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CLICK HERE: PAGE 1 AND 2



Many areas in the higher reaches of Jammu and Kashmir received fresh snowfall on Sunday, while rains lashed the plains, ending the dry spell, officials said

The minimum temperature rose across Kashmir and settled above the freezing point at most places of the valley on Sunday morning

Srinagar recorded a low of 0.6 degrees Celsius on Sunday morning. Pahalgam, which serves as the base camp for the Amarnath Yatra, recorded 2.7 degrees Celsius PTI

Yahoo India: PM Modi India's most-searched personality, followed by Virat Kohli; Aryan Khan top newsmaker

ahoo India announced its 2021 Year in Review, with highs and lows, and saw a number of new entries. Prime Minister Narendra Modi reclaimed the India's Most-Searched Personality title, a position he has held consistently since 2017. PM Modi had lost the title last year to late actor Sushant Singh Rajput. Cricketer Virat Kohli, who had demise of TV actor

a chequered year came in at No. 2. West Bengal Chief



Sidharth Shukla placed him at No. 4. This year's list had a notable new entrant,

CUT DOW PROCESSED FOODS TO SAVE EARTH: STUDY

Reducing junk food consumption will not only help you to stay fit but also save the planet. A new study published in the journal 'Current Nutrition Reports' has stated interesting observations

Australia and New Zealand households eat more discretionary and junk foods than recommended by dietary guidelines, contributing to food-related greenhouse gas emissions (GHGe) and other environmental impacts, states the study.

University of South Australia (UniSA) dietitian Sara Forbes, who led a review examining 20 studies on the environmental impacts of food consumption in both countries, said the findings highlighted the need for more sustainable dietary choices.

According to a Federal Government report released in 2020, Australia emitted an estimated 510 metric tonnes of carbon dioxide, with food-related emissions accounting for 14.2 per cent of this total. The report found that the average Australian produces the equivalent of 19.7kg of carbon dioxide each day via their diets.



FOODS AND GREEN HOUSE GAS EMISSIONS

Non-core or 'discretionary' foods include sugar-sweetened drinks, alcohol, confectionery and processed meats, accounting for between 27-33 per cent of food-related GHGe. These are large amounts of avoidable energy-rich, nutrient-poor foods that does not not help the environment, states study.

Minister Mamata Banerjee grabbed the top 3 slot with her decisive win in the state assembly election. The sudden

actor Shah Rukh Khan's son Aryan who came in at No. 7 on the Most-Searched Personality list, with massive interest online following his arrest by the Narcotics Control Bureau in Oct. ET

In New Zealand, the highest greenhouse gas emitters are meat, seafood and eggs (35 per cent), followed by highly processed foods such as pastries and ice cream (34 per cent). Other studies examined the environmental

impacts of water use in food production. WORLDWIDE, FOOD CONSUMPTION AND PRODUC-TION ACCOUNT FOR ONE-QUARTER OF TOTAL **GLOBAL EMISSIONS, STATES THE STUDY.** ANI



Name the IMF's first female chief economist

CLUE 1: The 49-year-old was born in Kolkata, West Bengal.

CLUE 2: A naturalised American citizen, she was awarded the Pravasi Bharatiya Samman, the highest honour for a person of Indian origin, in 2019.

CLUE 3: The only governmental association she took up in India was as economic advisor to the Kerala CM.

Answer: GITA GOPINATH. The International Monetary Fund's (IMF's) high-profile chief economist who will become the No. 2 official at the Washington-based crisis lender next month. Gopinath will succeed Geoffrey Okamoto as first deputy managing director, serving under IMF chief Kristalina Georgieva – the first time two women have held the top leadership roles.

'You students are in a place where you can give back'

eople in India are in extreme pain' and the economy is still below the 2019 levels, with 'small aspirations' of people becoming even smaller now, Nobel laureate economist Abhijit Banerjee said, while addressing students of the Ahmedabad University in Gujarat virtually.

"You (students) are in a place where you can give back. Society really needs it. We are in a time of extreme pain in India," he said. "I just spent some time in rural West Bengal and stories you hear about, you know, all the aspirations that have been a little bit dashed are very real...small aspirations which became smaller now," Banerjee said. "I think we are in a moment of great pain. The economy is still well below as against what it was in 2019," he said. PTI



Abhijit Banerjee

13-YEAR-OLD FROM DELHI PENS 'AMALGAM' OF ALL ISSUES

thirteen-year-old, Delhi-based author has recently launched her new book 'Amalgam'. With her book, the author is presenting the perspective of a teenage girl who is covering a wide spectrum of subjects from book reviews, insightful articles, well-written poems to short stories.

The author has successfully published four books till now. From being the youngest author, a TED Speaker, Content Creator to Podcaster, Anantinee has been following multiple pursuits. Her first book titled 'Treasure of Short Stories' comprises 21,000 words anthology of stories. It was

I am grateful to the opportunities

that I've received. The biggest moment in my life till now is getting felicitated by Odisha CM Naveen Pattnaik. I will make sure to put my best foot forward to produce results that create magic in the writing industry. ANANTINEE MISHRA

nantinee Mishra, a also released in Hindi with the name 'Khazana Kahaniyon Ka' in September 2021. The fifth book 'Amalgam' which is a fusion of prose and poetry was launched on November 14, 2021.

Her second book, 'Manhattan to Munnar' was released on February 10, 2021 by Chief Minister of Odisha, Naveen Pattnaik. The book is also available in the Odia language.



PRINCE WILLIAM OPENS UP ON 'FAMILY TIM



rince William, the second in line to Britain's throne, has opened up about sensitive topics such as coping with mental health pressures during his work as an air ambulance rescue pilot and memories of his late mother Princess Diana.

Speaking on Apple's 'Time to Walk' podcast, the 39-year-old Duke of Cambridge also reflected upon the royal family's love of long walks as well as the life lessons he has picked up over the years. "My whole family have a passion for walking - whether it's my Grandmother (Queen Elizabeth II)

Prince William recalled memories of his mother singing Tina Turner's song 'The Best' at the "top of her voice" with her sons on the way to school to help ease his anxiety

still taking her corgis out at 95; my father (Prince Charles) embarking on lengthy rambles over the summer in Scotland; or my own children making their first appearance at our annual walk to church on Christmas at Sandringham," he said.

Recalling car rides to school with his mother Princess Diana, he said, "You'd be singing and listening to music right the way up to the gates of school when they dropped you off and that's when reality kind of sunk in – you really were going back to school." PTI



EARTH: How fast can you skydive?

yle Lobpries jumps out of the airplane – backward. As he watches it fly away, he leans back and shifts his gaze toward the inverted horizon, the sky bowing before the earth. He continues to drift until he feels he is perfectly perpendicular to the planet. Then he locks his knees, points his toes, tucks his arms into his sides, shrugs his shoulders and hurls himself toward land...

SKY DIVING AS A SPORT This technique, developed by jumping out of a plane 5-10 times a day, is just part of the explana-

In October, at the US Parachute Association Nationals in Arizona, Lobpries became the fastest athlete in the sport when he reached a speed of 318.74 mph This record blows by the top speeds of NASCAR, IndyCar and Formula 1 drivers, who have never surpassed 260 mph in official competitions

tion for how Lobpries has propelled himself to the peak of the sport of speed skydiving. First developed in Florida in 1999, speed skydiving began gaining recognition as an international discipline in the early 2000s. The sport pits extreme thrill seekers

LAWS OF PHYSICS

against each other - and the laws of physics.

In a vacuum, as you may recall from middle school science, all objects fall at the same rate. Without air resistance, anything from a feather to a fuel tanker will accelerate toward the earth at a rate of 9.8 metres per second squared. But because of the earth's atmosphere, free-falling objects eventually reach terminal velocity, in which acceleration slows to zero. For an average amateur skydiver, who departs a plane feet first and faces the earth with her belly, terminal velocity is about 120 mph. NYT



However difficult like may seem, there is always something you can do and succeed at. -Stephen Hawking **MOCK PAPERS**

TUESDAY, DECEMBER 7, 2021

H H H

PRACTICE PAPER SET BY MANJU RATHEE, UDGAM SCHOOL FOR CHILDREN, AHMEDABAD

GENERAL INSTRUCTIONS

1. You may use the following values of physical constants wherever necessary.

 $e = 1.6 imes 10^{-19} C$ $c = 3 \times 10^8 ms^{-3}$ $h = 6.6 imes 10^{-34} JS$ $\mu_o = 4\pi \times 10^{-7} NA^{-2}$ $k_{B} = 1.38 \times 10^{23} JK^{-1}$ $N_{A} = 6.023 \times 10^{\scriptscriptstyle 23}$ / mole $m_{\rm m} = 1.6 \times 10^{-27} \, kg$

DIRECTIONS (Q1-Q27): Select the most appropriate option from given below each question.

Q1. A charge Q is enclosed by a Gaussian spherical surface of radius R. If the radius is doubled, then the outward electric flux will

(a) increase four times (b) be reduced to half (c) remain the same (d) be doubled Q2. The falling of a water droplet of mass 1 mg is just prevented by upward electric field of magnitude 0.1 k N/C. The charge (a) 9.8×10^{11} C (b) 0.1×10^{-11} C (c) 9.8×10^{11} C (d) 0.98 C Q3. Figure shows the part of an infinite plane sheet of charge. Which of the following graphs correct-

ly shows the behaviour of electric field intensity as we move from point O to A.



Q4. The work done in rotating the dipole having dipole moment p, from stable to unstable equilibrium in a uniform electric field E is

(a) p E (b) –p E (c) 2pE (d) –2pE **Q5.** What can be the nature of charges q_1

and q_2 ?

(c) q1 is negative, q2 is positive (d) q1 is positive, q2 is positive **Q6.** Electric field and electric potential inside a charged spherical shell: (a) E = 0; V = 0 (b) E = 0; $V \neq 0$ (c) $E \neq 0$; V = 0 (d) $E \neq 0$; $V \neq 0$

Q7. If two charged particles having a charge of 2×10^{5} C each, are brought from infinity to within a separation of 10 cm, then the increase in P.E during the process will be

(a) 18 J (b) 36 J (c) 10 J (d) 40 J **Q8**. Two condenser of capacity C_1 and C_2 are connected in parallel. If a charge q is given to the assembly, the charge gets shared. The ratio of the charge on the condenser C_1 to the charge on the condenser C₂ is

(a) $1/(C_1\tilde{C}_2)$ (b) 1/1 (c) C_2/C_1 (d) C_1/C_2 **Q9.** The capacitor. whose capacitance is

milobe experimente is	1.1 1.1 1.1
6 μF, 6 μF and 3 μF re-	
spectively are con-	
nected in series with	11
20 volt line. Find the	201 7
charge on 3 uF.	20

(a) $30 \,\mu\text{C}$ (b) $60 \,\mu\text{C}$ (c) $15 \,\mu\text{C}$ (d) $90 \,\mu\text{C}$ Q10. If in a parallel plate capacitor, which is connected to a battery, we fill dielectrics

in whole space of its plates, then which of the following increases? (Q - charge, V - potential difference, E - Electric field, C - Capacitance)

(a) Q and V (b) V and E (c) E and C (d) Q and C Q11. If two identical cells are connected first in series, and then in parallel, then the ratio of balancing length in the potentiometer wire will be:

(a) 2:1 (b) 1:2 (c) 1:4 (d) 4:1 Q12. The voltage V and current I graphs for a conductor at two different temperatures T₁ and T₂ are shown in the figure. The relation be-

tween T_1 and T_2 is (a) $T_1 > T_2$ (b) $T_1 < T_2$ (c) $T_1 = T_2$ (d) $T_1 = 1/T_2$ Q13. The internal resistance of a 2.1 V cell which gives a current of 0.2 A through a resistance of 100 is (a) 0.5 Ω (b) 0.8 Ω (c) 1.0 Ω (d) 0.2 Ω

Q14. Which of the fol-



0. $F_b \neq 0$ (b) $T_a > T_b$, $F_a = F_b = 0$ (c) $T_a = T_b = 0$, $F_a = F_b = 0$ (d) $T_a = T_b$, $F_a = F_b = 0$ Q17. In a Wheatstone bridge all the four arms have equal resistance R. If the re-

sistance of galvanometer arm is also R. the equivalent resistance of combination (a) 2R (b) R/4 (c) R/2 (d) R

Q18. What is the function of radial field in the moving coil galvanometer? (a) to make the torque acting on the coil maximum. (b) to make the magnetic field strong.

(c) to make the current scale linear. (d) all the above. Q19. Which device will have the least re-

sistance?

(a) Ammeter of range 1A (b) Ammeter of range 10 A (c) Voltmeter of range 1 V

(d) Voltmeter of range 10 V Q20. At a certain place, the horizontal

component of the earth's magnetic field is $\sqrt{3}$ times the vertical component. The angle of dip at the place is (a) 75° (b) 60° (c) 45° (d) 30°

Q21. A wire of length 'L' carries a current I. It is bent in the form of a circle. The magnetic moment of current loop (in amp-m²) is

(a) IL²/4 π^2 (b) 1π L² (c) IL²/4 π (d) 4π I L² Q22. A horizontal straight wire 10 m long extending from east to west is falling with a speed of 5.0 m s⁻¹ at right angles to the horizontal component of the earth's magnetic field, 0.3×10^{-4} Wb m⁻². What is the instantaneous value of the emf induced in the wire?

(d) Eddy current can be used to produce braking force in moving trains. **Q24**. What is the direction of in-

duced currents in metal rings 1 and 2 when current I in the wire is in-

creasing steadily? (a) clockwise in metal ring 1 and anticlockwise in metal ring 2. (b) Anti-clockwise in metal ring 1 and clockwise in metal ring 2. (c) Clockwise in both (d) Anti-clockwise in both

Q25. When 100 V dc is applied across a LR circuit, A current of 1 amp flows in it. When 100 V ac is applied across the same circuit, the current drops to 0.5 A. The impedance and the inductive reac tance are

(a) 200Ω and 0.93Ω

(b) 100 Ω and 0.93 Ω (c) 200Ω and 173Ω (d) 100Ω and 173Ω **Q26.** When an ac source of emf $E = E_0 \sin \theta$ 100t is connected across a circuit, the current is I = I₀ sin (100t + $\pi/4$). If the circuit consists possibly only of RC or RL in series, find the relationship between the two elements. (a) $R = 1k\Omega$, $C = 10 \mu F$ **(b)** $R = 1k\Omega$, $C = 1 \mu F$

(c) $R = 1k\Omega$, L = 10 H(d) $R = 1k\Omega$, L = 1 H**Q27.** The transformation ratio in the step down transformer is

(a) one (b) greater than one

(c) less than one (d) the ratio greater or less than one depends on the other factor

ASSERTION / REASON

For question numbers 28 to 31, two statements are given-one labelled Assertion (A) and the other labelled Reason (R). Select the correct answer to these questions from the codes (a), (b), (c) and (d) as given below.

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 and R is also false

lel to B is (a) $2\pi v \cos\theta/qBm$ (b) $2\pi m v \cos\theta/qB$ (c) $qBm/2\pi v \cos\theta$ (d) $Bq/2\pi m$

Q30. Assertion- A variable capacitor is connected in series with a bulb through AC source if the capacitance of variable capacitor decreases the brightness of bulb is reduced

CLASS: XII - 2021-22

SUBJECT: PHYSICS (CBSE)

Maximum Marks: 35

Reason- The reactance of capacitor increases if capacitance is reduced

Q31. Assertion- When capacitive reactance is smaller than the inductive reactance in LCR circuit, emf leads the current

Reason- The phase angle is angle between alternating emf and alternating current of the circuit

CASE STUDY:

HELICAL MOTION OF A CHARGED PARTICLE IN A MAGNETIC FIELD If velocity has a component along B, this component remains unchanged as the motion along the magnetic field will not be affected by the magnetic field. The motion in a plane perpendicular to magnetic field is a circular one, thereby producing a helical motion.



Q32. The radius of the charge particle, (when v is perpendicular to B) placed in a uniform magnetic field is given by (a) R = mv / q B (b) R = q B / mv(c) R = B q m / v (d) R = v q / m BQ33. An electron, proton, He+ and Li++ are projected with the same velocity perpendicular to a uniform magnetic field. Which one will experience maximum magnetic force?

(a) Electron (b) Proton (c) He+ (d) Li++ Q34. The work done by the magnetic field on the charge particle moving perpendicular to a uniform magnetic field is (a) Zero (b) q (v × B). S (c) Maximum (d) qBS / v

Q35. The distance moved by a charged particle along the magnetic field in one rotation, when v has a component paral-

lowing is the correct equation when Kirchhoff's loop rule is applied to the loop BCDEB in clockwise direction? (a) $-i_3 R_3 - i_3 R_4 - i_2 R_2 = 0$ (b) $-i_3 R_3 - i_3 R_4 + i_2 R_2 = 0$ (c) $-i_3 R_3 + i_3 R_4 + i_2 R_2 = 0$ (d) $-i_3 R_3 + i_3 R_4 + i_2 R_2 = 0$ (a) q1 is positive, q2 is negative Q15. AB is a wire of potentiometer with the increase in value of resistance R, the (b) q1 is negative, q2 is negative

(a) 1.5×10^{-4} V west to east
(b) 1.5×10^{-4} V east to west
(c) 1.5×10^{-3} V west to east
(d) 1.5×10^{-3} V east to west
Q23. Identify the wrong statement.
(a) Eddy currents are produced in a steady
magnetic field.
(b) Eddy currents can be minimized by
using laminated core.
(c) Induction furnace uses eddy current
to produce heat

Q28. Assertion- Faraday laws are con-
sequence of conservation of energy
Reason-In a purely resistive AC circuit,
the current lags (behind) the emf in phase
Q29. Assertion- Making and breaking
of current in a coil produce no momen-
tary current in the neighbouring coil of
another circuit

Reason- Momentary current in the neighbouring coil of another circuit is an eddy current

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.

Logic, the key to solving computers

PAPER SET BY MANPREET KAUR JUDGE, AAVISHKAR ACADEMY, BENGULURU

SECTION-A

QUESTION 1

a) Which of the following can be omit- **Define a class named movieMagic** ted while using for loop? (5X1=5)(i) Update statement (ii) Initial value (iii) Test expression (iv) All of them 2. (iv) & (i) 3. (iv) 4. (i) 1. (i) & (ii) Answer: 3

b) Which one out of these is an infinite loop? 1. for (i=2;i<10;a+-2) **2.** for (i=0;i<10; a++) **3.** i=2; do{ i++; }while(i < 20); 4. for (i=0; i<=10;i--) Answer: 4

c) Complete the following statement. The do.....while loop repeats a set of statements even if the condition is false. **1**. at least once **2**. twice **3.** infinite times **4.** not even once Answer: 1 d) See the syntax and name what type

of loop it is? a=1: while (a<10)

- 1. Infinite loop 2. Empty loop
- **3.** Finite loop 4. User controlled loop
- Answer: 2

e) Read the following code segment properly and predict how many times the loop will be executed? int a = 1, b = 2;while(++b < 6) a *= b: System.out.println(a); 1. two times 2. three times **3**. four times **4**. five times

Answer: 2

SECTION-B QUESTION 2

with the following description:

DATA MEMBERS	PURPOSE
int year	To store the year of release of a movie
String title	To store the title of the movie
float rating	To store the popularity rating of the movie (minimum rating=0.0 and maximum rating=5.0)

MEMBER 20.02051 METHODS movieMagic() Default constructor to ini-

tialize numeric data members to 0 and String data member to " To input and store year, void accept() title and rating void display() To display the title of the movie and a message based on the rating as per the table given below

RATING	MESSAGE TO BE DISPLAYED			
0.0 to 2.0	Flop			
2.1 to 3.4	Semi-Hit			
3.5 to 4.4	Hit			
4.5 to 5.0	Super-Hit			
Vrite a main method to create an ob-				

ber methods. (6 X 1 = 6)Answer import java.util.Scanner;

public class movieMagic private int year; private String title; private float rating;

public (a) _() { vear = 0; title = rating = (b)

public (c) accept() { Scanner in = new Scanner(System.in):

System.out.print("Enter Title of Movie: "); title = (d)

System.out.print("Enter Year of Movie: "); vear = in.nextInt(): System.out.print("Enter Rating of Movie: "):

rating = in.nextFloat(); public void display() { String message =

if (rating (e) message = "Flop"; else if (rating <= 3.4) message = "Semi-Hit" , else if (rating ≤ 4.4)

"Invalid Rating":

message = "Hit"; else if (rating \leq = 5.0)message = (f)

System.out.println(title): System.out.println(message);

public static void main(String args[]) { movieMagic obj = new movieMagic();

obj.acce	epu(),	
obj.disp	play();	
}		
}		
a) 1. Movie	Magic 2 . m	oviemagi
3. movieMa	agic	
Answer: 3	610	
Answer. o.		
b) 1 "0 0"	9 0 0	2 0
DJ1. 0.0	2.0.0	3.0
Answer: 2		
c) 1. void	2. Void	3. ii
Answer: 1		

d) 1. sc.nextLine(); 2. in.nextLine(); **3.** in.next(); Answer: 2

e) 1. == 2.0 2. >= 2.0 3. <= 2.0Answer: 3

f) 1. "Super-Hit" 2. 'Super-Hit' 3. "SuperHit'

Read the paragraph given below and answer the questions given below:

Case study 1

A block of statements which gets executed repeatedly unless the required work gets done is called a loop or an iterative construct. Based on the flow of control these constructs can be divided into two categories - Entry and Exit controlled loop. Entry control loop checks the condition in the beginning and exit control loop at the end or exit point of the loop. For and while loops are entry controlled loops whereas do...while is an exit controlled loop. Writing a loop requires initialization condition where we initialize the variable in use. It marks the start of a loop generally. An already declared variable can be used or a variable can be declared, local to loop only.

Testing Condition is used for testing the exit condition for a loop. It must return a boolean value. It can be entry or exit control loop. Statement execution happens once the condition is evaluated to true. the statements in the loop body are executed according to these conditions. Increment or Decrement is used for updating the variable for next iteration. Loop is terminated when the condition becomes false marking the end of its life cycle

0

a) A testing condition returns __ value. (4 X 1 = 4)1. true 2. boolean 3. false Answer: 2

b) The loop executes only if 1. The testing condition is true. 2. The testing condition is false. 3. The testing condition is incremented.

Answer:1

c) How many types of loops are there? 1. Three

MOCK PAPER SUBJECT: COMPUTER APPLICATIONS CLASS: X **MARKS: 15**

2. Two

3. Four Answer: 2

d) What does the Initializing variable decide?

- 1. Test condition of the loop 2. Ending of the loop
- 3. Beginning of the loop
- Answer: 3

KEY TIPS: While attempting questions in Section A - thorough knowledge of theoretical concepts will help. Questions like predict the output or Q1 e) given above should always be answered after giving a dry run and not by mental calculations or guesswork.

While attempting Section-B the students need to understand the logic of the program given in the paper, analyze, work with the logic and then attempt to complete it. Understanding the concepts is of utmost importance as then only the students will be able to comprehend the logic. It's also equally important to mention that writing and practically solving the program questions is of utmost importance, as that is a sure shot method of getting the right logic and syntax and making you confident to face your exams.

For case study questions reading the passage, comprehending it and then choosing the most appropriate answer is really very important.

Age old proverb "Practice makes a man perfect" still holds true and there is no alternative to hard work.

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 NIF is not responsible for them.



CLICK HERE: PAGE 3 AND 4

SCHOOL IS COOL

It's not just a place where you get to learn Einstein's Theory of Relativity. It's also a place where you can think beyond the classroom. Hence we say, SCHOOL IS COOL!

TUESDAY, DECEMBER 7, 2021

Imparting holistic education

nav Sthali School, New Rajendra Nagar believes in imparting holistic education to its students. Desirous of making them global citizens, the international dimension is embedded in the curriculum to foster respect and tolerance for culture, traditions and cuisines of different countries.

As a part of IDS Activity No-4, a set of activities were planned virtually on October 8 and 11 for classes VI, VII and VIII respectively. The students indulged in role plays and enacted on various famous personalities from India, Egypt, Greece and France.

While the students of classes VI and VII performed the role plays of famous freedom fighters and sports personalities of India and Egypt, Class VIII brought forward the famous actors and designers of France and Greece. It seemed that all of them had come live on the virtual platform.

Students of international primary wing explored Greece in their way and found a beautiful connect in its cuisine. They portrayed themselves as different famous personalities of Greece who were an expertise in their respective fields and are still remembered today. They prepared the delicious 'Greek' food and shared the recipes with all themselves as Alexander the great, Demosthenes, them confident and proud.



of us very enthusiastically. With proper instructions and apt guidance, the students of classes I,II and III made the 'Greek Salad' and the students of classes 4 and 5 prepared 'Stuffed Pita Bread' with hummus. On the day of the activity, the little ones dressed up as chefs and thoroughly enjoyed this working without fire. As a part of an integrated learning process, they also attempted the multiple choice questions worksheet thereafter.

Students of classes I and II dressed up as famous ancient kings of Greece. They portrayed and Leonidas (king of Sparta). Girls were dressed up as one of the famous queens of Greece, Cleopatra. They spoke their lines and every student gained knowledge about various kings who ruled Greece. It was a marvellous sight to look at such young children enacting the same. Students of classes III and IV enacted as famous mathematicians of Greece. After conducting research work they performed their respective roles. They depicted themselves as Archimedes, Pythagoras, Euclid, Aristotle, Hippocrates, etc. They spoke about their famous works and their contribution in the field of mathematics and science. Students of class V portrayed themselves as famous authors of Greece. They impersonated themselves as Homer, Sappho, Plato, Herodotus, and Alki Zei. All the students spoke their part in the class and got to know something new. They also spoke about their famous orks and books written by them.

The IDS activity was an endeavour to enable the children to develop an international and global perspective by studying and analysing various aspects from different countries to nurture global citizenship. The parents were extremely happy and thankful for bringing out the hidden talents of the children through these activities making

Dr Ambedkar's gift to India

van International School Sohna road celebrated 72nd **Constitution Day** of India with great gaiety and gusto. The day, which is also known as 'Samvidhan Diwas' or National Law Day or

National Constitution Day, the day was celebrated in school to raise awareness about the Indian Constitution. 'Samvidhan Diwas' is celebrated to commemorate the adoption of the Constitution in India. In 1949, the Constituent Assembly of India formally adopted the Constitution of India that came into force on January 26, 1950. The day is also celebrated as a tribute to India's first law minister Dr B R Ambedkar, who played a pivotal role



School got an opportunity to participate in many activities.

Students of class XI participated in poster making competition on the topic 'Preamble of India' and 'Indian Democracy', which showed different features of democracy and it also reflected the importance on Indian Constitution. Students participated in the event with enthusiasm and zeal.

School principal Peeya Sharma urged the young learners to be the

Virtual Creativity Week at DAV

ll study and no play makes Jack a dull 11 A boy." The famous proverb is well entrenched in our minds since childhood. Believing in it. DAV Public School Sreshtha Vihar organised 'Creativity Week' like every year for the students of class I - V. This year the 'Creativity Week' was rejoiced virtually by the primary wing.

The curricular and co-curricular activities were planned and executed to promote the holistic development of its students.

It started on November 22 with a lot of fervour and ardour. A special virtual Hawan was conducted to invoke positive energy. The week came up as an opportunity for the students to engage in various



'Nritybhivyakti', 'Bon appetit', noun town, clay craft, budding scientist, an ode to motherland, folk fitness and many more. An invigorating recreational day was conducted to rejuvenate students with activities based on games, music and art competition.

Principal Suhasini K Nath congratulated students for their lively and energetic participation and said it was indeed a pleasurable and memorable

Winning Takes For **The Common Man**

KRITIKA SHARMA DAV Public School Sec -14, Faridabad

DPS Gurgaon sector 45, Gurgaon

ADITI MITTAL DAV Public School Sector 14, Faridabad

SANA GROVER

DAV Public School Sector 14, Faridabad

ANANYA ANAND

Delhi Public School, Faridabad

HEMAKSHI DAV Public School, sector 14, Faridabad

MAINAK DAV Public School, Faridabad

SHRIYA DAV Public School Sector 14, Faridabad

SAANVI

DAV Public School Sector 14. Faridabad

PRACHI VASHIST DAV Public School, Sec-14, Faridabad



KHUSHMEET NARWAL DAV Public School Sector 49, Gurugram

VRINDA CHAUDHARY

Delhi Public School, Sec 45, Gurgaon

ARNI MADHWAR KR Mangalam World school, Gurgaon

Colonel's Central Academy. Gurgaon **PRISHA GUPTA**

PRATEEKSHA SHARMA

GAURI PANDE

03

DPS International Edge Gurgaon

RIDHIMA SANDILYA DPS International Edge, Gurgaon

SHAONI MUKHERJEE DPS Sector-45, Gurgaon



in drafting the Indian Constitution. Students of Ryan International

INSTRUCTIONS:

under your left buttock.

interlock both hands.

tion for 15 - 30 seconds.

arm first and then the left arm.

Uncross your legs and relax.

real role model and motivated them to be good citizens of India.

seated yoga posture.

ass VIII performs the asana

Sit on the voga mat with your back straight

and legs extended in front of you. Put your feet

together and place your palms next to your hips.

Bend your right leg and place the right foot

Stack your left knee over your right knee.

the elbow. Simultaneously, bring the left arm

between scapula bone (behind your back) and

Take deep ujjayi breaths and stay in this posi-

Now, as you exhale, slowly release your right

Raise the right arm above your head and bend

A Sanskrit word, Gomukhasana literally

translates into a cow face posture (go -

cow, mukha - face, asana - pose). It is a

other arm.

practice

engrossing and fun-filled activities like 'Kissa kathputli ka', tech ads,

GOMUKHASANA

Repeat the above steps for other leg and

BENEFITS OF GOMUKHASANA

Reproductive organs are toned and massaged

Cures sciatica with regular

Helps in high blood-pressure

Helps to cure posture deformities

with regular practice

Cures stiff shoulders

Reduces stress and anxiety

Strengthens back muscles

Elongates spine

Stimulates kidneys

week for everyone.

sec-43, Gurugram

ADITI THAKUR

Delhi Public School, Sector 45, Gurugram

Sec 43, Gurgaon

TANNYA PASRICHA

SAUMYA CHAWLA DAV Public School Sector 14, Gurgaon

Amity International School,

VEDANT AMIT MINHAS

Delhi Public School, Sector 45, Gurgaon

ANISH MACHIRAJU

Scottish High International, Gurgaon

Abiding by the Preamble

aharaja Agarsain Public School, Ashok Vihar celebrated Constitution Day (Samvidhan Diwas), also known as National Law Day on November 26. The Preamble to the constitution was read out by the teachers and staff members to commemorate the adoption of the Constitution of India.

Social science teachers shared a PowerPoint presentation with the

students followed by discussion on the constitution of India. Later, a link was shared with students to play an online quiz on Constitutional Democracy and also to receive a certificate.

This day holds great importance for both educators and students as it provides an opportunity to enhance their knowledge about the country and its constitution.

KRISHIV SHARMA

Amity International School,

SIDDHANT SACHDEVA Summer Fields School, Gurgaon

SRISHTI SINGH DAV Public School, Sector-49, Gurugram **VANSHIKA BHATIA** Lotus Valley International School, Gurgaon

Strengthens muscles of ankles, hips, thighs. shoulders, triceps, inner armpits and chest

PRECAUTIONS:

People suffering from any of the following conditions should avoid practicing this asana: Shoulder pain or injury, pain in any of the key body parts, soft tissue injury in leg, muscle tear or pain in thighs, bleeding piles, spondylitis, severe sciatic nerve issues.

Those who ae pregnant must completely avoid this pose, as the crossing of the leas at the thighs may bring pressure on the lower abdomen which may not be safe.

Yoga facilitator Maruthi N, MES Kishore Kendra Public School, Vidyaranyapura, Bengaluru

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

Her simplicity, courage motivate me to help others

dentifying our idols who inspire us is important. Incorporating the values and ideals from their life in our own is more SO.



author, social worker and the chairperson of Infosys

The most Inspiring Icon for me is Infosys founder, renowned Foundation Sudha Murty. In

spite of being a celebrity, simplicity is her hallmark. She is down to earth, despite her tremendous achievements. She teaches us that whatever we achieve, social welfare should be the most important aim of our life. Sudha Murty has taught us to be simple, to be genuine, to never stop learning and most importantly to never give up. I would surely follow these golden principles in my life to make it a wonderful one.



SPIRING ICONS

I have learnt a lot from her, especially from her books which I have read. Her famous book. 'A Three Thousand Stitches'. is my most favourite one. The book is named after a present given to her as a gesture of help and gratitude. It's the simple acts of courage which touch the lives of innumerable people.

This wonderful is very amazing, motivating us to do something which will help many people.

She is a continuous learner and age should never be a barrier for learning. She has shown us that we should never give up whatsoever the situation might be. I hope I can follow in her footsteps.

> Anagha B Poojari, class IX, MES Kishore Kendra Public School, Bengaluru

The Art of Speaking Workshop Attend this workshop for free and give your child a chance to master the art of public speaking. A prestigious participation certificate to all the students. **Register Now!**



If you fail to prepare, you're prepared to fail. Mark Spitz, American swimmer

SIMPLY SPORTS TUESDAY, DECEMBER 7, 2021

Spin-bowling all-rounder Jayant Yadav did most of the damage on the fourth morning, picking up 4-49 his career-best figures _ to cut through New Zealand's middle and lower order at the sun-bathed ground overlooking the Arabian Sea



ndia's spinners wasted little time in removing New Zealand's remaining batters on Monday as the hosts sealed a record 372-run victory in the second test at the Wankhede Stadium to secure the series 1-0. It was the biggest margin of victory by runs for India in a home match, eclipsing their 337-run win against South Africa in a Delhi test in 2015. With the series victory, India also avenged their defeat to New Zealand in the final of the inaugural World Test Championship in Southampton in June.

> ' I enjoyed playing here at Wankhede honestly. Every day there was something new and I could challenge both edges. I would like to go to South Africa and win a series there. We haven't done that before, and hopefully we can do it this time. **RAVICHANDRAN ASHWIN**

HARD FOUGHT WIN

Rahul Dravid, India's newly-appointed head coach, said the score did not reflect how hard India had to work for the series win, after the first test in Kanpur ended in a draw. "I know this result looks

behind and had to fight back. Credit to the team for pulling themselves out of some difficult positions.

Spin-bowling all-rounder Jayant Yadav did most of the damage on the fourth morning, picking up 4-49 his career-best figures to cut through New Zealand's middle and lower order at the sunbathed ground overlooking the Arabian Sea.

With just a few hundred fans present in the stands to cheer the team on, Ravichandran Ashwin took the final wicket to finish with 4-34 as New Zealand were all out for 167 in their second innings, chasing 540 for victory. The wily off-spinner took eight in the match and was adjudged Player of the Series for his 14 wickets in the series.

Ashwin is the world's leading wicket-taker this year with 52.

CLINICAL VICTORY

Opening batter Mayank Agarwal, only playing because of injuries and others being rested, picked up the Player of the Match award for his 150 in the first innings and 62 in the second in Mumbai.

It was also a happy return to the side for captain Virat Kohli, who was rested for the three-match Twenty20 series and the drawn first test in Kanpur. "To come back with a win again it's a great feeling as a

our team time and again. "You want individuals to step up and I think in this match they did."

New Zealand's dogged batters had denied India victory in the first test after their last pair hung on for 52 balls in a thrilling final session. But they were unable to show the same kind of resistance on Monday with India needing just 43 minutes in the first session to wrap up the win after New Zealand had resumed on 140-5.

Tom Latham, leading the side in place of the injured Kane Williamson, said the tourists were fighting an uphill battle after being bundled out for 62 in their first innings in reply to India's 325. "Disappointing performance, we always knew it was going to be tough coming over to these parts of the world. <mark>Getting bowled out for 60 puts</mark> you right behind the eight ball," Latham said. 'Credit certainly has to go to India, they know these conditions very well and played a great game." AGENCIES

> We discussed our performance in the Kanpur test. There was more bounce here and the fast bowlers got assistance as well. So it gave us a better chance to win this test. The aim is to take Indian cricket forward. working with the new team management. South Africa is a good challenge and we want

a bit one-sided but right through the series we've been made to work hard," said Dravid. "There have been phases of the game where we've been

team, and for me returning as captain as well," he said. "It was just a clinical performance, something we've seen from



KONSA ON SONG AS VILLA

BEAT LEICESTER 2-1

MEDVEDEV ENDS 15-YEAR WAIT

BYJU'S

Leads Russia to Davis Cup victory beating Serbia

ussia's 15-year wait for a Davis Cup title ended after another clutch performance from Daniil Medvedev. Medvedev capped his amazing year with a 7-6 (7), 6-2 win over Marin Cilic in the second singles match to give Russia an insurmountable 2-0 lead over Croatia and its first Davis Cup title since 2006. "It feels amazing," Medvedev said. "But I'm more happy for the team than for myself. We have an amazing team, amazing atmosphere. I'm happy to be part of it and bring the points we need."

It was the fifth consecutive straight-set victory in the Davis Cup for the No. 2 Medvedev, who three months ago defeated Novak Djokovic to win the U.S. Open for his first Grand Slam title. "Pretty amazing two weeks," Medvedev said. "It's never easy to come here at the end of the season but they were some of the best weeks of my career."

After a tight first set, Medvedev broke serve twice in the second against the 30th-ranked Cilic to comfortably clinch the victory. "It was a tough match all day long," the 25-year-old Medvedev said. "The tiebreak is a matter of a few points. I made a double-fault on the set point that was probably a big mistake, but I'm happy that today it was enough to win. It was a really tough match.'

Tiebreaker for Rublev

Andrey Rublev earlier had beaten Borna Gojo in straight sets to put the Russians ahead at the Madrid Arena. Russia's other Davis Cup title was in 2002.

What I love about these kinds of tournaments, when we play as a country, is the bond we create as a team. We do everything together and it creates this will to win for your friends, for the team. **ANDREY RUBLEV OF RUSSIA**

Rublev had converted on his first match point to clinch a 6-4, 7-6 (5) win over Gojo, who arrived at the Davis Cup Finals as the 279thranked player but had won all his three matches. It was the third consecutive victory for the fifth-ranked Rublev after a loss against Spain's Feliciano López in the group stage.

The Russian team is officially being called RTF (Russian Tennis Federation) in the competition amid its ongoing doping suspension in international sport.

New venue next year

The International Tennis Federa tion and the Kosmos Tennis group that is behind the competition said next year four cities will host the group stages, with another venue likely Abu Dhabi _ hosting the knockout rounds. Madrid was the sole host over a seven-day period in 2019. This year, Innsbruck in Austria and Turin in Italy were added as hosts over a 11-day period. AP

encounter.

S'ULY S

Villa came back from a goal down to beat Leicester City 2-1, rising above them to 10th spot in the Premier League table on goal difference on Sunday after a pulsating Harvey Barnes squeezed

the ball through Konsa's legs to open the scoring in the 14th minute, but Konsa got the last touch on Emiliano Buendia's goal-bound header to put his side level again three minutes later.

Villa thought they had

taken the lead in first-half

stoppage time when Jacob

Ramsey fired home in a tus-

sle with Kasper Schmeichel,

but the goal was disallowed

as VAR review revealed the

keeper to have been in con-

lead nine minutes into the sec-

John McGinn's corner from a

Undeterred, Konsa got the

trol of the ball.

efender Ezri Konsa scored twice as Aston CAZOO Ezri Konsa

> tight angle at the back post. The goal was the 10th that Leicester have conceded from a set piece this season, ex-

cluding penalties. Villa coach Gerrard said efforts to fire up side at halftime paid dividends. "Leicester started really well. We were too passive. When we made passes there were loads of sloppy turnovers. We gave the players some home truths. The ond half as he headed home reaction was exactly what we wanted," he said. AGENCIES

🔿 • Sharath Kamal, Sathiyan, Q5: In 2011, David Warner made his Test debut against Q6. Margaret Court has won an all-time record of is celebrated as National Sports QUIZ TIME! **J** . Sutirtha Mukherjee, who Day every year in India? qualified for the Olympics, play which country? a) Major Dhyan Chand Singh Grand Slam singles titles. How **1** Which of the following which sport? a) South Africa b) India many did she win? b) PT Usha a) Table Tennis c) England d) New Zealand • sprinter has a world record of a) 23 b) 24 c) 25 d) 26 c) Sachin Tendulkar b) Badminton completing 200m in 19.19 seconds? d) Milkha Singh a) Usain Bolt c) Wrestling 7. Who has been named as 'India's Most Valuable b) Noal Lyles d) Fencing Q9: Which player won the women's single title at c) Christine Arron Test Player of the 21st Century' Q4. Which of the following players is supposed to be d) Carmelita Jeter the All England Badminton by Wisden? David Championships 2021? a) Mahendra Singh Dhoni Warner standing still, till the ball is bowled Q2: In which year was the first ODI World Cup match a) Nozomi Okuhara b) Virat Kohli by the bowler as per the Laws of b) Akane Yamaguchi c) Ravindra Jadeja between India and Australia played? Cricket code? c) Yuta Watanabe d) R Ashwin a) Bowler a) 1981 d) Arisa Higashino b) Batsman b) 1983

NSWERS: 1) a 2) b 3) a 4) d 5) d 6)b 7)c 8)a 9)a

c) 1985 d) 1987

(From L) Russia's Davis Cup captain Shamil Tarpischev, and teammates Andrey

Rublev, Daniil Medvedev, Karen Khachanov, Aslan Karatsev and Evgeny Donskoy

pose for pictures with the trophy after winning the Davis Cup tennis

tournament at the Madrid arena in Madrid

- c) Fielder
- d) Wicket-keeper



8. Which famous sportsperson's birthday