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EXALT JUNIOR

For the all-rounder in every student



NOTE TO PARENTS



"A small step for you. A giant leap for your child."

Dear Parent,

Your kid, like many other kids around the world loves being an all-rounder. He/she wants to excel in multiple areas, but may not get the opportunity to do so.

www.MySuperBrain.com is a website that increase your child's knowledge, creativity and provides a platform to showcase his/her skills to the whole world. We bring to you the best articles on various topic that are important for your kid to have a good understanding of the world around them. it includes articles on number crunching, verbal ability, science, general knowledge, health etc. We also conduct quizzes to test the knowledge of student and give them answers too so that their retention can also be improved.

Recognition is one of the most important motivating factors in school students, Every student silently, and sometimes very openly, craves for recognition. It gives them a lot of confidence when others applaud them for their skills. It improves the overall confidence in students and helps bring out the best in him/her.

We are a global platform for students to showcase their skills, with users from more than 30 countries, Student can participate in different competitions like essay writing, projects, painting, out of the box thinking, poetry, photography etc. Whenever a student participates in the competitors, parents, teachers, students, academicians, enthusiasts would be able to view the entries and give points for the work submitted. We have both crowd evaluation and expert evaluation. Apart from the recognition by various people, the student would also be able to discover his/her latent skills.

Student also get detailed analysis of their performances in competitions and quizzes. It gives a good understanding of the students' areas of interests, strengths and weaknesses. The article and educational games will help students improve their skills in all the areas.



We also publish our monthly magazine, Exalt. It is an activity based magazine to help improve students' interest and skill in multiple areas. The approach is to give students activities that ensures that they are understanding the concepts rather than just remembering the formulae or words etc.

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Quote of the Month

Education is the great engine of personal development. It is through education that the daughter of a peasant can become a doctor, that the son of a mineworker can become the head of the mine, that a child of farm workers can become the president of a great nation. It is what we make out of what we have, not what we are given, that separates one person from another.

Nelson Mandela



Hard Work Is The Key To Success

Neha was a bright student of grade 7. A favorite of the teachers, an obedient daughter to her parents and the best of friend for her classmates, she was known as the face of her class in her school. Neha loved taking part in extracurricular activities, especially in debate competitions.

Neha was good in studies as well as other activities like sports and arts. But, the only problem with her was she would easily give up when things got even a wee bit difficult; she would lose all her hopes. But her friends were always there for her. They motivated her whenever she was down. Her parents and teachers were not far behind, either. They always encouraged her to give her best.

It was November and the inter-school debate competition was just around the corner. The preparations of the debate competition had begun with great zeal amongst the students. From each grade, 2 students were chosen to represent the school in each level. As all were expecting, Neha was selected from grade 7 along with her friend, Sahil.

Sahil and Neha started their preparation for the debate with a lot of enthusiasm. Both of them were working very hard- doing research on their topic and making counter arguments. Seeing them practice, all of their friends thought that they would surely win the prize.

Soon, it was the day of the competition. All the participants did extremely well. Neha was tensed, but Sahil told her not to worry as they would surely get the prize. Somehow she could not relax. The results were announced, and the student representing the guest school had won the first prize and Neha bagged the 2nd prize. All of their classmates were happy for Neha. So was Sahil, but his disappointment with himself was not visible to others. Neha went home overjoyed with her achievement.

All the fun and games were put to a halt after a few days when the dates of the Half-Yearly exam were announced. It was less than a month away. The whole grade 7 made a mental note that they have to do well. Exams were approaching and Neha had begun studying for the exams.

One fine Sunday, Neha was searching through her backpack for her History notebook. She searched through her study table and it was not there either. She checked the bookshelf, but only to be disappointed again. She had turned her room upside down when her mom came in and asked what she was looking for. "I cannot find my History notebook! I remember keeping it in my bag after the last History class," said Neha to her mother. "How can you be so careless? If you had kept your notebook in your bag, where is it now?" asked Neha's mother.

"I don't know. It has to be here somewhere", said Neha with a disappointed look on her face. "How will I clear my exams, Maa, if I do not find it?"

"Don't worry. I will help you look for it."

After hours of searching through the house, neither Neha nor her mother could find the notebook anywhere. Her mother suggested that she call her friends and ask if any of them had borrowed her notebook. Neha did as she was suggested to do, but all her tries were in vain. None of her friends had it.





At the dinner table, sat mother and father and a gloomy Neha. Seeing Neha, her father asked what the reason was, to which her mom responded with the whole story. Her dad thought for a while, and asked "Can you not borrow any of your friends' notebooks and copy all the notes?" Neha looked up and said, "No. They, too, have to study for the exams. It will not be fair to them if I asked for it now." "Then I guess there is no other way than to copy everything while you are still in school. It will take a lot of time and effort, but it is surely better than not doing anything at all." Neha had found her solution, but her sad face was still stuck to her like paper and glue.

The next day, she asked her friend for her History notes and sat down to write them all. She was only able to write a few pages. She went home and told her mother everything. She said, "I am going to fail in this exam, Maa. I won't be able to write so much. The exams are almost here and I don't have the notes." After all, how could it be possible to write so much in so little time? It wasn't her fault at all. Maa hugged Neha saying, "You need to try harder, beta. If you want to do well, there will be a way. Keep your spirits up and you will soon find the right way to solve this problem."

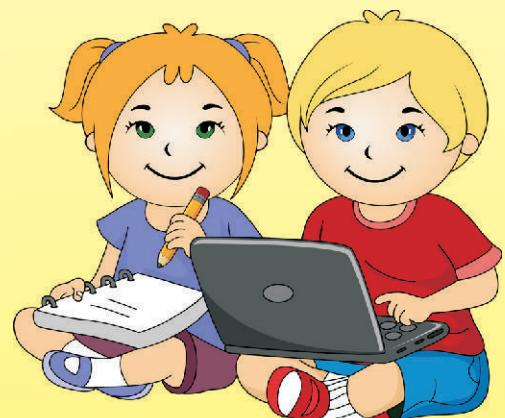
The following days Neha would narrate the same thing to her mother with the same disappointed look on her face, and her mother would repeat the same thing to her again and again. One day, on her way to school, she realized that she had 3 free periods that day. She calculated the amount of time it took her to write and there was the solution! She decided that she would utilize all her time in school and finish her work. She gave away her time from Lunch Time and playing with her friends to writing the notes.

She worked very hard the succeeding days. She would write notes all day in school, attend all her classes and when she went home, she would study the other subjects. Seeing her hard work, her friends decided to help her out. Simran, Jyoti, Ankita and the others would bring out their notes and write for her, sacrificing their free time. Neha was overjoyed seeing her friends helping her.

Remarkably, with the help that she received from her friends and the hard work that she put in into this, she was finally able to complete her notebook well before the exam. Now, it was time for her to test her limits. As the hardworking girl that Neha was, she left no question unattended, and studied even the toughest parts of History along with other subjects.

Finally, the day of the exam was here. Be it her hard work or luck, whatever you believe in, Neha's exams went well and she was delighted. It was time for celebration, when the entire school participated in the Christmas Function. Neha and her friends ate varieties of food from the stalls, laughed and had a lot of fun that day. Amidst the festival, when she was chatting with her friends, Neha saw Sahil rushing towards her, carrying something in his hands and waving. "Neha, I have got something for you!" exclaimed Sahil, with a grin on his face. Neha was surprised. He handed over a notebook, which had her name written on it along with 'History' beside the blank in 'Subject'. She jumped in excitement, and asked "Where did you find it?"

"I was called by Mrs. Donna, the English teacher, to the staffroom where she asked me to hand it over to whomever it belonged to. I was surprised to see it was yours!" said Sahil, catching his breath.





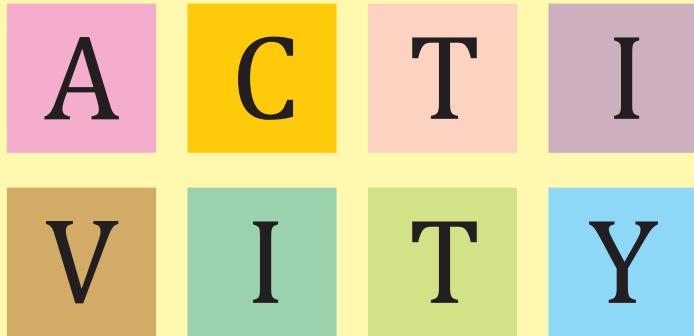
"I wonder how it reached there."

"Don't ask me! I didn't put it there!" said Sahil and they both laughed out loudly.

They bid each other good bye for the vacations. A smile on Neha's face remained which was not just a sign of the joy of having found her notebook, but also the realization that she had learnt a good lesson for her life. If you work hard, there will always be a way out of your problems.



Hard Work Is The Key To Success



Art activity :

Take a walk around your school grounds or your neighborhood. Choose an open space which you like and draw it. It could be a street corner, or a garden, or a part of the school field, or a parking lot, or a main road sidewalk. After you have drawn it, add one or two things to the scene which you think make the space more fun or interesting than before – some people, a new item, etc. Then, explain in 2-3 lines what your idea is and why you think it will make the place more interesting, and how anybody passing by can enjoy it.

Group activity :

Make a group of 4 or 5 people, and form an order. Each person will have a number from 1 to 5. The group will have to build a nice story together. Number 1 will make up an introductory sentence with a made up character or situation. They will share their introduction with Number 2 (not with others). Number 2 will continue the story and the situation, add a new element to the story and share it with only Number 3. Everyone continues this process of listening to the previous member and adding their lines to the story. Continue that way for some time and see if the story changed by the time you heard it for the second round or the rounds afterwards.

Benefits : It improves your creativity, listening skills, concentration and imagination.





The Mystical Indian Roller

Indian Roller is the State bird of Odisha, Karnataka, Andhra Pradesh and Telangana. It also goes by the name Palapitta (In Telangana and Andhra Pradesh) and BlueJay internationally. It weighs around 75 gms to 100 gms and is usually 30 cm long, including the tail. It is not very easy to distinguish between the male and female Indian Rollers.

Physical Description:

The breast of the Indian Roller is brown in colour, while its crown and feathers are blue. The bill and eyes are black. Like most other birds, it has a fairly small neck. The throat and upper breast are purple in colour. Indian Roller has a patch around its eye, which is yellowishbrown in colour and a strong bill.

Where can it be found?

Indian Rollers are mostly found in the foothills of Himalayas, Southern India and Western India. They are also found in certain parts of China, Tibet and Southeast Asia.

Indian Rollers are mostly found in thin forests, grasslands and cultivation lands. They are usually visible in the outer peripheries of the forest rather than in the deeper areas. They can also be spotted in Urban and Suburban areas. Areas in cities with lower elevation and parks are also some of the most common places in which one can find this spectacular bird.

What does it eat?

Indian Roller usually feeds on nuts, seeds of trees, grains, insects, arachnids, small reptiles, grasshoppers etc, making it an omnivorous bird. They also eat frogs and injured small vertebrates.

Local Names

Indian Rollers have various names depending on the location. In Telangana and Andhra Pradesh, they go by the name Palapitta, and Neelkanth in Karnataka.



In culture :



It is widely believed in Andhra Pradesh and Telangana regions that sighting an Indian Roller during Dasara will bring good luck as the bird is considered to be a sacred one for Lord Vishnu. It is a common tradition among families in these regions to go for a picnic in the woods to especially sight these birds.

However in the recent past, this harmless belief turned out to be a dangerous one for the Indian Rollers as a number of poachers and traders started exploiting this belief for money. They capture the birds, clip their wings and put them in cages for people to see. Several environmentalists are fighting against this practice.

Common Names	Indian Roller/ Blue Jay
Local Names	Palapitta, Neelkanth
Scientific Name	Coracias benghalensis
Kingdom	Animalia
State Bird	Andhra Pradesh, Telangana, Karnataka, Odisha

Key Statistics

Length	26 - 27 cm
Weight	90 gms
Average Life Span	17 years

Activity:

1. Draw an Indian Roller and draw all the colours as described
2. Next time you visit a park, try identifying an Indian Roller
3. Get in touch with Hyderabad's Bird Watcher Society to learn more about the Indian Roller.

Grammatical Check - Prepositions

Prepositions are words that usually come before the nouns. An easy way to understand preposition is that they tell you the position of the subject or the object in a sentence. Sometimes, they also come before verbs.

Prepositions are considered to be quite difficult as a one on one translation is usually a difficult task. One preposition in your mother tongue might have several translations in English, depending on the situation. You can improve your understanding only with continuous usage.

Rules for prepositions :

There are hardly any rules on when to use which preposition. The only way to learn them is to look them up in the dictionary, read newspapers and learn useful phrases by heart.

Here is a table to help you understand the concept of prepositions

Preposition	Usage	Example
On	Days of a week Objects Transport Vehicles Etc	On Monday
In	Months, Seasons Time of the Day Year Physical Location Etc	In August/ Winter In the morning In 2012 In London
At	For night For events and venues Physical location Etc	At night At a wedding, At concerts At school, At work, at the table
Since	From a certain point of time Etc	Since 1990
By	Left or right of someone or something	He is standing by the car

There are a number of propositions in English and we use them depending on the context.

Activity

1. Grab today's newspaper. Choose a news article and underline all the prepositions. Observe how these propositions are being used in sentences.
2. Make at least three sentences with following prepositions
From By At

3. Complete the following sentences using prepositions

- a. _____ the picture, I can see a woman
- b. The man is sitting _____ a table
- c. Her feet are _____ the chair
- d. I have been waiting for you _____ Seven O'Clock
- e. I will have finished this essay _____ Friday

Answers

- a. In
- b. At
- c. On
- d. Since
- e. By

The Monkey and the Wedge



Once upon a time, there was a merchant who employed a number of carpenters to build a temple in his garden, which is close to a dense forest. It was a huge task and the carpenters were working extremely hard to get the work done as soon as possible. The merchant had also promised the carpenters some bonus, if they finished it ahead of the planned time. Every day, they would start working in the morning and take only one break for the mid-day meals. After lunch, they would return from home and resume work till evening.

One day, a herd of monkeys from the forest lost their way and reached the garden around the mid-day meal time of the carpenters. The carpenters slowly started to disperse for their lunch and the monkeys stayed there. The merchants did not sense any trouble from the monkeys and therefore did not drive them away or put someone to monitor. Now it so happened that one of the carpenters was sawing a huge log wood. As it was only half done, he placed a wedge in between to prevent the log from closing up. Then, he joined rest of the carpenters for lunch.

Since all the workers were gone and the garden was empty, the monkeys occupied the area and started jumping around the site, meddling with the tools. It was a great experience and fun for all the monkeys. They were running around playing different games.

There was one notorious monkey, who got curious about the wedge that was placed between the half cut pieces of the log. He sat down, and having placed himself between the half-split logs, he held the wedge and started pulling it with all his might. As one could have imagined, the wedge came out, closing the half split log and giving a severe blow to the monkey instantly killing him.

Moral of the Story :

It is important not to meddle in anyone's work. If you interfere in other's works, you will surely face a lot of problems.





The Scintillating **SAROD**

Sarod, originally, was a primitive tribal instrument. The great sarod player Baba Alauddin Khan refined this instrument greatly, and added many features to it. He then taught his son, Ali Akbar Khan, at the same time as he was teaching Ravi Shankar to play the sitar.

Sarod is a popular Indian classical musical instrument which is similar to the Western lute in structure. Among the followers and connoisseurs of Hindustani classical music, the sarod is one of the most important music instruments. Scholars say the sarod evolved from the rebab, a similar instrument from Afghanistan and Kashmir.

In the 13th century, Amir Khusru modified the rebab. Ustad Ali Akbar Khan changed the shape of the instrument to improve the tonal quality. Many scholars of Indian Classical music believe that the sarod is a combination of the ancient Chitraveena, the medieval rebab and modern Sursingar. Some scholars even contend that a similar instrument may have existed about two thousand years ago in ancient India.

Sarod is made of wood with one end being rounded and covered with parchment. Its overall shape is like a pendulum which is pointed thin on top, at the peg box, and full and round at the bottom, the resonator. The body or shell is carved from a single block of wood, preferably teak, but Tun and Sagwan are also used. It has three parts; peg box, fingerboard and resonator.

Sarod is a fret less instrument played with a triangular plectrum cut out of coconut shell and laminated with shellac. It has a small wooden body covered with skin and a fingerboard that is covered with steel. Sarod does not have a fret, and has twenty-five strings of which fifteen are sympathetic strings. A metal gourd acts as a resonator. The strings are plucked with a triangular plectrum.



The sarod's body is carved from a single piece of well-seasoned teakwood and the belly is covered with goat skin. There are four main strings, six rhythm and drone strings and fifteen sympathetic strings, all made of metal. These are played by striking with a plectrum made of a coconut shell.

Sarod was found in carvings of the 1st century in Champa temple and also in paintings in the Ajanta caves.

Popular Musicians

Some notable sarod players are Ustad Ali Akbar Khan, Ustad Amjad Ali Khan, Pt. Buddhadev Das Gupta, Zarin Daruwalla and Brij Narayan.

Amjad Ali Khan's ancestor Mohammad Hashmi Khan Bangash, ancestor of Ustad Amjad Ali Khan can be said to the first notable rebab player, who came to India in the seventeenth century. The sarod playing tradition was carried forward by his grandson Ghulam Ali Khan Bangash, who also helped transform the rebab into the sarod.

The sarod dates back to 1820, when it started gaining recognition as a prominent and serious instrument in Rewa, Gwalior and Lucknow Gharanas of music.

Along with Amjad Ali Khan, his two sons Amaan Ali Khan and Ayaan Ali Khan, are now taking the sarod forward to the next generation.



Ustad Amjad Ali Khan

VERBAL EXERCISES

Verbal exercises are simple and fun exercises that help in improving one's language. Frequent practice of verbal exercises help in improving a kid's oratory skills, and help the kid have a better command over language. These also help stimulate parts of the brain that can give a kid better access to words while carrying out a conversation. All in all, verbal exercises have a very positive contribution towards improving a kid's vocabulary and language.

Some fun Verbal Exercises are as follows :

I) Fill in the blanks with the help of the words listed below:

1. In thewaters of the open sea, the.....of the sun wells downwards from the surface in an.....cone that ends in the.....eye. The base of this cone is a transparent disk thatabove the observer's head like a floating..... .

Words : Beholders', halo, clear, inverted, light, hangs.

2. Rivers likeand Brahmaputra shroud this window with a curtain ofin their occluded waters light loses its directionality.....a fewof the surface

Words : Curtain, Ganga, centimeters, within, silt.

(Excerpts from the book, "The Hungry Tide" by Amitav Ghosh)

The next exercise is...

II) Find the missing letters from the given words:

(Hint: The words given below are synonyms of the word "Happy")

1. J _ Y _ _ S
2. C _ N _ _ N T
3. M E _ _ Y
4. E C _ T A _ _ C



Answers: 1) Joyous 2) Content 3) Merry 4) Ecstatic

III) Make words from the word “CONSPICUOUS”

1. **SPIN**
2. C _____
3. P _____
4. C _____
5. S _____
6. U _____
7. O _____
8. S _____
9. C _____
10. C _____
11. C _____
12. N _____
13. P _____
14. S _____
15. S _____

Answers : 1) Spin 2) Con 3) Pin 4) Cop 5) Soup 6) Us 7) On 8) Sin 9) Cop 10) Coup
11) Cusp 12) Nip 13) Pun 14) Sun 15) Son

IV) Write the word that completes the given analogies.

1. Man : trousers :: Woman : _____
· Scarf · Hat · Skirt · Coat

2. Egg : Fish :: _____ : Plant
· Roots · Stem · Flower · Seed

3. Man : Adult :: Boy : _____
· Man · Child · Husband · Father

4. Wife : Woman :: _____ : Man
· Man · Adult · Boy · Husband

5. Truthfulness : Court :: Cleanliness : _____
· Dirt · Bath · Restaurant · Virtue

Answers : 1) Skirt 2) Seed 3) Child 4) Husband 5) Restaurant

V) Move the letters around to find another word.

1. SKIN
2. DEAR
3. END
4. WAND

Answers : 1) Sink 2) Read 3) Den 4) Dawn

ASK AN **EXPERT**

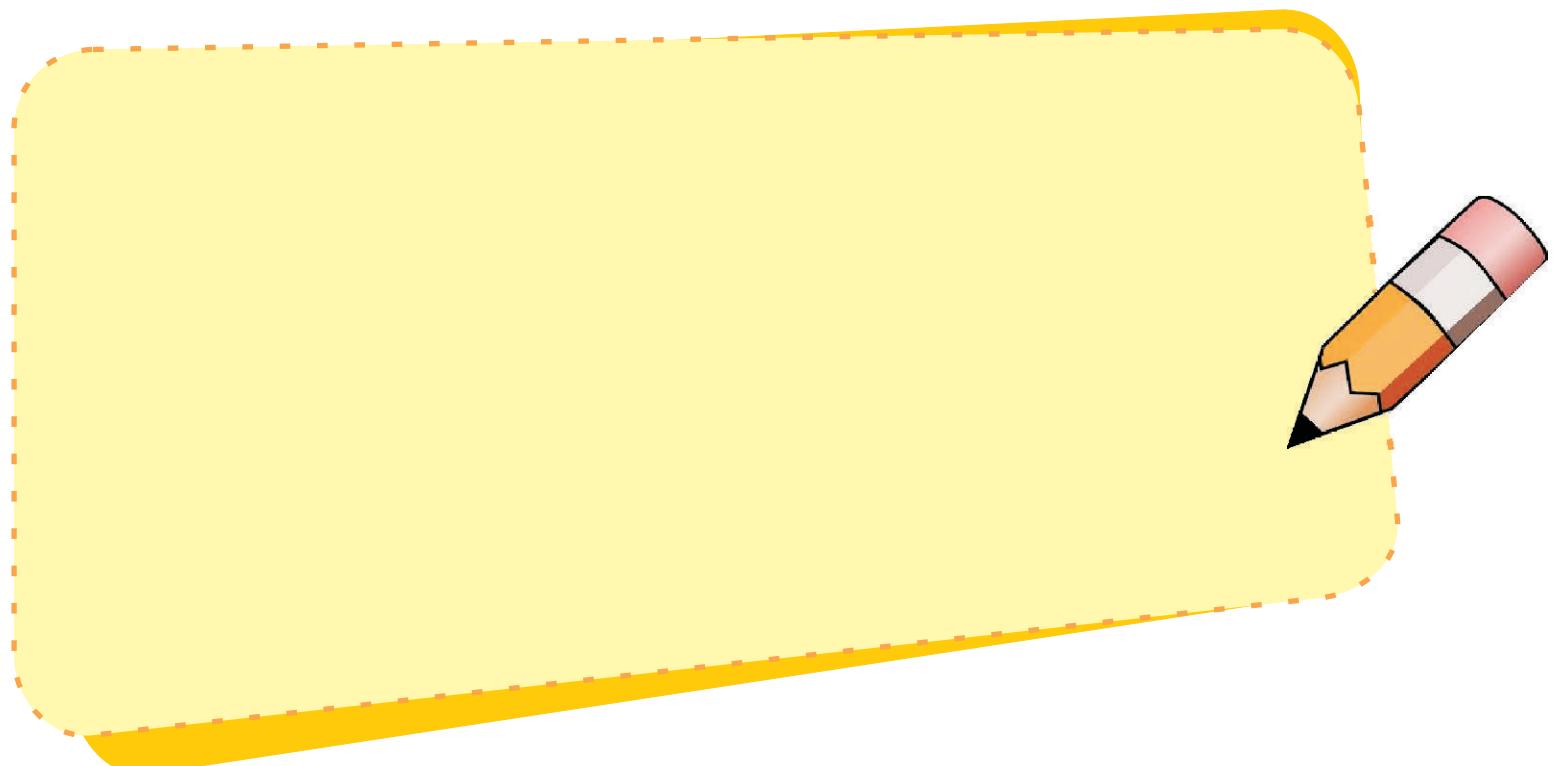


We often have a lot of questions that we would like to get cleared with experts. Unfortunately, we may not already have access to experts.

Exalt gives you an opportunity to post a question and get answers from experts. So, what are you waiting for? Get started!

The top ten questions every month will be featured on **MySuperBrain.com**

It will reach a lot of people who might have similar questions. It will help you and them immensely.



Name :
School :

Fun to learn with Science

Science has always been easy and fun to learn. The more you explore, the more thirst and hunger grows in urge for knowledge. And that's how kids, you start loving this subject more. Science is huge and wide. Science experiments are fun-loving. Here is a simple science experiment that you can and understand a scientific concept while having some fun.

Get ready folks to do this exciting science activity at your home.

- a) Magic with an egg
- b) Musical Bottles
- c) Dance in a cup

Get ready folks to do this exciting science activity at your home.

Magic with an egg

Before starting, think of a way in which you can push an egg into a bottle when the egg is bigger than bottle opening. Stop and think for a while. You can easily understand it by practically performing this experiment "magic with an egg".

All you need is:-

- 1) Hardboiled egg
- 2) Paper
- 3) Matchbox
- 4) Empty narrow mouthed jar

Now let's begin with our experiment. You need to be patient while doing this experiment. You need to follow the steps as they are given.

- Deshell the egg and throw away the eggshell. Now, keep the egg on top of the jar with its narrow side down. You will observe that the egg cannot get into the jar through the opening.
- After this, take the egg off the bottle. Take a piece of paper, light it with a matchstick and drop it inside the jar.
- Now immediately place the egg again, with a narrow side down, on the jar. After some time you will find the egg fall into the jar.

How and why did that happen?

Were you surprised that the egg did not fall off into the bottle in the first round, but managed to do it in the second round? Well, let us explain it.

How?

In the beginning, the air pressure inside and outside the bottle was same. But, after burning the paper and dropping that into the jar, the oxygen inside the bottle changes from gas to the solid by combining with the molecules of paper (remember you closed the mouth of the jar with the egg). This reduces the air pressure inside the bottle. When the pressure is considerably low, the egg is pushed into the jar by the outside air pressure.





Japan is a country in the east of Asia, made of a string of 6,852 islands. It is also often called the “land of the rising sun”.

Economy and the world



It is the world's 3rd largest economy in terms of GDP. GDP refers to the monetary value of output of a country in one year. It is also the world's 5th largest exporter. Some of the biggest technology companies are based in Japan, from automobiles to electronics. Japan does major research in science and technology, robotics, and aerospace. Japan is home to 21 Nobel Prize winners in science, and also home to more than 20% of the total number of industrial robots in the world.

Japan's capital city is Tokyo. The Greater Tokyo Area, which includes the city and its surrounding areas, is the largest metropolitan area in the world, and is home to more than 35 million people! 51 of the richest companies in the world have their headquarters in Tokyo.

Japan's relationship with other developed countries, like the USA and European countries, is complex. In 1941, Japan joined the side of Adolf Hitler in World War 2, and dropped a bomb on Pearl Harbour, which is in the state of Hawaii, in the USA. In response, American troops dropped nuclear bombs on the cities of Hiroshima and Nagasaki, where Japanese babies and people to this day are born with and develop diseases because of the radiation that still exists in these cities. Nuclear bombs are more dangerous than regular bombs because of radiation, which remains on everything for a longer time than the effects of a regular bomb. Exposure to radiation can cause all kinds of diseases. The bombings of Hiroshima and Nagasaki are only use of nuclear weapons in history.

After the bombing of Hiroshima and Nagasaki, Japan surrendered from the war, and now Japan is a relatively peaceful country over the world. It engages only in small territorial disputes with China and South Korea, and has one of the largest militaries in the world. It surrendered its right to declare war on any country, though, and uses its military only for defense.



History

Japan is believed to have been home to human beings since as long as 50,000 years ago, around what is now called the Late Stone Age. People came to the land that is now Japan from Siberia and Korea, because at the time, Japan was not a string of islands, and people came on foot. These inhabitants were hunter-gatherers, and their



descendants became the Ainu people and the Yamato people, two different cultures in Japan who worked with a form of agriculture. Another culture that later came to Japan were the Yayoi people, who also introduced new styles of farming, pottery, weaving, and tool making to the culture.

Buddhism came to Japan from Korea but was largely influenced by China. It was promoted by the ruling class around the 10th century during the Asuka period, but spread more widely during the 11th century, which was around the same time that a lot of new art, literature and culture flourished in Japan (the Heian period). Japan's national anthem was written during this period.

Environment

Most of Japan is countryside, and the Japanese have a respect for the beauty of nature. Japanese art and literature is often about nature. Haiku, which is a form of poetry, is popular

in English because of its style of 3 lines, with 5-7-5 syllables in each line. But real Haiku, which are Japanese, are simply poems that think deeply about different elements of nature. This kind of poetry is seen as a way of experiencing nature.

At the same time, Japan's cities are very polluted. Tokyo is so populated with people, their vehicles, buildings, and factories, that the air is full of smog. It is so polluted that when it rains, it is said to be dangerous to take children outside to play because the rain is acid rain!



Japan is on a fault line, which is where the Earth's tectonic plate meet. They move against each other and this causes earthquakes. Japan has many earthquakes a year and also 60 active volcanoes.

Culture

Geinokai is the world of Japanese entertainment. Japan has a huge industry of music, movies, and television shows that are very popular in Japan and outside. For example, anime is a style of Japanese hand drawn or computer animation that is used in many movies and TV shows that are popular worldwide. It is also known for a particular kind of storytelling which is very imaginative. Some popular anime today outside of Japan are Pokemon (which was called Pocket Monsters in Japan), Dragonball Z, CardCaptors, Death Note, and Fullmetal Alchemist.

Many anime today are created based on manga, which are a type of Japanese comics. These comics represent very specific aspects of Japanese culture and history, and originated as "scrolls" documenting the lives of people in Japan. They were first printed in daily newspapers.

Quiz

1. Name one country that was on the same side as Japan in World War 2.
2. Name the capital of Japan.
3. What are some areas where Japan's research is very advanced?
4. Name some popular anime shows.
5. What is manga? What is the connection between anime and manga?
6. Name a style of Japanese poetry and explain what it does.
7. How did the first inhabitants come to Japan? Where did they come from?
8. Why did Japan surrender from World War 2?
9. Fill in the blanks :
..... dropped nuclear bombs onand
This was a response to Japan's attack on
10. What is a nuclear bomb?



Occupations Crossword Puzzle



1

4

5 6

2

3

7

8

9

10



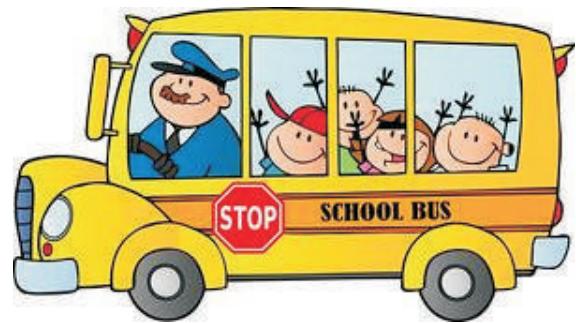
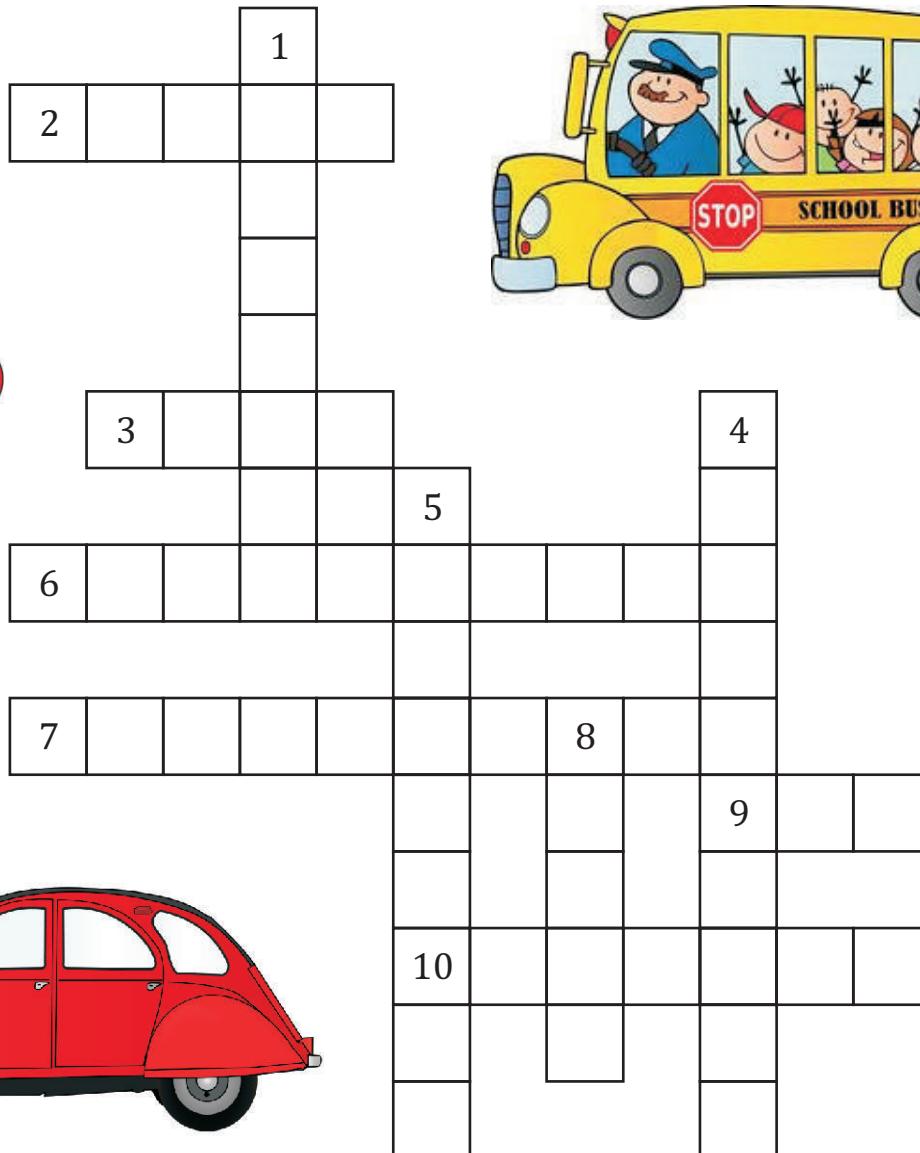
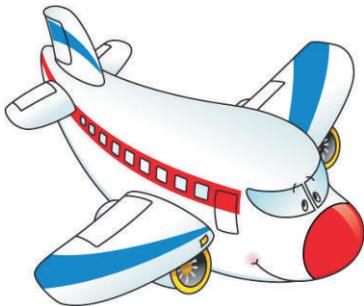
Across

- 5. Helps people learn things
- 7. Can help repair your car
- 8. Has good knowledge on books
- 9. Helps animals when they are sick
- 10. Catches the bad guys

Down

- 1. Spends time in the court room
- 2. Can help you with your pipes
- 3. Puts out fires
- 4. Helps people when they are sick
- 6. Can fix lights if they go out

Vehicle Crossword **Puzzle**



Across

2. Travels on a track
3. Travels on water
6. Floats in the air
7. Has a large propeller on the top
9. Has four wheels and travels on streets
10. Has two wheels and pedals

Down

1. Travels through the air
4. Two wheels and can go fast
5. Takes many kids to school each day
8. Has as many as 18 wheels

MULTIPLE INTELLIGENCES

An introduction to your abilities

You might often wonder why some people are exceptional at sports, while some others are great at music and some others are awesome at painting.

Is it OK to say that only those students who score well on Mathematics and English are intelligent and the rest are not as intelligent?

Developmental Psychology has always taken these questions seriously and a lot of Developmental Psychologists have spent hundreds of thousands of hours in their attempt to answer many such questions.

Dr. Howard Gardner is one of the most well respected and popular Developmental Psychologists who has proposed a model called the "Theory of Multiple Intelligences". He believes that each student has unique abilities and a unique mixture of different intelligences. He initially proposed 7 intelligence areas: musical-rhythmic, visual-spatial, verbal-linguistic, logical-mathematical, bodily-kinesthetic, interpersonal and intrapersonal. He later added naturalistic intelligence and also felt existential intelligence may also be worthy of inclusion.

According to Howard Gardner, intelligence is:

- The ability to create an effective product or offer a service that is valued in a culture;
- A set of skills that make it possible for a person to solve problems in life;
- The potential for finding or creating solutions for problems, which involves gathering new knowledge.

"Multiple intelligences is a psychological theory about the mind. It's a critique of the notion that there's a single intelligence which we're born with, which can't be changed, and which psychologists can measure. It's based on a lot of scientific research in fields ranging from psychology to anthropology to biology. It's not based upon test correlations, which most other intelligence theories are based on."

The claim is that there are at least eight different human intelligences. Most intelligence tests look at language or logic or both - those are just two of the intelligences. The other six are musical, spatial, bodily/kinesthetic, interpersonal, intrapersonal, and naturalist. I make two claims. The first claim is that all human beings have all of these intelligences. It's part of our species definition. The second claim is that, both because of our genetics and our environment, no two people have exactly the same profile of intelligences, not even identical twins, because their experiences are different."

-- Howard Gardner

Bring out the all-rounder in you. You need to Discover and Improve your abilities in different areas. Let this be the start of something amazing.

In the next page, we have given a list of few activities. Rate those on a scale of 1 to 5 to understand what your dominant intelligence is. Check www.exalmagazine.in for analysis or check with your teachers for the key and report



1 = Statement does not describe you at all; 2 = Statement describes you very little; 3 = Statement describes you somewhat; 4 = Statement describes you pretty well; 5 = Statement describes you exactly

1. I pride myself on having a large vocabulary.	1	2	3	4	5
2. Using numbers and numerical symbols is easy for me.	1	2	3	4	5
3. Music is very important to me in daily life.	1	2	3	4	5
4. I always know where I am in relation to my home.	1	2	3	4	5
5. I consider myself an athlete.	1	2	3	4	5
6. I feel like people of all ages like me.	1	2	3	4	5
7. I often look for weaknesses in myself that I see in others.	1	2	3	4	5
8. The world of plants and animals is important to me.	1	2	3	4	5
9. I enjoy learning new words and do so easily.	1	2	3	4	5
10. I often develop equations to describe relationships and/or to explain my observations.	1	2	3	4	5
11. I have wide and varied musical interests including both classical and contemporary.	1	2	3	4	5
12. I do not get lost easily and can orient myself with either maps or landmarks.	1	2	3	4	5
13. I feel really good about being physically fit.	1	2	3	4	5
14. I like to be with all different types of people.	1	2	3	4	5
15. I often think about the influence I have on others.	1	2	3	4	5
16. I enjoy my pets.	1	2	3	4	5
17. I love to read and do so daily.	1	2	3	4	5
18. I often see mathematical ratios in the world around me.	1	2	3	4	5
19. I have a very good sense of pitch, tempo, and rhythm.	1	2	3	4	5
20. Knowing directions is easy for me.	1	2	3	4	5
21. I have good balance and eye-hand coordination and enjoy sports which use a ball.	1	2	3	4	5
22. I respond to all people enthusiastically, free of bias or prejudice.	1	2	3	4	5
23. I believe that I am responsible for my actions and who I am.	1	2	3	4	5
24. I like learning about nature.	1	2	3	4	5
25. I enjoy hearing challenging lectures.	1	2	3	4	5
26. Math has always been one of my favorite classes.	1	2	3	4	5
27. My music education began when I was younger and still continues today.	1	2	3	4	5
28. I have the ability to represent what I see by drawing or painting.	1	2	3	4	5

29. My outstanding coordination and balance let me excel in high-speed activities.	1	2	3	4	5
30. I enjoy new or unique social situations.	1	2	3	4	5
31. I try not to waste my time on trivial pursuits.	1	2	3	4	5
32. I enjoy caring for my house plants.	1	2	3	4	5
33. I like to keep a daily journal of my daily experiences.	1	2	3	4	5
34. I like to think about numerical issues and examine statistics.	1	2	3	4	5
35. I am good at playing an instrument and singing.	1	2	3	4	5
36. My ability to draw is recognized and complimented by others.	1	2	3	4	5
37. I like being outdoors, enjoy the change in seasons, and look forward to different physical activities each season.	1	2	3	4	5
38. I enjoy complimenting others when they have done well.	1	2	3	4	5
39. I often think about the problems in my community, state, and/or world and what I can do to help rectify any of them.	1	2	3	4	5
40. I enjoy hunting and fishing.	1	2	3	4	5
41. I read and enjoy poetry and occasionally write my own.	1	2	3	4	5
42. I seem to understand things around me through a mathematical sense.	1	2	3	4	5
43. I can remember the tune of a song when asked.	1	2	3	4	5
44. I can easily duplicate color, form, shading, and texture in my work.	1	2	3	4	5
45. I like the excitement of personal and team competition.	1	2	3	4	5
46. I am quick to sense in others dishonesty and desire to control me.	1	2	3	4	5
47. I am always totally honest with myself.	1	2	3	4	5
48. I enjoy hiking in natural places.	1	2	3	4	5
49. I talk a lot and enjoy telling stories.	1	2	3	4	5
50. I enjoy doing puzzles.	1	2	3	4	5
51. I take pride in my musical accomplishments.	1	2	3	4	5
52. Seeing things in three dimensions is easy for me, and I like to make things in three dimensions.	1	2	3	4	5
53. I like to move around a lot.	1	2	3	4	5
54. I feel safe when I am with strangers.	1	2	3	4	5
55. I enjoy being alone and thinking about my life and myself.	1	2	3	4	5
56. I look forward to visiting the zoo.	1	2	3	4	5



COMPETITIONS OF THE MONTH

POWER OUR CHAMPIONS

Every athlete aims to play in the Olympics and win a medal for the country. It is the ultimate glory in sports for any athlete. Even though millions of athletes aim for that Olympic Glory, only a few have a real chance. In the Rio 2016 Olympics, athletes from 206 countries will compete for medals in 306 events in 42 sports. In those 42 sports and 306 events, some of India's athletes will fight with their blood and sweat so that we can hold our heads high on the world sporting stage.



The least we can do for all those athletes is send in some messages and pray for their success. Let's get together and send them some lovely wishes that can motivate them even further and show that we all care.

You can submit your "ALL THE BEST" wishes in three formats - Messages, Photos (pictures, paintings & collages) and Videos. All the messages are sent to Olympic Gold Quest and the athletes. You have a chance to win some autographed photos and get some special THANK YOU messages from the athletes themselves.

Submission Link: www.MySuperBrain.com/ogq



This event is done in association with Olympic Gold Quest.

OGQ is a not-for-profit foundations which supports the training and preparation of India's top athletes like Gagan Narang, Saina Nehwal, Mary Kom, etc who have the potential to win the Olympic medal.

LAST DATE: 05TH JULY, 2016

The best entries get special mention on facebook and Twitter on the athletes' pages. You can also win some cool autographed photos from the Olympic Medal Winners.

mysuperbrain.com ONLINE COMPETITIONS

MySuperBrain.com conducts competitions in areas like Painting, Singing, Writing, Poetry, Photography, Dance, Projects, Mathematics etc. You can participate in these competitions from anywhere and at any time. All that you have to do is visit MySuperBrain.com and click on the competitions button in the menu. You have an opportunity to compete with students from across the world and showcase your talents on a global stage.

There are some exciting prizes as well. ALL THE BEST!

EXALT

BRAIN DEVELOPMENT GYM

AN IIT & IIM
Alumni Initiative

A small step for you, a
giant leap for your child

EXALT is an activity based monthly magazine started to Discover, Improve and Showcase the talents of all the students across the world. We care for each and every student and strive to bring out his/ her true potential. EXALT helps every student become an all-rounder.

EXALT provides high quality content that focuses on the **eight intelligences** of every student. Every student is special and needs the right support to improve his/ her innate talents. EXALT provides activities that are designed by experts in different fields and is based on research in developmental psychology.

EXALT provides activities in all the eight intelligence areas in an age appropriate manner.

- Little Genius (Pre-primary)
- Kids (1st to 3rd grades)
- Junior (4th to 6th grades)
- Senior (7th to 10th grades)

Students can also participate in global competitions and get world wide recognition.

HAPPY LEARNING!

Please fill in the details below and tear the sheet along the dotted line.

Name :

Class: Section: Roll No:

School:

Phone: Email:





www.MySuperBrain.com

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- Communication skills
- Debates
- Analysis
- Group Discussions
- Online Courses



MindGym

On MySuperBrain.com, students can compete with other students from across the world. There are students from different parts of the world who participate in MySuperBrain.com. Each and every student can become a global super star and their talents will get the recognition they deserve.



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