



# THE TIMES OF INDIA

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**TODAY'S  
EDITION**

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**STUDENT EDITION**  
THURSDAY, DECEMBER 23, 2021



**Quote  
unquote**



Just when it seemed like life would return to normal, we could be entering the worst part of the pandemic. Omicron will hit home for all of us. Omicron is spreading faster than any virus in history. It will soon be in every country in the world. The big unknown is how sick omicron makes you. We need to take it seriously until we know more about it. In the meantime, we all have to look out for one another, especially the most-vulnerable—whether they live down the street or in another country. That means wearing masks, avoiding big indoor gatherings, and getting vaccinated. Getting a booster gives the best protection  
**Bill Gates, founder, Microsoft and? philanthropist**



**CLICK HERE: PAGE 1 AND 2**

**X-PLAINED**

## STAGFLATION

Amit Mitra, West Bengal's former finance minister and current chief advisor to chief minister Mamata Banerjee says he fears that India may be heading towards 'stagflation'...

### WHAT

Stagflation is defined as a situation with persistent high inflation combined with high unemployment and stagnant demand in a country's economy. It is a combination of the words—stagnation and inflation. It describes an economic condition characterised by slow growth and high unemployment (economic stagnation) combined with rising prices (inflation).

### WHY

**IT OCCURS:** Stagflation is a perfect storm of economic ills—slow economic growth, high unemployment, and high prices. The two root causes of stagflation are supply shocks and fiscal and monetary policies. A supply shock reduces the economy's capacity to produce goods and services at given prices. For

example, throughout the pandemic, there have been supply shocks in labour, with fewer people working; goods, for example, semiconductor shortages, which started even before the pandemic, and services, as people postponed elective surgeries and other health-care procedures. Poor fiscal and monetary decisions also prompt stagflation.

### HOW

**IT AFFECTS US:** The trifecta of slow growth, high unemployment, and fast inflation puts significant pressure on the economy. For households, stagflation means people are earning less money while spending more on everything—from food and medicine to housing and consumer products. As consumer spending slows, corporate revenue declines, exacerbating the overall effect on the economy.

(Source: Business Insider)

**STAGFLATION VS INFLATION:** Stagflation and inflation are related, but they shouldn't be confused. The term inflation refers to a sustained increase in the average price level of all goods and services in an economy over time. Inflation happens when the money supply grows at a faster rate than the economy can produce goods and services. You can have inflation without stagflation. But stagflation always involves inflation.

The term appeared as early as 1965, when British Conservative Party politician Iain Macleod in a speech to the House of Commons said: "We now have the worst of both worlds— not just inflation on the one side or stagnation on the other, but both of them together. We have a sort of 'stagflation' situation and history in modern terms is indeed being made." Initially, many economists believed stagflation wasn't possible. After all, unemployment and inflation rates generally move in opposite directions. However, as the 'Great Inflation' period of the 1970s ultimately proved, stagflation is real, and it can have a devastating effect on the economy.

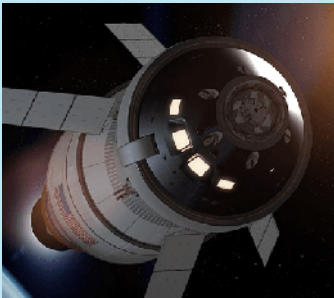


**Q Do you think India is headed towards stagflation? Share your views at [toinie175@gmail.com](mailto:toinie175@gmail.com)**

**TICKER-TAPE**

### NASA's Artemis 1 moon mission delayed to March 2022

After facing an issue with the engine, NASA's uncrewed Artemis 1 Moon mission has been delayed to March next year, the US space agency said. Artemis 1 is an uncrewed flight test of the Space Launch System (SLS) rocket and Orion spacecraft around the Moon. It was initially slated for launch in February 2022 with astronauts. NASA is now targeting a launch in March or April 2022, the space agency said in a statement.



### WHO approves Novavax as 10th authorised Covid-19 vaccine

The World Health Organisation gave emergency-use status to a Covid-19 vaccine developed by Novavax Inc, the first protein-based shot to get approval against the virus. The WHO said the vaccine, known as Covovax, could be used globally and will help accelerate vaccination drives in lower-income countries. Covovax is a product based on Nuvaxovid, a vaccine made by Novavax that's still under assessment by the European Medicines Agency.



### 'Indians ordered 115 biryanis per minute in 2021'

The country's love for biryani only seems to be growing, as online food delivery platform Swiggy said on Tuesday that Indians ordered 115 plates of biryani per minute in 2021. The report mentioned that over 4.25 lakh new users made their Swiggy debut by ordering a chicken biryani, while the most-binged snack of the year was samosa, with about 5 million orders on Swiggy, equal to the population of New Zealand. With a total of 2.1 million orders, gulab jamun was the most-ordered dessert on Swiggy, followed by rasmalai with 1.27 million orders.



## 5 WORST NATURAL DISASTERS OF THE YEAR



### THE CANADIAN HEATWAVE

**1** A heatwave in June killed around 569 people in the state of British Columbia in Canada's westernmost province in just a span of five days. Scientists blamed the rise in temperature to climate change. In fact, the province and the territories were named the "heat dome" due to the suffocating heat.

### GERMANY FLOODS

**2** In July, swaths of Germany witnessed the most-devastating floods in low-lying towns for the first time in 60 years, paralyzing the infrastructure and phone networks. Approximately 170 people died when a European country was hit by its worst natural disaster in decades.

### ITALY'S RAGE

**3** The city of Sicily along with southern Calabria blazed in August, leading to soaring of temperature, the highest in Europe, which was believed to be the highest in history.



ry. The temperature recorded was 119.8 Fahrenheit or 48.8 degrees Celsius.

### GREECE'S DESTRUCTION

**4** Wildfires ravaged Greece, affecting thousands of inhabitants. Evia, the second largest island in the country, was evacuated, as more than 580 fires swept through the region. A huge region of natural forests was destroyed, including in the capital of Athens. Fatalities were reported and many were left injured.

### THE US STORM

**5** Hurricane Ida hit the US east coast in August, becoming the strongest hurricane that hit the continental US. The storm killed at least 45 people from Maryland to New York, and also left vital infrastructure damaged. More than a million homes were left without power in Mississippi. New Orleans was plugged into a complete blackout.



### 'Pebbles', India's official entry at the 2022 Academy Awards, out of the Oscars race

**P**ebbles', India's official entry in the international feature film category at the 2022 Academy Awards, is out of the Oscars race. Critically-acclaimed 'Pebbles', or 'Koozhangal' in Tamil, is helmed by first-time director Vinohraj PS. The drama follows an alcoholic abusive husband, who, after his long-suffering wife runs off, sets out with his young son to find her and bring her back. In the international feature film category, 15 films are still in the running for the top prize. Films from 92 countries were eligible in the category.



Indian documentary feature 'Writing With Fire' has entered the next round, according to the shortlists announced by the Academy of Motion Picture Arts and Sciences on Wednesday. 'Writing With Fire' chronicles the rise of Khabar Lahariya, India's only newspaper run by Dalit women. The documentary is directed by Rintu Thomas and Sushmit Ghosh, also debutants

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**CELEBRATE THE SEASON OF GIVING**

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- STUDENTS AND TEACHERS ON THEIR IDEA OF A PERFECT GIFT AND THE JOY OF GIVING
- CELEBRATE REAL-LIFE SANTAS
- CHRISTMAS MOVIES
- CHRISTMAS BOOKS
- HAPPY TUNES
- CHRISTMAS AROUND THE WORLD
- CHRISTMAS FEASTS FROM INDIA
- TRIVIA
- AND MORE

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**COLLECTOR'S EDITION**



## EXPERT TALK

# Balancing friendship and boundaries

One of the questions that has repeatedly been asked by parents in dozens of parenting sessions I have done is, "How do we balance friendship and parenting?" I think the question is flawed. Befriending children is fundamental to active parenting. The right question is, "How do we balance befriending and setting boundaries?"

As children grow into their teens and teens, the external influences on them will grow exponentially — friends, shows and movies, celebrities, YouTubers, etc. It is essential for parents to have more influence on them

in order to guide them appropriately. This can happen only if there is a strong friendship and trust between parents and children. Parents who try and extract obedience through fear end up blocking the two way communication with their children. This leads to lack of ability to understand what is happening in their lives and hence lack of ability to influence their lives. Paradoxically, the stronger the friendship, the easier it is for parents to set boundaries and enforce them, because children will happily respect their parents' authority and obey their rules. The following are the dos and don'ts for balancing friendship and boundaries.



## DO'S

**1** Respect children's individuality. Know that they are different from you and live in an era that is different from your childhood years.

**2** Give a lot of autonomy and freedom when it comes to day to day life by setting broad boundaries. If children cross these boundaries, engage and discuss the reasons as to why it happened.

**3** Set tight boundaries with no tolerance on issues

relating to character — honesty, respect for others, fair play, etc. Have consequences if these are crossed.

**4** Trust the children to manage their lives and tell them you trust them.

**5** Build a sense of purpose by sharing appropriate stories and role-modelling purposefulness so that children take responsibility for their own lives.

Friendship and setting boundaries are both essential and they go hand-in-hand



## DO'S

**1** Try not to say no unnecessarily.

**2** Don't foist your dreams on your children. Encourage them to pursue their own dreams.

**3** Don't give in to tantrums.



**Ram G. Vallath** is an IITian, international life coach, motivational speaker and the best-selling author of 'Active Parenting: How to Raise Children with Boundless Potential'

## HOW MUCH FREEDOM SHOULD PARENTS GIVE TO THEIR TEENS?

## POSITIVE PARENTING

When children grow up, parents need to give them some freedom to live their life as they want. It is an essential step of the parenting journey, which helps the kids learn and grow. Giving children enough freedom makes them independent and they are able to differentiate between right and wrong. At the same time, you must impose some restrictions to protect them from taking any wrong decisions or going astray. It brings us to the question of how much freedom you should exactly give your child. Let's find out...

### HOW MUCH FREEDOM SHOULD YOU GIVE YOUR TEENS?

Giving an appropriate amount of freedom helps to prepare children for adolescence. While it is common for parents to get confused about the amount of freedom they should give to their kids, the answer varies from person to person. What is the age of your child, how mature he/she is, the amount of family support they have, what are their past experiences, how responsibly they act in a given situation and others. Many times due to past traumas children are not able to handle some specific situation well, in that case, they need their parent's constant guidance. So, spend time in understanding your child's nature.

### THINGS YOU NEED TO KEEP IN MIND WHEN MAKING A DECISION

There are no set rules when it comes to giving freedom to your kids. You will have to take several things into consideration before deciding the rules for your little ones. Here are some tips that may help in making right decisions.



**CONSIDER THE AGE:** Allow only those things which are appropriate as per the age of your child. If your kids are just 16 years old, do not allow them to stay late at night or drive a car without a license. Tell them to wait for a few more years to avail certain privileges.

**SET CLEAR LIMITS:** When kids ask permission for something, before allowing them, do set clear rules and consequences of overstepping the rule. It will help them act responsibly. When they go out, fix time to come back, and limit the time they spend with their friends.

Also, lay clear rules about study time and other activities.

**IMPLEMENT CONSEQUENCES FOR BREAKING RULES:** When your kid breaks any rule, make sure you take appropriate action. If you do not act at this time, they will repeat the mistakes time and again. You can assign them additional tasks or limit their outdoor activities if required.

**LINK THEIR FREEDOM WITH RESPONSIBILITIES:** To make your kids more accountable, link their freedom with responsibilities. Give them household work to do, pay the bills and bring grocery. It will help them in understanding responsibility.

## HEALTH

## Dementia: Two spices that can cut down the risk of Alzheimer's disease



Alzheimer's disease is a type of dementia characterised by loss of memory, language, problem-solving abilities and others. Although the condition is more prevalent among older adults, younger individuals are not untouched by it. It is true that as the risk of developing the condition increases with age, some diseases may even lead to dementia in the 30s and 40s. Besides, in most cases, the condition starts early; only the symptoms become predominant later in life. Till now researchers in the field of medical science have not been able to find a treatment to reverse the condition, but the risk factor can always be lowered by different means. From exercise to diet, several things can delay or cut down the risk of Alzheimer's disease. Now spices are the new addition to this long list.

### How spices can help to cut down the risk of Alzheimer's disease

Healthy and clean eating is a topic that has always been stressed to live a long and

healthy life. Even in the cases of mental health, a healthy diet plays a great role. Spices are one of the key ingredients of a cuisine. They not only enhance the flavours of the food but also support our health in several ways. Every spice present in your pantry is loaded with nutrients and can be beneficial for health in one or more ways. When it comes

One is a seed, the other is a bark. They taste different and also have different nutrient content. But there is one compound that is common in both polyphenols. Both spices are loaded with polyphenols-compounds that offer numerous benefits for memory and brain health.

Studies suggest that polyphenols have the ability to reduce brain plaque and inflammation. The compound can prevent cognitive impairment and Alzheimer's. Studies also suggest that polyphenols can protect neurons against injury induced by neurotoxins, promoting memory, learning, and cognitive function.



particularly to Alzheimer's, researchers believe that cumin and cinnamon can slow or cut down the risk.

### What is special about cumin and cinnamon

Cumin and cinnamon are two different kinds of spices, widely used across the globe for preparing diverse foods.

Apart from that, the compound found in the two spices can help manage blood pressure levels, keep your blood vessels healthy and promote good circulation. They also help reduce chronic inflammation and manage blood sugar levels, reducing the risk of heart problems.

## Parenting trends to embrace in 2022

The past two years of the pandemic struck everybody really hard. The world stopped going round for a while as all of us were locked inside our homes. Even though industries, economy and education was affected severely, the home became another battle-

ground for children and parents alike. Most children were cut off from their regular outdoor environment and were confined to home. This confinement not only restricted their physical movement but also mental navigation as interpersonal interaction with peers came to a standstill. In

such challenging times, parenting became a tedious job and even though 2021 fared much better for parents and children than 2020, 2022 is sure to be better with new parenting practices that are easy to adopt and practise. Here are the do's and don'ts of good parenting for the coming year

### Do: Talking about trauma

Since interaction with extended family and friends has been limited in the past two years, feelings of loneliness and depression have found their way into the lives of children. In 2022, schools and homes should lay special emphasis on rebuilding a sense of friendship, community and providing children with the consistency and support that they had been lacking so far. Social emotional health and mental health should be the central topics of conversation for children in 2022.



### Do: Make tik-tok a safe space

Great comedy content and entertainment aren't the only things that tik-tok supplied us with. There have been videos from underrepresented communities that used the platform to talk honestly about having kids with learning or other disabilities, or raising a foster child. While other social media platforms often end up exaggerating normal life and elevate it to an extraordinary level of perfection, tik-tok is like a breath of fresh air. You can find like-minded people who are struggling with similar issues and can also find solutions to them.

### Do: Experience over things

Gifting things that have monetary value or are 'valuable' is always a good idea. However, children value an experience much more than pricey things and have little sense about money and other material possessions. Gifting them an experience will always remind them of you and the time that you spent together in curating a great experience for them.



### Do: Gender neutral attitude

No more pink for girls and blue for boys, tears for girls and brawn for boys. It is imperative for parents to understand that if they cast their children into boxes, it will make them susceptible targets for society in the future. Giving them freedom of choice, opinion and expression will turn them into groomed individuals who would be aware of their worth.

### Don'ts: Poor listening

A child has a curious mind which is always on the go. Your child would often come to you and ask questions, tell you his/her opinions and ideas and share the most banal experiences with you. No matter how busy you are, making time for your kids and listening to them properly is very important. If you listen to your child poorly, it will induce feelings of being ignored and can harm the self-esteem of the child. It also, obviously, affects the relationship that you and your child share.

### Don'ts: Virtual support

Even though all of us could survive last year because of the boons of technology and virtual appointments, meetings and interaction apps, it is high time we stop the virtual connections and focus on real life experiences that build stronger connections. Parents offering support to their children through online activities and games should focus on personal engagement and quality time to offer help organically.



## TREND ALERT





## 'A Euphoric Rhapsody' at Indian Heights

The lawns of **The Indian Heights School**, Sector 23, Dwarka were echoing with melodious symphonies as 'A Euphoric Rhapsody' was organised on December 17 to celebrate the inauguration of the school's musical lab by Ehsaan Noorani, a luminary musician from the triumphant trio of Shankar-Ehsaan Loy fame.

The event commenced with the ceremonial lighting of the lamp. School chairperson, Madhu Gupta, manager Puneet Gupta and principal, Archana Narain gave an aus-

picious start to the event and felicitated the chief guest, Ehsaan Noorani.

In her address the school

principal appreciated and congratulated the students and the entire TIHS staff for this wonderful addition to the school culture and infrastructure. This was followed by a mellifluous medley and dance performance by the school's accomplished students who pulled the strings of



our hearts.

The highlight of the day was metallic band performance by the school alumni. The day reached the pinnacle of musical euphoria as the chief guest, Ehsaan Noorani strummed the power-packed and electrifying notes on his guitar, resonating the school campus with amplified acoustic guitar chords. The cake cutting ceremony added more sweetness and a sugar coated memory for everyone present to cherish. A scrumptious lunch by the school management was thoroughly enjoyed by the gathering.

The chief guest admired and congratulated the school for achieving this extraordinary milestone and for the efforts put in by the students and staff for conducting this wonderful event successfully. The event culminated with vote of thanks proposed by the vice head girl.

## We all have rights

Eleanor Roosevelt famously said 'All human beings are born free and equal in dignity and rights'.

A special assembly was held virtually by the students of **ASN Senior Secondary School** Mayur Vihar, class V C to commemorate Human Rights Day which is observed on December 10 every year. It is the day which reminds us of our rights that we are entitled to as human beings.

An informative presentation on Universal Declaration of Human Rights set the stage for the celebration. Thereafter, a poem recital by the stu-



dents enchanted everyone. The theme, 'We all have rights' was beautifully depicted through a play which focused on children's rights. A euphoric rendition of 'Human Rights' song and a dance performance made everyone groove and smile. In-charge Madhvi Kedia congratulated the students for their wonderful presentation.

## TIS hosts inter school 'Frequency Modulation' competition

**T**agore International school, Vasant Vihar hosted its first ever edition of a unique inter school competition, 'Frequency Modulation' in December 2021.

Renowned schools from all over Delhi participated in the event and were required to send an 8 minute video in the framework of an FM show, including a song, a jingle, a comic piece and overall anchoring.

The event was judged by Aman Baldia, founder of Gyansthan Educational Services and Enunciate School of Communication alongside Nitin Gupta, associate vice-president and content director at Radio Mirchi and Suren



Sundaram, anchor for star sports and Radio Mirchi Top 20.

All the schools performed exceptionally, but amongst them, a few stood out; the first position was won by Bal Bharati Public School, Pitampura, runner up was Springdales School, Pusa Road, third position was taken jointly by Sanskriti School and Shiv Nadar School, Noida along with a special mention to Modern School, Barakhamba Road.

## Combat climate change to save earth!

**D**AV Public School, sector 49, Gurugram, strongly believes in making new relationships for the betterment of mankind. To continue the zest, school students participated in the Climate Action Project in collaboration with Take Action global, a non-profit organisation based in US.

The Climate Action Project 2021 is an international project, where students from classes III to V connected virtually and solved one of the world's most pressing challenges: climate change. Students brainstormed, explored, created, discussed and shared their findings online. They learnt from their peers globally through collaborations with Colegio Positivo School in Brazil and Escola Básica e Secundária de Anadia School in Portugal.

Students also participated in live, virtual interactions via video conferencing tools to share their findings with the mentor, Carla from



Switzerland. The students took pledge to save our Mother Earth. The teachers interacted with other teachers across the globe during the six weeks long project. Principal Charu Maini has fostered a sense of support and appreciation which motivated us to successfully complete this project.

## World Day of the Handicapped

The Mamta Modern Sr Sec School observed the World Day of the Handicapped on the December 3. It was a great pleasure to have amongst us Nishad Kumar, a paralympian and a silver medalist in the Tokyo Olympics. He motivated the children to accomplish their goals without being deterred by any hurdles on the path. It was a moment of great honour as he addressed the entire school virtually and encouraged all to believe in the self.



## student Corner

### UNBREAKABLE POTENTIAL

*In that dilemma of fire and ice, everyone spreads some conscious advise, and escorting the approach that chase as prudent, this way one can seek one's unbreakable potential.*

*Everyone strives for a wise remedy, suddenly a helping hand serves as heavenly, certainly it moulds us thus confidential, this way one can seek one's unbreakable potential.*

*Let's stand by those- the helpless ones,*

*to cure the wound of beings without scions, stick around to survive presidential, this way one can seek one's unbreakable potential.*

*How about holding sway in crisis, to tackle even critical worries without any biases, reaching to an aspiring conclusion is essential, this way one can seek one's unbreakable potential.*

**PALAK SHUKLA,**  
Sam International School

## Never let your dreams take a backseat

**Y**esterday I was reading a story that deeply inspired me this story about a 4-year old boy called Tommy. One afternoon he returned from school and handed a letter to his mother where his teacher had written that Tommy was an autistic child, and not fit for a regular school.

The letter shattered Tommy's mother, who took it upon herself to teach her. This young boy was

none other than Thomas Alva Edison - the famous inventor.

Later, in 1914, unfortunately Edison factory burned down completely. He was 67 years old and all the work of his life-time had turned to ashes. But this incident couldn't burn down his will power. He had a positive attitude toward's life which made him stronger and helped him survive through tough times.

Most of us will be terribly depressed. But, remember behind every success story, there are many stories of failure. Learn the formula of success from water.

Just like takes the shape of any container it is put into, we must learn to adjust to every situation and find a way out. And never stop to follow our dreams.

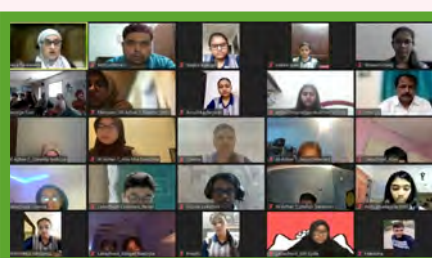
**AASTHA GARG, CLASS IX D,**  
Agrasen School

## Gurukul holds climate change conference

**P**ursuing the traditional concept of ancient Indian education, **Gurukul The School** Ghaziabad accredits lot of focus on the multidimensional skill enhancement of the students. Generation Global Video Conferences are one of the measures to make students global citizens and apprise them of various aspects of human life. The vibrant and enthusiastic young brigade of Gurukul The School conjoined with the renowned schools through Generation Global Video Confer-

ence on September 15 making them aware of one of the extremely pivotal point of all times—climate change.

Keeping in mind the in-



creasing global exposure, it has become imperative that our students are suitably equipped to

think through various aspects of life such as climate change and its impacts in the fast-transforming scenario of the world.

The agenda of the VC was to make the students aware of the deeper meaning of climate change from different perspectives. The forum gave the students an opportunity to think through and analyse their personal beliefs about the changing climate even in the toughest conditions of life. At the end of the discussion, the students reached to a beautiful conclusion that change occurs from within us.

## A HANDY WAY TO CREATE SHADOWS!

### DO IT YOURSELF

This easy but interesting DIY home project will ignite your imagination and tickle your funny bones too!

#### DID YOU KNOW?

Till the early 19th century, hand shadows were used as props to narrate stories, popularly called 'Cinema Silhouette.' Performers were called shadowgraphist or shadowgraphers. This performing art form is known as Shadowgraphy or Ombromanie. The art form saw a steady decline ever since the advent of electricity.

*Come on, let's be a shadowgraphist..*



#### THINGS NEEDED

- A light source [electric bulb/ torch/candle, etc]
- A surface for shadow formation [wall/board]
- Of course, your hands.

#### CREATING SHADOWS

- Keep the light source opposite the surface of shadow formation.
- Now bring your hands in between to block the light and create shadow.
- Move your hands, palm and fingers to form various silhouettes of objects, birds and animals.
- For reference follow the pictures shared. *Bingo! You are now a shadowgrapher!*

Students of class V, Pallavi Model School, Bowenpally, Hyderabad

## Nurture life, only then will it bloom

**O**ut of My Mind' is one of the best books I have ever read! It is about an eleven-year-old girl named Melody Brooks who is diagnosed with cerebral palsy.

The book starts with an introduction, after which Melody narrates her story, from the time she was a baby.

In every stage of life, here in almost every chapter, Melody faces a problem: from being stared at to almost losing her little sister. Yet, she fights through the odds. This is what influenced me the most. It made me think, if she can do it, if she can fight the odds, can't we?

Along with Melody, there are other characters who I liked very much. Her neighbour Mrs V takes care

**BOOK: OUT OF MY MIND**  
**AUTHOR: SHARON M DRAPER**

of Melody from her childhood. She supports her and stands by her. Just as her parents, she's there for her always, never leaving her side.

If I were to include one of these characters in my life, it would be difficult. Because I would include all of them! Each of them does so much for Melody.

They sacrifice their time for her and support her all the way. Melody, even though she doesn't get what she wants in the end, she keeps the smile.

She knows life, like a tree, doesn't blossom all year long. There are times you need to nurture it and only



then will it bloom. This part of the book touched me.

Oh well, I think everyone should read this book.

**GAARGI DAYAL SINGH, class VI,**  
Sherwood High, Bengaluru



# JUVE WIN OVER CAGLIARI

**Atalanta slip, Salernitana cancellation see Allegri's team inch closer to Serie A Champions League places**



Federico Bernardeschi

Photo: AP

**J**uventus took advantage of Atalanta's goalless draw at Genoa with a 2-0 win over Cagliari, which inched them closer to Serie A's Champions League places, as Salernitana's trip to Udinese became the season's first coronavirus-related casualty.

Moise Kean's header five minutes before the break and Federico Bernardeschi's precision finish after a breakaway late on at the Allianz Stadium moved Juve to within four points of fourth place in Italy's top flight, currently occupied by Atalanta.

A fourth win in five matches means Massimiliano Allegri's side end 2021 on a high but it was another in a long line of underwhelming performances from the Old Lady of Italian football, who sit fifth, nine points behind league leaders Inter Milan.

After the winter break they face a true test of their ambitions for the season, with matches against Napoli, Roma, AC Milan and Atalanta all coming by mid-February. "If we get to the end of February with the same gap between us and the first four places as now I'll be happy," Allegri said. "You can't win all your matches with your direct rivals so from then on they'll have to play each other while we have a simpler calendar."

Juve were missing Paulo Dybala and Federico Chiesa in attack and rarely clicked going forward, while a troubled away side can wonder what might have been with better finishing.

## SLOPPY DEFENCING

Twice in the second half Cagliari, who are in the midst of a full-blown crisis after failing to

## SEVILLA HELD BY MUCH-IMPROVED BARCA

Second-placed Sevilla were held to a 1-1 draw by Barcelona on Tuesday, a result that helped Real Madrid to open a five-point lead at the top of La Liga. Playing under heavy rain, a much-improved Barcelona desperately tried to score a second goal after Ronald Araujo drew them level with a header in the 45th minute but they were thwarted by an equally determined Sevilla, who were reduced to 10 men after Jules Kounde was shown a straight red card in the 64th. Sevilla went ahead after Papu Gomez latched on to a Ivan Rakitic corner kick and fired home a low strike.

Barca are seventh in standings with 28 points from 18 games, 15 points behind leaders Real Madrid. "I honestly think that today we lost two points. We played better and deserved to win. I feel that is evident in our improvement," Barcelona manager Xavi Hernandez said.

"We were unlucky. They score in a set piece play but we had many more opportunities. The result, a draw away against a great team like Sevilla, is not bad. But it is a point that is not enough for us as we are trying to move up in contention. We let this win slip away from our hands." Barcelona dominated the first half, had more ball control and could have scored at least twice in the first 30 minutes. But Sevilla made the most of the single opportunity that came their way in the first half, with Gomez firing home a powerful strike.

muster a league win since mid-October, failed to put away gilt-edged chances following sloppy defending from the hosts. Under-fire Cagliari coach Walter Mazzarri could hardly believe his eyes when, picked out completely alone on the hour mark by Raoul Bellanova's perfect low cross, Dalbert somehow shanked wide with the goal at his mercy. And eight minutes later Joao Pedro, just about the only bright sport for the Sardinian side this season with his nine Serie A goals, headed straight at Wojciech Szczesny from point-blank range.

Bernardeschi's first goal in Serie A since July 2020 late on condemned second-from-bottom Cagliari to their third defeat on the bounce, although one that was less humiliating than the previous two 4-0 thumpings. They are a point behind Genoa, who didn't have a single shot on target as they held a curiously off-form Atalanta team, now winless in three, and sweating the fitness of striker Duvan Zapata after the Colombian limped off in the first half at the Stadio Luigi Ferraris.

## UDINESE MATCH ABANDONED

The biggest news of the day came earlier at Udinese, as the match with Salernitana officially went ahead despite health authorities in Salerno requesting the away side not to leave for north-eastern Italy.

The match was eventually abandoned 45 minutes after the official kick-off time of 1830 local time (1730 GMT), with the Udinese players remaining in the Dacia Arena's dressing rooms knowing their opposition was not going to show up. **AP**



Moise Kean

Photo: REUTERS

# ALL A BIT FRIENDLY, GET NASTY: VAUGHAN

**Former captain says England team needs to change attitude, get aggressive**

**E**ngland are being "too nice" and need to "get nasty" against Australia in the Boxing Day Test to fight back in the ongoing Ashes series, feels former skipper Michael Vaughan.

England suffered heavy defeats in the first two Tests to be down 0-2 in the five-match series. "It's too nice," Vaughan, who led England to 26 wins in 51 Tests, including the 2005 Ashes, said in a podcast.

"I see on the morning of the game they are all talking to Mitchell Starc and Nathan Lyon. I never had a conversation with Steve Waugh back in the day. I wouldn't have dared go and speak to Glenn McGrath on the morning of the game or Shane Warne. You just didn't. It's all a bit friendly. I'd get nasty with them... They somehow need to find that on day one. Get into the scrap. Chirp, do whatever, just get into the scrap."

Vaughan wants England to bring a change in their attitude on the field. "They are at that stage now where they have to change something," the 47-year-old Vaughan, who scored 5719 runs in 82 Tests, said. "It might be

that they all get nasty, get nasty with each other. They all fall out. Who cares, but then come out and show a bit of spirit. I actually want to see a bit of mongrel in the England side."

## Capt with most losses

Former skipper Michael Atherton, meanwhile, said Joe Root may lose his Test captaincy if England doesn't arrest the slide and overturn the 0-2 deficit in the ongoing series. Root (23) surpassed Alastair Cook (22) to become the England captain with most losses in Test cricket following their 275-run loss in the Pink-ball Test at the Adelaide Oval. "If the tour continues to go this badly, it is hard to see how Root will remain as captain," Artherton, who captained England in 54 Tests, said.

"Ashes tours have often done for England captains and Root is nearer the end of his cycle than the beginning. There is not a rash of alternatives, but the notion that there is no one to take over is the worst rationale for keeping the job."

The 53-year-old also slammed head coach Chris Silverwood for taking "poor decisions", mainly in terms



England's captain Joe Root, right, walks off the podium as his counterpart, Australia's Steve Smith steps up at the end of the fifth day of their Ashes cricket test match in Adelaide

Photo: AP

of selection of the team for the two Tests. "As the head coach and main selector, he has to shoulder along with Joe Root. There have been a rash of poor decisions so far - selection, mainly - for which he now has the final call," Artherton said. "For the past 12 months, lots of se-

lections have been suspect; the move to invest responsibility for selection with the head coach was always a bad one."

The third Test begins in Melbourne on December 26 and Atherton feels England need to address their batting woes. **PTI**

# SRIKANTH BACK IN TOP 10, SAYS WILL LEARN FROM MISTAKES

**R**iding on his historic World Championship silver, India's Kidambi Srikanth jumped four places to regain his place in the world's top 10, grabbing the 10th position in the latest Badminton World Federation (BWF) rankings.

The 28-year-old from Guntur said that he will learn from his mistakes and will strive to do better in the upcoming tournaments.

"I am sure there will be some negatives, I will sit down with my coach and try to find out what mistakes I did. I will work on them to get better for the next tournament. I played really well I feel, my coach will be the best person to tell me what went wrong," Kidambi said.

"Next tournament will be India Open, I will try to



work hard and improve from here," he added.

The former world No. 1 Srikanth became the first Indian to win a silver in the men's singles at the world championships, with Prakash Padukone (1983), B Sai Praneeth (2019), and Lakshya Sen (2021) winning a bronze medal each in the tournament. **AGENCIES**

**2021 ROUND UP**

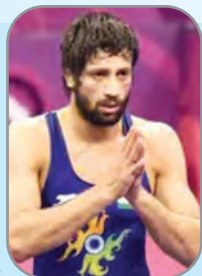
# Olympic success, new star, fall from grace: INDIAN WRESTLING HAD IT ALL

**S**ushil Kumar's sensational fall from grace was a body blow to Indian wrestling's reputation but the breathtaking rise of Ravi Dahiya at the Olympics along with Bajrang Punia's expected success at the Tokyo Games prevented the sport from falling into a dark abyss in the year 2021.

If it brought mental trauma for Vinesh Phogat, whose Olympic dream lay shattered once again, the year also propped up a new star for Indian wrestling in Anshu Malik who entered the history books as the first ever Indian woman to reach the World Championship final.

## Seedy underbelly exposed

When he was preparing for one last hurrah at



Ravi Dahiya

the Tokyo Games, Sushil - a doyen of Indian wrestling - found himself lodged in Tihar Jail after being charge-sheeted in the murder case of a fellow wrestler, Sagar Dhankar. The sordid incident was a huge jolt for the game, which had barely shed its much-talked about links with crime on the back of consistent success in world wrestling.

The way the 38-year old Sushil, the only Indian wrestler to have won two Olympic medals and a world title, played hide and seek with the police before being arrested, sort of exposed the seedy underbelly of Indian wrestling.



Anshu Malik

## Phoenix-like rise

Despair made way for hope at the Tokyo Games. Ravi's phoenix-like rise in his semifinal against Kazakhstan's Nurislam Sanayev has become part of folklore. Trailing 2-9 with less than a minute to go, Ravi turned the bout on its head and pinned his rival, showing immense physical prowess and mental toughness. He lost the final to Russia's Zavur Uguev. But he became an overnight star, emerging as only the second Indian competing for an Olympic gold.

While Bajrang too stood on the podium, a bronze medal did not feel like an achievement as he was billed as a contender for gold, since he had he

hardly lost a tournament after his 2019 World bronze.

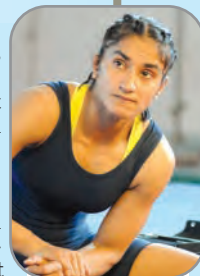
The two medals ensured that wrestling continued to contribute in India's success at the Olympics.

## Shattered dreams

Lightening struck when Vinesh crashed out of the Games despite being a favourite for the 53kg title. It was the second time that despite being capable of an Olympic medal, all Vinesh had was a broken heart.

If Rio Olympics ended for her with a broken leg, in Tokyo she went blank on the mat against Belarus' Vanesa Kaladzinskaya and lost in the most embarrassing fashion.

Worse followed. She was suspended by the national federation for indiscipline during the



Vinesh Phogat

Games, and later let off with a warning.

## Taking big strides

One grappler who was gradually taking long strides was Anshu Malik. The youngster from Nidani, Haryana made a mark for herself after an extremely successful stint on the junior circuit. The 20-year-old won the senior Asian title and qualified for the Tokyo Games but lack of experience perhaps cost her.

Nevertheless, she was determined to show her worth. Her quick moves, technical prowess and fearless approach came together at the Oslo Worlds where she became the first Indian woman to make the title clash. She lost to USA's two-time Olympic medalist Helen Maroulis and had to be content with a silver.

Sarita Mor's toil for years was also rewarded when she won a bronze at the Oslo Worlds. That she has nerves of steel was never in doubt and the long due success kept her relevant in Indian wrestling.

What is more assuring is the performance of Indian juniors at the world stage. The boys, girls and the cadets have all made a mark for themselves this year, returning medals in numbers, fanning hopes for a bright future. **PTI**