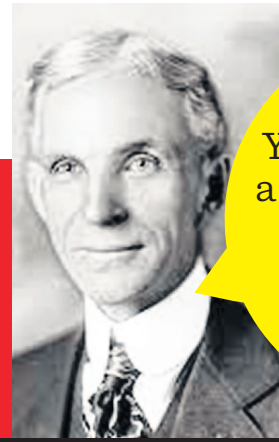


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SCHOOL

MUMBAI | THURSDAY | APRIL 2, 2026



You can't build a reputation on what you're going to do
- Henry Ford

The conversation around women in the workforce has been dominated by the assumption that they are harder to retain, that they leave faster

Women no job-hoppers



Women in India's formal workforce stay in their jobs "36 per cent" longer than men, said a new report released on Wednesday, debunking the perception that they are a retention risk. The data-led findings, conducted by fintech platform SalarySe, are based on an analysis of over 47,800 EPFO records of its registered users, primarily salaried professionals in urban areas. "The median tenure for women stands at 10.6 months, compared to just 7.8 months for men. In fact, only a mere 36% of women leave their jobs within the first six months, as opposed to 44 per cent of men," the report said. However, women remain underrepresented in the formal workforce, with only one in 13 workers being female, accounting for 7.6 per cent of all EPFO records. Sector-wise, the IT industry recorded the highest share of women among major sectors at 13.2 per cent, nearly double the overall average.

DID U KNOW?

The perception around women being harder to retain is not borne out by data.

No toll for harvesters

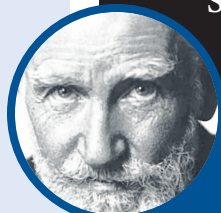


Combine harvesters used for agricultural purposes will now be exempted from toll payment at plazas operated by Madhya Pradesh Road Development Corp (MPRDC) as part of the state's commitment towards farmer welfare, Chief Minister Mohan Yadav said on Wednesday, adding that "Prosperous Farmers, Prosperous State" is state government's motto.

2,000 ships, 20,000 sailors stuck at Hormuz



2,000 ships, 20,000 sailors, food and water running out, and a blockade with no end in sight. With Iran's threats to choke the Strait of Hormuz, the lives of thousands of seafarers hang in the balance.



A life spent making mistakes is not only more honorable, but more useful than a life spent doing nothing - George Bernard Shaw

Covid warriors kin get compensation after 5 yrs

Delhi Chief Minister Rekha Gupta on Wednesday handed over cheques of Rs 1 crore each as financial assistance to the families of six Delhi government employees who lost their lives while on duty during the COVID-19 pandemic. Gupta said the gesture was not merely a government formality, but a heartfelt expression of gratitude, empathy and respect.





In today's world, the line between truth and falsehood is increasingly blurred
- Amitabh Bachchan

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DIET IS VILLAIN

Less-than-optimal diets, such as one being low on whole grains or high on sodium, may have caused over four million deaths worldwide from ischaemic heart disease in 2023



Less-than-optimal diets, such as one being low on whole grains or high on sodium, may have caused over four million deaths worldwide from ischaemic heart disease in 2023, according to an analysis. Ischaemic heart disease, or coronary artery disease, is a condition in which flow of oxygen-rich blood to the heart muscle is reduced because plaque build-up narrows coronary arteries. Researchers, including those from the US' Massachusetts General Hospital and Kyung Hee University in South Korea, analysed data from the



Global Burden of Disease Study (2023), a comprehensive database of health loss across places -- in 204 countries and territories -- over time. "In 2023, a sub-optimal diet was responsible for 4.06 million IHD (ischaemic heart disease) deaths," the authors wrote. Compared to 1990, the number of global diet-

related ischaemic heart disease deaths increased by 41.59 per cent in 2023, the team found. "Among dietary factors, low intake of nuts and seeds (9.87 deaths per 100,000 population), low whole grains (9.22), low fruits (7.25) and high sodium (7.15) were primary contributors to IHD deaths," they said.

Amul's homage to The Complete Man

Amid tributes pouring in for industrialist and aviator Vijaypat Singhania, dairy brand Amul has released a poignant topical titled 'The Complete Man,' honouring the legacy of the former Raymond Group chairman following his passing. The illustration draws from the iconic Raymond Group tagline "The Complete Man," a brand identity widely associated with Singhania's leadership.



Salman launches tennis tourney



A star-studded sporting spectacle unfolded in Thane as Bollywood actor Salman Khan joined Maharashtra Deputy Chief Minister Eknath Shinde to inaugurate the President Cup India 2026, a national-level tennis cricket tournament. The grand opening ceremony took place on March 31 at Dadoji Konddev Stadium. The duo officially launched the tournament by unveiling the trophy on stage, marking the beginning of the 16-team competition.

Samantha's 'power morning' routine



Actress Samantha Ruth Prabhu has opened up about the importance of starting the day right, revealing a simple yet effective "power morning" routine

that she says has brought about a significant transformation in her life. Samantha emphasised that mornings set the tone for the rest of the day.

Elections: PM Modi plucks tea leaves

Prime Minister Narendra Modi visited a tea garden in Dibrugarh district in poll-bound Assam on Wednesday and plucked leaves along with women workers. Modi asserted that tea is the "soul of Assam", and described his visit to the estate,

where he plucked the leaves and put them into a traditional basket, as a "memorable experience". The PM also interacted with the women workers who helped him learn how to pluck tea leaves. He also called one of the women workers his "guru".



DID U KNOW?
"Tea is the soul of Assam! The tea from here has made its way across the world," he said.



Limit your availability to create exclusivity. Not to be easily available to everyone
- Shreyas Iyer

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Puja Tomar eyes crucial win

India's rising MMA fighter Puja Tomar is set to return to UFC on May 29, where she will face China's Shi Ming in a Strawweight bout at Galaxy Arena in Macau. The fight will take place on the undercard of Road to UFC Season 5. This will be Tomar's third appearance in UFC and an important contest as she looks to strengthen her position in the strawweight division.



Shreyas fined 12L for slow over-rate



Punjab Kings (PBKS) captain Shreyas Iyer has been fined after his team fell behind the required over-rate during the fourth match of the IPL 2026 against Gujarat Titans (GT) at the New International Cricket Stadium in New Chandigarh. Iyer faced repercussions for maintaining a slow over-rate in the first innings, resulting in a breach of the IPL's code of conduct and was fined Rs. 12 lakhs.

India's Zimbabwe tour in July



Reigning Men's T20 WC champions India will tour Zimbabwe for a three-match T20I series in July, said ZC on Wednesday. The games are scheduled to be played on July 23, 25 and 26 at Harare Sports Club, all starting at 4:30 pm. The two sides last met in February during the Super Eight stage of 2026 Men's T20 WC in Chennai, where India won by 72 runs.

QUICK NEWS

AIFF rescinds Mayakkannan's red card

The Disciplinary Committee of AIFF has rescinded red card issued to Muthu Irulandi Mayakkannan of NorthEast United FC during their ISL clash against Odisha FC, making the defender available for selection in their upcoming fixture against Delhi on April 10.

Bengaluru FC appoint Savio

Bengaluru FC have announced the appointment of Savio Medeira as club's Head of Youth Development. Medeira will take charge of club's youth development programme as Blues continue strengthening their pathway.

Spain held to draw by Egypt

Spain completed its preparations for this summer's FIFA World Cup finals with a 0-0 draw against Egypt in a friendly at Espanyol's RCDE Stadium. Coach Luis de la Fuente made sweeping changes to side that beat Serbia 3-0 on Friday.

Tennis ace in BJP



He also thanked Nitin Nabin, the BJP's national president, for believing in him

Leander Paes meets PM



Tennis legend Leander Paes has expressed his gratitude towards Home Minister Amit Shah for inducting him into the Bharatiya Janata Party and said he

will strive to live up to his faith with dedication and sincerity. In a post on X, Paes said, "Deeply honoured and grateful to Shri Amit Shah Ji @AmitShah for inducting me into the Bharatiya Janata Party @BJP4India and reposing his trust in me. I will strive to live up to his faith with dedication and sincerity. Till today, I wore the Tiranga on my chest. Now I carry it on my shoulders too and will work towards empower-

ing our youth and strengthening sports across the nation. Jai Bharat Jai Hind," Paes met Shah in New Delhi on Tuesday. On Wednesday, he met Prime Minister Narendra Modi. In another social media post, Paes said he is committed to working with a strong focus on youth development and growth of sport in the country after joining the BJP just ahead of elections in West Bengal.

DID U KNOW?

Paes formally joined the BJP in New Delhi in the presence of senior party leaders.



The only place that "success" comes before "work" is in the dictionary - Vince Lombardi

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Iraq ends 40-year drought, claim FIFA berth

In a historic achievement, Iraq have ended the 40-year-old wait to qualify for the FIFA World Cup 2026 with a thrilling 2-1 win against Bolivia in the final match of the qualifiers played at the Monterrey Stadium on Wednesday. Iraq last played the multi-national

tournament in 1986, which was also co-hosted by Mexico, but the team could not perform well as they exited from the group stage. And now, after 40 years, they will return to the same place and compete with 47 teams to get their first FIFA World Cup trophy.

Equestrian Federation of India

The IOA formed a four-member ad hoc committee to run the affairs of the EFI

Scindia to head equestrian panel



cting on the February 18 directive of Justice Purshushaindra Kumar Kaurav of the Delhi High Court, the IOA formed a four-member ad hoc committee to run the affairs of the Equestrian Federation of India (EFI). Former Madhya Pradesh Minister of Sports and Youth Welfare Yashodhara Raje Scindia will be heading the committee, which includes International Equestrian Federation Director

(Governance) Francisco Lima, advocate Vidushpat Singhania and former EFI Joint Secretary (Technical) Col. AK Yadav. "The IOA hereby constitutes an Ad-Hoc Committee, with immediate effect, to administer and govern EFI and to put in place a reformation process so

that independent elections can be conducted in EFI and a duly elected Executive Committee is able to administer EFI," IOA chief PT Usha stated in the Office Order.

DID U KNOW?
In 2024 the Divisional Bench of the Delhi High Court stayed the appointment of the AAC.

Italy misses third straight FIFA WC

Four-time champion Italy have failed to qualify for a third consecutive FIFA World Cup after losing to Bosnia and Herzegovina in a dramatic playoff decided by penalties. The match, held in Zenica, ended 1-1 after extra time before Bosnia triumphed 4-1

in the shootout, securing its first World Cup appearance since 2014. "We still can't believe it," said Italy defender Leonardo Spinazzola. "It's upsetting for everyone." Head coach Gennaro Gattuso apologized after the match, saying the team had fallen short of expectations.

FIFA's first 48-team edition

The remaining places for this year's FIFA World Cup were finalised, capping a qualifying campaign that spanned nearly three years and setting the stage for the tournament's first 48-team edition. The competition will be held across the United States, Mexico and Canada from June 11 to July 19. The



expanded format has opened the door to new contenders while leaving several established powers and high-profile players on the outside looking in.

'Sports Alphabet' launched



In an event held at the India Habitat Centre, sports alphabet booklets were launched simultaneously in 21 languages, marking a first-of-its-kind initiative focused on promoting sports literacy among children. The programme, organised under the aegis of Sports: A Way of Life, was chaired by former Rajasthan and Himachal Pradesh Governor Kalraj Mishra.

FP SCHOOL EDITOR: AMRISH HERDENIA

FP SCHOOL is a publication for and of school students. Principals, teachers, parents and students are welcome to send news and pictures of functions held at schools, students who have excelled in different fields and stories, poems etc penned by students for publication to: freepresschool@gmail.com



By education I mean an all-round drawing out of the best in the child and man - body, mind and spirit.
— Mahatma Gandhi

Cosmic calling



Interstellar is not just a film; it is a vision that changed the way we perceive quantum physics. Directed by Christopher Nolan, it stands as a classic of cinema and pop culture. The story takes place in a future where Earth is collapsing under relentless dust storms and crop failures. Humanity races against time to survive, sending astronauts through a wormhole near Saturn in search of a new planet to inhabit. Cooper, the main character, leaves his family behind to join the mission. Their journey leads them to a black hole, where one hour equals days on Earth. The story itself earns an 8.5 out of 10, yet its visuals have cemented it in history as a classic that reshaped our imagination of physics.

The black hole Gargantua transformed scientific imagination. With physicist Kip Thorne guiding the project, Einstein's formulas were fed into computers to create its image. At the



time, black holes were believed to be completely dark. However, Gargantua revealed light bending around its edges—a prediction later confirmed by physicists. Each frame required 100 hours of processing and generated more than 800 terabytes of data. The sheer scale of this effort demonstrated how cinema can merge with science to create something extraordinary.

Interstellar remains a timeless classic. It earns 8 out of 10 for acting, 8.5 out of 10 for story, and a perfect 10 out of 10 for visuals. Achieving such groundbreaking effects in the 2010s was nothing

short of remarkable. The persistence of the filmmakers—the dedication that made them wait 100 hours for just one twenty-fourth of a second—was all to help the audience experience the dream of space exploration, a childhood fantasy brought to life. That persistence is a lesson in itself, proving that imagination and determination can push boundaries far beyond what was once thought possible.



Daksh Rai,
VI, S.K.I Jain High School



The Tiniest Voice

Logic has no age, yet in our society it is treated as a restricted substance for the young. We have been conditioned to be “smart” and “educated” since childhood. We are urged to sharpen our minds by reading and by experiencing new things. And yet, when curiosity leads to questioning, our voice is silenced by one far greater than ours—not because questioning is wrong, but because it has been rebranded as “disrespect”. So we remain silent, like puppets doing everything we are told. This is because our voice is the tiniest.

We are not allowed to argue or to share our thoughts, simply because when an elder speaks, the young are expected to stay quiet. I ask a simple question: why? We are judged before we are even heard, without proof or analysis. We are considered wrong not because of our ideas, but because of our age. Our society does not teach the young how to flourish. Instead, we are taught to be the

“ideal child” who listens to everything. Disagreement is treated as rebellion.

Silencing this voice is not healthy. Suppressing questions stifles intellect, and society begins to mistake obedience for knowledge. Silence is not “maintaining order”; it is the enemy of invention, discovery, and the very essence of what makes us human. Every great invention or discovery began as a question. “Why do things fall down?” This simple question led to the birth of physics.

From now on, every so-called “stupid” question should be asked, because every question carries the possibility of an answer. This is not rebellion; it is the nurturing of the mind. And if the answer is not yet known, let us search for it together with our elders instead of remaining silent. Will this always remain a delusion? Will the louder voices always dominate the quieter ones?



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