



In these insanely unpredictable times, the world has come to realisation that a lot of things are beyond our control at the moment.

However, even when tragedy strikes, growth is possible. Whether the struggles we face are traumas or everyday setbacks, being resilient will help us gain greater control over our own path and cultivate positive change. However, we have the ability to decide how we're going to interpret the adversities that we face. Embracing optimism is one of the first steps to achieving mental peace during these tough times.

To maintain mental prosperity, we must not let the negative aspects of a situation set us back, but instead focus on the positives, and use them as a guiding light, to combat the adversity, to overcome it and restore harmony.

SHIVALI SHARMA, School Head, Ryan International School, Sector-40, Gurugram

Eat healthy, stay active, follow a workable routine, maintain regular sleep/wake cycle, sleep for about 7-8 hours a day, stay connected with friends and family, seek help when needed, practice mindfulness and gratitude on a regular basis to keep you positive, physically and mentally fit during these unprecedented times.



SRIVIDYA SRIDHAR, Principal, DPSGPV, Gurgaon

Diwali; the festival of love and lights



Polishing ourselves as a better human, lighting up the light of compassion within, being mindful of our thoughts, words and deeds, reflecting upon exercising humanity and becoming a better version of ourselves each moment, each day, will surely shine our true-self and, ensure mental peace and prosperity!

DEEPA SHUKLA, In-Charge (RIDE), Delhi Public School Ghaziabad Vasundhara



During this pandemic we lose ourselves in a labyrinth of little streets of life, ignoring propinquity of euphoria. Mental prosperity is foremost and can be managed with healthy diet, exercise, sound sleep, good friends, meditation, kindness act and last but not least spending time with

our Mother Nature.
ESHA DOGRA, TGT English, Shanti Gyan Vidyapeeth School

The light of their life is hope nothing else, when they see in stable water they see themselves they see in their eyes the hope of truth, they have nothing to lose they just move on.

ROHIT SINGH, class VIII, Sri Ram Global school, Gr Noida West

Darkness cannot take me because I have you. The light of my life, my friends. The best things in life are not things they're people.

SREYA SUMESH, class VIII, Mater Dei School, Tilak Lane

Together we can, together we did and kept away the deadly pandemic. The bond of love, unity and pledge to help others, made my life worthy and dynamic.

KANAK KUREEL, class IX, Shri Ram Global School, Greater Noida West, Uttar Pradesh

In today's era, where Coronavirus has choked the world with darkness, it's technology which added colour to life. Thus it's the light of my life.

ERA JAIN, class VIII, Convent of Jesus and Mary, New Delhi

Oh! loving mother, you are the person who makes me bright. You are my light, you are the precious thing that anyone cannot find. You make me bright, you are my light.

SHAGUN MIGLANI, class VI, S L SURI DAV Public School Janakpuri

Pandemic was such a hard time, We all needed a bell with pleasant chime, I was also very isolated at that time, But, my parents were gave me the light of hope at that time.

SOHAM ASHUTOSH, class III, Manav Rachna International School, Sector 46, Gurugram.



Ways to destress yourself during the pandemic: Smile-even behind your mask. Say hello, reach out to others. Take breaks. Exercise. Have a cup of tea/coffee. Cook/eat healthy and nutri-

tious. Get proper sleep. Surround yourself with positive people. Practice gratitude. Find inspiration.

SHUCHITA BHUTANI, PGT, Saraswati Bal Mandir, Rajouri Garden



The hard times can actually refine and deepen gratefulness in us. Just breathe and be thankful that the Almighty has already blessed you with your choicest blessings. Just clean the slate every day before stepping out and let your paint-brush colour your life.

PALLAVI GULATI, PGT English, DAV Public School, Faridabad

Student Corner



BHAVYA, class IV-A, Rainbow Kids Valley School

Reunited and it feels good!

The fears kept me awake at night, hearing new cases every day. Putting us in a state of total confusion, don't know what'll happen next, I thought in those moments of chaos, there has to be a way. This whole new situation was something I thoroughly perplexed.

Were now imprisoned on phone screen my favourite people, I was sinking in sadness, sought to apprehend, Though closed behind the doors, I became gleeful, This change befell because I had them.

A year before covid, we rarely relaxed and sang a song. Hustling all the way got accustomed to dine alone. One day we cooked and danced all night long, My family was together, just like I had always known.

My life illuminated again, thinking what game shall we play. Pass that blue crayon, give mommy the grey, Maybe this virus that caused so much stress can show the world that more can mean less

VAISHNAVI PANWAR, class XI, DPSG International, Dasna



GARGI SINGH, class XII, Delhi Public School Ghaziabad

An eco-friendly Diwali

Here comes Diwali, the festival of lights, let's celebrate it together and forget all our fights. Everyone is full of ethno and ready to go. But wait, there is something we should know. Are you surprised with a sudden increase in air pollution? But knowingly unknowingly we made a contribution. Burning fire crackers and use of plastic for decoration, has led to increase in noise, air and plastic pollution. The solution is there we just need to think for a while. Share sweets and clothes with the needy and be the reason for someone's smile.

You can use earthen and wheat diyas to light up your house. There are many eco-friendly ways to celebrate Diwali if you choose. Instead of plastic use recyclable material for rangoli and decoration. Let's dedicate it to nature and do some innovation. Visit your friends and family to double your fun. Gifting a plant is always a good option. So, Diwali is a festival of happiness and joy. But, remember not to play with nature like a toy

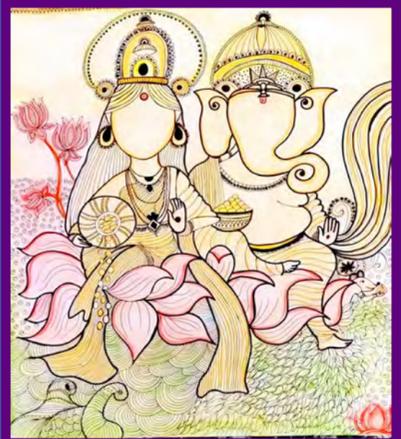
SATVIK SHARMA, class V, Seth Anandram Jaipuria School, Ghaziabad



PRAGNYA, class IV, Ryan International School, Gurugram



SAISHA, class VII, St Thomas School, Mandir Marg



OJASVI, class VIII, Shanti Gyan Vidyapeeth School

Light of my life

In these dark and dismal times, where every second we hear gloomy chimes, It is prime to keep the soul bright, for the end is still not in sight, wearing a mask may feel like a burden but think about a soldier's hurdles They stay alert day and night, At such extreme conditions and height, carrying the weight of nations prayers, only to protect the nation, the people living giving their entire life, They are also ordinary humans Living life not for them-

selves but for the nation. To talk to our loved ones we still have phones, we can call them whenever we like. But, what about the protectors of our country-the soldiers? A personnel's life is quite inspiring, like a scintilla in these dark times, everybody must perform their duty to the nation, for now, we have got a chance, Keeping the virus at bay.

BHAVYA MAHESHWARI, class X, SL Suri DAV Public School Janakpuri

Green Diwali

This Diwali will be eco friendly, without any cracker. This is the only solution to remove pollution. Decorate your houses with LED lights and make your Diwali bright. Visit your neighbours, relatives and friends' house, don't burn those crackers which makes pollution high, and stop the climate change for your life.

AADYA SINGH, class V, Seth Anandram Jaipuria School, Ghaziabad



HAPPY DIWALI!

AKSHAT RAHAMAN, class IX, APS Dhaulakuan



S GAGANPREET SINGH, class III, Ryan International School, Gurugram

ICC T20 WORLD CUP 2021

ENGLAND EYE SEMIFINAL SPOT

Sri Lanka look for survival as the struggling team fight to stay in the competition

A rampaging England are expected to brush aside a struggling Sri Lanka and seal a spot in the semifinals when the two teams meet in a Group 1 match of the T20 World Cup, in Sharjah on Monday. Pre-tournament favourites England have played as per the expectations in their first three games, steamrolling their opponents, including arch-rivals Australia on Saturday night. The Eoin Morgan-led side, which is heavily driven by data and match-ups, seem to have all bases covered and back up plans in place even though they had not needed one yet.

ENGLAND SEEM UNSTOPPABLE

England have sent out a loud statement to all the other teams with an eight-wicket rout of Australia, who too were looking a strong unit until their frailties were exposed. Jos Buttler was simply unstoppable against Australia and that is another big positive for England going into the knock-out phase. Their big margin of victory in all three games has meant that their middle-order has not been tested but Morgan is confident they will deliver when the times comes. He opened the bowling with Adil Rashid on Saturday and not Moeen Ali, considering Aaron Finch's struggles against the leggie. Moeen did not need to bowl at all.

Pacer Chris Woakes was brilliant with the new ball and Chris Jordan too came to the party with triple strikes. Death overs specialist Tymal Mills was a tad expensive against Australia but he has been able to pick wickets throughout the tournament. Part time spinner Liam Livingstone too has done a good job for the team, providing Morgan another valuable bowling resource.

LANKA LACK EXPERIENCE

Sri Lanka will have to produce something special to halt England's juggernaut at Sharjah.

Considering their inexperience, Sri Lanka have not played too badly and the final over finish against South Africa could have gone either way. Unfortunately for them, it was their second loss in three games and they must win against England to keep themselves in the competition.

Charith Asalanka has been in sublime form and from Sri Lanka's point of view, it was good to see opener Pathum Nissanka belting the South African attack. If the batters do better, the bowlers showed on Saturday afternoon that they are capable of defending decent totals. The bowlers did well to keep Sri Lanka in the game for the major part of the innings until they were undone by David

Miller's six-hitting prowess in the 20th over.

Barring the Bangladesh-Sri Lanka game, the pitch here has not been great for batting and batter Bhanuka Rajapakse expects the trend to continue. "Yeah, we knew when we came to Sharjah, we knew that from the past few games Sharjah was not that great to bat except for the game that we played against Bangladesh that was a very true wicket. "Hats off to Pathum Nissanka for holding on the inning as batting was not up to standard, but the wicket wasn't helping the batsmen, as well," he said referring to Nissanka's 72 against the Proteas. **PH**

BUTTLER AMONG BEST: MORGAN

England wicketkeeper-batter Jos Buttler isn't just propelling England through the ICC Men's T20 World Cup, he's changing the way the game is played, according to captain Eoin Morgan.

Buttler played an unbeaten knock of 71 when his side beat Australia by eight wickets. Morgan marvelled over Buttler, who hit five fours and five sixes in the 32-ball masterclass, and highlighted the impact he's having on the entire sport. "I think he's certainly one of our players -- there are a few of them that are at the forefront of change in the game. He's one of the best players in the game but yet he's still trying to improve his game and get better against every single bowler that he faces," said Morgan in an official ICC release.

"It's not just targeting bowlers that might suit him, it's every bowler. When you've got guys that are at the forefront of change within the game and like positive change, taking-the-game-forward type stuff, it says a lot about the guy," he added.



Jos Buttler

Photo: GETTY IMAGES

RONALDO maintains scoring spree

Solskjaer's tactical tweaks pay off as Man United return to winning ways

Cristiano Ronaldo, Marcus Rashford and Edinson Cavani all got on the scoring sheet as Manchester United defeat Tottenham Hotspur in the Premier League.

Ronaldo opened the scoring for United as he registered the goal in the 39th minute of the game. At halftime, the Red Devils had a 1-0 lead. In the second half, Cavani and Rashford registered goals in the 64th and 86th minutes of the game respectively and United gained a 3-0 lead.

United looked calm and assured at the back and goalkeeper David de Gea did not have a single save to make as they recorded the second clean sheet of the season.

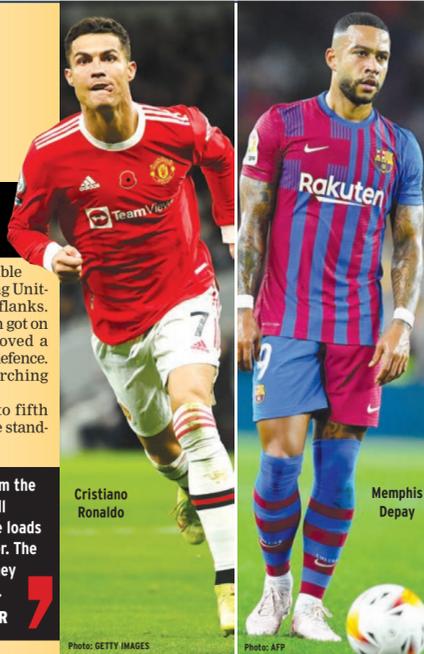
Young guns sacrificed

Ole Gunnar Solskjaer, whose job was on the line lives to fight another day after his decisions paid off handsomely in a 3-0 win. The pressure on the Norwegian was intense after last week's 5-0 horror show against Liverpool. Solskjaer chose to pair Cristiano Ronaldo and Edinson Cavani up front selecting a strike force with a combined age of 70. It was the first time they had started together. Old Solskjaer said it was the oldest team he had picked for United, adding he had decided it was time to bank on experience. Young guns Marcus Rashford and Mason Greenwood were sacrificed to make

way for the veteran double act, potentially depriving United of thrust down the flanks. Ronaldo and Cavani both got on the scoresheet and proved a headache for the Spurs defence. Spurs were left searching for answers.

United now move to fifth place in Premier League standings. **AGENCIES**

← The old men led from the front. They play well together. They have loads of respect for each other. The work-rate and quality they put in is second to none. **OLE GUNNAR SOLSKJAER**



Cristiano Ronaldo

Memphis Depay

Photo: GETTY IMAGES

Photo: AFP

BARCA held by ALAVES

First game after Koeman's dismissal ends in disappointment

Barcelona dropped more points in La Liga after failing to beat Alaves as their first game since the sacking of Ronald Koeman ended in a disappointing 1-1 draw at Camp Nou.

A superb second-half strike from Memphis Depay was quickly cancelled out by an equally impressive run and finish from Alaves' Luis Rioja. The first half an hour was slightly more purposeful from Barcelona, but they still struggled for chances and the defence was beaten too easily for Rioja's equaliser.

For all the talk about style and possession, Depay's opener was a thunderbolt out of the blue. Jordi Alba played inside and Depay opened up his body before curling the ball into the top right-hand corner. But Barca's lead lasted less than three minutes as Alaves equalised

with a superb goal, Rioja dancing past three Barca defenders, latching onto a sublime flick from Joselu, before rounding Marc-Andre ter Stegen and finishing. Depay was slipped through by Gavi and Nico Gonzalez but hit the post and then Antonio Sivera as Alaves held on for a hard-fought point.

Sergio Aguero had to be taken to hospital for tests after suffering breathing problems during the first half of the game. Aguero was able to walk off the pitch, and Barca's interim manager Sergi Barjuan said afterwards: "I was

told he went to hospital. I don't know anything else."

Gerard Pique was also taken off with a calf strain and, along with Aguero, will now be a doubt for Tuesday's crunch Champions League game.

The removal of Koeman, and even the prospect of Xavi Hernandez, produced no obvious uplift. "What I have to do is win over the players, make them believe in themselves," said Barjuan. After three league games without a win, Barcelona stay ninth, eight points adrift of leaders Real Madrid. **AFP**

VINICIUS SHINES FOR REAL MADRID

Vinicius' sensational start to the season continued as he scored twice in Madrid's victory over Elche to ensure the rested Karim Benzema was not missed. Vinicius had already given Madrid the lead when Elche's Guti was sent off in the 63rd minute and he added a

second soon after with a superb chipped finish into the corner. It was his eighth and ninth goals of the season. The 21-year-old Brazilian has long been circled as one of Madrid's most exciting talents but he has found a different level under Ancelotti.

QUIZ TIME!

Q1: Which Indian bowler took the first hat-trick in an IPL match?

- Irfan Pathan
- Anil Kumble
- L Balaji
- None of the above

Q2: Who holds the current record for most dismissals (wicket-keeper) in all the Cricket World Cup tournaments?

- Kumar Sangakkara
- Ricky Ponting
- MS Dhoni
- Mitchell Starc

Q3: Which is the only national FIFA Football World Cup editions without any absence or need for playoffs?

- Germany
- Italy
- Brazil
- Argentina

Q4: Which of the following is the oldest Grand Slam tournament for tennis?

- US Open
- Australian Open
- French Open
- Wimbledon

Q5: Egyptian forward Mohammad Salah has scored in nine straight games in all competitions, the first player to do so in the club's 129-year history.



Mohamed Salah

Photo: GETTY IMAGES

Which club did he score for?

- Liverpool
- Chelsea
- Manchester United
- Arsenal

Q6: Who is the current World Champion of Chess?

- Magnus Carlsen
- Paul Morphy
- Howard Staunton
- Pierre Charles

Q7: Who among the following cricketers was the first to score a century for the Indian Test cricket team in his debut Test match?

- Sunil Gavaskar
- Kapil Dev
- Lala Amarnath
- Nawab Pataudi

Q8: Which of the following is also known as "Rink hockey"?

- Roller Hockey
- Field Hockey
- Ice Hockey
- Sledge Hockey

ANSWERS: 1. c. L Balaji
2. a. Kumar Sangakkara 3. c. Brazil
4. d. Wimbledon 5. a. Liverpool
6. a. Magnus Carlsen 7. c. Lala Amarnath
8. a. Roller Hockey