



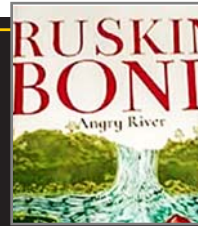
# THE TIMES OF INDIA

[www.toistudent.com](http://www.toistudent.com)
**TODAY'S  
EDITION**

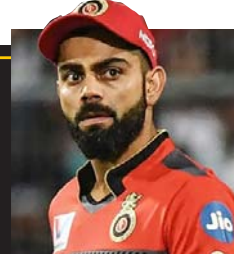
➤ With screen addiction among kids on the rise, an expert share tips on 'Active Parenting' approaches to address it  
**PAGE 2**



➤ Times NIE reviewer tells us why Ruskin Bond's 'Angry River', woven around a young girl and nature is a must-read  
**PAGE 3**



➤ No second thoughts about continuing with RCB, says Kohli  
**PAGE 4**


**STUDENT EDITION**

THURSDAY, DECEMBER 2, 2021


**COVID OMICRON  
VARIANT:  
CONCERNING, NOT  
ALARMING**


Following the emergence of the new Covid-19 variant 'Omicron', which has led to travel bans and new restrictions in many countries across the world, DG Council of Scientific and Industrial Research, Dr Shekhar C Mande said that India is observing the situation in other countries, and added while the situation is a cause of concern, it is not alarming. "The surveillance is on like it always is. So, if the virus reaches India we will come to know. We are observing the situation in other countries like the Netherlands, Germany, and of course, hotspot South Africa and it is a bit concerning but I would not say alarming. It is concerning because it has accumulated a large number of mutations. The WHO has said 'Omicron' accumulated more than 30 mutations, 26 of which are unique in the spike protein which isn't observed in any other strains alpha, beta, gamma, delta or something like that," said Mande.

**The Omicron variant (B.1.1.529), a new variant of the coronavirus, was first reported in Botswana on November 11, 2021, and appeared on November 14 in South Africa.**

**TOP 3 BUZZ OF THE DAY**
**ECONOMY**

**India's Q2 GDP grows at 8.4% as economic activity recovers after second virus wave**



India's GDP grew by 8.4% in the second quarter of current fiscal, as economic activity gradually inched towards normalcy after the second virus wave. The growth comes on the back of a low base in the same period last year when the economy had contracted by more than seven per cent. The bounce back in the second quarter is led by improvement in the sentiment owing to waning of Covid infections, rising vaccination rate and lifting of curbs.

**No proposal to recognise Bitcoin as currency: Sitharaman**

The Centre has no proposal to recognise Bitcoin as a currency in the country, Parliament was informed on Monday. Finance minister Nirmala Sitharaman, in a written reply in the Lok Sabha, also said that the government does not collect data on Bitcoin transactions. In the ongoing winter session of Parliament, the Centre aims to table the Cryptocurrency and Regulation of Official Digital Currency Bill, 2021, through which it seeks a ban on all the private cryptocurrencies. At present, there is no regulation or ban in the country on cryptocurrency. The Reserve Bank of India has maintained its strong views against cryptocurrencies, saying they pose serious threats to macroeconomic and financial stability.



Bitcoin is a form of digital currency, which allows people to buy goods and services among others

**BOOK**

**Smriti Irani turns author with 'Lal Salaam'**



Bollywood actress-turned-politician, Smriti Zubin Irani has turned author with her debut novel 'Lal Salaam'. The Union minister's debut novel is based on the lives of the Central Reserve Police Force (CRPF) officers serving the country in violence-hit areas. The novel's plot revolves around the massacre that unfolded in April 2010 in Dantewada in which 76 CRPF personnel were martyred.

■ Publishing house Westland, in its release, described 'Lal Salaam' as the gripping tale of a "struggle against overwhelming odds, and of men and women who fight these odds with courage, ingenuity and resilience"

## JUNK DISTORTIONS OF NATIONAL HEROES IN NCERT BOOKS: PARLIAMENTARY PANEL

# SALUTE OUR UNSUNG HEROES

School textbooks should highlight the lives of hitherto unknown men and women from different states and districts, who have positively influenced national history, honour and oneness, says a parliamentary panel while stressing that NCERT should consider the suggestions received while framing the National Curriculum Framework. The Parliamentary Standing Committee on Education, Women, Children, Youth and Sports in its report on 'Reforms in Content and Design of School Text Books', also suggested to incorporate ancient wisdom, knowledge and teachings about life and society from the Vedas and other great Indian texts in the school curriculum.

The committee said, NCERT and SCERTs should primarily focus on providing core content through their textbooks. To maintain uniformity in educational standards of school students across the country, the education ministry should explore the possibility of developing a core class-wise common syllabus for various subjects for implementation by CBSE, CIESE and various other state boards



### MAJOR RECOMMENDATIONS

1 The 32-member committee's report focuses on "removing references to un-historical facts and distortions about national heroes, ensuring equal or proportionate references to all periods of Indian history and highlighting the role of great historic women achiev-

ers, including Gargi, Maitreyi, or rulers like Rani of Jhansi, Rani Channamma, Chand Bibi, Zalkari Bai"

2 It comes in the backdrop of revision of the National Curriculum Framework (NCF)

in the light of the New Education Policy-2020. The panel received approximately 20,000 representations from experts, individuals and organisations, pointing to discrepancies/omissions in school textbooks

**Share your views at  
toinie175@gmail.com**

## WHAT HAPPENS ON THE INTERNET IN A MINUTE

■ Every minute on the internet, six million people are shopping online, while 57,500 tweets are being sent and 65,000 photos are being shared.

■ Every minute, Amazon customers spend \$283,000 (roughly ₹ 2.12 crore). That naturally means the shopping giant earns a lot of revenue, approximately \$955,517 per minute

■ Recently rechristened, Meta is the parent to WhatsApp, Facebook and Instagram. As of today, the entire company nets \$213,628 per minute, thanks to Facebook Live receiving 44 million views every minute

■ Users stream 6,94,000 videos every minute on YouTube, Google's video service, while 5.7 million Google searches occur every minute netting Alphabet - the parent company - a neat \$4,33,014 in revenue, every minute

## Twitter bans sharing of photos without consent

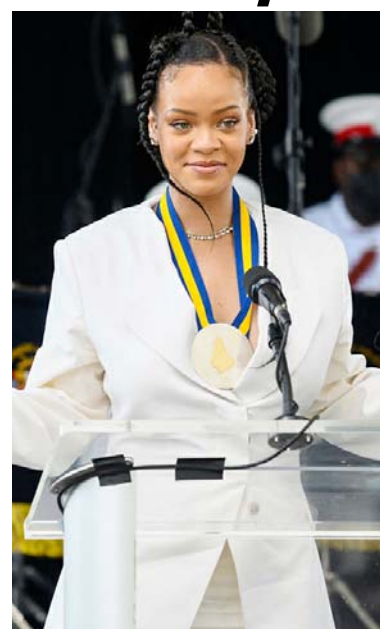
Twitter launched new rules on Tuesday blocking users from sharing private images of other people without their consent, in a tightening of the network's policy just a day after it changed its CEO. Under the new rules, people who are not public figures can ask Twitter to take down pictures or video of them that they report were posted without permission.

■ The right of internet users to appeal to platforms when images or data about them are posted by third parties, especially for malicious purposes, has been debated for years.

■ Twitter already prohibited the publication of private information such as a person's phone number or address, but there are "growing concerns" about the use of content to "harass, intimidate and reveal the identities of individuals," Twitter said.



## Rihanna declared national hero by Barbados



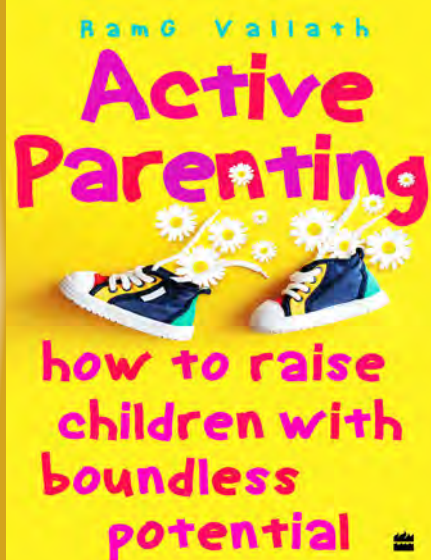
Singer Rihanna has been declared a national hero of Barbados, as the country celebrates its transition to an independent republic. "May you continue to shine like a diamond," the country's prime minister, Mia Mottley, said at an investiture ceremony for the pop singer, fashion icon and entrepreneur, in reference to her 2012 hit Diamonds. Mottley said, the superstar commanded "the imagination of the world through the pursuit of excellence with her creativity, her discipline, and above all else, her extraordinary commitment to the land of her birth".

Rihanna joins a select group of 10 other Barbadians, including Garfield Sobers, regarded as one of the greatest cricketers of all time and the only other living national hero

Rihanna is Barbados's most famous citizen and in 2018 was appointed an official ambassador for culture and youth. She has never softened her Bajan accent, and her music, while tapping into pop, R&B and dance music, has remained connected to her Caribbean heritage



## TACKLING SCREEN ADDICTION



**Ram G Vallath**  
Over the last two months, I have delivered 14 parenting webinars and coached over 2000 parents on how to handle some of their most vexing parenting challenges using principles of Active Parenting. In pre-webinar surveys administered to these parents, the biggest issue that came up was screen addiction of children. Let me share the Active Parenting approaches that can help in mitigating this problem.

A powerful addiction to the screen — TV, tablet or phone — all deliver visual and auditory overload to the senses. They also have content designed to hook one's attention. This is why screen addiction is very real and difficult to overcome. This can lead to lack of focus, poor health, poor social skills and emotional outbursts. Here are some dos and don'ts to ensure children do not get addicted.

## DOS

1. Set clear boundaries on screen time. Preferably nil screen time till the age of five and very limited time thereafter until high school
2. Create alternate entertainment for children through engaging experiences, preferably family experiences and activities
3. Take the trouble to explain in detail the reason for the restriction
4. Role model screen abstinence by reducing your own screen time and spend that time with children in fun activities

## DON'TS

1. Do not thrust the boundaries down their throat without detailed explanation of the rationale
2. Do not ever use screen time as a diversion for feeding children in infancy or childhood
3. Do not give in to tantrums if children demand to be allowed more screen time. Be firm with the boundaries
4. Do not micromanage children's lives in any aspect. Give them as much autonomy as possible so that they believe you aren't unfairly controlling

## SHARED FUN ACTIVITIES HOLD THE KEY

In order to keep children engaged and away from the screen, parents will need to be creative and invent fun family activities. Apart from engaging the children, these also help in strengthening the bond of friendship between parents and children. The stronger the bond and the trust that comes with it, the easier it would be to set boundaries.



**Ram G Vallath** is an IITian, a tech company co-founder, a motivational speaker, and the author of the bestselling parenting book 'Active Parenting: How To Raise Children With Boundless Potential', published by HarperCollins India. For details, visit [www.ramgvallath.com](http://www.ramgvallath.com)

Let's Just Talk It Out  
Period

**C) MOTHERS CAN ENGAGE SONS IN CHORES OF BUYING SANITARY NAPKINS:** Ideally, every mother, who has a son or daughter, should make the menstruation process and the requirement of a sanitary napkin, seem as natural 'as a headache' discussed in the house. If you have a son, you can sensitise your son by requesting him to purchase sanitary napkins for you. If you have a daughter, who is entering teenage years, take a few steps ahead by showing her sanitary napkins and talking about it. Gently draw her in the conversation and tell why periods happen and about the developmental changes in the body that will take place after she hits puberty.

**D) FATHERS SHOULD ALSO PLAY A ROLE IN NORMALISING IT:** A father can also take part in period conversations by reading out books on the topic to daughters, so that the sense of 'being only a girls' problem disappear. It is important that fathers don't joke, be sarcastic, laugh or mock, while talking about menstruation. The emotion here is only 'sensitivity'. Please understand this as a vital growth process mentally too, and a time to develop a very

body's need to transform. This will keep a child's mind free, when the periods start and eliminate shame, shock, trauma, anxiety or any such negative emotion.

**'SHOW OF RESPECT' BEGINS AT HOME. THE CHILD OFTEN MIRRORS IN HIS ADULTHOOD WHAT HE GATHERED FROM THE ECOSYSTEM CREATED BY PARENTS. SHARE YOUR THOUGHTS ABOUT HOW A HOME SHOULD ADDRESS ISSUES OF CONSENT, GOOD TOUCH/BAD TOUCH?**

Children are watching your actions, your speech every second. The way the father speaks and treats a mother, and vice-versa, has a deep impact and role to play for a son/daughter who is observing the reactions. So, first keep a guard on yourself and make your home the perfect school of actions and right behaviour. If there are disagreements between parents, make the child understand that grown-ups have fights too, just like they do, and set an example by having a 'solution-centric approach'. Once, the kid understands sensitivity, and importance of empathy, you can start at as early as 6-7 years, talking about good touch, bad touch. It is very important to also address to boys and girls issues such as body shaming, teasing, activities that are legally incorrect, strangers, and most importantly, how and when to raise an alarm.

**HOW CAN TEACHERS PLAY A ROLE IN ENGAGING STUDENTS IN MENSTRUATION CONVERSATIONS?**

Sex Education in India should be on the top of the curriculum. We underestimate the knowledge that kids gain from various resources without any check. It is imperative that in schools, teachers talk about it scientifically and take out time to address all the queries that kids have in their minds. It is recommended that teachers talk to them openly with the right information rather than let them investigate on their own. Schools should invite volunteers to address the topic and answer teens' queries. If this is done sensitively, scientifically and correctly, we will be

malini.menon@timesgroup.com

It took a Bollywood movie 'Padman' and a macho 54-year-old actor to convince Indian men that 'it is okay to talk about menstruation openly' among your bros, and with sisters, mothers and lady friends, even if you personally have not undergone the experience of ostracism, shame, anxiety, and of course, the biological process yourself.

Even if you, as a man, have not witnessed gallons of blood flowing out of you every month, you can still give the process a thought. More so, those wired like nerds, as 'an engineering marvel of human body that enables a woman to give birth to more like you and more like them.'

So let's just talk about it. **TIMES NIE, IN CONVERSATION WITH GYNAECOLOGIST AND AUTHOR, DR DEEKSHA SINGH, TALKS ABOUT HOW WE NEED TO NORMALISE PERIOD CONVERSATION AMONG BOYS AND GIRLS,** and make it as common as about talking, perhaps, what's happening around the world or the weather of the day. With her second book, *'It's All About Periods'*, Dr Singh is ready with her answers on why teens and parents must read this.



**TO BEGIN WITH, HOW SHOULD PARENTS ADDRESS THE TOPIC OF MENSTRUATION TO TEENAGERS AND IS THERE A RIGHT AGE WHEN PARENTS CAN TALK ABOUT IT?**

I meet a lot of young adults everyday and I know growing up is a challenging and transformational process. Today, children have more awareness owing to easy accessibility of resources regarding sex education, but it is important that the source of information is written for children, and is age appropriate.

**HOW PARENTS CAN ADDRESS:**

**A) FREEWHEELING CONVERSATIONS:** Teenage years are the wonder years wherein they explore more to know things that are 'hushed' to them. So, it is always better for a parent to address the issue openly, with maturity and yet, during a friendly free-wheeling fact-based conversation.

**B) ASK AN EXPERT TO ADDRESS IT:** If the parent is uncomfortable, then approach a doctor, health professional or a teacher to address the issue with the child.



strong, unbreakable bond between you and your daughter.

**THE BEST AGE TO TALK ABOUT IT:** Initiate the conversation around 11 years when girls start seeing developmental changes and explain with a resource the

getting rid of the social stigma, shame and taboos associated with a normal process of the human body.

Join Times NIE Campaign 'Let's Talk: Period' and send us your views to [tolnie175@gmail.com](mailto:tolnie175@gmail.com)  
For full interview, log on to [tolstudent.com](http://tolstudent.com)

## WHY CUTTING BACK ON PROCESSED FOODS IS NECESSARY

Processed food is not healthy for sure and as per a new study, it's bad for the environment too. You need to cut back on market-made sweets, fried foods, colas, etc. to save the planet! Here's how and why

## THE STUDY

The findings of the study were published in the journal 'Current Nutrition Reports'. Australia and New Zealand households eat more discretionary and junk foods than recommended by dietary guidelines, contributing to food-related greenhouse gas emissions (GHGe) and other environmental impacts.

## THE FINDINGS

University of South Australia (UniSA) dietitian Sara Forbes, who led a



review examining 20 studies on the environmental impacts of food consumption in both countries, said the findings highlighted the need for more sustainable dietary choices. According

to a Federal Government report released in 2020, Australia emitted an estimated 510 metric tonnes of carbon dioxide, with food-related emissions accounting for 14.2 per cent of this total. The re-

port found that the average Australian produces the equivalent of 19.7kg of carbon dioxide each day via their food.

## WHAT'S MORE?

Another report from 2017 found food waste comprised approximately six per cent of Australia's greenhouse gas emissions as the water, energy and pesticides used in food production and packaging ended up in landfills, where it released even more methane as it decomposed. So, do you still want to eat junk food?

## HEALTH BYTES

## The right time to get more vitamin D

Sunlight is the natural source of Vitamin D, a vitamin that is of great importance to our overall well-being. But not everyone is aware that sunlight exposure has a lot more value during winter. Ayurvedic doctor Dr Dixa Bhavsar shares that there are benefits of sunlight beyond Vitamin D. Let's take a look and know how it works



## BEST TIME IN THE MORNING

Sitting in the sun right after sunrise to before 8 pm for 25-30 minutes can be of great value.

## BEST TIME IN THE EVENING

Sunset exposure in the evening is helpful for the body.

## UVA in sunlight

The UVA present in sunlight helps in improving blood flow, also lowers blood glucose levels and respiratory rate.

## Great for mental well-being

The serotonin, melatonin, and dopamine present in sunlight

## BENEFITS OF SUN EXPOSURE

Vitamin D is an extremely helpful hormone that is great for your immune system and also for the body's energy system

are great for your mental health and reduce risk of anxiety and depression.

## Improves sleep

Sunlight is said to improve your sleep quality and helps in making melatonin - the sleep hormone.

## WORD OF CAUTION

Having listed the many benefits of sun exposure, it is important to remember that you must follow some precautions too. Do not overdo sun exposure and tweak your day in order to get more natural light.

## GOOD FOOD

## BEST WINTER VEGETABLES YOU SHOULD EAT REGULARLY

Seasonal food has always been an Indian speciality - we switch our choice in fruits, vegetables, sometimes - even grains with the onset of different seasons. The preference of using specific ingredients during certain climates is visible in our desserts as well. It's common to find local and traditional delicacies made of jaggery, instead of sugar during winter. Case in point - the Nolen Gur Rasgulla, a speciality made in Odisha and West Bengal between November to February. Celebrity chef, Sanjeev Kapoor, strongly advocates this need of eating seasonal produce. He says, "The beauty of our food is in our seasonal usage of fruits and vegetables. If you realise, Gajar Ka Halwa is made aplenty during winter as this is the season when beautiful red carrots hit the market or mango pickle is made during summer, thanks to its availability." So, load up your plate with these seasonal goodies and stay healthy



## RADISH

Purple Mogri or Radish pods are not a common sight throughout the country. But you can spot them during the winter season in the local markets in northern India where women pick them up to make raitas, curries and stir fries. Rich in magnesium, calcium and copper, the vegetable is known to help heal digestive problems.

Region where you get it: North India



## AVAREKALU OR HYACINTH BEANS

Avarekulu, also called Hyacinth beans in English, is a winter speciality in the south that is added to sambar, saagu, rotis, etc. Bengaluru is famed for its Avarekulu mela during the winter months, where you can find these beans in dosas, panipuri and jalebis. Thronged by crowds from all over the city, the food fest is a gourmand's delight.

Region where you get it: Karnataka



## SWEET POTATO

A re-discovered favourite, sweet potatoes have created a space for itself in the modern Indian kitchen. With its diverse addition in burgers, chips and even chat, the root vegetable is filled with nutrients such as fibres and vitamins.

Region where you get it: Bihar, Odisha, West Bengal, Uttar Pradesh



## AMLA OR GOOSEBERRY

The Indian gooseberry is a common winter fruit found throughout the country. High in Vitamin C, it is known to be immunity building and extremely beneficial for the skin and hair. There are multiple ways to eat amla - it is pickled, made into a fruit preserve called Murraba or even eaten by sprinkling salt over it.

Region where you get it: Though amla is found across the country, it is grown mostly in Uttar Pradesh, Gujarat, Maharashtra, Madhya Pradesh, Rajasthan and Tamil Nadu

(WITH INPUTS FROM IANS)



## PENMANSHIP-A FORGOTTEN DOMAIN

PURNIMA SHARMA, TEACHER, DAV PUBLIC SCHOOL, THANE

**P**enmanship or writing by hand may sound outdated in a virtual era. Incorporating digital skills with our day-to-day work has made us forget the craft of writing by hand. Pen, pencil, eraser, pencil sharpener, paper, ink-pot appear to be long-lost words.

Today, even quadragenarians and quinquagenarians have their fingers racing fast on a keyboard, and they have taken it in their stride to type rather than looking up for a pen and paper.

Technological advancement, lack of time, ease of copying and storing the content, and the pandemic- which rushed up the whole advancement process are some of the factors responsible for this sudden unexpected change.

For children especially, exposure to gadgets -though premature and extensive, is debilitating in terms of cognitive development.

Apart from being an irreplaceable part of our culture, one cannot deny that it gives immense satisfaction and joy to calligraph on a clean white sheet



Purnima Sharma, Teacher

*I managed to win an clay auction last week... yes, for a fountain... dash... Anyhow, instead of having it shipped, I asked the seller if I could pick it up instead, since they were local... Well, I still haven't picked it up, because of conflicting schedules, but I finally got a chance to talk to them on the phone yesterday, and I came to find out they're more about penmanship! They offered to leave the pen at a place I can pick it up, but I was like, "No way!" I wanna meet in person! And they're "Prior too... Now I can't wait to meet and trade stories... and talk about all of you!!!"*

of paper. Nevertheless, one can never ignore the very benefits of writing by hand, especially for students, as they are still required to write their exam papers by hand.

One top benefit of writing by hand is the writer's aesthetic appeal and personal touch as it is unique in every way. Secondly, it lets the writer think before penning down each word deeply, enabling him to filter and process each word carefully. It gives the writer freedom to draft and scribble and rewrite anywhere on the paper.

The handwritten document also reveals the mood of the writer. Author Patrick E. McLean in his essay, "A Defence of Writing Longhand," argues that he writes better longhand than computer typing because it enforces a singular focus that we tend to lose when using a computer which may distract you to edit while writing and obstruct your free-flowing ideas."

Some people may favour the easy availability of the equipment and preciseness of content while using a digital platform like a keyboard, but the conventional method of longhand or penmanship will always be a valued virtue as it reflects the very personality of the writer.

## CONSTITUTIONAL DAY



**C**onstitutional Day' or 'Samvidhan Diwas' was celebrated in Siddhi Vinayagar High School, Vikhroli on 26th November, 2021. The event commenced at 7.15 am with garlanding and lightning candle before the photograph of Bharat Ratna Dr. Babasaheb R Ambedkar by trustee Ms Kamala,

Ms Jaya, school principal, primary HM. The welcome and inaugural speech was delivered by Ms Julie. She emphasized the importance of Preamble and Narra- tion of the History of the Indian Constitution.

The Preamble pledge reading was done by the school teachers Ms Mrunal, Ms Suvarna, Ms Ru-

pali in English, Hindi and Marathi respectively which was repeated by the students present for offline classes as well as all staff members. Entire programme was well set and outlet under the guidance of Ms. Divya, Ms. Uma and Ms. Shabana. The programme was concluded with National Anthem.

## Red carpets scrolled back again!

**T**he warm red wrapped itself around me, as if it was asking me to let it protect my wandering eyes of soul. I'd never seen a sky so beautiful. I was walking again. Forward. But I didn't want miss the colours floating behind me. I kept turning back and around. Trying to save everything in my eyes, memories I knew will fade away. I wanted to be greedy for once, only that moment. The thought of saving this song, these cold drops and colours of this sky made me happy.

The streetlights lit up, I wish those lights would stop blinking, I wished it would go dark again, so no one would see me, so no one would wipe my tears, so nobody could share my happiness. It was mine alone.

But when I opened my eyes, it began to fade away. The song played at the same pace. I wanted to reach my hand to this sky which made me smile. It kept fading away, it kept flushing out my colours and my consolation. For a moment I felt it didn't want to hold my hand, it didn't want to stay.

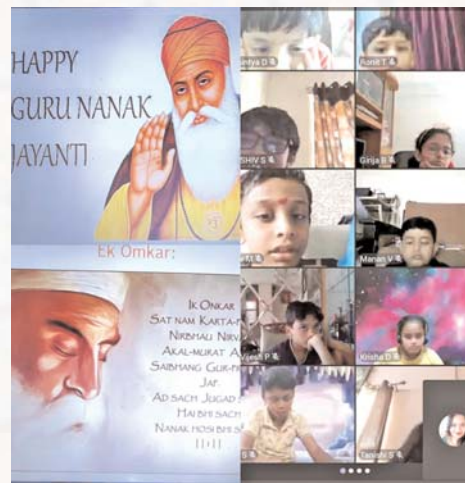
It reminded me so much, I was thankful for the memories,



thankful for the comfort. I pulled back my hand to wave goodbye, to smile and walk away again, this time... again, once more.

Kritika Agrawal, FYJC, Jai Hind College

## Remembering Guru Nanak



**E**ven Kings and Emperors... cannot compare with ant filled with God's true love.' 'Guru Nanak Dev Ji Gurburab, also known as Guru Nanak's Prakash Utsav, celebrates the birth of the first Sikh guru, Guru Nanak. One of the most celebrated Sikh gurus and the founder of Sikhism, Guru Nanak Dev is highly revered by the Sikh community. This is one of the most sacred festivals in Sikhism, or Sikhi.

New Horizon Scholars School celebrated the Day on 19th November with students speaking on him...and his teachings online. Students made Charts and displayed in the virtual classes.

An atmosphere of chastity, compassion and



peace was maintained throughout the day to pay homage to great Guru.

Students prepared poems and shorts hymns in his praise and sung in the Classes.

It truly was a mesmerizing and pious day which concluded with Vanis and shabads..

The regional director, Dr. Jyoti Nair said, "There I one God who dwells in every creation of God and constitutes the Eternal Truth..I found that in each one of you today... let's celebrate that truth with full faith, compassion and affection."

Grade 2F  
Guru nanak jayanthi



**Making clay at home is very simple and an interesting activity. Home made clay is also safe to use for making great crafts. The clay can be made using some readily available materials at home as follows.**

## Homemade Clay dough



### THINGS NEEDED

1. Maida
2. Water
3. Food colour [optional]
4. Mixing bowl
5. Spoon

### METHOD TO PREPARE THE CLAY

1. Take a mixing bowl and add some Maida.

2. In another bowl add some water and food colour of your choice.

3. Add the coloured water to maida and mix it well.

4. The clay dough is ready to use.

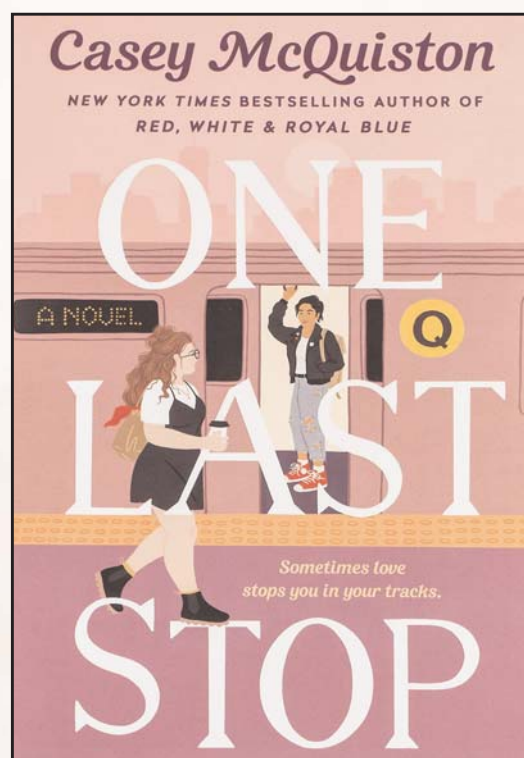
5. If the clay dough gets sticky add a bit of Maida and then use it

The homemade clay dough is ready and now you can make attractive crafts using it.



D. SHIVANI, Class VIII Maharshi Vidhya Mandir, Polacherry, Chennai.

## BOOK: ONE LAST STOP BY CASEY MCQUISTON



**2**3 year old August Landry most certainly does not believe in magic or hope a lot. But, moving to NY for finishing her 3rd major in sociology and travelling on the Q train, something changes. Jane, a short haired punk girl straight outta the '70s becomes August's friend and so much more. But, there's something about her that just might make August believe in magic because, the universe works in mysterious ways to bring people together and change lives.

Casey McQuiston is back with a banger with their sophomore book that is just as beautiful, hilarious and heart-breaking as their debut. The choice of NYC as the backdrop of this story may be a bit cliché but it manages to subvert a lot of the common NYC tropes. The chemistry built between Jane and August is impeccable and so is the oneness from August's found family of societal "misfits". Even the mystery that is at the core of the book does not disappoint one with its conclusion. Overall, the book speaks to all those who haven't quite found a place and people of their own and ends on a hopeful note.

Aarya Bhanushali, class XI, Thakur College Of Science And Commerce



To mark the day, the chil-

dren got involved in activities that were conducted online such as Card Making, Digital Pamphlet Making, Making Short Videos on Slogan and Recitation

on 'Save Animals.'

An early morning Aarti and distribution of biscuits as Prasad made the day a truly memorable one!

### NOT CHANGING ANYMORE

I have been dropped  
down too many times  
I have been hurt for too  
long  
I have beared so many  
lies  
I don't want to now just  
carry along  
They say diamonds form  
under pressure  
This is how it always  
goes  
But why can't you see  
that I am just a human  
being in here  
Who can't always be  
grinded like a stone?  
I am breaking inside  
But nobody seems to

care  
Why don't you just let me  
hide  
For this hardly seems  
fair  
Perfection is what their  
aiming for  
But what if I don't want  
to be that?  
I don't want to go  
through this anymore  
For I am fine just the way  
I am  
The pain is not worth it  
To change myself for you  
When all you do is watch  
me and sit  
As I completely burn  
through

So why do I hurt myself  
For someone who never  
cared  
I am not ready to hurt  
myself  
When you never yourself  
dared  
I don't need your saving  
grace  
I don't need you to be  
there for me  
But hear me speak out  
on your face  
You are not getting any-  
more from me  
You say I am giving up  
But I say I am setting  
myself free  
I say I have had enough

When you say there was  
still so much left for me  
For I am fine for who I  
am  
And I don't feel like I  
need to change  
Your ideals I will never  
understand  
But I must say that is  
okay  
So go make your dia-  
monds from those others  
I would rather be this  
rock  
Go look for your perfect  
in some another  
While I stay happy for  
being who I am meant  
for

NOYONIKA SHARMA, class XI, Apeejay School, Nerul



# HAVE RENEWED ENERGY FOR RCB: KOHLI

Says he has no second thoughts on staying on with the Bangalore franchise

India Test and ODI skipper Virat Kohli has said that he did not have any second thoughts on staying with Indian Premier League (IPL) franchise Royal Challengers Bangalore (RCB) for the next three editions of the tournament. RCB have retained Kohli, Glenn Maxwell and Mohammed Siraj ahead of the mega auction.

"The journey continues, I have been retained by RCB. When I was contacted, did not have any second thoughts at all. It has been an amazing journey over the years, three more years with the franchise that means so much to me. I believe the best is yet to come and I have a special feeling about what is to come next season onwards," said Kohli in a video posted on the official channel of RCB.

"Our fan base is amazing, management has been amazing with me and all other players. Renewed energy and a different version of me on the field. But I will be there with my heart and soul for RCB," he added.

Midway through the IPL 2021 season, Kohli had announced that he would not be leading the franchise from 2022 onwards. Kohli, who has been with the team since inception was retained for INR 15 crores. Maxwell, who was signed by the team last season, remains with the Bold Brigade with a tag of INR 11 crores. Siraj, who has been with the team since 2018, will carry on with RCB for a sum of INR 7 crores.

Speaking about the retained players, Mike Hesson, Director of Cricket Operations, RCB said, "The player retention process has been pretty robust and exhaustive. We've got an exceptional bunch of players but the key for us was to ensure we have a sizeable auction purse going into the IPL Mega Auction. We had many

good players whom we considered and were happy to retain, but that would have taken away our flexibility from the auction to get a balanced squad." "We look to retain as many players during the auction as we build the perfect squad for 2022 and beyond," he added.

## WANTED TO RETAIN RAHUL

Director of Cricket Operations (Punjab Kings) Anil Kumble has said that the franchise wanted to retain KL Rahul for Indian Premier League (IPL) 2022 but the right-handed batter opted to go back into the auction pool.

"KL has been the fulcrum for us in the last four years, and the last two years in the time that I have been with Punjab, he has been the captain. Obviously, we wanted to retain him and continue with him to be the focus for Punjab. But he decided that he wanted to go back to auction," said Kumble.

"And the rules of the IPL before a big auction is that the player decides whether he wants



KL Rahul

Agarwal and Arshdeep Singh for the upcoming IPL.

All the existing Indian Premier League (IPL) franchises on Tuesday revealed the list of their retained players ahead of the mega auction of the upcoming season. MS Dhoni (CSK), Virat Kohli (RCB), Rohit Sharma (MI), Jasprit Bumrah (MI), Sunil Narine (KKR), Andre Russell (KKR), and Glenn Maxwell (RCB) are among some of the big names that the existing franchises have decided to retain for IPL 2022. ANI

to be retained or wants to go back. So we respect that, hopefully, he will be a part of that auction and let us see what happens," he added.

Punjab Kings retained Mayank

## CHAPTER CLOSED: WARNER

Australia batter David Warner thanked all his fans and supporters for sticking by his side after the Indian Premier League (IPL) franchise Sunrisers Hyderabad (SRH) released him ahead of the mega auction of the upcoming season. Taking to Instagram, Warner posted a picture of him along with Rashid and Williamson and captioned it, "Chapter closed!! Thanks to all of the fans @srhfansofficial @sunrisersfansofficial for your support

over all the years, it was as much appreciated. #fans #loyal." SRH has retained skipper Kane Williamson, Abdul Samad and Umran Malik, whereas star players like David Warner, Rashid Khan and Johnny Bairstow have been released. Spinner Rashid Khan also thanked the franchise and called them his 'pillars of strength'.



Photo: PTI

# GERMANY KNOCK OUT BRITAIN

Become the second team to reach Davis Cup semi-finals

Kevin Krawietz and Tim Puetz beat British doubles pair Joe Salisbury and Neal Skupski in two tight sets to send Germany through to the Davis Cup semi-finals.

The Germans saved four set points in a tense opening tie-break in Innsbruck, Austria, before edging in front. Salisbury and Skupski looked destined to force a third set after surging 5-0 ahead in another tie-break, but Krawietz and Puetz won the final seven points to book a clash with Russia or Sweden in Madrid on Saturday.

"It's great, it's an unbelievable feeling," said German captain Michael Kohlmann. "We had super team chemistry. We had a tough loss today (Tuesday) and on Sunday and this

team is capable of getting over these unexpected things."

Dan Evans had swatted Peter Gojowczyk aside 6-2, 6-1 in just 55 minutes to give Britain, playing without brothers Andy and Jamie Murray, the lead. But Jan-Lennard Struff defeated British number one Cameron Norrie 7-6 (8/6), 3-6, 6-2 to pull Germany level at 1-1. World number 51 Struff saved two set points in the opener and broke the 12th-ranked Norrie twice in the decider to set up a winner-takes-all showdown in the doubles. "I'm very happy the way I played, Cam Norrie is a very tough competitor, who is fighting very hard," said Struff. "It's tough - I had the feeling I had to put the pressure on him - I made it today."

Norrie fell 4-1 behind in the first set but broke twice and was serving for it at 6-5. Struff, Germany's top singles player in the absence of Alexander Zverev, promptly hit back

to take the set to a tie-break. Indian Wells champion Norrie led 6-4 only to see Struff reel off the final four points to snatch the first set. A single break earned Norrie the second set, but Struff kept Germany in the competition by closing out victory with four games in a row.

Earlier, world number 25 Evans won the first four games of the match against Gojowczyk and broke five times to complete a convincing victory. Gojowczyk, ranked 86th, was given the nod ahead of Dominik Koepfer for the opening rubber but struggled badly on serve and double-faulted four times in two games as Evans raced into a 4-0 lead.

Evans broke three more times in a one-sided second set, rebounding well from a shock loss to Czech world number 143 Tomas Machac in the group stage on Sunday.

Croatia became the first team to reach the semi-finals on Monday by defeating Italy 2-1. AFP



Germany's Kevin Krawietz and Tim Puetz

Photo: REUTERS

# ENGLAND WOMEN REWRITE RECORD BOOKS IN 20-0 THRASHING OF LATVIA

Ellen White broke England and Women's all-time scoring record as the Lionesses recorded their biggest ever victory by crushing Latvia 20-0 in World Cup qualifying.

White scored twice early on to take her level with and then past Kelly Smith's mark of 46 goals, before completing her hat-trick shortly after the break.

The Manchester City striker was one of four hat-trick-scorers on the night. Lauren Hemp netted four times, while Beth Mead and substitute Alessia Russo also registered trebles.

Beth England notched a brace, and there were also goals from Ella Toone, Georgia Stanway, Jess Carter, Jill Scott and Jordan Nobbs on a historic evening in Doncaster.

The result smashed the Lionesses previous record win of 13-0 against Hungary in 2005.

England also hit double figures last month when the sides met in Riga with a 10-0 win.

It was a sixth win from six Group D games for England, their first six fixtures under Sarina Wiegman - a sequence in which they have registered 53 goals and conceded none.

They lead Austria and Northern Ireland by five points with four qualifiers remaining. AGENCIES



Ellen White

Photo: REUTERS

## QUIZ TIME!

**Q1:** Which country hosts the Sultan Azlan Shah tourney?

- a. Pakistan
- b. Malaysia
- c. Maldives
- d. India

**Q2:** The term double fault is associated with:

- a. Tennis
- b. Squash
- c. Rugby
- d. Long Jump

**Q3:** Who is the first Indian woman to win an Individual Olympic Medal?

- a. Karnam Malleshwari
- b. Saina Nehwal
- c. P. V. Sindhu
- d. Sania Mirza

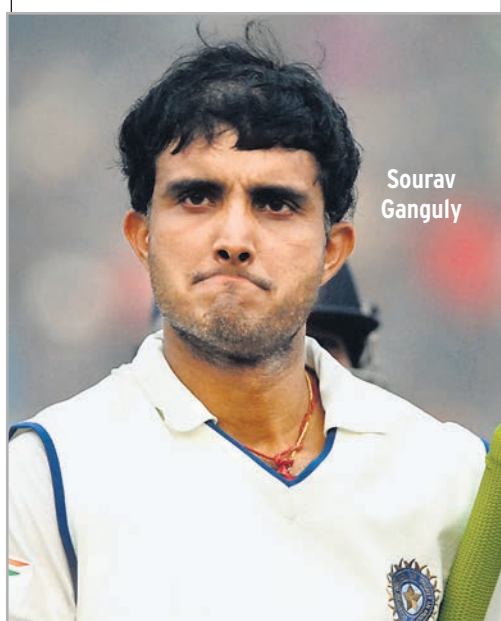
**Q4:** Where is the headquarters of The International Olympic Committee situated?

- a. Vienna
- b. Lausanne
- c. Geneva
- d. Madrid

**Q5:** How many tests did Sourav Ganguly play in his career

before retirement?

- a. 177
- b. 113
- c. 189
- d. 60



Sourav Ganguly

Photo: GETTYIMAGES

**Q6:** Who won the Wimbledon Grand slam women's title 2021?

- a. Ashleigh Barty (Australia)
- b. Naomi Osaka (Japan)
- c. Karolina Pliskova (Czech Republic)
- d. Angelique Kerber

**Q7:** Which team emerged champion of the ICC World Test Championship 2021?

- a. India
- b. Australia
- c. New Zealand
- d. England

**Q8:** Who among the following players is the winner of Wimbledon Open 2021 men's title?

- a. Novak Djokovic
- b. Roger Federer
- c. Rafael Nadal
- d. Daniil Medvedev

**Q9:** Who among the following cricketers has scored 14000 runs in T20 Cricket?

- a. Yuvraj Singh
- b. Chris Gayle
- c. Virat Kohli
- d. M S Dhoni

**ANSWERS:** 1. b. Malaysia 2. a. Tennis  
3. a. Karnam Malleshwari  
4. b. Lausanne 5. b. 113  
6. a. Ashleigh Barty (Australia)  
7. c. New Zealand 8. a. Novak Djokovic  
9. b. Chris Gayle