

WHAT CAUSES
STRESS?

Read More...

MACVISTA

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THINK THROUGH IT...

It's a good idea always to do something relaxing prior to making an important decision in your life.

—Paulo Coelho

According to a survey done by the Journal of *Cognitive Behaviour Therapy* to assess the stress levels and the main responses to stress done across 335 high schools among students, aged 15-19 years, it was found that most of the students reported normal (54%) or lower (39%) stress levels. The main sources of stress were examinations, family problems, and choosing a career path.



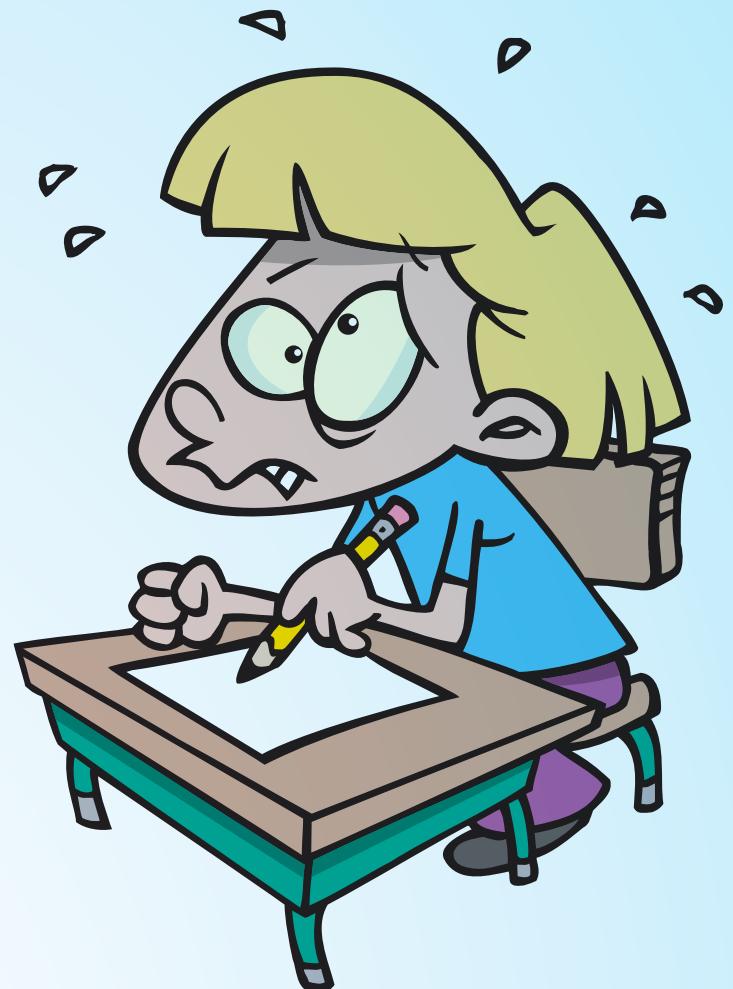
Most students said that their responses to stress were listening to music, dancing, traveling to new places, talking to someone about the problem, and exercise or any other physical activity.



What Causes STRESS?

How many of you have experienced change in appetite, withdrawal from activities and friends and sudden withdrawal from people and things you used to derive joy from, due to an approaching exam or any task that you need to accomplish? If the answer is yes for any two or all such changes, then you are suffering from stress.

Before you deal with stress, it is important to understand what causes stress.

**1**

Children today have tremendous pressure to score high marks and get good grades in all exams, even high-achievers experience a lot of stress about doing well in tests.

**2**

Many a time a lot of homework given by teachers in school makes it harder for a child to complete assignments. This can cause a stressful cycle where homework piles up and the child does not have time or energy to complete it.

3

Overload of extra classes, and advance-level classes can be a source of stress for students.

**4**

Most students have a very busy schedule which leaves them with no free time to relax and unwind. As a child progresses from elementary school to high school, the difficulty level of studies increases, and students without good time management skills can experience a great deal of stress.

**5**

Not getting enough sleep makes it difficult for students to concentrate and learn effectively. Lack of sleep can further lead to lack of concentration in class and add to more stress if they are not able to perform well in the class or assignments. In fact, studies have shown that students who do not get the required sleep each night are more likely to feel stressed than students who do.

6

Sometimes children may feel that there is lack of support from parents and teachers, even when it is only perceived, can add a lot of stress to them. They may feel that a lot is expected of them, but that they do not have a strong enough support system to achieve their goals.

7

Sometimes a major move can be a cause for great stress for many students, whether it's joining a new school, shifting to a new city or making the transition from elementary school to high school.

8

Subjects that are too tough and forced on students by their parents as they join senior school and start taking more advanced classes, the increased difficulty can cause stress for students.

A routine life including dedicated homework time and a consistent sleep schedule can help students plan their day and handle stress.



Stress, Stress Go Away!

Children, it is normal to get stressed about your upcoming exams. All of us get stressed about something or the other in our lives, the important point here is not to let it get out of control.

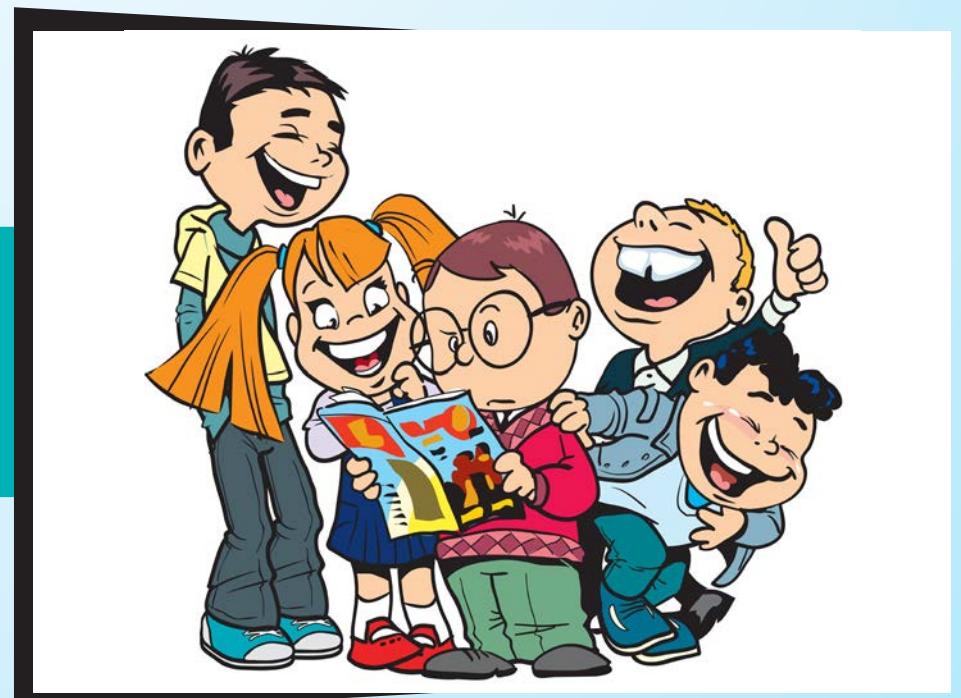
You can get stressed about an exam when you feel you cannot cope with the syllabus or its revision. Sometimes, pressure from your school or parents can also lead to stress. Whenever you feel this way, talk about your anxiety to someone in the family you feel comfortable with. It can really help to talk. Also, try doing some of the below mentioned activities, and see for yourself how you are able to tide over stress related to any issue.

- Play a sport of your choice with a group of friends, or play something relaxing. It can take your mind off the issue you are stressed about. Playing games can be used as stress reliever as it works very well because most of us enjoy playing games. So, include play time in your every-day routine.



- Have you noticed, a joke cracked by your friend makes you burst out laughing and you feel much lighter? Laughing releases tension and brings positive changes in our mental state. So friends, find ways to have more laughter into your day and reduce exam related stress.

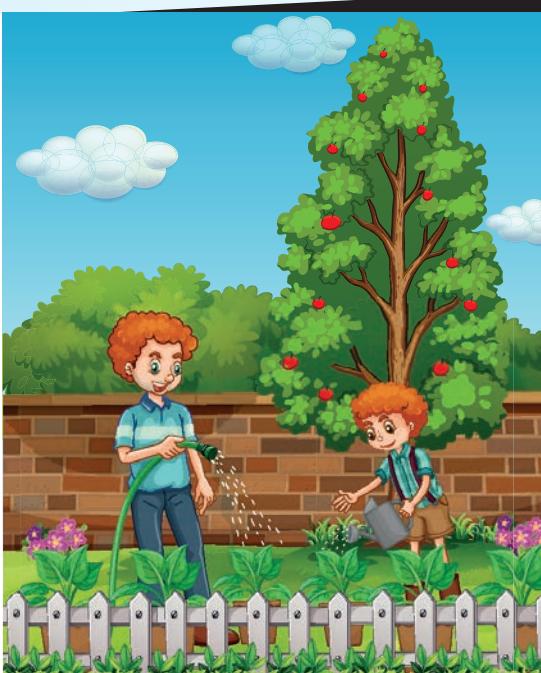
- Read story or comic books of your choice in your free time, rather than getting stressed about your upcoming exams. You will see that it can be a great stress reliever.





- Music can transport you into another world and help you to release stress like nothing else. It's enjoyable, therapeutic and a great way for stress relief.

- Go on a pleasure walk with your parents or older siblings to a nearby park. Taking a walk outside allows you to enjoy a change in your physical place, which can help you to get into a different frame of mind. Walk inside a park gives you fresh air and helps your mind work better. Walking gives you the benefit of exercise as well.



- If you have a garden, or plants in pots, gardening can also be a good way to release stress. Plant trees and watch them grow over days and months, and see how it can give you immense pleasure, which will help you release stress. By planting trees and making your neighbourhood green, you can be a 'Young Environmentalist'!

- You must strive to utilise your time to study and also make time for these fun activities. Time management skills can help you achieve this objective. Make a "to do" list and manage your day without the stress of rushing or forgetting, and see how it makes your life easy.



- Sleep well and do not be sleep deprived. Good sleep will improve thinking and concentration while studying and writing exams.



- Eating a balanced diet can be of great help in reducing stress during examination days. Eating junk food or little food can cause greater stress. A healthy diet will give you greater physical and emotional wellness.

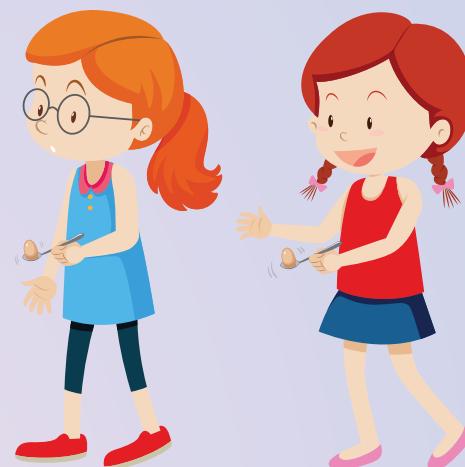
It's Play Time!

Playing fun games with your friends can make the experience more exciting and enjoyable. It can be even more memorable when you have some interesting games up your sleeves, which can become a great way to unwind during your free time.

Here are some great games ideas to give you pure joy and you can tell your friends to come prepared to have a great time and fun.

Spoons and Eggs

All your friends hold an egg in a spoon and wait at the starting line. Then, they race to the finish line. Whoever can cross the finish line first without breaking the egg is the winner.



Hot Potato

All your friends should sit in a circle with one standing with his/her eyes closed. The players sitting in the circle pass a ball to each other. No player can hold the ball for more than a second. At any point the standing player can yell 'HOT POTATO!' and whoever is holding the ball at that time is out!



Steal and Run!

Make two teams and stand an equal distance apart. Place a ball right in the centre of the playing field. One friend can call out the names of one or two of your friends from each team. The players then race to grab the ball. Whichever team grabs the ball first must then take it back to their line without the other team tagging them, to earn a point.



Blow the Ping Pong Ball!

You and your friend sit on opposite sides of a table on your knees with your arms behind your back. Place a ping pong ball in the middle of the table. Make another friend say, "GO!" and both of you try to blow the ping pong ball off your opponents' side of the table.

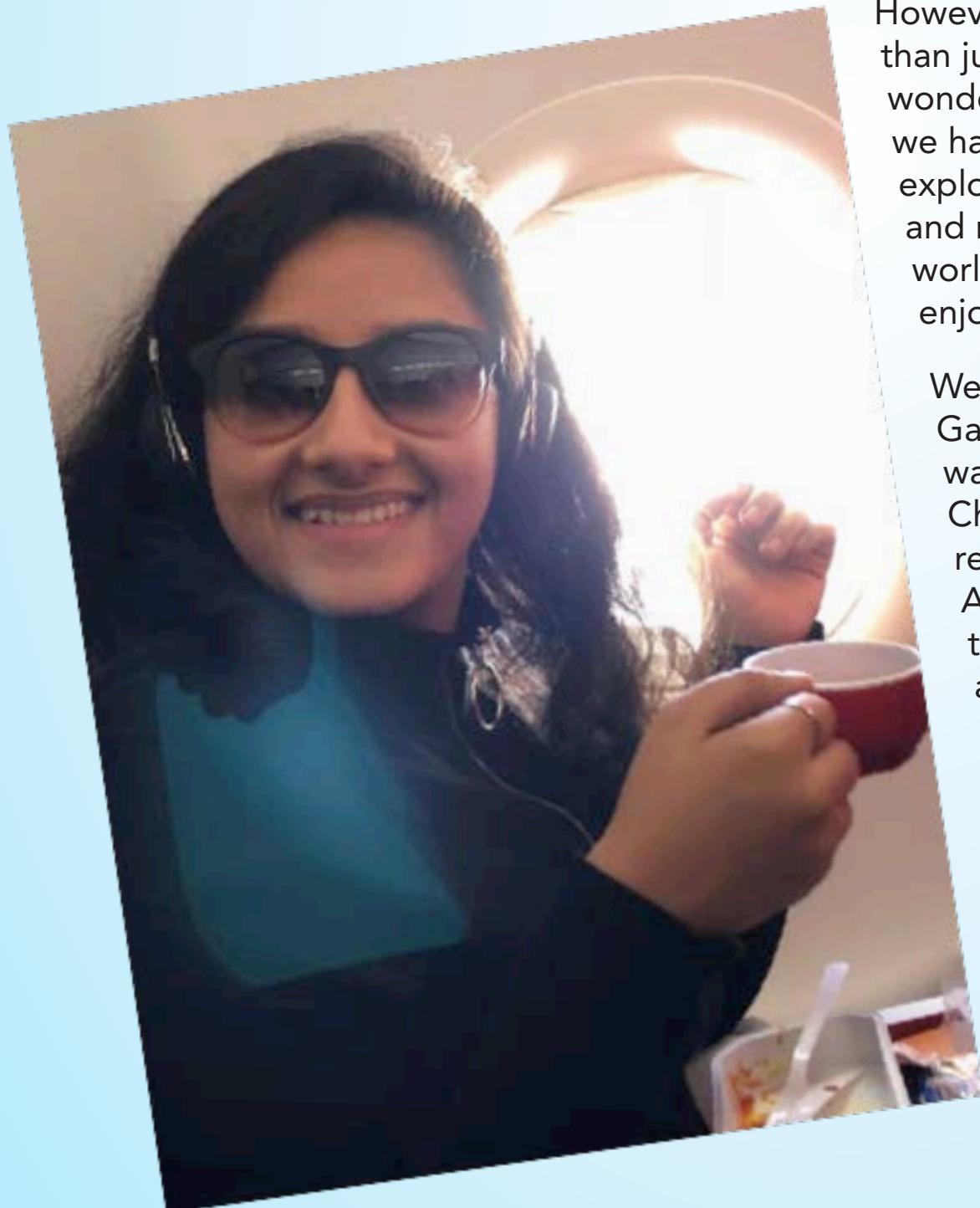
Back to Back!

Divide your friends into two equal teams. Two teammates then sit back to back. When the game starts, they lock their arms and bend their knees and then attempt to stand up without using their hands. Whichever team can stand up first wins.



My Trip to the Andaman Islands

After my annual exams, we decided to go for a vacation to the Andaman Islands. Every time we go out of the town on a vacation, I feel excited because I get a break from our daily mundane routine.



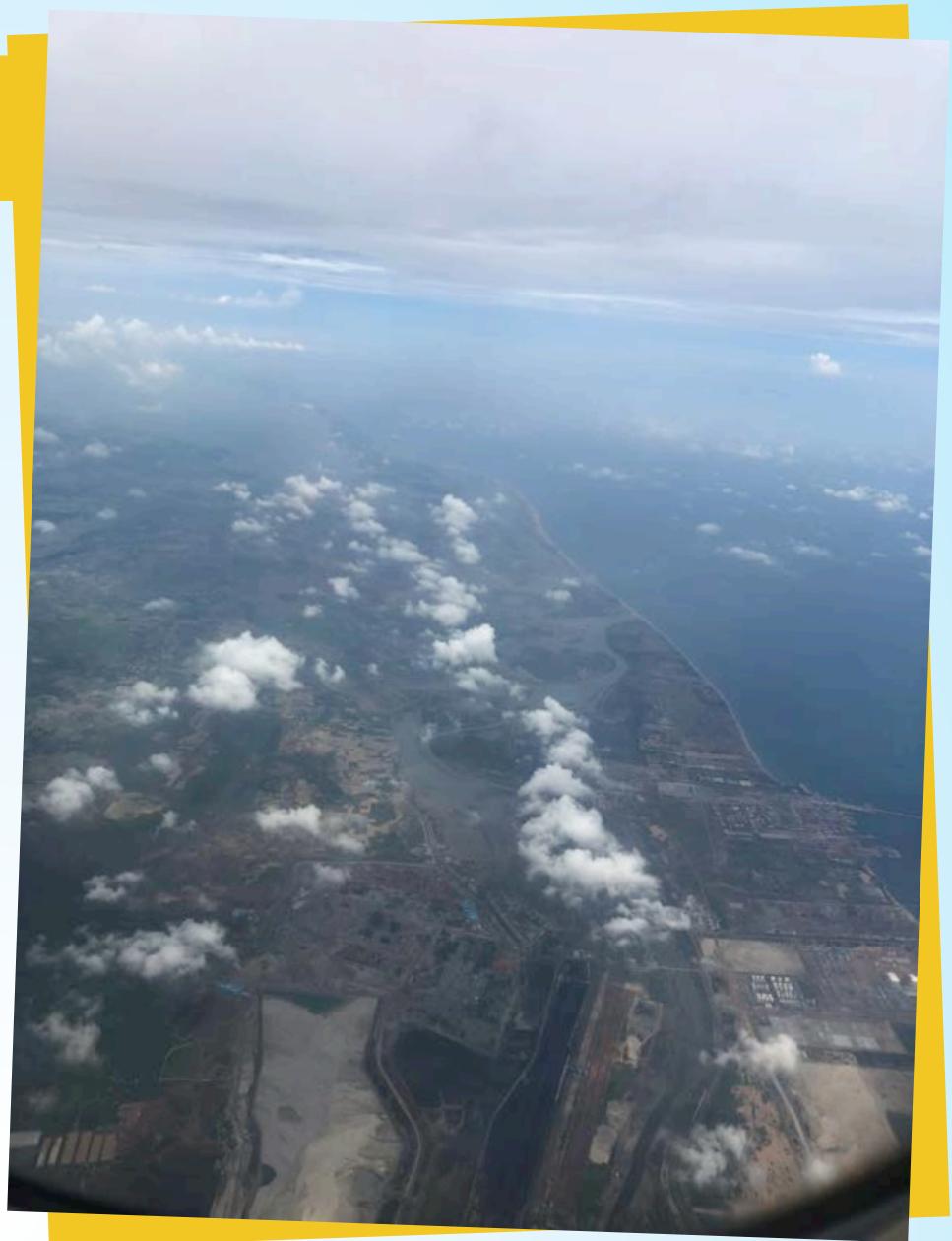
However, my Andaman trip was much more than just a break from my daily routine. It was a wonderful and memorable trip for us because we had some new kinds of experiences such as exploring underwater to see beautiful fishes and marine life and watch their wonderful world through a glass-bottom boat! We also enjoyed many water sports there.

We started our journey from the Indira Gandhi International Airport in New Delhi. It was a hopping flight via Chennai. And from Chennai, it took two and a half hours to reach the wonderous Islands of Andaman. As soon as we got off the plane, we felt that we were in a totally different world away from all the hustle and bustle of the town. Away from mainland India in the Bay of Bengal lies this string of coral islands, which has its history dating back to the British Raj. It was referred to as 'Kala Pani' or the deadly black waters, to which the political prisoners were banished by the British colonial government. These prisoners were subjected to rigorous and lifelong sentences.

An aerial view of Port Blair, the capital of the Andaman and Nicobar Islands

We landed in Port Blair, the capital city of the Andaman and Nicobar Islands. The city was very beautiful with many pristine beaches and beautiful blue sky.

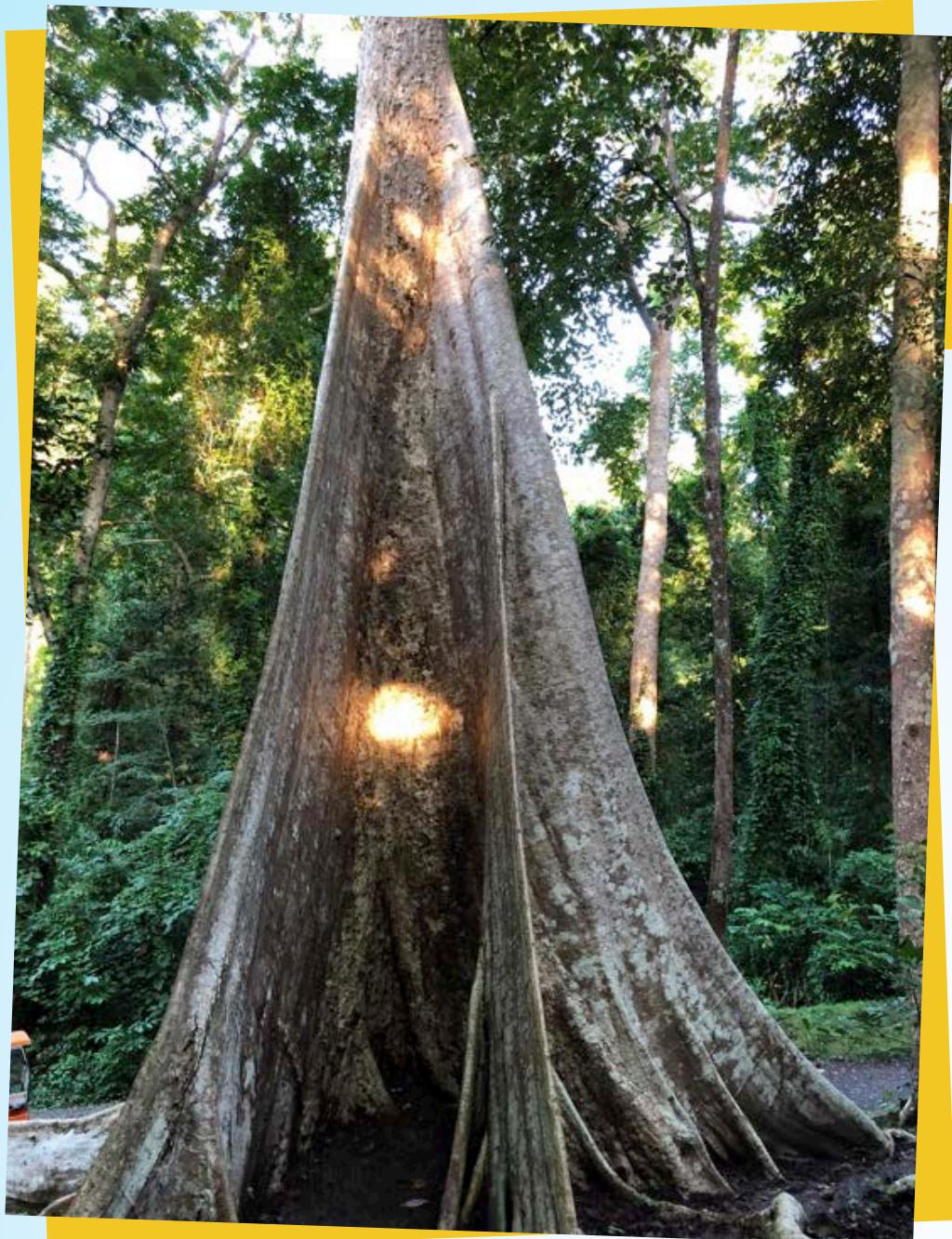
On day one, we went around the city in a car, admiring the great scenic beauty that the city offers.



We went to visit the Chidiya Tapu, it is so called because a large number of birds are found on this island. We also visited the botanical garden there. We saw animals of different species there. It was a delight to see some rare and exclusive varieties of trees and plants.

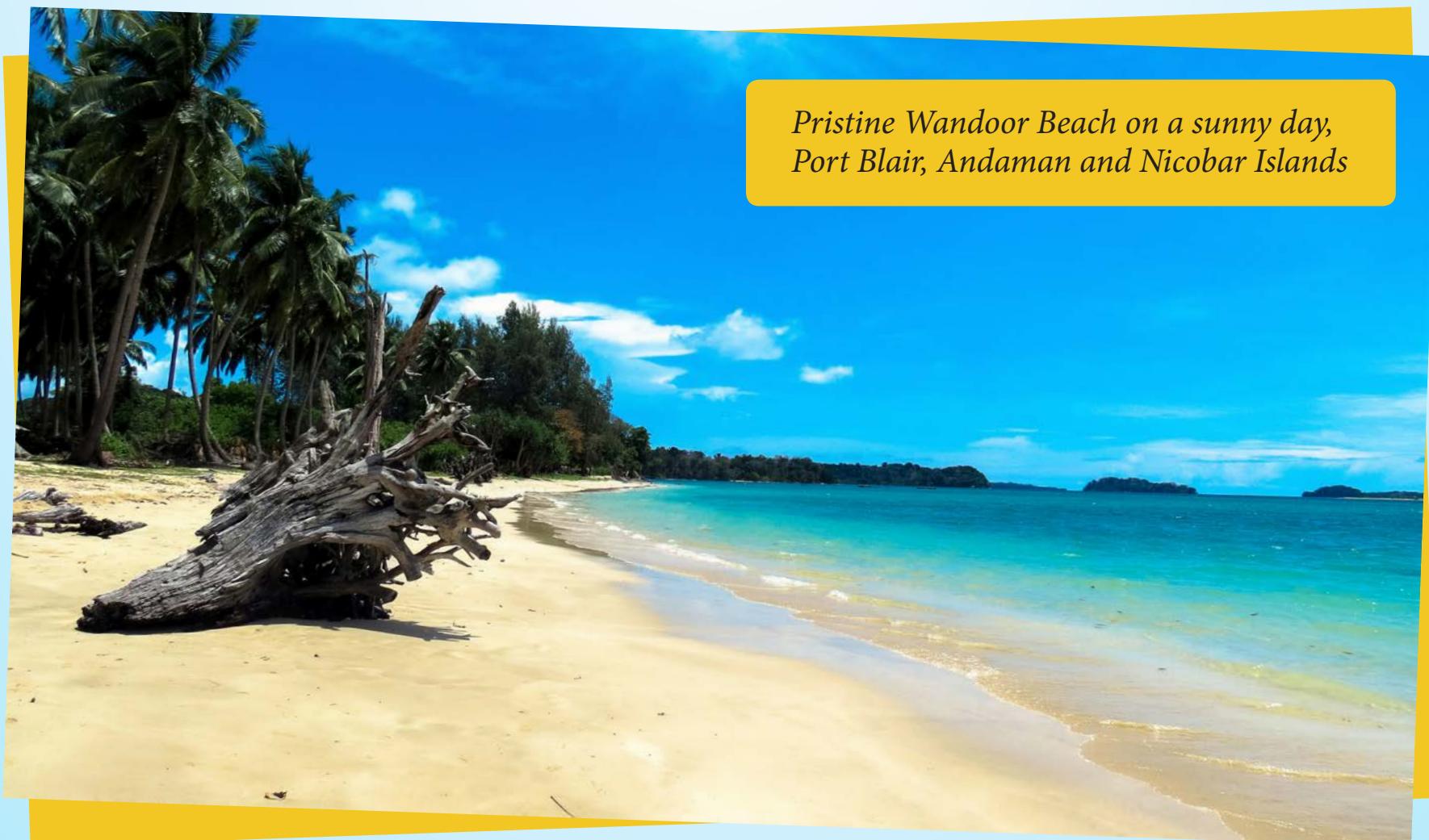
A Seaside road in Port Blair.





*Botanical Garden, Chidiya Tapu,
Port Blair*

The next day, we explored some pristine beaches of Port Blair, one of them was the Wandoor Beach. We were surprised to see nets and life guards warning tourists not to go beyond the net. They did so because many crocodiles took shelter in the ocean after the Tsunami that hit the Indian Ocean in December 2004.



*Pristine Wandoor Beach on a sunny day,
Port Blair, Andaman and Nicobar Islands*

The next morning, we went to Junglee Ghat jetty to catch a ferry to our next destination, the mesmerising Havelock Island. The ferry was another memorable and enjoyable experience. Havelock is the most beautiful and popular island in Andaman that is open to the tourists. We were so excited to go around the island that we just hurriedly deposited our luggage at the hotel and hopped into a car. We first went to the Radhanagar Beach, voted as the best beach in Asia. The beach was at its best and we couldn't wait to hit the awesome emerald green water.



Stunning view of Radhanagar Beach on Havelock Island with trees and bushes in the foreground

As we were heading towards our cab to go back to the hotel, we saw a lady making mouth-watering pakoras, so we stopped to enjoy a plateful of pakoras with hot tea. We headed back to our hotel, the Symphony Palm Beach Resort. The hotel has been built taking into consideration an eco-friendly approach. We enjoyed the live band at the hotel in the evening and then stepped out of the hotel to explore some local cuisine. We were about to reach a restaurant when it suddenly started raining. We sat in the restaurant which was open from three sides and enjoyed the mouth-watering grilled local fish. The rain made the place cooler and windy. We walked to our hotel and planned our itinerary for the next day.

The next day, we went to the Elephant Beach. We took a speed boat to go to the beach. There were two other families with us on the boat, who had come from Delhi and Bengaluru. The boat ride was superb. We clicked beautiful pictures of the clear sparkling blue sea. Once we got down at the beach, we were spellbound to notice that the water was so clean that we could see the corals and fishes inside! We enjoyed ride on a jetski. We also went on a glass-bottom boat to experience underwater life. However, when we went for scuba diving, we realised that nothing can give you a better experience to see underwater than this activity. It was a visual treat to see underwater world with our naked eyes.



The Elephant Beach, Havelock Island

After returning from the Elephant Beach, we went to the Kala Patthar Beach. We sat there and enjoyed the sunset. After returning to the hotel, we went for dinner to a restaurant called Anju Koko. The food there was awesome and the ambience was ethnic. There were tourists from different parts of the world enjoying the local food.

The next day we left for another beautiful island of the Andamans called Neil Island on a ferry. We reached the island in the afternoon. This small island is a serene, calm and quiet place where the sea is a stunning mix of green and blue water. The widest part of the island is only about 5 km in length. One can walk the entire island in about two hours!

The beaches here are named after the mythical characters of the Ramayana—Bharatpur, Laxmanpur, Sitapur and Ramnagar. We rested for a while at the hotel and then left for the Sitapur Beach, where we sat at the beach, clicked some lovely pictures and bought souvenirs for friends and relatives. In the evening, we went to the Laxmanpur Beach to see the sunset. It is a picturesque place that offers a breathtaking experience of the sunset and makes it appear as though the sky, sea and the sun have all come together on a single canvas! We spent two hours on the beach and then returned to the hotel. A commonality wherever you go in Andaman is—the blue sky, clean and clear water and serenity. The next day morning, we visited the Bharatpur Beach, famous for water sports. We had great fun there enjoying different water sports. I would make a special mention to a natural rock formation near Laxmanpur Beach, which is known as the Natural Bridge or Howrah Bridge.

The Natural Bridge on the Neil Island



Our guide took us there at 9.30 am during low tide to witness great underwater life left behind by the retreating sea. It was a treat to see an octopus, sea leeches, and colourful fishes. We returned to the hotel fully contended and packed our bags to leave for Havelock. Upon reaching, Havelock welcomed us with heavy rains and lovely weather thereafter.

The next morning, we left for Port Blair in a ferry called Green Ocean II. We had booked tickets for the sound and light show at the historic Cellular Jail at Port Blair.



*The Cellular Jail,
Port Blair*

We had a great experience watching and listening to this programme in the evening. We were filled with pride and reverence for our great freedom fighters who had fought bravely against the British exploitation and did not bow to their cruelties after they were banished to the Andaman as a punishment. The Cellular jail was infamous for the ill treatment of its inmates by the British jailor, David Barry who meted out brutal treatment to our great freedom fighters Veer Savarkar, Batukeshwar Dutt, Yogendra Shukla, Vinayak Damodar Savarkar and many others. Today, the complex serves as a national memorial monument.

The next day, we bid farewell to the Andaman Islands and boarded the plane for New Delhi.

By Lavanya Singh

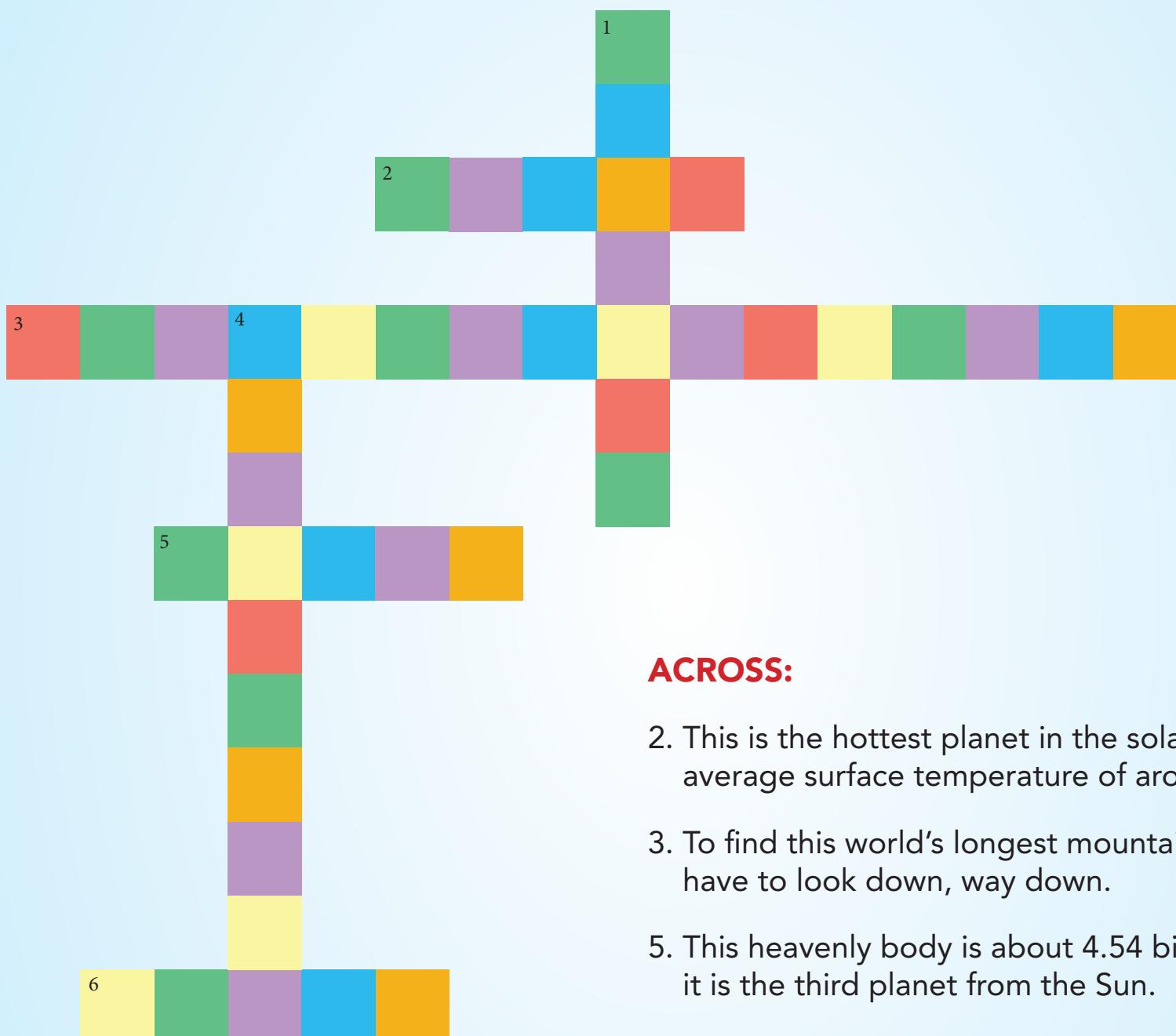


According to a survey conducted by Cigna TTK Health Insurance, stress levels seem to be high in India compared to other countries.

About 89% of the population in India say they are suffering from stress compared to the global average of 86%. Nearly 75% of them do not feel comfortable talking to a medical professional about their stress.

CROSSWORD PUZZLE

The Wonder That Is Our World!



ACROSS:

2. This is the hottest planet in the solar system and has an average surface temperature of around 450° C
3. To find this world's longest mountain range you would have to look down, way down.
5. This heavenly body is about 4.54 billion years old, and it is the third planet from the Sun.
6. There is no atmosphere here, and sound has no medium or way to travel to be heard.

DOWN:

1. If you were to be at this latitude, you would weigh less than if standing at one of the Poles.
4. This continent as a whole contains about 90 per cent of the planet's freshwater ice and around 70 per cent of the total fresh water on Earth!

- 6. Space
- 5. Earth
- 3. Mid-Atlantic Ridge
- 4. Antarctica
- 2. Venus
- 1. Equator

Down

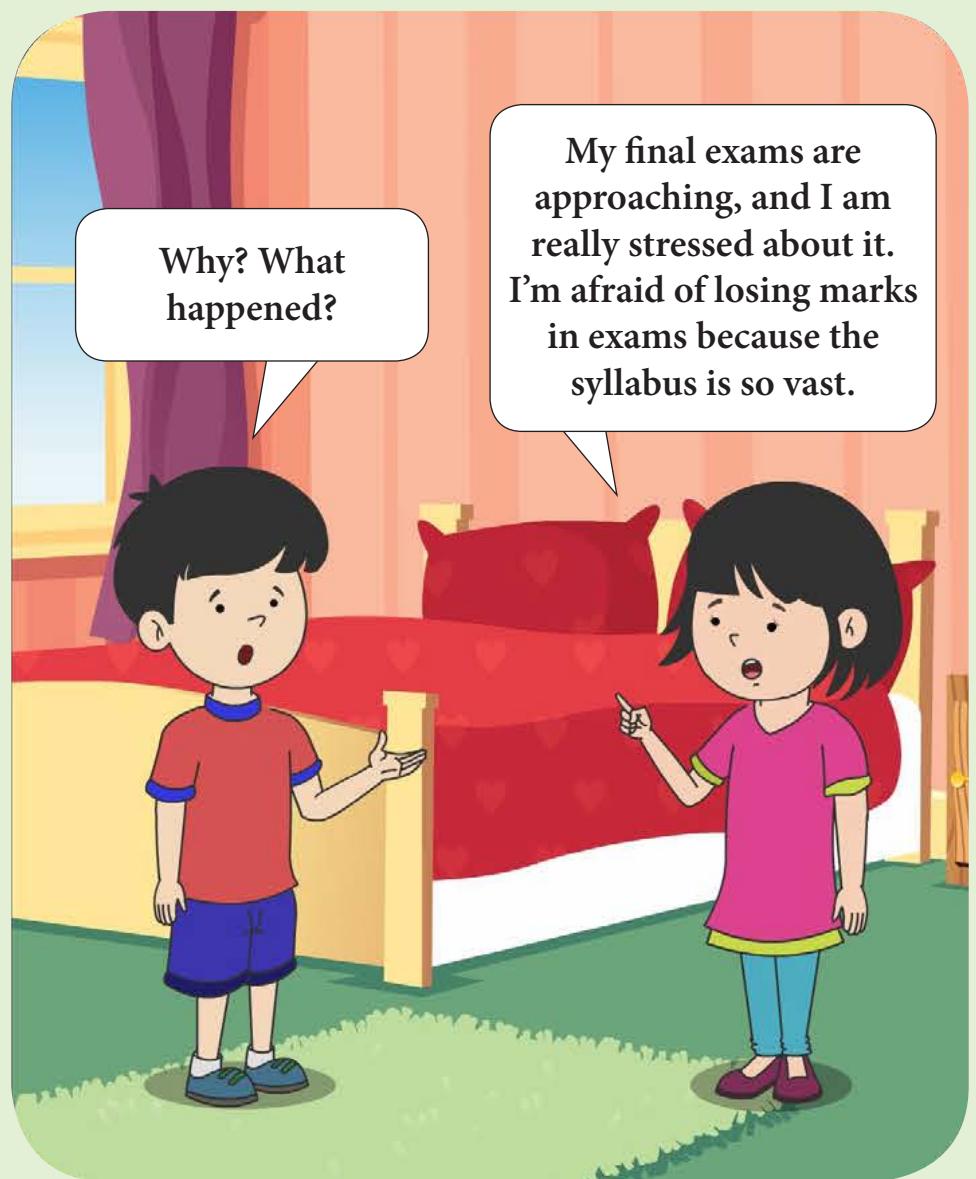
Across

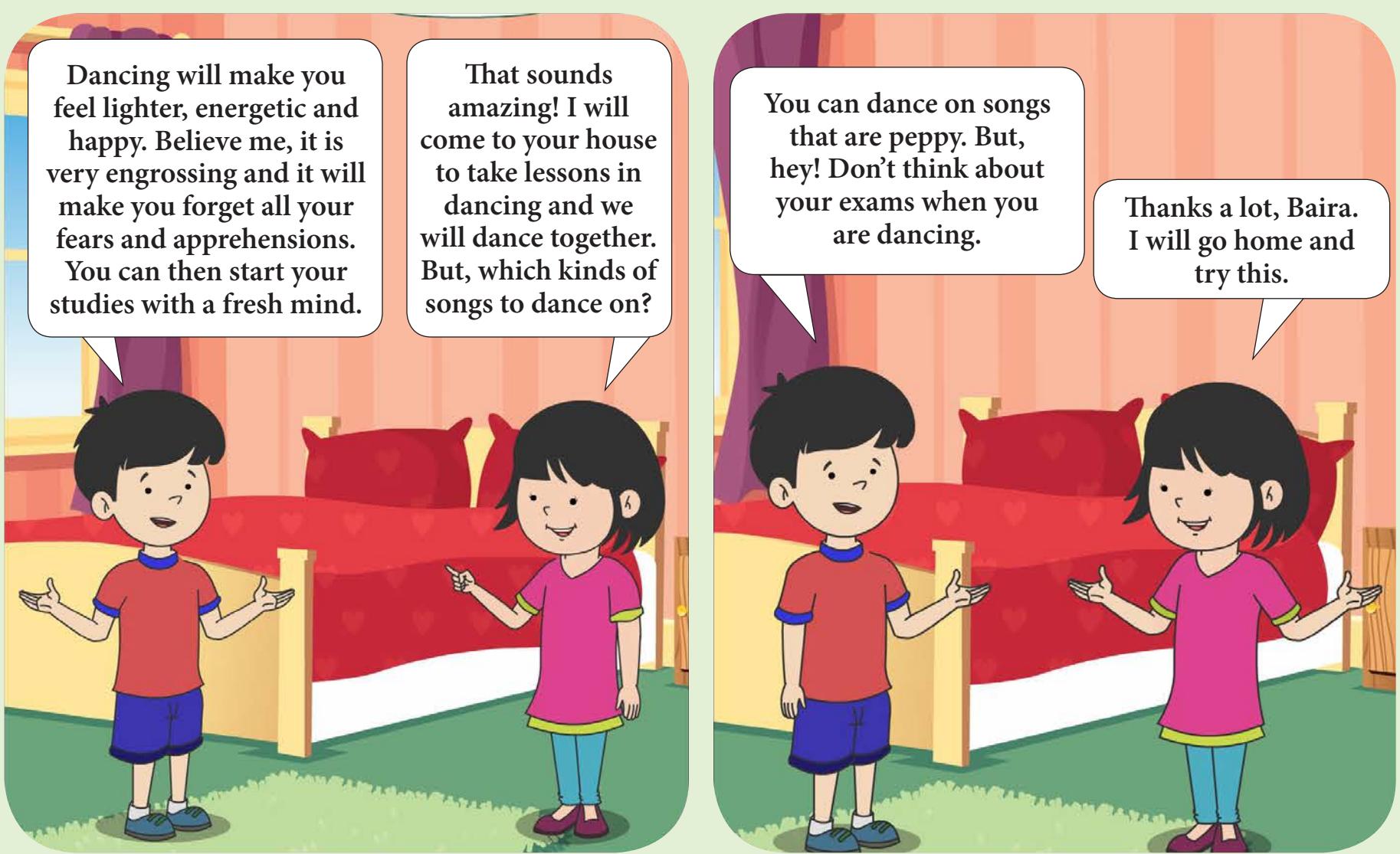
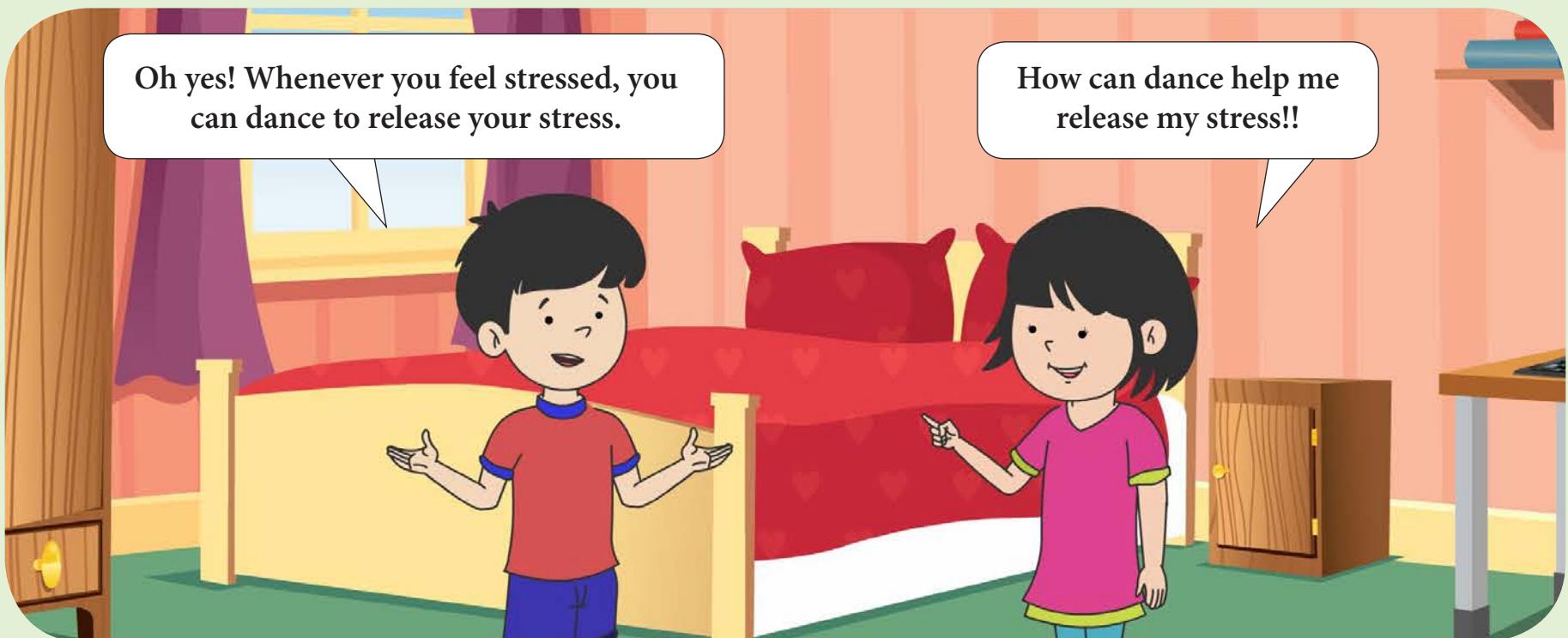


Comic Strip



BAIRA AND BELA





FUN FACTS



Your brain is sometimes **more active when you're asleep** than when you're awake.



Your mouth produces about **one litre of saliva** each day!

Laid end to end, an adult's blood vessels could **circle Earth's equator four times!**

The average person has **67 different species of bacteria** in her/his belly button.



Humans are the only species **known to blush.**



Some 300 million years ago, there was just one continent, a massive supercontinent called Pangaea. And also, there was just one giant sea, called Panthalassa.



Coral reefs support the most species per unit area of any of our planet's ecosystems, rivalling rainforests. And while they are made up of tiny coral polyps, together, coral reefs are the largest living structures on Earth.

TechNews



A Dublin based start-up company, called Galvanic, created Pip, a biosensor which measures electrodermal activity associated with stress levels. The users need to place their thumb on a small device. After calculating their stress levels, Pip can suggest techniques to reduce stress, and warn them if their stress levels are too high.



Law

The Mental Health Care Bill 2016, passed by the Parliament of India, provides for mental healthcare and services for persons with mental illness. It also decriminalises suicide. The Bill ensures that every person shall have a right to access mental healthcare and treatment from mental health services funded by the appropriate government. It also assures free treatment for such persons if they are homeless or poor, even if they do not have a Below Poverty Line card.

Animal Groups

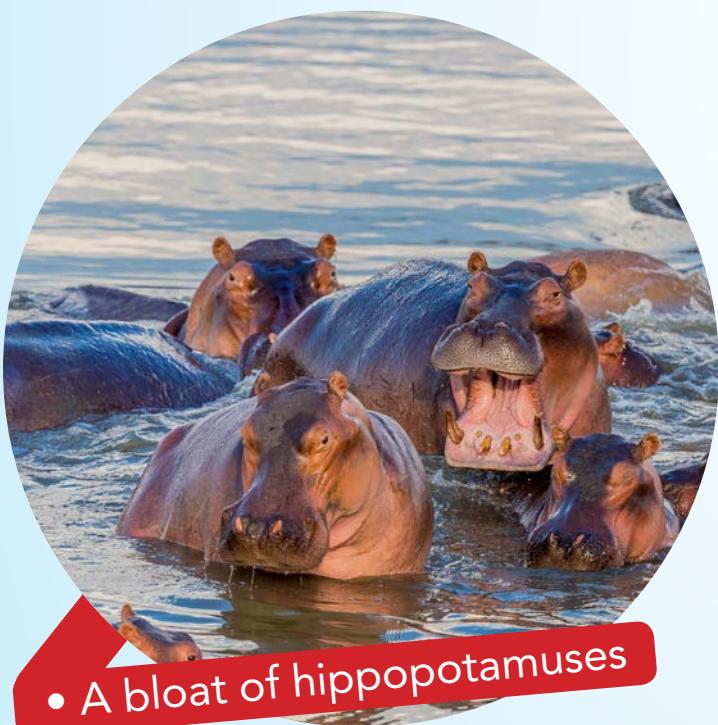
You know that a group of wolves is called a pack, and a group of puppies is called a litter. Find out how many of the following lesser known collective nouns you are familiar with for groups of animals. You may find some of these rather strange.



- A murder of crows



- A glaring of cats



- A bloat of hippopotamuses



- A leap of leopards



- A bask of crocodiles



- A zeal of zebras

Animals Groups



- An army of caterpillars



- A parade of elephants

RIDDLES

- 1. Why are fish so smart?
- 2. What goes tick-tock-bow-wow, tick-tock-bow-wow?
- 3. Day or night, my bones are white. Who am I?
- 4. What always falls without getting hurt?

Read the
ANSWERS
on page 25

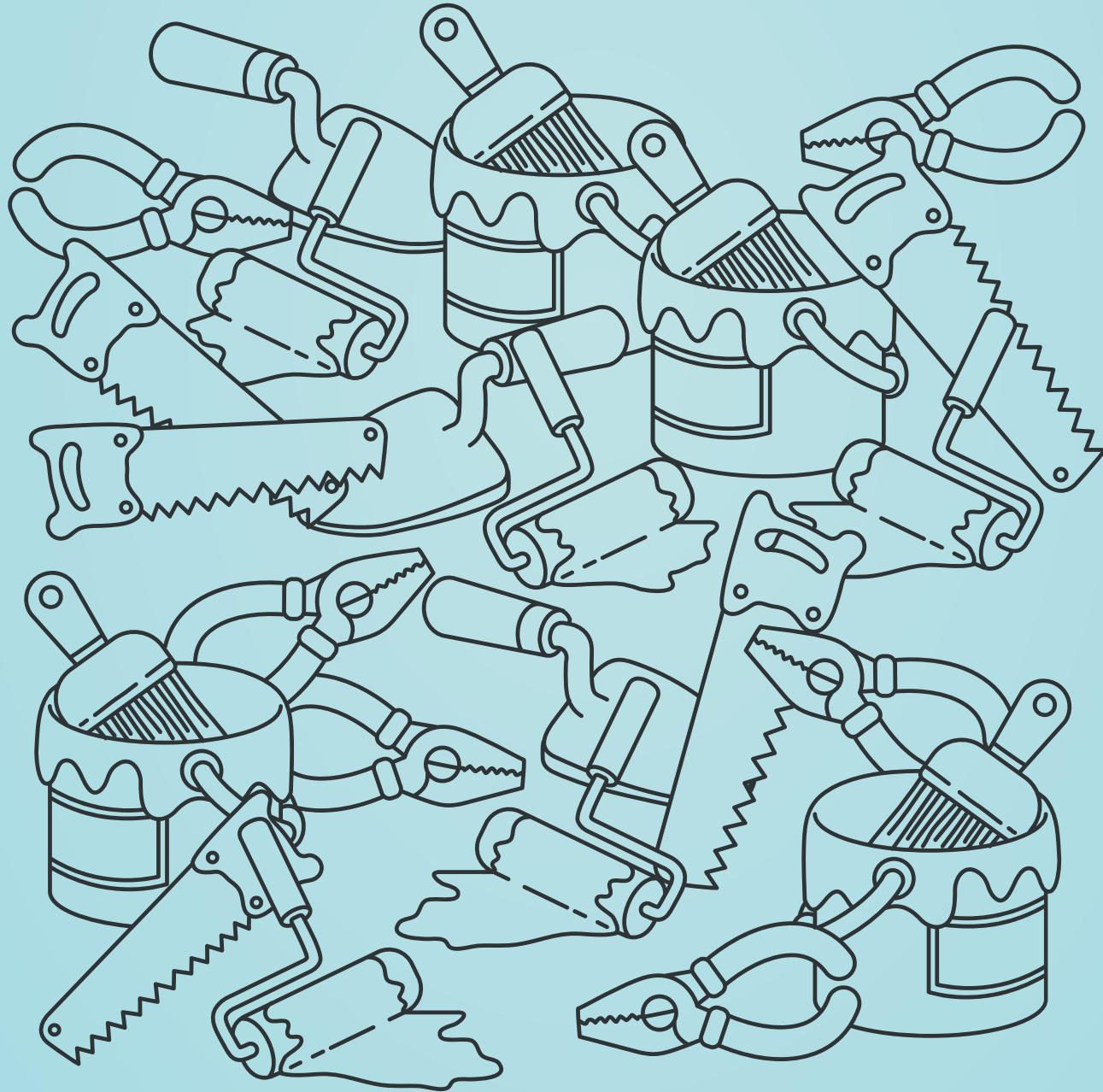


ACTIVITY SHEET

Activity 1

Let's see how many of each item you can find out from this maze. Write the number of each item in the circles given below. You can also colour the items.

How many ?



--	--	--	--	--

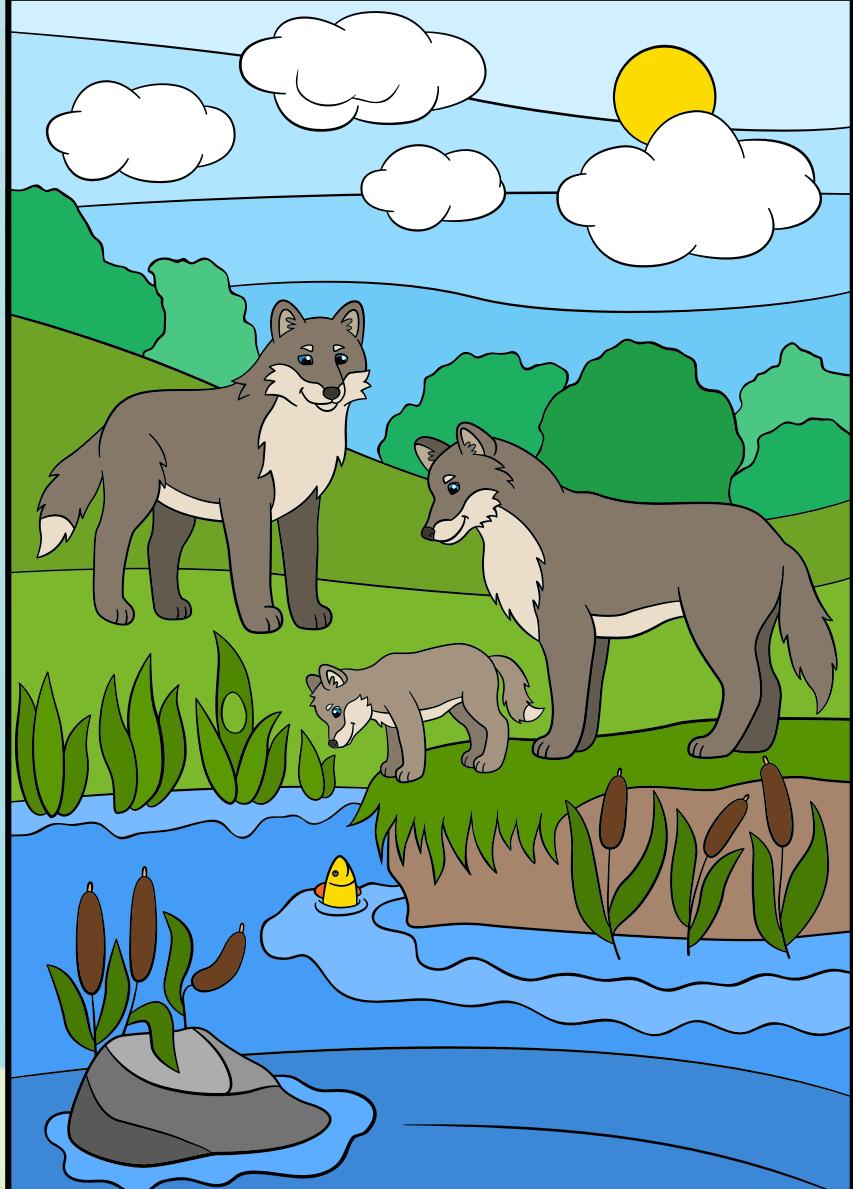
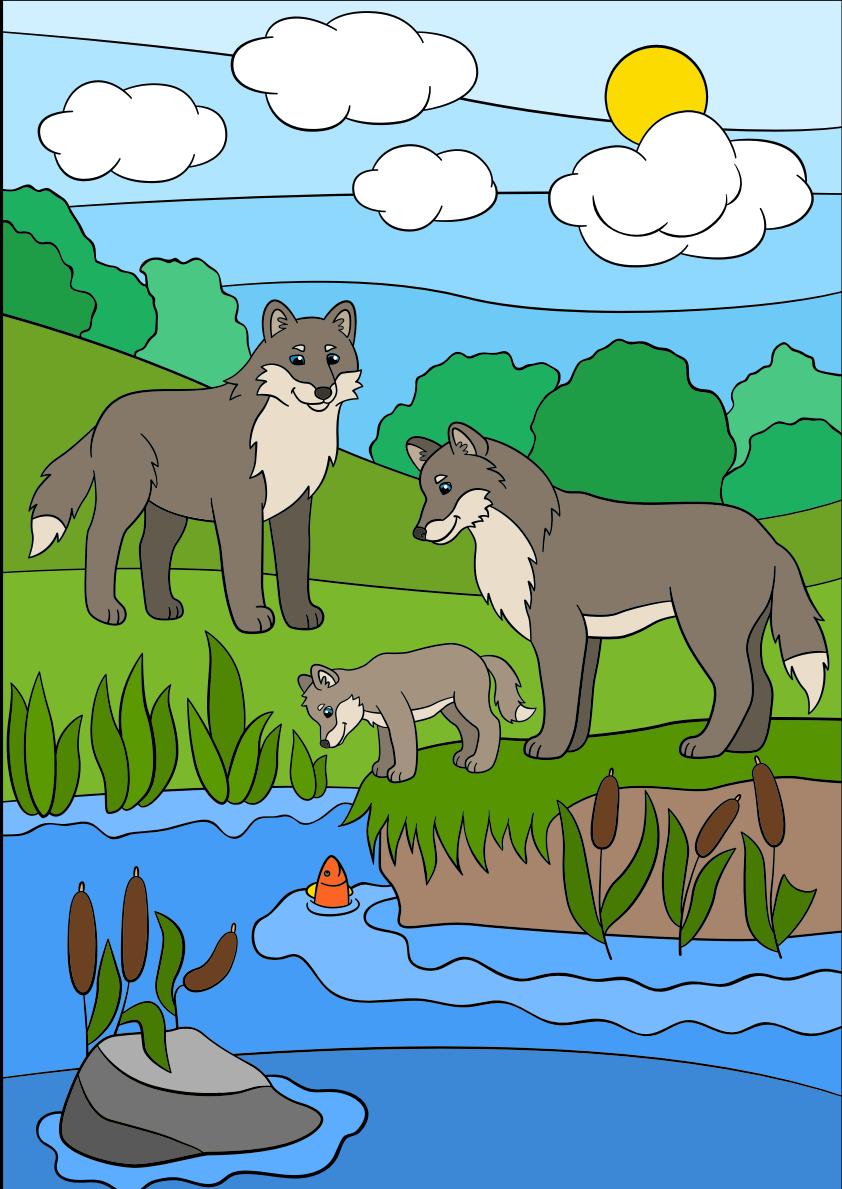
ACTIVITY SHEET

Activity 2

The two pictures here look identical, but they are not. There are 12 differences between the two pictures!

So, get going and spot them.

Find 12 differences



Check the Answers on page 25

Lighten Up

Q. What goes up and down but does not move?
A. stairs

Q. What travels around the world but stays in one corner?
A. stamp

Q. Where do maths teachers go on vacation?
A. Cuba

Q. What are two things people never eat before breakfast?
A. lunch and dinner

Q. What cannot be used until it is broken?
A. egg

Q. Where do fish go on vacation?
A. Finland

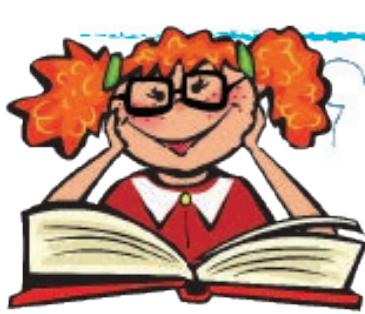
Q. What is white when dirty and black when clean?
A. blackboard

Q. What becomes smaller when you turn it upside down?
A. The number 9

Q. What do you call a snowman in summer?
A. puddle

Q. What has two hands and a face but no arms and legs?
A. clock

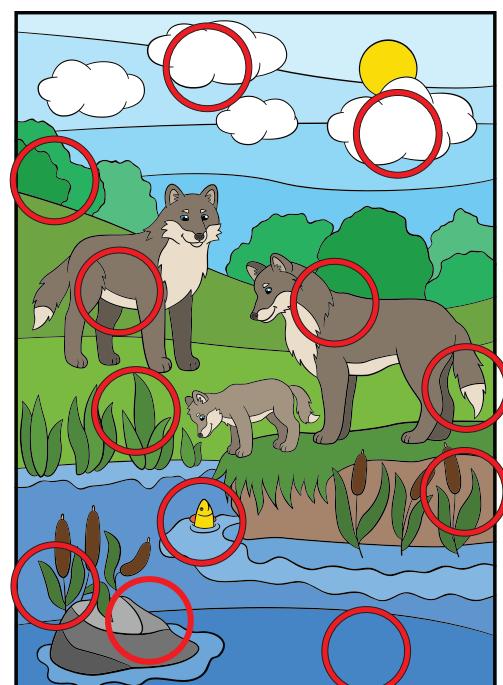
Q. What gets wet while drying hair?
A. towel



ANSWERS FOR RIDDLES

1. because they live in schools
2. a watch dog
3. a skeleton
4. rain

Answers For Activity 2



CURRENT EVENTS UPDATES

1 October

Manu Bhaker named as the flag-bearer of the Indian contingent for the 3rd Youth Olympic Games to be held in Buenos Aires, Argentina from October 6-18.

1 October

Nobel Prize 2018
Physiology or Medicine: James P Allison (USA) and Tasuku Honjo (Japan) for their discovery of cancer therapy by inhibition of negative immune regulation

2 October

Physics: Arthur Ashkin (USA), Gerard Mourou (France) and Donna Strickland (Canada) for ground-breaking inventions in the field of laser physics

3 October

Chemistry: a) one half to Frances H. Arnold (USA) (b) other half jointly to George P. Smith (USA) and Sir Gregory P. Winter (UK) (a)For the directed evolution of enzymes (b) For the phage display of peptides and antibodies

5 October

Peace: Denis Mukwege (Congo) and Nadia Murad (Iraq) for their efforts to end the use of sexual violence as a weapon of war and armed conflict

6 October

The Election Commission of India announces single phase assembly elections in Madhya Pradesh, Rajasthan, Telangana and Mizoram and two-phase polls for Chhattisgarh.

8 October

Economic Sciences: (a) William D. Nordhaus (USA) (b) Paul M. Romer (USA) for integrating climate change into long-run macroeconomic analysis for integrating technological innovations into long-run macroeconomic analysis

9 October

The International Monetary Fund (IMF) in its latest World Economic Outlook (WEO) says that India has been estimated to grow at 7.3% in 2018 and 7.4% in 2019.

9 October

India wins three more gold on the third day of competitions at the Para Asian Games 2018 in Jakarta, Indonesia. India maintains its eighth spot. Ekta Bhyan in women's F32/51 club throw event and Narayan Thakur in men's T35 100m dash clinched gold. Manish Narwal, Indian para-shooter, bagged gold in the men's SH1 10m air pistol event.

10 October

Sikkim becomes the pioneer in organic farming. This achievement has made it the world's first totally organic agriculture State in India. UNFAO has shortlisted Sikkim for the UN Food and Agriculture Organisation (FAO) Future Policy Award.

10 October

Harvinder Singh win India's maiden archery gold in the Asian Para Games 2018 in Jakarta, Indonesia.

11 October

Sharad Kumar wins gold in men's high jump in Asian Para Games. Indian para high jumper Sharad Kumar won gold in men's high jump T42/63 category.

16 October

Uttar Pradesh Cabinet approves renaming of Allahabad to Prayagraj.

16 October

Anna Burns wins the prestigious Man Booker Prize for the fiction Milkman, a vibrant, violent story about men, women, conflict and power set during Northern Ireland's years of Catholic-Protestant violence.

20 October

Mumbai beat Delhi to lift Vijay Hazare Trophy title for third time by four wickets to win their third Vijay Hazare Trophy title at M Chinnaswamy Stadium, Bengaluru.

21 October

Prime Minister Narendra Modi dedicates national police memorial to the nation in New Delhi. It has been built in recognition of the supreme sacrifice made by police personnel since independence.

22 October

Bajrang Punia wins silver in the 65 kg Freestyle final at World Wrestling Championships in Budapest.

24 October

Virat Kohli becomes fastest to reach 10,000 runs in history of ODI cricket. Sachin Tendulkar took 259 innings to reach there, while Kohli has so far batted in 205 innings.



CURRENT EVENTS UPDATES

26 October

Prof. MS Swaminathan, chief architect of India's Green Revolution awarded the World Agriculture Prize for 2018

October 31

Pankaj Advani becomes first Indian to win an Asian Snooker Tour title after defeating China's Ju Reti 6-1 in the final in Jinan, China.

October 31

PM Narendra Modi inaugurates the Statue of Unity, the world's largest statue, on Sardar Vallabhai Patel's 143rd birth anniversary in Gujarat. Sardar Patel is fondly known as the Iron Man of India.

NOVEMBER 2018

1 November

Rahul Dravid becomes the fifth Indian to be inducted in the 'ICC Hall of Fame'.

4 November

Delhi's Signature Bridge is inaugurated 14 years after its conceptualisation. This bridge over the Yamuna river is double the height of Qutub Minar and connects the Wazirabad across the river Yamuna to the inner city.

6 November

Rohit Sharma sets record, becomes first cricketer in history to score four T20 international centuries.

6 November

China unveiles 'Heavenly Palace' space station, as International Space Station retires in 2024. With a lifespan of roughly 10 years, China's Tiangong space station, otherwise known as Heavenly Palace, is set to become the replacement of the International Space Station.

6 November

Uttar Pradesh Ayodhya Deepotsav 2018 enters Guinness Book of World Records; over 3 lakh diyas were lit.

9 November

Captain Harmanpreet Kaur becomes the first ever Indian woman to smash a hundred in T20 international cricket, achieving the feat against New Zealand in the Women's World T20 2018.

12 November

Amnesty International withdraws its highest human rights honour from Aung San Suu Kyi, the civilian leader of Myanmar, citing her defense of the military's deadly crackdown against Rohingya Muslims and growing restrictions on free speech.

13 November

Odisha government launches its own food security scheme on the occasion of Gandhi Jayanti. This scheme will benefit 25 lakh people who were left out of the National Food Security Act (NFS).

15 November

The United Nations Security Council (UNSC) lifted a range of sanctions against Eritrea four months after that country and Ethiopia signed a peace agreement that UN chief António Guterres described as 'a wind blowing in the direction of peace.'

20 November

US suspends USD 1.66 billion assistance to Pakistan alleging that its government had helped al-Qaeda chief Osama bin Laden hide near its garrison city of Abbottabad.

24 November

MC Mary Kom creates history by becoming the first woman to win six boxing world titles by clinching the 48 kg gold at the 2018 AIBA Women's World Boxing Championships in New Delhi.

25 November

Australia wins the ICC Women's World T20 title for the fourth time. Australia defeated England by eight wickets in the final at North Sound, Antigua.

28 November

Himachal Pradesh becomes the first state to launch single emergency number '112'. It became the first state to launch a pan-India single emergency number '112' where all kinds of immediate help can be sought in urgent matters.

29 November

The Maharashtra assembly has unanimously approved 16 % reservation for the Maratha community in jobs and educational institutes.

29 November

PM Modi inaugurates the Western Peripheral Expressway in Gurugram.



CURRENT EVENTS UPDATES

29 November

Indian Space Research Organisation (ISRO) launches the Hyper Spectral Imaging Satellite (HysIS), being dubbed 'Sharp Eye', into space along with 30 other foreign satellites on board the workhorse PSLV rocket.

DECEMBER 2018

1 December

India is to host the annual G20 summit in 2022 as it will be celebrating its 75th anniversary of Independence. This will be India's first time to host the G20 summit.

3 December

First manned Soyuz mission to ISS launched successfully. After the October launch failure, a Soyuz rocket carrying Russian, American and Canadian astronauts took off from Kazakhstan and reached orbit on 3rd December in the first manned mission.

3 December

Australia becomes the first country in the world to recognize 'orphanage trafficking' as a form of modern slavery.

3 December

GlaxoSmithKline Consumer Healthcare Ltd. is to merge with Hindustan Unilever Ltd. (HUL), India's biggest consumer goods company, in a deal worth Rs.31,700 crore.

4 December

World marathon record holder Eliud Kipchoge of Kenya and 2018 triple and long jump Diamond League champion Caterine Ibarguen of Colombia are the 2018 IAAF (International Association of Athletics Federations) Male and Female Athletes of the Year.

4 December

Delhi Daredevils renamed as Delhi Capitals ahead of 2019 IPL season.

4 December

Gautam Gambhir announces retirement from all forms of cricket.

5 December

France-based Arianespace successfully launches GSAT-11, the heaviest satellite built by ISRO from its port in French Guiana.

5 December

Salman Khan tops Forbes richest Indian celebrity list for third time. Team India captain Virat Kohli has featured as the highest-earning sportsperson in the 2018 Forbes India Celebrity 100 list with ₹228.09-crore earnings.

8 December

Miss Mexico Vanessa Ponce de Leon, 26, a Mexican model and volunteer, crowned Miss World at a glitzy event on the tropical Chinese island of Hainan.

9 December

The number of districts in Arunachal Pradesh increase to 23 with the formal inauguration of Shi Yomi district by Chief Minister Pema Khandu in presence of Union Minister of State for Home Kiren Rijiju.

10 December

Shyam Sundar Besra, Chief Inspector of Ticket, working in Asansol Division of Eastern Railway of Indian Railways conferred with the Sahitya Akademi Award 2018 for his novel *Marom*.

10 December

India successfully test-fires nuclear-capable Agni-5 missile from Odisha coast.

11 December

Rajasthan Assembly Election 2018—Congress wins with 99 seats Rajasthan Chief Minister Vasundhara Raje submits her resignation to Governor Kalyan Singh.

11 December

Madhya Pradesh Assembly Election 2018—Congress emerges as the single largest party by securing 114 seats.

11 December

Chhattisgarh Assembly elections—Congress beats BJP after 15 years. Congress has secured the required majority in the 90-member Chhattisgarh Assembly.

11 December

Mizoram Election Results 2018—Mizo National Front (MNF) returns to power. In the state's 40-member assembly, Zoramthanga-led MNF bagged 26, securing absolute majority on its own.

11 December

Slain Journalist Khashoggi named Time Magazine's Person of the Year.



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11 December

Telangana Assembly election—TRS wins the 119-member assembly for second straight term.

13 December

Eight parliamentarians honoured by Vice-President M. Venkaiah Naidu. The NCP chief and Rajya Sabha MP Sharad Pawar and veteran BJP leader Murli Manohar Joshi were presented the Lifetime Achievement Award. Leader of the Opposition in Rajya Sabha Ghulam Nabi Azad and BJP MP Nishikant Dubey were selected for the Best Parliamentarians Award. Lok Sabha MP Rama Devi was selected as the Best Woman Parliamentarian.

15 December

Ranil Wickremesinghe sworn in as the Prime Minister of Sri Lanka after resignation of Mahinda Rajapaksa.

16 December

Belgium defeats Netherlands in the final at the Kalinga Stadium in Bhubaneswar to clinch the men's Hockey World Cup for the first time.

16 December

PV Sindhu defeats world number five Nozomi Okuhara of Japan to record her 300th career match victory across categories and clinch the BWF World Tour Finals women's singles title.

17 December

Philippines' Catriona Gray crowned Miss Universe 2018. Catriona Elisa Gray became the fourth woman from the country to win the title.

18 December

Indian Film *Period: End of Sentence* made it to the Oscars Shortlist.

18 December

The Gender Gap Index as released by the World Economic Forum (WEF), was topped by Iceland with a score of 0.858 , holding the top spot in the index for the 10th consecutive year.

- Norway ranked at 2nd, Sweden at 3rd, and Finland at 4th
- India was ranked 108th in the Global Gender Gap Index 2018, same as it was ranked in 2017.

18 December

Actress Sonam Kapoor named India's Person of the Year for 2018, by animal rights organisation People for the Ethical Treatment of Animals (PETA) for her animal advocacy efforts.

18 December

Belgium Prime Minister Charles Michel resigns amid pressure on his government over his support for the UN global pact on migration.

19 December

Late Pakistan lawyer and human rights activist Asma Jahangir is awarded the UN Human Rights Prize for 2018.

19 December

Kabaddi World Cup Winning Captain Anup Kumar announces his retirement.

20 December

WV Raman appointed as the new coach of the Indian women's cricket team.

20 December

Belgium ends the year as No. 1 in FIFA global rankings.

21 December

Mithali Raj and Harmanpreet Kaur named as Indian women's ODI and T20 international captains respectively for the tour of New Zealand.

23 December

India successfully test-fires Nuclear-Capable Agni-IV Missile from Dr Abdul Kalam Island off the Odisha coast as a part of user trial by the Army.

24 December

The Indian Railways bag 17 awards at the 'National Energy Conservation Awards (NECA) 2018' held in New Delhi.

26 December

Former Australia captain Ricky Ponting becomes the 25th Australian cricketer to be officially inducted into the International Cricket Council's Hall of Fame at the iconic Melbourne Cricket Ground (MCG).

