



THE TIMES OF INDIA

www.toistudent.com
**TODAY'S
EDITION**

➤ Want to know what sets apart the great TED speakers from others? Figure it out on 'Language Lab'

PAGE 2


➤ A student shares the joy and satisfaction of spending a few hours at an old age home, and how it changed her outlook towards life

PAGE 3


➤ Gujarat, Lucknow aim for winning start as IPL gets underway

PAGE 4

STUDENT EDITION

MONDAY, MARCH 28, 2022



The Ukrainian forces have reportedly recaptured key strategic locations of Trostyanets in Sumy Oblast, Poltavka and Malynivka villages in Zaporizhzhia Oblast from the invading Russian forces

[CLICK HERE: PAGE 1 AND 2](#)

PARIKSHA PE CHARCHA 2022

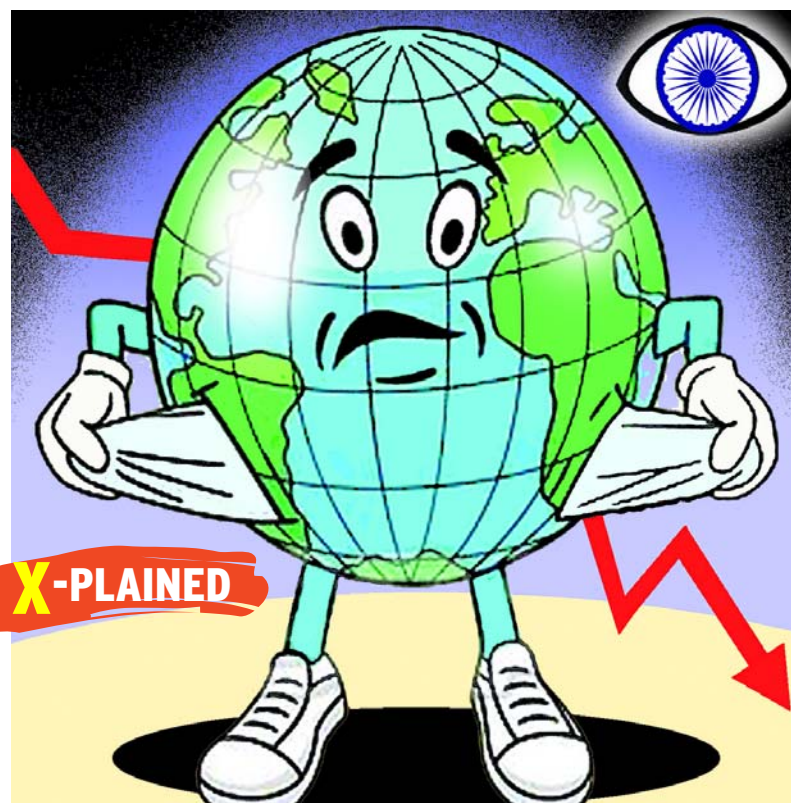
PM Modi to interact with students on April 1



Prime Minister Narendra Modi will give tips to students to beat exam stress at the fifth edition of the 'Pariksha Pe Charcha' to be held on April 1 at the Talkatora Stadium in New Delhi, Union education minister Dharmendra Pradhan said on Friday.

- A total of 12.12 lakh students, 2.71 lakh teachers and 90,000 parents have registered themselves for the event. This programme will focus on some of the key questions on examination
- The themes for students, teachers, and parents are different this year. For students, the themes are exam stress management strategies during Covid-19, Azadi ka amrit mahotsav, self-reliant school for self-reliant India, clean India, green India, digital collaboration in classrooms, environmental conservation, and climate change resilience

How Russia's war in Ukraine rocked the global economy



MARKETS RATTLED

Stock markets had started off in 2022 on a good note as economies recovered from the Covid-19 pandemic and companies posted healthy results. But the war has brought volatility to the markets, while Moscow's stock exchange closed for three weeks and only partially reopened recently. The western sanctions have paralysed the Russian banking sector and financial system, while the ruble has collapsed. The measures include efforts to freeze \$300 billion of Russia's foreign currency reserves held abroad. Russia now faces the risk of defaulting on debt for the first time in decades. Moscow paid interest on two dollar-denominated bonds last week, giving the government some breathing room until the next debt payments in the coming weeks.

In a month of conflict in Ukraine, global oil prices have soared, foreign companies have exited Russia and Moscow faces the spectre of default. Here is a look at the economic fallout from Russia's February 24 invasion of its neighbour...

COMMODITIES SOAR

Oil and gas prices have surged over supply fears, as Russia is one of the world's biggest producers and exporters of the fossil fuels. Brent North Sea crude, the international benchmark, stood at around \$90 in February. On March 7, it jumped to \$139.13, close to a 14-year high and prices remain highly volatile. Prices have risen at the pump too, prompting governments to take measures to ease the financial pain for consumers. Other commodities massively produced in Russia have soared, including nickel and aluminium. Auto industry supply chains face disruptions, as key parts come from Ukraine.

FOOD THREAT

UN chief Antonio Guterres has warned that the conflict could reverberate far beyond Ukraine, causing a "hurricane of hunger and a meltdown of the global food system". Russia and Ukraine are breadbaskets for the world, accounting together for 30 per cent of the global wheat exports. Prices of cereals and cooking oils have risen. The UN's Food and Agriculture Organisation says the number of undernourished people could increase by eight to 13 million people over the course of this year and next.



Ships are not leaving Ukraine, and there are concerns about the upcoming sowing season in the country. The United States, India and Europe could cover wheat shortages. But it could be more complicated to replace sunflower oil and corn, of which Ukraine is the world's number one and number four exporter, respectively.

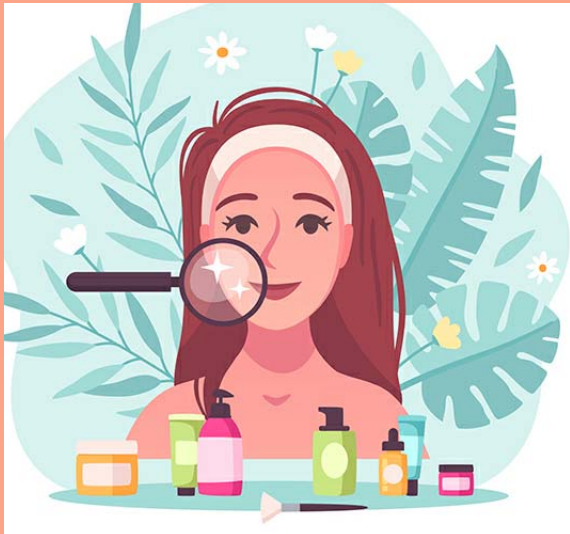
FIRMS FLEE

Hundreds of western firms have closed shops and offices in Russia since the war started due to the sanctions, political pressure or public opinion. The list includes famous names such as Ikea, Coca-Cola and McDonald's. Russian President Vladimir Putin has raised the threat of nationalising foreign-owned companies. Some companies have chosen to stay in Russia, citing their social responsibility to not abandon their local employees and deprive the population of essential goods.

SLOWER GROWTH

The war threatens to be a drag on the global economic recovery from the Covid pandemic. The OECD has warned that the conflict could inflict a one-percentage-point hit on global growth. The IMF is expected to lower its growth forecast, which currently stands at 4.4 per cent for 2022. With inflation soaring, analysts fear economies could face a period of stagflation, a toxic mix of rising prices and weak growth.

Study reveals presence of microbeads in cosmetic products in India



A large number of personal care cosmetic products (PCCPs) in India contain harmful micro-plastics, and the micro-beads released from items of daily use, pose a serious threat to the environment, particularly the marine ecosystem, a new study said. A total of 70 per cent of scrubs, 55 per cent of body washes and 21 per cent of face washes were found to have micro-beads.

Micro-beads are solid primary microplastics with a diameter of less than 5 mm that are used in cosmetics products as 'rinse-off' or 'leave-on' for skin exfoliation, decorative purpose, cleansing, opacity and viscosity control, and so on

Micro-plastic pollution is one of the most-crucial environmental issues in recent times. The size of micro-beads detected in the products, tested in the study, was in the range of 32.55-130.92 micron. They are flushed down the drain after use and end up in Wastewater Treatment Plants (WWTPs), where they can escape into bodies of water

Ocean surface temperature, heatwave incidents up in Indian Ocean



If you thought heatwaves are something to do with increased temperatures on the land in summer months, it is time for a rethink! Not only are there heatwaves in the ocean, which is heating too, but they are increasing too over the decades. The western Indian Ocean had a total of 66 Marine HeatWave (MHW) events, while the Bay of Bengal had 94 events during 1982-2018, a recent investigation of marine heatwaves by the scientists at the Indian Institute of Tropical Meteorology (IITM), an autonomous institute under the ministry of earth sciences, found out.

- In recent decades, the tropical Indian Ocean has experienced a rapid increase in ocean warming, with an average rise in sea surface temperature (SST) of about one degree Celsius over the period of 1951-2015 at a rate of 0.15 degrees Celsius/decade
- In 2021, there were six marine heatwaves recorded in the western Indian Ocean over

a period of 52 days. In the north Bay of Bengal, there were four marine heatwaves over a period of 32 days

- The monsoon forecast models used by the India Meteorological Department (IMD) considers the ocean surface temperatures as input data. These forecasts can be used for advance planning and disaster management

This Marilyn Monroe portrait is tipped to be the most

EXPENSIVE 20TH CENTURY ARTWORK SOLD



Andy Warhol's iconic sage-blue background portrait of Marilyn Monroe is tipped to sell for a record-breaking \$200 million at an auction in the spring, Christie's has announced. The auction house said, it expects Warhol's 1964 'Shot Sage Blue Marilyn' to become the most-expensive 20th century artwork when it goes under the hammer in New York in May.

- The silk-screen work is part of a group of Andy Warhol portraits of Marilyn Monroe that came to be known as the 'Shot' series after a visitor to his Manhattan studio, known as 'The Factory', apparently fired a gun at them
- In a statement, Christie's described the 40 inch by 40 inch portrait as "one of the rarest and most-transcendent images in existence"

➤ Warhol began creating silkscreens of Monroe, following the actor's death from a drug overdose aged just 36 in August 1962

➤ The pop artist produced five portraits of Monroe, all equal in size with different coloured backgrounds, in 1964

➤ The 'Shot Sage Blue Marilyn' portrait portrays her with a pink face, red lips, yellow hair and blue eye shadow, set against a sage-blue backdrop

➤ It was based on a promotional photograph of her for the 1953 movie 'Niagara' directed by Henry Hathaway

The portrait stood alongside Sandro Botticelli's 'Birth of Venus', Leonardo Da Vinci's 'Mona Lisa' and Pablo Picasso's 'Les Femmes d'Alger' as "categorically one of the greatest paintings of all time." The most expensive 20th century artwork sold at an auction is Picasso's 'Women of Algiers', which fetched \$179.4 million in 2015. The auction record for a Warhol is the \$104.5 million paid for 'Silver Car Crash' (Double Disaster) in 2013

GOOD TO KNOW



HOW TO PICK A LANGUAGE TO LEARN?

Whatever may be your dream, speaking a new tongue can open the door to new possibilities as we advance. What is best for you may not be suitable for others since everyone has a different purpose. Likewise, there's no better or best language to study. The best one depends on your goal. To ensure that you know what you expect the language to be, start off by asking yourself a few questions regarding the potential languages you have in mind:

1 What's your motive? What are your goals with learning a foreign language? If you're trying to finish a general education requirement, your choice of language

might differ vastly from someone who plans to move to another country or choose a career working overseas. On the other hand, if passing a class is most important to you, choose a language with similar structures to English.

Noting the places you'd like to visit can be a great motivator for learning a foreign language. If France is on your bucket list, you'll likely need to speak at least a little French when you're there.

2 How difficult is it? Mastering a foreign language is not something that happens overnight. Achieving higher proficiency in any language requires time, dedication, enthusiasm, motivation, and persistence. It is a tedious process and demands much practice. If you really enjoy a challenge and want to try something

different, try Mandarin or Japanese—these languages that use a completely different alphabet. Languages like Spanish and French, while

still challenging to learn, are likely more familiar to you.

3 Does it fascinate you? When picking up a language, you learn a lot about the cultural background. You have more chances of meeting people who speak the language, visiting places that the language is widely spoken. Making sure that the language intrigues you always helps. If you are into European culture, you might want to choose Indo-European languages, like German, Portuguese, Italian...

4 Is it a common language? Some languages are more widely used which enlarge the chances of you using the language on a regular basis. If you are looking for a language that's useful for you regardless of personal preference, you might want to go for Mandarin, Spanish or Arabic, since they are the most-spoken languages in the world.

5 Are there enough resources available? Is there any tutor or language school in your city? Can you most easily find books and resources right now? Are you ready to shell out some extra money for expensive classes? The availability of supports like audio lessons, books, instructors, speakers, language school, and video tutorial plays a vital role in the pursuit of language learning. If you're learning popular ones, such as German, French, Spanish, Japanese, or Chinese, you'll discover an abundance of study materials everywhere.

6 Does it help in your studies and work prospects? Pick a language that gives you advantages in your future plan. Determine the fields you are eager to work in. The in-demand languages by employers vary among fields. If your dream company is looking to expand its market in China, you might want to learn Mandarin. Who knows, tomorrow, you might receive an assignment in Moscow. To get that, you need to have an elementary-level acquaintance in the Russian language.



WORD GETS AROUND



DIVE SPEAK

PLANNING A BEACH VACATION? BRUSH UP YOUR UNDERWATER DIVING TERMINOLOGY

Ascent: Rising to the surface when diving; typically, at the end of a dive.

Bootie: Scuba gear divers wear with open-heel fins. Booties can range from thin (1 mm or less) to thick (7 mm) neoprene and protect your feet from the cold as well as sharp rocks and other hazardous things you could step on when shore diving.

Buddy: The person you dive with; this is the person you discuss a dive plan with and you are both responsible for keeping each other safe.

Cave Diving: Entering a water-filled cave system either on scuba or freediving. Cave diving can extend thousands of feet into a cave system for people who are properly trained.

DCS/Decompression Sickness: When bubbles of gas (often nitrogen) get trapped inside of the body. There are varying

levels of severity, and can be caused by swimming to the surface too quickly.

Buoyancy: (Positive, Negative, Neutral) Buoyancy refers to your position in the water. Things that sink are negatively buoyant; things that float are positively buoyant; scuba divers should be neutrally buoyant (floating in the middle).

Dive Table: Tool that helps determine how long you can safely stay underwater at different depths. Developed by the military to keep divers safe from decompression sickness.

Divemaster: A professional-level scuba diver who has logged at least 60 dives and who is trained to assist instructors on dive boats and during certification courses.

Giant Stride: A method of getting in the water where you take a large step off the boat or dock.

Liveaboard: A cruise ship, yacht or other overnight boat that is tailored to scuba divers. Most often, this will have accommodations including beds, bathrooms, gear rentals, tanks and include meals.



NEW MEDIUM

The upside of STUDENT BLOGGING

Blogging is a huge opportunity for students to show what they're thinking about and learning, give and receive peer feedback, and make connections with other students around the world

A blog can also be used as evidence of student learning over time, whether or not you set out to capture this. It's like a digital filing cabinet! You can keep your blog going year after year. In that way, it's a great way to keep track of your thoughts, your creations, and your learning. Here are some reasons why educational blogging is great:

ENGINEERS CREATIVITY

Blogging lets you express yourself visually through custom themes, headers, photography, layouts, and designs. There's an art to that...and it's fun! Remember that a blog is just a blank canvas, you can innovate and mould it into anything you like!

IT IS COLLABORATIVE

Creating a blog requires teamwork and collaboration. Students and teachers learn and share together. The world suddenly opens up to you. Students can also use public writing platforms for collaborative writing projects, research journals, student portfolios and more. Your field of vision widens, and your work broadens to reveal new ways of seeing.

NAVIGATING NEW LITERACIES

All teachers know that the meaning of being literate

has changed. There are so many new literacies and skills that are essential to master to successfully navigate 21st century life. These new literacies include things like digital citizenship, curation, critical evaluation, visual literacies and so on. And then there are essential skills like problem solving, critical thinking, and cultural awareness. Reading and writing online is different. It's not linear. It's hyperlinked and requires you to put the pieces of the puzzle together and connect the dots.

SPACE FOR SELF-REFLECTION

Constantly consuming information isn't an ideal way to learn and grow. We need space to be able to process information and reflect. Blogging can be a great way to incorporate regular reflection into the classroom programme.

INVITES FEEDBACK

As students unleash their passions, they must learn to respond to and learn from readers in the form of comments. Testing our ideas on others is an important part of our growth. The greater number of genuine readers students reach, the more they feel accountable for their content and for the quality of their writing.



Queries relating to language skills

Do you find grammar confusing? Do you get stuck with words when writing a letter, an essay or a blog? Do you have a fear of public speaking? Or do you simply want to improve your communication skills? Times NIE is here to help you to master the intricacies of the English language. Just shoot us your queries on toinie175@gmail.com



PUBLIC SPEAKING

5 TED TALK SPEAKERS ON HOW THEY STEAL THE SHOW

Think about it. What the truly great TED speakers do differently from the rest can be found in the first few minutes of their presentation. It's during the opening remarks that the audience sits up and pays attention...or reaches for their iPhones. How do they ace it?

Sir Ken Robinson
BRITISH AUTHOR, SPEAKER AND INTERNATIONAL ADVISOR ON EDUCATION IN THE ARTS

Robinson doesn't have a dynamic physical presence and that usually labels him as a dull academician who is likely to deliver a boring lecture. He therefore opens by poking a little fun at himself and at educators in general.

In the midst of his humor, Robinson relates his personal experience at the conference to that of the attendees. This further humanizes him and brings him into the community of the audience.

Cassandra Brené Brown
AN AMERICAN RESEARCH PROFESSOR, LECTURER, AUTHOR, AND PODCAST HOST.

Brown is a storyteller, and thus she begins (and continues throughout) by telling stories. Stories have power because human beings are genetically programmed to arrange thoughts into narratives. This is the exact opposite of the old (bad) advice that you should start your presentation with a joke.

Kristi Hedges
LEADERSHIP COACH AND AUTHOR.

To best engage listeners, build your speech from an emotional place rather than from the content. Rattling off facts and figures and talking at the audience isn't effective if they aren't interested in what you are saying. Hedges believes in being clear about what she wants the audience to walk away with when they leave.

Chris Anderson
TED TALKS CURATOR

At TED, our number-one advice to speakers on the day of their talk is to make regular eye contact with members of the audience," writes Anderson. Speakers must build trust if they hope to make a connection with their audience. The best tool at a speaker's disposal is one they're wearing—a natural smile.

Simon Sinek
BRITISH-AMERICAN AUTHOR AND INSPIRATIONAL SPEAKER.

Dismiss the people frowning their brows, crossing their arms or shaking their heads "no." Instead, focus only on your supporters—the people who are visibly engaged, enjoying your presentation and nodding "yes." If you find the audience members who are positively interacting with you, you'll be much more confident and relaxed than if you try to convince the naysayers.



Ethics and morality are an integral part of education system

Q: Schools are going to begin in offline mode now. What is your roadmap for this academic session? How are we going to address the 'loss of learning issue'?

It has long been acknowledged that online instructional methods are an efficient tool for learning; however, online learning can be challenging for students because of the limited non-verbal communication. Other aspects, such as students' and teachers' interactions, accessibility of materials, and time management, can also affect the opinions of online education participants.

So in above scenario I feel offline mode will again rejuvenate the system back to new normal simultaneously loss of learning has to be addressed carefully through a synchronisation process with analysing the quantum of loss on first hand.

Q: The NEP is going to be rolled out soon/is already being implemented in your school. What are the changes it has brought about and how do you think it will benefit students in the long run?

The NPE 1986, which created a pool of educational system and trained human resources who contributed to the value chain of development but NEP 2020 aspires of creating human resources who will generate value propositions. I strongly feel and majority have opined that NEP is going to be a revolutionary change in the education system of our country.

Through the open schooling system, the NEP 2020 will bring 2 crores out-of-school children back into the mainstream. The current 10+2 system in the school will be replaced by a new 5+3+3+4 curricular structure corresponding to ages 3-8, 8-11, 11-14, and 14-18 years respectively.

Under the new policy, the government aims

to bridge social gaps in participation, access, and learning outcomes in school education with a target of 100 percent Gross Enrolment Ratio (GER) or zero school drop outs by 2030. The top five highlights of NEP 2020 are: Multiple entry and exit options in degree courses.

Q: What is the kind of value education they we want our children to learn from school? How can that be ensured?

Ethics and morality are an integral part of our education system. These should be included from the very starting of a child's education ca-



reer till higher classes. Various activities should be conducted. Sensitising drives including group learning should be encouraged. Gender sensitisation being a key point to it.

Q: What role does extracurricular play in a student's life. Should schools shift focus towards this since there was a halt to every physical activity thanks to the pandemic?

I completely agree with the fact that there was a break in the momentum of physical activities, rather it was reduced to nil or minimum at times in specific cases. Extra-curricular activities needs to be focused more

including outdoor trip and daily outdoor games and activities.

Q: Skillling is the buzzword these days. How do you plan to incorporate skillling in your curriculum?

Our school, since its inception believed in the overall development of a child. Skill development has been essentially a key factor these days which will enhance students' abilities and help them grow as per their desired skills. We have already incorporated courses like Designing Thinking and others in our curriculum for the same.

Q: How will skill-based education actually help students in making a career for themselves?

It will help all students in general but specifically those students will be benefited more who are little non-academically inclined. It will help them to approach things in a different manner through skill development.

Q: Why is it important for schools to constantly innovate in teaching methodologies?

Teaching and learning is a constant process so innovative methodologies in teaching are always a boon for the education system.

Q: Is blended teaching-learning going to be way forward? How is tech going to be interspersed with physical teaching?

Yes, I feel blended learning is the future of education but only after addressing the challenges it causes. Technology has to be implemented judiciously so that a proper inclusive growth is provided to the students

GEETHA SRINIVASA, School Head, Ryan International, Sec-31, Gurugram

Woman, an epitome of love

The question isn't who is going to let her; or who is going to allow her. It is, who is going to stop her. A girl should be two things: who and what she wants. This is when actual beauty begins, when she decides to be her own self, when she stops acting in the way society wants her to, and starts working for her own passion. It's then when I see a pretty face, with a head full of magical dreams, a heart full of wonders and hands that will shape the future.

This is what defines her; describes her true identity, who she is, what inspires her, and what she thinks. A girl matters, her voice matters, her identity matters, because girls can do anything! Being a girl, is a matter of pride, some-

thing special about each girl that yet awaits to be presented to this society, which has for so long considered her just apt for household

defeats. She is the one who gives shoulder to a man during times of misery. She cries alone in her grief and over her personal pains. A woman gives solace to all during their hard times, who shall be there to console her, however during her pains.

But today, the times are changing, perceptions are transforming, and she is growing strong, entering into every field of society. She is no more an inferior or an unnecessary component of the society. She is growing, and so, is the mindset of the people, which is becoming more supportive and positive towards girls and their potentials.

And this finally summarises her life journey, unique, powerful and inspiring.



SUHAN CHADHA, class XI, DAV Sreshtha Vihar

tasks and growing up kids.

A woman is an epitome of love and compassion. She is the one who pats the shoulders of her child on his victory and motivates him at times of

It's time to bounce back!

Upholding the spirit of sports, DPSG Palam Vihar held a 'Walkathon' with the theme 'Let's Bounce Back' on March 6. The event was held to urge people to stay healthy and fit, especially, as life continues to return to normal after two years of turmoil during which physical activity had taken a back seat.

Srividya Sridhar, the principal of DPSG Palam Vihar, addressed the gathering with a warm welcome message to commence the program. The event was graced by chief guest SI Sunil Kumar (Traffic department), Col Manik Mehta (cardiologist, Manipal Hospital), Dr Amit Tiwari, (neurologist, Manipal Hospital), Neeraj Dhawan (Senior road safety officer), Rajive Nandwani (Road safety officer), Arvind Singla (Road safety officer), Jagdish



Baweja (Road safety officer), Seema (Road safety officer), Ashish Pahuja (Road safety officer), and Bijendra Singh (Road safety officer).

The event was flagged off and the multitude of students, parents and staff were pumped with enthusiasm and completed the entire 3.2-kilometer walk. The event was a resounding success. All participants were awarded certificates and the winners bagged gift hampers of sports merchandise.

student Corner

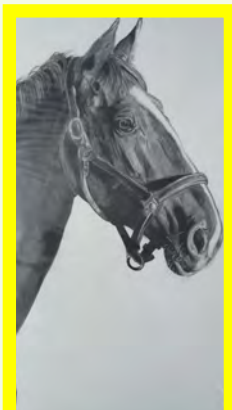
WAR FOR PEACE

After World War I and World War II, If there will be World War III there's nothing we can do. War doesn't bring anything instead of sorrow and misery. Though it creates a very long history. War is created by man not a natural event, So we can stop it without any argument. Many people are dying do you like it?

I prefer you to think twice about it. People are showing that they are fighting for peace,

But the real reason is their big greed. World War creates loss of money and life. People die and their abandoned family cries. We need to create disarmament so that no one can fight, And show this world Truth and light. United Nations was formed to prevent this war, And they have to do this, not let the world stall.

DIVIJ SRIVASTAVA, class V, Seth Anandram Jaipuria School, Vasundhara, Ghaziabad



ARYAN DAGAR, class XII, Prince Public School, Budh Vihar, Phase 2

MCS organises donation camp



Mount Columbus School, New Delhi organised a donation camp for the underprivileged students of Parkshala, a Noida based NGO on the occasion of Foundation Day on March 11.

Books and snacks were donated to students. An art session was conducted, participated by students enthusiastically who unleashed their inner artist. This was an act of great service to humanity.

Harshita makes IPS proud



Harshita of class VII from Ideal Public School, Shiv Durga Vihar, Lakkarpur, Faridabad Haryana won first prize in essay writing competition worth ₹1,00,000. The competition was organised by Indian Oil for a month from October 1 to 31, 2021. Motivated by her class teacher Kiran to participate, Harshita wrote an essay on 'Aaj ki urja ki barbadi kal ki urja ki kami hai'. School principal Sudesh Bhadana lauded her achievement.

Graduation ceremony at Seth Anandram Jaipuria School

Adding new dimensions to the young school life and to celebrate progression and development, Seth Anandram Jaipuria School celebrated the virtual graduation ceremony of class pre-primary on March 12. The celebration took place in two virtual slots. The occasion was graced by the presence of the chief guest, Dhvani Jaipuria, director of SRJ Edu Services Pvt Ltd in the first slot. The second slot saw the gracious presence of director Schools, Manju Rana as the chief guest.

The primary head mistress



Indu Kohli welcomed the parents and blessed the children while encouraging them to be great learners. The director principal Shalini Nambiar in her vote of thanks, expressed her gratitude to everyone and inspired the students with

her words of wisdom. Through her words of appreciation, the primary coordinator Kabila Rawat acknowledged everyone for their role in leading the path for the young Jaipurians at a very prominent stage of life.

The children greeted the guests with a welcome song followed by a 'Ganesh Stuti' and a musical dance drama on the fairytale 'The Sleeping Beauty' in slot one and similarly 'Durga Stuti' followed by a musical dance drama on 'The Pied Piper of Hamelin' in slot two. The programme concluded with 'Rewind & Relive', a beautiful journey of the children in class prep.

The event was also attended by the vice principal V Suprabha and senior headmistress Sonal Srivastava along with over 600 parents present virtually.



THE EDUCATIONIST

CELEBRATE GIVING LIKE A FESTIVAL

A gift in any form or from any one is an immense source of happiness for both the giver and the receiver. All our happy moments, celebrations and auspicious occasions come with receiving gifts from our beloved ones. The instant smile that takes over and our eyes begin to shine with excitement, when someone hands over a wrapped box of flowers, chocolates, books, dress, or anything. The giver knows what would make our heart happy. A gift is an additional wealth added to our existing sources of happiness. Receiving gives us a tremendous feeling of joy and confirmation that someone cares. Simultaneously, giving a gift to someone is a far greater feeling. One feels content and tranquil within to have made someone happy and that 'Feel Good' realisation is a gift for the giver. The form of a gift now has undergone a change. It doesn't always have to be materialistic but could be supporting,



guiding, inspiring, or befriending a lonely soul. Providing free education and medical care to underprivileged children, are gifts too. Some large-hearted people give away their all to help people. They donate wealth, properties, and volunteer services to spread happiness. Can there be any bigger gift than this?

The best gift one can ever give anyone is happiness, peace of mind, a rea-

son to smile and keep his/her dignity intact. A giver needs to remain subtle while helping someone without making him feel that he was incapable of doing those things for him or herself. One shouldn't be boastful, arrogant, or hungry for fame while giving, as we see so many wealthy people and celebrities donate, open shelter houses, hospitals, and educational institutions in the name of charity and generosity but their intention is publicity. True gift of help comes anonymously and in case rendered with loud promotions and publicity, the gift no longer remains a gift, but aims distributed out of vanity.

Celebrate giving like you enjoy a festival when you dance and sing. We owe it to the creator and His creation!

GEETA SAINI, EX NIE Coordinator, Hal School, Lucknow



Express YOURSELF

TRAVEL TO AN OLD AGE HOME

Travelling is one of my favourite hobbies. The place that I recently visited was not popular, nor a famous destination. It was a small place on the outskirts, where we all were unwilling to go, a place full of emotions and sad stories. It was an old-age home, a home to elderly people who either have no family or have been abandoned by their families. I had an opportunity to visit an old-age home with my cousin and my uncle. It was a two-storey building with a garden out in the front and a small temple on its eastern boundary. It hadn't been repaired, and the old walls and windows seemed to address the stories of the old people. The number had been more than I expected. There were rooms for people aged between 60 to 80 with a caretaker named Bhanu. Some of them were watching television, some were sipping tea and chatting, and some ladies were knitting.

I went over to an elderly lady who



was sitting at the corner of the room, staring at the glass window. After introducing myself I took a seat beside her. She greeted me with a smile and gave me a candy that she had in her bag. She told me how her son had left her at the old-age home as he was unable to attend to her because of his job. He had migrated to another country and had left her in a place which she never deserved. She became emo-

tional while narrating the story and then advised me to never do that to my parents in their old age. She said that parents need care when they are old as they had nurtured their children all their life. I was unhappy to hear her story. Our parents love us so much and we in return for their affection and selfless love give them desolation, although there are some who care for their parents even when they are old.

The visit to the old-age home was a fulfilling experience for me with memories and valuable lessons. When I reached home, I ran straight to my mother and hugged her tight, promising her that I would never abandon both my parents when they grow old. She held me tight with teary eyes.

GAURANGI SINGH, class VIII, City Montessori School, Chowk, Lucknow



INDIA CRASH OUT OF WC

PROTEAS SEND INDIA PACKING WITH NERVE-WRACKING LAST-BALL WIN

Harmanpreet Kaur

An inconsistent India crashed out of the Women's World Cup after suffering a heart-breaking three-wicket defeat against South Africa in a must-win league-stage game that went down to the wire, on Sunday. Smriti Mandhana (71), Shafali Verma (53) and skipper Mithali Raj (68) struck half-centuries, setting the platform for India to reach a competitive 274 for seven at the Hagley Oval. Despite India's average bowling and fielding, the match lasted full distance with off-spinner Deepti Sharma needing to defend seven runs in the final over.

UNFORTUNATE TURN OF EVENTS

A well-set Mignon du Preez was caught in the deep off the penultimate ball, raising hopes of a memorable win for India. The Proteas now needed three runs off the final ball. However, moments later the umpires ruled that Deepti had overstepped, turning India's ecstasy into agony in a matter of seconds. Du Preez eventually hit the winning runs off the final ball and remained unbeaten on 52 to see her team through and finish second in the league stage behind Australia.

It was a typical Mithali knock as she changed gears after taking her time early on. She released the pressure with a bunch of cut shots off spinners before hitting a sublime cover driver off pacer Marizanne Kapp

As it panned out, Australia, South Africa, England and West Indies reached the last four stage. In possibly her last match for India, skipper Mithali Raj was left devastated along with her teammates. India were not consistent enough to make the semifinals and ended fifth in the league stage with three wins and four losses.

South Africa were cruising in their run chase with the in-form Laura Wolvaardt (80 off 79) and Lara Goodall (49 off 69) sharing 125 runs for the second wicket.

India rely heavily on veteran pacer Jhulan Goswami for early breakthroughs and her absence due to a side strain

made the task easier for the South Africans. Harmanpreet Kaur, who made 48 with the bat, got rid of opener Lizelle Lee (6) with a brilliant direct hit before Wolvaardt and Goodall got together and took the game away from the opposition.

Wolvaardt continued her sensational run of form with her fifth fifty-plus score in seven innings. It took a double strike from Harmanpreet to bring India back in the game as she found the stumps of Wolvaardt and trapped Sune Luus (22) with her probing off-spin.

SLOPPY FIELDING

The Indian fielding once again was sloppy and late evening dew made the job tougher for them. However, individual brilliance of Harmanpreet helped India take the game deep with South Africa needing 45 off the last 30 balls.

Du Preez, who was dropped by Smriti in the 45th over, and Chloe Tryon (17) were up for the challenge and took their team to the cusp of victory. Tryon got three boundaries in the 47th over bowled by Gayakwad to reduce the equation to 20 off 18 balls.

Earlier, India chose to put runs on the board in the high-pressure game while their opponents took the field in their last league game having already qualified for the semifinals.

Shafali (53 off 46) and Smriti (71 off 84) shared a 91-run stand off 90 balls for the opening wicket to provide the start India were looking for. With the way the openers were going about their business, India looked on course for 300 for the second time in the tournament. However, they lost Shafali against the run of play before number three batter Yastika Bhatia got out in a bizarre fashion.

There was a miscommunication over a quick single on the leg side between Shafali and Smriti while Yastika played a sweep shot on to her stumps off spinner Chloe Tryon, leaving India at 96 for two from 91 for no loss. Mithali and Smriti then got together to regain the lost momentum.

It was a typical Mithali knock as she changed gears after taking her time early on. She released the pressure with a bunch of cut shots off spinners before hitting a sublime cover driver off pacer Marizanne Kapp. With Mithali going strong and Harmanpreet joining her in the middle, India found their rhythm back to reach 223 for three in 40 overs. However, only 51 runs were scored off the last 60 balls for the loss of four wickets as India failed to get the final flourish.

Interestingly, Mithali scored her fifty in a crucial game at the same ground where she scored her maiden World Cup half-century 22 years ago. **m**

Smriti Mandhana

MAIDEN WC FIFTY

■ Shafali scored bulk of the runs in the partnership with Smriti and looked at her fluent best en route her maiden World Cup fifty. She put South Africa's best bowler, pacer Shabnim Ismail under the pump by attacking her from the word go. Shafali collected three boundaries off Shabnim's second over including an audacious walk across the off-stump to whip the South African bowler over short-fine leg. The 18-year-old completed her first fifty of the competition with a boundary over mid-on off pacer Masabata Klaas.

GUJARAT, LUCKNOW AIM FOR WINNING START

Hardik Pandya to take more responsibility with batting order

Armed with hard-hitting all-rounders, new entrants Gujarat Titans and Lucknow Super Giants would aim to start their IPL campaign on a winning note when they square off on Monday.

Gujarat could most likely open with young Shubman Gill and Afghanistan batter Rahmanullah Gurbaz, who is also a wicket-keeper. The duo can take any opposition attack to task but would need to be wary of the bounce at the Wankhede stadium.

Gujarat would heavily bank on the performance of their skipper Hardik Pandya, who has loads of experience playing at the Wankhede with Mumbai Indians.

Six-hitting prowess

Known for his six-hitting prowess, Hardik this season will have to take more responsibility with the bat and also bat higher up the order. And ditto for Rahul Tewatia, who would need to shed his one match IPL wonder tag. Tewatia has already said that he would need to take more responsibility with the willow.

Another key all-rounder for them is Vijay

Shankar and his four overs with his medium pace could also make the difference. The three on their day can single-handedly win the game and they would hope that come Monday; they can fire in unison.

Someone like Karnataka's Abhinav Manohar would need to shoulder responsibility in the middle order along with David Miller.

Bowling attack

Key pacer Mohammed Shami will lead the bowling attack and would be looking for a successful run to make a strong case for selection in the India squad for the World Cup

in Australia later this year.

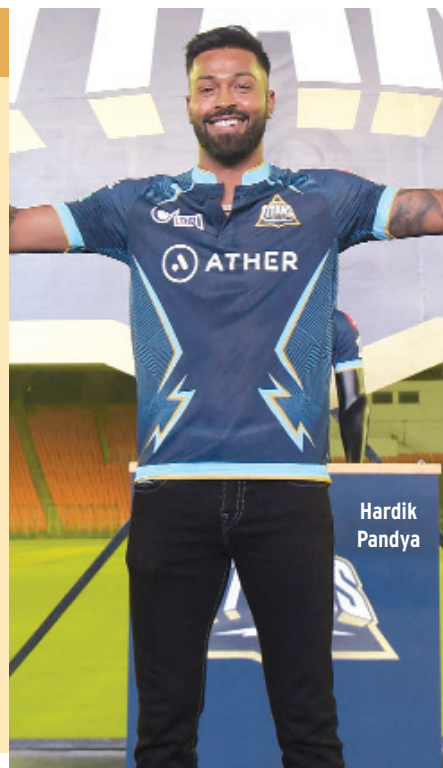
Another important cog in their wheel is leggie Rashid Khan, who could relish bowling on the Wankhede track. For Lucknow, a lot rests on their skipper KL Rahul, who could open the batting with South African Quinton De Kock. With wide range of shots at their disposal, the duo can pummel any attack to submission.

Seasoned campaigner

Lucknow too have an array of all-rounders in Deepak Hooda, Krunal Pandya and West Indian Jason Holder, and their role with the bat in the middle order along with Manish Pandey, a seasoned campaigner, is vital.

Another option for the team management is Evin Lewis, an explosive batter.

The bowlers led by Avesh Khan would need to bowl tightly to stop Gujarat batters and another important cog in their wheel is Ravi Bishnoi, who can deceive the batters with his googlies. It remains to be seen whether the team management play an extra pacer or a spinner and considering that the first game was a low-scoring affair and dew played a part, team winning the toss, would opt to bat first. **AGENCIES**



Hardik Pandya

Tomorrow's Match

GUJARAT TITANS VS **LUCKNOW SUPER GIANTS**

MARCH 28 **7.30 PM**

Wankhede Stadium, Mumbai

SINDHU CLINCHES SWISS OPEN TITLE, PRANNOY LOSES

Ace Indian shuttler P V Sindhu clinched the women's singles title in the 2022 Swiss Open, beating Thailand's Busanan Onggramrungsan in the final at the St Jakobshalle arena, on Sunday. HS Prannoy lost to Indonesia's Jonatan Christie in the men's singles final.

Double Olympic medallist Sindhu registered a 21-16, 21-8 win over Onggramrungsan in 49 minutes to claim the Super 300 crown. This was her second title of the year after winning the Syed Modi International in January.

Ranked seventh in the badminton world rankings, Sindhu went into the final with a 15-1 head-to-head record over world No 11 Onggramrungsan. The match ebbed and flowed in the early exchanges, with both shuttlers fighting for every point. While the Indian ace relied on her big smashes, Busanan was effective with her perfectly



P V Sindhu

placed cross-court shots, especially near the net.

The first mid-game break saw Sindhu take a narrow two-point lead. She managed to break away late into the opening game after the Thai made a series of unforced errors.

However, the second game was in complete contrast to the first, with Sindhu racing to a big 11-2 lead. Busanan provided little resistance in the remainder of the game as Sindhu clinched the title with ease. **IAS**

QUIZ TIME!

Q1: How many players do on each side have in baseball?

a) 7 b) 9 c) 11 d) 6

Q2: Which of the following sports teams consists of both male and female players?

a) Baseball
b) Softball
c) Carfbal
d) Handball

Q3: Who introduced the game of Polo in India?

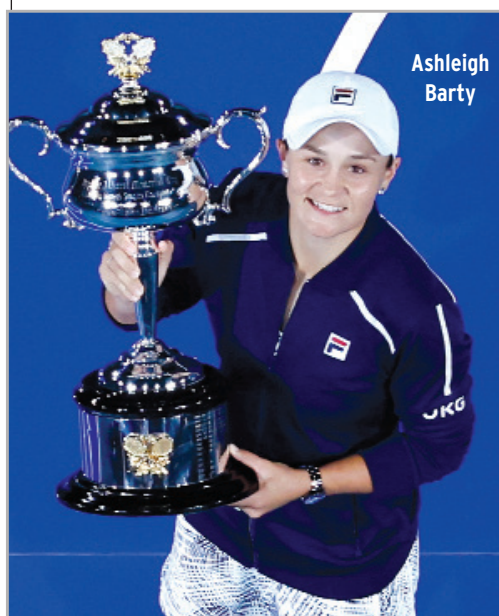
a) Turks
b) Portuguese
c) Greek
d) None of these

Q4: Which of these players was conferred the Rajiv Gandhi Khel Ratna Award in the year 2012?

a) Yogeshwar Dutt
b) Sushil Kumar
c) Vijay Kumar
d) Vijender Singh

Q5: Who was the first top 10-ranked opponent Ashleigh Barty defeated?

a) Jelena Ostapenko b) Venus Williams
c) Karolina Pliskova d) Simona Halep



Ashleigh Barty

Q6: When was the Arjuna Award instituted?

a) 198
b) 1899
c) 1961
d) 1997

Q7: Which country did swimmer Michael Phelps represent?

a) Australia
b) New Zealand
c) Switzerland
d) America

Q8: In which sport are players called pugilists?

a) Boxing
b) Football
c) Cricket
d) Swimming

Q9: In which Asiad did Lakshman Singh win individual gold in golf?

a) 2018
b) 1994
c) 1982
d) 2010

ANSWERS: 1. b) 9 2. c) Carfbal

3. a) Turk 4. a) Yogeshwar Dutt

5. b) Venus Williams 6. c) 1961

7. d) America 8. a) Boxing 9. c 1982