



Celebration of the **30<sup>th</sup>**

Foundation day of DHL

**e-Magazine**

Volume-3



**Dr. Hedgewar Library**

Working Under-

**Dr. Hedgewar Pustakalaya Sah Sewa Samitee**

**Laxminagar, Bhachchi, Madhubani, Bihar - 847212.**

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## MESSAGE FROM THE EDITOR'S DESK

Namaste ,

कल किसने देखा है यारों , चलो चले एक नया इतिहास रचें ।  
ज्ञान का ज्योति जलाओ यारों, चलो चले नव युग का निर्माण करें।।

This is my proud privilege to bring about the Third issue of e-Magazine on the occasion of 30th Foundation day of Dr. Hedgewar Library which is situated at Laxminagar Bhachchhi near to the city of Madhubani district in state of Bihar. This issue of e-Magazine has focused on those students who are preparing for competitive exams and school/ college going students for strengthening their basic concepts and understanding of respective subject areas. We have also included positive articles and stories of their kind which would give confidence and guidance to lead a better life and it will also serve as a boon in this critical situation for common readers those who are at home due to pandemic of COVID-19. The effect of first wave is yet to subside and the second wave has arrived. We are still struggling with it and preparing for the upcoming third wave of this pandemic. So, in this present situation of COVID-19 where mostly people are in panic and are at home and doing online studies, and not going to educational institute/coaching, made me feel that continuing with an e-Magazine will be very helpful for each and every person. I believe that good techniques and strategy leads to success in life. Here, this e-Magazine will come with such guidelines for readers which will certainly help the students to make their preparation smooth and comprehensive for the betterment of the future career and would serve as a motivation for common readers to take right decision at right time for better lifestyle. As the founder of this Library, I am happy to say that we have completed our 30 years journey successfully. This journey started with 5 founding members and it has reached more than 500. Initially we along with the members of library educated many girls and now we can see that all their children are graduate / post graduate and many are in job too. One of the most important achievements of the library is that we increased the literacy rate in our village and made competitive environment in the society. We have provided good infrastructure for learners by the help of dedicated members of library and our society. We aim to create a good educational environment and provide facilities to the competitive students as well as academic scholar and we have succeeded very much in it. Our library is now equipped with well equipped infrastructure, good magazines, books and are also taking online classes. Many of the members of this library are now in Government Job and are all well settled in their life by virtue of this library. Behaviours of members of the library are exemplary for our society. We, the members of the Library, feel proud to be a facilitator or resource person for those who are economically disadvantaged and that is the motive that we have contributed in many ways for their career settlement. Now, this library works under the trust Dr. HEDGEWAR PUSTKALAYA SAH SEWA SAMITEE and through this platform we do different social activities to help the people in need thereby creating a healthy, beautiful and well-developed society.

Undeniably, it is the tireless effort of our writers, members of editorial board, and members of Library whose incessant guidelines and ethos of working together have



carved the niche of success. I extend my heartiest thanks to Abhay ji, Sanjiv ji and another senior member and Mentors of Library for their support and motivation. I specially thank the coordinators of e-magazine Ms. Pallavi Bhowmik, Ms. Minsang Tamang & Designer Mr. Mihir Kumar Adak for their tireless efforts. I congratulate our expert writers who have done hard work for this e-Magazine.

This e-Magazine consists of different types of article. We have focused on competitive articles like MERG ( M- Mathematics , E- English , R- Reasoning , G- General K knowledge ) followed by questions with explanation which will help the aspirants to prepare systematically for competitive examination. We have accommodated current affairs, motivational story & article based on politeness which is a key to success, in Hindi Languages. We have included general articles like online learning, chemical bonding in science, poetry, Positive impact of Covid-19 on Environment, Sardar Vallabhbhai Patel and the Statue of Unity, and article based on health issues like Mental balance, Yoga etc which may enhance the perception about the day-to-day business of ours'. We have also provided a detail story of library with some memorable pictures and its achievement, which in fact depicts the journey of the library along with views of readers who appreciated 2nd issue of this e-Magazine and winner's of the articles who have participated in school & college level competitions respectively and the Poetry Basket from Primary kids. We have included diverse experience of the period of this COVID -19 Pandemic by the Educationists, members of library and readers of this e-magazine under the column of Déjà vu moments of the Pandemic.

Last but not the least; we have to feel strong, make our mind positive and keep patience in any circumstances, engage ourself in different activities and spread positivity and help each other. We are ready to help in any situation through online communication, online classes and with this e-Magazine. We must try to innovate something and change this pandemic adversity into an opportunity.

Finally, I would like to say; "Confidence is key to Success."

Pawan Kumar Ray

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SCERT-SIKKIM  
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## State Council of Educational Research and Training

Education Department  
Government of Sikkim

Ref No: .....

Date: 29<sup>th</sup> May, 2021

### Message

It is a matter of great pleasure to know that the third volume of Dr Hedgewar Library's E-magazine is going to be published soon.

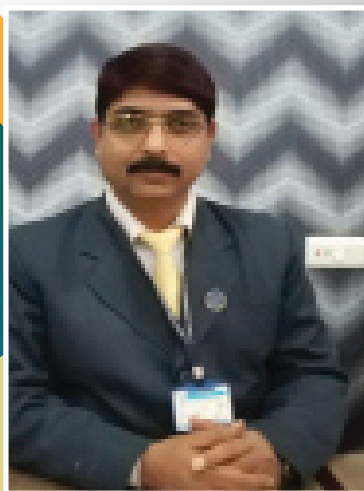
I have read earlier two volumes of the said magazine which was launched last year during the auspicious occasion of Teachers' Day. Considering the variety of topics and areas covered in earlier volumes, one can say that the E-magazine has become a very important resource for those who are preparing for various competitive examinations. Especially during the present situation we are going through because of global pandemic, wherein we are facing new challenge of re-modeling the methods of delivery of Education, such digital resources are of immense value and serve students, teachers and resource persons equally well.

I extend my hearty Congratulations to the editorial team led by Mr Pawan Kr Ray, writers and also the entire team of Dr Hedgewar Library for successfully publishing the E-magazine and also express my Best Wishes for their future endeavor.

With kind regards

Dr Rabin Chhetri  
Director, SCERT-Sikkim

# MESSAGE



## Surya Sen Mahavidyalaya

A Multi-stream Govt. Aided College & Recognised by UGC u/s 2(f) & 12(b) NAAC Accredited

**Dr. P.K. Mishra**

M.A (Gold Medal), M.Phil, LL.B, Ph.D, M.A (PMIR)

**Principal**



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### MESSAGE

*I am pleased to know that Dr. Hedgewar Library, Laxminagar, Madhubani, Bihar is going to observe its 30<sup>th</sup> Foundation Day on 2<sup>nd</sup> June 2021 and on this occasion, an e-journal is planned to be published by its founding President Mr. Pawan Ray, Asst. Professor, Harkamaya College of Education, Gangtok. This library fulfills the needs of hundreds of students in a village in rural Bihar, aspiring successful in different competitive examinations. The library which is working under Dr. Hedgewar Pustakalaya Sah Sewa Samitee, is fully equipped with good infrastructure, magazines and books along with equipment to conduct online classes during this Covid-19 Pandemic. On this occasion, I congratulate all the Library Committee members, stake holders and editorial committee and wish the library for all success in its objectives.*



**Principal**



# MESSAGE



I am glad to learn that Mr. Pawan Kumar Ray is launching the 3rd Volume of e-magazine to commemorate the 30th foundation day of Dr. Hedgewar Library which has always catered to the needs of the aspiring students to build a successful career.

I am sure the magazine will prove a boon to the students for their upcoming competitive examinations and thereby aiding them for a holistic development in a nutshell. Subsequently the e-magazine will throw light on different subjects meant for the competitive purpose. The magazine shares the best knowledge and resources required for empowering the young minds. Mr. Pawan Kumar Ray today, with this noble act, is enlightening hundreds of students nationally and internationally. The whole idea of the e-magazine is to mould self motivated learners with promising future.

I congratulate the entire team on the successful publication of the e-magazine and appreciate the ardent efforts made by Mr. Pawan Kumar Ray and the esteemed members of the Library.

With best wishes.

Mr. D.C.Bhowmik (Former Chief Manager)

Central Bank of India

Netaji Subhas Rd, Bara Bazar,

B.B.D. Bagh, Kolkata

West Bengal 700001



MESSAGE



Quiz contest started in Dr.Hedgewar library in my guidance 1995.After passing matric Pawan came to me and I taught him English G.K and urdu.I participate in this programme every year.Dr.Hedgewar library and Quiz contest has provided milestone for poor students in this backwards area.Hundred of students who belong poor family passed different types of competition examination and doing job in different area .It is the result for the guidance of this institute . I pray the bright future of this institute.

Md.Kamran  
principal  
R.P.D.J Higher secondary school  
Jitwarpur, Madhubani



MESSAGE



I am glad to know that Mr. Pawan Kumar Ray, Assistance professor of Harkamaya College of Education, Gangtok, Sikkim and editor of the e- magazine of Dr. Hedgewar Library is going to launch the upcoming volume of e-magazine which have a great educative values. It will encourage and motivate students to prepare for their competitive exams. It will also benefit our young children in shaping their overall personality. I convey my best wishes for the successful launch of the e-magazine.

Dr. Santosh Kumar  
Assistant Professor  
Department of Music  
School of Professional Studies  
Sikkim University



MESSAGE



मैं लाइब्रेरी में लगभग 6 महीने से रेगुलर जाता था परंतु इस लॉकडाउन के दौरान सब स्थगित हो गया है लेकिन जो भी हो ,मैं हेडगेवार लाइब्रेरी व वहां के सभी दोस्तों के साथ प्रतियोगिता परीक्षा के क्षेत्र में अत्यंत लाभान्वित हुआ हूं। जिसमें प्रतियोगिता संबंधित सभी विषयों के डिस्कषन अनुषासित और क्रमबद्ध रूप से होती है मुझे इंतजार रहेगा पुनः लाइब्रेरी में जाने के लिए । पिछले संस्करण का e -magazine अच्छा लगा। ये हमें प्रतियोगिता परीक्षा में सफल हेतु सहायक सिद्ध होगा ऐसी आशा है। Thanks to founder.

Murari kumar  
Post graduate  
Darbhanga



MESSAGE



I read through the e.magzine and found it very informative .I must say that it is a treasure of knowledge . All the topics are covered very well . It is useful and productive for everyone especially students , job aspirants and for competitive preparation.

ANUSHA RAI  
Gangtok, East Sikkim  
M. Ed 4th Semester  
SIKKIM UNIVERSITY





## Details of Library & It's Achievement

Established: 2nd June 1991.

Founder : Mr. Pawan Kumar Ray.

Trust: Dr. Hedgewar Pustkalaya Sah Sewa Samitee.

Registration No.: T-7978/2016

Website: [www.drhedgewarlibrary.com](http://www.drhedgewarlibrary.com)

Email: [dhl2june1991@gmail.com](mailto:dhl2june1991@gmail.com)

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### Features:

Dedicated members are always ready to help the needy whether it is of educational nature or an economical support. Always ready to reach the helping hands who are interested in helping the mankind.

### Work field:

- (i) Organizing a Mega quiz-Contest every year on 31st of December for updating of Knowledge and organising the Competition on Foundation day i.e 2nd June for the development of different skills of students.
- (ii) Educational assistance is given to the student who topped the Matriculation and Intermediate examination previous years.
- (iii) Monetary assistance to one student who is unable to meet the expense of his/her study
- (iv) Organizing some National festivals throughout the years for awareness amongst the new generation.
- (v) Run the competitive coaching centre by founder and members of library to provide better facilities to students. Free education to those who cannot afford.

### Achievement:

- (i) Registration of Library in NITI Aayog in the year 2020 with Unique Id: BR/2020/0260018.
- (ii) Thousands of people succeeded in competitive exams and got Government Job, and working all over India even abroad by the virtue of Library.

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# Positive Impact of COVID-19 on Our Environment

Dr. Kishore Kumar Biswal

Principal, Harkamaya College of Education, Gangtok, Sikkim

The COVID-19 pandemic has spread around the world at lightning speed, killing hundreds of thousands of people and infecting millions. COVID-19 has dramatically changed our lifestyle in the entire world. The way we live and work has been taken a new turn. It has not only affected the human life but has a tremendous effect on our natural environment...but this time it is positive. During the COVID-19 crisis, the lockdown has impacted the natural environment positively to a certain level (Muhammad et al. 2020).

Researchers from several institutions presented their early results in a virtual press conference on Dec. 7 at the American Geophysical Union's 2020 fall meeting. They found that the environment is quickly changing, and the timing of those changes seems to indicate that the pandemic may be a reason. Deforestation rates are changing in some places, air pollution is diminishing, water quality is improving, and snow is becoming more reflective in some areas since the pandemic began earlier this year.

Satellite images and data from Landsat also show a reduction in environmental pollution in this time period. Industrial activities in India, including extracting and crushing stone for construction projects, slowed or ground to a halt because of COVID-19 lockdowns. Soon after, surface air measurements and Landsat thermal infrared data showed that air pollution levels had dropped significantly. One study found that the concentration of an air pollutant called particulate matter (PM) 10 decreased around a third to a fourth of the pre-pandemic level in India.

Bair saw posts on social media about how clear the air was in Delhi and preliminary data that air quality was improving during the pandemic. With less pollution in the air, he thought, there would be less dust and soot accumulating on nearby snow. Dust and other air pollutants affect



snow albedo -- how white and, therefore, reflective the snow is -- as they accumulate on the surface of snow. Cleaner snow has a higher albedo, which means it reflects more light energy and, thus, melts at a slower rate.

They used data from the Moderate Resolution Imaging Spectroradiometer (MODIS) instrument aboard NASA's Terra satellite, and two computer models to filter out clouds, rocks, trees, and anything that wasn't snow. Both models showed that snow in the Indus was significantly cleaner during the COVID-19 lockdowns. Using dust to approximate all pollutants, the models showed that pollutants accumulating on the snow decreased by 36 parts per million below the pre-pandemic average -- a change that could delay the melting of enough snow to fill up Lake Tahoe Dam in California, or about 0.17-0.22 cubic miles (0.73- 0.93 cubic kilometers).

"The water has become clearer in the western Manhattan area because there were fewer people commuting to Manhattan during the lockdown," he explained.

## Impact on Air

According to WHO, 4.6 million people die each year directly due to air pollution. However, after the two-week lockdown in China, NASA scientists monitoring pollution satellites observed a decrease in air pollution. A drop of 25% in carbon dioxide emissions along with 40% in nitrogen oxide emissions was observed. Similar changes have been observed in Italy during the self-isolation period.

Air comprises the immediate environment of human beings, which is vital for their survival. Air quality improved largely because of a reduction in road traffic, air traffic, and factory emissions of carbon dioxide (CO<sub>2</sub>), Nitrogen oxide (NO<sub>x</sub>), ozone, and particulate matter formation. COVID-19 lockdown has led to an improvement



in air quality associated with an overall drop in carbon emissions and decreased water pollution in several cities around the world (Saadat et al. 2020). According to Myllyvirta (2020a), approximately 40% reduction in average levels of nitric dioxide pollution (NO<sub>2</sub>) has been achieved with corona virus-fighting measures recently, and an average of 10% reduction in pollution of particulate matter has resulted in a reduction of 11,000 deaths caused by air pollution (95% confidence: 7,000 to 21,000). This impact is due to a 37 percent decrease in coal production and an estimated 1/3 reduction in oil consumption (Myllyvirta 2020a). Oil and coal are the most NO<sub>2</sub> polluting sources and the most important sources of pollution of particulate matter throughout Europe. Portugal, Norway, France, Croatia, Spain, Italy, and Finland comprise the greatest reduction in NO<sub>2</sub> pollution levels (Myllyvirta 2020a). The biggest reductions in particulate matter pollution have been reported in Greece, Portugal, Finland, Norway, Poland, Sweden, and Spain (Myllyvirta 2020a).

Data from EEA Member countries indicate that in many European cities, where lockdown measures have been introduced, the concentrations of NO<sub>2</sub> have been decreased, as these pollutants often released by road transport. While a decrease in fine particulate matter concentration (PM<sub>2.5</sub>) can be expected, a steady decrease in fine particulate matter in European cities has not yet been seen. This can be explained by a wide range of its main sources, including fuel for residential/commercial/institutional buildings, industrial activities, and road transport at the European level. Every year, air pollution triggers serious health issues, and a large number of people die due to the consequences of air pollution. In the context of COVID-19, studies found a significant reduction of air pollution during the lockdown (Dantas et al., 2020; Tobías et al., 2020). Air pollutants, such as NO<sub>2</sub> and carbon dioxide (CO<sub>2</sub>) emissions dropped significantly due to the halt in industrial and vehicle operations worldwide (Paital, 2020). Due to the drop in fossil fuel consumption, air pollution has dropped drastically in several countries, such as China, Italy, the USA, and India

(Paital, 2020). As Work from Home becomes the new norm, 23% of carbon emissions have dropped globally just because of a decrease in transportation.

NO<sub>2</sub> levels in major Indian cities such as Ahmedabad, Mumbai, and Pune decreased between 40 and 50% at the time of lockdown (Wright, 2020). In Europe, CO<sub>2</sub> levels are expected to drop by 390 million tons due to lockdown (Paital, 2020). In the USA, carbon emissions also dropped around 40% during lockdown due to lower traffic (Paital, 2020). Corona virus has cut emissions faster than years of climate negotiations. In India, like in the rest of the world, with strict lockdown in place and with a lesser number of people venturing, the country has seen a drastic fall in pollution levels. The AQI lowered from 500 to 600 in winters, to as low as 50 in April (Figure 4) (<https://www.aqi.in/>). Due to the pandemic's impact on travel and industry, many regions and the planet as a whole experienced a drop in air pollution.

## Impact on Water

Water quality and aquatic life reports are indicating that during COVID-19-induced lockdown not only the air quality but water quality in rivers and water bodies is also improving. The stoppage of discharging industrial effluents and other wastes into water led to an apparent positive effect on water quality. India's holiest river Ganga has been one of the most polluted rivers in the world. Waste from domestic and industrial setups along the banks of this river cost the government in millions without any success. According to the real-time water analysis of the Central Pollution Control Board of India (CPCB) and reports of Dr. Mishra, an IIT professor in Banaras Hindu University, a 40–50% improvement has been observed in the water quality of the Ganga River (CPCB 2020). Indian Institute of Technology, Roorkee, has reported that the water of Ganga River has become fit for drinking after decades. Not just the Ganga but its sister river the Yamuna has been improved as well, as dissolved oxygen (DO) has been recorded 2.3–4.8 mg/L in Yamuna

which was considered null in 2019. Lockdown has been able to achieve what the governments could not for decades. Data from the Central Pollution Control Board (CPCB) and Uttar Pradesh Pollution Control Board (UPPCB) of India reveals that the biological oxygen demand (BOD) of the rivers Ganga and Yamuna has decreased in their most polluted stretches (CPCB 2020; UPPCB 2020).

Owing to the reduction of export-import business, the movement of merchant ship and other vessels are reduced globally, which also reduces emission as well as marine pollution.

Visuals of a cleaner River Ganga have emerged from Uttar Pradesh's Kanpur as well as Varanasi. The clear water is a result of the shutdown of most industries. While in most parts of Delhi, the water of River Yamuna has also started to appear clearer in southeast Delhi's Kalindi Kunj, the heavy amount of toxic foam that is usually seen around the year still continues. The toxic foam is caused due to a mix of sewage, detergents and chemicals from industrial waste.

In Venice, shortly after quarantine began in March and April 2020, water in the canals cleared and experienced greater water flow. The increase in water clarity was due to the settling of sediment that is disturbed by boat traffic and mentioned the decrease in air pollution along the waterways.

### **Impact on Wildlife and Aquatic Life**

COVID-19 crisis has stopped people's activities; it gives wildlife an emerging release to get out of its allocated habitats. In people-dominated areas wildlife activities are restricted and banned. Wildlife Institute of India published a new data through a platform "Lockdown Wildlife Tracker" to show easy wildlife movement in people reigned areas (Paital 2020). This platform enables volunteers to document wildlife actions, the collected data then can be available to the research community to use and investigate. Many reports have spotted a movement of wild animals in people-dominated areas: coyotes and dears are

seen in the USA, wild boars are spotted in Italy, peacocks are rooming in Bangor, goats are moving in Wales, and beautiful insects take the chance to discover the plants in the UK (Loring 2020).

It is expected that vehicle movements will be reduced dramatically this year, which will decrease the number of wildlife species killed on the streets (Shilling and Waetjen 2020). In the short-run time of quarantine, animal movements have been impacted rapidly, comparing to previous years, in which people-dominated actions have resulted in catastrophic results on fauna and flora of the earth. This short-term change in human behaviors raises the demand for reducing the consumption of natural resources. This highlights how the earth can restore its wellness without people disturbance. Thus, firm environmental regulations need to be implemented after COVID-19 to foster the earth recovery.

Corona virus crisis was started in the seafood market in Wuhan-China. The COVID-19 has raised people's awareness of the threat of new communicable diseases that are transferred from animals. Even though it is still unsure that wildlife could transfer the COVID-19 virus, many studies suggested that pangolins, bats, or snakes can be a possible carrier of the virus (Eslami and Jalili 2020; Kumar et al. 2020). As indicated by Chakraborty and Maity (2020), 60% of such viral diseases are originated in animals and 70% of these are passed to people from wild animals. The experience proofed that many emerging diseases were transformed from wild animals to people (Can et al. 2019). This happened with Ebola, HIV, SARS, AIDS, Ebola, and now COVID-19. Hence, the wildlife markets might strengthen the threats of new diseases. Many researchers have encouraged governments to forbid the wildlife trade forever. These rules, if followed, would aid to preserve people's health from any upcoming crisis like COVID-19. Many governments are adopting rigid efforts to forbid wildlife business in the raise of COVID-19 (Pagani-Núñez 2020). As a result, China has forced restrictions on wildlife trade, particularly animals like bats, wolfs, pangolins and civets. Although China has restricted



wildlife businesses nationwide, many ecologists desire that the universal pandemic will drive China to involve more in the defense of biodiversity. They also demand that many regions will restrict wildlife markets in response to the COVID-19.

Because of the clean air, clear water, and the free movement of wild animals, humans started to sense the environment recovery. There are noticeable health advantages of air pollution drop, which entail health protection through and after the pandemic (Shrestha et al. 2020). Amidst corona pandemic, particularly during the lockdown phase, some positive effects were observed on the wildlife. During lockdown phase, animals had an increased and uninterrupted territory. In some areas, wild animals were seen on roads and residential areas. Less traffic, less human intervention, and less pollution gave space to wildlife to thrive. It was definitely a rare phenomenon on the roads. Wildlife re-entered to the areas snatched from them. Dolphins came to the tourist waterfront; birds were heard and seen like never before in the urban centers. During the lockdown, the wildlife was at peace with less flow of humans and tourists (Rutz et al. 2020; Nabi et al. 2020).

In Venice the water are looking clearer after the two months of COVID-19 lockdown and aquatic life is now visible which hasn't been seen for many years in the cities. Clean rivers and other water bodies have a significant positive effect on the aquatic life. Many species are returning to their natural habitats since induction of the lockdown. The closure of factories and commercial establishments has dipped the pollution level across the globe. Not only the land animals returning but even the sea creatures seem to enjoy this break from the noise and water pollution. With many cruisers suspended, the tourism subdued while all other marine activities being suspended, consequently, the aquatic species are taking controls in their hands. Marine scientists have already started investigating the effects of lockdown on marine life. Commercial fishing industries have been hit hard due to the closure of main buyers, the restaurants and hotels. The social distancing at sea has caused the fishing vessels to be anchored at ports.

Carlos Duarte, a research chair at the Red Sea Research Center (RSRC) in Saudi Arabia, said COVID-19 lockdown between February and June or July will accelerate the recovery of fish stocks and other marine organisms, as it already showed spectacular recovery after the 1st and 2nd world wars, and this accidental lockdown will help us to grasp conservation aims faster. Sound travels much farther and faster in water than a so-called imagine plight of the aquatic life. The noise pollution from shipping and powerful blasts from the seismic air gun tests, used to locate the deposits of gas and oil in the deep oceans, must be traumatizing for marine life. In addition, this lockdown is also providing a flawless condition for olive ridley turtles in the beaches. Turtles are less disturbed by tourists during this lockdown. The decreased human interruption this year would give these turtles enough time to incubate and hatch in peace. Since the beaches are people free that resulted in no accidental crushing of eggs, less garbage and plastics disposal to the marine environment. The indigestion and entanglement due to the plastic and marine debris which are the leading causes of injuries to sea creatures will be wiped out during this lockdown. Not just the oceans but even the rivers and other water bodies are clearing out indicating lesser toxic and harmful materials entrance to the water bodies. The lockdown gives us hope that there is a possibility of minimizing the unnecessary human interferences and letting these wonderful creatures back in their space and habitats.

### Impact on Noise

Environmental noise pollution is well-defined as an undesirable sound generated by various anthropogenic, transports, industrial, and commercial activities and is the major source of discomfort for the environment and human health (3, 29). Prolonged exposure to noise pollution has been shown to cause a range of health problems such as stress, tinnitus, cognitive impairment, cardiovascular disease, hearing loss, lack of sleep, fatigue, poor concentration, difficulties in communication, and productivity losses from working



places. The worldwide imposition of quarantine measures by governments has confined the people to their homes. This global quarantine has not only decreased the use of private and public transportation but has also led to a significant dropdown in commercial activities (3). All these changes have caused a considerable drop in the noise level in most cities in the world. The reports show that noise reductions have gone deep, with seismologists reporting less seismic noise. For example, in Brussels, the seismic noise caused by anthropogenic activities is reported to be down by 1/3 compared with the prelockdown levels (30, 31). Likewise, the decrease in the use of public and private transport along with other commercial activities has caused a significant fall in the levels of noise pollution. With cruises temporarily being on hold, oceans are more in a state of calm. This calmness and decrease in ocean noise is likely to reduce the stress of aquatic creatures. Though the current reduction seems to be a short-term

phenomenon, proper and a long-term strategy is needed to check and maintain the environmental noise level within the WHO's permissible limits. As commented by Eulalia Paris, a noise expert and a leading author at EEA, transport sources and other commercial activities are the main causes of noise pollution. As a result, a significant reduction in noise pollution can only be achieved by a long-term and sustainable strategy on the mobility and transportation systems.

### How does COVID-19 impact the environment?

In brief, the positive effects have been reduced GHG (greenhouse gas) emissions, improved water quality, reduced noise pollution, improved air quality and in some cases, wildlife restoration.

sources-Internet and Wikipedia





## Sardar Vallabhbhai Patel and the Statue of Unity

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**S**ardar Vallabhbhai Patel was born in 1875 at Nadiad, Gujarat, and British India in a middle class agricultural family of Lewa Patidar Community. It is mentioned that there is no official record of his date of birth but October 31st mentioned in his matriculation certificate. He was the 4th among the 6th children of Jhaverbhai Patel and his wife Laadbai. During the time of 1857 mutiny his father had participated in the army of Rani Laxmi Bai of Jhansi. Growing up as a child in a traditional Hindu family, his early childhood was spent with family by doing agricultural works at Koramsad. He completed his middle school education from Koransad only. Later in 1891, he was married to Jhaverba Patel when was only 16 years of age. At the age of 22 he completed his matriculation examination from a high school located at Nadiad in the year 1897.



Further, he aimed to work and to collect necessary fund to go to England to study Law as his choice. After his schooling, he started studying by borrowing books on Law and passed the district pleader's examination. In the year 1900 at Godhra he started practice law. He brought his wife from his parent's place and together they set up a home. They had two children a daughter named Maniben who was born in 1904 and a son Dahabhai in 1906. Similarly, with his hard work, strong dedication and determination he became a very capable lawyer. During a plague epidemic, he contracted the disease while nursing a friend so

he left his family and went to Nadiad to recuperate.

Sardar Patel moved to Borsad (Kheda District) to practice law where he successfully handled challenging court cases in 1902. Because of his law practice he saved enough money to go to England to study law. He respects his elder brother so he thought the first choice of study law was his brother. So after learning about his elder brother's wish to study in England, Vallabhbhai decided that his elder brother should go first so as to maintain family's reputation.

Unfortunately, in 1909, his wife seriously ill, operated in a hospital in Mumbai but she did not alive. He was cross examined in a court in Anand and he received a note bearing the news, read it but continued with his case without giving any indication till the end of the case. Afterwards he did not marry again. At the age of 36, he went to England in 1910 for the study of law at Middle Temple Inn (London). He was a man achiever so with his hard work he not only completed the course months earlier but also achieved the top place on Roman law. In 1913, he returned to India and established a successful law practice at Ahmadabad. He became an eminent barrister in criminal law and he led a westernized lifestyle known for his courteous, well mannered behaviour, western clothes and expertise in the game of bridge but he wasn't interested in politics. This saying is right here, "time tells everything" like that he met Mahatma Gandhi in a meeting in 1917 changed his views. Inspired

by Gandhi's ideologies, Patel became his follower. Fortunately, he was elected as sanitation commissioner of Ahmadabad in 1917.

He had a great role in India's National movement. Joining India's Independence movement Patel motivated the police of Borshad in September 1917 to join Gandhi's demand for independence of India. Therefore, Patel joined the Indian National Congress (INC) Gujarat Sabha as secretary and helped in Gandhi's campaigns. Leaving his law-practice Patel committed himself to the independence struggle. He received the title of Sardar (Leader/Chief) after successfully leading the agitation of the farmers of Bardoli in 1928. His greatest contribution to the post-independence India was the integration of 565 princely states and also creation of All India Services. That is how he is known for a great leader and a man of strong determination. After looking towards his contribution to the nation he has been conferred India's highest civilian award Bharat Ratna in 1991.

Why Sardar Vallabhbhai Patel is called "Iron Man of India?"

India is a country of legends. Among the legendary figures Sardar Vallabhbhai Patel is one of the notable personalities. Patel was given the mammoth task of the political integration of India and is responsible for unifying the 562 princely states in the country. He did that and very successful in his mission. Patel persuaded almost every princely state to accede to India and his commitment to national integration in the newly



uncompromising, earning him the sobriquet “Iron Man of India” also called him as the Unifier of India. So he earned this title as “Iron Man of India”.

In his name Government of India began Statue of Unity from 31st October 2013 and completed on 31st October 2018 dedicated to him. The Statue of Unity is a colossal statue of Indian statesman, thinker, veteran independence activist and a social worker Vallabhbhai Patel who was born in 1875 and passed away in the year 1950, who was the first Deputy Prime Minister and also Home Minister of our independent India and an adherent of Mohan Das Karamchand Gandhi during non-violent movement. Due to his strong determination and dignity he was highly respected for his leadership in uniting 562 princely states of India

with a major part of the former British raj to form the powerful single union of India. His devotion and style of work never forget in the globe. That is how commemorating Sardar Vallabhbhai Patel the Statue of Unity has been constructed in his name.

The Statue of Unity is located in the state of Gujarat, India. Government of India announced it is the tallest statue with a height of 182 meters (597 feet). It is located on the site of river Narmada in the Kevadiya colony, facing the Sardar Savorar Dam 100 kms (62 miles) southeast of the city of Vadodara and 150 kms (93 miles) from Surat. Kavadiya railway station is situated at a distance of just 05 kilometers from the Statue of Unity.

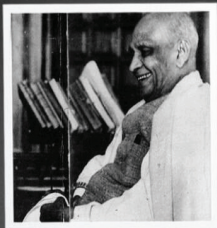
**The following information is easy to remember which is retrieved from Google on 21st April 2021: and Hindustan Times:**

1. Coordinates: 21.83800N 73.71910E
2. Location: Narmada Valley, Kevadiya Colony, Narmada District, Gujarat
3. Designer: Ram V. Sutar
4. Type: Statue
5. Material Used: Steel framing, reinforced by concrete and brass coating, bronze cladding
6. Height: 182 meters (597 feet)
7. Beginning date: 31st October 2013
8. Completion date: 31st October 2018
9. Opening date: 31st October 2018
10. Dedicated to: Sardar Vallabhbhai Patel
11. Visitors: 2.8 million in 2018-19.
12. Website: statueofunity.in

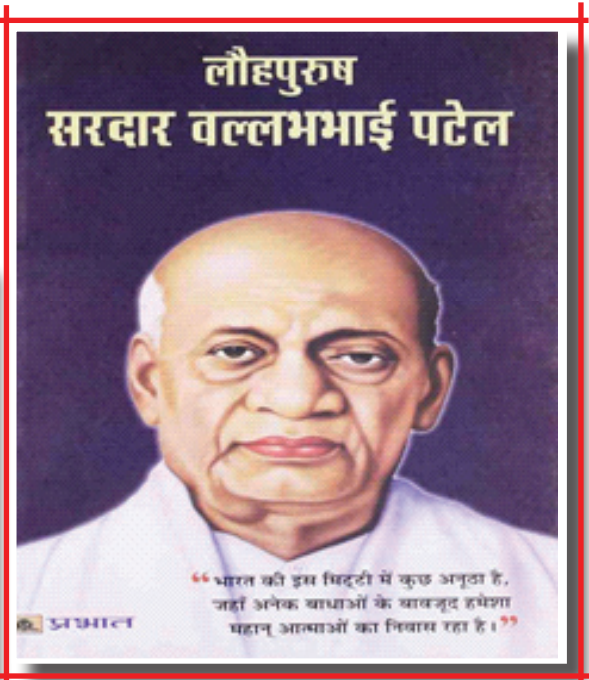
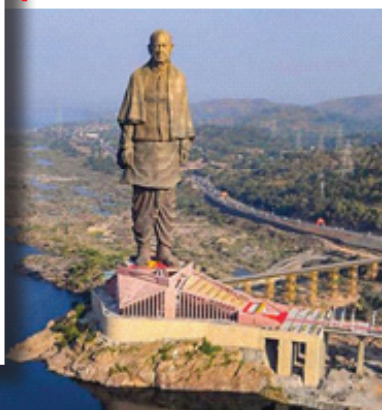
It becomes a history now which was first announced by Narendra Damodar Das Modi (Present

Prime Minister of India) the project to commemorate Patelji on 7th of October 2013 at a press conference to mark the beginning of his 10th year as the chief minister of Gujarat. At the time, the project was dubbed, “Gujarat Tribute to the Nation”. The funding of the statue of unity was built by public private partnership model with most of the money raised by the Government of Gujarat and allotted Rs. 500 crore. The said statue was completed within 05 years of time. Now it becomes a part of the tourism in Gujarat. Yearly, millions of people are visiting and appreciating the craftsmanship of the statue. This statue is also called another wonders of the world.

Therefore, it is an attraction for the tourist and the museum in the 1st zone catalogues the life of Patelji and his contributions towards humanity. Now Sardar Vallabhbhai Patel is in our heart and people remembered him as a legendary figure as well as veteran leader of India.



“  
There is something unique in this soil,  
which despite many obstacles  
has always remained  
the abode of great souls  
-Sardar Vallabhbhai Patel”





## Tricks for Distance, Speed and Time

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**M**athematics is present in each step of our life. It is a very interesting subject. We should know the importance of this subject and apply it in such way so students may understand better. Mathematics is the science of measurement, quantity and magnitude. It is the science in which we basically calculate the variables and constant. It is also known as science of calculation. Developing children's abilities for mathematics is the main goal of mathematics education. We have to make learning Mathematics an interesting task despite the constraints of time and resources. We will pave the way for orienting our youngsters in order that they overcome the phobia associated with mathematics and develop an interest in it. We may understand by I3 Formula it means **Importance, Interest & Idea**. So, we teachers should aware the students about importance of mathematics so automatically interest can develop amongst students. They create different ideas to achieve the goal.



We should do mathematical sum magically and enjoy it. We can solve maximum questions in examination by following magical tricks and can enjoy success. My effort in this article has been to present some good ideas and creative methods/ techniques for Distance, Speed and Time in an interesting manner, so that students develop love for the subject and crack the competitive examination with ease.

### Five Important Points to be followed while we solve the numerical Questions in Distance, Speed and Time:

1. Follow Basic concept and understanding of Distance, Speed and Time followed by  $D = S \times T$ ; D stands for Distance, S stands for Speed and T stands for Time.
2. Try to understand the problem sum that is given, note it down and based on that, we must apply logic followed by tricks to solve the problem.
3. Avoid the lengthy calculation and follow easy tricks to solve the problem sum.
4. Use appropriate units and be careful while converting unit for Distance, Speed and Time.
5. Follow proper time management for a particular question in examination, skip if you cannot solve that question.

### Tricks to solve problem sum

**Example 1.** A car moves at the speed of 90km/h. what is the speed of the car in metres per second?

- A) 8 m/s      B) 20 m/s  
C) 25 m/s      D) 30 m/s

**Answer: Option C**

Explanation:  $90\text{km/h} = 90 \times (5 \div 18) \text{ m/s} = 5 \times 5 \text{ m/s} = 25 \text{ m/s}$

**Example 2.** An athlete runs 200 metres race in 24 seconds. Find his speed in km/h.

- A) 20 km/hr    B) 24km/hr  
C) 28.5 km/hr    D) 30km/hr

**Answer: Option D**

Explanation:  $D = S \times T$  ;  $200 = S \times 24$  ;  
 $S = (200 \div 24) \text{ m/s} = (200 \div 24) \times (18 \div 5) \text{ Km/hr} = 30 \text{ Km/hr}$

**Example 3:** A student goes to school at the rate of 5 km/h and reaches 5 minutes late. If he goes at a speed of 6 km/h, he reaches 5 minutes earlier. What is the distance between the school and his house?

- A) 5 km                      B) 4 km  
C) 3 km                      D) 1 km

**Answer: Option A**

Explanation:

Here, Relative speed =  $(S_1 \times S_2) \div (S_2 - S_1)$

Relative Time =  $t_1 - t_2$

We know that Distance = Speed  $\times$  Time

=  $[(6 \text{ km/h} \times 5 \text{ km/h}) \div (6 \text{ km/h} - 5 \text{ km/h})] \times [5 - (-5)] \div 60$   
( minutes converted in hour by dividing 60)

=  $[(6 \text{ km/h} \times 5 \text{ km/h}) \div 1 \text{ km/hr}] \times 10 \div 60 = [(6 \text{ km/h} \times 5 \text{ km/h}) \div 1 \text{ km/hr}] \times 1 \div 6 = 5 \text{ km}$

(Use + sign for reaching late and -ve sign for reaching early)

**Example 4:** Walking at 4/5 of his usual speed, a man is 12 min too late. The usual time taken by him to cover that distance is ?

- A) 24 min      B) 48 min  
C) 84min      D) 1hr 20min

**Answer: Option B**

Explanation: We know that Speed and time is inversely proportion. So if Ratio of speed is 4: 5 then Ratio of time will be 5: 4

Let the usual time be t

According to questions :  $(5/4) \times t = t + 12$

or,  $(5/4) \times t - t = 12$

or,  $t = 48$

**Example 5.** A boatman rows 1 km in 6 minutes along the stream and 5 km in 1 hr against the stream. What is the speed of the stream?

- A) 2.5 km/h    B) 2. 6 km/hr  
C) 3 km/hr    D) 4 km/hr

**Answer: Option A**

Explanation:

Since 1 km in 6 minutes

Therefore, 10km in 60 minutes i.e 1hr.

Speed of boatman (along the stream) = 10km/hr.

Speed of boatman (against the stream) = 5km/hr.

Speed of the stream =  $(10\text{km/hr} - 5\text{km/hr}) \div 2 = 2.5\text{km/hr}$

**Example 6.** A Car with a speed of 18 km/hr crosses a pole in 2 seconds. The length of Car is:

- A) 10 m            B) 50m  
C) 90m            D) 12 m

**Answer: Option A**

Explanation:  $D = S \times T$  ;  $D = 18 \text{ km/hr} \times 2 \text{ sec.} = 18 \times (5 \div 18) \text{ m/s} \times 2 \text{ sec.} = 10 \text{ m}$

**Example 7.** A 145-metre-long train crosses a 35-metre platform in 12 seconds. What is the speed of the train?

- A) 108 km/hr            B) 54 km/hr  
C) 72 km/hr            D) 60 km/hr

**Answer: Option B**

Explanation:  $D = S \times T$  ;  $(145 + 35) = S \times 12 \text{ sec.}$  ;  $180 = S \times 12 \text{ sec}$

$S = (180 \div 12) \text{ m/s} = (180 \div 12) \times (18 \div 5) \text{ Km/hr} = 54 \text{ Km/hr}$

Note: for Example No 6 and 7 : Length of train is equal to distance. If Train passes vertical object like: Standing man/ pole etc height will not be added in distance but if the train passes horizontal object like: bridge / platform etc length will be added in distance.

**Example: 8.** Two trains 105 metres and 90metres long, run at the speeds of 45km/hr and 72km/hr respectively, opposite directions on parallel tracks. The time which they take to cross each other is

- A) 8s            B) 6 s  
C) 7 s            D) 5 s

**Answer: Option B**

Explanation:  $D = S \times T$  ;  $(105 + 90)\text{m} = (45 + 72) \text{ Km/hr} \times T$  ;

$195\text{m} = 117 \text{ Km/hr} \times T$  ;  $195\text{m} = 117 \times (5 \div 18) \text{ m/s} \times T$   
 $T = (195 \times 18) \div (117 \times 5) \text{ sec.} = 6 \text{ sec.}$

**Example: 9.** A train 175 m is running at 105 km/hr. How much time will take to pass a woman moving in the same direction at 15 km/hr

- A) 8 s            B) 7 s  
C) 6 s            D) 5 s

**Answer: Option B**

Explanation:  $D = S \times T$  ;  $175\text{m} = (105 - 15) \text{ Km/hr} \times T$  ;  
 $175\text{m} = 90 \text{ Km/hr} \times T$  ;  $175\text{m} = 90 \times (5 \div 18) \text{ m/s} \times T$

$T = (175 \times 18) \div (90 \times 5) \text{ sec.} = 7 \text{ sec.}$

Note :for Example No 8 and 9; If Two train passes in op-

posite direction relative speed will be added but in the case of same direction relative speed will be subtracted. Length of two trains is added as distance.

**Example: 10.** The distance between two cities A and B is 330 km. A train starts from A at 8 a.m. and travels towards B at 60 km/hr. Another train starts from B at 9 a.m. and travels towards A at 75 km/hr. At what time do they meet?

- (A) 10 a.m.            (B) 10:30 a.m.  
(C) 11 a.m.            (D) 11:30 a.m.

**Answer: Option C**

Explanation: Train A covers distance in 1 hr from 8 am to 9am = 60 km

Rest distance =  $330 - 60 = 270 \text{ km}$

$D = S \times T$  ;  $270 \text{ km} = (60 + 75) \text{ Km/hr} \times T$   
;  $270 \text{ km} = 135 \text{ Km/hr} \times T$

$T = (270) \text{ km} \div (135) \text{ Km/hr} = 2 \text{ hrs.}$

Meeting time =  $(9 + 2)\text{am} = 11\text{am}$

### Important questions for competitive Exams.

1. A Train moves at the speed of 108km/h. what is the speed of the train in metres per second?

- A) 15m/s            B) 20 m/s  
C) 30 m/s            D) 35 m/s

2. A car covers a distance of 690 kms in 30 hours. What is the average speed of the car?

- A) 25 km/hr            B) 23 km/hr  
C) 20 km/hr            D) 18 km/hr

3. A truck cover a distance of 420 km in a certain amount of time at the speed of 70 kmph. What is the average speed of the bike that travels a distance of 36 km less than the truck in the same time?

- A) 62 kmph            B) 64 kmph  
C) 66 kmph            D) 68 kmph

4. If a student walks from his house to school at 5 km/hr, he is late by 30 minutes however, if he walks at 6 km/hr he is late by 5 minutes only. The distance of his school from his house is?

- A) 2.5 km            B) 3.6km  
C) 5.5 km            D) 12.5km

5. If a train run at 40 km/hr, it reaches its destination late by 11 minutes but if it runs at 50 km/hr it is late by 5 minutes only. The correct time for the train to complete its journey is

- A) 1 min            B) 15 min  
C) 19 min            D) 21 min

6. Walking at 6/7 of his usual speed, a man reaches his office 20 min late. His usual time is ?

- A) 3 hrs            B) 2hrs



- C) 1hr            D) 1hr30 min
7. A boat rowed downstream at 15.5km/hr and upstream at 8.5km/hr. The speed of the stream is:  
A) 3.5 km/hr    B) 5.75km/hr  
C) 6.5 km/hr    D) 7 km/hr
8. In one hour, a boat goes 11km along the stream and 5 km against the stream. The speed of the boat in still water is  
A) 7 km/hr      B) 5 km/hr  
C) 8 km/hr      D) 9 km/hr
9. A boat takes 9hr to travel a distance upstream and 3 hr to travel the same distance downstream. If its speed in still water is 4 km/hr, what is the velocity of the stream?  
A) 2 km/hr      B) 3 km/hr  
C) 6 km/hr      D) 15 km/hr
10. A man can row upstream at 7km/hr and downstream at 10 km/hr .Find the man's rate in still water.  
A) 8.5 km/hr    B) 1.5 km/hr  
C) 6.5 km/hr    D) 7 km/hr
11. A man can row upstream at 8 kmph and downstream at 13 kmph. The speed of the stream is:  
A) 2.5 km/hr    B) 4.2 km/hr  
C) 5 km/hr      D) 10.5 km/hr
12. A boatman rows 1 km in 5 minutes along the stream and 6 km in 1 hr against the stream . The speed of the stream is ?  
A) 3 km/hr                      B) 6 km/hr  
C) 10 km/hr                     D)12 km/hr
13. A 160-metre-long train running at a speed of 90 km/hr crosses a platform in 18 seconds. What is the length of the platform in metres?  
A) 210 m            B) 240 m  
C) 290 m            D) 310 m
14. A train of length 500 feet crosses a platform of length 700 feet in 10 secs.The speed of the train is?  
A) 70 ft/second    B) 85 ft/second  
C) 100 ft/second    D)120 ft/ second
15. Train-A crosses a pole in 25 seconds and another Train-B crosses a pole in 1 minute and 15 seconds. Length of train-A is half length train-B. What is the respective ratio between the speeds of Train-A and Train-B?  
A) 3:2                B) 3:4

- C) 4:3            D) Cannot be determined
16. A train running at the speed of 108 kmph, crosses a 365-metre-long platform in 21 seconds. What is the length of the train?  
A) 260 metres            B) 275 metres  
C) 265 metres            D) 285
17. A train 100m long is running at a speed of 36km/hr. How long will it take time to pass a man standing on the platform?  
A) 7sec            B) 8sec  
C) 9sec            D) 10sec
18. A train passes two persons walking in the same direction in which the train is going. These persons are walking at the rate of 3 km/hr and 5 km/hr respectively and the train passes them completely in 10 sec and 11 sec respectively. The speed of the trains is:  
A) 24 km/hr    B) 25 km/hr  
C) 27 km/hr    D) 28 km/hr
19. A train 100 m length passes a milestone in 10 sec and another train of the same length travelling in opposite direction in 8 sec. The speed of the second train is?  
A) 36 km/hr    B) 48 km/hr  
C) 54 km/hr    D) 60 km/hr
20. A 270 metres long train running at the speed of 120 kmph crossed another train running in opposite direction at the speed of the 80 kmph in 9 sec. What is the length of the other train?  
A) 230 m            B) 240 m  
C) 260 m            D) 320 m

### ANSWER SHEET

- 1.C    2.B    3.B    4.D    5.C  
6.B    7.A    8.C    9.A    10.A  
11.A    12.A    13.C    14.D    15.A  
16.C    17.D    18.B    19.C    20.A



*To preserve my brains I want food and this is now my first consideration. Any sympathetic letter from you will be helpful to me here to get a scholarship.*

“ In education, technology can be a life-changer, a game changer, for kids who are both in school and out of school. Technology can bring text books to life. The Internet can connect students to their peers in other parts of the world. It can bridge the quality gap .

Queen Rania of Jordan ”

## IMPACT OF INFORMATION AND COMMUNICATION TECHNOLOGY (ICT) DURING COVID-19 PANDEMIC

Importance of education is almost all walks of life has increased with the support of information and communication technologies (ICT). During the past twenty years, the use of ICT has fundamentally changed the working of education. In the current environment of the world, the importance of education and appropriateness of ICT as a social necessity has been increasing. Social suitability of information and communication tools is necessary to improve the flexibility in the society and increase the area for equity and social justice.

### IMPACT OF ICT ON EDUCATION

Every nation has a responsibility to provide education to the children. It is their fundamental right. But it does not mean only the right to access education but right to receive quality education through quality teaching. Historically education was known as a generally concerned with activity and a process of empowering society. But in the era of globalization it became socio viable activity which started empowering society distinctly by applying combination of traditional and modern approach. ICT in education simply means teaching and learning with ICT. It has become important part of the education system. It has gradually transformed educational society into knowledge and information society which in result transforming economy to knowledge economy and supporting nations to create wealth by exploring knowledge. It is a modern and qualitative technological approach and has a deep impact on education system. It has introduced qualitative changes and increased productivity and changed the overall style and functioning of the educational system and its governance. It has contributed, contributing and will contribute immensely in

the development of education.



In global competitive era technology is the backbone of everything. By the acceptance of Information and Computer Technology (ICT) education became much more effective than past. Researchers, academicians and industry professionals have proved that ICT provide opportunities to all educational participants to learn and excel. Across the world it is been accepted by the educational planners that increased contact of students to educational ICT through curriculum combination has casted significant and highly creative impact on their achievement. Its contact improved their knowledge, comprehension, practical skills, presentation skills and innovative capabilities to a great extent. It empowered and enhances the ability, adoptability, knowledge and surviving skills of students and of teachers. Its instructional use improved the progress and development of faculty and students alike. It enhanced teachers' delivery of information and adds value to the processes of learning and the organization and management of learning institutions. It improved the student learning through self-paced learning and by opening them to wide range of up to date learning materials. It is enabling educational participant to acquire and captivate knowledge and increase academic productivity. It is helping nations to improve educational system beyond classrooms and reaching out to all division of society in common. It is playing outstanding role in formulating, improvising and executing policies in social, economic, political and educational sector and widening the range of opportunities for students, teachers, industry and poor.



## IMPACT OF INFORMATION AND COMMUNICATION TECHNOLOGY DURING PANDMIC ON EDUCATION

Coronavirus disease 2019 (COVID-19) is a disease due to SARS-CoV-2. It was first identified in December 2019 in China's city Wuhan. This disease spreads all over the world and created lockdown all over the world. Due to this pandemic situation, all fields get affected. Any one of them is education. It also makes changes in teaching learning process. Due to this lockdown, all schools, colleges get closed and teaching learning process stopped. But ICT tools come to help teachers and students. Online classes get started and once again education system get booster. Nowadays there are different apps through teachers and students are reaching to each other and completing their work. Different apps used such as zoom, Google meet, WebEx, Microsoft and many others. There are different platforms through which teacher is reaching to their students through online teaching and students are also learning.

Today, digital learning has emerged as a necessary resource for students and schools all over the world. For many educational institutes, this is an entirely new way of education that they have had to adopt. Online learning is now applicable not just to learn academics but it also extends to learning extracurricular activities for students as well. In recent months, the demand for online learning has risen significantly, and it will continue doing so in the future. As with most teaching methods, online learning also has its own set of positives and negatives. Decoding and understanding these positives and negatives will help institutes in creating strategies for more efficiently delivering the lessons, ensuring an uninterrupted learning journey for student.

### ADVANTAGES OF ONLINE LEARNING

Although many people still consider traditional universities as the best way to achieve knowledge and get a diploma, online learning proves to be a great alternative. Students have the chance to study in their

own time and especially for free. It represents a great way to study many fields and to boost the level of self-motivation. Online learning is so effective because students can finish their homework quickly, and there is more time left for hobbies or for finding a job.

An access to all resources of a traditional course helps participants learn wherever they are, leaving them the freedom to choose the time for study. With basically an Internet connection, a person can attend different courses. Among the advantages of online learning there are the responsibility and self-discipline of students.

### DISADVANTAGES OF ONLINE LEARNING

Only in a small group a person can develop properly. At school, students learn how to make friends, be patient, get rid of disappointment, and especially to compete. Competition between colleagues can be very stimulating and students will only benefit from it. Online learning cannot offer human interaction.

Another disadvantage refers to the fact that online courses cannot cope with thousands of students that try to join discussions. Also, online learning can be difficult, if it is meant for disciplines that involve practice.

There are many advantages and disadvantages by using ICT tools in education during pandemic. But these online apps like Google Meet, Zoom, Google Classroom and specially WhatsApp help teachers and students to communicate with each other and get knowledge of particular subject due to lockdown. Teachers are also learning different apps use for teaching and students are using for learning process. In this way ICT tools are helpful in this pandemic situation. These tools are helping teachers as well as students. Use of ICT in today's scenario is very much helpful. To overcome the problem, these tools are very much helpful. Through these tools we can contact each other and continue education process. So ICT is nowadays on demand.



## REASONING FOR COMPETITIVE EXAMINATION

### BLOOD RELATIONS

Whenever we heard the term “Blood Relation” either we remember our relatives and family kith and kins or the mind boggling questions of reasoning based on this topic which has now become an indispensable part the competitive examination section which carries a decent set of marks. We hardly ever pay attention to the fact that why on earth this section of reasoning problems are named as blood relation problems and why not something else, how come it is so important that it occupies a major portion of the competitive examination paper.



Blood relation in general terms means the relations which we have with someone who are related to us by birth or by marriage. Relation is the connection between people and things, or the way in which two or more different groups feel about each other or someone who is part of your family as a result of blood or marriage. Thus, we considered a person who is connected to another by blood or marriage as a relative. “Man is by nature is social animal” as opined by Aristotle we can’t live without

any relation, therefore it becomes a necessary part of the way of life.

Relationships among people are complicated and confusing especially when you are living in a big joint family with innumerable relatives! Thus, Blood Relation is a very important part of reasoning section in competitive exam which tests the aspirants about their clear understanding of this intricate part of a family in a society . Every year questions are asked based on them in aptitude tests and entrance exams such as CAT, XAT, SNAP, SSC, Civil Service and Bank exams.

In this article we will be covering the different types of Blood relations questions which are usually the part of the Examination.

While solving the Blood relation questions it is important that one must first know about the structure of a family which can be represented by family tree. Let us first learn about the various relations which could be found in one’s family.

Type of Relationship	Terminology in Use
Mother’s or Father’s son	Myself/Brother
Mother’s or Father’s daughter	Myself/Sister
Mother’s or Father’s brother	Uncle
Mother’s or Father’s sister	Aunt
Mother’s or Father’s father	Grandfather
Mother’s or Father’s mother	Grandmother
Son’s wife	Daughter-in-law
Daughter’s husband	Son-in-law
Husband’s or wife’s sister	Sister-in-law
Husband’s or wife’s brother	Brother-in-law
Brother’s son	Nephew
Brother’s daughter	Niece
Uncle or aunt’s son or daughter	Cousin
Sister’s husband	Brother-in-law
Brother’s wife	Sister-in-law
Grandson’s or Granddaughter’s daughter	Great-grand daughter

After understanding the different types of relationship which exists in a family we must try to learn about how they are connected through a family tree. A family tree is a pictorial representation of genealogical data.

**The following points help in drawing a family tree.**

1. All the female members of the family are represented by the sign (--).

2. All the male members of the family are represented by the sign (+).

3. The spouse relation is represented by the horizontal single line.

4. The siblings relation is represented by the sign (.)

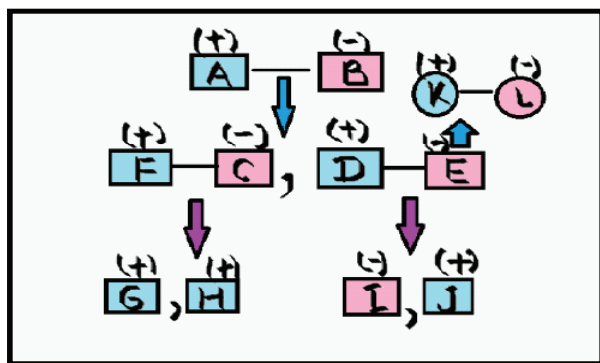


5. All the family members of the upper generation are represented above in the family tree. Ex: father, mother, uncle, aunt etc. The logic can be extended by representing the grandparents above the parents in the family tree. Ex: grandfather and grandmother. To represent the gap between two generation we use an arrow

6. All the family members of the same generation are represented in the same section of the family tree. Eg.- Grandfather(Paternal/maternal), Grandmother (paternal/maternal) one generation and then Father, Mother, Uncle(Paternal/maternal), Aunt (Paternal/maternal) on another level of the family tree below the previous one etc.

7. All the family members of the next generation are represented below in the family tree. Ex: Daughter, son, niece, nephew.

Here's a schematic representation of a family tree:



### Observations from the family tree

1. A and B are the grandparents of G, H, I and J.
2. K and L are the maternal grandparents of only I and J.
3. C and D are siblings (are represented by the sign 'comma') and are the daughter and son of A and B respectively.
4. C is married to F and G and H are their children.
5. D is married to E and their children are I and J.
6. G, H are the cousins to I and J.
7. G and H are the nephew of D and E
8. I and J are the niece and nephew of C and F
9. F is the son-in-law of A and B, Husband of C, Father of G and H and is uncle to I and J. Similarly all the other members who are represented by alphabets possess at least four identities simultaneously.

### Blood relation topics which are the part of the examination are mainly divided into four kinds:

1. Jumbled descriptions

2. Relational puzzle
3. Coded relations
4. Miscellaneous questions

### Jumbled Description:

The Jumble description questions provides a description of the relationship between two members of the family in a disorganized manner. One has to decode the mix up descriptions to find the exact relationship (or either by drawing a family tree).

**Question:1:** A man pointing to a photo says "The lady in the photograph is my nephew's maternal grandmother". How is the lady in the photograph related to the man's sister who has no other sister?

- (A) Cousin (B) Sister in Law  
(C) Mother (D) Mother-in-Law

**Answer: (C) Mother**

**Explanation:** The first generation is here of the Grandparents / Parents second generation is of the Sons and Daughters and the third generation is of the Grandchildren. The speaker is pointing out to a lady in the portrait who is his nephew's maternal grandmother and the speaker has only one sister, and we know the child of the sister will be either the speaker's nephew or niece, and sister's parents will be the maternal grandparents to her children. Thus, the lady in the portrait is mother to the man (speaker).

**Question:2:** Introducing a boy, a girl said, "He is the son of the daughter of the father of my uncle." How is the boy related to the girl?

- (A) Brother (B) Nephew  
(C) Uncle (D) Son-in-law

**Answer: (A) Brother**

**Explanation:** The father of the boy's uncle → the grandfather of the boy and daughter of the grandfather → sister of father.

### Relational Puzzle:

In this type of Blood relation's question we will have all the information about the family members in a simple and straightforward manner. The number of family members is more here and many times this section will have a union of two or three families.

One should make use of the family tree to solve the question in the beginning; once the concept is mastered the questions can be answered by looking at information directly.

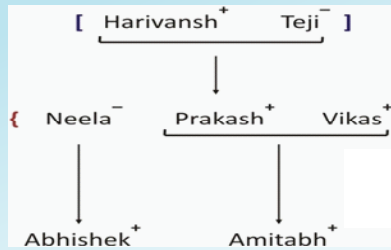
**Question:1:** Abhishek is son of Amitabh's father's sister. Prakash is son of Teji who is mother of Vikash and grandmother of Amitabh. Harivansh

is father of Neela and grandfather of Abhishek. Teji is wife of Harivansh. How is Abhishek related to Teji?

- (A) Grandson
- (B) Son
- (C) Nephew
- (D) Data inadequate

Answer: (A) Grandson

Explanation:



Amitabh is son of either Prakash or Vikash

Hence, Abhishek is grandson of Teji.

**Question:2:** Ravi is a son of Aman's father's sister. Sahil is the son of Divya who is the mother of Gaurav and grandmother of Aman. Ashok is the father of Tanya and grandfather of Ravi. Divya is the wife of Ashok. How is Ravi related to Divya?

- (A) Nephew
- (B) Son
- (C) Grandson
- (D) Data inadequate

Answer: Option (C)

**Explanation:** There is no requirement for drawing a family tree to solve this question. Since Divya is the grandmother of Aman and Aman and Ravi are cousins (from the first statement). Ravi should be a grandson to Divya.

### Coded relations

One other topic of reasoning section is Coding-Decoding which we have discussed in our previous issue of the e- magazine. Here, we would learn about coded relation and would try to decode it. In this section, the relationships among the members of the family are represented by certain specific codes or symbols such as +, -, \$, \*, &, #, @, ! etc. The answers are obtained by decoding the relationships hidden in the symbols.

Direction: Study the following information carefully and answer the questions given beside.

In a certain coded language:

- 'X + Y' means 'Y is the brother of X'.
- 'X ? Y' means 'X is the daughter of Y'.
- 'X ! Y' means 'Y is the sister of X'.
- 'X / Y' means 'X is the son of Y'.

'X\$Y' means 'X is the father of Y'.

'X & Y' means 'X is the mother of Y'.

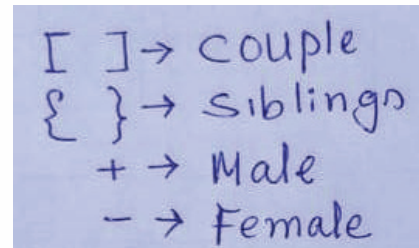
**Question :1:** Which of the following can be derived from the given expression – "B\$A!R?E&Y+D"?

- (A) A ? B
- (B) Y ! R
- (C) A / E
- (D) D + R

Answer: Option (B)

**Explanation:** Decoded representation:

B is the father of A. R is the sister of A. R is the daughter of E. E is the mother of Y. D is the brother of Y.



Thus clearly, only option B i.e. R is the sister of Y

Question 2: Read the following instructions:

1. P \$ Q means P is the brother of Q;
2. P # Q means P is the mother of Q;
3. P \* Q means P is the daughter of Q

If the code of family is A # B \$ C \* D, who is the father in them?

- (A) D (B) B (C) C (D) A

Answer: option (A)

**Explanation:**

1. A # B indicates A is the mother in the family
2. B \$ C indicates B is the brother of C.
3. C \* D indicates C is the daughter of D.

Since B and C are siblings and A is the mother of B and D is the father of C, D is the father in the family. Hence, D is the father.

### Miscellaneous questions

In this type of questions lots of information will be provided, to get the answers of the respective questions we need to decipher the relationships.

**Directions: Study the following information carefully and answer the questions given below:**



Eight persons – Sarin, Rahi, Akasa, Pavi, Preet, Gunjan, Taran and Namya belong to a family which consists of three generations and two married couples. Preet is the sister of only son of Akasa. Pavi is the daughter in law of Sarin. Rahi is the mother of Akasa. Sarin is the grandfather of Taran who is the daughter of Pavi. Namya is the maternal uncle of Gunjan.

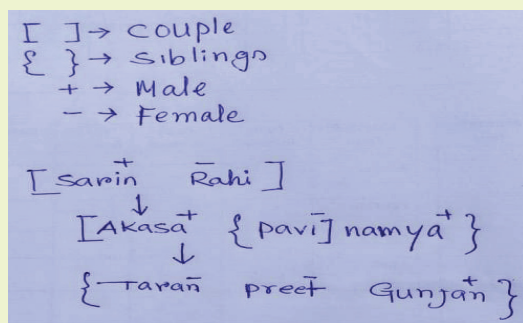
**Question 1:** How is Taran related to Rahi?

- (A) Son
- (B) Daughter
- (C) Granddaughter
- (D) Sister

**Answer: Option: C**

**Explanation:** To understand the question and to draw out the final solution we will go through some references and inferences to prove that Taran is the granddaughter of Rahi.

**Final Solution:**



**Common Explanation:-**

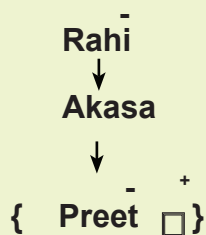
Reference:

Eight persons – Sarin, Rahi, Akasa, Pavi, Preet, Gunjan, Taran and Namya belongs to a family which consists of three generations and two married couples.

**Inference:** We will keep this information mind while solving the puzzle.

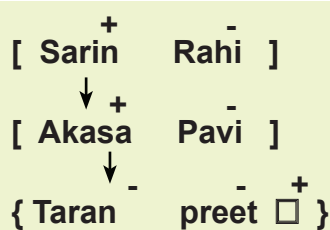
**Reference:** Preet is the sister of only son of Akasa. Rahi is the mother of Akasa.

**Inference:** After using the above hints, we can draw a following blood chart:



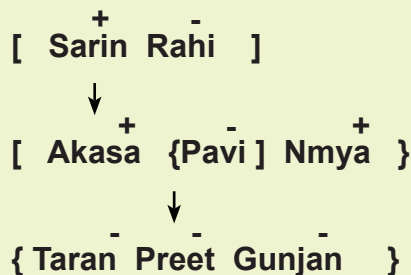
**Reference:** Sarin is the grandfather of Taran who is the daughter of Pavi. Pavi is the daughter in law of Sarin.

**Inference:** After using the given hints, above blood chart can be redrawn as:



Reference: Namya is the maternal uncle of Gunjan.

Inference: With the help of above hints we can say that Namya is the brother of Pavi and Gunjan is the son of Pavi.



**Question :2: Direction:** Study the following and answer the questions carefully:

There are 8 members in a family namely A, B, C, D, K, L, M, N in which there are 2 married couples. Among the 8 members there are 2 lawyers and 2 artists. D is the daughter in law of M. L is the brother of any of the two artists. N, who is the artist, is the sister of A. No female is a lawyer. D is an artist. C is the husband of M. K is the only son of M. B is the lawyer and is the brother of C. A is the lawyer and is the son of K.

Question 2: If L is the brother of N, how many children does K have?

- (A) 3
- (B) 6
- (C) 5
- (D) 2

**Answer: Option (A) - 3**

**Explanation:**

There are 8 members in a family namely A, B, C, D, K, L, M, N in which there are 2 married couples.

Among the 8 members there are 2 lawyers and 2 artists.

D is the daughter in law of M. L is the brother of any of the two artists.

N, who is the artist, is the sister of A.

No female is a lawyer. D is an artist.

C is the husband of M.

K is the only son of M.

B is the lawyer and is the brother of C.

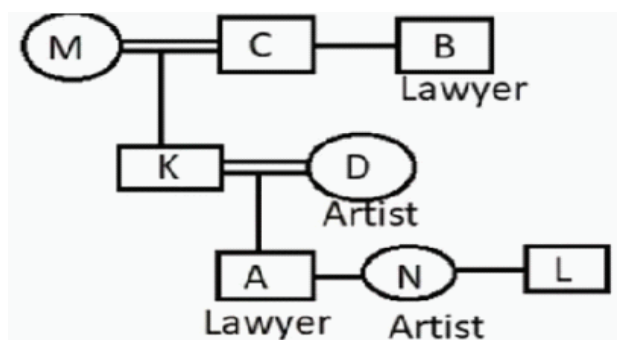
A is the lawyer and is the son of K.

From the reference we can draw out the answer that K have three children – a daughter –N and two sons A and L.

Observation: 1. Circle represents female member

2. Square represents male member

- Two Parallel lines represents spouse
- One horizontal line represents siblings
- One vertical line represents generation gap



### 25 SOLVED BLOOD REALTIONS QUESTIONS FOR PRACTICE

**Question 1:** A girl introduced a boy as the son of' the daughter of the father of her uncle. The boy is girl's

- (A) Brother (B) Son  
(C) Uncle (D) Son-in-law

**Answer: A) Brother**

**Explanation:**

Daughter of uncle's father — Uncle's sister — Mother;  
Mother's son — Brother

**Question 2:** Pointing to a person, a man said to a woman, "His mother is the only daughter of your father." How was the woman related to the person?

- (A) Aunt (B) Mother  
(C) Wife (D) Daughter

**Answer: Option (B)**

**Explanation:** The statement of the man has two part. Let's try to understand

First part "His mother" - ie the mother of the person to whom the man is pointing.

Second part "the only daughter of your father"- this can be further sub divided into two parts

"Your father" – the man is referring to the woman's father, "only daughter" here implies that the father has got one daughter who is none other than the woman herself.

Thus, the person is the son of the woman to whom the speaker is conversing.

**Question 3:** Ravi is a son of Aman's father's sister. Sahil is the son of Divya who is the mother of Gau-rav and grandmother of Aman. Ashok is the father of Tanya and grandfather of Ravi. Divya is the wife of Ashok. How is Ravi related to Divya?

- (A) Nephew (B) Son

- (C) Grandson (D) Data inadequate

**Answer: option (C) - Grandson**

**Explanation:** There is no requirement for drawing a family tree to solve this question. Since Divya is the grandmother of Aman and Aman and Ravi are cousins (from the first statement). Ravi should be a grandson to Divya.

**Question 4:** Read the following instructions:

- $A + B$  indicates A is the brother of B;
- $A - B$  indicates A is the sister of B and
- $A \times B$  indicates A is the father of B

Which of the following means that C is the son of M?

- (A)  $M - N \times C + F$  (B)  $F - C + N \times M$   
(C)  $N + M - F \times C$  (D)  $M \times N - C + F$

**Answer : Option (D)  $M \times N - C + F$**

**Explanation:**

Option A: According to this option  $N \times C$  indicates N is the father of C. Hence it is wrong.

Option B: According to this option C is the brother of N who is the father of M. Hence it is wrong.

Option C: According to this option  $F \times C$  indicates F is the father of C. Hence it is wrong.

Option D: According to this option M is the father of N who is the sister of C hence C and N are siblings and C is the brother of F so, C is male, Hence C is the son of M.

Hence, option D is the correct answer.

**Question 5:** If ' $B \times C$ ' means 'B is the daughter of C', ' $B + C$ ' means 'B is the husband of C' and ' $B - C$ ' means 'B is the sister of C', then what does ' $M + N - P \times Q$ ' mean?

- (A) M is the brother-in-law of Q  
(B) M is the uncle of Q  
(C) M is the son-in-law of Q  
(D) Q is the mother-in-law of M

**Solution:** Correct Option: C



It's clear from the family tree that Q is either mother or father of M's wife N and her sister P. Therefore, M is son-in-law of Q. Hence, the option C is correct.

**Question 6:** In a family, there are six members A, B,



C, D, E and F.

A and B are a married couple, A being the male member. D is the only son of C, who is the brother of A. E is the sister of D. B is the daughter-in-law of F, whose husband has died. How is E related to C ?

- (A) sister (B) Daughter  
(C) cousin (D) Mother

**Answer: B) Daughter**

**Explanation:**

A is a male and married to B. So, A is the husband and B is the wife. C is the brother of A. D is the son of C. E, who is the sister of D will be the daughter of C. B is the daughter-in-law of F whose husband has died means F is the mother of A. Clearly, E is the daughter of C.

**Question 7:** P is the brother of Q and R. S is R's mother. T is P's father. Which of the following statements cannot be definitely true?

- (A) T is Q's father (B) S is P's mother  
(C) P is S's son (D) Q is T's son

**Answer: D) Q is T's son**

**Explanation:**

P, Q, R are children of same parents. So, S who is R's mother and T, who is R's father will be mother and father of all three. However, it is not mentioned whether Q is male or female So, D cannot be definitely true.

**Question 8:** If 'A \$ B' means 'A is brother of B', 'A @ B' means 'A is wife of B', 'A # B' means 'A is daughter of B' and 'A & B' means 'A is father of B', then which of the following expressions indicates the relationship 'K' is father-in-law of H'?

- (A) H @ J \$ L # P & K  
(B) H @ J \$ P & L # K  
(C) H @ J \$ L # K & P  
(D) H @ P \$ J & L # K

**Answer: C) H @ J \$ L # K & P**

**Explanation:**

K is the father-in-law of H means H is the wife of the brother (say, J) of the daughter (say, L) of K and K is a male (brother or father of some person, say P) i.e H @ J \$ L # K \$ P or H @ J \$ L # K & P.

**Question 9:** A is the son of B, C. B's sister has a son D and a daughter E. F is the maternal uncle of D. How many nephews does F have ?

- (A) 0 (B) 1  
(C) 2 (D) 3

**Answer: C) 2**

**Explanation:**

Clearly, F is the maternal uncle of D means F is the

brother of D's mother i.e., F is the brother of C. C is the sister of B. So, F is the brother of B who is A's mother. Thus, F is the maternal uncle of A. So, A and D are the nephews of F i.e., F has two nephews

**Question 10:** Introducing a man, a woman said. "His wife is the only daughter of my father." How is that man related to the woman ?

- (A) Brother  
(B) Father in law  
(C) Maternal Uncle  
(D) Husband  
Answer: D) Husband

**Explanation:**

Only daughter of my father — Myself. So, the man is woman's husband.

**Question 11:** I. A, B, C, D, E and F are six members of a family.

II. One couple has parents and their children in the family.

III. A is the son of C and E is the daughter of A.

IV. D is the daughter of F who is the mother of E.

Which of the following pairs is the parents of the couple ?

- (A) AB (B) BC  
(C) AF (D) CF

**Answer: B) BC**

**Explanation:**

E is the daughter of A and F is the mother of E So, A is the father of E and hence the husband of F. Now, D is the daughter of F. So, D and E are the daughters of A and F Also, A is the son of C. Now, only B remains Thus, B and C are the parents of A. Clearly, B and C are the parents of the couple

**Question 12: Conditions:**

I is brother of J

K is father of I

L is brother of M

M is daughter of J, then

Who is I to L?

- (A) Grandfather  
(B) Uncle  
(C) Son  
(D) Brother

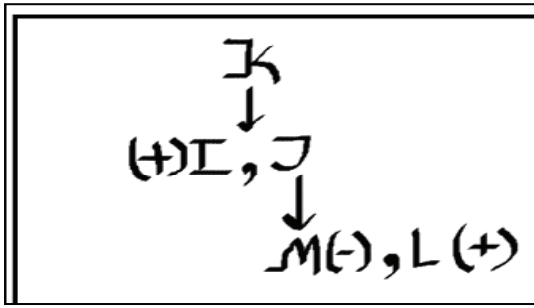
**Answer: B) Uncle**

**Explanation:**

K is the father of I and J and the gender of J is not known. M is the

Daughter of J and L is the son of J. Thus, from this diagram we can

Clearly say that I is the Uncle of L.



**Question 13:** How is Radha's mother's mother's daughter-in-law's daughter related to Radha?

- (A) Sister in law (B) Sister  
(C) niece (D) Aunt

**Answer: A) Sister-in-law**

**Explanation:**

Radha ----> Radha's mother -----> Mother's mother  
=> Radha's Grand-mother. Radha's Grand-mother's  
daughter-in-law -----> Radha's Aunt -----> Radha's  
Aunt's daughter => Radha's sister-in-law.

**Question 14:** I. A, B, C, D, E and F are six members of a family.

II. One couple has parents and their children in the family.

III. A is the son of C and E is the daughter of A. IV. D is the daughter of F who is the mother of E.

Who are the male members in the family ?

- (A) A and C  
(B) C and F  
(C) A, B and D  
(D) Cannot be determined

**Answer: D) Cannot be determined**

**Explanation:**

E is the daughter of A and F is the mother of E. So, A is the father of E and hence the husband of F. Now, D is the daughter of F. So, D and E are the daughters of A and F Also. A is the son of C. Now, only B remains. Thus, B and C are the parents of A. The sex of B and C cannot be determined.

**Question 15:** A family consists of six members P, Q, R, S, T and U. There are two married couples. Q is a doctor and the father of T. U is grandfather of R and is a contractor. S is grandmother of T and is a housewife. There is one doctor, one contractor, one nurse, one housewife and two students in the family. Which of the following is definitely a group of male members ?

- (A) QU (B) QUT  
(C) QUP (D) UT

**Answer: A) QU**

**Explanation:**

Q, the Doctor, is the father of T. So, the Housewife, is the grandmother of T and hence the mother of Q. Since there are only two married couples one being that of Q, the grandfather of R. i.e, U must be married to S. Thus, R and T will be both children of Q and these must be the students So, P, who remains, shall be the wife of Q and she alone can be the nurse. Thus, U must be the contractor. Clearly, for definite the males are Q, the father and U, the grandfather

**Question 16:** There are six persons 1, 2, 3, 4, 5 and 6. 3 is the sister of 6. 2 is the brother of 5's husband. 4 is the father of 1 and grandfather of 6. There are two fathers, three brothers and a mother in the group. Which of the following is a group of brothers ?

- (A) 1, 2, 3 (B) 3, 2, 6  
(C) 1, 2, 4 (D) 1, 2, 6

**Answer: D) 1, 2, 6**

**Explanation:**

4 is father of 1 and grandfather of 6. So, 1 is father of 6. Thus, 4 and 1 are the two fathers.

3 is the sister of 6. So, 3 is the daughter of 1. Since there is only one mother, it is evident that 5 is the wife of 1 and hence the mother of 3 and 6. So, 2 is brother of 1. There are three brothers. So, 6 is the brother of 3. Hence, 2 and 1 are brothers. 6 is the brother of 3. So, three brothers are 1, 2, 6.

**Question 17:** If 'A\$B' means 'A is father of B', 'A#B' means 'A is daughter of B', 'A@B' means 'A is sister of B' then how is K related to L in "H@K\$#L#M" ?

- (A) Husband (B) Uncle  
(C) Father (D) Cannot be determined

**Answer: A) Husband**

**Explanation:**

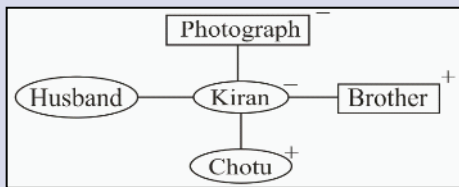
H is the sister of K and K(male) is the father of L and L is the daughter of B(female). Thus, from this we can clearly derive that K is the father and B is the mother of L and K is the husband of L.

**Question 18:** Pointing towards a photograph kiran said to chotu, "I am the only daughter of this lady and her son is your maternal uncle" How is the kiran related to chotu's father ?

- (A) Cousin  
(B) Daughter  
(C) Sister  
(D) Wife

**Answer: D) Wife**





**Explanation:**

So, the speaker is the mother of Chotu. Kiran is wife of Chotu's father. Chotu's father is not shown in the diagram.

**Question 19:** There is a family of six persons A, B, C, D, E and F. They are Lawyer, Doctor, Teacher, Salesman, Engineer and Accountant. There are two married couples in the family. D, the Salesman is married to the Lady Teacher. The Doctor is married to the Lawyer. F, the Accountant is the son of B and brother of E. C, the Lawyer is the daughter-in-law of A. E is the unmarried Engineer. A is the grandmother of F. How is E related to F?

- (A) Brother
- (B) Sister
- (C) Cousin
- (D) Cannot be determined

**Answer: D) Cannot be determined**

**Explanation:**

C is the daughter-in-law of A who is the grandmother of F means C is the mother of F. But F is the son of B. Therefore, B is C's husband. But C, the lawyer is married to the Doctor. Thus, B is the Doctor. F, the Accountant will be the son of B and C. E is the unmarried Engineer. So, the other named couple can be that of grandmother of F i.e. A and D. But D, the Salesman, is married to the Lady Teacher. So, D, the Salesman, is the grandfather of F and the father of B and the husband of A who is the Lady Teacher. Clearly, from the given data, the relation between E and F cannot be determined.

**Directions (20 – 22): Answer the questions on the basis of the information given below.**

A, B, C, D, P, Q, R and S are sitting around a circle facing the centre but not necessarily in the same order.

S's husband is sitting second to right of B. Q is sitting second to the left of D's daughter. Q is the sister of R. S's husband is not an immediate neighbour of Q. Only one person is sitting between Q and A. Similarly there is only one person sitting between P and S's mother. No female sits to the immediate side of B. A is father of R. S's mother is sitting to the immediate right of D, S's brother. Only one person sits between S and R. P is not an immediate neighbour of R, who

is the mother of C.

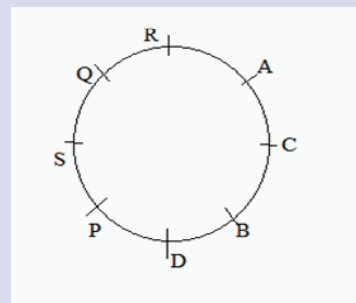
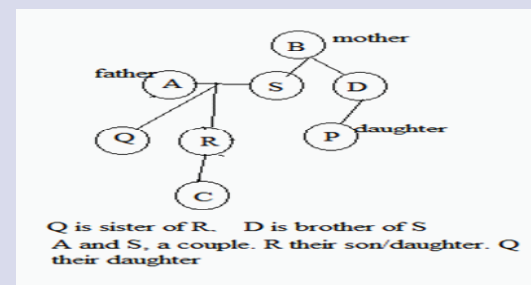
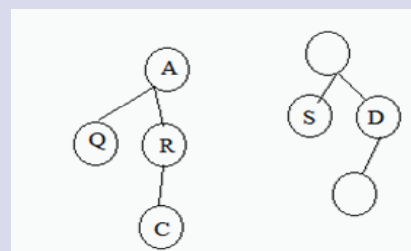
**Question 20:** How is S related to R?

- (A) sister
- (B) Aunt
- (C) Mother
- (D) Mother-in-law

**Answer: Option C ;**

**Explanation:**

In this first draw the family diagram, we easily get. Now given that Similarly there is only one person sitting between P and S's mother. This means P is not S's mother, so P is D's daughter and then B is S's and D's mother. The paragraph given also talks about S's husband. So we can combine the relationships in only one possible way as:



Thus, we can clearly see the seating arrangement which is derived following the instruction and in accordance to their relation with each other.

**Question 21:** What is the position of C with respect to her grandmother?

- (A) third to right
- (B) second to left
- (C) third to left
- (D) fourth to right

**Answer: Option D- fourth to right**

**Explanation:**

From the above diagram we can clearly observe that S is the grandmother of C. Thus following the seating position of the grandmother we can get it that C is seating to be fourth to right of her grandmother S.

**Question 22:** How is Q related to D?

- (A) sister
- (B) niece
- (C) daughter
- (D) sister-in-law

**Answer: Option B- niece**

**Explanation:**

From the above diagram we can clearly observe that Q is the sister of R and R is the child of S who is the sister of D. Thus D is the Uncle of Q and Q is his niece.

**Directions (23-25): Read the following information carefully and answer the questions given beside.**

G is the mother of F, who is the spouse of D. M is the daughter of D, who is the only brother of C. E is the son of G, who is married to H. A is the niece of C, who has no sister. T is the father of D and has no daughter. V is the sister-in-law of F. G has only two children. M is the granddaughter of O.

Question 23: How is V related to M?

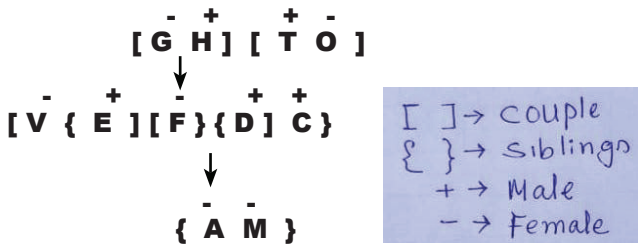
- (A) Paternal Aunt (B) Maternal Aunt  
(C) Sister (D) Sister-in-law

**Answer: Correct Option: B: Maternal Aunt**

**Explanation:**

V is the maternal aunt of M. Hence option B is correct.

Family Tree:



**Common Explanation:**

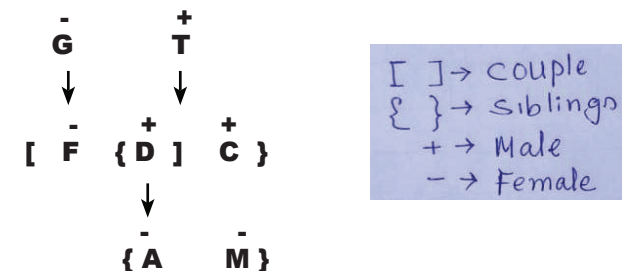
**Reference:**

G is the mother of F, who is the spouse of D.  
M is the daughter of D, who is the only brother of C.  
A is the niece of C, who has no sister.  
T is the father of D and has no daughter.

**Inference:**

As per first and second hints, it is clear that D is the husband of F.

As per last hint, we can say that C is also male.



Reference:

E is the son of G, who is married to H.

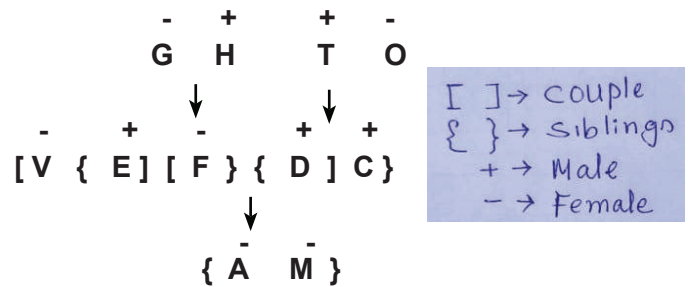
V is the sister-in-law of F.

G has only two children.

M is the granddaughter of O.

**Inference:**

As per first and second hints, it is clear that V is the wife of E and E is the brother of F.



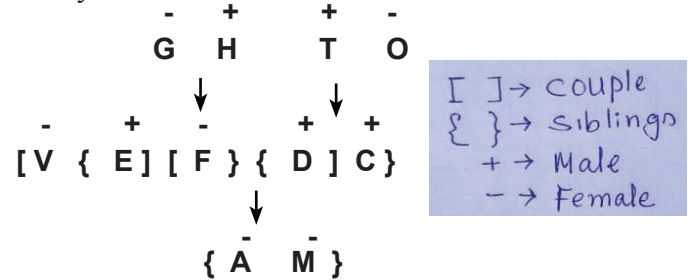
**Question 24:** How many female members are there in the family?

- (A) 4 (B) 5  
(C) 7 (D) 6

**Answer : Option: D- 6**

There are 6 female members in the family.

Family Tree:



**Common Explanation:**

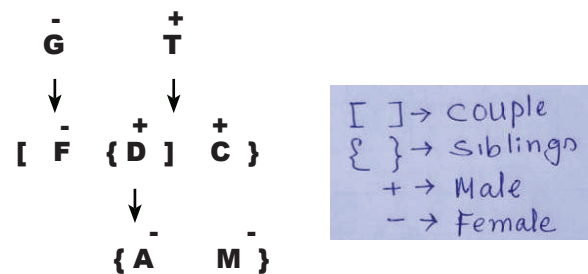
**Reference:**

G is the mother of F, who is the spouse of D.  
M is the daughter of D, who is the only brother of C.  
A is the niece of C, who has no sister.  
T is the father of D and has no daughter.

**Inference:**

As per first and second hints, it is clear that D is the husband of F.

As per last hint, we can say that C is also male.



**Reference:**

E is the son of G, who is married to H.

V is the sister-in-law of F.

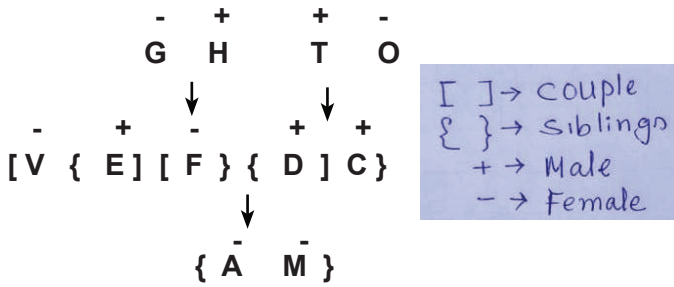
G has only two children.

M is the granddaughter of O.



**Inference:**

As per first and second hints, it is clear that V is the wife of E and E is the brother of F.



**Question 25:** How is F's mother-in-law related to T?

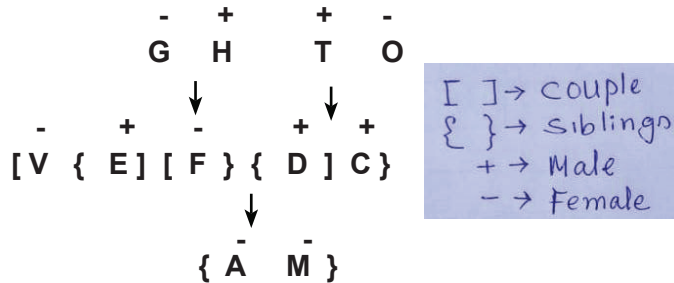
- (A) sister
- (B) Father
- (C) Wife
- (D) Brother

**Answer: Option: C- wife**

**Explanation:**

F's mother-in-law is O, who is the wife of T.

Family Tree:



**Common Explanation:**

**Reference:**

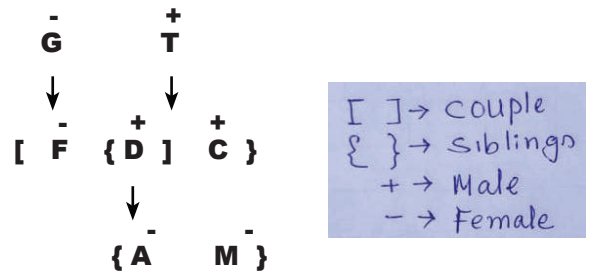
G is the mother of F, who is the spouse of D.  
 M is the daughter of D, who is the only brother of C.

A is the niece of C, who has no sister.  
 T is the father of D and has no daughter.

**Inference:**

As per first and second hints, it is clear that D is the husband of F.

As per last hint, we can say that C is also male.



**Reference:**

E is the son of G, who is married to H.

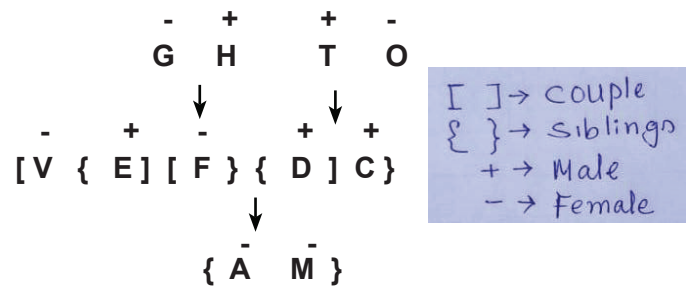
V is the sister-in-law of F.

G has only two children.

M is the granddaughter of O.

**Inference:**

As per first and second hints, it is clear that V is the wife of E and E is the brother of F.





## Strategy for the preparation of general knowledge

Mr. Surjit Prasad

PGT English, Holy child school, Kalingpong

Email: surjitprasad01@gmail.com

In this pandemic era students are very much affected. Coaching centres, schools, colleges and universities are closed. Students are at home, they have plenty of time to utilise their time and energy to develop them and to work on those areas where they find themselves to work hard to overcome the weakness on particular topics or subjects. Successful persons are those who utilise the opportunities, remains calm and focussed also in difficult situation.

At present there is a tough competition to get a job in government sector. In competitive examination you get a limited time to solve all the questions. You have to be very smart and well prepared with all the portions from where question comes. Wrong answers will cut your 1/3 marks, so you have to be very careful and clear mentally when you are solving your question paper. Hardwork with dedication and determination is very important to become successful in life. Planning, preparation and information in right direction is required to achieve the goal.

Every section in an examination is very important to study and clear. If a student prepares for the general knowledge. He/she can score around 80 to 90 % marks particularly in G.K. even some of the students can get 100% marks if they are well prepared for this section. You need to have a good planning for your study with continuous effort. Every-

day study with sincerity and honesty makes a learner intellectual as well as helps in qualifying the examination.



There are some students who are curious to learn and always keep a positive attitude. You need to keep yourself always motivated even if failure comes to your ways. You need to keep yourself updated with current affairs, to do so, you can read monthly magazine, daily newspaper and you can listen to T.V news of Doordarshan. These days we have so many General Knowledge App which are available on your phone to keep you updated but it is up to you.

Learning process should go slowly and steadily because we cannot remember or learn so many things at a single time. The most important thing in your learning process and preparation is revision and discussion among your friends circle. The more you do revision the more you can store in your memory as general knowledge has a vast field of learning.

### Points to be remember for the preparation of General Knowledge: -

\* Stick to your everyday routine. Keep yourself focused and keep distance from negative minded people.

\* 24x7x30 concept of learning- In general knowledge section revision is very important and whatever you are studying revise after 24

hours, then after 7 days then after 30 days. This way gradually GK will go to your permanent memory and probably you will never forget. Hope this article "how to study GK for competitive Exams" will help you in an immense way.

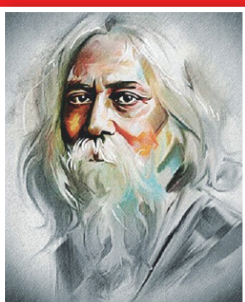
\* Collect your notes or study material very carefully. Do classification of your notes as per different subjects, days and events, author and their famous books, country's capital currency and important ministers etc. according to your convenience.

\* There are some events or dates which is observed/celebrated with same name but on different dates and often confuses e.g. International youth day (12th Aug.) and national youth day (12th Jan), world Hindi day (10th Jan) and national Hindi day (10th Sep.), national tourism day(25 Jan.) and international tourism day(27 Sep.) etc.

\* To remember some important dates for longer period of time we can also encode in a different way like for Hiroshima day (6th August.)—Hexagon (It is six sides of polygon), N for Nagasaki day (9th August.) & N for Nine.

\* When we remember the names of some important personalities we also need to remember some important characteristics or features and their achievements and contributions.

\* When we prepare ourself for general knowledge we must not forget to do revision. Revision makes our learning concrete.



The highest education is that which does not merely give us information but makes our life in harmony with all existence.

--- Rabindranath Tagore



## Important Questions as per examination point of view

### History

1) Who was the first Greek ambassador in the court of Chandragupta Maurya?

- a) Megasthenes b) Alexander  
c) Fa-Hien d) None of these

2) Sanchi Stupa in Madhya Pradesh was made by whom?

- a) Chandragupta Maurya  
b) Bindusar  
c) Samudragupta  
d) Ashoka

3) Swadeshi movement was proclaimed on which date in the history of India?

- a) 8th Aug. 1906  
b) 7th Aug. 1905  
c) 10th Aug. 1900  
d) 8th Aug. 1942

4) In whose governorship the first census of India in 1871 was held?

- a) Lord William Bentinck  
b) Lord Mayo  
c) Lord Ripon  
d) Warren Hasting

5) "A forgotten empire" written by the renowned historian Robert Sewell is about which empire?

- a) Bahamani Empire  
b) Maratha Empire  
c) Vijaynagar Empire  
d) Golconda Empire

### Geography

6) India is divided into how many Pin Code zones?

- a) 8- Pin code zones  
b) 9-Pin code zones  
c) 7- Pin code zones  
d) 10- Pin code zones

7) Thunderstorm and lightning delivers which particular element to the air and soil?

- a) Carbon b) Oxygen  
c) Nitrogen d) Hydrogen

8) Which gas plays an important role in maintaining atmospheric temperature?

- a) Oxygen b) Nitrogen  
c) Hydrogen d) Carbon dioxide

9) Where is the artificial port of India located?

- a) Mumbai b) Chennai  
c) Kolkata d) Kochi

10) Narmada arises from which hills in Madhya Pradesh?

- a) Amarkantak Hills  
b) Shivpuri Hills  
c) Pachmarhi Hill  
d) Omkareshwar Hill

### Political Science

11) Which Committee appointed Election commission in India?

- a) Swaran Singh Commission  
b) Kothari Commission  
c) Dinesh – Goswami Commission  
d) Mandal Commission

12) Procedure of constitutional Amendment is taken from which country?

- a) South Africa b) Germany  
c) Russia d) France

13) NDA government suspended 5 years plan in which year?

- a) 2015 b) 2017  
c) 2020 d) 2014

14) International Labour organisation (ILO) was founded in which year?

- a) 1945 b) 1950  
c) 1919 d) 1925

15) What is the total strength of the judges in Supreme Court?

- a) 30 b) 28  
c) 25 d) 34

### Science

16) Which element is present in chlorophyll?

- a) Nitrogen b) Chlorine  
c) Magnesium d) Oxygen

17) Flower colours are due to which hormones in plant ?

- a) Ethylene b) Phytochromes  
c) Gibberellins d) Chlorophyll

18) Seat of intelligence is situated in which part of the brain?

- a) Cerebrum b) Cerebellum  
c) Hypothalamus d) Thalamus

19) Name the minerals which are used to harden steel during Manufacturing?

- a) Manganese b) Zinc  
c) Sodium d) Phosphorous

20) Who is called the father of Medicine?

- a) Aristotle b) G.J. Mendel  
c) Edward Jenner d) Hippocrates

### Current Affairs-

21) Who is the present census commissioner ?

- a) V.S Ramadevi  
b) Vivek Joshi  
c) C. Chandramauli  
d) Narendra Modi

22) Who is the present president of world bank?

- a) Jim Yong Kim  
b) David Malpass  
c) Kristalina Georgieva  
d) Shakti Kant Das

23) Who is the author of the book "The Last Queen" which is based on the life of Rani Jindan Kaur wife of Ranjit Singh and mother of Dilip Singh?

- a) Chitra Banerjee b) Arundhati Roy  
c) Chetan Bhagat d) Kiran Desai

24) Name the person who has become world's highest paid female athlete as per Forbes magazine?

- a) P.V.Sindhu b) Mary Kom  
c) Naomi Osaka d) Serena Williams

25) Which is the first private company to send astronauts into the space?

- a) SpaceX b) Blue Origin  
c) Virgin Galactic d) NASA

## Answers with explanation

1. (a) Mauryan Empire was established in 322 BCE, by Chandragupta Maurya. Megasthenes was a Greek envoy of Seleucus I Nicator in the court of Chandragupta Maurya. Megasthenes visited India at some point between 302 and 288 BCE, during the rule of Chandragupta Maurya.

2.(d) The Great Stupa at Sanchi, India. The Great Stupa was originally built in the 3rd century BCE by the Mauryan emperor Ashoka and is believed to be the house contains ashes of the Buddha.

3.. (b) The Swadeshi Movement, now known as 'Make in India' campaign was officially proclaimed on August 7, 1905 at the Calcutta Town Hall, in Bengal. Boycott movement was also launched along with the Swadeshi movement. The movements included using goods produced in India and boycott of British-made goods.

4.(b) The decennial Census of India has been conducted 15 times, as of 2011. While it has been undertaken every 10 years, beginning in 1872 under British Viceroy Lord Mayo, the first complete census was taken in 1881.

5.(c) Robert Sewell was a civil servant of Madras presidency. He was Keeper of the Record Office of Madras. He authored 'A

Forgotten Empire- Vijayanagar' a contribution to the History of India. It was established in 1336 by the brothers Harihara I and Bukka Raya I of the Sangam Dynasty.

6.(a) There are nine postal zones in India, including eight regional zones and one functional zone (for the Indian Army). PIN stands for Postal Index Number introduced on 15th Aug. 1972 by Shriram Bhikaji Velankar, an additional secretary in the Union Ministry of communications. The first digit of the a PIN indicates the zone, the second indicates the sub-zone, and the third, combined with the two, indicates the sorting district within that zone. The final three digits are assigned to individual post offices within the sorting district.

7.(c) Nitrogen dioxide dissolves in water, creating nitric acid, which forms nitrates. The nitrates fall to the ground in raindrops and seep into the soil in a form that can be absorbed by plants. Lightning does add nitrogen to the soil, as nitrates dissolve in precipitation.

8.(d) Carbon dioxide is an important greenhouse gas that helps to trap heat in our atmosphere. Without it, our planet would be inhospitably cold. Carbon dioxide (CO<sub>2</sub>) controls the temperature of the earth.

9.(b) It is a developing hub port for containers, cars and project cargo on the Eastern Coast of India. Chennai Port previously known as Madras Port, is the second largest container port of India, beside Mumbai's Nhava Sheva. The port is the biggest one in the Bay of Bengal

10.(a) The Narmada, the largest west flowing river of the Peninsula, rises near Amarkantak range of mountains in Madhya Pradesh. It is the fifth largest river in the country and the largest one in Gujarat. It traverses Madhya Pradesh, Maharashtra and Gujarat and meets the Gulf of Cambay.

11. (c) Dinesh Goswami was appointed in 1990 for the electoral reforms in India. It suggested providing state funding in kind to political parties. It also suggested that a candidate should not be allowed to contest election from more than two constituencies.

12. (a) Provisions of the procedure of the amendment of the constitution is taken from South Africa. Amending the Constitution of India is the process of making changes to the nation's fundamental law or supreme law. The procedure of amendment in the constitution of India is laid down in part 20, article 368 of the constitution of India.

13.(b) Narendra Modi led NDA government ended the five years plan laid down by the first prime minister of India Jawaharlal Nehru. The 12th plan was the last of the Five-year plans. The Niti Aayog, which has replaced the Planning Commission, is launching a three – year action plan from 1st April 2017.

14.(c) The International Labour Organization (ILO), based in Geneva, became the first specialized agency of the UN. It was founded in 1919, in response to a destructive war, to pursue a vision based on the premise that universal, lasting peace can be established only if it is based upon decent treatment of the workers.

15.(d) Post the enactment of the Supreme Court (Number of Judges) Bill of 2019 into law the judicial strength has been increased to 34. The sanctioned strength of Supreme Court judges was increased days after the Chief Justice wrote to Prime Minister Narendra Modi to increase the number of judges in the top court.

16.(c) Magnesium is the central element present in the chlorophyll. The central magnesium atom in the chlorophyll is surrounded by a nitrogen-containing structure called a porphyrin ring. A long carbon- hydro-



gen side chain is attached to this ring, known as a phytol chain. It is present in the chloroplasts in all green parts of plants.

17. (b) Phytochromes are a class of photoreceptors in plants, bacteria and fungi used to detect light. They are sensitive to light in the red and far-red region of the visible spectrum and be classed as either Type I, which are activated by far - red light, or Type II that are activated by red light. Phytochromes regulate the germination of seeds, the synthesis of chlorophyll, the elongation of seedlings, the size, shape and number and movement of leaves and timing of flowering in adult plants.

18. (a) Cerebrum is the largest part of the brain. It performs various functions such as receiving sensory inputs, integration before commanding voluntary motor responses, coordinates the activities of other parts of the brain, and to carry out higher thought processes for learning,

intelligence, memory, language and speech.

19.(a) Manganese is required to harden steel during manufacturing. Manganese is used as an alloying element for many different applications. It reduces the critical cooling rate during hardening, meaning it increases the hardening ability which higher than other alloying elements.

20. (d) Hippocrates is considered to be the father of modern medicine because in his books, which are more than 70. He described in a scientific manner, many diseases and their treatment after detailed observation. He lived about 2400 years ago.

21. (b) The Centre has appointed Vivek Joshi, an 1989 batch IAS officer from Haryana cadre, as the new Registrar General and Census Commissioner of India. Registrar General and Census Commissioner of India, founded

in 1961 by Government of India Ministry of Home affairs, for arranging, conducting and analysing the results of the demographic survey of India.

22.(b) David Malpass was elected as 13th president of the World Bank Group by its Board of Executive Directors on 5th April 2019 a five years term. The word Bank is an International financial institution that provides loans and grants to the governments of low and middle income countries for the purpose of pursuing capital projects.

23. (a) Chitra Banerjee Divakaruni is an Indian American author, poet and the Betty and Gene McDavid Professor of writing at the university of Houston Creative writing program. 'The Last Queen' is a historical fiction on Rani Jindan Kaur. Jindan Kaur was the daughter of the royal kennel keeper and went on to be Maharaja Ranjit Singh's last queen. Her son Dilip Singh inherited

the throne at the young age of 6 and she became the queen regent.

24. (c) Naomi Osaka is a Japanese-American professional tennis player. Osaka has been ranked No.1 by the Women's Tennis Association and the first Asian player to hold the top ranking in singles. She is a four time Grand Slam singles champion, and the reigning champion at the US open and the Australian open. Recently Forbes had announced that Naomi Osaka has over taken tennis player Serena Williams as the highest - earning female Athlete of 2020.

25. (a) On 30 May 2020, SpaceX successfully launched two NASA astronauts into orbit on a Crew Dragon spacecraft during Crew Dragon Demo-2, making SpaceX the first private company to send astronauts to the International Space station and marking the first crew launched from the soil of America.





*Colour & Brush Paints on the Canopy of the Sky-*

# CHITRANKAN

## Art & Craft

Under by- Nikhil Bharat Sangeet Kala Samiti, Kolkata

**Drawing & Painting, Art & Craft Training Centre**

**Mobile - 9732664123**

**Class taken- Tadong, 5th mile, 6th mile, Ranipul, Gangtok**

**Sketch**

**Pastel & Water Colour Painting**

**Acrylic & oil colour Painting**

**Emboss Painting**

**Glass Painting**

**&**

**Craft Making**

**Admission Open**

विनम्रता और विवेक मनुष्य का आंतरिक गुण है जो हृदय से संबंधित होती है। जिसके अंदर विनम्रता नहीं होती है, वे अभिमानी और अशिष्ट बन जाते हैं। विनम्रता श्रद्धा और विश्वास से उत्पन्न होती है। दूसरों के प्रति सहयोग और सहायता का भाव हमें विनम्र बनाता है।



“विद्या ददाति विनयं विनयात् याति पात्रताम्।  
पात्रत्वात् धनमाप्नोति, धनात् धर्म ततः सुखम्।।

विद्या से विनय अर्थात् विनम्रता की प्राप्ति होती है, विनम्रता से प्राप्त होती है पात्रता अर्थात् योग्यता और योग्यता से धन की प्राप्ति होती है उस धन से किए गए परोपकारी कार्य से जो आत्मसंतुष्टि मिलती है वही है सच्चा सुख।

बिना विवेक का समुचित प्रयोग किए काम करने पर अपनी ही क्षति होती है। इसलिए कोई भी कार्य करने से पूर्व उसके बारे में अच्छी तरह सोच – विचार करके तब कार्य करना चाहिए। मानव विज्ञान के पंख लगाकर आकाश में उड़ने लगे हैं। फिर भी तृप्त और संतुष्टि नहीं है। चारों ओर जटिलताएँ, अशान्ति, विक्षोभ और संघर्ष दल मंडरा रहे हैं। मानव क्षुब्ध है, परेशान है। विनम्रता सज्जनता की प्रतीक है। जिन्हें किसी से भय होता है वे

औपचारिक विनयशीलता का नाटक करते हैं परंतु उनके भीतर दुर्भावना होती है। विनयशीलता अनौपचारिक होती है। यह व्यक्ति का एक विशेष गुण है। यह गुण कम लोगों में पाया जाता है। एक पुरानी कहानी है कि एक प्यासा व्यक्ति नदी में उतरा।

नदी में पानी उसके घुटने तक ही था। उस व्यक्ति ने झुककर पानी नहीं पिया। वह इस आशा में अकड़ा खड़ा रहा कि नदी का पानी जब होंठों तक आएगा तो वह बिना झुके ही पानी पी लेगा। इस इंतजार में वह प्यासा ही मर जाता है। यदि वह झुककर अंजुरी से जल पी लेता तो प्राणों की रक्षा हो जाती। विनम्रता की भावधारा छलकपट से परे है। जिसके जीवन में विनयशीलता है वह जीवन जीने की स्वस्थ विधा का आग्रही होता है। विनम्रता के विशेष गुण के कारण राम अत्यंत क्रोध के अवतार भृगुकुल परशुराम के क्रोध पर विजय पाने में सफल हुए थे।

कबीरदास जी कहते हैं  
“कबिरा नवै सो आप को, पर को नवै न कोय।

घालि तराजू तौलिये, नवै सो भारी होयत।।

अर्थात्, झुककर किसी को नमन करना, प्रणाम करना दूसरे के लिए कम, अपने लिए अधिक लाभदायी है। जिस प्रकार तराजू का वही पलड़ा

नीचे झुकता है जो भारी होता है। विनम्रता से हमारे भीतर धैर्य धारण करने की क्षमता विकसित होती है एवं अच्छे चरित्र का निर्माण होता है। यह हृदय को कोमल, स्वच्छ, ईमानदार और विशाल बनाती है और सहजता का गुण आता है जिससे दूसरों के हृदय में स्थान बना लेते हैं और उनके साथ निर्मल संबंध बनता है किसी के द्वारा की गई सहायता के लिए धन्यवाद देना, अपनी गलती स्वीकार करना और उसके लिए माफी माँगना या पश्चताप करना, दया करुणा की भावना, अपने से बड़े का आदर और अपने से छोटे के प्रति स्नेह की भावना रखना ही तो विनम्रता है।

अच्छे विचार ही अच्छे आचरण के रूप में प्रकट होकर हमारी आदत बन जाते हैं। अच्छी-अच्छी आदतों से मिलकर ही हमारा चरित्र बनता है। हमारा चरित्र ही हमारा व्यक्तित्व है। वही हमारी पहचान भी है। विनम्रता से व्यक्ति का मुख तेज की तरह चमकता रहता है, और उसकी कांती चारों दिशाओं में फैल जाती है। धूर्तो के मनोबल उस आभा से निस्तेज हो स्वयं परास्त हो जाते हैं। शत्रु स्वयं ही उससे दूर हो जाते हैं, और वह अपने लक्ष्य को भी हासिल करते हैं तथा कामयाबी व सफलता भी प्राप्त करता है।

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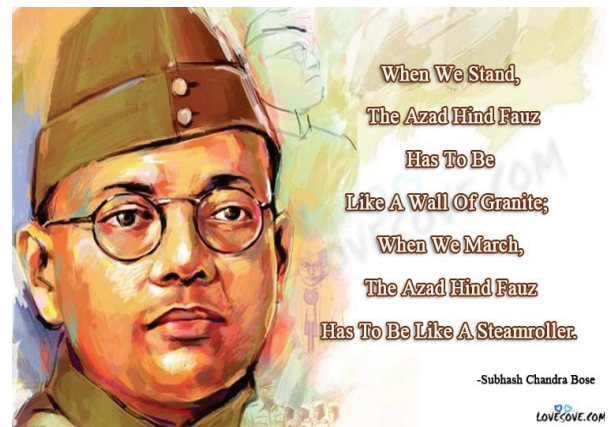
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Dear Readers,

In this edition, we are going to discuss the very core theory of preparation which can improve the basic attitude of Students and young professionals who are preparing for competitive examinations or have started their new innings of life, which ultimately affect their future journey and establishes their success percentage.

Friends, there are several theories all around us which in some way or other impact our life. Out of which we are going to discuss the “Fish Philosophy” here which was initially shared by Mr. John Christensen in 1998 to improve the attitude of students and young professionals.

Mr. John Christensen is an auditor by profession and a development Economist by choice. He is the co-founder and director of the Tax Justice Network International Secretariat, London. This “Fish philosophy” is inspired by a fish market in Seattle, USA called ‘Pikes Place,’ which is known for its fun approaching work. Here the fish sellers cut the fish by tossing it in different ways like they play football and make this selling process a showbiz event. They do their work with a fun approach which attracts the people a lot and they visit this place to buy fish and to watch the show which ultimately increases the sale. Mr. Christensen says, “There is always a choice about the way you do your work, even if there is not a choice about the work itself.” In preparation for a competitive examination also the same condition matters. It is very important to notice the basic attitude of yours during preparation of examination. Most of the students take this situation as tiresome and exhaustive which dominate the mental status and drive them out towards negativity.

The Three central ideas of this Fish Philosophy are –

- (i) **Choose Your Attitude,**
- (ii) **Be There, and**
- (iii) **Play.**

**Choose Your Attitude:** It is said that our attitude is a matter of choice. The fact that half the glass is full of water is a fact, but we can choose whether to describe the glass as ‘half full’ or ‘half empty’. What we choose to focus on will determine how we feel. If all we do is complain about tough syllabus or scoring higher marks, we are creating a negative mindset. If we choose to focus on our wonderful teachers and fellow students and how we enjoy the process of learning in school and college, we are choosing to see the positive in our situation.

**Be There:** If you are truly engaged in your studies, you will not have the mental bandwidth to be concerned about anything else, but the job at hand. You are here to study and to work well irrespective of the outcome. It is hard to put yourselves in the moment, but the more you can get lost in your studies the more fun studies will become. The Bhagwad Geeta also tells you to focus on your ‘karma’ and not on its fruits thereof.

**Play:** Having fun while studying or working is a must. If all that you do is cram for exams and try to faithfully reproduce what you have memorised, then studying will soon become a drag. An ‘all-work and no play’ approach has a human cost. It is not inspiring. Hence, ‘Happiness while studying or working’ is a must.

When we stop complaining and start noticing the good in our lives (Choosing our Attitude), work in the present moment (Being There), and have fun while studying or working (Playing), then we are creating a student life or a working life that makes us happy. We all know that happy students are able to work hard and hardworking students score good marks and are able to clear difficult competitive examinations.

I hope you will be able to apply the principles of ‘Fish Philosophy’ at home, school and college.



“Learn everything that is good from others but bring it in, and in your own way absorb it; do not become others.”  
----- Swami Vivekananda



## PRACTICE SET

**DIRECTIONS (Qs. 1-5) :** Rearrange the following six sentences (A), (B), (C), (D), (E) and (F) in the proper sequence to form a meaningful paragraph; then answer the questions given below them.

(A) Two of the best-performing major economies in 2014 were China and Brazil, with growth estimated at 7.5% and 10.5% respectively.

(B) Despite that limp growth, major US stock market indexes are up between 11% and 20% for the year.

(C) Even knowing where economies are headed sometimes it is of no help to an investor.

(D) It is hard to anticipate the direction of financial markets.

(E) But as of December, stock markets of both nations were in the red for the year.

(F) By contrast, the US economy is likely to have expanded at only about 2.6% for the year.

1. Which of the following would be the SECOND sentence?

(A) A (B) C (C) D (D) E (E) F

2. Which of the following would be the FOURTH sentence?

(A) A (B) B (C) C (D) E (E) F

3. Which of the following would be the FIFTH sentence?

(A) A (B) B (C) C (D) D (E) F

4. Which of the following would be the FIRST sentence?

(A) B (B) C (C) D (D) E (E) F

5. Which of the following would be the SIXTH (LAST) sentence?

(A) A (B) B (C) C (D) D (E) E

**DIRECTIONS (Qs. 6-10) :** Read each sentence to find out whether there is any grammatical error in it or a wrong word has been used. The error, if any, will be in one part of the sentence which has been printed in bold and has been numbered (A), (B), (C) or (D). The number of that part is the answer. If there is no error, the answer is (E) i.e. 'No error'. (Ignore the errors of punctuation, if any.)

6. The convergence of (A)/Indian accounting standards with International Financial Reporting Standards (IFRS) beginning (B)/in April is expecting to (C)/ see power companies struggling with (D)/ significant first-time adoption impact. No error (E)

7. Researchers at (A)/ the Indian Institute of Science (IISc), Bangalore, are mapping (B)/ India's solar hot spots-where round-the-year (C)/ sunlight makes it viable of (D)/ companies to set up solar power plants. No error (E).

8. Though their qualifications span a diverse (A)/ range, there is an equal (B)/ number of graduates and those who have just completed School, each set (C)/ making up (D)/ close to 30% of these households. No error (E)

9. As if (A)/ the most dangerous moment for any dictatorship is when (B)/ it starts to (C)/ reform, North Korea looks ready to turn that truism on its head. (D)/ No error (E)

10. It so happens (A)/ that this happy campy ritual is their way of life (B)/ and one into which (C)/ they don't particularly welcome (D)/ voyeuristic intrusions. No error (E)

**DIRECTIONS (Qs. 11-20):** Read the following passage carefully and answer the questions given below it. Certain words/phrases are printed in bold to help you to locate them while answering some of the questions.

The outside world has pat answers concerning extremely impoverished countries, especially those in Africa. Everything comes back, again and again, to corruption and mis-rule. Western officials argue that Africa simply needs to behave itself better, to allow market forces to operate without interference by corrupt rulers. Yet the critics of African governance have it wrong. Politics simply can't explain Africa's prolonged economic crisis. The claim that Africa's corruption is the basic source of the problem does not withstand serious scrutiny. During the past decade I witnessed how relatively well-governed countries in Africa, such as Ghana, Malawi, Mali and Senegal, failed to prosper, whereas societies in Asia perceived to have extensive corruption, such as Bangladesh, Indonesia and Pakistan, enjoyed rapid economic growth. What is the explanation? Every situation of extreme poverty around the world contains some of its own unique causes, which need to be diagnosed as a doctor would a patient. For example, Africa is burdened with malaria like no other part of the world, simply because it is unlucky in providing the perfect conditions for that disease; high temperatures, plenty of breeding sites and particular species of malaria transmitting mosquitoes that prefer to bite humans rather than cattle. Another myth is that the developed

world already gives plenty of aid to the world's poor. Former U.S. Secretary of the Treasury, Paul O'Neil expressed a common frustration when he remarked about aid for Africa: "We've spent trillions of dollars on these problems and we have damn near nothing to show for it". O'Neil was no foe of foreign aid. Indeed, he wanted to fix the system so that more U.S. aid could be justified. But he was wrong to believe that vast flows of aid to Africa had been squandered. President Bush said in a press conference in April 2004 that as "the greatest power on the face of the earth, we have an obligation to help the spread of freedom. We have an obligation to feed the hungry". Yet how does the U.S. fulfill its obligation? U.S. aid to farmers in poor countries to help them grow more food runs at around \$200 million per year, far less than \$1 per person per year for the hundreds of millions of people living in subsistence farm households. From the world as a whole, the amount of aid per African per year is really very small, just \$30 per sub-Saharan African in 2002. Of that modest amount, almost \$5 was actually for consultants from the donor countries, more than \$3 was for emergency aid, about \$4 went for servicing Africa's debts and \$5 was for debt-relief operations. The rest, about \$12, went to Africa. Since the "money down the drain" argument is heard most frequently in the U.S., it's worth looking at the same calculations for U.S. aid alone. In 2002, the U.S. gave \$3 per sub-Saharan African. Taking out the parts for U.S. consultants and technical cooperation, food and other emergency aid, administrative costs and debt relief, the aid per African came to grand total of 6 cents. The U.S. has promised repeatedly over the decades, as a signatory to global agreements like the Monterrey Consensus of 2002, to give a much larger proportion of its annual output, specifically upto 0.7% of GNP, to official development assistance. The U.S. failure to follow through has no political fallout domestically, of course, because not one in a million U.S. citizens even knows of statements like the Monterrey Consensus. But no one should underestimate the salience that it has around the world. Spin as American might about their nation's generosity, the poor countries are fully aware of what the U.S. is not doing.

11. The passage seems to emphasize that the outside world has
- (A) correct understanding about the reasonable aid provided by the USA to the poor countries
  - (B) definite information about what is happening in under developed countries
  - (C) stopped extending any financial aid to under de-

- veloped countries
- (D) misconceptions about the aid given to the poor nations by developed countries
- (E) None of these

12. According to the Westerners the solution to eradicate poverty of African nations lies in
- (A) corruption
  - (B) improving their own national behaviour
  - (C) mis-rule
  - (D) prolonged economic crisis
  - (E) None of these

13. The author has given the example of Bangladesh, Indonesia and Pakistan in support of his argument that
- (A) corruption is the major culprit in the way of prosperity
  - (B) mis-governance hampers the prosperity of nations
  - (C) despite rampant corruption, nations may prosper
  - (D) developed nations arrogantly neglect under developed countries.
  - (E) None of these

14. The author has mentioned Ghana as a country with
- (A) reasonably good-governance
  - (B) corrupt leadership
  - (C) plenty of natural resources
  - (D) rapid economic growth
  - (E) None of these

15. The cases of malaria in Africa are mainly due to
- A. High temperature. B. Climatic conditions conducive for breeding. C. Malaria carries liking for human blood in preference to that of cattle.
  - (A) None of these (B) Only B and C (C) Only A and C (D) Only A and B (E) All the three

**DIRECTIONS (Qs. 16-18) :** Choose the word/group of words which is most nearly the same in meaning to the word/group of words printed in bold as used in the passage.

16. OBLIGATION
- (A) Lip sympathy      (B) true sympathy
  - (C) self pity          (D) conditional responsibility
  - (E) moral binding
17. SQUANDER
- (A) Use economically      (B) spend wastefully
  - (C) siphon judiciously      (D) donate generously
  - (E) None of these
18. MODEST

- (A) Humble (B) sufficient  
 (C) meager (D) sober  
 (E) unpretentious

**DIRECTIONS (Qs. 19-20) :** Choose the word/group of words which is most opposite in meaning of the word given in bold as used in the passage.

19. MYTH

- (A) Reality (B) mystery  
 (C) misery (D) misconception  
 (E) exaggeration

20. EXTENSIVE

- (A) Intensive (B) abominable  
 (C) inherent (D) rampant  
 (E) negligible

**DIRECTIONS (Qs. 21-30):** In the following passage there are blanks, each of which has been numbered. These numbers are printed below the passage and against each five words are suggested, one of which fit the blank appropriately. Find out the appropriate word in each case. Economic backwardness of a region is (21) by the coexistence of unutilized (22) on the one hand and (23) natural resources on the other. Economic development essentially means a process of (24) change whereby the real per capita income of an economy (25) over a period of time. Then a simple but meaningful question arises; what causes economic development? Or what makes a country developed? This question has absorbed the (26) of scholars of socio-economic changes for decades. Going through the (27) history of developed countries like America, Russia and Japan, man is essentially found as (28) in the process of economic development. Japan, whose economy was (29) damaged from the ravages of the 2nd world War, is the example of our time to (30) kingdom role in economic development.

- 21.(A) Developed (B) Cured  
 (C) Improved (D) Enhanced  
 (E) Characterized
22. (A) Source (B) Finance  
 (C) Funds (D) Manpower  
 (E) Industries

23. (A) Exhaustive (B) Unexploited  
 (C) Abundant (D) Indefinite  
 (E) Unreliable

24. (A) Upward (B) Drastic  
 (C) Negligible (D) Incredible  
 (E) Sudden

25. (A) Diminishes (B) Degenerates  
 (C) Increases (D) Succumbs  
 (E) Stabilizes

26. (A) Plans (B) Attempts  
 (C) Attention (D) Resources  
 (E) Strategy

27. (A) Existing (B) Glorious  
 (C) Ancient (D) Economic  
 (E) Discouraging

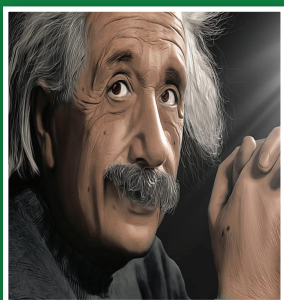
28. (A) Pivotal (B) Neutral  
 (C) Insignificant (D) Enchanted  
 (E) Vicious

29. (A) Increasingly (B) Always  
 (C) Gradually (D) Deliberately  
 (E) Badly

30. (A) Enlighten (B) Validate  
 (C) Negate (D) Underestimate  
 (E) Belittle

**ANSWER**

- |         |         |         |
|---------|---------|---------|
| 1. (B)  | 2. (D)  | 3. (E)  |
| 4. (C)  | 5. (B)  | 6. (A)  |
| 7. (D)  | 8. (D)  | 9. (D)  |
| 10. (C) | 11.(D)  | 12. (B) |
| 13. (C) | 14. (A) | 15. (E) |
| 16.(E)  | 17. (B) | 18. (A) |
| 19. (A) | 20. (E) | 21.(E)  |
| 22. (D) | 23. (B) | 24. (B) |
| 25. (C) | 26.(C)  | 27. (D) |
| 28. (A) | 29. (E) | 30. (B) |



“ Education is what remains after one has forgotten what one has learned in school.”

--- Albert Einstein



## MENTAL BALANCE

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**D**ear children! The synopsis of childhood and adulthood, so aptly termed youth or the spring of life, is full of life, spirit, zest, enthusiasm and vivacity. Many achievements treetop in one's life provided proper guidance is available to the juvenescence. It's the phase of life reconstruction.



Student episode is the golden period of life. A comprehensive effort to learn, to know something and to be something is carried out during this period. Before moving on to the ideal characteristics of a student, let's glance over the balance of mind.

Mind is the epicentre of man's power. Its strength is limitless. If it is possible to make the proper use of this fortitude, then man can progress indefinitely along the desired path. The waves propagated through the mind are so powerful that one can achieve plethora of success and prosperity with this.

The brain is as delicate as it is powerful. To protect it and maintain its physiology, it is very essential to guard it from unrequired heat, anger and excitement. If we want to utilize it efficiently, it is essential to create a balanced environment for it. The brain is subjected to a lot of external and internal variables like severe heat from the sun, as well as by over-hot water and chemicals, excitement and anger, the damage to mind is in direct proportion to these.

Over- excitement pushes one into a state of semi-madness and blurs his imaginations and decision making capacity.

If the actions and activities of a person ridden by anger are carefully observed, it's clearly noticeable that he is on the verge of losing his sanity.

Anger and excitement—have you observed? A face of vexation looks like demon's face and signs of resentment are clearly visible on the eyes, lips, nose etc. An infuriated person

uses abusive language, his body starts perspiring and the temperature rises because of increased blood-circulation; and hands and legs start trembling. On observing, it is found that excitement produces a severe shock to the capacity of routine work. The eyes, ears, nose, tongue, everything work half-heartedly, that too with great effort. There is no taste in the mouth. The ears hear buzzing sounds. Mind becomes so un-attentive that forgetfulness can be seen in day-to-day chores. The body-temperature rises, breathing becomes faster, and heart-beats and blood-circulation become faster. These symptoms collectively destroy the life-force to a large extent.

**Blood-pressure-** Blood pressure is of two types, high and low BP, known as hypertension and hypotension; and any change in blood-pressure affect the body adversely.

Increased blood-pressure can be linked to anger and low blood-pressure to a depressed state. Feelings and actions full of malice, contempt, aggression, destruction and cruelty come within the ambit of anger whereas feelings and actions of despair, worry, sorrow, fear and shyness come within the sphere of sadness. They can be compared to high and low tides, capable of

creating instability and disorganization. Everyone knows how difficult it is to swim in a sea full of high waves.

Managing stress is crucial for maintaining a healthy lifestyle. Failure to do so can result in negative consequences, both physically and emotionally. By following the 6 simple steps below, you can be on the right path when it comes to keeping stress at bay and achieving the goals one defines for them. Studying without stress can be fun in unexpected, pleasing ways.

While learning new things is exciting at times, studying with pressure of getting maximum marks can be taxing. Studying is also very time consuming; and at times, it can be hard to balance it with your other commitments. However, here are few points you can do to manage stress, creating a dexterous environment.

Stress is ubiquitous and a natural occurrence—it happens to all of us. There are two types of stress. One is 'eustress', also known as 'beneficial stress', which can serve as motivation to continue working. The other is 'distress' and this is the negative kind of stress. We should worry about distress and try to keep it an arm's length, as it can affect you emotionally, physically, and may also negatively impact your academic performance.

1. **Work in short bursts:** It is hard for the human brain to concentrate on the same thing for long periods of time, so focusing for 45 minutes at a time and taking a 15-minute break in between is the best way to approach an intensive study session. But make sure you use those 15 minutes

wisely to give your mind and body an actual rest. Try grabbing some snacks or a cup of tea, going out for a short stroll to get your eyes off the screen and books, or even stretching to refresh the body and mind.

2. Exercise and eat well: When we study, we often do it sitting down. The problem with this is, being in the same position all day is not good for your body. It gets stagnant and monotonous; this is where exercise comes into play, keeping your stress levels low and your concentration levels high. Exercise will boost blood flow to the brain, and this will make you feel more focused. In addition, a balanced meal is also important because studying while hungry or eating unhealthy or low-calorie foods will affect your ability to concentrate. Eat foods that are digested slowly, such as whole grains, fresh vegetables and lean proteins. Likewise, think ahead and prepare nutritious meals in advance when you have to pursue long study spells.

3. Create a study plan: Having

a visual study plan which will help remind you of what you need to study and what you have already studied, keeping you in schedule. Your study plan should also take into consideration other daily activities you have, like exercise, work, social gatherings etc. Contrary to what people believe, being successful at studying doesn't mean neglecting all other aspects of your life, it just means you have to be more organized and prioritize the needs.

4. Avoid distraction: Although it might seem impossible in this age of social media, you should consider taking a break from Facebook and Instagram and other platforms when you're trying to excel in your studies.

5. Get enough rest: Relaxation is important when you're trying to focus and succeed in your studies, especially before bed. It's at night when your brain activity slows down and all the information you learnt during the day is processed—so a good sleep is as crucial as studying religiously. You should aim to

sleep at least eight hours every night. Try breathing exercises to calm down your pace, before going to bed to help you sleep better.

6. Ask for help if you need to: Make sure you get help if you need to, by talking to your classmates and teachers or the people in charge of your studies. You can even organise online study groups if you need extra support.

Though ages old, these words and attributes still hold very strongly in a student's life to guide them to excellence-

काकचेश्टा, बकोध्यानं, स्वाननिद्रातथैवच

स्वल्पहारी, गृहत्यागीविद्यार्थीपंचलक्षणं ।

Kaak cheshta bako dhyanam.

Swan nindra tathaiwa cha

Swalpahari, grihtyaagi,

Vidyarthi panch lakshnam.

### **Kaag Chesta (Perseverance of a Crow):**

Our efforts should be as that of a crow. Having seen an eatable lying on land, a crow hurriedly reaches there even flying high in the sky and achieves its target. Likewise, a stu-



dent should also have a strong desire to gain knowledge and proceed ahead to achieve his target. You are what you do repeatedly.

### **Bako Dhyanam (Concentration of a heron):**

A heron very attentively stands on one



leg on the banks of a pond or river. Immediately on seeing an approaching fish, it captures it and again rolls back to its earlier posture. Students should also be attentive in their studies and proceed consistently on the path of progress while gaining the knowledge of their subject. Crystal clear focus on

the work like a heron.

### **Shwan Nindra (Light Sleeper like a Dog):**

As a sleeping dog awakens even with hissing of sound near it, like that a student should always remain alert



and conscious to achieve the goal of life. He should have a sincere but alert sleep.

Take alert naps similar to that of a dog. Preferably take a 10–20mins



nap, 6hrs after you wake up (after lunch).

### Alp-ahari (Eat light or low on diet):

Student life is the window of learning and enduring. A studious student always takes plain, sanctimonious and low quantity of food. A student who takes Tamsik, Rajsik food in excess quantity, the major portion of his life-force is



consumed in food digestion, sleep, sluggishness and fighting the ailments of body and mind. Adhering to law of nature is very much necessary for the delight of student life. The student who frequently falls ill keeps on lagging in his subjects due to inconsistency. So, he should always remain in good shape adhering to the laws of a healthy life.

### Grahtyagi (Home relinquish) :

An ideal student readily agrees to relinquish the hoe for the sake of studies. Gaining knowledge is a sort of disciplining the self and not a time to pass in revelry. Abdication of pleasures is necessary a student can live a profligate lifestyle and a student enjoying he means of life



cannot gain knowledge. Student life is disciplining the life. This is not advisable for students to wish for means of merriment. This age is the time to practice to live in insufficiency and without means of luxury so that in case of problems, there should be sufficient temperament left to bear them.





Namashkar !

As we all have been facing the adverse impact of Covid 19 pandemic in every aspect. School, Colleges and Universities are conducting their classes and somewhere even examinations online. Every institution is trying their best to discharge their duties. On the other side of coin, now students are getting much more time than as normal days.



With this article I would like to draw everyone's attention towards an online learning platform SWAYAM (Study Webs of Active-Learning for Young Aspiring Minds) which is a Programme initiated by Government of India and designed to achieve the three cardinal principles of Education Policy viz., access, equity and quality. In order to ensure that best quality content is produced and delivered, nine National Coordinators have been appointed. They are:

1. AICTE (All India Council for Technical Education) for self-paced and international courses
2. NPTEL (National Programme on Technology Enhanced Learning) for Engineering
3. UGC (University Grants Commission) for non-technical post-graduation education
4. CEC (Consortium for Educational Communication) for under-graduate education
5. NCERT (National Council of Educational Research and Training) for school education
6. NIOS (National Institute of Open Schooling) for school education
7. IGNOU (Indira Gandhi National Open University) for out-of-school students
8. IIMB (Indian Institute of Management, Bangalore) for management studies
9. NITTR (National Institute of Technical Teachers Training and Research) for Teacher Training Programme.

There are huge numbers of courses under different discipline. You can enroll in any course free of cost. You can attend classes and webinars and submit your internal assessment as well. But if you need certificate, they you have to fill the form for proctored examination which is conducted on online mode at different examination centers. Most of the national coordinators use to refund the examination form application money of the candidate, which is normally Rs.1,000, if candidates pass the examination and gets the certificate too. Passing criteria of different courses are different. Some follow internal and proctored examination weightage 30:70 and some follow 35:65. Even class 10 pass students can enroll for the courses preferably sponsored by NCERT, IGNOU and NIOS.

Candidates who are preparing for government job examination especially civil services they can choose subject specific courses. The course coordinators are usually from IIT, IIM, NCERT, IGNOU, NLU, NITTR, Central and State University etc such type of highly recommended educational institution. Some courses are credits based some are non-credit based. Courses are of 4 week, 6week, 8week, 12 week and 14 week duration. Assignments are to be submitted online on weekly basis. You need one email id to enroll in SWAYAM Portal.

The course are from different background like Research, Management, Art and Humanities, School, Law, Maths and Science, Engineering and Technology etc. Even though I am a commerce student I did 8 courses from SWAYAM under different discipline.

This is my suggestion to everyone who is reading this article if you have not enrolled in any course on SWAYAM portal yet, please go through it. It's very informative, flexible and interesting. Course's registration is done normally two times in a year.

Thank you for your kind attention on my article.  
Wish you Super Best of Luck.  
Be Healthy and Happy.





**JANUARY TO MAY CURRENT AFFAIR**

स्थापना:- 19 मार्च 1983

मुख्यालय :- कोलम्बो (श्री लंका)

प्रश्न 1. सुंदरवन के शहर को GI टैग प्रदान किया गया है, यह सुंदरवन किस राज्य में स्थित है ?

उत्तर- पश्चिम बंगाल

नोट:- GI = Geographical indication

भौगोलिक चिन्ह या संकेत टैग किसी उत्पाद के लिए एक प्रतिक चिन्ह होता है। यह उत्पाद की विशिष्ट भौगोलिक उत्पत्ति, विशेष गुणवक्ता और पहचान के आधार पर दिया जाता है।



प्रश्न 2. भारतीय जीवन बीमा निगम (LIC) के नए प्रबन्ध निर्देशक (MD) कौन बने हैं ?

उत्तर- सिद्धार्थ मोहंती

नोट:- Life Insurance corporation of India इसकी स्थापना 1<sup>st</sup> sep 1956 में हुई थी।

मुख्यालय:- मुंबई

प्रश्न 3. 26 जनवरी 2021 को Republic Day Parade में फाइटर प्लेन उड़ाने वाली पहली महिला फाइटर कौन बनी ?

उत्तर- भावना कंट

नोट:- भावना कंट बिहार के दरभंगा की निवासी है। यह गणतंत्र दिवस परेड में शामिल होने वाली पहली महिला फाइटर पायलट बनेंगी।

प्रश्न 4. भारत सरकार ने 23 जनवरी को नेताजी सुभाष चंद्र बोस की जयंती को किस दिवस के रूप में मनाने की घोषणा की है ?

उत्तर- पराक्रम दिवस

नोट:- संस्कृति मंत्रालय ने नेताजी सुभाष चंद्र बोस की जयंती , 23 जनवरी को प्रतिवर्ष पराक्रम दिवस के रूप में मनाने की घोषणा की है।

प्रश्न 5. Bloomberg Billionaire Index 2021 में विश्व में सबसे अमीर व्यक्तियों की सूची में मुकेश अंबानी कौन से स्थान पर रहे हैं ?

उत्तर- 12वें स्थान

नोट:- इस लिस्ट में विश्व के टॉप 3 व्यक्ति के नाम हैं:-

जेफ बेजोस

एलन मस्क

बिल गेट्स

प्रश्न 6. पुर्तगाल में भारत के नए राजदूत कौन नियुक्त हुए हैं ?

उत्तर- मनीष चौहान

नोट:- पुर्तगाल यूरोप महाद्वीप में स्थित है।

राजधानी:- लिस्बन

प्रश्न 7. एशियन क्रिकेट काउंसिल (ACC) के नए अध्यक्ष कौन बनें हैं ?

उत्तर- जय शाह

नोट:- ACC :- Asian Cricket Council

प्रश्न 8. किस राज्य की सरकार ने ' भोग योजना ' को शुरू किया है ?

उत्तर- उत्तर प्रदेश

नोट:- उत्तर प्रदेश की सरकार ने धार्मिक जगहों पर बटने वाले प्रसाद की स्वच्छता के साथ पौष्टिकता सुनिश्चित करने के लिए भोग योजना शुरू किया है।

प्रश्न 9. भारत के इतिहास में पहली बार पेपर लैस बजट किसके द्वारा संसद में पेश किया गया है ?

उत्तर- निर्मला सीतारमण

नोट:- भारत के इतिहास में Paperless यानी कागज रहित पेश होने वाला यह पहला बजट है।

प्रश्न 10. अंतरराष्ट्रीय मानव बंधुत्व दिवस कब मनाया गया है ?

उत्तर- 4 फरवरी

नोट:- इस दिवस को मनाने का उद्देश्य विभिन्न संस्कृतियों और धर्मों के बीच सहिष्णुता को बढ़ावा देना।

प्रश्न 11. RBI ने रेपो रेट (Repo Rate) को कितने प्रतिशत पर बरकरार रखा है ?

उत्तर- 4 %

नोट:- RBI देश के सभी बैंक को रेगुलेट करता है।

इसकी स्थापना 1 April 1935 को हुई थी।

मुख्यालय:- मुंबई (महाराष्ट्र)

प्रश्न 12. देश का पहला आंधी - तुफान अनुसंधान परीक्षण केंद्र (Thunderstorm Research Testbed) किस राज्य में बनाया जाएगा ?

उत्तर- उड़ीसा

नोट:- उड़ीसा के बालासोर में यह अनुसंधान केंद्र स्थापित किया जाएगा।

प्रश्न 13. पहला केन्द्रशासित राज्य कौन सा है जहाँ सभी सरकारी विभागों में इलेक्ट्रिक वाहनों का उपयोग किया जाएगा ?

उत्तर- दिल्ली

नोट:- दिल्ली सरकार के सभी विभाग अब सिर्फ इलेक्ट्रिक वाहनों का इस्तेमाल करेंगे।

प्रश्न 14. (World Wildlife Day) विश्व वन्यजीव दिवस कब मनाया जाता है ?

उत्तर- 3 मार्च

नोट:- विश्व वन्यजीव दिवस उन लाभों के बारे में जागरूकता बढ़ाता है जो जंगली जीवों और वनस्पतियों के संरक्षण से पृथ्वी पर रहने वाले लोगों को प्रदान करते हैं।

प्रश्न 15. भारतीय सेना ने अपना पहला कम्प्यूनिटी रेडियो स्टेशन , रेडियो चिनार कहाँ शुरू किया है ?

उत्तर- सोपोर में

नोट:- यह पहल जम्मू कश्मिर के सोपोर में शुरू किया गया है , इसका उद्देश्य स्थानीय युवाओं को प्रत्यक्ष रूप से जोड़ना है।

प्रश्न 16. आर्थिक स्वतंत्रता सूचकांक 2021 में कौन सा देश शीर्ष पर रहा है ?

उत्तर- सिंगापुर

नोट:- आर्थिक सूचकांक दुनिया के देशों के बीच आर्थिक स्वतंत्रता को मापता है।

प्रश्न 17. ' गुड़ महोत्सव 2021 ' किस राज्य में मनाया गया है ?

उत्तर- उत्तर प्रदेश

नोट:- इस महोत्सव का उद्देश्य गुड़ के महत्व के बारे में लोगों को जागरूक करना और गुड़ उत्पादकता को बढ़ावा देना।

प्रश्न 18. Swiss Open 2021 में महिला एकल का खिताब किसने जीता है ?

उत्तर- कैरोलिन माटिन

नोट:- कैरोलिन माटिन ने फाइनल में भारतीय शटलर P.V.Sindu को हटाकर यह खिताब जीता है।

प्रश्न 19. 51वें दादा साहेब फाल्के पुरस्कार से किस अभिनेता को सम्मानित किया जाएगा ?

उत्तर- रजनीकांत

नोट:- दादा साहेब भारतीय सिनेमा में बेहतर प्रदर्शन के लिए दिया जाता है।

इसकी स्थापना 1969 से हुई है।

प्रश्न 20. भारत के नए मुख्य चुनाव आयुक्त कौन बने हैं ?

उत्तर- सुशील चन्द्रा

नोट:- सुशील चन्द्रा भारत के 24वें मुख्य चुनाव आयुक्त बनेंगे।

प्रश्न 21. अप्रैल 2021 में Forbe द्वारा जारी वर्ल्ड बिलिनियर्स लिस्ट में शीर्ष पर कौन रहे हैं ?

उत्तर- जेफ बेजोस

नोट:- Amazon कंपनी के मालिक जेफ बेजोस लगातार चौथे साल दुनिया के सबसे अमीर व्यक्ति बने हैं।

प्रश्न 22. Smartphone निर्माण कंपनी VIVO के नए ब्रांड एम्बेसडर कौन बने हैं ?

उत्तर- विराट कोहली

प्रश्न 23. आयुर्वेद पर्व 2021 का आयोजन किस राज्य ने किया गया है ?

उत्तर- उड़ीसा

नोट:- आयुष मंत्रालय ने भुवनेश्वर में इस वर्ष का आयोजन

किया है।

प्रश्न 24. किस देश ने जानवरों के लिए दुनिया की पहली कोविड – 19 “Carnivac – COV” को पंजीकृत की है?

उत्तर- रूस

नोट:- Carnivac – COV जानवरों को कोरोना से बचाएगी।

प्रश्न 25. असम के नए मुख्यमंत्री कौन बने हैं ?

उत्तर- हेमंत बिस्वा शर्मा

नोट:- BJP के हेमंत बिस्वा शर्मा सर्वानंद सोनोवाल की जगह लेंगे।

प्रश्न 26. Mount Everest पर 25 बार चढ़ने वाले दुनिया के पहले पर्वतारोही कौन बने हैं ?

उत्तर- कामी रीता शेरपा

नोट:- 51 वर्षीय कामी रीता शेरपा नेपाल के नागरिक है।

प्रश्न 27. किस देश में दुनिया का सबसे लंबा पैदल यात्री पुल खोला गया है ?

उत्तर- पुर्तगाल

नोट:- यह पुल 516 Meter लम्बा है , जो 175 Meter की ऊँचाई पर बना है।

प्रश्न 28. बिहार के नए मुख्य सचिव (Chief Secretary) किसे बनाया गया है ?

उत्तर- त्रिपुरारी शरण

नोट:- अरुण कुमार के कोरोना से निधन के बाद त्रिपुरारी शरण को नया मुख्य सचिव बनाया गया है।

प्रश्न 29. RBI के नए डिप्टी गवर्नर कौन बने हैं ?

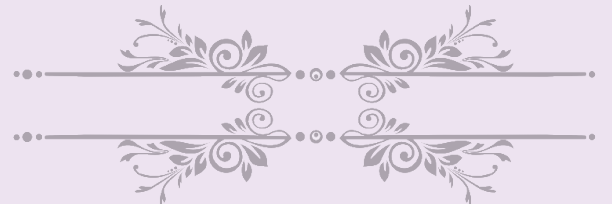
उत्तर- T.Ravi Shankar टी. रवी शंकर

नोट:- T. Ravi Shankar को RBI के चौथे डिप्टी गवर्नर के रूप में नियुक्त किया गया है।

प्रश्न 30. वैज्ञानिकों ने हाल ही में यूरेनियम का सबसे हल्का रूप कौन – सा बनाया है ?

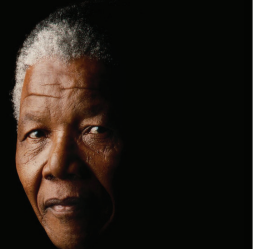
उत्तर- यूरेनियम 214

नोट:- यूरेनियम का इस्तेमाल नाभिकीय विखण्डन प्रक्रिया और एटम बम बनाने में किया जाता है।



“Education is the most powerful weapon which you can use to Change the World.”

----- Nelson Mandela



## DO YOU KNOW

Do you know why we are born ?

Do you know why we belonged to a civilization ?

Do you know the system of our world ?

Do you know the emotions and feelings of Sentient beings ?

Do you know the struggles and experiences one's faces in one's lifetime ?

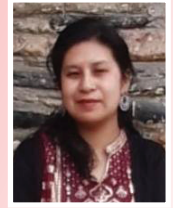
Do you know why our Hope's gets tainted, our dreams , patience gets crushed ?

Do you know why another Sentient beings becomes diabolic?

Do you know Greed , Anger , Jealously , pride exist ?

Do you know all Sentient beings are complicated ?

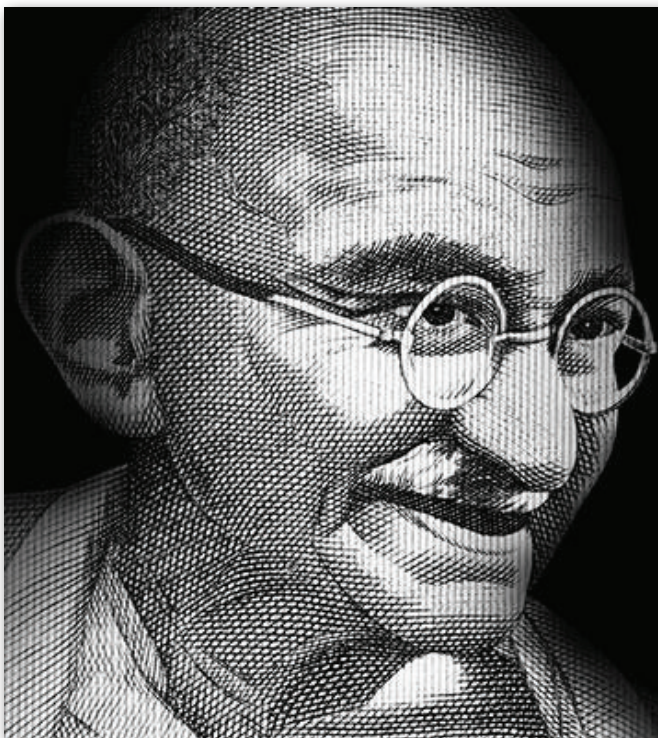
Yes or No ??



*Minsang Tamang*

*B.ED Trainee*

*Harkamayacolgeof education*



**The future  
depends on  
what you do today.**

**Mahatma Gandhi**





# Chemical bonding

Santosh Kumar Roy (M.sc & M.Ed)

Assistant teacher

Utkramit High school Saroja bela, Marauna Supaul.

We know that an atom tends to attain stability by acquiring the electronic configuration of its nearest noble gas. This can be achieved in any one of the following manners during chemical combination

- (1) By the transfer of electrons from one atom to another
- (2) By the sharing of valence electrons between the two combining atoms

“The attractive force which holds together two atoms two molecules two ions or a combination of these is known as a chemical bond”

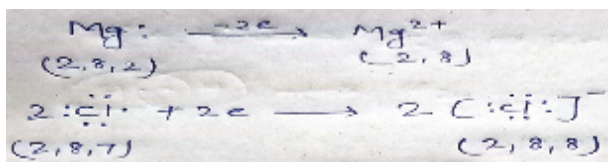
The chemical force that binds atoms together in a molecule is called a chemical bond

The two models of attaining the electronic configuration of the nearest noble gas give rise to two types of bonds

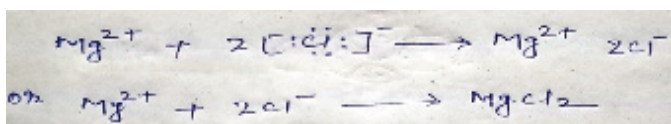
## (1) The electrovalent bond and (2) covalent bond

1. The electrovalent bond or ionic bond:- The chemical bond formed between two atoms by the transfer of one or more valence electrons from one atom to the other is known as an electrovalent or ionic bond. It is also called a polar bond

**Ex-(1)** Combination of magnesium (Mg) and chlorine (Cl) atoms to form magnesium chloride ( $MgCl_2$ ) – the atomic number of magnesium is 12. So its electronic configuration is 2, 8, 2. It has 2 electrons in its outer most shell. Thus the Mg atom transfers its two valence electrons to two Cl atoms and changes into a stable magnesium ion ( $Mg^{2+}$ ) with a stable octet of electrons in its outermost shell.



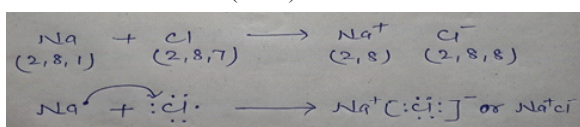
The positively charged magnesium ion ( $Mg^{2+}$ ) and negatively charged chloride ions ( $Cl^-$ ) are now held together



by the electrostatic force of attraction.

It should be noted that two chlorine atoms are needed to take up the two electrons coming from a single magnesium atom.

**Ex- (2)** combination of sodium (Na) and chlorine (Cl) atoms to form sodium chloride (NaCl)-



The force that holds  $Na^+$  and  $Cl^-$  ions together is called an electrovalent bond. As this bond exists between ions it is also called an ionic bond. An electrovalent bond is polar, i.e., the positive and negative charges are separated. Compounds containing such bonds are called electrovalent, or ionic, or polar

compounds.

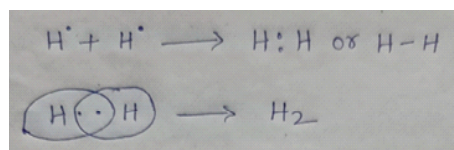
**Covalent Bond** :- The chemical bond formed when two atoms share electrons between them is known as a covalent bond.

These are three types of covalent bonds.

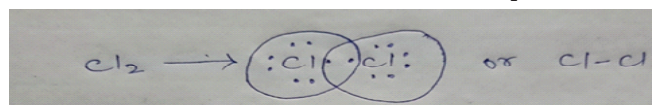
- (1) single covalent bond
- (2) double covalent bond
- (3) triple covalent bond

**Single covalent bond** :- A single covalent bond is formed when one pair of electrons is shared between two atoms.

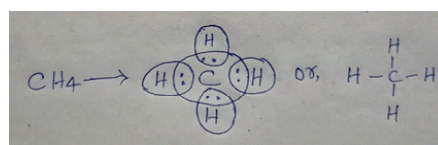
**Ex.(1)** formation of a Hydrogen molecule ( $H_2$ )



**Ex.(2)** formation of a chlorine molecule ( $Cl_2$ )

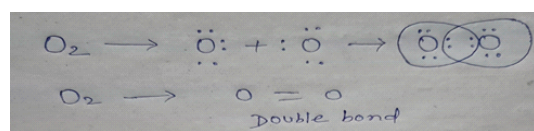


**Ex. (3)** formation of a methane ( $CH_4$ )

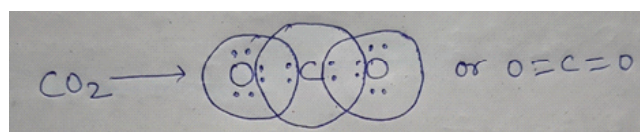


**Double covalent bond** :- A double covalent bond is formed when two pairs of electrons are shared between the two combining atoms.

**Ex. (1)** formation of an oxygen ( $O_2$ )

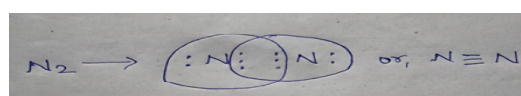


**Ex. (2)** formation of a Carbon dioxide ( $CO_2$ )

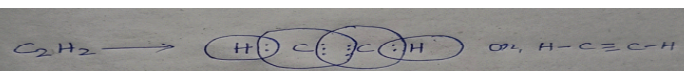


**Triple covalent bond** :- A triple covalent bond is formed when three pairs of electrons (six electrons) are shared between the two combining atoms.

**Ex. (1)** formation of a Nitrogen ( $N_2$ )



**Ex. (2)** formation of an acetylene ( $C_2H_2$ )



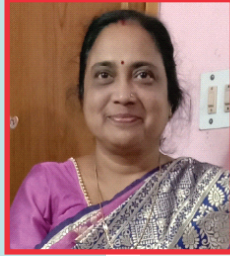
## Importance of Yoga in our Daily Life

Dr. Sanjukta Padhi

Assistant Professor, School of Psychology, Gangadhar Meher University,  
Sambalpur, Odisha

*“Yoga is the journey of the Self, to the Self, through the Self.” The Bhagavad Gita*

It is said that Yoga was introduced in the year 300 by an Indian Hindu named ‘Patanjali’ the description of yoga is the harmony of mind, body, and spirit. The principle of Yoga is to strengthen the body, increase the concentration, stretch the muscles, relax, and most significantly, have the knowledge of upper consciousness.



Yoga may be a physical and psychological state system practices for thousands of years, originally in India, its place of origin and now increasingly throughout the world. One of the features of its popularity is that the incontrovertible fact that even doctors are advising patients on the price of yoga and it's being intensively studied by scientists. In a nutshell, yoga calms and relaxes both mind and body and uplifts the spirit. It is an exceptional discipline for getting well and keeping healthy. The importance of yoga in our life was brought to the interest of Western countries, such as the United States after it attained popularity thanks to the very fact that of the various advertised benefits.

Yoga is not a religion. It is a way of life. It promotes a healthy body and healthy mind. It is a kind of physical, mental and spiritual exercise which promotes a balance in body, mind and spirit. It helps for inner peace. It helps in controlling our

body, mind and soul. If we regularly practice Yoga definitely it will bring harmony in our physical and mental state. Regular practice of Yoga can help reduce, relieve stress, improve immunity and maintain a healthier life style. “Yoga guarantees wellness as well as fitness. Yoga isn't merely an exercise but how to achieve peace through physical, mental and spiritual wellbeing.” “Peace and harmony are associated with Yoga. People across the world must practice it. Yoga benefits are healing as well as precautionary. Regular yoga exercise makes the body strong both from inside and out of doors. As the body is fully harmony, the speed of getting any disease is reduced. Morning and evening practices can effect in great benefit to the mind and body. Practicing the exercises within the morning can increase a balanced body and mind throughout the day and improves liveliness. An even session helps stimulate restful and calm sleep.

Considering the importance of Yoga in our life we celebrate International Yoga Day every year on 21st June since 2015. On 21 June, 2015, first time International Yoga Day was celebrated with the theme “Yoga for Harmony and Peace”.

It is rightly said that if we would like to take care of a balance between oneself and environment then yoga is important

for each human. We can't deny the very fact that since past in India yoga is being practiced. The ‘yoga’ word springs from the Sanskrit which suggests ‘to join or to unite’. Exercises of yoga have a physical effect and also bring a balance between body, soul and mind. Several years ago, sages analyzed nature and cosmos through meditation.

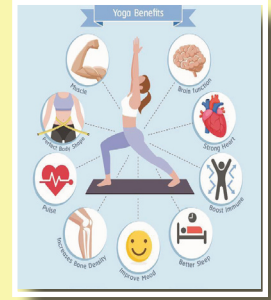
Yoga are often practiced in any age it's suitable for people of all ages and requires no ‘stunt’ skills. It should be included in our daily life. Path of self-knowledge and self-realization can be attained via positive thinking, perseverance, discipline, right orientation, prayer as well as humble and kindness.

The importance of life is that the health of our body. If health is not good then we will not be able to achieve our goals or will not remain happy. It is rightly said that “Health is not everything, but without health everything is nothing’. Yoga at the physical level comprises several postures or asanas to stay the body healthy. The mental techniques in Yoga include breathing exercises or pranayama and meditation to discipline the mind.

According to the Bhagavad Gita “A person is claimed to possess achieved yoga, the union with the Self, when the superbly disciplined mind gets freedom from all desires, and becomes absorbed in the Self alone.”

## Benefits of Yoga

- \* Yoga promotes self-healing.
- \* Removes toxins from the body and negative blocks from the mind.
- \* Yoga increases self-awareness.
- \* Increases personal power.
- \* Boost immunity.
- \* Increases concentration and focus.
- \* Yoga helps in reducing stress level and tension within the human body.
- \* It helps within the attainment of perfect equilibrium and harmony.
- \* It helps in weight loss.
- \* It increases flexibility and muscle strength.
- \* It improves the function of the brain.
- \* Lowers the blood pressure.
- \* Improves lung capacity.
- \* Improves a sense of balance.
- \* Make bones stronger.
- \* Lowers the risk of heart diseases.
- \* Maintain a healthy weight.
- \* It also helps in fighting with depression.
- \* Stimulation of organs.
- \* Also, help in the improvement in gastrointestinal health.
- \* Increases Metabolism.
- \* Improves sleep.
- \* It also helps in building self-control.
- \* Yoga helps for inner peace.
- \* Yoga increases energy in the body.



Yoga helps in developing the body and mind but yes it's not a substitute for medicine. Also, with any kind of exercise or yoga, it's also necessary to take care of a correct diet or we will say that the food we eat is additionally responsible for good health. The food that we eat poses an impression on both our body also as our psyche that's our habits and qualities. A well-balanced diet is necessary to take.

In such a busy life filled with responsibilities, long working and busy schedules, we mostly forget to be happy. Sometimes to take care of a balance between work life and private life also becomes difficult and indirectly affects health and life. It is necessary to spare a while for exercise, yoga, etc. So, it is important to include yoga in daily life as it helps in controlling a person's body, mind and soul. And together it brings the physical and mental discipline which is best for the body and mind.

At the top Yoga makes us understand about the life, meaning of existence, it's relative in method but absolute within the objective. Yoga poses a positive impact on life and also

has numerous physical and mental benefits.

### Develops our physical health

The basic importance of life is the health of our body. It is commonly said that 'Health isn't everything, but without health everything is nothing'. In order to persevere in healthiness, there are physical exercises, relaxation, breathing exercises etc.

With the system "Yoga in lifestyle," the Asanas and Pranayama's are equally divided into an eight-level system that sometimes begins with "Sarva Hita Asanas". There are other nearly seven parts that follow this first level and progress through the practice of Asanas and Pranayama's. Some programs have been set up from the basic exercises such as: "Yoga for Back Pain", "Yoga for Joints", "Yoga for seniors", "Yoga for Managers" and "Yoga for Children". In order to take care of healthiness, other exercises within the system "Yoga in Daily Life" are the techniques for purification of yoga. These also involve Deep Relaxation, Concentration Exercises as well as Mudras and Bandhas (special Yoga techniques).



Despite all of this, the food we eat is additionally liable for our healthiness. The food we consume has influences both on our body also as our psyche – our habits and qualities. In brief, the food we eat has an impact on our whole being. Food is the main source of our physical energy and exuberance. A well-balanced diet includes grains, vegetables, pulses, fruit, nuts, milk and milk products, also as honey, sprouts, salads, seeds, herbs and spices – either raw or freshly cooked. Foods that are to be avoided are old, reheated or denatured foods, meat and eggs. It is also best to avoid alcohol, nicotine and medicines as these destroy our health.

### Develops our mental health

Yoga helps in increasing our body awareness, helps in relieving stress, helps in reducing muscle tension, strain also as inflammation, helps in building attention and concentration, calms our systema nervosum. Such important benefits of yoga in our mental health have made it a more important tool to be practiced every day.

### Develops our social health

Social health is that the capacity to be happy within oneself and to be ready to make others happy. It means to worry also as communicate with people within the society, to take a position responsibilities within a society and also to figure for the community. Social health is additionally the power to relax and knowledge life altogether its beauty.

A major problem found commonly is white plague which may be a clear sign of social illness. The system of “Yoga in Daily Life” can help in overcoming this illness and gives people a new, positive aim and purpose in life. Keeping good company features a great influence on our psyche; intrinsically companionships help us to make our personality and character. A positive company is of great importance within the spiritual development of a private.

Living under the system of “Yoga in Daily Life” means to figure for ourselves and for the advantage of others. To do precious and constructive work for our community, to preserve nature and therefore the environment and work for maintaining peace within the world. To practice, Yoga means to move within the most positive vibe and to figure for the welfare of all of mankind. Develops our spiritual health:

### Develops our spiritual health

The main principle of leading a good spiritual life and the highest etiquette of mankind is: AHIMSA – PARAMO DHARMA (derived from the teachings of Gautama Buddha).

sources-Internet and Wikipedia

*“Yoga adds years to your life and life to your years”*



Har din, niranter roop se yoga karne se jo laabh aapke tann, mann aur jevan ko milega uski Kalpana bhi asambhav hai....  
Pran lein ki aaj se har din hum sab aapna din yoga se shuru karenge....

happy international yoga day.

In today's fast-changing time, Yoga binds together a person's body, brain and soul, hence making one experience a feeling of peace

Narendra Modi  
Prime Minister of India

“Yoga is not just doing some exercise, it is much more. It is to expand your awareness, sharpen your intellect and enhance your intuitive ability.”

Sri Sri Ravi Shankar

Yoga is like music, The rhythm of the body, The melody of the mind and Harmony of the soul that creates the symphony of life.

Have a good and healthy  
**WORLD YOGA DAY**

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## निःस्वार्थ कर्म

निःस्वार्थ का अर्थ होता है बिना अपने स्वार्थ (हित) को सोचे सेवा करना । आजकल निःस्वार्थ सेवा करने वालों की संख्या कम होती जा रही है। लोग पैसा के लिए आपदा में भी अक्सर तलाशने लगे हैं। इससे कई बार मानवता भी शर्मसार हो जाते हैं अतः हमें निःस्वार्थ भाव से सेवा करनी चाहिये।

इसी प्रसंग में एक कहानी प्रस्तुत हैं।

एक समय की बात है , एक राजा अपने प्रजा की बहुत अच्छे से देखभाल करता था। एक दिन राजा ने अपने प्रजा से परीक्षा लेने के बारे में सोचा। उसने एक बड़ा पत्थर सड़क के बीचोंबीच रख दिया और एक पेड़ के पीछे जाकर छुप गया , ये देखने के लिए की कोई उस पत्थर को रास्ते से हटाता है या नहीं ।

राज्य के बड़े-बड़े व्यापारी , मंत्री , अधिकारी आदि । वहाँ से गुजरे पर अनदेखा करके बगल से निकल गए। कुछ लोग राजा का निंदा की कि वह सड़क को साफ नहीं करवाते। परन्तु किसी ने भी उस पत्थर को रास्ते से नहीं हटाया।

कुछ देर बाद एक गरीब किसान सिर पर सब्जी की टोकरी लिए उस रास्ते से गुजर रहा था। पत्थर को देखकर उसने टोकरी नीचे रखी और पत्थर को हटाने के लिए पूरा दम लगा दिया। काफी मेहनत के बाद वह पत्थर हटाने में

सफल रहा।

जब किसान अपनी सब्जी की टोकरी को उठाने के लिए वापस आया तो उसे पत्थर की जगह पर थैली पड़ा हुआ मिला जिसमें सोने के कुछ सिक्के थे और राजा की तरफ से एक पत्र । उस पत्र में लिखा था कि जो व्यक्ति सड़क से पत्थर हटायेगा, वही इस सोने के सिक्कों को इनाम के रूप में स्वीकार करेगा।

इस कहानी से यह शिक्षा मिलती है कि जीवन में आने वाली कठिनाईयों को जो लोग नजरअंदाज कर देते हैं वे आगे बढ़ने के रास्ते बंद कर देते हैं और जो लोग इस मुश्किल का समाधान ढुँढ़कर आगे बढ़ते हैं वे उसका फल प्राप्त करते हैं।

अतः हमें निःस्वार्थ सेवा करना चाहिए और फल की चिन्ता भगवान पर छोड़ देना चाहिए।

भगवान श्री कृष्ण का यह उपदेश अनुकरणीय है –

“ कर्मन्येवाधिकरास्ते मा फलेषु कदाचन ” ।

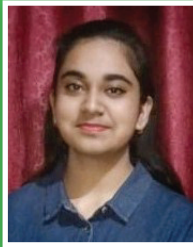
इसी प्रसंग में कबीर जी का दोहा प्रेरणादायक है –

“ जिन ढुँढा तिन पाइयाँ, गहिरे पानी पैठ ,  
जो बौरा डूबन डरा , रहा किनारे बैठ ” ।।





**E**arth must be saved to form it sustainable for future generations to return. Man has polluted the environment together with his selfish acts of destruction and pollution. To bring back the green cover, to permit fresh air to be available to everyone, natural and chemical-free soil to grow vegetation, man must take extra steps plastic usage, planting more trees



There are various causes of environmental degradation. Population and poverty are among them. If needs aren't met then leading to environmental degradation. Making a huge negative impact on the beginning of factory chimney or fuels, fire etc. cause air pollution. The government should formulate national environmental policy so as to save lots of Earth. Every individual should volunteer and strive to scale back environmental degradation. Protecting Earth shouldn't be a pipedream but a reality

Afforestation is that the creation of a forest or tree substitute a neighborhood where no earlier vegetation cover existed. Forests provide us with oxygen and are an important condition for survival. Hence, recognizing the value of afforestation is the need of the hour. March 21st is that the UN International Day of Forests, which promotes forest and trees' importance in our lives. Also, Van Mahotsav is an annual one week tree planting festival in India, celebrated within the 1st week of July.

### Significance of Afforestation

"Afforestation" is vital in India, as deforestation occurs in many areas where new and urbanization are emerging. The West-India are renowned for his or her lush green beautiful rice fields, waterfalls and bloomment. Due to the factories and heavy conwork, these mountain valleys are continu-Widespread deforestation has led to devastat-and landslides. It is also possible to quote "afforestation" for forest protection to safe-wildlife. The wild animals face a scarcity of forest regions and therefore the land is being agricultural and industrial purposes.

Forests are providing raw materials for pulp, matching wood and other wood industry. For a source of varied minor but essential items booo, canes, grasses, essential oils, medicinal quer, resins, fatty oils, fats, gum, tanning coning, animal products, etc. Any of those goods

foreign currency earners. Forests play an important role in our country's economy. They produce a variety of forest products, major and little. Timber and firewood are big items.



rapid de-industries ern Ghats in mountains, ing environ-struction ally eroding. ing flooding the worth of guard the inhabitable cleared for

panel goods, ests also are like bam-plants, lac-tent, paint-are precious





## A CASE STUDY ON ENVIRONMENTAL POLLUTION

(1<sup>st</sup> Winner of College level Competition)

MINSANG TAMANG (B.E.D TRAINEE)

HARKAMAYA COLLEGE OF EDUCATION , SIKKIM

Environment means anything that surrounds us. It can be living (biotic) or non-living (abiotic) things. It includes physical, chemical and other natural forces. Living beings live in their environment. They constantly interact with it and adapt themselves to conditions in their environment.

Environmental pollution is a phenomenon which remains the world's largest problem facing humanity and the leading environmental causes of morbidity and mortality. Man's activities through urbanization, industrialized, mining and exploration are the forefront of global environmental pollution. Both developed and developing or underdeveloped countries face this burden together through awareness and stricter laws in developed countries have contributed to a large extent in protecting their environment. Environmental pollution represents an obstacle to the economy as this is the result of man's action through direct or indirect effects of changes in the energy pattern, radiation levels, chemicals and physical disbalance.

World wide spread of Covid 19 or the pandemic has brought a dramatic decrease in industrial activities, road traffic and tourism. Restricted human interaction with nature during this crisis has appeared as a blessing for nature and environment.

Reports have indicated that after the outbreak of the virus, environmental conditions including air quality, soil quality have improved and wildlife is blooming. India has always been the hub of population with huge population, heavy traffics and polluting industries, leading to high air quality index (AQI) values in all major cities. The declaration of lockdown in India (1st wave) improved the environment in the following ways:

Improvement in Air Quality. New Delhi was one of the

most polluted city in India since May 2014 as reported by W.H.O. Delhi was unsafe but when the lockdown happened, traffic came to a halt, roads, factories and construction came to an end. AQI level fell below 20. The skies were blue, otherwise it would have dense fog in it.



Dolphins were spotted near Kolkata Ghats. Critically endangered South Asian River Dolphins known as Ganges Dolphins were spotted back in the Ganga river after 30 years. The reduced pollution in water is the result.

The number of Flamingos increased in Mumbai. The lockdown resulted in bringing down thousands of flamingoes. The birds normally migrate every year but it was observed that there was a massive increase in their number.

These changes were reported in the 1st wave of Covid-19. However the second wave has drastically affected the Ganga River and the pollution as reported by the Central Pollution Control Board. River Ganga is regarded as the holiest and sacred river. It was reported that the bodies of suspected Covid victims were spotted in Ganga. Videos were circulated of several bodies floating at the Ganga river. This was because the exorbitant cost of cremation have forced the poor to carry out such



steps of disposing in the river.

These will have an adverse effect on the lives of the people as the contaminated water will be consumed by the children, elderly and the poor.

Hence, the environment pollution has improved and severely impacted also.



**Nature is painting for us, day after day, pictures of infinite beauty. Nature is so powerful, so strong. Capturing its essence is not easy – your work becomes a dance with light and the weather. It takes you to a place within yourself.**

THE CLOUDS ON THE HILL

The clouds on the hill,  
Are covering the hill.  
Nobody can tell me and nobody knows,  
Where the cloud goes.

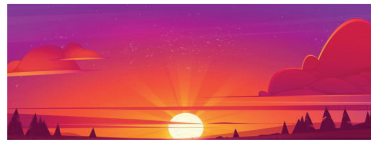
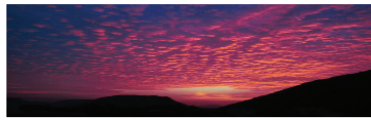
The clouds are floating in the sky,  
As fast as they can.  
I couldn't keep up with it that high,  
Even if I jumped or ran.

Black clouds curly clouds,  
Makes the earth cold,  
And makes the trees and plants,  
green-green by rain.

I know that,  
Where the clouds come from.  
But where the cloud goes,  
Nobody knows.



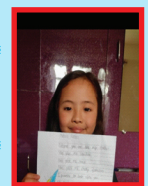
Preeti Pragya  
Class 4B TNA  
Gangtok Sikkim



MOTHER NATURE

Nature you are like my mother  
You give me sunshine  
You give me rain  
You give me Pretty flowers  
I promise to look after you  
Let's plant a sapling  
Let us not use plastics  
Let's clean our surroundings  
Let's love nature  
Like our own mother.

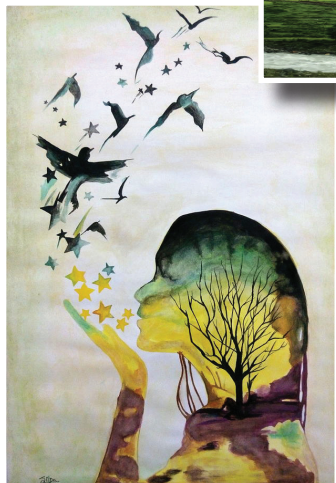
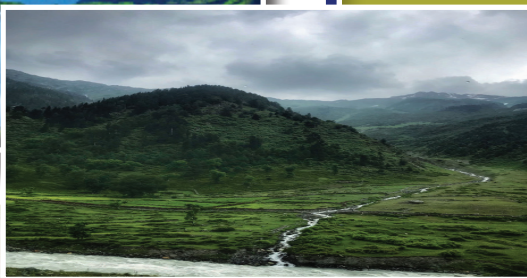
Zenilh Lamu Rai  
Class- 2C, T.N.A  
Gangtok Sikkim



NATURE IS EVEYWHERE

Nature is everywhere  
Everything that lives and grow  
Nature has animals big and small  
Whether be elephants or a crow  
Nature has plants that may grow tall  
Nature is exciting and beautiful in way whatever  
So listen and do your part to make it beautiful forever.

Mannat  
Class - IV  
D.A.V Police Public School







Vipin Sharma  
Ph.D ( Faculty & Director)  
Planning and Development Unit  
English Language Institute  
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### My Covid-19 experience: Challenges, Opportunities and a Wake-up Call

The world, till today, hasn't seen an awful and frightful invisible enemy that has engulfed its entire populace in its torso. The virus named 'coronavirus' has pernicious impacts on humankind and held all activities across the globe. The academic institutions are shut affecting more than 1.5 billion students' education. Teachers too have severe bearing forced to move online overnight to ensure uninterrupted learning for the students. With the existing crises in mind, I have learned quite a bit since the pandemic that we will continue to integrate into our teaching.

The situations were unprecedented, unparalleled, and unforeseen that created chaos, anxiety, and frustration across age groups. Therefore, I had(have) to consciously play my role as a son, husband, father, teacher, and citizen to support family and people around me. The first thing that crept in mind was 'one-size-fits-all doesn't work for all', which made me draw out different plans for different people concerned to engage in the virtual space. Always being attentive to the minor changes in attitude, behavior, and articulation paid me huge dividends.

Recalling the adage 'be easier said than done' is well suited when it came to switching over gruffly to online teaching in the taxing and trying times. Even though it was stiffer for me as a teacher, it was crucial to make students innocuous and healthy to fulfill numerous needs – access to online classes, study material, well-being, motivation, affection, socialization, and community for inclusive and equitable education.

One of the striking, culmination and life-changing opportunities of the pandemic blessed to me is bestowing a pearl of invaluable wisdom, erudite, visionary, and versatile colleague and live-in partner with whom I always share my vicissitudes, academic and personal affairs.

As a member of the faculty, trusting students and colleagues, encouraging and motivating through various tasks incorporating their interests had benefitted and advanced all. I always made them feel

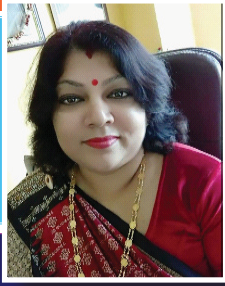
at home, well-connected to me, peers and friends; thereby, allowed them to take control of their learning process. Also, I assured them to see no change in online class when it came to the learning appetite, enthusiasm, and passion that we had always had in face-to-face classrooms. Moreover, students were given ample opportunities to vent their views freely, convincingly empowering them to be self-regulated, self-directed, and autonomous. Similarly, begin online classes with informal interaction to students to create a sense of belonging and well-being and then move to the lesson induced deeper learning and higher levels of engagement.

Furthermore, supporting colleagues who were so inundated with technology had got them rid of education-tech fatigue. They use the blackboard, google meet, zoom, etc., and other LMS confidently to make data-supported decisions effectively. I inherited endorsing all with words of appreciation and showing love to respect and honor students, colleagues, and near and dears, which eventually made them beamed with pride, loveable, affectionate, amazingly resilient, and intelligent. I strongly believe that teacher, students, family, and community engagement is key to academic growth after this pandemic is over. Likewise, invite open discussions for students and a forum for teachers allowed multiple creative and innovative ideas from students and teachers and to know what works and what doesn't. It has built a robust bonding with students, and a strong teacher community has the capacity and capability to take on any pandemic-like situations in the future and inculcate in us a pride sense 'We still need to do better' for our progenies.

Finally, my students, family and I are much gratified and the pandemic voyage, still in progress, serves as a robust platform to cherish 'where there is a will, there is a way' but with the positive and resilient frame of mind in order to consistently strive to unlearn, learn, develop and evolve to make sure that 'the show must go on' no matter what comes it may.







### Message: We Shall overcome

**P**andemic period is pathetic for everyone but it mostly affected our education system. Since March 2020 due to sudden breakout of COVID-19 Pandemic we have forced to shift from face to face teaching-learning to online mode. Our education community were not prepared for this drastic change so we faced lots of problems in teaching-learning process. As a Principal of Teacher training institution I took moral responsibility to train first teacher educators so that they can train our student-teachers. I have very enriched experiences during training sessions to teacher educators. It was tough but not impossible. I am very happy to share with you here that today my teachers are well equipped with all online teaching tools and successfully taking classes and training our prospective teachers. During this pandemic I have also upgraded my experiences by acting as a resource person in 170 + conferences, workshops, training programmes and Faculty Development Programmes, conducted 45+ conferences, training programmes and workshops from my college and society ( Ranidanga Yashoda Educational Society), Published 18 Books with national and international publishers, contributed 25 articles in national and international journals, magazines and edited books, done 4 Action research projects of MGNCRE, Ministry of Education, Government of India, received 6 national and international awards. In this pandemic period as a founder Secretary of my society I have done many social activities, distributed masks, sanitizers, food items, clothes and essential things to the needy people. I have collected old smartphone from society and distributed to needy children to continue their education through online mode. I have tried to give psychosocial support to the affected families. At last but not the least through this magazine I wish to give message to all readers, kindly support and help needy people during this pandemic and adopt this “ Each one reach one”. We all are together and very soon we shall overcome from this situation.

**Stay Safe, Stay Healthy!**

Dr. Savita Mishra

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*Dr. Sanjukta Padhi (Assistant Professor)  
School of Psychology,  
Gangadhar Meher University,  
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*My Experience during Lockdown*

*This is a universal fact that the global pandemic due to the outbreak of COVID-19 and the subsequent lockdowns have changed the person and personality. Being a working lady I had to struggle to maintain balance between my office work and family responsibilities. But during lockdown staying at home I developed some positive aspects in life too.*

1. *Being with family gives more happiness and satisfaction than the office*
2. *Office work can also be done from home like cooking*
3. *Both mental and physical health is key to success*
4. *Technology is an essential part of modern life*
5. *Yoga, Pranayama must be a part of our daily life*



**Dr. Manorath Dahal**  
(Assistant Professor)  
6th mile Tadong, Gangtok.



*My Experience during Lockdown*

*I have experienced in this way: seen people are worrying and roaming everywhere but i was not worried. People were searching different herbs and other methods to apply but i was confident not to loose hope in life. My family members were busy on studying, flowering plants and cooking and helping neighbours to distribute herbal plants for their safety. I have experienced more due to pandemic we learnt a lesson small quantity of items may lead a life, no more demands of anything, all are treated equal whether rich or poor, officers or a layman. Only thinking is how yo save ourselves and others. Wealthy people are more vulnarable than street people are always looking for day's bread. So happiness is same for everyone. The greatest thing is our family is not worrying from corona virus pandemic. I request everyone not to be panic and not to create any panic to others.*



*Dr. Kishore Kumar Biswal  
Principal,  
Harkamaya College of Education  
Gangtok, Sikkim*

*My Experience during Lockdown*

*The spread of Novel Corona Virus or the unfortunate and unexpected outbreak of COVID-19 has almost changed our life style since last year. In spite of its innumorous negative impact on humanity all around the world it has also taught us many positive aspects of life. My personal experiences during this pandemic may be stated as follows:*

1. *Health is precious than everything*
2. *Family and friends are more valuable than wealth*
3. *Nothing is certain in this universe*
4. *Technology really plays a great role in our life*
5. *Patience is the ultimate source of energy for both body and mind.*



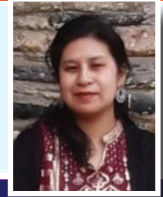


Sanjeev Kumar  
Assistant Section Officer  
Jharkhand Secretariat, Ranchi

*The Global pandemic is continuing since 2020. We lost so many our beloved ones especially in 2nd phase of the pandemic. We learnt from this that Life is mortal but it is also true that prevention is better than cure.*



Minsang Tamang  
Gangtok , Sikkim



*Lockdown has been a total rest but I really had the busiest lockdown ever all I can say . I decided to change my lifestyles by adopting healthy practices so as to engage my mind .*

*I had a self discovery and I became more wise. The recent developments in me are :*

*I have started reading books more, started writing journals and in a poem app from play store.*

*I have started planting more plants and flowers, started to spend more time with nature.*

*I am making most use of this digital connectivity and technology.*



*It was a bolt from the blue just when we were thinking that the dark days are gone. We have been confined again within our own house. Mobile phone and online connectivity are the only means of getting the touch with near and dear ones. Even we are becoming scared of this media because those are bringing in the news of getting infected or succumbing to untimely death. We are losing confidence. We are wondering, why still now we are not accepting the time tested wisdom of simple living and high thinking. We are badly missing nature.*

*Dr. Pranab Krishna Chanda*

*Retired Principal*

*Siliguri B.Ed. College , W.B. and Former Registrar, WBUTTEPA, W.B.*

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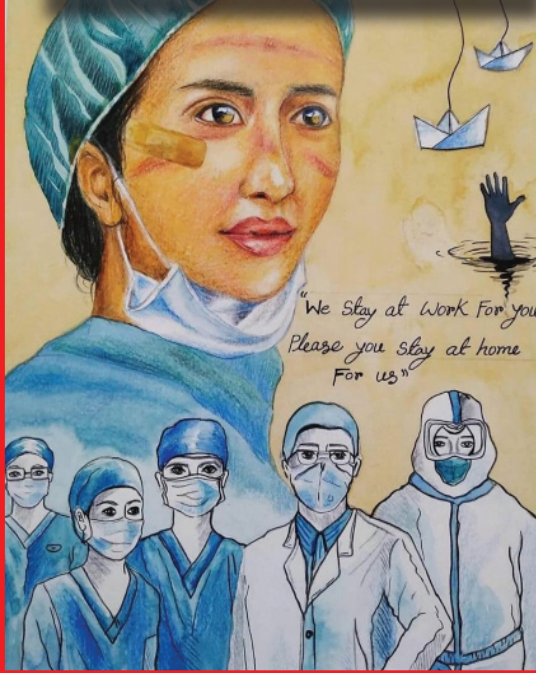
*Dr. Nita Mira Chanda*

*Associate Professor,*

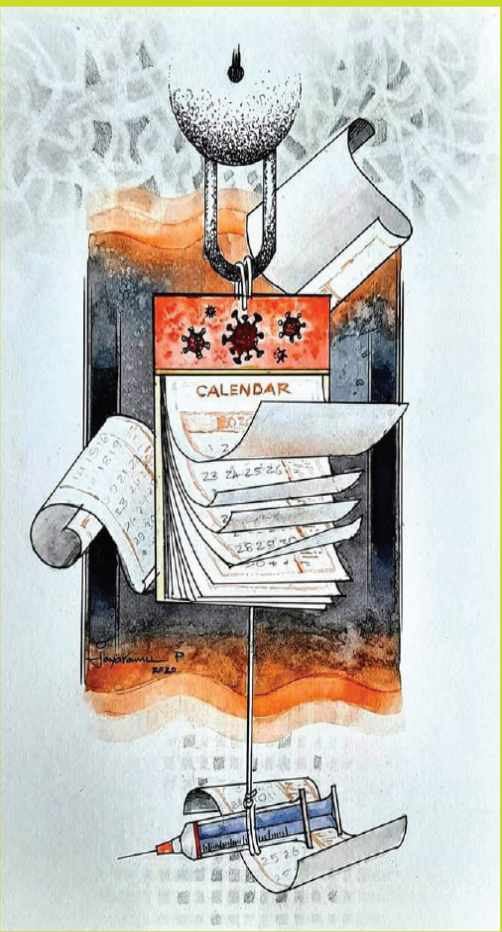
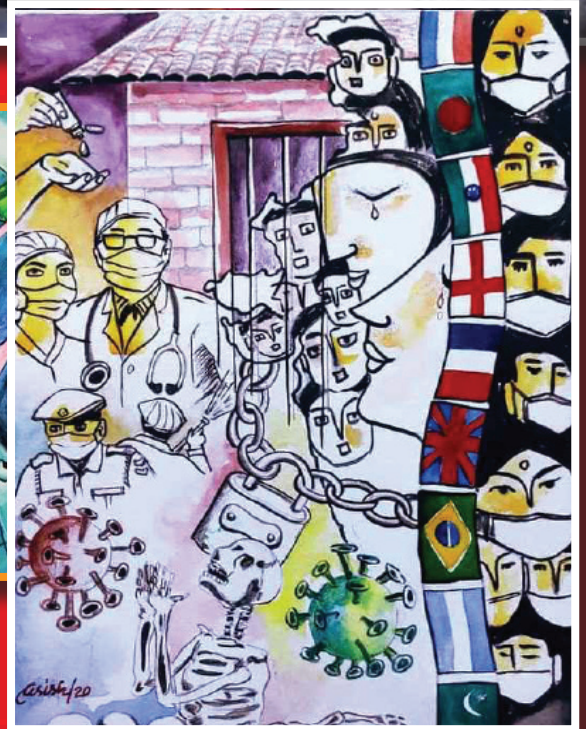
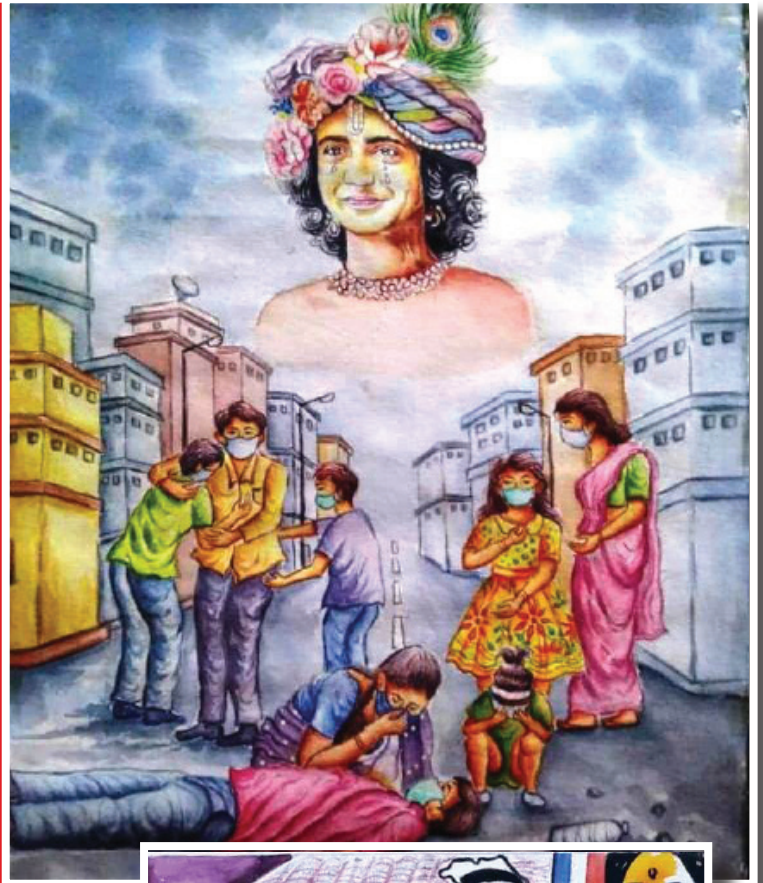
*Siliguri B.Ed. College, W.B. and Coordinator of Find\_Mind, ALLR, W.B.*







STAY AT HOME



Thank You

SAVE LIFE

