

## Digital Learning Day

Digital Learning Day is a testament to the transformative power of technology in education. It's an opportunity to reflect on the advancements in digital teaching methods and the potential they hold for future generations. While the day is a celebration of progress, it also serves as a stark reminder of the digital divide that persists, emphasizing the importance of ensuring equitable access to digital resources for all. Organize a tech fair where students can display their digital projects. This encourages peer-to-peer learning and fosters a spirit of innovation.

### #PSYCHOLOGY

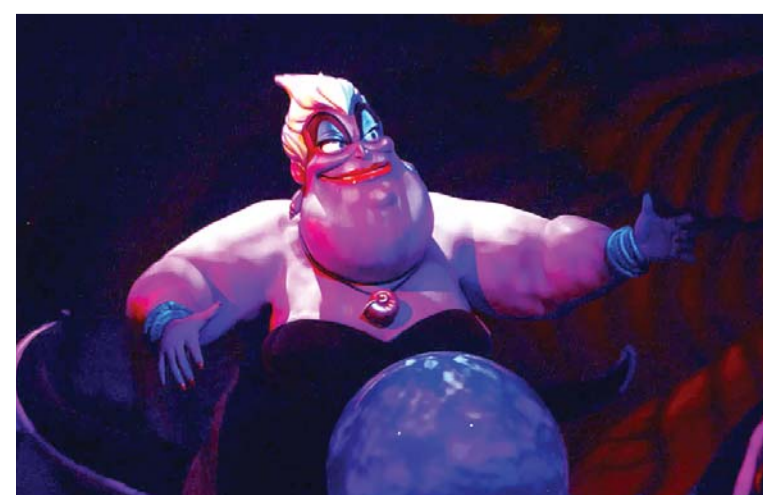
## Hidden 'Good' In Villians

Inside, villains are a little less evil than they outwardly seem, while heroes are fully good guys inside and out.



Both adults and children more often reported that villains were inwardly good than that heroes were inwardly bad, a study finds. "In other words, people believe there is a mismatch between a villain's outward behaviours and their inner, true self, and this is a bigger gap for villains than for heroes," says Valerie Umscheid, a doctoral student in Psychology at the University of Michigan and the study's lead author.

Inside, villains are a little less evil than they outwardly seem, while heroes are fully good guys inside and out. Umscheid and colleagues conducted three studies with 424 children (ages 4-12) and 277 adults to determine how individuals make sense of antisocial acts committed by evildoers. They focused on participants' judgments of both familiar and novel fictional villains and heroes, such as Disney's Ursula and Pixar's Woody from *Toy Story*. The first study established that children viewed villains' actions and emotions as over-



Anjali Sharma  
Senior Journalist & Wildlife Enthusiast

Bernier had a low opinion of the artisan workshops, and the way people treated them in Delhi. He goes on to describe the sorrowful representations, thus. Occupied by skillful artisans would be vainly sought for in Delhi, which has very little to boast of, in that respect. This is not owing to any inability in the people to cultivate the arts, for there are ingenious men in every part of the Indies. Numerous are the instances of handsome pieces of workmanship made by persons, destitute of tools, and who can scarcely be said to have received instruction from a master. Sometimes, they imitate so perfectly articles of European manufacture that the difference between the original and copy can hardly be discerned. Among other things, the Indians make excellent muskets, and fowling-pieces, and such beautiful gold ornaments that it may be doubted if the exquisite workmanship of those articles can be exceeded by any European goldsmith.

I have often admired the beauty, softness, and delicacy of their paintings and miniatures, and was particularly struck with the exploits of Ekbar, painted on a shield by a celebrated artist, who is said to have taken seven years in completing the picture. I thought it a wonderful performance. The Indian painters are chiefly deficient in just proportions, and in the expression of the face, but these defects would soon be corrected if they possessed good masters, and were instructed in the rules of art.

In *The Times* newspaper of 20th March, 1891 will be found an interesting account of a shield, called the *Ramayana shield*, then just completed, the work of the premier Jeypore state workman, Ganga Baksh, Khati, who executed the work under the direction of Surgeon-Major T. H. Hendley, C.I.E., the Residency Surgeon, and Honorary Secretary, Jeypore

Museum. On this shield, the story of the Ramayana is told in a series of plaques, 'nearly all of which are faithful reproductions in relief, in silver-plated brass, of paintings by the most celebrated artists who flourished in Akbar's time.' It is further stated that Dr. Hendley has arranged for the production of two more large shields. One of these will be a companion to the Ramayana shield, the story of the *Mahabharata* being taken as the second great epic poem of the *Hindoos*. Here, again, the paintings of Akbar's time will be copied. The other shield will be known as the *Ashwamedha* (horse sacrifice) shield, and will contain seven plaques, illustrating the sacrifice which Yudhishtira performed, an incident in Mahabharata, the drawings being taken from Akbar's own copy of the *Razmanamah*, or Persian version of the great Hindoo epic. Jeypore will, thus, eventually possess three specimens of metal-work in relief, unrivalled throughout India.

I have to notice that the observing of the figures of objects and the making of likeness of them, which are often looked upon as an idle occupation, are, for a well-regulated mind, a source of wisdom, and an antidote against the poison of ignorance. Bigoted followers of the letter of the law are hostile to the art of painting, but their eyes now see the truth. One day at a private party of friends, His Majesty (the Emperor Akbar), who had conferred on several the pleasure of



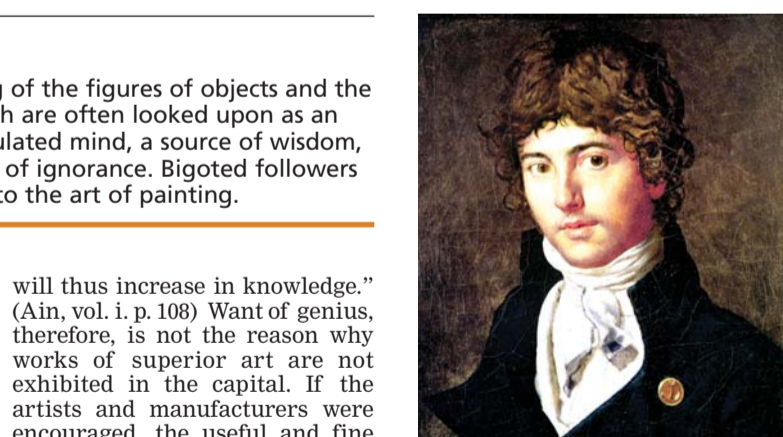
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drawing near him, remarked, "There are many that hate painting, but such men I dislike. It appears to me as if a painter had quite peculiar means of recognising God, for a painter in sketching anything that has life, and in devising its limbs, one after the other, must come to feel that he cannot bestow individuality upon his work, and is thus forced to think of God, the giver of life, and will thus increase in knowledge." (Ain, vol. i. p. 108)

# The Tool-Less Artisans and No Respect Either

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## #FRANCOIS BERNIER



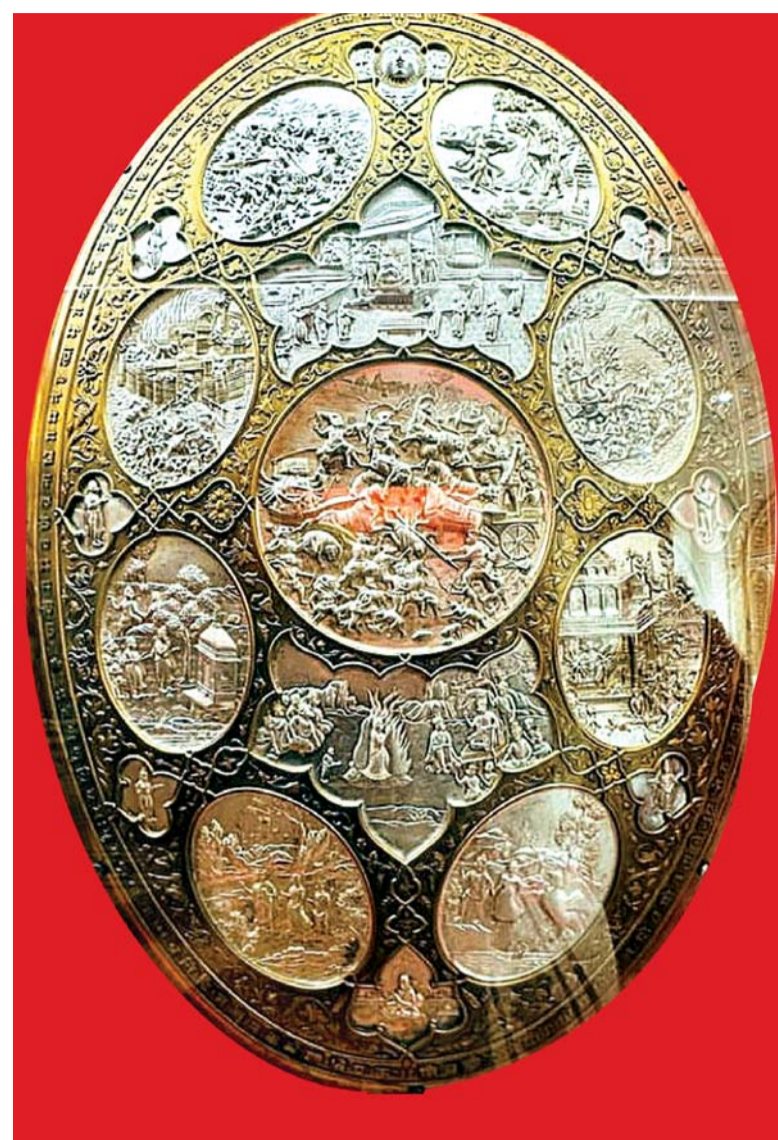
article at a cheap rate. When an Omrah or Mausebar requires the services of an artisan, he sends to the bazar for him, employing

the lips of the King, if at all to the purpose, how trifling soever may be its import, it is immediately caught by the surrounding throng, and the chief Omrahs, extending their arms towards heaven, as if to receive some benediction, "Exclaim Karamat ! Karamat ! Wonderful ! Wonderful ! He has spoken wonders ! Indeed, there is no Mogol who does not know and does not glory in repeating this

manufacturer? Instead of contending for a superiority of reputation, his only anxiety is to finish his work, and to earn the pittance that shall supply him with a piece of bread. The artists, therefore, who arrive at any eminence in their art, are those only who are in the service of the King or of some powerful Omrah, and who work exclusively for their patron. The artisans repair every morning to their respective Kar-kanays, where they remain employed the whole day, and in the evening, return to their homes. In this quiet and regular manner, their time glides away, no one aspiring after any improvement in the condition of life wherein he happens to be born. The embroiderer brings up his son as an embroiderer, the son of a goldsmith becomes a goldsmith, and a physician of the city educates his son for a physician. No one marries but in his own trade or profession, and this custom is observed almost as rigidly by Mahometans as by the Gentiles, to whom it is expressly enjoined by their law. Many are the beautiful girls thus doomed to live singly, girls who might marry advantageously if their parents would connect them with a family less noble than their own.



What I have stated in the proceedings of the assembly of the Am-Kas appears sufficiently rational and even noble, but I must not conceal from you the base and disgusting adulation, which is invariably witnessed there. Whenever a word escapes



Repl'y: 'The moon and stars shine bright.'

The vice of flattery pervades all ranks. When a Mogol, for instance, has occasion for my services, he comes to tell me by way of preamble, and as matter of course, that I am the Aristotals, the Bocrate, and the Abiisyma-Ulzaman!, the Aristotle, the Hippocrates, and the Avicenna of the age. At first, I endeavoured to prevent this fulsome mode of address by assuring my visitors that I was very far from possessing the merit they seemed to imagine, and that no comparison ought to be made between such great men and me, but finding that my modesty only increased their praise, I determined to accustom my ears to their flattery, as I had done to their music.

I shall here relate an anecdote, which I consider quite characteristic. A *Brahmen Pendet* or Gentle doctor, whom I introduced into my Agah's service, would fain pronounce this panegyric, and after comparing him to the greatest Conquerors that the world has ever known, and making for the purpose of flattery a hundred nauseous and impertinent observations, he concluded his harangue in these words, uttered with all conceivable seriousness, "When, my Lord, you place your foot in the stirrup, marching at the head of your cavalry, the earth trembles under your footsteps, the eight elephants, on whose heads it is borne, finding it impossible to support the extraordinary pressure." The conclusion of this speech produced the effect that might be expected. I could not avoid laughing, but I endeavoured, with a grave countenance, to tell my Agah, whose risibility was just as much excited, that it behoved him to be cautious how he mounted on horseback and created earthquakes, which often caused so much mischief. "Yes, my friend," he answered without hesitation, "and that is the reason why I generally choose to be carried in a Paleky"

regular sleeping pattern. Catching up on a little extra sleep at the weekend is a given, but oversleeping can only damage your weekday sleeping pattern. Try not to alter your sleeping pattern by more than an hour or two.

**Overeating**  
Research has found that people tend to consume more calories in the autumn and winter months than they do in spring and summer. The absence of light in the winter makes us want more food and to consume it quicker. However, the more food consumed at any one time, the harder the body has to work to digest it. This makes it difficult to fall asleep and therefore, it is recommended

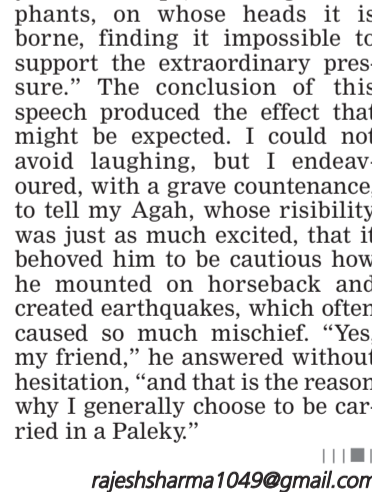
**Warm Blankets**  
Air is a very poor conductor of heat, so, trapping it between different layers makes the insulation greater, conserving as much of your body temperature as possible. Blankets also have the advantage that you can remove or add more layers whenever you need to, so, it's a flexible solution.

**Warm Pyjamas**  
Pyjamas are a very personal thing. There are those who love them and those who hate them, and they sleep completely naked. But if it's cold outside, pyjamas, that cover the whole body, are a great way to keep warm. Those with natural fabrics, such as wool or cotton, are better insulators. For extreme cold, try flannel ones.

**Room Temperature**  
It's important to keep the room temperature just right. Sleeping in a room that's too warm, although cosy, can keep you awake at night. The same can be said for sleeping in a room that's too cold, which also makes it difficult to fall asleep, and stay asleep. Maintaining a moderate room temperature can make all the difference. The ideal temperature for sleep is between 20-22°C. This is because body temperature drops during sleep, and so, a cooler room makes sleep more restful.

**Lack of Sunlight**  
Excessive cloud cover in winter can make daily life duller. When we don't get enough sunlight during the winter, we tend to feel more lethargic during the day, and completing daily tasks can take a lot of effort. When it does get dark in the evening, the body may not feel ready for bed because it has been so tired during the day. To help reduce this, try to get out in the sunshine where possible (if there is a break in the clouds). Take a short walk on your lunch break to wake you up during the day. In the evenings, try to turn off televisions and laptops at least an hour before bed, as the light from these works as a stimulant and makes falling asleep more difficult.

**Adjusting our sleeping habits for different seasons can be difficult. The long evenings and warm nights of the summer months are very different from winter months, with their dark evenings and cold nights. Here are some tips for you to sleep comfortably during the winter.**



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## #WAY-OF-LIFE Sleep Better in Winter

How to keep yourself warm in bed is not only comfort, but has a lot to do with the quality of sleep.



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that we avoid heavy meals in the 4-5 hour period before bedtime.

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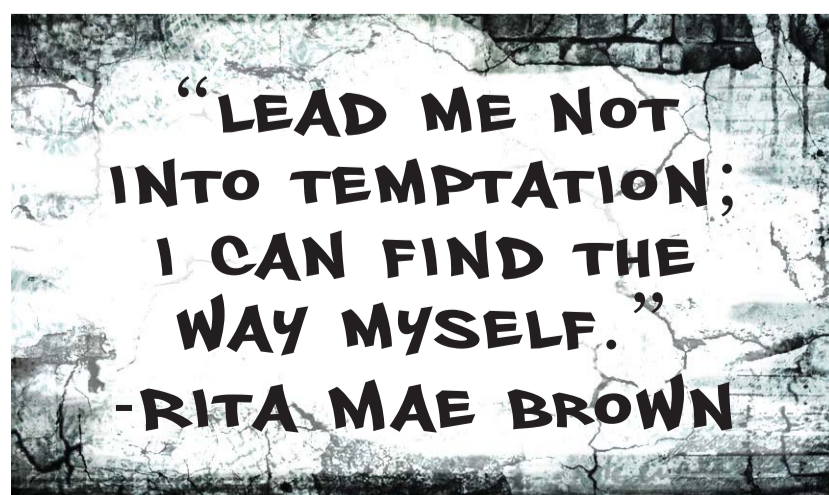
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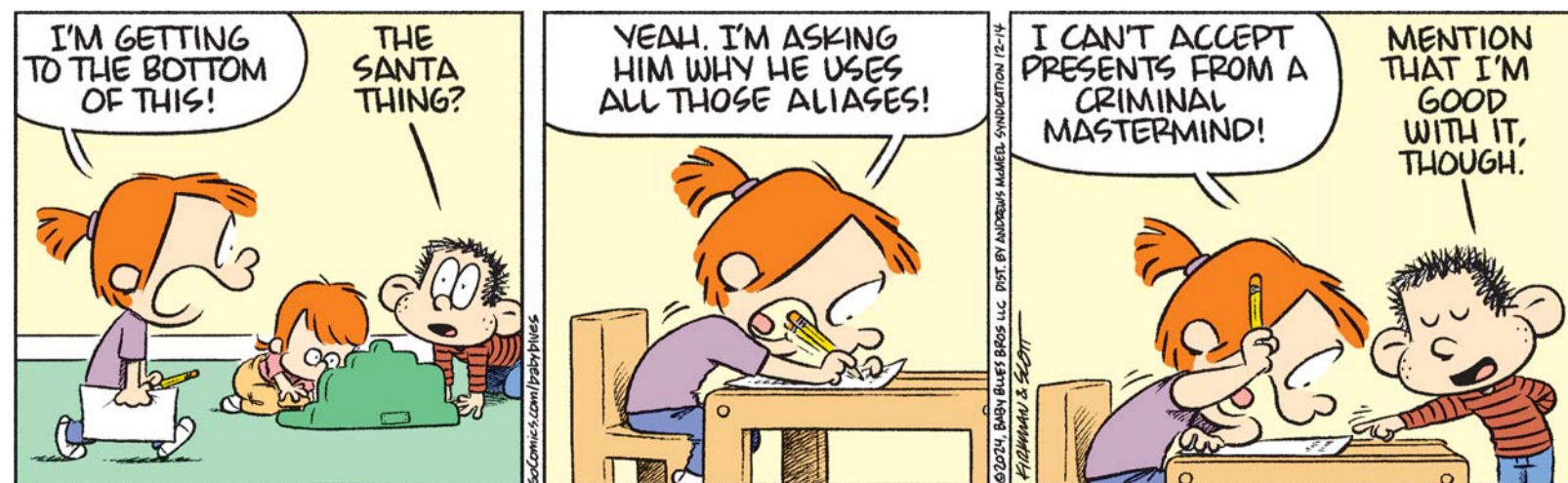
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## THE WALL



## BABY BLUES



By Rick Kirkman & Jerry Scott

## ZITS



By Jerry Scott & Jim Borgman