

DASARA CELEBRATION

Celebrations help students understand cultural heritage



The students celebrated Dasara by learning about Indian mythology, importance of the festival and how it is celebrated in different parts of India through a spectacular video made by teachers.

The epic story of Shiv Parvati vivah and the killing of Shumbh and Nishumbh by Goddess Kalra-tri was shown through a skit performed by teachers, which helped students understand the rich cultural heritage. It also helped teach our ethics to the young generation in a fun-filled way. Everyone also enjoyed the various cultural events by children.

The students enjoyed showcasing their creativity by making wall hangings (Toran) and decorating dandiya sticks/Ambari.



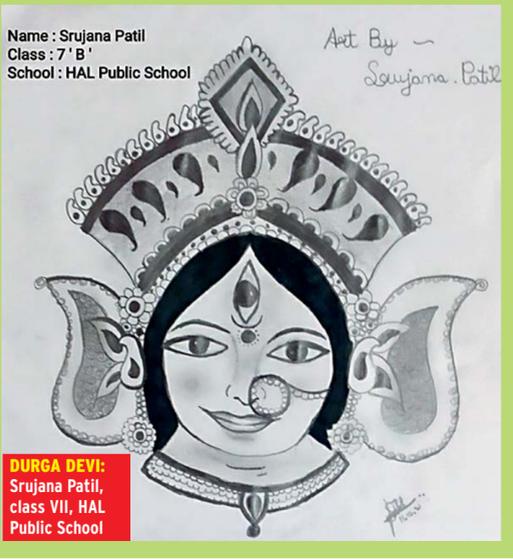
MOUNT LITERA ZEE SCHOOL, WHITEFIELD

The school celebrated Dussehra as an integral part of learning. Navratri is an exhibition of dolls with 'Pattada Gombi', representing the king and queen, placed at the centre of all the dolls and figurines. Bombe Habba or Golu, the doll festival was celebrated for nine days. Parents and grandparents participated with a lot of fervor and enthusiasm.

RNS INTERNATIONAL SCHOOL



Each day the staff were dressed in Navratri colors, which added colour to the celebration. On the sixth day Ayudha Pooja, a grand pooja was organized at the library with books, science lab equipment, sports items etc. Dussehra is one of the most exciting Indian festivals. The students enjoyed themselves and learnt Indian values.



Name : Srujana Patil
Class : 7 'B'
School : HAL Public School

DURGA DEVI:
Srujana Patil,
class VII, HAL
Public School

Breast cancer awareness programme conducted



Breast Cancer Awareness programme was organized on Oct 12, 2021 in association with Rotary Down Town, Bengaluru.

Dr Swathi and Dr Gurusahas from Indian Cancer Society sensitized the audience during the awareness workshop. This initiative was taken up by Rotary Down Town and BRACE to educate people and encourage them to spread awareness about prevention of breast cancer as Prevention is better than cure. Breast cancer is predominantly increasing in India and alarmingly a shocking number is resulting in death. Such awareness programmes enable women to identify symptoms of breast cancer in the early stages and take necessary medical help and support.

Commandant, 3rd Bn, KSRP and founder secretary of Police Public School M V Ra-

makrishna Prasad; president of Rotary Down Town Biju Gangadharan; secretary of Rotary Down Town Tejaswini Jaisimha; BRACE chairperson Kavitha Krishna Murthy; doctor at 3rd Bn KSRP clinic Dr Jagadeesh; AC, 3rd Bn, KSRP Siddappa L Kodliwad, staff, parents and women PCs from the police department were present. Cause factors, symptoms, risk factors, myths, treatment measures, routine self-detection technique and such other informative facts were disseminated through the session. Ultimately the audience was requested to spread awareness about early detection of breast cancer among friends, family members and relatives for the wellness of society.

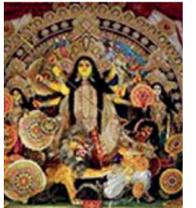
Earlier on Oct 9, 2021, in observance of Breast Cancer Awareness Month, the students of the school participated in a walkathon during the inauguration of Global Breast Cancer Foundation at KIDWAI in association with Rotary Down Town Bengaluru.

POLICE PUBLIC SCHOOL

DUSSEHRA

- D** - Durga to all gives her blessing
- U** - Ultimate war of good and evil once again experiencing
- S** - Sinking in with devotion
- S** - Symbol of fierce destruction
- E** - Example of god over devil
- H** - Heroic warfare of Maa Durga is very special
- R** - Ramlila is a delight to eyes
- A** - Adharam's end is not a surprise

VedyaVirajita Vaishnavi, class VII, HAL Public School



PARVATASANA

HOW TO DO PARVATASANA?

The mountain pose. As the name suggests, it derives the benefits from the qualities of a mountain- stability, fixity

and strength. This posture has three variations to provide all-round stretch and twist to spine. It is a cultural Asanas for lateral (upward) stretch of spine (classic



YOGA4ALL

BENEFITS OF YOGA

- 1 Corrects minor postural defects of the spine and straightens the muscles of the back.
- 2 Stretches all the abdominal and pelvic muscles and loosens the hips.
- 3 Exercises the inactive waist zone, and helps reduce belly fat and flabby abdomen.
- 4 Internal organs in the abdominal region get proper massage, improved blood circulation; viscera normally rest on the pelvic floor.
- 5 Prolapse (slipping down) of the uterus is improved by providing natural support to the viscera.
- 6 Blood circulation in the vertebral region improves, and the efficiency of the nerves coming out of the vertebra is improved.
- 7 The unnatural curvature of the spine and minor displacements of the vertebrae are corrected.

How to do parvatasana? Let's see the method- **STARTING POSITION:** Sit in Padmasana / Sukhasana, keeping the hands at their respective sides. Chest thrown well forward, keep the neck straight, the abdomen in normal contour, the chin drawn in and eyes focused on a single point straight ahead. **CLASSICAL POSE METHOD:** Inhaling, in 3 seconds, raise both the arms together, from their respective sides, for an upward stretch. Join the palms to each

other in this upward stretched position of arms. Either interlace the fingers or keep the palms joined. Keep the hands close to the respective ears, abdomen maintained in normal contour and back straight. Avoid bending the arms at the elbows and wrists, keeping them stretched and straight. Maintain this fully stretched position (palms joined), for 6 seconds, retaining the breath (final position). Returning to starting position: exhaling, in 3 seconds, first turn the palm position outwards and then, keeping the arms straight, bring it down to the sides to complete 1 round.

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

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

Top educator award for principal

STEM Club India comes with a series of experiential STEM learning programs designed by global educators and corporate firms spread across various industries. STEM Club India has been hosting a series of

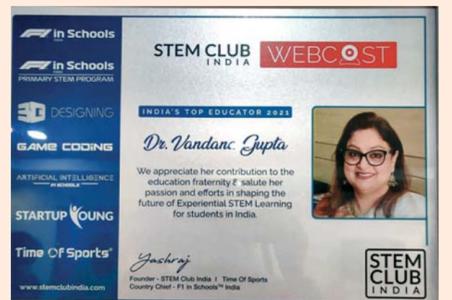
years of experience in the education fraternity, has initiated and integrated STEM education seamlessly within the pedagogies to create a fruitful learning atmosphere in the school. During the webcast, she discussed at length

EUROSCHOOL NORTH CAMPUS

webcasts with top educators on the impact and future of STEM education in India. In the second webcast, the founder of STEM Club India Yashraj Singh was seen in a conversation with principal Vandana Gupta, discussing the impact of STEM education in India.

about her vision and commitment towards putting the focus on STEM education in our learning environment.

We are elated to share that she has received the certificate for "India's Top Educator 2021" from STEM Club India for her contribution to the education fraternity. She has been lauded for her un-



stinted efforts towards effectively integrating STEM education in the school curriculum. Under her able leadership and guidance, the school is bound to go places and soar to new heights.

Gold award in international essay competition

There is never a shortcut to success, but hard work complemented with the desire to achieve, determination, and always being motivated to get after your goal, makes success becomes bigger. We are proud that at school we have with gifted children, who are all hardworking achievers!

EUROSCHOOL, WHITEFIELD

Royal Commonwealth Society since 1883. More than 25,000 children from 54 countries participated in this event this year. The topic that Siddhanth wrote passionately about, pouring his feelings into the essay, was 'What did you miss most during the pandemic?' Siddhanth has gone one step ahead this year by winning the gold award; he had achieved the silver award in 2020.

The management and staff congratulate him on the spectacular achievement. Congratulations Siddhanth!



PEOPLE'S PRINCESS

Diana Spencer was a philanthropist, a fashion icon, the Princess of Wales; but most of all, she was the queen of our hearts.

With her unparalleled elegance and grace, she stole everyone's hearts. She put her fame to good use - working for charities, for innumerable causes like AIDS patients, children's issues, an effort to ban land mines, and so many more.

Lady Di cared for her people and was not afraid to show it. She broke down all the barriers that held royalty back - she humanized the idea of royalty - communicating with citizens directly, making an effort to know them.

She made us realise that royalty was about being a queen at heart, about caring for your people and empathising with them. It was about love and benevolence. Thereafter, royalty was much more than a throne and a crown.

Princess Diana is a shining beacon of inspiration to me, because she tells me to find the royalty within me - the benevolent queen who works for worldly welfare, who unveils infinite kindness and love upon the world. Perhaps Princess Diana was never given the official title of 'Queen' but she deserved the title she did get - 'the People's Princess'.



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



Career guidance session emphasises on making well-informed choices

A career guidance programme helps students understand their learning strengths and weaknesses; and set realistic goals commensurate with their capabilities. Guidance and counselling serves the basic needs of each individual as a unique entity as there are perceptible differences between individuals in native capacities, abilities and interests. Guidance also en-



VISHWA VIDYAPEETH SCHOOL

hances positive attributes of an individual, which help to build a positive self-image. A career guidance programme was organised on Oct 9, 2021 for class IX & X students.

Principal Shanthi Seetharaman led the session and provided a peek into various vital career choices available in a particular stream. The session laid emphasis on making well-informed career goals, the possible passageways that would lead to the achievement of the desired career objectives.

The well-formulated session was engaging and all the children participated enthusiastically and actively. They were guided to log in to career portals which granted them an opportunity to envision a successful future.

ICC T20 WORLD CUP 2021

SCOTLAND LOOK TO
KEEP UP MOMENTUM

Spurred by victory over Bangladesh, team will look to build on win as they take on Papua New Guinea

Buoyed by their stunning victory over Bangladesh, Scotland will be keen to keep the winning momentum going when they take on Papua New Guinea in the T20 World Cup in Oman on Tuesday. Chris Greaves' magnificent all-round display, that saw him hit a 45 off 28 deliveries before snaring two crucial wickets, helped Scotland notch a six-run victory over Bangladesh in their opening clash, while debutants Papua New Guinea were handed a 10-wicket thrashing by co-hosts Oman in the tournament opener.

Scotland were in a spot of bother at 53 for six before Greaves led a brilliant lower-order fightback, stitching vital partnerships with Mark Wyatt (51 runs) and Josh Davey (27 runs) to help his side set a respectable target.

BATTING COLLAPSE
A CONCERN

The batting collapse up front will be a cause of concern for the Scots, four batters at the top failed to go beyond the five-run mark with captain Kyle Coetzer and Michael Leask scoring ducks. They would need to take more responsibility going ahead.

The bowlers did well to keep the pressure on the opposition from the beginning and wickets at regular intervals sealed a memorable victory for the Scots in the end.

However, despite ending on the winning side skipper Coetzer conceded that the side is capable of better performances. "We understand that we have to play extremely well to beat sides. We certainly didn't play to our full potential," Coetzer said. A win on Tuesday will put Scotland in strong position to head to the Super 12s stage.

On the other hand, Papua New Guinea, who were hoping to end their 12-match losing streak

FORMER CHAMPS LANKA
FACE NAMIBIA

Namibia is making their debut in the tournament, taking on 2014 winners Sri Lanka in Abu Dhabi. While Sri Lanka and Namibia may have contrasting histories in the tournament, both will traverse uncharted territory when walking onto the ground at the Sheikh Zayed Stadium. As Namibia end an 18-year wait to return to global tournament action, Sri Lanka enters the First Round stage of the 16-team tournament for the first time, and will face a new challenge of high-pressure preliminary action. To add intrigue to the match-up, the pair face off for the first time in T20I cricket.

NETHERLANDS, IRELAND EYE
WINNING START

Group A's fascinating balance offers plenty of qualification hope for Ireland and the Netherlands as they prepare for their opening ICC Men's T20 World Cup fixture in Abu Dhabi. Both teams are talking a good game, and their aspirations of making it into the second stage of the tournament are highly achievable, with each squad containing more than enough to trouble pool favourites Sri Lanka and fellow Group A hopefuls Namibia. The Dutch arrive without much by way of warm-up time for their strongest side. As for Ireland, the full potential of the squad that has travelled to the tournament is slightly uncertain. Many of the golden generation, who established the Irish as a white-ball force, particularly in 50-over cricket, have now moved on to retirement and coaching.

in white ball cricket, were completely outplayed in all departments. Going ahead, not only will they have to win against Scotland, they will also look to improve their net run rate which currently stands at -3.135.

The side will need to do some serious thinking ahead of the next game. Barring skipper Assad Vala, who hit a half century and Charles Amini's (37), the PNG batters struggled and were guilty of giving away their wickets in clusters.

It wasn't a great outing for the bowling unit either, the skipper used seven bowlers but none could trouble the opposition. They will have to regroup fast.

Looking ahead, Vala said "We just need to focus on ourselves and not worry about Scotland and Bangladesh at the moment, because it was down to us that we didn't do well today because we didn't execute our plans."

Scotland captain Kyle Coetzer has said that the six-run upset win over Bangladesh came about because of a "lot of planning behind the scenes", given that the side had barely played any competitive games coming in and the pandemic leaving their preparations in a disarray.

BANGLA MUST WIN NEXT

Bangladesh, meanwhile, take on Oman in desperate need of a win, and for skipper Mahmudullah, it was their batting that faltered in this encounter, with Mushfiqur Rahim's dismissal for 38 proving the crucial moment in the match. Handed a rude shock in their opener, Bangladesh will have to sort some self-confessed batting problems and play as per their reputation. They came into the tournament as the sixth-ranked team, which had beaten New Zealand and Australia at home. AGENCIES



Kyle Coetzer

JUVE continue to climb

With four wins on the go, the team moves into seventh spot while Roma remain on fourth

Juventus continued their climb following a disastrous start as Moise Kean's first-half goal clinched a 1-0 win over Jose Mourinho's Roma. Wojciech Szczesny saved a penalty from Roma midfielder Jordan Veretout just before half-time as Juventus made it four wins on the bounce, moving up to seventh. "I like 1-0, as it's a good result, especially as we kept another clean sheet,"

Juve coach Massimiliano Allegri said. "Roma are a technically good team, they have a lot of quality and caused us problems early on, then we scored a good goal and improved as time wore on." Roma remain fourth but have lost three of their past five outings.

Atalanta have easy win

Atalanta were easy 4-1 winners against Empoli as they warmed

up to take on Manchester United at Old Trafford in the Champions League on Wednesday. Veteran Slovenian forward Josip Ilicic, recalled after suffering from a combination of a knee injury and depression, scored the opener, his first goal of the season. Ilicic, 33, got his second with a rasping shot on 26 minutes but Federico Di Francesco pulled a goal back for the home side. Four minutes into the second half, Atalanta took a 3-1 lead when 19-year-old Empoli defender Mattia Viti scored an own goal before the visitors wrapped up the win when Colombian forward Duvan Zapata got his 100th Serie A goal. AGENCIES



Moise Kean

ANSU inspires BARCA to victory

Valencia falter as Barcelona navigate a storm for a winning start to the big week ahead

Ansu Fati came to the rescue again by scoring a sensational goal and earning a penalty in a 3-1 victory over Valencia as Barcelona got a big week off to a winning start. Memphis Depay slammed in the spot-kick and Philippe Coutinho, who came on for Fati, added a late third. Ansu went off with Valencia still chasing an equaliser, an indication of how important he is for Wednesday's Champions League game against Dynamo Kiev. Barca sit bottom of the group, so a victory over Kiev is all-but essential.

Barca fall behind

For the third time in six

games, Barca were behind inside the first five minutes.

Ansu was Barcelona's brightest spark. In the 13th minute, he was clinical, squaring up two Valencia defenders before playing inside to Depay and bursting between both of them. He took the ball back, looked up and whipped the ball from the left of the area and inside the far right-hand post.

Gaya did well to prevent Sergino Dest tapping in at the back post but next Gaya hooked

his left foot around Ansu's left leg and while he touched the ball, the decision stood. Depay rifled in from the spot.

Ansu was replaced by Philippe Coutinho and Valencia pushed, as Soler's pull-back needed a crucial intervention by Gerard Pique. But Barcelona navigated the storm and as Valencia fizzled, they struck a third, Coutinho converting from close range, before Aguero made his long-anticipated debut. AFP



Ansu Fati

PERFECT NAPOLI RECLAIM TOP SPOT

Napoli returned to the top of Serie A after Nigerian international Victor Osimhen scored the only goal in a hard-fought 1-0 win against Torino. AC Milan had moved to the top of the table after beating Hellas Verona 3-2. But Napoli moved back to the summit after Osimhen, who scored

for his country in a 2-0 win against the Central African Republic in World Cup qualifying last week, headed the 81st-minute winner. "It was the most important goal of my career. I'm so pleased. The atmosphere at the stadium was incredible," said the 22-year-old Nigeria striker.



Moise Kean



Ansu Fati

QUIZ TIME!

Q1: For which of the following sports is the term Ring not used for ground/ space?

- Boxing
- Gymnastics
- Ice Hockey
- Baseball

Q2: How many medals has the India men's hockey team won at the Commonwealth Games till date?

- 8
- 6
- 2
- 5

Q3: Which of the following teams have failed to win even a single ODI?

- East Africa
- Namibia
- USA
- All of the above

Q4: Which team bagged the Fair Play Award in the 2021 IPL?

- Rajasthan Royals
- Chennai Super Kings
- Sunrisers Hyderabad
- Punjab Kings

Q5: Cricketer Harshal Patel won the Purple Cap and

Gamechanger of the Season award in IPL 2021. Which other award did he win?



Harshal Patel

- Orange cap
- Most Valuable Player
- Man of the match
- None of the above

Q6: Which Indian player became the highest ranked badminton player in the world in April 2018?

- Ajay Jayaram
- H S Prannoy
- Srikanth Kidambi
- Sourabh Verma

Q7: Under which captain did the Indian women's hockey team win 3 consecutive gold medals in 3 years in different events?

- Rani Rampal
- Suraj Lata Devi
- Varsha Soni
- Madhu Yadav

Q8: Who are the current world No. 1 mixed doubles pair in BWF World Rankings?

- Chen Qingchen and Jia Yifan
- Mayu Matsumoto and Wakana Nagahara
- Lee So-hee and Shin Seung-chan
- Yuki Fukushima and Sayaka Hirota

ANSWERS: 1. d. Baseball 2. c. 2
3. d. All of the above 4. a. Rajasthan Royals
5. b. Most Valuable Player
6. c. Srikanth Kidambi
7. b. Suraj Lata Devi
8. d. Yuki Fukushima and Sayaka Hirota