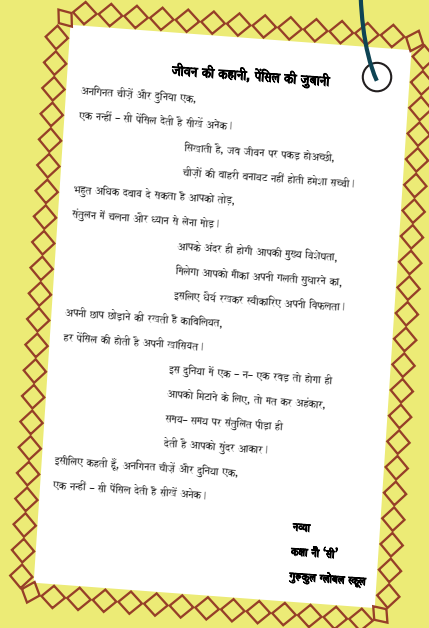
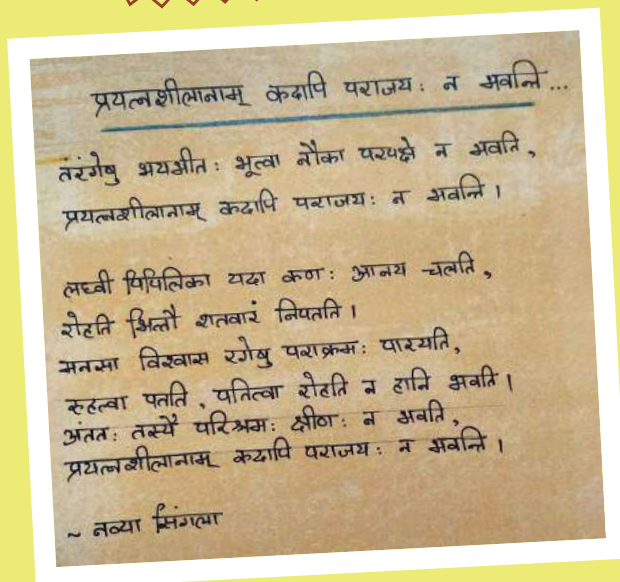
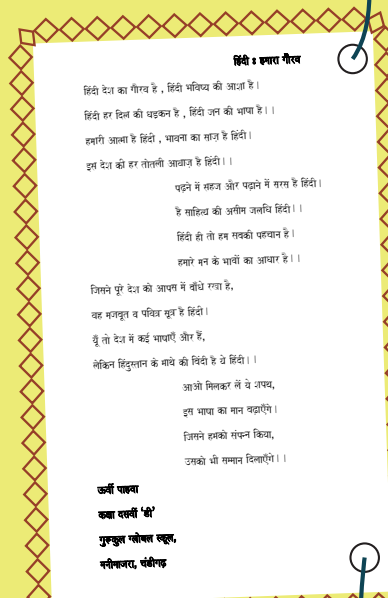
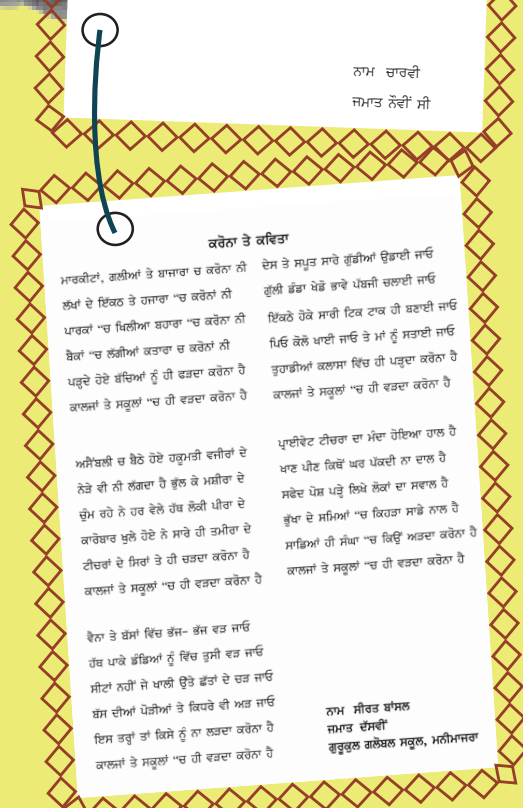
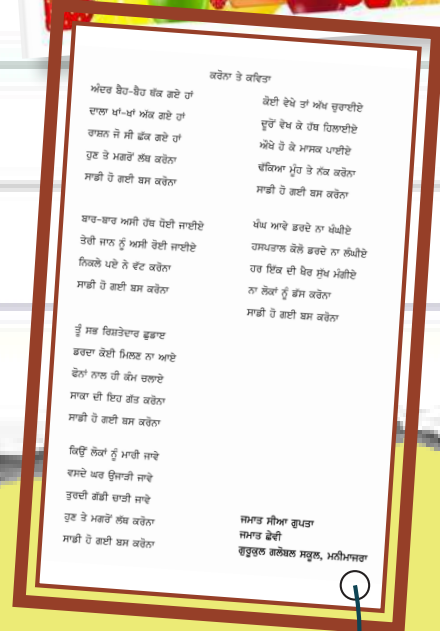
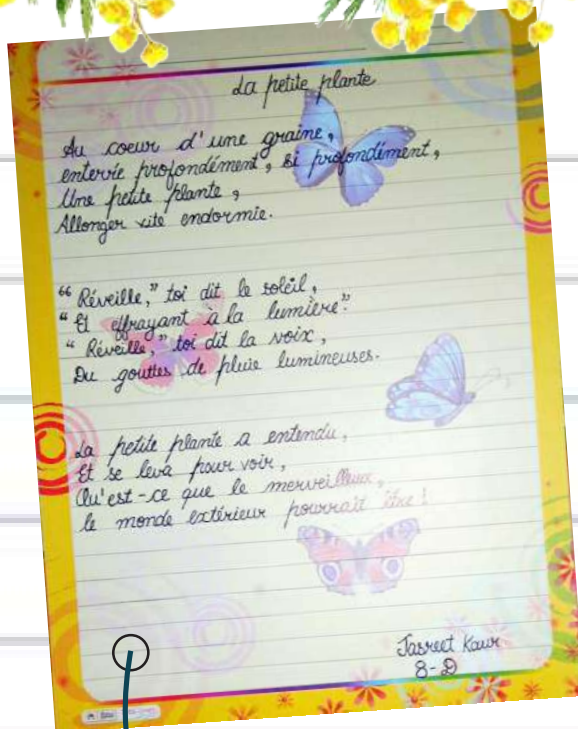
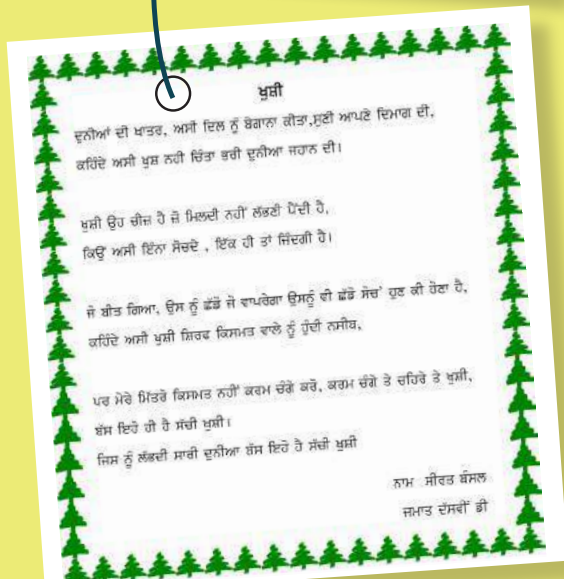
Knowledge... Space Discoveries



Astronomers have found hints of what could be the first planet ever to be discovered outside our Milky Way in the Whirlpool galaxy. Nearly 5,000 "exoplanets" - worlds orbiting stars beyond our Sun - have been found so far, but all of these have been located within the Milky Way galaxy. The possible Saturn-sized planet discovered by NASA's Chandra X-Ray Telescope

is in the Messier 51 galaxy which is located some 28 million light-years away from the Milky Way. This new result is based on transits, where the passage of a planet in front of a star blocks some of the star's light and yields a characteristic dip in brightness that can be detected by telescopes. This general technique has already been used to find thousands of exoplanets.

Poems



Knowledge... **Space Entertainment**

First movie filming in space

After filming the first movie in space, Russian actress Yulia Peresild, producer-director Klim Shipenko and cosmonaut Oleg Novitskiy have safely returned home. The crew's return to Earth comes on the heels of a scheduled thruster firing test of the Soyuz spacecraft.

Peresild and Shipenko traveled to the space station alongside veteran Russian cosmonaut Anton Shkaplerov on October 5. Over

the course of 12 days, they filmed their movie, "Challenge" which became the first movie to be shot in space. The movie will tell the story of a surgeon, played by Peresild, who has to operate on a sick cosmonaut in space, portrayed by Novitskiy, because the cosmonaut's medical condition prevents him from returning to Earth to be treated. Filming for the movie continued during the crew farewells and hatch closing.

Back to School





Learn & Earn

QUIZ!

Cashback for winner

Q1. How many skips did Yahan Palia from India do to make a Guinness World Record?

- ☐ (A) More than 13,800 skips
- ☐ (B) Exactly 14,000 skips
- ☐ (C) Less than 13,800 skips.
- ☐ (D) None of the above

Q3. Which one of the following company is planning to build a private space station by 2030?

- ☐ (A) Orbital Reef by Jeff Bezos
- ☐ (B) Blue origin by Elon Musk
- ☐ (C) Microsoft by Bill Gates
- ☐ (D) Meta by Mark Zuckerberg

Q5. Which of the following personalities has received the Nobel prize for literature in 2021.

- ☐ (A) Abdul Razak Gurnah
- ☐ (B) Joshua D Angrist
- ☐ (C) Benjamin List
- ☐ (D) David Julius

Q7. Which other galaxy is known to have a planet other than the Milky Way?

- ☐ (A) Whirlpool
- ☐ (B) Akash Ganga
- ☐ (C) Both A and B are correct
- ☐ (D) None of the above

Q9. Who are the two men in 2021 whose net worth when combined totals up to half a trillion dollars?

- ☐ (A) Jeff Bezos and Elon Musk
- ☐ (B) Bill Gates and Elon Musk
- ☐ (C) Steve Jobs and Jeff Bezos
- ☐ (D) None of the above

Q11. What is true about Near Earth Asteroids or NEAs

- ☐ (A) They circle the sun at about same distance as the earth.
- ☐ (B) 27000 NEAs were discovered in October 2021
- ☐ (C) Both A and B are correct
- ☐ (D) None of the above are correct

Q2. What is true about Jupiter's Great Red Spot?

- ☐ (A) It has a diameter of 16,000 k.m.
- ☐ (B) has winds reaching speeds of 432 kmph
- ☐ (C) Both A and B are true
- ☐ (D) None of the above are true

Q4. How many Khel Ratnas will be given in the year 2021 by the Indian government?

- ☐ (A) 12
- ☐ (B) 13
- ☐ (C) 11
- ☐ (D) None of the above

Q6. Which country filmed the first movie in space?

- ☐ (A) USA
- ☐ (B) Russia
- ☐ (C) India
- ☐ (D) UK

Q8. The endangered North Atlantic Right Whale reached its lowest at

- ☐ (A) 366 in 2020
- ☐ (B) 336 in 2020
- ☐ (C) 336 in 2019
- ☐ (D) None of the above

Q10. George Westinghouse Jr. invented

- ☐ (A) Railway Air Brake
- ☐ (B) Rotary Steam Engine
- ☐ (C) Car Replacer
- ☐ (D) All of the above



Quiz For UAE



Q1. United Arab Emirates is a federation of _____ emirates

- ☐ (A) 4
- ☐ (B) 5
- ☐ (C) 7
- ☐ (D) 8

Q2. The United Arab Emirates was established in the year

- ☐ (A) 1968
- ☐ (B) 1971
- ☐ (C) 1973
- ☐ (D) 1977



Q3. Who was the first President of the UAE

- ☐ (A) Sheikh Shakhbut bin Sultan Al Nahyan
- ☐ (B) Zayed bin Sultan Al Nahyan
- ☐ (C) Sheikh Khalifa bin Zayed Al Nahyan
- ☐ (D) Ubaid bin Saeed

Q4. Which one is the largest emirates by area wise in United Arab Emirates

- ☐ (A) Abu Dhabi
- ☐ (B) Sharjah
- ☐ (C) Dubai
- ☐ (D) Ajman

Q5. In which year Burj Khalifa was opened for public

- ☐ (A) 2009
- ☐ (B) 2010
- ☐ (C) 2011
- ☐ (D) 2012

Q6. Which one is recognized as National Bird of UAE

- ☐ (A) Pigeon
- ☐ (B) Hawk
- ☐ (C) Buzzard
- ☐ (D) Falcon

Q7. The UAE dirham was introduced in the year

- ☐ (A) 1971
- ☐ (B) 1972
- ☐ (C) 1973
- ☐ (D) 1974



You are just 3 steps away from winning a cash prize!!!!

Attempt both the quizzes and submit them.

Mention your Name, Class and Section.

Mail your details at media.desk@gurukulglobalschool.co.in

For feedback & suggestions, write to us at media.desk@gurukulglobalschool.co.in