

# SPORTS AN IMPERATIVE FOR CHARACTER BUILDING

**S**ports and education go hand in hand. No education is complete without sports. As it is said "Educating the mind without educating the heart is no education at all."

A curriculum which is an amalgamation of academics and sports ensures holistic development of students. The very word 'Sports' urges me to recall my own school days when we were motivated by our teachers to dissipate our youthful energy on the playground. However, the state of affairs now is incommensurable.

With parents having become over ambitious, children weighed down with the unnecessary pressure to prove themselves better than others and teachers stressed out to complete the cumbersome syllabus on time, we as educators seem to have lost our perspicuity to realise the importance of sports in school education.

Never the less, we need to understand that sports can instill in the younger generation a spirit of 'I can, and I will'. It is a force that can propel them to the next level of progress, as it not only increases their confidence, mental alertness and self-esteem but also administers in them



**DR RITU P. SOLOMON, Principal, Queen Mary's School, Tis Hazari, Delhi**

skills of leadership, patience, team efforts and social skills.

### ADVANTAGES OF SPORTS IN SCHOOL EDUCATION SOME HIGHLIGHTS

- 1) Promotes physical strength and boosts mental fortitude.
- 2) Improves emotional fitness.
- 3) Increases cardio vascular fitness.
- 4) Increases bone density.
- 5) Reduces chronic muscular tension.
- 6) Prevents formation of excess fat.
- 7) Reduces indoor activities like watching TV and playing video games.
- 8) Helps in developing a positive attitude.
- 9) Teaches to take failures gracefully
- 10) One learns self-discipline.
- 11) Students establish lifelong social bonds.

Without attenuating this maxim, at **Queen Mary's School, Tis Hazari** we endeavour to establish solidarity among our pupils by integrating sports in our curriculum.

Now that the world is in the midst of the pandemic, people are feeling more isolated than ever before and the same applies to the students who are the most vulnerable in the present situation.

Let's hope that the future would be propitious and everything would soon become a reality.

## Helping students develop a scientific mindset

**N**ew Green Field School, Alaknanda recently organised a week-long online science week competition titled 'COSMOS' in July 2021 for the students from class VI to IX to develop a scientific mindset while raising awareness about topics such as Covid19, space, ecology, and waste management. Various activities were planned for each day of the week, and carried out through online delivery medium.



Students' ecstasy and zeal reflected in the mass participation.

Teachers encouraged students to create small labs at their homes using material available in-house, followed by virtual

presentations, to boost their confidence and speaking skills. It was fascinating to see such eager young minds at work. This activity not only helped students to revise concepts learnt in school, but it also gave them an opportunity to apply those concepts in real life, allowing them to develop their cognitive and linguistic skills.

A postermaking competition for senior students was organised to develop scientific temper, attitude, and values such as open mindedness and intellectual honesty.

## Ryan celebrates Founder's Day

**F**ounder's day was celebrated with great felicity, zest and ebullience on August 28 at the **Ryan International School, Vasant Kunj**.

To celebrate the day and wish our founder chairman Dr A F Pinto on his birthday, a special assembly was organised on the online platform. As part of the celebrations various activities were organised for students at different levels.

The students of class X participated in a speech competition supported by



power point presentation to highlight the vision of our chairman for 2021. The students made brilliant presentations and delivered effective speeches on sir's vi-

vision 'To be adaptive, to be innovative, to be proactive and to be productive'.

Annisha Mishra and Agamya Ghai were judged winners of the competition.

## SDPS holds FLUX-2021

**F**lux 2021 - annual inter-school fest was organised at **SD Public School, Punjabi Bagh** wherein 15 major events were designed by nearly thirty coordinators.

There were 900 participants from classes PS - XII from 80 schools. The events as designed were - Voiceart, Actomania, Mathemagic, Narration, Rhythm Divine, Rangmanch, Humar Haat, Udghoshak, Future Buzztech, Commersys, Jhankaar Beats, Scratch Wizard, Fusion Yoga, Blog Tech, Disable the Disability. There were three live events as well - Future Buzztech, Commersys, Disable the



disability. The rolling trophy was awarded to the winner school and the event was a grand success. Chairman Dayal Chand Garg, manager Gopal Krishan Gupta and principal Dr Umesh Kumar Chhikara motivated the students.

## Remembering the real heroes

**O**n the occasion of 75th Independence Day and Rakhi, this year **K R Mangalam World School Vaishali** dedicated the celebration in the name of martyrs and soldiers of the country.

Parents and students were invited to write their heartfelt messages for the brave soldiers on greeting cards which were made available in school. Students also made beautiful rakhis for our soldiers guarding national borders.

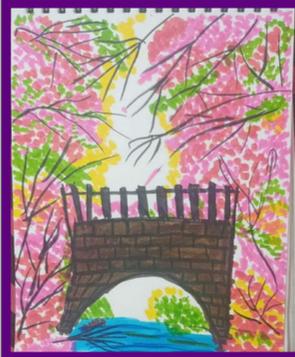
Free vaccination drive (Covishield) was conducted in the school premises for everyone in the KRM Family including parents.

Class X and XII students show-



cased an outstanding execution of hard work with laudable results in CBSE Board Examinations. Like always, this year too the school opened new horizons of growth. You all are welcome to join hands and become crucial part of this growing journey.

## Student Corner



**BHAVYA YADAV, class V H, DAV Public School, Sec 14 Faridabad**

**SHREYA SHARMA, class VI G, DAV Public School, Sec 14 Faridabad**



### PANCHSHEEL: An incredible world of learning

**W**e all remember the date 22.03.2020 when nationwide lockdown was announced - and everything had stopped working. But at **Panchsheel Public School, Badarpur** nothing stopped.

Educational contents were uploaded on school's website within 3-4 days of the lockdown and within a span of less than 10 days (from April 1, 2020), PPS (E-library) started its classrooms on Zoom. The school switched over to MS Teams for imparting education to its students through online mode. For more than six months, PPS is running e-learning classes successfully. To make the

students/parents aware about the world of opportunities PPS has conducted a series of webinars on career counselling so that the learners could choose the right option and move ahead on their path. This has added more feathers in the cap of PPS.

## Investiture Ceremony: Leaders in making

**T**he Investiture Ceremony of the students' council for the senior, middle and primary wing for session 2020-21 was held at **Apeejay School, Panchsheel Park** recently.

**Dr Ankita Chakravarty, IAS, District Magistrate (South), Government of NCT of Delhi** was the chief guest. **Aditya Berli, guest of honour, co-promoter Apeejay Stya** and **Svran Group,**



co-founder and pro-chancellor **Apeejay Stya University** congratulated the council and also acknowledged the faculty for seamlessly adapting to the virtual mode of teach-

ing-learning.

Chief guest, guest of honour, principal, vice principal and primary in charge invested the new appointees with their position of authority over

the virtual ceremony.

Newly elected head boy (Senior) **Aryaman Jaiman**, head girl (Senior) **Gauri Sharma** head boy (Middle) **Abbas Hassanain**, head girl (Middle) **Sarah Rahman**, head boy (Primary) **Swarnim Prabhat**, head girl (Primary) **Eshana Pahwa** have taken the charge of the office with lot of promises and shared their future plans.

Principal **Ritu Mehta** congratulated the new council team.

## THE EDUCATIONIST

### Regular introspection is the key to growth

**T**he popular adage, 'Failure holds the seeds for greatness', stands true when we sow the seeds of hard work and water them with introspection.

After Onam celebrations, it's time to plunge into the avalanche of activities in school.

Wait, let us do a 360-degree evaluation of every aspect of our teaching-learning before we move forward. Here are few questions for you to ponder over?

Are your lessons exciting and engaging for your students? How about your pedagogy, communication style and connecting the topic to the real-life scenario? Does it ignite a passion in the learners to know more about your subject? How many of them choose your subject for higher studies?

Have you instilled confidence and



**Suma Paul, Principal Assisi Vidyaniketan Public School, Kakknad, Ernakulam**

made them self-reliant to face the unknown world? Will your students stand tall in a crowd and get noticed? Do your students have the communication and presentation skills to be absorbed by any organisation? Do they have the soft skills to present themselves on the world platform? Are they resilient to bounce back from any setbacks?

As teachers, were we instrumental in instilling in them a systematic routine and self-care through exercise, balanced diet and helping them vent their build-up emotions? Have they got the social skills to adapt quickly to any environment or society?

Have we taught them how to channelise their energy in the right direction? Can we proudly say we are the reason for unleashing the hidden potential in them?

### STRENGTHEN YOUR SKILLS

- Channelise your energy by pursuing your passion or hobbies. Participate in sports, dance, music, etc based on your passion.
- Hone soft skills by participating in activities such as MUN, Interact club, YLP, RYLA and more.
- Improve communication and presentation skills by participating in inter house or inter school programmes such as debate, declamation or speech, AdZap, Surprise events, dramatics and more.

Let us do an honest introspection and understand the areas that we need to work on. Everyone commits mistakes and one should not be afraid to admit and address those flaws. It enhances our personality and creates synergy among our colleagues and stakeholders.

## Express YOURSELF

### Happiness is a journey, not a goal

**T**he definition of happiness varies from person to person. What it means to us can be different for another. Here are some tips to be happy. Know that happiness is a journey, not a goal.

We, as people, strive to replicate the lives of others in our own. When we see others being happy, we scrutinise our lives to the minute of detail and try to see what exactly is causing us not to be as happy as them. Take a moment, look around and be grateful that you're even on the journey in the first place.

### EMBRACE LIFE

Death is what makes life worth living. Somewhere in your subconscious, you know that you do things because you might never get to do them if not then. You don't even know whether you'll wake up to tell the next story or whether you'll be there to console

yourself of your last heartbreak. Therefore, laugh a little louder, dance a little wilder, and carry a joke on your lips and a whistle in your heart. Go for that talent show, go kiss your mother, and don't hesitate to tell your friends how much you love them for being there.

### LOVE AND LAUGHTER

Follow your heart and make your own mistakes as everyone makes them. Not even that child with the gorgeous eyes or that genius primed to be the next Elon Musk or that boy everyone wants to be and be with. They'll all know pain and hurt and rejection, but they'll also know love, and laughter and joy just like you. Embrace them. Welcome them. They're what makes life worthy of fighting for and what makes it interesting.

Here's to hoping that your life becomes a testimony worth retelling, filled with happiness and contentment.

**Irene Thomson, class XII, St Peter's Senior Secondary School, Kadayiruppu, Ernakulam**



### I LOVE GAMES

My favourite games are cricket, badminton and carroms. I also love cycling. I play carroms with wooden coins and a striker with my grandpa and my father. We play badminton with a racquet and shuttlecock. To play cricket, we need a helmet, bat, ball and stumps. Jadeja, Dhoni, Kohli and Rahul Dravid are my favourite players. I watch cricket on Star Sports.



**SRIHARI P R, class I, Loyola School, Sreekaryam, Thiruvananthapuram**

# 'WASN'T ABLE TO 'IMPLEMENT' MY GAME PLAN'

After scripting history in Tokyo Paralympics, paddler Bhavina Patel said she is disappointed at not being able to give her 100 per cent in the gold medal match



## Experience matters

India's para table tennis player Bhavina won silver as she lost the gold medal match to China's Zhou Ying 3-0 in the women's singles - Class 4 in the ongoing Tokyo Paralympics. With this silver medal, Bhavina is the first table tennis player ever to win a medal at the Paralympics for India and the second female athlete after PCI chief Deepa Malik to achieve this feat. Malik had won silver at Rio 2016 in women's shot put. "I am very happy on one side but I was very nervous, so that's why I wasn't able to give my hundred per cent in the match. I am not satisfied and a little bit disappointed. But I will fulfil all the shortcomings in the next tournament," Bhavina told ANI after the match.

World number one Zhou Ying overwhelmed Bhavina Patel in straight sets by 3-0 (11-7, 11-5, 11-6) in just 19 minutes. Talking about her mental composure and resilience during the match against the Chinese, Bhavina said: "I am able to control my mind very well. It's not a big thing for me. But this was my first experience. The Chinese player played very well. She had a very fast moment and have a huge experience so that's why I was nervous." "I tried to give my hundred per cent but I wasn't able to give and that's why I am disappointed. If I gave more effort, definitely I would have done it [win gold]."

for the silver medal. "I also want to dedicate my medal to the supporters, India, PCI, SAI, TOPS, Blind People Association. Without their support am nothing."

## Zhou - most decorated Chinese Para-Paddler

Coming back to the para table tennis match, Zhou Ying has now become one of the most decorated para-paddlers in China. The 32-year-old is now 6 time Paralympic gold medalist. She won two medals in each of the singles and team events during the 2008 and 2012 Paralympic campaigns and now one in Tokyo 2020. Although she missed out on the podium in singles at the 2016 Rio games, she managed to get to glory in the team event. The Chinese paddler is also a 6-time World Championship medalist.

## Patel dedicates medal to supporters

Notably, Patel also lost to Zhou in her first group stage match on Wednesday, as she was the only opponent the Indian could not beat in the whole tournament. She defeated the world No 9, 8, 2 and 3 in the run-up to the final. "I was confident that I would win a medal against her and will definitely win gold. But I felt a little bit of pressure as I wasn't able to control my thoughts. The way I wanted to play was not exactly implemented by me." Further talking about her final she said: "I tried to give her [Zhou] side balls but she was able to hit it. So I thought I shouldn't give her those negative points and decided not to continue with that." Talking about becoming the first Indian to win a table tennis medal at the Games, she said: "I am very happy that an Indian has created history in para table tennis. Many people and organisations have supported me in this journey. Special thanks to my coach sir because he has supported me throughout and made me do the very hard practice." Bhavina also thanked her family and god



Paralympic Committee of India chief Deepa Malik (L) shares a picture with Paddler Bhavina Patel

This medal is dedicated to those who supported me - my friends, my family and to my coach who trained me hard because of which I could reach this stage. Special thanks to my physio, dietician, sports psychologist, they are the ones who always motivated me.

**BHAVINA PATEL**



Bhavina Patel receives a congratulatory call from Prime Minister Narendra Modi after winning a historic medal

# TEN-MAN CHELSEA HOLD ON FOR A POINT AT LIVERPOOL

The European champions delivered a fine defensive display as they held on for a 1-1 draw against Liverpool in the Premier League clash

Having gone in at the break at 1-1 and down a man, Chelsea were pleased at picking up a point against title-chasing rivals as they maintained their unbeaten start. Second-placed Chelsea are level with Liverpool on seven points from three games, with both teams having identical goal difference. The dismissal of James, after a handball on the goalline, turned what had been a high-tempo and entertaining game into a more tactical affair following

Chelsea boss Thomas Tuchel's double substitutions at the interval.

## Harsh outcome for Liverpool

Liverpool skipper Jordan Henderson should have scored in the 10th minute when he was picked out by a wonderful Trent Alexander-Arnold cross but made a mess of his attempted side-foot volley which drifted harmlessly wide. It was against the run of play, when Chelsea took the lead in the 22nd minute. Chelsea were buzzing and Mason Mount should have doubled their lead when he was put in by Romelu Lukaku. Joel Matip's header came out off the bar and Sadio Mane's attempt bounced in front of James who stopped it from cross-

ing the line. But referee Anthony Taylor was called over to the pitchside monitor where he saw images showing the ball had struck James' arm after it bounced up off his thigh. Taylor not only awarded the penalty but sent off James - a harsh outcome for the right-back and one which was strongly protested by his team mates. But despite the delay, Liverpool's Egyptian forward Mohamed Salah kept calm and beat Edouard Mendy with a textbook penalty kick to level the score.



Kai Havertz Photo: REUTERS



Mohamed Salah Photo: AFP

# ADITI ASHOK SIZZLES WITH 64, MOVES TO 7TH IN SWEDEN

Indian golfer Aditi Ashok fired a sensational five-under 64 to move to tied seventh after the second round of the Didriksons Skafte Open. The 23-year-old, who had finished fourth at the Tokyo Olympics earlier this month, had opened the tournament with a modest 72 in the first round but found her form just in time. Among other Indians in fray, Vani Kapoor (71-69) was Tied-18th, while Amandeep Drall (80-68) showed an improvement of 12 holes between the first and second rounds. Yet Amandeep, who is 10-over, missed the cut which fell at seven-over and 64 players made it to the final round. Also missing out was Astha Madan. Pauline Roussin Bouchard of France leads the way heading into the final day after a scintillating second round score of 60 in Sweden.



Aditi Ashok Photo: REUTERS

## QUIZ TIME!

**Q1:** Which current player has been on the losing side more than 50 times in Test cricket?

- Pat Cummings
- James Anderson
- Babar Azam
- Jason Roy

**Q2:** Between which two teams did FIFA organise a Match of the Century in 2004?

- Germany and France
- France and Brazil
- Brazil and Germany
- Italy and Brazil

**Q3:** Who is the only Indian Badminton player to have won a medal in Olympics, BWF World Championships and BWF World Junior Championships?

- PV Sindhu
- Rituparna Das
- Saina Nehwal
- Tanvi Lad

**Q4:** Which country won the Wrestling World Cup 2018 in Women's Freestyle held at Takasaki, Japan?

- Japan
- China
- USA
- Canada

**Q5:** Before Novak Djokovic, which men's tennis singles player held the World No. 1 position for the maximum number of weeks?



Novak Djokovic Photo: GETTY IMAGES

- Rafael Nadal
- Jimmy Connors
- Andre Agassi
- Roger Federer

**Q6:** Which is the most successful team in Men's Hockey World Cup championship?

- Australia
- India
- England
- Pakistan

**Q7:** With which event in swimming is Shikha Tandon more famously associated?

- 50m freestyle
- 50m backstroke
- Freestyle relay
- Medley relay

**Q8:** Which team holds the title of UEFA Champions Cup?

- Liverpool
- Real Madrid
- Juventus
- Manchester United

**Q9:** What is the length of the cricket pitch?

- 20.12m
- 22.10m
- 23.11m
- 19.12m

**ANSWERS:** 1. b. James Anderson  
2. b. France and Brazil 3. c. Saina Nehwal  
4. a. Japan 5. d. Roger Federer 6. d. Pakistan  
7. a. 50m freestyle 8. b. Real Madrid  
9. a. 20.12m