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STUDENT EDITION

TUESDAY, DECEMBER 14, 2021

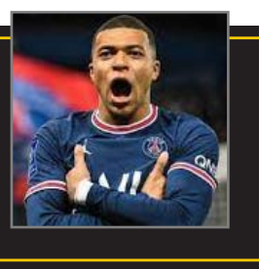
TIMES nie Newspaper in Education

TODAY'S EDITION

➤➤ Want to make good use of plastic waste? A student tells you how one can always go eco-friendly PAGE 2

➤ Learn how superhero Shang Chi inspires people with the innate goodness in his character and the ability to be just in adverse situation PAGE 3

➤ Ligue 1: Kylian Mbappe scores a double as Paris Saint-Germain (PSG) beat Monaco PAGE 4



CLICK HERE: PAGE 1 AND 2

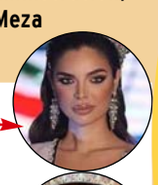
Spotlight

HARNAAZ SANDHU

Miss Universe 2021

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

Only two Indians before Sandhu have won the title of Miss Universe – actors SUSHMITA SEN IN 1994 and LARA DUTTA IN 2000



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

THE ANSWER THAT WON SANDHU THE CROWN

"The biggest pressure the youth of today is facing is to believe in themselves, to know that you are unique and that's what makes you beautiful. Stop comparing yourselves with others and let's talk about more important things that's happening worldwide. This is what you need to understand. Come out, speak for yourselves because you are the leader of your life, you are the voice of your own. I believed in myself and that's why I am standing here today"

– On being asked what advice would she give to young women on how to deal with the pressure they face today

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

Dear students,

The Times of India, Newspaper in Education, thanks you for your unending support during the Covid times. We are extremely delighted to reach out to you with our print edition again, after 18 long months of digital edition. With this comeback, expect Times NIE Powerpack – a revamped print edition, curated keeping your curriculum in mind, making education play-way, and introducing new ideas, themes that you sought from us during the 18 month-absence of the print edition. We look forward to more engagements, larger participation and increased interaction from students, teachers, principals, and parents.

WE ARE OFFICIALLY BACK! Please share your feedback at

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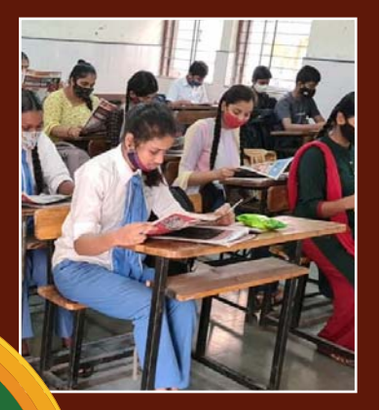


Students in Mumbai finally get to hold their favourite Times NIE print edition, as Times NIE gets back to schools in the city. Welcoming the print edition, students, principals and teachers grab the first copy on Monday

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

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

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

IN THE NEWS

NEW CALEDONIA

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

THE HISTORY

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

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

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

GOING DUTCH! F1 GETS A NEW WORLD CHAMP

In a title race billed as the greatest in history – akin to the James Hunt vs. Niki Lauda title race in 1976 and the Ayrton Senna vs. Alain Prost race in 1990 – Max Verstappen became the first Dutchman to win the Formula One World Championship when he beat overwhelming favourite Lewis Hamilton at the Abu Dhabi Grand Prix final. The race result was subject to a protest from Mercedes, which claimed that the race director had not followed his own rulebook with the late restart and that the result should have been taken from the penultimate lap when Hamilton was leading. Hamilton looked set to win a record-breaking eighth drivers' championship,but a late crash toward the back of the field caused the safety car to be deployed, which slowed the field so the track could be cleared. It wiped away Hamilton's lead and set up a one-lap shootout with Verstappen when the race resumed.

- Verstappen, 24, is the first Dutch Formula One champion. His fight against Hamilton, 36, has been one of the most dramatic in recent Formula One history after multiple crashes and close on-track fights between the drivers. It is the closest championship result since 2012, when Sebastian Vettel of Red Bull beat Fernando Alonso of Ferrari by 3 points.

HASINA RANKED 43RD ON FORBES' 100 MOST POWERFUL WOMEN LIST

Bangladesh Prime Minister Sheikh Hasina has been ranked 43rd on the Forbes' list of 100 Most Powerful Women in the world. "During what she believes will be her final term, Hasina plans to focus on issues such as food security and access to education and healthcare," the magazine mentioned.

- Hasina is the longest-serving PM in the history of Bangladesh, having served for a combined total of over 17 years and four terms- She won the fourth term after her ruling party, Bangladesh Awami League, won 288 of the 300 parliamentary seats in the 2018 elections

- On the list, philanthropist MacKenzie Scott, US Vice President Kamala Harris, and President of the European Central Bank Christine Lagarde have been ranked first, second and third, respectively
- Every year, the magazine releases a list of 100 powerful women of the world
- This year, the 18th annual list included 40 CEOs, the most since 2015, who, according to the magazine, "oversee a record $3.3 trillion in revenue"

Plastic waste sculpture museum to come up near Bengaluru

Karnataka will house a museum of plastic waste sculpture near Bengaluru's picturesque holiday destination of Nandi Hills soon to sensitise people. The winning sculptures will eventually find place in the first-of-its-kind museum of plastic waste sculptures near Nandi Hills, a popular weekend destination near Bengaluru. Karnataka chief minister Basavaraj Bommai and NITI Aayog Vice chairman Rajiv Kumar had on Friday formally launched the Fellowship, a first-of-its-kind initiative to encourage young artists to create sculptures from plastic waste.

FACTOID

310 KG

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

All the world is a laboratory to the inquiring mind.

- Martin H. Fischer

BE DILIGENT TO BOND WITH CHEMISTRY

EXAMS R fun

CLASS: XII - 2021-22

SUBJECT: CHEMISTRY

Time Allowed: 1½ Hours

Maximum Marks: 35

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

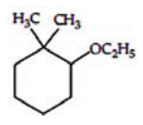
GENERAL INSTRUCTIONS

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

SECTION-A

Q1) A binary mixture that forms maximum boiling azeotrope is
(a) ethanol + acetone
(b) water + ethanol
(c) acetone + chloroform
(d) bromoethane + chloroethane

Q2) IUPAC name of the following compound is:



(a) 2-ethoxy-1,1-dimethylcyclohexane
(b) 2,6 -dimethyl phenol
(c) 2 -ethoxy propane
(d) 1-ethoxy-2,2-dimethylcyclohexane

Q3) The relative lowering of vapour pressure of an aqueous solution containing non volatile solute is 0.015, then the molality of the solution is
(a) 0.01 **(b)** 0.5 **(c)** 0.7 **(d)** 0.8

Q4) The helical structure of protein is stabilised by
(a) Van Der Waal's forces
(b) Dipole-dipole interaction
(c) Dipeptide bond **(d)** Hydrogen bond

Q5) XeF_6 on complete hydrolysis forms:
(a) Only $XeOF_4$ **(b)** XeO_2F_2 and HF
(c) XeO_3 and HF **(d)** XeO_3 and $XeOF_4$

Q6) Which alcohol do not react with Lucas reagent at room temperature?
(a) 3-methyl- 2-butanol
(b) 2-methyl- butanol
(c) 2-methyl- 2-butanol
(d) 2,3-dimethyl- 2-butanol

Q7) Bleaching powder reacts with conc. HCl gives
(a) chlorine **(b)** oxygen
(c) chloric acid **(d)** hypochlorous acid

Q8) The total number of tetrahedral voids in the face centred unit cell is
(a) 4 **(b)** 6 **(c)** 8 **(d)** 12

Q9) Propanol undergoes catalytic dehydrogenation to give
(a) propene **(b)** propanone
(c) propyl chloride **(d)** propanal

Q10) Glucose on reaction with bromine water forms
(a) saccharic acid **(b)** gluconic acid
(c) hexane **(d)** oxime

Q11) Which of the following elements can form oxides in oxidation states varying from +1 to +5 ?
(a) N **(b)** P **(c)** As **(d)** Sb

Q12) What of the following statement is not true regarding the structure of nucleic acid?
(a) DNA has double helix strand structure
(b) When a nitrogenous base is attached to 1' position of sugar a nucleoside is formed
(c) A nucleotide is formed when nucleoside is linked to phosphoric acid at 5´ position of sugar molecule.
(d) Nucleosides are joined together by phosphodiester linkage between 5´ and 3´ carbon atoms of the pentose sugar.

Q13) Which of the following orders are correct as per the properties mentioned against each?
(a) S < O < Cl < F [negative electron gain enthalpy]
(b) $H_2O < H_2S < H_2Se < H_2Te$ [Acidic character]
(c) NaF < NaCl < NaBr < NaI [Ionic character]
(d) $BiH_3 < SbH_3 < AsH_3 < PH_3 < NH_3$ [Reducing character]

Q14) The formation of ortho hydroxybenzoic acid from phenol using sodium hydroxide and carbondioxide in acidic medium is known as
(a) Reimer Tiemann reaction
(b) Kolbe's reaction
(c) Williamson synthesis
(d) Esterification

Q15) Among the following one which is not a chiral compound
(a) 2-bromobutane
(b) 2,3-dichloro propanal
(c) propan-2-ol **(d)** butan-2-ol

Q16) The nitrogenous base which is not found in RNA:
(a) Adenine **(b)** Thymine
(c) Guanine **(d)** Cytosine

Q17) Anisole reacts with a mixture of concentrated nitric acid and sulphuric acid to yield
(a) ortho-nitro anisole
(b) para-nitro anisole
(c) meta-nitro anisole
(d) ortho and para-nitro anisole

Q18) Which of the following will show metal deficiency defect?
(a) NaCl **(b)** FeO **(c)** KCl **(d)** ZnO

Q19) Identify the odd one out
(a) Arginine **(b)** Lysine
(c) Valine **(d)** Glycine

Q20) Which among the following is not a haloalkane?
(a) 2-iodo acetophenone
(b) ethylene dichloride
(c) 2-chloro 2-methyl propane
(d) 2-bromo pentane

Q21) A compound with excess metal ion and an anion is absent from its lattice position which is occupied by electron, belongs to the type of defect known as:
(a) Stoichiometric defect
(b) Non-Stoichiometric defect
(c) Line defect **(d)** impurity defect

Q22) The presence of strong hydrogen bonding in H_2O which is absent in H_2S is due to:
(a) small size and low electronegativity in O
(b) small size and low electronegativity in S
(c) small size and high electronegativity in O
(d) small size and high electronegativity in S

Q23) Which of the following colligative property is directly proportional to molarity:
(a) Lowering of vapour pressure
(b) Elevation of boiling point
(c) Osmotic pressure
(d) Depression of freezing point

Q24) Which of the following alkyl halides will undergoes SN^1reaction most readily?
(a) $(CH_3)_3C$-F **(b)** $(CH_3)_3C$-Cl
(c) $(CH_3)_3C$-Br **(d)** $(CH_3)_3C$-I

Q25) Very low melting point of Noble gases is due to
(a) Strong vander Waals forces between the atoms of noble gases.
(b) Weak vander Waals forces between the atoms of noble gases.
(c) stable ns^2np electronic configuration of noble gases.
(d) Noble gases do not react with others.

SECTION-B

Q26) Find the number of atoms present per unit cell of iron crystal lattice if the edge length is 270 pm and density is 7.5g/cm³: [Molar mass of Fe = 56g/mol].
(a) 1 **(b)** 2 **(c)** 4 **(d)** 8

Q27) Which of the following will not show Anti-Markownikoff addition of HBr
(a) 2-Butene **(b)** 1-Hexene
(c) Propene **(d)** 1-Butene

Q28) For the reaction

$C_6H_5MgBr \xrightarrow{HCHO} A \xrightarrow{yields\,H_2O} B$ The product 'B' in the reaction is
(a) Phenol **(b)** Ethyl alcohol
(c) Benzyl alcohol **(d)** 2-phenyl ethanol

Q29) Which of the following solutions has the highest boiling point at one atmospheric pressure?
(a) 0.1 M NaCl **(b)** 0.1 M CaCl2
(c) 0.1 M urea **(d)** 0.1 M $C_6H_{12}O_6$

Q30) Phenyl-methyl ethers on reaction with HI gives
(a) ethyl iodide
(b) iodobenzene and methanol
(c) phenol and methyl iodide **(d)** benzene

Q31) Complete the following reaction:
$XeF_4 + PF_5 \rightarrow$
(a) $[XeF_5]^-[PF_2]^+$ **(b)** $[XeF_6]^+[PF_3]^-$
(c) $Xe^+[PF_6]^-$ **(d)** $[XeF_3]^+[PF_6]^-$

Q32) Which among the following compounds can react with aqueous sodium hydroxide solution
(a) C_2H_5OH **(b)** $C_6H_5CH_2OH$
(c) $(CH_3)_3COH$ **(d)** C_6H_5OH

Q33) Which of the following statements are correct ?
(a) S-S bond is present in $H_2S_2O_6$.
(b) In peroxosulphuric acid (H_2SO_5) sulphur is in +6 oxidation state.
(c) Iron powder along with Al_2O_3 and K_2O is used as a catalyst in the preparation of NH_3 by Haber's process.
(d) Change in enthalpy is positive for the preparation of SO_3 by catalytic oxidation of SO_2.

Q34) What will be the concentration of sugar solution in g/litre if the osmotic pressure of a sugar solution is 2.5 atm at 300 K.
(a) 24.6 g/litre **(b)** 38.8 g/litre
(c) 26.2 g /litre **(d)** 34.2 g/litre

Q35) What is the radius of copper atom if it crystallizes in face-centred cubic lattice with a unit cell length of 228 pm.
(a) 150 **(b)** 114 **(c)** 100 **(d)** 98

Q36) Which among the following is most covalent?
(a) NCl_3 **(b)** NCl_5 **(c)** PCl_3 **(d)** PCl_5

Q37) Chlorine upon reaction with cold and dilute solution of sodium hydroxide forms
(a) NaCl and $NaClO_3$ **(b)** NaCl and NaClO
(c) NaCl and $NaClO_2$ **(d)** NaCl and $NaClO_4$

Q38) The acidity order of the following four compound is
(A) Phenol **(B)** Methyl phenol
(C) m-nitrophenol **(D)** p-nitrophenol
(a) (D) > (C) > (A) > (B)
(b) (C) > (D) > (A) > (B)
(c) (A) > (D) > (C) > (B)
(d) (B) > (A) > (C) > (D)

Q39) $HClO_4$ is a stronger acid than HClO because:
(a) ClO_4^- ions formed are more stable than ClO^- ions.
(b) ClO_4^- ions formed is less stable than ClO^- ions.
(c) Oxygen atoms are less dispersed.
(d) Cl is more electronegative

Q40) The increasing order of boiling point of haloalkanes is
(a) $CH_3I < CH_3Br < CH_3Cl$
(b) $CH_3Cl < CH_3Br < CH_3I$
(c) $CH_3Br < CH_3Cl << CH_3I$
(d) $CH_3I < CH_3Cl << CH_3Br$

Q41) The decreasing order of the reducing character of the hydrogen halides are
(a) HI > HBr > HCl > HF
(b) HI> HCl> HF > HBr
(c) HBr > HI > HCl> HF
(d) HF > HCl > HBr > HI

Q42) Toluene $\xrightarrow{Cl2/hv} A \xrightarrow{aq\,NaOH} B \xrightarrow{Alkaline\,KMnO4} C$.
Identify the product 'C'
(a) phenol **(b)** benzyl alcohol
(c) benzoic acid **(d)** benzaldehyde

Q43) Aqueous solution of an unknown solute boils at 100.512°C, then the freezing point of the solution will be
(K_b =0.512 Km^{-1}, Kf = 1.86 Km^{-1})
(a) 0.512°C **(b)** –0.512°C
(c) 1.86°C **(d)** –1.86°C

Q44) An alkyl halide on reaction with Mg forms Grignard reagent which on reaction with water gives propane . Same alkyl halide on reaction with Na in dry ether forms a compound Y. Identify 'Y'.
(a) propane **(b)** butane
(c) pentane **(d)** hexane

Given below are two statements labelled as **Assertion (A)** and **Reason (R)**

Q45) Assertion (A): When SO_2 reacts with Cl_2 in the presence of catalyst charcoal, sulphuryl chloride is formed.
Reason (R): SO_2 is a reducing agent.
(a) Both A and R are true and R is the correct explanation of A
(b) Both A and R are true but R is not the correct explanation of A.
(c) A is true but R is false.
(d) A is false but R is true.

Q46) Assertion (A): Ag CN forms isocyanide when react with haloalkanes while KCN form alkyl cyanides.
Reason (R): KCN is covalent while Ag CN is ionic in nature thus providing different ions in solution.
(a) Both A and R are true and R is the correct explanation of A
(b) Both A and R are true but R is not the correct explanation of A.
(c) A is true but R is false.
(d) A is false but R is true.

Q47) Assertion (A): It is not possible to separate the components of azeotropes by fractional distillation.
Reason (R): The solutions which show a large positive deviation from Raoult's law form minimum boiling azeotrope at a specific composition.
(a) Both A and R are true and R is the correct explanation of A
(b) Both A and R are true but R is not the correct explanation of A.
(c) A is true but R is false.
(d) A is false but R is true.

Q48) Assertion (A): F_2 is less reactive than Cl_2.
Reason (R): F_2 has lower bond dissociation energy than Cl_2.
(a) Both A and R are true and R is the correct explanation of A
(b) Both A and R are true but R is not the correct explanation of A.
(c) A is true but R is false.
(d) A is false but R is true.

Q49) Assertion (A): Osmotic pressure method is best method to calculate molar mass of proteins.
Reason (R): Proteins have poor solubility and not stable at higher temperature.
(a) Both A and R are true and R is the correct explanation of A
(b) Both A and R are true but R is not the correct explanation of A.
(c) A is true but R is false.
(d) A is false but R is true.

SECTION-C

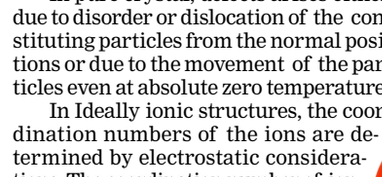
Q50) Match the following:

I	II
A. Albumin	**1.** Glycosidic
B. Lactose	**2.** a-helix
C. Sucrose	**3.** globular
D. Protein	**4.** invert sugar
	5. amide

(a) A-2, B-4, C-1, D-5 **(b)** A-5, B-1, C-4, D-2
(c) A-3, B-1, C-4, D-5 **(d)** A-1, B-4, C-3, D-2

Q51) Which of the following analogy is correct?
(a) XeF_2: two lone pair electron :: XeF_4: Square planar
(b) $HClO_4$: chloric acid: : $HClO_3$: chlorous acid
(c) H_2SO_5: Caro's acid : : $H_2S_2O_8$: Oleum
(d) XeF_4: two lone pair electron: : XeO_3: pyramidal

Q52) For the following reaction:



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

CASE1: Read the passage given below and answer the questions 53-55
In an ideal crystal, there must be regular repeating arrangement of the constituting particles. Crystalline solids have regular arrangement of particles, definite geometrical shapes, sharp melting points and definite heat of fusion. On the other hand, amorphous solids have no regular arrangement of particles, irregular shapes, melt over a range of temperature and no definite heat of fusion.

The crystal structures are often classified by considering a cubic or hexagonal close-packed lattice of one set of ions with the other set of ions filling the octahedral or tetrahedral interstices.

In pure crystal, defects arises either due to disorder or dislocation of the constituting particles from the normal positions or due to the movement of the particles even at absolute zero temperature.

In Ideally ionic structures, the coordination numbers of the ions are determined by electrostatic considerations. The coordination number of ionic solids also depends upon temperature and pressure.

Q53) Diamond is an example of:
(a) Covalent network solid **(b)** Ionic solids
(c) Ionic solid **(d)** Metallic solids

Q54) A compound is formed by two elements P and Q. The element Q forms hcp lattice and atoms of P occupy 75% of tetrahedral voids. The formula of the compound will be
(a) QP_3 **(b)** PQ_3 **(c)** P_3Q_2 **(d)** Q_3P_2

Q55) In a triclinic crystal
(a) a = b = c, a = b = g „90°
(b) a „b = c, a = b = g = 90°
(c) a „b „c, a „b „g „90°
(d) a „b „c, a = g = 90°, b „90°

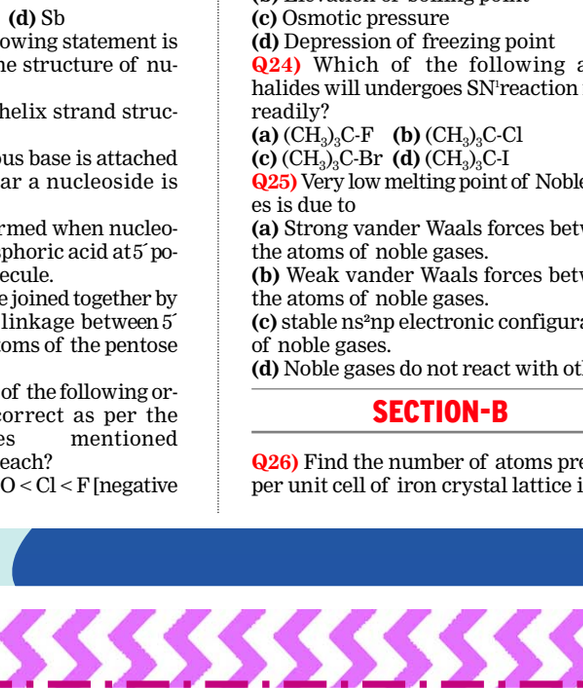
KEY: 1c 2a 3d 4d 5c 6b 7a 8c 9d 10b 11a 12d 13b 14b 15c 16b 17d 18b 19d 20a 21b 22c 23c 24d 25b 26b 27a 28c 29b 30c 31d 32d 33b 34d 35c 36d 37b 38a 39a 40b 41a 42c 43d 44d 45b 46c 47b 48d 50c 51d 52c 53a 54c 55c

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

READ, RECITE, REVIEW

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

- Be consistent with your studies.
- Dedicate and allot a specific time every day to study.
- Don't just study your favourite subject.
- Note down important points while studying.
- Make use of reference materials such as guides, online resources, videos, etc.
- It is scientifically proven that browsing the social media decreases the productivity of brain. So browsing is not a good idea, especially during exam time.
- Follow 3 R's - Read, Recite, Review.
- Practice a lot of questions in each and every subject, work out previous question papers.
- Prepare flash notes.



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

MY SCHOOL PROJECT

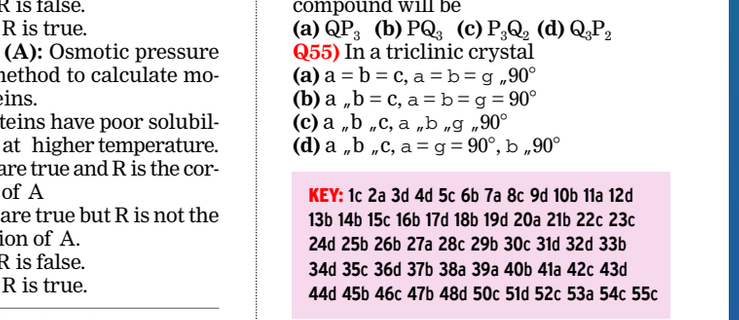
It's time to put plastic waste to good use...

WHAT IS IT?

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

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

THE PROJECT

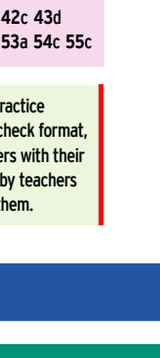


This project operates on the principle of pyrolysis. Plastics from several sources are consolidated and heated in a vacuum chamber to approximately 450° C.

This causes the plastics to decompose into hydrogen, carbon dioxide, carbon monoxide, and oil gas.

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

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



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

CLICK HERE: PAGE 3 AND 4

Day when vision got transformed into reality

A great visionary, Dr V K Bhatnagar famously said, "The process of good teaching goes on only when the process of good learning doesn't stop."

Every year at **Manav Sthali Global School** 'Founder's Day' is conventionally considered as a significant day when a thought, a philosophy and a vision was transformed into concrete reality.

Just like it is vital for children to know about their culture, it is vital for them to be accustomed and acquainted with those whose vision and ideologies are responsible for this deep-rooted temple of knowledge.

This year too an aura of celebration got filled at MSGS on December 4 when all the members of the school gathered together to

celebrate it with utmost delight and gaiety. A heartfelt encomium was paid to the great visionary, founder chairman Dr V K Bhatnagar who laid the foundation of the school years ago.

Dr Bhatnagar's school philosophy 'to strive, to seek, to find and never to yield' has always been motivational and is a guiding star for each MSGSian.

The occasion commenced by paying a floral as well as verbal tribute, 'Pushpanjali' followed by a cultural extravaganza by children that included musical presentation and also a semi - classical dance form that expressed this school's optimistic spirit. The teachers expressed their gratitude to the chairman and school alumni emphasised his achievements and contributions to the world of education; along with how he had helped in igniting the minds of millions.

The programme culminated as a reflection of the school's great legacy. It was also the day when the students appreciated their alma mater's role in their respective lives and thus bringing in a feeling of pride.

MAKING A FIT INDIA

Sachdeva Public School, Pitampura organised a plethora of activities for its students during the Fit India school week celebrations. Fit India movement endeavours to achieve a shift from passive screen time to active field time that provides a unique and exciting opportunity towards building a holistic and intrinsically healthy lifestyle and to take the nation on a path of fitness and wellness.

The celebrations in school were kicked off with a talk on the importance of fitness, followed by the kids performing various postures of yoga, surya namaskar, and many invigorating exercises. The students participated very eagerly and enthusiastically, understanding the importance of physical fitness. The sports quiz that featured brain games saw mass participation by the students who were very keen to show off their impressive knowledge. There was a special talk on adopting a balanced diet as healthy and nutritious food plays an equally important role towards attaining a healthy and charming persona and aiming for a fitter, healthier and happier India.

DAV shines on international level

It was a moment of pride and glory when a team consisting of Shaleen Bhartiya of class XI and Samridhi Bhartiya of class VIII of our **DAV School** sector 14, Gurugram made India proud on the international forum on artificial intelligence at Moscow.

The Artificial International Junior Contest (AIIJC) is organised by SBER bank in collaboration with the Artificial Intelligence Alliance. Over 26000 participants from 101 countries around the world have joined the contest since the pre-selection stages began, and over 1800 solutions to problems have been uploaded. The organisers also held two online educational

boot camps for the contestants, with over 2100 school and university students from various countries participating.

The teams from five countries were selected as finalists including Shaleen and Samridhi from India. Shaleen and Samridhi's team (the only one team from India) got a chance to present their project in front of the President of Russia Vladimir Putin.

It is heartening to share that these students have been offered summer internship by the largest bank of Russia, SBER and scholarship from a leading Russian University after class XII.

They have also been awarded a cash prize of 3,00,000 Ruble. Artificial Intelligence is an upcoming and lucrative career which is going to transform the global economy.

New Era School hosts zonal tournament

New Era Public School, Mayapuri hosted Table Tennis and Badminton Zonals Tournament from November 8 to 9. In badminton, 15 schools participated and the total number of teams were 46 in both boys and girls categories, whereas in table tennis nine schools participated and 14 teams played in the tournament.

The matches commenced from 9 am onwards after the participants were welcomed and briefed about the rules and regulations of the tournament. The competition was held for the senior and junior levels in both girls and boys categories.

New Era Public School bagged 2 gold, 1 silver and one bronze medals in table tennis and 2 silver and 1 bronze in badminton.

The zonal tournament was a good exposure for the participants as they got an opportunity to apply the techniques learnt during their practice sessions under the guidance of professional coaches.

APS gives memorable farewell to outgoing batch

The students of class XI (2021-22), **Army Public School,** Noida organised a farewell ceremony for the students of class XII (2020-21).

The programme commenced with an invocation of the Almighty with the mellifluous recital of the 'Mahishasura Mardini Stotram' accompanied by a graceful dance presentation. In her opening address, principal Jyoti Rana extended a warm welcome to parent representatives, teachers and above all, the guests of honour, students of class XII (2020-21).

An alumnus of the school, Siddharth Eshwaran (batch 2005), joined the ceremony virtually from Seattle, US, where he is currently working with Amazon as a Senior Software Engineer.

Archana Lal, the teacher incharge, primary wing, also congratulated the students and wished them a bright future.

Kanwar Rudransh Singh (2020-21), who is currently playing football for U-19 Indian National Football team, thanked the chairman, principal, vice-principal, teachers and the students of class XII (2021-22) for the beautiful and soulful farewell ceremony.

The vice-principal, Rama Srinivasan, presented the vote of thanks to the august gathering and wished the students success in all their future endeavours.

Hamdardian shines in TechGig Geek Goddess

Hamdard Public School, Talimabad feels exhilarated to inform our alumni Sangeeta Mishra, batch 2018, challenged 73 thousand female technologists to win the champion's crown at the TechGig Geek Goddess 2021 edition.

It is India's largest and most prestigious coding competition for women technologists, with the aim of displaying female programmers' coding ability. The competition had an open coding round and hackathons wherein one could participate in any of these: The UiPath RPA Hackathon, American Express Artificial Intelligence Machine Learning (AIML) Hackathon, and the Tech Aptitude Challenge.

This annual event wrapped up its seventh edition recently with a grand virtual finale event. Sangeeta is currently a fourth year IIT BHU's student pursuing an integrated dual degree course of 5 years. She has always been a dedicated and hardworking student.

Principal Saher M A Sayed and staff congratulate Sangeeta Mishra and her family and wishes her best of luck for future endeavours.

Art integrated learning workshop at Ramjas

With the aim to engage students creatively in providing perspective to the ancient past and make learning fun, **Ramjas School**, Pusa Road conducted an art integrated activity for the students of class VI. The activity was organised by the social science department in collaboration with the art department.

It successfully achieved the objective of making students understand the importance of cultural artefacts unearthed from the Indus valley sites and apprise them of their unique craftsmanship. It made the time

period of the Indus Valley civilisation more tangible as an overview of the society was provided through the lens of craft as a way to illuminate economic or social aspects.

The social science teachers briefed the students about the Indus Valley civilisation. They discussed about the structural design of Harappa and Mohenjo-Daro, the main trade and occupations of the people, and various kinds of crafts prevalent during the time. The art teachers acquainted the students with some artefacts of the Indus Valley civilisation such as seals, beads, toys and carts.

The students engaged in a hands-on session while they enthusiastically replicated artefacts using the paper mache technique. The activity was an enriching experience for the students as it provided a platform for them to showcase their creativity and imagination.

GARUDASANA - THE EAGLE POSE

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

BENEFITS

PHYSICAL

- It strengthens the muscles, tones the nerves and loosens the joints of your legs.
- It stretches your hips, thighs, shoulders and upper back.
- It improves muscle tone flexibility in your thighs.
- It develops the balance of your body.

THERAPEUTIC

- It helps relieve sciatica and rheumatism in the legs and arms.
- It develops balance.
- It relieves stiffness in the shoulders

PSYCHOLOGICAL

- It sharpens your awareness and concentration.
- It keeps your mind alert.
- It helps you to cultivate confidence.

MUSCLES INVOLVED

- Flexors, abductors and internal rotators of the hip
- Planter flexors of the ankle, flexors of the elbow
- Protractors of the shoulder girdle
- Flexors, abductors and medial rotators of the shoulder

METHOD OF PRACTICE

Starting Position

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

Step 1

Practice of wrapping of legs

1. While exhaling, lift your left leg and wrap it around your right knee from the front and take it back from behind the right calf, locking the ankle of your right leg with your left foot.

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

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

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

5. Repeat the same procedure with the opposite legs.

Step 2

Practice of wrapping arms

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

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

3. While inhaling, return to the starting position.

4. Repeat the same procedure with the opposite hands.

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

Final Posture:

1. Practice both Steps 1 and 2 simultaneously.

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

Limitations:

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

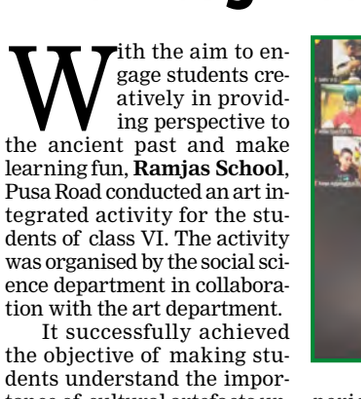
2. People with cardiac problems, hypertension and vertigo.

Courtesy: The Yoga Institute

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

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

Student Corner



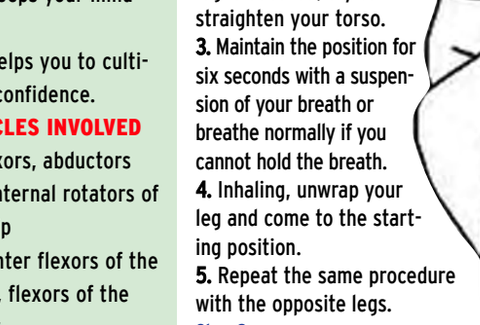
I LOVE MYSELF

When I was a little boy,
I used to be shy,
But now I am big and I want to fly.
My family and friends believe in me
and so do I,
I know one day I will touch the sky.
I may not appear to be
physically strong,
But I can please everyone
with my song.
I love making friends everywhere,
I share joy with them and I do care.
I may be bad in keeping things at
place and sometimes creating a mess,
But I am good in keeping my pieces in
the board of chess.
I enjoy simple things like drawing
and playing badminton.
I love when my little brother call me
his 'Hero' for making some fun.
I love my family, friends
and my teachers,
And I love to be part of this
beautiful nature.
I love myself and it just do not need
any reason,
Like there is no reason to eat ice-
cream in winter season.
Everyone should love themselves and
know their worth,
Remember, there is no another 'YOU'
on this earth.

SATVIK SHARMA, class V-A, Seth Anandram Jaipuria School, Ghaziabad

LESSONS IN FAITH AND GOODNESS

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



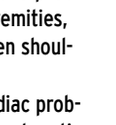
When the time came, Shang-Chi did not back down from a challenge. He wasn't afraid to battle his own father for the greater good - his judgement was not clouded by familial love. He was ever-ready to make sacrifices to save his home, his people, and his loved ones.

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

Shang-Chi wrote his own superhero story.

INSPIRING ICONS
SHANG-CHI

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



I work hard, and I do good, and I'm going to enjoy myself. I'm not going to let you restrict me.
Usain Bolt, Jamaican athlete

MBAPPE SCORES A DOUBLE

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

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

Photo: REUTERS

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

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

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

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

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

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

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

Mauricio Pochettino's side ultimately eased to victory in a subdued atmosphere at the Parc des Princes, with one end of the stadium closed as a punishment after the club's ultras let off flares en masse during a recent game.

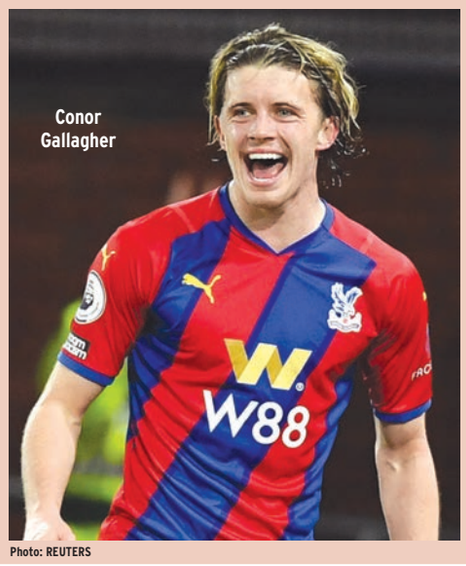
"It was a professional performance and we deserved to win. Kylian was extraordinary once again," Pochettino, who has been criticised for his team's performances this season, told broadcaster Amazon Prime.

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

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

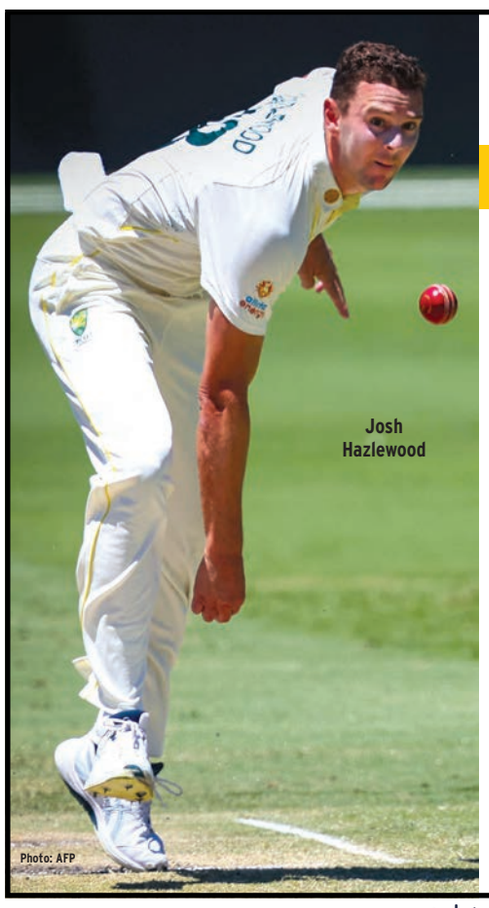
CRYSTAL PALACE BACK TO WINNING

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



Conor Gallagher

Photo: REUTERS



Josh Hazlewood

Photo: AFP

HAZLEWOOD ruled out for second Test

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

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

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

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

Jhye Richardson and Michael Neser, who played a tour game for Australia A against the England Lions last week, are in Australia's squad as pace cover.

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

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

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

ANDERSON, BROAD 'FIT AND READY'

Chris Silverwood

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

Anderson and Broad had missed the first Test and their omission raised many eyebrows as Australia thrashed England in the Ashes opener last week.

"Jimmy will be fit and ready to go for the second Test, as will Stuart. They are available. Certainly, from an experience point of view, with the bowlers we've got heaps of experience so I'm happy with that," Silverwood said.

"The guys have already been training with the pink ball behind the scenes. And what we have got is a very skillful set of bowlers. We have talent and we still have two of the best up our sleeve as well," said Silverwood.

The England head coach admitted that Broad was disappointed to miss the first Test. "Stuart has been great, to be honest. Obviously, he was disappointed not to be playing but he understood that this is a long series," said Silverwood. ANI

THE ASHES

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

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

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

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

Earlier in the day, the women's doubles pair of Pooja Dandu and Sanjana Santosh retired after they lost the first game 12-21 to the Dutch duo of Alyssa Tirtosentono and Imke van der Aar.

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

Kidambi Srikanth

Photo: AFP

QUIZ TIME!

Q1. Which team won the first Hockey India League held in January 2013?
a) Punjab Warriors
b) Uttar Pradesh Wizards
c) Mumbai Magicians
d) Ranchi Rinors

Q2. Which Japanese figure skater is the first Asian to win an Olympic gold?
a) Yuzuru Hanyu
b) Shoma Uno
c) Daisuke Takahashi
d) Nathan Chen

Q3. A form of martial arts, Sambo is associated with which country?
a) Japan
b) India
c) Indonesia
d) Russia

Q4. Bangalore Blues challenge cup is associated with ____
a) Football
b) Throwball
c) Basketball
d) Volleyball

Q5. Who became the first male skier born in the new millennium to win a World Cup race?
a) Gino Caviezel
b) Henrik Kristoffersen
c) Marco Odermatt
d) Lucas Braathen

Q6. Garbine Muguruza became the first Spanish woman to win the WTA finals since Arantxa Sanchez-Vicario in 1993. Whom did she defeat in the finals?
a) Paula Badosa
b) Anett Kontaveit
c) Maria Sakkari
d) Ashleigh Barty

Garbine Muguruza

Photo: AP

Q7. Which country has qualified for the Football World Cup the most times, without winning it?
a) Cuba
b) Pakistan
c) India
d) Mexico

Q8. Which host country was the first to win the ICC World Cup on home soil?
a) England
b) India
c) Australia
d) Sri Lanka

Q9. Who is the first Indian woman to win a WTA title?
a) Rutuja Bhosale
b) Sania Mirza
c) Karman Kaur Thandi
d) Ankita Raina

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