

Challenges posed by immoderate use of technology

Technology has given the world accessibility to excessive information during these unusual times. Students have become digital natives and have constricted themselves to a self-made wall of technology which has affected their social skills, creative minds and ability to interact with the world beyond the internet clique. Addressing the challenges posed by the immoderate use of technology, Delhi Public School, sector 45, Gurgaon, organised its wellness webinar series 13.0, 'Let's Talk', on December 8, on the theme, 'Tech Addiction, Fear Of Missing Out (FOMO) and Social Anxiety: Impact and Solutions'. The panel was formed by director principal, Aditi Misra, parent representatives, Sumbul Khan and Suvasis Ghosh, occupational therapist,

Lovey Sharma and students' representatives, Shlok Singh, Shrija Singh, Heerein Jetley and Sehar Vaish from grades IX and XI. Anya Kapoor and Pranav Lall, students from grade XI, moderated the session. The conversation encompassed the causes and effects of tech addiction that resulted in social anxiety and FOMO. Stating personal experiences, the student panelists shared how they confronted obstacles related to the issues at hand and found solutions for the

same. Khan said that technology is not only for information but also for entertainment's sake, as families are socially isolated. She further concluded that technology should be considered as an aid and

not something that cripples anyone. Ghosh advised the students to focus on their strengths rather than being influenced by social media. He further stated that children suffering from social anxiety should communicate and share their problems with their elders.

Aditi Misra advised the students to regulate the intervention of technology in their lives by observing tech-free times and connecting to real life. She stated that making mindful choices and having a purpose in life can keep an individual fully engaged. She said that the mantra to be happy and positive was to go back to the old ways of doing things.

The insightful and thought-provoking perspectives shared by the panelists resonated with the audience. Everyone agreed that there is no denying that technology has made life easy, but it all depends on an individual to use it as an addition or an addiction.



Why 'fake it till you make it' works

It is hard to crack a joke when you are totally down cast but what if I say that by doing so you can trick your brain into thinking that you are happy.

This might feel a bit wacky at first but this has been shown by Simone Schnell and David Laird in one of their studies from 2003 that, changing our outer state can change our inner state. If you find it strange to be happy in a stressful situation, then find a reason to smile. You could smile at the prospect of your smile itself making someone else feel happier. They might smile back at you, give you a genuine reason to smile alive. In fact, our whole body and psychology can affect our emotions and level of serotonin in one's body.

a depressed person: you would slump your head down and make a grumpy face. If I ask you to show me how a person would look if he is angry, you can do it with ease too. But why? This is because your mind knows how a person would appear in diverse circumstances.

You can change your state of being too, just by changing the negative signals into positive ones. For instance: if you are under-confident and conscious about yourself, start imagining yourself as a confident person and start acting like it. This imagined confidence will then gradually start to become genuine confidence, and the closer you get to it, the more genuine it becomes.

SANVI KONDAL, SAM International School, Dwarka sec-12

RSSS holds workshop on holistic learning

Ramakrishna Senior Secondary School, Vikaspuri organised a Teacher-Enrichment Programme on November 20 in the school premises. The purpose of the workshop was to cast light on "Holistic Learning" as recommended by NEP - 2020.

The resource person Dr Yukti Sharma, professor, Department of Education and academic secretary at the Institute of Lifelong Learning University of Delhi, focused on the aim of Holistic Education that encompasses a wide range of philosophical orientations and pedagogical practices.



She apprised of its wholeness, enabling the learners to attain the full knowledge of the course contents, as also

developing all the domains of learning, viz knowledge, understanding, application, etc.

Professor Sharma concluded by explaining that a holistic teaching/learning approach caters to the fact that people have different psychological characters and learn in different ways. Henceforth various techniques must be introduced to foster the learning process for different learning styles and psychological types. The programme made our teachers more aware of how holistic learning can be brought into practice to make the teaching-learning process effective.

Honour for Parinita Gupta



Parinita Gupta of Noida Educational Academy was honoured with Shikshak Samman-2021 by New Saraswati House Publication for her innovative and exemplary contribution in education during corona period. Her dedication for providing education to underprivileged kids with her 'Scout and Guide' team was recognised and appreciated immensely.

ASN observes Human Rights Day

ASN Senior Secondary School, Mayur Vihar-I celebrated Human Rights Day with the aim to sensitise the young minds to promote equality, freedom, justice and liberty. Children showed their enthusiasm by participating in various activities like slogan writing, freedom of expression through dance, talk show with famous human rights activists (enacted by children) across the globe. Students also discussed how they could be instrumental in spreading the message of human rights for all.



of the children in bringing up a pertinent issue. She said that this day reminds us of our powers to stop any injustice or abuse by any authority.

School principal, Swarnima Luthra appreciated the efforts

'Dawai bhi, kadai bhi'

Sachdeva Public School, Pitampura organised a campaign, 'Dawai bhi, kadai bhi', an awareness initiative against the COVID 19 pandemic that has led to uncommon and unusual challenges needing befitting changes in human behaviour. The school and its students took initiative in taking this message forward and bringing about fruitful changes in their life.



Various activities for different classes like badge making, slogan writing, and speech on 'Dawai Bhi, Kadai Bhi' were taken up. The students were also shown powerpoint presentation and videos on Covid appropriate behaviour. The students designed their masks with great interest and enthusiasm and had hands-on experience of the same. The students also conveyed their views through slogans and

speeches to reiterate the message of safe behaviour and persuaded their parents and neighbours to adopt COVID apt lifestyle for their own safety and for the safety of their near and dear ones.

The plethora of activities conducted during this tough time brought cognitive amongst the students about the various aspects of COVID 19 appropriate behaviour. The active participation of all the members of the school brought positivity and hope for better times.

Simran makes JKG proud



Simran Sharma, student of JKG International School, Ghaziabad class VIII bagged second position in Mount Everest Dance Sports Championship 2021, an international championship for India, Nepal, Bhutan and Bangladesh.

She also secured the second position in solo-semi dance category in National Dance Sports Championship 2021, a national level dance competition organised by Dance Sports Council of India (DSCI), Dance Sports Association (DSA) hosted by council of Punjab.

COMPLETE MAYHEM AND FUN

A scramble through time's best. I rummage through broken sheets of cardboard and I prepare my voice to speak words; powerful. I run off in corridors to have kids lend me a stapler and I wear blazers in flurry to rise on stage. Such was the chaos that built me my heights of character and skills.

On days when project deadlines were consequently greeted with a regular "today what! lecture 3rd, got it!". On days when homeworks were never done in homes and work submitted in class was never devoid of some snatching and mayhem, pressure and ultimate relief.

On the days we rose to our stand and gave speeches composed on pages torn and crippled moments ago, as heads turned, some in awe, some wondering, some unbothered and your best friends laughing; I think we weaved the best of our works and memories through this simple innocent haste.

A simple hustle I more than so often wish to; once again get lost into!
Kritika Agrawal,
FYJC Arts, Jai Hind, Mumbai



File photo used for representational purpose only

Student Corner

Online gaming and minds training

This era of technology is popular and pro in its nature, not because of its usage, but it captures! Captures what? It captures and traps innocent minds. As the result, it makes them blind, and blocks the creativity of master-minds.

These electronic demons can be easily accessed, PCs, phones, tablets are the nests. So what's the fuss about the online gaming?

Playing online games lead to addiction and can cause gaming disorders. Let's direct these young minds to be skateboarders or book readers.

But how it is possible? Yes it is possible with training of mind. And practicing outdoor games reminds, The creativity in itself is a key, Supported with hard work, with zest and zeal.

UJJAWAL, class V-B, Shanti Gyan Vidyapeeth School, Dwarka

VAISHNAVI BHARDWAJ, class VI E, DAV Public School Sector14 Faridabad

GURSHEEN KAUR, class VI, Shaheed Bishan Singh Memorial Sr sec school, Mansarovar Garden

Shilpa Goel excels with flying colours

At Maharaja Agarsain Public School, Ashok Vihar not only students learning is a priority but also the training and development of teachers are equally important. Keeping this aspect in view, Shilpa Goel was given an opportunity to learn and enhance her professional skills with the Cambridge



International Certificate in Teaching and Learning (CICTL).

She excelled with flying colours by getting distinction in all four subjects under the mentorship of Rupam Shah.

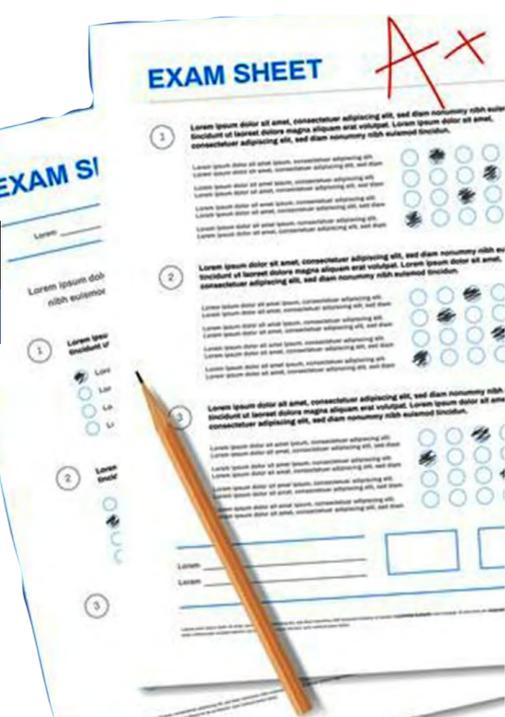
CICTL is an innovative, reflective, and globally acknowledged professional development course recognised from Cambridge University UK.

Well well... this is going to be a pretty interesting conversation! I know I am quite disliked among everyone and maybe quite rightly so. I am the worst nightmare of many of students but surprisingly some teachers seem to love me... Who knows why? But I am not all bad, you know? Because

IF I WERE A EXAM SHEET

technically I help you make yourself better and finally the best amongst all. Not to forget the amount of doodling skills you all have showcased at my end! I see you seeking over to my older versions to know what to expect from the future me, but of course I am almost never what you expect! Anyways,

it's not in my hands after all, is it? Not that I remember myself having any hands in the first place. So all I can do for you is say... Best of luck! Noyonika Sharma, class XI, Apeejay School, Nerul



ARSENAL BEAT 10-MAN WEST HAM

Put captaincy tumult behind them to win 2-0 for place in the top four of Premier League



Gabriel Martinelli

Arsenal quickly forgot about the team's off-field distractions with forward Gabriel Martinelli and substitute Emile Smith Rowe scoring in a 2-0 win over 10-man West Ham on Wednesday that put the Gunners in the top four in the Premier League.

Martinelli latched onto a throughball from stand-in captain Alexandre Lacazette that sliced past three defenders and set the Brazilian clear on goal from the left. Martinelli made up for a miss late in the first half by curling the ball into the far corner in the 48th minute at Emirates Stadium.

Smith Rowe sealed the victory with a clever run and a fine strike from the edge of the area in the 87th that wrong-footed West Ham goalkeeper Lukasz Fabianski. The players ran to a corner to celebrate as manager Mikel Arteta could finally be allowed to break into a smile on the sidelines.

The win came a day after Arsenal stripped Pierre-Emerick Aubameyang of the captaincy and was exactly what the Gunners needed to put the tumult at the club behind them. Arsenal is now in fourth place with 29 points, leapfrogging the Hammers, which are in fifth with 28.

"We needed a win," Martinelli said. "It was so important for the team. We know the potential we have."

The visitors had a chance to equalize in the 53rd when Arsenal midfielder Martin Odegaard lost possession and the ball fell to West Ham forward Jarrod Bowen. But his effort from just inside the box was pushed over the crossbar by goalkeeper Aaron Ramsdale.

West Ham manager David Moyes bemoaned a string of injuries within his squad, especially in defensive positions, and he hopes that the club doesn't have to resort to the transfer market next month. He said Ar-

DORTMUND HALT BAYERN MUNICH

Erling Haaland scored twice as Borussia Dortmund beat last-place Greuther Furth 3-0 on Wednesday, preventing Bayern Munich from stretching its Bundesliga lead any further. Haaland took his tally to 13 goals in 10 league appearances and kept Dortmund six points behind Bayern with just over half of the season remaining.

Dortmund had to wait until the 82nd minute for Haaland to seal the result, however, with Donyell Malen getting the team's third. Dortmund missed the chance to take the Bundesliga lead when it lost 3-2 to Bayern earlier this month, then lost further ground with a draw at promoted Bochum. "It was important after the last two games to get three points again," Dortmund goalkeeper Gregor Kobel said.

Haaland's 33rd-minute penalty had given Dortmund the halftime lead against Furth, which claimed its first season win against Union Berlin. But the visitors were furious before the break when Jude Bellingham escaped a second yellow card after fouling Max Christiansen. Furth coach Stefan Leitl was booked for his protests. "If that had been a (Furth) player, he would have been gone," said Furth director Rachid Azzouzi, who suggested unequal treatment from referees.

senal was tough to handle, but that mistakes let his team down.

"There were a few poor bits of play that led to their goals," Moyes said. "The second goal that was given away was heartbreaking for the boys who were running for 90 minutes."

The Gunners failed to convert a penalty after West Ham right back Vladimir Coufal kicked Lacazette in the shin in the 66th. Coufal was sent off after being shown a second yellow card. Lacazette's spot kick was pushed away by Fabianski.

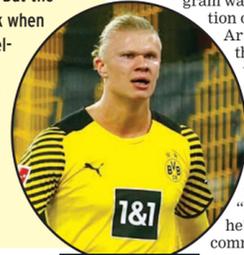
"I'm really pleased with the performance, the quality, the energy, the passion that the team was able to transmit," Arteta said. "They are a really difficult team to play against."

CAPTAINCY ISSUES

Aubameyang was stripped of the Arsenal captaincy on Tuesday after another disciplinary breach, with Arteta saying the striker hadn't worked "to the rules and standards" set by the club. Aubameyang reportedly was allowed by the club to travel to France for a family matter last week, after the 2-1 loss at Everton on Dec. 6 which he started as a substitute, but he returned a day later than agreed upon.

The focus in Arsenal's match day program was about unity, with no mention of Aubameyang's troubles. Arteta said after the match that his players weren't distracted by the situation. "They were fully focused and they wanted to show how strong we are as a team," he said.

When asked if Lacazette would be Arsenal's next captain, Arteta said: "He's the next in line. And he's taking it with pride and commitment." AP



Erling Braut Haaland

SINDHU enters quarters

Beats Pornpawee Chochuwong of Thailand, will meet Tai Tzu next

Defending champion PV Sindhu stormed into the women's singles quarterfinals of the BWF World Championships with a straight-game win over Pornpawee Chochuwong of Thailand at Huelva, Spain, on Thursday.

The world number seven Indian defeated her Thai opponent, ranked three places below her, 21-14 21-18 in the pre-quarterfinal match that lasted 48 minutes.

With the win, Sindhu, seeded sixth in the showpiece tournament, extended her head-to-head record against Chochuwong to 5-3.

Sindhu also avenged her twin loss to Chochuwong this season -- group match of BWF World Tour Finals earlier this month and All England Championships in March.

The double Olympic medallist Sindhu faces top seed and world number one Tai Tzu Ying of Chinese Taipei, who beat Kirsty Gilmour of

ASHWINI - SIKKI BOW OUT IN PRE-QUARTERS

■ The women's doubles pair of Ashwini Ponnappa and N Sikki Reddy on Thursday lost in the pre-quarterfinals match of the ongoing BWF World Championships 2021 in Huelva.

■ The Indian pair was defeated by Thailand's Jongkolphan Kititharakul and Rawinda Prajongjai in straight-sets 13-21, 15-21, in a match that lasted 38 minutes.

■ Ponnappa and Sikki earlier defeated Liu Xuan Xuan/Xia Yu-Ting 21-11, 9-21, 21-13 in 51 minutes to enter the pre-quarterfinals. ANI

Scotland 21-10 19-21 21-11, in the quarterfinals.

Sindhu took an early 5-1 lead but Chochuwong rallied to narrow the gap to 5-4 and then to 10-9. The Indian zoomed ahead from there on as she made it 15-10 and then 19-11 to pocket the first game.

The second game was a tighter affair though Sindhu began on the front foot with a 3-0 lead. Sindhu led 11-6 at the change of ends and the second half saw some long rallies with the Thai player winning a few of them.

Sindhu was leading 16-10 but Chochuwong made a comeback of sort as she reduced the gap to 18-15 and then to 19-18. But Sindhu won a crucial point after a long rally to make it 20-18 before winning the second game and the match.

Sindhu, who got a first round bye, had beaten Slovakia's Martina Repiska 21-7 21-9 in the second round. PH



Photo: AP

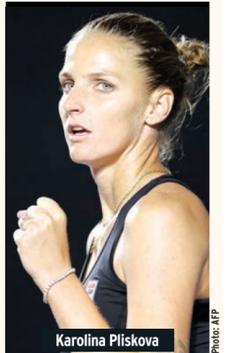
PLISKOVA OUT OF AUS OPEN DUE TO INJURY

Karolina Pliskova has withdrawn from next month's Australian Open and two warm-up tournaments because of a right hand injury sustained in training.

Australian Open officials on Thursday confirmed the world fourth-ranked player's withdrawal, and said in a tweet: "wishing you a speedy recovery."

Pliskova had earlier said on social media "unfortunately I hurt my right hand in practice yesterday and I won't be able to play in Adelaide, Sydney and Australian Open this year."

The 29-year-old Czech Republic player is a two-time Grand Slam finalist. She lost to No. 1-ranked Ash Barty in this year's Wimbledon title match and in the 2016 U.S. Open final to Angelique Kerber after Pliskova beat Serena Williams in the semifinals.



Karolina Pliskova

Pliskova's best finish at Melbourne Park was the semifinals in 2019, where she lost to eventual champion Naomi Osaka after beating Williams in the quarterfinals.

The Australian Open begins Jan. 17. AP

QUIZ TIME!

Q1: Who is the only athlete to participate in 8 Winter Olympics?

- Nathan Chen
- Sven Kramer
- Noriaki Kasai
- Wu Dajing

Q2: The term "16 yard hit" is associated with?

- Football
- Hockey
- Cricket
- Volley Ball

Q3: Which country ranks first in the FIBA Basketball Men's World Ranking?

- United States of America
- Spain
- Australia
- Argentina

Q4: Who became the oldest golfer to win the Men's US Open?

- Gary Player
- Hale Irwin
- Lee Trevino
- Nick Faldo

Q5: Who established the Olympic Charter?

- Pierre Trudeau
- Pierre de Coubertin
- Jesse Owens
- Edwin Moses

Q6: Mohamed Salah scored his 10th goal in 10 Champions League games for Liverpool and



Mohamed Salah

his 17th in all competitions this season. Against which team did he score the goal?

- Atletico Madrid
- Porto
- A C Milan
- Manchester City

Q7: Who was the captain of the team that won the Asian Cup in November 2017?

- Savita Punia
- Rani Rampal
- Gurjit Kaur
- Navyot kaur

Q8: Which country is the champion of Men's Greco-

Roman Wrestling championship 2018?

- Japan
- China
- Russia
- Hungary

Q9: The Asian Games are normally held every _____ years?

- Four
- Two
- Six
- All of the above

ANSWERS: 1 c. Noriaki Kasai
2 b. Hockey 3 a. United States of America
4 b. Hale Irwin 5 b. Pierre de Coubertin
6 b. Porto 7 b. Rani Rampal 8 c. Russia
9 a. Four