

# THE ABM TIMES

A MONTHLY DIGEST

“NURTURING MINDS, BUILDING FUTURES”

SEPTEMBER-2024 TO OCTOBER-2024

## IMPORTANT SCHOOL ANNOUNCEMENTS

We are thrilled to announce that our ABM School has secured the first position in the Children's Science Competition working model held at the Government School! Congratulations to all the students who participated and showcased their incredible talent and knowledge. Now the model is selected for District level competition.

We are also proud to share that our student has clinched the 4th position in the Quiz Competition.

A huge shoutout to our dedicated teachers and staff for their commitment to nurturing and guiding our students toward success. Keep up the amazing work, everyone.



## Celebration of 'International Day of Scientific Culture 2024 at Science Centre Palampur



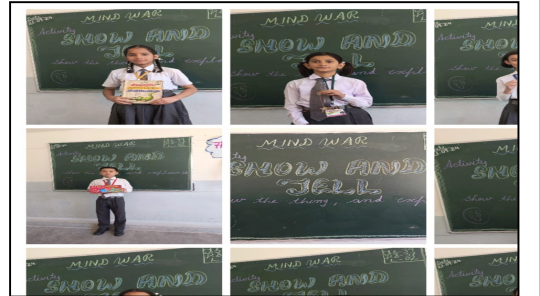
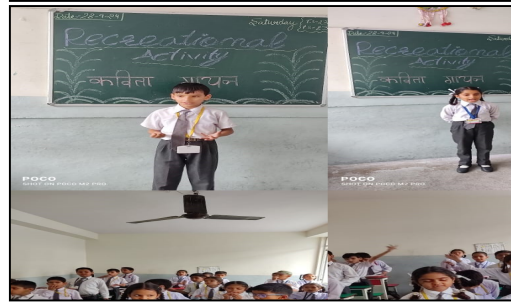
A science exhibition was held to show that Education is not only a means to learn and write but to have a participation in the development of Education. The day of the science exhibition promotes National Science Day.



## SCHOOL TOUR DALHOUSIE, KHAJJIAR



## SATURDAY BAGLESS ACTIVITIES

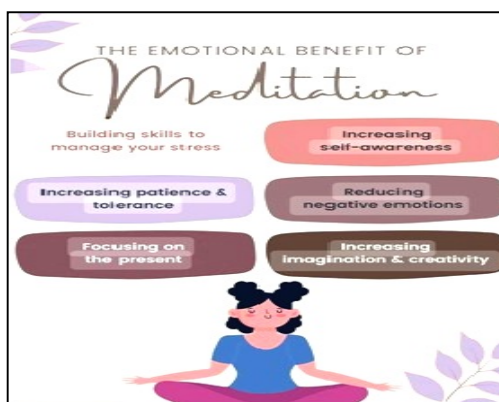
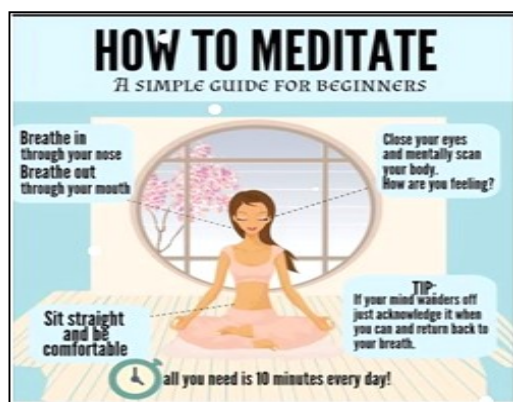


The Swachhata Pakhwada campaign was organized with the objective of promoting cleanliness and hygiene awareness among students, staff, and the local community. The aim was to instill the importance of maintaining a clean and healthy environment, aligning with the nationwide Swachh Bharat Abhiyan initiative. During the Swachhata Pakhwada, a variety of activities were organized to engage students and staff in cleanliness and hygiene practices. Students and staff participated in a cleanliness oath-taking ceremony, pledging to keep their surroundings clean. Students were encouraged to participate and drawing competitions on the theme of "Clean India, Green India."





## HEALTH AND FITNESS



## GENERAL INTELLIGENCE

- Which Nation secured dual Gold Medals in both men's and women's categories at the 45th Chess Olympiad?
- Who has become the first Indian male wrestler to qualify for the 2024 Paris Olympics?
- Which Tennis Star recently announced his retirement from Professional Tennis?
- Which Minister launched e. Migrate V2.0 web portal and mobile app?
- Which is the world's Second largest rainforest after the Amazon?

## Here are some life lessons from Olympic Gold Medalist Neeraj Chopra

- **Stay humble:** Despite his success, Neeraj Chopra remains grounded and humble. He continues to push himself to do better, even after winning multiple medals.
- **Work hard and be dedicated:** Neeraj Chopra's journey is a testament to the importance of hard work and dedication. His rigorous training routines and consistent effort are a reminder that success is the result of Unwavering commitment.
- **Set high goals:** Neeraj Chopra set a goal to win gold at the Olympics, and he backed it up with higher standards of action during practice.
- **Learn from failure:** Neeraj Chopra's story is a reminder that success is about staying committed to your dreams and learning from failure.
- **Have a positive mindset:** Neeraj Chopra's story is a testament to the power of a positive mindset.
- **Live in the moment:** Neeraj Chopra is remarkably consistent and lives in the moment.
- **Be a good sportsman:** Neeraj Chopra's friendship with Arshad Nadeem is a beautiful testament to true sportsmanship, comradeship, mutual respect, and professionalism.



## INTERNATIONAL NEWS

### Angkor Wat in Cambodia Crowned Most Photogenic UNESCO World Heritage Site in Asia

Cambodian Prime Minister Hun Manet announced that Angkor Wat has been named the most photogenic UNESCO World Heritage Site in Asia by Times Travel. Angkor Wat is ranked first in the list. Other World Heritage Sites on the list include the Taj Mahal in India, Great Wall of China, plantations in Myanmar, Borobudur in Indonesia, Halong Bay in Viet Nam, Kyoto Monuments in Japan, Petra in Jordan, Rice Terrace in the Cordilleras Philippines and Hampi in India.



## FUN ZONE

Fill in the grid with digits in such a manner that every row, every column and every 3 x 3 box accommodates the digits 1-9 without repeating any.

SUDOKU								
4	7		9		1	6		5
	2		3				8	4
								1
	1	4	7		8		5	
6			2	3				9
	3		6	5	8	1		
8								
5	9			4		2		
7		1	5	2		9	8	

**Answer General Intelligence:-** 1. India 2. Aman Sehrawat 3. Rafael Nadal 4. Dr. S.JaiShankar 5. The Congo Basin

## LET'S REMEMBER THESE DAYS

### 1st September - National Nutrition Week

National Nutrition Week is observed from 1st September to 7th September to provide knowledge among people about the importance of nutrition and its importance for the human body, for better health.

### 8 September - International Literacy Day

International Literacy Day is observed on 8 September every year to make people aware of the importance of literacy which no doubt is a matter of dignity and human rights. Let us tell you that it is a key component of the UN's Sustainable Developmental Goal.

### 14 September - Hindi Diwas

Hindi Diwas is celebrated on 14 September as on this day the Constituent Assembly of India adopted Hindi written in Devanagiri script in 1949 as the official language of the Republic of India.

### 21 September - International Day of Peace (UN)

International Day of Peace (UN) is observed on 21 September around the world. For the first time it was observed in September 1982 and in 2001, the General Assembly adopted a resolution 55/282, which established 21 September as International Day of Peace of non-violence and cease-fire.

### 2 October- Lal Bahadur Shastri Javanti

On October 2 every year, the nation celebrates the birth anniversary of Lal Bahadur Shastri who served as the second Prime Minister of India from 1964 to 1966.

### 2 October 2024 Gandhi Jayanti

Gandhi Jayanti is observed annually on October 2 every year, that marks the birth of Mahatma Gandhi, who was the key leader in the Indian Independence movement. He is widely recognised for his commitment to non-violence.

### 8 October - Indian Air Force Day

Indian Air Force Day is celebrated on 8 October all over India. On 8 October 1932, Indian Air Force Day was established.

### 11 October - International Day of the Girl Child

International Day of the Girl Child is observed on 11 October to raise voices for girls and stand up for their rights.

### 16 October - World Food Day

World Food Day is celebrated every year on 16 October to inspire people about healthy diets. On this day Food and Agriculture Organisation was established and launched by the United Nations in 1945.

### 24 October - United Nations Day

United Nations Day is observed on 24 October every year to mark the anniversary of the UN Charter's entry into force. Since 1948, this day has been celebrated and in 1971 it was recommended by the United Nations General Assembly to be observed by the Member States as a public holiday.

## SPORTS NEWS

### Indian Men's Hockey Team Won Asian Champions Trophy 2024

India's Men's Hockey Team clinched the 5th Title of Asian Champions Trophy in 2024, by winning a goal from Jugraj Singh, India beat China 1-0 in the final game of the tournament.



### Pratyasa Ray Wins Prestigious 32<sup>nd</sup> Ekalabya Puraskar Dondapati Mrutyum Jayaram and Tanvi Patri Honored With Special Citations

Ray secured six medals— four gold, one silver and a bronze— in the Khelo India University Games in Guwahati in February this year. The Ekalabya Puraskar committee comprising jury members drawn from various sectors were unanimous in selecting Ray for the prestigious award at a meeting here.



### New Zealand crowned Women's T20 World Cup 2024 champions after beating South Africa in final

The White Ferns clinched their maiden Women's T20 World Cup title on Sunday, overcoming South Africa by 32 runs in a thrilling final. Star allrounder Amelia Kerr led from the front, top-scoring with 43 runs and taking 3/23, steering her team to a historic victory at the Dubai International Cricket Stadium.



New Zealand had previously finished runners-up, losing to England in 2009 and Australia in 2010. The White Ferns were on a losing 10-match run prior to this World Cup, but showed a brilliant turn of form to reach the final for the first time in 14 years, with only one league stage loss through the tournament.