

Grandparents: The thread that holds a family together

Grandparents are the fountainhead of unconditional love, kindness, patience, comfort and some valuable lessons in life. They are like stars. You don't always see them, but you know they are there.

With an aim of acknowledging and celebrating the pivotal role played by our grandparents in our life and passing on these values to our students, Seth Anandram Jaipuria School, Vasundhara, Ghaziabad commemorated the special event of Grandparents' day on November 23, 2021.

The chief guest for the day was Sunita Jaipuria, vice chairperson Jaipuria Education Society. The event beheld the gracious presence of the guest of honour, Manju Rana- director Jaipuria Schools, director principal- Shalini Nambiar, vice principal- V Suprabha, headmistresses- Sonal Srivastava and Indu Kohli and pre-primary coordinator- Kabila Rawat.

Revered presence of elderly people from Helpage India added to the true spirits of celebration. The chief guest for the day, Sunita Jaipuria in her address urged the children to treasure the wisdom and selfless affection of our grandpar-

ents and make them partners of our joys and delights. The grand event replete with oo-



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dles of blessings, happy faces, excitement and cheer was attended by over 400 grandparents. It took place in two slots. In slot one the event started with 'Ganesh Vandana' which created an aura of holiness and positivity.

This was followed by 'Guru Naman' and 'I want to be thankful'- beautiful dance performances by the children to express their love and gratitude towards the efforts of the teachers, family and friends. In slot 2, the much awaited event of Grandparents' day started with a welcome

dance performance on the song of thanksgiving by the students. 'Kindled Hearts' left the audience in rapture as the tiny tots of Jaipuria swayed to some vivacious notes.

Last but not the least was the presentation 'Heal the Nature' which was an ode to Mother Earth with a strong appeal to love and respect it. The program was well appreciated by all as the message reverberated loud and clear that, 'God couldn't be everywhere so he created grandparents and therefore their presence needs to be cherished forever.'

IPS ORGANISES MEDICAL CAMP



Indirapuram Public School organised a medical camp on December 15, 2021 for its teachers and staff in collaboration with Yashoda Hospital, a multi-speciality hospital. The programme based on SDG goal 'Global action plan for healthy living and well-being of all' was inaugurated by the group's director Rita Singh and the principal Sonal Rawat.

It was a free health check up by well-known physician, physiotherapist, dietician and gynaecologist of Yashoda Hospital. The school initiated the first drive and it was a huge success which was appreciated by all. The school plans to hold such drives in future as well keeping health and wellbeing target 2030 in mind.

Celebrating Santa with fanfare

Soaking in the spirit of Christmas, the students and teachers of Ryan International School, Sohna Road, Gurugram celebrated the festival with enthusiasm for the classes Mont -X on December 23, 2021.

The entire school vibrated with the echoes of Christmas carols, songs and the little kings and queens dancing to the foot tapping tunes. The children were told about the birth of Lord Jesus through the Nativity play. The boundless joy of celebrating the festival was amply visible on the faces of the children especially when they were taken for the virtual tour of Christ-



mas celebration around the world, class VI - Lapland, Finland, class VII- Stockholm, Sweden, class VIII- New York, class IX and X- Mumbai. Students also participated enthusiastically in 'Inter Class Carol Singing Competition'. All the class teachers en-

ASN CELEBRATES RIVERS OF INDIA

ASN Senior Secondary School, Mayur Vihar joined in the celebration of 'Rivers of India - Nadi Utsav' under 'Azadi Ka Amrit Mahotsav' by staging a mesmerising and invigorating musical bal-

ad titled, 'Ganga Gatha' which portrayed the glorious journey of River Ganga, a symbol of India's affluent spiritual heritage. The aim was to enable our young learners connect with our cultural richness along the rivers and motivate them to participate in rejuvenation of rivers. On this occasion

award ceremony for grade IV of the session 2020-21 was also held.

Rajeev Ranjan Mishra, director general of National Mission for Clean Ganga was the chief guest of the day. He appreciated the students' performance and exhorted them to collectively work to revive and relight the life of our great wealth, the rivers. Principal Swarnima Luthra congratulated the students and urged the young generation to consider rivers as 'our mothers' and help them recover from the perils of pollution and destruction towards purity.



Maths week held at DAV

With an aim to create an interactive and interesting learning of mathematics, DAV RK Puram organised 'Maths Week' which was organised by the maths department for the students of classes preschool to V from December 16 to 22, 2021.

The students excitedly took part in various activities which were meticulously planned by the teachers of the Maths department like ascending order coin pyramid; Descending order activity - fun with price of chocolate wrappers; Fun with 3D real shapes; Flower petal addition; Coin rubbing money tree; Ice cream sundae activity; Jumbo multiplication activity; Ice cream cone fraction activity and many more.

Students showed enthusiasm to display tricks of mathematics and mesmerised everyone. Class V students exhibited their board games based on mathematical concepts. class IV students made posters and videos high-



lighting the importance of mathematics and contribution made by Ramanujan. The happiness and excitement shown by the children while participating in these activities was the best reward for their teachers.

Exemplary classroom of 2021

The pandemic affected students in many ways. It made them isolated and lonely, and whatever social skills they had, atrophied from misuse. Dr Manimala Roy, principal Basava International School, Dwarka initiated an innovative programme of holding offline classes at the theatre of the PVR Pacific Mall D-21, Dwarka for class XI students from December 16 to 29.

The programme received indubitable feedback from both students and their parents. Dr Roy in her address wished that the students would be able to reclaim their social space and overcome fears of isolation. She thanked the PVR and the Pacific D21 Mall Management for being pro-active and accepting such an unusual proposal from her. Mr Mukesh Kumar Center Custodian PVR Sapphire enunciated



that this unique school-PVR connect proved extremely fruitful and helped students come out of their shells. The first day of this special classroom was conducted by the English teachers of Basava International, educationists

Neeta Kapri and Shalini Kumar, giving lessons in drama and its significance. The students readily participated in the theatre activities, gave impromptu performances in character charades with renewed enthusiasm, shedding all inhibitions.

DPSG Palam Vihar clinches Chairman's cup football

DPSG Palam Vihar hosted the Chairman's Cup Football Tournament 2021. It was a two-day football meet on December 23 and 24, 2021 where six sister branches of DPSG consisting of DPSG Dehradun, DPSG Faridabad, DPSG International, DPSG Meerut Road, DPSG Vasundhara and DPSG Palam Vihar participated to showcase their passion for the game. The event commenced with a



warm welcome speech delivered by the principal of DPSG Palam Vihar, Srividya Sridhar. Chief guest Rajan (DPSG alumni), guest of honour, Jagdish Ahlawat and guest,

Sandeep Malik encouraged the participants with their words of wisdom. A march past by all the six schools, where players pledged to play with impartiality and uphold the dignity of the game was held.

The final match was played between DPSG Palam Vihar and DPSG Meerut Road. Finally, DPSG Palam Vihar defeated DPSG Meerut Road 4-2 in a penalty shootout in what turned out to be thriller.

Effective yoga poses for winters

During winters, most of us just want to lie down curled up in a blanket with a warm beverage and do nothing. The days are shorter making it harder to imagine donning all those layers to work out leading

to winter weight gain and loss of muscle strength. For generations, yoga has been practiced worldwide for its different health benefits. Here is a list of few yoga asanas that will help you beat the winter blues and keep you healthy-

1. WARRIOR POSE (VIRBHADRASANA): This pose strengthens shoulders, arms, legs, back and ankles and improves balance and stability of the body. It also encourages good respiration and circulation helping relieve the stiff muscles.

2. CAMEL POSE (USHTRASANA): Everyone knows Camel pose is helpful in increasing spinal mobility and bettering the posture. Cold air can cause difficulty in breathing, while practicing camel pose regularly relaxes the airways and stretches the abdominal muscles helping release the toxin build up due to Asthma.

3. DOWNWARD FACING DOG POSE (ADHOMUKHASANA): This asana to help reduce stress and boost the immune system. Placing your heart above your head allows gravity to stimulate the blood flow and strengthens many major muscles and bones.

4. STRAIGHT ARM STRETCH POSE (WASHISHTHASANA): This asana helps strengthen the abdominal muscles thereby keeping the belly fat at bay. Not only does it help avoid winter weight gain it also improves nervous balance and ability to concentrate.



YOGA 4 ALL



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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.

Businessman with a golden heart



Ratan Tata is the Chairman of Tata Group, a globally known brand. He is not only an intelligent businessman, but also an excellent human being with a kind heart. His down to earth approach for life always inspires me. He is an ideal example of simple living and high thinking.

Ratan Tata is an icon for the youth to become a businessman like him. I also wish to be a successful businessman like him, but I also wish to follow him and be an amazing human being. He donates his more than 60% of income to the poor people and provides basic facilities like food, shelter

etc. He also made hospitals where treatment is given free of cost. Because of his success and his contribution towards his country, he was awarded with Padma Vibhushan and Padma Bhushan. When his company Tata Motors was not making much profit, he went to sell his company to Ford, but Ford rejected and said "If you don't know how to build cars then why do you Indians build that?". This incident deeply touched Ratan Tata's heart and decided to strive harder and ensured that the company scales new heights as it spells success. After that incident, when Ford was into losses, Tata purchased Land Rover and Jaguar from Ford. Now, these companies are well known car brands in the world. This incident inspired me a lot and I wish; I would like to be a businessman like Ratan Tata. His statement "I don't believe in taking right decisions. I take decisions and then make them right," is my life mantra.



INSPIRING ICONS ROBBIN CHEEMA, class IX, Jainendra Public School, Panchkula

ENGLAND LOOK TO SALVAGE ASHES PRIDE

As covid hangs over Sydney Test, Aus looks to clean-sweep the series

Ademoralised England have vowed to salvage some pride when their shambolic and Covid-hit Ashes tour resumes in the fourth Test at Sydney on January 5, with the hosts 3-0 up in the series having retained the urn at the MCG.

Joe Root's men face another difficult clash against a rampant Australia, who crushed them by an innings and 14 runs inside three days in the third Test at Melbourne to retain the Ashes with an unassailable 3-0 lead. It followed heavy defeats in Brisbane and Adelaide, where batting collapses, poor fielding and questionable selections cost the tourists dearly. They are facing a 5-0 whitewash, although rain forecast for Sydney could come to England's rescue.

VETERANS MUST STEP UP

Veteran seamer Jimmy Anderson admitted that "the lads are pretty flat at the minute if I'm being brutally honest". "It can be difficult, especially for guys experiencing the Ashes for the first time," he told English media. "That's where the more senior players come in. We have to rally round, make sure everyone is in a good place and a good headspace to compete. "We've just not been at the races. We've now got two games to do something about that," he added.

SHOWERS MAY PROMPT LINE-UP

With Head missing, Australia called up Mitchell Marsh and Josh Inglis into the squad as cover, but the experienced Usman Khawaja will almost certainly replace him for his first Test since the 2019 Ashes. "Hopefully I can go out there and score a hundred and do well for the team in the absence of 'Heady'," Khawaja said. "I'm in the best cricket conditioning I've been."

There was talk that the home team could hand leg-spinner Mitchell Swepson a debut on what is traditionally the most spin-friendly of the Australian Test venues. But with showers forecast for the first four days, that now appears less likely, with the strong grass cover expected to make the pitch more fast-bowler friendly.

If recovered from a side strain, Josh Hazlewood will return to bolster Australia's already strong bowling stocks. If he isn't quite ready, Scott Boland could retain his place after a remarkable 6-7 on debut in the Boxing Day Test, or Jhye Richardson -- who grabbed a five-wicket haul in Adelaide -- will return after being rested for Melbourne. "I've got pretty good faith that if Hoff's (Hazlewood) confident and he says he's right to go, I think we back him in, he's earned that trust," said chief selector George Bailey. **AP**

THE ASHES



Both sides have been hit by the coronavirus, which is surging in Sydney, with more than 20,000 cases being reported daily in New South Wales state. Australia will be missing number five Travis Head after he tested positive in Melbourne.

England's under-pressure coach Chris Silverwood -- whose job is on the line -- is also out of the Sydney clash after he reportedly tested positive too, the seventh to do so among the touring party. They include three support staff -- fast-bowling coach Jon Lewis, spin coach Jeevan Patel and strength and conditioning boss Darren Veness. Batting coach Graham Thorpe is expected to take charge in the interim, and faces selection headaches.

ENG OPENERS FAIL

England's openers -- Rory Burns, Zak Crawley and Haseeb Hameed -- have all flopped this series, failing to give Dawid Malan and Root a platform to work off. Their highest team total so far is just 297 and there have been no individual hundreds, with Malan and Root the only players to make half-centuries. "Thorpe admitted the batsmen have been given a 'wake-up call', reflected in their paltry 68 in the second innings at Melbourne.

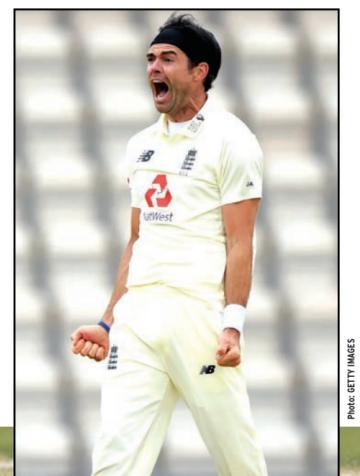
"We are still trying to educate some of the younger guys into the rhythm of Test-match batting; playing situations in the game and doing it for long periods of time," he told reporters. "Some of them haven't been able to do it yet."

WON'T BE DISTRACTED, SAYS CAPTAIN ROOT

Joe Root's position as England captain has been the subject of much debate since the tourists suffered a third straight defeat in the ongoing Ashes series but the 31-year-old does not want to "waste energy" talking about it in the run-up to the fourth test. England cricket great Geoffrey Boycott has been among those calling for Root to step down from the leadership role. Root said he wanted to keep the focus on salvaging some pride from the remainder of the tour, starting with the fourth test in Sydney, beginning on Wednesday. "At the end of the day ... I don't think as a distraction that should be around the group or I should be wasting energy on right now. I need to make sure to throw everything I can into these two games. I think I owe that to this team and to the players and give us the best chance of getting the results that we desire."



Photo: AP



Jimmy Anderson

Photo: GETTY IMAGES

DE JONG HEADER GIVES BARCELONA 1-0 WIN

Coach Xavi says win historic given the team was without many seasoned players

Barcelona striker Luuk de Jong's first-half header and a stunning stoppage-time save by Marc-Andre ter Stegen secured a 1-0 win at Mallorca on Sunday in a match where the Catalans were missing 14 players due to COVID-19, injuries and suspensions.

Barca climbed two places to fifth on 31 points from 19 matches, one point behind Atletico Madrid in fourth and 15 adrift of leaders Real Madrid, who have played a game more.

Vindication time

It was vindication time for striker De Jong after several media reports that Barca want to move him on this month. He got his second goal since arriving from Sevilla in the close season - his first for more than three months. The Dutchman was Barca's best player on Sunday as he also hit the post twice in the first half, once with a bicycle kick. The goal came just before the break when he headed home from close range after a cross by Oscar Mingueza.

Barca dominated the game until the final minutes when Mallorca started pressing for an equaliser and almost got it. Ter Stegen saved

CHELSEA-LIVERPOOL DRAW

The only winner Sunday was Manchester City. And Romelu Lukaku certainly lost out. What a pulsating, entertaining encounter for Lukaku to miss -- not out of his own choosing -- as Chelsea recovered to draw 2-2 with Liverpool without the temporarily exiled striker. It left City 10 points clear from Chelsea at the top of the Premier League with Liverpool a further point back. The sky blue ribbons look like remaining on the trophy for another year thanks to the fading challenge from the chasing pack. "It is a big gap," Liverpool defender Virgil Van Dijk said. "They have the title, maybe, to lose but anything can happen."

Barca in added time with an unbelievable handball-style reflex save with his right arm, denying Jaume Costa whose close-range strike looked like a sure goal.

Points worth gold

"It was an historic win for us, I'm not exaggerating," Xavi told reporters. "Missing so many players, to go back home with a win - it's three points worth their weight in gold. "The young players showed up and Ter Stegen made a stop for the ages. I'm thrilled that we manage to win." Coach Xavi Hernandez, who said on Saturday that it was "ludicrous" the game was going ahead, had to call on nine players from Barca's youth academy, starting two of them, Ilias Akhomach and Ferran Jugla, up front alongside De Jong.

But it was the Dutchman's night as he led the visitors to victory and back into European spots for the first time since Xavi replaced Ronald Koeman as coach in November. "It was important to win on a Sunday when Real Madrid, Betis, Rayo Vallecano and Real Sociedad all lost points," Barca defender Eric Garcia told reporters. **AGENCIES**



Luuk de Jong

Photo: REUTERS

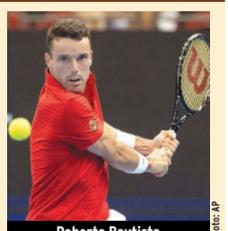
BAUTISTA AGUT, MAJCHRZAK TAKE SPAIN, POLAND FORWARD IN ATP CUP

Spain and Poland remained perfect at the ATP Cup with 3-0 wins in their matches Monday, their second consecutive victories in the team event.

Robert Bautista Agut clinched the match for Spain by beating Casper Ruud of Norway 6-4, 7-6 (4) after Pablo Carreno Busta defeated Viktor Durasovic 6-3, 6-3. Bautista Agut improved to 9-2 in singles at the team event.

"Casper is playing unbelievable tennis, (he did) an unbelievable performance last year, and today I played very good," Bautista Agut said in his on-court interview. "I returned very well, I made very few unforced errors and I played aggressively."

Kamil Majchrzak gave Poland the early lead over Georgia with a 6-1, 6-1 win over Aleksandre Bakshi before Hubert Hurkacz clinched it with



Roberto Bautista

Photo: AP

a 6-7 (5), 6-3, 6-1 win over Aleksandre Metreveli. "He (Metreveli) played well in the first set and things were not going my way. But I got better with each set and am happy to get the win," Hurkacz said.

Spain and Poland later both won their doubles matches to make it 3-0 scorelines.

Poland can book a place in the semifinals if it defeats Argentina on Wednesday in its next group game. **AP**

QUIZ TIME!

Q1: What is the maximum permitted length of the cricket bat?

- a) 36
- b) 38
- c) 40
- d) 42

Q2: In which year did Mary Kom win the bronze at the Olympics?

- a) 2008
- b) 2012
- c) 2016
- d) 2004

Q3: Narain Karthikeyan was the first _____ from India?

- a) Speed walker
- b) Cyclist
- c) MotoGP Racer
- d) Formula One Driver

Q4: How many umpires are there in a cricket match?

- a) 1
- b) 2
- c) 3
- d) 4

Q5: After how many minutes does half time starts in a football match?

- a) 30 Mins
- b) 39 Mins

- c) 45 Mins
- d) 40 Mins

Q6: Which racing sport does Sebastian Vettel perform in?

- a) Formula One
- b) MotoGP
- c) Rowing
- d) Skiing



Sebastian Vettel

Photo: GETTY IMAGES

Q7: Who has the highest number of gold medals in Olympic history?

- a) Larisa Latynina
- b) Mark Spitz
- c) Michael Phelps
- d) Saina Nehwal

Q8: Which was the first sport played on the Moon?

- a) Golf
- b) Tennis
- c) Badminton
- d) Archery

Q9: What does the blue colour represent?

- a) Asia
- b) Europe
- c) Africa
- d) Oceania

Q10: Who is the only person to win 6 Olympic gold medals in Archery?

- a) Justin Huish
- b) Park Kyung-mo
- c) Kim Soo-Nyung
- d) Hubert Van Innis

ANSWERS: 1. b. 38 2. b. 2012

3. d. Formula One Driver 4. b. 2

5. c. 45 Mins 6. a. Formula One

7. c. Michael Phelps 8. a. Golf

9. b. Europe 10. d. Hubert Van Innis