February 2021 / / Edition I

St. Ursula Girls' High School & Jr. College, Nagpur

E-Calendar

Session 2020-2021

"Jesus Christ is the same Yesterday, Today and Forever." Hebrew 13:8

THE URSULA SPECTRUM

ARISE SHINE

"Renaissance"- History Fest"

Foreword by Head of Department of History

SUCCESS VERSUS COMFORT ZONE

Dear Ursulites,

Greetings to you all and welcome back to our Alma Mater. It's a blessing and a joy for each one of us to be back in our school after a long period of 10 months due to the pandemic of Covid-19. These terrible and dreadful months of 2020 have taught the entire world the value of relationship, time, health and money. As it is rightly said that **"History repeats itself"**. Yes, long back in 1918, the **Spanish flu** also known as the 1918 flu pandemic was an unusually deadly pandemic caused by the H1N1 Influenza A virus. Lasting from February 1918 to April 1920, infecting 500 million people – about the third of the world's population at that time. When we recollect the past, i.e., **History**, it helps us to develop a better understanding of the world. It also paints us a detailed picture of how society, technology and government worked way back so that we can better understand how it works now. In spite of the devastating and vicious effect of the **Spanish flu**, **History** helped us to learn from our mistakes and to connect events together, bringing us back to normalcy with unity, cooperation, perseverance, hard work, determination, tolerance and **faith in God,** thus making us a **better human being** and an **ideal citizen**.

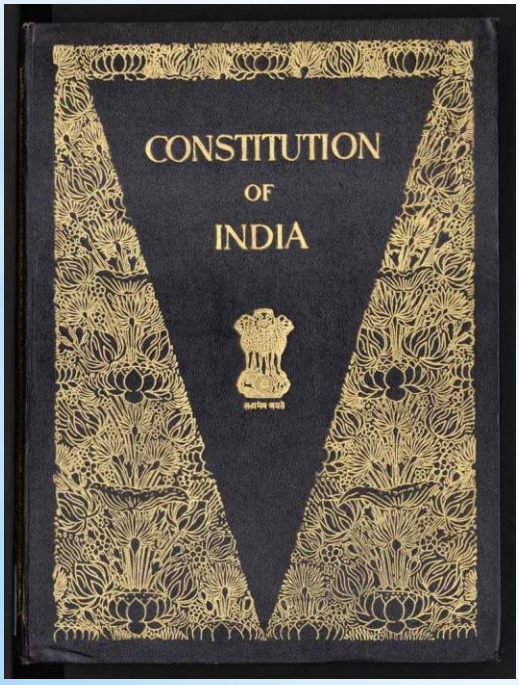
Today, we are facing the same situation. Do not be disheartened, as nothing in this world is permanent. We will overcome this situation as well. But to **overcome this situation and achieve success in life**, we need to **come out of our comfort zone** and become stronger and grow. If we want to achieve our goals and dreams in life, we need to wake up and go beyond our comfort zone. When we live in a comfort zone, we feel safe. But the problem with this place is nothing ever grows here. Life becomes predictable. The comfort zone is the greatest enemy of courage, confidence and success. It is a dangerous place which prevents us from improving, it stops us from achieving all the things we are capable of and it makes us miserable. Stepping out of our comfort zone could be terrifying, but it can also be our life's best decision.

Success is the ability to produce new ideas, provide better solutions to life's biggest problems, and to pioneer new products. None of this is possible if we shelter ourselves in our comfort zone and watch life pass by. The hardest thing to do is leaving our comfort zone. But we have to let go the life we are familiar with and take the risk to live the life we dream of. Coming out of our comfort zone is **tough in the beginning**, **chaotic in the middle, and awesome in the end** because in the end, it shows us a whole new world. **Let's make an attempt**.

In the words of Eddie Harris Jr., "The sooner that we step away from our comfort zone, the sooner we will realize that it wasn't all that comfortable". Everything that we want in life is on the other side of **fear. It's time to wake up and go beyond our comfort zone. Are we ready?**

Mrs. Supriya Paunikar
HOD, History Department

Warriors of History Department



Activities to be done in the month of February

***Renaissance History Club formation**
"Glorious past of Ursula". Worksheet on the History of St. Ursula School.
Search, learn and write the speeches of eminent personalities:
* Classes 5th & 6th- Mother Teresa and Pt. Jawaharlal Nehru
* Classes 7th & 8th - Malala Yusafzai & Barak Obama
* Classes 9th & 10th - Ratan Tata & Steve Jobs

3) Quiz:
* Classes 5th & 6th - My City
* Classes 7th & 8th - My State
* Classes 9th & 10th - My Country

4) Collect the information about:
*The parliament
*It's functioning
* Names of the current cabinet ministers.

5) Film show "Gunjan Saxena, a Kargil girl"along with a questionnaire

6) Seminar / Webinar by Subject expert for teachers

7) "Know your roots". Make a family tree sticking photos of your family members along with their name and mention their relation with you.

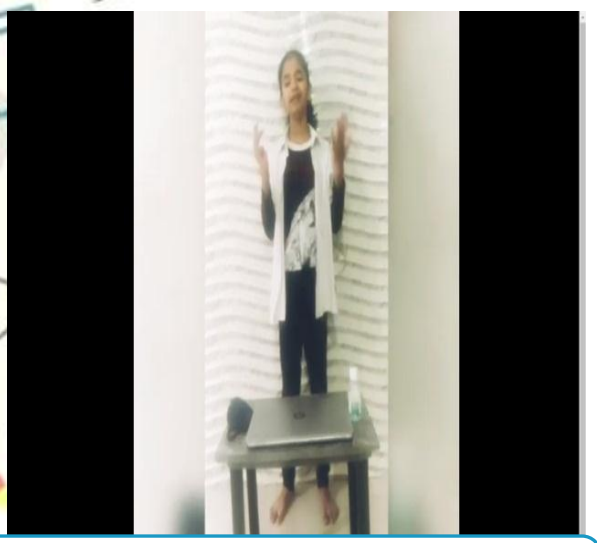
72nd Republic Day Celebration

Reports on Activities Done in the month of January by Science Department

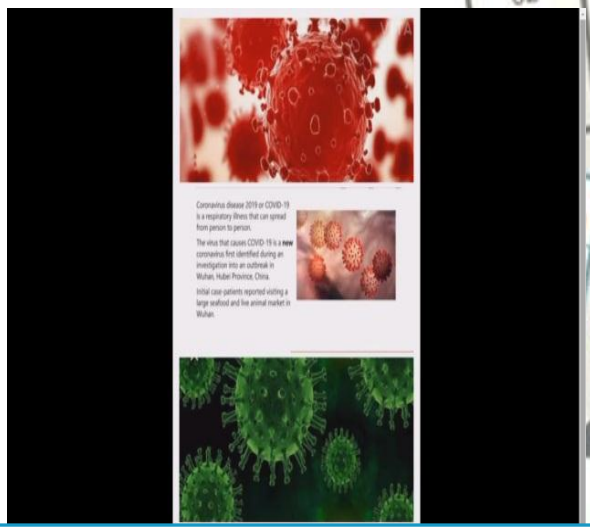
Advertisements

Students of Std V & VI were encouraged to make a short advertisement on the Simple measures people should take to slow the spread of Coronavirus disease. The students very enthusiastically participated in this activity and brought forth their hidden talents and creativity. This activity helped the students to become aware of the precautions that need to be taken to prevent the infection of Covid 19.

Incharge Teachers: Mrs. R.Dalal, Mrs. S.Benjamin, Mrs. R.Somkuwar & Mrs. S.Umredkar



https://www.youtube.com/watch?v=LaNRMa3B1cM&feature=youtu.be



https://www.youtube.com/watch?v=a2lwPSey5LA&feature=youtu.be

https://www.youtube.com/watch?v=kQMfkF_fBz4&feature=youtu.be

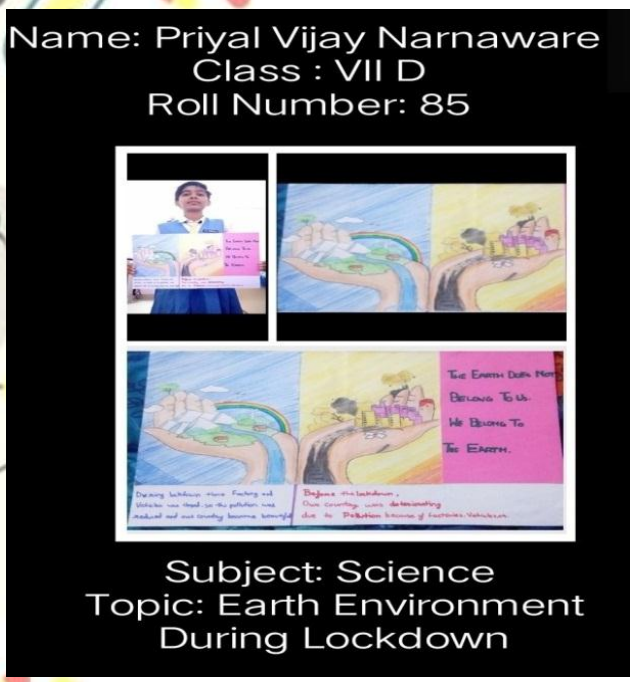
https://www.youtube.com/watch?v=hUQ2a1Jep40&feature=youtu.be

*Click on the link to watch the video

Poster Making Competition

Students of Std Vll were encouraged to make posters of Lockdown Days, Covid warriors, public responsibility during Covid Pandemic, Earth Environment during Lockdown Days and Digital India. The students very happily participated in this activity and brought forth their hidden talents and creativity. This activity helped the students to become aware of the precautions that need to be taken to prevent the infection of Covid 19.

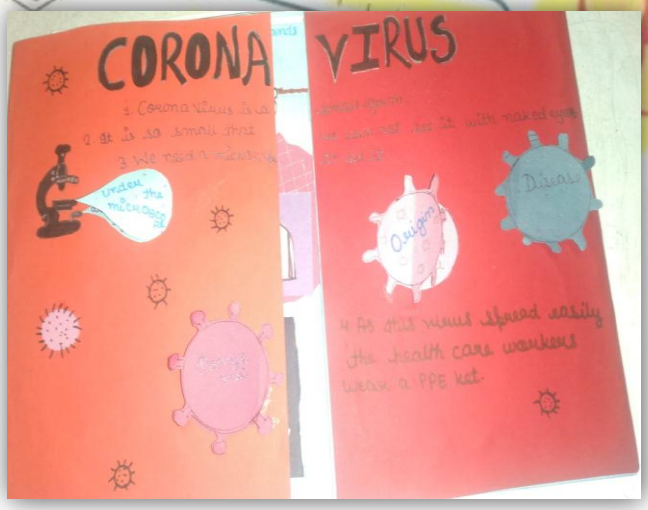
Incharge Teachers: Mrs. A.Joseph & Mrs. S.Patil



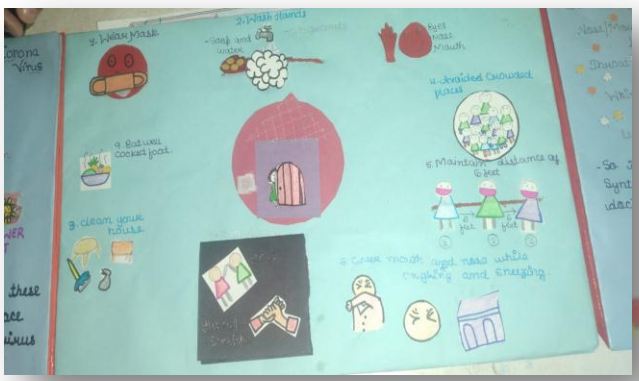
Model Making

To develop a scientific aptitude in the students of Std VIII , a model making activity was conducted section wise. Children gave overwhelming response as their creativity and scientific temperament blossomed.

Incharge Teachers: Mrs. S.Tanikonda & Mrs. S.Pawar



https://www.youtube.com/watch?v=XPEyNICrxE0&feature=youtu.be



https://www.youtube.com/watch?v=oXEQmfWwccw&feature=youtu.be

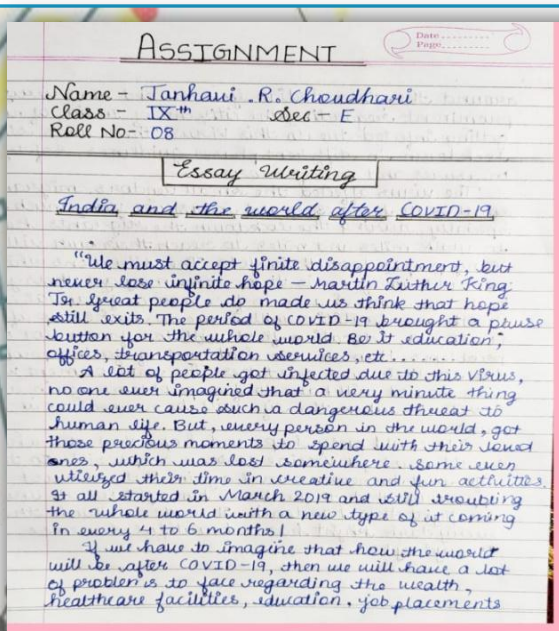
*Click on the link to watch the video

Essay Competition

India and the world after covid 19.The participation of the students was tremendous and from the entries received following were shortlisted.

1 - Janhvi Choudhary (IXE)
2 - Pranita Bhoyar (IX A)
3 - Pruthvi Class (IX C)

Incharge Teachers: Mrs. A.Fating & Mrs. S.Daniel



ASSIGNMENT

Name - Janhavi .R. Choudhari
Class - IX th Sec - E
Roll No - 08

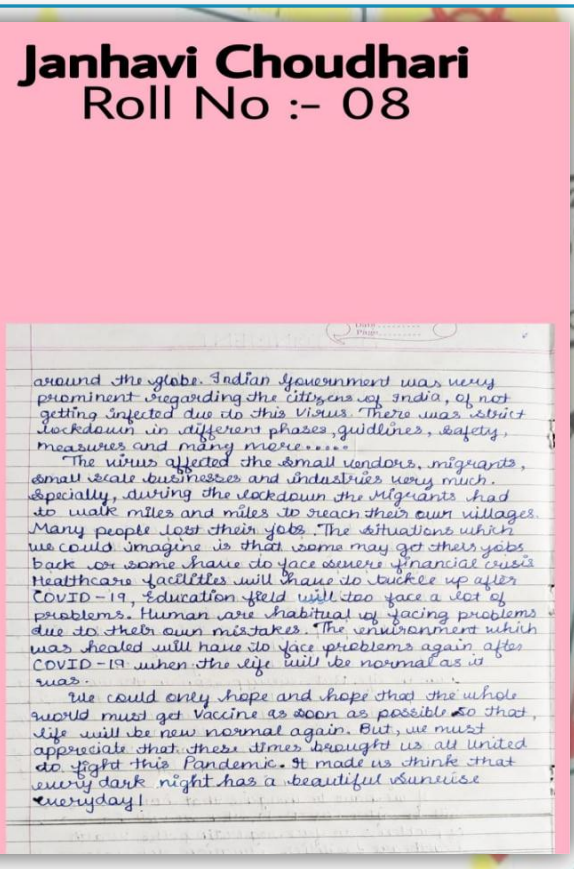
Essay Writing

India and the world after COVID-19

"We must accept finite disappointment, but never lose infinite hope – Martin Luther King Jr. Great people do made us think that hope still exits. The period of COVID-19 brought a pause button for the whole world. Be it education, offices, transportation services, etc.....

A lot of people got infected due to this virus, no one ever imagined that a very minute thing could ever cause such a dangerous threat to human life. But, every person in the world, got those precious moments to spend with their loved ones, which was lost somewhere. Some even utilized their time in creative and fun activities. It all started in March 2019 and still troubling the whole world with a new type of it coming in every 4 to 6 months!

If we have to imagine that how the world will be after COVID-19, then we will have a lot of problems is to face regarding the wealth, healthcare facilities, education, job placements

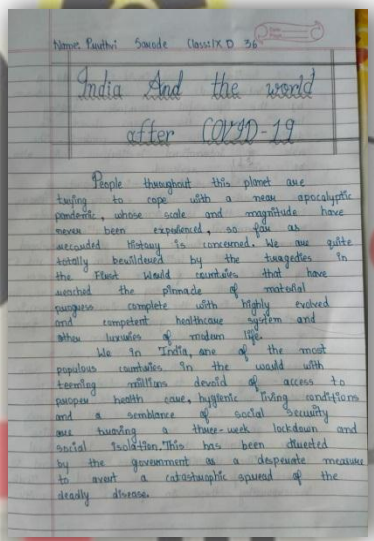


Janhavi Choudhari
Roll No :- 08

around the globe. Indian government was very prominent regarding the citizens of India, of not getting infected due to this Virus. There was strict lockdown in different phases, guidlines, safety, measures and many more.....

The virus affected the small vendors, migrants, small scale businesses and industries very much. Specially, during the lockdown the migrants had to walk miles and miles to reach their own villages. Many people lost their jobs. The situations which we could imagine is that some may get their jobs back or some have do face severe financial crisis. Healthcare facilities will have do buckle up after COVID-19, Education field will too face a lot of problems. Human are habitual of facing problems due to their own mistakes. The environment which was healed will have to face problems again after COVID-19 when the life will be normal as it was.

We could only hope and hope that the whole world must get vaccine as soon as possible so that, life will be new normal again. But, we must appreciate that these times brought us all united do fight this Pandemic. It made us think that every dark night has a beautiful Sunrise everyday!

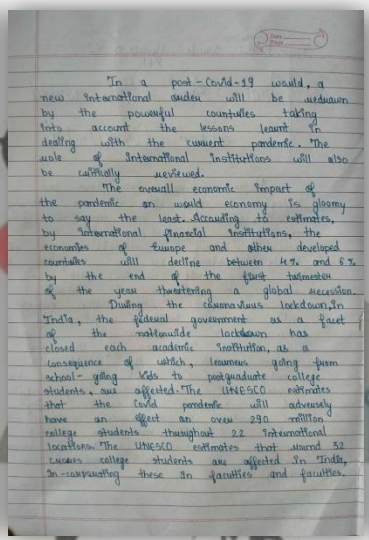


Name: Pruthvi Sawale Class: IX D 36

India And the world after COVID-19

People throughout this planet are trying to cope with a near apocalyptic pandemic, whose scale and magnitude have never been experienced, so far as recorded History is concerned. We are quite totally bewildered by the tragedies in the First World countries that have wrenched the pinnacle of material progress complete with highly evolved and competent healthcare system and other luxuries of modern life.

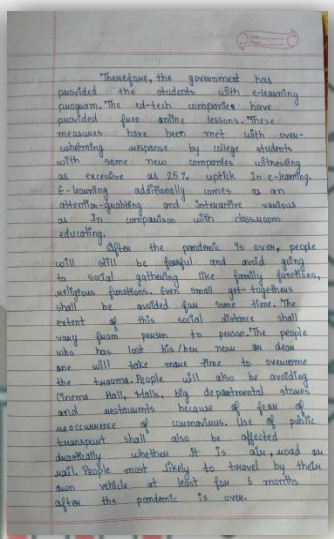
We in India, one of the most populous countries in the world with teeming millions devoid of access to proper health care, hygienic living conditions and a semblance of social Security are trusting a three-week lockdown and social Isolation. This has been directed by the government as a desperate measure to avert a catastrophic spread of the deadly disease.



In a post-Covid-19 world, a new International order will be ushered by the powerful countries taking into account the lessons learnt in dealing with the current pandemic. The role of International Institutions will also be critically reviewed.

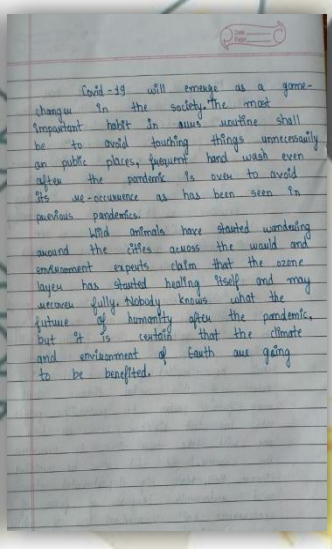
The overall economic impact of the pandemic on world economy is gloomy to say the least. According to estimates, by International financial Institutions, the economies of Europe and other developed countries will decline between 4% and 6% by the end of the first trimester of the year threatening a global recession.

During the Coronavirus lockdown, in India, the federal government as a facet of the nationwide lockdown has closed each academic institution, as a consequence of which, learners going from school-going kids to postgraduate college students, are affected. The UNESCO estimates that the Covid pandemic will adversely have an effect an over 290 million college students throughout 22 International locations. The UNESCO estimates that around 32 crores college students are affected in India. In-conjunction these in faculties and faculties.



Therefore, the government has provided the students with e-learning program. The ed-tech companies have provided free online lessons. These measures have been met with over-whelming response by college students with some new companies witnessing as excessive as 25% uptick in e-learning. E-learning additionally comes as an attention-grabbing and interactive various as in comparison with classroom educating.

Often the pandemic is over, people will still be fearful and avoid going to social gatherings like family functions, religious functions. Even small get-togethers shall be avoided for some time. The extent of this social distance shall vary from person to person. The people who has lost his/her near and dear one will take more time to overcome the trauma. People will also be avoiding Cinema Hall, Malls, big departmental stores and restaurants because of fear of re-occurrence of coronavirus. Use of public transport shall also be affected drastically whether it is air, road or rail. People most likely to travel by their own vehicle at least few 6 months after the pandemic is over.



Covid-19 will emerge as a game-changer in the society. The most important habit in our routine shall be to avoid touching things unnecessarily in public places, frequent hand wash even after the pandemic is over to avoid its re-occurrence as has been seen in previous pandemics.

Wild animals have started wandering around the cities across the world and environment experts claim that the ozone layer has started healing itself and may recover fully. Nobody knows what the future of humanity after the pandemic. But it is certain that the climate and environment of Earth are going to be benefited.

Power Point Presentation

Power Point Presentation Activity had been conducted by Department of Science for class X. In charge Teachers were Mrs. Prashansa Dlima and Ms. Alina Jacob. The Topic was COVID 19 for PPT and students overviewed the points like background, international, national and local situation, characteristic of COVID-19 and Public health activities. Students enjoyed this activity and gained more informative knowledge about COVID-19.

Incharge Teachers: Mrs. P.D'lima & Ms. A.Jacob

Youtube Links for Videos of Presentation

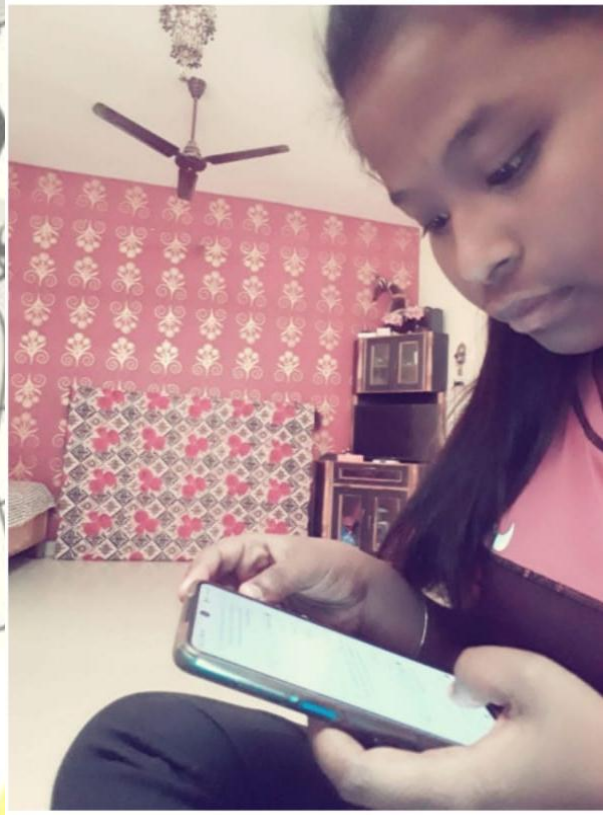
1. https://youtu.be/d_ZDGUkNRIk
2. https://youtu.be/g7W1mnBcBsc
3. https://youtu.be/xDqS9oo5gOU

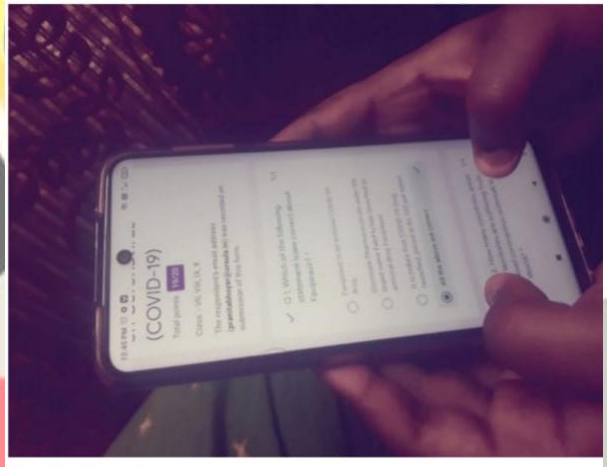
*Click on the link to watch the video

Quiz

An informative Quiz on Coronavirus was organized for students of Class Vll to X Std on 19th January to enhance their knowledge about the pandemic. The response from the students was highly appreciable.

Incharge Teachers: Mrs. C.Thorat, Mrs. M.Thorat & Mrs. R.Somkuwar





Movie Screening

A Short Documentary film on Covid-19 pandemic was shared with the students from Std V to X. This movie highlighted the effects of the pandemic in the lives of people around the world, also it shared a message of awareness amongst the children and motivated them to adapt to the new normal.

Incharge Teachers: Mrs. A.Nadupuru

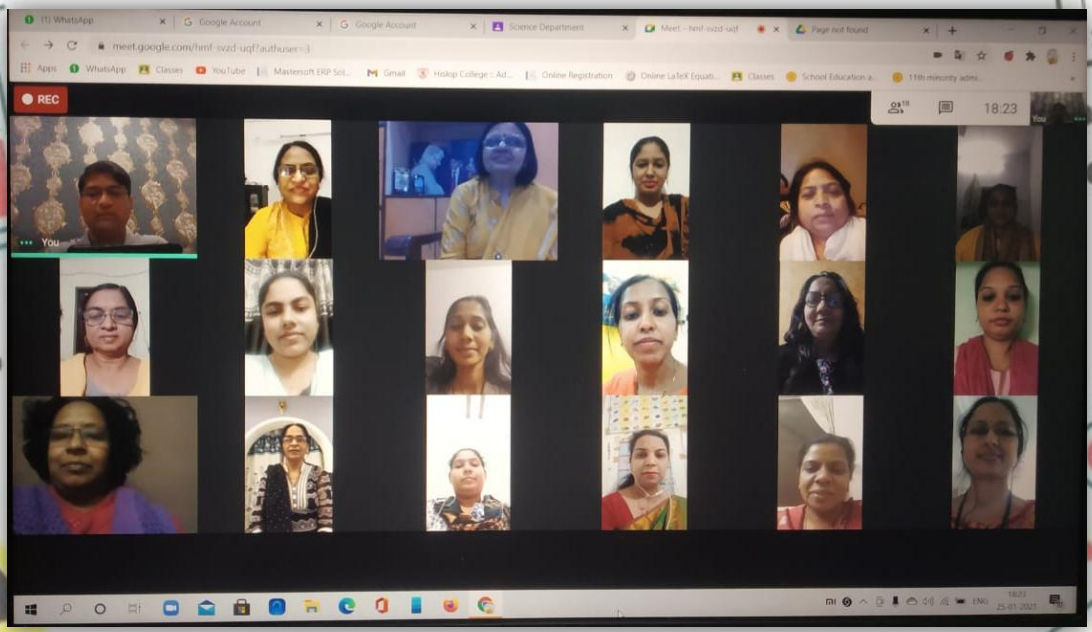
Webinar

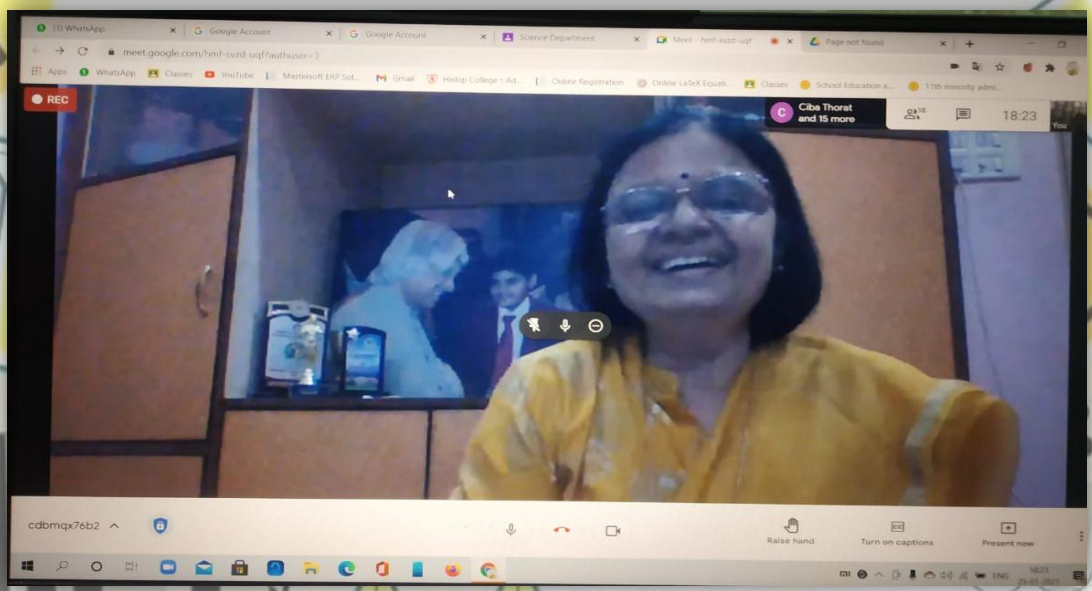
Science department had organized a webinar on 25th January. The guest speaker was Ma'am Manisha Mahatme lecturer of St. Joseph's Convent, Nagpur. The session dealt with the way science should be taught in the classroom by use of small tools and cost effective apparatus which is easily available.

Ma'am Manisha also touched the topics which can be taught with ease by giving examples to make the topics interesting.

Some simple experiments were also demonstrated to show how complex topics can be easily and interestingly taught by using this technique. The topic about What perspective a science teacher should have was also covered. The Guest also guided how by using simple techniques and readily available chemicals, adulteration of food articles can be checked. The seminar was attended by all science teachers.

Incharge Teachers: Mrs. L.Palaskar & Mr. V.Peter





February						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16 (Vasant Panchami)	17	18	19 (Shivaji Jayanti)	20
21	22	23	24	25	26	27
28						

List of important days in February 2021

- **February 2 - World Wetlands Day -** World Wetlands Day official website reveals that the celebration of this environmental day dates back to the year of 1971. This was the year when several environmentalists gathered to reaffirm the protection and love for wetlands.
- **February 4 - World Cancer Day -** WorldCancerDay.org reveals that World Cancer Day is a global uniting initiative led by the Union for International Cancer Control (UICC). The day is used by the UN and WHO to raise awareness, improve education and catalyse personal, collective and government action, towards fighting cancer.
- **February 20 - World Day of Social Justice -** World Day of Social Justice is a necessity for peaceful and prosperous coexistence of the human race. Hence the principles of social justice also include promoting gender equality, or the rights of indigenous peoples and migrants.
- **February 27 - World NGO Day -** According to WorldNGO.org, World NGO Day was officially recognized and declared by the 12 member countries of the IX Baltic Sea NGO Forum of the Council of the Baltic Sea States in 2010.
- **February 28 - National Science Day -** A report in the Indian Express reveals that National Science Day (NSD) is celebrated in India on February 28 every year. The day is observed to commemorate the discovery of the 'Raman Effect' by the great Indian physicist Sir CV Raman on February 28, 1928. Raman was awarded the Nobel Prize in Physics in 1930 for the same.

The 20 big questions in science

From the nature of the universe (that's if there is only one) to the purpose of dreams, there are lots of things we still don't know – but we might do soon.

1 What is the universe made of?

Astronomers face an embarrassing conundrum: they don't know what 95% of the universe is made of. Atoms, which form everything we see around us, only account for a measly 5%. Over the past 80 years it has become clear that the substantial remainder is comprised of two shadowy entities – dark matter and dark energy. The former, first discovered in 1933, acts as an invisible glue, binding galaxies and galaxy clusters together. Unveiled in 1998, the latter is pushing the universe's expansion to ever greater speeds. Astronomers are closing in on the true identities of these unseen interlopers.

2 How did life begin?

Four billion years ago, something started stirring in the primordial soup. A few simple chemicals got together and made biology – the first molecules capable of replicating themselves appeared. We humans are linked by evolution to those early biological molecules. But how did the basic chemicals present on early Earth spontaneously arrange themselves into something resembling life? How did we get DNA? What did the first cells look like? More than half a century after the chemist Stanley Miller proposed his "primordial soup" theory, we still can't agree about what happened. Some say life began in hot pools near volcanoes, others that it was kick-started by meteorites hitting the sea.

3 Are we alone in the universe?

Perhaps not. Astronomers have been scouring the universe for places where water worlds might have given rise to life, from Europa and Mars in our solar system to planets many light years away. Radio telescopes have been eavesdropping on the heavens and in 1977 a signal bearing the potential hallmarks of an alien message was heard. Astronomers are now able to scan the atmospheres of alien worlds for oxygen and water. The next few decades will be an exciting time to be an alien hunter with up to 60bn potentially habitable planets in our Milky Way alone.

4 What makes us human?

Just looking at your DNA won't tell you – the human genome is 99% identical to a chimpanzee's and, for that matter, 50% to a banana's. We do, however, have bigger brains than most animals – not the biggest, but packed with three times as many neurons as a gorilla (86bn to be exact). A lot of the things we once thought distinguishing about us – language, tool-use, recognizing yourself in the mirror – are seen in other animals. Perhaps it's our culture – and its subsequent effect on our genes (and vice versa) – that makes the difference. Scientists think that cooking and our mastery of fire may have helped us gain big brains. But it's possible that our capacity for co-operation and skills trade is what really makes this a planet of humans and not apes.

5 What is consciousness?

We're still not really sure. We do know that it's to do with different brain regions networked together rather than a single part of the brain. The thinking goes that if we figure out which bits of the brain are involved and how the neural circuitry works, we'll figure out how consciousness emerges, something that artificial intelligence and attempts to build a brain neuron by neuron may help with. The harder, more philosophical, question is why anything should be conscious in the first place. A good suggestion is that by integrating and processing lots of information, as well as focusing and blocking out rather than reacting to the sensory inputs bombarding us, we can distinguish between what's real and what's not and imagine multiple future scenarios that help us adapt and survive.

6 Why do we dream?

We spend around a third of our lives sleeping. Considering how much time we spend doing it, you might think we'd know everything about it. But scientists are still searching for a complete explanation of why we sleep and dream. Subscribers to Sigmund Freud's views believed dreams were expressions of unfulfilled wishes – often sexual – while others wonder whether dreams are anything but the random firings of a sleeping brain. Animal studies and advances in brain imaging have led us to a more complex understanding that suggests dreaming could play a role in memory, learning and emotions. Rats, for example, have been shown to replay their waking experiences in dreams, apparently helping them to solve complex tasks such as navigating mazes.

7 Why is there stuff?

You really shouldn't be here. The "stuff" you're made of is matter, which has a counterpart called antimatter differing only in electrical charge. When they meet, both disappear in a flash of energy. Our best theories suggest that the big bang created equal amounts of the two, meaning all matter should have since encountered its antimatter counterpart, scuppering them both and leaving the universe awash with only energy. Clearly nature has a subtle bias for matter otherwise you wouldn't exist. Researchers are sifting data from experiments like the Large Hadron Collider trying to understand why, with super symmetry and neutrinos the two leading contenders.

8 Are there other universes?

Our universe is a very unlikely place. Alter some of its settings even slightly and life as we know it becomes impossible. In an attempt to unravel this "fine-tuning" problem, physicists are increasingly turning to the notion of other universes. If there is an infinite number of them in a "multiverse" then every combination of settings would be played out somewhere and, of course, you find yourself in the universe where you are able to exist. It may sound crazy, but evidence from cosmology and quantum physics is pointing in that direction.

9 Where do we put all the carbon?

For the past couple of hundred years, we've been filling the atmosphere with carbon dioxide – unleashing it by burning fossil fuels that once locked away carbon below the Earth's surface. Now we have to put all that carbon back, or risk the consequences of a warming climate. But how do we do it? One idea is to bury it in old oil and gas fields. Another is to hide it away at the bottom of the sea. But we don't know how long it will stay there, or what the risks might be. Meanwhile, we have to protect natural, long-lasting stores of carbon, such as forests and peat bogs, and start making energy in a way that doesn't belch out even more.

10 How do we get more energy from the sun?

Dwindling supplies of fossil fuels mean we're in need of a new way to power our planet. Our nearest star offers more than one possible solution. We're already harnessing the sun's energy to produce solar power. Another idea is to use the energy in sunlight to split water into its component parts: oxygen, and hydrogen, which could provide a clean fuel for cars of the future. Scientists are also working on an energy solution that depends on recreating the processes going on inside stars themselves – they're building a nuclear fusion machine. The hope is that these solutions can meet our energy needs.

11 What's so weird about prime numbers?

The fact you can shop safely on the internet is thanks to prime numbers – those digits that can only be divided by themselves and one. Public key encryption – the heartbeat of internet commerce – uses prime numbers to fashion keys capable of locking away your sensitive information from prying eyes. And yet, despite their fundamental importance to our everyday lives, the primes remain an enigma. An apparent pattern within them – the Riemann hypothesis – has tantalised some of the brightest minds in mathematics for centuries. However, as yet, no one has been able to tame their weirdness. Doing so might just break the internet.

12 How do we beat bacteria?

Antibiotics are one of the miracles of modern medicine. Sir Alexander Fleming's Nobel prize-winning discovery led to medicines that fought some of the deadliest diseases and made surgery, transplants and chemotherapy possible. Yet this legacy is in danger – in Europe around 25,000 people die each year of multidrug-resistant bacteria. Our drug pipeline has been sputtering for decades and we've been making the problem worse through over prescription and misuse of antibiotics – an estimated 80% of US antibiotics goes to boosting farm animal growth. Thankfully, the advent of DNA sequencing is helping us discover antibiotics we never knew bacteria could produce. Alongside innovative, if gross-sounding, methods such as transplanting "good" bacteria from fecal matter, and the search for new bacteria deep in the oceans, we may yet keep abreast in this arms race with organisms 3bn years our senior.

13 Can computers keep getting faster?

Our tablets and smartphones are mini-computers that contain more computing power than astronauts took to the moon in 1969. But if we want to keep on increasing the amount of computing power we carry around in our pockets, how are we going to do it? There are only so many components you can cram on to a computer chip. Has the limit been reached, or is there another way to make a computer? Scientists are considering new materials, such as atomically thin carbon – graphene – as well as new systems, such as quantum computing.

14 Will we ever cure cancer?

The short answer is no. Not a single disease, but a loose group of many hundreds of diseases, cancer has been around since the dinosaurs and, being caused by haywire genes, the risk is hardwired into all of us. The longer we live, the more likely something might go wrong, in any number of ways. For cancer is a living thing – ever-evolving to survive. Yet though incredibly complicated, through genetics we're learning more and more about what causes it, how it spreads and getting better at treating and preventing it. And know this: up to half of all cancers – 3.7m a year – are preventable; quit smoking, drink and eat moderately, stay active, and avoid prolonged exposure to the midday sun.

15 When can I have a robot butler?

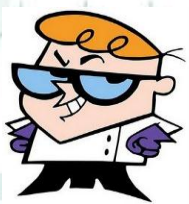
Robots can already serve drinks and carry suitcases. Modern robotics can offer us a "staff" of individually specialised robots: they ready your Amazon orders for delivery, milk your cows, sort your email and ferry you between airport terminals. But a truly "intelligent" robot requires us to crack artificial intelligence. The real question is whether you'd leave a robotic butler alone in the house with your granny. And with Japan aiming to have robotic aides caring for its elderly by 2025, we're thinking hard about it now.

16 What's at the bottom of the ocean?

Ninety-five per cent of the ocean is unexplored. What's down there? In 1960, Don Walsh and Jacques Piccard travelled seven miles down, to the deepest part of the ocean, in search of answers. Their voyage pushed the boundaries of human endeavour but gave them only a glimpse of life on the seafloor. It's so difficult getting to the bottom of the ocean that for the most part we have to resort to sending unmanned vehicles as scouts. The discoveries we've made so far – from bizarre fish such as the barrel eye, with its transparent head, to a potential treatment for Alzheimer's made by crustaceans – are a tiny fraction of the strange world hidden below the waves.

17 What's at the bottom of a black hole?

It's a question we don't yet have the tools to answer. Einstein's general relativity says that when a black hole is created by a dying, collapsing massive star, it continues caving in until it forms an infinitely small, infinitely dense point called a singularity. But on such scales quantum physics probably has something to say too. Except that general relativity and quantum physics have never been the happiest of bedfellows – for decades they have withstood all attempts to unify them. However, a recent idea – called M-Theory – may one day explain the unseen centre of one of the universe's most extreme creations.



18 Can we live forever?

We live in an amazing time: we're starting to think of "ageing" not as a fact of life, but a disease that can be treated and possibly prevented, or at least put off for a very long time. Our knowledge of what causes us to age – and what allows some animals to live longer than others – is expanding rapidly. And though we haven't quite worked out all the details, the clues we are gathering about DNA damage, the balance of ageing, metabolism and reproductive fitness, plus the genes that regulate this, are filling out a bigger picture, potentially leading to drug treatments. But the real question is not how we're going to live longer but how we are going to live well longer. And since many diseases, such as diabetes and cancer, are diseases of ageing, treating ageing itself could be the key.

19 How do we solve the population problem?

The number of people on our planet has doubled to more than 7 billion since the 1960s and it is expected that by 2050 there will be at least 9 billion of us. Where are we all going to live and how are we going to make enough food and fuel for our ever-growing population? Maybe we can ship everyone off to Mars or start building apartment blocks underground. We could even start feeding ourselves with lab-grown meat. These may sound like sci-fi solutions, but we might have to start taking them more seriously.

20 Is time travel possible?

Time travellers already walk among us. Thanks to Einstein's theory of special relativity, astronauts orbiting on the International Space Station experience time ticking more slowly. At that speed the effect is minuscule, but ramp up the velocity and the effect means that one day humans might travel thousands of years into the future. Nature seems to be less fond of people going the other way and returning to the past, however some physicists have concocted an elaborate blueprint for a way to do it using wormholes and spaceships. It could even be used to hand yourself a present on Christmas Day, or answer some of the many questions that surround the universe's great unknowns.

"Our Greatest Glory is not in never falling, but rising ever time we fall."