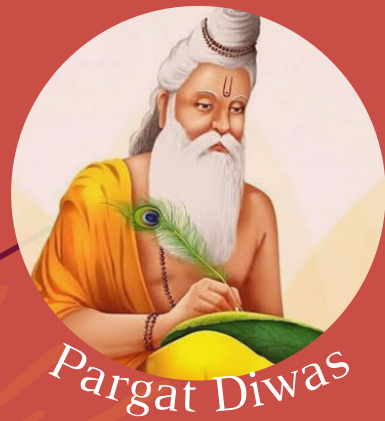
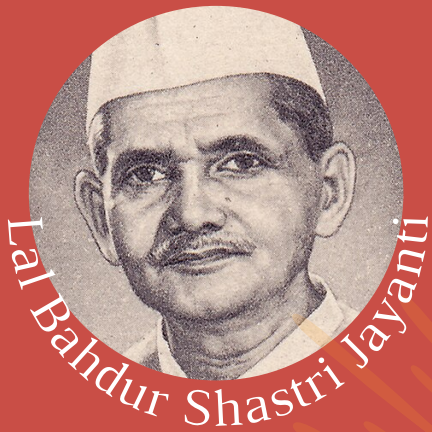
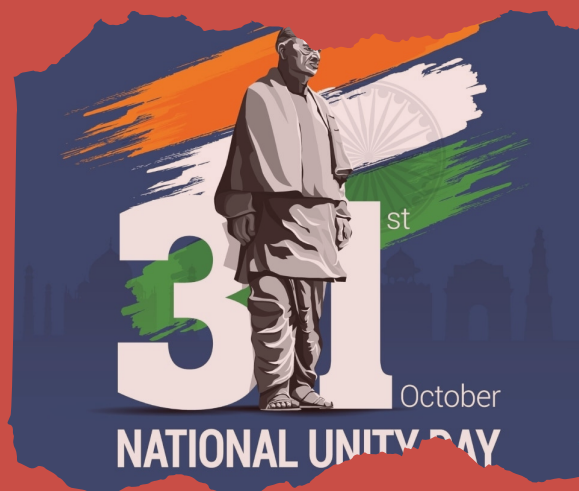


Keshav Smarak  
Junior college  
October 2023



Shubh  
Navratri



# LECTURER'S MESSAGE

one of us has 24 hours a day and how we spend it completely depends on us. Time management is organizing your time and making the most of your daily routine. It is the ability to use each hour effectively. Managing time not only makes us complete our work but also give us ample time for ourselves. People can work smarter when they learn to manage their time effectively.



Time management requires habituating oneself to a disciplined schedule. Here are a few time management skills you can inculcate in your daily routine.

- Find your most effective and productive hour of the day.
- Make realistic plans.
- Don't bite more than you can chew.
- Plan ahead.
- Be flexible.

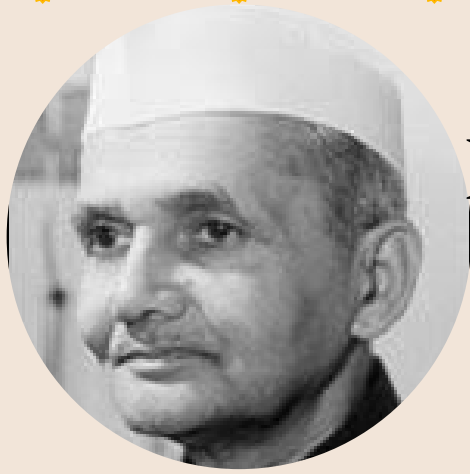
Time management for students is of utmost importance to balance their studies with other daily essential tasks. Good time management reflects on your health and also adds to your energy to achieve more. Here are a few reasons why time management should be of utmost importance for all students.

1. It Increases Your Productivity
2. It Keeps Your Work Organised
3. Positive Effect On Health
4. More Time For Extracurricular Activities
5. It Helps in Stress Reduction
6. No Last-minute Cramming of Syllabus

Here are some tips on time management for students

- Create a daily timetable or schedule with all the tasks to be done
- Get enough sleep and start your day early.
- Divide your tasks
- Take short breaks between studies or doing your tasks
- Do not procrastinate
- Work on one task at a time instead of multitasking
- Practice healthy eating
- Try to keep away all distractions (like TV, and mobile)

**Srividya Dasika**  
**Mathematics lecturer**



# LAL BAHADUR SHASTRI

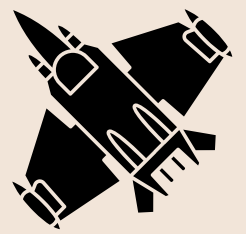
Lal Bahadur Shastri Jayanti is a day of remembrance and tribute to one of the most revered leaders in the history of India, Lal Bahadur Shastri. Born on October 2, 1904, just a few hours before Mahatma Gandhi, Shastri Ji shared not only his birthday with the Father of the Nation but also his principles of simplicity, humility, and unwavering commitment to the service of the nation. Lal Bahadur Shastri's leadership was characterized by his simple lifestyle and humility. In an era marked by political complexities and power struggles, Shastri Ji stood out as a beacon of simplicity and honesty. His famous decision to resign as the Railway Minister after a major train accident showcased his commitment to moral values and accountability. Lal Bahadur Shastri Jayanti is not just a day to commemorate the birth anniversary of a great leader; it is an occasion to reflect on the values he stood for. Shastri Ji's legacy of simplicity, integrity, and commitment to the nation continues to inspire generations of leaders and citizens alike. As we remember him on this day, let us strive to emulate the qualities that made him a true statesman and a beloved leader of the people.

JAI JAWAN JAI KISAN

~Prithvi Raj, JAM



# Indian Air Force day



The day marks the formation of Royal Indian Air Force in 8 October, 1932. Every year the IAF celebrates the day by conducting annual IAF day parade and organising air shows and other events at different locations. The mighty force protecting India's sky space, Indian Air Force, came into existence as the 'Royal Indian Air Force,' on 8 October, 1932. The day is marked with the organisation of grand parade and celebrations across the nation. On this day, IAF personnel who protect India's skies are honoured for their dedication, bravery and professionalism. Not only this, Indian Air Force showcases its prowess in the sky by conducting grand air shows at different locations of the country. On this day, several programmes are conducted including aerial displays, rallies, parades, and ceremonies. To celebrate the day this year, IAF will conduct its annual Air Force Day parade at Prayagraj on Sunday. Traditionally, the parade used to be held at the Hindon airbase near Delhi till 2021. However, it was taken out of the national capital in 2021. Last year, it was held in Chandigarh.

~Meenakshi, JAM



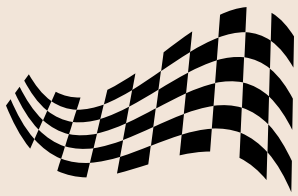


# Navrati

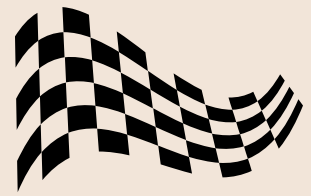
Navratri is an annual Hindu festival observed in honour of the goddess Durga, an aspect of Adi Parashakti, the supreme goddess. It spans over nine nights .It is observed for different reasons and celebrated differently in various parts of the Hindu Indian cultural sphere.Theoretically, there are four seasonal Navratri. However, in practice, it is the post-monsoon autumn festival called Sharada Navratri. In the eastern and northeastern states of India, Durga Puja is synonymous with Navaratri, wherein goddess Durga battles and emerges victorious over the buffalo demon Mahishasura to help restore dharma. In southern states, the victory of Durga or Kali is celebrated. In the western state of Gujarat, Navaratri celebrations are constituted by arti, followed by garba. In all cases, the common theme is the battle and victory of good over evil based on a regionally famous epic or legend such as the Devi Mahatmya. Hindu devotees often celebrate Navratri by fasting. On the final day, called Vijayadashami, the statues are either immersed in a water body such as a river or ocean, or the statue symbolising evil is burnt with fireworks, marking the destruction of evil.



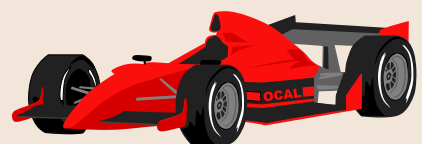
~K Sriprada ,Sr BIPC



# Formula 1



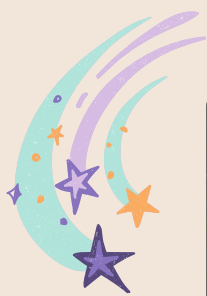
What is the new hype about F1? What is the thrill behind these super speeding cars? How is it any use to us? Why should this be considered a sport? To answer all these questions, Formula one or F1 is the world's highest class of international racing which entered the history books in 1946. The word formula refers to the set of rules to which all participants' cars must conform to. Similar to other sports like cricket, football etc. F1 also has a world championship. However, it slightly varies, instead of teams representing countries, a team has 2 drivers representing them in 2 individual cars on the grid and consists of highly specialised race engineers, strategists and mechanics. There are a total of 10 teams, each team having 2 cars running in every race. Prominent teams being Ferrari, Mercedes Petronas AMG, Redbull Racing and McLaren. The winner of the Formula one World Drivers' Championship is the driver with highest points determined by a points system while the winner of the Formula one World Constructors' championship is the team with the most points during the World Championship. The points are given according to the positions of each individual during each race i.e., a Grand Prix. In conclusion, F1 is not only a riveting sport but also an indirect source to developments in the field of Automobiles. Our country Bharat should also strive to be a part of this sport as it's a sport with a rapid growing fanbase, providing a global platform for our country and an excellent opportunity to be a part the development of the automobile industry and everyday technologies to make life efficient.



~Divya , Jr Shikhar



# Space



How do astronomers know the age of the planets and stars?

Astronomers can estimate ages for stars outside the solar system, but not planets.

Measuring the ages of planets and stars helps scientists understand when they formed and how they change – and, in the case of planets, if life has had time to have evolved on them

Determining the age of a star or planet can be as hard as guessing the age of a person who looks exactly the same from childhood to retirement. Fortunately, stars change subtly in brightness and color over time. With very accurate measurements, astronomers can compare these measurements of a star to mathematical models that predict what happens to stars as they get older and estimate an age from there.

Stars don't just glow, they also spin. Over time, their spinning slows down, similar to how a spinning wheel slows down when it encounters friction. By comparing the spin speeds of stars of different ages, astronomers have been able to create mathematical relationships for the ages of stars, a method known as gyrochronology

A star's spin also generates a strong magnetic field and produces magnetic activity, such as stellar flares – powerful bursts of energy and light that occur on stars' surfaces. A steady decline in magnetic activity from a star can also help estimate its age.

A more advanced method for determining the ages of stars is called asteroseismology, or star shaking. Astronomers study vibrations on the surfaces of stars caused by waves that travel through their interiors.

Young stars have different vibrational patterns than old stars.

By using this method, astronomers have estimated the sun to be 4.58 billion years old.

**~Spoorthy ,Sr BIPC**



# Food wastage

Food Wastage refers to the loss of edible food at various stages of the supply chain, from production to Consumption Addressing this issue is crucial due to its impacts on hunger, the Environment and Economies worldwide.

Globally, around one-third of all food produced is lost or wasted, equivalent to approximately 1.3 billions ton Each year. This wastage occurs across different region and is a significant Contributor to Greenhouse gas emissions and Water usage.

## Causes of Food Wastage

Post-harvest losses occur due to inadequate storage facilities and transportation, resulting in Spoilage. Consumer behavior plays a role as well, with Excessive Purchasing and discarding of food. Supply chain Inefficiencies Such as Overproduction and inadequate distribution, also. Contribute

## EFFECTS OF FOOD WASTAGE:-

The Environmental impact includes greenhouse gas emissions from rotting food and the unnecessary use of resources like water and land. Economically, food Wastage leads to financial losses for both producers and consumers. Moreover, food insecurity is Exacerbated as valuable resources are wasted instead of being direded to those in need.

~Prithvi Raj , JAM





# Pargat Diwas



Valmiki Jayanti, also known as Pargat Diwas, is a traditional Indian celebration observed primarily by the Balmiki community, honoring the arrival of the esteemed poet and philosopher Valmiki, believed to have existed around 500 BCE. The specific date of this festival is determined through the Indian lunar calendar and usually coincides with the full moon (Purnima) in the month of Ashwin, usually occurring in late September or early October. In India, Valmiki holds a high position as the writer of the famous Indian epic poem Ramayana and is revered by the Balmiki sect, where he is considered to be the embodiment of God. Valmiki himself plays a significant role in the Ramayana, taking on the character of a monk who welcomes the exiled queen Sita into his hermitage and becomes the teacher of her twin sons, Lava and Kusha. Valmiki is credited with the creation of the "epic metre" in traditional Indian poetry, characterized by its memorable rhyming couplets, indicating that the poem was meant to be recited publicly, a practice deeply embedded in Indian oral traditions. During the celebration of Pargat Diwas, there is a tradition of conducting processions called Shobha Yatra where portraits of Valmiki, represented as a monk dressed in saffron attire and carrying a quill and paper, are displayed.

~Amulya , JAM



# National Unity Day

Sardar Vallabhbhai Patel, Bharat's first Home Minister, played a vital role in convincing several princely states to join Bharat. His work in bringing the nation together earned him the nickname "Iron Man of India." In 2014, his birthday, October 31, was declared National Unity Day, or Rashtriya Ekta Diwas, to honor his legacy. This day celebrates Bharat's unity and pays tribute to Patel's efforts to keep the country united.

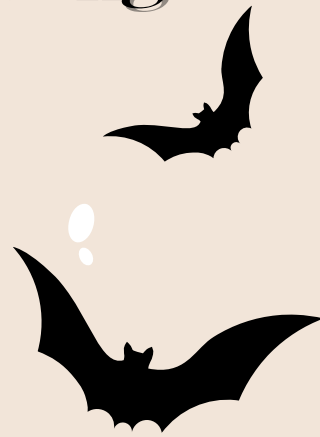
In the year 2014, the Government of Bharat decided to observe the birth anniversary of Sardar Vallabhbhai Patel as the 'Rashtriya Ekta Diwas' (National Unity Day) on October 31st every year. With the idea that this occasion will provide an opportunity to re-affirm the inherent strength and resilience of our nation to withstand the actual and potential threats to the unity, integrity, and security of our country. Vallabhbhai Patel's vision for Bharat was one of a united and prosperous nation where all citizens could live in harmony. He believed that unity was essential for Bharat's progress and development. His legacy continues to inspire Bharatians today, and National Unity Day is a reminder of his commitment to the nation.

~Janvi, JAM





# The Haunted Hill of Kurseong



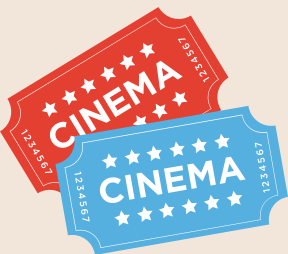
Kurseong is considered to be the most haunted hill station in the entire country, owing to the mysterious occurrences in Dow Hill.

Located in close proximity to Darjeeling at a distance of 30 kilometres, lies the picturesque hill station of Kurseong that is popularly known as the 'Land of White Orchids'. Kurseong is not overcrowded and offers a tranquil environment to the visitors.

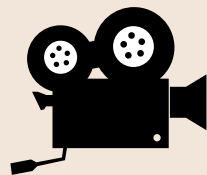
However, the Dow Hill area is notorious for paranormal happenings. There exists a small stretch of road between the Dow Hill and the Forest office in Kurseong that has been named as the 'death road' by the locals. Rumour has it that an blood-curdling apparition of a headless boy is seen to be walking on the roads and ultimately, disappearing into the darkness of the forest.

In the fear of encountering this frightening spectre, the local people are quite strict when it comes to avoiding the woods even in broad daylight. There have been several accounts of people experiencing an eerie feeling of being followed or being watched after walking through the woods. The ghost of a woman in grey was also spotted in the mist-covered woods of the Dow Hill. It is believed that the forest has an evil entity of its own that makes people lose their mental balance and go insane, if they ever dare to wander deep into it. As the rumour goes, many have been driven to such a point that they succumbed to the malevolent influence and committed suicide

**K Sri Dhruti ,SL1**



# Mathew Perry



Matthew Langford Perry, also known as Matt Perry, is an exceptional actor and comedian. Born on August 19, 1969, he is best recognized for his remarkable performance as Chandler Bing in the hit sitcom "Friends." Despite facing personal challenges, Perry's intelligence and talent have shone through his work in the entertainment industry. His ability to deliver witty and sarcastic lines effortlessly showcases his intellectual capabilities. Moreover, Perry's deep understanding of his character's emotions and motivations highlights his comprehension of the human psyche. Beyond his on-screen success, Perry has also demonstrated his intelligence through various endeavors. He has written and co-written several episodes of "Friends," displaying his sharp writing skills. Additionally, he has embarked on producing projects, illustrating his astute business acumen. Perry's intelligence extends beyond the realm of acting, as he has used his platform to raise awareness about addiction and mental health issues. Through his openness and advocacy, he has shown a deep comprehension of these complex topics and a dedication to helping others. Matthew Langford Perry is a gifted individual whose talents extend far beyond his iconic role in "Friends." His wit, emotional depth, and propensity for tackling important issues demonstrate his intelligence and comprehension. Perry's contributions to the entertainment industry and his advocacy work exemplify his ability to make a difference. On October 28, 2023, it was reported that Perry returned to his home in Pacific Palisades after playing pickle ball, and was found unresponsive in his hot tub by his assistant Briana Brancato two hours later. He was later pronounced dead at the age of 54. LAPD Captain Scot Williams said the "cause of death may not be known for some time, but at this point foul play is not suspected". a significant impact with his skills and understanding.



~Saanvi , Sr BIPC





# Unknown Facts



# Ants never sleep!

# when the moon is directly overhead ,  
you will weigh slightly less .



# Alexander Graham Bell, the inventor of telephone  
never called his mother or wife because both were deaf.

# Butterflies taste with their feet .



# The strongest muscle in the human body is the tongue.



# Your stomach has to produce a new layer of mucus every  
two weeks or it will digest itself.

# The Guinness Book of records holds the record for being the  
book most often stolen from public libraries.



# your foot is the same size of your forearm, and your  
thumb is the same length as your nose . Also , the length of  
your lips is same as your index finger.



# The liquid inside of young coconuts can be used as a  
substitute of blood plasma.



# It takes approximately 2 million flowers for  
a bee to make 1 pound of honey .



- Meenakshi ,JAM

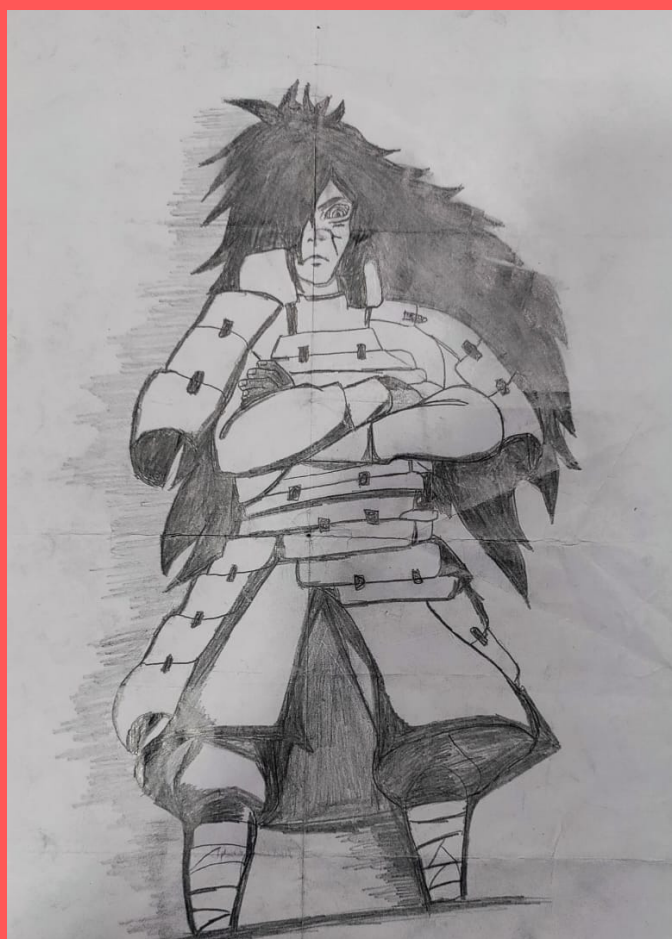


# ARTWORKS



- Meenakshi, JAM

-Srinidhi Aakula  
SAM

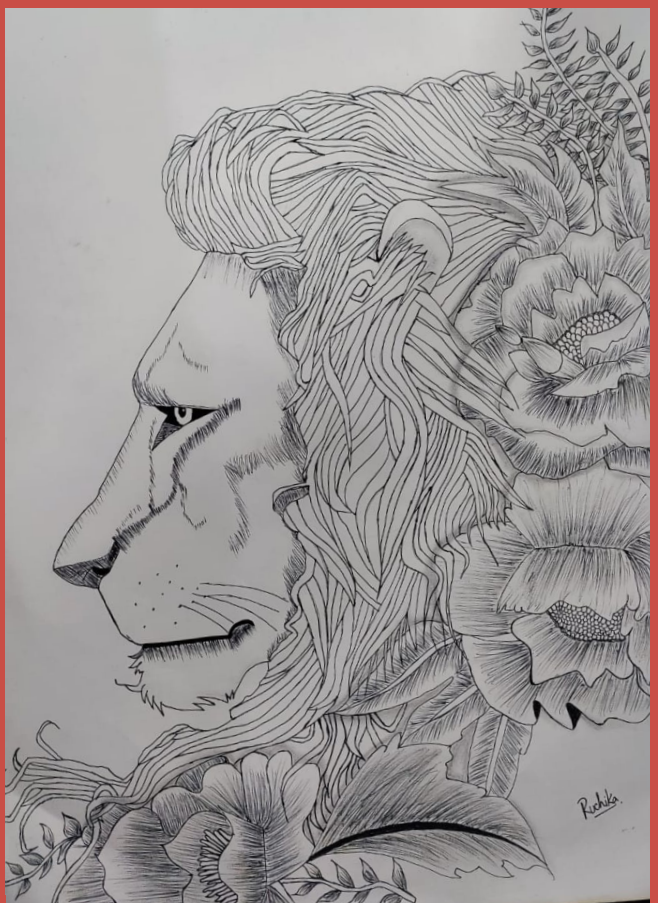


# ARTWORKS



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for guiding and helping us

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