



THE TIMES OF INDIA

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**TODAY'S
EDITION**

➤ Want to make good use of plastic waste? Learn it from a student, who use plastic waste as a pre-fuel

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➤ Learn how superhero Shang Chi inspires people with the innate goodness in his character and the ability to be just in adverse situation

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➤ Ligue 1: Kylian Mbappe scores a double as Paris Saint-Germain (PSG) beat Monaco

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STUDENT EDITION
TUESDAY, DECEMBER 14, 2021

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Spotlight

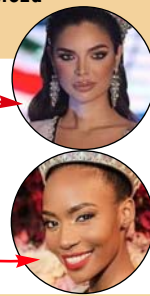
HARNAAZ SANDHU

Miss Universe 2021

Actor-model Harnaaz Sandhu made history on Monday as she was crowned Miss Universe 2021 – beating contestants from 80 countries – 21 years after India last brought home the title. The 70th edition of the event was held in Eilat, Israel, where the 21-year-old bagged the coveted pageant. The Chandigarh-based model, who is pursuing her master's degree in public administration, was crowned by her predecessor, Andrea Meza of Mexico, who won the pageant in 2020.

Only two Indians before Sandhu have won the title of Miss Universe – actors Sushmita Sen in 1994 and Lara Dutta in 2000

While Paraguay's Nadia Ferreira, 22, finished second, South Africa's Lalela Mswane, 24, came third



THE ANSWER THAT WON SANDHU THE CROWN

The biggest pressure the youth of today is facing is to believe in themselves, to know that you are unique and that's what makes you beautiful. Stop comparing yourselves with others and let's talk about more important things that's happening worldwide. This is what you need to understand. Come out, speak for yourselves because you are the leader of your life, you are the voice of your own. I believed in myself and that's why I am standing here today
– On being asked what advice would she give to young women on how to deal with the pressure they face today

■ Sandhu started her journey in pageantry when she won Times Fresh Face in 2017, representing Chandigarh at the age of 17. She later won the LIVA Miss Diva Universe 2021 title
■ Sandhu has also worked in a few Punjabi films

DEAR STUDENTS,

Want to know more about Harnaaz Sandhu, the newly-crowned Miss Universe? Check out her journey to the stardom in Times NIE print edition


Dear students,

The Times of India, Newspaper in Education, thanks you for your unending, unquestioned support during the Covid times. We are extremely delighted to be held by you after 18 long months of digital edition. With the print edition making a comeback, expect Times NIE Powerpack – a revamped print edition, curated keeping your curriculum in mind, making education play-way and introducing new ideas, themes that you exchanged with us during the 18 month-absence of the print edition. Looking forward to a bigger engagement and larger participation from you students, teachers, principals and parents, we are officially back! Please share your feedback at

toinie175@gmail.com


Students in Mumbai finally get to hold their favourite Times NIE print edition, as Times NIE gets back to schools in the city. Welcoming the print edition, students, principals and teachers grab the first copy on Monday

Dictionary.com picks 'Allyship' as Word of the Year 2021



Allyship, an old noun made new again, is Dictionary.com's word of the year. The look up site with 70 million monthly users took the unusual step of anointing a word it added just last month, though 'allyship' first surfaced in the mid-1800s, said one of the company's content overseers, John Kelly. "In the past few decades, the term has evolved to take on a more nuanced and specific meaning. It is continuing to evolve and we saw that in many ways," he added.

The site offers two definitions for allyship: The role of a person who advocates for inclusion of a "marginalised or politicised group" in solidarity but not as a member, and the traditional relationship of "persons or nations cooperating with one another for a common cause"

IN THE NEWS

NEW CALEDONIA

Voters in the French island territory of New Caledonia chose overwhelmingly on Sunday to stay part of France, in a referendum boycotted by pro-independence forces and closely watched around the South Pacific. The vote was monitored by the UN and regional powers, amid global efforts toward decolonisation and amid growing Chinese influence in the region.

THE HISTORY

1 New Caledonia, colonised by Napoleon's nephew in the 19th century, is a vast archipelago of about 2,70,000 people east of Australia that is 10 time zones ahead of Paris – and hosts a French military base.

2 Sunday's vote was the third and last in a decades-long decolonisation process that stemmed from violence in 1988, which led to the French government handing New Caledonia broad autonomy under the Noumea Agreement.

3 The process was aimed at settling tensions between native Kanaks seeking independence and those who want the territory to remain part of France

FORMULA ONE GETS A NEW WORLD CHAMP

In a title race billed as the greatest in history – akin to the James Hunt vs Niki Lauda title race in 1976 and the Ayrton Senna vs. Alain Prost race in 1990 – **Max Verstappen** became the first Dutchman to win the Formula One World Championship when he beat overwhelming favourite Lewis Hamilton at the Abu Dhabi Grand Prix final. The race result was subject to a protest from Mercedes, which claimed that the race director had not followed his own rulebook with the late restart and that the result should have been taken from the penultimate lap when Hamilton was leading.


SPORTS

FACTOID

310 KG

That's the weight of the world's largest natural corundum blue sapphire. Named the 'Queen of Asia', the rare gem stone had been found three months ago from a gem pit in Ratnapura, popularly known as gem city situated around 85 km away from Colombo in Sri Lanka.


THE TIMES OF INDIA

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CLASS: XII - 2021-22

SUBJECT:
CHEMISTRY

Time Allowed: 1½ Hours

Maximum Marks: 35

BE DILIGENT TO BOND WITH CHEMISTRY



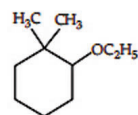
PAPER SET BY DEEPA CHERIAN, PGT CHEMISTRY, TOC H PUBLIC SCHOOL, VYTTILA, ERNAKULAM

GENERAL INSTRUCTIONS

1. The Question Paper contains 3 sections.
2. Section A has 25 questions. Attempt any 20 questions.
3. Section B has 24 questions. Attempt any 20 questions.
4. Section C has 6 questions. Attempt any 5 questions.
5. All questions carry equal marks.

SECTION-A

- Q1)** A binary mixture that forms maximum boiling azeotrope is
(a) ethanol + acetone
(b) water + ethanol
(c) acetone + chloroform
(d) bromoethane + chloroethane
Q2) IUPAC name of the following compound is:
(a) 2-ethoxy-1,1-dimethylcyclohexane
(b) 2,6-dimethyl phenol
(c) 2-ethoxy propane
(d) 1-ethoxy-2,2-dimethylcyclohexane
Q3) The relative lowering of vapour pressure of an aqueous solution containing non volatile solute is 0.015, then the molality of the solution is
(a) 0.01 (b) 0.5 (c) 0.7 (d) 0.8
Q4) The helical structure of protein is stabilised by
(a) Van Der Waal's forces
(b) Dipole-dipole interaction
(c) Dipeptide bond (d) Hydrogen bond
Q5) XeF_6 on complete hydrolysis forms:
(a) Only XeOF_4 (b) XeO_3 , F_2 and HF
(c) XeO_3 and HF (d) XeO_3 and XeOF_4
Q6) Which alcohol do not react with Lucas reagent at room temperature?
(a) 3-methyl-2-butanol
(b) 2-methyl-2-butanol
(c) 2-methyl-2-butanol
(d) 2,3-dimethyl-2-butanol
Q7) Bleaching powder reacts with conc. HCl gives
(a) chlorine (b) oxygen
(c) chloric acid (d) hypochlorous acid
Q8) The total number of tetrahedral voids in the face centred unit cell is
(a) 4 (b) 6 (c) 8 (d) 12
Q9) Propanol undergoes catalytic dehydrogenation to give
(a) propene (b) propanone
(c) propyl chloride (d) propanal
Q10) Glucose on reaction with bromine water forms
(a) saccharic acid (b) gluconic acid
(c) hexane (d) oxime
Q11) Which of the following elements can form oxides in oxidation states varying from +1 to +5?
(a) N (b) P (c) As (d) Sb
Q12) What of the following statement is not true regarding the structure of nucleic acid?
(a) DNA has double helix strand structure
(b) When a nitrogenous base is attached to 1' position of sugar a nucleoside is formed
(c) A nucleotide is formed when nucleoside is linked to phosphoric acid at 5' position of sugar molecule.
(d) Nucleosides are joined together by phosphodiester linkage between 5' and 3' carbon atoms of the pentose sugar.
Q13) Which of the following orders are correct as per the properties mentioned against each?
(a) $\text{S} < \text{O} < \text{Cl} < \text{F}$ [negative



- electron gain enthalpy]
(b) $\text{H}_2\text{O} < \text{H}_2\text{S} < \text{H}_2\text{Se} < \text{H}_2\text{Te}$ [Acidic character]
(c) $\text{NaF} < \text{NaCl} < \text{NaBr} < \text{NaI}$ [Ionic character]
(d) $\text{BiH}_3 < \text{SbH}_3 < \text{AsH}_3 < \text{PH}_3 < \text{NH}_3$ [Reducing character]
Q14) The formation of ortho hydroxybenzoic acid from phenol using sodium hydroxide and carbon dioxide in acidic medium is known as
(a) Reimer-Tiemann reaction
(b) Kolbe's reaction
(c) Williamson synthesis
(d) Esterification
Q15) Among the following one which is not a chiral compound
(a) 2-bromobutane
(b) 2,3-dichloro propanal
(c) propan-2-ol (d) butan-2-ol
Q16) The nitrogenous base which is not found in RNA:
(a) Adenine (b) Thymine
(c) Guanine (d) Cytosine
Q17) Anisole reacts with a mixture of concentrated nitric acid and sulphuric acid to yield
(a) ortho-nitro anisole
(b) para-nitro anisole
(c) meta-nitro anisole
(d) ortho and para-nitro anisole
Q18) Which of the following will show metal deficiency defect?
(a) NaCl (b) FeO (c) KCl (d) ZnO
Q19) Identify the odd one out
(a) Arginine (b) Lysine
(c) Valine (d) Glycine
Q20) Which among the following is not a haloalkane?
(a) 2-iodo acetophenone
(b) ethylene dichloride
(c) 2-chloro 2-methyl propane
(d) 2-bromo pentane
Q21) A compound with excess metal ion and an anion is absent from its lattice position which is occupied by electron, belongs to the type of defect known as:
(a) Stoichiometric defect
(b) Non-Stoichiometric defect
(c) Line defect (d) impurity defect
Q22) The presence of strong hydrogen bonding in H_2O which is absent in H_2S is due to:
(a) small size and low electronegativity in O
(b) small size and low electronegativity in S
(c) small size and high electronegativity in O
(d) small size and high electronegativity in S
Q23) Which of the following colligative property is directly proportional to molarity:
(a) Lowering of vapour pressure
(b) Elevation of boiling point
(c) Osmotic pressure
(d) Depression of freezing point
Q24) Which of the following alkyl halides will undergoes SN reaction most readily?
(a) $(\text{CH}_3)_3\text{C-F}$ (b) $(\text{CH}_3)_3\text{C-Cl}$
(c) $(\text{CH}_3)_3\text{C-Br}$ (d) $(\text{CH}_3)_3\text{C-I}$
Q25) Very low melting point of Noble gases is due to
(a) Strong vander Waals forces between the atoms of noble gases.
(b) Weak vander Waals forces between the atoms of noble gases.
(c) stable ns²np⁶ electronic configuration of noble gases.
(d) Noble gases do not react with others.

SECTION-B

- Q26)** Find the number of atoms present per unit cell of iron crystal lattice if the

- edge length is 270 pm and density is 7.5g/cm^3 ; [Molar mass of Fe = 56g/mol].
(a) 1 (b) 2 (c) 4 (d) 8
Q27) Which of the following will not show Anti-Markownikoff addition of HBr
(a) 2-Butene (b) 1-Hexene
(c) Propene (d) 1-Butene
Q28) For the reaction
 $\text{C}_6\text{H}_5\text{MgBr} \xrightarrow{\text{HClO}_4} \text{A} \xrightarrow{\text{acidified FeCl}_3} \text{B}$ The product 'B' in the reaction is
(a) Phenol (b) Ethyl alcohol
(c) Benzyl alcohol (d) 2-phenyl ethanol
Q29) Which of the following solutions has the highest boiling point at one atmospheric pressure?
(a) 0.1 M NaCl (b) 0.1 M CaCl₂
(c) 0.1 M urea (d) 0.1 M $\text{C}_6\text{H}_{12}\text{O}_6$
Q30) Phenyl-methyl ethers on reaction with HI gives
(a) ethyl iodide
(b) iodobenzene and methanol
(c) phenol and methyl iodide (d) benzene
Q31) Complete the following reaction:
 $\text{XeF}_4 + \text{PF}_5 \rightarrow$
(a) $[\text{XeF}_5]^+ [\text{PF}_6]^-$ (b) $[\text{XeF}_5]^- [\text{PF}_6]^+$
(c) $[\text{Xe}(\text{PF}_6)]^+ [\text{PF}_6]^-$ (d) $[\text{XeF}_5]^- [\text{PF}_6]^+$
Q32) Which among the following compounds can react with aqueous sodium hydroxide solution
(a) $\text{C}_6\text{H}_5\text{OH}$ (b) $\text{C}_6\text{H}_5\text{CH}_2\text{OH}$
(c) $(\text{CH}_3)_3\text{COH}$ (d) $\text{C}_6\text{H}_5\text{OH}$
Q33) Which of the following statements are correct?
(a) S-S bond is present in $\text{H}_2\text{S}_2\text{O}_8$.
(b) In peroxosulphuric acid ($\text{H}_2\text{S}_2\text{O}_8$) sulphur is in +6 oxidation state.
(c) Iron powder along with Al_2O_3 and K_2O is used as a catalyst in the preparation of NH_3 by Haber's process.
(d) Change in enthalpy is positive for the preparation of SO_3 by catalytic oxidation of SO_2 .
Q34) What will be the concentration of sugar solution in g/litre if the osmotic pressure of a sugar solution is 2.5 atm at 300 K.
(a) 24.6 g/litre (b) 38.8 g/litre
(c) 26.2 g/litre (d) 34.2 g/litre
Q35) What is the radius of copper atom if it crystallizes in face-centred cubic lattice with a unit cell length of 228 pm.
(a) 150 (b) 114 (c) 100 (d) 98
Q36) Which among the following is most covalent?
(a) NCl_3 (b) NCl_5 (c) PCl_3 (d) PCl_5
Q37) Chlorine upon reaction with cold and dilute solution of sodium hydroxide forms
(a) NaCl and NaClO_2 (b) NaCl and NaClO
(c) NaCl and NaClO_3 (d) NaCl and NaClO_4
Q38) The acidity order of the following four compound is
(A) Phenol (B) Methyl phenol
(C) m-nitrophenol (D) p-nitrophenol
(a) $(\text{D}) > (\text{C}) > (\text{A}) > (\text{B})$
(b) $(\text{C}) > (\text{D}) > (\text{A}) > (\text{B})$
(c) $(\text{A}) > (\text{D}) > (\text{C}) > (\text{B})$
(d) $(\text{B}) > (\text{A}) > (\text{C}) > (\text{D})$
Q39) HClO_4 is a stronger acid than HClO because:
(a) ClO_4^- ions formed are more stable than ClO^- ions.
(b) ClO_4^- ions formed is less stable than ClO^- ions.
(c) Oxygen atoms are less dispersed.
(d) Cl is more electronegative
Q40) The increasing order of boiling point of haloalkanes is
(a) $\text{CH}_3\text{I} < \text{CH}_3\text{Br} < \text{CH}_3\text{Cl}$
(b) $\text{CH}_3\text{Cl} < \text{CH}_3\text{Br} < \text{CH}_3\text{I}$
(c) $\text{CH}_3\text{Br} < \text{CH}_3\text{Cl} < \text{CH}_3\text{I}$
(d) $\text{CH}_3\text{I} < \text{CH}_3\text{Cl} < \text{CH}_3\text{Br}$
Q41) The decreasing order of the reducing character of the hydrogen halides are
(a) $\text{HI} > \text{HBr} > \text{HCl} > \text{HF}$
(b) $\text{HI} > \text{HCl} > \text{HF} > \text{HBr}$

- (c) $\text{HBr} > \text{HI} > \text{HCl} > \text{HF}$
(d) $\text{HF} > \text{HCl} > \text{HBr} > \text{HI}$

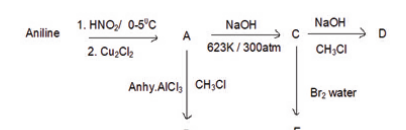
- Q42)** Toluene $\xrightarrow{\text{Cl}_2/\text{hv}}$ A $\xrightarrow{\text{aq NaOH}}$ B $\xrightarrow{\text{Alkaline KMnO}_4}$ C.
Identify the product 'C'
(a) phenol (b) benzyl alcohol
(c) benzoic acid (d) benzaldehyde
Q43) Aqueous solution of an unknown solute boils at 100.512°C , then the freezing point of the solution will be ($K_b = 0.512\text{K m}^{-1}$, $K_f = 1.86\text{K m}^{-1}$)
(a) 0.512°C (b) -0.512°C
(c) 1.86°C (d) -1.86°C
Q44) An alkyl halide on reaction with Mg forms Grignard reagent which on reaction with water gives propane. Same alkyl halide on reaction with Na in dry ether forms a compound Y. Identify 'Y'.
(a) propane (b) butane
(c) pentane (d) hexane

- Given below are two statements labelled as Assertion (A) and Reason (R)
Q45) Assertion (A): When SO_2 reacts with Cl_2 in the presence of catalyst charcoal, sulphuryl chloride is formed.
Reason (R): SO_2 is a reducing agent.
(a) Both A and R are true and R is the correct explanation of A
(b) Both A and R are true but R is not the correct explanation of A.
(c) A is true but R is false.
(d) A is false but R is true.
Q46) Assertion (A): Ag CN forms isocyanide when react with haloalkanes while KCN form alkyl cyanides.
Reason (R): KCN is covalent while Ag CN is ionic in nature thus providing different ions in solution.
(a) Both A and R are true and R is the correct explanation of A
(b) Both A and R are true but R is not the correct explanation of A.
(c) A is true but R is false.
(d) A is false but R is true.
Q47) Assertion (A): It is not possible to separate the components of azeotropes by fractional distillation.
Reason (R): The solutions which show a large positive deviation from Raoult's law form minimum boiling azeotrope at a specific composition.
(a) Both A and R are true and R is the correct explanation of A
(b) Both A and R are true but R is not the correct explanation of A.
(c) A is true but R is false.
(d) A is false but R is true.
Q48) Assertion (A): F_2 is less reactive than Cl_2 .
Reason (R): F_2 has lower bond dissociation energy than Cl_2 .
(a) Both A and R are true and R is the correct explanation of A
(b) Both A and R are true but R is not the correct explanation of A.
(c) A is true but R is false.
(d) A is false but R is true.
Q49) Assertion (A): Osmotic pressure method is best method to calculate molar mass of proteins.
Reason (R): Proteins have poor solubility and not stable at higher temperature.
(a) Both A and R are true and R is the correct explanation of A
(b) Both A and R are true but R is not the correct explanation of A.
(c) A is true but R is false.
(d) A is false but R is true.

SECTION-C

- Q50)** Match the following:
I II
A. Albumin 1. Glycosidic
B. Lactose 2. α -helix
C. Sucrose 3. globular

- D. Protein 4. invert sugar
5. amide
(a) A-2, B-4, C-1, D-5 (b) A-5, B-1, C-4, D-2
(c) A-3, B-1, C-4, D-5 (d) A-1, B-4, C-3, D-2
Q51) Which of the following analogy is correct?
(a) XeF_2 : two lone pair electron :: XeF_4 : Square planar
(b) HClO_4 : chloric acid :: HClO_3 : chlorous acid
(c) H_2SO_4 : Caro's acid :: $\text{H}_2\text{S}_2\text{O}_8$: Oleum
(d) XeF_4 : two lone pair electron :: XeO_3 : pyramidal
Q52) For the following reaction:



- (a) A: chlorobenzene, B: toluene, D: phenol, E: p-bromophenol
(b) A: chloro benzene, B: toluene, C: phenol, E: 2,4,6-tribromophenol
(c) B: p-chloro toluene, C: phenol, D: anisole, E: 2,4,6-tribromophenol
(d) B: toluene, C: phenol, D: p-methyl phenol, E: p-bromophenol

- CASE1:** Read the passage given below and answer the questions 53-55
In an ideal crystal, there must be regular repeating arrangement of the constituting particles. Crystalline solids have regular arrangement of particles, definite geometrical shapes, sharp melting points and definite heat of fusion. On the other hand, amorphous solids have no regular arrangement of particles, irregular shapes, melt over a range of temperature and no definite heat of fusion. The crystal structures are often classified by considering a cubic or hexagonal close-packed lattice of one set of ions with the other set of ions filling the octahedral or tetrahedral interstices. In pure crystal, defects arises either due to disorder or dislocation of the constituting particles from the normal positions or due to the movement of the particles even at absolute zero temperature. In ideally ionic structures, the coordination numbers of the ions are determined by electrostatic considerations. The coordination number of ionic solids also depends upon temperature and pressure.
Q53) Diamond is an example of:
(a) Covalent network solid (b) Ionic solids
(c) Ionic solid (d) Metallic solids
Q54) A compound is formed by two elements P and Q. The element Q forms hcp lattice and atoms of P occupy 75% of tetrahedral voids. The formula of the compound will be
(a) QP_3 (b) PQ_3 (c) P_3Q_2 (d) Q_2P_2
Q55) In a triclinic crystal
(a) $a = b = c$, $\alpha = \beta = \gamma \neq 90^\circ$
(b) $a \neq b = c$, $\alpha = \beta = \gamma = 90^\circ$
(c) $a \neq b \neq c$, $\alpha \neq \beta \neq \gamma \neq 90^\circ$
(d) $a \neq b \neq c$, $\alpha = \gamma = 90^\circ$, $\beta \neq 90^\circ$

KEY: 1c 2a 3d 4d 5c 6b 7a 8c 9d 10b 11a 12d 13b 14b 15c 16b 17d 18b 19d 20a 21b 22c 23c 24d 25b 26b 27a 28c 29b 30c 31d 32d 33b 34d 35c 36d 37b 38a 39a 40b 41a 42c 43d 44d 45b 46c 47b 48d 50c 51d 52c 53a 54c 55c

These questions are meant for practice purpose only. Students are advised to check format, syllabus and marks for Board test papers with their teachers. Questions have been given by teachers and NIE is not responsible for them.

READ, RECITE, REVIEW

Technology is growing by the day and has made self-study a tad easier as we can look up the internet for references from several sources. Self-study effectively is one of the best ways to achieve good marks in class X board exam. Here are some tips that can help as we enter the last lap of the annual academic year.

- Be consistent with your studies.
- Dedicate and allot a specific time every day to study.
- Don't just study your favourite subject.
- Note down important points while studying.
- Make use of reference materials such as guides, online resources, videos,



- etc.
• It is scientifically proven that browsing the social media decreases the productivity of brain. So browsing is not a good idea, especially during exam time.
• Follow 3 R's - Read, Recite, Review.
• Practice a lot of questions in each and every subject, work out previous question papers.
• Prepare flash notes.

DIYA NAIR A R, class X,
MGM Central Public School,
Thiruvananthapuram

MY SCHOOL PROJECT | PLASTOID

It's time to put plastic waste to good use...

WHAT IS IT?

The rate at which fossil fuels are being used it will be imperative to find other alternatives of energy very soon. We also have another alarming issue to tackle, i.e. pollution. And the most salient determinant for pollution is plastic.

The aim of this project is to use plastic as a pre-fuel instead of a pollutant.

THE PROJECT



This project operates on the principle of pyrolysis. Plastics from several sources are consolidated and heated in a vacuum chamber to approximately 450°C . This causes the plastics to decompose into hydrogen, carbon dioxide, carbon monoxide, and oil gas.

Now, when we condense this mixture of gases, we obtain crude oil that can be used as a fuel to run vehicles, etc. The other gases are converted into methanol by distinct means (such

as heating). These fuels are then further refined.

Consequently, no greenhouse gas is released, no polluting agent is released. Hence we get pure fuels from plastic waste.

AADITYA PATNAIK,
class X G, Jubilee
Hills Public School,
Hyderabad



'I am the master of my body'

There is nothing more precious than a child, and nothing more important to our future than the safety of all our children.

In today's world, it is imperative that parents talk to their children about the differences between right and wrong, appropriate and inappropriate. It's also necessary to talk to children about sexual development and sexual identity to bring about an awareness in them on these topics.

Rizvi Springfield High School [S.S.C.] under the careful guidance and strong initiative of the management, president Dr. Akhtar Hasan Rizvi and director Adv. Rubina Akhtar Hasan Rizvi, organised a workshop 'I am the Boss of My Body' focusing on engaging children through an interactive learning approach to understand their emotions and being able to recognize types of touches.

The 45-minute session conducted by the in-house counsellor Varsha Mehta, where the students were guided through a PowerPoint Presentation teaching the children the importance of knowing that their body belongs to them, that they are in fact the 'boss of their body' and to be alert



on the appropriate ways to react if they find themselves in situations or with people, they were uncomfortable with whether known or unknown.

An activity was organised where the students had to mention names of five people whom they would include in their safe circle and also feel at ease confiding in them.

Students were also sensitized to understand their basic emotions and also deal with negative emotions like fear and feeling insecure. The students were reassured that even in such situations there are ways to ask for help and to overcome them bravely.

It is essential that we empower children with the right knowledge before it's too late.

Teachers need to create more opportunities where students are free to express their feelings and share their innermost thoughts. Rizvi Springfield High School constantly endeavours to protect their students, bringing about an intrinsic awareness in them and to help equip them to deal with any situation confidently and without fear. Let's come together for a safer and more secure world for our children.

to recognise and respond accordingly to touches that may feel unsafe.

The students were given interactive role play situations where the students had to respond with their answers and identify what type of touch they would be dealing with in the said situation.

The students were also educated

GARUDASANA - THE EAGLE POSE

The name characterises strength, flexibility, and agility of the body as well as alertness, one-pointedness, and sharpness of the mind. Suppleness and elasticity of the extremities (the arms and legs) result through the movement of the joints. Garudasana or the eagle pose is an excellent

asana which embodies twofold twists of the extremities at one go.

METHOD OF PRACTICE

Starting Position

1. Stand with feet together and hands at the sides.

Step 1

Practice of Wrapping of Legs

1. While exhaling, lift your left leg and wrap it around

your right knee from the front and take it back from behind the right calf, locking the ankle of your right leg with your left foot.

2. Once the balance on one leg is secured, try to straighten your torso.

3. Maintain the position for six seconds with a suspension of your breath or breathe normally if you cannot hold the breath.

4. Inhaling, unwrap your leg and come to the starting position.

5. Repeat the same procedure with the opposite legs.

Step 2

Practice of Wrapping Arms

1. While exhaling, extend the left arm with the elbow slightly bent. Place the right elbow on the inside of the right elbow. Now push the left arm outwards and leftwards trying to wrap the hands to

join the palms of both hands.

2. Maintain the pose for six seconds with the suspension of breath.

3. While inhaling, return to the starting position.

4. Repeat the same procedure with the opposite hands.

5. Practise this step for some time to gain efficiency before hands and legs can be practised together.

Final Posture:

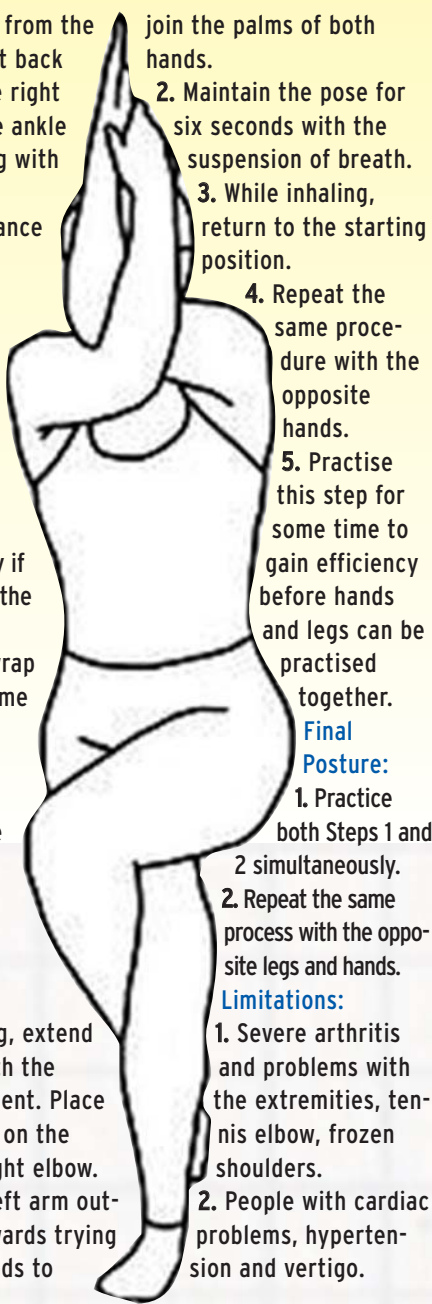
1. Practice both Steps 1 and 2 simultaneously.

2. Repeat the same process with the opposite legs and hands.

Limitations:

1. Severe arthritis and problems with the extremities, tennis elbow, frozen shoulders.

2. People with cardiac problems, hypertension and vertigo.



Courtesy: The Yoga Institute

The Yoga Institute was founded on 25th December, 1918 by the founder, Shri Yogendraji. It found a permanent base in Santacruz, Mumbai, in 1948

Yoga should be practiced under the supervision of Yoga Guru. The views expressed in the above article are those of the author and the newspaper takes no responsibility for it.

LESSONS IN FAITH AND GOODNESS

From a very young age, Shang-Chi had been trained to become an assassin by his father and his dangerous organisation - the Ten Rings. Intense workouts, deadly martial arts, and iron rods slamming against his body made Shang-Chi the unbreakable man that he was. But there was something beyond this tough exterior that gave him more power - invulnerable ambition, faith, and goodness.

When the time came, Shang-Chi did not back down from a challenge. He wasn't afraid to battle his own father for the greater good - his judgement was not clouded by familial



INSPIRING ICONS
SHANG-CHI

love. He was ever-ready to make sacrifices to save his home, his people, and his loved ones.

But perhaps the best thing about him was that he accepted his destiny and fought through the fatal obstacles in his way. He greeted fate like an old friend, but did not follow in the same tainted footsteps as his father's. He worked incredibly hard to be the man who now holds the power of the Ten Rings.

Shang-Chi wrote his own superhero story.

Pia Oza, class X,
SSPM's Sri Sri Ravishankar
Vidya Mandir,
Borivali East



Students excel in debate

Greenfingers Global School hosted its first-ever virtual inter-school debate competition - 'Parleys' on Thursday, 18th November 2021. The aim of the competition was to sharpen the public speaking skills of the students while communicating their opinions. The session was a mixture of opinions, thoughts, ideas, and perspectives that definitely enhanced the knowledge and understanding of the topic among participants and spectators alike.

The contestants were D.A.V. Public School, Panvel, Atomic Energy Central School. The Hub schools of Navi Mumbai- Lady Khatun Mariam, Nhava, Gregorian Public High School, Roha, Amrita Vidyalayam, Juinagar, Empyrean School, Kharghar were also invited for this mind-boggling competition.

The topic of the debate competition was "Cell Phones have killed the creativity of children". Students emphatically presented their views for and against the motion. It was mesmerising to see the force of the arguments and the intensity of the competition. While cell phones have indeed been the biggest distraction to our generation but, at the same time, it has also provided a platform to provide all information that we need instantly. Ultimately, the user is responsible for using the instrument well or distracting themselves from important work.

The highlight of the event was the question answer round, as a volley of questions was aptly answered by witty and dynamic speakers. The Judges who graced the occasion were highly impressed by the speakers and admired and appreciated them for their well-researched and enthusiastic participation.

The participants were judged on the parameters like presentation, content, coherence and counterpoint.

In the end, it was a tough decision to decide the winners. Amishi Nuwad (still VIII) from Atomic Energy Central School bagged the first position for the motion followed by Arshia Jain



(Std VII) second from Greenfingers Global School, Kharghar and

Angel Patil (std VIII) From Lady Khatun Mariam School and Atharva Dhumal (Std VIII) from Amrita Vidyalayam bagged third position.

The first position for the best speaker against the topic bagged by Aditya Joshi (std VII) from Greenfingers Global School, second by Bhakti Pandhare (Std VIII) from Atomic Energy Central School and third position was shared by Rutuja Pawaskar (std VIII) from D.A.V. Panvel and Aarya Bade (std VIII) from Gre-

gorian High School.

After the event was over, there were a lot of clamors for more such events to be organized by the school so that they can enrich their understanding of such intense topics.

On behalf of the principal Anju Veda, co-ordinator Gunita Qaumi appreciated the speakers from different school and motivated them for justifying their viewpoints confidently. She also presented her note of gratitude to the Head of the English Department Dhanya Raj and her team for bringing this debate competition live to the aspiration of its true essence.

WORLD AIDS DAY

SARITA GIDWANI, ASST. TEACHER, HOD ENGLISH
DEPT., MVM EDUCATIONAL CAMPUS

World Aids Day was observed on 1st December, 2021 to create an awareness among the students and unite to fight against HIV. The objective being to extend their support for people living with this disease. During Assembly secondary section students showcased the posters made by them related to the topic and spoke about the disease, causes, precautions and preventive measures to be taken. We witness the enthusiastic participation of students when they wore the symbol of Aids. Colourful posters, charts were also prepared by the students were displayed in the campus.



FUN WITH BESTIE

We all have friends with whom we enjoy ourselves and prank others too. We have the most fun with them. A funny and memorable incident occurred with my friends too. So, we were in the 5th grade and had gone to a trip to Goa. It was our first trip and we were sharing the hotel room. There were 2 more of our classmates in our room. In the room, there was one king size bed and one

mattress on the floor. So, we 3 ganged up on the 4th classmate and forced her to sleep on the floor. It was hilarious. We were given caps by the school which were compulsory to wear. So, every night, we used to hide her cap and like actually make an agreement saying she would sleep on the floor. Pls don't judge us, we were like really

small. And that poor girl had to sleep for the entire trip on the floor. And in the morning while taking turns for baths, she was told to be the last one to take bath. It was kind of rude but come on, that's the stuff that makes it a lot more fun.

Radhika Chopra, class X,
Fr. Agnel Multipurpose
School, Vashi

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MBAPPE SCORES A DOUBLE

Takes PSG closer to title with 2-0 win over Monaco



Paris St Germain's Kylian Mbappe scores their first goal from the penalty spot

Paris St Germain continued their march towards the Ligue 1 title when a Kylian Mbappe double earned them a clinical 2-0 home victory against Monaco on Sunday. Mbappe found the back of the net with a penalty and a precise strike in the opening half to put the league leaders on 45 points from 18 games, 13 ahead of second-placed Olympique de Marseille who have a game in hand.

"Maybe it was not brilliant but we killed it in the first half," said Mbappe, who scored his ninth and 10th goals in 10 appearances against his former club. "I can't get sentimental. I love playing football and I love scoring goals." The France striker, who also scored 16 league goals for Monaco at the beginning of his career, does not turn 23 until later this month.

Monaco, who had scored three goals in each of their wins in the previous two games, are eighth on 26 points. They are one of six teams within six points fighting for second place, with Stade Rennais in third on 31 points after their 2-1 defeat at home against fourth-placed Nice.

At the Parc des Princes, Monaco started well with Sofiane Diop coming close when his attempt crashed into goalkeeper Gianluigi Donnarumma in the second minute.

But it took PSG only 12 minutes to take the advantage as Mbappe converted a penalty after Angel Di Maria had been brought down by Djibril Sidibe. PSG relied on Mbappe again to double the tally at the end of a sharp counter-attack, with the France forward firing the ball into the far corner after being set up by Di Maria for his ninth league goal of the season.

Lionel Messi had an opportunity to wrap it up in the 71st minute but the Argentine's crossed shot went just wide. Ten minutes from time, he had a chance again but his chip was also off target in a relatively disappointing performance by the former Barcelona player.

Monaco had a couple of chances to reduce the arrears but PSG stayed composed to get their first win in three Ligue 1 matches after two draws.

Mauricio Pochettino's side ultimately eased to victory in a subdued atmosphere at the Parc des Princes, with one end of the stadium closed as a

punishment after the club's ultras let off flares en masse during a recent game.

"It was a professional performance and we deserved to win. Kylian was extraordinary once again," Pochettino, who has been criticised for his team's performances this season, told broadcaster Amazon Prime.

"We are very pleased with our results, but we can improve our performances," he admitted later.

PSG fullback Juan Bernat suffered a thigh injury and was replaced in the 51st minute by Thilo Kehrer. AGENCIES

CRYSTAL PALACE BACK TO WINNING

A double from Conor Gallagher helped Crystal Palace return to winning ways with a 3-1 victory at home to Everton in the Premier League on Sunday. Palace had lost its previous three matches _ all by one-goal margins _ but this first win since the beginning of November was much deserved, with James Tomkins also on target for the hosts. Palace climbed to 12th, above Everton, which is back in London on Thursday to face Benítez's old team, Chelsea.

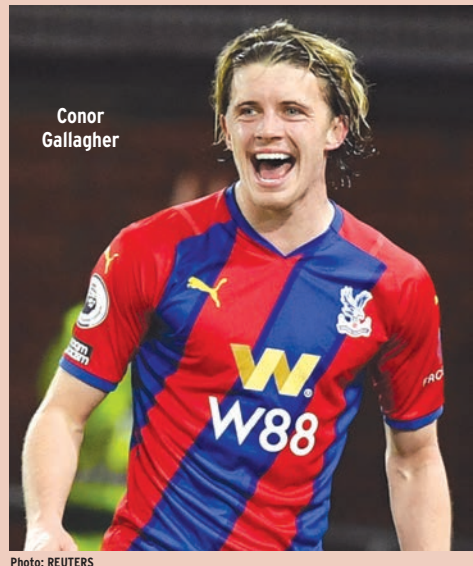


Photo: REUTERS

HAZLEWOOD ruled out for second Test

Absence of bowling attack a big loss for Australia in second Ashes game

Pace bowler Josh Hazlewood has been ruled out of the second Ashes cricket Test because of a side strain he sustained in Australia's nine-wicket win over England in the series-opening match.

Hazlewood picked up the key wickets of Dawid Malan and Joe Root within his first three overs in the first Test at the Gabba as England slumped to 11-3 before finally being bowled out for 147. But he bowled just 14 overs in the second innings, and picked up a wicket on Saturday after a prolonged rest.

Hazlewood flew home to Sydney on Sunday for further assessment, and the rest of the Australian squad was travelling to Adelaide on Monday. The second Test, a day-nighter, starts Thursday.

Jhye Richardson and Michael Neser, who played a tour game for Australia A against the England

ANDERSON, BROAD 'FIT AND READY'

England head coach Chris Silverwood on Monday said pace bowling duo James Anderson and Stuart Broad are "fit and ready" to go for the upcoming second Ashes Test.

Anderson and Broad had missed the first Test and their omission raised many eyebrows as Australia thrashed England in the Ashes opener last week. "Jimmy will be fit and ready to go for the second Test, as will Stuart. They are available. Certainly, from an experience point of view, with the bowlers we've got heaps of experience so I'm



Chris Silverwood

happy with that," Silverwood said. "The guys have already been training with the pink ball behind the scenes. And what we have got is a very skillful set of bowlers. We have talent and we

still have two of the best up our sleeve as well," said Silverwood. The England head coach admitted that Broad was disappointed to miss the first Test. "Stuart has been great, to be honest. Obviously, he was disappointed not to be playing but he understood that this is a long series," said Silverwood. ANI

Lions last week, are in Australia's squad as pace cover.

Australia's first-choice bowling attack of Hazlewood, Pat Cummins, left-armers Mitchell Starc and spinner Nathan Lyon has had consistent success against England. Hazlewood's absence will be a big loss for Australia in the day-night environment. His 32 wickets in seven day-night tests are second only to Starc in pink-ball matches.

After the first test finished Saturday, Cummins said Hazlewood's injury is "nothing too serious. It wasn't scary enough to not bowl today. It was good he came out today and was able to bowl and get through a really good spell."

Hazlewood is still in the selection mix for the third test starting Dec. 26. PTI

THE ASHES



K SRIKANTH WINS FIRST ROUND MATCH IN BWF WORLD C'SHIPS

Indian badminton ace Kidambi Srikanth beat Pablo Abian of Spain to begin his BWF World Championships campaign on a winning note at Huelva in Spain.

The 12th seeded Indian beat the local challenger 21-12 21-16 in 36 minutes in the first round of the men's singles event.

The Indian men's doubles pair of Manu Attri and B Sumeeth Reddy, however, lost in straight games against Joel Elpe and Rasmus Kjaer of Denmark in the opening round. Attri and Sumeeth lost 16-21 15-21 in 32 minutes to make an exit from the showpiece event.

Earlier in the day, the women's doubles pair of Pooja Dandu and Sanjana Santosh retired after they lost the first game 12-21 to



Kidambi Srikanth

the Dutch duo of Alyssa Tirtosentono and Imke van der Aar.

Reigning champion PV Sindhu, who got a bye in the first round, will open her campaign against Martina Repiska of Slovakia. PTI

QUIZ TIME!

Q1: Which team won the first Hockey India League held in January 2013?

- a) Punjab Warriors
- b) Uttar Pradesh Wizards
- c) Mumbai Magicians
- d) Ranchi Rinors

Q2: Which Japanese figure skater is the first Asian to win an Olympic gold?

- a) Yuzuru Hanyu
- b) Shoma Uno
- c) Daisuke Takahashi
- d) Nathan Chen

Q3: A form of martial arts, Sambo is associated with which country?

- a) Japan
- b) India
- c) Indonesia
- d) Russia

Q4: Bangalore Blues challenge cup is associated with ____

- a) Football
- b) Throwball
- c) Basketball
- d) Volleyball

Q5: Who became the first male skier born in the new millennium to win a World Cup race?

- a) Gino Caviezel
- b) Henrik Kristoffersen
- c) Marco Odermatt
- d) Lucas Braathen

Q6: Garbine Muguruza became the first Spanish woman



Garbine Muguruza

to win the WTA finals since Arantxa Sanchez-Vicario in 1993. Whom did she defeat in the finals?

- a) Paula Badosa
- b) Anett Kontaveit
- c) Maria Sakkari
- d) Ashleigh Barty

Q7: Which country has qualified for the Football World Cup the most times, without winning it?

- a) Cuba
- b) Pakistan
- c) India
- d) Mexico

Q8: Which host country was the first to win the ICC

World Cup on home soil?

- a) England
- b) India
- c) Australia
- d) Sri Lanka

Q9: Who is the first Indian woman to win a WTA title?

- a) Rutuja Bhosale
- b) Sania Mirza
- c) Karman Kaur Thandi
- d) Ankita Raina

ANSWERS: 1 d) Ranchi Rinors
2 a) Yuzuru Hanyu 3 d) Russia
4 c) Basketball 5 d) Lucas Braathen
6 b) Anett Kontaveit 7 d) Mexico
8 b) India 9 b) Sania Mirza