

## Ensuring teachers' mental and physical wellbeing

**S**t Angel's School, Rohini acknowledges that teachers are first and foremost educators. They are responsible for equipping students with the knowledge, skills and ways of thinking and working needed for their future lives so they can go on to be leaders, run their own businesses, care for others or make important discoveries. They inspire students to achieve great things.

Along with this the school also realises that teaching can be a stressful undertaking and keeping this in mind the school weekly organises different sessions or workshops to keep the teachers mentally and physically fit. With the same thought, the school frequently organises yoga sessions



for its educators. As practicing yoga increases mental and physical energy, a boost in alertness and enthusiasm, and fewer negative feelings.

To tutors yoga gives an outlet for the daily stresses and frustrations of teaching. It also equips them with strategies to stay calm during chaotic moments and helps them understand and reflect on both their mindset and that of their students.

The school also conducts workshops like expressive art therapy, which is a specialised therapy that helps one to get familiar with their own feelings, thoughts and ideas. Activities conducted in the workshops are important as they help us feel connected with our thoughts and emotions. Other workshops were on 'Early childhood and education', 'Hand writing analysis', 'Adolescent and life skills' which aid educators in the holistic development of a learner.

Sessions like these play a pivotal role especially in current times as the school strongly believe in happy teachers create happy classrooms.

## Gratitude: A sublime and magical word

**M**agic happens... Yes, it does. You evolve like a phoenix with wonderment and exasperation. Your strength is renewed and rejuvenated with the feeling and utterance of the magical words, "Thank you" which the whole universe responds to.

Be grateful for being able to live another day which some of the unfortunate ones may not have been blessed with. Pay reverence to the might of the sun that nourishes you with its warmth and sunshine; and what you experience is the serenity and blissfulness of the morning light that blinks through the windows of your house. Blessed, one should feel when you awake to the sound of birds chirping and cawing of crows signaling you to start your day with a new life since we take birth each day with new resolutions and conviction to perform better than the day passed by.

Count the wonders the Almighty has blessed you with. The breath you take in and the heart that beats infuses life in you. Feel the lightness and solace nature provides when you are on a stroll or doing yogic kriya.

Making him a part of your each activity establishes a strong connection between you and the divine. And, thanking him for all the accomplishments would provide you with more such moments to be grateful for. Simple and regular activity of walking for hours and hours would not give you fatigue if you just pay your reverence to the Almighty for braving you to accomplish your desire. He pays heed to your words and reverts in his own way. Hence, let each breath of yours say "Thank you" to the Almighty.

VINITA NAYYAR, English teacher, Maharaja Agrasen Model School, CD Block, Pitampura, Delhi

## Stationary donation drive at DAV

**S**ohard: The Interact Club of M L K Hanna DAV Public School, Dwarka organised the service project of donating books and unused stationery to the underprivileged children of society with an objective to provide them access to better educational resources. Under this 'Stationery donation drive', a large number of unused stationeries like erasers, sharpeners, pencils, pens, scales and notebooks were contributed by the parents of students of school.



The interactors counted the items collected, carefully sorted and packed them in cartons. The packed items were then donated to the children at Don Bosco Orphanage for Boys and Girls at Palam, New Delhi. The meeting established a bond between the interactors and the children at the orphanage. The interac-

tors talked to them and discussed about their likes, dislikes and hobbies.

It was endearing to note that many of the orphaned children were highly talented and showcased their creativity and talent by presenting song and dance performances. They stunned everyone with their energy and agility. Bringing smiles on the faces of these less fortunate children by engaging with them in entertaining activities and providing them books and stationery was a memorable and rewarding experience for interactors.

## Ahlicon swimmers shine in Egypt



**A**hlicon International School, Mayur Vihar believes in providing plethora of wholesome experiences to the young ones. The myriads of activities contribute holistically towards their growth. Going on the same line, another major opportunity was provided to two of our students, Neerav Kumar (XI) and Aayushree Jayesh (VII) who represented team India in the XV Fin-Swimming World Cup Golden final competition held at Sharm El Sheikh

(Egypt) from November 3 to 9.

Total 16 countries participated in the event. There were 8 players in team India out of which 2 were from Ahlicon International School which were trained by Sameexa Pandey. Both the players performed wonderfully in the open water and pool events and made everyone proud.

Apart from the competition, students enjoyed the scenic beauty of Egyptian pyramids and did different adventurous activities like snorkelling, water sailing etc.

## National Energy Conservation Day

**A**SN Senior Secondary School, Mayur Vihar observed National Energy Conservation Day by conducting plethora of online activities to sensitise the children about the importance of conservation of energy. A special e-assembly was conducted by the middle wing students where they showed their concern about saving energy through their thought provoking performances.

The day commenced with 'Saraswati Vandana' followed by some very motivating quotes and a poem.

Children showcased their acting skills through a thought provoking



skit. They also presented Dr Electronx who gave insightful facts on conservation of energy. The came to an end with a scintillating dance performance. School principal, Swarnima Luthra appreciated the efforts of the students and urged everyone to be conscious and conserve energy to preserve our future.

## student Corner

### A typical day in school

*As the bell started ringing at eight with happiness,  
It was time for our souls to start learning,  
And leave behind our weariness*

*Our teacher made us endure a punishment,  
And strained us with her teaching to contentment,  
'What a waste of time', we thought,  
For, no happiness it brought*

*She dumped her heap of knowledge in vain,  
Trying her best to light within us a flame,*

*Our notebooks were like insults for her,  
That tend to consume all strength in her*

*To her, we were like a pack of unruly hounds,  
That beat around in leaps and bounds,  
To teach us was a waste of her time,  
While we waited for the bell to chime*

NANDINI SRIVASTAVA,  
class VIII-H, Seth Anandram Jaipuria School, Vasundhara, Ghaziabad

## Prioritising mental health

**M**ental health includes subjective well-being, perceived self-efficacy, competence and self-actualisation of one's intellectual and emotional potential. In these exigent times, mental health of human being is suffering the most.

Around 1 in 7 people globally have mental health disorders. Daily grindings, different situations, our relationships, even our physical health impact our mental health. At present, it's very habit-

ual to see people struggling due to depression, anxiety disorders, eating disorders, OCDs.

Moreover, mental health problems can lead to various other complications like experimenting with drugs or alcohol, or being hostile and aggressive. Question arises what can we do on personal level to take charge of our

mental health. Knowing yourself can certainly be the first step.

A swap of arena is great for mental well-being. Learn to do something creative and fun, maybe some new hobbies. Regular exercise, healthy eating, caring for other, accepting that you are unique and a relaxing talk will absolutely escalate your mental health.

ROSHNI OJHA, class XII J  
(B) DAV Public School, sec-14, Faridabad.



## Innovation is major force for change in future

**I**nnovative thinking is the fountain for new ideas and at Holy Child Public School, Faridabad fostering such a culture of creativity, innovation among our students is a necessity, not an option.

This message became more lucid when our student, Sanchit Kumar of class XI in science stream, 2021-2022 session, was awarded the prestigious Inspire Award, Manak, by the Ministry of Science and Technology, Government of India in a virtual ceremony held on Sept 4-8.

The student's idea 'Sensors on the seats of senior citizens in metro train' earned him a spot in top 60 and won him the



much sought after prize during the 8th National Level Exhibition and project completion.

The Inspire Awards - MANAK (Million Minds Augmenting National Aspirations and Knowledge), is one of the most reputed awards in the field of innovativeness in technology and is instituted by Department of Science and

In a letter addressed to the student, DST and NIF also thanked the school for encouraging and motivating students to participate. The ministry also rewarded Sanchit with a laptop for his scientific journey ahead. Congratulations to our champion and may this achievement be the stepping stone to your path of invention and innovation.



## GLORIOUS MYSORE

**I** recently travelled to Mysore along with my family by train and the journey itself was like an adventure. We reached our destination and immediately noticed a sculpture which announced, 'I Love Mysore'.

We had breakfast and made our way to the Mysore Zoo. I saw many wild animals, reptiles, birds, insects and even a variety of fish. As we were on foot, it was pretty tiring and we had lunch at a restaurant and relaxed.

The next day we visited the Mysore Palace. It was mag-

nificent and very clean. We booked the tickets to go inside and found the interiors just like a movie set of palaces. There was a big hall and a throne on which the king would sit and give orders. There were many cham-

bers, compartments and rooms. We went to one of the compartments where they kept preserved animal heads. These were all animals hunted by the kings. We went inside a massive chamber which had 1000-2000 year old things like cannons, weapons and armour stands. We also saw many horses, camels and elephants. My brother and I even rode on a camel there. This was my best trip so far.

GURUDATTA, class VII, Jain Heritage A Cambridge School, Kondapur, Hyderabad

## Instagram influencers must be regulated

**N**o matter how popular they are, influencers should be held accountable for their actions. If they engage in inappropriate behaviour, appropriate action should be taken against them. Influencers should never promote something that they don't believe in, neither should they lie about

a product. Influencers should use their platform to do exactly what their job title says, or else they deserve to be reported. They have a great impact on the young generation and next generation. So, I strongly believe that government should impose some regulations on these influencers.

DEEKSHA PARVATHANENI, class VI, Gitanjali Primary School, Begumpet, Hyderabad



**O**nline platforms like Instagram keep people entertained and also help them relate to others - letting them know that they are not alone and many people feel the same way. The influencers they connect with share information about a specific development or product. They let the audience know about some very good products that are not so popular otherwise. Even though it is possible that the information sometimes may be incorrect or misleading, it is up to the users to rightly judge and make good use of it. Instagram influencers should not be regulated as doing so can hinder the growth of some aspiring creators and prevent us from reaching out to some genuine good products and information.

SIDDHANT RAJU, class VIII, BVM Global School, Bengaluru



DEBATE



# 4 SA PLAYERS TO LOOK OUT FOR

## India begin Test series in South Africa with the Rainbow Nation leading in head-to-head stats



Dean Elgar

**S**outh Africa are going to play their first Test series in over six months when they host India in a three-match series starting with the Boxing Day Test at SuperSport Park in Centurion. A successful away series in June this year, a 2-0 victory against West Indies, was their last Test assignment. Captain Dean Elgar will be leading a South African Test side for the first time at home.

South Africa lead the overall head-to-head stats against India in Tests: 15-14 in 39 matches with 10 drawn games. Whereas their record at home against India is overwhelmingly in their favour, as they lead 10-3 in 20 Tests with 7 drawn matches. Visitors India would be hoping they don't find themselves in a tough spot again, especially in the pace-friendly conditions of the Rainbow Nation, and also with the kind of pace attack the hosts possess. Individual player battles will also be very interesting to watch in this series.

**A look at four South African players who can make a big impact in the upcoming three-match Test series against India**

### DEAN ELGAR (CAPTAIN)

Skipper Dean Elgar is the senior most member of the current South African side and a lot will depend on his form with the bat in the series against the visiting Indian team. A classic Test cricket batter, Elgar has accumulated 4347 runs for the hosts in 69 matches, scoring those runs at a 39.51 average. He has scored 13 hundreds and 17 fifties in 120 innings so far, with 199 against Bangladesh as his highest score in the format. The opening batsman had scored a big hundred against India when South Africa last visited India two years ago in October 2019, a 160 at Visakhapatnam. But overall Elgar has an average record against India in Tests, scoring 576 runs at a 33.88 average in 19 innings which includes one hundred and two fifties. Those

numbers get a little better while playing at home. He has 207 runs in 6 innings at 41.40 average against India in South Africa. And his last Test innings at home against India was an unbeaten 86 in Johannesburg in January 2018. Elgar has been in good form this year so far, scoring 364 runs at a 45.50 average in five Tests which included one hundred and two fifties. The Proteas skipper will be looking to continue his good run, especially at home, against India in the upcoming series.

### QUINTON DE KOCK

He is known for scoring runs at a quick pace, even in Test cricket, as his 71.14 career strike rate proves. The wicketkeeper-batter has a big role to play in the South African middle order, especially with the void left by Faf



du Plessis and AB de Villiers in the last few years. de Kock along with Temba Bavuma and Rassie van der Dussen will be key players for the Proteas. De Kock has so far scored

3245 runs in 89 Test innings at an average of 39.09, which included 6 hundreds and 22 fifties. But his record against India is quite below par to say the least, 227 runs in 12 innings at 18.91 average with just one hundred - 111 in Visakhapatnam in October 2019. And surprisingly, his record against India at home in South Africa is even worse - 71 runs in six innings at 11.83 with a highest score of 43 in Cape Town. De Kock will be looking to course correct this time around, especially being in a good form coming into the series. In the last series against the West Indies in June this year, he registered his career best score of 141 not out. And followed that up with a 96 in the next match. This year, de Kock has scored 293 runs in 5 Tests at a healthy 41.85 average, including one hundred and one fifty.

### DUANNE OLIVIER

Pacer Duanne Olivier will be making a Test comeback for South Africa after almost three years of Kolpak-enforced absence. Olivier was exceptional in his short stint with the Proteas



Test team, taking 48 wickets in 10 Tests at an average of 19.25 and a strike rate of 30. This also included three five-wicket hauls. Olivier is the second Kolpak-returnee to be selected for the national squad after Wayne Parnell. With conditions expected to favour the quick bowlers, he can be a surprise element in the South African pace attack as India batters have not faced him yet. Olivier is coming into the India series with very good domestic form under his belt. He leads the first-class wickets chart this season with 28 strikes at a 11.14 average when the South Africa squad was announced. The pacer is widely known for his wicket-taking abilities in South African conditions. His records for the Proteas at home is exceptional - 41 wickets in 8 Tests at a 17.82 average. AGENCIES

### KAGISO RABADA

Fast bowler Kagiso Rabada is the spearhead of the South African pace attack and quite a dependable performer for them since making his Test debut against India in Mohali in November 2015. Rabada has a terrific record so far for the Proteas, taking 213 wickets in 47 Tests. He has an excellent career bowling average of 22.75 and a strike rate of 41.2 with 10 five-wicket hauls. Against India though, his record plummets a little bit. He has taken 24 wickets in 9 Tests at 29.16 average vs India. And his strike rate of 60.8 against India is his worst among his numbers against all Test playing nations. But when it comes to Tests against India in South Africa, the record takes a u-turn for the better. Rabada has scalped 15 wickets in 3 Tests at 20.27 average and a strike rate of 41.7. Rabada is also coming into the series with form on his side this year. He has 16 wickets at a 20.18 average from 4 Tests in 2021. In the pace friendly conditions in South Africa, Rabada is expected to be quite a weapon for the hosts against the visiting Indian team.



Goncalo Guedes

## VALENCIA ROARS BACK TO BEAT LEVANTE IN SPANISH LEAGUE

Comeback victory puts team in seventh place in standings

**G**oncalo Guedes and Carlos Soler both scored twice to lead Valencia to a 4-3 comeback victory over La Liga's bottom club Levante in the Valencian derby. Levante had jumped out to an early 2-0 lead through goals from Jose Campana and Roger in the 21st and 24th minutes to give the team hope of securing its first win of the season before Valencia came roaring back.

Guedes cut the deficit in half with a goal in the 44th and Soler pulled Valencia even early in the second half when he converted a penalty five minutes after the restart. Soler's second in the 72nd completed the fightback and Guedes put the game out of reach with his second in the 85th.

Anis Bardhi pulled one back in the first minute of injury time but it was not enough as Levante slumped to its tenth defeat of the season.

Levante remains last in the standings with eight points from 18 games and seven points from safety. Valencia moved up to seventh with 28 points, just one back of Atletico Madrid and Real Sociedad in fifth and sixth, respectively. AGENCIES

### PL TO CONTINUE WITH CURRENT FIXTURES

It was confirmed at a Premier League club meeting on Monday that the top-flight English league will continue with the current fixture schedule despite a number of clubs experiencing COVID-19 outbreaks and challenges. A range of issues were discussed at the meeting, including the adaption of the Premier League COVID-19 postponement process in response to the impact of the

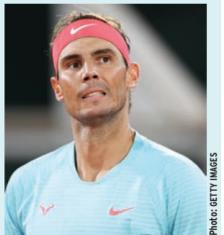
Omicron variant. The League also confirmed to its clubs that 92 percent of players and club staff have received one, two or three COVID-19 vaccination doses, with 84 per cent of players on the vaccination journey. Players who have had one or two doses are required to wait for the appropriate time period before receiving either their second or booster vaccinations. "The health and well-being of all con-

cerned remains our priority and the League will continue to monitor and reflect public health guidance, always proceeding with caution," PL in a statement said. "The League continues to work with clubs to encourage vaccination among players and club staff, as well as promoting the Government's public-health vaccination messaging to clubs and the wider public," PL in the statement added.

## NADAL TESTS POSITIVE FOR COVID

**S**panish tennis star Rafael Nadal said he has tested positive for Covid-19, putting in doubt his participation in the Australian Open next month where he was expected to make his comeback to major competition after months of injury.

The Spanish former world number one said he took a test when he returned to Spain from Abu Dhabi where he took part in an exhibition tournament last week, his first since August due to a foot injury. "I am going through some unpleasant moments but I trust that I will improve little by little. I am now confined at home and have informed the people who had been in contact with me," he wrote on Twitter. "As a consequence of the situation, I have to have total flexibility with my calendar and I will analyse my options depending on my evolution," he added.



The 35-year-old had been due to fly to Melbourne later this month to compete in an ATP event ahead of the Australian Open, which begins at Melbourne Park on January 17. The 20-time major champion has struggled with a foot injury for the past six months, forcing him to miss Wimbledon and the US Open. Nadal had said Abu Dhabi championship was a chance to test his foot and work towards the trip Down Under. AGENCIES

## QUIZ TIME!

**Q1:** What is the name of the biennial cricket series contested between England and Australia?

- The Ashes
- ODI Series
- Wisden Trophy
- Frank Worrell Trophy

**Q2:** Ant rubber, Pitcher and Home run are the terms associated with the game of \_\_\_\_\_

- Squash
- baseball
- Basket
- Polo

**Q3:** The US Masters is held every year at which golf course within the state of Georgia?

- Augusta
- France
- Spain
- Italy

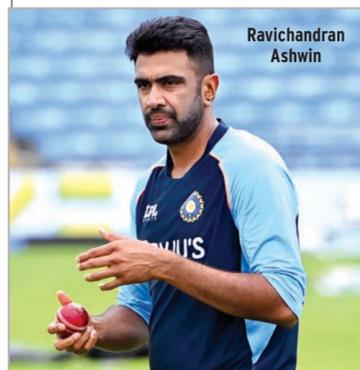
**Q4:** Who won the title of French Open Men's Single Tennis Championship in the year 2002?

- Juan Carlos Ferrero
- Albert Costa
- Pete Sampras
- Andra Agassi

**Q5:** Ravichandran Ashwin became the fastest Indian

bowler, claiming 300 Test wicket on Indian soil in 49 matches. Whose record did he break in doing so?

- Ishant Sharma
- Anil Kumble
- Harbhajan Singh
- Kapil Dev



Ravichandran Ashwin

**Q6:** Which British driver won the 2001 World Rally Championship in 2001 despite winning just one of the season's 14 rallies?

- Pat Moss
- Richard Alexander Burns
- Harry Hunt
- Betty Haig

**Q7:** Who has become the first Indian fencer to qualify for the Tokyo Olympic Games?

- Kavitha Devi
- Bhavani Devi
- Daina Devi
- Kaushik Vedika

**Q8:** Who was named World Series MVP for the 1992

Toronto Blue Jays?

- Pat Borders
- Sammy Sosa
- Babe Ruth
- Ted Williams

**Q9:** Who won the silver medal in men's basketball in Seoul Olympics 1988?

- USA
- China
- Japan
- Yugoslavia

**ANSWERS:** 1. a. The Ashes 2. b. Baseball 3. a. Augusta 4. b. Albert Costa 5. b. Anil Kumble 6. b. Richard Alexander Burns 7. b. Bhavani Devi 8. a. Pat Borders 9. d. Yugoslavia