

# Kick-Start

Into the World of General Knowledge **SERIES**

7

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- Animated videos
- The Rising Star  
(Monthly Journal)
- KYN (Offline Quiz)
- KYS - Know Your States  
(An activity-based project)
- NKL - Nexrise Knowledge League  
Sunday 7 p.m. 7 minutes Test  
(A mega online national level test)

# 1

## First thing in the morning



### Ethical compass

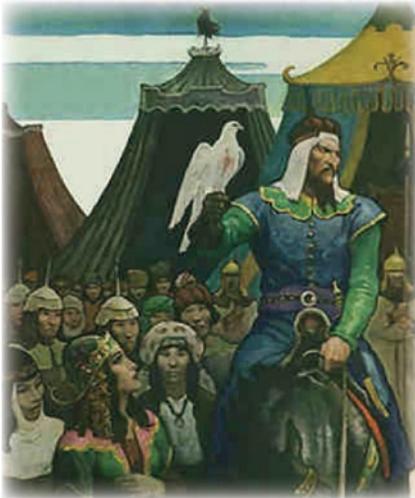
Good habits formed at youth, make all the difference. - Aristotle

Identify the people. Match the explanation to the act. Then match their success act to them by writing the number in the box.

Success act	Explanation	People
<p>1 <b>Connect</b></p>	<p>Tackle the hardest problem on your plate.</p>	
<p>2 <b>Eat the frog</b></p>	<p>Do real work.</p>	
<p>3 <b>No day dream</b></p>	<p>Exercise to just clear your head and relieve your stress.</p>	
<p>4 <b>Self talk</b></p>	<p>Visualise how you will make your day.</p>	
<p>5 <b>Work out</b></p>	<p>Interact with people and do not close yourself.</p>	
<p>6 <b>Run a picture</b></p>	<p>Every morning, ask yourself if today is the last day of your life, would you still do what you are doing?</p>	

## 2

## Falcon Friend



One day Genghis Khan went out to hunt with his falcon. He was not able to get anything, and was alone. It was a very hot summer day and he stayed out.

He got really thirsty so he went to fetch some water. He put his falcon down, took his silver cup that he always had with him and took some water from the trickle. Just before he put the cup to his lips, the falcon flew up to the sky, took the cup and threw it down.

Genghis Khan was angry but the falcon was his favourite and maybe the falcon was thirsty too. So he took the silver cup, washed it, took some water, and when he was about to drink it, the falcon, once again, took the cup and threw it down to the ground.

Genghis Khan could not believe what his favourite falcon had done to him. Although he adored the falcon, he could not allow the falcon to disrespect him and let his fellow mates know that he could not tame a bird.



He tried again to take some water from the trickle, this time he drew his sword, keeping an eye on the falcon while he was taking the water. When he was about to drink it, the falcon flew towards his direction and Genghis Khan with one strike, pierced the bird's breast.

The water dried up so Genghis Khan climbed up further to look for the source. He then found a spot with water and there laid a dead, poisonous snake. If Genghis Khan would have drunk the water, he would have also died.

With sadness and grief, Genghis Khan took his falcon back to camp and asked his people to make a gold figurine of the bird.



On one wing, it was engraved:

**Even when a friend does something you don't like, he continues to be your friend.**

And on the other wing, it was engraved:

**Any action committed in anger is an action doomed to failure.**



### Life skills

We should not judge too quickly or act in anger because at the end of the day, the last thing we need is being angry at ourselves for our actions.



### Task time

Find three other famous friends who gave up their lives for the other.

Here are some facts about Friendship Day.  
Find out three more details about Friendship Day.

# Friendship Day



 **INCEPTION**

Friendship Day was initially publicised by Joyce Hall, the founder of Hallmark cards in 1919.

 **EXCHANGE OF GIFTS**

The exchange of Friendship Day gifts like flowers, cards and bracelets is a well-liked tradition which was started by the greeting card industries.

 **ROSES**

Giving pink and yellow roses to the friends who are always there whenever you needed them is a well known tradition.

 **NAMED**

In 1997, the United Nations named "Winnie - the Pooh", the famous cartoon character as the World's Ambassador of Friendship.

 **AUGUST**

Every year August 1st Sunday is celebrated as Friendship Day in India.

 **DEVOTION**

Lord Krishna in the great Hindu epic Mahabharata demonstrates the several colours of friendship, brotherhood, protection, guidance, closeness and even being a tease.

## 3

## World famous women scientists

Much against the odds and adversities of women education, many women scientists have made discoveries and innovations in the field of Science.

**Guess the names of these women scientists.**



Her father felt women should not study. This 15 year old, made groundbreaking discoveries in DNA research, used in extracting fine DNA fibres with the help of X-ray equipment.

1

R \_\_\_\_\_  
F \_\_\_\_\_



Born during the French Revolution; was confined to her home as a young teen; love for mathematics made her learn and teach herself; discovered the world famous theory of elasticity.

2

S \_\_\_\_\_  
G \_\_\_\_\_



Called Lady Lovelace, she created the world's first computer program; daughter of Lord Byron; created software for Analytical Engine to generate Bernoulli's numbers.

3

A \_\_\_\_ B \_\_\_\_\_



Was encouraged by friends at 10; they gave chemicals to experiment and she discovered protein crystallography (x-rays determine the arrangement of atoms).

4

D \_\_\_\_\_  
H \_\_\_\_\_

## 4

# National parks

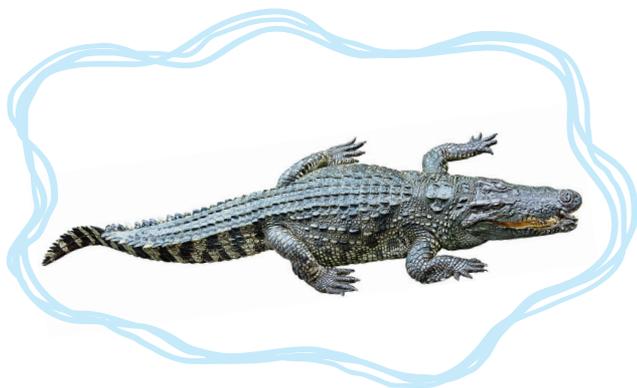


## Yonder

Find the names of 5 other national parks in India. Also identify the wild life that is protected there.

A national park conserves wild life and is a symbol of national pride. The national parks in India have a lot of our endangered animals that need protection.

**Identify the national parks described below.**



A tiger reserve, and a biosphere reserve in West Bengal; home to a variety of birds, reptiles and invertebrate species, including the salt water crocodile.

1

A wildlife sanctuary in Gujarat, India; the only home for Asiatic lions.



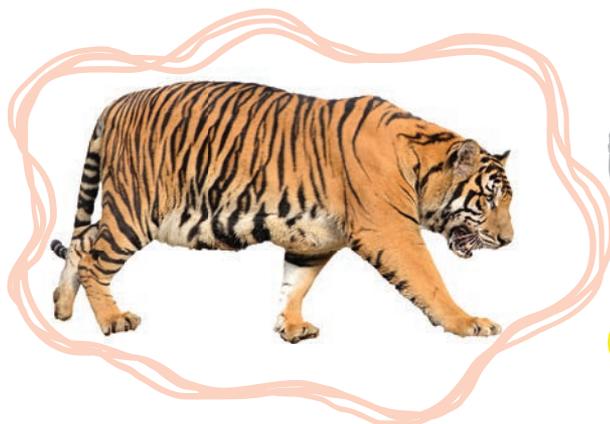
2



## Help box

Gir Forest National Park  
Kaziranga National Park  
Ranthambore National Park  
Mudumalai National Park

Kanha National Park  
Jim Corbett National Park  
Sundarbans National Park



Oldest national park in India, located in the Nainital district of Uttarakhand; established in 1936 as Hailey National Park to protect the endangered Bengal tiger.

3

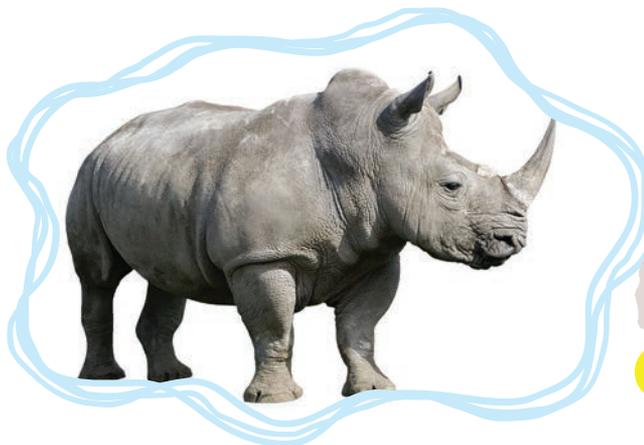


Wildlife sanctuary lies in Nilgiri Hills, Tamil Nadu; home to many endangered species including the Indian elephant, Bengal tiger, gaur and Indian leopard and 266 species of birds; including critically endangered Indian white-rumped vulture and long-billed vulture.

4

National park of Madhya Pradesh; home to Royal Bengal tiger, leopard, sloth bear, barasingha and Indian wild dog. Inspiration to Rudyard Kipling's 'Jungle Book'.

5

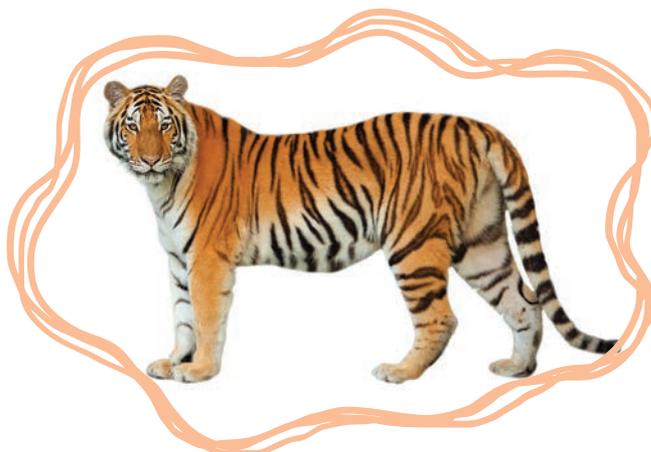


A world heritage site in the state of Assam; home for two-thirds of the world's great one-horned rhinoceros; recognised by BirdLife International for the conservation of avifaunal species.

6

One of the largest national parks situated in Rajasthan; known for its tigers.

7



# 5 Have a drink...

India is a subcontinent with varied and extreme climate. Different regions in the country serve drinks prepared with local spices, flavours and herbs. Ignoring the colas, we can quench our thirst with our traditional healthy beverages.

## Tender coconut



This healthy drink is preferred by many people across India; it is easily found in street markets in summer. To beat the heat and escape from the sweltering summer, this is the healthiest option.

## Nimbupaani



Lemonade traditionally called nimbupaani, is a very popular drink in India. It is prepared with lemon juice; the variations include lemon with extracts of ginger, mint leaves, ice and water with condiments like salt, saffron and cumin.

## Traditional summer beverages

## Chaach



This is a natural thirst quencher; it is the tastiest, smoothest and finest drink to sip. Since it consists curd, we can enjoy with a meal for a healthy digestive system.

## Jaljeera



It acts as an appetiser and keeps the body cool and gives an early relief from dehydration. The key ingredients are: Few cumin seeds, tamarind, mint and salt with cold water.

## Masala chai



This hot drink rejuvenates and revives your spirits when you are tired. The perfect way to brew this magic drink is to mix the right proportions of chai masala, ginger and other peppery ingredients.

## Honey ginger tea



### Traditional winter beverages

This is a soothing and aromatic tea that relieves stress and is a good remedy for cough and cold. Ginger acts as an anti-inflammatory agent to the body.

## Lemongrass and Mint tea



Summer, winter or monsoon, this tea peeps us even on the most tiring days. The whiffs of lemongrass and mint give us a fresh new taste that does not let us down. This spicy, milky tea with intense flavours and aromas is a companion for all seasons.

### Get a grasp



Herbal tea, with or without fruit contains a component called tannin which is healthy for the mind and the body, only if consumed moderately.

### Task time



Learn to prepare one of the beverages and write a report about it.

### Ethical compass



Do you think too much of anything good is good for health?

### Quiz time

- \_\_\_\_\_ is found in the street markets in India.
- \_\_\_\_\_ acts as an appetiser and keeps the body cool.
- \_\_\_\_\_ acts as an anti-inflammatory agent to the body.
- Lemonade is traditionally called \_\_\_\_\_ in India.

## 6

**Do you know?****Train of thought**

All trivia is fact and implies that the fact is novel, not well known, and often ironic or hard to believe.

**What is the Stonehenge?**

- 1 A large prehistoric monument near Salisbury, England, made up of huge stones. 'Who built it and why' is a mystery that has not been solved till date.

**Which animal can clean its ears with its tongue?**

The giraffe; tongue is 21 inches long, easy to flick and clean the ears.

2

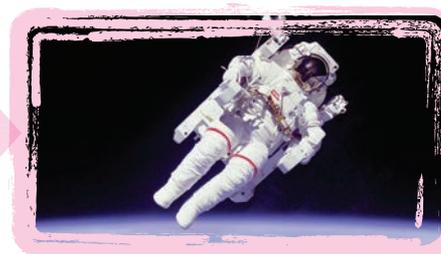
**Why do we sweat?**

- 3 When the body gets heated, the temperature needs to be regulated. Sweat is small water droplets, which evaporate and cool the body.

**How do astronauts communicate in space?**

Sound travels through air; space is vacuum. They communicate through radio wave signals that are sent to the headsets they wear.

4

**When was the Olympic flag designed?**

- 5 Pierre de Coubertin designed it in 1914, inspired by the symbol from an altar piece discovered in Delphi, Greece.

**Who is Topolino?**

It is the Italian name for the well-known Walt Disney character Mickey Mouse; who is known by several other names in different languages.

6



## 7

# The healers

Monks and physicians used to grow healing plants in ancient times. Even now they are grown in home gardens; used to treat minor ailments like cold, cough and stomach disorders.

Identify the healing plants.



## Life skills

Knowing home remedies helps in curing many illnesses without popping a pill! Learn to make use of some of the herbs mentioned here.

1



Leaves and flowers are used to make tea; chewing leaves eases fever, migraines, arthritis and skin problems.

F \_ \_ V \_ \_ R \_ \_ E W

2



P \_ \_ \_ S \_ \_ E \_ \_

A herb rich in nutrients; used in many types of cuisine; treats gas and bad breath.

3



Flower heads are made into infusions and salves for indigestion, anxiety and skin inflammations.

\_ \_ H \_ M \_ \_ \_ I \_ \_ E

4



L \_ \_ M \_ \_ \_ B \_ \_ \_ M

Mint family; medicinal herb. Treats anxiety, insomnia, wounds, herpes, insect bites, gas, and stomach disorders.

5



Name means 'to heal', used for medicinal purposes (mouth and throat inflammations) and as a culinary herb.

S \_ \_ \_ E

6



B \_ \_ \_ \_ L

'The king of herbs' – young leaves used as medicine; treats gas, poor appetite, cuts and scrapes; boosts immunity.

# 8

## Check your Tech vocabulary

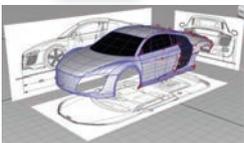
It helps to know the technical terms used for the innovations in the field. Check your knowledge by solving these crossword puzzles.

**A. Fill in the boxes with the right words.**













**Across**

1. The science of digitising biological information. \_\_\_\_\_
3. Not using the wire to establish communication. \_\_\_\_\_
5. A device that we use to call people. \_\_\_\_\_

**Down**

2. The network of networks. \_\_\_\_\_
4. A thing without which a car can't move. \_\_\_\_\_
6. Abbreviation of Computer Aided Design. \_\_\_\_\_

**B. Complete the puzzle with the right words.**



3

1



4

2



5



**Across**

2. Technological device used most often by older generations.  
\_\_\_\_\_

5. The classification of computers according to different period.  
\_\_\_\_\_

**Down**

1. Technological communicative devices most often used by teens.  
\_\_\_\_\_

3. The traditionalist generation was raised without modern  
\_\_\_\_\_.

4. A private network within an enterprise to securely share information.  
\_\_\_\_\_



## Answers

**Page 05** 1. Connect - Interact with people and do not close yourself - Craig Newmark 2. Eat the frog - Tackle the hardest problem on your plate - Mark Twain 3. No day dream - Do real work - David Karp 4. Self talk - Every morning, ask yourself if today is the last day of your life, would you still do what you are doing? - Steve Jobs 5. Work out - Exercise to just clear your head and relieve your stress. - Barack Obama 6. Run a picture - Visualize how you will make your day - Tony Robbins

**Page 09** 1. ROSALIND FRANKLIN 2. SOPHIE GERMAIN 3. ADA BYRON 4. DOROTHY HODGKIN

**Pages 10-11** 1. Sundarbans National Park 2. Gir Forest National Park 3. Jim Corbett National Park 4. Mudumalai National Park 5. Kanha National Park 6. Kaziranga National Park 7. Ranthambore National Park

**Pages 12-13** 1. Tender coconut 2. Jaljeera 3. ginger 4. Nimbupaani

**Page 15** 1. FEVERFEW 2. PARSLEY 3. CHAMOMILE 4. LEMON BALM 5. SAGE 6. BASIL

**Pages 16-17 A. ACROSS** 1. BIOMETRICS 3. WIRELESS 5. PHONE

**DOWN** 2. INTERNET 4. ENGINE 6. CAD

**B. ACROSS** 2. PAGER 5. GENERATIONS

**DOWN** 1. SMARTPHONES 3. TECHNOLOGY 4. INTRANET

**Pages 18-19** 1. IIT 2. IIM 3. IIT 4. FTII 5. NID 6. AIIMS 7. NLU 8. NIFT

**Pages 22-23** 1. 'Mein Kampf' 2. 'Born Standing Up: A Comic's Life' 3. 'Toward Freedom' 4. 'I Know Why the Caged Bird Sings' 5. 'Autobiography of Mark Twain' 6. 'Kitchen Confidential: Adventures in the Culinary Underbelly' 7. 'An American Life' 8. 'The Diary of a Young Girl'

**Pages 24-26** 1. Strategy of joining hands with the Spanish. 2. Manual for the defence. 3. Knowing the terrain and arrangement of his army, capability of his troops. 4. a. Repay of taxation. b. Train army men in agriculture 5. Elephant : Strange and surprise element. 6. He did not want a different treatment from the rest of the soldiers; team building. 7. a. Snow-capped mountains. b. Motivation and encouragement. 8. By tying bundles of logs to the oxen's horns and setting of fire to create chaos and confusion.

**Page 27** 1. Adobe, technology 2. Facebook, social media 3. Motorola, telecommunications 4. Shell, oil and gas 5. Maersk, transportation 6. Sunsilk, cosmetics 7. Nike, apparel and footwear 8. Walt Disney, media 9. Pepsi, beverages 10. Ferrari, automobile

**Page 32** 1. At sixes and sevens 2. On cloud nine 3. 11th hour 4. Catch 22 5. Four corners of the earth 6. Third degree

**Page 33** 1. Thomas Alva Edison, electric bulb 2. Mahatma Gandhi, concept of non-violence 3. Alexander Graham Bell, telephone

**Page 37** 1. Kauai Hawaii 2. Victoria Falls 3. Railay 4. Temples of Bagan 5. Bora Bora

**Pages 40-41** 1. England 2. Greece 3. Italy 4. Australia 5. New Zealand 6. Jamaica 7. France 8. Canada 9. Spain 10. Nepal

