



The Magazine

Be one step ahead

Wise Thought

“Everything is easy if you are crazy.
Nothing will be easy if you are lazy.”

Vol. 2

February 2020

Attention Students!

We invite entries from the students to send us an “Essay”. Our panel of experts will evaluate the entries and best one will be published in the next edition of our magazine with the photograph of the student.

Topic:
My Aim in Life

Author of the Month

Vikram Seth is an Indian novelist and poet. He has written several novels and poetry books. Seth has published eight books of poetry and three novels. In 1980, he wrote Mappings, his first book of poetry. The publication of A Suitable Boy, a 1,349-page novel, propelled Seth into the public limelight. His second novel An Equal Music deals with the troubled love life of a violinist. A sequel to A Suitable Boy, A Suitable Girl was announced in 2009 but has yet to be published.

He has received several awards such as Padma Shri, Sahitya Academy Award, Pravasi Bharatiya Samman, WH Smith Literary Award and Crossword Book Award. Seth’s collections of poetry such as Mappings and Beastly Tales are notable contributions to the Indian English language poetry canon.



Vikram Seth



News zone

January-March 2020

Sports

November 02, 2019: Wrestler Pooja Gehlot (53kg) claimed India’s second silver medal after going down to Japan’s 2017 world champion Haruna Okuno in the finals of the UWW Under-23 World Championships.



Art and Culture

December 18, 2019: Sahitya Akademi has announced its annual Sahitya Akademi Awards in 23 languages. Politician-writer Shashi Tharoor and playwright Nand Kishore Acharya are among 23 writers chosen for the prestigious Sahya Akademi Award 2019. Tharoor won the award for his book ‘An Era of Darkness’ in English and Acharya for his book of Hindi poetry, ‘Chheelatey Hue Apne Ko’.

Politics

December 29, 2019: Hemant Soren, working president of Jharkhand Mukti Morcha (JMM), took oath as the 11th chief minister of the state in a swearing-in ceremony in Ranchi. This is the second time that Soren has taken oath as the chief minister of the state.



Defence

December 30, 2019: Army Chief General Bipin Rawat was appointed the country’s first Chief of Defence Staff whose mandate will be to bring in convergence in functioning of the Army, the Navy and the Indian Air Force. Chief of Defence Staff (CDS) post will function as a single point of contact for different branches of armed forces.



Misc.

November 10, 2019: The Supreme Court pronounced in a historic judgement that a temple be constructed for Hindus on a 2.77-acre site in Uttar Pradesh’s Ayodhya town, which has been the epicentre of independent India’s biggest religio-political wrangle, while Muslims should get an alternative land to build a potential mosque.

December 11, 2019: The Citizenship (Amendment) Act, 2019 was passed by the Parliament of India on Wednesday. It amended the Citizenship Act of 1955 by providing a path to Indian citizenship for Hindu, Sikh, Buddhist, Jain, Parsi, and Christian religious minorities fleeing persecution from Pakistan, Bangladesh and Afghanistan.

Alternative professions



Today's millennials want more out of their careers than just a regular 9-5 job and decent pay. Gone are the days when traditional career paths like engineering, banking, teaching and accountancy held sway and were sought after by everyone. Chartering the unconventional route is the latest norm for anyone who dares to think out of the box or wishes to create a niche space for themselves in the world. Here are the few alternative

career options that are not just super interesting but can promise a good pay package too! **For example:** - podcast production, pet grooming, professional scuba diving, fitness training, café owner (entrepreneur), one such example we are going to read today about a very young successful entrepreneur who believes that there are many such business opportunities can start up with a good amount of hard work, proper planning and appropriate funding.

Let us read about Mr. Yeshwanth Nag, founder of the **ThinkShake factory**

Most students after the 10th standard opt for the traditional +2 system. They choose one of the three main stream courses: 1. Science Stream 2. Commerce Stream 3. Arts/Humanities Stream. It is mandatory to choose these courses if one intends to do graduation or post-graduation in any of these streams. Sometimes a student chooses not to pursue the courses available to them through the conventional +2 system. For such students, there are plenty of different business opportunities that students can start with appropriate funding and planning.

Let us take an example of Mr. Yeshwanth Nag, Founder of The **ThickShake Factory**– India's 1st Premium ThickShake Brand along with his co-founder Ashwin Mocherla. The ThickShake Factory has been a pioneer in the concept of specialty retailing of Shakes. Recognized as one of the fastest growing & most awarded Shakes brand in India, it has over the last 6 years actively created a change in the way India consumes cold beverages; from serving a concoction that was major part Ice Cream and minor part Milk, to the creation of a retailing category that was not only unique but also a transition from the existing status quo. The brand brings the best flavours in the form of not just ThickShakes, but a complete range of cold coffee

varieties, slushes, chocolate & fruit flavours. Prior to this, nobody in India was selling shakes purely on the retail channel. Today, the word ThickShakes is associated with the brand name – The ThickShake Factory.

When the word Milkshake in India was synonymous to Flavoured Milk; which was available on every menu in every restaurant, every juice cart across the country; Yeshwanth & his brother Ashwin wanted to change the perception of what Milkshakes actually were meant to be. After tasting some wonderful shakes abroad in their travels across Europe, they decided to come up with a new name, "ThickShake" to differentiate this product from the regular Milkshakes available in India.

A single-product brand around this product was planned and started business with a borrowed capital of 18 lakhs. Today The ThickShake Factory operates 107 outlets across 33 cities in India and one International outlet in LA, California.

Undoubtedly, the fastest growing and most awarded shakes brand in the country. It has an attractive franchising model that has enabled multiple budding entrepreneurs to get their dreams flying and created more than 500 jobs so far, mostly at the bottom of the pyramid and the lesser privileged sections of the society. Participation in National level events and conferences has been a major part of marketing activities to create an impact across the country like: Official Beverage Partner, Franchise India Reality Show 2018, ThickShake Partner, Women Economic Forum 2018, ThickShake Partner, BFSI CXO Summit 2018 etc.

Mr. Yeshwanth is also the recipient of the prestigious awards: Business World NASSCOM 40 Under 40 Awards, 2017 (40 Business leaders under the age of 40), TV5 Business Leader of the Year Award 2017.



Annular Solar Eclipse

An annular solar eclipse occurred on December 26, 2019. A solar eclipse occurs when the Moon passes between Earth and the Sun, thereby totally or partly obscuring the Sun for a viewer on Earth. An annular solar eclipse occurs when the Moon's apparent diameter is smaller than the Sun's, blocking most of the Sun's light and causing the Sun to look like an annulus (ring). An annular eclipse appears as a partial eclipse over a region of the Earth thousands of kilometres wide. The annularity was visible in Saudi Arabia, Qatar, United Arab Emirates, Oman, India, Sri Lanka, Bangladesh, Malaysia, Indonesia, Singapore, Northern Mariana Islands, and Guam. Population centers in the path of the annularity included Kozhikode, Coimbatore, Jaffna, Trincomalee, Sibolga, Tanjung Penang, Batam, Singapore, Singkawang and Guam. Cities such as Doha, Madurai, Pekanbaru, Dumai, Johor Bahru and

Kuching narrowly missed the annular path. Solar coronal magnetic fields play a key role in driving the space weather conditions. Direct observations of coronal magnetic fields are challenging. Such solar eclipse events present an outstanding opportunity for the scientists to constrain the theoretical models via observations. The magnetic field structure for this annular eclipse is predicted using a combination of data-constrained models.



Shree Jagannath Temple... A Holy Shrine



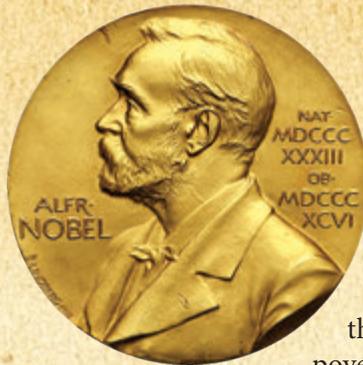
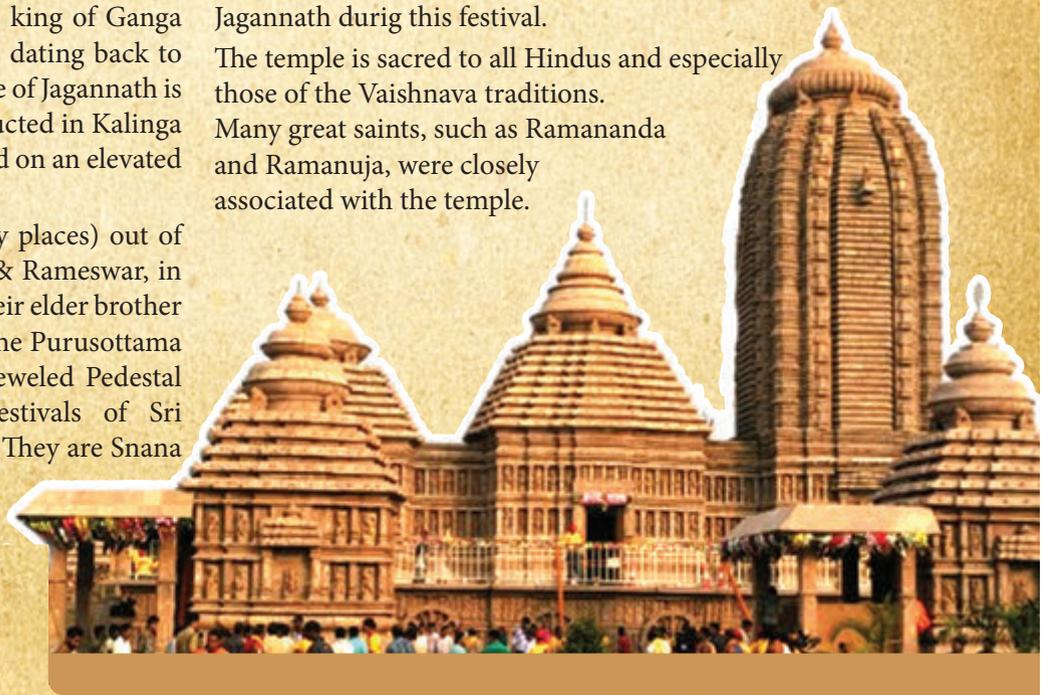
The Shree Jagannath Temple of Puri is an important Hindu temple dedicated to Lord Jagannath, a form of Lord Maha Vishnu, located on the eastern coast of India, at Puri in the state of Odisha. The temple is an important pilgrimage destination. It was constructed by a famous king of Ganga Dynasty Ananta Varman Chodaganga Deva dating back to 12th century at the seashore. The main temple of Jagannath is an impressing and amazing structure constructed in Kalinga architecture, with a height of 65 meters placed on an elevated platform.

It is one of the Dhamas (Holiest of the holy places) out of four Dhamas i.e. Puri, Dwarika, Badrinath & Rameswar, in India. Lord Jagannath, Devi Subhadra and their elder brother Balabhadra are being worshipped in Puri (The Purusottama Kshetra). The deities are seated on the Bejeweled Pedestal (Ratna Simhassana). There are many festivals of Sri Jagannath during the year observed in Puri. They are Snana

Yatra, Netrotsava, Ratha Yatra (car festival), Sayan Ekadasi, Chitalagi Amabasya, Srikrushna Janma, Dussehra etc. The most important festival is the World famous Rath Yatra and the Bahuda Yatra. A large crowd gathers to witness Lord Jagannath durig this festival.

The temple is sacred to all Hindus and especially those of the Vaishnava traditions.

Many great saints, such as Ramananda and Ramanuja, were closely associated with the temple.



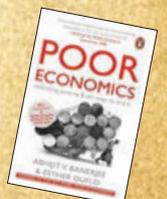
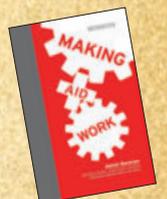
Nobel Laureate... Abhijit Banerjee

Indian-American Abhijit Banerjee, his wife Esther Duflo and Michael Kremer jointly won the 2019 Nobel Economics Prize “for their experimental approach to alleviating global poverty.”

The research conducted by this year’s Laureates has considerably improved our ability to fight global poverty. In just two decades, their new experiment-based approach has transformed development economics, which is now a flourishing field of research,” said the Nobel committee in a statement.

Banerjee, 58, was educated at the University of Calcutta, Jawaharlal Nehru University and Harvard University, where he received his PhD in 1988. He is currently the Ford Foundation International Professor of Economics at the Massachusetts Institute of Technology, according to his profile on the MIT website.

In 2003, Banerjee founded the Abdul Latif Jameel Poverty Action Lab (J-PAL), along with Duflo and Sendhil Mullainathan, and he remains one of the lab’s directors. He also served on the UN Secretary-General’s High-level Panel of Eminent Persons on the Post-2015 Development Agenda.



SUDOKU QUIZ

How to play:

1. Fill in the numbers 1-9 exactly once in every row, column, and 3x3 region.
2. Every row, column and 3x3 region contain every number from 1-9 exactly once.

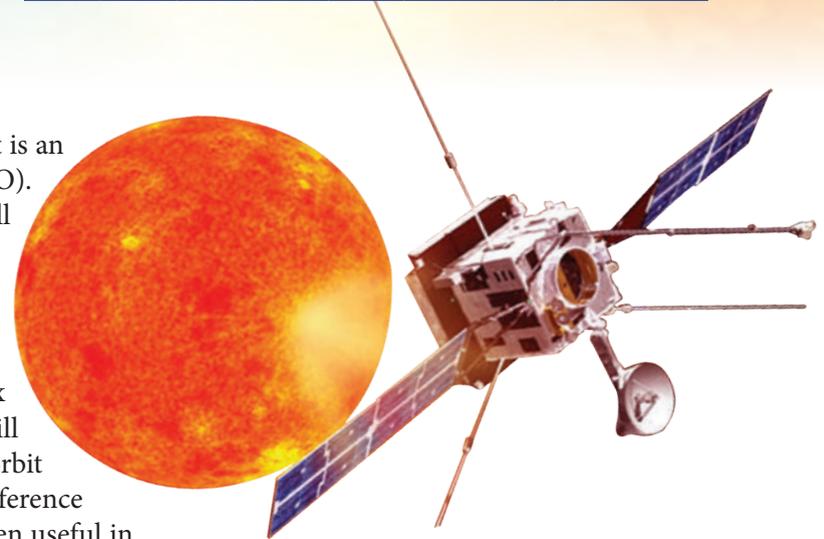


All 5 sisters are busy in a room. Pooja is reading a book, Rosy is cooking. Kiran is playing chess. Riya is doing the laundry. What is the fifth sister doing?

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

Aditya L1: India's First Solar Mission

ISRO is planning to launch its first Sun Mission Aditya L1. It is an ambitious plan of Indian Space Research Organisation (ISRO). This will help scientists to study the sun's Corona. There will be six scientific payloads on this 400 kg satellite. It will be placed in the halo orbit near the L1 point of the Sun-Earth system. Aditya-L1 will be able to provide observations of Sun's photosphere, chromosphere and corona. In addition, an instrument will study the solar energetic particles' flux reaching the L1 orbit, while a magnetometer payload will measure the variation in magnetic field strength at the halo orbit around L1. These payloads have to be placed outside the interference from the Earth's magnetic field and hence could not have been useful in the low Earth orbit as proposed on the original Aditya mission concept. This mission planned to be launched by April 2020.



Chillai-Kalan: 40 Days of Biting Cold

The traditional 40-day period of harshest winter in Kashmir known in the local parlance as 'Chillai-Kalan' began on December 21, 2019, with the upper reaches of valley receiving snowfall. Chillai-Kalan period which is known for sub-zero temperatures, frozen lakes and river, will end on January 31, 2020.

These 40 days are when the chances of snowfall are highest and the maximum temperature drops considerably. During Chillai-Kalan, the weather in Kashmir valley continues to remain dry and cold with minimum temperatures hovering below freezing point and the snow during this 40-day period freezes and lasts longer. Even after Chillai-Kalan ends, the cold wave, however, continues even after that. Therefore Chillai-Kalan is followed by a 20-day-long period called 'Chillai-Khurd' (small cold) that occurs between January 31 and February 19 and a 10-day-long period 'Chillai-Bachha' (baby cold) which is from February 20 to March 2, 2020.



Virat Kohli...*The King of Cricket!!!!*

Virat Kohli is an Indian cricketer who currently captains the India national team. A right-handed top-order batsman, Kohli is regarded as one of the best batsmen in the world. He plays for Royal Challengers Bangalore in the Indian Premier League (IPL), and has been the team's captain since 2013. Since October 2017, he has been the top-ranked ODI batsman in the world and is currently 1st in ODI and Test ranking. Kohli captained India Under-19s to victory at the 2008 Under-19 World Cup in Malaysia, and a few months later, made his ODI debut for India against Sri Lanka at the age of 19.

He made his Test debut in 2011 with Test hundreds in Australia and South Africa. Kohli was appointed the vice-captain of the ODI team in 2012 and handed over the Test captaincy following Mahendra Singh Dhoni's Test retirement in 2014. In early 2017, he became the limited-overs captain as well after Dhoni stepped down from the position. In ODIs, Kohli has the second highest number of centuries and the highest number of centuries in run-chases in the world. He holds the world record for being the fastest batsman to 10,000 and 11,000 runs in ODI cricket.

Kohli has been the recipient of many awards such as the Sir Garfield Sobers Trophy (ICC Cricketer of the Year) in 2017 and 2018; ICC Test Player

of the Year 2018; ICC ODI Player of the Year in 2012, 2017 and 2018 and Wisden Leading Cricketer in the World in 2016, 2017 and 2018.[10] He was given the Arjuna Award in 2013, the Padma Shri under the sports category in 2017 and the Rajiv Gandhi Khel Ratna, the highest sporting honour in India, in 2018. Kohli is ranked as one of the world's most famous athletes by and one of the most valuable athlete brands by Forbes. In 2018, Time magazine named Kohli one of the 100 most influential people in the world.



Lohri...*A Punjabi Folk Festival*

Lohri is a popular Punjabi Folk Festival, celebrated primarily by Sikhs and Hindus on January 13 each year. Lohri is celebrated to mark the end of peak winter, and is traditionally believed to welcome the sun to the northern hemisphere. Observed a night before Makar Sankranti, this occasion involves a Puja Parikrama around the bonfire with prasad. This festival is celebrated with great pomp and show, especially in the north Indian region. One of the first Hindu festivals of the year, it is essentially termed as the festival of the farmers, the festival of harvest, whereby, the farmers can thank the Supreme Being. Lohri is a way to spread the joy of seeing the sparkling pearls of rabi crops amidst traditional folk songs, dance and food. In the night when the Lohri is lit, people perform folk dances on the beats of dhol (folk drum) and sing Lohri songs to create a perfect ambience of Lohri celebrations.



Children and Fast Food Consumption



Food is essential for growth and development of a child. A child cannot live without food. 'Good food means the right kind of food for good health. It contains natural substances that body needs to grow properly and stay healthy. We must choose the right food in the daily diet for good health of our child. Socioeconomic conditions and cultural norms of our community have been changing. Food habits of children are also changing. Many of the children are fond of readymade outside food. 'Food that can be served ready to eat fast' refers to fast food. Fast foods and junk foods are often used interchangeably. Most junk foods are fast foods as they are prepared and served fast. But not all fast foods are junk foods, especially when they are prepared with nutritious

ingredients. Fast food culture is an emerging trend among children. 'Energy dense food with high sugar/ fat/ salt content and low nutrient value in terms of protein, fiber, vitamin and mineral content is termed junk food'. Easy availability, taste, parent's occupation and marketing strategies make them popular among children. In India, nearly 30% of 4-19 years children consumes fast food.



Disadvantages of Fast Food

- 1. Adverse impact on the cardiovascular and digestive systems.** Most fast food products are usually loaded with carbohydrates and have very little fiber. Eating fast food products will create spikes of sugar intake, increasing the risk of getting diabetes, weight gain, and insulin resistance.
- 2. You will eat more calories when consuming fast food frequently.** Most fast food meals contain high levels of added sugar and Trans fat. It increases your bad cholesterol levels, lowers your good ones, and increases your risk of heart diseases and diabetes. Pastries, pizza dough, cookies, and fried items all contain this fat.
- 3. Eating fast food can lead to issues with edema, bloating, and swelling.** When you decide to eat a fast food meal, then the combination of salt, sugar, and fat can lead to problems with water retention, which is known as edema. This causes some children to feel bloated, puffy, or swollen after they have finished eating.
- 4. Obesity.** If you are eating too many calories from your fast food meals, then you see an increase

of weight which quickly leads to obesity. Children who are severely overweight have a higher risk of experiencing respiratory problems, including shortness of breath and asthma.

- 5. Adverse effects on the nervous system.** Fast food products can satisfy your hunger for a short period but long-term results are usually less than positive. Children who eat fast foods are more likely to develop depression or depression-like symptoms at some point in their life.
- 6. Fast food can change your hair, skin, and nails.** Your food choices can also impact the appearance of your skin. Foods that are rich in carbs will lead to spikes in blood sugar numbers, and it is this sudden jump that can trigger a breakout. Children who eat fast food products at least three times per week are also more likely to develop a skin disease called eczema. They can also adversely impact the growth of their hair and nails over time.
- 7. Negative impact on your skeletal system over time.** When you eat fast food products regularly, then

the sugar and carbohydrates in those items can increase the amount of acids in your mouth. Their presence can cause your tooth enamel to break down, allowing bacteria to create cavities. The higher risk of obesity also comes with problems that include muscle mass issues and bone density problems.

You must first look at the health impacts before any other concern because of how dangerous these meals can be over time. Almost any other option is a better choice than fast food for your regular eating habits because of the high levels of fat, sugar, and salt found in most items. consume it with moderation, get some moderate exercise every day, and eliminate the sugary sodas to minimize the impact of this choice.



Scholarship Test

Choose the correct answer for the following questions.

- Which among the following Sports is Sultan Azlan Shah Cup related ?
A. Badminton B. Hockey C. Table Tennis D. Golf
- THE WORLD BENEATH HIS FEET is a Biography of _____
A. Pulela Gopichand B. Nawab Pataudi C. Ajit Wadekar D. Sachin Tendulkar
- Which of the following rivers is the most mentioned in early Vedic literature?
A. Sindhu B. Sutudri C. Sarasvati D. Ganga
- Which of the following devices comprise the output unit?
A. Control Unit B. Visual Display Unit C. Secondary Memory D. Primary Memory
- Which of the following is the highest peak of the Satpura Range?
A. Gurushikhar B. Dhupgarh C. Pachmarhi D. Mahendragiri
- Which among the following is NOT a subsidiary of RBI?
A. National Housing Bank B. NABARD
C. Bharatiya Reserve Bank Note Mudran Private Limited D. SIDBI
- On which rocket did China recently launch its heaviest satellite, Shijian-20?
A. Long March 2E B. Long March 4C C. Long March 3B D. Long March 5
- Which fighter aircraft, that was recently retired, is also known as Bahadur?
A. MiG 27 B. Tejas C. Mirage 2000 D. Gulfstream
- Which country recently became the first to recognize the Indian Pharmacopoeia?
A. Afghanistan B. Iraq C. Saudi Arabia D. Qatar
- Who has been sworn-in as new President of Sri Lanka?
A. Gotabaya Rajapakasa B. Priyantha Sirisena
C. Namal Rajapaksa D. Karu Jayasuriya

Solve the Sudoku.

Instructions:

- Fill in the numbers 1-9 exactly once in every row, column, and 3×3 region.
- Every row, column and 3×3 region contain every number from 1-9 exactly once.

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

Solve the Puzzle

$$\text{Cup} + \text{Cup} + \text{Cup} = 30$$

$$\text{Cup} + \text{Burger} + \text{Burger} = 20$$

$$\text{Burger} + \text{Fries} + \text{Fries} = 9$$

$$\text{Burger} + \text{Fries} \times \text{Cup} = ?$$

Note:

The winner of the quiz will be selected by a panel of experts. He will be awarded ₹3000 as scholarship on his school fees. (Please refer page 8 for terms & conditions.)

Colourful Fall Leaves



Bring out the coffee filters and markers to create a twist on autumn leaf projects. Turnover a New Leaf: Put away the waxed paper and Vaseline and bring out the coffee filters and markers to create a twist on autumn leaf projects. You can use your imagination to fashion leaves of pink and purple and mint green.

Material Required:

- Coffee Filter paper
- Washable markers
- Spray bottle
- Branches

Directions:

1. Draw a leaf shape on a flattened coffee filter paper.
2. Cut out leaf shapes with scissors.
3. Colour your leaves with washable markers. Choose your own fun colours and patterns.
4. Place coloured leaves on newspaper and spritz with water until the ink begins to run.
6. Allow leaves to dry completely.
7. Attach your leaves to real branches with glue and arrange in a vase, as desired.

Note:

Create the given activity and post it our company's address. Best activity will be published in the next edition of the magazine. Last date will be February 29, 2020 to accept the entries.

Tip: Take young explorers on a nature walk to gather branches and add a hands-on science lesson to this fun, fall craft project.



Entering the Competition

1. The Magazine's Scholarship Test (the "Competition") is open to children living in India aged between five and Twelve years old ("You").
2. To enter the Competition, You should answer all 10 questions in the puzzle published in the "The Magazine's Scholarship Test" of January Edition.
3. You can send your answers to us at: *Apple Book Company Plot No. 2/B, (C.F. Area), I.D.A. Cherlapalli, Phase-II, Hyderabad-500051* Or E-mail your answers to vinod@dppl.info with "Scholarship Test" in the subject line. You are responsible for the cost of sending your Competition entry to us.
4. You must provide your name, age and address, school name and the name and contact telephone number of your parent or guardian while submitting your Competition entry.
5. You may only send one entry to the Competition.
6. We must receive your entry to the Competition by 11.59 pm, on February 29, 2020.
7. The Two winners of the prizes will be the entrants with the most correct answers to the questions in the Competition.
9. If there is a tie, the winner and runners up will be chosen at random from the entrants with the highest (or next highest, where appropriate) number of correct answers in the Competition. Our decision is final and no correspondence will be entered into.
10. The two winners will receive a Rs. 3000 as scholarship on his school fees.
11. The winner and the two runners up will be notified by phone on or before March 15, 2020.
12. The prizes will be sent to the two winners six weeks after the three winners have been announced.