

# POWER KIDS

AUG 2021



**RE-KINDLE  
YOUR  
CURIOSITY**

**INQUIRY BASED  
LEARNING**

**GET FIT WITH  
WANITHA ASHOK**

**UP Your  
SAT SCORES**

**DO YOU dislike  
PHYSICS?**

**DEVELOPING  
WRITING SKILLS**



# *Tribute*



**Shrimati. Vijay Mala Jain**

I owe every bit of my being to my mother. A strong headed progressive woman from the royal family of Delhi, she got married into a simple, humble, and a highly educated family. My father described her as 'The Lady Luck' who brought smiles and cheer to the family. Having raised 4 successful children, my mom lived a life of a queen. If I become half as humble, half as wise, as my mother was, I hope to raise very successful and responsible children .I miss her . Her teachings will always remain with me. She often said : ***Change yourself with time***



**Shrimati. Savitri Devi Garg**

A strong woman who believed in action My mother-in-law was a great pal. She was strong as a pillar .A go getter ,she believed in working shoulder to shoulder with men in the family . I am thankful to her for being a wonderful mom to me. She raised children along side her work and never missed the opportunity to train her boys to work independently in the kitchen. The way she brought up my husband reflects in the way he has been supportive towards my choices from the very beginning She often said : ***Time is money***



# POWER TALK WITH ARCHANNA

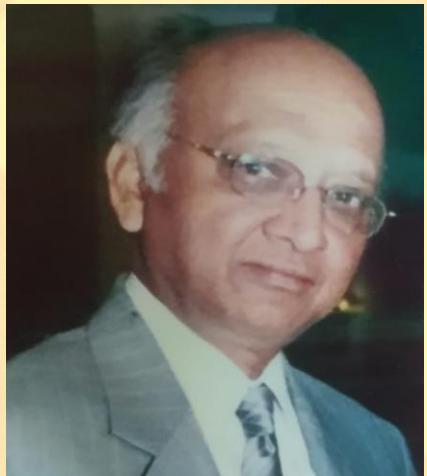
*Plan your success with us*

∞

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Dr. Farooq Wasil, is a consultant to GEMS EDUCATION DUBAI. He epitomizes lifelong learning. An author of several textbooks on early years and Education, he holds a doctorate in education and is the recipient of the President's Best Teacher award, India 2007 and the GEMS fellowship award to pursue leadership management at Cambridge. Felicitated for his contribution towards education with the Life time achievement award by Zee TV, one of The 100 Worlds Greatest Leaders 2015 - Asia & GCC for his contribution to the education sector, the list is endless.

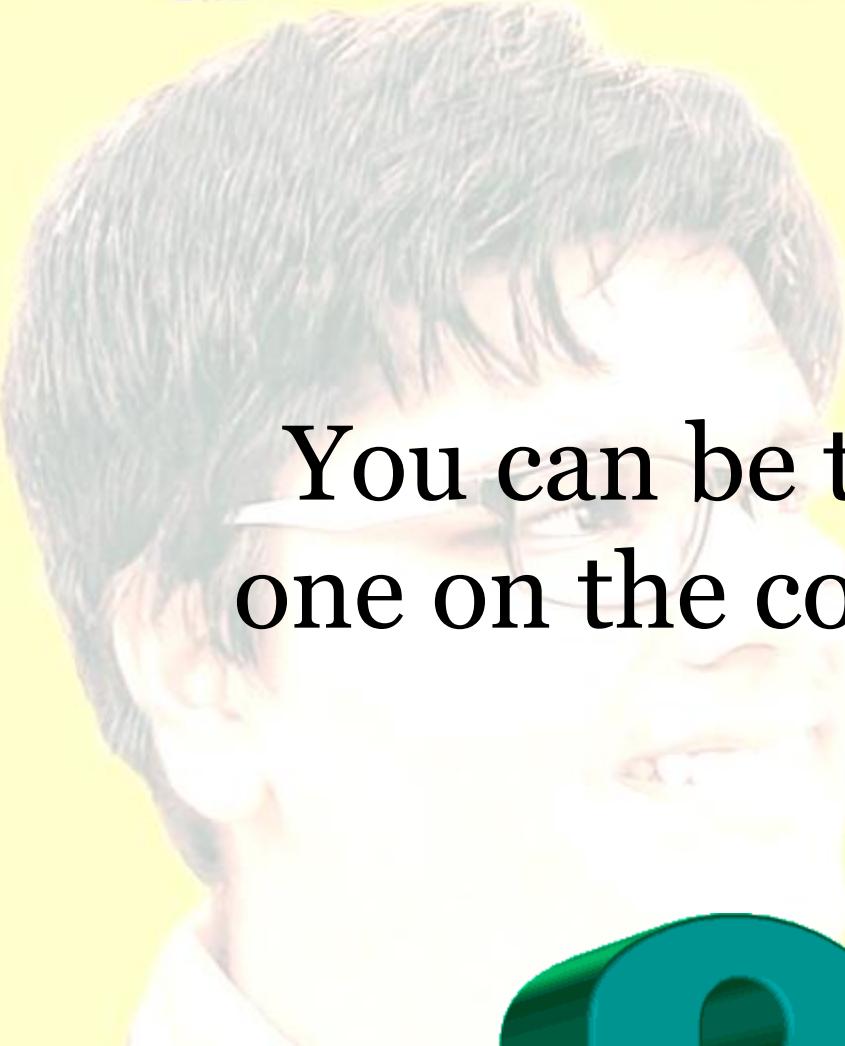


Late Shri. Anand Kumar Jain, a core businessman, he kept integrity at the core of his leadership. A man with a Midas touch. Give him clay he would turn it into an idol worth a million bucks. Soil into gold. A great orator, he spent 50 years of his life in mentoring the youth for he believed that the changemakers must learn to change well in time and change to create a change in the mindsets of people. For today and tomorrow, time to act Now ! *Unfortunately, he passed away this May 2020. His guidance is enough for us to last my life time He will always remain a part of the advisory board.*

We are full of gratitude for Dr. Farooq Wasil and Late Sh. Anand Kumar Jain for their guidance and support in helping us bring this magazine together

# POWER KIDS

NOV 2021



You can be the next  
one on the cover page



Sourya  
Gopal Mukerji  
14 yrs. young

SCAN AND  
REGISTER



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Welcome to the August 2021 edition of POWER KIDS. The team is absolutely honored to discover the uniqueness in each of these featured children. Every child is special in her own way. The consistency in their thoughts with the willingness to learn and adapt to things that give more structure to their ambitious plans is some thing really incredible. Perhaps ,it is this focus that makes them stand out in the crowd. My blessings and best wishes to all of them . A heart applause to all the parents who are raising the leaders of tomorrow . Hope you enjoy this edition. C you all in November 2021

A handwritten signature in black ink that reads "Archanna Gaarg". The signature is fluid and cursive, with a decorative flourish at the end.



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**“ If Necessity is the  
mother of invention,  
then I believe that  
Curiosity is the  
father of invention ”**



**SOURYA GOPAL MUKERJI  
STUDENT EDITOR  
POWER KIDS E-MAGAZINE**



Curiosity is indispensable to the development of cognitive abilities of any individual. Curiosity allows a person to explore beyond the limits set by our priorities. Voyaging beyond the innumerable buried facets makes a person determined and strong-willed while also strengthening his/her spiritual morale.

Curious minds have always been able to inspire others. Only a curious mind can lead to great discoveries, adventures, explorations and research works. However, the ability to recognize a problem and rectify it requires patience, decisiveness and sincerity; curiosity is one of the enduring aspects of vigorous intellect. Curiosity sparks within the man the desire to learn and sows the seeds of discipline and endurance in him.

Humans are innately curious creatures. Curiosity is at its peak during childhood, and gradually diminishes as life progresses because humans tend to get involved in mundane affairs of daily life. This glint of inquisitiveness has to be kept energetic through unremitting involvement in the learning processes life puts forward. Curiosity can be inherently rewarding and pleasurable. When this curiosity is satisfied, the dopamine released as a result, keeps us in high spirits.

Our ability to ascertain our infatuation can invariably be a spring of enjoyable learning. An inquiry into one's curiosity helps his/her to embrace the real potential lying within and thereby lay the foundation of a prospective future. Curiosity encourages higher levels of positivity and metamorphoses the perspective through which people identify problems and look for an answer.

A curious and inquisitive mind houses a unique distinctiveness that promotes multi dimensional approach to questions and intensively reasoned results. A curious mind imbibes structured bondages between superficial erudition and deep rooted reckoning. Thus, curiosity is a medium to discover the missing ingredient to a fulfilling life.



**DR.FAROOQ WASIL**  
**CONSULTANT**  
**GEMS EDUCATION DUBAI**

# Inquiry at the heart of learning

A writer, thinker, published author, poet and educationist, Dr. Farooq Ahmad Wasil, is Consultant to GEMS Education, Dubai UAE. He is also on the advisory board of the e-magazine POWER KIDS. Dr.Farooq has over 3 decades of experience in the field of education – setting up, operating and managing schools.

A shift in curriculum design would by default lead to a shift in the teaching/ learning strategy. If educators aim to provide lifelong learning and the skills necessary to not only survive but also to succeed in life then content based rote learning that focusses primarily on accumulation of knowledge will have to make way for the more life related enquiry based learning which is a process that helps to nurture critical thinking, problem solving, analytical and creative skills. Inquiry based learning epitomizes the concept of ‘education is not a preparation for life it is life.’

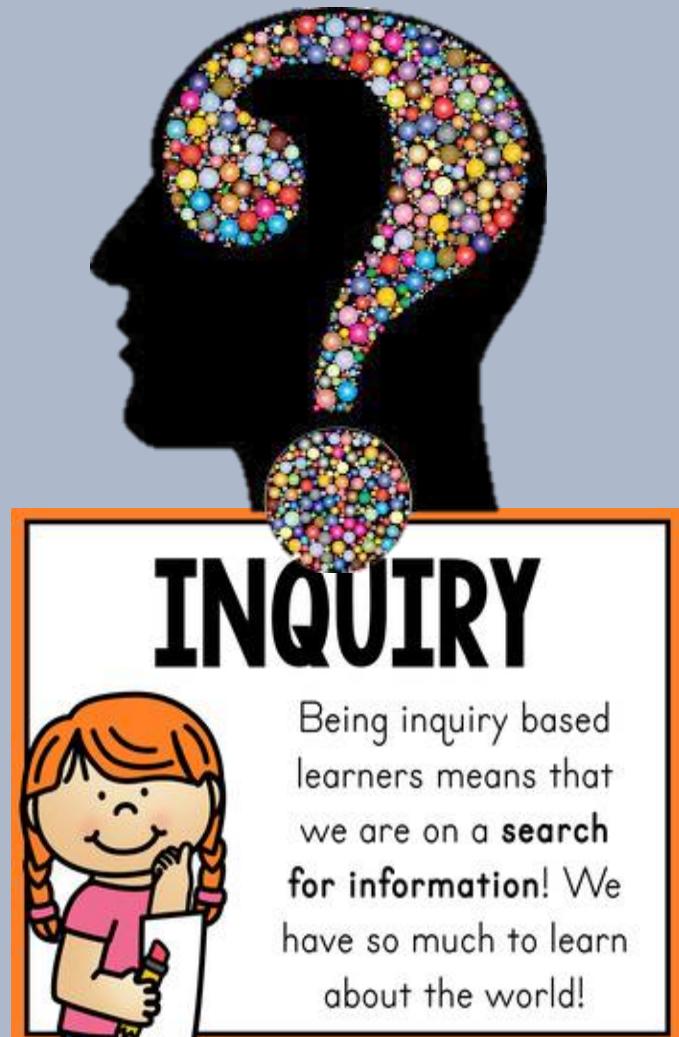
The philosophy of inquiry-based learning finds its antecedents in the work of Piaget, Dewey, Vygotsky, and Freire among others. Inquiry learning emphasizes constructivist ideas of learning, where knowledge is built from experience and process, especially socially based experience. Therefore, learning proceeds best in group situations.

Traditional education is more concerned with preparation for the next grade level and success in school and board examinations than with helping a student to learn throughout life as the focus is on mastery of content rather than on the development of skills and the nurturing of inquiring attitudes and much of the assessment of the learner is focused on the importance of “one right answer.”

The current system of education is teacher centered, with the teacher focused on inundating the students mind with information which is mostly remote from real life experiences; the use of resources is limited to what is available in the classroom or within the school. Use of technology is focused on learning about the technology rather than its application to enhanced learning. Lesson plans are used to organize the various steps in the learning process for the whole-class approach. Any queries deviating from the planned schedule are usually treated as disturbances and at best are prevaricated or at worst treated with condescension or irritation.

The inquiry approach is more focused on using and learning content as a means to develop information-processing and problem-solving skills. The system is more student -centered, with the teacher as a facilitator of learning. Students are more involved in the construction of knowledge through active involvement. Learning becomes almost effortless when something fascinates students and reflects their interests and goals, therefore the more interested and engaged students are by a subject or project, the easier it will be for them to construct in-depth knowledge of it.

Assessment is focused on determining the progress of skills development in addition to content understanding. Inquiry learning is concerned with in-school success, but it is equally concerned with preparation for life-long learning.



In the Inquiry classrooms students are encouraged to search and make use of resources beyond the classroom and the school. Teachers who use inquiry can use technology to connect students appropriately with local and world communities which are rich sources of learning and learning materials. They replace lesson plans with facilitated learning plans that account for slight deviations while still keeping an important learning outcome in focus. They meet unplanned queries with an open mind inviting the students to suggest alternatives or solutions.

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queries with an open mind inviting the students to suggest alternatives or solutions.

## **Criticism of Enquiry based Learning**

The progressive education reformer John Dewey is credited as being one of the first American educators to stress the importance of discovery learning and inquiry. He stated that learning does not start

and intelligence is not engaged until the learner is confronted with problematic situation. However, a great deal of criticism has been levied against the inquiry-based approach to learning.

**Content-based education is no longer a viable proposition as the knowledge base is constantly increasing and changing**

### **Critics believe that:**

Inquiry is asking the students a lot of questions. Strong instructional guidance rather than constructivist-based minimal guidance during the instruction of learners; even for students with considerable prior knowledge, is considered to be more effective. Not only is unguided instruction normally less effective; there is evidence that unguided instruction may have negative results when student acquire misconceptions or incomplete or disorganized knowledge. Inquiry-based learning takes a lot of planning before implementation. It is not something that can be put into place in the classroom quickly. Systems must be put in place for how students' knowledge and performance will be measured and how

Standards will be incorporated. Inquiry-based teaching can be in conflict with standardized systems which emphasize the measurement of student knowledge, and meeting of pre-defined criteria. Teachers feel that it cannot be adequately assessed as they are not comfortable with alternative methods of evaluation such as portfolios, writing journal entries, self-evaluations and rubrics and popular objective type multiple-choice questions do not adequately assess inquiry-based learning.

Providing students with an opportunity to do hands on science does not necessarily mean they are doing inquiry. Many science activities are very structured. They tell students what questions to answer, what materials to use, and how to go about solving questions and problems. Inquiry is considered to be unstructured and chaotic. When students do inquiry and hands on and manipulative based science, the noise levels are expected to rise. In some schools, the sign of a good teacher is one who keeps the classroom quiet and under control. When teachers use inquiry-based strategies, they

find that teaching requires more preparation and anticipation of possible student questions than traditional teaching approaches do. Teachers feel less in control of the classroom during inquiry. Inquiry is fine for elementary and middle level students, but high school science teachers don't have extra time in their courses. For many secondary school science teachers, lecture and discussion methods are the primary means of delivering content instruction to their students. They consider lecturing as the most effective and efficient way to transmit large amounts of information to their students in a relatively short period of time. Teachers face a lot of time constraints. With more and more concepts being added to the curriculum, many teachers say they are hard pressed to cover a great number of concepts in a school year and inquiry-based learning requires a lot of extra time.



A big question asked by teachers regarding inquiry-based learning is when to do inquiry. Inquiry is not only done in laboratory or group work -- it can also be done in lectures that provoke students to think and question. When teachers are giving talks or lectures to students, the students, if engaged, are applying listening and observing skills -- using their senses. If teachers focus on presenting evidence and information and encouraging student questioning, then talks can become powerful models of inquiry for students. **A paradigm shift from traditional learning to inquiry learning involves 'learning things' rather than 'learning about things'.**

### **Importance of Inquiry**

We are in an era of information overdose, we get hundreds of thousands of responses to a search query at the click of a mouse, therefore memorizing facts and information is not the most important skill in today's world, today we need data collecting and processing skills to make sense of the endless gigabytes of information that is so readily available.

For educators, inquiry implies emphasis on the development of inquiry skills and the nurturing of inquiring attitudes or habits of mind that will enable individuals to continue the quest for knowledge throughout life as content-based education is no longer a viable



proposition as the knowledge base is constantly increasing and changing. In enquiry based learning teachers are facilitators of learning and prepare the classroom environment with the necessary learning tools, materials, and resources for active involvement of the learner thus the teacher does not waste prime time merely teaching from a textbook and giving copious notes and the children not only enjoy the learning experience but also get multifarious benefits as:

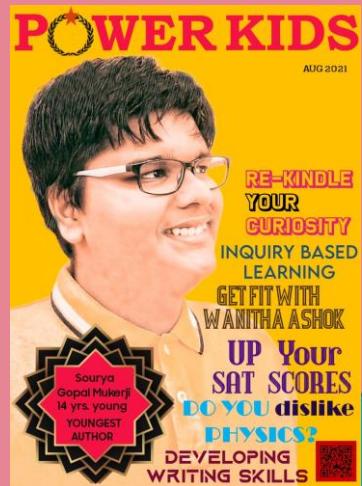
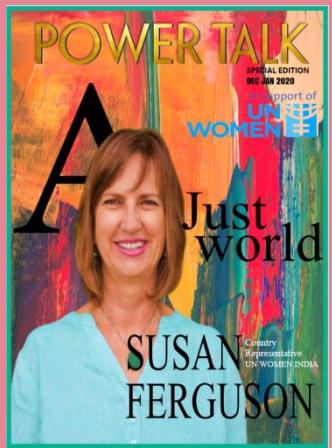
- They look forward to learning and they collaborate and work cooperatively with teacher and peers.
- They are more confident in learning and demonstrate a willingness to modify ideas and take calculated risks
- They plan and carry out learning activities.
- They communicate using a variety of methods.
- They use indicators to assess their own work.
- They recognize and report their strengths and weaknesses.
- They reflect on their learning with their teacher and their peers

***Ultimately, the importance of inquiry learning is that students learn how to continue learning. This is something they can take with them throughout life – ‘beyond parental help and security, beyond a textbook, beyond the time of a master teacher, beyond school -- to a time when they will often be alone in their learning’***

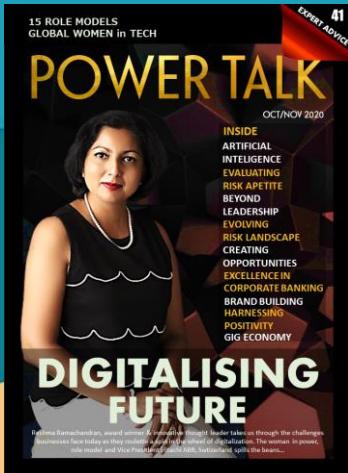
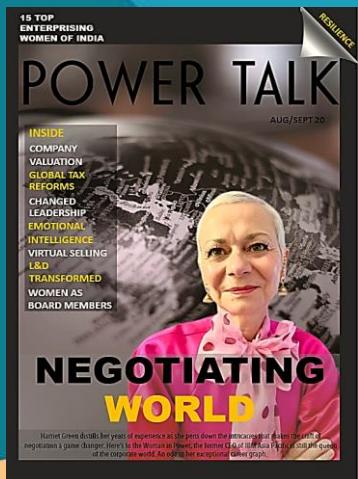
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**SEC 51 GURUGRAM INDIA**

# Career selection & the role of parents

Ms Alpana Baveja, Principal, Manav Rachna International School, Mayfield Gardens, Sector 51, Gurugram, is an experienced and passionate educator with almost 2 decades experience in various schools across the country. Her rich exposure to CBSE, Cambridge as well as ICSE curricula has shaped her distinct and innovative approach as an academic leader. A recipient of the prestigious 'Times Achievers of Education' Award, and 'Education Excellence Most Innovative Principals Award', she has authored articles in various journals and newspapers.

## Choosing a career in a fast changing world

The rapidly evolving world, wherein the society, economy, workplaces and our way of life are changing at an unprecedented pace, has ushered in a situation wherein millions of professionals are wondering about how they should reinvent themselves for success in the new paradigm. With technology changing our lives at a remarkable pace and the rate of transformation being faster than ever before, the current generation of children face a huge challenge in their choice of careers. With even seasoned professionals being unsure about how things will shape up, it is very natural for our children to be anxious about their future. A well-planned career undoubtedly provides the base for a successful, contended and happy life. The correctness of this decision can catalyze a child's achievements and success in the chosen field as well as life in general.

The perspectives of parents emanating from their own knowledge & experience can be a boon for kids. The fact that they are best placed to map their child's interests and aptitude with their knowledge of the dynamics of the workplaces can be really helpful towards guiding kids in their career choices. At times, it may well be the opposite! It is possible that parents' knowledge and experience may not be in sync with the changing realities of the new paradigm as well as the fact that many parents try to live their dreams through their kids may pose strong challenges, despite the noble intention of parents!

## **Guidance & support**

Parents need to be a friend, philosopher and guide to their children. Most children look up to their parents for guidance and support while making this crucial decision, even while a majority of them may not accept it openly. It is an onerous responsibility for parents to mentor their kids in making the right career choice basis their interests, aptitude, availability of choices and envisaged scope of various opportunities mapped against the major career dynamics of renumeration, growth prospects, location and subsequent diversification.

Guiding your children rather than coercing them to take up a particular field should be the right approach. Parents also need to provide encouragement as well as assure them about their unflinching support to stand by them in all their decisions. There is adequate peer pressure on the children at this stage and it would help if it is not supplemented by parental and societal pressure. Coercing a child to pursue a particular field may prove counterproductive as lack of interest in the same is likely to result in adequate efforts by the child thereby resulting in a misfit. It may also lead to wastage of many years of effort as well as resources if the child decides to switch over to a new field subsequently.

Parents may also need to talk to children and encourage them to express themselves without any inhibitions. Providing a patient ear to children followed by a discussion is extremely essential. Parents should also avoid getting angry, even while there may be differences in thought process emanating from generation gap, knowledge, experience and outlook towards life. Fostering a love for learning & providing opportunities

**Parents try to live their dreams through their kids may pose strong challenges, despite the noble intention of parents**

**To quote the famous author Alvin Toffler,**

**The illiterate of the 21<sup>st</sup> Century will not be those who cannot read and write, but those who cannot learn, unlearn and relearn.**

The ability and willingness to constantly upgrade oneself and thus stay a step ahead of the peers is a critical enabler for success. Therefore, it becomes extremely essential to foster a love for learning amongst our children.

It is extremely important to endow our kids with the right skill set in sync with the changing global realities. Parents must provide lots of opportunities to the kids to learn new skills in multifarious fields including sports, arts as well as new age skills. Adequate exposure to each new field would help a child realize his/ her interest and aptitude in the same and decide on

progressing it further. Over a period of time, diverse exposure and opportunities may help them discover their potential in different areas. Several child prodigies in various fields have tasted success because of an early initiation and exposure provided by the parents.

Igniting the imagination of our children is equally important. Problem solving skills, decision making skills and ability to think innovatively are great enablers in a rapidly transforming world. These can be developed in our kids in a structured and progressive manner, right from the early years by involving them in real life decisions and encouraging them to suggest solutions to daily problems. Parents must also imbibe the spirit of ownership of such decisions which will gradually groom them into more responsible individuals. We are all aware of most of the first-generation entrepreneurs of the current times have been extremely innovative in solving problems and evolving new business models basis these skills

## **Professional help from counsellors**

Career choice being one of the most important decision in a child's life, the importance of professional guidance by career counsellors should also not be lost sight of. Basis the psychometric tests as well as their own knowledge and experience, the counsellors can provide an insight into the child's interests and aptitude. In many cases, the counsellors can also provide inputs about upcoming professions, emerging trends in workplaces, as well as inputs about opportunities in higher educational institutes within the country or abroad that the parents and child may not be aware of. In addition, they can also help by carrying out a mapping of the child's interest & aptitude with the potential fields wherein a child can excel. Professional help can definitely help in shortlisting a few career options and the possible ways to progress the same.

**Encourage children to express themselves without any inhibitions**

## **Ownership of an informed decision**

That said, a child should be allowed to take his own decision about his career after having been provided with a list of options narrowed down basis professional counselling and parents' advice. It is important that the child takes an informed decision as well as the ownership of his decision so that he/ she is happy and excited about the same and puts in sincere efforts. This goes a long way in significantly enhancing the degree of success and contentment in one's career. On the other hand, a child who does not take ownership of his/ her decision is unlikely to put in his wholehearted effort thereby making success less probable.

Psychometric tests help. The knowledge and experience of the counsellors can provide an insight into the child's interests & aptitude



### **Roots & Wings**

As an educator, one of my firm beliefs is in sync with a famous quote by

**Hodding Carter, which says that:**

**There are two lasting bequests that we can give our children- one is the roots; the other wings.**

Roots help to provide a solid foundation to a child throughout his life; wings on the other hand help a child to have the knowledge and courage to fly high and chase one's dreams. While we provide roots in terms of inculcating the right values and attitude, wings are provided in terms of correct guidance and opportunities. With strong roots and wings, a child is all set to excel in his chosen field and emerge as a responsible global citizen.



# Artificial Intelligence And Coding



PLATINUM  
**Finnish Preschool  
Curriculum  
First time in India**



**Ranked #1  
Preschool  
By Education World**



**Sourya Gopal Mukerji**  
**14 yrs Young**  
**St. Joseph College**  
**Kolkata. India**

**With former  
Late President of India  
Shri. Pranab Mukherjee**



# PRODIGY A

Sourya's intellectual development makes him think like a philosopher at tender age of 14. In his words " When you perceive the eternal truth, you create a new perception, and when this perception merges with your life, it creates a new being .

At the mere age of 10, the very formative years of growing up, Sourya started to write about the unexpected topic of History and Cultural Heritage of India. This sense of curiosity to know the deeper side of life and find answers to the WHY , WHERE, WHEN, WHAT and HOW did not stop his academic development. He has many medals and accolades to his credit. Sourya has given his parents several reasons to be proud of him. He has brought laurels to his school for his achievements in various Olympiads and spelling competitions that pans at national and international levels. At this very

young age, Sourya has found his unique ways of managing his time ensuring his undivided attention in doing the task in hand. He is shaping to be a man of his words, as for him commitment means the world. He treats each of his projects with equal passion and sincerity and never fails to deliver in time . Is he only 14 years young? Well! To know everything about this genius that gets him on the cover page of this edition of our magazine POWER KIDS, lets know him more as he writes especially for us and gives a brief glimpse about the inspiration that got him



## YOUNGEST AUTHOR

- History and Cultural Heritage of India (started writing at the age of 10)
- The Empire of Middle East (Historical Fiction)
- The adventures of Gustave Gore (Mystery)
- The Men and Women in Mahabharata (currently under publication)
- Collection of Poems (ongoing project)

# AT ITS BEST

well deserved attention and blessings. Focus, creativity, strong communication skills and discipline has become the way of his life. No wonder this little bundle of joy authored the very marvellous book "RIDDLES IN THE MIST" at the age of 12 that was sold out in the very first year of being published .The book talks about KARMA the deciding parameter that reserves the right to give final judgement on how ones life would pan out. His deeper understanding of the essence of life reflects well in the fact that the book comes with very descriptive yet easy to understand self drawn illustrations by Sourya. The 140 page book was launched in the year 2018 in the august company of Veteran and

prolific actor, Padma Shri Late Shri Soumitra Chattopadhyay. Veteran Writer Shri Shirshendu Mukherjee Veteran Actor Shri Barun Chanda . The has been presented to Former President Late Shri Pranab Mukherjee, Present Chief Justice of India, Prime Minister's office, National Libraries at Kolkata, Mumbai and Delhi, The Kolkata Police Library, International Book Festival, Kolkata and to many dignitaries from various fields coming from academia ,literature and administrative services. So, here it comes Presenting Sourya Gopal Mukerji as he especially writes for us about his journey and events that invoked the love for writing in him. We wish him lots of success and good fortune. May all his dreams come true



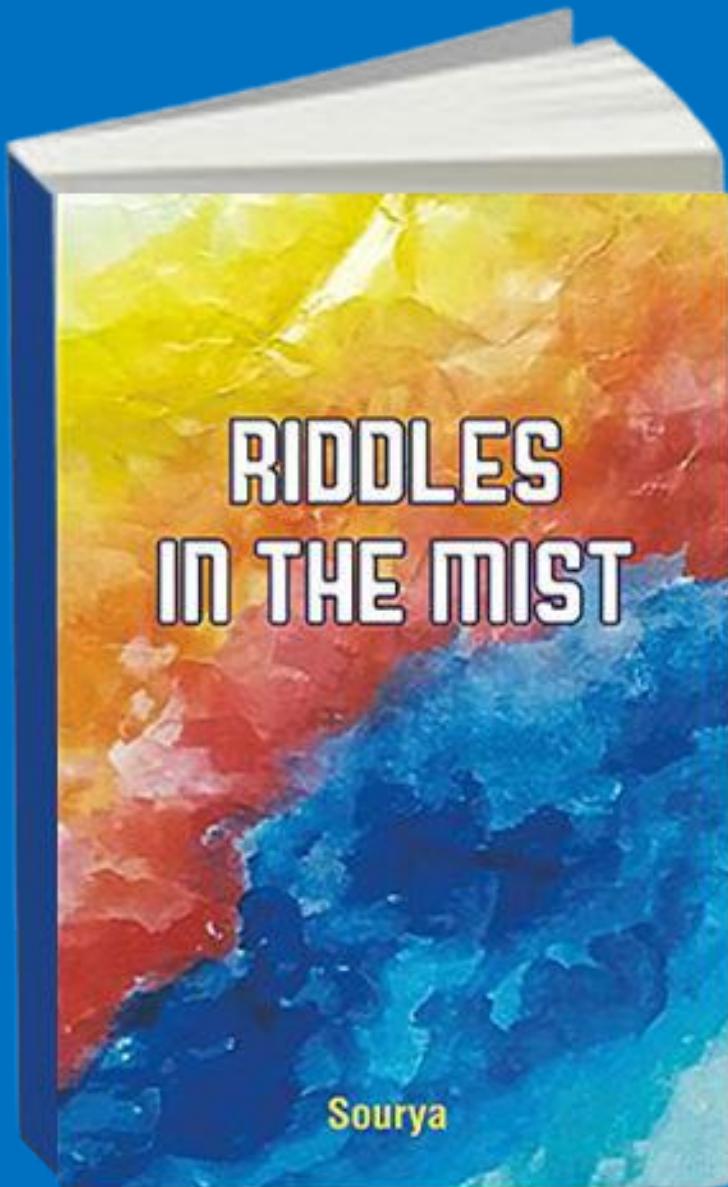
**with Shashi Tharoor**  
**Author – politician -former**  
**international civil servant**  
**Member of Parliament**  
**India**

Since a very young age, literature has greatly inspired the writer within me, and has allowed me to discern my true flair. I started composing short poems at the age of 7 and the appreciation and approbation that I had garnered would further boost my confidence. However, there would always remain a passive yet intensely motivating yearning to venture upon, into something ‘awe-inspiring’. Hence, the sub-consciously driven desire had allowed me to admire religious philosophy. The concept of “Karma” was the foremost reason why I wished to discover further about the values revolving around this universally acclaimed concept.

I remember the year 2017, when my mother was posted as a Judge at Patna. My vacation was on, and she had invited me to spend the holidays at Patna. On board, I noticed my mother reading a book based around Hindu mythology. I was attracted by the book’s title cover and insisted on reading it. Nevertheless, after reading the first few pages, a few questions arose in my mind

regarding the very subject concept. I asked my mother about them; however, her answers did not satiate my thirst. On reaching Patna, I searched the internet for answers, but as everyone knows, curiosity and inquisitiveness has no boundaries, in the wake of acquiring answers, I got introduced to new realms altogether (like ‘Bhakti Yoga’, ‘Atma’, ‘Cosmic egg’, ‘Maya’, ‘Brahman’).

Such studies mesmerized me so much that I began taking out time from my school studies to study the Hindu Vedic Philosophy. I would devotedly take out time to study about this each day, throughout the vacation. I began taking down notes, and for a more comprehensive and inclusive understanding, would create my own diagrams. Such intensive study led to the development of several pages of handwritten, self-conceptualized writings on the philosophy as well as neatly drawn diagrams. My mother introduced me to a whole set of books about commentaries on Gita, Swami Vivekananda’s teachings as well as Srila Prahupada’s writing on ‘Krishna Consciousness’.



# RIDDLES IN THE MIST

Sourya Gopal Mukerji

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Mr. Imran Baig

Founder

Global Penmanship Academy  
Bengaluru, India

# Developing Writing Skills

**Importance of mastering the art of penmanship for your kid's future**

**Excerpt:** Parents, when was the last time your kids put pen to paper??

The act of writing has changed over the years. The way it was for us, is not the same for our kids. But what remains constant is its importance. This article explains why the skill of writing by hand which we call '*penmanship*' is required, what its benefits are and how it benefits your children's learning process. Read on .....

## **Introduction:**

Of the many things that we learned growing up, good handwriting had its own importance and what we find is that it continues to be relevant. Whether for taking notes or penning down our thoughts or to just pen a to-do list, how well we write it down does play its own part in our day-to-day lives and it still continues to do so. In the digital age however, our kids today seem to have lost touch with it.

Handwriting is not just "good" and "bad"; it is much more than that. Penmanship of each of us is unique and shapes our natural learning process. How our kids put pen to paper and actually write is a specific skill that plays its part in their holistic growth and development. Getting them to practice handwriting from an early age is necessary. Here's why.



## Identifying the need of handwriting in the digital era

In our predominantly digital world, everything has acquired a digital aspect. From entertainment to education, it's all about the "QWERTY" and less about the "ABCDEFG". While this enables the dissemination of information, what it takes away is the art of formation of letters from our children.

It is important to understand that while home-school over ZOOM may be the need of the hour, it is not the long-term solution. While the pandemic has forced us, and especially the children to adapt, it has certainly resulted in behavioral changes and developmental challenges. Kids today find it easier to take screenshots than taking down notes on paper while learning new concepts. While that may be easier, the question remains: is it helping your kids with their hand-and-mind coordination, their motor skills and finger movements? Is it helping them with their recall abilities and is it engaging all their senses?

## Why mastering penmanship is important for kids

The answer to the above questions is rhetoric and that is why picking up a pen/pencil and actually writing by hand is so essential for kids. Writing by hand is not just important for the immediate needs of kids today, but it is important to shape them into fully functional adults of the future.

Our Indian education system continues to require students to write rather than type as of today. At their higher academic levels and in examinations they will be required to pen down their responses on paper and, at that stage, would require them to be in a comfortable space to write with ease to communicate well. In fact, the more our kids write, the more they will be able to avoid developing learning challenges like "Dysgraphia" – the condition where kids are unable to accurately translate thoughts onto paper. This includes improper sentence formation and spelling errors that result in incomplete and improper communication - simply because their mind and fingers are not in the same space at the same time or the "Writer's Cramp" – which is a loss of coordination between the hand and mind. This may include unexpected vibrations while writing, sweaty hands and dragging of pen over paper. Though we may not be aware of such issues presently, these possibilities exist and the solution to all these dear parents, lies in retaining the habit of writing regularly and mastering what we call '*'penmanship'*'.



## **Benefits of Mastering Penmanship**

Handwriting allows the brain to be stimulated in a different way when compared to operating screens. It is a great way for all the senses to come together and interact with each other resulting in delivery of fully formed, complete sentences that have been thought through. This also allows for better finger flexion and handwriting improvement.

The act of writing also helps kids with their recall abilities and visual memory, thereby making them more alert and aware (skills that will forever be important in every stage of their future life). Mastering penmanship also helps kids to become proficient with new skills like speed writing – with a perfect combination of legibility and comprehension.

## **The Mastering Penmanship program by Imran Baig**

The ‘penmanship influencer’ Imran Baig, has put together a uniquely designed 3-day power packed workshop - where kids will discover unique aspects of handwriting and how they can improve upon it. In this interactive workshop, kids will be taught to evaluate their handwriting to identify the 5 elements in their handwriting, the science behind choosing a right pen or pencil, learn hand exercises for stress free writing and finger flexion exercises for speed writing, explore the ergonomics of writing - like the scientific positioning of the body while writing, the distance between the table and the chair, the angle at which the notebook/paper should be aligned and much more. ‘Mastering Penmanship Workshop’ is designed to help your kids grow into fully realized individuals. Important and common issues like lack of interest in writing and experiencing pain after writing a few lines are addressed to help kids to make the penmanship journey easy.

While we are living in a digitally enhanced world, we may think that the common way of life like putting pen to paper may disappear- but it is very unlikely to happen. Need for Handwriting is here to stay, and penmanship will always be a skill that would be called upon in various stages of life.

So, dear parents, now is the time to let your kids master penmanship like never before so that they can always stay ahead of the curve...and while they’re at it, don’t forget to pick up a pen yourself and set an example!



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**Wanitha Ashok**  
Fit India Movement Ambassador  
Bengaluru. INDIA

Wanitha Ashok is the Fit India Movement Ambassador, a movement initiated by the government of India and conceptualised by Wanitha herself. A youth icon ,Wanitha is a renowned online Fitness Coach. A lifestyle and fitness influencer, Wanitha helps children, men and women from across the globe with well her researched ,scientifically based exercise regime. She is known as Bangalore's Fitness Queen and is one of the leading fitness experts in India. This Youth icon is a Global Fitness Influencer, influencing people to make lifestyle changes for an healthier life."

"Get Fit India " is her mission which she initiated 18 years ago and she is leaving no stone unturned to get her country fit and healthy. She is also a Motivational Speaker for fitness and conducts workshops for corporates and organisations. We also see her presence as a presenter for fitness on television, radio and print. Wanitha writes a weekly column in Vijay Karnataka Publication. She has released two easy to follow Home workout DVD.

Wanitha has authored a bilingual Fitness Book called " You have an excuse I have an exercise ". She supports various causes. She is a Recipient of many national and International Award for community services. To name a few - "Nada Kempegowda Award " "Karnataka Rathnashri Award " "Iconic women leader of the decade in Health and more. Her favourite saying is "Make your trip to planet Earth a memorable one " and lives by it. Enroll for her classes @<https://wanithaashok.exlyapp.com> .GET FIT !!

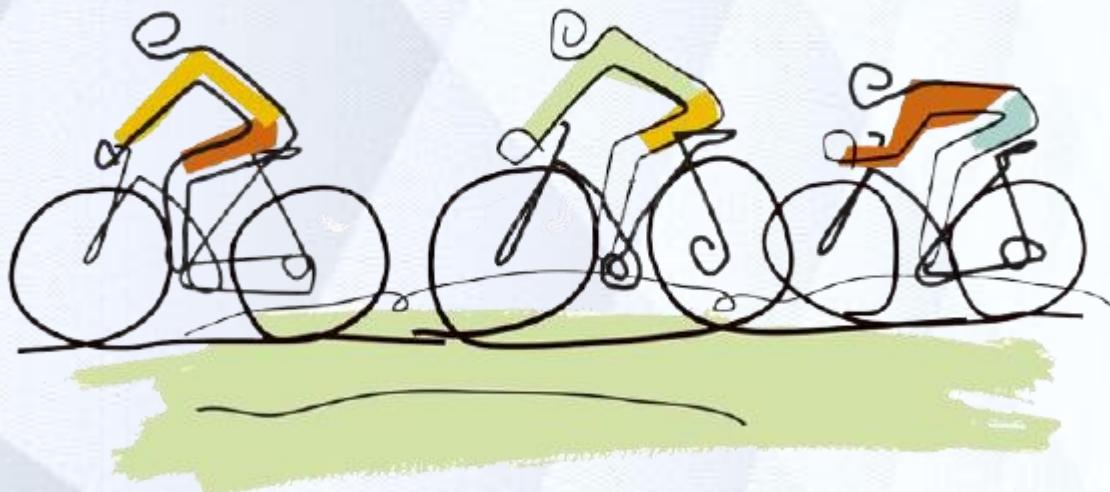
# **“ Make your trip to planet Earth a memorable one Get Fit India ”**

**Q** Is there any right age for children to start exercising ?

Children start to exercise right in the womb of the mother, his first home .The child keep moving in the womb. As babies trying to roll over, sit down, crawl or walk is a form of exercise. Children are meant to be physically active, engage in street games, cycle, play a sport and move a lot. Unfortunately gadgets and now pandemic has taken toll on it. No one is spared from not exercising and stay inactive. Parents have to find ways to squeeze in workouts as exercise has immense benefits in a child's growth, mental well-being and academic performance. Regular workouts improves their focus and concentration, energises them, builds bone density and helps them sleep better. The right way to channelize their energy is to expend it via exercise and movement.

**Q** Pandemic has given birth to increased laziness, lethargy, poor strength and increased body weight

I would suggest children take time out to attend online dance classes as it's a skill-based cardio workout and helps manage stress and burns calories. Cycling is a good weight-bearing exercise they should be encouraged to step out and cycle. Online yoga classes with pranayama will help strengthen their muscles, improve flexibility and relax them.



**Q** The onset of puberty makes girls gain weight. What exercise would you like to suggest for them.

Not necessarily, children and adults should be active to burn calories and prevent weight gain. A sedentary lifestyle, unhealthy diet, lack of exercise leads to weight gain. What's common these days is PCOS and thyroid issues both are hormone-related and studies indicate that adulterated foods and consumption of fast and junk food could be the reason.



Protein Rich  
No cook energy Brittle

1 cup rolled oats

$\frac{1}{3}$  cup honey

$\frac{1}{2}$  cup mini semi-sweet  
chocolate chips

$\frac{1}{2}$  cup ground flax seed

$\frac{1}{2}$  cup crunchy peanut butter

1 teaspoon vanilla extract

Combine the above ingredients,  
roll them into small balls, place  
them on a baking sheet, freeze for  
an hour to set it.

Wanitha Ashok



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Dr. Archana Diwan  
Consultant Dental Surgeon  
Implantologist  
Director  
Family Dental Care & Implant Center

Oral care starts with cleaning baby's gums with a damp gauze after every feed. Child's first dental appointment should be made, when the first tooth erupts. Dental appointments have to be inculcated as a habit from a young age to make it a useful fun experience rather than a scary painful experience.

Get a mandatory consultation with an orthodontist and do a full mouth x ray or OPG (Orthopantomogram) by 7yrs of age, to detect early, if any oral habits that may lead to misaligned teeth for early correction in the growing phase of the child's jaw.

A sudden spurt of hormonal changes at puberty can cause SPONGY GUMS. Good oral hygiene in this phase is very important to prevent gum infections. A healthy mouth is host to complex bacteria. Improper dental hygiene can lead to over growth of plaque and build up tarter that can lead to disproportionate growth of oral bacteria thus taking kids to aching ,swollen and bleeding teeth and headache.

Most children have 4 wisdom teeth at the back of

# WISDOM

## Tooth Management

How much of tooth paste  
on your brush ?

Grain size for infants

Pea size for 3 to 6 years

Half of the toothbrush surface  
for more than 6yrs to adults

the mouth. 2 above and 2 at the bottom. Since they are hard to clean, they are more vulnerable to tooth decay and infections. A full mouth x ray or OPG (**Orthopantomogram**) should be done around 17 to 18 years of age to detect to wisdom teeth formation and plan for their removal if they are found buried in the jaw(**impacted**) in odd positions. 90% of the individuals have impacted wisdom teeth as these teeth form after jaw growth is completed. Hence Due to lack of space in the jaw they cause food lodgement and infections. The earlier they are detected and removed, the more comfortable the patient.

If left unattended they may grow at an angle toward the next tooth (second molar) OR grow at an angle toward the back of the mouth OR grow at a right angle to the other teeth, or grow straight up or down like other teeth but stay trapped within the jawbone only leading to cysts and pain the gum

SAVE YOURSELF from all the undue trouble by maintaining oral hygiene, following right brushing technique, occasional rinse with salt water and REGULAR DENTAL CHECKUPS to the frequency of at least once in 6 months ,irrespective of your age.



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**RISHI GARG**  
**STUDENT EDITOR**  
**POWER KIDS E-MAGAZINE**

“ Discipline is the bridge between goals and accomplishments ”

-Jim Rohn-

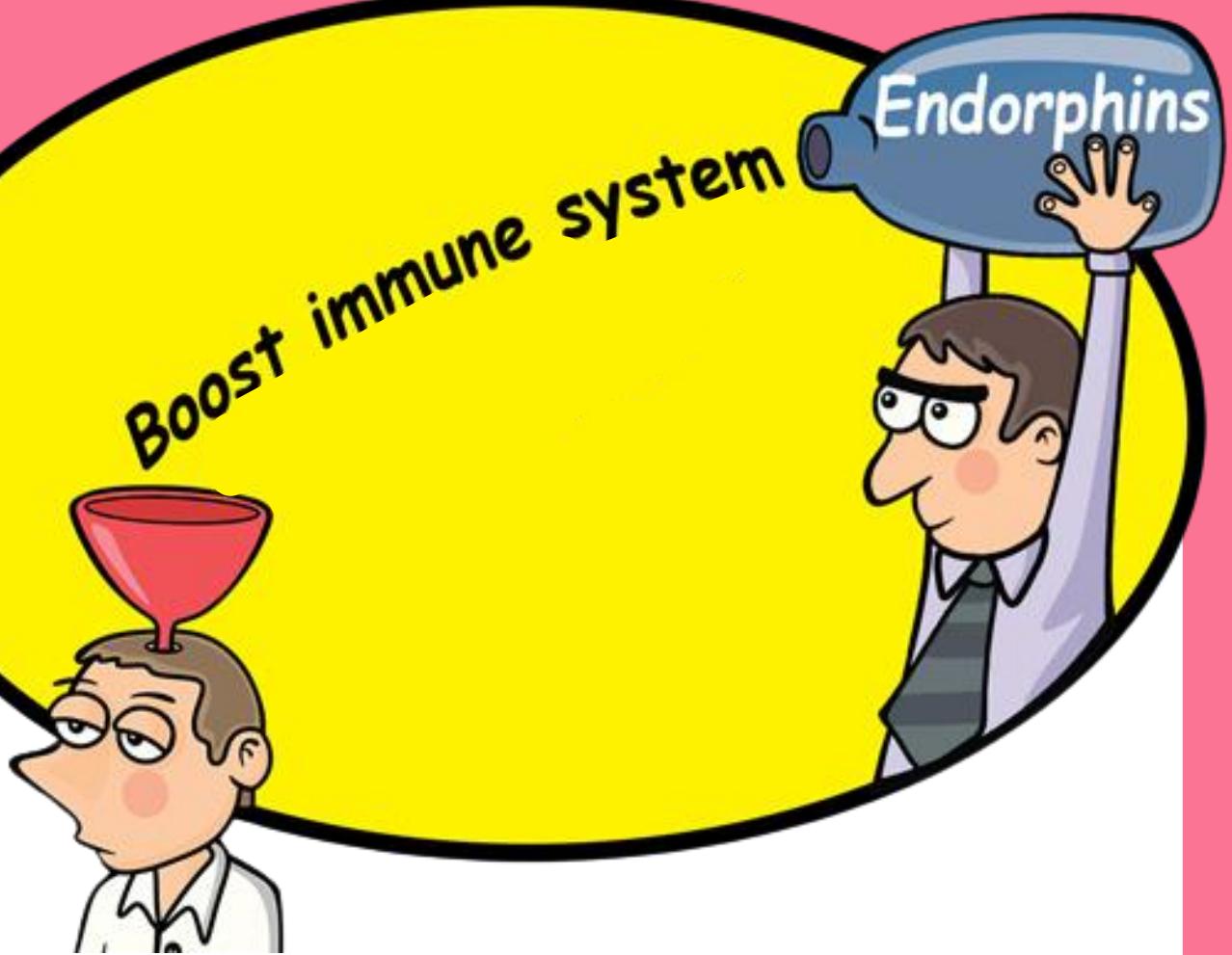
Life at school is an experience that you will cherish all your life. The pandemic 2020 kept us from going to school. Spending the most crucial year of school life on zoom calls and being home schooled by school teachers, changed so many things .It set me thinking and today I would like to pour out the outcome of this grind. My learnings from spending 12 years at school are well explained by the American motivational writer William Arthur Ward. He says -

Do more than belong: PARTICIPATE  
Do more than care :HELP  
Do more than believe :PRACTICE  
Do more than be fair :BE KIND  
Do more than forgive: FORGET  
Do more than dream :WORK

In a nutshell, Its time to ACT !! Whatever your dreams be, however big or small ,they begin to take shape only when you act on your action plan . Discipline will become your driver on this road to success and will give you *consistency, confidence, clarity and creativity* to execute your action plan. Remember with every accomplishment you get closer to your goals BUT, that success may be well celebrated only if your don't relax and stay in the false glory of your past achievement . For this it is most essential to stay in discipline and follow the route you have designed for yourself .Any kind of lag or negligence on your part to get to your destination will highly affect the momentum of your efforts to reach the desired goal .

As I mentioned above, Discipline has 4 wheels. To avoid a bumpy road or to not find yourself on the wrong road, it is important to stay consistent in your efforts .Continuity will start showing results and will give immense confidence .This in turn will support you in every way to not break the chain or give up .As you reach your milestones ,you will start getting more and more clarity on your further course of action and this will take you to the next level of creativity that will help you better your action plan to help you use your maximum potential. So, be on your dream car of discipline .My best wishes .See you in November edition of POWER KIDS

RISHI GARG – STUDENT EDITOR – BENGALURU



**Hi Teens,**

How are you doing?

I can relate to your **Teenage Blues!**

With the pandemic doing the Up & Down dance like ▷▷Vengaboys▷▷ and the uncertainty of the vaccine especially for Indian kids below 18yrs, life seems to be a drag. Virtual classrooms, all locked up and no fun is indeed very boring.

Let's pep you up...

Did you know the mind releases endorphins just the way you want it? Yes, the feel-good hormones. Are you reminiscing those good ol' days – making that goal/ hitting a sixer/ shooting a basketball/ practicing a skit. Whoa! That was a lot of options. You can still have fun indoors – dance moves, melodic tunes, game of chess, scrabble.

Imagine, you are unable to crack a tough math problem, you fret and fume. A friend got the result but you couldn't. You feel low. Your mood swings. Your stomach aches or head reels.

What can you do to be livelier?

Now a days, teens are into a lot of activities – app building, startups, video making, the list goes on and on. You need to be healthy and active to pursue your dreams and aspirations.

**So, that's settled, you need more energy.  
How much?**



Say, 2000 calories or more, depending on your

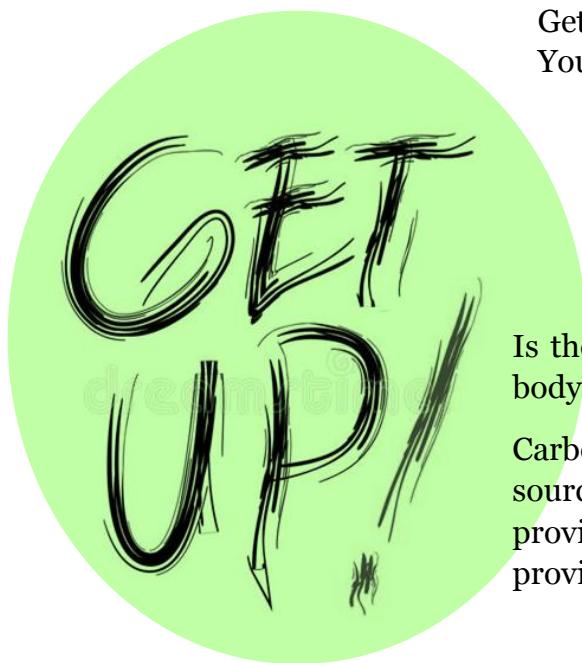
## #Physical Activity#

- High activity involves activities like running, jogging, swimming, playing tennis, other sports, hiking, trekking.
- Moderate levels involve daily routines like going to school, playing with pet, filling water bottles, helping mummy lay the table for dinner, playing with friends. A majority of teens come under this category



Annapurna Sharma  
NUTRITIONIST  
Sri.Satya Sai Institute  
of Higher Learning  
VIJAYAWADA, INDIA

- Low levels of activity also called morbid activity is the most dangerous and is growing steadily – sitting for long hours, lazing around with phones, tabs, video games and other gadgets with little or no mobility at all. You can always blame this as an after effect of expanding technology. Did you ever wonder, it is you who are at risk?



Get up and walk, run, jog, initially for 10-15mins.  
You can increase the time gradually

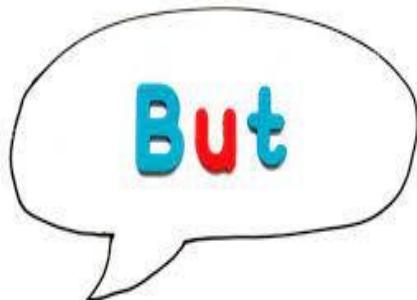
So, how active are you? What do you need  
to be active- **@Energy**

### **Howz your appetite?**

Is there a surge like the rivers in monsoon? Is your body demanding more calories?

Carbohydrates, Proteins and Fats are the primary sources of energy. 1g of carbohydrates / proteins provides 4 calories while the same amount of fat provides 9 calories.

Carbohydrates ingested in the body are mainly starches and sugars which are further converted into simple sugar, glucose, which is the body's main fuel. They are derived from grains and millets like rice, quinoa, barley, oats, wheat, corn



If you want sustained energy i.e. energy lasting for as long as you are not able to find a solution to the math problem or till you cracked that tricky code or sketched the intricacies of the creative figure, you need to be cautious about the type of carbohydrate you consume.

Foods prepared from whole grain cereals like brown bread, brown rice, whole wheat biscuits, oats cookies make you feel fuller and energetic for longer periods of time. No wonder we recommend complex carbohydrates which make up nearly 60% of a teenager's caloric intake.

Simple carbs are sweeter to taste and give you instant energy. You seem to be bursting with energy. But the bad news is, this phenomenon is short-lived. Moreover, these foods do not supply any worthwhile nutrients.

# PROTEIN

What about Proteins?

You must be aware that Proteins make up 50% of the body weight. Food sources are lentils, chickpeas, nuts, eggs, lean meat, fish and chicken. Protein rich foods are also excellent sources of other nutrients like iron, zinc, omega 3-fatty acids, vitamin B12.

And the ubiquitous FAT or Dietary Fat...

Make sure your fat intake should not exceed 30% of the diet. Although fat supplies energy and assists the body in absorbing the fat-soluble vitamins A, D, E, and K, fat has a bad reputation – its adverse effects on health when consumed in large quantities.

Do you like potato chips, fritters, pizzas, burgers, veg rolls?

I thought so. You draw happiness from the above foods.

BUT!

The long-term implications are – a teenager indulging in a fat-heavy diet will put on weight, even if he's active. What begins as a teen age food craving results in permanent dietary habits. With parents around, things are still different but once you go to hostel, for higher studies, things change to the effect of 360 degrees. These habits only build more and more stress on your heart . Do you know why ??



Heard of cholesterol. That waxy substance that clogs arteries, hardens and damages them. Atherosclerosis is a condition when the blood vessels leading to the heart or brain are blocked, resulting in a heart attack or stroke. Although these life-threatening events don't occur until much later in life, isn't it time to walk that extra mile to reduce the fat content in your diet?

**DO'S**

**&**

**DON'TS**

- Foods to be eaten adequately – cereals, legumes, beans
- Foods to be eaten liberally – vegetables and fruits
- Foods to be eaten sparingly – high fat and high sugar content foods
- Restrict your daily intake of saturated fat to no more than 10% of your total daily calories. Use plant foods and plant oils.
- Stop eating a lot of packaged and processed foods.
- Make a habit of reading the food labels. You will be surprised at the amount of unhealthy fat, sugar and salt in the form of sodium reaches your tummy  
Almost all packaged products contain partially hydrogenated fat.

*Avoid*

*Try*

WHOLE MILK	LOW FAT MILK
AERATED DRINK	WATER OR FLAVORED SPARKLING WATER
WHITE BREAD	WHOLE WHEAT OR WHOLE GRAIN BREAD
CREAM BASED SALAD DRESSING OR PASTA SAUCE	OIL BASED OR VEGETABLE PASTA SAUCE
POTATO CHIPS	BAKED CHIPS OR NUTS
FRUIT JUICE	EAT WHOLE FRUITS
BEING A COUCH POTATO	EXERCISE REGULARLY
GULP DOWN FOOD	CHEW YOUR FOOD

# Whip up

## Guilt free Parfait

Let's try something easy, tasty and energy full

### INGREDIENTS

Oats – 1 cup (cooked)      Honey – 2 tbsp      Yoghurt – 1 cup

Fruits – 1 cup (apple, strawberry, kiwi, pomegranate, banana)

Nuts – 2 tbsp (almonds, pistachios, cashews)

### PREPARATION

- Take  $\frac{1}{2}$  cup of oats in a microwave bowl. Add  $\frac{1}{2}$  cup of water.  
Microwave it for 2 mins.
- Cut the fruits into bite-sized shapes.
- Crush the nuts coarsely with a mortar and pestle.

### START LAYERING THE INGREDIENTS IN A GLASS

2-3 tbsp of yoghurt  
1 tbsp of honey

2-3 tbsp of oats  
A mix of fruits

Sprinkle Nuts

Follow the same layering again

Yummy Oats-Yoghurt-Fruits-Nuts Parfait is ready to eat. It is an excellent source of energy, fiber, protein, calcium, vitamin C, unsaturated fats, magnesium, zinc

### MODIFICATIONS

You can modify according to your interest & still eat **HEALTHY**

Use crunchy oats or cornflakes or granola.

Add your favorite fruits.

Use raisins, pumpkin seeds, melon seeds.



Arnauv Diwan  
STUDENT MENTOR

MS Ramaiya College  
Of Applied Sciences

BENGALURU . INDIA

My 12 years of schooling encompassed an array of experiences which were key in shaping me into the person that I am, as I move on to the next phase of my life into college. My love for science takes me back to when I was in the 7th grade. Poetry and writing have also been my hobbies and last year I had published my first book as a 17-year-old consisting of 15 short poems drawn out of moments of in life. My long-term goal is to pursue the cosmic sciences and spread the word for it. At the same time pursue my other interests and travel as much as I can as see as much as the world has to offer. I do have a keen interest in photography and videography. I also have a YouTube channel titled 'Beyond the Oort'.

**“Create a picture of the concept. Train your mind to think logically”**

# THE ART OF MASTERING PHYSICS

The world around us, is one that we take for granted. Our lack of appreciation is due to the ‘elegance of simplicity’ that has been brought to us by constant innovativity.

The science of nature, I.e., physics, is one that has been built on a foundation of people, who have made many unsuccessful attempts, but decided to try just one more time, every time. In fact, the ‘sea of science’ is one so vast and deep, that it can never be conquered 100%. But with a 100% effort, we can confidently attain an 80% completion.

Understanding physics goes beyond the 4 walls of a classroom. It has to be visualised; felt. There are no shortcuts or hacks as such to get better at it, but from my limited exposure and devotion, understanding the concepts in their most raw form, at the simplest level and working your way up; that is important.

The key word here is ‘understanding’. Learning physics is one thing, but understanding it; that’s where the beauty of it lies. Investing time in physics will reward you in the long run, with interest. The knowledge you attain will never go to waste.

Visualizing a problem is key. You must be able to create a mental picture of the problem and first answer it logically, by eliminating what the answer isn’t, based on what’s been given to you. What you are left with must then be mathematically configured based on formulas that have been derived, and voila, you have your answer.

The diverse country that we are, physics can be taught and understood in a variety of

languages. Be it English, Tamil, Hindi Kannada, etcetera. But there is one language that is universal. A language that Galileo first interpreted as the ‘language of the universe’; mathematics!

Now, I too am a bit shaky on the mathematical front of things, but nothing a little practice can’t make perfect. At first, I too was intimidated by the sheer magnitude and weightage that each concept held.

After a week, I was able to solve 6 out of the 40 questions in front of me and I thought to myself, “Hey....so by next week ill know 12...then another 18 and then soon enough, I’ll be half way there” and believe me, by the end of the month, I understood trigonometry.

Just by putting in a little effort every day, you can accomplish so much more than by pushing yourself to drill matter through your skull. There is a popular saying, that, ‘physics is just applied mathematics’, and nothing else sounded so true before.

Remember, what were once priceless breakthroughs in science, are now a common man’s bread and butter.

In conclusion, id like to say just one thing.

If you are committed and devoted to understanding the concept rather than the subject, it would open up a box much like pandora’s; only, this would unleash clarity onto your perception of the world around you.

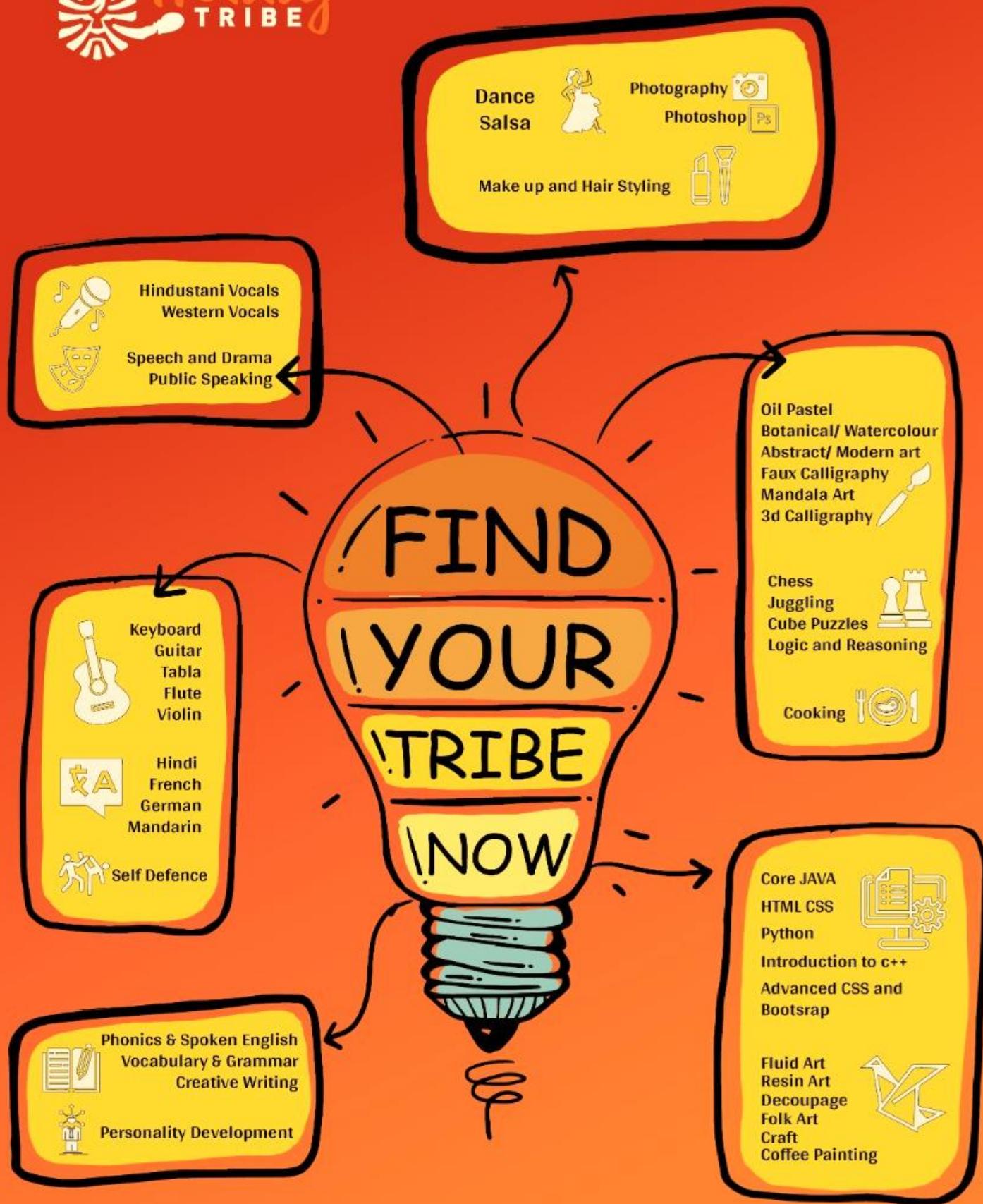


The book is a compilation of 15 short poems that are expression and extension of my experiences in life. I believe that a piece of art is not something just the artist enjoys. Hope you enjoy reading these as much I loved writing them.

HAPPY READING !

ARNAOV DIWAN  
(AUTHOR)

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“ Research is creating  
new knowledge ”

-Mark Twain-

I have studied corporate law and company secretary .I was in your shoes few months back, the shoes of a student .Over these years ,having undergone rigorous training and having stayed away from home ,I have realized that the one thing that saves you from feeling like a frog in the well ,is research , research and research.

Research to stay updated and to increase your knowledge bank .Research to have your answers to 5 W's and the single floating How? Train your mind to find answers to WHAT, WHERE ,WHEN, WHY ,WHO. Staying inquisitive allows you understand different perspectives .It makes you think bigger and beyond the expected boundaries. The inclination to dig into facts trains the mind of a student to understand concepts and theories. It give a sense of clarity and enhances ones problem solving skills. Your ideas and thoughts begin to get structure as you will find a c-change in your learning capacity .The process takes your mind from a habit of mugging things verbatim to a state of understanding things. This becomes the sole reason of the information staying with you because research gives you clarity and trains your mind to work on logic.

Opinions matter a lot in the life of a student . That's what research helps you to do. It gives you a basis to form your opinions and helps you substantiate your perspective with evidence. This gives a lot of weight to what you say and what you propose. It is important for any student to think before you speak. If you train your mind to a process ,you will always find yourself not jumping to conclusions which is a very good quality .It makes you a very patient person .You become a good listener. In short, you develop into a very likable personality and this gives a lot of confidence .All said and done with ,people around you and peers are with you for the kind of persona you have . A person who keeps her mind open to listen carefully ,learn and welcome other peoples perspective without being judgmental are the kind of people whose company is enjoyed and appreciated the most .So. To become someone like that you have to depend yourself on research and in the process it will open many doors of opportunities for you .

Knowledge never goes waste. You can never be updated in this very fast changing world. The habit of researching on topics related to your interest and beyond help you stay abreast with the things around you. Its helps you talk on not one but many facets of life. You will develop an art to keep conversations interesting and also the person in the conversation to stay engaged in the talk with you .You will sound knowledgeable and humble .

Have a great innings !



Dhruv Venu Nair  
STUDENT MENTOR  
RN Podar School  
MUMBAI. INDIA

Dhruv is a well rounded student. From academics to sports to interning at various organisations, Dhruv has made the most of time as a student. He has won hearts with his philanthropic work for the under privileged especially during the pandemic 20-21. Student of the year Award awarded by Times of India, Academic Excellence Award given Rotatory club of Mumbai, Scholarship Award for Student of the year are few of Dhruv's academic achievements .Being an outdoor person, Dhruv enjoys sports and has won several trophies in Football for his school. He has level 5 certification in Piano and level 6 certification in Guitar.

“ I can accept failure, everyone fails at something. But I can't accept not trying. ”

Michael Jordan

Growing up, unlike many students who had done most of their schooling in one or two schools, I had done mine in multiple schools. No, I was not suspended from any school if that's what you are wondering but instead it was because of my parents' transferable job. As of now I am in my 8<sup>th</sup> school and 6<sup>th</sup> city!!!

Throughout my journey so far, I have managed to learn a lot however. And one which I think is the most important out of all is the importance of participation. Back when I was around 7-8 years old -like most kids- I was afraid. Not just in terms of having stage fright to perform in front of an audience, but even scared to take part in competitions, like drawing or quizzes, or even indulge myself into discussions and activities, like decorating art or drama clubs. Why? Because I was afraid of facing the embarrassment if I messed up. This is the case with most students too. You may be the best of the lot but you wouldn't want to show it in an event because you don't want to be liable (to a team or yourself) if something does not go right.

# PARTICIPATION PREPARES YOU FOR A WINNING MINDSET

However, I continued to participate in events, both in and out of my school, I won some but lost many competitions, I had few smooth public performances but a few disastrous ones. Of course, I felt disappointed when things didn't pan out my way (cried many times too) but I realized that the side-effects of my participation extrapolated to many other parts of my overall development. I became more confident, improved my communication skills, was able to improve my critical thinking and on the way made new social connections.

What was earlier a nightmare transformed into an obsession and I continued to take part in everything I could, even things which I was really bad at or didn't know anything about because I realized that I am learning new stuff and gaining interest in things I didn't know existed or were as interesting as I thought it was. For example: theatre performances, which I never believed could be something I would be good at, turned out to be one of the most exciting activity I have ever taken up.

Today I know I am confident enough to make decisions or communicate with people without shying away. This is not because I was an extrovert since the beginning but because I began exploring the options presented to me. So, my fellow readers, don't shy away from a challenge. Everyone feels skeptical to take part first. But push yourselves. Participation is the best way of educating yourself. You may lose, cry and be embarrassed publicly in the process, but later in life when you get time to reflect you would rather want to see yourself take the shot rather than just let it pass by. This is the time for us to explore and learn.

I leave you with a quote by the greatest basketball player:

**"I can accept failure, everyone fails at something. But I can't accept not trying." ~ Michael Jordan**

So put a smile on your face, hold your head up high and grab the opportunities that you get with both hands. Participate and learn.



Vedha Sitlani  
STUDENT ENTREPRENEUR  
GEMS  
Dubai American Academy  
DUBAI.UAE



## The girls of TODAY are the leaders of TOMORROW

Vedha is a high school student and constantly inspired by the intelligent people, their sense of innovating and creating things that are out of the league. She feels blessed to be surrounded by self-motivated friends. However, quarantine changed a lot of things for here peer group. She noticed a lot of demotivation seeping in. The brightest of her friends started to question and lose hope. Vedha noticed gender parity at school especially in her computer science classes. She noticed a decreased participation from girl student in tech-based classes. A go getter, Vedha decided to plunge in and do something electrifying and jolt up the lost energy in her batchmates and immediate friends. *An idea was born!*

The high school girl turned into an entrepreneur. The idea of a GIRLS SYMPOSIUM started brewing in her mind and things came into action at the bat of an eyelid. This was a well-designed symposium for HIGH SCHOOL GIRLS who were passionate about entrepreneurship, about STEM or ARTS. It was time for them to live their dream project and brings things to life.

She designed a platform where high school girls could be mentored by the best in their chosen area of either entrepreneurship, STEM or ARTS. This was indeed a great incentive for the young girls and this became highlight of her symposium. Nothing could have stopped the huge participation that saw the light of the day. This indeed gave a whole new meaning to the dreams of the high school girls.

Women entrepreneurs from the MENA region always caught Vedha's fancy. She found her inspiration in these power women. That's when she decided to develop them into something meaningful. As these women entrepreneurs came on board to support Vedha and her wonderful endeavour to empower young women, everything seemed to come together. From an esteemed panel of judges to evaluate the girls on the viability of their ideas, to scholarship money and remote internships for the chosen participants. This seemed like a reassurance to Vedha, at not one but many levels that women feel all the more empowered by empowering other women One thing led to another and Vedha manged to receive AED 10000 in sponsorship from Fintrek Marketing, Dubai

This was definitely not a cake walk for Vedha. As an aspiring entrepreneur, a very competitive person herself, Vedha opened the doors to high school girls from other counties to participate. The entire process took many days of coordination, number of follow-up calls and loops of emails. All the hard work payed off. GEMS school network gave momentum to her initiative and helped her reached a larger audience. Vedha manged to have 300 teams collectively coming from 6 different countries including India. Starting a competition from scratch as a teenager was no easy feat. Once I reached out to schools around the UAE, I ended up with only 50 teams. As an ambitious leader, that was not enough for me. It took calls, emails, and many meetings with schools around the world to gain participation from 300 teams. Vedha discovered the leader in her during entire process of conceptualising, planning and execution of the project GIRLS SYMPOSIUM

**Leading female entrepreneurs and artists judge this competition** such as:

- Joy Ajlouny: the founder of Fetchr
- Mona Ataya: the founder of Mumzworld
- Donna Benton: the founder of the Entertainer
- Dana Baki: founder of MUNCH:ON
- Dana Dajani: leading Palestinian actress, poet, and humanitarian

The project Girls Symposium secured seed funding for all the top teams to make their ideas come to reality. Three teams even secured internships with judges who are ace entrepreneurs in their own respective field. The winners were declared one each from the Entrepreneurship team , STEM team and one from ARTS team

Celebrating the huge success of this virtual symposium, GIRLS SYMPOSIUM 2.0 is coming up soon in collaboration with POWER KIDS (digital magazine )published by Power Talk with Archanna ,India. The second edition will come with lot more incentives, 2 months of rigorous mentoring, remote internships, scholarship money, feature in the magazine and lots more . GIRLS SYMPOSIUM 2.0 is opening its FREE registration for high school girls from 14 years to 18 years .Register at [www.powertalkwitharchanna.com](http://www.powertalkwitharchanna.com). IT's FREE for all.



Shreya Mittal  
18 Year Young  
University of Warwick  
United Kingdom

STUDENT MENTOR

CO-FOUNDER  
CAVA ATHLEISURE

Instagram  
[@cava\\_athleisure](https://www.instagram.com/@cava_athleisure)

CAVA



# Don't STOP when you stumble

The idea of taking you through my entrepreneurial journey is to share with all the students here who are transitioning from early teens to their early adulthood, is that an idea travels the speed with which you think and work on implementation of your thoughts backed by research . So don't stop for any roadblocks. Keep pursuing!

## IDEA:

The brand CAVA was born during pandemic. Cava is a leisure wear brand that is stylish ,comfortable and a brand that stands for top quality. Cava is everything that we missed having during pandemic. With zero movement during the lockdown , I wanted to be in clothes that were comfortable on the body and stylish at the same time. This got me thinking. I decided to build a leisure wear clothing line with my sister. I thought this was going to be easy since I belonged to a family with 30 years in the garment industry

## HICCUP 1

A strong foundation of age old family garment business did not make it easy for me to convince my parents . It took me a number of presentations, project reports and discussions with my father to make him see merit in our plan. Finally he agreed to support us at every step in making the project come to life. My father agreed to invest in our project and this became the stepping stone of a startup co-founded by my sister and me

## HICCUP 2

Getting investment is easy .Using investment the right way comes with a lot of pressure and that does become a matter of concern especially when you are totally new to the whole process of making the project work. So careful planning is the mantra and I kept it at the core of every decision I took for the business.

## HICCUP 3

What are these right decisions that make any brand stay in the market? We realized that to make the brand last forever it was important to work on every detail that would make our business sustainable. So that's when we decided to use the right fabric such as BCI(better cotton initiative ) and recycled polyester .We decided to do everything that helps maintain the ecosystem and make the brand sustainable .

## HICCUP 4

Nothing sells if it has not been designed well .People love the clothes that talk about their style ,comfort and design preferences That's when I decided to have someone studying design to be a part of the team .Technically sound team always form the back bone of the project . I looked through different portals and finally found the NIFT student at LinkedIn to join project CAVA. It took me number of zoom meetings with the designer to zero down the feel of the leisure wear.

## HICCUP 5

Logo of the company becomes the identity of the brand and gives it life. I decided to involve all my friends to become a part of this project and use their expertise and give our brand more meaning. Decisions were taken with a lot of back and forth and did test our patience. Having belief in your vison helps you to stay put.

## HICCUP 6

Fabric for the clothes was next on my agenda. Finding the right fabric to suit our clothing line was a challenge as not many factories were open during lockdown. This took us through a lot of research work. Finally, we managed to connect with the right people who agreed to send us swatches for us to shortlist the fabric that we knew would gel best with our brand.

## HICCUP 7

The team CAVA was in a jubilant mood. The digitals of the logo were in place .The fabric also came in. However this was quite short lived. Getting the samples ready was a task in itself .The person in charge to make samples of the selected designs was trained to make only men's wear. Taking him through women silhouette was a big challenge. The lockdown had started to ease off but not enough for us to find an experienced candidate skilled to make women clothes. We had to give him references from our own closet to make him understand women clothing . A lot of effort went in there to get the samples ready, much more than you read here in between these paragraphs.

## HICCUP 8

Marketing is everything .We chose Instagram to be the platform to promote our business. All the friends collectively got together to model for our clothes. This helped us in more than one way. With youngsters posing for the brand ,it gave just the right vibe to the brand .Also, running on tight budget ,we saved a lot of money . Color mismatching, color bleeding ,wrong deliveries ,quality of tags, packaging and so much more kept us on our toes. Challenges didn't stop us. From June to October, in this period of 5 months, we didn't STOP.. **Finally CAVA was born on October 15<sup>th</sup> 2020.**

*As I conclude, I believe that this is a just a start. Brand CAVA will creates its mark as it has been built with the support of a very strong team of my family and my friends .I am for ever grateful and thankful to everyone for being their every inch of the way with the new captain who is just 18.*

# POWER KIDS



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Pratyush Dwivedi  
STUDENT MENTOR  
DUBAI COLLEGE  
DUBAI.UAE

Pratyush is a final year student (Y13) at Dubai College, with a passion for computer science. He is successful academically, regularly scoring some of the highest marks in his year. He has also achieved a 1570 on his first SAT attempt. He is also a talented pianist and an avid reader.

The SAT is a multiple-choice test used by American universities as part of their admissions criteria. It has two major components: English Reading and Writing (ERW) and Mathematics (MAT). Each section is scored out of 800, and the ERW is further split into a Reading section and a Writing section, each worth 400. Maths has a non-calculator section and a calculator section, scored together out of 800. A common misconception is that difficulty of the SAT is the same year to year. In fact, the difficulty varies, and therefore for consistency, the same raw score (i.e. number of questions wrong) could lead to two very different marks.

The SAT is given an extremely high degree of importance by students, parents and even some academic tutors. However, in recent years this importance is overstated. Many universities

# Nervous about SAT SCORES ?

Have shifted from requiring the SAT to being test-optional, especially after the COVID-19 pandemic. In fact, the SAT score is no longer required by some of the top universities. However, the SAT is still a useful piece of evidence to have to prove the academic prowess of a student, and as a result should also not be entirely discarded in the minds of future students. The SAT is also not a test that needs to be completed by students not considering America, as it is a test designed for American universities. Another common misconception is that the SAT is like a traditional exam, where your score is fixed. However, the SAT can be sat multiple times. Some universities even allow you to “superscore”, taking the combination of the highest mark on the ERW section and the highest mark on the MAT section, even if those were from separate exams, as the final score. Many students choose to sit more than 1 SAT exam to attempt to improve their score or because they intend to superscore.

Luck plays no small part in determining your score, so a slightly lower score than expected should not be a disappointment. Because of the way the SAT is marked, any score above 1500 is generally considered excellent, and certainly sufficient to fall around the median scores of applicants to even the most prestigious universities. The amount of time spent preparing can vary depending on the student, but the *best advice is to first sit a practice test with no preparation and see the results. This allows students to identify sections to focus on, and also can give them an indication of when to aim to sit the SAT.*

**A common misconception is that difficulty of the SAT is the same year to year**

For the **Mathematics section**, students should aim to build up fluency in some basic mathematical skills. This section is where marks can be gained the easiest, as there is no ambiguity in questions or answers, but also where careless mistakes can be quite costly. Students should aim to have a high success rate in these sections, and practice regularly. With sufficient understanding and practice, scores high in the 700s are attainable, especially if students already have a strong grasp of mathematics.



Useful resources for this practice include YouTube explanations / tutorials and books like The College Panda's *SAT Math: Advanced Guide and Workbook for the New SAT* in the early stages.

**For the Writing component of the ERW, students should aim to study grammar rules.** This section is deceptively named, as it is more of an “editing / proof-reading” test instead of a writing test. Students will be given some extracts and accompanying questions. The most frequent questions tend to ask the student what modification, if any, should be made to a particular section of the extract. Other common questions include placing a sentence in the appropriate position of a paragraph, choosing an appropriate method of combining two sentences and determining whether an additional sentence should be added based on whether it adds more relevant information. There are various books and guides aimed at teaching students grammar rules that can be found online and in bookstores. Rather counter-intuitively, another method to improve performance in this section is to read more literature. Most commonly, this could be newspapers and articles, as this is what the section tends to ask questions on. This helps students better understand the structure and grammar used, and increases their overall understanding of English.

The final section, and the one which causes the most variability in test scores, is the Reading component of the ERW. This section is the one that most students struggle with and is also the first section done during the exam.

This section can be helped by books such as Erica Meltzer’s *The Complete Guide For SAT Reading 3rd Edition - The Critical Reader*, however, it is the one that is most difficult to improve. The Reading section presents the student with a series of questions on extracts of

various types, such as scientific articles, speeches, historical literature (i.e. from 1700s to early 1900s) and modern literature. Questions tend to ask students to infer answers from the text and to pick statements that most accurately describe certain sections. This section is known for having questions where every answer seems right, and so a better strategy is required. For most questions, the aim should be to eliminate answers instead of picking the right one. By finding the flaw in choosing other answers, you use a more objective approach and thus increase your chances of success. In addition, there is never any additional knowledge required; everything to do with the questions is found entirely in the extract, and is often stated with different phrasing already. Some questions ask the student to pick the meaning of a word, which can often be derived through context of the extract. Others might ask students to pick a statement that best summarises a character / the writer's opinions or actions and then choose a specific quote that provides evidence. A useful strategies here could be to pick the pairings between statements and quotes before looking at the question and to consider both questions together instead of separately. This is the section students should start preparation for immediately. The importance of wider reading can't be overstated. I especially would advise students use <http://toth.tools/>, which is a website that generates SAT level articles to get comfortable reading.

The best general revision resource I have found is the (free!) official Khan Academy preparation, which was created in partnership with the CollegeBoard. I would advise between 20-30 mins a day to begin with. Past papers can be obtained in various places online, with the official CollegeBoard website and the SAT subreddit on Reddit being the first places students should check. In addition, as the exam day edges closer, students should aim to sit practice papers in exam simulation environments, which means at a desk in a room at the appropriate time on a Saturday and with all their equipment gathered. This helps you simulate the actual SAT exam conditions as closely as possible.

The SAT may seem like a stressful experience, but with the right mindset and sufficient preparation, students can come out successful. Regardless of how you fair, the SAT is only a component of the application, and so should not be given undue importance or stress.





## ADITYA BIRLA WORLD ACADEMY

Building a community that encourages and welcomes young girls to pursue STEM and technology. ROCKET DIDI ,the ideal title! It's commendable to see the youth from Aditya Birla World Academy taking the responsibility and committing themselves to encourage a young woman to pursue a career in science.

**Q** Science and technology are CATALYSTS FOR positive change. What drives you to mentor the youth of India to embrace STEM, especially girls ?

### Vihaan answers

The only thing constant is change. Over the years, the most significant change has been the evolution of science and technology. Tasks that were deemed impossible 20 years ago can now be accomplished within a few seconds. Science and Technology is a rising tide but there are a few misconceptions and the lack of opportunity that are holding back the youth of India. Since the field's inception, it has been dominated by males thus discouraging females in today's youth to pursue STEM. There is also a lack of opportunity for unprivileged students living in underdeveloped parts of the country. I am extremely passionate about STEM and believe that it is the future and the key to the country's success. However, limiting this paradigm shifting field to highly educated dignitaries can do no good to the country or even the future of STEM. It is

India's youth that is responsible to ensure that STEM has a bright future and that its progression ensures the simultaneous progression of the country and it is this belief that drives me to mentor India's youth to embrace STEM. I am extremely grateful that, as a part of Team Binary Bolts, I had the opportunity to mentor girls from a school named AVSARA and help them establish a robotics team to participate in the First Tech Challenge

**Q** As advocates of STEM endeavouring to build a STEM driven community, your team came forward with the initiative called ROCKET DIDI .Tell us more about it

### **Vibhav and Rishne answers :**

We have seen that success inspires success in the past and the aim of Rocket Didi is to use interviews and words of famous women in STEM to encourage girls to pursue its fields. The idea of Rocket Didi stemmed from our own team when several females, although interested in Robotics, did not join the club as they were afraid of being the only girl on the team. In reality, if even one of them had joined, the rest of them would have too and the aim of Rocket Didi is to inspire ALL students to take the first step towards STEM and then onwards too. The main aim of Rocket Didi from the very beginning was provide an inspiration for young girls who although were interested in technology and STEM would prefer not to participate in competitions and choose fields that related to their interests, by showcasing other women who not only went against the society's mindset but in doing so become greatly successful we believe that it will drive females to increase their participation in STEM areas.

**Q** Making the prototype of the robot must have come with lot of challenges at different levels. What were those hurdles that your team faced ?

### **Keshat**

For the design aspect, towards the beginning, we made multiple changes to the design, and had created several versions of it on Fusion 360. One of our mentors helped us understand how to begin the process, and there onwards, working on the robot design was a smooth journey. In the construction of the robot, we encountered some difficulties acquiring parts, but we managed to make the best of whatever we had. Luckily, we were able to source some parts from the US that were unavailable in India, which helped us complete the robot construction. Our technical mentor, Manoj sir, aided us whenever we faced any challenges, after letting us attempt them ourselves, which gave us the opportunity to learn problem solving skills, as we encountered, and powered through various challenges.

### **Neer**

As expected we faced numerous challenges on the programming and electrical side of the robot. They ranged from simple wiring to not understanding how to write the code. We mainly did research online and took help from one another team (Elev8). The team helped us with the fundamentals and how to get started. This solved most of our confusion in the

beginning. The rest of the problems were solved by trial and error or reading blogs and websites searching if anyone else had a similar problem and was able to find the solution to them.

## **Jay**

As Neer said earlier, trial and error played a big role in finding our mistakes and the solutions to them. This meant making many versions of code and testing each version on the robot to see whether the correct output was given. Additionally, due to the short timeline that we were on, there were many instances where the programming team did not have the opportunity to actually test the code we created, keeping us in the dark of possible issues we might face until the construction was completed.

## **Aarav**

In the design and construction aspect of our robot, the main challenges we faced were with tools and their availability. As for design there were many different versions and iterations of the robot design that we had to make it more efficient with the parts that we had available. On numerous occasions we had to substitute tools for different tasks; for example when you cut certain materials you may need a specific cutter for it and we ended up using tools that at time were not as effective, but got the job done. Since resources were scarce, we really had to think outside of the box and adapt and change as needed.

**Q** New beginnings come with new learnings. This process must have been a one of a kind experience. Please share some of them with us

## **Keshat**

Almost all of us had no experience using tools such as hammers, drills, or angle grinders, and the First Robotics Competition gave us a place to learn these skills in a safe environment with adult supervision, and use them to work on our robot. I did not expect to be cutting box pipes, and drilling holes, but this journey taught me even more, since I learned a lot of new terms and part names, which I found really interesting.

## **Jay**

From more technical learnings such as Learning the wiring and the programming for a robot, we also developed many soft skills. A significant learning was to always plan and prepare for the worst case scenario, which we learned from experience. Another learning was to stick to deadlines and decisions that had been made; A clear idea of the plan leads to a proportional level of execution.

## **Neer**

The programming and electrical team also had minimal experience on how to wire or program a robot. We accidentally started to solder and crimp wires into place until we realized we were doing it all wrong. We learnt not to rush and first make sure all wire lengths were right. When coding the robot, we had a great deal of trial and error, which was something we did not anticipate. Generally, I feel that FRC has given me an opportunity to see how skilled and difficult the outside world is and how much there is to learn.

## **Vihaan**

Although we had been practicing programming throughout the year, when we were actually asked to program the robot we were completely clueless. We had to make a huge transition in our programming style. After loads of research as well as trial and error, we were able to acquaint ourselves with this new skill. Thus, FRC has made me realise that you learn a lot more by making mistakes yourself than you do by learning from others' experiences because each robot is unique and until we experiment with our design we would never know what our robot is capable of doing.

## **Rishne**

Before beginning to build and programme the robot all of us were a little sceptical as to how we would be able to complete the entire project with almost no prior experience in the work. Over the course of the competition we encountered several roadblocks some of which we spent over a week trying to fix and then realized that there was a minute error in the wiring. When it came to testing our robot for the challenges the second wave of the virus hit which greatly reduced the number of people coming. However, overall I believe that learning from our own mistakes helped us better understand and learn efficiently.

## **Vibhav**

For me, one of the biggest learnings was manually building the robot and addressing its challenges. I have always struggled with construction and hand eye coordination so although I was not a main contributor in the construction of the robot, doing whatever little I could do was a big learning experience. Additionally, I had taken part in only one community outreach before FRC and so being outreach head was a whole new perspective in terms of management, coordination and impact. These experiences have been crucial to my growth.

**Q** All of you have exhibited exemplary team work. What have been the crucial moments in the making of this robot? Any highlight you would like to share with us

## **Vihaan**

One of the most crucial moments was the initial motor testing. This was the first task the programming team attempted once the kit of parts had arrived. At that time we had no experience working with these motors and when our code was unable to run the motor we had absolutely no idea whether there was an issue with the motor or our code and since we didn't know the problem we couldn't come up with the solution. The motors are the most important part of the robot. That motor issue now seems like a piece of cake that would take just a minute to solve; however, at that time we spent almost a week and found it impossible to get the motor working. All our efforts would have gone to waste had we not solved that issue which is why I feel that was one of the most crucial times of the entire experience

## **Keshat**

Since this experience was something new for all of us, especially during construction, it was expected that we would face several challenges, hence it was important for us to have a concrete plan. Due to the pandemic, we faced additional challenges, and this led us to begin with the construction process later than we would have liked, and we knew this before we began constructing the robot. In my opinion, the process immediately before beginning constructing our robot, was the most crucial, as we sat together, and conceptualised our robot from scratch, determining where different motors would be used, and how we could implement our ideas. We then put this down on paper, and wrote a game and strategy handbook, explaining our ideas in detail. This was complemented with our knowledge of Computer aided design, and using the Fusion 360 software, we were able to design our robot completely, and prepare for the journey ahead.

## **Neer**

This experience was a first for most of us. We felt extremely victorious when we might have completed something small but for us it was huge. Every milestone had its drawbacks that took up too 2 full weeks to solve, such as motor testing. We took almost 2 weeks just to be able to test one single motor using code. We were extremely elated for the work we put in to view the event of our first motor moving. We also made some breakthroughs frequently after that, which were moving the robot with our joystick, testing the intake and conveyor and finally testing our shooting. We celebrated each occasion with McDonalds

## **Aarav**

I personally felt that in construction the crucial moment was actually towards the end of our build season, when we actually tested the robot. I felt that for the construction team we were working on different and small parts of the robot separately and while assembling the different mechanisms was an important milestone, sometimes it would stop working and we would troubleshoot as we were simultaneously working on different parts and systems separately. Even after assembling the robot, there were some problems with the load on the motors with the efficiency of our design and we found solutions as soon as a problem rose. Therefore, I feel that even though there were a lot of small moments of different mechanisms like the intake or shooting mechanism working, I felt that the crucial moment was it all coming together and all our time and effort paying off

**Rishne** According to me, every time we tested even a small part of our robot it was a crucial part of our journey, it gave us the confidence and enthusiasm to move on to the next part of the project. Things such as testing the drive train and motor took almost 3 weeks, if one part would work the other wouldn't but when everything worked in a seamless fashion it would reward us for our hard work. Despite encountering several delays, due to the shipping of the parts when we were able to see the entire complete robot it was a definite milestone. Lastly, being able to witness the robot carrying out all of its functions after continuously testing it; since small commands weren't being executed was mesmerizing.



# MASTERING PENMANSHIP

27th, 28th &  
29th  
August'2021



## Student's Speak

I joined this penmanship class because I wanted to improve my handwriting & also to write using the pen with ease. I have heard that handwriting of a person brings out their overall confidence, so the earlier, the better & now I am here in the class.



**14891+**

Kids Have Fallen In  
Love With Writing.

## Parent's Speak

I would like to thank Mr. Imran for conducting such an interesting session. My kids have enjoyed interacting with you & have learnt new skills of writing...heart filled appreciation for conducting such workshops when students are learning digitally. This will not only improve writing but also to learn them in the right way improve their mind set personality.



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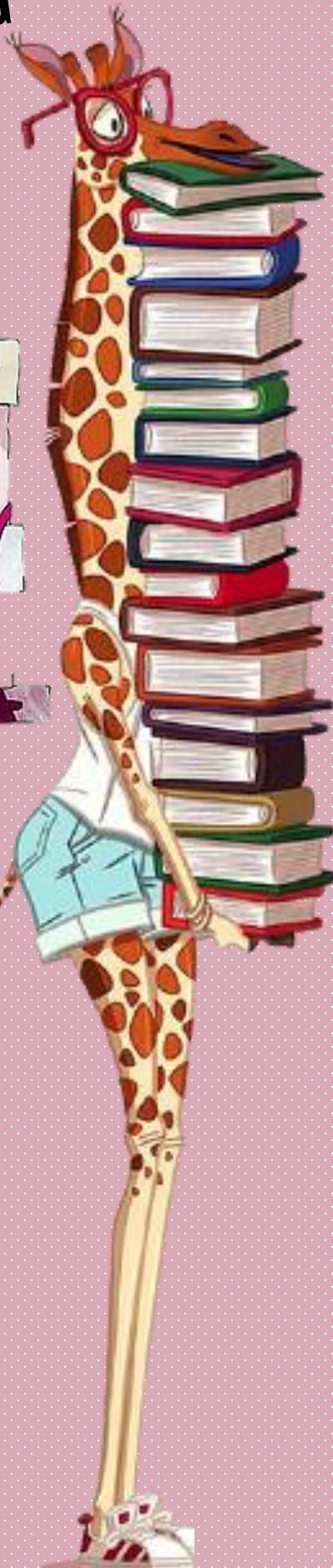


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wave of  
COVID-19**



**Sandy Joy Weston**  
**AUTHOR**

***Recess to Reset* is a daily journal to help kids practice gratitude, improve self-esteem and self-confidence, and make good choices!**

This is a guided journal for kids to charge up all the positive stuff they already have inside. It will empower them to tap into their true SUPER power, and unlock their unique and awesome gifts. Recess with Sandy is a safe place where kids can have a blast, be creative, and dream big while saying what they really need to get out and discover fun ways to express themselves.

No matter your age, sometimes we all get anxious or uncomfortable—or even sad, angry, or frustrated! Those emotions don't feel very good, but they are totally normal! How we express those feelings is what really matters. In *Recess to Reset* we will show you several different ways you can train that brain to get back on track and also how to be brave and strong and stand up for yourself in a kind and bold way. You'll learn how to highlight your own SUPER power! Because you are:

**ENERGETIC**

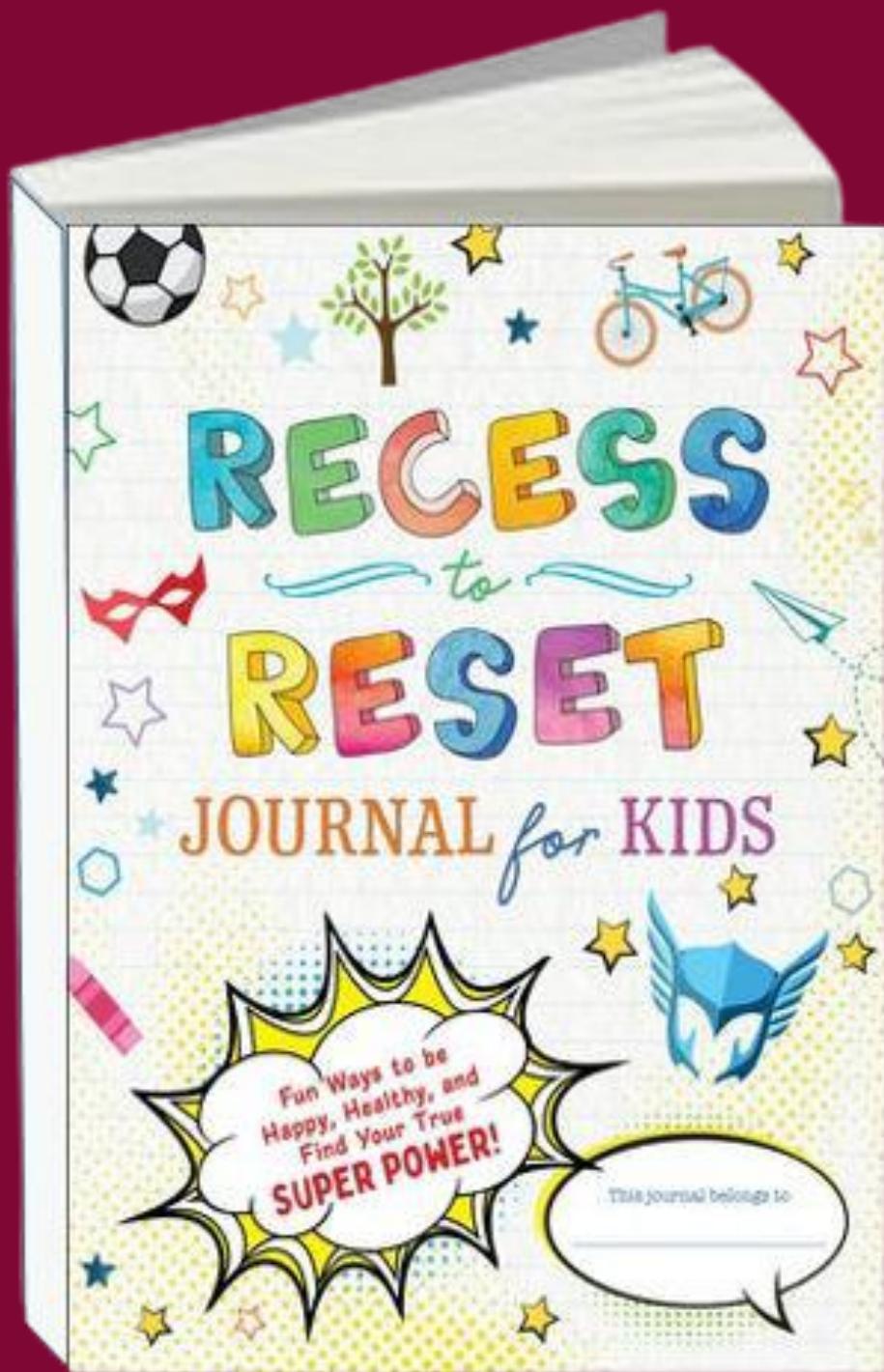
**POWERFUL**

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**UNIQUE**

**READY**

*Recess to Reset* is meant to inspire kids to see all that is possible for them, no matter their situation. To show them what they're truly capable of and celebrate all of their incredible and different ways of being. We will give you ideas and suggestions, but you are the superhero of this journey.



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# Vedhas

LEARNERS CLUB





Kamakshi Basandani  
7 years Young  
Maharaja  
Sawai Man Singh  
Vidyalaya  
JAIPUR. INDIA



Youngest official  
designer for children  
clothing brand called  
The Talking Canvas  
based in Bengaluru  
India





Kamakshi appointed as the youngest brand ambassador for an award winning seed Rakhi brand

### Youngest MANDALA Artist and Entrepreneur

- ♥ Kamakshi started at 2 years of age. An exhibition of her work was hosted for the first time when she was only 5 years young in 2018. She also takes workshops on request . Her mandala workshops cost Rs.300 and can be taken by any age group. The proceeds from these workshops goes in the distribution of meal boxes to the underprivileged.
- ♥ Holds a record in the India Book of records
- ♥ Kamakshi's journey has been featured in the book "The life of Z" authored by award winning writer Debashish Sengupta
- ♥ Child achiever from Jaipur to get honoured in Tamanna Udaan ki Awards for 100 leading Women of Jaipur in the year 2018
- ♥ Designed mandalas for Red FM Jaipur, India for one of their campaigns
- ♥ Kamakshi has been interviewed several times and also covered by Times of India and is a very confident public speaker
- ♥ Kamakshi aspires to be on hot seat with Bollywood stalwart Amitabh Bachan in popular television show Kaun Banega crorepati

ARTY  
CHANGEMAKER



Jahaana Vali  
8 years Young  
Centre Point School  
NAGPUR . INDIA





Jahaana runs a tie-dye initiative called J's Colour-Pop Art Shop on Instagram through which she has already raised more than ₹70,000 for Covid relief and other social causes.

Having started her venture in April 2021 at the peak of the second Covid wave; with basic fabric paints, no specialized tools, a little help from her parents and only a handful of orders from friends & family - Jahaana has come a long way. In the past three months since setting up shop, she has delivered over 100 orders within India and abroad, making close to 200 customised Tie-Dye T-shirts by hand. Not only that, she has been directing her earnings to Seva Kitchen & Daan Veer which are highly acclaimed, pathbreaking initiatives at the forefront of the battle against hunger and poverty.

With an overwhelming response to her Tie-Dye products, ranging from hair scrunchies priced at ₹90 to T-shirts priced between ₹650-₹950; Jahaana is continuously adding to a fund that can be tapped into for addressing SOS requirements of underprivileged people and especially children, as the aftermath of the pandemic reveals itself.

Going forward, Jahaana hopes to make a bigger difference through her Colour-Pop Shop by trying to balance this special project with her schoolwork and other activities. She is always on the lookout to learn new tie-dye skills and is fuelled by the sense of empowerment she experiences from being able to empower others.



COVID HERO



YouTube  
LalithyaCreates

Instagram  
Lalithya Reddy.J

Twitter  
LalithyaReddy.Jonnala

**Lalithya Reddy Jonnala  
9 Yrs Young  
VOXPOP International School  
HYDERABAD. INDIA**

Lalithya is an amazing child. At 9 years of age it was not difficult to tell her the importance of washing hands especially during the very tough COVID time where the entire globe was struck by corona virus. Lalithya did realize how difficult it was to get younger children to wash their hands for a minimum of 20 seconds. Inspired from a character in one of her books written by international writer, Lalitha thought of making a video on just the right way of washing hands. Her message in the video is to continue to wash hands until you finish singing birthday song 2 times in a row . The process got the children busy and this playful thought of getting to wash hands the right way, ensured that they washed their hands well thus keeping chances of catching infection at Bay.

Lalitha is a star at school and paints very well. Lalithya has many merit certificates to her credit for her participation in dance and various other competitions at school. She immensely loves animals

COVID HERO BUDDING STAR



Armaan Kothari  
11 Year Young  
Sat Paul Mittal School  
LUDHIANA. INDIA

This grade sixth student is the younger version of the mathematical genius Late Mrs. Shakuntala Devi, the world renowned Indian mathematician better known as human computer. Armaan, too is blessed to solve mathematical sums at a lightening speed. His brain works faster than a calculator. This is not all. The young lad wears many hats. He is a three times winner of the prestigious spelling competition, Spell Genie. Armaan is also a merit holder in swimming, Latin dance and drums. Armaan with his four friends co-founded AIMSS youth in his city. This is an organisation that intends to collaborate with NGO across the city of Ludhiana in India and works to bring change in the lives of people. He believes in making small changes at a time to create a big impact. He has trained himself to give his best in what ever he does .He loves to be in front of the camera and has been a model for few brands. All this and more has not diluted his deepest desire to be a cricketer and represent his country India.



BUDDING STAR



**Tosheen John  
8 Yrs Young  
Teoler High School  
JAIPUR ,INDIA**

Tosheen is a thinker, and someone who constantly attempts to bring her perspective forward for people to know her mind .A voracious reader ,she maintains a mini library. She excels in Maths. However, she wants to see herself as a Chef when she grows up. Yummy food and lovely outfits are her weaknesses. This chatterbox loves playing music, talking, dancing on ballet tunes, and giving colours to designs.

Tosheen scored International Rank 1 in International Maths Olympiad in 2020 in grade 1.

Tosheen scored International Rank 3 in UNICUS Cyber Olympiad in 2021 in grade 3

Tosheen received Special Mention in Public Speaking Junior Championship 2021 and selected among top 5 kids

Tosheen has scored 100 % Marks in Grade 2

Tosheen has participated as a finalist in Max Kids Fashionista

Tosheen has won gold medals in Science / Computer/ GK/ Maths Olympiads.

Tosheen has won first prize in Hindi/English Debates and Recitations.

Tosheen Has also won awards for dancing.

CONSISTENT ACHIEVER BUDDING STAR

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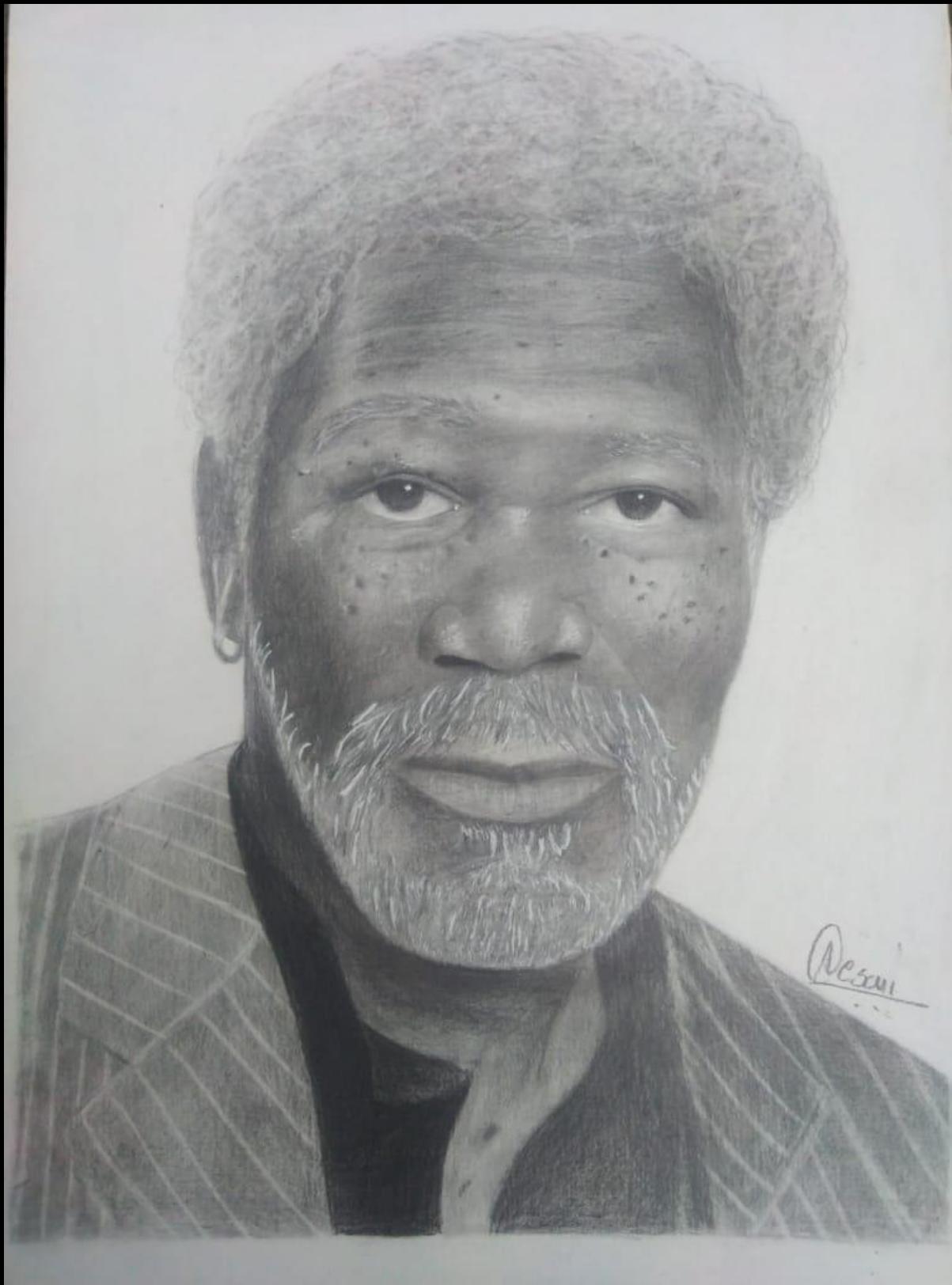
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Anup Desai  
15 Yrs Young  
New English School  
KOLHAPUR. INDIA

Instagram  
Anup\_01

Anup is a self taught artist. He hails from a very humble family in Kolhapur, Maharashtra. The journey to this unknown territory started when Anup was only 12 year young .He started to grasp the basics of pencil drawing through beginners tutorials available on YouTube. Although he has never had the opportunity to take formal training, he does a fantastic job. He is determined to make his way to the top few recognised artists in graphite sketching .Its been 2 years now that Anup has been sketching and has a beautiful collection of close to 70 sketches that talks about precision with which he draws. Proximity of his subject does not stop this self taught artist. The accuracy in each of his sketch shows his inborn skill, his passion and sincerity with which he draws. Anup definitely has a sturdy hand in making pencil sketches and is undoubtedly blessed with great observational skills. Anup's skills are getting better by the day. He seem to have understood very well that drawing is all about observation and about taking close to accurate measure of proportions to make his portraits look real and full of life . We wish him the very best.



# MORGAN FREEMAN

By  
Anup Desai

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BORN STAR



Simone Puga

13 Yrs Young  
Rivertrail Middle  
School  
GEORGIA.USA  
Song Writer  
Music Composer  
Guitarist & Pianist



Simone is the composer of POWER KIDS JINGLE especially composed by Simone on the occasion of the release of the second edition of our e-magazine POWER KIDS published by Power Talk with Archanna, Bengaluru. India

Simone is a singer, song writer, guitarist and a pianist. She started this musical journey at the age of 6 years. Today ,Simone has a melodious basket of 30 self written and self composed original songs including the jingle composed for POWER KIDS

Simone started coming up with extemporaneous songs when she was 6 years old, so her parents bought her a toy guitar. This genius started composing songs on toy guitar. Seeing the undying passion in her parents decided to get her professional training .Since then there has been no looking back. She also auditioned at the America's Got Talent .Today she has mastered piano and guitar

**no.1**  
**JUNIOR GOLFER**  
by Indian Golf Union



**Kartik Singh  
11 Yrs Young  
Manav Rachna  
International School  
Sec.51 Gurugram. INDIA**

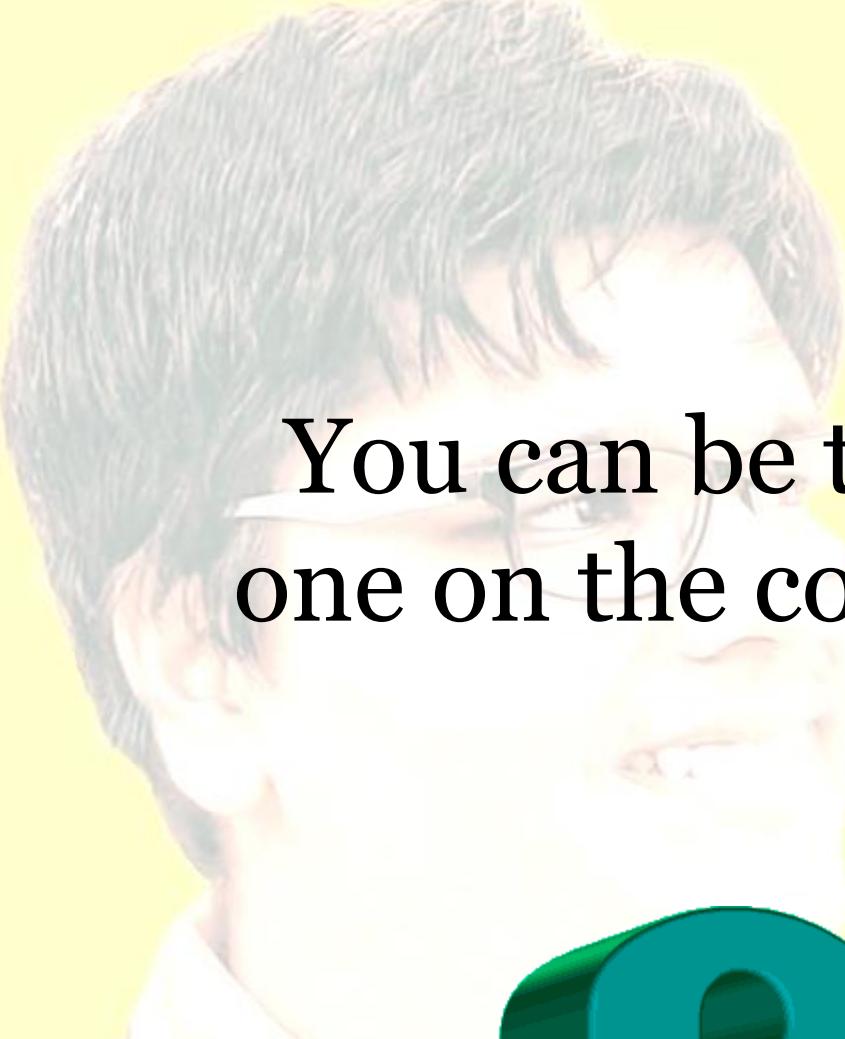
A prolific junior golfer of the Country. Kartik has close to 100 tournament wins under his belt, including two World Championships. Over last three years, Kartik has dominated the National and International Junior Golf Circuits. He is currently ranked no. 1 in the India Golf Union Junior Golf rankings for his age category. For his win at the Kids Golf World Championship Malaysia in Dec 18, he holds the record for the youngest Indian ever to win a World Championship. Kartik won, The Greens to Glory Monsoon Carnival junior golf tournament, Manesar, Gurugram very first tournament held after lockdown 2021

In addition to Golf, Kartik likes playing Tennis, Chess, Cycling and Swimming. He proudly announces that he can solve Rubix cube within 25 seconds. He loves Academics too, especially Maths and Science. In his free time, he likes to compete in online Chess competitions, solving Maths sums of higher classes and learning new concepts of Physics. He can verbatim recite the entire Periodic Table of Elements and enumerate all countries of the World. The DLF Foundation has since been supporting and shaping Kartik towards achieving his dream of becoming a Professional Golfer.

**WINNER OF 2 WORLD CHAMPIONSHIPS**

# POWER KIDS

NOV 2021



You can be the next  
one on the cover page



Sourya  
Gopal Mukerji  
14 yrs. young  
YOUNGEST  
AUTHOR

SCAN AND  
REGISTER



[www.owertalkwitharchanna.com](http://www.owertalkwitharchanna.com)

GOLD LEAF  
WINNER  
2020-2021



Avanthikha Vimalkumar  
14 Year Young  
The Winchester School  
JEBEL ALI .DUBAI

Avanthikha is an all rounder. Her passion, dedication and hard work reflects in accolades and recognition she has received at school. Her par excellence participation in extra curricular activities has made her a star. Avanthikha's academic achievements has added many feathers in her cap.

The Gold Leaf Award is a prestigious award presented to one exceptional student each year for his/her outstanding achievements in various fields. The Award is presented via a certificate of the student and mentions all their outstanding achievements, academic success, extra curricular activities, participation in numerous events held at school .

Avanthikha has been working on creating awareness on breast cancer among young girls. Her excellent communication skills makes her a very approachable person and allows her to reach out to girls and address sensitive issues like breast cancer. She has been very active in working towards the sustainable development goals.

Representing school for MUN has been more than a beautiful experience for Avanthika and has shaped her into a confident public speaker .Her love for learning new languages has helped her bridge cultural differences and also helped her improve her interpersonal communication skills .Avanthikha's keen interest in acting got her inclined to make best use of drama society at school .She is the youngest among her peer to be posing in front of camera for social cause . She counts her blessings everyday and is ever thankful to her parents for their support and encouragement

THE GOLD LEAF WINNER 2020-2021

Think Global  
Act Noble



Bhargavi V Jaiswal  
16 Yrs Young  
Podar World School  
Vadodara ,INDIA

## FOUNDER PROJECT NARI & PROJECT SAHAYAT

Bhargavi is a meritorious student and has been awarded by Central Board of Secondary Examination (CBSE) , India to be among top 0.1% students in grade 12<sup>th</sup> 2021. As the Head Girl of her school, she has served as the Student Editor for the school magazine. Bhargavi has been awarded MVLA Bal Pratibha Samman Award 2021 for academic and co-curricular excellence. Bhargavi is also the recipient of LEAAD Excellence Award for her project titled "Think Global, Act Noble. Her project on developing employment opportunities and skills generation programs for the women of rural India was chosen to the best among the participation of 800 students .She has also won district level science competition for her working model on Pyrolysis , a method developed to convert plastic into fuel

### Project Nari:

A drive to distribute about 200+ biodegradable eco-friendly sanitary pads to rural women sharing the importance of menstrual hygiene, Bhargavi also got the rural women to make these sanitary pads and created a market place for them to sell these napkins

### Project Sahayat:

A project started with a bunch of kids together aimed to help the destitute in pandemic. Distribution of grains and other essentials has been the prime focus. The tarpaulin drive during heavy rains in Vadodara was started to cover their huts and saving their shelter during rains. In season of festival of lights, Diwali, the project held online campaigns to convince people to buy earthen lamps from local vendors and supported their small business.50 volunteers from across Gujarat helped us in managing and execution of the Project.



**Utkarsh Rajwani**

10 Yrs Young  
Gaudium International  
School  
Hyderabad, INDIA

Utkarsh is a sports star of his school .He has won many certificate of excellence for his outstanding performances in basketball and badminton. His love for long jump and soft ball throw has won him medals at school level .He aims to represent his country and play basketball at the NBA (National basket ball association finals )Utkarsh is a go getter and understand the importance of preparation . He is training himself in learning Japanese language as he dreams to work for Japanese origin, biggest gaming company in the world called Nitendo . He has very recently started his YouTube channel called shadow gaming pro, where he uploads his gaming activities on a regular basis

Other than sports, Utkarsh also holds interest in dramatics and actively participates in school dramas .A great orator ,Utkarsh often takes center stage as a compere at the school events.



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## ARJUN CHOPRA



THE HELPING HAND

[www.thehelpinghand.co.in](http://www.thehelpinghand.co.in)



Arjun Chopra  
18 years Young  
G.D.Goenka Public  
School  
GURUGRAM . INDIA

## FOUNDER THE HELPING HAND

The Helping Hand, is a student body with over 800 students/volunteers from across the globe. As the founder and leader behind this endeavour, I feel humbled and am truly grateful. As a non profit organisation, we aim to eradicate social stigmas, spread awareness through various projects and help different sections of society via our multiple fundraisers. This is our contribution in building a better community for our future generations.

The Helping Hand was born about an year ago with a small strength of 5 students .We were only 17 years young at that time but had the dream so strong that today the student led organization runs more than 10 different projects, trying to improve as many lives as we can.

I welcome you all to take a tour of our website [www.thehelpinghands.co.in](http://www.thehelpinghands.co.in) .The belief and vision I started the organization with is shared with hundreds of students across the globe. We acknowledge that as the bearers of the next generation, it's our responsibility to change the persistent stereotypical norms.

Under the belief, "What we learn today is what we impart to the future generations later on", we are bridging out to those in distress, targeting issues that are termed as taboo in India while budging and converting the rigid orthodox Indian mindset into a more accepting one.

Creating awareness on the use of sanitary napkins and clean underwear ,making available basic education to children in the rural India, verifying numbers to get leads for hospital beds, ICU'S and oxygen cylinders all over India during COVID , initiative against animal abuse, support to the LGBTQ and their families and more points of concern are being dealt with at THE HELPING HANDS.



# Lavenders in February

## Who are we?

Lavenders In February is a non-profit, charity endeavor with a view to be amassing donations for underprivileged children who are cancer sufferers all-round Lucknow.

Due to the ongoing pandemic, there are various organizations that provide medical support to cancer patients suffering from a loss of daily resources such as clothing, miscellaneous accessories, leisure items (books, crayons, etc.), and much more.

Hence, LIF has decided to extend a hand and link with a myriad of NGOs and provide as much as we can. Along with your unconditional support, you can be the reason for the grin on numerous children's faces.



## What inspired the name, Lavenders in February?

Lavender is widely accepted as a representation of all types of cancers. Cancer ribbons are used to raise awareness which is extremely crucial as it allows people to detect its signs as untimely as possible.

February is National Cancer Prevention Month whilst February 4th is recognized as World Cancer Day.

This collectively led to the formation of the name 'Lavenders in February.'



**Punya Chandra**

**16 Yrs Young**

**The Millennium School**

**Lucknow .INDIA**

**Aanya Garg**

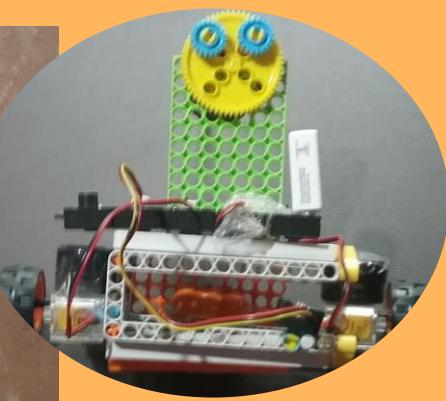
**16 Yrs Young**

**Pathways World School**

**Gurugram .INDIA**

Young adults Aanya & Punya have a heart of gold . As kids, the duo developed peculiar interest in aiding and standing up for marginalized and underprivileged communities. Aanya has been leading fundraising campaigns with "Fuel A Dream" facilitating cataract surgeries for people. She ambitions to become a practicing lawyer one day while Punya wants to pursue Psychology and would like to promote mental health. Lavenders in February, is Aanya's and Punya's small not for profit endeavor. They bring smiles into the lives of children suffering from cancer. They also work to support the families of the affected children. Clothes, toiletries, medicines are arranged for through donations collected from all around Lucknow and funds from all around India.

Aanya and her team looks forward to your support in bringing the right aid to cancer struck children. The duo is waiting to hear from you. You can reach them on her email id .Please volunteer to be a part of this team



MOUSE TRAP



Jyotirmay Routray  
10 Yrs Young  
Tagore International School  
New Delhi . INDIA

Jyotirmay loves technology. Right from the age of 5, Jyotirmay got into experimenting with science and technology .His curiosity to know more found its way As he started developing working models of utility gadgets all on his own . He has made many things like a ferris wheel, a swing, gate, powder pounding machine, lift car engine model, hi robot, cliff avoiders, mouse trap robot, autonomous car with buzzer, basic car, following car, cam and follower machine , line following car, self parking car, musical robot, gear car, scissors lift, dual axle gear box, automatic dispenser, cliff pusher, automatic pulley edge avoiding car, power press machine. He made also made a wheel sorting machine which sent to young inventor Techfest 2020 Mumbai. Jyotirmay has sent his innovation as various competitions.

Jyotirmay, admires Dr. APJ Abdul kalam .Jyotirmay wants to become a scientist in future and wants to selflessly serve his country just like his role model, the late President of India, Dr. APJ Abdul kalam



**“Yoga helps you find light and gives one a happy calm heart”**

Engin Vardar  
11 Yrs Young  
The Bloomington Academy LLC  
Ajman, UAE

Engin's sense of self discipline got him to play soccer for his school and sports club at Turkey. He has received many medals for his outstanding achievements in chess and football. He plays with sportsman spirit and never foul plays. His principals are very dear to him and plays with a very focused mind. Engin is also a professional model and works through his agency in Turkey.

His love for his sport keeps him on his toes. He practices YOGA regularly to keep himself fit at both physical and mental levels . He says Yoga brings light into ones life and help attain mental peace. He loves to meditate.

This balance of energy within makes him a very friendly person. A patient listener ,Engin loves to motivate people and help them to feel happy from within .He is quite a motivational speaker at this age and doesn't miss an opportunity to help his fellow people.

TENNIS  
&  
SHOOTING  
NATIONAL CHAMPION



Abhimanyu Lamba

15 Yrs Young

Manav International School  
Sec.51 Gurugram . INDIA

TENNIS & SHOOTING CHAMPION

Abhimanyu won his very first Tennis competition in 2012 .He is a national level player and won 1<sup>st</sup> place at Games Federation of India's Nationals .He also started his adventure in Shooting and has been winning various tournaments consistently. He is now a national level shooter .A genius in academics, Abhimanyu is also a two times winner of the award Aryabhata of the class . A go-getter, Abhimanyu has won many Olympiads in English, Science and Computers. Abhimanyu wants to keep polishing his skills at sports and do his parents and country proud .He has a proud recipient of several medals, trophies and certificates of merit to his credit making him an all rounder

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GLOBAL GEMS AMBASSADOR PROMOTING SDG'S



Ananthicha Vimalkumar  
14 Year Young  
The Winchester School  
JEBEL ALI .DUBAI

**“ MILLIONS OF PEOPLE CAN BELIEVE IN YOU  
BUT NOTHING MATTERS UNTIL YOU BELIEVE IN YOURSELF ”**

Ananthicha is the first ever GEMS GLOBAL AMBASSADOR .She won the prestigious worldwide competition organized by GEMS. Out of 52 participating across from across the globe, Ananthicha was bestowed with the prestigious title in 2021-22 . The prestigious title bestowed upon Ananthicha comes with a huge responsibility . As a responsible representative of youth across the globe, working to promote the SDG's, Ananthicha plans to carefully plan each step to help create a bigger impact on the society as a whole.

She has a big list ready and plans to start by building her team. Ananthicha believes in creating a strong foundation. She plans to help women on break to start their professional journeys once again by creating a platform full of opportunities for these women to venture into their second innings. She would also like to help the youth come forward and make their contribution in the smooth implementation of SDG's. She plans to educate them on Global Warming and how we can fight it collectively, and for the purpose Ananthicha's working model of a 30 day workshop for children is already in the completion stage.

We wish her all the best in all her endeavors to make Mother Earth a better place for all to live in.



**“ We all can  
change the world  
one step at a time ”**

Vivaan Bhagia  
9 Yrs Young  
Parkmont Elementary School  
California, USA

Vivaan is an all rounder . A great public speaker, he has excellent stage presence and wins the heart of his audience with his orator ship. He has balanced his life very well between his academics and his love for sports .The very fearless, Vivaan is a Kung fu white belt practitioner and loves to play soccer. A good swimmer he wants the ace the skill and represent his country at OLYMPICS.

That's not all. He is brilliant in academics and dreams to be a doctor when he grows up. Vivaan feels he can help the needy and make sure they get the medical help they need. He has been following doctor's role during the Covid 19 pandemic and has made up his mind to be a medical warrior, pandemic or not. Vivaan believes we all can change the world one step at a time and that each and every one of us have the power to do so.

Vivaan has always likes to keep himself busy. Over the years he has developed great sense of aesthetics. He has designed his brothers and his own bedroom all by himself . A clear sense of colour combination is at display in the room with a spread of meticulously planned and carefully placed self made art work all over the room .

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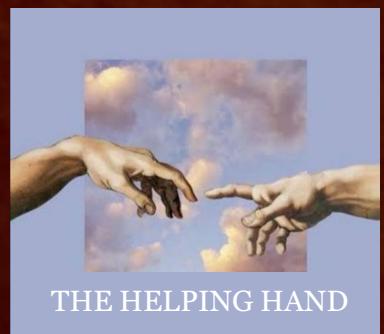
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