

# THE ABM TIMES

## A MONTHLY DIGEST

“NURTURING MINDS, BUILDING FUTURES”

April-May 2025

### LET'S REMEMBER THESE DAYS

#### 2nd April - World Autism Awareness Day

World Autism Awareness Day is observed on April 2 to raise awareness about autism and educate people about it.

#### 4 April- International Day of Mine Awareness

Every Year on 4 April International Day for Mine Awareness and Assistance in Mine Action is observed to spread awareness about the threat caused by landmines to the safety, health, and lives of civilian populations and encourages state Governments to develop mine-clearing programs.

#### 5 April- National Maritime Day

On 5th April every year in India National Maritime day is observed because on this date in 1919 navigation history was created SS Loyalty, the first ship of The Scindia Steam Navigation Company Ltd journeyed to the United Kingdom. It was a red-letter day in the account of Indian navigation.

#### 6 April - International Day of Sports for Development And Peace

An annual celebration of the ability of sport to promote social change, community development, and peace and understanding is observed as the International Day of Sport for Development and Peace

#### 6 April- Rama Navami

Rama Navami is a Hindu festival that celebrates the birth of Lord Rama, the seventh incarnation of Lord Vishnu. Devotees observe the day with prayers, fasting, and recitations from the Ramayana, honoring Rama's virtues and teachings.

#### 7 April- World Health Day

As we know that "Health is wealth".

Therefore, World Health Day is celebrated worldwide every year on the 7th of April. Various programs and arrangements are managed by the World Health Organization. It was the first time celebrated in 1950.

#### April 10- Mahavir Jayanti

This is the most auspicious day for Jains and is observed by the Jain community across the world in memory of the last spiritual teacher of Jainism (Mahavir). This year it is celebrated on April 10.

#### April 12- Hanuman Jayanti

Hanuman Jayanti, a Hindu holiday, commemorates the birth of the Hindu deity and ardent Lord Rama devotee. The festival is celebrated on the full moon day of the Hindu month of Chaitra in the majority of Indian states.

#### April 22 2025 : Earth Day

A global event focused on environmental conservation, with various activities aimed at promoting sustainability and awareness.

### ARTICLE OF THE MONTH

#### LAKE PALACE

One of the most beautiful palaces of Rajasthan is the Lake Palace, which lies in the city of Udaipur. Built on an island in the middle of the picturesque Lake Pichola, the palace covers an area of approximately 1.5 hectares. The scenic locales, pictorial setting and serene environs of the Lake Palace make it look like a palace straight out of a fairy tale. It was built the reign of Maharana Jagat and dates back to the year 1743. The palace was built to serve as the summer residence of the royals. The decorations adorning the Lake Palace speak volumes about the excellence craftsmanship of the artisans of that time. Further enhancing the beauty of the palace are the exquisite textiles and handicrafts that have been used throughout to create an ethnic look.

Lake palace has now been converted into a five star hotel. Taj Lake Palace is built with marble and features majestic architecture. It offers a full service spa at J Wellness Circle in below section and customised programmes including site-specific yoga sessions. It has breathtaking views of the City Palace, Aravalli and Machla Magra hills, and Jag Mandir. Rooms come with butler service. For a truly local experience, the hotel offers guided heritage walks, astrology sessions and cultural shows. There is also a shopping arcade, games room and business centre. Guests can take a heritage walk and know all the details about the palace.



#### The Mountain Railways of India

The Mountain railways of India are the railway lines that were built in the mountainous regions of India. The term mainly includes the narrow-gauge railways in these regions but may also include some broad-gauge railways. Three of the lines, the Darjeeling Himalayan Railway, the Nilgiri Mountain Railway, and the Kalka-Shimla Railway, are collectively designated as a UNESCO World Heritage Site under the name "Mountain Railways of India". Two more, the Matheran Hill Railway and the Kangra Valley Railway, are on the tentative list of UNESCO World Heritage Sites. The Nilgiri Mountain Railway is also the only rack and pinion railway in India. Important features incorporated in the line include four loops (spirals) and four 'Z' reverses (zigzags). The introduction of bogie carriages allowed for the replacement of the basic four wheel carriages formerly used for support and stability. In 1897, a major earthquake damaged the railway, requiring rebuilding of the route, including extensive improvements to the track and stations.



Further modernization occurred as part of the Northeast Frontier Railway Zone. Most trains on the route are still powered by steam engines, but a modern diesel engine is used for the Darjeeling Mail train. The railway is notable for its signage located at key vantage points, marking locations with titles such as Agony Point and Sensation Corner.

Another feature are spirals on steep hills that provide scenic views of the valleys below. In 1999, the Darjeeling line was the first to be recognized by UNESCO and placed on the World Heritage List. A condition of being placed upon the list was that steam locomotives would continue to be used along the route.

#### Nalanda University

Nalanda University stands as a symbol of ancient India's remarkable contribution to education and intellectual development. Renowned as one of the world's earliest universities, Nalanda attracted scholars and students from far and wide, becoming a center of learning, debate, and cultural exchange. Its reputation, preserved through the writings of the 7th-century Chinese



scholar Xuanzang (also known as Yuan Chwang and Hiuen Tsang), provides us with a vivid glimpse into the golden age of Indian education. While the Nalanda was a Buddhist institution, its teachings went far beyond Buddhist philosophy. Subjects like the Vedas, grammar, logic, mathematics, and medicine were also part of the curriculum. The university embraced diverse schools of thought, including all the major sects of Buddhism and even Brahminical studies. Buddhist and Brahminist students went through a course of secular studies before they parted ways in higher metaphysics. This openness to different ideas and disciplines made Nalanda a truly inclusive institution. It attracted scholars from various cultural and religious backgrounds, creating a vibrant and dynamic intellectual community.

#### Pinki Haryan, a former child beggar become a Doctor from Himachal Pradesh

Pinki Haryan, a former child beggar from Mcleodganj, Himachal Pradesh, is a compelling example of a girl overcoming poverty and achieving her dream of becoming a doctor. With support from a Tibetan monk Lobsang Jamyang, she was able to attend school and eventually pursued a medical degree in China.

**Early Life:-**Pinki, along with her family, lived on the streets and scavenged for food.

**Turning Point:-**A Tibetan monk, Lobsang Jamyang, noticed Pinki and, after convincing her father, encouraged her to pursue education.

**Education:-**She attended Dayananda Public School in Dharamshala and later studied medicine in China with the help of a UK-based charitable trust.

**MBBS DEGREE:-**Pinki successfully completed her MBBS degree and is now preparing to qualify to practice medicine in India.

**Inspiration:-**Pinki hopes to use her medical skills to help the poor and underprivileged, inspired by her own experiences of poverty. Haryan credited Jamyang's support for her success and believed her condition motivated her to help her community.





## GENERAL INTELLIGENCE

### ABM Quiz

1. PSLV Orbital Experimental Module-4 (POEM-4) is a space research platform developed by which space organization?
2. Which country recently honored Prime Minister Narendra Modi with its highest civilian award, Mitra Vibhushan?
3. Which state is the host of seventh edition of Kholo India Youth Games 2025?
4. Which organization designed and developed the Hansa-3 trainer aircraft?
5. Which Indian state is the host of Asia Cup Hockey 2025?
6. Which day is observed as National Maritime Day every year in India?
7. Which is the nodal ministry for implementing the Poshan Pakhwada initiative?

Answer:-1. -ISRO ,2.- Sri Lanka, 3.- Bihar, 4. CSIR, 5.Bihar, 6.- 5April, 7.-The Ministry of women and child development

## HEALTH AND FITNESS

### Benefits of Meditation

- **Improved mental clarity and focus:** Regular meditation enhances cognitive function and concentration.
- **Reduces stress levels and anxiety:** Meditation is effective in lowering stress and anxiety, promoting relaxation.
- **Improves sleep quality:** Practicing meditation can lead to better sleep and help with insomnia.
- **Enhances emotional wellness:** It fosters greater self-awareness and emotional stability.
- **Promotes kindness and compassion:** Meditation encourages a sense of empathy and compassion towards others. Additionally, meditation can also lower blood pressure and strengthen the immune system, contributing to overall health.



### Benefits of eating Avocados

Avocados offer numerous health benefits due to their rich nutrient profile. They are packed with vitamins, minerals, antioxidants, and healthy fats, which can contribute to heart health, weight management, and overall well-being.



**Heart Health:-**Avocados are a good source of monounsaturated and polyunsaturated fats, which can help lower LDL (bad) cholesterol and raise HDL (good) cholesterol, reducing the risk of heart disease.

**Weight Management:-**The fiber and healthy fats in avocados can help you feel full, reducing the urge to overeat and potentially aiding in weight loss.

**Improved Digestion:-**The fiber in avocados promotes healthy gut bacteria, which can improve digestion and overall gut health.

## NEWS OF THE MONTH

### INTERNATIONAL NEWS

#### India to host World Boxing Cup Final in November 2025

India will host the World Boxing Cup Final and World Boxing Congress 2025. The World Boxing Cup Final 2025 is a prestigious ranking tournament that serves as the grand finale to the three World Boxing Cups held earlier this year.



### SPORTS NEWS

#### Suruchi Singh, Vijayveer Sidhu win two gold medals in pistol events at shooting World Cup in Argentina; India topples China in medal tally

Suruchi Inder Singh on Tuesday downed the mighty China by surpassing three of its athletes to win the gold medal in women's 10m air pistol at the season-opening ISSF World Cup in Buenos Aires, Argentina. Meanwhile, in the men's 25m rapid fire pistol, Vijayveer Sidhu won yet another gold to surpass China's medal tally.



#### Gurindervir Singh of Jalandhar has emerged as the new 'Flying Sikh' of India

Hailing from a non-descript Patial village of Bhogpur town, 24-year-old Gurindervir Singh has become the fastest runner that the country has produced so far. His feat of making a new national record by completing 100m race in 10.20 seconds during the Indian Grand Prix 1 at Bengaluru has overnight turned him to be 'Flying Sikh-2'.



#### Nandini Agrawal: World's Youngest Female Chartered Accountant and Guinness Record Holder

Nandini Agrawal has made history as the youngest person to pass one of India's most challenging exams and earn the title of Chartered Accountant. Nandini comes from Morena, a town in Madhya Pradesh and claimed the title of the youngest woman to become a CA. The CA exam is one of India's aspirational exams which usually requires years of hard work and preparation not just that, Agrawal, born on October 18, 2001, held the record for becoming the youngest CA in 2021 and also secured first position in the nationwide exam, according to the India Book of Records.



"She appeared for her final CA (New) examination in July 2021 and secured the 1st rank at the age of 19 years, 8 months and 18 days, as confirmed on November 29, 2021," says [India Book of Records](#) website.

## SCHOOL EVENTS

