



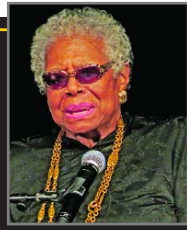
THE TIMES OF INDIA

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**TODAY'S
EDITION**

► Check out the English language and literature sample paper prepared by a teacher

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► Know how civil rights activist Maya Angelou with her indomitable spirit keeps inspiring this generation

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► Brighton overcomes Brentford for 1st EPL win since September

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STUDENT EDITION

TUESDAY, DECEMBER 28, 2021



Covid-19 vaccine booster dose may be given nine months to a year after second shot

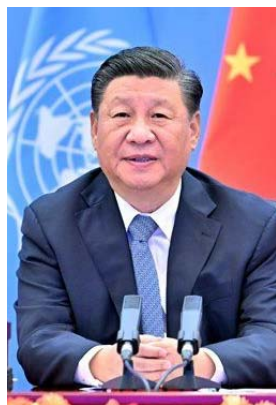
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2021 UNITED STATES CAPITOL ATTACK

Supporters of Donald Trump stormed the US Capitol, firing shots inside the building as the legislature was preparing to seal the election of Joe Biden as the next President and Kamala Harris as the Vice President. The mob waving Trump flags, "Stop the Steal!" signs rampaged through the Capitol, entering the Senate floor and breaking into offices of Congress members. The attack took place after Trump declared that he would "never concede" his defeat to Biden.

US: JOE BIDEN TAKES OFFICE

Joe Biden was sworn in as the President and Kamala Harris as the Vice President on January 20. The daughter of Shyamala Gopalan became the first Indian-American, the first woman, and the first African-American to be sworn in as the Vice President, putting her heartbeat away from the presidency. Biden declared after being swearing-in, "Democracy has prevailed."



CHINA: CCP RESOLUTION CEMENTS PRESIDENT XI JINPING'S STATURE, LEGACY AND FUTURE

Hailing Xi Jinping as the creator of a body of "theories and thoughts", the Chinese Communist Party passed a historic resolution this November putting him on par with Mao Zedong and Deng Xiaoping. The third resolution was adopted at the Central Committee's 6th plenum paving the way for a third term for the President starting next year.



EVENTS THAT MARKED A

TUMULTUOUS YEAR 2021

2021 has been an unusual year. It has been a roller coaster ride full of ups and downs that nobody saw coming. From Donald Trump conceding defeat in the US elections, fall of Kabul, and arrival of Taliban 2.0, the year would also be remembered as the year when countries like Germany and Israel got new leadership...

GERMANY: END OF MERKEL ERA

Germany's centre-left Social Democratic Party (SPD) led by incumbent Vice-Chancellor Olaf Scholz, won the general election with 25.7 per cent of the vote in September, beating the conservative union CDU/CSU and bringing an end to the Angela Merkel era. The conservatives led by Merkel had dominated Germany's Bundestag or the lower house of Parliament for over a decade. With the retirement of Merkel, Germany and, to some extent, the European Union will enter a new era with unclear prospects.



AFGHANISTAN: RISE OF TALIBAN 2.0

The Taliban declared the war in Afghanistan over after its fighters swept the capital Kabul and President Ashraf Ghani fled the country in August. The swift advance of the Taliban fighters in the provincial capitals of Afghanistan took everyone by surprise and the swiftness with which cities like Herat and Kandahar were captured stunned the world.

MYANMAR: MILITARY BACK IN CONTROL

A coup in Myanmar began in February when democratically-elected members of the National League for Democracy (NLD) were deposed by the military, with acting president Myint Swe proclaiming a year-long state of emergency and transferring power to Commander-in-Chief of Defence Services Min Aung Hlaing. The military-backed opposition Union Solidarity and Development Party (USDP) had disputed the results of the general elections held on November 8, 2020 after which the army issued a warning saying that it will take action if the complaints about "election fraud" were not addressed.



ISRAEL: NETANYAHU OUSTED

Naftali Bennett, leader of the right-wing Yamina (United Right) party, was sworn in as the new Israeli prime minister in June ending Benjamin Netanyahu's record 12-year rule. Israel's longest-serving leader, Netanyahu won a record four elections and held office five times. His ouster came after Israeli opposition leader Yair Lapid announced that he has reached a deal with a small pro-settler party and others to form a coalition government to cast Netanyahu out.



CBSE, ICSE, ISC exam dates may be announced soon

The Central Board of Secondary Education (CBSE), which this month conducted the term 1 papers of class X and class XII, may announce the schedule of term 2 papers for the same very soon. The second term examinations for class X and class XII CBSE and CISCE will be conducted in March-April, 2022.

The CBSE as well as CISCE will not be announcing pass or fail status for the term 1 examination. CBSE will announce the final results post term 2 exams


Education

World gets its first billion dollar pandemic-era movie



'Spider-Man: No Way Home' became the first movie in the Covid-19 pandemic era to gross over a billion dollars at the box office, with its Christmas weekend box office collections powering it to a record collection of \$1.05 billion – taking it past the Chinese blockbuster movie 'The Battle of Lake Changjin', which has grossed \$904.9 million since its release in November.

- The last movie to earn over a billion dollars from cinema ticket sales was the 2019 flick, 'Star Wars: The Rise of Skywalker', which ended up grossing over \$1.07 billion. As with most global blockbusters, the latest Spiderman movie has earned more overseas – \$600 million – than its US earnings, which stood at a little over \$405 million
- The fictional superhero movie has also had a good outing in India, earning around ₹ 165 crore to become the fourth-highest Hollywood grosser in India and may even touch the ₹ 200 crore mark – this despite losing 50% of its screens to the latest Hindi movie, '83', released on Friday

1 Questions in the second term examinations will be case-based, situation-based, open-ended short answer and long answer-type questions which will be conducted over two hours

2 For CBSE, the class X & XII term 2 exams will be conducted based on 50% of the syllabus, which has been mentioned on the official website. The first term will contribute to a minimum of 50% of the weightage in the overall result and it is expected that the exact ratio will be shared soon

3 There will not be averaging of marks for the students if for some reason they fail to appear for either term examination

4 The reduced syllabus for ICSE (class X) and ISC (class XII) for the current academic year has been divided into two portions, and the units/subunits to be covered in each semester have been specified clearly

5 Both the Boards have divided the syllabus into two semesters, with 50% syllabus only

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ONLINE TOI STUDENT EDITION

NEW YEAR, NEW DAWN

Welcome 2022 with a dollop of hope

WHAT TO EXPECT

- STUDENTS AND TEACHERS SHARE WHAT THEY ARE HOPEFUL FOR
- LESSONS OF 2021 FOR '22
- CALENDAR OF EVENTS
- MOST-ANTICIPATED MOVIES
- BOOKS BUZZ FOR 2022
- MUSIC NEWS
- THE BIG TRENDS IN HEALTH, LIFESTYLE, TRAVEL, ENVIRONMENT AND MORE
- TRIVIA

Happy New Year 2022

Don't miss the 'Exciting Festive Edition' on this special occasion

MARK YOUR DATE
JANUARY 1, 2022

COLLECTOR'S EDITION

EXTRACTS, PASSAGES NEED UNDIVIDED ATTENTION



PAPER SET BY MALA BHATIA AND MILANPREET KAUR, UDGAM SCHOOL FOR CHILDREN, AHMEDABAD

GENERAL INSTRUCTIONS

- The question paper is MCQ based only.
- Each MCQ carries 1 mark.
- Students must attempt all 40 questions. Time provided is 90 minutes.

PART A: Reading Skill - 10 Marks

PART B: Writing Skills and Grammar - 10 Marks

PART C: Literature - 20 Marks

PART-A (READING-10 Marks)

Read the passage carefully and answer the following questions: [1x5=5]

Learning the Corona Lessons

The other day, I had a very different experience in class. With the classes moving from online to offline mode nearly after a year, I asked my students what lessons they had drawn from the crisis.

Confused but confident, the students gave vent to their feelings and shared their observations. Man is a speck on this planet and should not brag about his achievements, was the observation of a student. All the wealth that man would gather by fair and foul means failed to save him. But the irony was that he believed that he had unlimited powers and could do anything. A tiny virus ravaged the most developed nations in the world and brought them to their knees, depriving them of victuals, drinks, liberty and social connectivity, he added to corroborate his statement.

Another student brought the virtue versus sin theory to explain why the coronavirus had visited us! The statement had a spiritual ring to it, but it also attracted censure. The debate was about to degenerate into an unnecessary controversy when a student rose to put things in a scientific perspective. Since mankind had ravaged the ecosystem for its insatiable greed, the pandemic was direct consequence of it, he explained. Further, if it did not stop, humans would soon face an existential threat.

The whole class threw its weight behind the statement of its classmate and also pledged to protect nature for itself and for posterity.

Another student hailed health and frontline workers. Elaborating her point, she said the brave community of frontline workers had risen above the petty considerations of caste, colour, creed and religion to nip the virus. They put their lives at risk to save the lives of others. Together we could take on any challenge was her observation.

Another student talked about how humanity had risen to the occasion to provide succour to those who were rendered penniless during the pandemic; how the privileged took care of the underprivileged and how the blessed offered help to the unfortunate.

What she tried to convey and convince her classmates was that the brotherhood of mankind could strengthen if the rich would open their purse for the poor.

Human spirit was indomitable and could surmount every crisis, was the observation of another student. No virus could beat and defeat man if he was determined to achieve victory against it. Human resilience could help overcome the stiffest challenges, he said.

Listening to my young students, I had to be convinced that the coronavirus had indeed taught us invaluable lessons. We need to imbibe them better in our lives!

On the basis of your understanding of the passage, answer the questions that follow.

Q1. Choose the correct option that lists the observations of corona period shared by the students.

- The man has unlimited power.
- Only wealth can save man.
- Man is a speck on this planet.
- Man can brag about his achievements.
- Man should not brag about his achievements.
- Man's benevolence brought the corona disease.

(a) i and ii (b) iv and vi
(c) iii and v (d) ii and iv

Q2. During the painful period of the pandemic, the human spirit was _____. Choose the correct set of options.

- submissive
- weak
- unbeatable
- indomitable
- recovering
- negative

(a) i and iv (b) i and ii
(c) iii and iv (d) v and vi

Q3. Choose the option that best captures the central idea of the passage from the given quotes.

- "Health is like money. We never have a true idea of its value until we lose it" — Josh Billings
- "Happiness is the highest form of health." — Dalai Lama
- "Covid -19 does not see race, religion, before striking colour caste creed, language or border before striking. Our response and conduct, therefore, should attach primacy to unity and brotherhood." —

Narendra Modi

(4) "Health is not valued till sickness comes." — Thomas Fuller

(a) Option (1) (b) Option (2)

(c) Option (3) (d) Option (4)

Q4. The extract uses the word 'hailed'. Which of the following expressions is incorrect with respect to the word 'hailed' used in the passage?

- the coronavirus
- doctors
- the health workers
- the police

(a) Option i (b) Option ii

(c) Option iii (d) Option iv

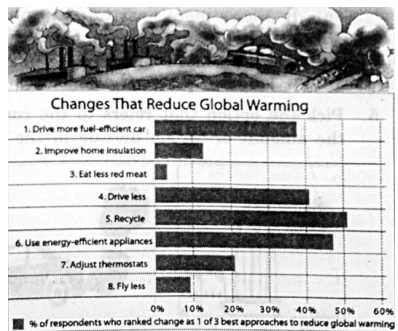
Q5. The brotherhood of mankind can strengthen if _____.

- the rich help the poor with money
- the mighty dominate the weak
- the rich rule the poor
- the mighty defeat the weak

Read the passage carefully and answer the following questions: [1x5=5]

Changes that Reduce Global Warming

- Global warming means an increase in the temperature of the earth's atmosphere. This increase can be caused by a variety of causes. But the main cause is an increase in the amount of carbon dioxide in the air.
- Carbon dioxide is added to the atmosphere by two main processes -- breathing and burning. All living things breathe out carbon dioxide into the atmosphere. The air breathed in contains only .03 per cent carbon dioxide, whereas the air breathed out contains 4 per cent. Thus, breathing leads to increasing the amount of carbon dioxide in the air. Also, large quantities of carbon dioxide are produced by the burning of wood, coal and oil.



3. A significant property of carbon dioxide is that, like glass, it allows more heat to pass into the earth's atmosphere than to pass out. If the amount of carbon dioxide in the air were to double, the temperature of the Earth would rise by 3 degree Celsius and the polar ice caps would start melting. The level of seas would rise and many an island would disappear under the surface of water.

4. Some alarming effects of global warming have already been noticed. Satellite pictures have indicated the disappearance of a tiny Maldivian island into the sea. The Maldives are a group of 1190 islands in the Indian Ocean, south-west of Sri Lanka. They are low lying, no higher than six feet above the sea level. Scientists think that the disappearance of the Maldivian island has been the result of global warming. The earth's mean temperature has risen by one degree Celsius, causing a rise in the sea level. Countries like Maldives and Bangladesh are considered most prone to flooding due to the greenhouse effect.

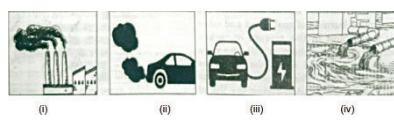
5. Thus it is the duty of each one of us to produce as little of carbon dioxide as we can. We should also take measures to minimize the exhaust fumes from our automobiles. By driving more fuel efficient, we can reduce global warming to about 38 per cent. By improving home insulation, it can be reduced to about 13 per cent. By driving less, it can be reduced to about 41 per cent and by recycling it can be reduced to about 51 per cent. We can reduce global warming to 48 per cent by using energy efficient appliances and to 21 per cent adjusting thermostat. The danger of global warming is real and needs to be attended to with all seriousness. Otherwise, it can bring a total doom for the world.

On the basis of your understanding of the above passage answer questions given below by choosing the most appropriate option:

Q6. Choose the option that lists the statement that is TRUE about carbon dioxide. (a) It allows more heat to pass into Earth's atmosphere than pass out. (b) It helps in freezing ice. (c) It allows more heat to pass out from earth's atmosphere than to pass in. (d) It helps to prevent global warming.

Q7. How is carbon dioxide generated? (a) by breathing of plants (b) by breathing of living things and burning (c) by melting of ice and polar region (d) both (a) and (b)

Q8. Pick the option that refers to the correct picture that shows the ways of reducing the amount of carbon dioxide in the air:



(a) Option (i) (b) option (ii)

(c) option (iii) (d) option (iv)

Q9. The alarming effects of global warming have been noticed with:

- emergence of Maldivian island from sea
- disappearance of sea near Maldives island
- disappearance of Maldives island into the sea
- all these three

Q10. The word 'doom' DOES NOT correspond to _____.

- destruction
- ruin
- construction
- extinction

PART-B

(Writing and Grammar - 10 Marks)

You are Mallika Das/ Mohit Das of 456, Raj Enclave, K. L. Marg, New Delhi-54. Last month, you purchased two electric guitars from Symphony Store. Of late, you have been experiencing trouble. Complete the complaint letter to the Sales Manager showing your disappointment towards their services. [1x4=4]

456, Raj Enclave
K. L. Marg
New Delhi-54 30 September, 2021

The Sales Manager
(1) _____ Store 27, Chandni Chowk
Delhi-6
Subject: Complaint about (12) _____ guitars

Sir
This is to bring to your notice that two Bargen electric guitars (13) _____ on 10 August 2021, vide cash memo no. 291/WS/467, have not been working properly.

You assured me of excellent sound quality but of late they have started giving me lot of trouble. They emit distorted sound and even the metallic finish has chipped off.

As the guitars are in the warranty period, I wish them to be (14) _____ with the new ones at your earliest.

Yours faithfully
Mohit Das

Enclosures: 1. Photocopy of cash memo 2. Photocopy of warranty card

Fill in the blanks with appropriate options to complete the letter.

Q11. (a) Sitar (b) Symphony

(c) Guitar (d) Musical

Q12. (a) electric (b) classical

(c) acoustic (d) bass

Q13. (a) brought (b) sold

(c) gifted (d) purchased

Q14. (a) renewed (b) resold

(c) replaced (d) resent

Read the conversation given below and complete the report. [1x4=4]

Q15. The teacher asked Akash _____. (a) why he came to school the next day (b) why he hadn't come to school the previous day (c) why he hadn't come to school the previous day (d) why he hasn't come to school the next day

Q16. Akash replied respectfully that _____. (a) he had had a toothache (b) he had a toothache (c) he got a toothache (d) he has had a toothache

Q17. When the teacher further asked _____. (a) if the toothache has gone then (b) if the toothache had went then (c) if the toothache has gone now (d) if the toothache had gone then

Q18. Akash replied he did not know as _____. (a) he had a toothache (b) he had a toothache (c) he got a toothache (d) he has had a toothache

Q19. We found the tour of the city _____. (a) fascinates (b) fascinating (c) fascinated (d) fascination

Q20. Either Kairav or Advik written this paragraph. (a) are (b) have (c) were (d) has

(a) he left the tooth with the dentist (b) he had left the tooth with the dentist (c) he has left the tooth with the dentist (d) he did left the tooth with the dentist

Fill in the blanks. [1x2=2]

Q19. We found the tour of the city _____. (a) fascinates (b) fascinating (c) fascinated (d) fascination

Q20. Either Kairav or Advik written this paragraph. (a) are (b) have (c) were (d) has

PART-C

(LITERATURE - 20 Marks)

Q21. The house – the only one in the entire valley – sat on the crest of a low hill. From this height one could see the river and the field of ripe corn dotted with the flowers that always promised a good harvest. The only thing the earth needed was a downpour or at least a shower. Throughout the morning Lencho – who knew his fields intimately – had done nothing else but see the sky towards the north-east.

What is Lencho NOT likely to think while looking at his fields?

- Such a blessing, God! Thank you.
- Just a downpour, God. And everything will be perfect.
- All set for the grand harvest. I'm going to be rich!
- I wish we have enough food to eat after this harvest.

(a) Option (1) (b) Option (2)

(c) Option (3) (d) Option (4)

Q22. Why do you think Mandela mentions some freedoms as 'transitory'?

(a) The freedoms are momentary and keep changing with time. (b) The definition of freedom is constant, but perspectives differ. (c) Freedom means different things to different people. (d) Freedom is not that important after a certain age.

Q23. Even when each of his brothers and his little sister whose wings were far shorter than his own, ran to the brink, flapped their wings, and flew away, he failed to muster up courage to take that plunge which appeared to him so desperate. His father and mother had come around calling to him shrilly, upbraiding him, threatening to let him starve on his ledge unless he flew away. But for the life of him he could not move.

Which quote best supports the idea given in the extract?

(a) Option (1) (b) Option (2)

(c) Option (3) (d) Option (4)

Q24. Read the extract and answer the question that follows.

Everything was going well-it was an easy flight. Paris was about 150 kilometres behind me when I saw the clouds. Storm clouds. They were huge. They looked like black mountains standing in front of me across the sky. I knew I could not fly up and over them, and I did not have enough fuel to fly around them to north or south. 'I ought to go back to Paris,' I thought, but I wanted to get home. I wanted that break-fast. 'I'll take the risk,' I thought, and flew that Dakota straight into that storm.

Read the statements given below and then select the option that best describes the given statements.

Statement 1- The narrator's desire to reach home and see his family made him complacent.

Statement 2- The narrator was unaware of the threat that the adversarial storm clouds presented.

Statement 3- The narrator's decision making was quick but irresponsible as well as dangerous.

(a) Statement 1 is false, Statement 2 is true, and Statement 3 cannot be inferred. (b) Statements 1 and 2 are true, Statement 3 cannot be inferred. (c) Statement 1 cannot be inferred, Statement 2 is false, and Statement 3 is true. (d) Statements 1 and 2 are false, Statement 3 is true.

Q25. How would you describe the 'risk' the narrator took in the story 'Black Aeroplane'?

(a) calculated (b) impetuous (c) unavoidable (d) navigable

Q26. What convincing argument was made by Anne?

(a) She was talkative just like any other student in the class. (b) She had a right to be talkative as it was a classroom and not a prison. (c) She had inherited the trait from her mother, so couldn't stop being talkative. (d) She found it impossible to be quiet like the others as she couldn't change herself.

Q27. But if it had to perish twice, I think I know enough of hate to say that for destruction ice is also great and would suffice.

Here the rhyme scheme used by the poet is _____.

(a) aa bb (b) abc, abc (c) ababa (d) acbbc

Q28. Choose the option listing the most likely reason for the tiger to ignore visitors, according to the extract.

(a) He knows that none would help him out of captivity. (b) He is scared of the constant stares. (c) The visitors don't provide him with any food. (d) The visitors don't speak to him kindly.

Q29. The two agents of nature, the hemlock tree and the crow are the signifiers of: (a) sadness (b) gloom (c) Both (a) and (b) (d) Neither (a) and (b)

Q30. The central idea of the poem 'The Ball Poem' is: (a) Anger and regret can ruin one's day. (b) We should be materialistic. (c) We should learn to move on as loss is inevitable and universal. (d) We cannot change our destiny.

Q31. The poet uses the ball as a symbol of the boy's: (a) sense of adventure (b) carefree childhood days (c) ability to bounce back (d) extended family

Q32. Peggy and Maddie made fun of Wanda because: (a) Wanda also looked down upon Peggy and Maddie. (b) what Wanda claimed was in contradiction to the fact. (c) Wanda belonged to a poor family. (d) Wanda always felt proud of her hundred dresses.

Q33. Jack Beggles won the drawing competition for drawing an outboard motorboat which was displayed in _____. (a) Room no 13 (b) Art Room (c) Room no 12 (d) In the Principal's office

Q34. Maddie has a sick feeling in the bottom of her stomach. Which of the expression is incorrect with respect to the word 'sick' as used in the story 'The Hundred Dresses'?

(a) bad (b) guilty (c) awful (d) ailing

Q35. 'The first period was the study period. Maddie tried to prepare her lessons. But she could not put her mind on her work'. Why?

(a) Maddie was cursing herself for not standing up against wrong done by her friend, Peggy. (b) Maddie was sad as Peggy had not won the competition. (c) Maddie realised she should have not teased Wanda about her poverty. (d) Maddie wanted to go home.

Q36. Anil planned to catch the: (a) 10:30 Express to Lucknow (b) 10:30 Express to Delhi (c) 10:30 Express to Dehradun (d) 10:30 Express to Agra

Q37. Mrs. Pumphrey hastened to explain, "He was so listless, Mr. Herriot. He seemed to have no energy. I thought he must be suffering from malnutrition, so I have been giving him some little extras between meals to build him up, some malt and cod-liver oil and a bowl of Horlicks at night to make him sleep-noting much really."

Which of the following expressions is INCORRECT with respect to the word 'listless'?

(a) Option (1) (b) Option (2) (c) Option (3) (d) Option (4)

Q38. Lawless and revengeful Griffin _____.

(a) walked out of his landlord's house (b) did not pay his rent for months (c) set his landlord's house on fire (d) abused his landlord

Q39. What kind of man was Jaffers? (a) a man of determination (b) a law-abiding man (c) a duty-bound man (d) all of these

Q40. According to Anne Frank paper has: (a) more patience than people (b) more appeal than people (c) more power than people (d) more value than people

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.

Master Mathematics

Mathemazing, Mathematics exhibition was organised at Witty International School, Chikowadi, on 21st December, 2021. Mathematics Exhibition was held to celebrate National Mathematics Day, which is celebrated on 22nd December every year to commemorate the birth anniversary of mathematical genius 'Srinivasa Ramanujan'.

Learning is not just cramming up few books to pass an exam, rather it is process of instilling new beliefs, habits, information and knowledge.

Also, the education system aims to develop social and soft skills in the minds of young learners.

With a notion to implement productive methods of teaching and learning, students with their mentors of Grade 6, 7 and 8 displayed their skills through the Maths exhibition, by presenting models, proj-

ects, charts, puzzles, quiz etc.

The main objectives of mathematics exhibition were, to inculcate interest in mathematics and to analyse, understand and inculcate the different approaches learnt towards solving math



problems. Students showcased their talents, skills and ideas through their creative and innovative maths projects.

Students exhibited the concepts of measurements, profit and loss, GST, fractions, 3D and 2D shapes, mensuration, abacus, geometry, number system, probability, statistics, and Vedic maths. All these concepts were explained through puzzles, fun games, models, quiz, etc.

Enthusiastic young students, through their intriguing models, charts, enthralled the audiences by explaining the nuances of maths in very simple yet effective manner.

Srinivasa Ramanujan made substantial contributions to mathematical analysis, number theory, infinite series, and continued fractions, including solutions to mathematical problems then considered unsolvable.



HUMAN TOUCH

Hands that set forests ablaze and hugs that put storms to shame

Human touch, a craving imprinted in every neuron of our brain.

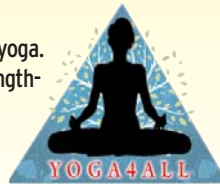
Like ivy it wraps around us and like ivy, we do not fancy it

until it's all cut down And we cannot touch Anymore.

RITIKA JYALA, 12th S1, DAV Public School, Nerul

Padangustha Padma UTKATASANA

This yoga posture is also known as half lotus tip toe balance. This asana is performed as a part of hatha yoga. This helps us to improve our concentration and strengthen the ankles and bring flexibility to the hips and develops balance and clarity of mind. In this, the focus remains on heart as you sink down into the supporting leg.



BENEFITS OF YOGA

- 1 Start with the tall mountain pose and transfer your weight on to right foot.
- 2 Lift the left foot up and place the left ankle in your right hip crease as you do for a half lotus. Left foot is flexed and the knee points down towards the floor.
- 3 Start bending the right knee, sitting back like in the chair pose and then continue going down until your hips touch your heel.
- 4 Focus your gaze on something fixed to help in balancing.
- 5 Hold the position for 5 or more breaths till the time you are feeling comfortable.
- 6 While coming out of the pose, inhale and rise slowly to stand and return to tall mountain pose.

BENEFITS

- Improves flexibility of hips and opens chest and heart.
- Makes back, leg muscles and ankles strong.
- Tones hips and belly. Also improves balance and concentration.

ABHISHEK KUMAR, class X, AKSIPS Smart School, Sec 41, Chd

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.

DO RIGHT, BE A SUPERHERO



INSPIRING ICONS
PETER PARKER

This superhero may have super powers but, Peter Parker is definitely the most relatable person ever. Be it Tobey Maguire's Peter who repeatedly gets fired from jobs and can be cumbersome or Andrew Garfield's suave and sassy Peter or Tom Holland's sweet and teenage Peter, they are all normal nerdy guys who so happened to have gotten super powers by an accident.

Peter is not someone who is the epitome of perfect. He has plenty of flaws and he makes mistakes. That doesn't necessarily make him bad. In fact, it makes him more human and makes realise that even superheroes are people. People with real lives, hopes and aspirations.

Peter Parker grounds us and reminds us to cut everyone some slack because we are all trying to get through life in the best way possible.

Peter also reminds us that we all have different facets and that we must learn to maintain equilibrium. He reminds us that it is okay to stand out of the crowd for all the right reasons and to stand up to the bullies of the world. Through, Peter's journey, we realise that it is okay to be the hero even when everyone discourages you because it can be hard but sometimes, it's the right thing to do. After all, we have to look out for the little guy.

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

Sports Day in school



NADIRA NAMAVATI, TEACHER

The Nalanda Learning Facilitation Programme (NLFP) has evolved into an effective Facilitation Program for children with development and learning variations since 1998 in Mumbai.

NLFP reopened in mid-November after a gap of nearly a year and a half and its first major event "Sports Day", was conducted on 17th December 2021 on Sassoon Ground. Pre-sports were conducted on three days from 22nd Nov, to 24th Nov, 2021. The announcement of pre-sports in the week of reopening did the trick of getting students back to the institute. Since NLFP admits students with learning variations requiring individual attention, each class has a limited number of students which worked in our favour. NLFP admits students from grade 6 to grade 12 in its SSC and NIOS sections.

The Sports Day began with the Investiture ceremony wherein the council members were administered the oath by Ms Arva Vahanvati in the presence of Ms Aarti Gandhi, Director, NLFP, with a promise that they would carry out their duties with integrity, faith and excellence. Every year, this event takes place at the beginning of the academic year. Minoy Shah, the Sports Head from Eagles House, took the Sports Day Oath along with the students of NLFP.

Team events like cricket, football, tug-of-war, throwball and individual events like kick the ball, throw the ball, back to school, lemon and spoon, duck walk, book balancing were conducted during pre-sports. Individual events like 100m run, 200m run, 4x100m relay for juniors and seniors, and the staff race were some of the events conducted on sports day. This year, however, parents' race and ex-students' race were not held due to statutory restrictions related to the pandemic.

The Prize Distribution ceremony was presided over by the Headmistress of E.E.E. Sassoon School, Ms Swati Basare. It began with a march past by the four houses of NLFP led by Minoy Shah, the Sports Head. Ms Basare took the Guard of Honour. The air on Sas-

soon ground was electrified by the sound of the thudding feet of students as they marched to the call given by Mr Hanif Mansuri, the PT teacher of NLFP and the drum beats. The Eagles House won the shield for Best March-past.

As the certificates and medals were awarded by the Chief Guest, the students waited with bated breath for the announcement of the Championship Trophies. Mahi Bindra won the Championship Trophy for Best Girl Sportsman (Junior) and Musbah Latif, Championship Trophy for Best Boy Sportsman (Junior). Both, the Championship Trophy for Seniors and Sports Boy of the Year was won by Minoy Shah. The Championship Trophy for Seniors and

Sports girl of the Year were won by Nayasha Mehta. After pre-sports, among the four houses, Dolphins, Pumas, Equus and Eagles, Pumas were leading on the basis of house points. Pumas succeeded in maintaining the lead on Sports day and won the trophy of the Best House of NLFP.

The students participated in each of the events with great enthusiasm and one could feel the happiness, joy and free-spirit in the air on Sassoon ground. They all cheered the most during the teachers race! Finally, they were able to break the shackles of covid-19 and breathe in the fresh air of freedom and conduct physical activities in gay abandon, a part and parcel of student life.

Investiture Ceremony

The long awaited Investiture Ceremony for the current academic year 2021-22 was held on 18th November 2021. The chief guest for this prestigious event was Major General Rakesh Manocha SM, VSM, Chief of Staff, Headquarters Maharashtra, Gujarat and Goa Area. The guest of honour was the chairman of APS Mumbai, Brig Saumya Banerjee SM Brigadier General staff

The programme started with a Saraswati Vandana performed by class 9th stu-

dents.

The newly appointed office bearers smartly marched in to receive the scroll of honour handed over by the chief guest and the guest of honour.

The principal Vipanjot Sehdeva administered the oath to the new leaders. The chief guest Maj Gen Manocha spoke a few words to inspire the students donning their new responsibilities.

The programme ended with the newly appointed Head Boy and Head Girl giving the Vote of thanks.



MOTHER EARTH

The Earth is a room,
With the sky as a window,
Which leads to the outside world,
Full of dangers and delight,
Wonders, but also fright,
One day, I will leave this room,
reach beyond the stars,
And conquer new heights.
The oceans are storage for
my mother Earth's tears,
Why did you think it was salty,
just like our tears?
We have come up with
myths, theories and even
brought in science!

But just look at the glaciers
melting,
Just look at the signs.
We talk about making the
world a better place,
But what have we made of
our Earths once beautiful
face?
We have built so many fac-
tories,
Emitting all this smoke,
These unnecessary build-
ings,
Don't you think mother gets
poked?
Love, laughter and care,
That's all she needs,

At the end of the day are
we still going to be here
picking weeds?
Because when Mother Earth
asks for help and you sim-
ply refuse,
It's no one else but Mother
Earth you abuse.
And it's my wish that before
I leave this room,
I teach you all to think
before you consume,
That Mother Earth is con-
tent,
And that my life in this
room,
Was one well spent.

KAAYAN, class VIII, Navy Children School, Colaba

AUSTRALIA SCENT VICTORY

England collapse again in last hour of gripping 3rd Test

On an extraordinary day of cricket, both on and off the field, England faced an uphill battle to save the third test against Australia and with it the Ashes. A dazed England lost four wickets in a hostile late spell to leave them still trailing by 51 runs and fighting to stave off defeat Monday at stumps on day two of a gripping third Ashes Test against Australia. Australia was bowled out for 267 as the home side grabbed a first-innings advantage of 82 runs, before England reached 31-4 in its second innings at stumps Monday.

BATTING COLLAPSE

But England's batters were soon under attack again. Mitchell Starc (2-11) dismissed Zak Crawley, caught behind for 5, and David Malan, leg before without scoring, in consecutive deliveries in the fifth over. Debutant Scott Boland (2-1) delighted his home crowd of 42,626 roaring fans by removing opener Haseeb Hameed for 7 and Jack Leach without scoring in the penultimate over of the day. With Ben Stokes and Joe Root at the crease, England had lost four wickets after just 12 overs and still requiring another 51 runs to make Australia bat again.

Struggling opener Zak Crawley never looked comfortable and after dodging 15 balls he was caught by wicketkeeper Alex Carey for five off Starc. David Malan came in but incredibly was out first ball to Starc lbw after an unsuccessful review, then Scott Boland ruined Haseeb Hameed's day on seven, with Carey gloving an edge.

Fired up, Boland bowled Jack Leach without scoring two balls to leave skipper Joe Root unbeaten on 12 and Ben Stokes on two -- and England in deep trouble.

EARLY WICKETS WERE KEY

England seamer James Anderson gave a masterful display, claiming the key wickets of Marcus Harris (76) and Steve Smith (16) in his tally of 4-33 off 23 overs.

England earlier took their chances with the key wickets of Marnus Labuschagne (1) and Steve Smith (16), along with nightwatchman Nathan Lyon, before lunch. Harris and Travis Head (27) surrendered in the second session before England mopped up the rest.

Australia resumed on 61 for one with the maligned Harris, who started on 20, under pressure after a poor series so far. But he hung on grimly as Australian wickets tumbled around him to repay the faith of coach Justin Langer by bringing up only his

third 50 in 13 Tests, and his first in two years. He then fell on 76 with the brilliant Anderson enticing an edge that Root took at slip.

Head, who made a swashbuckling 152 at the first Test in Brisbane, compiled a good-looking 27 before flailing at a probing Ollie Robinson ball, also caught by Root to snap a 60-run stand with Harris.

COVID HIT

Play began half an hour late after Covid drama in the England camp, with the team forced to undergo urgent rapid antigen tests as they were about to leave for the MCG. All players came back negative, but two support staff and two family members tested positive. Coronavirus had impacted the second Test at Adelaide as well, with Australian captain Cummins ruled out just before the start for being in close contact with a positive Covid-19 case.

When play started, Lyon didn't last, hitting 10 before prodding at a full-length Robinson delivery to Jos Buttler behind the stumps. Harris smacked an early boundary off Anderson, but was cautious. He survived a review decision on 36 after being given out lbw and a difficult stumping on 63 before his luck finally ran out.

Labuschagne, the new number one Test batsman, had a rare failure, undone by the pace of Mark Wood, edging to Root on one in a massive moment for a resurgent England. Harris was joined by the usually reliable Smith, who made 16 before being bowled by Anderson to leave the match finely poised.

Head also succumbed to the safe hands of Root, off Robinson, then Leach trapped Cameron Green lbw for 17. Stokes removed Carey, also for 17, before late cameos from Cummins and Starc added valuable extra runs. AGENCIES

On the bowling front, I thought we did really well to stick at our task throughout the day. We knew that last 12 overs were going to be pretty tough with the new ball. But even so, to lose four wickets was really disappointing. I don't want to get into much of a bowlers-versus-batters sort of thing because we're a team here and we're all working hard to try to get better. I was in a really good rhythm. Late in the first session, I felt like I was going to get a wicket every ball.

England's leading wicket taker
JAMES ANDERSON

Scott Boland

Mitchell Starc



Neal Maupay

Photo: REUTERS

BRIGHTON end barren run

Overcome Brentford for 1st EPL win since September, move to ninth position

Brighton & Hove Albion ended their 11-game winless run in the Premier League after superb goals from Leandro Trossard and Neal Maupay led to a 2-0 home win over Brentford Sunday. The result lifted Brighton to ninth place in the standings on 23 points from 17 games while Brentford are 13th on 20 points as Seagulls boss Graham Potter stretched his perfect record against opposite number Thomas Frank to five victories.

Potter was pleased with a solid performance as Brighton celebrated their first league win since September. "First half especially I thought we were really good," he told Sky Sports. "Nice to score two goals and keep a clean sheet. We needed our goalkeeper in the second half as Brentford, as you would expect, responded."

Maupay, who joined Brighton from Brentford in 2019, was relieved his team finally got back to winning ways. "It is not any nicer to score against my former club," he said. "I didn't want to celebrate because they are the club that gave me a chance four years ago. No-one wanted to sign me

CHELSEA BEAT VILLA

■ Chelsea manager Thomas Tuchel said he was forced to give some players more minutes than he should have against Aston Villa on Sunday, with both Romelu Lukaku and Callum Hudson-Odoi returning to action after missing three games due to COVID-19.

■ Chelsea secured a 3-1 win at Villa, with Lukaku coming on at half-time and Hudson-Odoi playing the full 90 minutes.

■ "It is not so easy when you have a long injury, with a body like (Lukaku) and you catch COVID-19," Tuchel said. "Callum (Hudson-Odoi) was forced to play 90 minutes straight after COVID-19 because of injuries and that's the way it is." While pleased with the three points, Tuchel was concerned about the players he must pitch back into action over the holiday period.

■ Chelsea face Brighton on Wednesday.

in France, they were the only one who gave me the chance. This is a good night for us."

Brighton enjoyed the lion's share of the possession in the first half and Trossard fired them into a 34th-minute lead when he beat visiting goalkeeper Alvaro Fernandez with a delightful lob after a long ball from Enock Mwepu.

Trossard made it 2-0 in the 42nd as he unleashed an unstoppable shot into the top corner from the edge of the penalty area after a flowing move left the French forward with time and space to pick his spot.

Missed chances

Brentford sprung back to life after the break and missed three chances in quick succession.

Brentford boss Frank conceded his side paid the price for a slack first-half performance. "I thought Brighton were better than us in the first half and we were better than them in the second half but they took their chances," he said. "In general we did not do enough to have a chance to win. We were not sharp on touches, decision making and passes." REUTERS

NO CLARITY ON DJOKO PLAYING IN ATP CUP

With players starting to arrive in Sydney for the men's season-opening ATP Cup, there was still no clarity on Monday whether top-ranked Novak Djokovic would be taking part in the team tournament or in the Australian Open that follows.

There has been intense speculation over Djokovic's participation at the Australian Open, which starts on Jan. 17, with the 34-year-old, who is opposed to vaccinations repeatedly declining to say if he has been inoculated against COVID-19. The rate of vaccination in the top 100 in men's tennis is 95%, according to ATP Tour data. With the organisers of the Grand Slam confirming that all players and participants at Melbourne Park must be vaccinated or have a medical exemption granted by an independent



Photo: ATP

panel of experts, Djokovic has kept everyone guessing.

If the Serbian does not turn up, world No. 2 Daniil Medvedev would be the top draw at the ATP Cup, and he has arrived in Sydney to help Russia defend its title. AGENCIES

2021
ROUND UP

INSPIRING SHOW AT TOKYO GAMES USHERS IN NEW DAWN FOR HOCKEY

A bronze medal was good enough to write a golden chapter in Indian hockey, which was desperately seeking a revival for long, as Indian men and women teams conjured up an inspirational show at the Tokyo Games.

Defying all odds and challenges thrown by the COVID-19 pandemic, Indian men ended a 41-year long wait for an Olympics medal, a stage it owned in its glorious past.

The players were confined to a bio-bubble in 2020 but 2021 started on a bright note as the men fought hard against Germany and Great Britain to finish the four-match European tour with two wins and as many draws.

The upward swing continued on the Argentina tour, beating the 2016 Olympic champions twice and drawing twice in four games.

The team also won against the Los Leones in the two-match FIH Pro League tie to set the



Harmanpreet Singh

momentum for what eventually turned out to be a watershed year for Indian hockey.

At the Tokyo Olympics, India finished second in pool stages, winning four out of five matches. The Manpreet-led side defeated Great Britain 3-1 in the quarterfinal before losing 2-5 against Belgium in the last four round.

However, India staged a remarkable comeback and earned a 5-4 win over Germany to clinch the much-needed bronze medal.

By virtue of the Olympic campaign, India swept the FIH Hockey Star Awards 2021 winning all categories, which saw Olympic champions Belgium crying foul. PR Sreejesh and skipper Manpreet were honoured with the prestigious Major Dhyan Chand Khel Ratna Award, and all the other players receiving the Arjuna award.

The year, however, ended on a bit sad note as India failed to defend the Asian Champions Trophy title, beating arch-rivals Pakistan 4-3 in the bronze medal match.

Fairytale year for women

The Indian women's hockey team also added to the cherry by achieving many firsts in 2021. From a historic fourth-place finish at the Tokyo Olympics to achieving the best-ever FIH world rankings to sweeping FIH Hockey Stars Awards 2021 in all categories, the year gone by was nothing short of a fairytale for the Indian women team.

The Rani Rampal-led side that started the Olympic



Manpreet Singh



Rani Rampal

campaign with three losses, later pulled off, arguably, one of the biggest upsets in world hockey with a win over the mighty Australia in the quarterfinals. But as luck would have it, the Indian women missed out on an Olympic medal by a whisker after losing 1-2 to Argentina in the semifinals before a 3-4 heartbreak against Great Britain in the bronze medal match. But it was more than enough to build women hockey's identity in the country.

It also gave the Indian women's team its highest-ever FIH world ranking, eighth, in August but ended the year in ninth spot due to the side's withdrawal from the women's Asian Champions Trophy 2021 in Korea.

Juniors disappoint

The Indian junior men's hockey team turned out to be a big let down at the end of the year as it failed to defend its World Cup title earlier this month. The team finished fourth, losing 1-3 to France in the bronze medal play-off.

The year has boosted confidence of the Blue Sticks ahead of the Asian Games and Birmingham Commonwealth Games.

Self-belief is the first major prerequisite for success and the two teams now have it in abundance. AGENCIES