

**“Dream, dream, dream.
Dreams transform into thoughts
and thoughts result in action.”**
- Dr. A.P.J. Abdul Kalam

80 YEARS OF FREEDOM, AI AND THE STUDENTS OF TOMORROW

As we celebrated **India's 80th Independence Day** this August, let us take a moment to look not only at our glorious past but also at the future we are going to create. Our journey from 1947 to 2026 is a story of courage, innovation and progress. Today, a new generation of students stands ready to shape the next chapter of this journey. With knowledge, technology, creativity and responsible use of AI, they can turn challenges into opportunities. The India of tomorrow will be built by the dreams, skills and actions of today's young minds.

India became independent in 1947. Since then, our country has made remarkable progress in education, science, technology, agriculture, space and many other fields. Today, India is entering a new era where Artificial Intelligence (AI) is becoming an important part of our everyday life.

So, a question comes to every student: What can we do to build the India of tomorrow?

AI AND YOUR EDUCATION

Dear students, AI is no longer a technology of the future. It is already here. You can use AI tools to understand difficult subjects, practise questions, learn languages, generate ideas and improve your writing.

India is also preparing its young generation for this new world. In 2026, the Government launched SOAR - Skilling for AI Readiness, which focuses on building AI awareness and skills among students of Classes 6 to 12.

Under the IndiaAI FutureSkills programme, support is being provided to 500 PhD scholars, 5,000 postgraduate students and 8,000 undergraduate students for AI research and training.

These numbers tell us something important: today's skills are going to matter greatly in the future.

But remember, students—AI should be your learning partner, not your replacement.

If you copy every answer from AI, you may complete your homework, but you may not develop your own thinking. Use AI to ask better questions, understand difficult ideas and explore new possibilities. Your creativity, curiosity and judgement must remain your own.

The future belongs to those who learn today, unlearn tomorrow and create the day after.

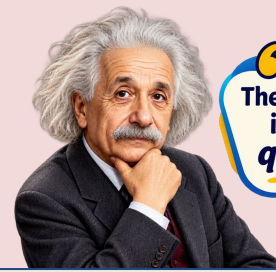


INDIA & AI - BY THE NUMBERS

80	YEARS OF FREEDOM	15 August 2026 India celebrated 80th Independence Day.
2047	VIKSIT BHARAT VISION	India's goal is to become a developed nation by 100 years of independence.
500	PHD SCHOLARS	supported under IndiaAI FutureSkills Initiative.
5,000	POSTGRADUATE STUDENTS	supported for AI research and training.
8,000	UNDERGRADUATE STUDENTS	supported to build AI skills and future capabilities.
33%	AI TALENT GROWTH	India's annual AI talent acquisition rate (Stanford AI Index).

YOUR ROLE IN VIKSIT BHARAT

India will complete 100 years of independence in 2047. The vision of Viksit Bharat@2047 is to build a developed, confident and self-reliant India. This India will be shaped by the students sitting in classrooms today. Study sincerely. Learn new skills. Use AI responsibly. Respect your teachers and parents. Help others. Ask questions. Dream big and work hard. Be curious, think independently and never stop learning. Develop creativity, communication and problem-solving skills. Use technology to create solutions, not just to find answers. Care for nature, respect diversity and become responsible citizens. Your knowledge, character and actions today will shape the India of 2047.



“The important thing is **not to stop questioning.**”

— Albert Einstein

ISRO'S CHANDRAYAAN-4 MISSION GETS A BOOST



India is preparing for another major step in lunar exploration with Chandrayaan-4, an ambitious mission planned to bring samples from the Moon back to Earth. The mission is designed to demonstrate advanced technologies for lunar landing, sample collection, launching from the Moon and safely returning the samples to Earth.

A major boost for the mission is the development of semi-cryogenic propulsion technology for the LVM3 launch vehicle. This technology is expected to improve the rocket's capability and support more demanding future space missions.

WHAT MAKES CHANDRAYAAN-4 SPECIAL?

Chandrayaan-3 demonstrated India's ability to achieve a successful soft landing on the Moon. Chandrayaan-4 aims to go a step further by collecting lunar soil and rocks and bringing them back to Earth for detailed scientific research. The mission will require advanced technologies such as robotics, autonomous navigation, spacecraft propulsion and docking.

NASA Invites ISRO to Join Moon Base Programme



The Indian Space Research Organisation (ISRO) has received an important invitation from the United States' National Aeronautics and Space Administration (NASA) to join its ambitious Moon Base Programme. The invitation was announced after the 9th India-US Civil Space Joint Working Group meeting, held at ISRO Headquarters in Bengaluru on 5-6 August 2026.

NASA's Moon Base Programme aims to develop the infrastructure needed for a long-term human presence on the Moon. The programme focuses particularly on the lunar South Pole, an area of great scientific interest because of the possibility of water ice and other useful resources.

Why ISRO's Role Matters

India has already demonstrated its growing capabilities in lunar exploration. The successful Chandrayaan-3 mission achieved a historic soft landing near the Moon's south polar region in 2023. This experience has strengthened India's position as an important player in lunar science and exploration.

The invitation also builds on the growing space partnership between India and the United States. India joined the Artemis Accords in 2023, which promote peaceful, safe and sustainable exploration of the Moon and beyond. India and the US have also successfully collaborated on the NISAR satellite mission, strengthening cooperation in Earth observation and space technology.

AI TOOL HELPS DETECT DISEASES EARLY

AI TOOL HELPS DETECT DISEASE EARLY

A new AI-powered tool is helping doctors find diseases at an early stage—when treatment is easier and more effective.

- Detects disease at an early stage
- High accuracy and fast results
- Supports doctors in better decisions
- Helps save more lives
- Uses data, scans and smart algorithms

- The AI tool analyses medical images, reports and symptoms in seconds, helping doctors spot signs of diseases earlier than traditional methods.
- Early detection means earlier treatment, which increases the chances of recovery and reduces complicated health problems.
- The tool has shown high accuracy in detecting conditions like cancer, heart disease, eye problems and lung infections.

A team of researchers has created an AI tool that can detect many diseases, including heart problems and diabetes, at an early stage using simple tests and medical images. The tool can support doctors by identifying warning signs earlier and helping them make faster, better treatment decisions. AI-powered tools can analyse medical images, symptoms and health data to spot warning signs of disease early. Recent research shows AI can help identify diseases such as pancreatic cancer years before a conventional diagnosis.

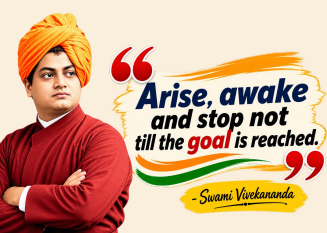
"Detect early. Treat wisely. Save lives."

WORKSHEET 1 – PERSONAL RESPONSE

• Which of these three science news stories inspired you the most and why?

Why is it important for students?

The Moon Base programme could open new opportunities in space science, robotics, engineering, artificial intelligence and human spaceflight. For young students, it is a reminder that careers in science and technology can contribute to some of humanity's biggest explorations.



Read. Learn. Grow. Become limitless."

NIMSDAI: THE MAN WHO MADE THE IMPOSSIBLE POSSIBLE



NIRMAL PURJA — "NIMSDAI"

NIMSDAI:NIRMAL PURJA

Nimsdai Born in Nepal and later serving with the Gurkhas and UK Special Forces, Nirmal Purja turned to mountaineering and changed the sport's record books. In 2019, he climbed all 14 mountains above 8,000 metres in just 6 months and 6 days. He also helped lead the first successful winter ascent of K2 by an all-Nepali team. In July 2026, Purja died in an **avalanche** on Broad Peak (8,051 m) during an expedition. His courage, preparation and refusal to accept limits continue to inspire young people.

For most people, a mountain is a symbol of height. For Nirmal "Nimsdai" Purja, it was a symbol of possibility. He did not simply climb mountains; he challenged the limits that people believed could not be crossed.

Coming from Nepal, Nims served in the Gurkhas and later in the UK Special Forces before choosing the extraordinary world of high-altitude mountaineering. His greatest challenge was Project Possible—an attempt to climb all 14 mountains above 8,000 metres, the highest and most dangerous peaks on Earth. What many considered impossible, Nims turned into history. In 2019, he completed all 14 climbs in just 6 months and 6 days, setting a remarkable world record.



His journey included some of the most dangerous mountains on Earth, including Everest, K2 and Annapurna. But Nimsdai's bravery was not only about reaching summits. On several occasions, he risked his own life to help fellow climbers in danger. For him, mountaineering was not simply about conquering mountains—it was also about courage, teamwork, responsibility and saving lives.

His extraordinary journey was later featured in the Netflix documentary "14 Peaks: Nothing Is Impossible," inspiring millions of people around the world.

In 2026, tragedy struck during an expedition on Broad Peak in Pakistan, where an avalanche claimed the lives of Nimsdai and other climbers. His journey came to an end on the mountains he loved, but his courage will continue to live on.

His Final Expedition

In July 2026, Purja was leading an international expedition on Broad Peak in Pakistan, an 8,051-metre mountain and the world's 12th-highest peak.

On 30 July 2026, an avalanche struck the expedition. Purja and other climbers were caught in the disaster. His death was subsequently confirmed, bringing an end to the life of one of the world's best-known high-altitude mountaineers.

His remains were later recovered from the mountain in a difficult rescue operation.

Motivational Lesson from Nimsdai Purja

Nimsdai Purja's journey teaches us that no dream is too big when determination is strong. He faced extreme challenges while climbing the world's highest mountains, but he never gave up. His story reminds students to believe in themselves, stay disciplined, and turn challenges into opportunities. Success does not come from luck; it comes from courage, hard work and an unstoppable mindset.

Power Words

Determination - Strong will to succeed. Courage - Bravery to face challenges. Discipline - Staying focused and consistent.

MORAL STORY—Long ago, a wise man named Sissa invented the game of chess for an Indian king. The king was so impressed that he offered Sissa any reward he wanted.

Sissa made a simple request: "Put 1 grain of rice on the first square of the chessboard, 2 on the second, 4 on the third, and keep doubling the amount on every square."

The king thought it was a small reward and agreed. But after filling all 64 squares, he discovered that the amount of rice was enormous—18,446,744,073,709,551,615 grains!

The king realized that a small quantity, when doubled repeatedly, can become incredibly large.

Moral: Small things can grow into something huge through the power of compounding.

WORKSHEET 02

How would you stay motivated when facing a difficult challenge like Nimsdai Purja?

"Those who do not remember the past
are condemned to repeat it."
— George Santayana

70 Years Later, Ancient Treasures Rediscovered at BHU



✦ GK QUICK facts

Place: Banaras Hindu University, Varanasi
Archaeological site: Rajghat
Original excavation: 1957
Boxes opened: 22
Artefacts found: 10,000+
Some pottery: Nearly 3,000 years old.

Power Words:

Archaeology - Study of the human past through remains and artefacts
Artefact - An object made or used by people in the past
Excavation - Careful digging to discover historical remains
Heritage - Valuable culture and history passed to future generations

A remarkable archaeological discovery was made at Banaras Hindu University (BHU), Varanasi, in August 2026. The university opened 22 boxes containing archaeological materials that had remained unopened for nearly 70 years. The materials were originally excavated from the Rajghat archaeological site in Varanasi in 1957. Researchers discovered more than 10,000 artefacts, including pottery believed to be nearly 3,000 years old, along with thousands of photographs documenting ancient sites and sculptures from across India.

The discovery is important because these objects can provide valuable information about ancient Indian settlements, daily life, pottery, art and culture. Experts are now studying and documenting the materials to understand more about India's archaeological past.

✦ Why is it important?

This discovery reminds us that archaeology helps us uncover stories that written history may not fully preserve. Ancient objects can tell us how people lived, worked, travelled and created art thousands of years ago.



🏛️ Banaras Hindu University (BHU)

Banaras Hindu University (BHU) is one of India's most renowned universities, located in Varanasi, Uttar Pradesh. It was founded in 1916 by Pandit Madan Mohan Malaviya, with the vision of combining modern education with India's rich cultural and intellectual traditions. BHU has played an important role in education, research, science, humanities, medicine, arts and Indian culture. Its large campus includes several academic institutes and the Bharat Kala Bhavan, an important museum and art centre.



🇮🇳 Independence Day 2026: India Celebrates 80 Years of Freedom

On 15 August 2026, India proudly celebrated its 80th Independence Day. The national flag was hoisted at the Red Fort in New Delhi, where the Prime Minister addressed the nation and highlighted India's progress in development, technology, defence and youth empowerment.

Across the country, schools, colleges and public institutions organised flag-hoisting ceremonies, patriotic songs, cultural performances and the Har Ghar Tiranga campaign, encouraging citizens to proudly display the national flag.

Why it matters: Independence Day reminds us that freedom comes with responsibility. Young citizens can honour the nation's heroes by being honest, disciplined and contributing to India's future. 🇮🇳

Q. What lesson do you learn from India's freedom struggle?

WORKSHEET
03
PERSONAL
RESPONSE
QUESTION

9 AUGUST 1942 – THE QUIT INDIA MOVEMENT: A CALL THAT AWAKENED A NATION

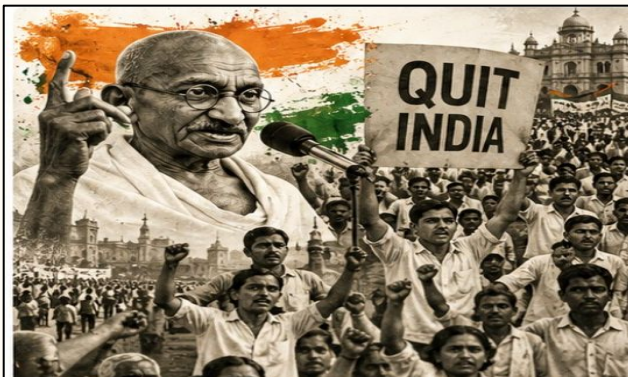
August 1942 stands as one of the most powerful chapters in India's struggle for freedom. On 8 August 1942, the All India Congress Committee met in Bombay (now Mumbai) at the Gowalia Tank Maidan. Under the leadership of Mahatma Gandhi, the Congress passed a historic resolution demanding an immediate end to British rule in India. The very next day, 9 August, Gandhi ji gave a clarion call - "Do or Die!" - urging every Indian to rise in a mass movement for complete independence. This call gave birth to the Quit India Movement.

A. Why was the Movement Launched?

By 1942, the British had been in India for nearly 175 years. Indians were tired of exploitation, poverty and discrimination. The Second World War had worsened their condition. While Britain was fighting for "freedom" in Europe, it refused to grant freedom to India. All negotiations had failed. The people knew that freedom would not be given; it had to be taken.

B. The Spark That Spread Like Fire

As soon as Gandhi ji's speech ended on 9 August, the entire Congress leadership was arrested - Gandhi ji, Jawaharlal Nehru, Sardar Patel, Maulana Azad and thousands of other leaders. But the movement did not stop; it spread across the country like wildfire. Students, teachers, farmers, workers and even ordinary citizens came out on the streets. They held meetings, shouted slogans, hoisted the tricolour and protested peacefully.



C. How the People Participated

From big cities to small villages, India witnessed unprecedented uprisings. People went on strikes, boycotted foreign goods, broke communication lines and paralysed the British administration. Parallel governments were formed in places like Satara (Prati Sarkar), Ballia and Tamluk. Youths played a vital role in running underground movements, printing secret leaflets and spreading messages. Women like Aruna Asaf Ali, Usha Mehta, Matangini Hazra and Sucheta Kriplani showed extraordinary courage. More than 60,000 people were arrested, over 1,000 were killed and many more were injured during the movement.

Significance of the Movement

Though the Quit India Movement did not achieve immediate success, it shook the British Empire and proved that India would not remain a slave any longer. It was the final and most decisive mass movement that led to India's independence in 1947. It also united people from all walks of life and inspired future generations to value freedom and democracy.

Rajasthan Plans 400 CM RISE Model Schools

Rajasthan is planning to develop 400 CM RISE schools as model schools across the state. The initiative aims to improve the quality of education by focusing on skills, innovation, digital learning and the overall development of students.

What are CM RISE Schools?

CM RISE schools are planned as model schools that will combine quality education with modern technology and student-focused facilities. The programme is designed to improve not only academic performance but also students' skills, career awareness and overall development.

According to Rajasthan's education plans, the 400 schools will receive facilities such as smart boards, video-conferencing (VC) systems and Building as Learning Aid (BaLA)-based learning environments. Career counselling is also an important component of the programme.

Rajasthan - Quick Facts 

Capital: Jaipur

Chief Minister: Bhajan Lal Sharma

Governor: Haribhau Bagade

RAJASTHAN PLANS 400 CM RISE MODEL SCHOOLS

Better Education | Skills | Innovation | Digital Learning



Assam Battles Severe Floods as Relief and Recovery Continue..

Assam faced one of its most serious flood situations in recent years during August 2026. Heavy monsoon rainfall caused several rivers, including the Brahmaputra, to rise above danger levels, affecting communities across many districts. On August 7, more than 1.68 lakh people across 15 districts were reported to be affected.

A Major Humanitarian Challenge

The floods affected a large number of people across Assam. By early August, more than 11 lakh people had been affected across 25 districts during the flood season, according to reports citing the Assam State Disaster Management Authority. The death toll also rose significantly, crossing 100 as the disaster continued to take its toll.

Assam - Quick Facts 

Capital: Dispur

Chief Minister: Himanta Biswa Sarma

Governor: Lakshman Prasad Acharya

ASSAM BATTLES SEVERE FLOODS RELIEF AND RECOVERY CONTINUE



PAGE 05

MAHARASHTRA GOVT: Khelo India Scheme Gets a Major Boost to India Scheme

Empowering Young Athletes,
Building a Stronger Sports Future

“Maharashtra is committed to nurturing talent and making our state a powerhouse of sports.”

— Devendra Fadnis
Chief Minister,
Maharashtra

Better Infrastructure Across the State | Financial Support for Athletes | Advanced Training & Coaching | More Opportunities to Compete

A STRONGER PUSH FOR A FIT, TALENTED & PROUD MAHARASHTRA!

MAHARASHTRA GOV: Khelo India Scheme Gets a Major Boost for Young Athletes

India has significantly expanded the Khelo India Scheme for 2026-31, with a total allocation of ₹36,441 crore. The announcement was highlighted in Mumbai on 18 August 2026, with a special focus on strengthening Maharashtra's sporting ecosystem. Building a Strong Sports Culture

Khelo India was designed to develop sports at the grassroots level and encourage children and young people to participate in different sporting disciplines. Maharashtra is implementing the programme through sports competitions, infrastructure development and athlete-support initiatives.

Maharashtra key facts 

Chief Minister: Devendra Fadnis

Governor: Jishnu Dev Varma, Capital: Mumbai

TAMIL NADU ATTRACTS ₹67,452 CRORE INVESTMENTS

97 INDUSTRIAL PROJECTS | 100,000+ JOBS TO BE CREATED

TOTAL INVESTMENT
₹67,452 CRORE

PROJECTS SIGNED
97

JOBS TO BE CREATED
100,000+

FOREIGN INVESTMENT
₹15,050 CRORE
IN 16 PROJECTS



SAINT-GOBAIN | SUPERMICRO

Tamil Nadu Attracts Major Industrial Investments

Tamil Nadu has announced major industrial investments worth around ₹67,452 crore through 97 agreements signed with companies across different sectors. The projects are expected to create more than 100,000 employment opportunities in the state.

A Wide Range of New Industries

One of the most important features of the new investments is their diversity. The proposed projects cover traditional manufacturing industries as well as future-oriented sectors such as space technology, quantum computing, life sciences, research and development, electric vehicles and data centres. This indicates that Tamil Nadu is trying to move beyond conventional manufacturing and build a technology-driven industrial economy

Tamil Nadu Key facts 

Chief Minister: C. Joseph Vijay (Vijay)

Governor: Rajendra Vishwanath Arlekar

Capital: Chennai

UNITED NATIONS



- Headquarters: New York, USA
- Founded: 24 October 1945
- Main Body: UN General Assembly
- Members: 193 countries
- Key Focus Areas: Peace & Security, Human Rights, Sustainable Development, Health, Education, Climate Action

UN Calls for Stronger Climate Action

The United Nations has urged all countries to take faster and stronger action against climate change. The UN said that rising global temperatures are threatening food security, health and the future of young generations.

- UN climate report warns of record heat, extreme weather and rising sea levels.
- Countries urged to cut greenhouse gas emissions by 45% by 2030.

UN Secretary-General António Guterres has urged governments to move faster in reducing greenhouse-gas emissions, cutting methane pollution and shifting away from fossil fuels towards renewable energy. The UN also stressed that protecting forests, oceans and other natural ecosystems must go hand in hand with stronger climate-resilience measures.

The UN says every fraction of additional warming can increase risks to human health, food security, water supplies, economies and ecosystems. Countries are therefore being encouraged to turn climate promises into concrete action and work together to keep global warming as close to 1.5°C as possible.

Student Takeaway:

Climate action is not only the responsibility of governments. Students can contribute by saving energy, reducing waste, planting and protecting trees, avoiding unnecessary plastic and spreading awareness. Small actions, when taken by millions of people, can create a big difference.

POWER WORDS

Climate Action - Actions to protect the climate.
Renewable Energy - Energy from natural sources.

CHINA



- Capital: Beijing
- President: Xi Jinping
- Currency: Chinese Yuan (CNY)
- Population: 1.4+ billion
- Key Strengths: Manufacturing, Infrastructure, Clean Energy, Technology

China's Green Energy Growth

China has achieved a major increase in clean energy production, with more than 40% of its electricity now coming from renewable sources. This move is helping the country reduce pollution and fight climate change.

- China is the world leader in solar panel and electric vehicle production.
- New wind and solar farms are being built across deserts and coastlines.

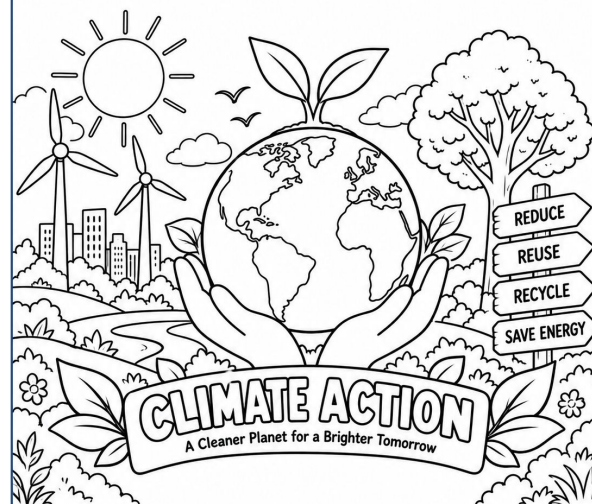
Why It Matters

China's rapid growth in renewable energy shows how technology, investment and long-term planning can support the transition towards cleaner energy. However, challenges such as improving electricity grids and storing renewable power still need to be addressed.

Student Takeaway:

The shift towards clean energy shows that science and technology can play a major role in protecting our planet and creating a greener future.

Colour this picture beautifully.
Best picture will be featured in next month's magazine!



Nepal-Tibet Flash Floods Shock the World

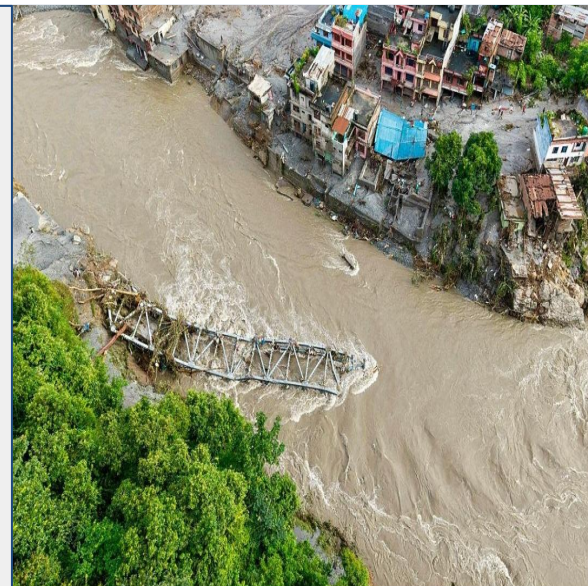
The world witnessed one of its deadliest natural disasters in August 2026 when catastrophic flash floods struck the Nepal-Tibet Himalayan region. Triggered by the collapse of a massive glacier, torrents of water swept through valleys, destroying villages, bridges, highways and hydropower projects within minutes. More than 900 people lost their lives, while thousands remain missing. Rescue teams from Nepal, China and international humanitarian agencies have been working around the clock, using helicopters and emergency shelters to save stranded families. Scientists say the disaster is a powerful warning about climate change. Rising global temperatures are melting Himalayan glaciers faster than ever, increasing the risk of sudden glacial lake floods that threaten millions of people living downstream.

Student Takeaway

Nature is powerful, and protecting our environment is everyone's responsibility. Reducing pollution and supporting climate action today can help build a safer future tomorrow.

Power Words

Glacier - A large mass of moving ice.
Flash Flood - A sudden, fast-rising flood



PRAGGNANANDHAA CREATES HISTORY

PRAGGNANANDHAA CREATES HISTORY!

WINS GRAND CHESS TOUR 2026

- Defeated Fabiano Caruana 15-13 in the Final
- First Indian to win the prestigious title
- A stunning comeback from 6 points behind!



Indian Grandmaster R. Praggnanandhaa created history in August 2026 by becoming the first Indian to win the prestigious Grand Chess Tour. He defeated defending champion Fabiano Caruana of the USA by 15-13 in the final at the Saint Louis Chess Club, USA.

The victory was remarkable because Praggnanandhaa began the final day six points behind Caruana. Instead of giving up, the 21-year-old Indian fought back strongly. He won both Rapid games and then maintained his advantage in the Blitz games to complete a stunning comeback.

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LESSON FOR STUDENTS

"Never give up when you are behind. The game can change with your next move."

R. Praggnanandhaa is a young Indian chess grandmaster from Chennai, Tamil Nadu. He became one of the world's youngest Grandmasters at the age of 12. In August 2026,

INDIA SHINES AT COMMONWEALTH GAMES 2026

India delivered a remarkable performance at the 2026 Commonwealth Games, finishing fourth in the overall medal tally with 39 medals—13 gold, 17 silver and 9 bronze. Indian athletes displayed outstanding talent and determination across different sporting events.

The performance highlighted India's growing strength in international sports. Every medal reflected years of practice, discipline and dedication by the athletes. Their success is a proud moment for the nation and an inspiration for young people.

MESSAGE FOR STUDENTS

The journey of these athletes teaches us that success comes through regular practice, self-discipline and the courage to keep trying. Whether in studies or sports, dedication can turn hard work into achievement.



COMMONWEALTH GAMES 2026 MEDAL TABLE - TOP 5					
RANK	COUNTRY	GOLD	SILVER	BRONZE	TOTAL
1	AUSTRALIA	70	45	56	171
2	ENGLAND	29	45	36	110
3	CANADA	19	20	23	62
4	INDIA	13	17	9	39
5	SCOTLAND	13	9	17	39

India is ranked 4th as it has more silver medals (17) than Scotland (9).

WORKSHEET 04

SCRAMBLED WORDS - YOGA & MEDITATION

AGYO = _____
NITATEMODI = _____
SSERTS = _____
CUSFO = _____
XIFELBILITY = _____

POWER WORDS

DETERMINATION - Strong desire to succeed.
STRATEGY - A careful plan to achieve a goal.
FOCUS - Full attention on a task.

WORKSHEET 05

What qualities of R. Praggnanandhaa inspire you the most? Why?

Yoga and Meditation: A Path to a Healthy Mind and Body

In today's busy world, students often face academic pressure, competition and stress. Yoga and meditation can help them stay physically fit, mentally calm and emotionally balanced. These simple practices can become powerful tools for a healthy and successful lifestyle.

Yoga combines physical postures, breathing exercises and mindful movement. Regular yoga can improve flexibility, balance, strength and posture. It also encourages students to become more aware of their bodies and develop self-discipline.

Meditation trains the mind to remain calm and focused. By spending a few minutes in quiet concentration, students can learn to manage distractions and respond to stressful situations more positively. It can also encourage mindfulness—the ability to stay aware of the present moment.

Yoga and meditation are not only about physical fitness; they help develop concentration, patience, confidence and inner peace. Making them part of a daily routine can support students in both their studies and personal lives.

A Small Step

Start with just 10 minutes a day. Breathe deeply, stretch gently and give your mind a moment of peace.

Power Words:

Mindfulness-Focused attention. | Concentration - Focused attention.



OUR PLANET, OUR FUTURE

THE CHOICE IS OURS, THE TIME IS NOW



Our environment is the foundation of life. It gives us clean air to breathe, fresh water to drink, food to eat, energy to live and a safe place to grow. Every tree, river, animal and tiny living creature plays an important role in keeping Earth balanced and beautiful.

But today, our planet is facing serious challenges. Climate change is causing extreme weather events such as heatwaves, floods, droughts and storms. Rising temperatures are melting glaciers and increasing sea levels, threatening coastal communities and small island nations.

Air pollution in cities is becoming dangerous. Millions of people breathe polluted air every day, leading to health problems like asthma, heart diseases and other serious illnesses. Water crisis is another major issue. Many rivers and lakes are drying up, while millions of people still do not have access to clean drinking water.

Deforestation and loss of biodiversity are upsetting the balance of nature. When trees are cut, animals lose their homes and many species are becoming extinct. Plastic pollution has reached every corner of the Earth - from mountains to oceans. Every year, millions of tons of plastic enter our oceans and harm marine life. Microplastics even enter the food chain and may affect human health.

WHAT CAN WE DO?

- Reduce, Reuse and Recycle.
- Save water and electricity.
- Plant more trees and protect forests.
- Say NO to single-use plastic.
- Use public transport, cycle or walk.
- Do not waste food.
- Spread awareness and inspire others.

WORKSHEET 7 – PERSONAL RESPONSE

If you could start one campaign in your school to save the environment, what would it be and why? Write your ideas.

Nepal Disaster: Devastating Flood and Landslide



Nepal was hit by a devastating flash flood on August 26 after a glacier collapse triggered a massive landslide of ice, rocks and mud. The flood swept through the Nepal-Tibet border region, destroying homes, roads, bridges and hydropower infrastructure.



The incident has raised concerns about the vulnerability of Himalayan communities to glacial lake outbursts, landslides and extreme weather events. Experts stress the importance of early-warning systems, climate monitoring and better disaster preparedness in mountain regions.

CURRENT ENVIRONMENTAL NEWS



In August 2026, countries meeting in Geneva made significant progress towards a Global Plastic Pollution Treaty. The treaty aims to reduce plastic production, promote reusable alternatives and ensure responsible waste management worldwide. The final agreement is expected later this year. The discussions focused on reducing single-use plastics and controlling plastic waste that enters oceans and rivers. Countries also explored ways to improve recycling systems and encourage industries to develop eco-friendly alternatives. The treaty could help protect marine life and reduce the growing threat of microplastic pollution.

Experts believe that strong international cooperation will be essential to tackle the global plastic crisis. Plastic pollution has become a major global environmental challenge, with around 400 million tonnes of plastic waste generated worldwide every year. Only about 9% of plastics are recycled, while millions of tonnes enter rivers and oceans, threatening marine life and ecosystems. If current trends continue, global plastic waste could rise dramatically in the coming decades. The proposed Global Plastic Pollution Treaty aims to address this crisis by reducing unnecessary plastic production, encouraging reusable and recyclable alternatives, improving waste-management systems and promoting international cooperation.

POWER WORDS

RESPONSIBILITY-Accept our duty to protect the Earth and all living beings.
AWARENESS-Knowing the problems and spreading knowledge to create change.
ACTION-Take small steps today for a greener, cleaner and better tomorrow.

WORKSHEET 06

How can you help people in natural disaster?

WORKSHEET 07 – PERSONAL RESPONSE

What will you do personally to help protect the environment?

INDIA'S FOREX RESERVES CROSS \$700 BILLION



India has achieved an important economic milestone as its foreign exchange reserves crossed \$700 billion in August 2026. Foreign exchange reserves are the money and other foreign assets kept by a country to meet its international payment needs. Strong inflows from Non-Resident Indians (NRIs) and steps taken by the Reserve Bank of India (RBI) have helped strengthen India's foreign-currency reserves.

Foreign exchange reserves work like a financial safety shield for the country. They help India pay for important imports such as crude oil, machinery and other essential goods purchased from other countries. Strong reserves also help the country deal with sudden changes in the global economy and support stability in the value of the Indian rupee.

A major factor behind the recent rise was the increase in NRI deposits. Indian banks attracted more than \$50 billion through NRI deposits in just two months. This brought more foreign currency into India and gave a further boost to the country's reserves. The RBI also took important steps to manage foreign currency flows and strengthen financial stability. Strong foreign exchange reserves can help India manage economic shocks, pay for essential imports, maintain financial stability and support long-term economic growth. For students, this is a simple lesson in economics: just as saving money helps a family prepare for unexpected expenses, foreign exchange reserves help a country prepare for unexpected economic challenges.

WORKSHEET 8 – PERSONAL RESPONSE

How do you think good economic decisions taken by people and the government can improve the life of every citizen?

CURRENT AFFAIRS – ECONOMY

India's GDP Growth Estimate for 2026-27 Raised to 6.5%

The World Bank has raised India's GDP growth forecast for FY 2026-27 to 6.5%, up from its earlier estimate of 6.3%. Strong private consumption, government spending and healthy services growth are the major reasons behind this upward revision.

India in the Global Economy

India is currently one of the fastest-growing major economies in the world. A Reuters economists' poll in August estimated average FY2026-27 growth around 6.7%, while noting that India would remain the fastest-growing major economy if the forecast holds.

What is GDP?

GDP (Gross Domestic Product) is the total monetary value of all final goods and services produced within a country during a specific period, usually one year.

RBI Keeps Repo Rate Unchanged at 6.50%

The Reserve Bank of India (RBI) has kept the repo rate unchanged at 6.50% for the tenth consecutive time. RBI Governor Shaktikanta Das said inflation is cooling but global uncertainties still pose risks to economic stability.

Reserve Bank of India (RBI)

The Reserve Bank of India (RBI) is India's central bank. It was established on 1 April 1935 under the Reserve Bank of India Act, 1934. RBI was nationalised in 1949.

Headquarters: Mumbai

Governor: Shri Sanjay Malhotra

India's Exports Hit Record High In July 2026

India's merchandise exports reached a record high of \$36.6 billion in July 2026, showing a growth of 7.8% compared to July 2025. Engineering goods, electronics and pharmaceuticals led the surge.

India's Global Export Position

India is an important and increasingly diversified participant in global trade. Its share of global merchandise exports increased from about 1% in 2005 to 1.8% in 2024.

For comparison, the world's leading merchandise exporters include:

- China - World No. 1
- United States - No. 2
- Germany - No. 3
- Netherlands - No. 4
- Japan - No. 5

These rankings are based on WTO merchandise-trade data.

EXPORT - What does it mean?

Export means selling and sending goods or services from one country to customers in another country.

WORKSHEET 9 – PERSONAL RESPONSE

What small economic habits can you adopt in your daily life to contribute to a stronger and healthier economy?

TECHNOLOGY TODAY, BETTER TOMORROW!



Emerging technologies are rapidly changing the way we live, work, learn, and communicate. Artificial Intelligence (AI) is becoming a powerful tool in education, healthcare, business, and scientific research. Robotics is helping industries perform complex and dangerous tasks with greater efficiency. The Internet of Things (IoT) is connecting everyday devices and making homes and cities smarter. Augmented and Virtual Reality (AR/VR) are creating new possibilities for learning, training, gaming, and entertainment. Advanced semiconductors are driving the development of faster and more efficient electronic devices. Blockchain technology is improving digital security and transparency in many sectors. Green technologies are also helping the world move towards cleaner and more sustainable energy. 3D printing is transforming manufacturing by making customised products easier to create. Together, these technologies are shaping a smarter, more connected, and sustainable future.

INDIA EXPANDS ITS AI COMPUTING POWER

According to a report released by the Ministry of Electronics and Information Technology (MeitY) in August 2026, India's installed data-centre capacity has increased more than four times—from 375 MW in 2020 to around 1,575 MW. The report highlighted that the IndiaAI Mission has expanded shared computing capacity to more than 45,000 GPUs. By August 2026, 237 projects had accessed subsidised AI computing, supporting AI research, model development and innovation. The government is also supporting the development of indigenous AI models designed for Indian languages, needs and contexts. These initiatives aim to strengthen India's digital infrastructure and build a self-reliant AI ecosystem.

WHY IT MATTERS FOR STUDENTS

India's growing AI infrastructure will create opportunities in coding, robotics, data science, artificial intelligence and other technology fields. Students who develop digital skills today can become the innovators of tomorrow.

INDIA STRENGTHENS ITS AI POWER

According to a Government of India report released in August 2026, the IndiaAI Mission has expanded the country's shared AI computing capacity to more than 45,000 GPUs.

By August 2026, 237 projects had received subsidised AI computing, covering 93.18 lakh GPU hours. This support is helping Indian researchers, startups and innovators develop, train and test AI models.

The government has also selected 20 indigenous foundation-model proposals from 506 applications. These models are being developed to address Indian languages, needs and contexts.

The report also stated that IndiaAI initiatives had developed 62 AI prototypes and deployed 20 AI solutions in public-sector institutions.



WHY IT MATTERS FOR STUDENTS

India's growing AI infrastructure is creating opportunities in Artificial Intelligence, coding, robotics, cybersecurity and data science. Students who develop technology skills today can contribute to India's digital future.



INDIA BRINGS ISRO AND PRIVATE SPACE STARTUPS CLOSER

In August 2026, the Government of India highlighted the growing partnership between ISRO, IN-SPACE and private space startups. Around 440 space technology startups were registered in India by August 2026, showing the rapid growth of the country's private space sector.

IN-SPACE has authorised 52 non-government entities for different space activities, including satellite operations, payload development and launch services. ISRO is also facilitating the transfer of its available technologies to private companies.

India is also expanding satellite-based communication and internet capabilities using next-generation satellite systems. This public-private partnership can help improve connectivity and encourage innovation in satellite technology.

WHY IT MATTERS FOR STUDENTS

The growing space-tech ecosystem is creating opportunities in satellite technology, robotics, electronics, coding, artificial intelligence and communication technology. Students with STEM skills can play an important role in India's future space missions.

POWER WORDS

SATELLITE - An object that orbits a planet.

CONNECTIVITY - The ability to connect and communicate.

INNOVATION - A new and useful idea.

WORKSHEET 10 – PERSONAL RESPONSE

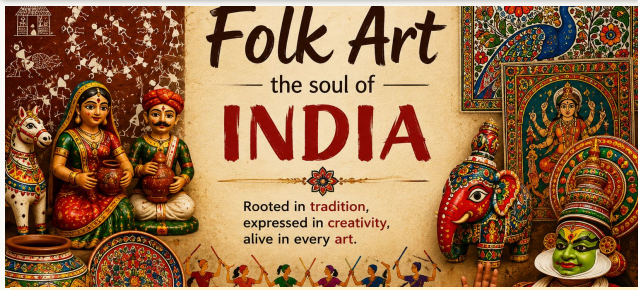
How has technology made your daily life easier and more convenient? Write in your own words.

WORKSHEET 11 – PERSONAL RESPONSE

What are the positive and negative impacts of technology on students? How can we use technology in a smart and balanced way?

ART AND CULTURE

FOLK ART – THE SOUL OF INDIA



India has a rich tradition of folk art that comes from villages and small communities. These art forms are simple yet meaningful and often inspired by nature, daily life, festivals and stories.

India has a rich and diverse tradition of folk art that has been passed down from one generation to another. These art forms mainly come from villages, tribal communities and small local groups. They are simple in appearance but carry deep cultural meaning.

Folk artists often take inspiration from nature, animals, farming, daily life, festivals, religious traditions, local legends and historical stories. In many communities, these paintings are not just decorations—they are a way of preserving traditions and expressing identity.

- ★ Warli Art from Maharashtra uses basic shapes to show stories of people, animals and nature.
- ★ Madhubani Paintings from Bihar are known for detailed designs, natural colours and mythological themes.
- ★ Pattachitra of Odisha and Phad Painting of Rajasthan are famous for their storytelling through vibrant colours and patterns.

Why Folk Art Matters

Folk art helps preserve India's cultural heritage, gives local artists a means of livelihood and introduces younger generations to traditional knowledge. Today, these art forms are also reaching national and international audiences through exhibitions, museums, handicrafts and modern design.

NATIONAL CONCLAVE ON TRIBAL LANGUAGES & MUSEUMS



National Conclave on Tribal Languages & Museums in Mysuru, Karnataka, from 24 to 26 August 2026. The conclave brought together linguists, researchers, government officials, museum experts, technology specialists and representatives of tribal communities from across India.

India's tribal communities preserve hundreds of languages, traditions, stories, art forms and traditional knowledge systems. However, several tribal languages face the risk of declining use and loss among younger generations.

The conclave focused on documenting, preserving and revitalising tribal languages and protecting the cultural heritage and history of tribal communities.

Importance for students

The event highlighted an important message: when a language disappears, a part of a community's history, knowledge and culture can disappear with it.

Preserving tribal languages therefore helps protect India's cultural diversity, traditional knowledge and heritage for future generations.

CLASSICAL ARTS – ELEGANCE & DISCIPLINE



Indian classical arts are centuries old and show deep devotion, discipline and creativity. They are a part of our spiritual, cultural and intellectual heritage.

- ★ Classical dance forms like Bharatanatyam, Kathak, Odissi and Kathakali express stories through beautiful movements.
- ★ Classical music in both Hindustani and Carnatic styles has ragas, rhythms and emotions that touch the heart.
- ★ Sculpture, temple architecture and literature enrich our cultural identity and inspire the world.

Indian classical arts are centuries old and reflect the deep devotion, discipline, creativity and wisdom of our civilization. They are an important part of India's spiritual, cultural and intellectual heritage. These art forms have been passed from one generation to another. ★ Indian classical music has two major traditions—Hindustani and Carnatic music. Both are based on ragas and rhythms (taal) and express a wide range of emotions. Instruments such as the sitar, tabla, veena, flute and mridangam add richness to these musical traditions.

★ Sculpture and temple architecture show the remarkable artistic and scientific knowledge of ancient India. Temples, stone carvings and monuments beautifully combine art, mathematics, engineering and spirituality to another and continue to inspire people across the world.

Indian literature in Sanskrit and many regional languages has preserved stories, poems, epics, philosophies and valuable knowledge. Great works such as the Ramayana, Mahabharata and Natya Shastra have influenced Indian culture for centuries.

Today, Indian classical arts continue to grow through schools, cultural institutions, festivals and digital platforms. Preserving and learning these traditions is not only about protecting the past—it is also about carrying India's rich cultural identity into the future.

WORKSHEET 12 Unscramble the words

SUYMRU -----
BIRATL -----
GUEGNAAL -----
MUESUM -----
RHEITAGE -----



Rishab Shetty: Taking Indian Culture to the World

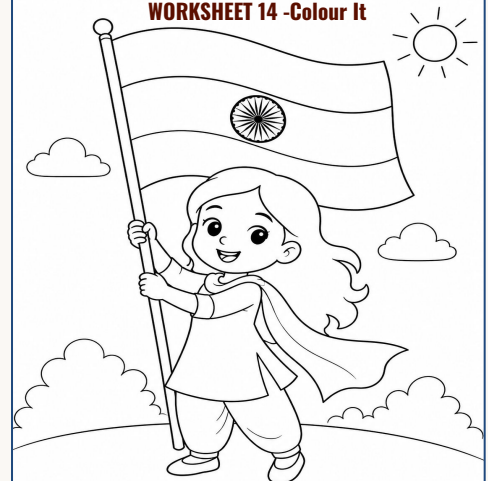
Kannada actor-director Rishab Shetty has been in the spotlight after receiving two major honours at the Indian Film Festival of Melbourne (IFFM) 2026.

He won the Best Director Award for Kantara: A Legend - Chapter 1 and also received the Leadership in Cinema Award.

WORKSHEET 13 – PERSONAL RESPONSE & Colour below picture

How can we, as students, help in protecting and promoting our art, culture and heritage? Write your ideas.

WORKSHEET 14 - Colour It



Dear Students, Every worksheet in the Student Pulse Magazine carries 5 Pulse Points. The Test Your Knowledge section carries 30 Pulse Points. Each monthly magazine will have a total of 100 Pulse Points.

Students are encouraged to complete all worksheets and participate actively to earn maximum Pulse Points.

🏆 TOP 10 STUDENTS The top 10 students who earn the highest Pulse Points will receive Special Awards. 🌟 TOP 3 STUDENTS The photographs of the Top 3 Pulse Point achievers will be proudly featured on the Student Zone Page of the magazine.

1. Which ISRO mission is linked with bringing lunar rock and soil samples back to Earth?

- A. Aditya-L1 B. Chandrayaan-4
C. Mangalyaan D. Gaganyaan

2. What efficiency was highlighted for India's new perovskite solar cell?

- A. 16.1% B. 20.5%
C. 26.1% D. 30.2%

3. What can the AI tool mentioned in the magazine help doctors do?

- A. Play online games
B. Detect diseases early
C. Write stories only D. Control robots

4. On which date did the Quit India Movement begin?

- A. 6 August 1942 B. 7 August 1942
C. 8 August 1942 D. 15 August 1942

5. Who gave the famous "Do or Die" call during the Quit India Movement?

- A. Jawaharlal Nehru B. Sardar Patel
C. Subhas Chandra Bose D. Mahatma Gandhi

6. Which state launched the 'Mission Mangrove' highlighted in the magazine?

- A. Maharashtra B. Tamil Nadu
C. Gujarat D. Rajasthan

7. Which state launched India's largest EV Manufacturing Park?

- A. Karnataka B. Tamil Nadu
C. Maharashtra D. Gujarat

8. Which organisation called for countries to cut greenhouse gas emissions by 45% by 2030?

- A. WHO B. UNESCO
C. United Nations D. World Bank

9. Which country is planning to build a lunar space station with international partners?

- A. China B. India
C. United States D. Russia

10. Which country won the FIFA World Cup 2026 according to the magazine?

- A. Brazil B. Spain
C. Argentina D. France

11. Where was the FIFA World Cup 2026 final match played?

- A. Wembley Stadium, London B. MetLife Stadium, New Jersey, USA
C. Lusail Stadium, Qatar D. Melbourne Cricket Ground, Australia

12. According to the magazine, India's GDP growth forecast for FY 2026-27 is:

- A. 4.2% B. 5.0%
C. 6.5% D. 7.2%

13. Which bank kept the repo rate unchanged at 6.50%?

- A. State Bank of India
B. Reserve Bank of India
C. HDFC Bank D. ICICI Bank

14. How many million tons of plastic enter the oceans every year?

- A. 1 million B. 5 million
C. 8 million D. 12 million

15. According to the article, the Earth is about how much warmer than pre-industrial times?

- A. 0.6°C B. 1.2°C
C. 1.8°C D. 2.5°C

16. Which technology protects computers, networks and data from digital attacks?

- A. Cloud Computing B. Cybersecurity
C. 5G Technology D. Internet of Things

17. What is BharatGPT designed to understand and generate?

- A. Images and videos B. Content in multiple Indian languages
C. Space data D. Medical records

18. Which classical dance form is known for telling stories through beautiful movements?

- A. Kathak B. Bharatanatyam
C. Odissi D. Manipuri

19. Which festival/observance celebrates and honours weavers and textile traditions?

- A. Diwali B. National Handloom Day
C. Holi D. Raksha Bandhan

20. India became independent in which year?

- A. 1942 B. 1945 C. 1947 D. 1950

21. What is one major aim of the Global Plastic Pollution Treaty?

- A. Increase plastic production
B. Reduce plastic pollution
C. Promote single-use plastic
D. Stop all manufacturing

22. Which option best supports responsible plastic use?

- A. Reduce and reuse B. Use once and discard
C. Burn all plastic D. Dump waste in rivers

23. India's share of global merchandise exports in 2024 was about:

- A) 1.8% B) 5.5% C) 8.2% D) 10%

24. Why are foreign exchange reserves important to a country?

- A. They help meet external payment needs
B. They organise sports events
C. They create school books
D. They control rainfall

25. Why is collaboration between ISRO and private startups valuable?

- A. It combines expertise and innovation
B. It stops research
C. It reduces technology use
D. It prevents new ideas

26. When was the Reserve Bank of India (RBI) established?

- A) 15 August 1947 B) 26 January 1950
C) 1 April 1935 D) 1 April 1949

27. What triggered the devastating flash flood in Nepal in August 2026?

- A) A major earthquake
B) A glacier collapse and landslide
C) A tropical cyclone
D) A volcanic eruption

28. The Nimsdai feature mainly highlights which qualities?

- A. Courage and perseverance
B. Carelessness and haste
C. Fear and avoidance
D. Indifference and doubt

29. What is the best response when a learning challenge seems difficult?

- A. Prepare, persist and try again
B. Give up immediately
C. Avoid the topic D. Blame someone else

30. Where was the National Conclave on Tribal Languages & Museums held?

- A) Bhopal
B) Mysuru
C) New Delhi
D) Guwahati

WORKSHEET 15

ANSWER SHEET — FILL YOUR ANSWERS HERE

- | | | | | | | | | | | | |
|-------|---|---|---|-------|---|---|---|-------|---|---|---|
| 1. A | B | C | D | 11. A | B | C | D | 21. A | B | C | D |
| 2. A | B | C | D | 12. A | B | C | D | 22. A | B | C | D |
| 3. A | B | C | D | 13. A | B | C | D | 23. A | B | C | D |
| 4. A | B | C | D | 14. A | B | C | D | 24. A | B | C | D |
| 5. A | B | C | D | 15. A | B | C | D | 25. A | B | C | D |
| 6. A | B | C | D | 16. A | B | C | D | 26. A | B | C | D |
| 7. A | B | C | D | 17. A | B | C | D | 27. A | B | C | D |
| 8. A | B | C | D | 18. A | B | C | D | 28. A | B | C | D |
| 9. A | B | C | D | 19. A | B | C | D | 29. A | B | C | D |
| 10. A | B | C | D | 20. A | B | C | D | 30. A | B | C | D |

Mark ONE answer (A, B, C or D) for each question.