

KEEKLI

AN ODE TO INNOCENCE

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Covid-19

India Peaks at 63 Million Infections by 15th August, then the Trend Reverses

Khushi Sharma in her last article through mathematical modelling on excel sheets, had analyzed and forecasted that infections will peak in India by mid-August and 63 million people will be infected.

<https://blogwithkhushi.co.in/2020/06/28/covid-19-how-should-we-be-prepared/>

Many people commented and questioned this figure when currently (on 25th July 2020) the reported infections stand at 1.4 million. Here's my explanation based on evidence that reinforces the correctness of my model.

Delhi Trends

Surveillance studies with antigen testing were conducted in Delhi between 26th June to 5th July. Its findings revealed that 23.4% of Delhi's population is infected. The population of Delhi is about 20 millions. Those who get infected acquire antibodies in 7-15 days. This antigen testing checks the presence of these antibodies. If we have tested between 26th June to 5th July, the result reveals the spread of infection around 20th June. Therefore, we can say on 20th June, 23.4% of Delhi's population, that is 4.5 million people were infected.

Now let's have a look at the reported number of cases and deaths as on 20th June. The detected cases were then about 56,000 and reported deaths

were 2112. Implying hardly 1.3% detection rate.

<https://blogwithkhushi.files.wordpress.com/2020/07/daily-trend-of-covid-19-in-new-delhi.xlsx>

Further Infection Fatality rate (IFR), which is the ratio of the number of deaths to the total infections, comes to be 0.05%. However, based on the epidemiological studies, IFR for India is in the range of 0.10-0.20%. Going by this and considering that there is a lag of 15 days between infections and the death, the number of deaths due to corona virus in Delhi on 5th July should have been approximately 6,000. However, the reported deaths as on 5th July are 3067. As such the possibility of under-reporting of deaths attributed to COVID-19, cannot be ruled out.

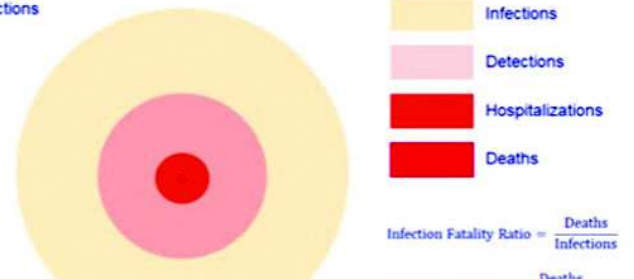
As deaths and detections have similar trend with 2 weeks lag, we can use IFR to estimate number of infections based on the

mortalities. IFR remains almost constant for a given population, provided that the deaths have been counted precisely.

The 25th July official data says 3,800 deaths and 129,531 reported cases. Plotting the daily detected cases reveals that the peak of the epidemic cycle (first cycle) happened around 24th June, implying the rate

Continued on page -4

The COVID Universe



Improving Memory and Cognition Functions

Using a Combination of Yog & Ayurved

Vishal Bhatia, New Delhi

Did you know that Yog has 84,00,000 Asanas and out of which only around 100 odd asanas are important. It is well impossible for any human being to learn all the 84,00,000 asanas let alone master them.

In contrast Yog has 6 deep internal body cleansing Kriyas - they are collectively known as the 6 Shatkarm Kriyas of Hath Yog.

Patanjali's Yog Sutras are 195 in number and the word Asana is mentioned just once! So much for Asanas being depicted as what Yog actually is. Pick up any Yog magazine, visit any Yog studio and you will notice the focus is entirely on Asanas with scant mention of any basic detoxing kriyas.

The purport of this article is to

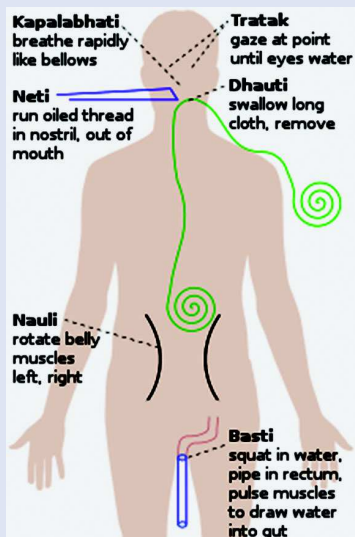
highlight the importance of the Yog Shatkarm Kriyas - especially in the current times of Covid, which is essentially attacking the human respiratory system.

Dhauti is one of the six Shatkarmas, purifications used in traditional hatha yoga; Vastra Dhauti, using a long cloth to clean the oesophagus and stomach, is illustrated here (source, Wikipedia)

The 6 Shatkarm Kriyas are (in alphabetical order)

1. Basti
2. Dhauti
3. Nauli
4. Neti
5. Kapaal Bhaati Pranayam
6. Traatak Kriya

Basti is Sanskrit for bladder. In



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KEEKLI Little Feet, Big Strides!

KEEKLI is a vision for a better tomorrow. Keekli is a promise that is made for the upliftment of children's health, education and social welfare.

KEEKLI CHARITABLE TRUST has been established with the aim of working towards education of underprivileged children and contributing towards sectors such as public health, women empowerment and social welfare schemes.

We plan to set up medical camps as well as contribute maximum towards two main sectors that ensure progress — children's health and education.

KEEKLI TRUST aims at bringing parity to these sectors so that the best is reaped by all individuals in the state. A beginning has been made and we hope to build on with your support.

Join our hands by making monetary contributions to strengthen our efforts

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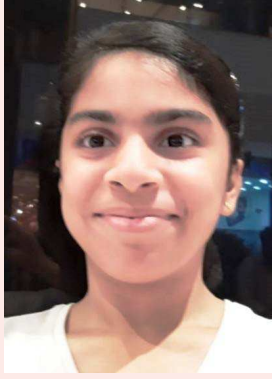


We Got Caught!

I remember that it wasn't last summer that my two best pals and I were running around the whole apartment finding some or the other way to fill time. The sun was almost down the horizon, and it left the sky with bright colours of red and yellow. Pacing up and down the stairs, I could feel my heart beat through my chest. I bet I needed some rest; I was sweating and I was out of my breath, I could also see my friends panting. How many more excuses does one need just to take a decent break. Sitting on the stairs that lead us to the ground floor of our building, we took deep breaths and sat there while we regained our energy.

I have great friends, funny, friendly and most of all very supportive. But how did I know that, that was the day when my perspective about my friends would change. One of my friends spoke after regaining her energy.

She is a year or so younger to me and has lovely short brown hair with a smile like no one else. She suggested an idea that went like this - go stand in front of our dance teacher's house, ring the bell and run. It was a horrifying idea but you know what would the worst case scenario be. Well, I didn't agree right away, I needed a push from her so did my one year elder to me friend, she was sweet and loving and was always there for you. So, once we all were on board we needed to name this mission, we called it Mission



Kushi Jathanna, Class VIII, Deens Academy, Whitefield, Bangalore

Impossible.

Tensed as we were supposed to be, we went and stood in front of her house. The corridors were empty, not a soul was present except us three. We stood there looking at each other, exchanging looks of doubt. I was almost going to quit the mission but before I could speak, the bell rang and not once but thrice. Ms. Brown hair had rung it! It took us a second to realize what we had done. We rushed out, but unfortunately were spotted but not caught. We ran to the adjacent building, hoping that our teacher wouldn't follow. But it felt as if luck was on war with us today. She made her way to the adjacent building and stood at the main gate for so long. My friends and I stood hiding, terrified like we had just seen a ghost. None of us moved, sharing our thoughts with whispers and hand signs. We were clueless as to how to get out of this mess. Until our saviour showed up, my friend's elder sister. She carefully guided us from strange paths which eventually got us home. Today when I recall this incident, I find it hard to even giggle about it. What I felt that day was unbelievable. I wish so much that I wouldn't experience that again. For my friends, the Mission just made our bond stronger and deeper. We went through everything together and what we felt was together. For me that is all that mattered.

It was almost the day we got caught!

The Moon

*The moon shined as bright as light,
On the hills far across,
It splattered like fresh paint,
On the houses lined along.*

*Everyone who walked under,
Admired the beauty of it,
As it shone prettier than,
Anyone who walked this Earth till date.*

*The world looked beamish with,
The moonlight scattered around,
Every soul looked alive; every stranger looked affectionate,
Just because of the moonlight that glistened along.*

*The moon shined as bright as light,
Reminding me of what lies ahead,
The adventure and thrill of life is,
What lies ahead of me.*

**Kushi Jathanna, Class VIII,
Deens Academy, Whitefield, Bangalore**

जिसका काम उसी को साजे



बंदर बोला हीरो बनूँगा,
आमिर खान जैसी एक्टिंग करूँगा।
कटिंग करवाऊँ अमिताभ जैसी,
संजय दत्त सा काम करूँगा।
बंदरिया बोली बेटा हाथ मुंह धो ले,
पेट में अपने कंदमूल भर ले।
खाली पेट क्या एक्टिंग करेगा?
और एक्टिंग बिना क्या हीरो बनेगा?
तेरे पापा को भी चढ़ा था,
हीरो बनने का शौक।
किस्मत अच्छी थी मिल गयी मैं,
बरना आता ना होश।
तभी बनी है कहावत बेटा,
जिसका काम उसी को साजे,
और करे तो डंका बाजे।

दीपक कुलुवी

Rain

*A feeling comes upon me so queer,
As I watch the sky shed its first tear.
Drops of water fall from the sky,
And the air is filled with its desperate cry.
I can hear it weep, so loud and clear.
I can hear it weep, as it sings me to sleep.*

*I close my eyes and think for a while,
Why is the human soul so fragile?
Why does the rain, bring back the pain?
But at the same time, I do realise,
That every coin has two sides,
That the rain is not always associated with sighs,
But it is sometimes also greeted with happy smiles.*

*It is God's love,
That falls from above.
A farmer views it as God's grace,
When the rain falls on his face,
Every tiny drop,
Promises him a good crop.*

*The earth laughs in flowers,
As it absorbs the rain showers,
These showers ensure,
That the Earth remains pure,
That it looks renewed and clean,
And proudly boasts of green.*

*Children make a paper boat,
And leave it to float,
On the muddy water in the puddle,
They watch it closely as they huddle.*

*The rain brings them peace,
It makes the time freeze,
And for a moment,
All their worries seem to cease.*

*A writer listens to the rain,
As it falls on his window pane,
He feels inspired and takes out his pen,
And starts to write then,
Of what the rain means to him.*

**Aastha Bhaik, Class XI,
Loreto Convent Tara Hall, Shimla**



Thwart Nepotism

Sahaj Sabharwal, Class 12, DPS, Jammu

*An evil still alive in today's society,
Talks on can no more be conveyed politely.*

Nepotism is forceful building of talent in an inept person,

In this process, there is only one who run himself while other layman just hire lift for fun.

*The interim benefit is availed by those who are bloody selfish,
Due to these, real capable talents, stay hidden and dismisses as their dish.*

*These people just work on keeping good relation,
After that comes on their exact clever need which gives rise to great discrimination.*

*Living life on the shoulder of someone hardworking,
The principle they follow is just unfair profit linking.*

*Success without struggle is their achievement,
But really failed, bashing themselves, for their recruitment.*

*There is no purpose of life,
If getting exactly what you want by favouritism, without any efforts, without strife.*

Making deserving people's life anguish, these people regret in hell afterlife.



Committed to the Brilliance in Every Child! KARTAB THEATRE

"Creativity doesn't wait for that perfect moment. It fashions its own perfect moments out of ordinary ones." - Bruce Garrabrandt

And as the world suffered the monotonous and mundane routine of the Lockdown, a new burst of ideas was taking shape on the streets of New Delhi. An urge of a school teacher turned editor and author to return and rebond with the young children, led to the inception of Kartab Theatre by Nidhi Kundra. Until this dream became a reality, one would only wonder if there was a limit to possibilities, but then when the ichinen (Jp. for determination) is strong, nothing is impossible.

Kartab Theatre was formerly launched on 31st May, 2020, to create a movement to identify the hidden talent in young children from across the Indian sub-continent and also, to bring a whiff of fresh air to all the children whose energy and enthusiasm had been locked down by the dreaded pandemic. As Kartab Theatre nears its two month anniversary, it has already touched the hearts of thousands of young children. Children in the age group of 5 to 14 years have already participated and performed on the platform.

StoryTelling Competitions (Grades 1-2 and Grades 3-5)

Both parents and the children welcomed the competitions with great enthusiasm from all across the country and we also saw participation from Qatar. The



entries ranged from cities like Dehradun, Jaipur, Pune and Chennai. These events were conducted on ZoomApp and shared live on Facebook. There was an overwhelming response from the online audience and their desire to watch more kept the fire burning!

The Mahabharata Revisited



The first original creation of Kartab Theatre was the play - The Mahaabharata Revisited, in comedy genre. The characters of Mahabharata taken in the script depicted the common human behaviour to Mother Earth. It was also a satire based in modern Indian courts where the law is often played at, in the hands of those who are in fact, the guardians of the law. The play was screened online and received tremendous accolades and appreciation; and is still available for view on social media accounts of Kartab Theatre.

The concept of online theatre is not new but Kartab Theatre has made it interactive both for the participants and the viewers. A hint of comedy brings a respite from the otherwise gloomy reality. Kartab Theatre believes that as nourishment is to the body; happiness is to the soul. The times are tough and witnessing the dull situation at home, tougher for these young children. In the middle of this storm, Kartab Theatre only attempts to create space for these little ones to blossom.

New Education Policy To Be A Milestone: Pokhriyal

New Delhi, Jul (UNI) — Hailing the New Education policy approved by the Union Cabinet, Union Minister for Human Resource and Development Ramesh Pokhriyal 'Nishank' said that the new education policy will prove to be a milestone in creation of a new India. "For the first time in the history of the country, to formulate a policy at such a wide scale, discussions have been held with teachers from parents and village committees, public representatives from every corner of the country and after that a new education policy has been prepared," the Minister said at a press conference.

The Union Cabinet, approved the much-awaited new education policy and the Ministry of Human

Resource Development has been renamed as Ministry of Education in the new policy. The country has again got a new education policy after 34 years.

The much-awaited New Education Policy 2020 envisages major reforms in higher education, including target of 50 per cent gross enrolment ratio by 2035 and provision for multiple entry/exit. Addressing a briefing on the Cabinet decision, Higher Education Secretary Amit Khare said the NEP would promote multi-disciplinary education and integrated five year Bachelor's/Master's course.

Other features include graded academic, administrative and financial autonomy of institutions and single regulator for all higher education working

under a self-disclosure based transparent system for approvals in place of numerous 'inspections'.

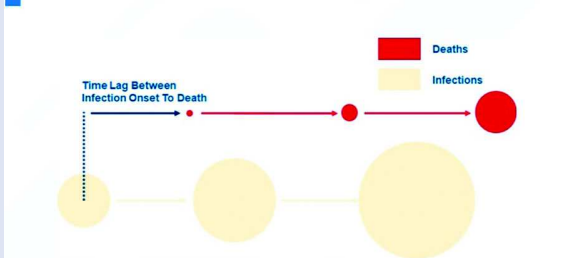
Also, e-courses will be developed in regional languages, virtual labs developed and a National Educational Technology Forum (NETF) is being created, he said.

Built on the foundational pillars of Access, Equity, Quality, Affordability and Accountability, this policy is aligned to the 2030 Agenda for Sustainable Development and aims to transform India into a vibrant knowledge society and global knowledge superpower by making both school and college education more flexible, multidisciplinary, suited to 21st century needs and aimed at bringing out the unique capabilities of each student.

Covid -19

India Peaks at 63 Million Infections by 15th August, then the Trend Reverses

Deaths and Infections have the same trend with a lag



of spread of infection would have slowed down thence on. Taking cue from other countries, roughly 40% of infections happens before peak, and 60% after peak till the end of first cycle.

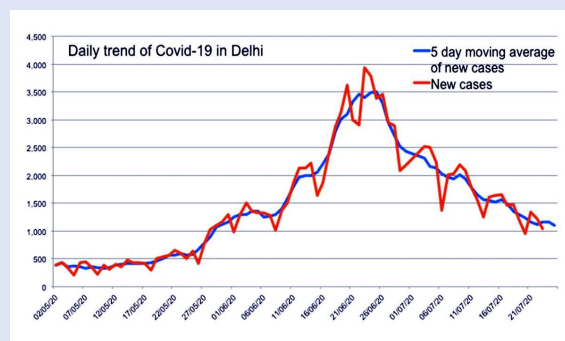
An epidemic cycle is said to end when the daily infection reporting becomes 1/10th of the peak time infection reporting. With about 2,365 deaths reported at the peak time (24th June), sometime in end of August, the first epidemic cycle would end and, Delhi would expect 6,000 deaths reported and almost 60% of its population (12 million) would be infected due to COVID-19. Actual death count till then would be approximately 12,000. However, almost more than half of the deaths would remain unreported.

Indian Scenario

As we have seen that Covid 19 has remained mainly an urban centric epidemic. Total urban population of India is approximately 400 million. Compared to our metro cities, the other urban centres are less densely populated as such it is expected that at the peak 15-20% of the total urban population will get infected and by the end of the first epidemic cycle, 45-50% of the total urban population will get infected. In

numbers, approximately 60-80 million population will be infected at the peak.

The current statistics tell that as on 25th July 1.4 million people have been infected and 32,000 have died because of Covid. Taking cue from the Delhi analysis, if in Delhi only 50% of the deaths have been reported, it can be safely assumed that the upper bound on death reporting in India is 66%. As such we can assume that by now 50,000 deaths have already happened. Also there is a lag of 14 days between infections and death. Considering an IFR of 0.15%,



i.e., 1.5 deaths per 1,000 infections, two weeks back, i.e., on 11th July, the total infection count in India was around 33 million. These are conservative estimates and lower bound of our projections. At present for India, the doubling time (the time to double up the infections in a given population) is about 24 days which is expected to increase to 30-35 days as we near the peak. As such between 11th to 15th August when we peak, the actual infections will be around 60-65 million. This is in line with my projections in my earlier blog. By mid-August the number of infections across

the country would double up, with peak reaching at 63 million infections as I had illustrated through my mathematical modelling.

In the ideal COVID universe, 10-15% of the infections get detected but we have seen the detection rate comes to about 1.5% for the capital city, Delhi. However, what matters most is the number of critical patients and mortalities. Our major concern is to reduce need for hospitalisations and subsequent deaths. Therefore, there is a need to have the right monitoring metrics to incentivise early detection and early treatment. With right monitoring metrics forecast of our model can become more accurate and we can better intervene to check the mortalities.



**Khushi Sharma, XI,
Carmel Convent
School, Chandigarh**

Monitoring Metrics

Monitoring the Correct Metrics is the Key to Saving Lives and Reducing Transmission Rate

The Following Metrics Incentivize Early Detection and Early Treatment!

Sr. No.	Metric*	Desired trend	Optimum value	Acceptable Value
1	Average time from symptoms to detection	↓	< 24 Hrs	< 48 Hrs
2	Average time from detection to death	↑	> 7 Days	> 5 Days
3	Case Fatality Rate	↓	< 1%	< 1.5%

दसवीं बोर्ड में भी लड़कियों ने मारी बाजी तिरुवनंतपुरम क्षेत्र देश में सबसे टॉप

नई दिल्ली 15 जुलाई -- केंद्रीय माध्यमिक शिक्षा बोर्ड (सीबीएसई) की दसवीं बोर्ड की परीक्षा में एक बार फिर लड़कियों ने बाजी मार ली है और कितनों का परिणाम 78.95 प्रतिशत रहा। बारहवीं की परीक्षा में भी लड़कियों ने बाजी मारी थी। बारहवीं के बोर्ड की तरह दसवीं बोर्ड में भी तिरुवनंतपुरम क्षेत्र देश में सबसे टॉप पर रहा। सीबीएसई द्वारा बुधवार को जारी विज्ञप्ति के अनुसार इस वर्ष 5,377 परीक्षा केंद्रों पर 20,387 स्कूलों में एक करोड़ 87 लाख 315 छात्रों ने परीक्षा दी जिसमें

91.46 प्रतिशत छात्र पास हुए और पिछले साल की तुलना में इस वर्ष 0.36 प्रतिशत अधिक रिजल्ट हुआ।

इस वर्ष 93.31 प्रतिशत लड़कियों ने पास किया जबकि लड़कों का प्रतिशत 90.14 प्रतिशत रहा। इस तरह इस साल 3.17 फीसदी अधिक लड़कियों ने पास किया।



तिरुवनंतपुरम क्षेत्र 99.28 प्रतिशत रिजल्ट के साथ सबसे आगे रहा। गुवाहाटी में सबसे कम 79.12 प्रतिशत परिणाम रहा।

देश के स्कूलों में केंद्रीय विद्यालय संगठन 99.23 प्रतिशत रिजल्ट के साथ सबसे टॉप पर हैं जबकि जवाहर नवोदय विद्यालय 98.66 प्रतिशत के साथ दूसरे स्थान पर और सरकारी स्कूल 80.91 प्रतिशत के साथ पांचवें स्थान पर और सरकारी अनुदान प्राप्त स्कूल 77.82 प्रतिशत के साथ छठे स्थान पर रहे।

इस साल 18 लाख 4358 छात्रों ने 90 प्रतिशत से अधिक अंक पाये जबकि 95 प्रतिशत से अधिक अंक पाने वाले 41,804 छात्र हैं। इस तरह पिछले साल के मुकाबले उनकी संख्या घटी है। विज्ञप्ति के अनुसार राजधानी में पूर्वी दिल्ली क्षेत्र का रिजल्ट 85.79 प्रतिशत रहा जबकि दिल्ली पश्चिमी क्षेत्र का रिजल्ट 85.96 प्रतिशत रहा।

दयानंद के होनहारों ने बाजी मारी

कीकली ब्यूरो, शिमला, जुलाई - सीबीएसई 10वीं की परीक्षा में दयानंद के विद्यार्थियों ने अपनी प्रतिभा से विद्यालय का फिर एक बार नाम रोशन किया। विद्यालय की छात्रा सलोनी मेहता 98.6 अंक लेकर प्रथम स्थान पर रही। नीतिकेश शर्मा 98.2 अंक लेकर द्वितीय स्थान पर रहे। सारांश सूद व अनिरुद्ध शर्मा 97.8 अंक लेकर तृतीय स्थान पर रहे। इस वर्ष की परीक्षाओं में कुल 125 परीक्षार्थी सम्मिलित हुए जिनमें से 90 लकी श्रेणी में 32 परीक्षार्थी, 80 लकी श्रेणी में 49 परीक्षार्थी, 70 लकी श्रेणी में 28 परीक्षार्थी रहे। यह परीक्षापरिणाम विद्यालय के सभी विद्यार्थियों व शिक्षकों के लिए विशेष गर्व व आनंद का अवसर रहा। इस अवसर पर विद्यालय की प्रधानाचार्या महोदया श्रीमती अनुपम भी विद्यालय में उपस्थित रही। उन्होंने सभी विद्यार्थियों को उनकी इस उपलब्धि पर बधाई देकर अपनी प्रसन्नता अभिव्यक्त की। साथ ही उन्होंने सभी अभिभावकों का भी आभार व्यक्त किया। इस अवसर पर विद्यालय की प्रधानाचार्या ने अपने सभी शिक्षकों का भी हौसला बढ़ाया तथा उन्हें इस उपलब्धि के लिए बधाई भी दी।

Class X (Toppers)

Positions	Name	Photo	%age
1st.	SALONI MEHTA		98.6
2nd	NITIKESH SHARMA		98.2
3rd	SARANSH SOOD		97.8
3rd	ANIRUDH SHARMA		97.8

Improving Memory and Cognition Functions

Using a Combination of Yog & Ayurved



ancient times, yogis would fill up the lower colon using the bladder of a dead animal in order to cleanse the lower descending colon. However, in modern times due to the development of hydro colonic cleansing

systems (which are easily doable in any modern Spa) this Shat Karm kriya is rather not needed.

Dhauti

There are several kriyas under Dhauti but the most effective and the most detoxifying kriya is Varisar Dhauti - more popularly known as Laghu Shankh Prakshalan Kriya. Vari means water and Sar means essence.

Under Laghu Shankh Prakshalan Kriya, a practitioner typically ingests eight glasses of saline lukewarm water. The ratio of rock salt (more commonly known as Sendha Namak in India) is 1 tsp salt in 1 litre of water. This is to mimic the isotonic salt content in human blood of 0.9%.

The Kriya is done on an empty stomach in the morning on a rain free and cold free day. Try to eat a light dinner the night before - preferably a fruitarian diet or something light like a Khichdi.

Two glasses of the lukewarm saline water are drunk seated in Kaag Asan or Mal Asan and then a set of five rather easy to do Yogic Asanas are done in order. These are Tad Asana, Tiryak Tad Asana, Kati Chakra Asana, Tiryak Bhujang Asana and Uddharva Akarshan Asana.

Typically after consuming the 5th/6th glass, bowel motion begins. Depending upon each individual's colonic state of accumulated toxins,

the number of bowel movements will happen. The Kriya is followed up with Jal Neti and Kunjal Kriya and then lying in Shashank Asan and Shav Asana. A light diet regimen of excess ghee laden khichdi has to be followed throughout the entire day. The body falls into sleep mode and once experiences lightness - especially in the mind.

Neti

Neti is Sanskrit for nose. Please do not confuse it with Neeti - which is statecraft like Rajneeti.

This is a rather easy to do Shatkarm Kriya which can be self learnt too by watching YouTube videos. Again the ratio of salt in water is similar to Laghu Shankh Prakshalan.

Please ensure you blow out any excess water by doing forceful exhalation of water as in Kapaal Bhaati Pranayam. Himachal being a cold state, if the excess water is not blown out it could lead to severe cold congestion.

The exercise is claimed to serve the cleaning of the abdominal region - digestive organs, small intestine - and is based on a massage of the internal belly organs by a circular movement of the abdominal muscles. You may have seen Baba Ramdev do it on TV.

Kapaal Bhaati Pranayam

Interestingly it is not considered as Pranayam but as one of the 6 Shatkarm Kriyas to exhale out excess carbon dioxide from our bodies - again a process of cleaning up built up toxic CO2 gas from our bodies.

Traatata

Tratata is a yogic purification and a tantric method of meditation that involves staring at a single point such as a small object, black dot or candle flame. It is said to bring energy to the "third eye" and promote various psychic abilities.

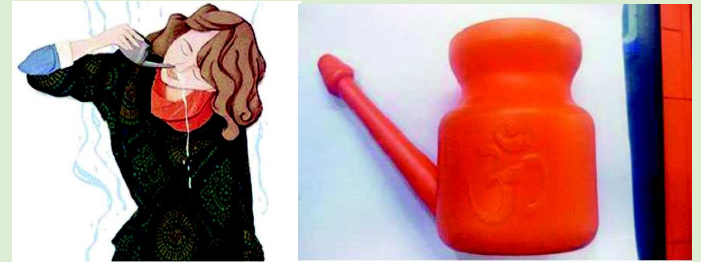


Illustration of how Neti is done; a Neti Lota Nauli

Final Word on Improving Memory and Cognition functions in students using a mix of Detox Yog and Ayurved

I have attempted to introduce students to the amazing benefits of these 6 detox Yog Kriyas. For beginners, Jal Neti followed by Kunjal Kriya will vastly improve memory, speech, sensory organs performance. One may also begin with Traatak Kriya to improve vision.

Please ensure that you do these Kriyas initially under the supervision of a trained Yog teacher. Kaya Kalp in Palampur in Himachal has an excellent OPD training centre and you could also find a trained Yog teacher locally. Along with the above Kriyas, I would highly recommend consumption of Shankh Pushpi (with Bhrami) tonic sold by Baidyanath. It is a sweet tonic and vastly improves memory functions. Once you begin practice you will notice a huge improvement in your memory, sleep and other cognition functions which are much needed as a student.

I wish you all the very best in your academics as also in your journey towards a more relaxed mind. (The author has BA (Honours) in Economics from Shri Ram College of Commerce, MSc in Finance from The London School of Economics; and had been awarded four international scholarships. He also teaches Applied Vedic Maths and maybe contacted at: vbndelhi@gmail.com)

Plantation Drive to Mark Kargil Divas

Keekli Bureau, Shimla, July - Inner Wheel Club along with Rotary Club Shimla undertook a tree plantation drive, thus, highlighting the importance of a green environment and conservation of the natural resources, it was especially done on this day to mark the Kargil Divas 26/7. The forest area behind the Cancer Hospital was selected to plant

deodar and evergreens as was also recommended by the Forest Dept. It was a joint effort by the two club as members present were President Rotarian Padam Sud, Secretary Kamal Butail and Innerwheel Club Shimla President Vandana Sud along with Geetika Sood, Meenu Sood, Meenakshi Kuthiala among many others. Keeping in mind

social distancing due to the ongoing pandemic, social distancing was maintained as only few members were present, while others planted ornamental and fruit bearing trees in their home gardens. Other activities undertaken during the day were cleaning of the parks and beautification of their respective area by the member.



Loretoites Again Achieve Excellent Scores in CBSE Class X

Keekli Bureau, Shimla, July -- A moment of great pride and achievement for Class X students of Loreto Convent Tara Hall, Shimla, as they achieved a commendable feat of obtaining excellent results during CBSE Boards. The management shared that out of 133 who appeared for the exam 48 scored more than 90% marks, 10 obtained a perfect 100 in Mathematics and 3 achieved the benchmark of 99 in English.

*Ojasvi Kesta topped the school with 98.8%,
Tanvi Utreja scored 97%*

Vanshika Ahluwalia obtained 96.6%.

School Principal, management and staff wished all the students best of luck in all future endeavours.

Dayanand Students Shine at 12th CBSE Boards – Garima (96.6%)

Keekli Bureau, Jul, Shimla — A proud moment for students of Dayanand Public School students as they scored very good mark in the CBSE 12th Board exams. School Principal congratulated all the students for their brilliant performances and wished them success for a bright future.

The Untold Truth About the City of Dreams



**Aastha Bhaik, Class XI,
Loreto Convent
Tara Hall, Shimla**

"Let's start then, shall we?" asked William, in a professional tone. "Sure, I'm ready," replied Sagar, who, on the surface, seemed well prepared and calm. Internally, however, he was panicking and constantly rehearsing all the lines in his mind. Patrick, the cameraman, stood in position and, with William in frame, said "3..2..1..Start!" As he started recording the video, a red light began to blink from the camera. "Welcome, explorers! Today is the first of July, 2020. It is 6 pm and we are at perhaps the most popular destination in all of Mumbai - the Marine Drive! This is a 3.9 km long stretch...."

William explained as Patrick recorded different views from different angles: he captured the natural harbour with its rocks, the waves hitting against the shore, the c-shaped bay and the high rising buildings in the background. For a moment, Sagar forgot about the anxiety of the interview and started to view the city through the eyes of the visitors. Even though he had spent his whole life in the city, this place never failed to amuse him. "And today we have with us a man whose name literally translates to 'the ocean'! Hello and welcome, Sagar." Before he even knew, Patrick had focussed his camera on Sagar. "Oh, hello. My name is Sagar and I am 35 years old. Welcome to Mumbai."

"Sagar is the most well-known tourist guide in the city. He gives information about various landmarks of the city such as the Gateway of India, Juhu Beach and Marine Drive and fills the minds of the visitors with wonder and amazement. I would like to ask you, for how many years have you been working in this field?"

"I started this job because I had no other means of livelihood. My father died when I was only 13

years old; being an only child, I immediately decided that I was the one who had to take up the responsibility of feeding my family. At that time, this was the only opportunity for me to earn. But gradually, I came to fall in love with this job; it taught me so much about the city I have been brought up in that it made me realise how little I knew about it and how much I still had to discover."

"How much do you earn each day? Is it enough for you and your family?"

"I earn 1500-3000 rupees per day. If rich people come by, it's a bonus. Some are so fascinated that they give an extra tip. It isn't very much, but we are at a far better place than we were when I started."

"Thank you so much for your time, Sagar. We really appreciate it."

"Is that all?" Patrick exclaimed in disbelief and disappointment. "Don't mind me, I'm just trying to add some quick suggestions. Doesn't this interview sound too mainstream? I believe we should add something that makes it stand out."

William sighed. "How many times do we need to have this conversation? Retaining the genuineness and simplicity of the story is the most important thing. It can not be compromised just for the sake of making it 'stand out'. What do you think, Sagar?"

But Sagar was not listening. He was staring at the city lights, thinking why so many people were drawn to them. "Do you know that Mumbai is also called 'Mayapuri'?"

William was a bit taken aback. "Uh - no. What does that even mean?"

"Mayapuri means 'city of dreams'. Every year, thousands of people leave their hometowns and come here to make something out of themselves. They have

expectations of a better life - a life that gives them freedom, respect and fulfilment. It's all a bunch of lies, if you ask me.

Will people who come to live here automatically

be granted the life that they have always dreamt of? I have been here my whole life, and I can say with full confidence that it is untrue. I have seen struggle here; I have seen chaos here; I have seen dreams getting shattered in this very city that proudly claims to be called the 'city of dreams'. Isn't that something worth thinking about? Or do people only want to hear about the Marine Drive, the Gateway of India or the Juhu Beach?"

"Now this is what I'm talking about! I think people will be very interested to know the unspoken truth about this city. What do you think, William?"

William was amazed by this new idea. He had never thought of it like this before. "Yes, this is the perfect way to combine the genuineness of the story with an interesting background. We should delve into this more deeply. Thank you so much for your help, Sagar. I am grateful, truly grateful."

William and Patrick shook hands with Sagar and said goodbye. As Sagar watched them leave, a sense of purpose dawned on him. The thought that his idea could give voice to hundreds of Sagar's filled him with satisfaction and fulfilment. This only lasted for a moment though, before he walked back to a group of tourists waiting for him at the Sunset Point.

Revised Syllabi by CBSE for Classes IX-XII for 2020-21

Considering the importance of learning achievement, it has been decided to rationalize syllabus up to 30% by retaining the core concepts - HRD Minister

Keekli Bureau, July, Delhi -- Union Minister for HRD Ramesh Pokhriyal 'Nishank' has said that looking at the extraordinary situation prevailing in the country and the world, CBSE was advised to revise the curriculum and reduce course load for the students of Class 9th to 12th. Accordingly, CBSE has revised the syllabi for classes IX-XII for the academic session 2020-21. He also informed that a few weeks ago, he invited suggestions from all educationists on the reduction of syllabus on social media by using #SyllabusForStudents2020. Shri Nishank informed that we received more than 1.5 K suggestions and expressed his gratitude to everyone for the

overwhelming response.

The Minister said that the changes made in the syllabi have been finalised by the respective Course Committees with the approval of the Curriculum Committee and Governing Body of the Board. The revision of syllabi is a measure taken due to the extraordinary situation prevailing in the country and at different parts of the world.

Considering the importance of achieving the level of learning, the syllabus has been rationalised to the extent possible up to 30% by retaining the core concepts. The Heads of Schools and Teachers have been advised by the Board to ensure that the topics that have

been reduced are also explained to the students to the extent required to connect different topics.

However the reduced syllabus will not be part of the topics for Internal Assessment and year-end Board Examination. Alternative Academic Calendar and inputs from the NCERT on transacting the curriculum using different strategies shall also be part of the teaching pedagogy in the affiliated schools. For Elementary Classes (I-VIII) schools shall follow the Alternative Academic Calendar and Learning Outcomes specified by NCERT. The revised syllabus is available on CBSE Academic Website www.cbseacademic.nic.in

सरस्वती पैराडाइज में आदर्श वर्मा प्रथम

सरस्वती पैराडाइज इंटरनैशनल पब्लिक स्कूल संजौली शिमला का सीबीएसई दसवीं का परीक्षा परिणाम इस बार भी शत प्रतिशत रहा। पिछले सात सालों से स्कूल का परिणाम शत प्रतिशत रहा है। इस परीक्षा में आदर्श वर्मा 97 प्रतिशत के साथ पहले, वैभव नेगी 96 प्रतिशत के साथ दूसरे और देयंत कश्यप, ख्यात तांटा और अनुज श्याम 95 फीसदी अंकों के साथ तीसरे स्थान पर रहे। सरस्वती पैराडाइज इंटरनैशनल स्कूल के 53 छात्रों ने सीबीएसई दसवीं की परीक्षा दी थी। इसमें सभी छात्र उत्तीर्ण रहे हैं। स्कूल के प्रधानाचार्य ने इस सफलता का श्रेय छात्रों की मेहनत के साथ-साथ स्कूल के शिक्षकों को भी दिया है। उन्होंने उत्तीर्ण हुए सभी छात्रों को उनके उज्वल भविष्य की शुभकामनाएं व बधाई दी है।

World Youth Skill Day

Emphasizing on Skilling and Re-skilling : Dattatraya

Keekli Bureau, July, Shimla -- Emphasizing on skilling and re-skilling, Governor Bandaru Dattatraya said that Jan Shikshan Sansthan should be set in every district of the State and youths should be given more attention towards improvement of their Skills along with qualitative training so that they get better employment opportunities and Himachal Pradesh Skill Development Corporation could play an important role in carrying out this objective. He was speaking on the occasion of World Youth Skill Day in a Webinar, organized by Himachal Pradesh Skill Development Corporation at Raj Bhavan, Shimla.

He said that skill and technology were important in the changing perspective and knowledge of both could provide stability to any youth in the direction of employment and self-employment. "Opportunities for employment were less by working on traditional style. Skill will have to be increased by changing the basic ideas. We should change the labour-based system to a skill-based system", said Dattatraya.

The Governor said that India was a young nation, whose population in the age group of 15 to 35 years was continuously increasing and this population would reach about 65 percent by the year 2036, while it was decreasing in other countries. He said that demographic dividend would be fully realized only when India was able to provide universal quality education to its young population. He also stressed on promoting entrepreneurship and said that through skill, youth should start their own business so that they can also provide employment to others.

Governor asked all the line departments providing skill training to work in coordination. By taking advantage of the Gareeb Kalyan Rojgar Abhiyan, workers could be provided employment opportunities at the village level, he added. He emphasized on reducing the gap between skills and employment. He expressed satisfaction on the standard of ITIs established in the state and said that they were doing better in skill development. He advocated skill education at school level and said that this education could be imparted at two levels in 9th and 12th standard and two other phases should be done at ground level. He also expressed happiness that under Pradhan Mantri Kaushal Vikas Yojna-2, so far 16 thousand youths of the state have been registered in 22 different areas for training and, more than 9000 youth have been trained.

Bikram Singh, Industry, Technical Education, Vocational and Industrial Training Minister said that State Government was making all efforts for skill development of youth and better results could be seen. He said that the Government has started a skill register portal to provide employment in the state to the youth coming from outside the States due to corona pandemic. So far, more than 14 thousand youth besides 74 employers have registered on this portal.

He said that under the Himachal Pradesh Skill Development Project funded by Asian Development Bank, a Centre of Excellence was being set up at an estimated cost of Rs. 68 crore at Kandaghat in Solan district. Under this, the youth would be given quality



training in the fields of hospitality, tourism and information technology, he added.

Earlier, Lalit Jain, Managing Director, HP Kaushal Vikas Nigam welcomed and thanked the Governor on the occasion. He briefed about the various activities of the Nigam and the initiatives being taken to impart skill to the students in various fields.

The Governor also interacted with the students of KVN from Sirmour, Solan, Kangra and Hamirpur and they have also shared their experiences with the Governor. Live Skill Demonstration on tourism and hospitality and health care was given by trainee students of Skill Development Centre, Sunder Nagar. A short film on skill development activities was also shown on the occasion.

St Thomas's Students Give Excellent Performances

Keekli Bureau, Jul, Shimla

-- The much awaited day is here as students were relieved and excited at the same time as the 12th Board Exams results were declared. Students of St Thomas School, Shimla, gave excellent results and made their teachers proud. The topper in Science stream are Jatin Kumar with 92.8%, followed by Rahima with 92.4% and Ananaya Sharma with 89.2%, while in Arts Rohit Sharma scored 91.6 %, Kushi Atwal at 85.5% and Kartik Kumar Singh got 84.6%. Toppers of Commerce stream were Hritvik Kashyap with 94.4%, Nupur Verma secured 92.8% and Taniya Parcha got 91.4%.

School Principal Vidhupriya Chakarvarty congratulated all the students, staff and parents for the brilliant performances and wished them success for a bright & prosperous future.

SCIENCE		
		
JATIN KUMAR 92.8%	RAHIMA 92.4%	ANANAYA SHARMA 89.2%
ARTS		
		
ROHIT SHARMA 91.6%	KUSHI ATWAL 85.5%	KARTIK KUMAR SINGH 84.6%
COMMERCE		
		
HRITVIK KASHYAP 94.4%	NUPUR VERMA 92.8%	TANIYA PARCHA 91.4%

Excellent Result by Class X

Keekli Bureau, July, Shimla -- Yet another day of celebration for students of Class X, CBSE Board examinees, as they received their results here today. A proud moment for Anchal Hemta who scored 94.1% followed by Sikuriti Sharma with 91.6% and Ahana Bisht got 83.8%, students of St Thomas School, Shimla. School Principal Vidhupriya Chakarvarty congratulated all the students, teachers and parents for their hard work and such an excellent result.

		
Anchal Hemta 94.1%	Sukuriti Sharma 91.6%	Ahana Bisht 83.8%

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सीबीएसई परीक्षा में हिमाचल हरियाणा से बेहतर

सीबीएसई दसवीं की परीक्षा के परिणाम में पंचकूला सेंटर में हिमाचल प्रदेश हरियाणा से आगे रहा है। हिमाचल में सीबीएसई रिजल्ट 96.92 फीसदी रहा, जबकि जबकि हरियाणा 94.01 प्रतिशत रहा। इस बार की खास बात यह है कि सीबीएसई जमा दो के बाद दसवीं के रिजल्ट में भी बेटियों का प्रदर्शन अक्वल रहा है। केंद्रीय माध्यमिक शिक्षा बोर्ड की ओर से दसवीं कक्षा के घोषित परिणाम में हिमाचल प्रदेश के छात्रों का प्रदर्शन बेहतर रहा है। इस परीक्षा परिणाम में भी लड़कियों का प्रदर्शन लड़कों से बेहतर रहा है और लड़कियों के पास प्रतिशतता लड़कों से अधिक है। सीबीएसई 10वीं कक्षा की परीक्षा में हिमाचल से 8686 छात्र और 6560 छात्राएं बैठी थी। इनमें से 8338 छात्रों ने और 6438 छात्राओं ने यह परीक्षा उत्तीर्ण की है। लड़कों की पास प्रतिशतता का आंकड़ा 95.99 फीसदी रहा है, जबकि लड़कियों की पास प्रतिशतता का आंकड़ा 98.14 फीसदी रहा है। राजधानी के स्कूलों में किस तरह का परीक्षा परिणाम रहा, आइए इस पर डालते हैं एक नजर।

सेंट एडवर्ड के कंशिक चांजटा टॉप पर

राजधानी के प्रतिष्ठित सेंट एडवर्ड स्कूल में भी सीबीएसई मैट्रिक का परीक्षा परिणाम बेहतर रहा। स्कूल के कंशिक चांजटा ने 98.2 प्रतिशत अंक लेकर पहला स्थान हासिल किया। हर्षआदित्य शर्मा और शिवांश सूद 95.8 फीसदी अंकों के साथ दूसरे स्थान और मो. इसफारूल हक 95 फीसदी के साथ तीसरे स्थान पर रहे। स्कूल के 16 छात्रों ने यह परीक्षा 94 फीसदी से ज्यादा अंकों के साथ उत्तीर्ण की है।



केंद्रीय विद्यालय जतोग का रिजल्ट शत प्रतिशत

केंद्रीय माध्यमिक शिक्षा बोर्ड द्वारा घोषित की गई कक्षा दसवीं के परीक्षा परिणाम में केंद्रीय विद्यालय जतोग का परीक्षा परिणाम शत प्रतिशत रहा है। अंकित शर्मा 88.40 प्रतिशत अंक अर्जित कर विद्यालय में प्रथम स्थान पर, आस्था 84.60 प्रतिशत अंक प्राप्त कर द्वितीय स्थान पर तथा दीक्षा शर्मा 84.40 प्रतिशत अंक प्राप्त कर तृतीय स्थान पर रही हैं। विद्यालय से कुल 44 विद्यार्थी परीक्षा में बैठे थे, और सभी विद्यार्थी उत्तीर्ण हुए हैं। विद्यालय के प्राचार्य वीर चंद ने विद्यार्थियों, अभिभावकों तथा अध्यापकों को बधाई दी है।

ये है फर्स्ट, सैंकेड, व थर्ड

प्रथम अंकित शर्मा अंक 88.40, द्वितीय आस्था 84.60 प्रतिशत, तृतीय दीक्षा शर्मा ने 84.0 प्रतिशत अंक हासिल कर मुकाल हासिल किया है।



डीएवी की हैमजा ने 97.8 के साथ प्रथम

सीबीएसई दसवीं के परीक्षा परिणाम में डीएवी न्यू शिमला का रिजल्ट शत प्रतिशत रहा है। हैमजा ने 97.8 प्रतिशत अंक हासिल कर पहला स्थान प्राप्त किया है। दूसरे पर शिवांग नागटा ने 97 प्रतिशत वहीं तीसरे स्थान पर पलक शर्मा और गरिमा नेकटा ने 96.8 अंक लेकर तीसरा स्थान झटका है। स्कूल में 233 छात्र



सीबीएसई की बोर्ड परीक्षा में बैठे थे, जिसमें सभी पास हुए हैं। स्कूल से मिली जानकारी के अनुसार अंग्रेजी विषय में सबसे ज्यादा अंक पलक व मीमोशा ने 100 अंक हासिल किए हैं। इसके अलावा 109 छात्रों ने 90 प्रतिशत से ज्यादा अंक लिए हैं। हिन्दी विषय में हेमजांकल ने अधिकतम 96 अंक प्राप्त किए, वहीं 47 छात्रों ने 90 प्रतिशत अंक प्राप्त किए। गणित विषय में चार छात्रों ने सौ अंक लेकर स्कूल का नाम रोशन किया है। विज्ञान विषय का अधिकतम अंक 95 प्रतिशत रहा, आस्था ने विज्ञान में 95 अंक प्राप्त किए, वहीं कुल 15 विद्यार्थियों ने 15 प्रतिशत से ज्यादा अंक हासिल किए हैं।

डीएवी न्यू शिमला के समाजिक विज्ञान में शिवांग नागटा ने अधिकतम 99 प्रतिशत अंक प्राप्त किए हैं, वहीं कुल 58 प्रतिशत छात्रों ने 90 प्रतिशत अंक हासिल किए हैं। स्कूल के प्रधानाचार्य राकेश चन्देल ने सभी छात्रों की सफलता पर प्रसन्नता व्यक्त करते हुए सभी अभिभावक व शिक्षकों को शुभकामनाएं देते हुए आगामी सत्र में इसी प्रकार बेहतर प्रदर्शन न करने का विश्वास जताया।

डीएवी लक्कड़ बाजार में नंदनी चौधरी प्रथम

शिमला के डीएवी लक्कड़बाजार के स्कूल का रिजल्ट शत प्रतिशत रहा। स्कूल में नंदनी चौधरी ने 98.60 अंक हासिल कर पहला स्थान हासिल किया है। वहीं मीनल वर्मा ने 97.40 प्रतिशत अंक हासिल कर दूसरा व सोनाक्षी ढडवाल व भव्या शर्मा ने 96.80 अंक लेकर तीसरा स्थान प्राप्त किए हैं।



रिया शर्मा ने हासिल किए 88 प्रतिशत अंक

घणाहट्टी के समीप हरिदेवी में स्थित शिमला प्रेसीडेंसी स्कूल के विद्यार्थियों का सीबीएसई की दसवीं कक्षा का परिणाम शत प्रतिशत रहा। परीक्षा परिणाम से छात्रों और शिक्षकों में प्रसन्नता की लहर है। प्रेसीडेंसी स्कूल स्कूल में रिया शर्मा ने 88 प्रतिशत अंको के साथ प्रथम स्थान प्राप्त किया। सारिका वर्मा 80 प्रतिशत अंको के साथ दूसरे स्थान पर रही, तथा तृतीय स्थान अंकित शर्मा ने प्राप्त किया। स्कूल की प्रधानाचार्य देविना शर्मा ने सभी छात्रों, उनके

अभिभावकों और शिक्षकों को उनकी इस सफलता पर बधाई दी और उनके प्रयासों की सराहना की।

जेसीबी की अंकिता कौंडल ने 94 प्रतिशत के साथ स्कूल में पाया पहला स्थान



सीबीएसई की ओर से दसवीं कक्षा का परीक्षा परिणाम घोषित किया गया। इस परीक्षा परिणाम में जेसीबी पब्लिक सीनियर स्केंडरी स्कूल के परीक्षार्थियों का प्रदर्शन शानदार रहा। छात्रों ने बेहतर अंक पाकर स्कूल का नाम रोशन किया है। स्कूल की छात्रा अंशिका कौंडल ने 94 प्रतिशत अंक हासिल कर पहला स्थान हासिल किया है। दिव्या व आश्रित ने 93 प्रतिशत अंक लेकर 91 प्रतिशत अंक लेकर तीसरा स्थान हासिल किया है।



सीबीएसई परीक्षा में लॉरेट पब्लिक स्कूल के टॉपर रहे छात्र।



सीबीएसई दसवीं में चैम्पली पब्लिक स्कूल के टॉपर



लॉरेटो कॉन्वेंट स्कूल ताराहॉल की टॉपर छात्राएं।



माउंट शिवालिक स्कूल की टॉपर रहे छात्र व छात्राएं