

National Barbie Day is celebrated annually on March 9th in the United States. This special day honors the iconic Barbie doll, which has been a beloved toy and cultural icon for over 60 years. Barbie was first introduced by Mattel, Inc. on March 9, 1959, at the American International Toy Fair in New York City.



“May we never confuse honest dissent with disloyal subversion.”
- Dwight D. Eisenhower

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TRUE OBSERVING INDIA HOSTS SPECTACULAR WOMEN'S ACHIEVERS AWARD GALA, HONOURING DR. BHARTI GANDHI WITH LIFETIME ACHIEVEMENT AWARD



Rishika Kukrety

On the evening of February 7th, 2024, True Observing India, in collaboration with Clat Possible, orchestrated a spectacular event the Women's Achievers Award, in celebration of International Women's Day at Hotel BBD Fortune, Hazratganj. Hosted by the charismatic Anchor Puneet, the event was a vibrant testament to the remarkable achievements of women across various sectors.

Dr. Surabhi Modi Sahai, MD and CEO of Possible Education, set the tone for the evening, remarking, "I won't talk about women empowerment in this already empowered room because this room speaks for itself." Her words resonated powerfully, underscoring the strength and resilience inherent in the gathering.

Satyam Shanker Sahai, Chairman of Possible Education, delivered an inspiring message on the importance of maintaining physical fitness and embracing a healthy lifestyle, emphasising, "Fitness is not a goal, it is a process, an everyday process."

The evening included a tribute to Dr. Jagdish Gandhi, Founder Manager of City Montessori School, recognising his

profound contributions to education. Attendees commemorated the esteemed educationist's dedication and impact on the field, highlighting his significant role in advancing educational practices and principles at the City Montessori School.

challenges she faced in its founding in 1959 alongside her husband. She highlighted CMS's ethos of activism and its commitment to fostering global harmony through initiatives such as advocating for a world government to mitigate

tise self-care. She shared a poignant poem titled "Privilege Nahi Chahiye" penned by her sister, Harsha Srivastava, further encapsulating the essence of women's empowerment.

The unveiling of the Special Women's Day Edition of "The Academica" magazine marked a pivotal moment, symbolising the recognition and celebration of women's achievements in the educational sector. The chief guest led the felicitation of women achievers, honouring their dedication and contributions to academia. The event's gift partner was Danbro by Mr. Brown.

As the evening drew to a close, a special memento was presented to Rashmi Srivastava in appreciation of her presence and support. With hearts full of inspiration and admiration, attendees departed, carrying with them the indelible memories of an evening dedicated to honouring the remarkable achievements of women.



The pinnacle of the event arrived with the presentation of the "Lifetime Achievement Award" to Dr. Bharti Gandhi, Founder Director of City Montessori School and a symbol of women's empowerment. Dr. Gandhi, visibly moved, expressed her deep pride in CMS, describing it as her "child" and recounting the

conflicts and promote peace. Dr. Gandhi was draped in a shawl, symbolising the warmth and respect bestowed upon her. The event's chief guest, Rashmi Srivastava, Additional Superintendent of Police, took center stage, delivering an impassioned address urging women to celebrate their everyday accomplishments and priori-









BIDEN'S PROPOSAL: ESTABLISHING A TEMPORARY PORT IN GAZA

President Joe Biden is set to unveil a proposal during his State of the Union address, outlining a plan for the U.S. military to assist in creating a temporary port along the Gaza coast. The objective is to boost the flow of humanitarian aid to Gaza amid the Israel-Hamas conflict. Administration officials, speaking anonymously ahead of the announcement, clarified that the operation does not entail deploying American troops on the ground for pier construction. The intended purpose of the port is to facilitate increased shipments of vital items such as food and medicine to alleviate the dire conditions.



NMC'S INITIATIVE: ADDRESSING GHOST FACULTY IN MEDICAL COLLEGES

The National Medical Commission (NMC) is set to introduce a portal to tackle the issue of ghost faculty in medical colleges and streamline the attendance of both medical students and staff. Dr. B Srinivas, Secretary of NMC, highlighted that the upcoming portal will incorporate a biometric attendance system. Doctors will be required to register their attendance by punching in once every 24 hours upon entering or leaving the hospital. Notably, the NMC has consistently advocated for the adoption of the Aadhaar-enabled biometric attendance system (AEBAS) in medical colleges.



US COAST GUARD SHIP BERTHOLF ARRIVES FOR JOINT EXERCISE WITH INDIAN COUNTERPART

In a significant stride towards enhancing bilateral cooperation, the US Coast Guard (USCG) Ship Bertholf has arrived at Port Blair, for a joint exercise with the Indian Coast Guard (ICG), as announced by the Defence Ministry. The exercise, codenamed "Sea Defenders-2024," is slated to occur on March 9-10, 2024, off the coast of Port Blair, marking a collaborative effort between the Indian and United States Coast Guards.



In the Zenith of Exhilaration, Astute Swimmer of Allenhouse Panki Soared High

True Observing India

In a remarkable display of skill and determination, Saurabh Bharadwaj, the adept swimming maestro from Allenhouse Public School Panki, clinched the coveted 1st position in the 30+ category at the distinguished 6th National Master Games 2024 held in Goa.

This outstanding accomplishment marks Saurabh's third triumphant position in National-level competitions, solidifying his status as a rising star in the swimming arena. Across various disciplines, he showcased exceptional prowess, securing top positions in 1mtr SpringBoard



Diving, 50mtr Abreast Stroke, 100mtr Butterfly Stroke, 200mtr Individual Medley, and 100mtr Back Stroke. Saurabh's unwavering dedication and consummate skill have not only

brought profound pride to Allenhouse Panki but have also set a standard for excellence in the world of competitive swimming. As a seasoned swimmer, he has consistently unfurled his winning flag at Nationals, demonstrating perseverance that paves the way for further success.

The entire school community eagerly anticipates a plethora of triumphs in Saurabh's captivating journey, envisioning a future filled with more accolades and achievements. His success serves as an inspiration for aspiring swimmers and a testament to the spirit of excellence nurtured at Allenhouse Panki.

MUSK'S MOVE: LIKES AND REPOSTS TO DISAPPEAR FROM X



Elon Musk announced his intention to eliminate the display of likes and reposts from users' feeds on X, leaving only "view counts" visible on their timelines. This decision has been met with criticism from X users who deem it "excessively stupid" and anticipate a significant reduction in engagement. DogeDesigner, a prominent X handle, initially hinted at the possibility of removing like and repost counts, clarifying that they would still be visible when tapping into a post. Musk confirmed that this change is "definitely happening," prompting discontent among X users who are displeased with the proposed alteration.

HMD Introduces Revolutionary Syringes with Safety Needles to Combat Accidental Injuries



Hindustan Syringes and Medical Devices (HMD) made a groundbreaking announcement, unveiling the Disojekt single-use syringes equipped with a safety needle—the first of its kind. These innovative safety syringes are poised to significantly reduce the occurrence of accidental needle stick injuries (NSIs) among healthcare workers, mitigating infection risks and optimizing disposal and training costs. The company expressed its commitment to producing 200 million syringes and needles annually, marking a major advancement in the global fight against NSIs.

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SWEDEN ABANDONS NEUTRALITY, JOINS NATO AMID RISING RUSSIAN CONCERNS

In a historic shift, Sweden has decided to abandon its longstanding post-World War II neutrality by officially joining the NATO alliance. The move comes in response to heightened concerns about Russian aggression in Europe, particularly in the aftermath of Russia's 2022 invasion of Ukraine. The ceremony marking Sweden's "instrument of accession" to NATO was presided over by Swedish Prime Minister Ulf Kristersson and Secretary of State Antony Blinken at the State Department.



INDIAN STREET PREMIER LEAGUE: INAUGURAL EDITION OPENS WITH GLITTERING CEREMONY

The first-ever edition of the Indian Street Premier League, India's groundbreaking tennis ball T10 cricket tournament held within a stadium, commenced with a dazzling opening ceremony at the Dadoji Kondadev Stadium in Mumbai. The inaugural event featured a star-studded affair, complete with a live musical performance and an enchanting drone show. The Indian Street Premier League - T10 represents a pioneering Tennis Cricket League with a core mission to identify, nurture, and elevate cricketers from grassroots levels.



AJAY DEVGN UNCONCERNED AS "MAIDAN" AND "BADE MIYA AND CHOTE MIYAN" SET TO RELEASE TOGETHER

Rollywood sensation Ajay Devgn expresses no anxiety over the simultaneous release of his upcoming film "Maidaan" and the Akshay Kumar and Tiger Shroff-led "Bade Miyan Chote Miyan." Devgn firmly believes that both movies cater to distinct audiences, with "Maidaan" being a period sports drama and "Bade Miyan Chote Miyan" falling into the action thriller genre. The films are scheduled to hit the screens on April 10, coinciding with Eid.



SCIENCE EXHIBITION AT SHRI RAM GLOBAL SCHOOL



True Observing India
In science, there are no shortcuts to truth"

Science is important because it teaches an understanding of natural phenomena. The pre-primary

wing of Shri Ram Global School, Lucknow organised Science Exhibition "Little Einsteins At Work" (Invent - Inspire - Innovate). The event was inaugurated by the Chief Guest Saima Anwar Khan, Founder Director of Headstart

Learning Academy. Exhibition was followed by explaining of models and experiments on different topics - Health and Hygiene, Colours, Seasons, Transport, Games, Festivals, Solar System and Plants. The little Einsteins had stolen

the show by explaining and performing the experiments.

The exhibition was successful with praises and appreciation shown by the Chief Guest and everyone who attended the exhibition.

At Least 40% of Female Investors Prioritize Early and Disciplined Investments

A recent report released ahead of International Women's Day reveals a significant shift in the financial landscape of the country, with at least four in ten women emerging as new investors. These women are choosing to start investing early in life, particularly in instruments like Systematic Investment Plans (SIPs), and are prioritizing retirement-a marked departure in financial behaviour. According to the report by FinEdge, a tech-enabled investment manage-



ment company, women showcase focused and disciplined investment patterns. The average amount invested in a single SIP by women stands at Rs 4,483, surpassing their male

counterparts, who average Rs 3,992. Moreover, women exhibit not only higher average monthly investments but also allocate more funds toward their financial goals.

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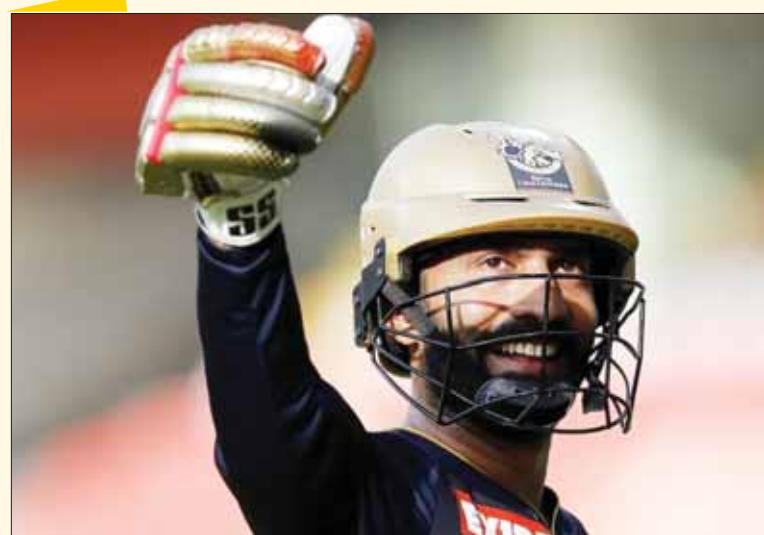


Nadal Withdraws from Indian Wells Citing Readiness Concerns

In a surprising turn of events, Rafael Nadal has withdrawn from the Indian Wells Open competition on the eve of his first-round match, citing that he is "not ready to play at the highest level." The 37-year-old tennis veteran, who made a comeback to competitive tennis in Brisbane this January following a year-long hiatus due to a hip injury, faced another setback by missing the Australian Open due to a muscle tear. Despite a spirited return, Nadal, who lost to Carlos Alcaraz in an event at Las Vegas has expressed concerns about his readiness to compete at the highest level, leading to his withdrawal from the Indian Wells tournament where he had previously aimed for his fourth title.

IPL Journey Continues: Dinesh Karthik Set to Feature in 15th Edition

Dinesh Karthik, the proficient India wicketkeeper-batter, is poised to make his appearance in the upcoming 15th edition of the Indian Premier League (IPL) as part of the Royal Challengers Bangalore (RCB) squad. Having embarked on his IPL journey with Delhi Daredevils (now Delhi Capitals), Karthik joins an illustrious group of seven players who have been a constant presence in every IPL season since its inception in 2008. This exclusive club features cricket luminaries such as MS Dhoni, Virat Kohli, Rohit Sharma, Shikhar Dhawan, Wriddhiman Saha, and Manish Pandey, highlighting the enduring legacy of these stalwarts in the premier T20 league.



Rs 1.2 Crore Awards Announced by Badminton Association of India



In a commendable move, the Badminton Association of India (BAI) revealed a substantial cash incentive exceeding Rs 1.12 crore for badminton players who have achieved success in major international tournaments. The women's team, triumphing in the historic Badminton Asia Team Championship (BATC) last month, is set to receive Rs 35 lakh. The men's doubles pairing of Satwiksairaj Rankireddy and Chirag Shetty, securing gold at the 2022 Asian Games, will be awarded Rs 12 lakh. HS Prannoy, the men's singles bronze medallist at the 2022 Asian Games, is slated to receive Rs 5 lakh.

Indian Golfer Vani Kapoor T-90 After First Day in Singapore Women's Open



Indian golfer Vani Kapoor faced a tough start at the Singapore Women's Open, recording a three-over 75 to secure a T-90 position after the opening day. Despite starting with a birdie and adding one more during the round, Vani struggled with five bogeys. As one of the invitees for the USD One million event in Singapore, she now looks to produce a solid performance in the second round to secure her spot beyond the cut line. Playing alongside Koreans Soyi Jeong and Selin Hyun, Vani Kapoor faces the challenge of improving her standing in the competitive tournament.

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Effortless Homemade Ice Cream: Indulge in Creamy Delights!

Ingredients:

1. 2 cups heavy cream
2. 1 cup whole milk
3. 3/4 cup granulated sugar
4. 1 teaspoon vanilla extract



Instructions:

1. In a mixing bowl, combine heavy cream, whole milk, sugar, and vanilla extract.
2. Whisk the mixture until the sugar is completely dissolved.
3. Pour the mixture into an ice cream maker.
4. Churn according to the manufacturer's instructions until the ice cream reaches a soft-serve consistency.

5. Transfer the churned ice cream to a container and freeze for at least 4 hours or until firm.
6. Serve and enjoy!



Crafty Cephalopod: Whimsical Paper Octopus Craft Adventure!



Materials Required:

1. Coloured paper (various colours)
2. Scissors
3. Glue stick
4. Marker or pen

Instructions:

1. Cut eight strips of paper for the octopus's tentacles.
2. Fold each strip accordion-style to create a zigzag pattern.
3. Glue the ends of each strip together to form loops.
4. Cut out a circle from another piece of paper for the octopus's body.
5. Draw a face on the circle using the marker or pen.
6. Attach the tentacles to the bottom of the body using glue.
7. Let the glue dry completely.
8. Your paper octopus is ready!



WORD SEARCH

T T F T F O R B O R E
V F E E M E A L S S I
Q U V B V V K D E T S
A T S I R K V N T E O
M U R D I O D U I D M
L R K N U L S R N U Z
A E A C E V I E I C I
L N S S U U V G F A G
E I S S Q L G R N T O
K L A N A D M Y I E M
Y Y I F C Y Q R E Y V

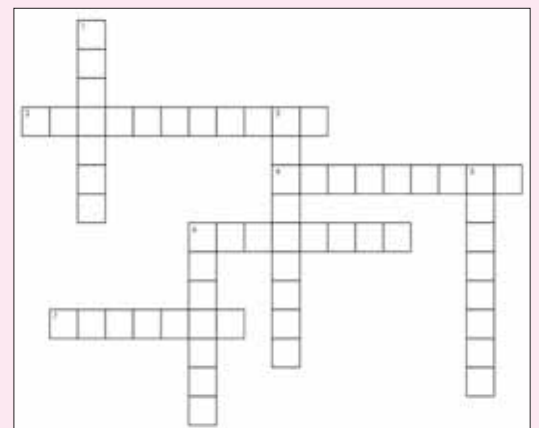
Find the following words in the given grid:

Arrive, Drum, Educate, Endlessly, Essay, Forbore, Future, Gerund, Gizmo, Inane, Infinite, Inquiries, Luck, Meals, Sorbet

SUDOKU

3								5
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			8			6		3
	7			3	1	9		

CROSSWORD PUZZLE



Across:

2. The study of numbers and quantity
4. The study of Economy
6. The study of governance, political systems
7. Study of language, literature, and communication

Down:

1. The study of past events and their impact
3. The study of matter, its properties
5. Devices used for processing data.
6. The study of Fundamental forces of nature

Hints: Chemistry, English, History, Politics, Computer, Economics, Mathematics, Physics

DIFFERENCE





The Essence of Salt A Culinary Staple with Surprising Benefits

Taniya Dyson

Salt, an indispensable ingredient in every kitchen, plays a crucial role in enhancing the flavours of our favourite dishes. Despite its simple composition-sodium chloride-salt boasts a myriad of uses and benefits that extend beyond the realm of taste.

FLAVOUR ENHANCER:

The primary role of salt is to enhance the natural flavours of food, making it a cornerstone in culinary practices worldwide.

PRESERVATION:

Historically, salt has been used as a natural preservative, preventing spoilage and allowing food to be stored for longer periods.

HEALTH CONSIDERATIONS:

While excessive salt intake is linked to health issues, the right amount is essential for maintaining electrolyte balance, nerve function, and hydration.

COOKING AID:

Salt alters the texture and structure of ingredients, influ-



encing how they absorb and retain water. This, in turn, affects the cooking process.

CULTURAL SIGNIFICANCE:

Salt has held cultural and symbolic importance throughout history, often associated with purification, hospitality, and even currency.

HEALTHIER ALTERNATIVES:

Consider exploring various types of salt, such as sea salt or Himalayan pink salt, which may offer addition-

al minerals and trace elements.

INNOVATIVE USES:

From salt-crusted fish to salted caramel desserts, chefs continue to discover innovative ways to incorporate salt into diverse recipes.

BEAUTY AND WELLNESS:

Salt is a common ingredient in beauty and wellness routines, with salt scrubs and salt baths known for their exfoliating and relaxing properties.

In conclusion, salt goes beyond being just a seasoning; it's a versatile ingredient with a rich history and a range of benefits.



CINNAMON Unlocking Flavour and Wellness, One Sprinkle at a Time!

Rishika Kukrety

Imagine a spice that not only tantalises your taste buds but also has a centuries-old tale woven into its very essence. Enter cinnamon! This aromatic wonder isn't just a flavour enhancer; it's a time-traveling treasure chest of taste and wellness.

JOURNEY THROUGH TIME

Close your eyes and journey back to ancient times when cinnamon wasn't just a spice; it was gold dust in the world of flavours. From emperors to everyday cooks, everyone craved its exotic touch. Picture it traded like precious jewels along ancient spice routes, adding a sprinkle of magic to each dish.

A TASTE OF HEAVEN

Now, fast forward to your kitchen. Picture the joy of biting into a warm cinnamon roll or savouring the aroma of a bubbling pot of curry infused with this spicy marvel. Cinnamon isn't just a spice; it's the secret ingredient that turns ordinary dishes into culinary masterpieces.

POWER PACKED GOODNESS

But wait, there's more! Beyond its culinary charm,

cinnamon holds the key to a treasure trove of health benefits. It's like nature's own superhero, fighting inflammation, boosting antioxidants, and even lending a helping hand in regulating blood sugar levels.

TWO SIDES OF THE SAME COIN

Not all cinnamon is created equal. Meet Ceylon cinnamon, the gentle giant with a sweet touch, and its spicier cousin, cassia cinnamon, adding a fiery kick to your dishes. Each brings its own unique flavour to the table, promising a culinary adventure with every sprinkle.



SPICE UP YOUR LIFE

Ready to embark on your own cinnamon escapade? Dive into your morning oatmeal, jazz up your coffee, or get adventurous with grilled meats. With cinnamon by your side, every meal becomes a journey of flavours waiting to be discovered.

A WORD OF CAUTION

But as with any adventure, there are precautions to heed. While a dash of cinnamon adds excitement, too much can lead to unwanted surprises. It's always wise to consult your trusted guide, aka your healthcare professional, before diving head-first into a cinnamon-infused diet.

IN A NUTSHELL

In the grand tapestry of spices, cinnamon shines as a star, weaving together taste, history, and wellness into a single, aromatic thread. So, next time you reach for that jar of cinnamon, remember, you're not just adding spice to your dish; you're sprinkling a pinch of magic into your life.