

The SCOOP

Aazadi Ka Amrit Mahotsav • Student's Achievements • Guidance for teenager Health



Management Lessons from lord Ganesha.

By Dipti Verma
SYBCOM (D) - 514



- **Head** - Unleash The Unlimited Power of Your Brain
- **Ears & Eyes** - Keep Eyes & Ears Open And Be Alert
- **Mouth** - Speak Less, Do More
- **Trunk** - Be Yourself & Build Upon What You Have
- **Broken Tusk** - Sacrifice The Redundant To Achieve A Big Purpose
- **Protruded Belly** - Digest The Bad & Stay Calm

- **Open & Blessing Hand** - Be Good & Do Good.
- **Lotus Flower & Rope** - Endure Adversities & The People Connect
- **Axe** - Break To Make It Better
- **Legs** - Keep Yourself Balanced, Simple & Humble
- **Offering Sweets** - Rewards Will Follow, For Those Who Shall Not Seek
- **Mouse as Ganesh's Vehicle** - Tame The Wanderer, Your Restless Mind

HEALTHY EATING HABITS

By Bikash Samanta
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Why

is healthy eating
important for
teens ?

Which

foods should be included in a healthy diet for teens?

- Milk
- Paneer
- Almonds
- Banana
- Peanuts
- Yellow Chana
- Walnuts
- Butter Milk
- Lassi
- Jowar Roti
- Ragi Roti
- ChemicalFree Jaggery

Late adolescence occurs between the ages of 15–19. Healthy eating is extremely important for overall development of body. Teens develop muscles and frontal lobe of brain during this age.

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Indian DIWALI

The celebration of **Diwali Festival** started from North India, when **Lord Rama** conquered Ravana and returned to Ayodhya after 14 years of Vanvas. People residing in Ayodhya City celebrated the victory by lighting rows of clay lamps. It extended to South India when **Lord Krishna** defeated demon Narakasura.

How to have fun and a safe Diwali?

- Use home made Diya's
- Eco friendly firecrackers,
- Use natural materials,

Diwali is a fun festival for us children but we also need to be responsible while celebrating it. As the young generation of our country we have to look out for the welfare of our planet and its inhabitants while having fun.



So dear friends let's make sure this Diwali we spend an eco-friendly, safe and bright Diwali. **Happy Diwali to all !**

5 Auspicious days of Diwali

- **Dhanteras** - People buy Gold, Silver, Automobiles etc. on this auspicious day.
- **Naraka-Chaturdasi** - People wake-up before sunrise, apply Ubtan on body and perform Abhyang Snan (Holy Bath) .
- **Lakshmi Pooja** - Goddess Lakshmi is worshipped on this day, who guards wealth, fortune and prosperity.
- **Govardhan Puja** - This day is celebrated in honour of Lord Krishna who lifted entire Govardhan Mountain to protect the villagers of Gokul.
- **Bhai-Dooj** - Sisters pray for the long and healthy life of brothers, who protects them from any calamity.



The India

Unsung Hero's of India

The 75-week countdown to our 75th anniversary of independence began on March 12, 2021, and the Azadi ka Amrit Mahotsav's formal journey will complete on August 15, 2023, after a year.



This unknown Indian freedom fighter Tiruppur Kumaran, born in Tiruppur, Tamil Nadu on April 4, 1904.

He joined Indian National Congress in 1920 and actively participated in Non-Cooperation Movement launched by Mahatma Gandhi in 1920.

Kumaran was a school teacher by profession, but he quit his job to participate in freedom fight.

In 1927, he founded Desa Bandhu Youth Association for upliftment of downtrodden and backward classes.

His organization actively participated in the Civil Disobedience Movement which was launched in 1930 by Mahatma Gandhi. He was one of the first Satyagrahis who went to jail during the Salt Satyagraha. He was arrested and imprisoned for a year and a half.

Kumaran was a great believer in the power of education and was an advocate for the education of the youth. He believed that education was the key to strengthening the Indian society. Kumaran was also a great orator. He gave a powerful speech at the Tiruppur Town Hall on 11 March 1932, which inspired thousands of people to join the struggle for freedom.

On 11 May 1932, Kumaran led a protest march from Tiruppur to Vaikom, in Kerala, demanding the removal of untouchability and the opening of public roads and temples for all. While leading the march, he was shot dead by British police. Tiruppur Kumaran was only 27 when he lost his life. He was found dead holding the flag. He is remembered in Tamil Nadu by the title 'Kodi Katha Kumaran'—The Kumaran who saved the flag. His last words, "Stand firm, never waver", are an inspiration to people everywhere. Tiruppur Kumaran was an unsung hero who devoted his life to the cause of freedom. . He was an inspiration to the people of India and a role model for future generations. He may have been forgotten, but his courage and dedication will never be forgotten.



India became the greatest democracy in the world and was officially declared to be free of British imperialism on August 15, 1947. To commemorate the 75th anniversary of India's independence, "Azadi Ka Amrit Mahotsav" was held this year. "Amrit Mahotsav," which translates to "Nectar of Great Celebration." India's independence was commemorated both nationally and globally.



Azadi Ka Amrit Mahotsav



1. Mayureshwar(Morgaon, Pune)
2. Siddhivinayak(Dadar, Mumbai)
3. Ballaleshwar(Pali,Raigad)
4. Varadavinayak(Mahad, Raigad)-
5. Chintamani(Theur, Pune)-
6. Girijatmaj Temple(Lenyadri, Pune)-
7. Vighneshwar(Ozar, Pune)-
8. Mahaganpati (Ranjangaon, Pune)-

By Diya Shetty
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Student achievement -
- Yash Kotari
Congrats
From
Ghanshyamdas Saraf college

It is an proud moment for the ghanshyamdas saraf college that from department of sport our student yash kotari from sybms is selected for Mumbai university inter zone squash competition.

By Bikash Samanta
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Let me give you a little introduction of squash – squash is a racket and ball sport played by two or four players in a four-walled court with a small, hollow, rubber ball. The players alternate in striking the ball with their rackets onto the surfaces of the four walls of the court.

Ganpati Sketches Made By Students !



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