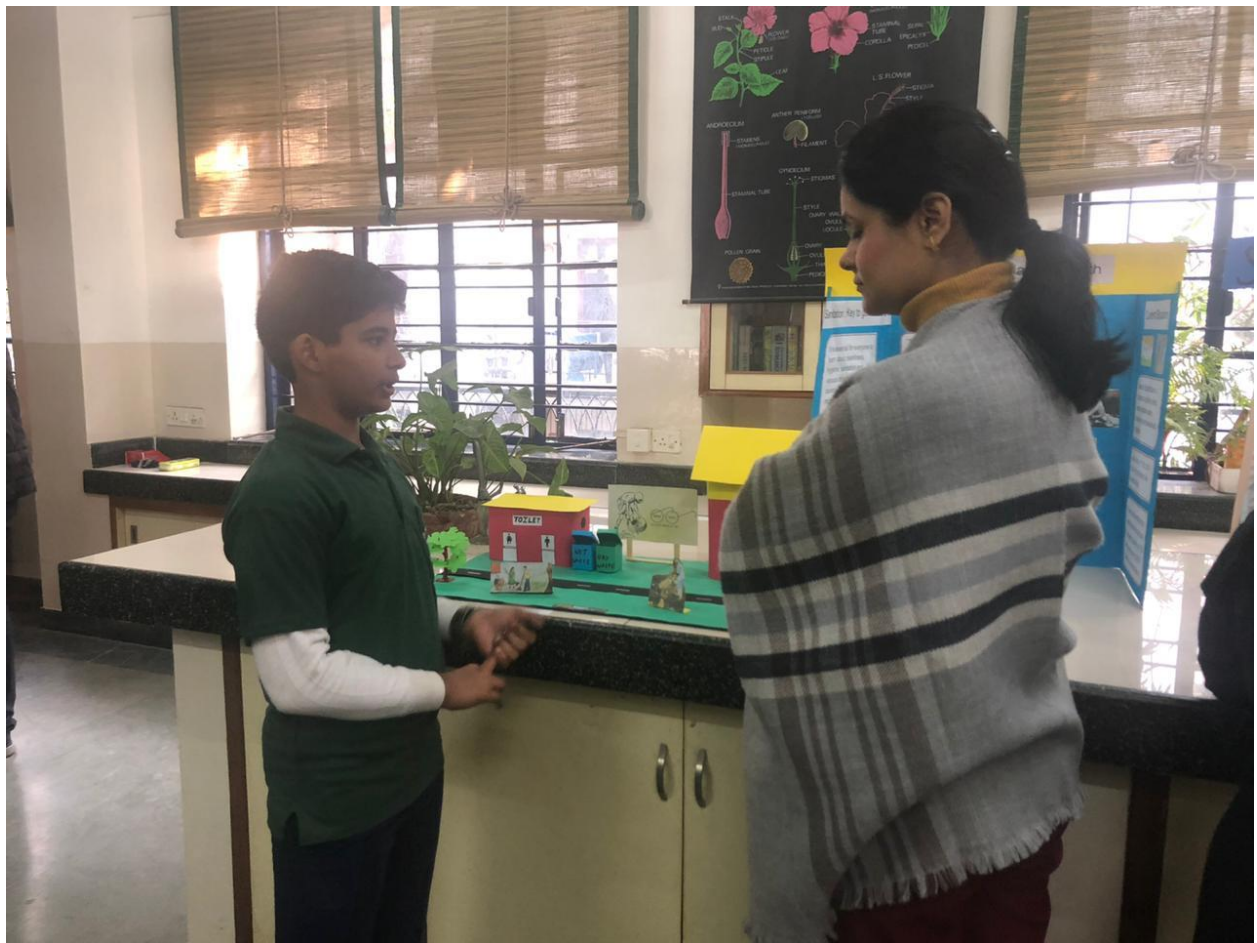


MIDDLE SCHOOL SCIENCE OPEN HOUSE







100	99	98	97	96	95	94	93	92	91
81	82	83	84	85	86	87	88	89	90
80	79	78	77	76	75	74	73	72	71
61	62	63	64	65	66	67	68	69	70
51	59	58	57	56	55	54	53	52	51
41	42	43	44	45	46	47	48	49	50
40	39	38	37	36	35	34	33	32	31
21	22	23	24	25	26	27	28	29	30
20	19	18	17	16	15	14	13	12	11
1	2	3	4	5	6	7	8	9	10

① Omega-3 fats are crucial for the proper functioning of the human body though most people don't get enough.

② There is no perfect diet for everyone. While some people do best on a low-carb diet, others are better off on a vegetarian high-carb diet.

③ Artificial Trans Fats are very unhealthy and have been linked with poor health and all sorts of chronic diseases.

④ It is crucial to avoid a vitamin D deficiency (Vitamin D functions as a major hormone in the body).

⑤ Supplements can never fully replace real foods and cannot match the variety of nutrients you get from real foods.

HOPE YOU FOUND OUR **FACTS** INTERESTING!

GANDHIJI BECAME BAPU

Why did indigo cultivation become a curse?

1. The indigo planter treated the peasants to get rid of them from crops. The peasants who refused to cultivate the crops were held in the weight of exorbitant taxes and the landlords.

2. The working conditions in indigo and factory were very miserable. There was a huge gap in the production of indigo dye as well as in the health and safety of the workers.

When Gandhi became aware of the situation in 1917, he decided to lead the Bapu. He was the first to protest against the British in the Champaran district of Bihar.

How did the plants become a dye?

Indigo green plants are pressed into pulp and filled with water from above. After being in water for twelve to fourteen hours, the juice comes down in water and the color of water becomes rich. After this, the water goes to another pond where it is stirred and churned with wood for one and a half hours. This churning is also done by machine rotation. The water is left to settle behind the churn, so that the thick material set down for some time. Then the indigo sitting at the bottom is soaked by mixing it with clean water. When boiled, it is stretched on the canvas cloth and spread out with the help of bamboo poles. The water flows away and remains clean in the form of indigo. This wet indigo is pressed hard into a box containing small holes, in which the wet cloth is overlaid, which causes its seven to eight fingers thick folds. After drying, it is cut into small pieces, which they call 'Bapu'. That is an indigo dye.

Conclusion

The struggle led on, the civil disobedience continued. The protests and hunger strikes ultimately ended with the withdrawal of the cultivation of indigo. The British Government passed the Champaran Act on 4 March 1918. Thereafter, British government signed an agreement giving some compensation to the farmers of the region, and conceding the right to the peasants to grow other crops.

Champaran Facts

- Indigo plants were grown in Bihar.
- Indigo was used to dye clothes.
- Indigo was a major export of Bihar.
- Indigo was a major source of revenue for the British.

Indigo Factory

Indigo was a major export of Bihar.

