



National Women Physicians Day is celebrated annually on February 3 to honor the birthday of Dr. Elizabeth Blackwell, the first woman to receive a medical degree in the U.S. in 1849. Founded in 2017, this day recognizes the contributions, achievements, and resilience of women in medicine.



“I measure the progress of a community by the degree of progress which women have achieved.”
— Bhim Rao Ambedkar

True Observing India

English Daily Youth E- Newspaper

www.trueobservingindia.com

DELHI/ NCR/ LUCKNOW/KANPUR/ PRAYAGRAJ

03 FEBRUARY , 2026

THE BEST TIME OF DAY TO STUDY



Taniya Dyson

and Productive

Students often wonder whether studying early in the morning, late at night, or sometime in between is the most effective. Scientific research suggests that there is no single “perfect” time for everyone. Instead, the best time to study depends on how the brain functions at different hours of the day and on individual body clocks.

Understanding the Body Clock (Circadian Rhythm)

The human body follows a natural 24-hour cycle called the circadian rhythm, which regulates sleep, alertness, and energy levels. This rhythm influences how focused, motivated, and mentally sharp a person feels throughout the day. Some people are naturally more alert in the morning, while others perform better later in the day. Researchers often refer to these patterns as morning types (larks) and evening types (owls).

Morning Study: Fresh Mind, Strong Focus

Research shows that for many learners, the morning hours are ideal for studying subjects that require deep concentration, such as mathematics, science, or problem-solving tasks. After a good night’s sleep, the brain is refreshed, memory retention is stronger, and distractions are fewer. Studies suggest that the brain’s ability to absorb new information is high during the early hours, making morning study sessions effective for learning complex concepts.

Afternoon Study: Balanced

The afternoon is often considered a balanced study period. While alertness may dip slightly after lunch, research indicates that activities involving understanding, revision, and practice work well during this time. Group discussions, reading, and revision of previously learned material can be particularly effective. The brain is still active, but tasks should be structured to avoid fatigue.

Evening and Night Study: Creativity and Reflection

For some students, especially adolescents, studies suggest that cognitive alertness peaks later in the day. Evening hours may be suitable for creative tasks, writing, and conceptual thinking. However, research also warns against very late-night studying, as lack of sleep negatively affects memory consolidation, attention, and overall academic performance.

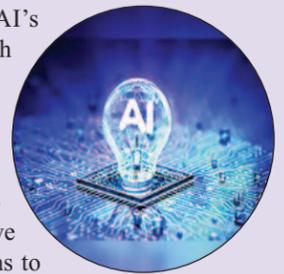
What Research Ultimately Suggests

Scientific studies emphasize that consistency matters more than the clock. Studying at the same time daily helps train the brain to focus better. Adequate sleep, regular breaks, and understanding one’s personal energy patterns are key factors in effective learning.

Research makes it clear that the best time to study varies from person to person. While mornings may suit focused learning and evenings may support creativity, the most effective study time is when the mind feels alert, rested, and motivated. By aligning study habits with natural body rhythms, students can learn smarter and achieve better results.

A COSTLY PLAY FOR CORPORATE INTELLIGENCE

Snowflake and OpenAI’s joint \$200 million push signals an aggressive attempt to dominate the corporate data intelligence market. By combining Snowflake’s data infrastructure with OpenAI’s generative models, the partnership aims to turn enterprise data into real-time strategic insight. The move reflects how AI competition is shifting from consumer tools to backend business intelligence. Corporations increasingly want predictive analytics, automation, and decision support embedded into operations. However, concerns remain around data privacy, vendor lock-in, and transparency. The bid underscores a new reality: control over corporate data intelligence may define the next phase of global tech power.



SAMSUNG EYES THE BUDGET 5G BUYER

Samsung’s announcement of the Galaxy F70e 5G launch in India highlights its continued focus on the affordable 5G segment. As competition intensifies, manufacturers are racing to deliver connectivity, battery life, and acceptable performance at lower price points. The F-series targets younger users seeking value rather than premium features. Samsung’s challenge lies in differentiation as rivals flood the market with similar specifications. Brand trust and after-sales support remain its advantage. The launch reflects how 5G has shifted from aspirational to essential, forcing companies to innovate within cost constraints rather than rely on flagship appeal alone.



SERVICE AS A COMPETITIVE WEAPON

Xiaomi’s plan to expand premium service centres across 15 Indian cities reflects a strategic shift toward customer experience. As hardware differences narrow, after-sales support increasingly influences brand loyalty. Premium service signals confidence in product quality and commitment to long-term users. Xiaomi’s move also targets consumers upgrading to higher-end devices who expect faster repairs and personalised support. In India’s crowded smartphone market, service infrastructure can be a decisive differentiator. However, execution matters more than announcements. Consistent quality across locations will determine whether the expansion strengthens Xiaomi’s premium ambitions or remains a symbolic gesture in an intensely competitive landscape.



New Standard Public School, Raebareilly, Honours Students that were awarded Internationally Recognized UNESCO GCED Certificates

True Observing India

New Standard Public School Senior Secondary School, Tripula, Raibareilly organized a felicitation ceremony to encourage and honor students who successfully completed UNESCO's Global Citizenship Education (GCED) programme.

On this occasion, the students were felicitated by NSGI Founder-Manager Dr. Shashikant Sharma, in the presence of Dr. Shishir Srivastava and Principal Shivlakhan Prajapati.

Congratulating the students, Dr. Sharma inspired them to become sensitive, aware, and responsible global citizens. He stated that the institution (NSPS) firmly believes in providing education aligned with the needs of the 21st century—education that promotes a global outlook,



mutual understanding, peace, tolerance, and responsibility.

During the programme, student representative Ayush Yadav shared his experiences and stated that the GCED curriculum significantly helped him devel-

op an understanding of global interconnectedness, appreciation of diverse cultures, and awareness of social responsibility.

It is noteworthy that NSPS students Anushka Mishra, Ananya Singh, Urvi

Shukla, Aastha Singh, Asifa Bano, and students Angel Patel, Rudra Pratap Singh, Shlok Kumar, Ayush Yadav, and Rishank Pal successfully participated online in the internationally recognized Global Citizenship Education (GCED) Certificate Programme organized by UNESCO's Asia-Pacific Centre of Education for International Understanding (APCEIU), South Korea.

To celebrate their achievement, inspire other students, and encourage the successful participants, a felicitation ceremony was organized on the school campus. On this occasion, Vice Principal Mo. Faizan Khan, Programme Coordinator Sanchita Trivedi, Shivkaran Pal, Ajay Singh, Shubhi Singh, Abhishek Srivastava, Ramdev, along with all teaching and non-teaching staff, were present.

Honoring the Pillars of Wisdom: Celebrating Grandparents Day at Central Academy, Barabanki

True Observing India

Central Academy, Barabanki, celebrated Grandparents Day with great enthusiasm. The event began with the ceremonial lamp lighting, setting the tone for a joyous celebration. Following a health check-up to prioritize their well-being, various games were organized for the beloved grandparents, who then enjoyed delightful performances, such as 'Daddy's Pride,'

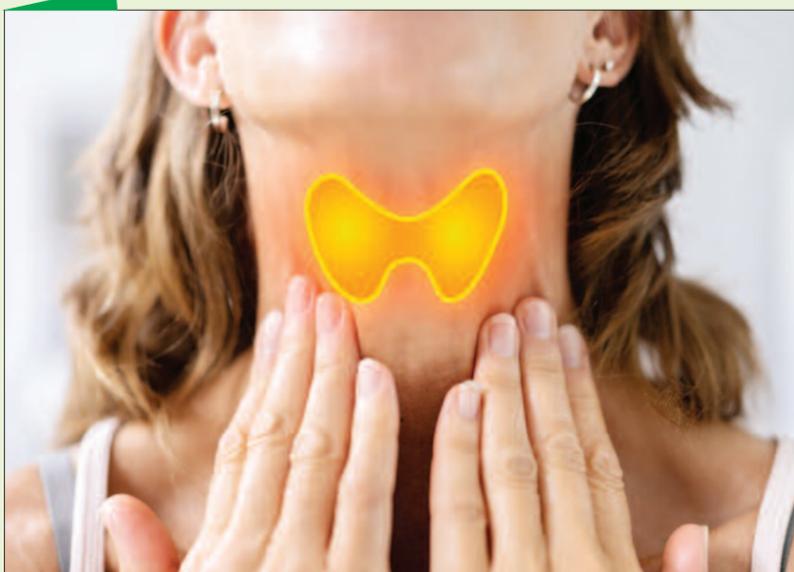


'Ram Anthem,' 'Sunshine in Every Moment,' and 'Rhythmic Rhymes'. The grand finale was a treat to watch, showcasing the talents of the students and

their grandparents. The program also featured a prize distribution ceremony, where students were awarded for their outstanding performances in the

storytelling competition and Grand Parents' games. The event was graced by the presence of the guests, Administrator Veena Pandey, Principal of the sister branch of Central Academy Group of Schools, and was organized under the guidance of the Principal, Sanchita Shrivastava. The event was a heartwarming tribute to the wisdom and blessings of grandparents, filling the air with happiness that hit the roof.

Catching Thyroid Trouble Early



Thyroid disorders are common yet often undiagnosed due to vague symptoms such as fatigue, weight changes, and mood swings. Experts stress that early detection can prevent serious complications affecting metabolism, heart health, and fertility. Lifestyle factors, iodine imbalance, and genetics contribute to rising cases, particularly among women. Regular screening for high-risk groups and awareness of warning signs are crucial. Prevention focuses on balanced nutrition, stress management, and timely medical consultation. The challenge lies in normalising testing without self-diagnosis. Addressing thyroid health early reduces long-term healthcare burden and improves quality of life significantly.

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CLAT 2026 RESULT

1 AIR	RAJASTHAN STATE TOPPER GEETALI Classroom Contact Program L.E ID : 450427	3 AIR	KARNATAKA STATE TOPPER ROHAN Classroom Contact Program L.E ID : 467964
2 AIR	DELHI TOPPER-1 PARV Classroom Contact Program L.E ID : 454133	7 AIR	GURUGRAM TOPPER-2 GAURANSH Classroom Contact Program L.E ID : 6245126
4 AIR	DELHI TOPPER-2 ARGH Classroom Contact Program L.E ID : 5961222	8 AIR	DELHI TOPPER-1 MANVI Classroom Contact Program L.E ID : 5473785
5 AIR	MADHYA PRADESH TOPPER-2 ARAV Classroom Contact Program L.E ID : 5762845	9 AIR	DELHI TOPPER-1 ARAV Classroom Contact Program L.E ID : 5762845

4 TIMES AIR 1, 2 & 3 IN THE LAST 6 YEAR | **7** AIRs UNDER TOP 12 | **9** STATE TOPPERS | **31** AIRs UNDER TOP 30 | **51** AIRs UNDER TOP 100

ADMISSIONS OPEN FOR CLAT 2027/28

LUCKNOW CENTRE: 1st & 4th FLOOR, SHAGUN PALACE, SAPRU MARG, HAZARTGANJ | CALL : 9109108172
CENTRE 2: 1st FLOOR, HIG-75, SECTOR-E ALIGANJ | CALL : 9109179185
CENTRE 3: 6th FLOOR OM SAI TOWER B 46 SECTOR B KANPUR ROAD DIPS GATE NUMBER 63 PHOENIX MALL, ALAMBAGH | CALL : 9109108427

DPS ELDECO BIDS A FOND FAREWELL TO THE CLASS OF 2026

True Observing India

Delhi Public School, Eldeco, hosted a heartfelt and elegant farewell ceremony to honour the outgoing students of Class XII. The event was a celebration of memories, milestones, and the enduring bond between the students and their alma mater.

The programme commenced with a warm welcome, setting a tone of gratitude and reflection. The highlight of the evening was the inspiring address by the Principal, Manisha Anthwal, who spoke with deep affection and pride for the graduating batch. In her speech, she encouraged the students to walk into the future with courage, compassion, and confidence, reminding them that the values instilled at DPS Eldeco would always



guide their path.

Adding vibrance and emotion to the

occasion were the captivating dance and music performances presented by the stu-

dents of Class XI. Their graceful choreography and soulful melodies beautifully expressed admiration and best wishes for their seniors, making the evening truly memorable.

Adding further charm to the evening was the much-awaited title ceremony. The prestigious title of Mr. DPS Eldeco was proudly won by Mrinal Chandra, while Laxmi Agnihotri was crowned Ms. DPS Eldeco, earning loud applause and admiration from all present.

The farewell was not merely a goodbye, but a celebration of growth, resilience, and shared journeys. As the Class of 2026 steps into the world beyond school, DPS Eldeco wishes them success, fulfilment, and the strength to turn their dreams into reality.

FAREWELL CEREMONY AT ERAM CONVENT COLLEGE

True Observing India

Eram Convent College organised a dignified and memorable farewell ceremony for the outgoing students of Class XII on Monday, 2nd February 2025. The event was a graceful blend of celebration, reflection, and emotion, marking an important milestone in the academic journey of the students.

The programme was meticulously planned and presented by the students of Class XI, who enthralled the audience with a series of cultural performances including captivating dance presentations, melodious songs, rampwalk and thoughtful poetry recitations. One



of the most touching moments of the ceremony was the screening of a specially curated video that beautifully captured the cherished memories, milestones, and experiences of the academic session 2025–26, evoking nostalgia and heartfelt emotions among students

and faculty alike.

The atmosphere throughout the event remained warm and emotional, as teachers and students revisited moments of learning, growth, and shared camaraderie. Towards the culmination of the programme, the Principal addressed the

gathering with a heart-warming and inspiring speech, encouraging the students to face future challenges with confidence, integrity, and determination, while extending best wishes for their success and a bright future ahead.

Adding a celebratory touch to the occasion, the titles for the day were announced. Darim Tamim was honoured with the title of Mr. Eram, while Isha Siddiqui was crowned Ms. Eram, receiving enthusiastic applause from the audience.

The farewell ceremony concluded on an emotional note, leaving behind treasured memories and reaffirming the strong bond shared within the Eram Convent College family.

Forever Golden: Farewell Programme 2025–26 at Modern Academy

True Observing India

The farewell programme for the outgoing Class XII students of Modern Academy was organised on 31st January 2026 with great enthusiasm and warmth. Titled “Forever Golden”, the event was a heartfelt tribute to the memorable journey of the senior students and marked a significant milestone in their school life.

The programme commenced with a graceful Prayer Dance, seeking blessings for the future endeavours of the students. This was followed by the Captains’ Speech, which reflected gratitude, shared cherished memories, and inspired fellow students to carry forward the school’s values. A soulful Qawaali performance added emotional depth to the evening and created a serene atmosphere. The cultural segment continued with an energetic Freestyle Group Dance, showcasing creativity and coordination. The excitement of the Annual Pageant began with the Round I, followed by an electrifying School Band Performance on “Rasputin”, which captivated the audience. The much-



awaited Ramp Walk highlighted confidence and elegance, after which the Junior Band Performance on “Socha Hai” impressed everyone with its melodious presentation. A vibrant Bollywood Group Dance further lifted the spirits of the audience, leading to the Round II, the talent round, and a powerful Senior Band Performance on “O Haseena”, which brought the cultural programme to a grand close. The Annual Pageant results were announced amid great excitement. Arya Kapoor was crowned Miss Modern

Academy, while Abhishek Singh Adhikari received the title of Mr Modern Academy. The titles of Miss Modern Academy SNCP and Mr Modern Academy SNCP were awarded to Aradhya Pandey and Maurya Lalwani respectively. Anshika Dixit and Ankur Singh Rathore were honoured with the titles of Miss Charismatic and Mr Charismatic. The title of Miss Charming was awarded to Shatakshi Srivastava, while Archit Kumar was declared Mr Suave. The winners were felicitated and congratulated by the Principal, R. Dixit,

and the Vice Principal, S. Khan, who appreciated their confidence and achievements.

The Directors, Rajeev Tuli, Sunil Tuli, and Siddharth Tuli, appreciated the efforts of the students, congratulated the winners, and motivated the outgoing batch with their inspiring words and guidance.

The farewell programme “Forever Golden” was a perfect blend of joy, nostalgia, and celebration, leaving behind golden memories that the Class XII students will cherish forever.

A Celebration of Wisdom, Values and Generations: Grandparents' Day Celebration at Central Academy, Indira Nagar



True Observing India

Central Academy, Indira Nagar, Lucknow celebrated Grandparents' Day with grace and cultural richness on Sunday, 1st February 2026, honouring grandparents as the custodians of values, traditions, and emotional strength within families.

The occasion was graced by the esteemed presence of Veena Pandey, Administrator, UP Region, along with Principals from various Central Academy branches of Lucknow. The celebration unfolded under the able leadership of the school Principal, D.P. Singh, whose guidance added depth and purpose to the event.

This meaningful tradition of celebrating Grandparents' Day continues to flourish under the visionary leadership and able guidance of the Chairman, Dr. Sangam



Mishra, and the Director, Lakshyajaya Mishra. Their unwavering emphasis on value-based education, cultural rootedness, and strong family ethos has been instrumental in nurturing such occasions that honour relationships, heritage, and intergenerational bonding within the school community.

The programme commenced on an auspicious note with Lamp Lighting, followed by Saraswati Vandana, invoking divine blessings and creating a serene and spiritually uplifting ambience.

The cultural presentations that followed reflected thoughtful planning and artistic expression. The youngest learners from Nursery, KG and Prep captivated the audience with heart-warming performances portraying the tender bond between grandparents, parents and children, celebrating love, care and intergenerational harmony. Thematic presentations such as "Roots of Joy" emphasized the importance of outdoor play and simple childhood pleasures, while "Yoga Natyam" artistically conveyed the relevance of yoga in nurturing holistic well-being. The spiritually evocative presentation "Ayodhya Dhwajaroohan" deeply resonated with the audience, creating an atmosphere of devotion and inner reflection. Class IV students presented a graceful Krishna Leela, highlighting values of devotion, compas-

sion and righteousness. This was followed by a powerful performance by Class V on Navdurga Swaroop, Mahishasur Mardini and Adishakti Avtaran, symbolizing divine strength, courage and the triumph of good over evil.

Addressing the gathering, Principal D.P. Singh eloquently highlighted the indispensable role of grandparents in shaping character, preserving cultural heritage and instilling lifelong values. He described grandparents as living bridges between generations, whose wisdom, patience and unconditional love nurture the emotional foundation of young minds.

The celebration emerged as a meaningful tribute to grandparents, leaving the audience with a renewed sense of gratitude, reverence and pride in family values.

Numbers in Motion: OLUXI Theme Assembly by Grade III at DPS Junior Branch

True Observing India

Delhi Public School Junior Branch hosted an engaging and thoughtfully designed OLUXI Theme Assembly on 31st January, presented with great enthusiasm by the students of Grade III. Centered on the theme "Why Mathematics Is Important," the assembly highlighted the significance of mathematics in everyday life and its vital role in developing logical thinking and problem-solving abilities.

The programme began on a solemn and inspiring note with the rendition of the SEF Anthem by the school choir, setting a harmonious and respectful tone for the assembly. This was followed by a meaningful plant-watering ceremony led by the Vice Principal, Varinder Kaur, symbolizing growth, responsibility, and the nurturing of young minds.

The President of OLUXI then addressed the audience with a well-articulated speech, emphasizing the importance of numeracy and explaining how mathematics serves as the foundation of science, technology, and informed decision-making in daily life.

Energy and excitement filled the atmosphere with a lively Zumba Crunch per-



formance that creatively blended physical fitness with numerical rhythms. Adding further depth to the theme, students presented an innovative M.A.T.H.S. Code, decoding the influence of mathematics on time, money, measurement, and success.

A modern and interactive Radio Jockey segment captured the audience's attention through clever mathematical questions and intriguing facts. This was complemented by the Lexicon segment, where important mathematical terms were introduced in a simple and engaging manner. A short TED-Talk-style presentation by a young speaker effectively highlighted how mathematics builds confidence and sharpens reasoning skills.

The assembly also featured a thoughtful poem and an engaging storytelling session, both of which reinforced the



central theme in a creative and relatable way. The programme concluded with a graceful dance performance that beautifully portrayed the rhythm, balance, and symmetry inherent in mathematics.

The assembly ended with a heartfelt vote of thanks, appreciating the collec-

tive efforts of the students, teachers, and school authorities. The OLUXI Theme Assembly proved to be a harmonious blend of learning, creativity, and joy, leaving the audience inspired and with a renewed appreciation for the importance of mathematics in everyday life.

Class 12 Farewell: A Bittersweet Goodbye at Central Academy Aashiana

True Observing India

As the curtains drew to a close on another academic year, Central Academy Aashiana bid an emotional farewell to its Class 12 students. The event was a poignant reminder of the memories, friendships, and lessons that will stay with them forever.

The ceremony was filled with heartfelt speeches, soulful music, and a slideshow that took everyone down memory lane. The students were showered with gifts and words of wisdom as they prepared to embark on their next journey.

"We may be saying goodbye, but we'll always carry a piece of this school and



its people with us," said a teary-eyed student. The event ended with a group

hug, symbolizing the unbreakable bond between the students and their alma mater.

The school wishes the Class of 2024-25 all the best for their future endeavors.

Grand Parents Day Celebration at Central Academy, Vikas Nagar



True Observing India

CAVNL joyfully celebrated Grand Parents Day, making it a truly heartwarming and memorable occasion. The presence of grandparents along with our little students added immense warmth and happiness to the celebration. The event was graced by the respected Administrator Veena Pandey, Principal Jankipuram branch Aradhana Pandey & Principal Ansal API branch Sushmita Sarkar.

Our young learners expressed their



love and respect through beautiful dance performances, energetic musical presen-

tations, soulful singing, poems, all dedicated to their beloved grandparents. Each performance reflected deep emotions, gratitude and the strong bond between generations.

The celebration became even more special when grandparents enthusiastically joined their grandchildren in dance and singing, filling the atmosphere with joy, laughter and love.

Before the celebration a fun-filled game for grandparents were arranged where they participated enthusiastically

and the winners were felicitated by the Administrator Mam. It was really wonderful to see both grandchildren & grandparents being honoured for their active participation in school activities. Grandparents showered the school and students with their love and blessings, and highly appreciated the discipline, values and quality education imparted by our school.

It was a beautiful day celebrating love, respect and togetherness, creating memories that will be cherished forever.

FAREWELL AT THE LUCKNOW PUBLIC COLLEGIATE JOPLING ROAD: CAPTURING NOSTALGIC MOMENTS

True Observing India

Amidst the hustle and bustle of the Board Exam 2025-26, the fear and the anxiety rising and the expectations rising high, the farewell of class XIIth at The Lucknow Public Collegiate, Jopling Road created an aura of goodbyes, adieus and partings. 31st January 2026 was a nostalgic day for them. Tears rolling, encompassing the years gone by and selfies trying to capture the moments of a bond that was something beyond the pages of the texts. Yes, it was a day dedicated to their speeches, expressions and performances. Worth appreciating was the affection of their host class XIth, who tried to put their best in front of those who were their mentors



for so many years. The highly charged performances filled the atmosphere with optimistic thoughts for their future.

The Joint Director Fareha Khan wished them good luck for their new journey ahead. Their sojourn in the Collegiate

came to an end but it was the beginning of a new chapter for them.

The Principal Rajiv Gupta declared Mohammed Arsalan as Mr. LPC and Avia Able as Miss LPC. Ishan Sharma bagged the title of the Gem of LPC. These were

not only the titles but it will leave an indelible mark on their academic journey. The day was marked by reveries of the years spent. The refreshments and the photo session at the end of the party made their day.



HIMACHAL'S FOREST PROMISE

The Himachal Pradesh government's plan to raise forest cover to 31% by 2030 reflects growing recognition of ecological vulnerability in hill states. Forests are critical for climate resilience, water security, and disaster prevention in the Himalayas. Officials cite afforestation, community participation, and protection of existing green cover as key strategies. However, experts warn that quality matters as much as quantity. Monoculture plantations and weak enforcement could undermine outcomes. Achieving the target will require balancing development pressures with conservation priorities. The goal is ambitious but necessary, as forest loss increasingly translates into landslides, floods, and long-term ecological instability.

VOLUME VERSUS VALUE IN SMARTPHONES

India's smartphone market reveals a striking contrast: Vivo leads in shipments, while Apple captures the highest revenue. The divide highlights two distinct consumer segments—price-sensitive buyers and premium aspirants. Vivo's success lies in scale, distribution, and aggressive pricing. Apple, meanwhile, benefits from brand loyalty and high margins despite smaller volumes. The trend shows India evolving into a multi-tiered market rather than a single narrative. Manufacturers must decide whether to chase numbers or profits. As incomes rise unevenly, this split may deepen, reshaping competition where dominance is measured not just by units sold, but by value retained.



TIRED OF THIS

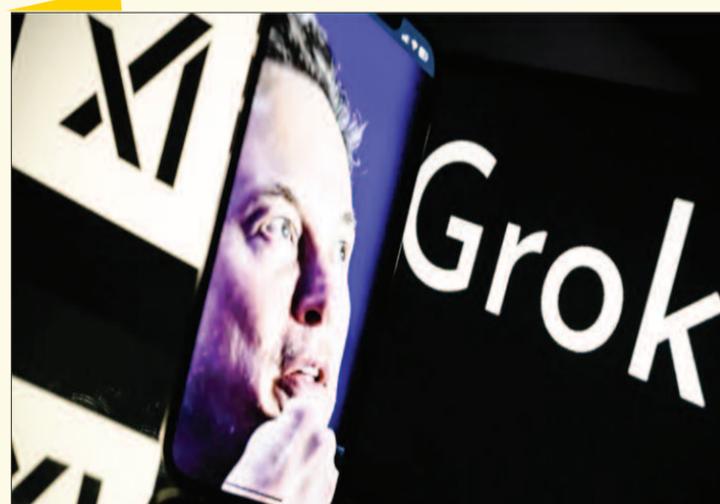


BATTERY LIFE ISN'T EVERYTHING

The Moto Watch offers impressive battery life, but struggles to deliver a consistently smooth user experience. Reviewers note uneven software performance, limited app integration, and occasional responsiveness issues. While long battery endurance appeals to fitness-focused users, modern wearables demand more than stamina. Consumers expect seamless syncing, intuitive interfaces, and reliable health tracking. The watch reflects a broader challenge in wearable technology: balancing hardware strengths with refined software. Battery life can mask shortcomings, but only temporarily. As competition intensifies, sustained success will depend on holistic performance rather than isolated features that fail to integrate into daily digital routines.

GROK RETURNS UNDER WATCHFUL EYES

Indonesia's decision to restore access to Elon Musk's Grok chatbot follows assurances around safety and compliance. The temporary restriction highlighted growing scrutiny of generative AI tools worldwide. Governments remain concerned about misinformation, content moderation, and data use. Restoring access suggests regulators are opting for oversight rather than outright bans. However, the episode reflects how AI deployment now intersects with sovereignty and public trust. Platforms must adapt to local norms and laws. Grok's return does not end the debate; it signals the beginning of closer monitoring as nations assert greater control over emerging digital technologies.



FUN COOKING – ALOO PARATHA

A soft and tasty stuffed bread.

Ingredients:

- 1 cup wheat flour
- 1 boiled potato (mashed)
- A pinch of salt
- A pinch of cumin powder
- Water as needed
- A little oil or ghee

Instructions:

1. Mix flour and water to make a soft dough.

2. Mix mashed potato with salt and cumin powder.

3. Take a small ball of dough and flatten it.

4. Put some potato filling inside and close it.

5. Roll it gently into a round shape.

6. Cook on a hot pan with a little oil or ghee on both sides.

7. Serve warm.

CHEF'S CORNER

Chef's Tip:

Do not overfill the paratha, or it may tear while rolling.



FUN ACTIVITY – PAPER FROG CRAFT



Materials:

- Green paper
- Glue
- Sketch pens
- Scissors

Steps:

1. Cut a circle from green paper for the body.
2. Cut two small circles for eyes.
3. Paste the eyes on top of the body.
4. Draw a mouth and legs on the paper.
5. Color and decorate the frog.

Creative Twist:

Draw lily pads and water around the frog.

SUDOKU

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—	—	5	—	—	6
1	—	—	—	—	3
—	4	—	6	—	—

FUN FACTS



- The Sun sets in the west.
- Whales are the largest animals on Earth.
- Our tongue helps us taste food.
- Trees give shade as well as oxygen.
- Clouds can be light or dark.

RIDDLE OF THE DAY

What has one eye but cannot see?
Answer: Needle

DIFFERENCE



TEST YOUR KNOWLEDGE!

Q1. Which part of the body helps us to smell?

Q2. How many corners does a square have?

Q3. Which animal is famous for its hump?

Q4. What do we use to sharpen a pencil?

Q5. Which month comes after April?

Answers: Nose

Four

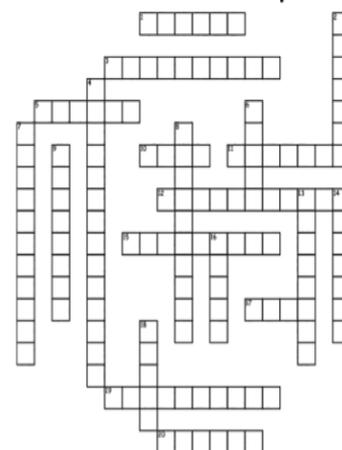
Camel

Sharpener

May

CROSSWORD PUZZLE

School crossword puzzle



Across

1. Sudden or unexpected
3. Roomy
5. To let someone know
10. Skilled
11. Rhythm
12. To astound or stupefy

Down

2. To break or burst
4. Indirect language
6. Make or become less in amount
7. Not willing to believe
8. The cause of serious pain
9. To come aware of through senses
13. Not normal
14. Not important
16. To pound or beat
18. To move back in pain

Is GDP a True Measure of Progress?

By Md. Sawood Basari

Introduction

Gross Domestic Product (GDP) has long been used as the main indicator of a nation's progress. It represents the total value of goods and services produced within a country during a specific period. Governments and media often present rising GDP as proof of national success. However, an important question arises: does GDP truly reflect the real progress of a society?

What GDP Measures

GDP is effective in showing the economic performance of a country. It helps in:

- Measuring production and market activity
- Indicating economic growth and investment
- Estimating government revenue and employment trends



For developing nations, GDP growth often reflects improvements in infrastructure, industry, and trade. Thus, GDP is a useful economic indicator.

Limitations of GDP

Despite its usefulness, GDP fails to capture many vital aspects of development:

- It does not measure income inequality

- It ignores environmental damage
- It excludes mental health and life satisfaction
- It does not count unpaid work such as household labor and caregiving

A country may show high GDP growth while poverty, pollution, and social stress continue to rise. This reveals the narrow nature of GDP as a progress indicator.

Progress Beyond Economic Growth

True progress includes human and social well-being. Important indicators of development should also include:

- Education and literacy
- Healthcare and life expectancy
- Gender equality and safety
- Environmental sustainability

Development must improve the quality of life, not just the size of the economy.

CITY HIGHLIGHTS

Job Vacancies - Now Hiring!

Seth MR Jaipuria School, Bansal Campus, Lucknow invites dynamic and enthusiastic individuals to be part of our esteemed institution for the session 2025-26. We are currently seeking qualified professionals for the following positions:

- ✓ Career Counsellor
- ✓ TGT (All Subjects)
- ✓ Music Teacher (Vocalist)

Requirements:

- 1) Must be a resident of Lucknow (No residential facility will be provided).
- 2) Minimum 5 years of experience in a reputed CBSE-affiliated school.
- 3) Strong communication and interpersonal skills.
- 4) Passion for education and nurturing young minds.
- 5) Ability to work in a collaborative environment.

Apply Now

If you are dedicated, motivated, and meet the above criteria, we encourage you to apply. Please send your updated resume to recruitment.jsbc@gmail.com. Seth MR Jaipuria School, Bansal Campus, is an equal opportunity employer committed to diversity in the workplace. We thank all applicants for their interest, but only shortlisted candidates will be contacted for interviews.

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KINDERGARTEN : Montessori Trained/NTT
PRT : English, Social Studies and Mother Teachers (Grade 1 and II)
TGT : English, History, Geography, Physics, Mathematics, Chemistry, Biology, Hindi, Punjabi, Computer & P.E.T (Male & Female)
PGT : English, Mathematics, Physics, Biology, Chemistry, Computer Sci., P.E.T (Male & Female)

(Joining will be in the 1st week of April - 2026)
Emoluments will match your experience and potentials.

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