

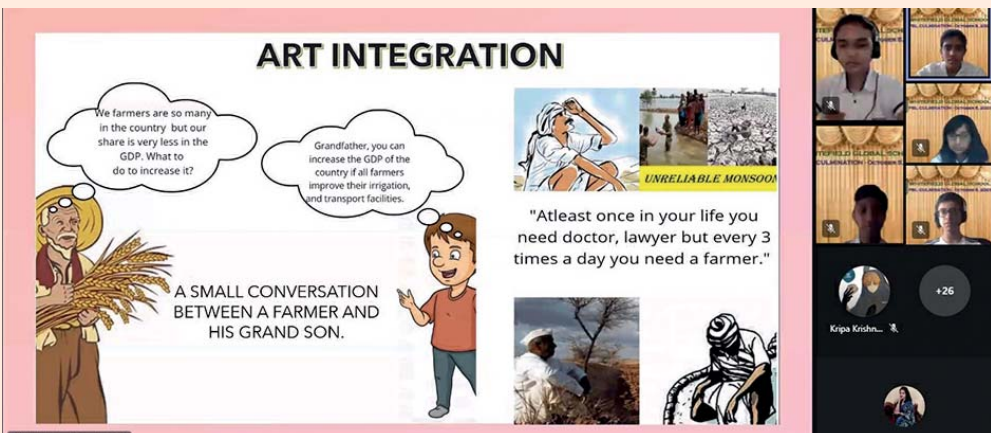
Project-based learning hones knowledge, essential skills

It is a proven fact that when implemented well, project-based learning (PBL) can increase retention of content and improve students' attitudes toward learning, among other benefits. By working in a group, project-based learning enables students to develop deep content knowledge as well as skills like critical thinking, collaboration, cre-

WHITEFIELD GLOBAL SCHOOL

ativity, and communication. PBL has also been known to unleash a contagious creative energy among students and teachers, leading to increased student engagement and improved learning outcomes for all. At WGS, we have witnessed such a spree during the past few days of our project-based learning process.

Two years ago, in 2019, when the world was unaware of the arriving dilemma, the school took this initiative of teaching students how to help the world, by not just reading books but practically studying and improvising famous ideas. Like the previous year, for the 2021-22 session also our PBL was conducted in a virtual mode. The inauguration ceremony was held on September 27, 2021.



Our students were working on SDG12 - Sustainable and Responsible Production and Consumption and throughout the session they were engaged in various activities. Groups of students were provided different sub-topics so that they could work towards a specific outcome.

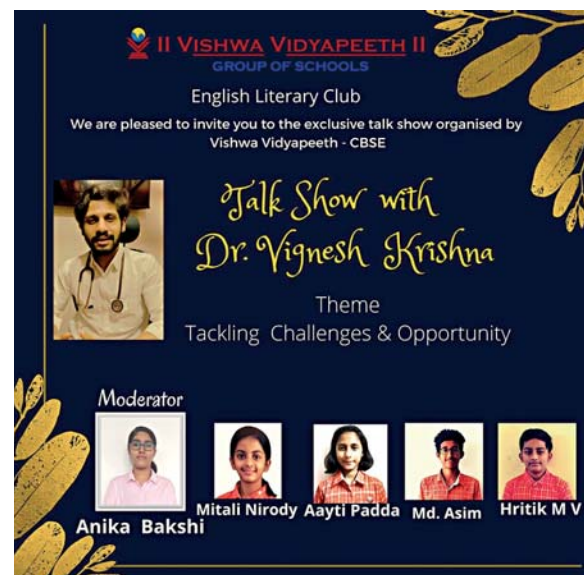
On October 5, 2021, each group presented their

work and mesmerised all of us with their precise and explicit demonstration. Each group discussed the Integrated Learning Outcomes they have achieved and gave us glimpses of the research, surveys, collection and analysis of the data, and various creative activities they were a part of, through their presentation.

Constructive interactions, learned sources best way to gain knowledge, students told

"Living is a process of developing oneself. Without experiencing pain from disconcerting periods of our lives, we would be a different person, perhaps a lesser person." - Kilroy J. Oldster, Dead Toad Scrolls.

The school recently hosted a virtual talk show with Dr Vignesh Krishna on Tackling Challenges and Opportunities, as part of the CBSE wing's English Literary Club activity. Dr Vignesh Krishna is a



VISHWA VIDYAPEETH SCHOOL

multi-faceted, young and talented medical doctor who is also an actor, dancer and winner of many reality shows.

A panel of students comprising moderator Anika of class VIII, Md Asim of class X, Mitali Nirody of class IX, Aayati Padda of class VIII, and Hrithik of class VI interviewed the doctor. The interaction was a great and

enlightened take away for the students.

Dr Krishna spoke about the difficulties he faced on his road to success, with his sheer determination, dedication and discipline. Speaking about alternative career choices, he insisted on gaining knowledge through constructive interactions with in peer groups and learned sources.

The much-elated audience too participated in the interaction.

Principal Shanthi Seetharaman thanked the doctor for being part of the event, sharing his experience with the young audience, and fulfilled its purpose of educating the students on how to deal with challenges and to tackle them.

Queen's Commonwealth Essay: proud moment for the school

Any kind of talent, be it singing, dancing, painting or writing, when nurtured and given the right platform to shine can make that person a fa-

EUROSCHOOL, WHITEFIELD

mous personality indeed. However, hard work, determination, confidence and polishing that skill all go hand in hand.

Vamika Chaturvedi, a valedictorian of the 2019-20 batch has made her alma mater proud after

winning the bronze medal in the prestigious Queen's Commonwealth Essay Competition; the world's oldest and largest school international writing competition, run by the Royal Commonwealth Society since 1883.

More than 25,000 children from 54 countries participated in this event this year. Her entry was titled "It's been 30 years since the pandemic got over. What does the world look like now?" She scripted her essay with a mindful reading of the current scenario and an optimistic outlook for revival.

The school management and staff congratulate her on the spec-

tacular achievement. Congratulations Vamika!

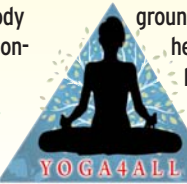


CAMEL POSE

"Yoga is a light, which once lit will never dim. The better your practice, the brighter your flame." - BKS Iyengar

The term Yoga has been derived from a Sanskrit word which roughly translates to union and discipline. Nowadays more than money and fame, we all need peace of mind and a balanced body. And by balanced body I do not mean only healthy lifestyle, balanced body means a stable mind, body and soul. It's true that yoga connects them all.

LET'S TAKE FOR EXAMPLE, THE CAMEL POSE - It is a



BENEFITS OF YOGA

- 1 Yoga keeps you fresh throughout the day and fills your mind with positivity.
- 2 Yoga prevents and cures many diseases like cancer, thyroid, tumour, heart diseases etc.
- 3 Yoga helps you to be calm and have patience.
- 4 It is proved by a scientific research that yoga lowers stress and anxiety levels and improves brain function.
- 5 Yoga alters gene expression too.

SARA SHUKLA, student, Euro School, Undri, Pune

part of kundalini yoga. It is specifically for the immune system. It is the asana of the heart chakra (4th chakra), which is associated with balance, serenity and calmness. It regulates the thymus endocrine gland. To do this asana, we need to stand on our knees with our foot touching the ground completely. Then drop your head and begin to arch your back pushing hips and pelvis forward. Withdraw

your hands one at a time and place them on your heels. Grip firmly. Arch your back until your arms are straight.

PRECAUTION: If you have undergone any surgery within 6 months then you should avoid doing this asana.



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.

BAPU: THE PRACTICAL IDEALIST



Mahatma Gandhi was a brave man who put ethics at the centre of all of his activities and worked extremely hard for people's liberty and fairness throughout his life. Despite the fact that he made numerous sacrifices while keeping his self-confidence and individuality, Gandhi remains an inspiration to all Indians. Gandhi never advised people to follow him or to look up to him as a leader. To reach the ultimate truth of self-realization, he promoted the ideals of truth, non-violence and moral values. Mahatma Gandhi is known for his strong sense of right and wrong, as well as his quest for justice and equality. Of the many reasons for Gandhi's popularity, one of them was his peaceful body language. According

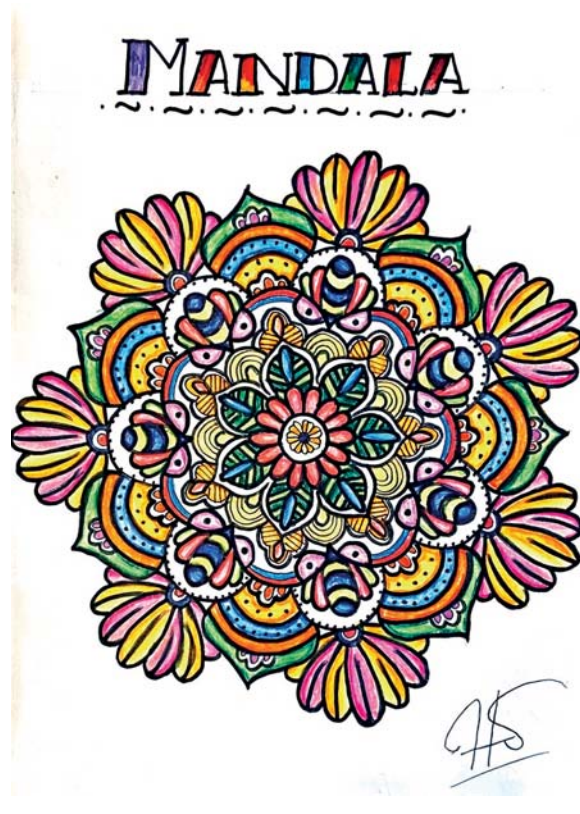
INSPIRING ICONS MAHATMA GANDHI

to him, even if people have distinct forms, the same spirit penetrates every one of us. In a nutshell, Gandhi experienced and recognised the value of 'Unity in diversity'. His life philosophy comprised four components: truthfulness, nonviolence, fearlessness, and satyagraha. He often urged individuals not to rely on others and to undertake their own job. Gandhi believed that truth, peace, and the divine law were at the centre of all religions. He was a character of deep knowledge and fascinating simplicity, empowered just with an unbreakable will and unbreakable resolve, and a fragile person who challenged overwhelming might with the dignity of a basic human being.

SADHYA, class VI,
St Xavier's High School,
Mohali



Painters' Gallery



MANDALA: Himashree S Reddy, class VIII, Sishu Griha Senior School



FATHER OF THE NATION: Rajat R Pai, class VIII, Geethanjali Vidyalaya

OZONE A PROTECTIVE UMBRELLA

Let us protect our ozone layer
The skull protects our brain,
The skin protects our body,
Ozone protects our Earth.
Our Mother Earth protects us,
Ozone layer protects our Mother Earth.
We have a responsibility to protect the ozone layer.
We all promise to protect our ozone layer.
Let us protect ourselves from the UV rays coming from the Sun.
We should reduce the air pollution
And save plants and save the Earth and save the Ozone layer.
Sathvika Krishna Badugu, class IV, GJR International School

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MBAPPE STARS IN CLOSE WIN



France celebrate with the trophy after winning the Nations League Pool

France beat Spain in a slow-start final to life Nations League trophy

World champions France won the Nations League final with goals from Karim Benzema and Kylian Mbappe, earning them a 2-1 win over Spain at the San Siro stadium in Milan. Didier Deschamps side had struggled to get a foothold in the game during a first half dominated by Spain but after going a goal down, following Mikel Oyarzabal's strike, they came alive. With Paul Pogba excellent in midfield, Mbappe's speed and movement stretching Spain and Benzema a constant threat, the French were good value for their victory.

"We showed our character against a very strong team. We never gave up," said Benzema. "It shows what great teams do - never panic, be patient and wait for the right time."

ABSENCE OF STRIKER WEIGHS HEAVY

Luis Enrique's young Spain side, who had beaten European champions Italy in the semi-finals, played their trademark possession football with patience and precision but in the end could not compensate for the absence of a genuine striker. "It was a difficult defeat," said Spain's France-born defender Aymeric Laporte. "We have proven to be a great team despite our youth, we have shown better football than them, but what counts is the result."

The first half was a relatively subdued affair with Spain moving the ball well but without dangerous penetration while France were disrupted by the loss to injury of centre-half Raphael Varane. But both sides were awoken after the break when France full-back

“We won against the European champions and were almost even with the world champions, so for the players and the team that is all good. Every time it will be more difficult for me to make the selection, that is good for us. The important thing is the team does not change its personality and the will to win. Nothing was missing tonight, it was a shame once we scored that opening goal that France went up the other end and scored because that was when France were at their weakest.”

LUIS ENRIQUE, Spain coach

Theo Hernandez thundered a shot against the underside of the bar after a swift break.

SWIFT RESPONSE

Spain responded to that warning in clinical fashion, taking the lead when Oyarzabal latched on to a long pass from Sergio Busquets, held off Dayot Upamecano and fired into the bottom corner. The French response was swift, however, with Mbappe finding Benzema who cut inside before unleashing a brilliant curling shot into the far corner to make it 1-1. Mbappe then grabbed the winner, 10 minutes from the end, racing on to a through ball from Hernandez and keeping his cool to slot past Unai Simon.

Spain protested that Mbappe was offside when he received the ball but the VAR check found a slight touch from defender Eric Garcia had played the France striker onside. France had keeper Hugo Lloris to thank for

two late saves as Deschamps's side held on for the victory against intense Spanish pressure. Lloris got down well to keep out a low shot from Oyarzabal in the 89th minute and then in stoppage time he reacted superbly to parry a strike from substitute Yereimi Pino.

Nations League, in just its second edition, remains clearly UEFA's secondary tournament for national sides, as the Italian fans singing of their team's Euro 2020 triumph reminded, but that didn't dampen France's celebrations. "We did not get off to a good start we were dominated and waited until the first goal to react," said Pogba, who was crucial to France's response. "We know we have to do better. But if it's the way we have to win, so be it. Winning a trophy is always good. We're always hungry for those," he added.

Earlier on Sunday, Italy had claimed third-place in the Final Four tournament by beating Belgium 2-1 in Turin. AGENCIES

Photo: REUTERS

MURRAY SERVES UNDERARM TO BEAT ALCARAZ

Meets Alexander Zverev next at Indian Wells Masters

Andy Murray rallied to win an inter-generational battle against teenager Carlos Alcaraz on Sunday, reaching the third round at the Indian Wells Masters along with Stefanos Tsitsipas and Alexander Zverev. Murray, who has touted Alcaraz as a future world number one, defeated the talented 18-year-old 5-7, 6-3, 6-2 to set up a meeting with third-seeded German Zverev, a 6-4, 3-6, 6-1 winner over American Jensen Brooksby.

Greece's Tsitsipas, the second seed, advanced in the combined WTA and ATP hard court event with a 6-2, 6-4 victory over Spain's Pedro Martinez. Murray, still battling to return from injuries that have seen his ranking fall to 121 in the world, raced to an early 3-0 lead before Alcaraz - who reached the quarter-finals of the US Open last month - found his range and regained a break. After saving a set point, the Spaniard broke Murray for a second time to take the opening set.

In the second set, the former world number one deployed a rare underarm serve on game point for a 2-1 lead, and this time held on. Britain's Murray, 34, who accepted a wild card

into the draw, had just eight unforced errors in the second set to Alcaraz's 14. He broke 30th-seeded Alcaraz to open the third set then saved four break points in the next game to maintain the advantage.

A second service break gave Murray a comfortable cushion, and it was the teen requiring late treatment on an injured foot before the off-injured Murray sealed the victory after three hours and four minutes. "He's obviously got so much potential, so much firepower and these conditions it's not easy to finish points off quickly, but he's able to because he has so much pace from the back of the court," Murray said. "So I had to fight extremely hard, coming back from a set down. I felt like in the second set he played maybe better."

Murray can expect a stern test in the third round from Zverev, winner of titles in Madrid and Cincinnati this season.

Zverev fired 28 winners against Brooksby but his 35 unforced errors were 14 more than his energetic opponent delivered. "It wasn't an easy match, but I'm happy to be through, I'm happy to be in the third round and playing Andy now."

Zverev noted that Murray was the only one of the "big four" of men's tennis - Roger Federer, Rafael Nadal, Novak Djokovic and Murray - that he has yet to beat. "I hope I can change that," Zverev said. "I think it's incredible how well he's moving and incredible how well he's playing. I think he's very motivated so I hope I can show my best tennis."

Other matches

In women's action, second-seeded Iga Swiatek roared to a 6-1, 6-0 third-round victory over Veronika Kudermetova. The win came on the anniversary of Swiatek's victory in the pandemic-delayed 2020 French Open and put her into the round of 16 in her Indian Wells debut.

Aliaksandra Sasnovich of Belarus continued her upset run with a 7-5, 6-4 victory over 2015 Indian Wells champion Simona Halep of Romania. AFP



Photo: AFP

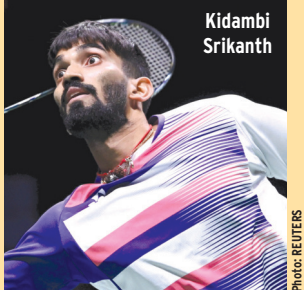
Andy Murray

INDIA BLANK NETHERLANDS 5-0 IN THOMAS CUP

The Indian men's badminton team blanked lower-ranked Netherlands 5-0 in its opening Group C tie to make a winning start at the Thomas Cup Final at Aarhus, Denmark on Sunday night. Taking the court first, Kidambi Srikanth beat Joran Kweekel 21-12 21-14 in a men's singles clash before the doubles duo of Satwiksairaj Rankireddy and Chirag Shetty sailed past the Dutch pair of Ruben Jille and Ties van der Lecq 21-19 21-12 to hand India a 2-0 advantage.

World championship bronze-medallist B Sai Praneeth then demolished Robin Mesman 21-4 21-12 in just 27 minutes in the second singles match to give India an unsailable 3-0 lead.

M R Arjun and Dhruv Kapila next defeated Andy Buijk and Brian Wassink 21-12 21-13 in the second doubles tie before Sameer Verma made the clean sweep, beating Gijs



Kidambi Srikanth

Photo: REUTERS

Duijs 21-6 21-11 in the third and final singles match.

Earlier, ace shuttler Saina Nehwal was forced to retire midway through her opening match but India's young women's team produced a clinical display to notch up a fine 3-2 win over Spain in the Uber Cup Final.

India's men's team will next play another weak opponent in Tahiti in the Thomas Cup on Tuesday, while the country's women shuttlers will be up against Scotland in Group B. PTI

QUIZ TIME!

Q1: On which of the following positions is the Umpire supposed to be present?

- Square Leg
- Mid-off
- Mid-on
- Fine leg

Q2: Which pair won the 2018 Chennai Open Challenger singles?

- Lee Duck-hee and Jordan Thompson
- Sriram Balaji and Vishnu Vardhan
- Mohammad Safwat and Sumit Nagal
- Sriram Balaji and Sumit Nagal

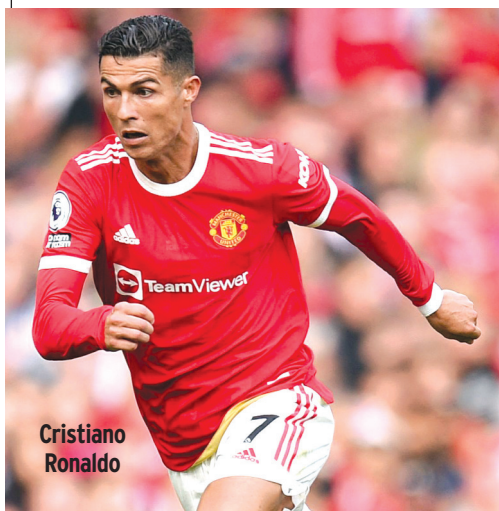
Q3: Which player has been adjudged as the ICC Men's Player of the Month for August 2021?

- Jasprit Bumrah
- Joe Root
- Shaheen Afridi
- Shakib Al Hasan

Q4: Who has become the 1st professional golfer in the world to receive the prestigious 10-year Dubai Golden Visa?

- Jordan Spieth
- Rory McIlroy
- Jeev Milkha Singh
- Tiger Woods

Q5: Cristiano Ronaldo made his 177th appearance in the Champions League, equalling a record set by which of his former teammates?



Cristiano Ronaldo

Photo: AFP

- Ryan Giggs
- Raúl
- Paul Scholes
- Iker Casillas

Q6: Which player won the 2021 US Open women's singles title?

- Leylah Fernandez
- Jodie Burrage
- Emma Raducanu
- Naomi Osaka

Q7: Pádraig Harrington announced the 12 golfers to represent Europe in Ryder Cup. Which of these countries has not provided a player?

- Northern Ireland
- Norway
- Austria
- Scotland

Q8: What is the correct measurement of a pitch in cricket?

- 20 meter long
- 22 meter long
- 24 meter long
- 26 meter long

ANSWERS: 1. a. Square Leg
2. b. Sriram Balaji and Vishnu Vardhan
3. b. Joe Root 4. c. Jeev Milkha Singh
5. d. Iker Casillas 6. c. Emma Raducanu
7. d. Scotland 8. a. 20 meter long