

THE ABM TIMES

A MONTHLY DIGEST

“NURTURING MINDS, BUILDING FUTURES”

November- 2024

IMPORTANT EXAMINATION TIPS

Revision Tips

- Find a good place to study. Find a quiet, well-lit place to work that will be comfortable and free of distraction.
- Log-out or temporarily disable social media like Facebook, Twitter or Instagram. The effort of logging in or enabling it will deter you and after a day you'll start to forget about it- you lose a lot of time to vines and stranger stalking! Also, science proves that our brains have optimum irritation levels - basically we work better if we're a little too cold, or on a rigid chair. sit to a desk or table- its more formal and re-creates the environment you'll be tested in.
- Some studies show that studying information in different places allows you to compartmentalize the information, making it easier to recall at a later date if you can associate the information with the location.
- Some students find studying in public to be more effective, making it more difficult to watch television or fiddle with other distractions found in the home. Know yourself and head your bad habits off at the pass.
- Make sure you get everything ready well in advance of the exam - don't leave it to the day before.

LET'S REMEMBER THESE DAYS

5th November- World Tsunami Awareness Day

World Tsunami Awareness Day is observed on November 5th to highlight the dangers of tsunamis and to emphasize the importance of early warning systems in minimizing the damage caused by natural disasters. Many organizations provide traditional knowledge about tsunamis to make people aware of the situation.

7th November- National Cancer Awareness Day

On November 7, National Cancer Awareness Day is observed to raise awareness about cancer and to make it a global health priority. Former Union Health Minister Dr. Harsh Vardhan established National Cancer Awareness Day in 2014 to raise public awareness of the situation.

7th November- Chandrasekhara Venkata Raman Birthday

C.V Raman, also known as Chandrasekhara Venkata Raman, was born on November 7, 1888, in Tiruchirapalli, Tamil Nadu. C.V Raman received the Nobel Prize in Physics in 1930 for discovering the Raman effect, in which light passing through a material is scattered, and the wavelength of the scattered light changes due to an energy state transition in the material's molecules.

10th November- World Science Day for Peace and Development

World Science Day for Peace and Development is an international day that recognizes the importance of science in society and is observed on November 10 each year. It also emphasizes the importance of involving the general public in discussions about emerging scientific issues.

11th November- National Education Day

It is observed on November 11th to commemorate the birth anniversary of India's first Education Minister, Maulana Abul Kalam Azad. From 1947 to 1958, the Minister was also the first education minister of independent India.

14th November- Children's Day

Every year on November 14th, India celebrates Children's Day. This is also known as Bal Divas. On this day, people are made aware of children's rights, care, and education. This day commemorates the birth anniversary of India's first Prime Minister, Jawaharlal Nehru. The purpose of the day is to recognize Kalam's contributions to education and students.

15th November- Guru Nanak Dev's Birth Anniversary

Commemorates the birth anniversary of the Sikh founder, Guru Nanak Dev. This year marks Guru Nanak's 555th birth anniversary, also known as Prakash Utsav or Guru Purab, and is an important festival for the Sikh community.

25th November-International Day for the Elimination of Violence against Women

Every year on November 25th, the International Day for the Elimination of Violence Against Women is observed. This day was established by the United Nations General Assembly in 1993. Violence against women is defined as any act of gender-based violence that causes physical, sexual, or psychological harm or suffering to women, including threats.

Fair and Festival

GURU NANAK JAYANTI

- Guru Nanak Sahib was known as the first Guru of the Sikhs.
- Guru Nanak Dev Ji was born on 15th April, 1469, in a village called Talwandi.
- His father's name was Mahita Kaluram Ji, and Guru Nanak's mother's name was Tripta Devi.
- He had a sister named Babe Nanaki.
- He had always been in devoted to God, since childhood.
- Sukhani Devi, the daughter of Moolchand, was the wife of Guru Nanak Dev Ji.
- Shri Chand and Lakhmi Das were his two sons.
- Festival of Guru Nanak Jayanti falls in 'Katak' month as per Nanakshahi calendar.
- Sikhs celebrate Guru Nanak Jayanti on the day of the full moon of the Kartik Purnima.
- Guru Nanak Jayanti is a significant festival celebrated by the Sikhs in India and abroad.



INTERNATIONAL KULLU DUSSEHRA

Kullu Dussehra is a week-long Hindu festival that takes place in the Kullu Valley of Himachal Pradesh.

- The festival is known for its vibrant culture, religious activities, and traditional food.
- The festival is centered around the Dhalpur maidan.
- The festival is marked by a grand procession of Lord Raghunath and other deities carried on a Ratha.
- The festival also features exhibitions, sports activities, and cultural programs.
- The festival is a great opportunity to buy traditional products from the region.
- The festival is usually held at the end of October, before the onset of winter.
- The festival is associated with Raja Jagat Singh, the ruler of the kingdom in the 17th century.
- The festival is said to have started after Raja Jagat Singh was cursed by a priest and brought an idol of Lord Rama from Ayodhya.
- The festival is a great opportunity for tourists to experience the region's culture and traditions.



INTERNATIONAL LAVI FAIR, RAMPUR

The Lavi Mela is a trade fair and cultural event that takes place annually in November

- The fair is held on the banks of the Sutlej River.
- The fair commemorates the trade treaty signed between Rampur Bushahr and Tibet in the late 17th century.
- The fair is a major commercial fair in Himachal Pradesh and Shimla.
- The fair features traditional trade methods, including the sale and purchase of wool, horses, mules, yaks, dry fruits, and pashmina.
- It is said that the fair was related to the signing of trade treaty between the erstwhile Bushahr State and Tibet.
- The fair also features cultural shows and "Natti" dances.
- The fair is a hub for cultural fusion and encourages cultural recognition .
- The fair is a blend of cultural heritage, sportsmanship, and community participation.
- It is a commercial fair held on the 25th of Kartika (November month).



GENERAL INTELLIGENCE

ABM QUIZ

- Q.1. Where was the Asia-Pacific Economic Summit 2024 held?
Q.2. Recently, which country has become the 101st member to join the International Solar Alliance (ISA)?
Q.3. FoSCoS' is the portal of which institution?
Q.4. Which State Pollution Control Board has launched mobile app 'Janavani Kalushya Nivarani'?
Q.5. In which river will India's first solar-powered boat be launched?
Q.6. Recently, which two airports were awarded the 'Best Airport of the Year' at the Wings India Awards 2024?

Ans.1. Lima, Peru 2. Nepal 3. FSSAI 4. Telangana 5. Saryu River
6. Bangluru & Delhi

CBSE TRAINING WORKSHOP

"On 09-11-2024, we had the privilege of hosting a highly impactful Capacity Building Program in our school Arena. Our esteemed resource persons delivered a commendable lecture, offering valuable insights into (Science Elementary) Training. The event also featured a series of engaging activities, aimed at fostering professional growth and enhancing the overall learning environment.

#Capacity building#Professional Development #Excellence In Education#



FUN ZONE

FILL COLOUR



INTERNATIONAL NEWS

The universe is watching: NASA telescopes capture stunning image of space 'eyes'

NASA telescopes have captured two ghastly galaxies that look like a creepy pair of staring "blood-soaked" eyes floating in space. The spiral galaxies, which are located 114 million light-years from Earth, are known as IC 2163 and NGC 2207. Seen in chilling detail, the vibrant reds and pinks are contrasted against the dark



background of the cosmos and other distant galaxies. NASA's Jet Propulsion Laboratory said the colors were made possible using mid-infrared light from the James Webb Space Telescope and visible and ultraviolet light from NASA's Hubble Space Telescope.

SPORTS NEWS

Himachal's pride: Vanshika Goswami brings home Gold in under-19 Boxing World Championship

Vanshika Goswami, a talented young boxer from Jwalamukhi, Himachal Pradesh, has emerged victorious at the Under-19 World Boxing Championship held in Colorado, USA. Competing in the 80 kg weight class, Vanshika delivered an impressive performance, decisively defeating the German champion to secure the gold medal.



New Zealand wins 3rd test by 25 runs to sweep series against India 3-0

MUMBAI, India (AP) — New Zealand secured an historic 3-0 series victory in India as it won a dramatic third test by 25 runs on Sunday. Ajaz Patel took 6-57 to bowl the Black Caps to victory as it became the first visiting side to complete a clean sweep in a minimum three-test series against India.



Indian boxer Mandeep Jangra wins WBF's world title

Indian professional boxer Mandeep Jangra won the World Boxing Federation's super featherweight world title after defeating Britain's Conor McIntosh in the Cayman Islands. The 31-year-old, who trains under former Olympic silver medallist Roy Jones Jr and has faced only one defeat in his professional career so far, dominated most rounds of the bout. He delivered powerful punches from the outset, maintaining his stamina throughout the 10 rounds, while the British boxer struggled to keep pace.



SCHOOL EVENTS

