

PRAGYAN

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From the Principal's Desk

Dear KTGS Family

As we reflect on the first quarter of this academic year, I feel proud of the remarkable achievements and memorable moments we have shared. This quarter has been quite eventful with key milestones reflective of our students' growth and dedication. At KT Global School, we believe in nurturing not just academic excellence but also the essential life skills that empower our students to thrive in an ever-changing world. We create multiple opportunities to further this vision.

In this quarter we welcomed a team of students from Vardhman International School, Jaipur as part of our student exchange programme. This was a wonderful opportunity for cultural learning and global exposure of our students, fostering new friendships and broadening their perspectives. The vibrant performances and achievements showcased by our students during our Annual Day celebration filled our hearts with pride. Our school campus reverberated with patriotic fervor and salutations to the motherland as we observed the 76th Republic Day.

We also celebrated the graduation of our tiny tots from Nursery School to the Primary Section. We couldn't stop admiring the confidence and charisma our little explorers displayed during the Graduation Day celebration. Alongside these moments of fun, celebration and creative engagement, this quarter also demanded focused preparation for final term examinations. Our students demonstrated hard work and perseverance, successfully completing their exams. It was heartening to see the significant progress they have made in their academics, reflected in their assessment results.

This quarter has already seen remarkable progress — from creative classroom projects and stage performances to students overcoming their fears and facing exams with confidence. Such moments remind us that learning is not just about mastering concepts but also about building resilience, curiosity, and courage. At KTGS, we remain committed to nurturing well-rounded individuals through activity-based learning, encouraging curiosity, creativity, and confidence in every child.

I extend my heartfelt gratitude to our dedicated teachers, supportive parents, and, most importantly, our dear students for making this quarter so memorable. Let us continue to work together to inspire our young learners to dream big, think without limitations and achieve their best.

Warm Regards
Rinku Sarangi
Principal, KT Global School

Campus Round-up (Jan-Mar)

Nurturing Tomorrow's Grandmasters

The 1st KT Global School Grandmaster Coaching Camp was held at our school campus from 24th Dec 2024 - 2nd Jan 2025. We proudly hosted Russian Grandmaster Boris Savchenko to lead this camp. Chess enthusiasts from across Odisha participated in this camp. This 10 day long

camp provided all participants with a unique opportunity to train in strategy and techniques under professional guidance, to master the game of chess. A special thanks to IM Rakesh Kumar Jena for his dedicated efforts in making this camp a huge success.





POSH Awareness Session at KTGS

As part of our continued efforts to promote a safe and respectful environment in our campus, KT Global School conducted a comprehensive training session on Prevention of Sexual Harassment (POSH) Act. This session aimed to educate students, faculty, and staff about their rights and responsibilities while fostering a secure and inclusive campus environment. This initiative underscores our commitment to maintaining a culture of dignity, respect, and protection for the entire KTGS community.

Welcoming Student Exchange Team from VIS, Jaipur



The KTGS community warmly welcomed a vibrant team of students from Vardhman International School (VIS), Jaipur as part of our student exchange program. This week-long exchange program offered students of both the host and visiting schools, a unique opportunity to learn, collaborate, and broaden their perspectives. It was an incredibly enriching week for all students, filled with many creative, cultural and engaging activities. It was an interesting experience as both student groups represented the beauty of their culture and showed respect to that of the other group.

KT Global School honoured at Odisha Disability Conclave 2024

KT Global School is incredibly honoured to have received the prestigious Best Inclusive School award in the Excellence in Disability Empowerment category by VIEWS-India at the Odisha Disability Conclave 2024. Since inception, our school has been sincerely dedicated to empowering every child, regardless of their abilities to reach their full potential. This award is a testament to our commitment and sincere efforts in promoting inclusivity and providing an encouraging environment for every student.



Unveiling of Sabda Brahma: A Celebration of Words and Melody

KT Global School proudly hosted the Sabda Brahma Poetry Festival, a vibrant celebration of language and creativity organized by Mood Swing, Odisha. The event marked the unveiling of the anthology Sabda Brahma, a tribute to the legendary Padma Shri Prafulla Kar and Shri Akshaya Mohanty. The festival brought together acclaimed poets and emerging talents who captivated the audience with enchanting multilingual recitations, beautifully blending poetry with music.



Observing Green Day on Makar Sankranti

At KTGS, we have a unique way of combining our traditional festivities with meaningful activities to build awareness and responsibility for our environment. On the occasion of Makar Sankranti, our pre-primary students led a special Green Assembly highlighting the importance of sustainable living and the SDGs. The little ones captivated the audience with their call to protect and preserve nature. They also presented a thoughtful skit to drive home the message of going green.



Annual Day Celebration

The KT Global School Annual Day function was a splendid showcase of creativity, culture, confidence and camaraderie. From tiny tots to our senior students, different groups presented a rich extravaganza of entertaining performances which left the audience impressed. The achievers in academics and extracurricular activities were also felicitated on this occasion. The function was attended by students, faculty, staff and dignitaries of KTGS and IIG Group.



KT Global's Sports Excellence Honoured

Our U-12 cricket team made us proud by securing the Runner-Up position in the prestigious Inter-school Cricket Tournament organized by the Veteran Cricket Association, Odisha at Jagannath Stadium, Puri. Adding to the achievement, the VCA also honoured KT Global School as the Best School Promoting Sports. This double honor highlights our school's dedication to nurturing young talent and encouraging a strong sporting spirit.



Chota Cop: Creating Awareness about Road Safety

KT Global School partnered with YII and Odisha Police for the "Chota Cop" initiative, aimed at promoting road safety awareness. On this occasion, Khurda SP Sagarika Nath, visited the KTGS campus and interacted with our students encouraging them to become guardians of the road. This event was a thoughtful step towards safer streets and responsible citizenship.





Promoting a Truly Colourful Holi

Continuing with the KTGS tradition to enhance every festivity with meaningful celebrations; we conducted an organic pre-Holi workshop. Students from Grades III-VIII learned how to make natural colors, enjoyed creative activities, and celebrated the spirit of Holi in the most vibrant way! Students were encouraged to use and promote organic colours to ensure a safe, healthy and eco-conscious Holi celebration.



Women's Day Celebration at KTGS

International Women's Day was observed at KT Global School with pride and purpose. On this occasion, all our women employees were honoured for their incredible strength, innovation, and resilience. The KTGS amphitheatre echoed with joy, laughter, and celebration as the entire KTGS community came together to express their respect and appreciation for women and womanhood. It was a memorable evening with a colourful showcase of music, dance, felicitations and heartfelt tribute.

Honouring the Women Entrepreneurs

Prior to the celebration of International Women's Day, KT Global School proudly recognized the inspiring women entrepreneurs of BNI India Sapphire on March 4, 2025. Mrs. Rinku Sarangi, Principal KTGS delivered a powerful speech applauding their resilience, dedication, and leadership. Each entrepreneur was honoured with a token of appreciation for their remarkable achievements in business and their role in inspiring others to break barriers and redefine success.



It's Raining Awards for KTGS

We, at KTGS, feel both elated and humbled by the series of rewards and recognitions being conferred on us. After the Times Business Awards and Inclusivity Award, KT Global School has again been honoured as the No.1 Emerging Residential School at the 3rd Odisha Mining and Infrastructure Conclave. This prestigious award was presented by the Hon'ble Governor of Odisha Dr. Hari Babu Khambampati, at the Baramunda ground, Bhubaneswar. This recognition reflects our commitment to excellence in sports-integrated global education, empowering students with holistic learning experiences.



Graduation Day Ceremony

Our little explorers of the pre-primary section celebrated their Graduation Day with joy and pride. This ceremony marked a significant milestone in their learning journey as they transitioned from Kindergarten to Primary School. Mrs. Rinku Sarangi, Principal, KTGS, along with esteemed dignitaries of IIG Group graced this occasion. They encouraged and blessed the young learners to enjoy their schooling and achieve greatness in the years to come.



Another proud milestone for KT Global School!

KT Global School has been honored with a media award from Sindhuja Publication as one of the Best Emerging Global Schools in Odisha, on the occasion of their 13th Annual Function. The function was organised at the Gita Gobinda Bhawan, Bhubaneswar, on Feb 15, 2025. Dr. Manoranjan Mishra, Director of International Relations, KT Global School received this prestigious award on behalf of the school.



Teacher's Insight

Often seen as an intimidating subject by many students, mathematics can become both interesting and enjoyable with the right teaching approach. **Mr. Asim Mohanty, a young and dynamic educator at KT Global School shares his insights to make maths fun and engaging for all students.**



Asim Mohanty
MSc. Mathematics, TGT

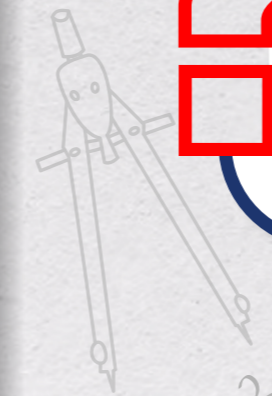


Q1. Mathematics is often seen as a challenging subject by students. Can you tell us why?

Ans. Well, one reason for this might be the preconditioning of a child's mind. Many parents unintentionally instill the idea that mathematics is a difficult subject filled with complex formulas, from an early age of the child. They believe if a student is weak in math, he/she can't be good at any other subject as well. These ideas can create anxiety in children as they develop a fear rather than interest for the subject. Additionally, some teachers may not address students' doubts repeatedly. This combination of preconceived fear and unresolved doubts often makes mathematics seem more challenging than it actually is.

Q2. How do you make your class engaging? Can you share some examples?

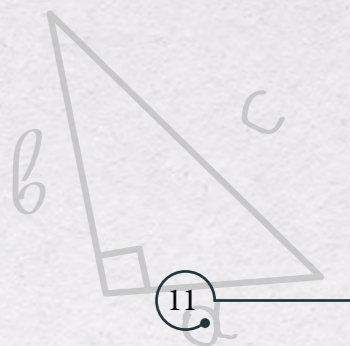
Ans. I believe a class can be made interesting and engaging through interactive learning, activity-based methods, and regular Q&A sessions. Creating a cordial and more accessible environment is equally important as it encourages students to ask questions without hesitation. To make lessons more engaging, I also prefer to conduct classes outside the traditional classroom setting. For example, we conduct sessions in the lab or outdoors to provide students with practical, hands-on learning experiences. This approach is more aligned with the needs of today's generation, where applied knowledge holds greater value than rote memorization.

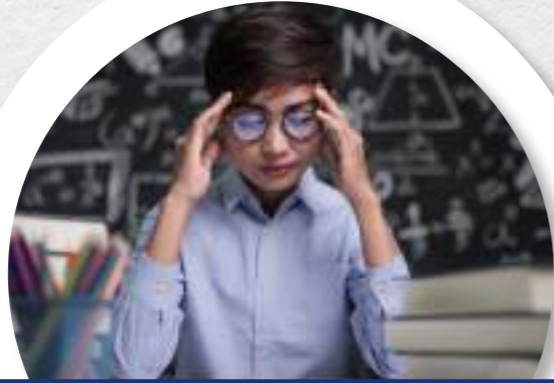


$$a^2 + b^2 = c^2$$

$$x^2 = A$$

$$\begin{aligned} 4 \times 1 &= 4 \\ 4 \times 2 &= 8 \\ 4 \times 3 &= 12 \\ 4 \times 4 &= 16 \\ 4 \times 5 &= 20 \end{aligned}$$



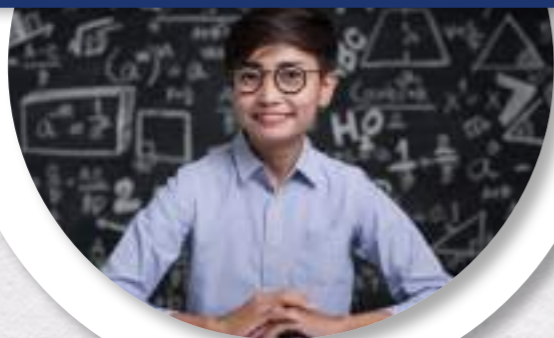


Q3. How do you identify and support students who struggle with mathematics?

Ans. I generally try to assess their understanding of fundamental concepts like number systems and simple mathematical operations. Regular assessments and observation during class activities also help teachers in identifying gaps in students' learning. Once these gaps are identified, we provide targeted support through personalized guidance, extra practice sessions, and simplified explanations to help them build a stronger foundation in math.

Q4. Have you observed any change in your students' perception of mathematics over the course of time you have taught them? Can you elaborate, how?

Ans. Yes, ofcourse. When I first joined the school, most students in my class considered maths as a tough subject. However, over time, their perception has improved, as they gained the ability to solve problems independently. With better understanding of fundamental concepts, my students now feel confident in the subject. It has sparked their interest in mathematics.



Q5. What kind of equation do you have with your students?

Ans. Since the age gap between me and my students is not very large, they often see me as an elder brother. This bond allows them to share their concerns and challenges with me openly. As a class teacher too, I try to foster a friendly and approachable atmosphere where my students feel comfortable to frankly interact with me.

Q6. Do you enjoy being a part of the KTGS community? What makes this school special?

Ans. Yes, I really enjoy being a part of the KTGS community. What amazes me most about this school is the thoughtfully planned infrastructure to support students' holistic development. Besides, the school encourages and acknowledges curiosity which creates a love for learning in students. Moreover, KTGS emphasizes activity-based learning rather than rote memorization, fostering a deeper understanding of concepts. Beyond academics, the whole KTGS community feels like a close-knit family which makes the experience even more fulfilling.



CREATIVE CORNER



THE MYSTERIOUS SHADOW

It was a dark and eerie night in the middle of a harsh winter. Suddenly a chill went down my spine as I felt someone's presence. It felt like someone was behind me. Suddenly I turned my head, and I saw a shadow running to hide. I was terrified and my face turned pale. "Now I have to escape this forest, but how?" I said, shivering intensely. I forgot that I was starving to death and that was the reason I came to the forest. But now I was thinking that it's prudent to leave. The bushes were shaking, I was shivering, the shadow was not leaving. Everything was happening so fast that I forgot what happened to me and I became unconscious.

Then I tried to open my eyes, and I realised that I was tied to a chair. I tried to scream but the shadow caught my eye again, but this time I carefully examined the shadow. It looked like an odd, tall, and mysterious figure. But I thought that I had to escape that shed. The kidnapper did not know that I am a jiu-jitsu master. I freed myself as fast as I could and left that shed. This time the shadow was in its true form. The thing can be described as a black, ten feet tall figure with oddly long hands, holding a bloody knife. I accepted my fate as he was about to stab me. Suddenly I opened my eyes and found that all this was a horrible dream. Finally, I was so relieved that I managed to go back to sleep.

Ishani Mishra , Grade: -VI

The Timeless Tale

The Mahabharata, an epic of unparalleled scale and complexity, transcends its origins as a Sanskrit poem to become a timeless tapestry of human experience. It is a narrative that explores the depths of dharma, the intricacies of familial relationships, and the devastating consequences of unchecked ambition. This epic, attributed to the sage Vyasa, continues to resonate with audiences across generations, offering profound insights into the human condition.

At its core, the Mahabharata is the story of a dynastic struggle between two branches of a royal family, the Pandavas and the Kauravas, for control of the kingdom of Hastinapura. This conflict, however, serves as a backdrop for a much broader exploration of ethical dilemmas, moral ambiguities, and the enduring battle between good and evil. The characters, each with their own strengths and flaws, embody the complexities of human nature, forcing readers to confront uncomfortable truths about themselves and the world around them.

The concept of dharma, or righteous duty, permeates the entire narrative. The characters are constantly grappling with their obligations to family, society, and themselves, often facing agonizing choices that challenge their moral compass. Yudhishtira, the embodiment of righteousness, struggles to uphold his principles in a world rife with deception and violence. Arjuna, the valiant warrior, wrestles with the moral

implications of war and the duty to fight his own kin. Even the antagonist, Duryodhana, driven by envy and pride, believes he is acting in accordance with his own distorted sense of dharma.

The epic also delves into the complexities of familial relationships, showcasing the profound bonds of love, loyalty, and betrayal that shape human lives. The unwavering devotion of the Pandava brothers to each other, the tragic bond between Karna and Kunti, and the blind affection of Dhritarashtra for his sons are all portrayed with remarkable depth and nuance. These relationships, marked by both extraordinary acts of selflessness and devastating betrayals, highlight the inherent fragility of human connections.

The Kurukshetra war, the climax of the epic, serves as a stark reminder of the destructive power of unchecked ambition and the devastating consequences of violence. The battlefield becomes a stage for the ultimate confrontation between dharma and adharma, where the lines between right and wrong become blurred. The Bhagavad Gita, a philosophical discourse embedded within the Mahabharata, provides a profound exploration of duty, devotion, and the nature of reality, offering solace and guidance to those grappling with existential questions.

Beyond the grand narrative of war and politics, the Mahabharata is also a repository of wisdom, encompassing a vast array of philosophical, ethical, and practical teachings. It explores themes of karma, reincarnation,

and the cyclical nature of time, offering a comprehensive worldview that continues to inspire and challenge readers. The stories of kings, sages, and ordinary people, interwoven throughout the epic, provide valuable lessons about life, death, and the pursuit of meaning.

The Mahabharata's enduring appeal lies in its ability to reflect the timeless struggles of humanity. It is a story that resonates across cultures and generations because it speaks to the universal experiences of love, loss, ambition, and the search for meaning. The epic's characters, with their flaws and virtues, remain relevant because they mirror the complexities of human nature. The Mahabharata, in its vastness and depth, remains a timeless testament to the enduring power of storytelling and its ability to illuminate the human condition.

Payal Priya Sahoo
Grade- XI



Inside the Minds of Future Innovators

Our future is full of opportunities and innovation. Future innovators are those in whom lies the valuable qualities of curiosity, creativity and determination. They have minds who embrace unique ideas to create new answers or advancements that can bring about a positive change in the era of globalisation. Vincent Van Gogh once said “Great things are not done by impulse, but by a series of small things together.” This quote denotes that milestones are not achieved suddenly; they are the result of

many small efforts. The success for the future innovators will come from their ability to think differently and take up challenges instead of running from them.

What makes a difference between these innovators is their proficiency to see the opportunities, while everyone else sees barriers. The ability to not just tolerate but to capitalize on uncertainty is the pathway to advancements that will have a positive impact on the world. These innovators do not get discouraged after a failure. Instead, they take it as a challenge and keep on trying till they

succeed. Future innovators have a strong desire to learn and always want to know more. Future innovators will always have a focus on gaining knowledge. Working together across the globe, they inspire citizens to think out of the box and motivate others, explaining to folks that the upcoming years are in our hands only. Their skill to deal with global issues with new and innovative ideas will shape a brighter and sustainable future for every person on this globe.

Snigdh V. Hari,
Grade- VIII



RESPECT

Once upon a time, there lived a king who did not understand the true meaning of respect. One day he decided to visit a village in his kingdom and started asking people to show him respect.

His ministers warned him not to do this, but the king did not listen.

To make things worse, a palace voting was conducted in the village. The head of the ministry

announced, “You may vote for the current king or for someone else, if you wish to. The people, unhappy with the king’s behaviour, got upset. This led to a commotion.

Suddenly an old man stood up and called out, ‘Stop!’. The crowd fell silent. The old man turned to the king and said, “The reason people dislike you is because of your actions. Respect isn’t something you can demand, you have to earn it. As a king you should focus on caring for your

people and doing good for them. When you act with kindness and fairness, respect will naturally follow.”

Hearing the old man’s wise words, the king finally understood what respect truly meant.

Moral of the story: “What you give is what you get.”

Korada Rana Vayunandh
Grade -V

Awards and Accolades



KT Global School was conferred with the 'Leader in Global School Education & Integrated Sports Excellence' award at the Times Business Awards 2024



KT Global School is recognized as the **Best Emerging School in Odisha** in the Times School Ranking Survey, Odisha 2024



Awarded by Sindhuja Publication as One of the Best Emerging Global Schools in Odisha



Best Inclusive School Award in the Excellence in Disability Empowerment category at the Odisha Disability Conclave 2024



Recognized as No.1 Emerging Residential School at the 3rd Odisha Mining and Infrastructure Conclave

Health and Wellness

Mindful Eating: The Secret to Healthy Living

"The food you eat can be either the safest and most powerful form of medicine or the slowest form of poison."

– Ann Wigmore
(Holistic Health Practitioner & Naturopath)

Food is one of the fundamental necessities of life. It provides us with all the nutrients required for our growth and sustenance. Moreover food also has a significant impact on our mental health and emotions. Food supplies us with the fuel that keeps us going. Hence, what's in that fuel makes all the difference for us. Just as a high-performance car requires premium fuel, our bodies and minds thrive on



nutritious food. Compromising on this 'fuel' can harm both our physical and mental well-being.

Balanced Diet - Fuelling our body the right way

A balanced diet is the right combination of adequate nutrients needed by our body to function smoothly. A well-balanced diet comprises all essential macronutrients, micronutrients, antioxidants and water. It provides carbohydrates for energy, proteins for growth and repair, healthy fats for maintaining the body's energy reserves, vitamins and minerals for building immunity and water for hydration. Eating a variety of nutrient-rich foods supports both our physical and mental well-being.



Mindful Eating: What is it & How does it Promote a Balanced Diet?

Mindful eating refers to being fully involved in the experience of eating and relishing every bite. Unfortunately, with the growing distractions and fast track lifestyle, the culture and practice of mindful eating is on a steady decline. Adults and even children now-a-days are mostly hooked to their TV or mobile screens while eating a meal.

Mindful eating on the other hand encourages individuals to pay attention to their food, on purpose, moment by moment, without judgement. It focusses on an individual's sensual awareness of the food and their experience of eating it. Besides making one aware about what they are eating or how much, it has other far reaching benefits like developing positive emotions like gratitude for the plate of food we receive. According to an article published in the National Library of Medicine, within a mindful approach, the person's choices often are to eat less, savor eating more, and select foods consistent with desirable health benefits.



How Mindful Eating Benefits students?

Mindful eating promotes healthier habits in children from their formative years, making it part of their discipline routine. Eating slowly and savoring each bite makes children aware of fullness cues, thus preventing overeating. Also, eating without distractions like phone or TV enhances their dining experience. With a mindful approach, children chew their food well, developing better digestion and immunity. This also leads to a healthier relationship with food in the long-run. Moreover, for students it helps in improving focus, thus enhancing academic performance.

Tips for Practicing Mindful Eating



Avoid screen time during meals



Try to focus on all aspects of your food like its colour, texture, smell



Eat smaller portions and chew thoroughly



Recognize emotional eating and choose healthy alternatives



Try to identify hunger and fullness cues



Share meals with family and engage in conversations but only after paying attention to the food on plate



Notice the effects of food on your feelings and body



Appreciate your food

Mindful eating is about nurturing the body and mind. By focusing on what and how we eat we cultivate an awareness of an important daily routine crucial to our health. Let's embrace mindful eating and build a community that values nutritious choices.

Fun Activity: Rainbow Plate Challenge - Create your very own rainbow plate with fruits, vegetables or berries of at least 7 different colors (aim for the rainbow colours). Click a picture and share in your class. Let's see who makes the perfect rainbow plate.





Life Hacks

Unlock the Power of Consistency

You all must have heard the story of 'The Hare and the Tortoise' in which the swift hare loses a race to the slow tortoise. Moral of the story - Slow and steady wins the race, 'steady' being the key factor. This story beautifully demonstrates the power of consistency through the character of the tortoise who, though extremely slow in comparison to the hare, wins the

race as it keeps moving steadily while the overconfident hare becomes complacent and dozes off before reaching the goal.

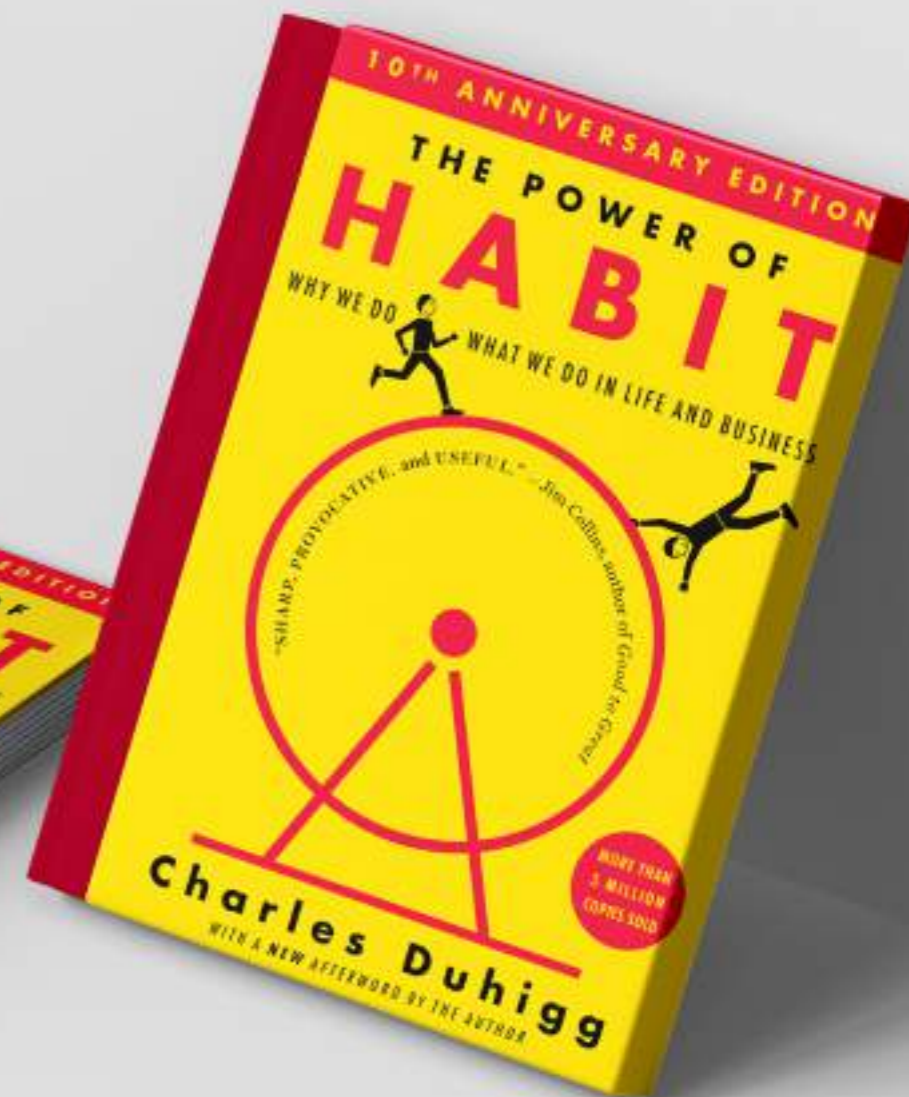
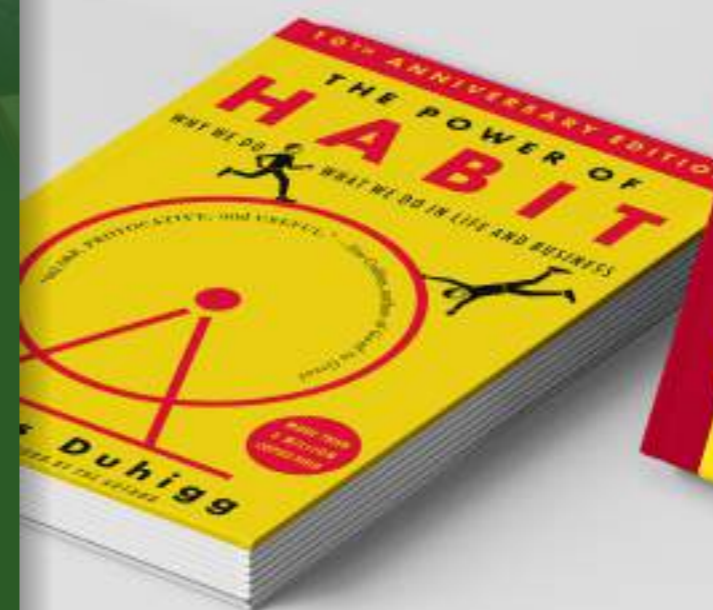
Consistency is showing up everyday for something you want to achieve. It is the art to keep going, even when you do not feel like it. The progress might be slow but over time these regular efforts are more likely to yield bigger results than sudden bursts of energy or momentary actions. Consistency can lead to a powerful snowball effect. Small efforts done regularly add up over time, resulting in significant progress.

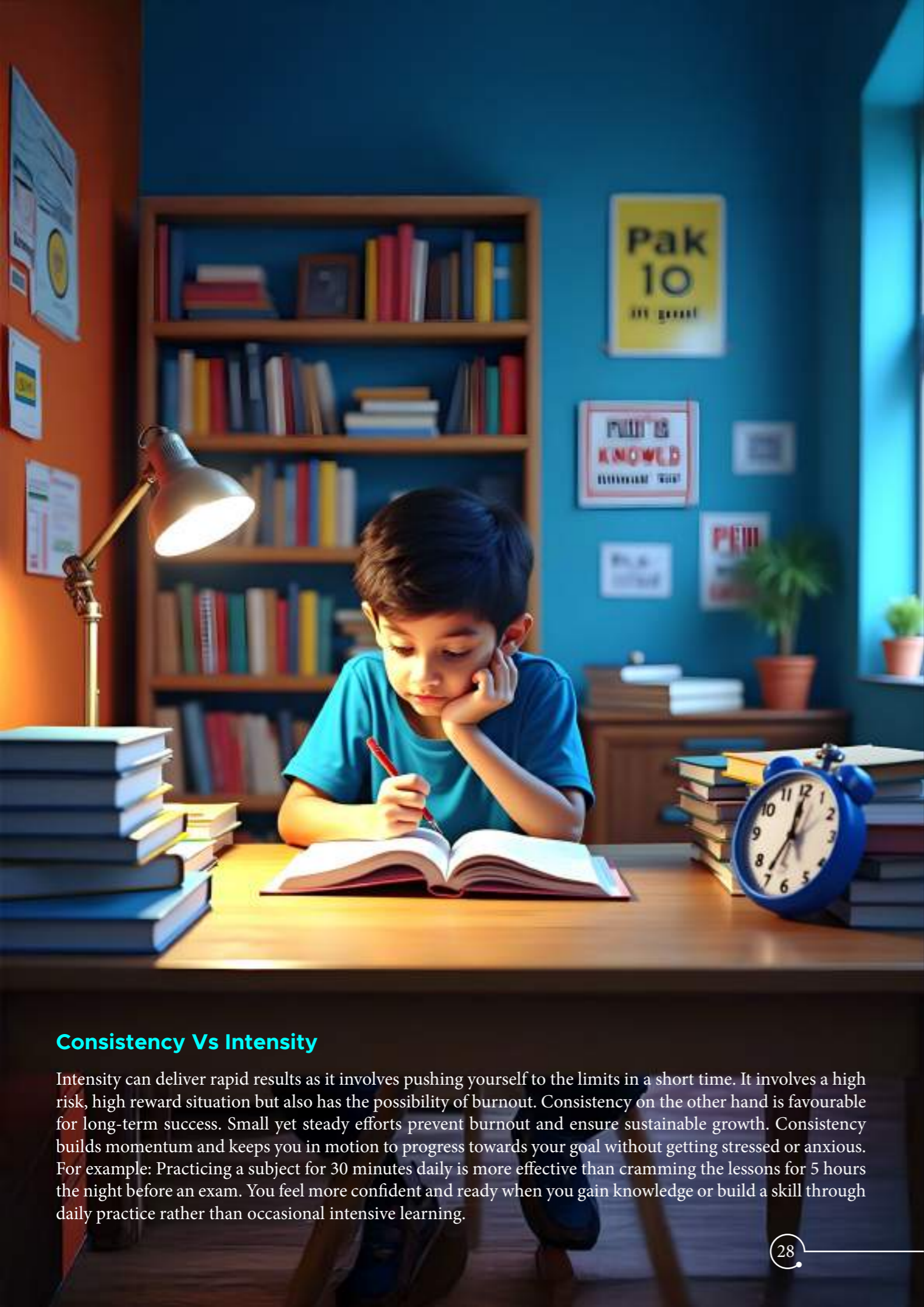
For students especially, consistency is a powerful skill to have, as it helps them form good habits for lifelong success. Take a moment to think about all those things which you do as routine and how they benefit you. For example, brushing your teeth daily maintains your oral health. Practicing a sport, studies or hobby enhances your mastery over the skills. The power of consistency is profound yet hugely underrated. Inconsistency is the culprit that squanders away your true potential while consistency helps you uncover strengths and opportunities you didn't even know existed.

The Science Behind Consistency

Consistency has its roots in psychology and neurology. Research shows that when we do something repetitively, neural pathways are formed in the brain, making these actions more automatic over time. This concept, known as "neuroplasticity," suggests that consistency rewires the brain, shaping our thoughts, emotions and behaviours.

Pulitzer-prize winning author Charles Duhigg, in his book "The Power of Habit," explains how habits are formed through a loop of cue, routine and reward. Consistently repeating the routine reinforces the neural pathway associated with that habit, making it more automatic. Over time, these habits define our daily lives. A study by psychologist Gail Matthews found that those who wrote down their goals and consistently shared progress with a friend were 33% more likely to achieve them.





Consistency Vs Intensity

Intensity can deliver rapid results as it involves pushing yourself to the limits in a short time. It involves a high risk, high reward situation but also has the possibility of burnout. Consistency on the other hand is favourable for long-term success. Small yet steady efforts prevent burnout and ensure sustainable growth. Consistency builds momentum and keeps you in motion to progress towards your goal without getting stressed or anxious. For example: Practicing a subject for 30 minutes daily is more effective than cramming the lessons for 5 hours the night before an exam. You feel more confident and ready when you gain knowledge or build a skill through daily practice rather than occasional intensive learning.

Practical Tips for Building Consistency



Take Small Steps: Small and doable tasks are the key to long term success. Begin with small steps and achievable targets like reading 1 page daily or a 15 minute exercise routine. These small steps done regularly will lead to big changes over time.



Monitor Your Progress: Try to track your progress through a habit tracker or maintaining a journal. It helps you to stay motivated.



Set a Routine: Assigning a specific time and duration for your task ensures a higher chance of continuity.



Celebrate Your Milestones: Rewards encourage you to continue the journey further. Hence celebrate every small win to stay true to your daily commitment.



Be Kind To Yourself: The discipline to do something consistently is a learned skill that needs to be constantly worked on. Hence, if you miss a day, don't be hard on yourself. Don't fret or frown, just restart and keep up the good work.

Remember, life is a marathon and not a sprint, so pace yourself and stay committed for the long haul with the power of consistency.

DIY Corner

Make Your Own Solar Oven in 7 Easy Steps:

List of Things Needed:

- Cardboard pizza box
- Box knife or scissors
- Aluminum foil
- Clear tape
- Plastic wrap
- Black construction paper (Cardstock Paper)
- Newspapers
- Ruler or wooden spoon
- Thermometer (if you want to check temperature inside your oven)



Note: Do this project with an adult's assistance to help you with cutting and handling hot surfaces.



Step 1

Use scissors or a box knife to cut a flap on the pizza box lid. Cut three sides, leaving an inch from the edges. Fold the flap up.



Step 2

Cover the inner side of the flap with aluminum foil so that it will reflect rays from the Sun. To do this, tightly wrap foil around the flap, then tape it to the back, or outer side of the flap.



Step 3

Create an airtight window for sunlight to enter the box by taping a double layer of clear plastic wrap over the flap opening. Leave about an inch of plastic overlap around the sides and tape each side down, sealing out air.



Step 4

Place black construction paper on the bottom of the box to absorb heat. The black surface is where your food will be set to cook.



Step 5

Roll up newspaper sheets and tape them along the inside edges to trap heat. Ensure the lid can still close.



Step 6

Position the oven outdoors from 11 am to 3 pm when the sun is overhead. Angle the flap to reflect sunlight onto the plastic window. Use a ruler to prop the flap at the right angle.



Step 7

Place food on a clear plastic or glass plate inside the oven. (You can add a thermometer to monitor the temperature.) Try making toast, nachos, or warming leftovers. Enjoy your solar-powered treats!

Caution: The glass plate can get really hot. Use oven mitts or potholders to lift the glass dish out of your solar oven.

Working Principle

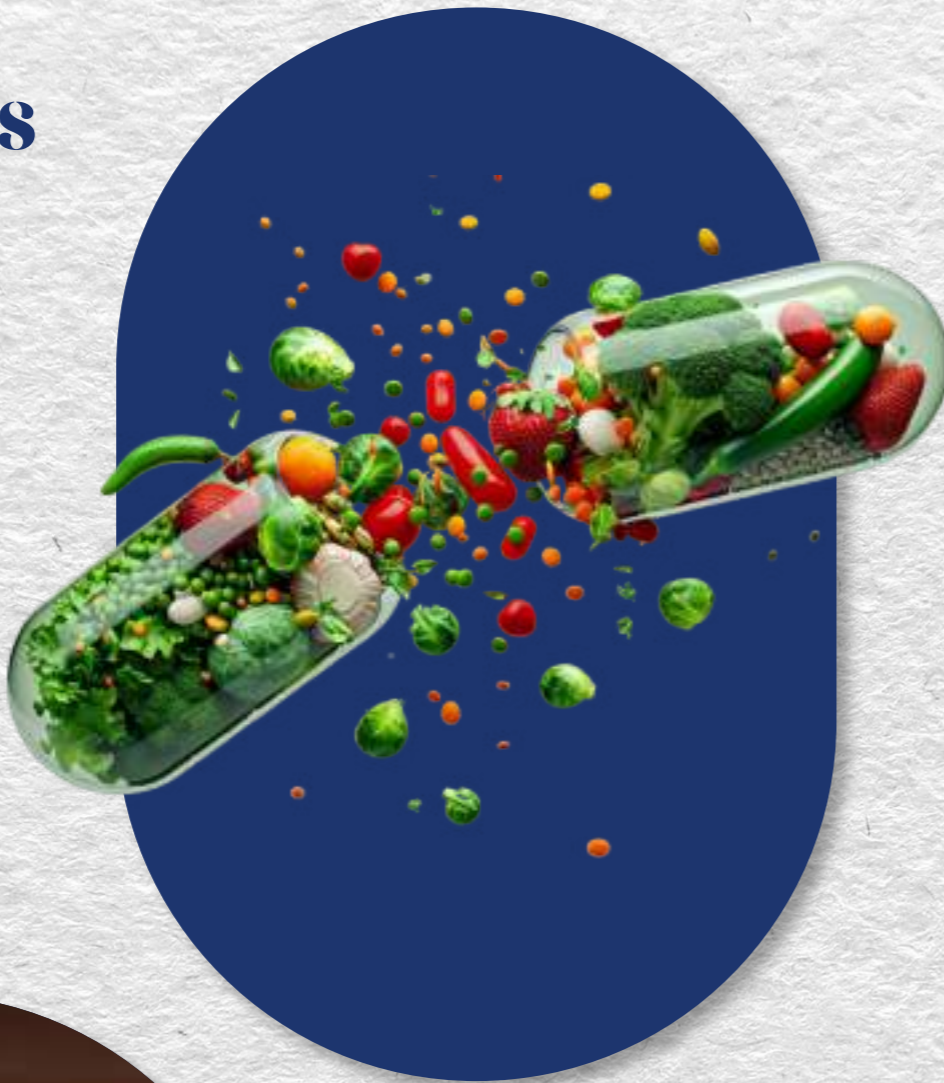
A solar oven traps heat from the Sun to cook food using simple materials. Sunlight reflects off the foil flap and passes through the plastic window, entering the box. The black construction paper inside absorbs and retains heat, while the newspaper insulation prevents heat from escaping. This creates a warm, enclosed space, allowing the oven to reach up to 200°F (93°C) on a sunny day. Although it cooks slower than a conventional oven, it's a safe, eco-friendly way to harness solar energy for cooking.

Source Credit: https://www.homesciencetools.com/article/how-to-build-a-solar-oven-project/?srsltid=AfmBOooR-uhgIyJPI1jwqJJ_tddPURyYwzo-JreCJey6q7riWZGZme6G

Myth Busters

Myth: Superfoods are really good for you.

Fact Check: There is no academically recognised definition for 'superfood' – it is essentially a marketing term. Most of the specific claims about various superfoods aren't based on any real evidence. No single food has shown to be a health panacea worthy of the term 'super'. Hence, don't think you can counteract the effects of a huge bowl of ice cream by liberally sprinkling it with goji berries.



Myth: Alcohol keeps you warm

Fact Check: Many drinkers might say that alcohol makes them feel more resistant to cold weather on the walk home from the pub. This 'beer jacket' is the result of the blood vessels dilating, resulting in more blood travelling to the surface of the skin. However, contrary to keeping you warm, alcohol is more likely to put you at risk of hypothermia as it can impair the body's ability to regulate its temperature.



Myth: The tongue is divided up into different sections

Fact Check: The idea that our tongues are split into sections has been perpetuated by textbooks and teachers for decades, yet it has no basis in physiology. The receptor cells that identify the molecules underlying the basic tastes (sweet, sour, salt, bitter and umami) are distributed on taste buds all over the tongue.



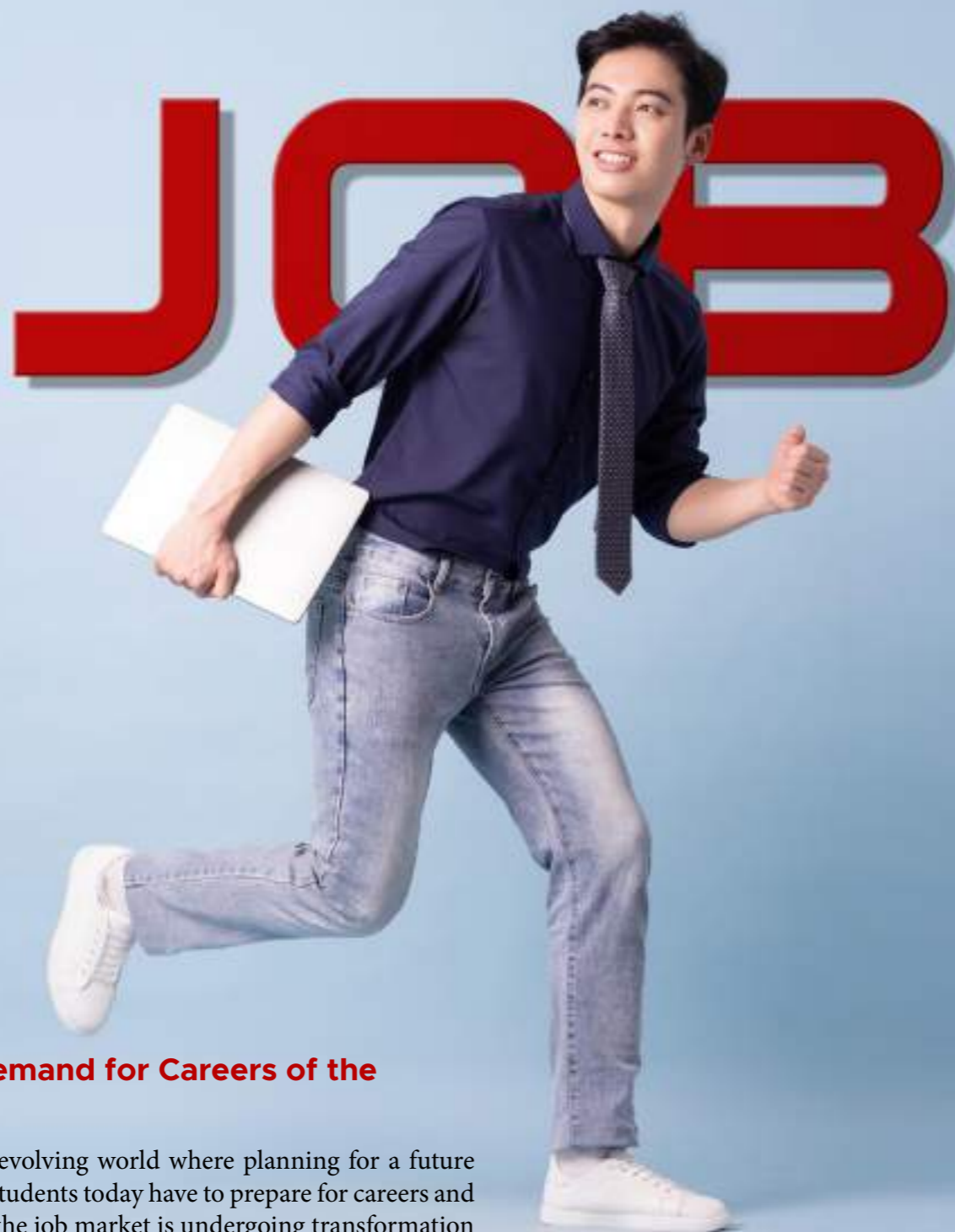
Myth: We use only 10 percent of our brains.

Fact Check: The origin of this myth is uncertain, but it didn't originate from the scientific study of the brain. The myth is often found in self-help books that claim to tell you how to harness the power of the brain's other 90 per cent. But in reality, all the parts of the brain are highly specialised and there don't appear to be any unused sections that you could learn to activate in an attempt at self-improvement.

Source Credit: BBC Science Focus

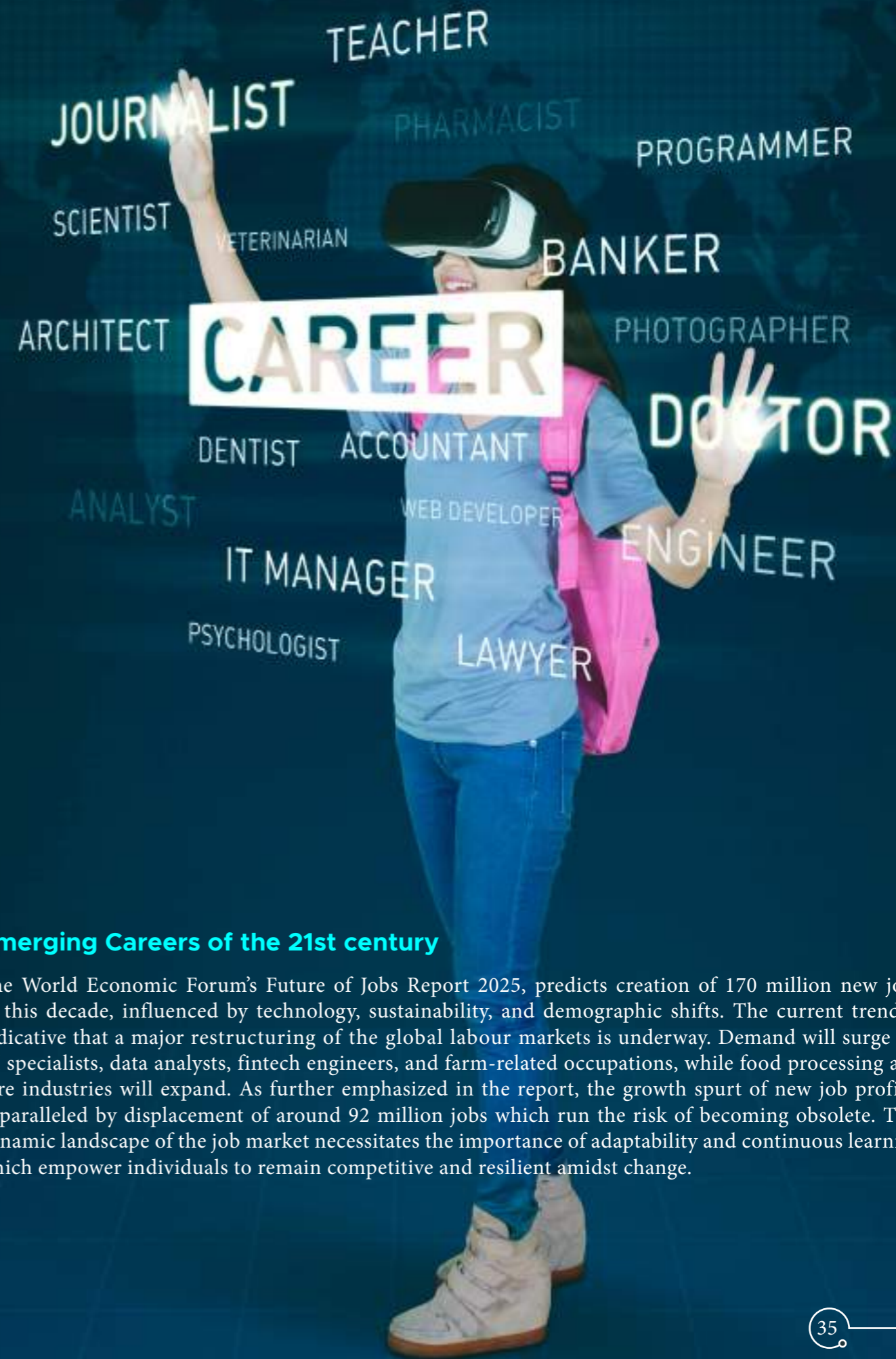


Career Guide



Nurture Skills-in-Demand for Careers of the Future

We are living in a rapidly evolving world where planning for a future career is harder than ever. Students today have to prepare for careers and jobs that don't yet exist; as the job market is undergoing transformation at a dizzying pace owing to the technological innovations, demographic shifts, and a global push towards sustainability. As students prepare for future careers, it becomes pertinent for them to cultivate a versatile skill set which can enable them to navigate an increasingly uncharted professional landscape with ease.



Emerging Careers of the 21st century

The World Economic Forum's Future of Jobs Report 2025, predicts creation of 170 million new jobs in this decade, influenced by technology, sustainability, and demographic shifts. The current trend is indicative that a major restructuring of the global labour markets is underway. Demand will surge for AI specialists, data analysts, fintech engineers, and farm-related occupations, while food processing and care industries will expand. As further emphasized in the report, the growth spurt of new job profiles is paralleled by displacement of around 92 million jobs which run the risk of becoming obsolete. This dynamic landscape of the job market necessitates the importance of adaptability and continuous learning which empower individuals to remain competitive and resilient amidst change.

Future-ready Skills That'll Help You Thrive

Employers expect that 39% of key skills required in the job market will change by 2030. The present and future are all about skilling, reskilling and upskilling. So let's glance through a few key skills which will help you not just to hold fort but also to steer ahead on your career path.



Digital Literacy: In an increasingly digitized world, the ability to use devices, software, and apps confidently, communicating and collaborating via digital tools, safe handling of data, online safety and staying updated with technology will be crucial for surviving the competition.



Critical Thinking: Evidence-based analysis of issues or situations to make well-reasoned judgements is a crucial skill to possess especially in an era of misinformation overload and fake news.



Emotional Intelligence & Empathy: Being able to manage your emotions efficiently as well as understanding others' emotions makes you a better team player and hence is a useful skill.



Collaboration: As workplaces become globally interconnected, collaboration is crucial to work in more distributed and diverse teams like those including hybrid workers, fully remote workers, employees at project site.



Time Management: In the fast paced world, smart work can help you achieve more than hard work, and time management plays a crucial role in choosing the priorities and delivering on time.



Data Literacy: Future employers will prefer data-literate individuals which means you need to be able to access appropriate data; work with it confidently; extract meaning from data; and communicate those data-based insights to others. Also it is important to be able to ascertain the validity of data.



Technical Skills: Whatever field you train for, keep yourself updated with the hard skills for that particular job. Employers will be keen to hire people with strong technical skills.



Creativity: Thinking out-of-the-box gives you a fresh perspective of challenges and often helps you find novel solutions - a skill highly sought after by dynamic organizations.



Leadership Skills: Leaders have always been and shall always be in demand as every workplace needs people who can guide fellow mates, make strategic decisions, and inspire others.



Curiosity and Continuous Learning: Curiosity and continuous learning are the foundation of success, both in career and life as they keep you abreast of major transformations in your field of work and keep you flexible to embrace change, thus keeping you relevant at all times.

As you plan to prepare for your dream career, remember that you are standing on quicksand and the landscape around you is constantly changing. The future belongs to those who stay curious, embrace life-long learning and build skills that matter. Remember, the choices you make now will shape your future career.

Source Credit: <https://www.forbes.com/sites/bernardmarr/2022/07/18/the-20-most-important-skills-everyone-needs-to-succeed-in-a-digital-world/>



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