

Education trends from traditional to modern

Education plays pivotal role in human empowerment. It lends them strength to soar above the vales of woes. It assists in navigating the pathway to the goal of perfect, prosperous, and productive life. It not only enhances the quality of life but also broadens the horizons of perception and problem-solving ability. The ancient India's traditional education system was based on gurukul system and it trained youth for life holistically. The ancient education basically focused on developing physical, mental, and spiritual capacities of the youths and trained them in martial arts for self and societal defence. Primarily, education was given only to the ruling class, there was little scope for vocational training. But ancient education system has well defined curriculum for religion, ethics, and morality.

When the Britishers came to India, they distorted traditional education system to meet the imperialist needs. No effort was made by them to keep it in harmony with the social and cultural conditions in the country or to make it an instrument for inculcating intelligent citizenship among the people. They emphasised on technical and vocational education. It did not fit the young men for practical life who often found themselves incapable to take the struggle for existence. Though education system has undergone major changes to meet the demands of socio-economic developments. The scientific and technological advancement has added the dimension of digital learning also. In spite of some reforms introduced here and there in the educational system, the hard fact is that



TRILOK SINGH BIST, Principal, Delhi Public School Ghaziabad, Vasundhara

the system as a whole remains as we inherited it from our British rulers. Even today, the education is so expensive that only rich can afford it. There are a few good schools, and the exam pattern is complex, burdensome and obsolete.

One of the major flaws in our education system is that it is not futuristic. It is not keeping pace with the rapid changes taking place in various fields of life. It does train the youth in the life skills to face the challenges of life. Stuck in the bog of the past, it fails to prepare the future scientists, inventors, discoverers, visionaries, and leaders.

Next up, technology has ensured how learning and information are easily accessible for students - here the teachers will have to learn to accommodate different styles of learning, a system has to be followed - no doubt that this points at the different challenges for teachers too who are now required to work on their own soft-skills, problem-solving and leadership. Teachers must learn to create an environment that promotes team-work and friendly conversations!

It is thereby clear that educational technology trends are completely transforming the educational sector in terms of teaching and learning and the aspirations are also turned a notch higher. Hence a student friendly digital infrastructure will be a must for schools post Covid era.

Ultimately, we need to ask ourselves, are our students ready for the change?

World Wetland Day celebrated

This year, to commemorate World Wetlands Day special events such as creating posters, video-making and art competitions were organised by DPSG Palam Vihar in collaboration with Ministry of Environment, Forest and Climate Change at Sultanpur National Park, Gurugram, Haryana where students across the prominent schools in the NCR participated.

An engaging program was hosted at the venue, which was presided over by honorable chief minister of Haryana, Manohar Lal Khattar and union cabinet minister of Labour and Employment, Environment, Forest, and Climate Change Bhupender Yadav was the special guest along with a host of other bureaucrats. Kanwar Pal, minister of Forests, Education, Tourism and Art and Culture, Haryana was the host-in-chief of the event which saw a release of brochures on - first Ramsar

sites of Haryana Sultanpur, Gurugram and Bhindawas, Jhajjar, declarations of two new Ramsar sites-the Khijadia Wildlife Sanctuary (Gujarat) and the Bakhira Wildlife Sanctuary (UP).

The logo of proposed All India Forest Sports Meet in Panchkula,



Haryana was also released. School heads Principal DPSG Palam Vihar, Srividya Sridhar and DPSG Sushant Lok, Meenu Chopra also attended the program where the school choir from Palam Vihar and Sushant Lok presented a melodious song on the theme of 'environmental conservation' and took the 'Wetland pledge' with those present.

MSG celebrates Army Day

Every year January 15 is celebrated as Army Day to honour and salute our country's soldiers, who set the most exemplary specimen of selfless service and brotherhood, and above all, love for the nation. Students of Manav Shali Global School, Double Storey, New Rajendra Nagar expressed their admiration and gratitude to our brave soldiers with great fervour and pride by conducting a special assemblage. They recited poems, shared stim-



भारत हमको जान से प्यारा है

ulating facts about the Indian army. A virtual parade on the school's Facebook page was also organised with the students dressed up as army personnel. Different video clippings related to the lives of the Indian army were shown to kids.

Teachers explained the heroic efforts of the Indian Army in the form of inspirational stories. They also apprised the students to stay united, fight against terrorism and stand together for the safety of mankind.

India at 100

After 25 years India celebrates the 100th year of independence by 2047. I am sure that our country will become the largest economy in the world by 2047. The India of my vision where women are educated, safe and walk freely on the road. Poor children will get an education, there should be no gap between rich and poor and all family will get the basic requirements.

We will overcome the problems

of corruption, malnutrition and illiteracy and many more. My country will continue to be the land of peace, prosperity and truthfulness. All the people of India will get the basic health care facilities. Entire world will respect and recognises the strength of India. In my vision India will be known as the most developed and the happiest country in the world and India will develop in all fields like co-education, farmers, pollution and many more.

AARUSH DARPAN, class V, New Era Public School, Mayapuri

Vasant Panchami celebrated at Bosco

Bosco Public School, Paschim Vihar celebrated Vasant Panchami with great fervour on February 5, 2022 following the social distancing norms.

Keeping the tradition of inculcating values in today's modern times, a 'havan' ceremony to venerate goddess Saraswati and invoke her blessings was done. All the staff members and students devotionally rendered the prayers as they entreated the goddess to bestow the gift of knowledge and sagacity on them and all those associated with the institution. Gaiety and piety went hand in hand to live an indelible impression in the mind of all those who witnessed the program.



Principal Rajiv Duggal along with Anuradha Duggal, Geeta Duggal and vice principal Priya Handa graced the occasion with their presence. They encouraged the students to be progressive learners, set big goals and put dedicated efforts as a promising and flourishing human harvest.

Student Corner

IQRA RIZWAN, class VII E, Hamdard Public School



AANSHI GANDHI, class VIII B, Shaheed Bishan Singh Memorial, Mansarovar Garden



Stepping out of the box

In keeping with the adage 'A healthy mind resides in a healthy body', Tagore International School, Vasant Vihar organised a Virtual Sports Meet, on January 22. Students of the four houses; Ekta, Pragati, Shakti and Shanti participated with enthusiasm in a total of 19 challenges for the junior and senior categories. The junior category participants were from classes VI-VIII and senior category from classes IX-XII, respectively.



Some of the challenges for the junior boys and junior girls' category were modified shoulder tap, alternate toe touch, modified mountain climbers. The senior category challenges were modified crunches, spiderman pushups, burpee tuck

jump and squat hold. All the challenges saw fierce competitiveness among the contestants. Junior and senior yoga asanas challenge was a spectacular one, with participants displaying immense flexibility, purity of posture, and commendable capacity to hold the posture. The high point of the event was the cheerleading videos presented by each of the houses. The house cabinet, along with the house mistresses, cheered their challengers enthusiastically in each of the challenges, making the entire event lively and fun. The ceremony ended with declaration of results, encouraging words from the school principal and a vote of thanks.

Dawn in January winter

The day shone upon me with no sign of sun,
The marigolds were smiling but their fragrance was gone.
The air stood still with little hint of breeze,
It passed with a murmur - sending down the chills.
A squeak felt like thunder - silence galore,
The light from that little vent passed till the door.
The woody greens looked pale and grass bed seemed lifeless,
The sheath of grey took over me making me temporarily sightless.
Blaze of January ambers cornered it starts,
it then travels through the corri-

dor and warms my heart.
Time seemed to have stopped until I spot some stygian flutters in the pellucid,
the ether looks smudged by quiet placid.
Post the lapse of quarter an hour a beam of yellow comes from a far
all eyes anticipating the emergence and reign of the morning star.
With hiding and seeking behind the blurs, the superiority of the sun spurs.
Now he stands mighty in his yellow drape,
Oh, what glory of the



AKANKSHA CHAUDHARY, class XI B-AFGJI, Subroto Park

winter landscape.
The mustard rose with the clearing sky and little people passing by,
the day starts to awake and the fog begins to fret away.
I breathe in - marigolds.
Mustard dancing to the rhythm of the wind.
There is chirping and chattering.
The tree looks robust again.
Grass beds smile back to me.
A remarkable transition we are fortunate to witness
the breaking of dawn, the start of the day.

UTKATASANA

Or chair pose is almost like sitting on an imaginary chair. The legs, ankles, back and hips are involved. 'Utkata' in Sanskrit means intense and this 'asana' helps control the energy flow through the spine.

STEPS:

- Stand in tadasana.
- Inhale and raise the arms overhead so that biceps are just slightly in front of the ears. Either keep the arms parallel, palms facing inward, or join the palms.
- Exhale and bend the knees, so that the thighs are almost parallel to the floor.
- Straighten the back and push the tailbone towards the ground to get into the final position.
- Try to stay in this pose for 10 to 15 seconds.
- Exhale and return to original position.

BENEFITS

- Strengthens the legs,



back and arms.

- Tones the muscles of the arms, legs and hips.
- Stretches shoulders.
- Helps improve heart health and functioning of the digestive system.

PRECAUTIONS:

- Do not practice this asana if you have low blood pressure.
- If you have leg, feet back and hip issues, do not try this pose.



Fact: Utkatasana was a low squatting asana in mediaeval hatha yoga. Maragatham Yogalayam founder V Gunasekaran from Udumalpet in Tamil Nadu has set the record for holding the 'Vama Artha Utkatasana' for the longest time (1 minute, 35 seconds).

BINDU MT, Yoga Instructor, Bhavan's Adarsha Vidyalaya, Kakkanad, Ernakulam

(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.)

His life is a big lesson

He was a born motivator, inspiring children whenever he got an opportunity. I admire former President and Missile Man A P J Abdul Kalam. He rose from a humble beginning to become famous across the world. He had advised people to live simple and think high. He guided me to dream big and follow my dreams.

A P J Abdul Kalam was born on October 15, 1931 and he passed away on July 27,

2015. His speeches and actions motivate every citizen. I want to become like him not because he had achieved a lot of things and became the President of India, but because he dedicated his life to the country and its people, especially schoolchildren. He said he had learnt honesty, simplicity and self-discipline from his father and kindness from his mother. He faced many failures, but he overcame the problems and never gave up. I want to shout out loud - 'Kalamji Thuje Salaam'.
Sidhid Sibi, class V, Gregorian Public School, Ernakulam



A P J Abdul Kalam
INSPIRING ICONS

BARCA STAY UNBEATEN

Late header rescues point at Espanyol to keep them in CL contention



Pedri

Photo: GETTY IMAGES

A 96th minute header from substitute Luuk De Jong saw Barcelona rescue a 2-2 draw away at city rivals Espanyol in La Liga in a game where both sides had a man sent off in the closing stages. Espanyol looked set for a first home league victory over Barca in 15 years before De Jong turned in Adama Traore's cross to salvage a point. Xavi Hernandez's side moved back into the fourth and final Champions League spot as a result - level on 39 points with Atletico Madrid and one ahead of Real Sociedad in sixth.

"We needed to be calmer on the pitch throughout, we were a bit hectic and we need to improve that," Barcelona midfielder Pedri said. "Granted, it's a point after coming back from a losing position, but we're disappointed. We came here for three points and are leaving with just one."

PAYING FOR SLACK

It had looked like Barca would be in for a comfortable evening when they took the lead inside the first two minutes when Pedri turned in Jordi Alba's cross from close range. Ferran Torres and Traore both went close for the visitors, but they were pegged back on the stroke of halftime as Sergi Darder curled an effort in from the edge of the box after good work from Raul de Tomas. Barca midfielder Gavi also had a goal ruled out by VAR 10 minutes after the restart as they sought to retake the lead.

But they were made to pay for some lax defending by substitute Eric Garcia on 64 minutes as Darder returned the favour, sending De Tomas away with a ball over the top. The former Real Madrid player coolly finished and looked to have won the game for the hosts. With tempers flaring late on, Gerard Pique and Nico Melamed both saw red following a coming-together off the ball before De Jong's late effort saw the spoils shared.

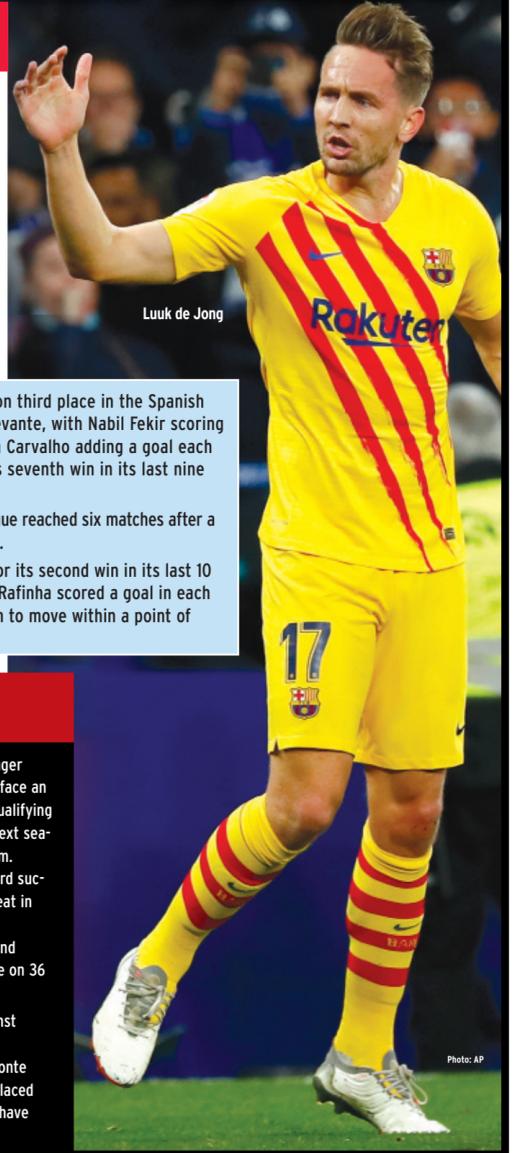
STEP BACKWARD, YET RELIEF

The draw came as a relief for Barcelona but halted its good run after consecutive league victories against Alaves and defending champion Atletico Madrid. "It was a step backward in the fight for the league," Barcelona coach Xavi Hernandez said. "It's going to be hard, but we have to keep fighting until the end."

Barcelona was without Dani Alves, who served the first of his two-game suspension for

a red card in the win against Atletico. He was replaced by American Sergiño Dest. Xavi also couldn't count on forward Memphis Depay because of an injury. Ousmane Dembélé came off the bench in the second half for his first appearance since not accepting a new deal with the club and rejecting offers to leave in the winter transfer window. Barcelona was trying to win three consecutive league games for the first time since April 2021, when it won six in a row.

Espanyol, sitting in 13th place, hasn't beaten Barcelona in the league since February 2009. Its last home victory against its rival was in 2007, though it beat Barcelona in a Copa del Rey match in 2018. Espanyol is winless in its last five league games. AGENCIES



Luuk de Jong

Photo: AP

IN OTHER MATCHES

Real Betis strengthened its hold on third place in the Spanish league with a 4-2 win at last-place Levante, with Nabil Fekir scoring twice and Edgar González and William Carvalho adding a goal each to secure Manuel Pellegrini's team its seventh win in its last nine matches in all competitions.

Valencia's winless streak in the league reached six matches after a 2-1 loss at relegation-threatened Alavés.

Real Sociedad beat Granada 2-0 for its second win in its last 10 league matches. Mikel Oyarzabal and Rafinha scored a goal in each half to allow the Basque Country team to move within a point of fifth-place Atlético.

SPURS FACE 'IMPOSSIBLE' CL CHALLENGE

Photo: AP



Antonio Conte

Tottenham Hotspur manager Antonio Conte said the club face an "impossible" challenge of qualifying for the Champions League next season after a recent dip in form. Tottenham suffered their third successive Premier League defeat in Sunday's 2-0 loss away to Wolverhampton Wanderers and slipped to eighth in the table on 36 points after 22 matches.

"When you lose two games at home and against Chelsea, for a team that wants to qualify for the Champions League, it's impossible to happen," Conte said. Tottenham are five points adrift of fourth-placed West Ham United, though the north London club have three games in hand over the Hammers.

HAPPY JUST TO FINISH

Indian skier says winning gold isn't always the goal, after snowy Olympic race

Winning gold isn't always the goal. Indian skier Arif Khan set his sights on completing both runs of the men's giant slalom at the Olympics on Sunday, and he managed to do just that.

Khan finished nearly 38 seconds behind gold medalist Marco Odermatt - an eternity in the speedy world of ski racing. To make things tougher, the race was held amid heavy snow and with poor visibility. "It was a bit difficult today with the weather, the snow," Khan said. "You could hardly see what was next to the gates. The guys who go down earlier, sometimes they make those icy runs. If you try to keep up with your speed and (take) some other chances, you hit a rut, you go out, as you've seen today. My focus was more about just finishing the race until the end, and I did it."



In India we have a population of 1.4 billion people and I'm being representative of all that population. It means a lot to me.

ARIF KHAN

Eye on finishing

"Being less aggressive was the total strategy this time," Khan said. "You can go fast in a race where you're about to compete and win, but here it was more about making it down. I normally ski better than how I skied today, but today was representing the country, finishing the race, it was all about that."

Only one of the 46 skiers who completed both runs had a slower combined time than Khan - 38-year-old Benjamin Alexander, who races for Jamaica and only skied for the first time six years ago. Eight skiers didn't complete the second run and 33 went out in the first as snow fell for the first time during an Alpine skiing race at this year's Olympics.

Khan, who will also compete in the slalom on Wednesday, is India's only athlete at the Beijing Games and the first from the coun-

try to qualify for two events at a Winter Olympics. "In India we have a population of 1.4 billion people and I'm being representative of all that population. It means a lot to me," Khan said.

The 31-year-old Khan grew up in Gulmarg, Kashmir, where his father operates a tour company and ski equipment shop.

And Khan said his main goal in Beijing is to encourage people to see his hometown as a vacation spot for winter sports. "This will inspire the next generation, and will introduce India as a skiing destination for the rest of the world," he said. "That was my main motive for being here in the Olympics, (to) introduce my country as a skiing destination. We have high mountains, huge mountains, with gondolas and chairlifts. I'm trying to promote more about Alpine racing there." AP



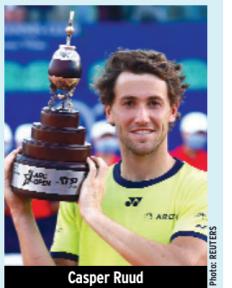
Arif Khan

Photo: GETTY IMAGES

RUUD, KONTAVEIT STRETCH WINNING RUN

Norway's Casper Ruud said he made the "perfect start" to the 2022 season after winning his seventh ATP tour title at the Argentina Open in Buenos Aires, while Anett Kontaveit overcame Maria Sakkari in the final of the St. Petersburg Ladies Trophy for her fourth straight indoor title.

Ruud bounced back from a shaky start to defeat local favourite Diego Schwartzman 5-7 6-2 6-3 and win the tournament for the second time after his triumph in 2020. Schwartzman had ended a 13-year wait for an Argentine champion with his 2021 title but he could not repeat those heroics against Ruud. "It means a lot," Ruud said. "I think this is the perfect start and it will give me confidence for the rest of the season and also for the next weeks when I am here in South America."



Casper Ruud

Photo: REUTERS

Second-seed Kontaveit needed nearly three hours to beat top-seeded Sakkari, 5-7, 7-6 (4), 7-5 recovering from being a break down in the second and third sets to claim her sixth singles title overall. It was the Estonian player's 20th consecutive indoor win, which includes her runs to titles at Ostrava, Moscow and Cluj-Napoca at the end of last season. AGENCIES

QUIZ TIME!

Q1: For which sport is the Holkar Trophy awarded?

- a) Bridge
- b) Hockey
- c) Football
- d) Badminton

Q2: The term Chinaman is related to which sport?

- a) Football
- b) Hockey
- c) Golf
- d) Cricket

Q3: The first woman to have swum across sea channels

off five continents, and first Indian to cross seven important seas is ____

- a) Amrendra Singh
- b) Bula Chaudhury
- c) Junko Taibei
- d) Yuri Gagarin

Q4: Dizzy is the nickname of which Australian player?

- a) Adam Gilchrist
- b) Jason Gillespie
- c) Glenn McGrath
- d) Brett Lee

Q5: Harmanpreet Kaur became the first Indian player to be named the Women's Big Bash League

(WBBL) Player of the Tournament. Which club was she playing for?

- a) Melbourne Renegades
- b) Perth Scorchers
- c) Brisbane Heat
- d) Sydney Thunder



Harmanpreet Kaur

Photo: GETTY IMAGES

Q6: Which batsman started his international cricketing career at the age of 16?

- a) Suresh Raina
- b) Sachin Tendulkar
- c) Piyush Chawla
- d) Rahul Dravid

Q7: Where did MS Dhoni make his ODI debut?

- a) Visakhapatnam
- b) Dhaka
- c) Hyderabad
- d) Chhattagong

Q8: Who was the first president of BCCI?

- a) P Vijaya Ananda
- b) R E Grant Govan
- c) Sikandar Hyat Khan
- d) Anthony S D'Mello

Q9: Oval stadium in England is associated with ____

- a) Polo
- b) Hockey
- c) Cricket
- d) Football

ANSWERS: 1. a Bridge 2. d Cricket
3. b Bula Chaudhury 4. b Jason Gillespie
5. a Melbourne Renegades
6. b Sachin Tendulkar 7. d Chhattagong
8. b R.E. Grant Govan 9. c Cricket