



Puhabi Chakraborty, The Girl Child Of Tripura Having Innovative Ideas

By Reyansh Baralay (8 Years Old)

Puhabi Chakraborty from Tripura, a 10th standard student of KV NIT received Rashtriya Bal Puraskar 2022. She innovated two applications Athletex and another is Spirometer. She is also an international Kickboxing Champion.

She has been selected for a prestigious internship on 'Improving the lung capacity of COVID patients using Machine learning, AI and deep learning interfaces' in a university in California, USA. She is the only one selected for this prestigious internship from India and also the youngest one to get this internship

Puhabi has been working under Prof. F. Farhamand, the department head of the university and an international specialist in the AI and deep learning fields. Puhabi along with her mentor has been working towards creating software to control a spirometer that helps in providing an adequate amount of oxygen and gas mixtures to COVID patients and eases their difficulty in breathing. The GUI software self-calibrates the amount of oxygen required for each COVID patient with varying lung capacities, using a database and AI, so that the manual setting of the spirometer isn't required time and time again. This saves a lot of time, effort, and energy for the healthcare workers (doctors,

nurses etc.) and also saves a lot of patients' lives with accurate calibration and oxygen dispensing each time for each and every Covid patient. Puhabi was the only one selected from the state of Tripura for the Intel AI for youth program earlier this February. She attended a two-month-long bootcamp where intel scientists taught her AI and machine learning coding which provided her the skills to acquire this prestigious internship in California.

Puhabi's creation 'AthleteX' is an app which makes athletes perform better physically and mentally by performing injury detection scans to accurately detect injuries and performs mental health scanning using PSQ questionnaire and analysing them based on deep learning, AI, Artificial Neural Networks and other Machine learning tools where applicable. Her project was one of the hardest one to accomplish due to its complicated nature of mixing Deep learning, Artificial Neural Networking and Convolutional Neural Networks but she did it with ease and received much appreciation and applause from her mentors at Intel and the judges in the final showcase. She told the Prime Minister that her involvement in the sports field actually prompted her to develop an AI based application AthleteX:- for the Atmanirbhar Athlete' an app which would make



athletes perform better physically and mentally by performing injury detection scans to accurately detect injuries and performs mental health scanning using deep learning.

She is also an intern at the University at Buffalo, New York, USA working on machine learning based cyber security under Prof. Ziming Zhao. Puhabi published her first patent at the age of 13 for 'Device for alkaline water purification through banana stem filter' and hopes to invent many more systems for the betterment of her country and its people.. Puhabi loves to donate money and she will give 50% of her prize money which she will get from the Bal Shakti Puraskar to the PM cares fund.

India bids tearful adieu to the Great Legend Lata Mangeshkar

By Tanish Walimbe (9.11 years old)



Lata Mangeshkar, the "Nightingale of India" who gave her voice to Indian movies for more than 70 years, was honored at a state funeral Sunday, after she passed away at the age of 92.

Lata Di died at 8:12 a.m. due to multi-organ failure after over 28 days of Covid-19 diagnosis.

Lata Mangeshkar (born as Hema Mangeshkar; 28 September 1929 – 6 February 2022) was an Indian playback singer and occasional music composer. She is widely considered to have been one of the greatest and most influential singers in India. Her contribution to the Indian music industry in a career spanning seven decades gained her honorific titles such as the Nightingale of India, Voice of the Millennium and Queen of Melody.

From the age of 5, Mangeshkar began training with her father in classical Indian music. Her father, Deenanath Mangeshkar, was an accomplished classical singer and stage actor. His daughter began her career by singing at his musical plays.

She has recorded more than 50000 songs in over thirty-six Indian languages and a few

foreign languages, She primarily sang in Hindi, Bengali, and Marathi. She received several accolades and honors throughout her career. In 1989 the Dadasaheb Phalke Award was bestowed on her by the Government of India. In 2001, in recognition of her contributions to the nation, she was awarded the Bharat Ratna, India's highest civilian honor; she is only the second female singer, after M. S. Subbulakshmi, to receive this honor France conferred on her its highest civilian award, Officer of the National Order of the Legion of Honor, in 2007.

In 1974, The Guinness Book of Records listed Mangeshkar as the most recorded artist in history, stating that she had reportedly recorded "not less than 25,000 solo, duet and chorus backed songs in 20 Indian languages" between 1948 and 1974. Her record was contested by Mohammad Rafi, who was claimed to have sung around 28,000 songs. After Rafi's death, in its 1984 edition, the Guinness Book of World Records stated her name for the "Most Recordings", but also stated Rafi's claim. The later editions of Guinness Book stated that she had sung no fewer than 30,000 songs between 1948 and 1987.

The Government of India announced a two-day period of national mourning and that the national flag will fly at half-mast from 6 to 7 February throughout India out of respect for her. President Ram Nath Kovind, Vice President Venkaiah Naidu, Prime Minister Narendra Modi, several Union Ministers and Chief Ministers, many members of the Indian Music Industry, Indian film industry, celebrities, fans, expressed their condolences. Indian Cricket Team players wore black arm band to mourn the loss of Mangeshkar.

Dogs leave pawprints on our hearts!

By Samaira Pradhan (6 years old)



Canines are also called dogs. There are more than 300 types of dogs. They are from the wolf family. Canines are the only suitable pet for all ages. They are the only animal that can read human emotions. Dogs are amongst the first domesticated animals. They are used for hunting, herding, pulling loads and protection.

Dogs can sweat only through their feet and have about 1700 taste buds. They can detect stormy weather also. I have a beagle named Gucci. I love dogs.

Thanks,
Samaira

Medicinal Uses of day-to-day Herbs

By Advvika Auti (7 Years Old)



Holy basil, (*Ocimum tenuiflorum*), also called tulsi, flowering plant of the mint family (Lamiaceae) grown for its aromatic leaves. Holy basil is native to the Indian subcontinent and grows throughout Southeast Asia. The plant is widely used in Ayurvedic and folk medicine, often as an herbal tea for a variety of ailments, and is considered sacred in Hinduism.

It is also used as a culinary herb with a pungent flavour that intensifies with cooking. It is reminiscent of clove, Italian basil (*Ocimum basilicum*), and mint and has a peppery spiciness.

It is considered an agricultural weed and an invasive species in some areas outside its native range.

Holy basil uses

- Tulsi can help cure fever.
- Tulsi leaves are used to treat skin problems like acne, blackheads and premature ageing.
- Tulsi is used to treat insect bites.
- Tulsi is also used to treat heart disease and fever.
- Tulsi is also used to treat respiratory problems.
- Tulsi is used to cure fever, common cold and sore throat, headaches and kidney stones.
- Tulsi helps in treating Asthma.



Mint or mentha belongs to the Lamiaceae family, which contains around 15 to 20 plant species, including peppermint and spearmint. It is a popular herb that people can use fresh or dried in many dishes and infusions. Manufacturers of toothpaste, gum, candy, and beauty products often use mint oil.

Mint uses

- Mint is a calming herb that people have used for thousands of years to help soothe an upset stomach or indigestion.
- Peppermint oil as a remedy for a range of gastrointestinal conditions, including indigestion, IBS, stomach pain in children, and feelings of sickness after surgery.
- Mint works against harmful microbes, regulates muscle relaxation, and helps control inflammation.
- Allergies-Mint plants contain an antioxidant and anti-inflammatory agent called rosmarinic acid.
- Soothing common cold symptoms. Mint contains menthol. This an aromatic decongestant that might help to break up phlegm and mucus, making it easier to expel.
- Applying menthol ointments or vapor rubs may be a safe and effective treatment for children who have a common cold.



Turmeric, a plant in the ginger family, is native to Southeast Asia and is grown commercially in that region, primarily in India. Its rhizome (underground stem) is used as a culinary spice and traditional medicine. ... Turmeric is a common spice and a major ingredient in curry powder.

Curcumin is the main active ingredient in turmeric. It has powerful anti-inflammatory effects and is a very strong antioxidant.



Aloe vera is a succulent plant species of the genus Aloe. Having some 500 species, Aloe is widely distributed, and is considered an invasive species in many world regions.

An evergreen perennial, it originates from the Arabian Peninsula, but grows wild in tropical, semi-tropical, and arid climates around the world. It is cultivated for commercial products, mainly as a topical treatment used over centuries. The species is attractive for decorative purposes, and

succeeds indoors as a potted plant.

Aloe Vera Uses

Aloe Vera gel is used for treating skin conditions such as:

- Psoriasis
- Seborrhea
- Dandruff
- Minor burns
- Skin abrasions
- Skin injured by radiation
- Herpes sores
- Acne
- Anal fissures

There’s also strong evidence that aloe juice, which contains latex, taken by mouth is a powerful laxative. In fact, aloe juice was once sold in over-the-counter constipation drugs.

Cosmetic companies commonly add sap or other derivatives from Aloe vera to products such as makeup, tissues, moisturizers, soaps, sunscreens, incense, shaving cream, or shampoos.



Oregano, (*Origanum vulgare*), also called organum or wild marjoram, aromatic perennial herb of the mint family (Lamiaceae)

known for its flavourful dried leaves and flowering tops.

Oregano is native to the hills of the Mediterranean countries and western Asia and has naturalized in parts of Mexico and the United States. The herb has long been an essential ingredient of Mediterranean cooking and is widely used to season many foods. Culinary varieties, such as Greek or Italian oregano, have a strong aroma and a warm pungent taste.

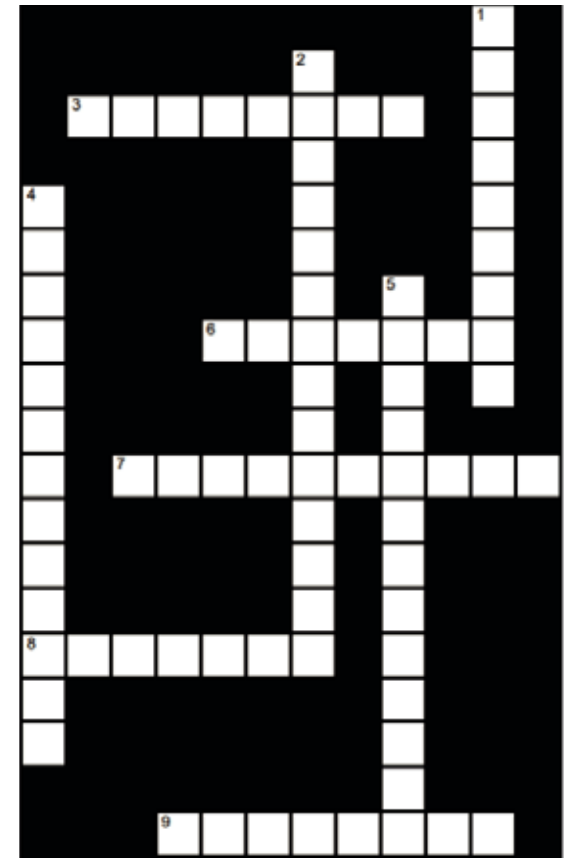
Uses of Oregano

- **Rich in Anti - oxidants:** Oregano is rich in antioxidants, which are compounds that help fight damage from harmful free radicals in the body, thus showing anti cancer properties.
- **Antibacterial and anti viral properties:** Oregano contains certain compounds that have potent antibacterial and anti viral properties.
- **Anti - cancer properties:** Oregano is high in antioxidants. These compounds can not only neutralize free radical damage, but they may also aid in cancer prevention.

Easy to add to your diet: Though you may think of oregano as a topping reserved solely for pizzas and pasta dishes, this versatile herb can be used in many ways. Try mixing whole oregano leaves into other greens for a nutrient-packed salad or sprinkling the leaves into chili, soups or stews. You can also use it to make fresh pesto or salad dressing, season meat dishes or kick up the flavor of homemade sauces. Oregano is available fresh, dried or as an oil, making it super easy to add to your diet.

Nine Core Values

By Rashmi Walimbe



- | | |
|----------------|-----------------|
| 7 letter words | 10 letter word |
| Honesty | Confidence |
| Respect | |
| 8 letter words | 13 letter words |
| Courtesy | Perseverance |
| Judgment | Sportsmanship |
| 9 letter word | 14 letter word |
| Integrity | Responsibility |

Mann ki baat 2022 *By Himani Bhaktani (13 Years Old)*

Mann Ki Baat is an Indian radio programme hosted by Prime Minister Narendra Modi in which he addresses the people of the nation

on All India Radio.

Meet Padma Awardee Amai Mahalinga Naik, Who Converted His Barren Land Into

Flourishing Farm

Karnataka’s Amai Mahalinga Naik is a 70-year-old skilled laborer who has convert-

ed his barren land into a flourishing farm in kepu village.

Naik is often referred to as 'suranga man' or 'tunnel man' because to convert his barren land into a flourishing farm, he restored to the traditional approach by digging horizontal tunnels into hillocks to get water.

Amai Mahalinga Naik's farm is the proof of a man's incredible optimism and has established him as a role model for small farmers.

One crore postcards!!!!

The PM said more than one crore children have sent him "their Mann Ki Baat" via

postcards which have come from many parts of the country and even from abroad.

These postcards give a glimpse of the broad and comprehensive outlook of the new generation for our country's future.

The PM also spoke about many inspiring stories.

The prime minister cited an inspiring example of Tamil people living in Udumalpet block of Tirupur district of Tamil Nadu.

For years his family has been making a living by selling coconut water. One day in the meeting with the parents in the school, it was raised that the condition of the class-

rooms and school should be improved; the school infrastructure should be fixed. Tamil ji was also in that meeting. He heard everything,

In the same meeting, the discussion again came to a halt on the paucity of money for these works. After this, no one could have imagined what Taimal did. Taimal ji, who had accumulated some capital by selling coconut water, donated one lakh rupees to the school. His family is making a living by selling coconut water.

Jui Kesar *By Archit Korke (9 Years Old)*



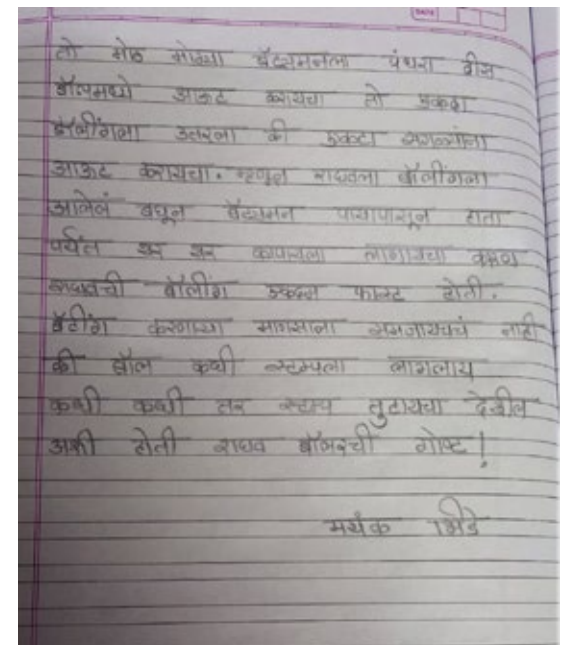
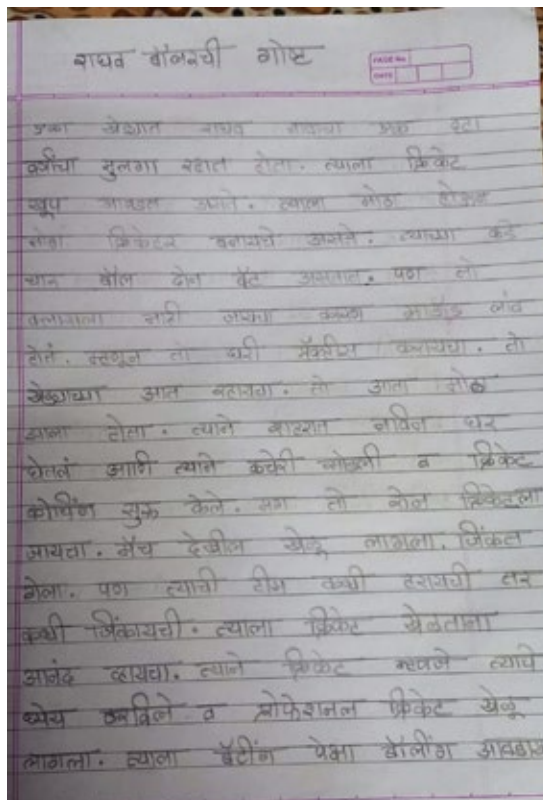
14-year-old girl Jui Kesar from Orchid Pune. She is the founder of Beat the tremor foundation. She has developed the JTremor-3D device which helps measure tremors in patients and sends the data to the doctors through a Cloud database. This helps the doctor to give precise medication. She has won Pradhan Mantri Rashtriya Bal Puraskar, Broadcom-IRIS Grand Award

2020-21and Science Seed Award.

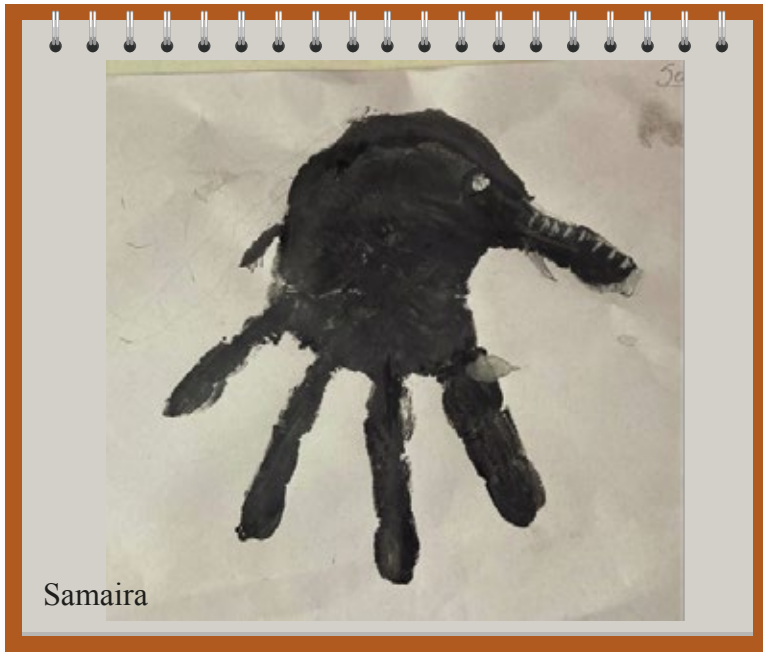
Why did she invent JTremor-3D? Because her uncle has Parkinson Disease so She was inspired. Parkinson Disease is a neurodegenerative disease. It causes uncontrolled tremors of the body, hands, head and legs. Parkinson's disease can't be cured, but medications or surgery can help control the symptoms.

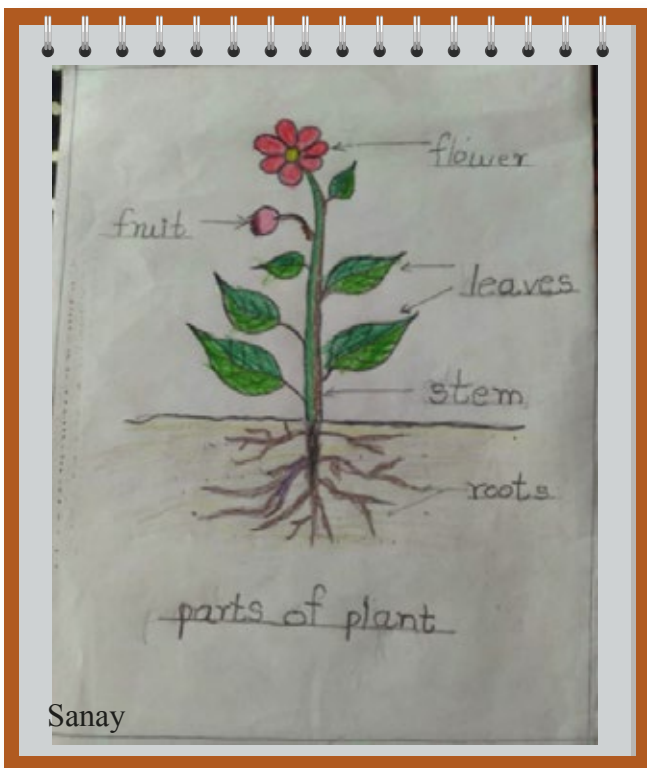


Mayank Bhide, 9 years old. Loves to play any outdoor game and passionate about playing Tabla..



By Mayank Bhide (9 Years Old)





Un/Times Author Biographies



My name is Samaira Pradhan, I am 6 years old. Cooking is my hobby, specially love making chocolate balls. I like pets and also like singing. Christmas is my favourite festival.



My name is Archit Badsavle Korke. I am 9 years old. I was born in Australia. I go to UnSchool. I like Pokemon. Skating, Karate and football are my favourite sports. I like reading Harry Potter books and also watch movies. I read books written by Enid Blyton. I enjoy Running & cycling.



Hello I am Anish Badsavle Korke. I am 6 years old. I live in Pimple Nilakh. My favourite festival is Holi. I like to play doge ball and go to UnSchool.



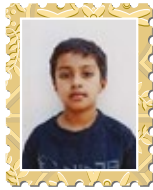
Hi my name is Sanay. I am five years old. I like to play and do cycling. Unschool is my favourite place to learn so many new things. Saylee mam is my teacher. I love my class.



My name is Tanish Mandar Walimbe, 9.11 years old. My Hobbies are playing Cricket, Skating and Tennis. I also enjoy doing Cross Stitch and helping my mom in the kitchen.



My name is Anandi Nitin Kamble. I was born on 26th May 2014. I love to make creative things like dollhouses out of boxes and other stuff. I enjoy paper cutting, watch cartoon movies. Elf and fairies are my favourite cartoon characters. I am ever ready to play with my friends.



Hello My name is Arham Bhatewara. I am 2013 born, so 8 years old. I like watching T.V. I generally watch Pokemon (Pocket Monster's). Math is my favourite subject. I love going on vacation.



My name is Reyansh Baralay. I am 8 years old. I was born on 15th August 2013 which happens to be India's Independence day too. I like Godzilla, monster's and dinosaurs. I have lately developed liking towards 3D printing and operating flight stimulator. I love my Mumma & Papa a lot.



Hello everyone. My name is Pia Suri. I am 8 years old. I love to play with my friends. I like to dance and listen to stories. My father is my Hero.



Advika is my name, I am 7 years old. Making paper craft and playing with my little brother gives me happiness. I get very upset when my little brother sleeps, because that's when he does not play with me. I like to dress up and wear matching accessories on it. I love my baby brother a lot.



My name is Pranit. I am 6 years old. I like to play and do skating.

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