

There is something unique in this soil, which despite many obstacles has always remained the abode of great souls.

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## A Glimpse into the Constitution

India was given its constitution on 26th January 1950 and the day has since been celebrated as Republic Day. PM Pandit Jawahar Lal Nehru unveiled the Preamble of the constitution as a basic framework to our country's rule and governance. Let's take a look at the key words of our Preamble on this 73rd Republic Day.

**WE, the people of India solemnly resolve** means all the people of the nation. The constitution belongs to all and represents all strata of society.

**Justice**- India believes in Economic, Political and Social justice. There should be no discrimination on the basis of wealth and income. Equal opportunity provided to everyone to participate in the political process and no discrimination on the basis of caste, color, creed or sex.

**Liberty, Equality and Fraternity** – Citizens of this country are free to choose their way of life, their political opinions etc. However, liberty is bounded by law and regulations. Equality means that all are equal before the law and fraternity shows a feeling of belonging to the country.



**Sovereign, socialist, secular Democratic Republic** means that India is independent of outside control and provides equal opportunities to all. India gives equal importance to all religions and sects residing within its boundary. The citizens have the democratic rights of Universal Adult Franchise to elect a government. Lastly, India is a republic which means that the head of the state is elected and any citizen is eligible for the position.

The constituent assembly was formed in the year 1946. **Dr. Bhimrao Ramji Ambedkar** was the chairman of the drafting committee. The preamble page and other pages of the constitution was designed and decorated by **Beohar Rammanohar Sinha** and **Nandalal Bose**. The calligraphic font was designed by **Prem Behari Narain Raizada**.





# ONE FESTIVAL MANY NAMES

**Bihi** | **Lohri** | **Makar Sankranti** | **Pongal**

Every season in India boasts of many festivals. Wintery January hosts the harvest festival of Makar Sankranti. Throughout the length and breadth of India, this festival is called by different names like Uttarayan, Lohri, Pongal, Bihi, Pausha parba. Come, let's find out how our friends are celebrating this holy day.

The day was beautiful, just the right sort of day to fly kites. Neelesh jumped out of the bed. "Neelesh, where are you rushing off to? You know, today is **Uttarayan**. Get ready quickly." Dadi told Neelesh as she cut the vegetables for the tasty **Undhiyo**. Neelesh rushed to the terrace. "Neelesh, you are late. Look at the sky. The war of the kites has already started. We will lose and it will be your fault", grumbled his elder brother, Sailesh. Dadaji had already prepped a kite for Neelesh. "**Aa maara dikra**", take this kite and go win the battle", said Dadaji caressing Neelesh. Soon shouts of "**Kai Po Che**" rang out in the lanes and alleys of Ahmadabad as the sky filled with colorful kites of all shapes and sizes.

Come now, we have an invitation from Manjeet and Amrit to celebrate **Lohri** with them in Chandigarh. The Dholis are here, singing songs of **Dulla Bhatti**.



*Sundar mundariye hoye/ Tera kaun vichara/  
Dulla bhatti wala/ Dulle ne di vyahi/ Ser sakar  
payi ho*

It is time to take in the winter harvest and thank the lords for their blessings. Look at all the food here. Gur rewari, til chikki, moongphalli and popcorn. Lovely! Let's offer these to the fire. Oh! I am full but do you know the story of **Dulla Bhatti**. He was a Robin Hood style landlord who fought against the Mughals and helped the poor. The songs celebrate his generosity in helping a poor farmer get his daughters married.







We must visit Lakshmi Amma and Aabha at their house in Coimbatore for Pongal. It will be four fun filled days there. Look at that beautiful **Kolam**\* at the doorway. Aabha said that she and her **Paati**\* made this early in the morning with rice flour paste to welcome the lords. Do you see those cows there? They are also dressed in their finery for the occasion.

Lakshmi Amma has set an earthen pot over the fire. "**Pongalo Pongal**" they shout as the milk and rice in the pot boils over. This is a sign of prosperity. Later jaggery, dry fruits and bananas are added and the **Pongal Payasam** will be served as prasad. Yummy.

I had so much fun celebrating this auspicious day. Didn't you?

### NEW WORDS THAT WE LEARNT

**Dikra** - beloved son or grandson in Gujarati

**Kai po che** - I have cut. The phrase is in Gujarati and is shouted when a kite is cut by other kites.

**Kolam** - the rice paste decoration at the doorways

**Paati** - Grandma in Tamil



DID YOU

KNOW?

**Makar Sankranti** is celebrated as **Bihu** and **Pausa Parba** in Assam and Bengal. The festival marks the northward movement of the sun into the house of Capricorn or Makara. This festival is celebrated on the same day every year, according to the solar calendar.





# DIY - Tasty Treats

Makar Sankranti, Pongal, Lohri, Bihu and Republic Day are all excuses for eating yummy food. Let's cook up a feast to tantalise the taste buds.

## PEANUT LADOO

This is a very simple yet delicious laddoo. You need few ingredients to make this tasty treat. Come, let's try it then.

## Ingredients

- 1 cup roasted unsalted peanuts (store bought peanuts work fine)
- 1 cup condensed milk
- 1 cup sesame seeds
- Tutti frutti or candied peel to decorate



## Instruction

- Rub the roasted unsalted peanuts to remove the skin and keep aside.
- Take the sesame seeds in a microwave safe plate and smooth it into a single layer.
- Microwave on high for a minute and half, stirring every 30 seconds. The seeds will turn fragrant and change colour slightly. Keep it aside.
- Now take the peeled peanuts in a mixer jar or a food processor and make a coarse powder.
- Take a bowl and put about half the peanut powder in it. Now take couple of spoonfuls condensed milk. Mix the peanut powder with it. Keep adding the peanut powder with more spoons of condensed milk. However, do not mix up everything in one go. You will have to be patient with it otherwise you will be left with a wet mixture.
- When the peanut powder has all been mixed thoroughly, shape the mixture into small balls.
- Take the roasted sesame seeds out in a plate and roll these peanut balls in it to coat them evenly.
- Decorate with a piece of tutti- fruity candied peel.
- Keep the laddoos in a cool dry place and let them set for 10 mins.

Now the laddoos are ready. Go on; take a bite. They are not only yummy but very healthy too. Happy cooking.



Skill Enhanced - understanding instructions, creativity, motor skills







# COMIC STRIP



BAIRA AND BELA









# Gaming Hour

Hello children! On the 73rd Republic Day of India, let's see how well we know our country. There are some simple rules to this game. Place your tokens on the starting point of the board. Roll the dice and start the game at a throw of 6. Every correct answer will move your tokens but any obstruction and you have to heed the instruction. Beware of the twists and turns. Leap at a chance and run towards the win.

- Q1. When was the constitution of India framed?
- Q2. Who was the chairman of the Constituent Assembly?
- Q3. Who unfurls the national flag?
- Q4. Where does the Republic Day parade start from?
- Q5. Who was the first President of India?
- Q6. Who was the first Prime Minister of India?
- Q7. How many gun salutes are presented to the President?
- Q8. Who designed the National flag?
- Q9. Where is the Indian National Emblem taken from?
- Q10. Who wrote the National Anthem?
- Q11. What is the highest military award presented in India?
- Q12. Who is the supreme commander of the armed forces of India?

From multiple sources



skills enhanced- General awareness, following instructions







STOP

Leap over the rock. Stay till you get 2.

STOP

Stopped for the tank. Play a 3 then go on.

STOP

Crashed a drone. Play a 5 to move on.

STOP

You are in a fix. Stop till you get 6.

STOP

Get the lotus. Play a 4 to focus.

STOP

You are near the goal. Play a 6 to reach the score.

STOP

Miss a turn. Play a one to go on.

START

FINISH

skills enhanced- General awareness, following instructions











## *World Braille Day* *January 4*

January 4th is the World Braille Day when we honour the creator of Braille, Louis Braille. India is home to roughly 18 million blind people and the need of the hour is to understand them and their abilities.

### LIFE SKETCH

## TIFFANY MARIA BRAR

Let's meet one such dynamic individual who is working to provide equal rights to all. She is Tiffany Brar, a social activist, educationist, founder of Jyothirgamaya Foundation and a fighter by birth. Tiffany was born to Tej Pratap Brar and Leslie Brar in Chennai in 1988. Tiffany became blind after six months of her birth due to medical complications but she did not let that deter her from her studies. It was a challenge for her as blind students in India did not have easy access to Braille books but still she persevered.

After graduating, she worked with Braille Without Borders, an international organization working for the blind in developing countries. She later founded the Jyothirgamaya foundation which runs mobile schools for the blind to teach them Braille, computer skills, mobility and life skills. She received the role model award in the year 2017 for her work in social services. In 2020, she became the first Indian to be awarded the Holman Prize from the Lighthouse for the Blind and a Visually Impaired, USA.



Image Courtesy: Author - JyothirgamayaIndia  
Tiffany Brar is taken from [https://commons.wikimedia.org/wiki/File:Tiffany\\_Brar.jpg](https://commons.wikimedia.org/wiki/File:Tiffany_Brar.jpg)  
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## ORGANISATIONS WORKING FOR THE BLIND IN INDIA

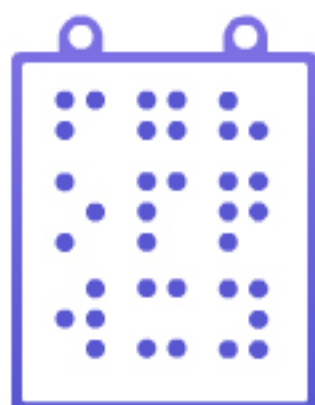
**The Kahani Project** – founded by Ajay Dasgupta, this Pune organisation works at providing stories in the audio format to the visually impaired.



**Mitra Jyothi** – a non-profit organisation in Bengaluru is spearheaded by Madhu Singhal, works for societal inclusion for the visually impaired. She also began the first Braille press in South India.



**NAB [National Association for the Blind] Delhi** – is the oldest known organisation working towards making the visually impaired socially inclusive.



**Access For All** – founded by an architect, Siddhant Shah from Mumbai, is working towards making historical monuments and museums accessible to the visually impaired by providing Braille captions and tactile imagery.







# AN EYE IN THE SKY

We live in a world which is getting more technology driven. The latest technological innovations in defense systems are the Drones. These are unmanned aerial vehicles which were used for military activities deemed to be too risky for human interference.



Later on their use expanded to more non – military uses like helping in aerial photography, dropping medical and relief packages in disaster struck areas, providing information about terrain, agriculture and policing. With more development, drones became even more common and an essential tool in the darker areas of terrorism, drug trafficking etc.

India had been on the fence with respect to the use of drones. The police used the drone system to provide another security layer to the VVIP's watching the parade in January 2020. Facial recognition and patrolling the sky as the march past took place was the main job of the drones then. Indian defense forces were still not comfortable with the idea of the drones. However, we were jolted awake after a drone attack on the Jammu air force base. Indian defense experts realized that using drones and anti-drone equipment was the call of the day. In 2021, Army Day Parade at the Carriappa Grounds showcased the future use of the drones as silent killers in the enemy territory.

The drones are the future. Be it protection, defense or gathering information. The world is going to get more compact as drones patrol the skies, deliver medicines or gather information. When we look up into the sky, we will find an eye in the sky.





# Health *is* Wealth

A right habit at the right time.

The richest man  
is one who is the  
healthiest.

Anonymous



## Pranayama

This exercise is keeping control on the breath which goes into our bodies taking fresh oxygen in and exhaling. One can feel the lungs expanding like a balloon and then deflating.

### Benefits

- Relaxes and calms the mind
- Improves lung function
- Fights cold or sinus issues
- Increases mindfulness

### What to do

- Sit cross legged on a mat.
- Keep your eyes closed.
- Take a deep breath and close the right nostril.
- Exhale through the left.
- Repeat the breathing technique again.
- You can alternate the nostrils through which you breathe in.



## INTERNATIONAL

2<sup>ND</sup> JAN

Sudan's Prime Minister Abdalla Hamdok resigned as the military has taken over.



4<sup>TH</sup> JAN

France, US, UK, China and Russia have stated that nuclear war is not an option.

5<sup>TH</sup> JAN

China tests artificial Sun successfully to use it as clean energy.

10<sup>TH</sup> JAN

Aung San Suu Kyi, the ousted leader of Myanmar, was sentenced to four more years in prison.

15<sup>TH</sup> JAN

A massive underwater volcanic eruption was recorded in Tonga. The effects were felt as far as Japan and Australia.



20<sup>TH</sup> JAN

Medical history was created when a pig's heart was transplanted in a human in US.

21<sup>ST</sup> JAN

Indonesia to relocate its capital from Jakarta which has been sinking into the sea, to Nusantara.  
Sahara desert saw an unprecedented snowfall following low temperatures.

## NATIONAL

2<sup>ND</sup> JAN

India has started vaccination drive for 15-18 year olds now.

4<sup>TH</sup> JAN

Prime Minister Modi inaugurated the new terminal at Tripura.

5<sup>TH</sup> JAN

In a major lapse, Prime Minister Modi convoy was stopped by protestors in Punjab.



12<sup>TH</sup> JAN

S.Somnath succeeds K.Sivan as the chief of ISRO.

15<sup>TH</sup> JAN

Vinisha Umashankar, a student innovator, has been selected as India's baton bearer at the ongoing 16th official Queen's Baton relay.

20<sup>TH</sup> JAN

For the first time, India is not inviting any foreign dignitary for the Republic Day parade.

21<sup>ST</sup> JAN

Amar jawan Jyoti, which has been burning for 56 years at India Gate merged with the flames at the War memorial.





## SPORTS

2<sup>ND</sup> JAN

Pakistan all-rounder Mohammad Hafeez has retired from international cricket

6<sup>TH</sup> JAN

Australia cancelled world no. 1 Novak Djokovic's visa as he wasn't vaccinated.



10<sup>TH</sup> JAN

14 year old Bharath Subramaniam, became the 73rd Grandmaster of India in chess.

15<sup>TH</sup> JAN

Virat Kohli steps down as captain of the Indian Cricket team after India's defeat in South Africa.



18<sup>TH</sup> JAN

Australia won the Ashes trophy defeating England.



20<sup>TH</sup> JAN

Robert Lewandowski and Alexia Putellas have bagged the FIFA Best Player awards while Cristiano Ronaldo has won the FIFA Best Special Award.



## ART AND OTHERS

2<sup>ND</sup> JAN

Savitri Bai Phule, India's first female teacher remembered.

2<sup>ND</sup> JAN

Betty White, the actress of "Golden Girls" died at 99 years.



4<sup>TH</sup> JAN

Birth anniversary of Louis Braille observed as World Braille Day.



6<sup>TH</sup> JAN

Captain Harpreet Chandi became the first Indian origin woman to reach the South Pole.

10<sup>TH</sup> JAN

Will Smith, Nicole Kidman win the Golden Globe award. The power of dog won the best film award.



18<sup>TH</sup> JAN

Legendary Kathak dancer Pandit Birju Maharaj passed away.



Image Courtesy: Nidhi - Sahasran  
"The World of Movies" is a performance in Paris" by John Brown (1999) / Creative Commons Attribution-ShareAlike 4.0 International License. This work is licensed under the Creative Commons Attribution-ShareAlike 4.0 International License.

