



# THE TIMES OF INDIA

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**TODAY'S EDITION**

Winter is here, so is our guide on wellness essentials you should stock up for the season

**PAGE 2**



A student writes about how a camping experience can teach you valuable life lessons

**PAGE 3**



PV Sindhu loses in final of BWF World Tour

**PAGE 4**



**STUDENT EDITION**

MONDAY, DECEMBER 6, 2021



**Will the existing vaccines work AGAINST OMICRON?**

**CLICK HERE: PAGE 1 AND 2**

## REVISITING HISTORY



Maitri Diwas will be commemorated on December 6 to mark India recognising Bangladesh in 1971 in 18 other countries, the Ministry of External Affairs said.

During the visit of Prime Minister Modi to Bangladesh in March to attend the national day of Bangladesh, it was decided to commemorate the day as Maitri Diwas (Friendship Day).

Ten days before the liberation of Bangladesh, India had recognised Bangladesh on December 6, 1971. India was one of the first countries to establish bilateral diplomatic ties with Bangladesh.

Maitri Diwas is being commemorated in 18 countries around the world besides Dhaka and Delhi. These countries are Belgium, Canada, Egypt, Indonesia, Russia, Qatar, Singapore, UK, Australia, France, Japan, Malaysia, Saudi Arabia, South Africa, Switzerland, Thailand, UAE and USA, MEA said.



# INDIA, B'DESH MARK MAITRI DIWAS

**LEARNING WITH NIE: Looking back at how India helped build a nation...**

The year 2021 marks the golden jubilee of the **MUKTIJUDDHO OR THE LIBERATION WAR**. Bangladesh's independence in 1971 not only gave Bangladesh its freedom from the clutches of oppressive East Pakistan but also changed the history and geopolitical scenario of South Asia.

Oppressive military action by the then west Pakistan's military led to a massive refugee and humanitarian crisis. The plight of the 10 million refugees did have an impact on the Indian government and prompted it to launch a retaliatory action against Pakistan. However, India's intervention was not only altruistic in nature, but was primarily based on realpolitik (a system of politics or principles based on practical rather than moral or ideological considerations).



An Indian Army officer holds the 'Swarni Vijay Mashal'. It will reach Delhi on Dec 16

### Bangladesh Liberation War 1971

**POLITICAL IMBALANCE:** In the 1950s the centralised Pakistani state was run undemocratically by a military-bureaucratic oligarchy dominated by West Pakistan. Under this system, Bengalis had no political say. But West Pakistan dominance was challenged in 1970 during general elections.



Pakistani Army abandoned arms at Shironani during war

**LANDSLIDE VICTORY OF AWAMI LEAGUE:** In East Pakistan, Sheikh Mujibur Rahman's Awami League had a clear overall majority, enough to become the prime minister. However, West Pakistan was not willing to let a leader from its eastern provincial wing rule the country.

**CULTURAL DIFFERENCES:** The then West Pakistan (present Pakistan), under the leadership of General Yahya Khan, started a brutal assault on the people of East Pakistan (present Bangladesh) who were demanding freedom because of the language and cultural differences between the two regions. After political negotiations failed, the Pakistani army started the crackdown.



Pakistani General Niazi signing the surrender documents in Dacca



Jawans hold aloft the Tricolour after capturing a West Pak bridge

**OPERATION SEARCHLIGHT:** West Pakistan kicked in Operation Searchlight across the whole of East Pakistan on March 26, 1971. This resulted in millions of Bangladeshis fleeing to India, mainly West Bengal, Assam, Meghalaya and Tripura.

West Bengal, in particular, was massively burdened by the onrush of the refugees and the state appealed to the then Prime Minister Indira Gandhi and her government for assistance for food and shelter.

**INDO-BANGLA COOPERATION:** With the subsequent bravery of the Indian Army coupled with the spirited fight put up by Mukti Bahini – the Bangladeshi guerrilla resistance movement – defeated the Pakistani forces.

**DEFEAT OF PAK MILITARY:** On December 16, 1971, Lt Gen Amir Abdullah Khan Niazi, the Chief Martial Law Administrator of East Pakistan and Commander of Pakistan Army forces located in East Pakistan signed the Instrument of Surrender.

Over 93,000 Pakistani troops surrendered to the Indian Forces and Bangladesh Liberation Forces, making it the largest surrender since World War II. The intervention brought a conclusion to the war in 13 short days and led to the birth of a new nation



The Omicron variant of the coronavirus has sparked fears that existing Covid-19 vaccines and treatment could be less effective against it. Here's what companies that make Covid vaccines and drugs have said:

**MODERNA:** CEO Stéphane Bancel has warned that Covid-19 vaccines are unlikely to be as effective against the Omicron variant. The company has said a new vaccine tailored for Omicron should be available as soon as March.

**PFIZER-BIONTECH:** "We think it's likely that people will have substantial protection against severe disease caused by Omicron," said BioNTech CEO and co-founder Ugur Sahin.

**JOHNSON & JOHNSON:** J&J said it was testing blood serum from participants in various trials to look for neutralising activity against the Omicron variant. It was also pursuing an Omicron-specific vaccine and would progress it as needed.

**ASTRAZENECA PLC-UNIV OF OXFORD:** AstraZeneca said it was examining the impact of Omicron on its vaccine, and is hopeful its combination drug would retain efficacy.

## INDIA UPDATE: More Omicron cases detected

A 37-year-old man who arrived in Delhi from Tanzania has tested positive for Omicron, making it the first case of the new Covid-19 variant in the national capital and the fifth in the country. Meanwhile, a merchant navy engineer has tested positive for the variant of Covid-19 in Dombivli, Mumbai. Mumbai has 17 Omicron suspects, of which 13 are travellers and four their contacts, said a health official on Sunday. (At the time of going to the press).



## Banksy street murals recreated in Milan's main train station



Travellers at Milan's main train station will this week be able to take a break among reproductions of murals by elusive street artist Banksy. 'The World of Banksy - The Immersive Experience' in the Mosaics Gallery, on the rail level of Milan's monumental Central Station, features reproductions of some of Banksy's best-known pieces, such as 'Nola', created in 2008 out of sympathy with the people of hurricane-battered New Orleans.

Banksy's street art has been recreated by young European artists and installed against backgrounds mimicking their original street setting. "When it was a brick wall, we made a brick wall, when it is a cement wall we made a cement wall, when they are dirty from time and pollution we made them dirty with special



effects," the show's curator, Manu De Ros, said. New works reproduced include 'Aachoo!!', depicting a maskless woman sneezing and knocking her dentures off. AP

**WHO IS BANKSY?** He is a pseudonymous England-based street artist. His satirical street art and subversive epigrams combine dark humour with graffiti executed in a distinctive stenciling technique

## Tel Aviv Pips Paris To Be Priciest City



Residents of Israel's seaside metropolis Tel Aviv have for years complained of how expensive it is, with living costs taking a chunk out of their pay cheques. Now a new report affirms their dissatisfaction with the prices. Tel Aviv has emerged as the most expensive city to live in, according to the Economist Intelligence Unit, a research group linked to the 'Economist' magazine

1 Israel's financial and cultural epicentre on the Mediterranean Sea, previously ranked 5th-most expensive, has now surpassed other pricey places like Paris and Singapore. Paris, the previous holder of the title, tied with Singapore as second-most expensive, and

were followed by Zurich and Hong Kong in this year's report.

2 WHY IS IT THE PRICIEST? Tel Aviv is more expensive because it is the country's economic hub, with high paying technology jobs drawing talent from across the country.

**WHAT DOES THIS MEAN FOR TEL AVIV:** Tel Aviv is Israel's financial and cultural epicentre. It boasts a thriving high-tech scene, world-class restaurants and a stretch of Mediterranean beach lined by gleaming hotels and condominiums. Economists attribute the jump to a strong appreciation of the 'shekel' against the dollar.

## Island turns into open-air lab for VOLCANOLOGISTS

### FANCY GADGETS

They come with eagle-eyed drones and high-precision instruments. Aided by satellites, they analyse gas emissions and the flows of molten rock. On the ground, they collect everything from the tiniest particles to 'lava bombs' the size of watermelons that one of nature's most powerful forces hurl as incandescent projectiles.

### SCIENTISTS FLOCK TO TOWN

Scientists from around the world are flocking to La Palma, one of Spain's Canary Islands in the Atlantic Ocean, to take advantage of a volcanic eruption happen-

ing just an hour's drive from an international airport and the safety of being able to work under the escort of military brigades. They are applying cutting-edge technologies to scrutinise a rare volcanic eruption from the land, the sea, the air – and even space.

### UNDERSTANDING ERUPTIONS

As in the two dozen other major live eruptions across the planet, the ultimate goal on La Palma is to better understand volcanic eruptions: how they form, develop and, even more crucially for the islanders, how and when they end.



### Why Canary Islands?

Volcanic eruptions are a one or, at most, twice-in-a-generation event in the Canary Islands archipelago near Africa. Some of the Canary Islands are still growing due to magma accumulating underneath and, as is happening in La Palma, by forming lava peninsulas beyond the coastline.



## LEARNING SKILLS

Video games can teach

## CHILDREN HOW TO SAVE AND BUDGET

Do video games level up kids' money skills and teach them personal finance lessons? Yes, but it largely depends on how parents talk with them about their online experience. Here are three conversations to have

## HOW TO SAVE

Mark Mazzu, a former banker and stockbroker, uses the popular video game Minecraft to teach children how to save. In the game, players use chests to keep valuable items safe - much like a bank account. Using this example, Mazzu asks his students, "If you get 64 pieces of coal or cobblestone and you don't want to use all of the stuff you find, why don't you put 10 per cent away in a chest?"



## HOW TO ALLOCATE FUNDS

Theme Park Tycoon, a game where players build and run an amusement park, can also teach money lessons. "There are a lot of actual business allocations that are not the sort of thing kids would get the chance to do in real life, unless they are running a serious lemonade stand," says Laura Vanderkam, author of 'Off the Clock'.

## HOW TO BUDGET

"The money lessons can start even before the game is played. Kids have to consider how much the games cost and negotiate accordingly with their parents," says Jeff Haynes, a senior editor. Susan Beacham, founder of financial education company Money Savvy Generation, suggests having kids earn money or use their allowance to buy virtual currency for game-playing. Follow up afterward and ask if they think the cost was worth the benefit. This exercise will benefit kids. AP



## WELLNESS

## Things your skin needs in winter

Hot soup, socks and sun are great for winter. But, in this cold season, you must also show your skin some TLC. Here's a wellness guide to keep your skin healthy and happy



## MAKE SWAPS, BUT THERE'S NO NEED FOR A COMPLETE RE-DO

While winter might require you to refine your regimen, it isn't necessary that you change everything. 'Listen' to what might be missing, and at the same time, pay particular heed to what the skin might be reacting to.

## BE KIND TO DELICATE ZONES

Skin can be more sensitive than usual in the winter, so be gentle. Avoid excessive exfoliation (and remember to replenish right after), always pat your face dry versus scrubbing vigorously, and get rid of anything that has artificial fragrances (a tip not just for the winter, but all year round!). Don't forget to take care of your lips (since the area around our lips is especially fragile and susceptible to lip-lines), neck, hands and feet - these areas need extra nourishment too.

## THERE'S MORE TO WINTER SKINCARE THAN JUST PRODUCTS

Spend a few moments massaging the products into your skin and get the blood flowing. Always do this using soft, firm upward strokes of your palms, or else metal applicators can help enhance the absorption of the products. If you've got indoor heating on, use humidifiers to prevent excessive drying. And while you enjoy your tea and hot chocolate, do not dip your consumption of the humble yet mighty drink - H2O.

(With inputs from wellness guide and founder of a skincare brand - Surbhee Grover)

TNN

## GARDENING

## 5 Kitchen garden ideas everyone should know



This space is different from the rest of the lawns and ornamental plant area - it's where you plant veggies, herbs, edible plants, medicinal and interesting flavouring plants. Let's take a look at some creative ideas on how to make your kitchen garden even better

## EFFICIENTLY DIVIDING YOUR SPACE

Structured layouts play a very important role in making sure your garden space is efficiently utilised. Forming a system of raised garden beds and properly laid out pavements helps in systematically growing the plants and vegetables. You can also grow different plants in different rows, columns depending on your needs.

## REMEMBER THE BASICS: THE 3RS

Kitchen garden is the perfect place where you can use your recycling talent to grow lots of veggies of your choice. You can save your money and scan your home for used containers and decorate it in quirky manners. You can do all sorts of other reusing, reducing, and recycling things that can facilitate your creativity and help you in making your garden productive and beautiful.

## ORGANISATION MATTERS

Use of containers helps in organising your garden in the most healthy and efficient way. It helps you in lining the garden in the most desirable way, you can be as creative as you like and have multiple plants in one pot. This will also help in using small spaces and bringing out lots of plants.



## CREATING THE ENTRANCE

First impressions always matter. So the entry to the garden should be quite amazing. Make an arch, decorate it a little with vines, etc. so that the entrance stands out on its own and can be easily distinguished from the rest.



## CHOOSE COLOURFUL PLANTS

While you are getting a nutrition filled garden, it would help if they looked good too. Pick out beautiful looking plants that are colourful and bright, and this way you can have the best of both worlds. TNN

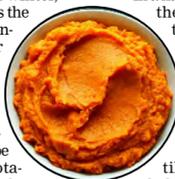
## GOOD FOOD

## 5 SWEET POTATO RECIPES FOR GOOD HEALTH

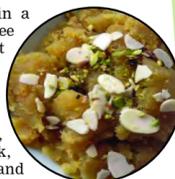
Commonly known as shakarkandi, sweet potato is one of the popular vegetables that you can find in winter. It is a very filling food and is power packed with nutrients, not to miss the nice subtly sweet and smokey taste. Here are five recipes that will help you in using sweet potato in your regular winter diet

## MASHED SWEET POTATOES

A go-to comfort food in winter, mashed sweet potato is the healthiest recipe you can enjoy with grilled chicken or cottage cheese or tofu. For making this dish, all you need to do is microwave the sweet potatoes for 15-20 minutes at high temperature. Once done, scrape the sides of the sweet potatoes in a bowl and mash them. Mix a little butter, maple syrup, cinnamon and a little sea salt in mashed sweet potatoes and serve warm.



and mash them in a large bowl. Melt ghee in a kadhai and roast the mashed potatoes in it until brown in colour. Afterwards, mix milk, jaggery and enough water to mix all the ingredients. Cook it until the water has evaporated and the shakarkandi mixture is dry. You can also add saffron-soaked milk to it to increase the flavour. Once dry enough, enjoy it hot with some dry fruits.



## SHAKARKANDI HALWA

Begin the process by boiling sweet potatoes. Afterwards, peel

## BAKED SWEET POTATO FRIES

If you have a thing for 'French Fries' here's the healthier version. Preheat the oven at 220 degrees C. While it's heating, peel and cut the sweet potato in fingers. Now, take a baking tray and grease it with olive oil generously. Next, take a small bowl and mix 1 tsp olive oil with chopped garlic, herbs like rosemary, thyme, oregano and even tarragon and your favourite spices. Throw the fingers in the tray and add this dressing over the fingers. Toss well and



## FIBRE-RICH TREAT

Sweet potato is known to be nutrient-dense and is loaded with dietary fibre, antioxidants, and vitamin A & C and various minerals. This nutrition-rich root vegetable has a lot of health benefits, from improving blood-sugar circulation to protecting against different types of cancer!

bake for 35 minutes. Sprinkle some salt and pepper over the fries and enjoy.

## SWEET POTATO SOUP

Who wouldn't love a thick and warm soup in winters? To make this yummy soup, peel and dice the sweet potatoes in a bowl. Next, heat oil in a large pot and stir fry onion and carrot in it. Then add ginger, garlic along with paprika and red pepper. Now, add the diced sweet potatoes in the pan along with the vegetable broth. Mix well and cook for 20-30 minutes. Once done, let the mixture cool a little and blend all the ingredients to a fine paste until creamy. Transfer in bowls and garnish with fresh cream and black pepper powder.

## SHAKARKANDI CHAAT

Boil the sweet potatoes. Once done, peel and cut into bite-size pieces in a mixing bowl. Add a little lemon juice, chaat masala, black salt and mix well. You can mix pomegranate seeds in it along with sev and enjoy it. It's the perfect snack for winter evenings.



## REVELATION

## STEREOTYPES THAT GIRLS DON'T LIKE COMPUTER SCIENCE STARTS EARLY

CHILDREN AS YOUNG as age six develop ideas that girls are less interested than boys in computer science and engineering. These stereotypes can extend into the late teens and contribute to a gender gap in STEM courses and related careers.

## WHAT THE RESEARCH SAYS...

New research from the University of Houston and the University of Washington explores the gender-based beliefs young children and teens hold about interest in STEM fields. They found that just over half (51 per cent) of children believed girls are less interested in computer science, and nearly two-thirds (63 per cent) said girls are less interested in engineering. In comparison, 14 per cent of children said girls are more interested than boys in computer science, and nine per cent said girls are more interested in engineering. ANI



## Spectacular 'Annual Appreciation Day' at Apeejay

Enthralling the audience with the fervent rendition of music and dance, **Apeejay School**, Pitampura, on November 28 celebrated its Annual Appreciation Day amidst great zing and exuberance to commemorate the milestone reached by its arduous students.

The reverberating and magnificent event was presided over by Aditya Berlia, co-promoter of Apeejay Stya and Svan Group. Himanshu Gupta (IAS), director, Directorate of Education was the chief guest on the occasion, internationally renowned kathak dancers Nalini and Kamalini were the guests of honour along with a galaxy of dignitaries and distinguished members of the Apeejay Education Society.

The 'Annual Appreciation Day' commenced with the virtual lighting

of the lamp, followed by the chanting of the divine 'Samudra Vasane Devi' mantra dedicated to Mother Earth. The school principal Veena Goel welcomed the guests; she also addressed the gathering and presented the school report which gave a glimpse of major events and achievements of the school. She also spoke at length about the plethora of activities that school organised even during the pandemic and the accolades won by the students and applauded the incredible work done by the entire staff in teaching and learning through the digital platform. She also listed the many exemplary feats, the school was ranked no 1 among the top CBSE schools, as per the Times School Survey.

The highlight of the cultural programme was musical dance drama 'Behta hai paljeetain hain cha' which was an affirmation of self-belief and



hope, motivating people to move on in spite of the hurdles. It was an amalgamation of dances, songs and acts giving a message to 'move on' expressing that there is so much to learn from everything and everyone. The school choir and orchestra enthralled all with their lively and vibrant songs.

The rich display of colour, music and dance left the audience spellbound.

The chief guest, Himanshu Gupta, in his address congratulated the school principal for the achievements of the academic year and added that the school has done exceptionally good work, which clearly shows the school's adaptability. The guest of honour Nalini also appreciated the programme and encouraged students to stay connected to their culture through art. Addressing the gathering, Aditya Berlia applauded the school for its achievements despite all the challenges and added it was only possible because of the extreme hard work of parents, teachers, students and the staff.

The vote of thanks was proposed by vice principal Renuka Kamal, the programme culminated with the school song sung robustly by the school choir.

This year's annual function proved to be an astounding visual treat that enthralled every spectator connected virtually to the show.

## International collaborative activity

International cross cultural collaborative activity extends the reach of the classroom globally, making it possible for students from anywhere in the world, to connect with each other. Intercultural learning establishes a more creative and healthy learning environment where students learn to accept and respect differences.

In an effort to develop sense of cultural integration, collaborative activities on topics like traditional games, cultural extravaganza and monuments of India and Indonesia, was organised between students of **DAY RK Puram** and **SMP Merlions School, Indonesia**.

The impact of this collabora-



tive activity was positive as it is an effective way of engaging students in learning. It gave an exposure to the students and an increased understanding of diverse perspectives. It was a great learning experience for all. Students of both schools participated with great enthusiasm and zeal.

## DVM honours democracy



**D**ayanand Vidya Mandir, Kulesra Greater Noida, honoured democracy by celebrating November 26 as the Constitution Day under the campaign of 'Azadi Ka Amrit Utsav'. Students of the school were administered the 'Preamble Pledge' and oath of integrity and honesty by principal Smita Verma. The teaching staff along with students reaffirmed their commitment towards the Indian Constitution.

On this day, a 'Constitution Day Quiz Competition' was organised for the students of classes VI to XII.

Aditya Kumar Sah (VII), Harshit Pandey (XI) and Harsh Sharma (XI) won the first, second and third position respectively.

Celebration ended with a message given by principal Smita Verma who said that one must 'cherish the glory and uphold the ideology of Indian Constitution'.

## Winning Takes For The Common Man

**CHHAVI SINGH**  
Mater Dei School, Delhi

**AARUSHI MOHINDRU**  
The Air Force School, Delhi

**SRISHTI KOCHHAR**  
Tagore International School, Vasant Vihar, Delhi

**RUSHIL SINHA**  
Tagore International School Vasant Vihar, Delhi

**ERA JAINT**  
Convent of Jesus and Mary, Delhi

**RANVIR BATRA**  
Tagore International School Vasant Vihar, Delhi

**KRISHNA AGGARWAL**  
Bluebells School International, Delhi

**MONISHAA**  
Queen Mary's Northern, Model Town, Delhi

**PRAKSHI MANAKTALA**  
GGSS No 2 Gandhi Nagar, Delhi-31, Delhi

**SAANVI AGGARWAL**  
Hansraj Model School, Delhi



The regional winners for The Trust of India cartoon caption contest

## THE TRUST OF INDIA

**VAASVI SINGHANIA**  
K R Mangalam World School, Delhi

**LAVNIKA NANDA**  
Tagore International School, Vasant Vihar, Delhi

**KANISHK DAS**  
Cambridge School, Srinivaspuri, Delhi

**ANUSHKA RAI**  
Birla Vidya Niketan, Delhi

**DIYA PANDEY**  
Mater Dei School, Delhi

**ANUSHKA SAXENA**  
The Indian School, Delhi

**SHIVANYA RAIZADA**  
Prudence School, Delhi

**ANUSHKA JAIN**  
Convent of Jesus and Mary, Delhi

**SAMPREET KLAIR**  
White Leaf Public School, Delhi

**AMANJOT SINGH SAINI**  
BGSIPS, Delhi

**MOHAMMAD HUMAM SAEED**  
A E S, Dr D D M Sr Sec School, ITO, Delhi

## Express YOURSELF

### A camp that brought me close to nature

After more than a year of staying cooped up at home due to the pandemic, I was finally going on a camp to Bandipur tiger reserve. This was my first time travelling without my parents.

The previous night I was so excited I could not sleep at all. Students from all over Bangalore were going to the camp, accompanied by our coach Jai Sharma.

We reached Bandipur around 12:30 pm and as we headed to our



dorms, we were welcomed by a flock of spotted deer and some wild boar. What a wonderful way to start. After lunch and some games, we left on a safari. We spotted gaurs, blue tiger butterflies, painted storks, elephants, spotted deer and lots of common black-faced langur. We learnt that the lantana plant has been invasive in the forests. It is not native to India, and was unintentionally planted by a farmer. It made me think about how our actions can affect the ecology. The evening was spent watching the beautiful sunset and a movie on the wildlife of the area. movie.

The next day was more rejuvenating. We had morning exercise and yoga with a hot cup of tea. We head-



ed out for a trek, but a herd of tuskers had blocked off paths so, instead we went bird watching. It was so calm and peaceful. We all took out our binoculars and cameras and started to look for birds. I was able to see my favorite bird - the red whiskered bulbul. The sight of the bird took my breath away.

The two most exciting events of this trip were sighting an elephant charging and the visit to the Gopal Swami hill. This camp and the safari made me realise how important it is to conserve nature because nature is the best therapy in itself. I hope to go to a camp again.

Rishabh G, class VIII,  
MG School for Excellence, Bengaluru

## GO WITH YOUR IMAGINATION

Life is but a canvas  
We are the artists here.  
No matter where we are in life,  
Whether in the jaws of death,  
Or on cloud nine,  
It's never too late to create your masterpiece.  
Just splash some paint,  
Be brave to take risks,  
Go confidently in the right direction,  
To find the greatest solution!

R Hayaashakthi,  
class VII, Sishu Griha Senior School

## Drishy makes RSV proud

It was a proud moment for **Rashtra Shakti Vidyalaya Sr Sec New Delhi** when amongst 30 schools, **Drishy Gupta**, class XI (Science) brought laurels by receiving consolation prize, certificate, auto biography of Mahatma Gandhi and cash award of ₹1100 from Vijay Goyal, vice chairman, in presence of Dipankar Gyan director of Gandhi Smriti.

For her exhilarating performance in elocution competition on innovation in addressing against women in the context of Covid19.



The competition was organised at Gandhi Smriti and Darshana Samiti on the occasion of international day for the 'Elimination of Violence Against Women' focused on global theme for this year 'Orange the world: Fund, respond. Prevent, collect'.

## THE EDUCATIONIST

### Inter-disciplinary learning integral to tap potential

Look deep into nature and then you'll understand everything better - Albert Einstein

Nature's primeval teachings are "Survival" and "Adaptability". We need to be instinctive and aware of our surroundings in order to adapt ourselves to the changing scenarios. Nature is just enough because nothing in it works in isolation and we gladly accept its interconnections. Nature promotes learning in literal and metaphorical ways. The key to this lies in how these interconnections work together. The pandemic has given us a wonderful opportunity to shun some previous practices and change.

Learning is a lifelong process and every child develops skills and learns according to their own natural rhythms, time and unique way.

Inter-disciplinary learning links different subjects or disciplines to enhance learning. It prepares students to expand their minds to various ideas, leading to improvement in analytical/critical thinking, which then enhance their ability to solve problems in real-life situations.

For this approach we at school chose 'space' as the topic. Students were put in mixed groups for discussions and received others' perspective on the topic. They inferred the effects, learnt multiple new words in all the three languages, drew out the connection and combination of Science, Mathematics and Social and made observations.

This, led to answer to many related questions. Our teachers also learnt significantly from each other, and felt we could influence the students' learning in a positive way. This approach allowed our teachers to collaborate and come up with constructive means of teaching by connecting the school subject with other subjects, thereby potentially sharpening the students' understanding of numerous subjects that enables them to become creative and better learners. We explored related issues with the students to understand multiple viewpoints on a given topic. It became extremely meaningful when we were able to see our children relate to what they've learnt to their real life. It helped them become better communicators and investigative learners. This collaboration led to everyone contributing their ideas, creativity and thoughts.

This approach positively impacted learning ability and resulted in permanent learning. The children showcased inquisitiveness and effective team work. They were exposed to multiple sources of information, and secured a comprehensive outlook, that they don't acquire from textbooks. This integrated approach helped them learn how subjects are tied, connected and built together.

The modern approaches and techniques are unhurriedly replacing traditional patterns of education. SKEI has taken a step to tap the potential of each child and help the interconnect across disciplines and aspects of life.



Krithika H, social studies educator, Sri Kamalabai Educational Institution

## EBSB initiative at MJKPS

**M**ata Jai Kaur Public School, Ashok Vihar organised various activities under 'Ek Bharat Shreshtha Bharat' (EBSB) initiative with an aim to learn about the remarkable unity of languages spoken in Delhi and Sikkim (Paired State and UT).

English and social science subjects were integrated to enhance the linguistic skills and promote unity in diversity. The students of the middle wing were encouraged to learn the alphabets, new words and short sentences in the regional languages of Sikkim. Not only did the students try to pen down the alphabets, but also made an effort to pronounce them. The students selected common proverbs and translated them into the regional languages spoken over there.



This enabled the students to get an insight into the languages spoken in various regions of Sikkim and paved the way for the students to appreciate, and exchange best practices and experiences. They marked the regional languages in the map of Sikkim. A 'Poshak Show' was also organised to give a glimpse of the regional costumes of the beautiful state of Sikkim.

The students were dressed up in the attires worn by the people and shared the facts about the state. These activities provided them the opportunity to learn about the cultural rituals and costumes of our partnering state and instilled a sense of pride, unity, harmony, sensitivity and knowledge amongst them.

# SINDHU SETTLES FOR SILVER

South Korea's An Se-young proves a tough opponent for two-time Olympic medallist in BWF World Tour Finals

**I**ndia shuttler PV Sindhu on Sunday came up short in the finals of the BWF World Tour Finals as the 26-year-old was defeated by South Korea's An Se-young in the summit clash. Se-young defeated Sindhu by 21-16, 21-12 in the final match at Bali, that lasted for just 39 minutes. The reigning world champion Indian ace had no answer to the in-form world number six Korean, who dictated terms from the word go.

With this victory, An Seyoung became the first ever South Korean woman to win the season-ending title. It was also her third straight title in Bali, following wins at the Indonesia Masters and Indonesia Open in the last two weeks. An Seyoung looked more polished at the nets and rode on her good quality of strokes. She produced some sensational full stretch diving saves with her swift movement to blunt Sindhu's game plan.

The South Korea shuttler came out all guns blazing in the first game and she blazed away with a 4-0 lead, but Sindhu was able to raise her game, and the first game was locked at 7-4 in favour of Seyoung after the opening four minutes of the game. The 19-year-old An Se-young raised her level and Sindhu proved no match for her. The South Korea was just one more game

away from victory.

Young charged on with her momentum, and in the end, she defeated Sindhu in straight games to win the tournament. An was brilliant in net play as well as with her baseline game, never allowing the two-time Olympic medallist Indian shuttler to make a comeback into the match.

## COULDN'T MOUNT ATTACK

Up against the 19-year-old Korean, Sindhu once again looked short of ideas. She couldn't mount her attacking game or make use of the full court. The Indian had a forgettable start and was left to fight a tough battle after lagging 0-4. Sindhu played a good rally to log her first points with a cross court return. She tried to narrow the gap by engaging her rival in rallies but An Seyoung was quick on her feet and showed better anticipation to always keep her nose ahead.

The Korean needed the lead to 16-8 after resumption. Sindhu tried to make up the deficit with a few good points but the Korean managed to collect eight game points. Sindhu saved four game points by putting pressure on her opponent's backhand, while the Korean also sent one long. An Seyoung, however, sealed the opening game with a body return.

The second game started on an even keel with Sindhu managing to take a 5-4 lead for the first time but the agile Korean was quick to wrest back the lead after the Indian went long twice. The teen shuttler soon extended her lead to 10-6 as she was relentless in the rallies, sending everything back to Sindhu. A razor sharp return on her opponent's forehand gave her a 11-8 advantage at the break.

After the interval, An Seyoung continued to control the proceedings, galloping to a 15-8 lead with

another exceptional full dive return. In a jiffy, An Seyoung grabbed a massive 10 match points. Sindhu saved two before sending one to the net as the Korean celebrated.

It was Sindhu's third successive loss - all straight games - to the Korean in as many meetings. Making her third final appearance in the year-end tournament, world number seven Sindhu looked a pale shadow of the player who had claimed the title in 2018 to become the only Indian to achieve the feat.

## THIRD FINALS

This was Sindhu's third final appearance in the tournament. She had won the title in 2018 to become the only Indian to achieve the feat.

Sindhu will next look to defend her title at the World Championships in Huelva, Spain starting December 12. AGENCIES



South Korea's An Se-young (R) posing on the winner's podium with runners-up India's Pusarika V. Sindhu (L)

It was a good game. An Seyoung is a good player so I don't think it was going to be easy. I was prepared for a good match. From the beginning I should not have given her a lead because in the end I came back covering few points. It is a bit sad but lot to learn. It has been a good three weeks in Bali. So lot of positives to take from here and it's time to go back, recover and get prepared for the world championships.

PV SINDHU

Photo: AP

Photo: AFP

## REAL MADRID EASE PAST SOCIEDAD

Victory tarnished by an injury to Benzema; Barca and Atletico beaten

**R**eal Madrid stretched their lead at the top of La Liga to eight points on Saturday with a slick 2-0 win over Real Sociedad but the victory was tarnished by an injury to Karim Benzema. Carlo Ancelotti said Benzema is likely now to miss Tuesday's Champions League game at home to Inter Milan although he was hopeful the striker could return to face Atletico Madrid next weekend.

Madrid, meanwhile, face Inter in a decider for first place in Group D, almost certainly without Benzema. The 33-year-old was forced off in the first half at the Reale Arena with what appeared to be a problem around his left hamstring. Yet Madrid marched on without their star striker to register another impressive win over high-flying Real Sociedad as Vinicius Junior continued his brilliant run by scoring the opener before Luka Jovic, Benzema's replacement, added a second.

Vinicius' 12th goal of the season came in the 47th minute as he weaved in from the left and played a clever reverse pass into Jovic, who held the ball up and turned it back to Vinicius, who drove in.

Jovic has endured a torrid time since joining Madrid for 60 million euros in 2019 but he could be given a run now in Benzema's absence. After teeing up Vinicius, he stooped low to head in Casemiro's flick-on from a corner for his first goal of the season.

### Valuable win

Madrid's eighth consecutive win proved even more valuable after both Atletico and Barcelona lost, with Atletico undone by Mallorca and Barca succumbing to the impressive Real Betis for their first defeat under Xavi Hernandez. Barcelona stay seventh, now a hefty 16 points behind Real Madrid, while Atletico drop to fourth, six points in front of Barca, but 10 points off the top. "We have an advantage but the league is still open," said Ancelotti. "We can't think now about winning La Liga, I don't want anyone to think like this."

Barcelona and Atletico will now have to pick themselves up ahead of crunch Champions League group games in midweek. AFP

### MAN CITY, LIVERPOOL ADVANCE

Manchester City and Liverpool took advantage of Chelsea's 3-2 defeat at West Ham to climb above Thomas Tuchel's side in the three-way race for the Premier League title. Defending champions City ended the day on top of the table for the first time this season after a 3-1 stroll at struggling Watford.

Liverpool left it until deep into stoppage time to see off tenacious Wolves for a last-gasp 1-0 win. Substitute Divock Origi finished from Mohamed Salah's pass in the 94th minute. The visitors dominated possession and had 17 shots on goal. Wolves battled hard to keep them at bay before Origi's late intervention.

## GURJIT KAUR SHINES FOR INDIA

**D**ragflicker Gurjit Kaur scored five goals as the Indian women's hockey team thrashed Thailand 13-0 in its first game at the Asian Champions Trophy at Donghae, South Korea on Sunday.

Gurjit gave India the lead in the second minute after an infringement from Thailand in their defensive third awarded them a penalty stroke. Gurjit, who scored four goals at the Tokyo Olympics, kept a cool head and put the ball in the back of the net.

Conceding an early goal put Thailand on the back foot straight away, and Vandana Katariya, the only Indian women's player to score a hat-trick at the Olympics, found the second goal five minutes later.

Lilima Minz, Jyoti, Rajwinder Kaur, who made her international debut on Sunday, scored goals.

India dominated by continuing to make threatening



Gurjit Kaur

circle penetrations from the left flank. But Thailand dug in deep and defended well for the first six minutes. Jyoti broke the threshold, scoring another field goal in the 36th minute.

This was the Indian team's first match since the historic fourth-place finish at the Tokyo Olympics. In the absence of Captain Rani, who has been rested from the tournament, India were led by veteran goalkeeper Savita. PH

## QUIZ TIME!

**Q1:** Who among the following is the first Indian woman to win an Olympic Medal?

- Anju Bobby George
- Karnam Malleshwari
- P. T. Usha
- Nameirakpam Kunjarani

**Q2:** Velodrome is an arena for which among the following sporting events?

- Lawn tennis
- Ice Hockey
- Track Cycling
- Formula One racing

**Q3:** In which among the following years, the Modern Olympic games were held for the first time?

- 1889
- 1896
- 1876
- 1898

**Q4:** Which among the following is played on a synthetic hard court?

- French Open
- Wimbledon
- US open
- Australia open

**Q5:** 'The World Beneath his Feet' is a biography of whom?

- Pulella Gopichand

- Nawab Pataudi
- Ajit Wadekar
- Sachin Tendulkar

**Q6:** How many Ballon d'Ors does Lionel Messi have?



Photo: REUTERS

- 6
- 7
- 3
- 9

**Q7:** Which is the first city ever to have hosted the Summer Olympic Games three times?

- Paris
- Athens
- London
- Los Angeles

**Q8:** Which country tops the all-time medal table in the Commonwealth Games?

- India
- Australia
- England
- Canada

**Q9:** In which year was the first edition of the Pro Kabaddi League held?

- 2012
- 2014
- 2016
- 2018

**Q10:** Which country is the place of origin of tennis?

- England
- Australia
- France
- Spain

**ANSWERS:** 1. b. 2. c. 3. c. 4. d. 5. a. 6. a. 7. c. 8. b. 9. b. 10. a.