

THE ABM TIMES

A MONTHLY DIGEST

“NURTURING MINDS, BUILDING FUTURES”

July-August 2024

IMPORTANT SCHOOL ANNOUNCEMENTS

Admission Open For Play Way 2024-25

Dear Blessed Parents

Divine Greetings

In the sacred journey of parenthood, every wise step you take shapes the divine future of your lovingly child. A.B.M Sr. Sec. School Thakurdwara, Palampur believes that Education is a holy endeavor, where each child's spirit blossoms through the joyful gift of learning.

We are excited to invite you to take blessed step and enroll your child in our Play way classes. We are currently accepting admissions for the upcoming term till September 30th.



LET'S REMEMBER THESE DAYS

1st August: National Mountain Climbing Day

With his companion Josh Madigan, Bobby Matthews is said to have climbed the Adirondack Mountains' 46 high peaks on this day in New York State. This day is honored by organizing a mountain climbing adventure, raising awareness about mountain climbing safety, etc.

9th August: Quit India Movement Anniversary

On August 8, 1942, during a meeting of the All India Congress Committee in Bombay, Mohandas Karamchand Gandhi introduced the "Quit India Movement." August Kranti or the August Movement are other names for it.

13th August: World organ donation day

The goal of this day is to encourage citizens to pledge to donate organs once they die to save the lives of others. In addition, it increases awareness about the significance of organ donation.

15th August: Indian Independence Day

On August 15, 1947, India gained independence. This day serves as a reminder of the sacrifices made by our brave freedom fighters so that future generations can live at peace. It symbolizes the start of a new era free from British rule. In commemoration of the occasion, twenty-one gunshots are fired every year.

19th August: World Humanitarian Day

This day was established to commemorate the attack of the Canal Hotel in Baghdad, Iraq, on August 19, 2003, in which workers were killed & injured while on the job. Its purpose is to honor humanitarian workers and those who have died while working for social causes. This day also recognizes the contributions of women in crises around the world.

19 August - Rakshabandhan

Raksha_Bandhan is celebrated on the Purnima Tithi (Full Moon day) in Shravan. Therefore, it will be celebrated this year on Wednesday, August 19, 2024.

19 August- Sanskrit Diwas

World Sanskrit Day, also known as Vishva-Sanskrita-Dinam, is an annual event focused on the ancient Indian language of Sanskrit that incorporates lectures about the language and is aimed to promote its revival and maintenance.

23 August- ISRO Day

PM Modi announced the celebration of ISRO Day on August 23. The day will commemorate the soft landing of Chandrayaan 3 on the south pole of the Moon.

29th - August 2024 National Sports Day

National Sports Day 29th August is celebrated to commemorate the birth anniversary of Indian hockey legend, Major Dhyan Chand, a legendary figure in hockey. On this day, people of different age groups participate in sports.

ARTICLE OF THE MONTH

Chail Worlds Highest Cricket Ground

Chail Cricket Ground in Himachal Pradesh, India, is considered the world's highest cricket stadium, located at an altitude of 2,444 meters (8,018 ft). Maharaja Bhupinder Singh, an avid cricket lover, established the ground in 1893 when Chail was his summer capital. The ground is surrounded by forest and is used by the Chail Military School as a playground. During school vacations, it's also used for polo, and there's a basketball court and football goal posts.

Chail is a hill station in Solan district of Himachal Pradesh, India. It is known for its

Pradesh, India. It is known for its salubrious beauty and virgin forests. The Chail Palace is well known for its architecture: the palace was built as a summer retreat by the Maharaja of Patiala during the British Raj, on the land allotted to him by the British for the former's assistance in the Anglo-Nepalese War. This ground was made by the cricket loving Maharaja of Patiala-Bhupinder Singh. He decided to make his summer capital at this village but Lord Kitchener blocked his entry to Shimla in 1891. But, later he discovered a hilltop and built a cricket ground on it, which is covered by huge deodar and pine trees. During that period, the Maharaja used to play cricket with the British here but now it is under the control of Indian Army.



The highest golf course in the World

According to the Guinness Book of World Records, the Yak Golf Course in Kupup, East Sikkim, India is the world's highest golf course at 13,025 feet (3,970 meters) above sea level. The course is 6,025 yards long and is part of a military base in the Indian Himalayas. It features fairways that cross ponds and natural mountain streams. The course was started in 1972, renovated in 1979, and completed as an 18-hole course by Brigadier Ranbir Singh and Col. T K Murali.

The course was established in 1972 and re-designed by Brigadier JM Singh in 1979. Later the course was completed into an 18-hole golf course by Brigadier and TK Murali. The Yak Golf Course hosted its first tournament in 1979 known as the Saragarhi Cup, followed by the popular Kalimpong Cup in 1988. The Yak Golf Course is affiliated to the Indian Golf Union (IGU) and is managed by the Indian Army. The best time to experience and play the Yak Golf Course would be during the period of May to December when it is open to the public on all days of the week. This isn't always the case because of it being at a high altitude which means that the course is covered by snow from January to April. The course actually transforms into a ski resort during this period as well as a ice-hockey field due the perfect setup with the ice on top of a golf course.



The highest Tennis Court in the World

Burj al Arab's tennis court is 211 meters or about 700 feet high and has 415 square meters of surface. It is created more for publicity than an actual court where tennis players can enjoy their matches without falling. Dubai, with its futuristic architecture, is one of the seven territories in the United Arab Emirates. It features some of the most famous buildings in the world. One of the most iconic of those is Burj al Arab. It's a hotel, standing tall at 321 meters (1,053 feet) and is perched on its own man-made island. This spectacular building has title of the world's fourth tallest hotel. The Burj al Arab made headlines by hosting a unique event in this helipad converted to a green tennis court. On February 22, 2005, a tennis match was held between two tennis legends in the world. Andre Agassi and Roger Federer played on Burj al Arab's sky-high tennis court. They played a round without any kind of fencing or safety boundaries. The hotel's helipad, conceptualized by Irish architect Rebecca Gernon, serves multiple purposes. It's not just a landing pad but also transforms into a car race track, a boxing ring, and a tennis court. This convertible helipad also becomes a launching spot for the highest kite surfing jump in history. Back in 2005, Roger Federer and Andre Agassi were invited to play a friendly match atop a helipad at Dubai's Burj Al Arab. The landing spot was temporarily converted into a court to promote the Dubai Duty Free Men's Open. The pad floats 656 feet above sea level, providing unparalleled and slightly heart-stopping views.



GENERAL INTELLIGENCE

- Q.1 Which country will host the 2024 Summer Olympic Games?
- Q.2 What is the Opening Ceremony date of the Paris Olympics in 2024?
- Q.3 How many sports will be at the Paris Olympics in 2024?
- Q.4 How many events will be at the Paris Olympics in 2024?
- Q.5 How many Indian Athletics qualified for the Olympics 2024?
- Q.6 In which country did the Olympics originated?
- Q.7 What is the theme of Olympics Day 2024?
- Q.8 In which Sports has India won the most Olympic medals after field hockey?

HEALTH AND FITNESS

- Strengthens muscles: Strengthens the lower back, sacral spine, coccygeal, buttocks, and the backs of the arms and legs.
- Stretches: Stretches the shoulders, chest, belly, thighs, and spinal cord.
- Improves posture: Improves posture and alignment.
- Helps digestion: Regular practice can help with digestion and prevent constipation.
- Reduces gas and acidity: Can help reduce gas and acidity in the intestines.
- Stimulates organs: Stimulates the reproductive system and abdominal organs.
- Relieves stress: Can help relieve stress.



Benefits of Pineapple Fruit

Pineapple contains nutrients and beneficial surgery. Pineapples are also rich in multiple healthy compounds that strengthen a woman's body. This sweet fruit enhances bone mass density and offers anti-cancer effects and the required dose of nutrients during pregnancy compounds, such as vitamin C, manganese, and enzymes, to help aid digestion. Eating pineapple may help boost immunity, lower cancer risk, and improve recovery time after .



SCHOOL ACHIEVEMENTS

We are proud to announce that our project was highly appreciated by all attendees and secured the 2nd position in the science exhibition.

This remarkable achievement is a testament to the hard work, creativity, and dedication of our students and staff.

Congratulations to Anshav, Arsh, Suryansh, and Mr. Ajay Dogra for their outstanding contribution ! Let's continue to inspire and achieve greatness together.



A Proud Achievement for Our School

We are delighted to share that Miss Reedhima Prajapati and Master Siddarth Kumar have made us proud by representing our school at the State Level Taekwondo Championships and won Gold Medals, and participated in National Taekwondo Championships held in Maharashtra (Aurangabad)

This remarkable accomplishment underscores their dedication, skill, and the exceptional training provided at our institution. They both have not only exemplified the spirit of sportsmanship but also brought great honor to our school and their parents.

Please join us in congratulating both of them for this achievement and in celebrating this significant milestone for our school.



Janmashtami - The Birth Story of Lord Krishna

India is a diverse country with numerous festivals, that are celebrated throughout the year. Among all the festivals, there are few which have a very high significance and Krishna Janmashtami or Gokulashtami is one of those festivals. Shri Krishna was born to Devaki and Vasudev, however was brought up by Yashoda and Nanda in Vrindavan. The festival generally falls on the Ashtami Tithi of Krishna Paksha or 8th day of the dark fortnight on the month of Bhadrapad . It is said that lord Krishna was born in Mathura Prison. Therein, his life was in danger from his maternal uncle, Kansa. The tyrant Kansa, was told by a voice in the sky that one of her children would kill him. Kansa decided to kill Devaki so that she does not give rise to any children, but Vasudeva, her husband begged Kansa to forgive Devki and promised that he will give any of her child to Kansa, so then Kansa on this assurance from Vasudev, let Devki go. He imprisoned both Devaki and Vasudeva. Kansa made sure that none of her children survived. Therefore, in order to protect lord Krishna, his father Vasudev carried him in a basket across the raging River Yamuna to Vrindavan. There Krishna was adopted and brought up by Yashoda and Nanda. People Celebrate Janmashtami at midnight, because it is believed that Lord Krishna was born at midnight. The devotees keep fast to show gratitude and devotion to lord Krishna. Since Sri Krishna was fond of eating Makhan, people play this sport where an earthen pot or matki is tied high from the ground. Moreover, a person fills Makhan in the matki. Besides, people build a human pyramid to break the matki. Janmashtami celebration happens all across the world. On the day, the temple hall is decorated with fragrant flowers. Kirtan and chanting of the Holy name take place for the entire day. Even Rasleelas are performed based on different events from Krishna's life. Furthermore, the celebration is also done in houses.



INTERNATIONAL NEWS

India soft lands on dark side of moon

On August 23, 2023, a billion Indians watched with bated breath the space trajectory of lunar rover Chandrayaan-3. The date had been pinned on the calendar: Will Chandrayaan-3 land on the dark side of the moon? A billion hearts leapt for joy as India became the first country to soft land a spacecraft near the south pole of the moon.

The space odyssey had its moments of nervous anticipation. There was tension in the air as the

Vikram lander module, with the Pragyan rover in its belly, descended on the lunar surface and settled down ever so slowly. The mission had been accomplished. Russia had attempted a similar mission last year, but its Luna 25 crashed. In April, this year, a mission by the UAE aboard a Japanese lander also met the same fate while soft landing on the lunar south pole.



Sports News

Ishwari creates history, swims 17km in 4 hours

Orange city's blind girl Ishwari Pande created history by swimming 17km from Elephanta in Arabian Sea to the famous Gateway of India in Mumbai With this achievement Ishwari became the first blind swimmer in the country to achieve this feat. This is just starting, I will now try to create a world record," said Ishwari after her successful attempt.



14-year old Indian sets Guinness world record for blindfold skating

Ojal Nalavade, an Indian teenager, has earned a spot in the Guinness Book of World Records after she became the fastest blindfold skater in the 400 metres category. The 14-year old covered the distance in just 51 seconds in front of officials from the Guinness Book of World Records.



FUN ZONE



