

The Dreams

Vol.3 No.11, May 2022
A CMI INITIATIVE

Today a Reader, Tomorrow a Leader

HOBBY
The Quintessential Part

SHANE
KEITH WARNE

DECORATIVE
FAIRY JAR



ARCHBISHOP
Desmond Tutu





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MAKE OR BREAK YOUR HABIT

We all have many habits. Some of them may be good but some may be bad. But there's no denying that we are, indeed, creatures of habits. How much time does it take to form or break a habit?

A 1960 psychology book, Psycho-Cybernetics, written by Maxwell Maltz says it takes 18 to 254 days for a person to form a new habit. The study also concluded that on average, it takes 66 days for a new behavior to become a habit. The first 3 to 4 weeks of performing a new task is often the hardest. Once you cross that 3 or 4 week period, things start to get easier.

There are many good habits we should foster such as brushing our teeth, bathing every day, drinking enough water, regular physical activities, reading good books, remaining positive, being honest, feeling grateful to others, cleanliness, showing respect to elders, waking up early in the morning, following a daily time table, being punctual and time conscious.

When we attempt to form a good habit, the following tips can help. The first and foremost is our firm resolve to replace a habit with a new one. When we start progressing in our new attempt, appreciate our efforts and celebrate the small successes we make. We may use a system to follow such as a digital tool or diary to track our progress. If we have a good friend or a family member who would help us track the progress, it may help. Visualising the final stage also may boost us.

So gear up and form a new good habit.
All the best dear young dreamers.

On behalf of Dream Weavers
Dr. Martin Mallathu CMI
Chief Editor



Summer is here and so are your semester-end holidays. When I was a kid (urrghhh, I am old), I would keep nagging until my Dad got me a brand-new drawing book and my sketching pencils. Mom was ready with a fresh story book that would transport me to its world during the afternoons. Oh, those lovely days. We kids and our hobbies!

dow, but they shouldn't be. We need to prioritize our hobbies just as much as we prioritize work because hobbies make us better people.

Having a hobby that we enjoy brings us joy and enriches our lives. It gives us something fun to do during our leisure time and affords us the opportunity to learn new skills. We are very fortunate to have so many



HOBBY

The Quintessential Part

Ermm... I hope all of you know what hobbies are, right? Hobby, by definition, is that special thing you do for yourself just for fun. How much time do you spend on your hobbies? Odds are, it's not as much time as you'd like. Once school resumes and life gets busy, hobbies are often one of the first things to go out of the win-

different options out there today. In fact, there are entire websites devoted to hobbies and interests.

The best way to cultivate a new hobby is to try something new. The world is full of wonderful, exciting activities that we can explore and adopt as our own. Of course, all of us are unique and, therefore, our interests and hobbies vary. But once we find a hobby that we

truly enjoy and are passionate about, we become hooked. It becomes part of our lives and captivates us in a very personal way.

There are many reasons why all of us should have at least one hobby, but here are the main advantages:

- ✔ It makes you more interesting. People who have hobbies have experiences and stories that they can share with others.
- ✔ It helps to relieve stress by keeping you engaged in something you enjoy.
- ✔ Hobbies help you become more patient. In order to develop a new hobby, you have to learn how to do something that is brand new to you.
- ✔ It increases your confidence and self-esteem.
- ✔ Hobbies help reduce or eradicate boredom.
- ✔ It helps you develop new skills.
- ✔ It increases your knowledge. Along with building new skills, you will also gain new knowledge through the development of your hobby.
- ✔ It enriches your life and gives you a different perspective on things.
- ✔ It helps prevent bad habits and wasting time. There is an old saying



that "An idle mind is the devil's workshop."

Over the years, I have had numerous hobbies but I currently have three that I am passionate about: reading, cooking and watching movies. My hobbies are a very important part of my life. I find they enrich my days and give me a great escape from the regular stresses of life. I highly recommend that you start to explore and develop at least one hobby that you really enjoy. I guarantee you will be very glad you did. While you may want to try several new hobbies early on, winnow them down to just one or two you can pursue with passion. ■

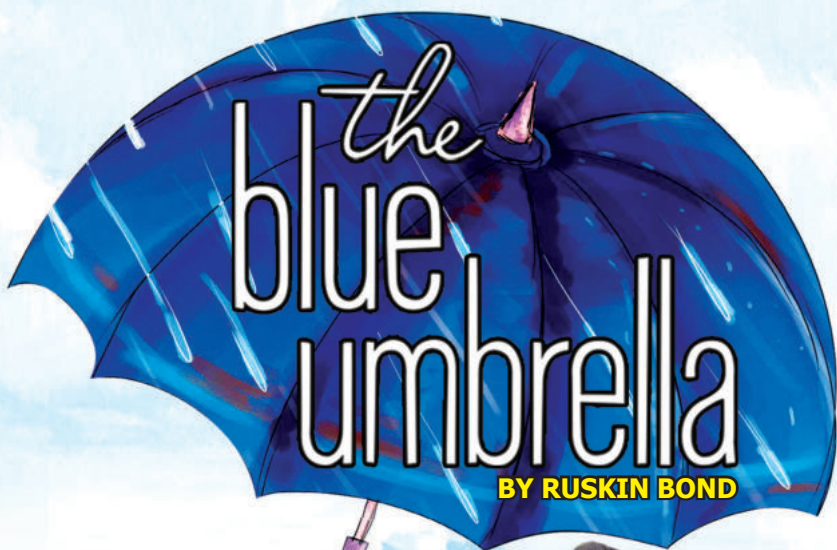


Ms. Srirupa Bose Roy

Binya is a little girl who lives in the Garhwal village in Himachal Pradesh. She lived with her brother Bijju and her mother. They were very poor but lived a peaceful life. One day while returning home after grazing the cattle, Binya saw a group of tourists. One of them had a blue umbrella. She liked it very much and the tourists saw her gazing at the umbrella. The tourist gave her the umbrella in exchange for a leopard claw pendant she wore around her neck. She wore it out of her mother's belief that such a thing brought good luck.

Binya was so fond of the umbrella that she kept it with her always. The blue umbrella was the talk of the village and everyone wanted to hold it. Binya was a very nice girl and she happily allowed them to touch and hold it.

Ram Bharosa, a grocery shop owner saw the umbrella and wanted to have it. Binya and her brother used to go to his shop to buy sweets and toffees. Ram Bharosa tried to get the umbrella from Binya by giving her





Ruskin Bond (born on 19 May, 1934, present age:87) is an Indian author of British descent. He studied in Bishop Cotton School in Shimla. His first novel, *The Room on the Roof*, received the John Llewellyn Rhys Prize in 1957. He was awarded the Sahitya Akademi Award in 1992 for *Our Trees Still Grow in the Dehra*, his novel in English. Bond has written hundreds of short stories, essays, novels and books for children.

He was awarded the Padma Shri in 1999 and Padma Bhushan in 2014.

toffees for free. He claimed, "This is a fancy umbrella which small girls should not have." But Binya refused to take the toffees and did not give the umbrella. Ram Bharosa got angry and upset over this incident. He desperately wanted the umbrella.

The rainy season arrived and the schools closed. Ram Bharosa employed a small boy Rajaram in his shop to help him. Binya and the blue umbrella were still in the mind of Ram Bharosa and Rajaram in order to impress his master tried to steal the umbrella. But the plan to steal the umbrella failed and he was caught by Bijju. Rajaram told that he was asked to do this by Ram Bharosa.

All the villagers came to know about this. They were angry at what was done to the little girl. They decided not to buy anything from Ram

Bharosa's shop and he fell into great misery. Binya was sorry for him and even Ram Bharosa felt that he had done wrong to the little girl.

One day he offered her a toffee and this time it was not for an exchange or out of greed. Binya took the toffees and gave him her umbrella. Ram Bharosa was so happy that he gave him, her a bear claw pendant which was supposed to be luckier than the leopard claw pendant. Both of them were happy.

The villagers also forgave Ram Bharosa and started buying things from his shop. He turned into a new man without greed and envy. Binya was also happy and received the love of all around her. Love, kindness and forgiveness make the world a beautiful place to live in.

Good people around us and the beauty of nature are enough to make us happy. If we fall in love with an object one day or the other the love will fade away. The love between people never fades away. ■



Ms. Meenakshi Ramachandran

Cricket may be the favourite game of many of you. You might be spending hours on end watching and cheering for your favourite cricket team. Cricket is not just a sport. It is an emotion that goes beyond the petty nationalism and feelings of geographical boundaries. Cricket is a game that unites the world.

In spin bowling, the name that crops up in your mind first is that of Shane Keith Warne, an Australian cricketer. He was born on 13 September, 1969. He was born with complete heterochromia, giving him a blue right eye and a green left eye. A right-arm leg spinner, he is widely considered as one of the greatest bowlers in cricket history. In 2000 he was selected by a panel of cricket



SHANE KEITH WARNE

THE LEGENDARY SPIN BOWLER

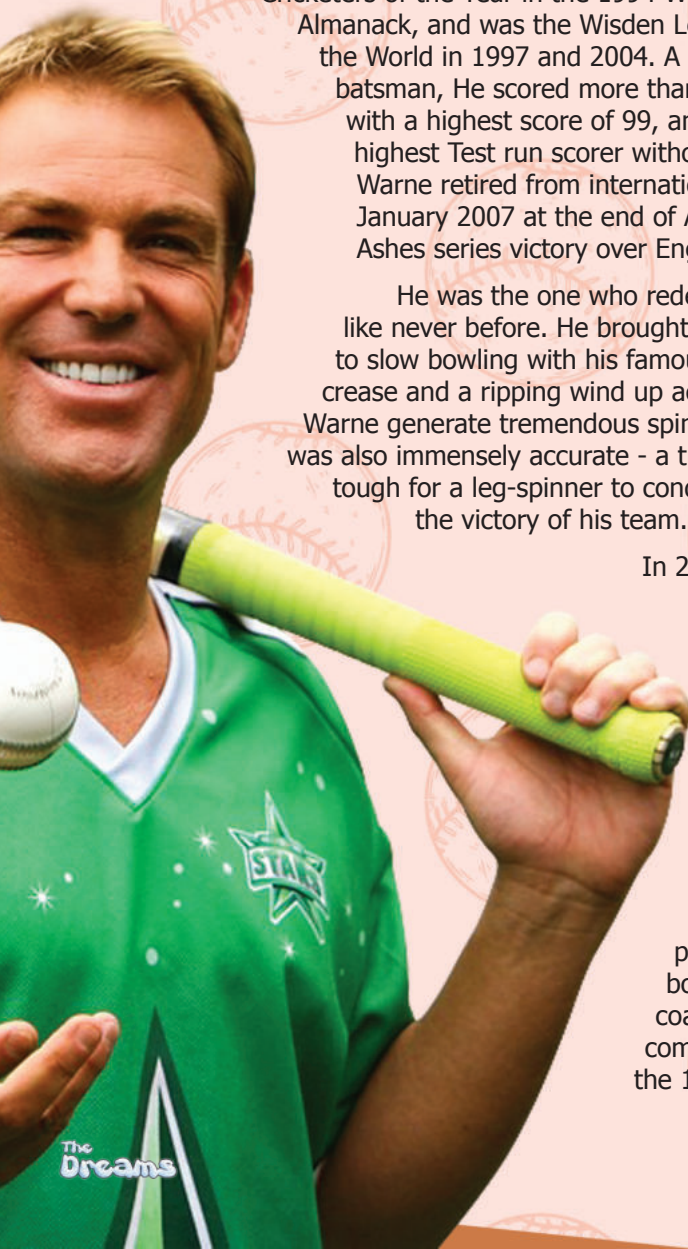
experts as one of five Wisden Cricketers of the Century, the only specialist bowler and the only one still playing at the time.

Warne played his first Test match in 1992 and took more than 1,000 wickets in Tests and One Day Internationals (ODIs). Warne's 708 Test wickets was the record for the most wickets taken by any bowler in Test cricket until 2007. He was named one of the Wisden Cricketers of the Year in the 1994 Wisden Cricketers' Almanack, and was the Wisden Leading Cricketer in the World in 1997 and 2004. A useful lower-order batsman, He scored more than 3,000 Test runs, with a highest score of 99, and remains the highest Test run scorer without a century. Warne retired from international cricket in January 2007 at the end of Australia's 2006–07 Ashes series victory over England.

He was the one who redefined spin bowling like never before. He brought a style quotient to slow bowling with his famous walk up to the crease and a ripping wind up action. Not only did Warne generate tremendous spin off the pitch but was also immensely accurate - a trait that is very tough for a leg-spinner to conquer. His presence is the victory of his team.

In 2007, Warne was named in Australia's greatest ever ODI team.

He played in the first four seasons (2008–2011) of the Indian Premier League for the Rajasthan Royals, where he played the roles of both captain and coach, winning the competition in 2008. On the 150th anniversary of



the Wisden Cricketers' Almanack, Warne was named in an all-time Test World XI. In 2012, he was also inducted into the Cricket Hall of Fame by Cricket Australia.

In 2013, Warne was inducted into the ICC Cricket Hall of Fame. In February 2018, the Rajasthan Royals appointed Warne as their team mentor for the IPL 2018. These were his achievements that he obtained only through determination and hard work. Even though Warne was good in many sports, he had a special attachment towards cricket. He does say that he never thought he would be a cricketer but, his destiny has proved him to be one among the world famous and admired cricket players.

Warne revolutionised cricket thinking with his mastery of leg spin, which had come to be regarded as a dying art. After retirement, he regularly worked as a cricket commentator, predominantly on Australia's Nine Network. He started working for the Shane Warne Foundation which assists seriously ill and underprivileged children. His talent touched many hearts which resulted in the announcement made on 5 March 2022 by Victorian premier Daniel Andrews that the Melbourne Cricket Ground's Great Southern Stand would be renamed the S. K. Warne Stand. His skills gave a new dimension and definition in the life of cricket players.

The whole world was in mourning when he breathed his last on 4 March 2022 due to a heart attack while holidaying in Koh Samui at the age of 52. ■



Fr. Jojo CMI



A few days ago, I was conducting an interview as a part of admitting a fourth standard student to my school. There was this smart fellow Ahān seated right in front of me with his father and mother. I could make out that he was a very bright chap. I asked him to tell me about something

Ahān took a deep breath, looked into my eyes and said, "My friends call me Blackie... because... because I am dark...that hurts me a lot. I don't like that." I was silent for a while. I understood that though it sounded trivial, for

SKIN-DEEP



that he doesn't like. The boy kept silent for a while and then he looked at his mother, raised his eyebrows as if he was asking permission for something. His mother replied with a sweet smile of approval. To make it double sure Ahān once again asked, "Really? Can I tell that to him?"

His mother said, "Yes Ahān!"

that child, it was painful being discriminated against because of his skin colour.

Dear children, many of you find happiness in calling your friends nicknames based on such kinds of physical features. It might give you momentary happiness but do understand that every time you do so you are hurting the other person knowingly or unknowingly.

You might have heard the saying "beauty is only skin-deep." While someone may be beautiful on the outside, their character needn't necessarily be attractive. Let us learn to redefine beauty in a different way. Real beauty is to be true to oneself.



Fr. Nilson P. Davis CMI

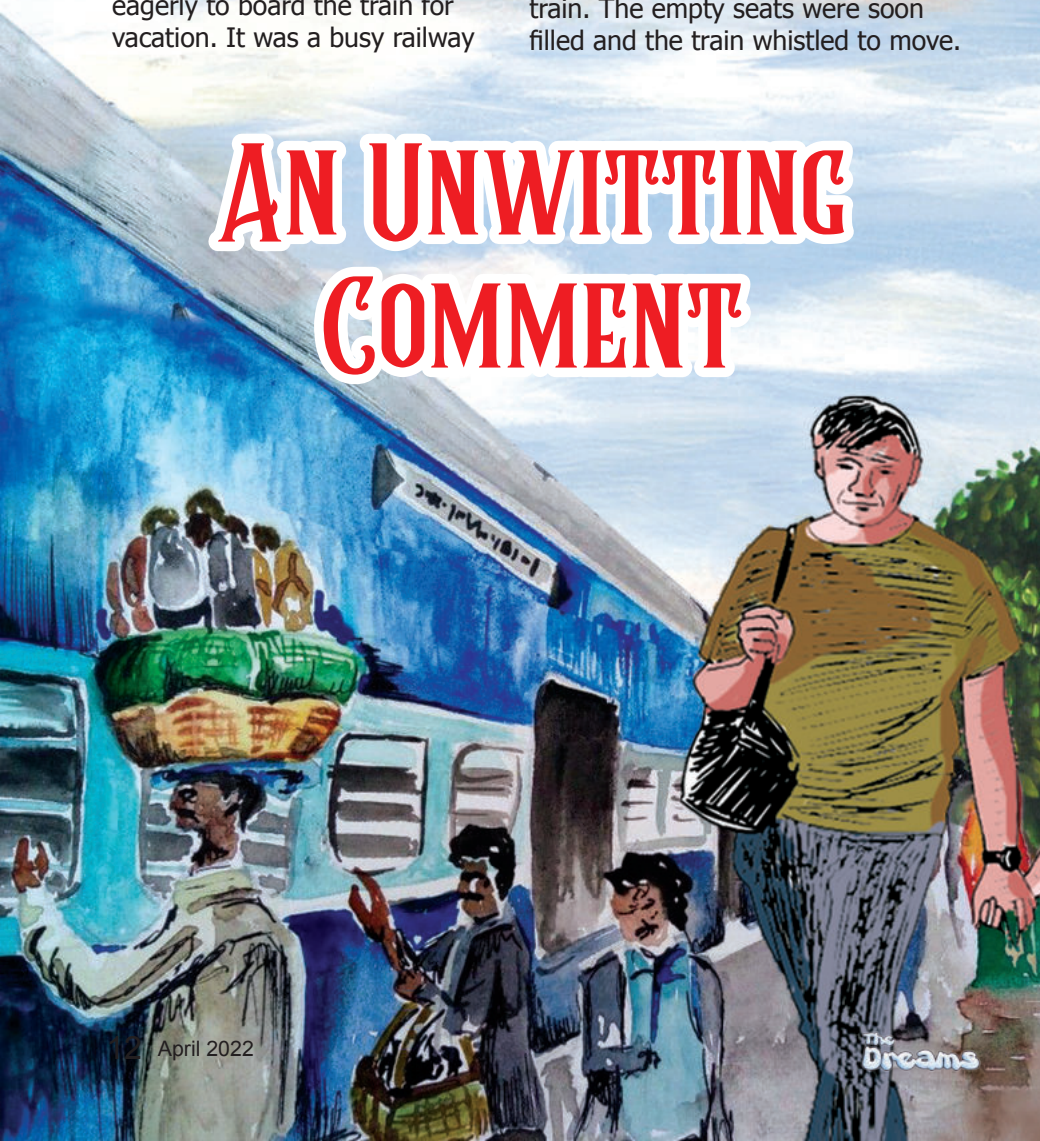


It was a sunny day, and the climate was pretty enjoyable. Everyone at the railway station was waiting for the train to arrive. Among the crowd, there was a group of friends, all youngsters, who were waiting eagerly to board the train for vacation. It was a busy railway

station. The announcement regarding the arrival of the train was made and all were rushing to get into the train and take their seats.

The group of youngsters whistled and howled as the train arrived as if to welcome the train as it entered the station. In no time, they were running to get their reserved seats before anyone could get into the train. The empty seats were soon filled and the train whistled to move.

AN UNWITTING COMMENT



At that time, a middle-aged man with a young boy of about 15 years old came running to catch the train. They somehow entered the train as the train was about to move. They had their seats just adjacent to the group of youngsters.

The young boy seemed to be so surprised to see everything in the compartment and around. He asked his father with wide eyes, 'Dad, the train is moving forward but the things outside are moving backwards.' His father just smiled and nodded his head without saying a word. As the train

started moving fast, the young boy again screamed, 'Dad, look, the trees are green in colour and they run backwards very fast.' His father said, 'Yes dear' and smiled lightly. Just like a kid, he was watching everything around with great enthusiasm and happiness, loaded with tons of surprise.

A fruit seller went past selling apples and oranges. The young boy asked his dad, 'I want to eat some apples.' His father bought him some apples. He said, 'Oh the apple looks sweeter than it tastes. I love its colour.'

The group of youngsters was watching all the activities of this boy with fun all the while. At last, one of them asked the boy's father, 'Has your son got any serious problem? Why is he behaving very differently?' A friend from the group made fun of him and shouted, 'Leave it man. His son is mad, I think.'

The father of the young boy, patiently replied to the young man, "My son was born blind. Only a few days ago he had an operation and got his eye sight. Forgive my son for he is seeing various things in his life for the first time." The group of youngsters became very quiet in a second and apologized to the father and son for their imprudent comments. ■

Moral of the story

Think before you speak.

Ms. Sharon Dias



GURU NANAK & ANGAD DEV





In this edition's Trek and Trip let me take you to one of the monumental sites where the Father of our Nation, Mahatma Gandhi, lived for more than a decade and led the independence movement. It is none other than a small beautiful hamlet eight kilometers away from Wardha, a town in the state of Maharashtra in India. Yes, you guessed it correctly...It is Sevagram.

Sevagram is a Sanskrit word that means "village of service." Mahatma Gandhi coined this word to denote the essence of his works when he wanted to name his ashram. Mahatma Gandhi's ashram was established here and

Gandhiji lived here from 1936 to 1948. Sevagram has been able to preserve the history of the nation's most treasured heritage as a legacy of the historic and monumental events of Mahatma Gandhi's life.

While on his padayatra from Sabarmati Ashram in Ahmedabad, to Dandi in 1930 for the Salt Satyagraha, Gandhi decided not to return to Sabarmati ashram until India gained freedom. Gandhi was imprisoned for over two years after the Satyagraha. After his release, he travelled for a while, searching for a suitable place for his ashram. In 1934,



World is a book. Those who do not travel read only one page.

Jamnalalji Bajaj invited him to Wardha. Accepting his invitation, Gandhi picked up this tiny town in Central India as the location for his headquarters. In April 1936, Gandhiji relocated his ashram to the village, Shegaon, near Wardha, which he renamed Sevagram. He was 67 years old when he landed at Sevagram. Since then, Sevagram has served as a source of inspiration to millions of people. Several vital national decisions were taken at and movements were led from here.

The stunning location of Sevagram is characterized by

its serene environment. Sevagram has several significant tourist attractions that merit your attention. The hamlet's most famous place is Bapu Kutī, the residence of Gandhi, its primary source of significance. The architecture of the walls and the mud-tiled and bamboo roofs elevate Bapu Kutī's exciting folk art to a whole new level of beauty, making it one of the most well-known tourist attractions. The kindness and guidance offered by the administrators and inmates of the ashram are much appreciated.



Magan Sangrahalaya

"Magan Sangrahalaya Museum" is an essential place in Sevagram, which is sumptuous with the precious valuables of Gandhi. It is a location dedicated to helping you immerse yourself in the enchanting world of historic legends. A morning or evening walk to this place is undoubtedly

one of the things to do when in Wardha.

Vishwa Shanti Stupa

The next must-visit destination around is the famous Vishwa Shanti Stupa. It evokes feelings of celestial raptures upon your visit, for the peace that permeates and the abundance of Buddha statues that tie you in amazement and holiness. It's an immensely peaceful and meditative setting.

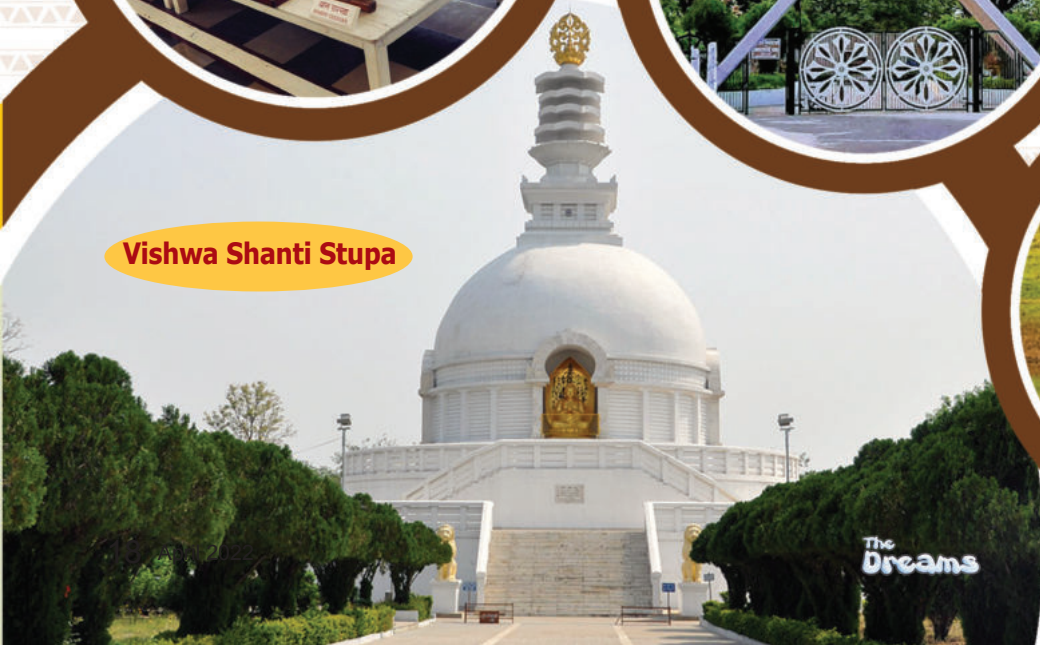
Magan Sangrahalaya



Gitai Mandir



Vishwa Shanti Stupa



Gitai Mandir

Another must visit site when you are in Wardha is the Gitai Mandir. In deference to the wish of his mother, Acharya Vinoba Bhave had translated all 700 verses of Bhagavad Gita in Marathi. It was first published in the form of a book in 1932. He titled this book as Gitai, which means Mother Gita. To create a memorial of his kulguru Vinoba's work Gitai, Shri Kamalnayan Bajaj conceptualized the Gitai Mandir. The structure is built on a sprawling 27.8 acres of land at the site of the samadhi of Jamnalalji Bajaj at Gopuri, Wardha.

Gitai Mandir is a uniquely conceptualized structure; where one will not find idols of gods, nor a sanctum sanctorum or a roof. Here the eighteen chapters of Gitai have been engraved on eighteen types

of stone slabs brought from the four corners of India signifying national unity and integration. The aerial view of the Gitai Mandir exhibits a uniquely blended shape of charkha and a cow. The charkha and cow were symbols of Gandhiji's and Jamnalalji's constructive work respectively, which were close to their heart.

Bor Wild Life Sanctuary

Without the elucidation of greenery, this voyage will not reach its destination. Bor Wild Life Sanctuary is one of the most popular tourist destinations, with a plethora of wildlife and stunning view of migratory bird species. It was declared as a tiger reserve in July 2014. It is located near Hingani in Wardha District of Maharashtra. It is home to a variety of wild animals. This expedition will not achieve its objective until the vegetation is appreciated.

Sevagram is not just your typical tourist destination; instead, it's a hidden gem that we may explore for spiritual enhancement and Gandhian legacy. So, visit Sevagram and enjoy, explore, make merry, and embrace the unforgettable memories. ■



Br. Jeeson Thomas CMI



Bor Wild Life Sanctuary

MATERIALS REQUIRED

- ❖ Glass Mason jar
- ❖ Picture of a fairy
- ❖ Glitter powder
- ❖ Glue
- ❖ Paint brush
- ❖ Fairy lights or electric tea lights

METHOD

- ➔ Clean the mason jar inside and out.
- ➔ Stick the picture of the fairy on the inner side of the glass jar. You can use a coloured picture or a plane cut -out. The glue should not be applied to the picture

DECORATIVE FAIRY JAR



before it is stuck on the inside of the jar so that you can view the picture from the outside. Hold it for a few seconds till the picture sticks on to the glass.

- ➔ Apply glue on the outside wall of the jar, working on small portions at a time, and sprinkle glitter on it. Do not worry if the picture is getting hidden by the glitter. Cover the outside walls of the jar entirely with glitter.
- ➔ Leave the jar aside to dry completely.
- ➔ Insert fairy lights or an electric tea light inside the jar. Switch it on and watch your fairy glow.

Ms. Sharon Dias

[It is a platform for teenage readers to share their problems. Their identity will not be disclosed. Qualified counsellors offer advice. Write to us at ask.counsellordreams@gmail.com]

Hello Uncle,

I am Karthik from Class XI waiting for my results. I am the only son in the family. I am feeling so unhappy with my dress which my mom usually gets for me. I feel that I am small and find it difficult to come out and make new friends. Please help....

BE PROUD, YOU'RE UNIQUE

Karthik, my best wishes for the results. Thank God for the care you get from your Mom and Dad.

I appreciate your genuine concern on your feeling of inferiority. Please understand that our physique is given to us. We own it from our birth. Accepting ourselves is the key to beating our complexes.

Be proud of yourself, the 'unique and only Karthik' as you are. Your talents, tastes, purpose and destiny is unique. There is no one as unique as you.

Your signature consists of how you think, what your attitudes are and your vision on life. Think of some great people who were not so handsome. Physical beauty is not the only factor that defines who you are.

Our dress speaks volumes on what we are. As you are going through your late teen years please make sure that you are not confused! And take the best available and speak out on your likes and dislikes.

We are how we present ourselves to others. Make all options open when it comes to shopping. Meet some good friends who could help you. And make the 'real Karthik' in you stand out! ■

Your loving
Joe Uncle



Pigeons make an exceptional sight for their charm. Among them Nicobar Pigeon stands a class apart.

It is found mainly in the Islands of Nicobar and hence the name. Once found in abundance their numbers in the wild is declining as they are frequently captured for pet trade and hunted for food. An interesting fact about the Nicobar pigeon is that it is the closest living relative of the now extinct dodo, and the only remaining member of the genus caloenas.

NICOBAR PIGEON

Slightly larger than other pigeons at 40 cm, it has a dark slaty grey body with lustrous metallic blue-green and copper-bronze upperparts. It can easily be distinguished by its glistening mane-like neck hackles and sharply contrasting white tail. Females are smaller in size than males with shorter neck hackles and brown under parts. Young ones are born dull grey without the



neck hackles and a bronzy green tail instead of white.

It is known to remain either solitary or in flocks of 20-30. Its flight is swift and powerful, and is capable of sustaining long distances. These island dwellers spend much of their time on the ground picking fleshy fruits and seeds off the forest floor. While flying they have a tendency to soar in single files or columns, as opposed to loose flocks. Their white tails help in navigation of the flock, finding potential mates, and even in recognizing the capabilities of those who can lead a flock.

When in groups, they communicate with each other by uttering harsh guttural croaks. During the breeding season from January to March, females make nests by loosely putting together twigs high up on evergreen trees, where they can safely lay eggs.

This species is classified as Near Threatened in the IUCN Red List and listed in Appendix 1 of CITES as their numbers in the wild are on the decline. They are hunted for their gizzard stones which are used to make jewellery. Their distribution is also being affected by habitat loss as the

islands which they inhabit are being cleared for plantations. ■

The Dreams Desk



May 12: International Nurses Day

Dear Young Dreamers,
Is there any one among you whose life has seldom been touched by the care and reassurance that nurses provide. Extend a big thanks to them on their special day-12th May.

The birthday of Florence Nightingale, a British nurse and the founder of modern nursing is celebrated as the world nurses' day. She is known as 'the lady with the lamp' because she used to go out in the dark

to the battlefields, holding a lamp in her hand in search of the wounded soldiers in order to help them, during the Crimean war (1853-1856). She was a pioneer who turned nursing into a profession, mainly for women. And today as the world fights the pandemic Covid 19, nursing as a profession has gained more prominence world over.

"Nurses: A voice to lead-Invest in Nursing and respect rights to secure global health", is an apt theme for the International nurses

ANGELS IN WHITE



Day 2022. The theme focuses on the need to protect, support and invest in the nursing profession to strengthen health systems around the world.

Hi dear little Dreamers, as with most gestures of appreciation, whatever you decide to do need not be grand or too expensive. Every little way to say a simple word of gratitude will definitely make nurses' day special. ■

Ms. Jisha M.J.



24 APRIL 2022

The Dreams

RiddLes



The more of this there is,
the less you see. What is it?

What 2 things can you
never eat for breakfast?

Which word becomes shorter
when you add 2 letters to it?

What's the capital of France?

I make a loud sound when I'm
changing. When I do change, I get
bigger but weigh less. What am I?

What kind of room has
no doors or windows?

I'm orange, I wear a green hat and
I sound like a parrot. What am I?

What did the zero say to the eight?

A Carrot "Nice Belt!"

Popcorn A Mushroom

The Letter "F." It's The Only
Capital Letter in France

The Word "Short"

Darkness Lunch & Dinner



THE GREEN HORSE

One day Akbar was riding his royal horse in the garden.



It's lush green everywhere?
I like it.

Our gardener
will be happy to
hear this.



I wish I could ride a green horse
in this green garden.

Your minister
Birbal may help
you get one.



Call Birbal immediately.

Birbal's days
are counted.



Birbal, get me a green horse
within seven days.

Sure,
My Lord.



I know, the King
is testing me. I must
find a way out.



Birbalji,
remember,
only a few
days are
left.

There are two more days.
I have found one green
horse.



It's the seventh day.
Where is my green
horse, Birbal?

My Lord.
I have found
one.





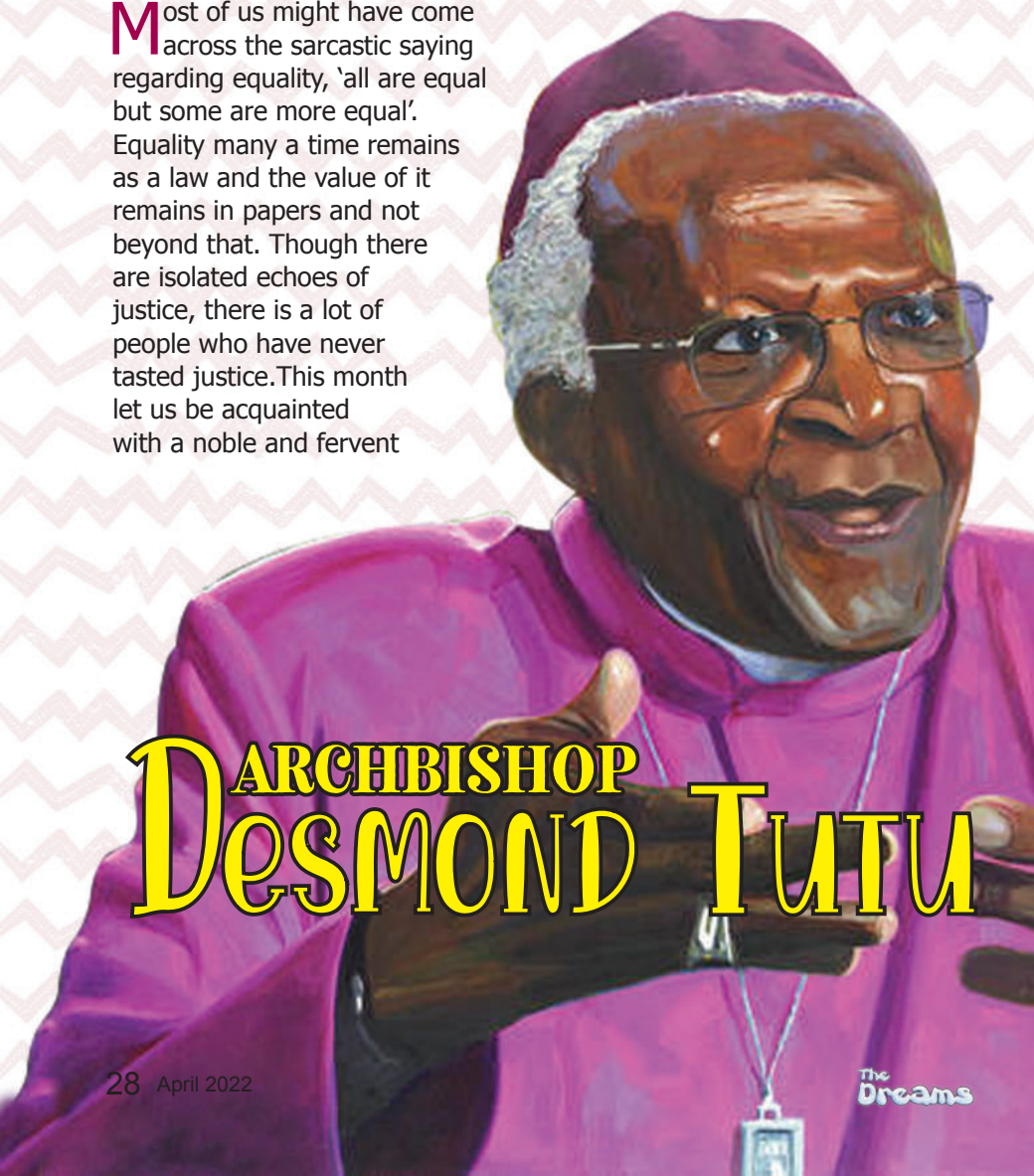
"I am not interested in picking up crumbs of compassion thrown from the table of someone who considers himself my master. I want the full menu of rights."
- Desmond Tutu

Most of us might have come across the sarcastic saying regarding equality, 'all are equal but some are more equal'. Equality many a time remains as a law and the value of it remains in papers and not beyond that. Though there are isolated echoes of justice, there is a lot of people who have never tasted justice. This month let us be acquainted with a noble and fervent

personality who untiringly fought for the rights of the black people in South Africa –Archbishop Desmond Tutu.

Archbishop Tutu was born in 1931 in Klerksdorp, Transvaal. His father was a teacher, and he himself was educated at Johannesburg

ARCHBISHOP Desmond Tutu



Bantu High School. After leaving school he trained first as a teacher at Pretoria Bantu Normal College and in 1954 he graduated from the University of South Africa. After three years as a high school teacher he began to study theology, was ordained as a priest in 1960. In 1975 he was appointed Dean of St. Mary's Cathedral in Johannesburg, the first black to hold that position. From 1976 to 1978 he was Bishop of Lesotho, and in 1978 became the first black General Secretary of the South African Council of Churches.

He is one of South Africa's most well-known human rights activists, winning the 1984 Nobel Peace Prize for his efforts in resolving and ending apartheid. Tutu also supported

the economic boycott of South Africa, while constantly encouraging reconciliation between various factions associated with apartheid.

When Nelson Mandela was elected as the nation's first Black president—he appointed Tutu chairperson of the Truth & Reconciliation Commission. In his human rights work, he formulated his objective as "a democratic and just society without racial divisions," and set forth demands for its accomplishment, including equal civil rights for all, a common system of education, the abolition of South Africa's passport laws and the cessation of forced deportation.

In addition to the Nobel Prize, Tutu has been honoured with numerous awards, including the Pacem in Terris Award, the Bishop John T. Walker Distinguished Humanitarian Service Award, the Lincoln Leadership Prize and the Gandhi Peace Prize. During his lifetime, Desmond Tutu championed human rights and the equality of all people. Fighting untiringly, inscribing his name in golden letters in the book of life and leaving an indelible mark in the revolution for justice, Archbishop Desmond Tutu was called for his eternal reward on 26 December 2021.

Mr. Babu Joseph





Title: MY SISTER'S KEEPER

Author: Jodi Picoult

Language: English

Year of Publication: February 1st 2005

by Washington Square Press

Page Count: Paperback, 423 pages

Genre: Fiction Novels

Characters: Anna Fitzgerald

Sara Fitzgerald, Kate Fitzgerald

Brian Fitzgerald, Jesse Fitzgerald

Campbell Alexander, Julia Romana

Setting: The United States of America

Adaptations: New Line Cinema adapted My Sister's Keeper into a feature film, which was directed by Nick Cassavetes and

released on June 26, 2009. It starred Cameron Diaz as Sara and Alec Baldwin as Campbell. Kate and Anna were played respectively by Sofia Vasilyeva and Abigail Breslin | Dream Weaver's Rating: **3.5/5**

MY SISTER'S KEEPER

ABOUT THE AUTHOR

Jodi Lynn Picoult, born May 19, 1966) is an American writer. Picoult has published 27 novels. Approximately 40 million copies of her books are in print worldwide and are translated into 34 languages. She was awarded the New England Bookseller Award for fiction in 2003. Picoult writes popular fiction which can be characterised as family saga. Although she is often characterised as an author of chick-lit, over her career, Picoult has covered a wide range of controversial or moral issues in her books. She has been described as, "a paradox, a hugely popular, at times controversial writer, ignored by academia, who questions notions of what constitutes literature simply by doing what she does best."

SYNOPSIS

This is an emotionally riveting story of a family torn apart by conflicting needs and a passionate love that triumphs over human weakness.

Anna is not sick, but she might as well be. By age 13 she has undergone countless surgeries, transfusions, and shots so that her older sister, Kate, can somehow fight the leukaemia that has plagued her since childhood. Like most teenagers, Anna is beginning to question who she truly is. But unlike most teenagers, she has always been defined in terms of her sister—and so Anna makes a decision that for most would be unthinkable, a decision that will tear her family apart and have perhaps fatal consequences for the sister she loves. Each character is fascinating in their own way, still the most favourite is Jesse. The point of this book is that the world isn't black or white and that is reflected in the characters. There are no good guys or bad guys.

THE REVIEW

Serious moral and ethical debates are encompassed in this book and Picoult attacks them head on. There are the ones which you would expect in a book where cancer lies at its heart, about the terminally ill, stem cell research, genetically engineered babies, but in all these you get the choices from a human viewpoint. None of these topics have a right or wrong answer. However, there are more superior themes running through, such as one which will provoke an interest in our age group – should it be us or our parents who have the right to decide what's best for us?

Here's a warning from the Dream Weavers, this book is extremely sad, but don't let that put you off. It addresses the harshness of life and the fact that life isn't fair. It may seem all doom and gloom but there are some sweet, funny and touching moments. You may think a book about a lawsuit would not be interesting but it's more than that. My Sister's Keeper is about sisterhood, choices and the sacrifices we all have to make in life.

Hi friends, how do you take jokes? Suppose somebody pokes a joke at you, or you find a whole situation funny, or others take your words and initiatives as a joke. All these are almost a day to day matter that no one attaches much value to them.

Understand, many successful creative people began their journey with just a joke or with a pinch of fun. Take for instance the birth of Facebook, the favourite online medium of millions across

the globe. When Mark Zuckerberg associated with the team behind the creation of Facebook, he wasn't trying to build a global company. But he was indulging in a sort of humour.

Facebook was developed to allow fellow students at Harvard to select the best looking person from a choice of photos. As it happens in almost any academic structure, Harvard was no differ-

JOKES AS TREASURES





Heard of Franz Kafka? He is one among the great litterateur of the past century. His masterpiece work *Metamorphosis* begins with a very funny situation. "One morning when Gregor Samsa woke from troubled dreams, he found himself transformed in his bed into a horrible vermin".

Think of a person finding himself one fine morning changing shape into a giant cockroach like insect. He doesn't know how or why, he simply wakes up to find the world absurdly different. Had it not been in Kafka's novel the situation would make a wonderful story situation in teen's magazine like *The Dreams*. But Kafka dexterously weaves up a highly charged creative work out of this jovial situation.

Kafka and Zuckerberg teach every aspirant at creativity a not-so-funny lesson that jokes and pranks lend us a good spring board for creativity.

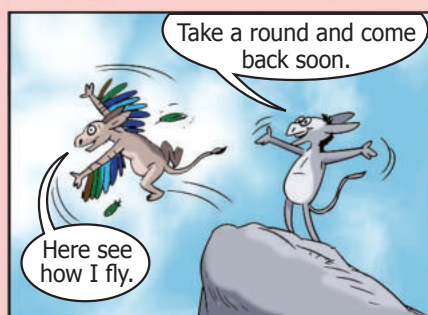
Humour is a pattern-switching process. A joke is funny because it causes 'insight switch over' from a familiar pattern to a new and unexpected one. How deep and huge can this switching over be? That's a thing a real creative person can answer through his creations. Kafka and Zuckerberg did so. And you too can set models in this line. ■

ent, it caused much outrage from the authorities. Soon Facebook was banned by the college. But by that time it became so popular that it literally crashed the university's web server.

Will anybody call Zuckerberg a university prank these days? No, never. A fun grew in no time to a very recent wonder before our eyes. That is what Facebook is these days. It runs no contests as to pin point the best looking person from among its users. But millions post trillions of images and videos in it. And the very Zuckerberg owns two more platforms with the same nature-Instagram and Whatsapp. What a wonder? Try to believe in your funny ideas and even pranks.

DONKEY'S FLIGHT





"Life is architecture and architecture is the mirror of life."— I.M. Pei

The History of the Gol Gumbaz

Mohammed Adil Shah ruled Bijapur in the 17th century. In 1626, when he had just ascended the throne, Adil Shah decided that he wanted to build himself a mausoleum bigger and grander than the memorial of his father and began constructing the Gol Gumbaz. However, it was only 30 years later in 1656, after Mohammed Adil Shah had breathed his last,



Mohammed Adil Shah
Sultan of Bijapur

The Black Taj Mahal of South India: GOL GUMBAZ OF BIJAPUR

that the structure was finally completed. It is said that after St. Peter's Basilica in Rome, the Gol Gumbaz was the biggest dome in the world, a fact which helped this splendid monument become quite well-known in history. The Bijapur Gol Gumbaz houses the mortal remains of the Sultan, his two wives Taj Jahan Begum and Aroos Bibi, his daughter, grandson, and his mistress Rambha.

The Art & Architectural Features

The Gol Gumbaz, or the Gol Ghumat, is one of the finest examples of the Deccan Indo-Islamic style of architecture. Covering an area of 18000 sq. ft., the mausoleum is also one of the world's largest single-chamber

Gol Gumbaz

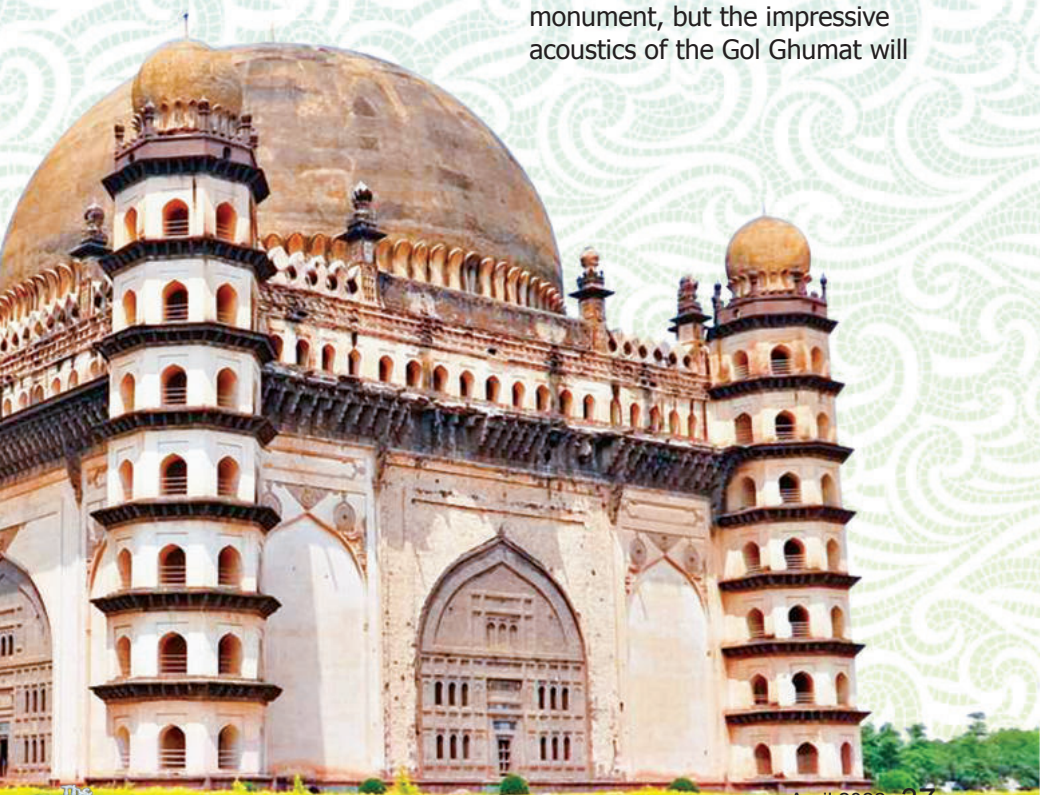


spaces. The Gol Gumat was designed by Yaqut of Dabul and has been built using dark grey basalt. Reaching a height of 51 metres, Bijapur ka Gol Gumbaz (the Gol Gumbaz of Bijapur) has four seven-storey high dome-capped towers adorning its four sides.

When you enter the main mausoleum hall at Bijapur's Gol Gumat, you will be able to see a square podium covered by an intricately carved wooden canopy. In the middle of the podium is a cenotaph slab that marks the actual tomb of the Sultan, Mohammed Adil Shah.

The Whispering Gallery

When you walk into an old monument, hearing a faint echo of your voice is quite common. However, when it comes to Gol Gumbaz, this occurrence transforms into a full-blown phenomenon in the whispering gallery. The gallery runs around the inner periphery of the dome and any sound that is made here, even if it is a whisper, is amplified by the unique structure, which can carry it across a distance of up to 40 metres. Not only will you be able to hear a whisper from the other side of the monument, but the impressive acoustics of the Gol Gumat will



create an echo that repeats the sound 7-10 times.

Some Interesting Trivia

- The name "Gol Gumbaz" has been derived from "Gola Gombadh" or "Gol Gomata", which literally translates to "the circular dome".
- Each of the four octagonal towers around the Bijapur Gol Ghumat has stairs that lead to a gallery at the top. You can get a beautiful panoramic view of Bijapur from the towers.
- There is a stone that hangs over the main entrance of the mausoleum. This stone is called the "Bijli Pathar" (Lightning Stone). This is actually a meteorite that had crashed onto earth during the Sultan's reign. It was believed
- that the stone protects the Gol Gumbaz from lightning strikes.
- Running between Mysore and Solapur and passing via Bijapur is the Gol Gumbaz Express, a train which has been named after this very monument.
- The monument is sometimes also referred to as the Taj Mahal of South India or the Black Taj Mahal. This is attributed to the fact that its architecture was inspired by the Taj Mahal in Agra.



Ms. Sophia Joseph



MY OWN MICROSCOPE

Let's have some fun during this summer break by making our own microscope! You will need a large plastic container (a large yoghurt tub will do fine), some plastic wrap, a rubber band and scissors.

Cut a hole in the side of the container. It should be large enough to fit your fingers.

Stretch the plastic wrap over the mouth of the container. Push the plastic wrap down so that it sinks a bit in the middle. Use the rubber band to hold the wrap firmly in place.

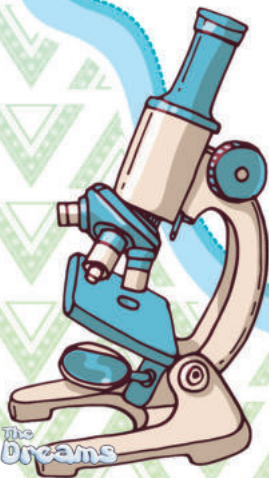
Pour a few drops of water on top of the plastic wrap carefully to form a tiny pool in the centre.

Place your fingers in the hole and look at them from above. Move them up and down slowly until they come into focus. How did your fingers become so fat?

You can try looking at different things through the microscope. Try looking at a grain of rice, the petal of a flower or even an insect. How do they look?

How does this work? The curve of the plastic wrap causes the water to act as a lens. The lens bends the light, changing the way things appear. It magnifies the objects, thus functioning like a microscope.

Have fun with your very own microscope! ■



Ms. Sindhu Tharayil



A **'PHRASE'** frays the perception, if its meaning is unknown.

Phrases are groups of words that do not make complete sense by themselves. They do not have a subject or a verb.

The words in a phrase function together so that the phrase itself acts as a single part of speech. Got confused?

It means, though each word in a phrase has its own meaning, when they are put together, they perform a larger function. A phrase can be written as a noun, verb, adverb, adjective, or preposition in a sentence. Let's see some examples. It's fun indeed!

Try to understand the meaning and use them in your conversations. Do not forget to explain the meaning if your listener could not grasp you.

PHRASES

To Eat One's Words

**TO TAKE BACK
WHAT ONE HAS SAID**

Eg: He ate his words when he realized he was talking quite rudely to his friend.

To Make a Splash

**TO ATTRACT
A LOT OF ATTENTION**

Eg: Samuel made a splash at today's function as he had appeared in a trendy hair style.

To Go Down The Drain

TO BE COMPLETELY WASTED

Eg: Rithul's plans of visiting cities went down the drain due to the lockdown.

To Draw a Blank

**TO FAIL TO
RECALL FROM MEMORY**

Eg: I'm sorry, I'm drawing a blank. I can't remember where I kept the book I had borrowed from you.





To Go Out on a Limb

**TO PUT ONE'S SELF IN
A VULNERABLE POSITION**

Eg: He went on a limb when he asked his father's permission to go on a solo trip. Surprisingly, his father allowed him to go.

To Come to a Head

TO REACH A CRITICAL POINT

Eg: The situation came to a head when the crops got destroyed in the unexpected summer rains.

To Make a Bee-line For

**TO GO DIRECTLY TOWARDS
SOMETHING/SOMEONE**

Eg: Ayush made a bee-line for his mom when he saw her after school.



To Bury The Hatchet

TO END A CONFLICT

Eg: Rinu and Mithila buried the hatchet by going out for a dinner together and talking about their problems.

To Hit The Ground Running

**TO GET STARTED QUICKLY
OR WITH GREAT SUCCESS**

Eg: Mr Ali hit the ground running when he got elected as the President. He made a lot of wonderful changes which the people liked.

To Go Down a Storm

**TO BE WELL RECEIVED
BY AN AUDIENCE**

Eg: Her debut performance went down a storm.
The film was a box office hit.

Ms. Padmaja Rupesh



Hi gals, adolescence is a period of great physical and mental changes for you. Regular work out is one means to help you deal with and embrace these changes. Daily exercise can effectively maintain your hormone balance and tone your bodies. So, let's learn about a few easy routine workouts that can help you stay healthy and look good!

IMPRESSIVE WORKOUT FOR TEENAGE GIRLS



V-SIT

V-sits are crunches that give abdominal muscles the needed exercise; They also help to strengthen the abs

- Sit on a yoga mat with your legs extended forward.
- Lift your legs such that the knees and feet are above the floor. Bend your body back a little, such that your head and shoulders are off the ground, and the lower back is pressed to the ground.
- Bend your knees to a 45-degree angle and push your upper body towards the knees, with your hands stretched straight in front of you. This way, your body will form the shape of the letter 'v'.
- Use your ab muscles to push yourself back into the position in step 2.



LUNGES

Five minutes of lunges in the daily workout routine can stretch and tone the lower body and strengthen the major muscles in the legs. It also helps in increasing the flexibility of the hips and maintaining good spinal health.

- Stand straight with your hands on your hips and keep your back straight.
- Your feet should be at least one foot wide apart, and your shoulders should be erect. Keep your gaze focused straight.
- Take a big step with your right leg by lowering your hips and bending your right knee and the left knee to a 90-degree angle.
- The right knee should be right above the right foot, and the left knee (at the back) should not be touching the ground.
- Stay in the position for five seconds and come back to the starting position.
- Repeat by extending the left leg.

SUPERMAN LIFTS

This exercise targets the group of muscles that extend from the base of the skull to the sacrum and helps in building lower back strength.

- Lie face down on the yoga mat with your hands stretched in the front.



- Keep your arms and legs straight and lift them in the air simultaneously, while keeping the torso stable. Your back should be slightly arched.
- Take care to use a slow and coordinated motion while lifting; do not give any jerking movements.
- Exhale as you lift and inhale on the way down.
- Hold the position for five seconds and bring the body back to the starting position.

Repeat the routine five times

Why should students limit their use of internet and social media?

The Internet is one of the prime needs of today's world. The Internet is where we can find information about everything under the sky. Every one - Buisnessmen, teachers, traders, students - is dependent on the Internet for their work.

There are many uses of Internet in a student's life.



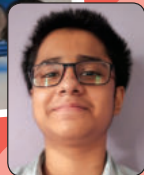
Let Not Net catch you

E-tutorials, college projects, exam preparations and many more activities can be done on the

Internet. But the fact that excess of anything can be harmful and the same principle is applicable here also.



Let's have a glance at the harms associated with overuse of the Internet by students. There may be a serious effect on their mental and family life. They spend the maximum part of their day on the Internet and hardly have any interactions with their family members. Students ignore their health, wealth, social and personal life. Students on Internet can also easily get introduced to porn websites accidentally and can get addicted to it later. Students get addicted to messaging and virtual communications rather



Rajarshi Deb Roy, Std: VII
Garden High School,
Kolkata

than meeting friends. They keep on playing online games and chatting on social sites. This leads to back pain, muscle weakness, eye problem and many other posture related issues. The fact that the Internet has all the information can be used negatively by the students leading to cheating. There are cases where students are hacking the school websites and changing grades and altering student's information. Dangerous games are also part of Internet.

There is nothing more important than saving the students from the addiction of Internet and social media. Although the Internet is a

very useful thing there are many harms also. The school is the best place for the students to learn. There is no need to search every small thing on the Internet. If we encourage students to search for books rather than the Internet for everything it can lead to a huge change.



Prachya G. Thakkar, X B
St Xavier's School- Mundra, Gujarat

Health Tracking Light Bulb

US based startup, Sengled, has unveiled a new smart light bulb that makes use of Radar sensors and Bluetooth to provide health tracking information of people in a room. The bulb can track a user's heart rate, body temperature and even sleep patterns. It is also able to track physical movement, and so could be used in the home of an elderly person to watch for falls and send the data to an app that can call a selected contact and alert them. The product is still under development but it is expected to be launched by the end of this year.



Ms. Sharon Dias

Sony electric SUV - Vision-S 02

Sony has revealed another electric vehicle prototype, the Vision-S 02 SUV this year. This is a new version of the firm's first prototype battery powered car that it has already been road testing. The seven seater utility vehicle measures around 4.85 meter long, which is fractionally longer than the Tesla Model Y SUV, and sits higher from the ground. This prototype vehicle is equipped with control arms front and rear with air springs and rides on 20-inch wheels. Drivers can customize the car's acceleration and deceleration sounds. The rear passengers get screens, too, and can play Play Station games through a remote connection to a gaming console at home.





**RIGHT HERE!
RIGHT NOW!**

First flight of 'Made in India' Dornier 288 plane

The first-ever 'Made in India' Dornier 228 commercial plane was flagged off by Union Civil Aviation Minister Jyotiraditya Scindia from Phasighat, Arunachal Pradesh.



PM Modi Inaugurates Pradhanmantri Sangrahalaya in New Delhi

The museum of all former Prime Ministers (Pradhan Mantri Sangrahalaya) will become a source of inspiration for the youth who will be able to witness the hardships each PM faced and how they overcame them to lay the foundations of a new India.



Mumbai and Hyderabad recognised as '2021 Tree City of the World'

The United Nations Food and Agriculture Organisation (FAO) has recognised Mumbai and Hyderabad as the '2021 Tree City of the World'. They have won the recognition for their "commitment to growing and maintaining urban trees and greenery in building healthy, resilient and happy cities".

Shehbaz Sharif- New Prime Minister of Pakistan

On 11th April 2022, Shehbaz Sharif took oath as Pakistan's 23rd prime minister unopposed.



India's New Chief of Army Staff

Lieutenant General Manoj Pande will be the 29th chief of the Indian Army. He has become the first engineer to become the chief of army staff.

Mr. Mathew T J



MATH PUZZLE

BRING ON THE BEES

A

How many eggs can you put in an empty basket one foot in diameter?

B

You are given three positive numbers. You can add these numbers and multiply them together. The result you get will be the same. Which are the numbers?

SUDOKU

Sudoku is a number puzzle. The rules are given below:

1. Every small square has to contain a single number.
2. Only use the numbers 1 to 9
3. Use each number only once in each row, column, and 3x3 box.

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

Solve the Sudoku & send it to the
Email ID: thedreamsmagazine@gmail.com
The first three correct entries will be rewarded.

Word Search

Find the 4 hidden words



MATH PUZZLE

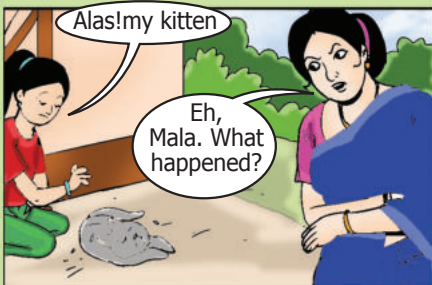
C

$$\begin{aligned}1 &= 4 \\2 &= 16 \\3 &= 64 \\4 &= ?\end{aligned}$$

D

Add the number to the number itself and then multiply by 4. Again divide the number by 8 and you will get the same number once again. Which is that number?

MALA & THE KITTEN



PUZZLES (PAGE 48-49) ANSWERS



Ans A: 1. PASS 2. BALL 3. KICK
4. GOAL 5. NET 6. PENALTY

Math Puzzle

Ans A: Only one egg. Because after that the basket is no more empty.

Ans B:

1, 2, 3

Ans C:

Follow the pattern below.

 $4^1 = 4$
$$4^2=16$$
$$4^3 = 64$$
$$4^4 = 256$$

Ans D:

Any number

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Editorial Assistance & Design : Chetana Media, Ph: 9447001122

Cover design : Chetana Media

Publishers: CMI Prior General's House, PB No. 3105, Kakkanadu, Kochi, Kerala - 682030

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(For Private Circulation)

Dream a day
Dream a way

Come,
weave dreams
together...



Enrich &
Entertain

The
Dreams

Vol.3 No.6, December 2021
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