

THE PLUS



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ROOTED AND FREE

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introduction

hello, young readers!

This edition is dedicated to the communities around us. It is an interpretation of the strength we derive from meaningful civic engagements and utilising the intrinsic educational assets of our cultural heritage.

We cannot think of a sustainable future without integrated community development at the lowest levels. In this issue, you will discover the what, why, and how of enabling this process. You will read about educators, parents, entrepreneurs, and young leaders using their skills to kickstart change. With this, you will understand how simple actions can enhance self-growth and make a difference. You will also come across a general knowledge quiz, a jigsaw puzzle, and a teenager's ode to his favourite historical figure.

We will be back with another issue next month. Meanwhile, we would love to hear your ideas and feedback. This magazine is an effort by IGenPlus to reach you, so be certain that we are here to guide you every step of the way!

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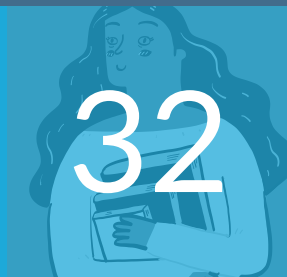
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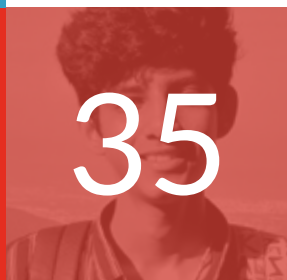
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letter from THE CEO

Namaste,

When the second wave of the coronavirus hit us a few months back, it was chaotic. Still, the formation of so many online communities was heartwarming. People coming together to help. The youth raising awareness and being resourceful. It was an affirmation that community is the basic fabric of our society, the ethos from which we derive meaning.

We may say that we are individuals with our sets of rights and aspirations, we miss that the self is also an amalgamation and reflection of the communities around us.

In this magazine, we give you an insight into how the small communities of friends, neighbours, and family impact growth and learning. We also talk about education, online learning, and the essence of communion there, offering you a glimpse of life's multiple facets.

Dive in to know what community is and what it means to you. See around yourself, look within. You will always find yourself as a small part of the significant community. We hope this edition makes you more aware of your circle, brings you closer to your belonging, and inspires you to give back to it.

Love,
Soumya

the communities that **SHAPE US**

“Your vibe attracts your tribe,” read the poster on the door of Tia’s room. When her sister Dia returned home over the holidays, she smiled at the poster and asked Tia about it.





This has to be one of the most favourite 'mottos' of this generation, right?

Yeah, it's cool.



But do you really understand what it means?

Obviously! It means that I will attract people with similar qualities in my group.



Well, I am sure you will, but why the word *tribe*?

Because it rhymes with *vibe*.



Great discovery! But that's not why "tribe" is used in the phrase. Let me elaborate?

Sure!



Well, the Britannica dictionary defines tribe as a form of human social organisation based on traditions, common descent, culture, and ideology. In simple terms, a tribe is a closely connected group that has certain commonalities that create the “vibe.”

Tribes have been symbolic of community culture, which is more social and less individual. This sense of belonging to a knitted community is like having a family to look after and be looked after. Being the social beings that we are, having supportive communities around, and celebrating life lets us discover our own stride.



Yeah, it's cool.

But you just said community culture is more social, how does that help with “our own stride” as that's about self discovery?



Let me explain. Have you observed how we love celebrating festivals with the entire extended family coming together? When I was staying in the hostel, I used to reminisce about those days. I realised how that and being in a joint family has shaped me for life. I am now more prepared for understanding of the self with respect to others. I am also more empathetic and considerate.



Isn't that true for everyone?



Not really! Remember we had once discussed how we are a sum total of the experiences and actions? How we behave is a reflection of the shared culture we receive from the communities we grow in. Whether we are at home, in a park, in the mountains, or in online spaces, with our classmates, friends, or family, we are always a part of some community. And our engagement with that community influences our self-growth. So, the tribe also reflects who you are.



I never thought so deeply about this. I will share it with my friends, or as I like to call it, “my tribe.”



Totally! For now, let's go to our beloved tribe awaiting us for food and stories.





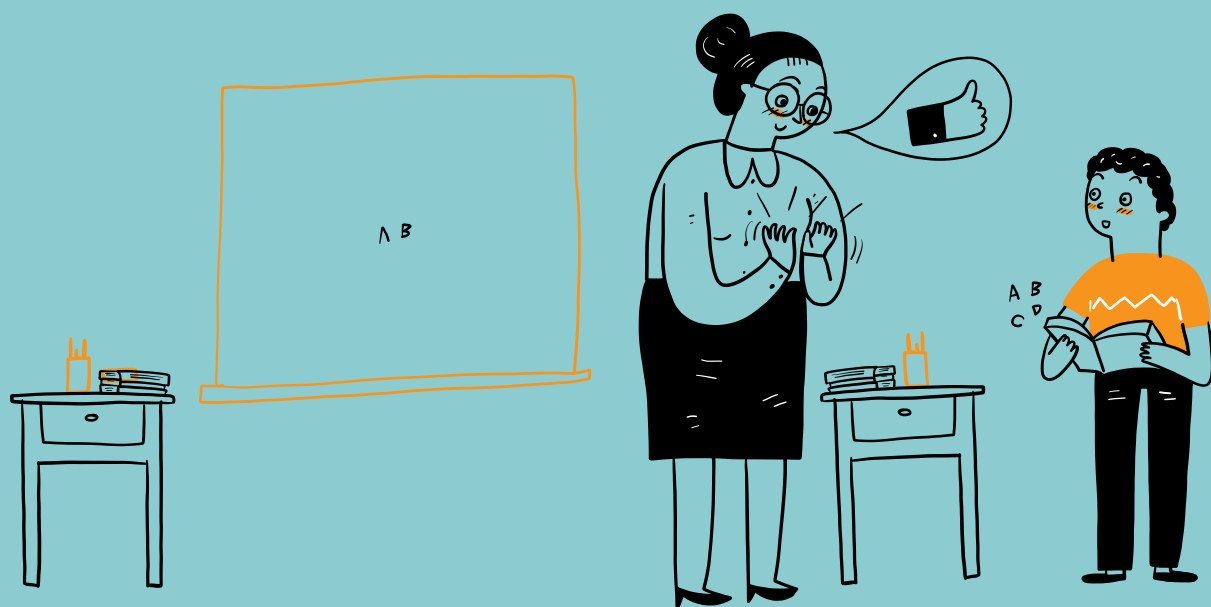
in conversation
with

APARNA SHARMA

THE PARADIGM SHIFT IN EDUCATION

PRINCIPAL, JIVA PUBLIC SCHOOL, FARIDABAD

Aparna Sharma has a demonstrated history of working in e-learning and designing innovative teaching-learning methods. She has also been passionately involved in the betterment of the lives of Children with Special Needs. She is a Gold Medalist in M.Sc. (Family Resource Management) from J.D. Birla Institute of Home Science, Jadavpur University.



School, being one of the agents of socialisation, plays a significant role in a child's life. However, the dynamics of teaching-learning have undergone a sea change in the recent years.

Today's institutions must have an integrated focus on academics, health, family, and community engagement.

School as a Pillar of Society



Holistic Student Support

- Supporting physical, mental, and emotional development.
- Influencing ways of thinking and behaviour.
- Offering individualised mentoring.



Expanded Learning

- Organising after-school study programmes and activities.
- Taking care of mental health, financial literacy, digital literacy, etc.
- Providing enrichment opportunities through arts, sports, apprenticeships, and internships.



Collaborative Leadership

- Creating avenues for civic participation.
- Arranging supplies and resources in times of need.
- Involving community members to fine-tune solutions.

Here are some excerpts from the conversation with a leader and educator fostering the values of Constructivism, Team Work, Integrity, Innovation and Cooperative Learning in her school.

Decoding School Community

Schools promote a sense of community through their culture. Everyone needs to have a shared purpose and collective investment from the students and teachers to the staff and administrators. Parents are also an integral part of the system as they have a nuanced understanding of their child's behaviour patterns. They can be the bridge in disseminating knowledge.

"In the broadest sense, the school community includes everyone learning, teaching, and working in the school. But the contributions of these actors are not visible promptly. It takes time and continuous effort to bring about tangible changes."

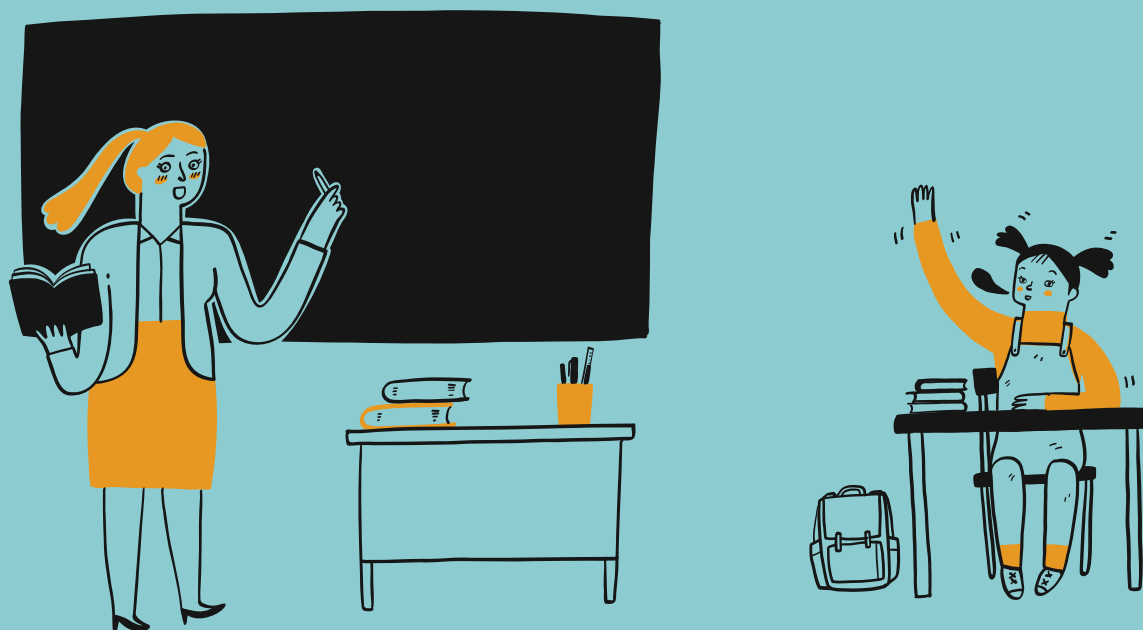
Socialisation Pre-2020 & Now

Earlier, our understanding of social interactions was limited to in-person exchanges. But now, as the dynamics have shifted, how should this definition evolve?



“If we say that the social nature of our children has changed in the online environment, it reflects our thought process over the years. We have grown up in a different kind of environment. But we must know that children can adapt to change easily and take it as a given. This is a new experience for them, and they are finding ways to be comfortable with it. Some students feel liberated by the pressures of uniform rule, coming late, etc.”

Now that everyone is at home, we can see sibling and parent relationships coming to the forefront and children becoming wiser in the process. *“They are using the skills of negotiating with the unknown, problem solving with the unseen. They are learning to control and dictate their learning.”*



The Role of Teachers

Nowadays, education is no longer about what the teacher wants to teach. It is about engaging the students in what they want to learn.

“Earlier, teachers were controlling everything in a four-walled setup. They could look students in the eye, demand their presence, and so on. In the online space, children are either parallelly surfing through the internet or have already gathered that information. Therefore, teachers need to be one step ahead. They have to be well-equipped with handling the ‘why’ questions.”

Social & Environmental Consciousness

To be active and productive members of the community themselves, children should participate in civic activities.

“At Jiva Public School in Faridabad, we follow the SOE philosophy, wherein students are encouraged to take care of the Self, Other, and Environment. Firstly, improving the self includes setting their daily schedule, planning their diet, and improving their physical and mental health. Secondly, they have to take out time to cater to the needs of others around them. Thirdly, they have to engage in saving water, fixing leaky taps, monitoring water and electricity use, etc. Students also plant saplings and put up bird feeders in the balcony or backyards, depending on the space in their homes.”

Personalised Learning & Growth

Content knowledge is not the be-all and end-all anymore. “Students must have the skills to deliver what is expected out of them once they venture out into the world.” To accelerate this transition, schools should provide multiple avenues for children to discover their potential. “We have a program called ‘Multiple Natures’ at Jiva School. Nine natures help you identify your personality type. And after that, you can identify your skill gaps more conveniently and start working towards your career goals.” We need to facilitate protective learning environments where skills are nurtured, and students get to explore and experiment.



A Message for the Youth

“It is not always the case that our advice is old-fashioned or not applicable in modern times. Just like the elders accept the change and modify themselves according to your needs, you should also respect their experience. Share what you know and help us as we help you.”

from the **READER'S PEN**

HOW OUR CHILDREN THINK ABOUT STUDENT-TEACHER RELATIONSHIPS

IGenPlus conducted an online course, 'Chanakya: Master Strategist & Philosopher', taught by Toral Shah. The first session sought to understand participants' thought processes and celebrate their individuality.

Here's a compilation of art and prose that shines a light on how our students look at their teachers and what matters to them the most about this bond.



"When a student is asking questions, the teacher should understand that we learn better when we interact."

-Adrika Singhal



"These hands are a symbol of respect, and the arrows around demonstrate that respect should be both ways; teacher to student and student to teacher."

-Amaya Chadha



"A teacher should understand how the mind of a student works and communicate accordingly, so that they understand all the concepts."

-Anrudh Sanil



"The relationship between a teacher and a student is like a flower. Just like for the growth of a flower, we need sunlight, water, and air, the same way students need the knowledge to grow up mentally."

-Kruparna Zolal



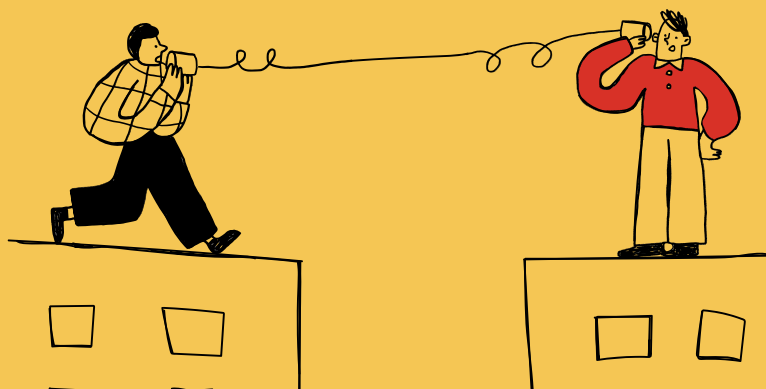
"In the limitless sky, every star has its uniqueness and importance. Similarly, when the child asks questions without hesitation and the teacher answers with insight, both can earn boundless knowledge."

-Ojuswini Sharma



"Effective communication is an excellent way to realise a fruitful relationship between a teacher and a student."

-Parvathi Sajith



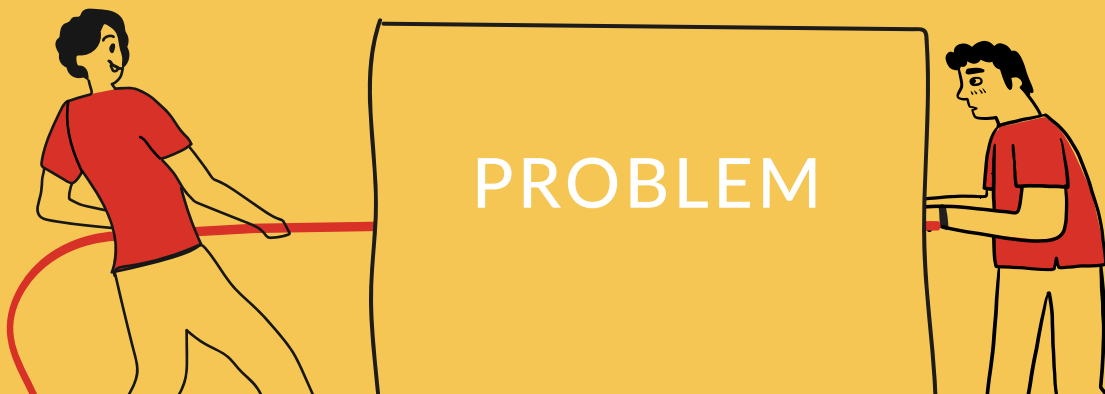
"The relationship between teacher and student should be balanced between strictness and friendliness."

-Yashvir Singh



"To resolve any problem, the teacher and the student should cooperate with each other."

-Aarav Singhal



GAMES CORNER

General Knowledge Quiz

1. 19-year-old Shrishti Goswami became the Chief Minister of which state for a day?

- (a) Uttarakhand
- (b) Himachal Pradesh
- (c) Uttar Pradesh
- (d) Kerala

2. This African country is bordered by six nations and the Mediterranean Sea to the north. The Sahara Desert covers 80% of its land.

- (a) Nigeria
- (b) Algeria
- (c) Botswana
- (d) Angola

3. The Indian recently unveiled the Draft Arctic Policy. India already has a research station in the Arctic region in Norway. What is it called?

- (a) Maitri
- (b) Dakshin Gangotri
- (c) Bharati
- (d) Himadri

4. Ivory Coast is the world's largest producer of _____ .

- (a) Cocoa
- (b) Coffee
- (c) Green Beans
- (d) Eggplant

5. In April 2021, this person became the first first Asian-born to win a major golf championship.

- (a) Ryo Ishikawa
- (b) Isao Aoki
- (c) Hideki Matsuyama
- (d) Will Zalatoris

6. The 4th Edition of the Khelo India Youth Games 2021 (National Programme for Development of Sports) will be hosted by which state?

- (a) Punjab
- (b) Haryana
- (c) Rajasthan
- (d) Karnataka

7. What is the name of Barack Obama's new book that details his political career?

- (a) Dreams From My Father
- (b) Change We Can Believe In
- (c) Of Thee I Sing
- (d) A Promised Land

8. Which Indian actor will be honoured with the prestigious Dadasaheb Phalke Award this year?

- (a) Rajinikanth
- (b) Amitabh Bachchan
- (c) Anupam Kher
- (d) Nana Patekar

9. What is the world's first biofuel-powered commercial rocket called?

- (a) Star Shoot 1.0
- (b) Stardust 1.0
- (c) BioRocket
- (d) Space Uber

10. Identify the country that built the first offshore wind farm, and announced another ambitious plan for an energy island in the North Sea.

- (a) Finland
- (b) Norway
- (c) Denmark
- (d) Russia

GAMES CORNER

Jigsaw Puzzle



Shuffle the blocks to create this image.

Fill in the correct numbers in the Solution Matrix below and share with us on namaste@igenplus.com to win exciting prizes!

Row 1, Column 1:	Row 1, Column 2:	Row 1, Column 3:
Row 2, Column 1:	Row 2, Column 2:	Row 2, Column 3:
Row 3, Column 1:	Row 3, Column 2:	Row 3, Column 3:

the economics of **HAPPINESS**

Historically, social scientists have considered the pursuit of happiness as the fundamental goal of communities and citizens worldwide. In today's global development arena, Gross Domestic Product (GDP) is not the only measure of wellbeing; the 'joy quotient' of populations is also taken into account.



It began in 1972 with the concept of Gross National Happiness, first coined by the 4th King of Bhutan, King Jigme Singye Wangchuck. The Bhutanese resolution tabled at the United Nations (UN) General Assembly in June 2011, proposing that governments make well-being a focus of public policy, led to the curation of an annual World Happiness Report by the UN since 2012. The 2021 Report dedicates a chapter to 'Social Connection and Well-Being', stressing the impact of communication and human connection.



1

Along with psychological factors, social factors and social behaviour—including the quality and quantity of people's social relationships—have been shown to protect wellbeing: World Happiness Report.

2

The book Ikigai mentions that the connectedness of the residents of Ogimi (the village of longevity) comes from belongingness to a community.

3

The relative-wealth hypothesis adds that people's satisfaction does not entirely depend on their absolute wealth but is a function of the people around them.

4

Even psychologists explain it through the concept of hedonic adaptation, stating that achievements do not guarantee gratification because one eventually gets used to them & reverts to the pre-goal state.

While happiness is undoubtedly subjective, practices and policies that foster social connections, community cohesion, and civic engagement can elevate it. Happier people live healthier lives and perform better at tasks and, in turn, aid a flourishing economy.



the future of our cities

The world's population is constantly growing and we need to build resilient cities with sustainable living conditions, so that all of us can survive and prosper.

The United Nations Sustainable Development Goals (UN SDGs) reiterate the same.

Small acts within the local community can make a big difference in creating clean, green, and culturally inspiring living conditions.



how to get involved?



Volunteer

Volunteer in slum housing projects and support the setting up of green spaces in such areas.



Get Local

Shop and eat locally. It would ensure that neighbourhood businesses stay afloat, keep people employed, and circulate money back into the community.



Vote Up

Exercise your voting rights to elect the leaders in your local community.



Get Biking

Commute sustainably – walk, use a bicycle, or take public transport.



Water'em

Contribute to better public spaces – water the greenery, renovate playgrounds, and organise cleanups.



Stay Informed

Stay informed and updated. Following local news and The Global Goals on social media can be a starting point.



the latent need in **EDUCATION:** COMMUNITY LEARNING

SOUMYA AGGARWAL
CEO & CO-FOUNDER IGENPLUS

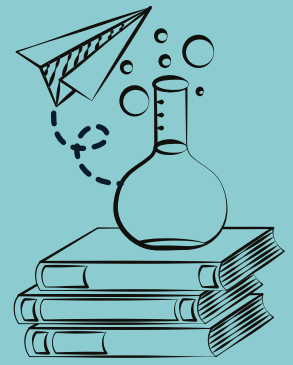
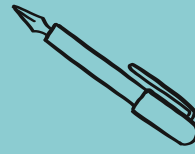
Soumya Aggarwal is the CEO and Co-founder at IGenPlus. She is a graduate from Lady Shri Ram College for Women and HEC Paris.

“If I had asked my customers what they wanted they would have said a faster horse.” This quote is attributed to Ford Motor Company’s founder, Henry Ford. He obviously did not make faster horses but ended up building millions of cars that made commuting faster and convenient. This has stayed a classic description of latent needs for decades. What are latent needs? Latent needs are those requirements that consumers have without realising.

Consumer needs & innovation

In the business set-up, we talk about three types of needs. First, expressed needs. These are what customers say they want when you interview them. For example, asking the customers about the features they want in a coffee machine, they will express needs, such as a speedy coffee-making process, guaranteed after-sales service, elegant design, affordable price, etc. Another kind is an implicit need, which customers take for granted and do not even mention. The third type is what we call latent needs: what customers cannot yet imagine and what will delight them the moment it is offered. This is a major source of innovation.





Latent needs in the education sector

While the travel and entertainment sectors are utilising the benefits of latent needs, it's time that education also looked at the consumer experience through that lens. As our world continues to transition at a highly volatile rate, we need a system that does not focus on building careers. Rather, we need a structure that works towards creating individuals who are prepared for life and exploring the self through community-driven activities. **Communities nourish holistic growth, and the informed individual nurtures the community.**

Why do we need community learning? How can we do it?

At this time when the world is struggling for a stable society and peace of mind, the community seems to be diminishing. The graphs show that the divorce rates are increasing, there are more single parents than ever, and old-age homes are growing exponentially. But living with a community has dual benefits.

One, it reinforces values of togetherness and collaboration. **We learn from each other's strengths and weaknesses, bring out the best in each other and learn to communicate through belongingness and love.** Such positive emotions develop a new person within us, recovering us from fatal diseases, nurturing us with unique skills and a lifetime of memories. What we call a joint family has been experimented as mixing children with elderly in Gothenburg, Sweden. The results as expected have been fantastic in a six week trial, reversing dementia in adults and developing social and emotional skills in children.



Second, it leads to a dynamic education that's not restricted to a few sets of pages, defined curriculum, or static syllabus. **The community-driven education will be close to the world, changing with time and developing the course as the learner grows, not confined with the age of learning but open to all those who want to grow.** These days when traditional families are separated by distance, time, and lack of understanding between generations, community-driven schools can create a congenial environment for growth.

Traditionally, celebrating festivals have been such occasions in our culture. Everyone comes together from the local community, putting together various activities, and learning from grandparents the significance of the festivals, while the younger generations find new ways of celebrating. Such experiences engage students and teach them the value of volunteerism, respect for cultural heritage, and appreciation for the natural environment.

Innovating to the next level

The pandemic has depicted how interconnected and interdependent we are as a society. **Education needs a major reform. It has to move out of the cocoon of rat race, marks, career and all that which confines the individual to corporeal growth.** When education is seeing major changes with tech-based start-ups, we also need an overhaul in the way community learning can be integrated into it.



**This article originally appeared in the print edition of Times of India.*

the power of online **LEARNING COMMUNITIES**

The pandemic has been a stark reminder of the fragility of human life. During this time, we realised the importance of simple things such as going out, maintaining a healthy diet, and talking to our loved ones. It shifted life priorities for a lot of people. **While the whole world has been trying to adapt, one group is adjusting the most: Our Children.** They have been stuck inside. Schools shut. No contact with friends or other activities.

Building Online Spaces During the Pandemic

With parents primarily working from home and children's creative energies looking for a way out, a system had to be developed to engage children in education meaningfully and safely. This is where technology stepped in. Classes shifted to online platforms like Zoom and Google Classrooms. Teachers started innovating their lesson plans to make them more interactive. New methods of assessment were devised. Learning platforms like edX and Coursera also saw all-time high enrollment rates.



how IGenPlus rose to the challenge

At IGenPlus, we also made shifts to contribute to adolescents' holistic growth during this time. We started online courses on 21st-century skills with an 'indic' perspective. Life lessons from Mahabharata, Chanakya, and Buddha were some highlights. But a program that paved the way for us was the **Global Youth Leadership Program**. **What started as a three-month course on creating young leaders is now a five-month integrated program in its second edition. Ten students from all over India are enrolled in it to become conscious leaders of today and tomorrow.**

It was not easy to design a course that imbibed communication, public speaking, and entrepreneurial skills. But we persevered, experimented, and incorporated feedback. We reduced the class duration, increased the internship timeline, and added more group activities and individual projects. We included personalised mentoring and focused on modern-day career fields. The program has reached urban areas as well as remote and rural regions of the country, even including some meritorious students on a full scholarship. The participants love the experience, which motivates us to continue this journey and create even more diverse cohorts in the years to come.



MANAGING FINANCE

a skill for teens or just adults?



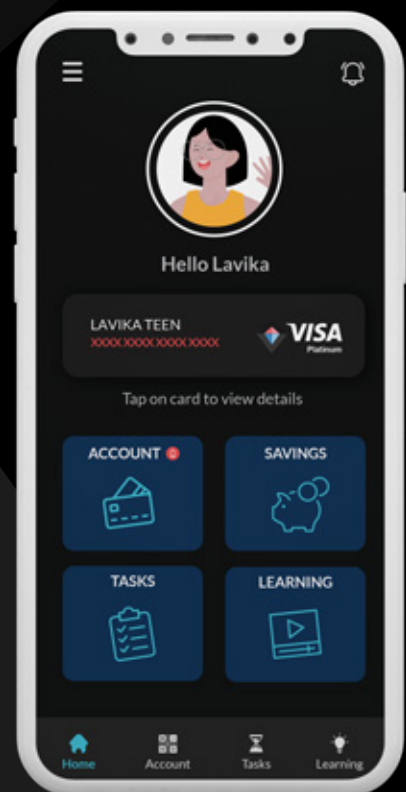
Tired of spending too much and saving less? Are you afraid or often confused about money? It doesn't have to be stressful to spend or save money. Once you learn how to manage your finances, you won't always have to ask mom or dad for a few bucks.

Imagine what your life would be like if someone taught you budgeting or rewarded you for doing a good job in saving up. Let's face the reality, money is an essential part of our lives, your parents know it and you know it. So, why not learn how it's done?

If you learn to spend on the things needed first, you can easily know how much to save for the next thing you wish to buy. You won't be scared of losing all the money when you'll know how to manage it properly.

To make this experience possible and fun, there's a new neobank app, **Akudo** for parents and teenagers to explore. It's a digital bank, only for teenagers that provides you with a personalized debit card, helps save money and earn exciting rewards for completing financial tasks.

This is all possible under the watchful protection of every teen's parents and has been started as a partnership amongst RBL Bank & VISA.



Wondering how it will help?



A unique feature of the spending & saving partition wherein savings will be locked



Akudo platinum VISA debit card to feel like a responsible adult using it for shopping or food



Savings cruise control feature to save 20 or 30% first and spend any amount later



Videos to learn about personal finance and earn badges/rewards for completing tasks

**Show your parents how you make wise use of technology and win their trust.
Ready to take the first step?**

DOWNLOAD THE APP ON YOUR PLAY STORE/APP STORE

What are investments? How do you manage money? How much do you save, how much do you spend? Every 20 year old has these thoughts when they wonder if there's a possibility to save more and earn additional income instead of going from pay-check to pay-check.

Such is the story of Lavika, who did not know much about investments in her late 20s and struggled to understand why and how.

She wondered, money management is a life skill and everyone needs it, no matter their field of expertise then why did no one ever teach us about it?

After days of thinking, her decision was final to do something about this situation and change it not for her but other teenagers. After brainstorming with Sajal, who had been a credit card user since the age of 15 and had read books like 'Rich Dad Poor Dad' before going to college, they found their innovative idea.

From Lavika's scary thought of not knowing anything about her finances to creating a simplified vision of a learning-focused banking experience for teenagers, was born "Akudo". A learning-first neobank app for teenagers.

To execute this vision and enable it with technology, Jagveer joined their team. Now, these graduates from IIT Roorkee and BITS Pilani who have global exposure in the fintech world and a combined work experience of 15 years are together executing their dream.

They aspire to give teenagers the power they deserve, "to be on top of their finances."

teachers' NOOK

USE KWL FOR EFFECTIVE LEARNING

Reading the subject matter is an essential part of classroom activities. But teachers must not stop there; they should ensure that students retain what they read. The KWL method is a valuable tool for boosting literacy skills.

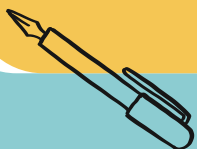
WHAT IS KWL?

KNOW > WANT-TO-KNOW > LEARNED

In this technique, teachers ask their students to answer two questions before reading the material: “What do you know?” & “What do you want to know?”

In the first question, students consider what they are already aware of. In the second part, they write down what they want to learn about the subject or gain from the text.

After the reading, another question is posed: “What Did You Learn?” Here, students summarise everything they gathered from the experience.



HOW TO IMPLEMENT IT?

Suppose you are reading a passage on Italian Cuisine. You can circulate a KWL worksheet and request students to fill it independently. Alternatively, you can divide the class into small groups and assign a notetaker to every group.

At the end of the lesson, the completed worksheets may look like this:

Title		
KNOW	WANT TO KNOW	LEARNED
Pizza Pasta Lasagna Pesto Sauce	History of Italian Cuisine Other kinds of Italian foods Unique features	Evolution of Italian cuisine through social and political change over the years. Most commonly used ingredients in Italian cuisine. Healthy Italian recipes and desserts.

You can also maintain a folder or notebook for this exercise and use it as a study guide for tests.

BENEFITS OF KWL CHARTS

1

They organise information before, during, and after a lesson.

2

They engage students in a new topic and activate prior knowledge.

3

They monitor students' learning as the school year progresses.



career **INSIGHTS**



What is a student portfolio?

It is a compilation of a student's work, performance, and achievements. In today's connected world, it has become pertinent to have digital profiles, convenient to retrieve and share.

GO BEYOND TRADITIONAL BINDERS WITH DIGITAL PORTFOLIOS

Your portfolio is a narrative of your growth. Crafting it yourself can equip you with skills relevant for both personal and professional development.

Here are five online blogging tools that can allow students to transition from consumers of knowledge to creators of their learning journeys.

WordPress

It provides a wide variety of free themes to create a website. The easy-to-understand dashboard lets students upload files of different formats and create an online space that reflects their unique voice.

Edublogs

This tool is very similar to WordPress but curated explicitly for classrooms. It has a simpler interface and offers an intelligent guide on getting started with digital portfolios.

Fanschool

This platform is teacher-moderated and does not require any personal information from students. Teachers can also password-protect posts so that only parents can have access.



W Weebly

This is another free website builder that comes with customisable visual templates. With Weebly, you don't need to be a coding master to add buttons, colour schemes, image galleries, and more.

P Portfolio Gen

Use this online platform to archive and document your accomplishments for personal reflection or demonstrate your professional skills.

THINGS YOU CAN INCLUDE:



GPA and
certifications



Co-curricular
activities



Industry exposure
(field visits, projects,
internships)



Voluntary work



THINGS YOU CAN INCLUDE:



Specific skills
(writing, singing, athletics)



Endorsements
from peers &
teachers



Interests
& goals



Favourite books &
reading material



Body of work
(text, pictures, audio,
video, etc.)

TOP BENEFITS:

- Track progress throughout the school year.
- A valuable resource for college applications & internships.
- Reflect on the lessons later in life.





letters to THE PAST

Bhavya Pandya is a participant of the ongoing Global Youth Leadership Academy.

We asked our readers to write a letter to prominent historical figures and received wonderful entries.



The first letter from the series is dedicated to India's beloved Shastri Ji. He was known for his trademark leadership style and as a great craftsman of uniting divergent views.



Read on to know how our teen delegate expresses his gratitude!

*Sabarmati, Ahmedabad,
Gujarat, India.*

July 15, 2021

Dear Lal Bahadur Shastri Ji,

You are my shining star, who has taught me to walk on the path of truth and honesty, inspiring me to always be kind and respectful to others.

You gave us the slogan "Jai Jawan, Jai Kisan" and showed us the importance of soldiers and farmers. You lived your life with meaning, giving us a message of "Simple Living, High Thinking."

You were the one who protested against the caste system and believed in equality. You taught us to be compassionate, hard-working, and walk the path of integrity.

A big thank you for being our second Prime Minister, for teaching us, and for motivating us with your amazing speeches and life-change quotes. Jai Hind! Jai Bharat!

*Sincerely,
Bhavya Pandya*



teenspiration

IN THE GLOBAL SPORTS SPOTLIGHT

17-year-old Shafali Verma has become the first Indian woman cricketer to hit a six on her Test debut. Playing against England at Bristol's County Ground, she reached the highest score, breaking the record previously held by Chanderkanta Kaul.

Back in 2019, Shafali became the youngest Indian cricketer to play a Women's Twenty20 International match.



Another Indian teenager, Shubho Paul, has been selected in the 'World Under-19 Squad' of the German football club Bayern Munich. The 17-year-old footballer from Howrah is among 15 talented players trained by Bayern at a one-of-a-kind camp.

In addition to sports, the training would focus on team-building and cultural exchange. Notably, young players from around the globe had to send short videos to get selected.

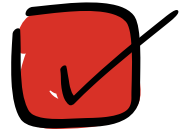


thank us LATER

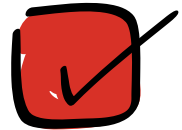
MINDFULNESS ACTIVITY



Take 10 minutes to fill this worksheet.



Take a printout and pin it on your Board.



Enrich your days with positive self-reflection.



Keep coming back to it once a month.





MINDFUL Activity



DATE

Things, people, and places you adore:

One thing you've worked hard to achieve:

One thing that's going well right now:

Two subjects or pursuits you're passionate about:

First thing you do after waking up and the last thing before sleeping:

Three things to look forward to:

--	--	--



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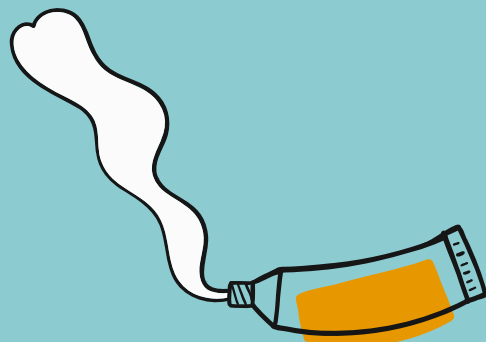


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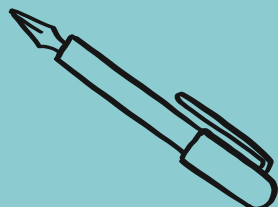
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Teenagers and parents can now learn about mindful living and holistic education on **IGenPlus Blogs**.

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School students are also welcome to reach out on namaste@igenplus.com & pitch their ideas for publication.



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If you are a **Parent** keen on developing the holistic potential of your child.

If you are a **Curious Teenager** looking for new knowledge and opportunities.

We regularly feature community-sourced content.

WHO CAN CONTRIBUTE?

Students (13-19 Years)

Parents of Teenagers

Elementary, Middle, and High School Teachers

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If you have a business that caters to teenagers and young adults, we would love to connect and explore synergies.



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General Knowledge Quiz

ANSWERS



1. (a): Uttarakhand

The state government wanted to highlight that the youth can excel in administration while working for people's welfare.



2. (b): Algeria

Algeria is the largest country in Africa. It is situated along the Mediterranean coastline and has a Saharan desert interior.



3. (d) Himadri

The other three facilities are part of the Indian Antarctic programme.



4. (a) Cocoa

The country generates 40% of the global supply of coca and is highly dependent on the crop for its exports.



5. (c) Hideki Matsuyama

Matsuyama won the 2021 Masters Tournament, becoming the first Japanese man to do so.



6. (b) Haryana

Under Khelo India 2021, the games in the Under-18 category will be organised from November 21 to December 5 in Haryana.



7. (d) A Promised Land

A Promised Land by Barack Obama is a memoir that talks about the journey of the 44th US President from 2009 to 2017.



8. (a) Rajinikanth

It was announced that Rajinikanth would receive the 51st Dadasaheb Phalke Award for his iconic contribution as actor, producer and screenwriter.



9. (b) Stardust 1.0

Powered by bio-derived fuel, Stardust 1.0 took off from Maine, flew a mile into the sky, and parachuted back to the Earth.



10. (c) Denmark

Denmark's Energy Island could potentially supply energy to 10 million homes.

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