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SIBLINGS DAY

CELEBRATING SIBLINGS DAY IN 2023

By- Shraddha Sharma



The Origin of Siblings Day: Siblings Day was founded by Claudia Evart in 1995, inspired by the memory of her late siblings. The purpose was to honor the lifelong connection shared with her brothers and sisters. Claudia's efforts to establish a day to celebrate siblings gained momentum when the governors of 49 U.S. states officially recognized 'Siblings Day'. Since then, it has grown in popularity and is now observed internationally.

In the realm of relationships, few connections are as enduring and complex as the bond between siblings. Siblings Day, celebrated annually on April 10th, provides an opportunity to honor and appreciate this beautiful relationship. It is a day dedicated to acknowledging the joys, challenges, and unconditional love shared between brothers and sisters worldwide. This article delves into the significance of Siblings Day, explores the reasons behind its observance and highlights the importance of cherishing this special bond. Siblings are often our first companions in life; they share our childhood memories, experiences, and provide a support system that can last a lifetime. This day encourages us to recognize the unique bond forged through shared laughter, tears, and experiences. It reminds us to celebrate the siblings who have played a pivotal role in shaping our lives.

IPL

- Akshat Patil

India's biggest cricket festival is here and we can't keep calm. The TATA IPL 2023 (Indian Premier League) has already completed a week of match fixtures and the teams are sweating it out. Nothing beats the fans' excitement as the home-away format is back after 3 seasons. The sixteenth edition promises total entertainment with ten teams in action. Four teams (RCB, DC, PBKS, LSG) will be looking to bring home their first trophy whereas other six teams (MI, CSK, KKR, SRH, RR, GT) would love another one in their trophy cabinet. This season, fans will witness the addition of the "Impact Player" rule which would allow the teams to switch a player.

The season's opening ceremony included Singer Arijit Singh's melodious performance along with some power-packed dances from the queens from South, Rashmika Mandanna and Tammanah Bhatia. The Champions of 2021 (CSK) and 2022 (GT) respectively locked horns in the opening encounter of the season at the Narendra Modi Stadium, Ahmedabad. Gujarat continued their head-to-head dominance against Chennai in the opening match.

The finalists of the 2014 IPL, Kolkata and Punjab made their way to the pitch in the second match of the season. The Kings hit 191 runs in the first innings with an explosive start from the top order. The Kings emerged victorious by 7 runs with the DLS method in this rain-hit encounter.

The Ekana Stadium in Lucknow hosted its first ever IPL game which was played between the home team, Lucknow SuperGiants and Delhi Capitals. The home side managed an easy win over the Capitals team. Inaugural champions Rajasthan Royals faced off against the 2016 winners Sunrisers Hyderabad. RR carried forward their 2022 season's form as they managed a 72 run victory over the SRH side. Match 5 saw RCB facing the most successful IPL side, Mumbai Indians. MI finished last in the points table last season and a loss against RCB made it clear that MI needs to finish off their homework. These five matches have hinted at a totally explosive season ahead. The sixteenth season will be full of fireworks and fans will be looking for the best team to win it this time.

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WHAT IS A WOMAN?

By- Bilal Shaikh

A woman is a female Human being. In terms of biological sex someone who has two 'X' chromosomes (XX) and who possesses several reproductive organs that includes Ovaries , fallopian tube , uterus , cervix , vagina etc. Women plays a wide range of roles in society and the roles can vary across cultures. Here are some roles that women commonly play :

Mother : A mother is a female parent who has given birth to a child, a female can also be called a mother when she adopts a child and looks after the well being of the child. Mothers are responsible for the development of their children in terms of their physical needs as well as their emotional needs. They often sacrifice their time, energy, to prioritise the welfare of their children .

Professionals : Women have made significant strides in the professional world and they have become an integral part of various industries. Women have increasingly pursuing careers and achieving success and breaking all the barriers. Women bring unique perspectives, skills, and qualities in every field they work for. Efforts have been made by them to ensure equal opportunities.

Housewives : Traditionally, the term "housewife" Is referred to a married woman whose responsibility was managing household chores and taking care of the family and the husband is the one who works outside the house to provide for the family. But there has been a significant change in terms of gender roles , Women now are getting more opportunities and rights various aspects of life and as a result many women can pursue career outside the house while some of them continue to work at home and some women does all the work at home and also earns for the family outside the house.



IMPORTANCE OF HEALTH - Krisha Joisor

Health and fitness is the key to a long, active and enjoyable life. It is correctly stated that Health is the actual Wealth that a person can retain. Teachers assign this topic to their students to enhance their knowledge about staying healthy and fit, and create awareness among others as well. It also results in the development of a healthy lifestyle for children. Being healthy and fit in simple terms means taking good care of the body. We should remember that a healthy mind resides only in a healthy body. Good health of both mind and body helps one maintain the required energy level to achieve success in life. All of us must strive to achieve wholesome health. Protecting your body from the intake of harmful substances, doing regular exercises. having proper food and sleep are some of the important instances that define a healthy lifestyle, Being fit

allows us to perform our activities without being lethargic, restless or tired. A healthy and fit person capable of living the life to the fullest, without any major medical or physical issues. Being healthy is not only related to the physical well being of a person, it also involves the mental stability or the internal peace of a person. Generally, a healthy diet consists of taking a proper and healthy food which includes eating green and fresh vegetables, fruits, having milk, eggs, minerals, proteins and vitamins essential for a human's lifestyle. Practising Yoga including regular exercises in your daily routine also help you maintain your desired fitness, blood sugar and immunity level. Healthy habits improve your physical appearance, mental stability, ability to perform activities in a better way, which help you lead a stress-free lifestyle, maintaining happy moods, high energy levels, etc. Each individual should take of one's health on a priority; no single day should be skipped for making efforts on maintaining physical and mental fitness Being happy is directly related to boosting your mental strength and health, so happiness can be considered as the result as well as the part of a healthy and fit lifestyle. Health can, generally, be measured on major three parameters: Physical, Psychological and Nutritional. Physical health means the physical appearance of a person; Nutritional health means the presence of essential nutrients in the body to fight diseases with immunity.



WHY DO FEMALE FOOTBALLERS GET PAID LESS THAN MENS?

- Bilal Shaikh

The sports world is a completely different place for women than it is for men , so let's compare female football to male football.

For example the WC : The Men's World Cup generates 6 Billion dollars in revenue whereas the Women's Worldcup generates 131 Million dollars in revenue. The women's worldcup players get paid out 20% of the total revenue , the men get paid out 7 % of the total revenue, as a percentage point Men are earning less than women .



Wages in football have nothing to do with gender equality or gender discrimination. Wages are based on the revenue made by teams which are then distributed to the players. Men's sports have higher production values, higher-quality coverage, and higher-quality commentary. Men's football is much more popular as it been around for a lot longer than women's football. So it's only logical that men earn more .

FAIR ISN'T ABOUT GETTING THINGS EQUALLY, IT'S ABOUT GETTING WHAT YOU DESERVE

EID-UL-FITR: A CELEBRATION OF FAITH AND JOY

- Tazeen Shaikh



Eid-ul-Fitr, also known as the “Festival of Breaking the Fast,” is a significant and joyous festival celebrated by the Muslims all over the world. Eid is derived from an Arabic word ‘Eid’ which means festivity or celebration. Eid-ul-Fitr marks the end of the holy month of Ramadan, during which Muslims fast from dawn to sunset. This auspicious occasion brings communities together , fostering a sense of unity, gratitude, and compassion. Eid-ul-Fitr begins with the sighting of the new moon, signalling the end of Ramadan. Muslims wake up early in the morning, cleanse themselves, and dress in their finest attire.

The day commence swith a special prayer called the Eid prayer. Muslims gather in mosques or open grounds to offer prayers, led by an Imam. The prayer is an expression of gratitude to ‘Allah’ for the strength and perseverance to fulfil the fasts throughout Ramadan. After finishing with the prayers, Muslims exchange warm greetings of “Eid Mubarak” with one another. It is custom to embrace family members, friends, and neighbours by spreading love and forgiveness. The spirit of generosity is embraced during Eid, and giving of gifts and charity is common. They show kindness to those who are not able to afford, ensuring that everyone is part of the celebration. Food plays a major role in Eid-ul-Fir. Families and friends come together to enjoy special delicacies. Various dishes are prepared of different traditions, such as biryani, samosas, sheer khurma, dahi wada, seviyan, butter chicken, parathas and various types of delicacies. These treats symbolizes the joy that Eid brings. Eid-ul-Fitr is a time for rejoicing, and social gatherings and visits are common. Families and friends often visit one another's homes, exchanging well-wishes and enjoying each other's company. Children are eager to receive their “Eidi,” which are gifts of money or small presents from elder family members. It is the most precious and important part of Eid for children. Parks and recreational areas become vibrant with families engaging in outdoor activities, rides, and games, creating an atmosphere of shared happiness and laughter. Eid-ul-Fitr reminds us of the importance of unity, generosity, and the profound joy that can be found in shared celebrations.



Shiza Deshmukh



Osin Wankhde



Nidhi Nisar



~ Riya Bagwe



Aakash Kalkumbe

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