



THE TIMES OF INDIA

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**TODAY'S
EDITION**

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➤ Napoli honour Maradona, crush Lazio
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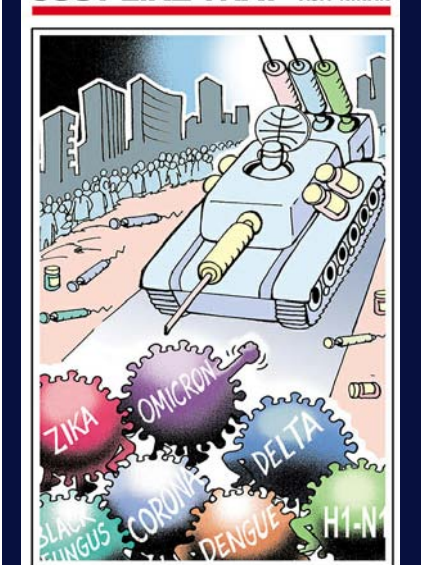

STUDENT EDITION

TUESDAY, NOVEMBER 30, 2021

**THE
times
of
india**
Newspaper of Education


OMICRON FORCES REVIEWS, BRINGS BACK CURBS

The Centre on Sunday decided to review the decision on resuming scheduled commercial international passenger services, in the wake of the new Covid-19 variant of concern 'omicron'. India had announced resumption of flights from December 15. "The new variant of coronavirus reportedly has more than 30 mutations at the spike protein region and therefore has the potential of developing immune-escape mechanisms. As most vaccines (work by) forming antibodies against the spike protein, so many mutations at the spike protein region may lead to a decreased efficacy of Covid-19 vaccines," AIIMS Director Dr Randeep Guleria said. In such a scenario, the efficacy of vaccines including those in use in India needs to be evaluated "critically", he said.

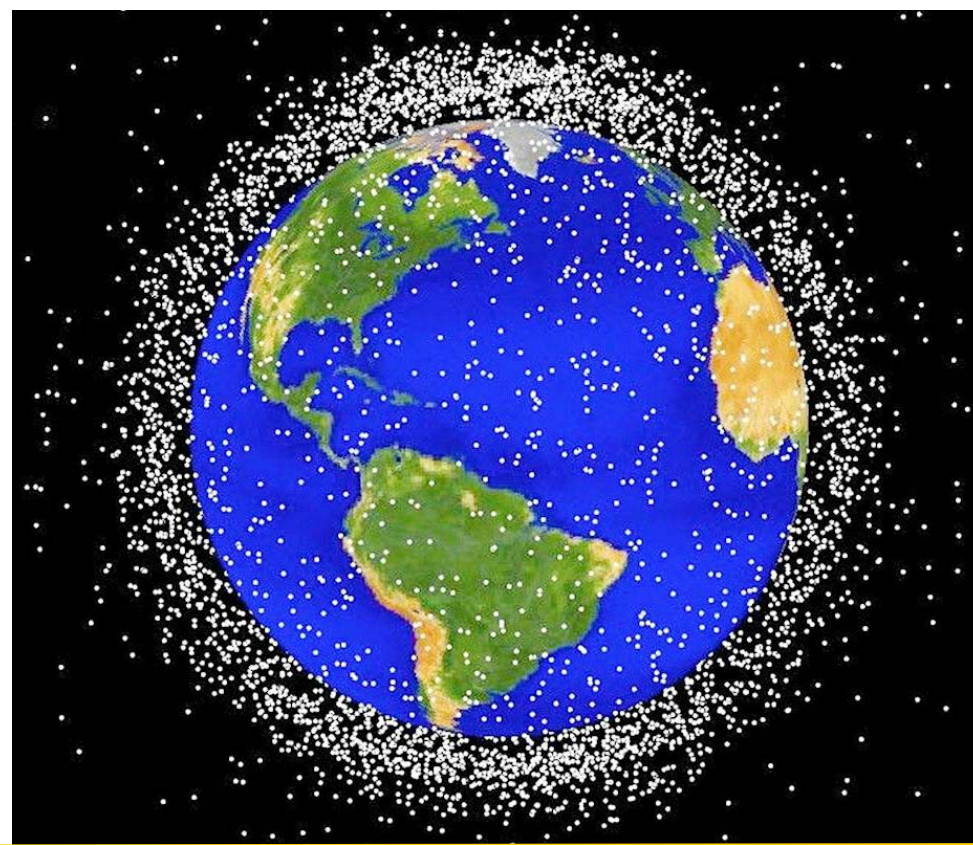
JUST LIKE THAT AJIT NINAN


The new, potentially more contagious B.1.1.529 variant, was first reported to the World Health Organisation (WHO) from South Africa on November 24

Earth could have its own Saturn-like band due to pollutants

RINGS OF SPACE JUNK?

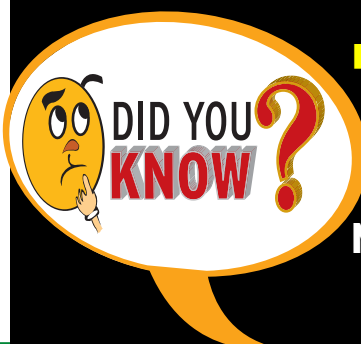
The rising pieces of debris floating in space may lead to form a 'ring' around the Earth, similar to the solar system's gas giants, scientists have claimed. "The Earth is on course to have its own rings," said University of Utah professor Jake Abbott. "They'll just be made of junk," he added. In fact, according to NASA, the low-Earth orbit (LEO) is now viewed as the 'world's largest garbage dump.'



1 Space junk, considered a type of pollution, has grown dramatically since 1957, the study observes. NASA estimates that there are at least 23,000 pieces of debris that enter the low-Earth orbit larger than a softball in orbit, but there are probably 500,000 pieces between 0.4 inches and four inches

2 The weight is equivalent to 1,100 elephants. The worrying part is that the size of the herd is projected to continue to grow exponentially.

3 According to the European Space Agency, it's possible that there are 170 million pieces of space debris that are smaller than 0.4 inches



■ Four planets in the solar system already have rings – Jupiter, Saturn, Neptune and Uranus

■ Saturn's rings are made of ice and rock, varying in size, and could be remnants of ancient comets, asteroids or celestial satellites, NASA notes

■ The rings that orbit Jupiter and Neptune are significantly fainter and are primarily made of dust. It's possible that Jupiter's rings may stem from a number of meteor strikes that have hit the planet's 79 moons



WHICH ISLAND IS THE BIRTHPLACE OF THE WORLD'S RICHEST FEMALE SINGER?

CLUE 1: It's also home to several notable cricketers, including Garfield Sobers and Malcolm Marshall.

CLUE 2: Its capital was originally called Indian Bridge, after a river bridge built by Indian settlers.

CLUE 3: It imported mongoose from India to take care of the rats infesting its sugarcane fields.

Answer: **BARBADOS.** The island nation will become the world's newest Republic as it severs its ties with the British monarchy, replacing Queen Elizabeth II, who's its current Head of State, with Sandra Mason, currently the Queen's representative in her capacity as Governor General, as the island's first President. The birthplace of Rihanna, the world's wealthiest singer, worth around \$1.7 billion, Barbados' capital is Bridgetown.

Merriam-Webster chooses vaccine as the 2021 word of the year

With an expanded definition to reflect the times, Merriam-Webster has declared an omnipresent truth as its 2021 word of the year: vaccine. At Merriam-Webster, lookups for "vaccine" increased 601 per cent over 2020, when the first US shot was administered in New York in December after quick development, and months of speculation and discussion over efficacy. The world's first jab occurred earlier that month in the UK.



■ The word "vaccine" wasn't birthed in a day, or due to a single pandemic. The first known use stretches back to 1882 but references pop up earlier related to fluid from cowpox pustules used in inoculations
■ It was borrowed from the New Latin "vaccina," which goes back to Latin's feminine "vaccinus," meaning "of or from a cow." The Latin for cow is "vacca," a word that might be

akin to the Sanskrit "vasa," according to Merriam-Webster. ■ Inoculation, on the other hand, dates to 1714, in one sense referring to the act of injecting an "inoculum." Earlier this year, Merriam-Webster added to its online entry for "vaccine" to cover all the talk of mRNA vaccines, or messenger vaccines such as those for Covid-19 developed by Pfizer-BioNTech and Moderna



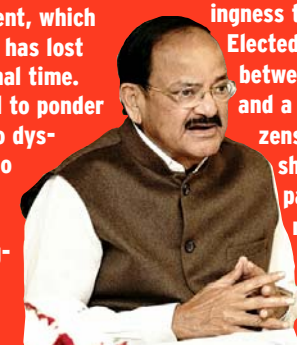
Twitter likely to roll out 'Reactions' feature soon

After unveiling several features this year, micro-blogging site Twitter is reportedly readying new features, including Reactions, Downvotes and Sorted Replies for iOS users. According to reverse engineer Nima Owji, the Reactions feature, which started being tested a couple of months ago, is set to launch soon, reports 9To5Mac.

With four new reactions, "tears of joy," "thinking face," "clapping hands" and "crying face," this feature is designed to give users the ability to better show how conversations make them feel and to give users "a better understanding of how their Tweets are received".

Quote unquote

During the last 254th Session, the productivity of the Upper House slipped to 29.60 per cent, which means that Rajya Sabha has lost about 70 per cent of functional time. Therefore, all concerned need to ponder over rendering legislatures so dysfunctional. Clearly, we need to have more meaningful, productive use of our time in Parliament. We need to recognise the exalted place that Parliament occupies in public



In a democracy, people's will is conveyed as the mandate to the government of the day. Tolerance towards the mandate of the people is the guiding spirit for legislatures. Dialogue and debates in the constituent assembly should be marked by openness to new perspectives and willingness to listen to diverse views.

Elected representatives must choose between being a bad lot and a good lot. All citizens and stakeholders should work with passion for the nation
M Venkaiah Naidu, Vice President

Dhanush wins Best Actor for 'Asuran' at BRICS Film Festival



Actor Dhanush's stellar performance in director Vetrimaran's Tamil film 'Asuran' fetched him the Best Actor Award at the BRICS Film Festival, which was held alongside the 52nd edition of the International Film Festival of India (IFFI) that came to a close in Panaji on Sunday. This is the first time that the BRICS Film Festival has been conducted alongside the IFFI. The BRICS festival had films from Brazil, Russia, India, China and South Africa participating in it.

Interestingly, Dhanush had won a National Award for the same film earlier this year

■ While Dhanush was adjudged the best actor, Lara Boldorini was awarded the Best Actor (female) at the festival for her performance in the Brazilian film 'On Wheels'

■ The Best Film Award

was shared by two films - South African film 'Barakat' and the Russian film 'The Sun Above Me Never Sets'

■ Chinese Director Yan Han was awarded the Special Mention Award for his film 'A Little Red Flower' at the festival

BE AN EXPERT ON
ECOLOGICAL ISSUES

PRACTICE PAPER SET BY HUMA SYED, BIRLA OPEN MINDS INTERNATIONAL SCHOOL, KOLLUR, HYDERABAD

GENERAL INSTRUCTIONS

- (1) All Questions are Compulsory.
- (2) The marks intended for questions are given in brackets [].
- (3) Select the correct option for each of the following questions.

SECTION-A (MARKS 15)

Question 1

- (a) Soil management refers to
A. Reducing Soil erosion
B. Adjusting soil factors for maximum crop production.
C. Increasing infiltration of rain water in soil.
D. Protecting land surface from impact of rainfall.
- (b) Remote Sensing Satellites are used for
A. Predict weather and Natural calamities.
B. Ocean study and tides development.
C. Deforestation, mining and Land degradation.
D. All the above
- (c) Anthropogenic causes of soil erosion are
A. Torrential rains and wave action.
B. Deforestation and Mining activities.
C. Wrong agricultural practices and use of chemical fertilizers. D. Both B and C
- (d) Choose the correct full form of the given abbreviations:
i. SPM- Standard Particulate Matter
ii. JMF - Joint forest management.
iii. CNG- Compressed neutral Gas
iv. SPM- Suspended particulate matter

- Options:
A. i & iii B. ii & iii C. i & iv D. ii & iv
- (e) Which of the following point is not correct with reference to the steps taken by Supreme Court of India to protect Taj Mahal?
A. Creation of Green Belt around Taj Trapezium Zone.
B. Banning the use of Coal/Coke in industries.
C. Relocating factories outside the Trapezium.
D. Use of only CNG vehicles in close vicinity of Taj Mahal.

- (f) Community Forestry is a branch of forestry where
A. Local people are involved in forest protection plans.
B. Afforestation on non-forested areas is done.
C. Agriculture, Livestock farming and forestry done together. D. All the above.
- (g) Pick out the right option for biodegradable wastes.
A. Bricks and Asbestos
B. Molasses and Crop residue
C. Thermacol and Aluminium
D. None of these
- (h) Eutrophication means
A. Accumulation of toxic substances in water body
B. Depletion of oxygen content in the water body.
C. Increase in the toxic substances along the food chain.
D. Percolation of toxic substances down the layers of soil.

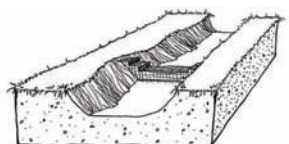
- (i) The integrated Watershed management refers to
A. Interconnected management of Soil, Water and Forests.

- B. Construction of Water harvesting structures.
C. Construction of Large Multipurpose Dams.
D. Conservation of Lakes and Rivers.
- (j) The Basel Convention was adopted to -
A. Provide the world a sustainable transport model.
B. Restrict transboundary movement of hazardous wastes.
C. Introduction of CNG for public transport.
D. Set emission standards to reduce automobile pollution.
- (k) Which of the following is not a technical device to control Air pollution?
A. Electrostatic precipitator
B. Sludge digester C. Wet Scrubber
D. Cyclone separator
- (l) The Soil conservation strategy to reduce flow velocity of water -
A. Check Dams B. Contour bunding
C. Basin listing D. None of these
- (m) Pick out the examples of alternate fuels from the given options.
A. Firewood and Coal
B. Petrol and Diesel C. Biodiesel and CNG
D. Coal and Petroleum
- (n) Which of these is not a cause of deforestation?
A. Shifting agriculture
B. Mining activity C. Industrialization
D. Tree Break
- (o) Which of these is not an advantage of Landfills?
A. Reduce chances of pathogenic disease
B. Leachate is formed
C. No foul smell produced
D. Prevents menace insects and rodents

SECTION-B (MARKS 15)

Question 2

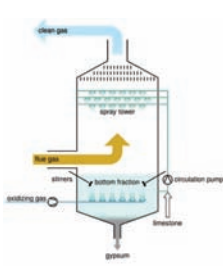
- (a) Study the given picture and answer the questions that follow by picking the correct option from 1 to 4 in each case.



- i) The structure shown in the given picture is
A. Johads B. Check Dam
C. Contour Bunds D. Kund
- ii) This structure is build by using
A. Bags of sand B. Boulders and logs
C. Ridges and channels D. Both A & B
- iii) The given structure is a method to conserve
A. Forests B. Water C. Soil D. Both B&C
- iv) The advantage of the structure given here is it
A. Reduces flow velocity of water.
B. Recharges groundwater.
C. Harvests rainwater D. All of the above
- v) Pick out the option which is not correct with the reference to the structure shown here
A. It conserves water
B. Cost of building is less.
C. Water can be directed for irrigation.
D. Water can be stored in reservoir for future use.

- (b) Given below is a diagram of a device to check the release of harmful

substances into the atmosphere as a strategy to control Air pollution. Study the diagram and answer the following questions.



- i) The Air pollution control device shown in the diagram is -
A. Electrostatic Precipitator
B. Bag House filter C. Wet Scrubber
D. Cyclone separator
- ii) The device shown here can remove
A. SPM and Acid gases
B. Oxides of carbon C. Grease and Oil
D. All of these
- iii) The device shown here can be used in
A. Three stroke engines
B. Activated sludge Process
C. Factories and Industries
D. Thermal Power Plants
- iv) The given device works on the principle of
A. Induced electrostatic charge.



- B. Neutralization of Acid gases.
C. Turbulent mixing of gases and liquid.
D. Rotation and force of gravity.
- v) Which of the following point is correct with reference to the advantage of the device shown here?
A. It can handle large amount of dust particles.
B. It is capable of handling high temperature.
C. It emits lower levels of acidic gases and dust particles.
D. All the above.

Question 3

- Mention weather the given statement is true or false:
(a) Household wastes like plastic, tin can, thermocol etc that can be broken down by the microorganisms are called biodegradable wastes.
A. True B. False
- (b) Euro Norms are voluntary European emission standard followed in European Union.
A. True B. False
- (c) Biogas is an effective alternative for fuel wood in the urban areas.
A. True B. False

- (d) Soil carried away by rain and wind end up in water bodies and cause salination.
A. True B. False
- (e) Hybrid vehicle uses one or more distinct power sources to move the vehicles.
A. True B. False

SECTION-C (MARKS 20)

Question 4

- Fill in the blanks choosing the correct option from 1 to 4.
(a) The main objective of _____ is the management of forests, water resources and water security.
A. Delhi Model City B. Auroville
C. Tarun Bharat Sangh
D. Basel Convention
- (b) The Auroville 'The City of Dawn' and experimental township is in the City/State/Union Territory of _____.
A. Curitiba- Brazil
B. Villupuram-Tamil Nadu
C. Basel- Switzerland
D. Delhi- India
- (c) Which of the following is not an advantage of Remote Sensing?
A. Prediction of natural calamity

- toxic substances along the food chain
A. Biomagnification
B. Eutrophication
C. Salination D. Algal Bloom
- (d) A vehicle which uses two or more distinct power sources to run
A. Alternate Energy Vehicle
B. Liquid Nitrogen Car
C. High Occupancy Vehicle
D. Hybrid Vehicle
- (e) Choose the statements which are correct pertaining to the advantages of Joint Forest Management.
i. Government and local people work in partnership.
ii. Plant cover on roadsides and Canal-ridges is increased.
iii. Employment for local people
iv. Locals have the access to forest products.
A. i, ii and iv B. i, iii and iv
C. ii, iii and iv D. i and iv

Question 6

Match the statement in Column I with the most appropriate in Column II.

Column I	Column II
a) Thermacol and Aluminium	i) Alternate power sources
b) Solar cooker and Biogas	ii) Green House gases
c) Heavy metals and Mercury	iii) Alternate to Fuel wood
d) CNG and Hydrogen	iv) Non-biodegradable substances
e) Carbon dioxide and Methane	v) Hazardous wastes

- a) (i) (ii) (iii) (iv) (v) b) (i) (ii) (iii) (iv) (v)
c) (i) (ii) (iii) (iv) (v) d) (i) (ii) (iii) (iv) (v)
e) (i) (ii) (iii) (iv) (v)

Question 7

- The following questions are based on Soil Conservation methods. Choose correct option to fill in the blanks.
a) Leguminous crops b) Dry leaves and Husk c) Slope of hill. d) Prevailing wind
e) Contour bunding. f) Basin listing.
i) In Terrace farming the fields are cut at right angles to the
ii) In _____ alternate ridge and channels are made.
iii) Crop rotation is the method where _____ are used to restore soils fertility.
iv) Mulching is a method where _____ are spread on soil.
v) Shelter belts involve planting of Trees and shrubs at right angle to the _____.
(i) a) (b) (c) (d) (e) (f)
(ii) (a) (b) (c) (d) (e) (f)
(iii) (a) (b) (c) (d) (e) (f)
(iv) (a) (b) (c) (d) (e) (f)
(v) a) (b) (c) (d) (e) (f)

KEY: Q1. a- B, b- D, c- D, d- D, e- D, f- D, G- B, h- B, i- A, j- B, k- B, l- A, m- C, n- D, o- B

Q2. a. i-C, ii-D, iii-D, iv-D, v-C

b. i-C, ii-A, iii- C. iv- B, v- C

Q3. a- False, b- True, c- False, d- False, e- False

Q4. a-C, b- B, c-D, d-A, e-D

Q5. a-B, b-C, c- A, d- D, e- B

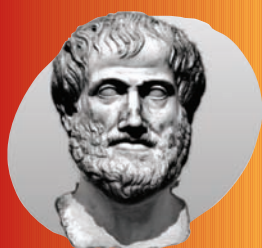
Q6. A- iv, b-iii, c-v, d-i, e-ii

Q7. i-c, ii-e, iii-a, iv-b, v-d

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.

OF MOVEMENT, FRICTION & REST

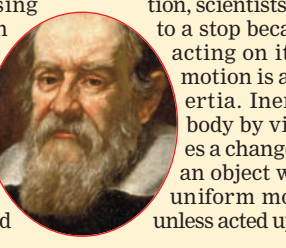
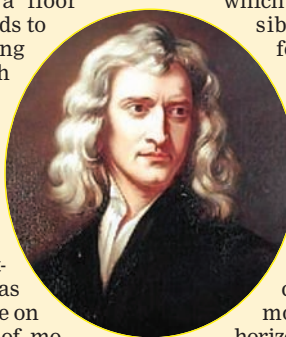
Have you ever thought about why things move? For example, why an arrow shot from a bow keeps flying or why a ball keeps moving when hit with a bat. Well, a similar thought occurred to the Greek philosopher Aristotle (384 BC- 322 BC). According to him, an external force is required to keep a body in motion. However, this notion was flawed, but how? Let us see...



A small child playing with a simple toy-bus on a floor knows that it needs to constantly drag the string attached to the bus with some force to keep it going. If it releases the string, it comes to rest.

A moving bus comes to rest because the external force of friction on the bus by the floor opposes its motion. To counter this force, the child has to apply an external force on the bus in the direction of motion. When the bus is in uniform motion, there is no net external force acting on it: the force by the child cancels the force (friction) by the floor. It implies that if there were no friction, the child would not be required to apply any force to keep the toy bus in uniform motion. The opposing forces such as friction (solids) and viscous forces (for fluids) are always present in the world. On this understanding is where Aristotle went wrong.

To get at the true law of nature for forces and



motion, one has to imagine a world in which uniform motion is possible with no frictional forces opposing. Which is what Galileo did, he studied the motion of objects on an inclined plane and observed that objects moving down an inclined plane accelerate, while those moving up retard. Galileo concluded that an object moving on a frictionless horizontal plane must neither have acceleration nor retardation, i.e. it should move with constant velocity.

Galileo made observations about friction and Newton built on these observations. What made Newton so radical was that before his first law of motion, scientists had said an object came to a stop because there was no force acting on it. Newton's first law of motion is also called the law of inertia. Inertia is the ability of a body by virtue of which it opposes a change. According to this law, an object will remain at rest or in uniform motion in a straight line unless acted upon by an external force.

EXAMPLES FOUND IN DAILY LIFE

AN ASTRONAUT MOVING CONTINUALLY IN SPACE

In outer space, there are no external forces. So an object in motion stays in motion as there is no external force to oppose its motion. Astronauts are able to fly due to this reason.



A ROCK AT REST

A rock lying on the ground will continue to do so for millions of years unless it is pushed by nature or by some force. It won't be floating around in different places.



THE CHANGE OF DIRECTION OF A SOCCER BALL

In a game of soccer, the soccer ball is continuously kicked around. According to Newton's first law of motion, it should be in motion forever, but it



is stopped due to external forces of friction and muscular force. Frictional force stops the ball from moving forever. The muscular force can stop, change the direction and speed of the soccer ball.

JUMPING ON A TRAMPOLINE

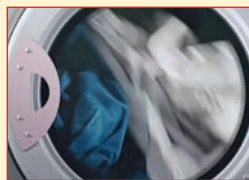
When we jump on a trampoline we are thrown skywards but eventually, we do come down. This is because of the force of gravity which brings us back. Here, the gravitational force acts as an external force.



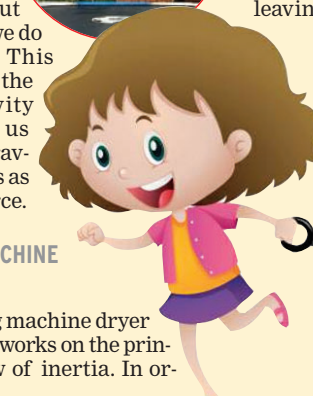
WASHING MACHINE DRYER

A washing machine dryer entirely works on the principle of the law of inertia. In or-

der to dry the clothes, the drum of the washing machine dryer is subjected to motion, which further causes the clothes to move; however, the water molecules contained in the cloth do not follow up the motion and stay in their position of rest. Due to the gravity, the water gets collected at the base of the drum. The holes of the drum let the water out, leaving the clothes dry.



Nidhi
Srivastav,
educator,
SGVP School,
Ahmedabad



Science is all about magic of reality

Science has played a pivotal role in the progression of today's society and there is no bough of modern life that hasn't been imbued by science.

With a view to encourage and inculcate scientific temper amongst the students, **ASN International School**, Mayur Vihar organised a virtual Science Exhibition on November 13 commemorating World Science Day.

Students from upper primary wing participated in this exhibition with great zeal and the spectators keenly viewed the exhibits. The parent fraternity also attended the exhibition with great enthusiasm. The participants displayed



played their exhibits showcasing scientific skills and creative thinking through self-designed working models and projects. Demonstrations and explanations were given by the participants. The spectators and teachers were greatly impressed by the performance.

The event provided a platform for the budding students to express their creativity and gain confidence. The exhibition opened our eyes to the fact that technology brings a balance in peace and development in the society. The school heads, Shivani Khanna and Priyanka, reflected on how sometimes the evolving technology helps the learners to evolve better and think innovatively. They reinforced all to make a wider choice of gaining knowledge in day-to-day life by the wise use of science and technology and to step ahead for masterful endeavours as technology and manpower should walk along with each other.

Promoting arts in education

St Martin's Diocesan School, Delhi Cantt put up a spirited participation at 'Kala Utsav' recently concluded initiative of the Department of School Education and Literacy, Ministry of Education, under Samagra Shiksha Scheme to promote arts in education by nurturing and showcasing artistic talents of school students in the country.

Ankit of class XI brought laurels to the school bagging the first position in the Visual Arts 2 D Competition at district level, thereby qualifying for state level participation. He responded to the theme 'Regional art based on Australian Culture' with a two dimensional depiction of 'Namarrkon', the lightning God of Australian Aboriginal mythology, winning appreciation and recognition from the judges who catapulted him to the next level.

Ankit's journey in art is an inspiration to his school-mates who have raised the bars under the guidance and astute leadership of their school principal K Sudha and the art teacher, Anuradha Singh, the latent talents of the students well moulded amidst their academic pursuits within well-defined modules.



GREAT SPEECHES

Great speeches truly transcend time and place, offering wisdom that speaks to every era. Many great leaders and people with vision have given speeches that have made their way into the history books. Their ideologies, efforts and movements have led to life-changing situations and thus, we hold their work dear to us.

So, the students of **St Marks Girls**, Meera Bagh class VIII set out to track down some of those special speeches in the 'Intra Class Speech Competition' held on November 22. Speeches



of Dr APJ Abdul Kalam, Pt Jawaharlal Nehru, Dr Kiran Bedi, Michelle Obama, Swami Vivekananda and many more were beautifully presented by the contestants and these speeches enlightened the audience. Kumud Vats, Arushi and Harshal Sidhu of class VIII B bagged the first, second and third position respectively.

Karma and kite

A few days ago, I was flying a kite very happily and enjoying each moment of flying kite to the fullest. While flying kite, suddenly an innocent pigeon came across my kite string and got hurt. I tried to save the pigeon by moving the kite string but before I could help, the pigeon got hurt. I felt bad that a pigeon got injured because of my kite string. It was painful sight to see that. But as moments passed, I forgot about it and kept flying my kite. A few minutes later, my kite got cut and while winding up, my kite's string got struck somewhere, I was trying to pull it, in doing so I got a cut on index finger of my right hand. The incident made me realise that we must not hurt anyone by our actions because good deeds give good results. Therefore, we should not harm any living being. So, I wonder that, how little incidents give us wisdom for life.

Veer Saini, class VI A, DAV Rohini

Virtual celebration of investiture ceremony

The Virtual Investiture ceremony at **Mount Carmel School**, Niketan, New Delhi, has been another milestone reached in the journey of distance learning. The event was celebrated on October 30 amidst mixed feelings. Batch of 2020-21 prefects handed over the baton of responsibilities to a new batch of prefects for 2021-22 academic year who pledged to bestow their duties to the best of their abilities.

The ceremony began with a word of prayer by the chaplain of the school, Akash Roy Chowdhry. Dr Michael Williams, dean, Mount Carmel Schools administered the oath to the new batch of prefects and exhorted them to carry forward the legacy and tradition of the school. Acting principal Roma Das addressed the students and urged them to take three simple steps to lead: self awareness, self reflection and self regulation, humbly serving the school and the nation. The school choir presented a special song of commitment followed by the vote of thanks by Dr Bindu Koshy, vice principal (Academics).

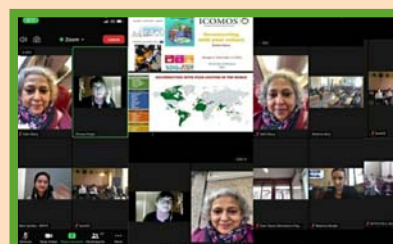


Reconnecting with culture

Reconnecting With Your Culture (RWYC) is a pedagogical initiative of Prof Olimpia Niglio, University of Tokyo, to pursue Quality Education objectives of the UN 2030 Agenda.

Aditi Misra, director principal, **DPS Gurgaon**, and president, RWYC, Asia, India, was invited to address the virtual International Festival of History by the University of Bologna, Italy, on November 17.

Misra, in her address, spoke



about RWYC and its relevance to schools across the globe. She also shared with the delegates her own experiences with implementing the SDG 4 in collaboration with RWYC.

The other countries that participated in the conference were Morocco, Japan, Italy and Indonesia.

Goals That Can Change the World

SDG is a small word for Sustainable Development Goals. It brings great change in the world.

Help the Earth, And know it's worth.

SDG -1 No Poverty, Which is very necessary.

SDG -2 Zero Hunger, So, let's be a helper to hunger.

SDG -3 Good Health and Well-being, Which is very important for a proper living.

SDG -4 Quality Education, Which is the key to a developed nation.

SDG -5 Gender Equality, Which should be followed in every town and city.

SDG -6 Clean Water and Sanitation, Reduce the pollution should be our operation.

SDG -7 Affordable and Clean Energy, Which is an important goal in SDG.

SDG -8 Decent Work and Economic Growth, It's needed for the growth of the people on earth.

SDG -9 Industry, Innovation, and Infrastructure, These are essential for sustainable future.

SDG -10 Reduced Inequalities, Which will provide each one of us with proper facilities.

SDG -11 Sustainable Cities and Communities, World is open for all and for new opportunities.

SDG -12 Responsible Consumption and Production, It means less wastage and less destruction.

SDG -13 Climate Action, Wake up! Our mother earth needs protection.

Ayesha Khan and Jagrit Kaur, class V-A, Seth Anandram Jaipuria School Ghaziabad

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Ryanites shine in All India Boxing Championship

Ryan International School, Sector-40, Gurugram believes in all round development of its students with sports being a part of the vision of our chairman Dr A F Pinto. The students strive to participate in different events related to sports in and around Gurugram to understand the importance of regular physical activity and higher levels of fitness, thus enhancing self-esteem and confidence in them.

Keeping these objectives in mind, Ryanites participated in All India Boxing



championship organised by School Games Development Foundation (India) and all five participants Yuvraj Yadav of class III, Deepanshi Yadav and Isha Joon of class IV and Manvi Joon and Swasti Dubey of class V won gold medal in sub junior category 2021 in boxing. They have also got the opportunity to participate in international tournament which will be held in Nepal from December 18 to 24. They brought laurels to the school by bagging second runner-up trophy.

School head Shivali Sharma appreciated the efforts of the students and encouraged all other students also to take initiative in different sports events to work, think and share together to keep pace with changes in the society and sustain in the competitive world.

INSTRUCTIONS

1. Lie down on your stomach. Keep your forehead relaxed and resting on the ground.
2. Exhale, raise both the feet while bending the knees.
3. Stretch your head, neck and shoulders backward.
4. Try to touch the crown of the head with the toes or the soles of the feet.
5. Hold the position for as long as you find it comfortable, breathing normally.
6. Come back to the starting position by gently lowering the feet.
7. For a few seconds, relax in Bhujangasana.
8. Relax till the breathing and the heart-beat return to normal.

BENEFITS

1. Strengthens the spine making it supple and healthy.
2. Improves digestion, relieves gastric pain.
3. Improves blood circulation in the body.
4. Corrects hunched back, therefore improves body posture.
5. Stretches and strengthens the muscles of the body.
6. Improves the functioning of liver and kidneys.
7. Removes excess fat from the body therefore helps to get rid of extra weight.

Poorna Bhujangasana

Poorna Bhujangasana or the complete serpent pose is the advanced level of Bhujangasana. It resembles the elegant and grand stance of a cobra.

PRECAUTIONS

1. Avoid stretching the body beyond a limit as it may cause unnecessary pain.
2. People suffering from any of these conditions should avoid practicing this asana: Weak joints, weak heart, back pain, high blood pressure, joint pain, hernia, hyperthyroidism, spinal disorders, ulcer, intestinal tuberculosis, or cervical spondylitis.



AVNI GARG, class V-B, CAIE, Biria Open Minds International School, Kollur, Hyderabad

(Under the guidance of yoga facilitator Snehal Garg)

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.

Everyone has a role model in their life to admire and inspire them in making a decision. It can be a parent, superhero or just someone they admire. For me, my role model is C Sylendra Babu, an Indian Police Service (IPS) Officer. He belongs to the Tamil Nadu cadre. He is serving as the Director-General of Police of Tamil Nadu. He was born June 5, 1962 in Kuzhithurai, Kanyakumari, Tamil Nadu, India. He first got posted as the Assistant Superintendent of police in Gobichettipalayam. He was the manager of the Indian national athletic team in various events. He was the president of the Throwball Federation of India, Tamil Nadu and also the vice-president of the Tamil Nadu Athletic Association. Dr Sylendra Babu has authored many books in English and Tamil, mostly focused on motivating the youth to achieve their goals. Some of his books are 'A Guide to Health and Happiness', 'Udalinali Urithi Sei', 'Sathika Asai Padu', 'Unakkul oru Thalaivan', 'Sinthiththa Velaiyali' etc., I read his book 'Sathika Asai Padu', this



C SYLENDRA BABU IPS
INSPIRING ICONS



Service (2005), President's Police Medal for Distinguished Service (2013) and Chief Minister's Medal for Excellence in Public Service (2019). A policeman should be physically strong and fit. His attire attracts the most and gives him a decent look, it also fills the feeling of patriotism and encourages me to serve the nation. There is a lot to learn from him and I really want to be like him.

B NITHISH RAGHAV, class VIII, Shree Niketan Patasala, Tambaram.

NAPOLI CRUSH LAZIO

In perfect tribute to Maradona, team score 4-0 to go clear to top

Dazzling Napoli paid the perfect tribute to Diego Maradona on Sunday by thumping Lazio 4-0 to move three points clear at the top of Serie A. FIFA president Gianni Infantino was among those present in Naples as the southern Italian city honoured one of its adopted sons, who led Napoli to their only two league titles and the 1989 UEFA Cup and died a year ago on Thursday. Fans chanted Maradona's name as a statue, which depicts their idol in full flight atop the number 10, was carried around the pitch. A tribute from Pele was shown on the stadium's big screens, while players came out for their pre-match warm-up to the sound of "Life Is Life" by Opus, the song to which Maradona does keepies in one of the most beloved pieces of footage of the Argentine in his pomp.

Inspired by the emotional ceremony, Napoli took full advantage of AC Milan crashing to a 3-1 home defeat against Sassuolo to go it alone at the summit with an at times electrifying performance. "We put in one of our best performances, now the important thing is to always play like that, because you need to repeat those kinds of displays. The way we played today was perfect," Dries Mertens said, after scoring a superb double.

INSPIRED PERFORMANCE

Wearing shirts bearing Maradona's face, Luciano Spalletti's table toppers came out like a team possessed and blew Lazio away with three fantastic first-half goals. In almost perfect harmony with the occasion it was another adopted Neapolitan in Mertens who led the charge, the Belgian nicknamed 'Ciro' scoring a brilliant brace of which Maradona himself would have

been proud.

Piotr Zielinski got the ball rolling in the seventh minute by almost ripping a hole in the net with his rocket opener, and just three minutes later Mertens took the roof off the Stadio Diego Armando Maradona when he ended a brilliant move by dumping Patric on the deck with a feint and slotting home a cool finish.

After Luis Alberto and then Francesco Acerbi went close for Lazio in the space of a minute, Mertens effectively sealed the win with more than an hour to play with another wonderful goal, clipping a first-time strike that sailed over a despairing Pepe Reina and increased his club-record goal tally to 139.

Fabian Ruiz then capped a perfect night when he lashed home the fourth from distance. The 34-year-old's three class strikes in his last two Serie A matches will also give Spalletti hope that he can get by without star striker Victor Os-

imhen, out for up to three months with facial fractures. "These are goals which give me a great deal of satisfaction ... Victor gets injured and that's the moment when you need to be ready," added Mertens.

Sassuolo emerged worthy winners at the San Siro earlier on Sunday after recovering from Alessio Romagnoli's 21st-minute header through a superb Gianluca Scamacca strike, Simon Kjær's own goal and a solo effort from Domenico Berardi.

Milan also finished with 10 men after Romagnoli completed a miserable afternoon by being shown a straight red card for taking out Gregoire Defrel. Their first home league defeat of the season after last weekend's 4-3 loss at Fiorentina meant that city rivals Inter Milan are now only a point behind them in third, with Atalanta a further three back after beating Juventus in Turin on Sunday. **AFP**



Dries Mertens



Photo: AFP

VINIcius STUNNER LIFTS REAL MADRID

Vinicius Junior scored a scintillating 87th-minute winner as Real Madrid came from behind to defeat Sevilla 2-1 and move four points clear at the top of La Liga.

The 21-year-old Vinicius has been a revelation this season and proved the difference again at the Santiago Bernabeu, where he went off to a standing ovation after securing Madrid their sixth consecutive victory. "He's extraordinary," said Madrid coach Carlo Ancelotti. "He's a player with something special in his feet."

His goal, a stunning strike into the top corner after a surging run in off the left, ensured Sevilla took nothing from a game they had dominated for most of the first half.

Rafa Mir headed them in front early on but the game turned on an error from goalkeeper Bono, who gifted Karim Benzema his 19th goal of the season, the night before the 33-year-old hopes to win the Ballon d'Or.

Victory sends Madrid four points clear of Real



Photo: AP

Photo: AFP

Sociedad, who they face at Anoeta next weekend, while Sevilla stay fourth, now five points off the top.

"Maybe a draw would have been a fairer result but I don't think we deserved to lose," said Ancelotti.

Vinicius now has 11 goals in 24 appearances this term and while he was never a guaranteed starter under Zinedine Zidane, the Brazilian has exploded into life under Carlo Ancelotti. This was the kind of decisive moment Madrid hoped they would be getting

from Eden Hazard but with the Belgian still lacking both form and fitness, it seems they now have a ready-made replacement.

"I knew about his individual qualities, his dribbling, in one against ones, his speed, in all that he's very strong," said Ancelotti. "But what surprises everyone now is that ability to score goals, which he didn't have before." **AFP**

RUSSIANS KNOCK OUT HOLDERS SPAIN

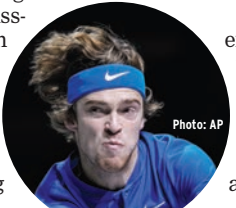
Serbia make quarters of Davis Cup, US eliminated

Russia knocked reigning champion Spain out of the Davis Cup to set up a quarter-final against Sweden. The Russians' tie against the depleted Spanish team came down to a late-night doubles encounter in Madrid.

Aslan Karatsev and world number five Andrey Rublev won 4-6, 6-2, 6-4 against Marcel Granollers and Feliciano Lopez to win Group A and deprive the Spanish team of the chance to play in front of a home crowd in Madrid on Thursday. The Russians, playing under the name of the Russian Tennis Federation because of sanctions against Russian sport for doping, made a bad start to the tie when Lopez beat Rublev 2-6, 6-3, 6-4 in the opening singles rubber.



Aslan Karatsev



Andrey Rublev

US Open champion Daniil Medvedev stepped up to bring the tie level with a 6-2, 7-6 (7/3) win over Pablo Carreno Busta, before the doubles decided the match.

US KNOCKED OUT

US captain Mardy Fish hinted at a lack of passion within his team after the record 32-time champion Americans were eliminated from the Davis Cup Finals by following up a lopsided loss to host Italy with a humbling defeat to Colombia.

BRITAIN, GERMANY ADVANCE

Britain booked their place in the last eight with a come-from-behind victory over the Czech Republic on Sunday and will play Germany in Innsbruck on Tuesday. Germany backed up their shock victory over Novak Djokovic's Serbia by fighting back to edge out hosts Austria and go through as Group F winners. Serbia had to settle for second place but

progressed to a quarter-final against Kazakhstan in Madrid on Wednesday as one of the best runners-up. **AGENCIES**

RAMKUMAR WINS MAIDEN ATP TITLE

Indian tennis player Ramkumar Ramanathan won his maiden Challenger level singles title, 12 years after turning a Pro, when he outplayed Evgeny Karlovskiy in the summit clash of the ATP80 Manama event, at Bahrain.

The 27-year-old Ramkumar, who had lost six Challenger finals in his career before, beat his Russian rival 6-1 6-4 in 68 minutes. The 80 ranking points earned will push Ramkumar back into top-200 and also make him the highest-ranked Indian on the ATP singles ranking chart. He is likely to be ranked 186 and will surpass Prajnesh Gunneswaran (215) and out-of-action Sumit Nagal (219). **PTI**



Daniil Medvedev

Photo: AFP

SATWIK-CHIRAG QUALIFY FOR BWF FINALS

World no 11 duo of Satwiksairaj Rankireddy and Chirag Shetty has become the first Indian men's doubles pair to qualify for the season-ending BWF World Tour Finals starting in Bali on Wednesday.

Satwik and Chirag had finished at the semifinals of the Indonesia Open last week but made the cut after Japanese pairing of Akira Koga and Taichi Saito also lost in the last four at the Super 1000 tournament. The Indian pair thus leapfrogged the Japanese pair in the Road to Bali to book the berth at the year-ending event.

Satwik and Chirag needed to beat World No. 1 pair of Marcus Fernaldi Gideon and Kevin Sukamuljo in the semifinals to make the cut but they ended up losing 16-21 18-21. Akira and Taichi had lost to fellow Japanese duo of Takuro Hoki and Yugo Kobayashi 22-20 21-14 to pave the way for the Indian pair.

Earlier, Lakshya Sen be-



FILE PIC: Satwiksairaj Rankireddy (L) and Chirag Shetty (R)

Photo: AFP

came the youngest Indian to qualify for the USD 1,500,000 tournament, which will also see the participation of Kidambi Srikanth, two-time Olympic medalist P V Sindhu and women's doubles pair of Ashwini Ponnappa and N Sikki Reddy.

Srikanth, Sameer Verma, Sindhu and London bronze-medallist Saina Nehwal have competed in the year-ending tournament in the past. While Sindhu is the only Indian to win the BWF World Tour Finals in 2018, Saina had reached the summit clash of the BWF Superseries Finals in 2011. Srikanth and Sameer have reached the knockout stage but couldn't enter the finals. **PTI**

QUIZ TIME!

Q1: In which of the following sports/ games the term Interference is used?

- Golf
- Chess
- Squash
- Table Tennis

Q2: Which Indian cricketer has in ODIs?

- Kapil Dev
- Sunil Gavaskar
- Sachin Tendulkar
- Virat Kohli

Q3: When was the first women's T20I match hosted in India?

- 1999
- 1994
- 2006
- 2010

Q4: When was the Olympic Flame first introduced in the Winter Olympics?

- 1904
- 1924
- 1936
- 1900

Q5: What is the motto of Olympics?

- Faster, Higher, Stronger
- Together We Stand
- Fast and High
- Do Your Best

Q6: Ole Gunnar Solskjær was the manager of which club till recently?

- Chelsea
- Manchester United
- Liverpool
- Arsenal



Photo: GETTYIMAGES

Q7: In which sport do players compete for the Uber Cup?

- Racing
- Golf
- Badminton
- Cricket

Q8: Which country is the birthplace of the "Olympic Games"?

- Denmark
- Italy
- Greece
- Germany

Q9: Which sport's competition is known as the "Marsh One-Day Cup"?

- Hockey
- Cricket
- Canoeing
- Fencing

Q10: Which state of India houses the Greenfield International Stadium?

- Andhra Pradesh
- Telangana
- Kerala
- Tamil Nadu

ANSWERS: 1. b. Chess
2. c. Sachin Tendulkar 3. d. 2010
4. c. 1936 5. a. Faster, Higher, Stronger
6. b. Manchester United 7. c. Badminton
8. c. Greece 9. b. Cricket 10. c. Kerala