

There is no limit to what we, as women, can accomplish

International Women's Day on March 8, is a beautiful moment to reflect on and celebrate the strides made in women empowerment globally. The women of the 21st century are multitaskers, and we all agree with that. They are known to be perfect homemakers and sterling professionals. Often, they are crowned as super moms, wives, and bosses. However, the question of the hour is whether they are breaking the long-held stereotypes under the glorified tag of being exemplary women, or all this is a gimmick?



You must have heard about Radhika Menon, the first woman in the world to receive the Award for Ex-

ceptional Bravery at Sea in 2016 but do you know who Shila Dawre is? Well, she chose to break the social norms and became an auto rickshaw driver. So, a woman who is perfect as per the so-

ciety is welcomed with open arms whereas others who don't fit into the frame, and are imperfect are neglected and left. A woman must be appreciated in all her forms irrespective of how much she earns, the way she appears, educated or uneducated. Women empowerment is about opportunities, acceptance, and respect for the woman inside us. Let us break out the vicious circle of being the epitome of excellence and search for the real us. Women should realise their underlying strength, confidence, and respect to create a civilised society. Let's be inspired by many iconic women like Teesi Thomas, Fatima Beeve, who broke the bias glass of perfection and carved a niche for the unconventional.

POORNAM KUMAR MENDIRATTA,
Principal, The Manthan School,
Greater Noida West

IPS PAYS TRIBUTE TO WAR HEROES

The third anniversary of the iconic monument, National War Memorial was celebrated on February 24 in New Delhi. The Ministry of Defence in collaboration with Ministry of Education took a decision of school band performance at NWM.



Children to participate and perform as a mark of tribute to the bravehearts of the Indian Armed Forces. It also served as a great learning experience where the children were able to learn the various facets associated with the monument. The school and the students were honoured with Appreciation certificates.

Around 20 students of Indrapuram Public School, Indrapuram gave a scintillating performance and left the audience spellbound. The objective of this initiative is to

inculcate the values of patriotism, devotion to duty, courage and sacrifice among the children. It was a moment of pride for the school and the children to participate and perform as a mark of tribute to the bravehearts of the Indian Armed Forces. It also served as a great learning experience where the children were able to learn the various facets associated with the monument. The school and the students were honoured with Appreciation certificates.

Sonal Rawat, the principal along with the headmaster, Dr Ashish Mittal attended the celebration and received the certificate.

Meet and greet fest, 2022

Our sunshine students had an exciting and memorable welcome gala event on the bright and beautiful morning of February 26.

'Meet and Greet Fest' was a magnificent amalgamation of games, races, freeze dance, photo shoot, free play and delicious food. Students enjoyed every single moment planned and picturised carefully to provide



shear fun be it dancing on the tunes of peppy songs, running fun races like obstacle race, jump and cross the tyre race and sack race. 'Flower Show 2022' and fiesta props were the major attractions for the people of all age groups to capture beautiful smiles and wonderful styles. Foot tapping of all the students was a treat

to the eyes of all the spectators. Art activity of creating any art using poster colours was so very soothing and engaging. Fun games like feed the hungry clown, knock the glasses and hoopla were thoroughly enjoyed by all the students. 'Happiness inside Pot' was a magical pot - full of toys that were given away to all those little Ryanites who could not win a prize. School principal, Peeya Sharma spent some memorable moments with the students and greeted each one of them with a smile.

Appreciating poets and poetry

St Mark's School, Meera Bagh, believes poetry is taught for sheer pleasure and enjoyment. It further lays the foundation for an adequate appreciation of English poetry.

The school emphasises on enabling students to enjoy the recitation of poetry, develop the students' power of imagination, train the emotions of the students and develop love for poetry reading and writing.

The school's English department had a beautiful session on 'Poets and Poetry Appreciation'. Principal, A Aggarwal as well as vice principal, R Anand also joined the teachers as together each one walked through the life and works of T S Eliot, P B Shelley, William Wordsworth, Robert Browning, John Donne, William



Shakespeare, Robert Frost, John Keats, Sylvia Plath, William Blake to name a few.

An enriching experience for one and all as the session was an opportunity for the teachers to revisit the world of the eminent poets, exchange notes and lessons with each other thus learning more about the literary maestros.

TAP INTO TALENT

On February 19, Delhi Public School Ghaziabad Vasundhara, organised a fun filled event titled 'Tap into Talent'. The objective of this event, as the title says, is exploring and appreciating, hitherto unknown or less recognised young talent in the community. The event was organised at Orange County, Indrapuram.

It was a day filled with a series of talent competitions, dancing, singing arts, and music. It was attended by the residents of Orange County. The young competitors aged between 2.5 years to 14 years participated in various talent contests.

Trilok Singh Bisht, principal DPSG Vasundhara also graced the event. After interacting with the parents and children, he addressed the gathering and appreciated the young talent. At the end of the event, prizes were distributed to the winners and certificates of participation given out to all the participants. DPSGV has always been at the forefront of community engagement and at the helm of innovation in education field with over 20 years of excellence in its chosen field.

DECOR

DO IT YOURSELF

A SIMPLE SHEET OF PLAIN CARDBOARD CAN MORPH INTO AN ATTRACTIVE WALL HANGING WHICH YOU CAN PROUDLY PUT UP IN YOUR ROOM.



MATERIALS REQUIRED

- * Cardboard sheet
- * A pair of scissors
- * Acrylic paint
- * Paint brush

PRATHIKSHA K,
class IX, Samved School, Bengaluru



STEPS

- 1 Cut out a circle from the cardboard sheet of any size using scissors.
- 2 Trim the edges to make it look perfect.
- 3 Use acrylic paint to paint on one side of the circle. I used lemon yellow and black to obtain yellow ochre. Let it dry and apply a second coat.
- 4 Then, I made a design using brown, sap green and orange to make it a little more attractive.
- 5 I used black colour to make leaves and later gave some more effects using white colour.
- 6 At the end, I made it look better by adding a few extra patterns.
- 7 Let it dry. Add a little twine on the back to make a loop and stick it securely with glue and tape. You can use this to hang the art.

Student Corner

Sole reason of our Independence: Soldiers

I salute you soldiers
From
The core of my heart

I salute the sacrifices
You soldiers made...
For our dear motherland

I salute the courage and love
You showered
On our dear motherland
I salute you soldiers



That you fought for one
And for all

I salute you soldiers
For the bravery
You showed

I salute you soldiers
And so do believe

That you soldiers are
The sole reason
For the independence
We share and enjoy today
Vande Matram

RITIKA SINGH, X-A,
Sam International School

Faculty of St Mark's wins National ICT Award

A proud moment for St Mark's School, Meera Bagh as N Gupta, PGT, computer science, was presented with the prestigious National ICT Award, consisting of a medal and citation, by MoS, Education Annapurna Devi.



In another ceremony, he was awarded with a laptop and ICT kit by Professor Dinsh Prasad Saklani, Director NCERT and professor Amarendra P Behera joint director and head CIET,

NCERT. N Gupta receives the award for enhancing student learning by effectively and innovatively integrating technology supported learning into the school curriculum and subject teaching, thereby promoting enquiry-based cooperative-collaborative learning using ICT amongst students.

Good sportsmanship goes beyond the game

Sports day is an important event as it encourages the significance of physical exercise for the student. Physical activity increases metabolism and is good for health. Playing a sport regularly keeps children fit forever. Doing physical movement helps ease muscle strain, relieve mental tension and improve blood circulation and muscle activity. Keeping this in mind ASN International School conducted 'Fitness Fiesta 2022' virtually for classes, nursery to 5, with great zest.

on the annual sports day 'Fitness Fiesta', the school ran a series of sporting events from January 15 till February 12 this year. Various innovative games were



planned to focus on the development of gross motor skills and the mental agility of children. Different activities like balloon badminton, bounce and catch the ball, table tennis, speed bounce, throw, clap and catch, etc were played.

The main objective of this fitness fiesta was to bring out the sportsman spirit in all the students and that was well accomplished. The prudent words of the school heads Shivani Khanna and Priyanka, reiterated the vital role of mindfulness and sports as an integral part to bring tranquillity in our daily lives.

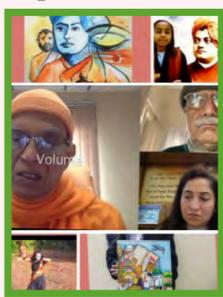
Valedictory ceremony of Viveka Utsav

ASN Senior Secondary School and Indus Quality Foundation co-hosted the valedictory ceremony of Viveka Utsav in an online international interschool fest for the session 2021-2022.

The program took a ceremonial start with the lighting of the lamp followed by a formal address by the school principal, Swarnima Luthra. She gave a hearty welcome to all the dignitaries of the day, principals, teachers and students of the participating schools. The occasion was graced by Garima Lohani Bhagat, IRS, com-

missioner of Income Tax as the chief guest for the day. The special guests of the day were revered Swami Shantatmananda, secretary, Ramakrishna Mission, New Delhi and Ashwani Kumarji, chairman, Indus Quality Foundation (IQF).

The program commenced with Manya Mishra, student of ASN Senior Secondary School, who shared her cherished experiences with IQF followed by an audio visual of the IQF club service depicting their journey of bringing about a change and helping students realise the



twin-objective of developing their inward awareness and from that space impact external life and society. The program then witnessed a vibrant presentation of the performers of excellence through an audio visual called 'Glimpses of Viveka Utsav 2021-22'.

Keeping the essence of Swami Vivekananda's teachings as the guiding force for the youth Viveka Utsav was organised which aimed to serve as a perfect platform to invigorate the young minds to imbibe true human values and become respon-

sible and conscientious global citizens. More than 50 schools from across the globe participated in this event.

A special mention to Aaditya from US, Theyeithy and Logen from Tara Foundation Malaysia -Puchong Gurukulam for showing great enthusiasm in the program for sending their entries from overseas.

The participants were well applauded and appreciated for their impressive performances.

Garima Lohani Bhagat, IRS, CVO, ESIC in her address encouraged the students to be grateful to people and practice endurance. She also said that they should face the life challenges with courage and positivity.

BOOK REVIEW: THE BOOK THIEF THE REALITIES OF WAR

I was recommended 'The Book Thief' by my teacher. A fiction written by Markus Zusak, the story is narrated by "Death", from the diary of a girl who lived in Nazi Germany at the time of the Second World War. This book describes the terrible losses faced during the Second World War.



Liesel goes to live with her foster parents at the imaginary Himmel Street, Molching, Germany. Here she is ill-treated by Rosa and is taught to read by her accordionist father. She strikes a friendship with one of her mother's client, who lets Liesel read in her library. She falls in love with reading and starts stealing books as she cannot afford them, especially after her mother becomes jobless. Liesel steals books and food with her best friend Rudy Steiner. As the World War II approaches, her father hides a Jew in the cellar with whom she develops a cordial relationship. The author shares the horror of seeing the hungry and tired Jews being lashed with whips and being made to

march to concentration camps. As time progresses, her father and the Jew both must go away. Will they come back safely?

What I love about this book is the kindness with which they took care of the Jew while putting their own lives at risk. This shows that humans can be self-less and not destructive like the Nazis. With Death as the narrator, the author has thrown light upon the loss of life and property during wars which makes us think about the times we live in.

This is an amazing book and is a must read for 10+.

INIKA JAIN, class V-C, Gitanjali Primary School, Hyderabad

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ADMISSIONS OPEN
For Classes Nursery to IX
(Session 2022-23)
Age Criteria As on 1st April 2022
Nursery to KG to Prep to V to VIII
Registration Forms available at School Reception between 9:00 AM to 2:00 PM.

Our strength lies in:

- Providing safe, stimulating & enriching atmosphere for each student
- Facilitating smooth transition back to school-learning
- Devising new mechanisms to engage in education leader during global crisis
- Bringing technology and lifelong learning experiences together to reinforce and complement education
- Practising National Education Policy (2020) based pedagogy
- Tailoring learning opportunities to meet students at their skill level
- Creating children to represent India at National & International platforms

Setting trends of excellence: The School Toppers in the year 2021

A powered up school sharing effective partnership with

We care about your holistic growth...

BAYERN BLAST INTO CL QUARTERS

LEWANDOWSKI HAT-TRICK SINKS SALZBURG WITH 7-1 WIN AT HOME AFTER NERVOUS START

Robert Lewandowski scored a record-breaking 11-minute hat-trick to send Bayern Munich sailing into the Champions League quarter-finals with a 7-1 win at home to Red Bull Salzburg on Tuesday. The Polish striker had three goals to his name by the 23rd minute – the earliest anyone has ever completed a hat-trick in a Champions League game – as Bayern shook off their early nerves to crush Salzburg. “This was definitely a statement from us, and it gives us hope that there is more like this to come,” Bayern captain Manuel Neuer said after his side reached the last eight for a record 20th time.

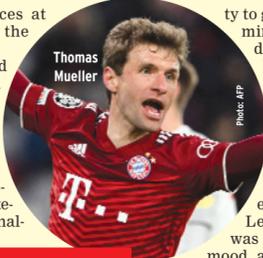
Austrian champions Salzburg had held Bayern to a 1-1 draw in the first leg, but their hopes of an upset in Munich were left in tatters when Lewandowski scored a tap-in and two penalties to send Bayern on their way to a famous victory. With just ten minutes and 27 seconds between Lewandowski's first and third goals, it was the fastest of the six hat-tricks the Pole has now scored in the Champions League.

“We knew we had to attack the box early today and get Lewy into the game, because he is so hard to defend against,” said Thomas Mueller. “We all knew how important this game was today. If we had been knocked out, it would have been a very sad next three months for us,” he added.

NERVOUS BEGINNING

Bayern started with an attack-heavy 3-5-2, but they looked nervy at the back

and there were chances at both ends in the opening minutes. Lewandowski forced a sharp save from Philipp Koehn with the first attack of the game, while Nicolas Capaldo was denied at the other end by a brilliant block from Kingsley Coman. Lewandowski gratefully tucked away a penalty



Thomas Mueller

to give Bayern the lead on 12 minutes after he was brought down by Maximilian Wober in the box.

Initially, the lead didn't seem to calm Bayern's nerves, and Salzburg almost equalised as Nicolas Seiwald fizzed a fierce shot over the bar at the other end. But Lewandowski was in a predatory mood, and he soon added two more to complete his hat-trick and put the tie beyond the Austrian side. Having smashed a second penalty into the bottom corner to double the lead, he added a third on the counter-attack, chasing a loose ball over the line after a one-on-one with Koehn.

Bayern were now purring, and Serge Gnabry drilled home a crushingly inevitable fourth after an elegant passing move on the half-hour mark. Mueller curled a brilliant shot into the bottom corner to make it 5-0 shortly after half time, before Bayern switched on cruise control.

The guests grabbed a consolation goal with a clinical counter-attack 20 minutes from time, 18-year-old Dane Maurits Kjaergaard smashing a Geoff-Hurst-like finish into the top corner past Manuel Neuer.

But the hosts had the last word as Mueller stroked home his second and Lewandowski set up Sane for Bayern's seventh a few minutes from time.

AGENCIES

LIVERPOOL IN QF DESPITE LOSS

Liverpool stuttered into the quarterfinals of the Champions League with a 2-1 aggregate win over Inter Milan after suffering a 1-0 loss to the Italian side, who were reduced to 10 men, at Anfield on

Tuesday. After a cagey first half, a superb drive into the top corner from Lautaro Martinez in the 62nd minute put Inter ahead on the night. But just when they looked capable of springing a surprise, the visitors found themselves

down a man after Alexis Sanchez was dismissed for a second yellow card after catching Liverpool midfielder Fabinho. It was a harsh decision against Sanchez, who had won the ball but caught the Brazilian with his follow through and Inter's bench furiously protested. The dismissal killed Inter's momentum with Liverpool never looking in danger of conceding again.

“Lautaro's goal had hit Liverpool, but Sanchez's expulsion influenced the last half hour of play,” said Inter coach Simone Inzaghi ruefully. “A victory at Anfield it's nice, but it's useless for the qualification,” he added.



Lautaro Martinez



Leroy Sane



Photo: AP

That was a statement win. I think we showed a different side of ourselves today and didn't concede as many chances on the break. We were also more stable in defense, which obviously gives us hope that things can continue in that vein.
Bayern captain MANUEL NEUER



Mithali Raj

INDIA AIM TO ACE BATTING

Trying out various combinations against formidable New Zealand in hope of positive result

Having pummeled arch-rivals Pakistan in a one-sided lung-opener, India will face an infinitely tougher challenge in hosts New Zealand and would endeavour to put up an improved batting show in the second ICC Women's World Cup league stage game on Thursday.

The pitch at Hamilton's Seddon Park has been traditionally known as a batting belter and Mithali Raj and her team would like to put up a better show against Sophie Devine's White Ferns, who have had a great run in the recently concluded bilateral series.

More than the margin of the 1-4 defeat, it was the fact that Indians were outplayed in all departments must have been a cause of worry for head coach Ramesh Powar who has been trying out various combinations.

Tough opponents

What looked like a cakewalk against a relatively weaker Pakistan side might not be possible against the New Zealanders, who have all bases covered. In fact, the Indians have already learnt a harsh lesson in the preceding ODI series where they couldn't even

defend totals of 270 and 280. But Shafali Verma's return to form is something the team management is looking forward to as senior pacer Jhulan Goswami said at the pre-match interaction. “Shafali has already proved herself. She is a very exciting cricketer. But these things happen with every cricketer,” Goswami said. “I am sure she is working really well in the nets, she is hitting the ball really well. She is just one big knock away

and if she gets an opportunity, I am sure she is going to do well,” she added.

Middle over woes

India's problems have been often compounded by their inability to rotate the strike in the middle overs, leaving way too much for the slog overs where often they haven't had power hitters. Smriti Mandhana is the batting mainstay and a big score from her is what the ‘Women in Blue’ need on Thursday. India's biggest strength are all-rounders Deepthi Sharma, Sneha Rana and Puja Vastrakar, who can convert a poor show into a brilliant final outcome. However, against New Zealand, who have Devine, Suzie Bates, Amy Satterthwaite and Amelia Kerr in their ranks, it won't be an easy job.

Goswami, who has been in terrific form over the past year, needs support from the other end with a steady show from the likes of Meghna Singh and Vastrakar. However, it will all boil down to how well the spinners Rajeshwari Gayakwad, Rana and Deepthi bowl against the New Zealanders. A good result will erase the nightmare of the recent ODI series. **PH**



I think we have to take confidence. It's not every day that you beat a really quality Indian side for one. So, there's certainly a huge amount of confidence that we can take out of that.
New Zealand vice captain AMY SATTERTHWAITE

DJOKOVIC IN INDIAN WELLS DRAW, STATUS STILL UP IN AIR

Indian Wells organisers said on Tuesday that world number two Novak Djokovic had been placed in the tournament's draw but it was unclear if the Serbian would be permitted to enter the United States.

Djokovic isn't vaccinated against COVID-19. The US requires visitors to be vaccinated to enter the country. Additionally, tournament officials have said everyone at Indian Wells must be fully vaccinated to be on site.

Djokovic's name was on the entry list when the men's draw was made, so the five-time tournament champion was included. He received a first-round bye and could play David Goffin or Jordan Thompson in the second round.

“We are currently in communication with his team; however, it has not been de-



Novak Djokovic

termined if he will participate in the event by getting (Centers for Disease Control and Prevention) approval to enter the country,” officials said.

He last played at a tournament in Dubai last month, losing in the quarterfinals to Jiri Vesely. He was deported from Australia in January after his visa was canceled on the eve of Australian Open. **AP**

QUIZ TIME!

Q1: Which of these sports has the largest number of players in each team?

- Rugby Football
- Water polo
- Baseball
- Soccer

Q2: Which of the following were not a part of the founding associations of FIFA?

- England
- Denmark
- France
- Netherlands

Q3: Which sport's competition is known as the “Alps Tour”?

- Golf
- Basketball
- Cricket
- Rugby

Q4: Which tennis bodies together comprise the Tennis Integrity Unit?

- The ITF
- The Association of Tennis Professionals
- Women's Tennis Association
- All

Q5: How much did Ravindra Jadeja score in the recent

India vs Sri Lanka test at Mohali?

- 140
- 175
- 230
- 69



Ravindra Jadeja

Q6: When was the Men's Hockey World Cup founded?

- 1965
- 1985
- 1978
- 1971

Q7: Which player is given the Golden Glove Award in football?

- Best player
- Best Goal-keeper
- Top Goal-scorer
- Player aged 21 or younger

Q8: Which is the governing body for chess in the world?

- World Chess Federation
- World Chess Association

Q9: When was the Dual Slalom World Cup launched?

- 1989
- 1988
- 1991
- 1998

ANSWERS:

- a. Rugby football
- a. England
- a. Golf
- d. All
- b. 175
- d. 1971
- b. Best goal-keeper
- a. World Chess Federation
- d. 1998