

Killer Tips: Develop Effective Habits

TITIKSHA ACADEMY



START SMALL AND BE CONSISTENT

Consistency is key, commit to practicing the habit daily to reinforce its development.



SET CLEAR AND SPECIFIC GOALS

Make your goals measurable, achievable, and relevant to keep yourself motivated.



TRACK YOUR PROGRESS

Keep a habit tracker or journal to monitor your daily adherence to the habit.



USE POSITIVE REINFORCEMENT

Celebrate small wins and reward yourself for sticking to the habit. Positive reinforcement encourages continued behavior.



BUILD A SUPPORT SYSTEM

Share your habit-building journey with friends or family who can encourage and support you.



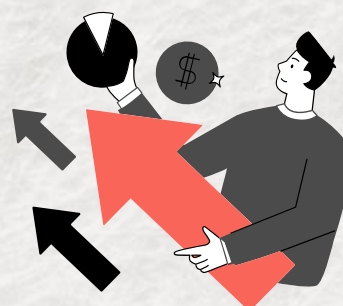
FOCUS ON THE WHY

Understand the reasons behind developing the habit and its positive impact on your life.



LEARN FROM SETBACKS

Accept that setbacks are a part of the habit-building process. Analyze the reasons for setbacks and use them as opportunities to improve.



REVIEW AND ADJUST

Visualize yourself performing the habit effortlessly and achieving your goals.



IMPLEMENT HABIT STACKING

Attach the new habit to an existing one that is already well-established. This way, you build on an existing routine to develop new habits seamlessly.



VISUALIZE SUCCESS

Regularly review your habit-building journey and assess the effectiveness of the habit.

TITIKSHA | FOUNDATIONS

Name of the Course	Duration of the course	Tests conducted during the course. Fortnightly, Term and subjective assessments. Mock tests based on board exams.
One year program for class VIII	June to February	
One year program for class IX	June to February	
One year program for class X	June to February	

Course Highlights

- Subjects like Mathematics and Science of class VIII, IX and X will be thoroughly taught to the pupil as per the course taken.
- Regular conduction of tests.
- Result analysis will be sent to parents.
- Social studies (NCERT), English Literature (NCERT) and English grammar will be taught to students.

Visit now for free demo class

15-20 Students per batch

TITIKSHA | MEDICAL

Class	Name of the Course	Duration of the course	Tests conducted during the course. Fortnightly, Term and subjective assessments. Mock tests based on board exams.
Class XI studying	CRM-01 Two-year program for NEET Class XI	June to February	
Class XII studying	CRM-02 One-year program for NEET Class XII	June to February	
Class XII passed	One year program for NEET class XII+	June to February	

Course Highlights

- CRM-01: Integrated classroom course for NEET. Student will be prepared for NEET and school exams. The course is divided into two sessions.
 - Session 1: For the first year (Class XI), course will run up to February.
 - Session 2: Class XII syllabus will be completed within November. From December, revision class will commence and will end by February.
- CRM-02: Its for Class XII cum medical course for NEET. Pupil will be prepared for XII board as well as NEET exam.

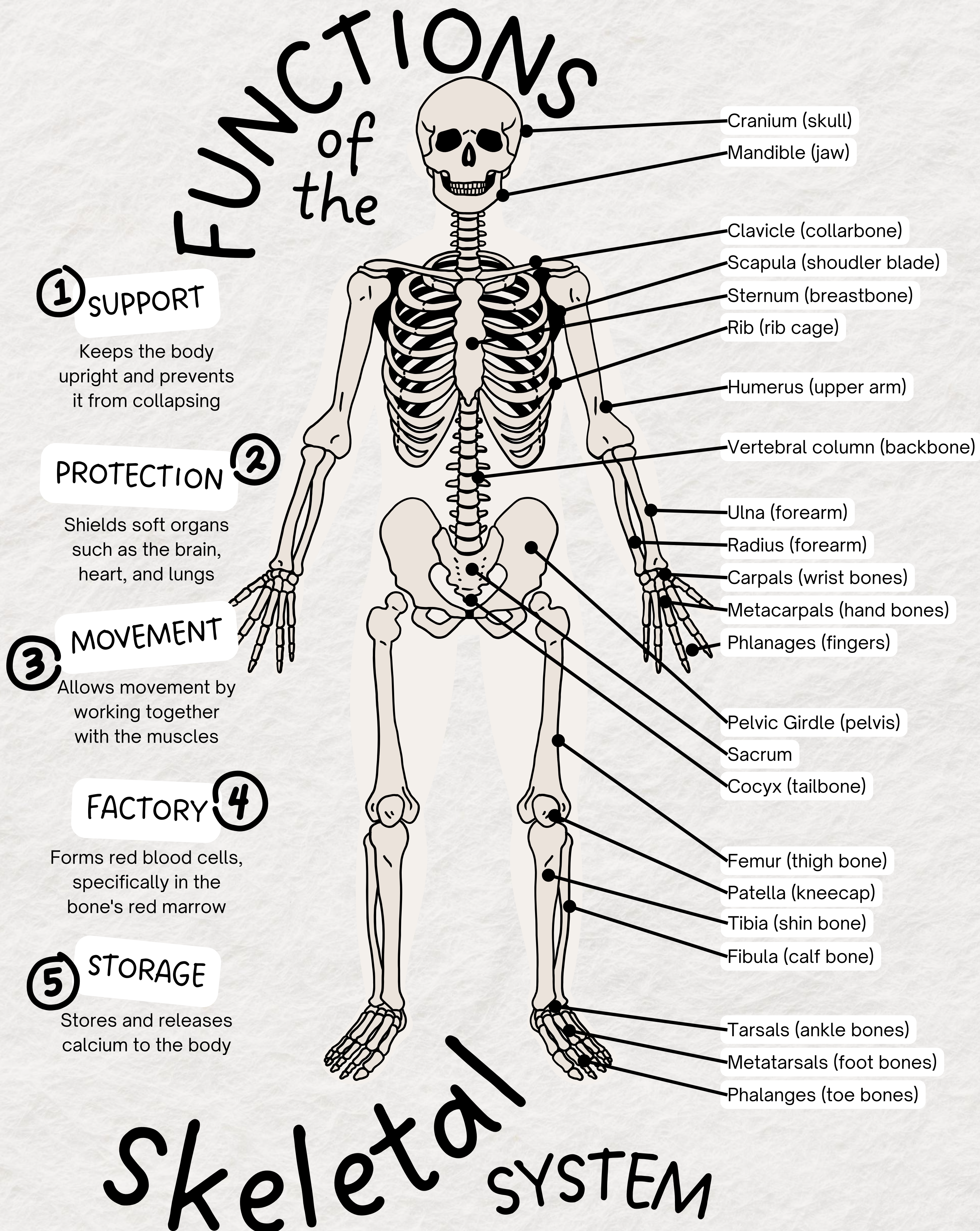


TITIKSHA
ACADEMY

POWERING BRIGHT MINDS

Division of: Titiksha Educational Services Pvt. Ltd

CIN: U85500GJ2024PTC150926



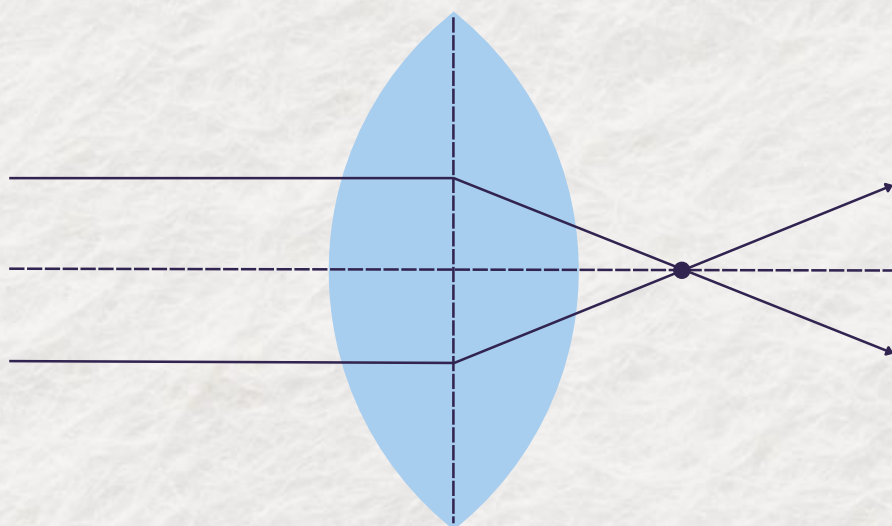
Lenses: A Closer Look

LENS

- A lens focuses light to form an image.
- Light rays refract or bend as they pass through a lens.

TYPES OF LENSES

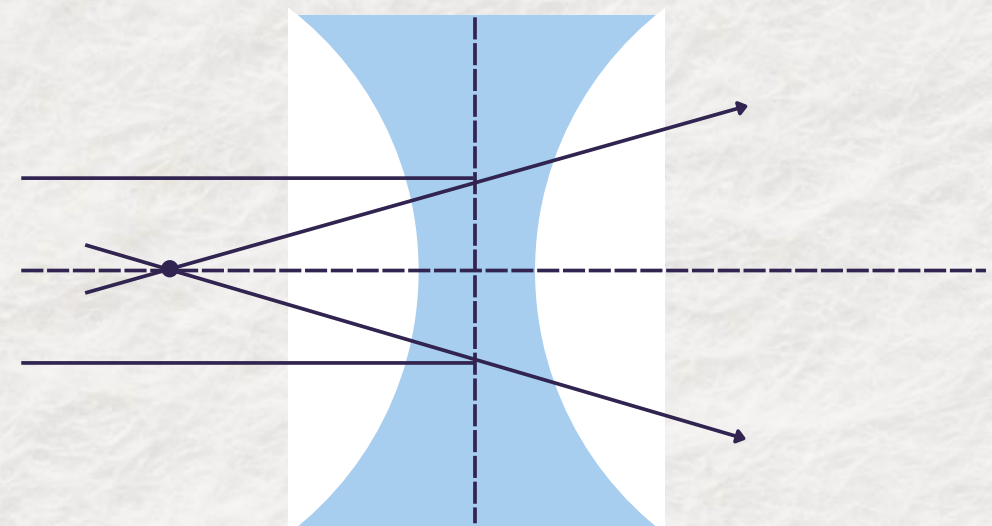
CONVEX



A convex lens converges or bends light toward a single point.

- Has thicker center and thinner edges

CONCAVE



A concave lens diverges or spreads out light rays.

- Has thinner center and thicker edges

APPLICATIONS OF LENSES

CONVEX



MICROSCOPE

MAGNIFYING GLASS



TELESCOPE

CONCAVE



BINOCULARS



DOOR
PEEPHOLE

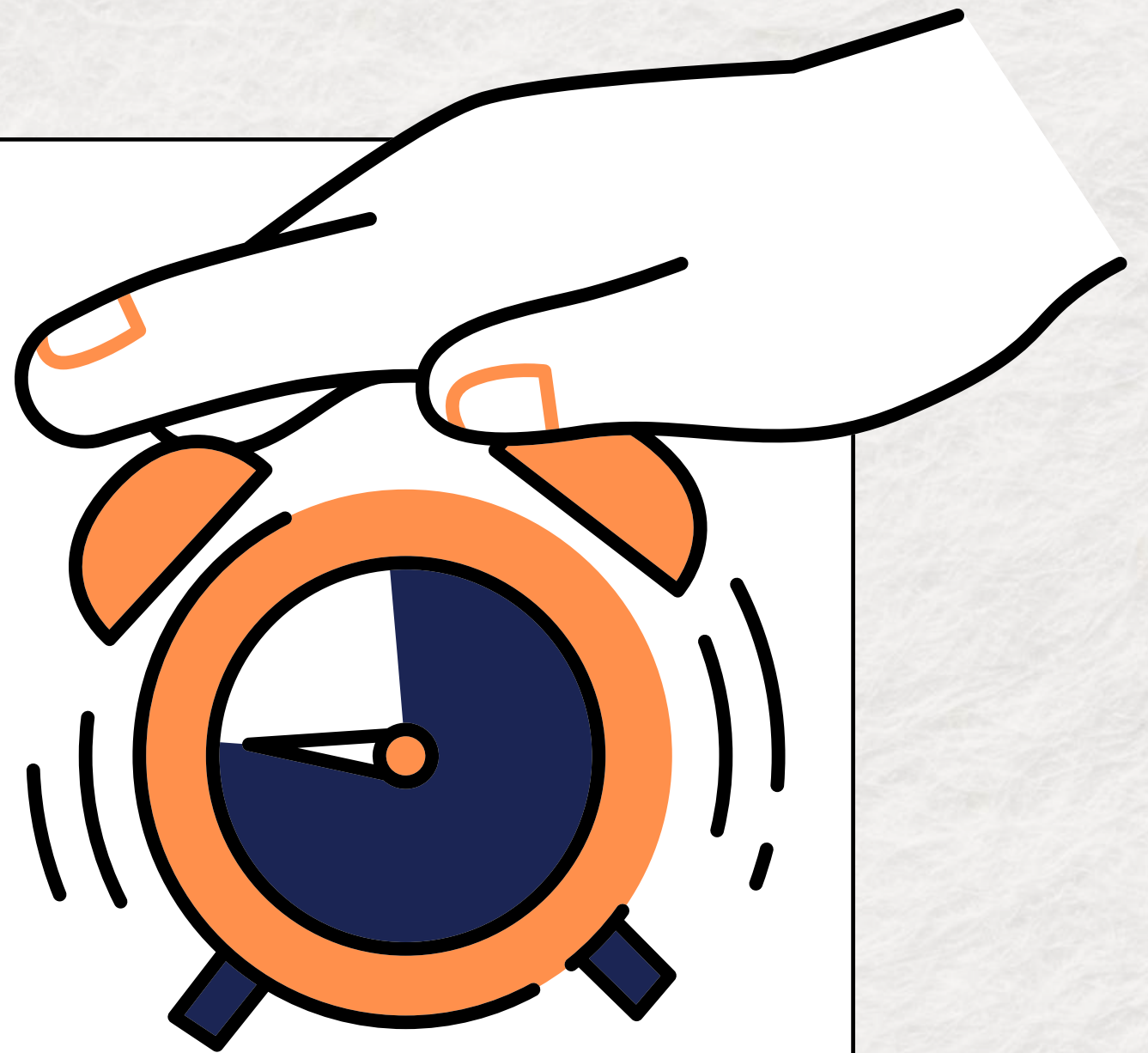


FLASHLIGHT

TIME MANAGEMENT ADVICE FOR STUDENTS

MAKE A WEEKLY SCHEDULE 01

To begin, list all of your classes, study sessions, job obligations, and extracurricular activities on a weekly basis. To stay organized, use digital planners or calendars.



MAKE USE OF A TO-DO LIST 02

Make a list of the precise things you need to get done each day. To preserve your sense of accomplishment, check things off as you finish them.

SET TASK PRIORITIES 03

Determine which assignments and tasks are the most crucial. Sort them into priority lists according to due dates and significance, then start with them.

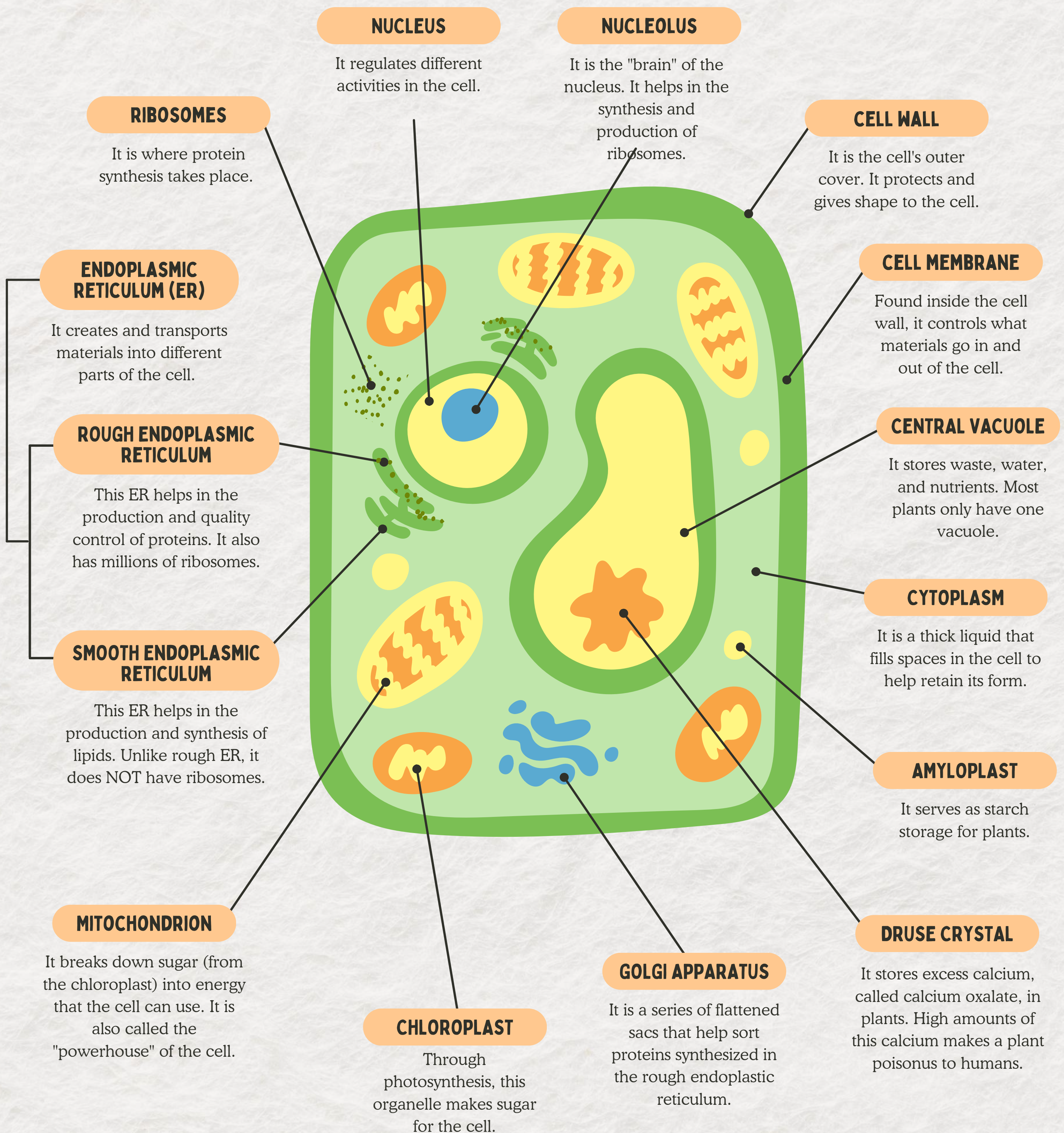
TIME BLOCKING 04

Set aside specified periods of time for homework, study sessions, and other pursuits. To guarantee that you advance consistently, try to stay as near to these building bricks as you can.

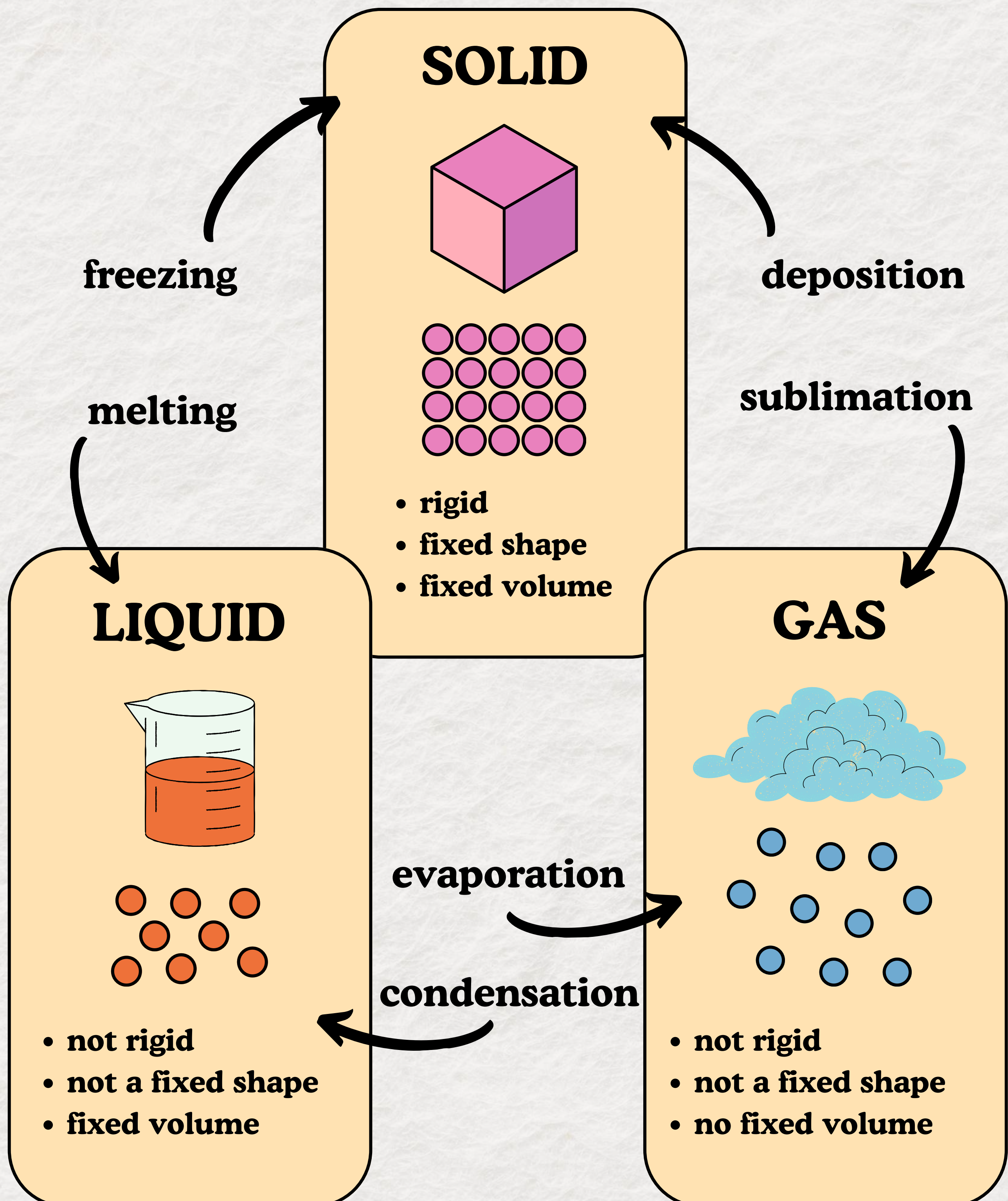


PLANT CELL STRUCTURE

The cell membrane, nucleus, cytoplasm, and everything in between.



THREE STATES OF MATTER



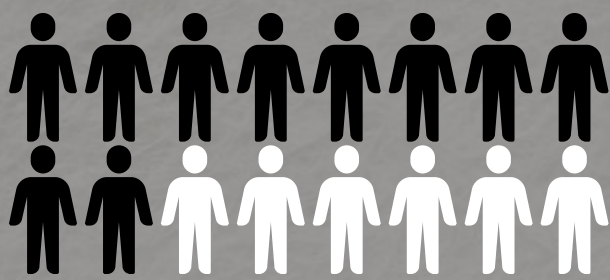
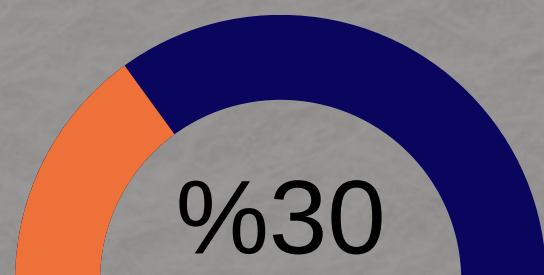


ASIA

It is found in eastern Europe, western Pacific, northern Oceania, and southern Arctic Ocean. It is the world's largest continent in terms of area and also the most populated continent. Although its borders vary, it has land borders with the continents of Europe and Africa.

SURFACE AREA

44.580.000
km²



POPULATION

4,783,032,168

NUMBER OF COUNTRIES, AS PER UNITED NATIONS

49

Where in the World

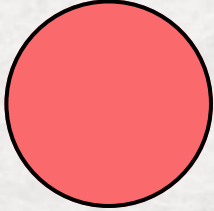
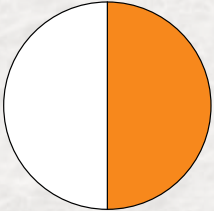
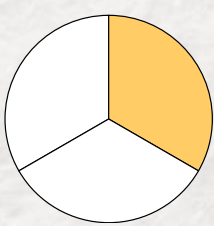
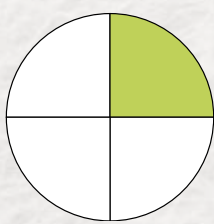
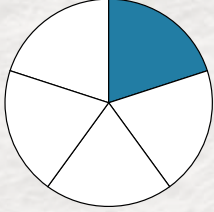
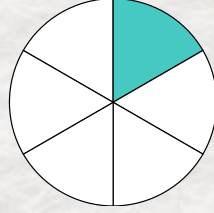
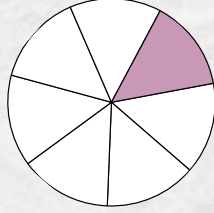
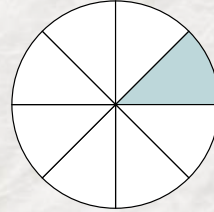
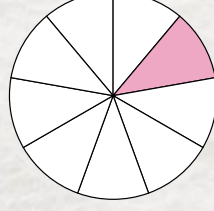
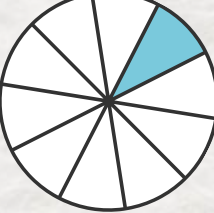


DO YOU KNOW THIS?

90% of the world's rice is consumed in Asia.
The tallest statue in the world, with a height of 182 meters, is Statue of Unity located in the Narmada valley Kevadiya, Narmada, Gujarat, India.



FRACTION, DECIMAL & PERCENTAGE

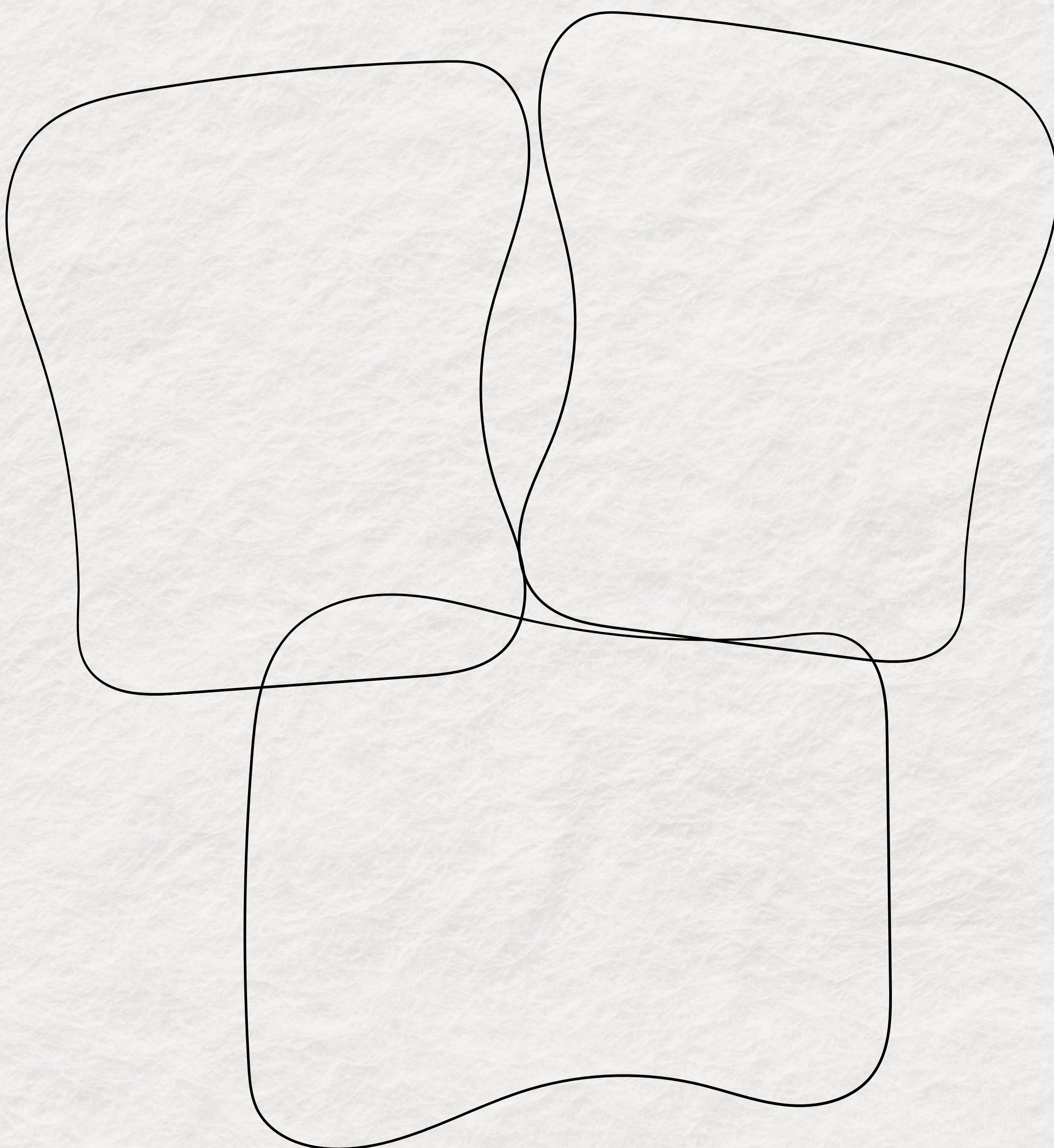
ONE WHOLE		1 100%	$\frac{1}{1}$
ONE HALF		0.5 50%	$\frac{1}{2}$ $\frac{1}{2}$
ONE THIRD		0.333 33.3%	$\frac{1}{3}$ $\frac{1}{3}$ $\frac{1}{3}$
ONE FOURTH		0.25 25%	$\frac{1}{4}$ $\frac{1}{4}$ $\frac{1}{4}$ $\frac{1}{4}$
ONE FIFTH		0.20 20%	$\frac{1}{5}$ $\frac{1}{5}$ $\frac{1}{5}$ $\frac{1}{5}$ $\frac{1}{5}$
ONE SIXTH		0.166 16.6%	$\frac{1}{6}$ $\frac{1}{6}$ $\frac{1}{6}$ $\frac{1}{6}$ $\frac{1}{6}$ $\frac{1}{6}$
ONE SEVENTH		0.142 14.2%	$\frac{1}{7}$ $\frac{1}{7}$ $\frac{1}{7}$ $\frac{1}{7}$ $\frac{1}{7}$ $\frac{1}{7}$ $\frac{1}{7}$
ONE EIGHTH		0.125 12.5%	$\frac{1}{8}$ $\frac{1}{8}$ $\frac{1}{8}$ $\frac{1}{8}$ $\frac{1}{8}$ $\frac{1}{8}$ $\frac{1}{8}$ $\frac{1}{8}$
ONE NINTH		0.111 11.1%	$\frac{1}{9}$ $\frac{1}{9}$ $\frac{1}{9}$ $\frac{1}{9}$ $\frac{1}{9}$ $\frac{1}{9}$ $\frac{1}{9}$ $\frac{1}{9}$ $\frac{1}{9}$
ONE TENTH		0.10 10%	$\frac{1}{10}$ $\frac{1}{10}$ $\frac{1}{10}$ $\frac{1}{10}$ $\frac{1}{10}$ $\frac{1}{10}$ $\frac{1}{10}$ $\frac{1}{10}$ $\frac{1}{10}$ $\frac{1}{10}$

DRAW



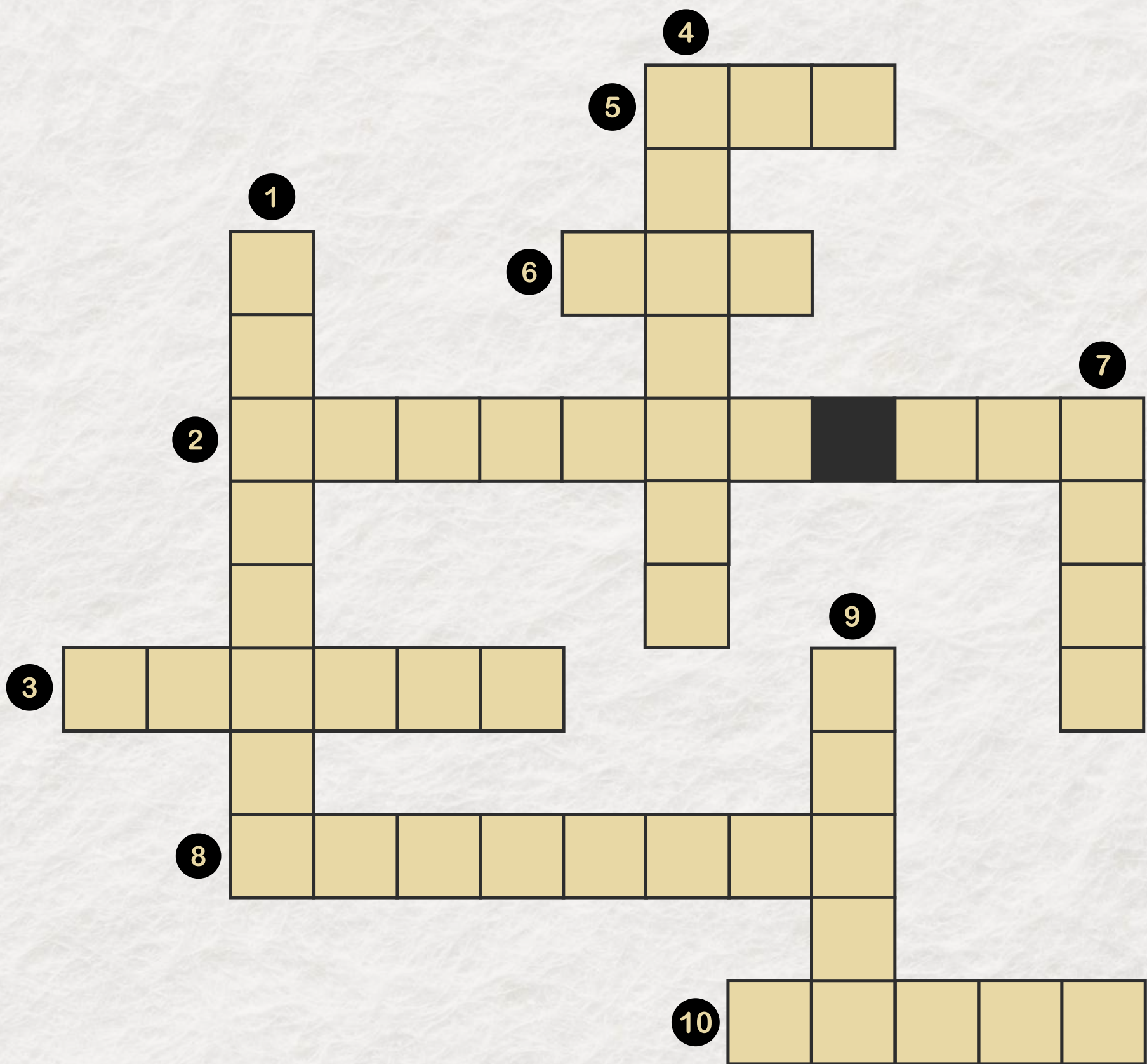
THREE THINGS

THAT YOU ARE GRATEFUL FOR TODAY



Natural resources

CROSSWORD PUZZLE

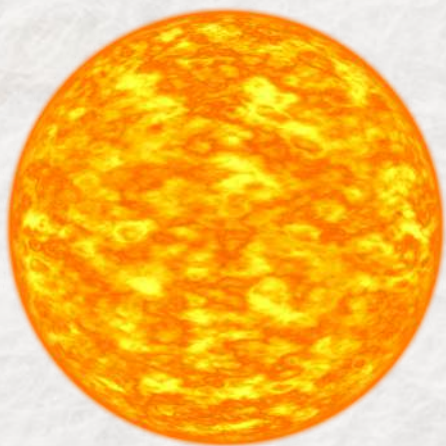


- 1 A natural resource used to create metals.
- 2 A fossil fuel used for heating and generating electricity.
- 3 This resources gives us fruits and vegetables
- 4 We get milk, eggs and meat from them.
- 5 We use this natural resource to breathe.

- 6 A fossil fuel used to propel cars and other vehicles.
- 7 A resource used to provide the structural support to plants.
- 8 A resource that gives us heat, light and vitamin D.
- 9 A resource that we use to drink and wash things.
- 10 A resource that gives us wood to make paper and furniture.

STAR LIGHT, STAR BRIGHT

Stars are enormous celestial bodies comprised of incandescent gases such as hydrogen and helium. The closer a star is to our planet, the brighter it will appear in our sky.



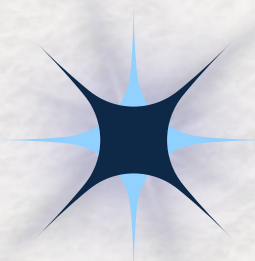
**0.00001581
light-years**

The **Sun** is our brightest and closest star. It is visible during the daytime.



**4.367
light-years**

The third brightest star in the night sky, **Alpha Centauri** which has a magnitude of -0.29.



**8.6
light-years**

Sirius A is the brightest star in the night sky, with a magnitude of -1.5.



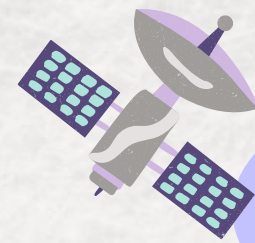
**36.66
light-years**

With a magnitude of -0.05, **Arcturus** is considered to be the fourth brightest star in the night sky.

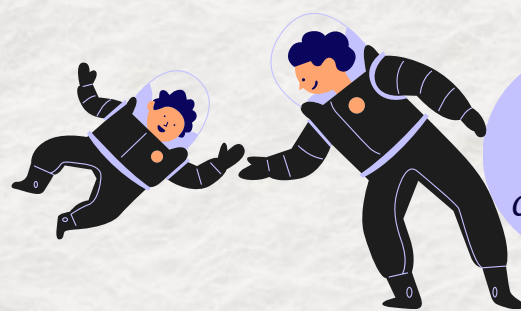


**309.8
light-years**

Canopus is the Earth's second brightest star in the night sky. It has a visual magnitude of 0.73.



A **light-year** is the distance light travels in one Earth year.



A star's **magnitude** is measured by how bright it appears on Earth. The brighter a star is, the lower magnitude is assigned. Some stars are also naturally brighter than others.



TITIKSHA

A C A D E M Y

POWERING BRIGHT MINDS

 **99987 13485**

 www.titikshaeducation.in



To subscribe to this student article, please contact us via the provided phone number or visit our website.

