



THIS INDEPENDENCE DAY LET'S WORK...

TOWARDS MAKING INDIA ATMANIRBHAR

Did you know the idea of a self-reliant India was conceived by our freedom fighters way back in 1905, when the Swadeshi Movement was launched to boycott English products? The Swadeshi Movement gave rise to khadi, which is now acknowledged globally. 73 years after Independence, we are at the cusp of a new challenge—a challenge to make India, 'atmanirbhar'. Ahead of the Independence Day, youngsters share their vision on how India can be self-reliant in the years to come

GO LOCAL

I believe it's time we strengthened the local manufacturing sector and reduce our dependency on imports. We should promote local products. One of the biggest examples would be the flags used for Independence Day celebrations. Did you know most of them are imported from China? I think it's important for us to start buying products that are made locally.



YOSHITA UPADHYAY, class X, DPS, Secunderabad

I PLEDGE As they say, charity begins at home. So, to promote, 'Go Local', I will incorporate them in my life first, before influencing others. Social media is one of the best ways to promote these local products. When the demand for local products increase, the idea of atmanirbhar Bharat will automatically get a boost

PROMOTE COTTAGE INDUSTRIES

Giving more importance to the cottage industries, and the artisans who run them, can go a long way in making India atmanirbhar. It will also help in keeping our culture alive. In future, I wish to work towards this goal by making efforts to market our artisan goods, both across the country and the world, ensuring that the money they are paid, goes directly to them.



DEVINA SINGH, class XII, Shikshantar School, Gurgaon

I PLEDGE To buy more products in cotton and khadi—clothes to home decor, and even stationery items, especially from brands related to the cottage industries. I also plan to visit the local craft fairs that happen from time to time with my family and friends, and encourage them to buy things from the stalls put up by the artisans from different states of the country. In such fairs, there are no middlemen, and the profit goes directly to the artisans



PROMOTE INDIAN BRANDS OVER FOREIGN



To join this drive, we can start at the basic level by choosing local/ Indian-made products over the foreign ventures. For eg, Indian brands like Bata and Liberty do produce quality footwear, just like any other foreign brand.

KUNIKA SALUJA, class XII, PML SD Public School, Sec 32, Chandigarh

I PLEDGE To readjust my choices and opt to 'buy Indian, by Indian' to help our country become a production powerhouse. Our local cafes serve just as good coffee as any other foreign outlet does

CONSERVE RESOURCES

Surprised? How can conserving natural resources make India atmanirbhar? Well, I have realised that we have to import products, as we can't fulfil the demands of our citizens with limited resources. Thus, conserving resources might reduce the need to import natural resources, such as crude oil, petrol, etc.



AMANI GAJJAR, class X, PSBB LLA, Bengaluru

I PLEDGE To study in a place, where I get enough sunlight, thus saving electricity. This, in turn, will help people in villages, slums, etc. receive better supply of electricity. I will keep the windows in our home and cars open to save electricity

STOP IMPORTS

Sounds infeasible. Yes, it may look impractical. But let's not forget, nothing is impossible. By stopping imports completely, we will drive people to develop their innate potential to come up with new innovative ideas, and use it where it is needed!



ADHYA KUMAR, class X, St Mary's High School, Pune

I PLEDGE To buy products that are not only made in India but also encourages and supports Indian labour, Indian talent, Indian heritage and textiles. I will also encourage others to take the same pledge

PROMOTE SKILL INDIA

A start can be made by promoting Skill India and the Industrial Training Institutes (ITI) across the country. Besides, a pupil-friendly labour law is the need of the hour; if we want real change in the country; as it will increase the income of the labourers, further translating into spending on better health/education/food. Moreover, I feel NEP 2020 is a step towards making India self-reliant. If implemented properly, it will really encourage creative minds to develop their innate potential in developing an atmanirbhar India.



BHARGAV DEKA, class XII, PIS, Ahmedabad

I PLEDGE To translate a few essential rights of the labourers from English to Gujarati and Hindi for the illiterate labourers, and create an awareness among the labour class about their rights, for, I feel the lack of awareness about their rights among the labour class, is a big reason for their exploitation. An aware labourer will be an added advantage for the workforce

STUDENT EDITION
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GRATITUDE to our COVID WARRIORS



I plan to dedicate an artwork and a self-composed poem to the frontline workers. Let us inculcate safety habits, perhaps, that's the best way to honour the real superheroes.

AADRIT BANERJEE, class XII, Apeejay School, Kolkata

Just thanking our life savers is not enough. Let's cooperate with them and extend our gratitude to their family members, who have been their strength and support. Let us stay indoors and follow hygienic life to make their lives easy.

SOUMYA DHOKARIYA, class VII, Cambridge Court High School, Mansarovar, Jaipur

I have decided to extend a hearty thanks to each and every Covid warrior by making a beautiful 'Thank You' card and posting it with a message on various social networking sites.

DHWANI GULATI, class VI, Bhavan Vidyalaya, Panchkula

RR SHANTOSH, class X, SBOA School and Junior College, Chennai

Project: Solar electric bike



THE PROJECT: A solar electric bike, it runs with the help of both solar power and battery. Called E-LITE, this eco-friendly bike runs on a 48v battery, 750watts motor and 100 watts solar panel. The bike can carry up to 600kg of weight at a speed of 45km/hr. The solar panel causes photo volatile cells to produce electricity, so it runs automatically with the help of the solar power. You can also charge our mobile in the bike.

Due to its cost effective nature, I hope to launch this bike in all the villages of our country. Farmers, who rely on tractors and cattle to transport goods, can opt for this eco-friendly, cost effective bike that will not only save them some money but also get their work done in lesser time

SIDDHARTH KUMAR GOPAL, class VII; St Thomas Residential School, Thiruvananthapuram

Project: Boat-o-Bed

THE PROJECT: A prototype of a smart bed, 'Boat-o-Bed' is aimed at making bedridden people atmanirbhar in the event of a flood. The bed is equipped with a GPS/ GSM unit. Using a moisture sensor and servo motors, the smart bed will automatically tilt down, and the patient along with the bedding will start floating. Simultaneously an alert will be sent to pre-configured telephone numbers, which will help the rescue workers to reach the person in need faster.



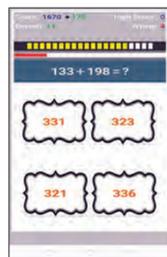
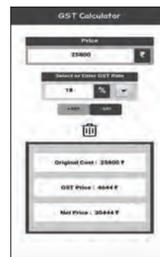
The idea came up, when I saw the difficulties faced by the rescue workers to rescue bedridden people stranded during Kerala floods. They were lifted along with their beds on the boats. So, I thought, if the bed could be converted into a boat, it would be helpful

Small STEPS, Bigger GOALS!

Meet the young innovators of today, who could be leading entrepreneurs of tomorrow

PARVATI SHAH, AFIA NAAZ & VAIBHAV ASWAL

class VII, class VI, class XII, respectively; PYDS, Learning Academy, Dehradun



TWISHA KARRA & VEDIKA MAKI, class IX; Fr Agnel Multipurpose School and Jr college, Mumbai

Project: Industrial development

THE PROJECT: The model shows an easy and efficient way to treat and make complete use of the waste material coming out of the factories. Comprising solar panels and smoke arresters, which make it possible to have a greener environment around the factory, the solid waste is turned into manure, while the waste water is treated several times to make it useful for human activities, like car washes, industrial use, ornamental structures in gardens, etc.



It will go a long way in making our industries atmanirbhar and eco-friendly, as there will be no need for the industries to outsource any other wing to get rid of the industrial waste. This system can be implemented on a larger scale to keep our cities, rivers and natural surroundings clean

TWISHA KARRA

Project: Made in India Apps

THE PROJECT: The Math Quiz App called 'Brain Gym', and 'GST App' to calculate the GST of goods and avoid overcharge of GST, makes things easier for the common man. **GST Calculator:** The simplified GST calculator helps in determining the gross or net product price on percentage-based GST rates. **Brain Gym App:** This app helps users to calculate quickly and get better at mental math. It allows the user to choose from a quiz on addition or subtraction. The users get points depending on how fast they give answers to all the questions. On the completion of the quiz, they can check their performance on the scoreboard.

Calculating GST can be tough. So, to overcome this problem, we came up with this GST App with simple user interface, which our parents and people living in the villages can use easily.

VAIBHAV ASWAL

HOW SELF RELIANCE HAS SHAPED INDIA



1 The idea of Make in India was conceived in 1905 — when the Indian National Congress started the Swadeshi movement. Mahatma Gandhi gave a call to the country to boycott English clothes. Wearing chakra-spun Khadi became a new norm. The Make in India 1 was born. 2 After independence in 1947, India's first PM Jawaharlal Nehru came out with his idea of self reliance by building huge dams and hydroelectric projects, and setting up huge factories manufacturing heavy electrical equipment, electronics, consumables, consumer durables and cars — which gave birth to the Ambassador, the Premier Padmini and so on — India embarked on its road to self-sufficiency. 3 The creation of world-class IITs, IIMs, ISRO, etc, paved the way in making India progress towards the path of self reliance.

4 The Mangalyaan Mission (MOM), India's first interplanetary endeavour to cross the Earth's orbit successfully, at a cost worth ₹450 crore, was hailed for being cheaper than the Hollywood movie, 'Gravity', and much cheaper than NASA's Maven Orbiter. 5 The recent call by PM Modi to make India self-reliant aims at boosting the scope for private participation in numerous sectors, increasing FDI in the defence sector, etc. 6 India's own 'Made in India' 5G network by Reliance Jio is all set to hit the market. It will enable us to launch a world-class 5G service in India, using 100 per cent home-grown technologies and solutions. 7 For the first time, in July 2020, Apple announced that it would manufacture one of their iPhone models in India.

The I-Day Planner

Freedom to choose for myself

Your personal wellbeing needs to be A PRIORITY. Sometimes, you need to choose for yourself to be truly happy. This Independence Day, let's take a pledge to choose without 'conditions applied'. Start a seed bank, make a documentary, go on virtual tours, pick a hobby - but do YOUR OWN THING (we have some options listed here). PS: As long as your choice is not affecting another, go on! If you are unsure; talk to your parents. Always a safe bet.

Choose a hobby

Learn to play the tabla, drums, embroider, paint, tap dance, do lettering or master second language, a sport, an art project or something else. Basically it should come with some challenge.

Why? So that you have something that is absolutely YOUR OWN THING, and requires you to be mentally productive without being stressed. And that's not just our advice. Scientists have proved that investing and engaging in a mentally-stimulating hobby regularly, helps lower stress and anxiety; boosts focus, creativity, and self-esteem. **Don't know where to start? Get lost in reading. Good books are fun to read and they keep your mind active** while you follow multiple storylines. Remember hobby requires practice, not mastery.

More From NIE archives: Try sanskrit shloka! Click here: <https://tinyurl.com/y5jhmbrr>



Watch a movie on Freedom struggle

GANDHI



1 Starring Ben Kingsley, the film 'Gandhi' was released in 1982. This British-Indian biographical film depicts the life of Gandhi. It covers the events from 1893, when he was thrown off a South African train for travelling in a whites-only compartment, and ends with his assassination in 1948. **Where to watch:** Search on any of the OTT mediums or watch on YouTube

NETAJI

2 Next on our list is 'Netaji Subhash Chandra Bose: The Forgotten Hero'. Founder of 'Azad Hind Fauj', Subhash Chandra Bose's defiant patriotism made him a hero in India. The role was performed by ac-



tor Sachin Khedekar. Released in 2004, this film shows how Netaji gave up the post of president of the Indian National Congress. He heads to Europe and meets Hitler to ask for his support.

MANGAL PANDEY



3 Mangal Pandey: 'The Rising': Mangal Pandey, an Indian soldier, attacked the British officers which led to the First War of Indian Independence in 1857. In this epic film, Amir Khan brilliantly performed the role of Mangal Pandey. **The list is endless...** There are many other films that you could watch!

Take to seed saving



Do you know how to save seeds? Check this easy-to-follow guide and build your own seeds bank.

- Identify the best plants in your kitchen garden or terrace farm
- Save few fully ripe fruits from your produce
- Scoop out the seeds
- Sun dry them and store in a cool dry place

- Save different varieties of seeds in different storage containers
- Label seed packets to identify seeds to be sown in the next cycle
- Easiest herb seeds to save are of curry leaves, basil, oregano and coriander
- Share seeds with your friends.

Challenge parents to an I-Day quiz

1 Where does the name India come from?

- Britishers named it
- Mahatma Gandhi changed it from Bharat
- After the Indus Valley civilisation
- Pandit Jawaharlal Nehru changed it

2 Why was 15 August 1947 chosen as the date of power transfer by Viceroy Mountbatten?

- It was the British Thanksgiving Day
- It was Britain's Queen's birthday
- It was the second anniversary of Japan's surrender in World War II
- It was decided by King George VI

3 When was Purna Swaraj a.k.a 'Complete Independence' observed?

- August 15, 1947
- January 26, 1950
- October 2, 1947
- January 26, 1930

4 What was the name of Independent India between August 15, 1947 to January 26, 1950, when it became the Republic of India?

- Dominion of Bharath
- Republic of Bharath
- Dominion of India
- State of dominion of India

ANSWERS: 1. (c) You're right!! It is also known as the Harappan civilisation. 2. (c). 3. (d). 4. (c) Dominion of India is the right answer. India was an independent dominion in the British Commonwealth of Nations with King George VI as the head of state.

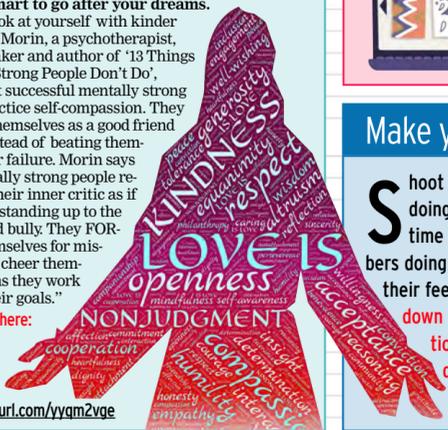
Choose to be kind to yourself

Seriously, silence that inner critic who is constantly reminding you (like an annoying person) that you are not doing enough, or aren't fast or strong or intelligent or smart to go after your dreams. Amy Morin, a psychotherapist, TEDx speaker and author of '13 Things Mentally Strong People Don't Do', writes that successful mentally strong people practice self-compassion. They speak to themselves as a good friend would, instead of beating themselves over failure. Morin says that mentally strong people respond to their inner critic as if they were standing up to the schoolyard bully. They FORGIVE themselves for mistakes; and cheer themselves on as they work toward their goals.

Read more here:

Read more about what Morin says

<https://tinyurl.com/vyqm2vge>



Make your meal smile

You would love a meal that looks happily at you! That's bento for you: the fad got a fun upgrade when foodies began to create characters or faces in the bento box with bread, rice balls, egg, seaweed, buns and noodles. The result? A cute lunchbox. It's a lot of fun. Try it out at home for yourself and your family - on special occasions if it feels like a lot of work to do on a regular day. Here's how ...

- Take a slice of bread. Place a slice of cheese on it. Cut olives into rounds for the eyes, a little lettuce for the hair and a piece of tomato for the mouth.
- Apply peanut butter to a piece of toast. Create a smiley line using berries or raisins. Add two pieces for the eyes and it's done!
- On a small round pancake, cut two banana rounds for the eyes and a line of jam for the smile.



Go for virtual art tours

Online museum



Experience the British Museum online as it's open to virtual visitors. And other popular virtual tours too.

Google's arts and culture collection has virtual tours of 500 top attractions around the world. EXPLORE, UNDERSTAND, LEARN, AND SAVOUR.

Make your lockdown documentary

Shoot videos of how 'monotony warriors' are doing creative things to make use of extra time at home. Also videos of family members doing something creative, talking about their feelings, etc. Edit it and your lockdown documentary is ready, for generations to see and experience what staying in lockdown was all about. After all, this time will be read in history books - for generations to come.



Ideal me time for skincare

Do you have some overripe fruits that you are considering doing away with? Don't discard them. These overripe fruits can be put to great use for your skin and dental care! Here are some ideas:

BANANA HAIR MASK: Overripe bananas are great for dry hair. Mash one overripe banana in a bowl. Add some olive or coconut oil to it and apply to your hair for 15-20 minutes. Shampoo as usual - your hair will be less frizzy and more tamed and smooth post this banana hair treatment.

STRAWBERRY TEETH POLISHER: These red fruits are rich in vitamin C and some natural chemicals that can clean teeth effectively. If you have some overripe strawberries, mash them and use it to exfoliate your teeth - yes teeth can be exfoliated too! Apply mashed strawberries on your teeth, let it stay for 15 minutes and scrub away with a gentle toothbrush.



Saturday I-Day special...

ON SOCIAL MEDIA

- Different languages... one song! Our students from across India tell you what it means to be, well, Indian.
- Watch our version of the popular 'Mile Sur Mera Tumhara'...
- Where? On our channel <https://www.youtube.com/channel/UCyT6h6Z3gq94BAhHqG5m-Ag>
- When: August 15, Saturday

ON WWW.TOISTUDENT.COM

The New Freedoms... And how we adapt



The lockdown has made us appreciate the concept of freedom like never before. Never were we, as a collective whole, put under so many restrictions that we were forced to rediscover new meanings of freedom. This Independence Day, the students from all-over India tell us their learning from the new normal, how they adapted and what lessons they will take forward

Read this Saturday, on August 15. Log on to www.toistudent.com for your PDF copy!