

BRIDGE COURSE FOR FRESHER'S

Bridge course 2018-2019

Minutes for bridge courses:

On 25.06.2018 inauguration for the first year students. We conducted bridge course for first year students.

- ✓ Inaugural functions
- ✓ About the rules of the college
- ✓ About the syllabus
- ✓ Course outcome
- ✓ Awareness of general activities inside the campus
- ✓ Communication skills
- ✓ Letter writing
- ✓ PPT
- ✓ Short film
- ✓ Women's safety and hygiene
- ✓ Positive thoughts
- ✓ Values of life
- ✓ Women's empowerment

TIME TABLE FOR BRIDGE COURSE

	1	2	3	4	5
25.06.18	Inauguration			College rules, discipline & dress code HOD	Importance of internal exams S.A
26.06.18	Communication skill K.R	Curriculum details K.V	Importance of statistics N.S	Speech about tamil tradition & culture M.C	Library S.A
27.06.18	How to prepare resume & mail ID N.S	Women empowerment M.S	Mathematical puzzles K.V	Smart class K.R & K.V	
28.06.18	Food & Hygiene S.A	Tips for Competitive Exams K.V	Letter Practice K.R	How to attend an Interview N.S	Gentle introduction about internal examination in collage G.S
29.06.18	Importance of water & Electricity storage G.S	Positive thoughts	Values of life M.C	Women's safety S.A	Words Dictation K.R

25.6.2018

Hours

- 1, 2 & 3 - Inauguration
- 4 - College rules , discipline & dress
- 5 -Importance of internal exams

26.06.2018

- 1 - Communication skill
- 2 - Curriculum details
- 3 - Importance of statistics
- 4 -Speech about tamil tradition & culture
- 5 –Library

27.06.2018

- 1 -How to prepare resume & mail ID
- 2 – Women empowerment
- 3 -Mathematical puzzles
- 4 - Importance of statistics
- 5 – Smart class about women safety and hygiene

28.06.2018

- 1 –Food and Hygiene
- 2 – How to crack competitive exams
- 3 - Letter writing practice
- 4 – how to face the interview in all institution and private sector
- 5 – Gentle introduction about internal examination in collage

29.06.2018

1 -How to use consumption of water and saving of electricity

2 – Positive thoughts

3 - Values of life

4 - Importance of statistics

5 – words dictation

Women's Safety material

Women safety in India is widely discussed everywhere nowadays. It has now become a major issue. The crime rate is on the spike. Women are neither safe outside nor at home. Women travellers from other countries are also in a dubious state while thinking about coming to India. However, this fear cannot keep them away from any kind of social activity. There are laws but there should be proper safety measures which we have to follow strictly to protect the women from violence.

Along with essays on Women's safety in India, there are many other sample essays being provided on our site and mobile app as well. Take a look into it for further reference.

Women's safety in this country is a major concern and therefore should be talked about as much as possible. She is strong, she is worshiped in this country. She is a mother, she is a sister, a grandmother, a wife. She plays many roles and yet, she is not safe. She lives in terror and fear. She is scared to go from her house to a shop nearby at night. Women's safety is a big concern that must be addressed in a country like ours. India is definitely not the safest country for our women. For a country that has been known for worshiping gods like The Durga, Laxmi and The Kali, we clearly need to start worrying about the issue of how unsafe women have become in the country. Women of all ages are currently facing some sort of crime against their rights and are suffering in the worst ways. The more we keep letting things like these happen, the more they will continue to grow. We need to make sure that the safety of the women in our country is something that we talk about all the time. Only when we plan on making the most regular everyday activities for the women in our country safe, will we be able to call ourselves a successful nation.

Women's life is endangered due to violence and discrimination and kept them away from participating in any social activity. In India, the rapid increase in crimes of women violence through Durga, Sati, Sabitri are worshipped by the people treating them as the goddess. Women are caged in the houses previously, but urbanization forces them to break these jails and show their talent to the world at par with men. Women showed their talent in every sector from the taxi driver to the CEO of multinational corporate companies. People must shrug off the idea that women can't do anything by going out of the house. They should admit that she has set foot on the moon too. KalpanaChawala, the first Indian woman astronaut stepping on the moon, became a role model for not only women around the world but also all other men who desire to be astronauts. She became an inspiration in front of the whole world.

In India domestic abuse, sexual assault and murder are common forms of violence against women. Dowry death is an ultimate form of murder. Indians are still with the psychology that dowry is tradition and girls' fathers lose everything to pay it. Domestic violence or domestic abuse is done by one partner with the other partner in a relationship. The rate of domestic violence is increasing in India. 70% of women are victims of domestic violence. It leads to depression and suicides. It's not a direct murder but it is a cause of murder for sure. Moreover, girls are forced into marriage at a young age. This child bride is not even mature enough to understand her responsibility. Acid throwing is a form of violent assault which ruins the beautiful girl's life. 'Cheat in a relationship' is another commonly found crime against women. A man easily breaks up with his wife and starts a new life with another bride.

There are many places in the country where women are still not aware of some of the most basic rights that they can take advantage of in order to empower themselves. This brings us to the next thing that needs the attention of people living in our country. The most important way to ensure that women are staying safe in the country is by making sure that they are empowered on an everyday basis. Many women living in socially and economically backward areas are being victims of domestic violence, without being aware of what they should be doing in order to prevent this from happening and taking a stand for themselves after this happens, women keep on enduring this horrible behavior against them. Hence, empowering them and by making them aware of what they must be doing, who they should be reaching out to and just exactly why it is important to not stay silent are some of the most important things that we need to bring our attention to.

Women safety is a crucial concern in India and a lot of organizations started working on it after Nirbhaya's case. Women should adopt some self-defence tips and tricks so that it proves helpful during the worst sceneries for them. Countless videos and information about such defensive techniques are available online for educating women's safety. Primary and frontier tip for women is if it seems even a slight unsafe it's better to get out of that place immediately.

Violence is widely observed in public transports, so she should try to avoid travelling with public transports at night, and if it's not possible then make sure you travel with enough crowd. If she is driving alone, don't give a lift to strangers, because we are not sure about their intentions. Using a smartphone wisely can provide a bodyguard in emergencies. There is plenty of handy equipment available in the market which will provide assistance at the time of emergencies. Keeping such equipment, sprays, and small blades in the purse can be useful if things go wrong. Precautions are always better than cure! To protect women from domestic violence 'The Parliament of India' passed 'The Protection of Women from Domestic violence Act 2005'.

Conclusion

The day women in India will feel safe to do the most basic things like going to nearby shops without the fear of anything is when we will truly succeed as a country. The moment every citizen understands what consent is and starts respecting the women around them is when we can truly accomplish the dream that our predecessors dreamt of. But right now, we still have a long way to go as a nation.

Creating a Personal Hygiene Routine: Tips and Benefits

What is personal hygiene?

Personal hygiene is how you care for your body. This practice includes bathing, washing your hands, brushing your teeth, and more.

Every day, you come into contact with millions of outside germs and viruses. They can linger on your body, and in some cases, they may make you sick. Personal hygiene practices can help you and the people around you prevent illnesses. They can also help you feel good about your appearance.

Learn more about why hygiene is so important, the best ways to practice it, and how you can change your habits to make yourself feel and look better.

Types of personal hygiene

Each person's idea of personal hygiene differs. These main categories are a useful place to start for building good hygiene habits:

Toilet hygiene

Wash your hands after you use the restroom. Scrub with soap for 20 to 30 seconds, and be sure to clean between your fingers, on the back of your hands, and under your nails. Rinse with warm water, and dry with a clean towel.

If you don't have running water or soap, an alcohol-based hand sanitizer will also work. Use one that's at least 60 percent alcohol.

Shower hygiene

Personal preference may dictate how often you wish to shower, but most people will benefit from a rinse at least every other day. Showering with soap helps rinse away dead skin cells, bacteria, and oils.

You should also [wash your hair](#) at least twice a week. Shampooing your hair and scalp helps remove skin buildup and protects against oily residues that can irritate your skin.

Nail hygiene

Trim your nails regularly to keep them short and clean. Brush under them with a nail brush or washcloth to rinse away buildup, dirt, and germs.

Tidying your nails helps you prevent spreading germs into your mouth and other body openings. You should also avoid biting your nails.

Teeth hygiene

Good dental hygiene is about more than just pearly white teeth. Caring for your teeth and gums is a smart way to prevent gum diseases and cavities.

Brush at least twice a day for 2 minutes. Aim to brush after you wake up and before bed. If you can, brush after every meal, too. Floss between your teeth daily, and ask your dentist about using an antibacterial mouthwash.

These two steps can help prevent tooth decay and eliminate pockets where bacteria and germs can build up.

Sickness hygiene

If you're not feeling well, you should take steps to keep from spreading germs to others. This includes covering your mouth and nose when sneezing, wiping down shared surfaces with an antibacterial wipe, and not sharing any utensils or electronics. Also, immediately throw away any soiled tissues.

Hands hygiene

Germs on your hands can easily enter your body through your mouth, nose, eyes, or ears. Wash your hands:

- when you handle food
- before you eat
- if you handle garbage
- when you sneeze
- any time you touch an animal

Tips for a healthy period

1. A Happy Period is not as difficult as most of you would consider it to be. As healthy as it is to get a normal menstrual cycle with regular periods, it is just equally important to ensure a healthy period. In order to avoid a painful or irregular period, there are so many simple tips that you can follow. After all, a normal period cycle is all you want!

2. Menstruation is a time when women are at a high risk of infection. As the mucus that generally blocks your cervix opens during your period to allow blood to pass, it also opens the doors for the bad bacteria to travel into your uterus. Hence, taking the utmost care of your menstrual hygiene is super important. Read on for a few tips for regular periods and a healthy menstrual cycle.

3. Clothing Choices - It is best to avoid tight clothes or fabric that sticks to your body such as spandex. Soft cotton underwear and loose-fitting clothes will help you stay fresh and dry, keeping moisture at bay

4. Frequently change your period products – Never keep on your sanitary pads for longer than recommended. Do not wear it longer than 6-8 hours as it might increase your risk of rashes and infection.

5. Adequate workout and movement – Yoga is known to have a good effect for regular periods, wherein it improves blood circulation. This is an effective remedy for irregular periods. Exercising keeps your body's metabolic rate at an optimum level. So, go on and try gentle stretches or brisk walking to loosen your muscles and get your blood pumping.
6. Enough sleep – Try and get adequate sleep because if your sleep cycle is disrupted, it can severely affect your menstrual cycle. Be sure to get the 7-8-hour sleep for a healthy period and a happy you.
7. Healthy eating habits - Unhealthy eating habits lead to hormonal imbalance which in turn is linked to irregular periods. Obesity is a very common reason for a host of problems including skipped or irregular periods, and the primary cause of obesity is unhealthy eating. Increase the intake of whole grains, fruits, and leafy vegetables, at the same time reduce the consumption of salt to avoid bloating and water retention.
8. Stay hydrated – Drink lots of water as this helps in the bowel movement and keeps period cramps away. The more water you drink, the easier it is for your body to wash out the toxins.
9. Leave stress aside – When you are stressed, your body produces a hormone called cortisol, which is single-handedly enough to disturb estrogen, the female reproductive hormone. As you know estrogen plays a vital role in a healthy period, you must try and calm down and take a deep breath, rather than getting worked up.
10. Alter your lifestyle and make way for healthy habits in your daily routine for regular periods. A normal period cycle needs a wholesome diet and staying well hydrated, undisturbed sleep patterns, and regular workout. Thus, conscious care is all you need to prevent irregular periods and ensure a healthy menstrual cycle.

Competitive Exam Preparation Tips and Tricks:

The following mentioned are a few preparation tips for how to study for competitive exams.

- ❖ Have a shorter study period:
- ❖ Sync the timetable of your school with the home study schedule
- ❖ Plan your study time
- ❖ Keep yourself far away from distractions
- ❖ Don't study at odd times
- ❖ Read the text thoroughly
- ❖ Remember the keywords
- ❖ Save enough time for revision
- ❖ Use colour for the books
- ❖ Don't study one tough subject after the other
- ❖ Study hard
- ❖ Don't get stressed out

Conclusion:

With that, we would like to bring the post to a close. If you have enjoyed reading the article and found some benefit from it, do let us know in the comment box below. We would love to hear from you. Also, make sure you aren't getting too stressed like we have mentioned and make sure to follow all the points mentioned. If you can keep up with that, you can ace any competitive exam in the future. On that note, good luck and all the best.

Step by step procedure of preparing resume:

A résumé is a one-page summary of your work and school experiences. Employers match your résumé against their job openings to evaluate if you'd be a good fit. As such, it's important to make your résumé a good representation of yourself. Here's how, step by step:

1. Decide Which Type Of Résumé You Want.

There are three types of résumés: chronological, functional and combination. You might want to consider more than one format of résumé if you're applying for multiple jobs.

- **Chronological** is the most traditional format and lists experiences according to the order in which they took place. These résumés generally appeal to older readers and may be best suited for a conservative field.
- **Functional** is a type of résumé that lists your experiences according to skill. This is the format to use if you're changing career direction (and lack direct work experience). Because it displays your skills first, your work experience, or lack thereof, is not the main focus.
- **Combination** combines the best aspects of the *chronological* and *functional* styles. Be careful with length for this format; the résumé can quickly get long.

2. Create A Header.

A header should include your name, phone number and email address. You can also include your mailing address, but leave it out if you plan to post your résumé online.

- Use a phone number that you plan to answer and change your voicemail to a more professional message if necessary.
- Make sure your email address is professional. If your current email address, for example, is candygirl@mail.com or hotbod@inbox.com, it's time to set up a new email, such as janesmith@mail.com or jsmith99@inbox.com.

3. Write A Summary.

In one or two sentences, summarize your work experience and relevant skills. Keep this strong and simple.

- The summary can be useful to explain why you're applying for a role that is a departure from your career path.
- You don't have to include a summary, especially if your experience speaks for itself and is relevant to the jobs you're applying for.

4. List Your Experiences Or Skills.

FOR CHRONOLOGICAL/COMBINATION RÉSUMÉS, LIST YOUR EXPERIENCES

Starting with your most recent or current job, list your previous work experiences.

- This section shows where you have worked and when. It also states specific accomplishments for each position or job.
- This is where content can make your résumé run over a page, so be selective (if necessary) about what you include.
- Pick experiences that seem most relevant to the position you seek. For inspiration, think of your full-time or part-time work, summer jobs, occasional jobs, internships, fieldwork and special projects.
- Don't worry whether your experiences are "good enough." Employers admire people who have worked hard in a variety of positions.
- Always start each achievement with an accomplishment verb, like *accelerated, achieved, expanded, influenced, solved, maintained, generated, effected, advised, controlled, trained or utilized.*
- Don't worry if there are gaps in the timeline, but keep everything in chronological order, with most recent jobs at the top.

Examples:

South western Writing Center, Peer Writing Tutor, Yuma, AZ

April 2014–Present- Tutored students in writing for all disciplines.- Critiqued peers' writing.

Camp Granite Falls, Area Director, Mountain ville, TN June 2013–September 2017- Directed staff of four while supervising 20 campers.- Taught crafts, sports and cooking.

FOR FUNCTIONAL/COMBINATION RÉSUMÉS, LIST YOUR SKILLS

The "skills" section of your résumé is a place where you can show your strengths and individuality. Start by stating each skill. Then back it up with a two- to three-line explanation of how you learned that skill or why you believe you have it. Make these entries short, clear and to the point.

- List skills that are most relevant to the job you seek. Think about what the employer is looking for in relation to what you've done and who you are as a person.
- Don't forget to list computer programs you've had experience with; proficiency can be seen as added value.

Examples:

Self-Motivated: Proactively organized volunteers to assist with distribution at the community food bank.

Bookkeeping: Maintained accurate, detailed inventory reports at school library and subsequently won Top Librarian Assistant award three months straight for Brown County.

5. List Your Activities.

List activities in which you have participated and include what your specific role was in each.

- This is the place to note membership or leadership positions in clubs, organizations of any kind, athletic teams, community organizations and so on.
- If you've had an interesting job unrelated to the field you're pursuing—such as reading to blind children or teaching English as a second language (ESL)—add it here. Employers are always looking for people with diverse backgrounds to work for them.

Examples:

Track Team: Team Captain, Senior Year. Fall 2016–Spring 2017.

Drama Club: "Crazy for You" and "West Side Story." Fall 2017 and 2018.

6. List Your Education.

- List the schools you've attended, starting with the most recent one. Include details such as GPA, class rank or special awards.
- Add any other educational experiences, such as training programs, community college or summer courses, seminars and so on.

Examples:

Oldham County High School, Oldham, PA. 3.8 GPA. Anticipated Graduation: June 2019.

Bellville Adult Education, Bellville, NY. Introduction to Web Design. September 2017.

7. List Any Awards You've Won And When You Won Them.

When you've been recognized by someone else, you should let potential employers know about it. But you shouldn't worry if you haven't received any awards; just skip this section.

Examples:

Richmond County National Essay Contest, Honorable Mention, May 2006.

Honor Roll, South Satchewan High School, Junior and Senior Years, 2008–2010.

8. List Your Personal Interests.

- This section shows you're a well-rounded person who people would want to know and work with.
- Employers often use this section at the start of an interview to break the ice.
- Casual interests are better not to list (e.g., napping, watching reality TV, gossiping). This is really about highlighting hobbies that have helped you grow as a person.
- This résumé step is considered optional. If you're having trouble coming up with interests, or feel your résumé is already too long, feel free to leave it off.

Mathematics Puzzle

Symbol sums

$$2 \square 1 \square 6 \square 6 = 48$$

$$+ \quad - \quad \times \quad \div$$

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Can you make this equation correct using three of these four symbols? $+$ $-$ \times \div

Order of operations doesn't apply, and no fractions or negative numbers are involved.

Answer:

$$2 \times 1 + 6 \times 6 = 48$$

+ - × ÷

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Number cube

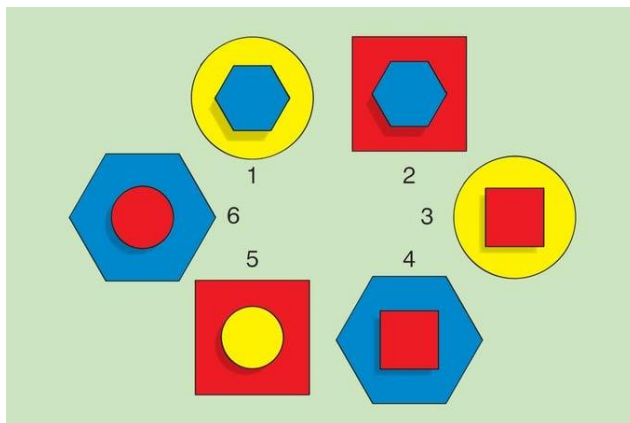


BRAINSNACK

Which number should replace the question mark?

Answer: 9

Go figure

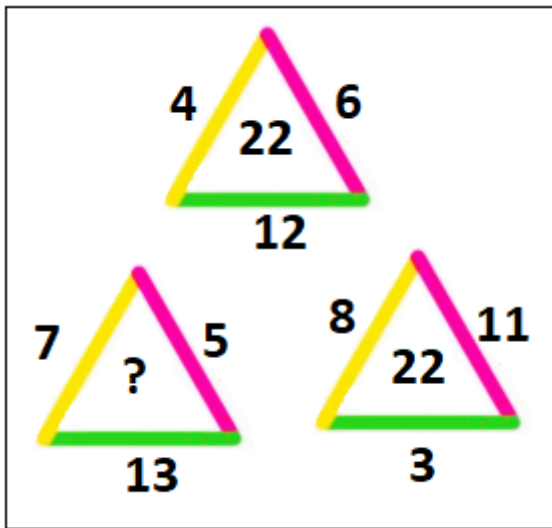


BRAINSNACK

Which figure (1-6) is not colored correctly?

Answer: 6—it should be yellow.

Solve the below Maths puzzle:



Solution:

From the given, it can be observed that the addition of numbers exists.

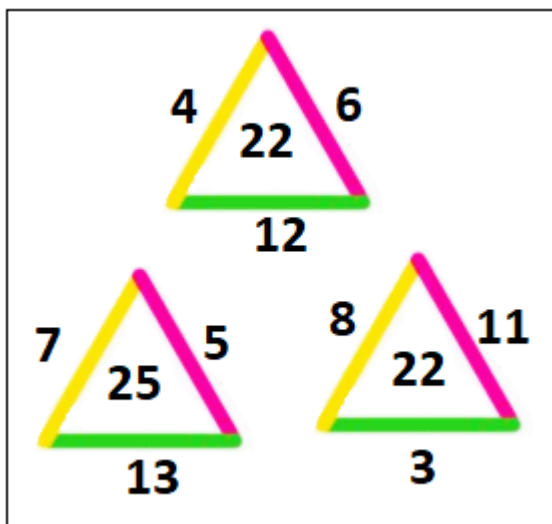
In the top triangle, $4 + 6 + 12 = 22$

In the second row, the second triangle has a sum of three numbers; $8 + 3 + 11 = 22$

Thus, the missing number in the puzzle is:















$$7 + 5 + 13 = 25$$

Therefore,



Example 2:

Solve the puzzle:

	x		x		= 27		
	x		x		x		= 24
	x		x		x		= 96
	+		x		= ?		

Solution:

From the given, it can be observed that multiplication and addition are involved in the problem.

This can be solved by assuming some constant for each object and solving based on the condition given.

In the first row, each apple possesses the number 3 since $3 \times 3 \times 3 = 27$

In the second row, let each mango hold “m” such that:

$$3 \times m \times m \times m = 24$$

$$m^3 = 24/3$$

$$m^3 = 8$$

$$m = 2$$

Each mango = 2

In the third row:

Let each orange equal to “R”.

$$\text{Thus, } 3 \times 2 \times R \times R = 96$$

$$6 \times R^2 = 96$$

$$R^2 = 96/6$$

$$R^2 = 16$$

$$R = 4$$

Each orange = 4

Finally, in the third row:

$$\text{Orange} + \text{Apple} \times \text{Mango} = 4 + 3 \times 2 = 4 + 6 = 10$$

Therefore,

$$\begin{aligned} \text{Apple} \times \text{Apple} \times \text{Apple} &= 27 \\ \text{Apple} \times \text{Lemon} \times \text{Lemon} \times \text{Lemon} &= 24 \\ \text{Apple} \times \text{Lemon} \times \text{Orange} \times \text{Orange} &= 96 \\ \text{Orange} + \text{Apple} \times \text{Lemon} &= 10 \end{aligned}$$

POSITIVE THOUGHTS FOR THE DAY

1. You can't change the whole world, and you certainly can't change other people, but you do have the ability to change yourself. You can have a positive impact in your job, the people with whom you work, and the entire organization...the choice is up to you.—Cherie Carter-Scott
2. Once we hold a belief, it tends to stick with us for the rest of our lives, unless we challenge it.
—Dr. Richard Gillett, *Change Your Mind, Change Your World*
3. Most people are about as happy as they make up their mind to be.—Abraham Lincoln
4. Positive anything is better than negative nothing.—From *The Road to Success is Always Under Construction*
5. What you see is what you get!--Geraldine(a.k.a.FlipWilson)
6. Don't cry because it is over. Smile because it happened.—Dr. Seuss
7. The actual act of discovery consists not in finding new lands but seeing with new eyes.—Marcel Proust
8. The sense of wonder—that is our sixth sense.—D.H. Lawrence
9. Hope sees the invisible, feels the intangible, and achieves the impossible.—Charles Caleb Colton
10. We often spend so much time coping with problems along our path that we only have a more even inaccurate view of what's really important to us. — Peter Senge

11. Pessimists calculate the odds. Optimists believe they can overcome them.—Ted Koppel
12. Researchers find that optimists live 19 percent longer than pessimists.—*The Oregonian* Edge column
13. Just keep swimming.—Dory in *Finding Nemo*
14. I keep my mind focused on peace, harmony, health, love and abundance. Then, I can't be distracted by doubt, anxiety, or fear.—Edith Armstrong
15. No problem can be solved from the same level of consciousness that created it.—Albert Einstein
16. The greater part of our happiness or misery depends on our disposition and not our circumstances.—Martha Washington
17. Everything can be taken from us but one thing—the last of the human freedoms—to choose one's attitude in any given circumstance. —Victor Frankl
18. A cynically young person is almost the saddest sight to see because it means that he or she has gone from knowing nothing to believing in nothing. —Maya Angelou
19. Watch your thoughts; they become words. Watch your words; they become actions. Watch your actions; they become habits. Watch your habits; they become character. Watch your character; it becomes your destiny. —Frank Outlaw
20. If we did all the things we are capable of doing we would literally astound ourselves.—Thomas Alva Edison
21. Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has. —Margaret Mead
22. Martin Luther King did not say, "I have a strategic plan." Instead, he shouted, "I have a dream," and he created a crusade.—Unknown source, provided by Kathy Wells
23. There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle.—Albert Einstein
24. It must be borne in mind that the tragedy of life doesn't lie in not reaching your goal. It lies in having no goal to reach. It is not a calamity to die with dreams unfulfilled, but it is a calamity not to dream. It is not a disgrace not to reach the stars, but it is a disgrace not to have any stars to reach. Not failure, but low aim, is the real sin.—Benjamin Mays via Pablo Eisenberg

25. We must be the change we wish to see in the world.—Gandhi
26. The optimist proclaims that we live in the best of all possible worlds; and the pessimist fears this is true.—James Branch Cabell
27. A pessimist is one who makes difficulties of his opportunities. An optimist is one who makes opportunities of his difficulties. —Reginald B. Mansell
28. Even if you fall on your face, you're still moving forward.—Victor Kiam
29. For myself, I am an optimist—it does not seem to be much use being anything else.—Sir Winston Churchill
30. Opportunities are usually disguised as hard work, so most people don't recognize them.—Ann Landers
31. The more I want to get something done, the less I call it work.—Richard Bach
32. Turbulence is life force. It is opportunity. Let's love turbulence and use it for change.—Ramsay Clark
33. Happiness depends upon ourselves.—Aristotle
34. We have been taught to believe that negative equals realistic and positive equals unrealistic.
—Susan Jeffers
35. Man is what he believes.—Anton Chekhov
36. The thing always happens that you really believe in; and the belief in a thing makes it happen.—Frank Lloyd Wright
37. It's choice—not chance—that determines your destiny.—Jean Nidetch
38. Only I can change my life. No one can do it for me.—Carol Burnett
39. A positive attitude may not solve all your problems, but it will annoy enough people to make it worth the effort. —Herm Albright
40. A strong, positive mental attitude will create more miracles than any wonder drug.
—Patricia Neal
41. Human beings, by changing the inner attitudes of their minds, can change the outer aspects of their lives. —William James
42. The words that enlighten the soul are more precious than jewels.—Hazrat Inayat Khan
43. In the middle of difficulty lies opportunity.—Albert Einstein

44. Every day I do my best for one more day.—Yul Brynner as the king in *The King and I*
45. Eighty percent of success is showing up.—Woody Allen
46. No matter how cynical you get, it is impossible to keep up.—Lily Tomlin
47. Change your thoughts and you change your world.—Norman Vincent Peale
48. No pessimist ever discovered the secret of the stars, or sailed to an unchartered land, or opened a new doorway for the human spirit.—Helen Keller
49. While we cannot direct the wind, we can adjust the sails.
50. The next frontier is not only in front of you—it's inside you.
51. The gap between what can be imagined and what can be accomplished has never been smaller.
52. Be the most curious and positive person you know.
53. Don't speculate on what might happen...imagine what you can actually make happen.
54. Many people get cynical about those who try to do good in the world. Do some good anyway.
55. Never let the word "impossible" stop you from pursuing what your heart and spirit tell you to do. Impossible things come true everyday.
56. Believe in yourself. Believe in others. Believe in life.
57. Make adversity your ally. Greatness is born during tough times and unexpected circumstances.
58. Complain less, breathe more. Criticize less, create more. Worry less, laugh more. Fearless, hope more.
59. Remember that the greatest reward you get for your efforts is not what you get for them, but what you become by them.
60. The harder the wind blows, the higher your kite will fly.
61. Optimistic people are strategically unrealistic.
62. There's no sense being pessimistic. It probably wouldn't work anyway.
63. Have an irrational sense of hope.
64. The most important lessons often come where the road turns sharply.

65. Keep learning from what life brings.
66. Every stumble and turn is a lesson learned.
67. Never underestimate the power of a kind word, an unexpected act of generosity, a courageous deed.
68. On the path of life, few signs are big or clear. Just don't get fooled by the ones that say, "You can't get there from here."
69. Don't settle for being what you used to be or have been. Keep reaching for what you can yet become.
70. Stop competing, and start excelling. No one has to lose for you to win.
71. Loosen up. Lighten up. Keep showing up.
72. Remember, you'll never get new results from repeating old habits.
73. Never forget your attitude and feelings always attract exactly what they convey.
74. Never give upon life's possibilities.
75. Work as if you have no need for money.
76. Do what ever it takes to make a difference through your work.
77. Align your daily efforts with big dreams and great goals.
78. Value even the smallest moments of inspiration.

79. Never forget from how far back a human being can come and still make a difference.
80. Know that the biggest risk in life is not to risk at all.
81. Live so that when other people think of integrity, enthusiasm, commitment, and caring, they think of you.

IMPORTANCE OF STATISTICS

The word statistics is derived from the Latin word "status", the Italian word "state", and the German word "Statistics" meaning a political state. In the ancient times it was used to understand the political arrangement of all states of the known world. Its use has now been broadened. There is hardly any branch of discipline which does not make use of statistics.

Though, it may be used in different subjects, yet it has the following functions to render:

1. It presents facts in a definite form
2. It simplifies mass of figures
3. It facilitates comparison
4. It helps in formulating and testing hypothesis
5. it helps in prediction

Everybody comes across certain behavioral or other human characteristics which need to be quantified in order to comprehend the complexity involved in it. Statistics helps to break down the complexity of facts to more meaningful information by analyzing, comparing and evaluating. Statistics, though essential to be used in all aspects of life. The present day research does not find its meaning unless and until the responses in the form of data are analyzed with the help of certain statistical techniques. Statistics though essential to be used in all aspects of life, but we make its use even without understanding the real meaning and importance when we:

- a. count the items of grocery bought in the beginning of every month
- b. make a list of people residing near one's household
- c. count the clothes to be given for dry cleaning
- d. prepare a list of the persons to be invited for attending the party at our place and then count how many of them have attended the program etc.

Though the basic statistics to be used in any discipline of enquiry remains to be same, still certain statistical techniques are particularly related to application in specific branches. Now, it can be summarized as to how and why the knowledge of statistics is important for the students of education and psychology

1. Statistics helps in understanding the related research literature in these subjects. Almost all books and research journals describe the procedure for treatment and analysis of data with the help of statistical techniques.
2. It forms the bases of scientific approach to problem solving. The students cannot carry out their researches without knowing the scientific method of approach to problem solving in their disciplines.
3. It help the psychologists, counselors, educationists and guidance workers to make an effective appraisal of student ability and interest in the studies and for their placement in jobs.
4. It works as a basic tool of data analysis and provide information to educationists and educational planners about the trend of enrolment in various classes, literacy rate, drop out, teacher-pupil ratio, number of students passing an examination etc.

5. It help the teachers and school administrators to evaluate the strategies involved in teaching learning process. This information can be more objectively gained with the help of statistics to deal with examination scores, test scores, etc, to understand the impact of evaluation.
6. Statistics help us to draw general conclusions.
7. In the discipline of education and psychology, responses of the individuals are quantified which can be translated to have a precise meaning. It helps us to describe, summarize and interpret meaning of performance of different individuals in any task in a group. It helps us to study relationships between different characteristics or phenomenon or variables of the aggregate of people or population.
8. It enables us to summarize the results in a more meaningful and convenient form.
9. It permits the most exact kind of description.
10. It helps in understanding events or characteristics of human behavior occurred in past, in present on variety of tasks in human life. It also helps us in predicting the future performance of the students in a course or success in a job.
11. It forces us to be definite and exact in our thinking and procedure to be adopted in making the concepts clear.
12. However, even if one will never be a researcher himself/herself, he would like to have his acquaintance with certain topics, because his profession desires him to apply research literature. He will be required to comprehend and evaluate detailed research literature, much of which is couched in statistical terms.

Plan for water storage

Water is a basic human necessity, and having a reliable source of it is crucial in any emergency or disaster situation. With climate change causing more frequent and intense natural disasters, it's becoming increasingly important for households to have a water storage plan in place. Here are just a few reasons why every home should have a plan for water storage:

Natural Disasters

Natural disasters like hurricanes, earthquakes, and wildfires can cause widespread damage to homes, infrastructure, and water supplies. When water mains break, wells become contaminated, or the electricity to power water treatment plants goes out, there may not be any access to clean, safe drinking water. Having a water storage plan can help you prepare for such

situations and ensure that you have a reliable source of clean water for drinking, cooking, and cleaning.

Power Outages

Power outages can also disrupt water supplies, as water treatment plants rely on electricity to function. In case of a power outage, having a backup water supply can be a lifesaver. It's important to have a storage plan in place for times when the water supply may be contaminated or unavailable, especially for those who live in rural areas.

Water Contamination

Water contamination can occur due to a variety of reasons, such as natural disasters, industrial accidents, and human error. When water supplies are contaminated, they can pose serious health risks, especially for vulnerable populations like children, elderly, and pregnant women. Having a water storage plan can help protect against these risks by providing you with a clean, safe source of water.

So, how can you prepare a water storage plan for your home? Here are a few steps you can follow:

1. **Determine your water needs:** The first step in preparing a water storage plan is to determine how much water your household will need in an emergency situation. The general guideline is to store one gallon of water per person per day for a minimum of three days.
2. **Choose the right containers:** The next step is to choose the right containers to store your water. Plastic containers like water jugs, soda bottles, and food-grade containers are best as they are durable, lightweight, and easy to store. Make sure to choose containers with tight-fitting lids to prevent contamination.
3. **Store water in a cool, dark place:** Water should be stored in a cool, dark place, away from direct sunlight, and heat. Sunlight and heat can cause the plastic to break down and release harmful chemicals into the water.
4. **Rotate your water supply:** It's important to rotate your water supply every six months to ensure that it stays fresh and safe to drink. When rotating your water supply, make sure to check the containers for any signs of damage or contamination, and replace them if necessary.

In conclusion, having a water storage plan is an essential part of emergency preparedness. By being prepared for natural disasters, power outages, and water contamination, you can ensure that your household has a reliable source of clean, safe drinking water. So, take the time to prepare a water storage plan for your home today and be ready for any emergency situation.

Environmental Impacts of Electricity Storage

Storing electricity can provide indirect environmental benefits. For example, electricity storage can be used to help integrate more renewable energy into the electricity grid. Electricity storage can also help generation facilities operate at optimal levels, and reduce use of less efficient generating units that would otherwise run only at peak times. Further, the added capacity provided by electricity storage can delay or avoid the need to build additional power plants or transmission and distribution infrastructure.

Potential negative impacts of electricity storage will depend on the type and efficiency of storage technology. For example, batteries use raw materials such as lithium and lead, and they can present environmental hazards if they are not disposed of or recycled properly. In addition, some electricity is wasted during the storage process.