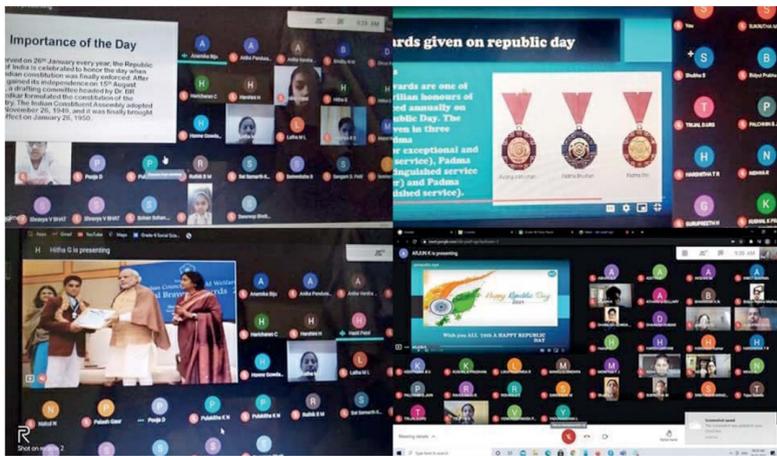


# Echoes of patriotic fervour in schools

The 72nd Republic Day was celebrated in all its solemnity. The event began with the hoisting of the Indian National flag followed by the National Anthem in the school premises. Children from classes I to XII witnessed the same virtually.

## SOUNDARYA CENTRAL SCHOOL

The celebration echoed with patriotic fervour as children from all classes sang and danced to patriotic songs. They presented tricolour artwork like paper craft, rangoli, drawing, paintings. The students also recited self-written poems, and delivered speeches about the significance of the day. The beautiful ceremony came to an end with the image of the fluttering tricolour in their minds and hearts.



Students celebrated the 72nd Republic Day of our nation online with great patriotic fervour and enthusiasm. The programme commenced with the unfurling of the national tricolour by the principal followed by a soulful rendition of the national anthem. The colourful and the thought-provoking programme

## NATIONAL PUBLIC SCHOOL, YESHWANTHPUR

put together by the students was a visual treat with a walk down the memory lane, reminiscing the courage and supreme sacrifice of the martyrs. The highlight of the event was the information provided in the form of snippets by the students on the meticulous planning that goes behind the Republic Day Parade and the vital significance it holds among the citizens. The principal exhorted the students to ponder and contribute meaningfully to the betterment of our nation. The programme concluded with a medley of soul-stirring patriotic songs and dances.

# Join the fellowship of fantasy fiction lovers

My favourite read is a popular classic 'Lord of the Rings', more specifically, the first volume of the series, The Fellowship of the Ring.

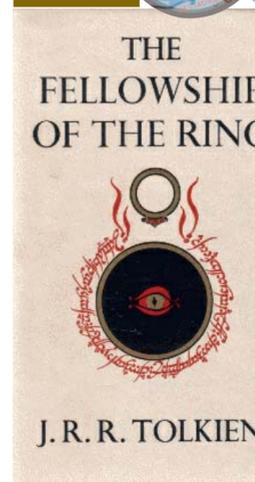
This is definitely one of the best books in the fantasy fiction genre. The story takes place in the fictional land of Middle Earth. The protagonist of the book is the hobbit, Frodo Baggins. Now what is a hobbit? A hobbit is basically a race created by JRR Tolkien. They are actually pretty similar to humans, except for the fact that they are half the size of a human and have Really Hairy Feet! Other than this, they are kind creatures who love peace, gossip, smoke rings and of course partying which is how the book actually starts. Now that I have described the hobbits, what do you think will happen when a creature like a hobbit gets hold of a ring holding extreme power and evil in it. That one ring which can give you power to help you win over all the races in Middle Earth? Dwarfs, hobbits, elves, humans, any race you can ever imagine? If you are thinking happiness, like I did before, no. Trouble is what it brings.



BOOK - The Fellowship of the Ring  
Author - JRR Tolkien



A peaceful old hobbit finding a ring with such evil and unnatural allure, leads to a chain of events, eventually disrupting the peace in the Middle Earth. That might not sound so bad, considering they had little or no peace in the first place. But Believe me, you should prepare for a big surprise.



The protagonist is Frodo, who has a wonderful personality, but personally my most favourite character is Gandalf, the Wise because he is really wise. In fact, Frodo would have become dead meat in the first chapters of the book itself had Gandalf not imparted any wisdom. One of his most famous and personally my favorite line from the book would be, 'Fly You Fools!'. To understand what it means, you will have to read the book. This book is a must read for all fantasy fiction lovers out there. If you are interested in knowing more about what happens to the ring or Frodo or the poor hobbit who got his hands on the ring, do read the book.

Jyotika Balan, class IX, DPS Whitefield

## WEEKEND PLAN

# Janapada Loka - A must visit for folklore enthusiasts



Janapada Loka located on the Bangalore Mysore Highway, near Ramanagara is a must stop destination to steal some moments of peace, away from the city. It showcases the rich folk art, artefacts and culture of Karnataka with an intention to conserve



and promote the folk traditions of Karnataka. Fortunately, I happened to visit this place on Sankranti festival and got to witness the festive decorations and Sankranti celebrations. It was a treat to watch an array of folk dances and cultural programmes displayed on the occasion. We also saw the breathtaking scene of

bulls riding over the fire! At lunch time we relished the village delicacies and later took a stroll around the museum which transported us to a world of rustic beauty. The museum showcases the hardships of the villagers and displays a range of utensils used by them in their daily lives. In short it succeeds in putting across to visitors the glory of village life.

Close to the evening it was time for us to bid adieu and I longed to stay longer. The unforgettable memories still linger in my heart and I look forward to visiting this place again.  
Abhishek Jonath, class VII, SSM Public School, Nagasandra



# National Tourism Day: rich heritage showcased

National Tourism Day in India is celebrated on January 25 every year to encourage and promote tourism. The day was celebrated with great gusto by the students of class VIII on January 29, 2021. The virtual assembly commenced with a speech highlighting the important aspects of tourism and the theme of the year, 'Dekho Apna Desh'. Through a presentation, the students displayed the multicultural experiences and rich heritage of our country, making it one of the most popular tourist destinations in the world. The students recited their travel experiences and shared a few words and phrases they learnt in different languages. The assembly concluded with an informative quiz and an optimistic note hoping to return to a normal world from the world paused by the pandemic.

## NATIONAL PUBLIC SCHOOL, WHITEFIELD



# Principal among most effective

Agnes Davies has been picked as one of the "Top 50 Effective Principals" for exemplary contribution in the field of education 2020. The

## SHERWOOD SCHOOL

award was given by Education Today at the National Conference for K-12 Leadership. Davies was principal of the school since Feb 2015. Since Nov 2020, she became Director Academics. She has focused on current relevant themes like

Run for India, International Year of Soil, International Year of Pulses, Rise for the Planet (campaigns for 'Waste not, Want not', 'Reduce plastic pollution', 'Choose to reuse' & 'Be water wise') and Ithihas (commemorating Gandhian values). She creates a vibrant value based learning environment with an aptitude to amazingly balance outstanding academic vigour, promote sporting potential, showcase artistic talents, inculcate societal and environmental concerns. Known for her progressive vision,



love for children and a keen interest to develop their self-efficacy, she aims to transform students to be doers and thinkers of society. She enjoys writing, travelling, has an abiding love for the environment and an infectious sense of adventure.

# Literary fest celebrates the English language

Language is an important tool in the history of mankind. In the present day set up, English language has become the backbone of many day-to-day activities. Giving the language its due importance, the school conducts a English

## BVM GLOBAL SCHOOL

Literary event every year. This event provides a platform to celebrate the language along with creating an interest in the language. Various events were held across the grades. The children recited poems, spoke about their favourite poets and authors. The children also expressed why they love the language. Winners in various events across the classes were announced and certificates were distributed.



## KALEIDOSCOPIC



There it stands, a beauty among the chaos  
A pattern: repeating and confusing  
Mystifying, enamouring, and dazzling  
All those who stare and gaze at the gloss

And in the next moment, a sudden jolt  
A change: perplexing and unrelenting  
Dominating, overpowering and controlling  
Throws all the pieces like a lightning bolt

But in the next second, its rage as a past 'was'  
A beauty: new and made from the past  
Made anew, it's old state as contrast  
There it stands, a beauty among the chaos

Adit Sundriyal, class IX, DPS Whitefield

# BIO-BUBBLE STRAIN

Psychologists have called for better support for cricketers' mental wellbeing as they head into a second year confined to biosecure "bubbles" around the world

## IT HAS REACHED 'ALMOST EPIDEMIC PROPORTIONS'

Cricket's long tours away from homes and family have often caused problems in the past but the restrictions of quarantine and bubble life are posing extra difficulties, experts say. England's Jonny Bairstow said he spent just six nights at home in the second half of last year, while Pakistan bowling coach Waqar Younis saw his family for the first in seven months in January. India fast bowler Mohammed Siraj missed his father's funeral after deciding to stay in Australia in quarantine with his teammates in November.

Sports psychologists and psychiatrists have warned of the toll being taken on players and said there is a "stigma" over coming forward, particularly in Asian nations. Amit Anand, a consultant psychiatrist and a panel member for golf's European tour, quoted one former Australian national captain as saying that mental health problems had reached "almost epidemic proportions" among players.

"England, Australia and New Zealand have structured mental health support; their respective players' associations are strong on supporting players' mental health and wellbeing," Hassan Mahmood, a British psychiatrist who works with elite English cricketers, told AFP. "It would be ideal to have this in place for all Test-playing nations. There are a significant number of Test nations in South Asia, where there might be stigma related to mental health issues."

Anand said players can suffer problems ranging from lack of sleep and anxiety to depression, while their families also suffer, especially those with young children. He said better "mental health literacy" is needed among players to "address the issues related to stigma and provide approximate interventions".

## BIO-BUBBLE IS TOUGH ON PLAYERS: BAIRSTOW

England batsman Bairstow told how players had become "addicted" to the Call of Duty war game as he highlighted the pressures while in Sri Lanka. "I am not going to lie about it, it is something that does take a toll because you are going from the hotel to the cricket ground, back to the hotel," said Bairstow. "Unfortunately the guys are unable to see their families, their kids, wives over a long period of time, which is tricky. The Skype chats, the people who have been with you through thick and thin back home are the ones that you call up and chat to and keep you going," he added.

Cricket Australia took the lead in hiring a mental health expert last year and many top nations followed, including England who brought a psychologist on their current tour to Sri Lanka and India.

Shree Advani, India's leading sports psychologist who has advised stars including top badminton player PV Sindhu and cricketer Robin Uthappa, said more players are coming forward because of the pandemic. "So many cricketers come to me for advice," he said, adding that players are struggling "to get back with that same level of confidence. With the insecurity about selection, the extra pressure to perform".

England skipper Joe Root urged his teammates to "not hide away if they are feeling (the) blues" before they left for Sri Lanka and India, the start of a long year for the team who will play 17 Tests in 2021. Mahmood said any psychological fallout from bubble life will come in for intense scrutiny once the crisis has passed. "Hopefully, once the COVID-19 pandemic is over, there will be a period of reflection to ascertain the full impact of the bio-secure bubbles on the mental health of cricketers," he said.

I looked at the schedule today and realised that it is going to be a very long year. Few series coming up. Managing the body will be important if you have to play a lot. Anyone that's criticising (player rotation) has never stayed in a bubble. At the end of the day, humans are social people, especially when you're not having a great game. There's no escape, nowhere to go.

**Jofra Archer, England pacer**

## INDIA vs ENGLAND, 1st TEST PREVIEW

# CAN ENGLAND CHALLENGE THE MIGHTY INDIAN TEAM?

India will hope to maintain their formidable home record against England who have boldly placed players' well-being above team prospects in the four-match Tests series beginning on Friday

## WE'LL HAVE OUR PLANS IN PLACE: BHARAT ARUN

An injury-ravaged India conjured one of the greatest comebacks in the history of the game in Australia after being humiliated in the Adelaide opener and playing the rest of the series under a stand-in captain. Their gladiatorial 2-1 triumph, however, was not without scars and pacers Mohammed Shami and Umesh Yadav and all-rounder Ravindra Jadeja continue to nurse injuries which will keep them out of the first half of the England series.

India will welcome back regular skipper Virat Kohli, who missed the last three tests in Australia to attend the birth of his daughter. "We have done an excellent job in Australia...but we need to forget this and look forward to the England series," bowling coach Bharat Arun said. "We'll have our plans in place."

Shubman Gill's assured display on his Australia debut appears to have re-

solved India's opening woes as they prepare to stretch their awe-inspiring home record against Joe Root's men. India have won a record 12 successive test series at home, losing only one of the last 35 matches they have hosted. It includes a 4-0 series victory in England's previous tour in 2016-17.

England are also the last team to have triumphed in India in 2012-13 when Root, who will be playing his 100th test on Friday in Chennai, made his debut.

## BOLD ROTATION POLICY

England blanked Sri Lanka 2-0 last month but their decision to rotate multi-format players undermines their prospects in India. Under their policy, wicketkeeper Jos Buttler will return home after the opening test, while the trio of Jonathan Bairstow, Sam Curran and Mark Wood will be available only for the last two matches.

England may not necessarily be fielding their strongest playing XI in every

match but coach Chris Silverwood stands by the move. "We're spending a lot of time locked in hotel rooms inside biosecure bubbles and it's not easy," he said. "It's good that we're being proactive and looking after people. I'm perfectly happy with the system."

They will be reinforced by the return of speedster Jofra Archer, all-rounder Ben Stokes and opener Rory Burns, who all missed the Sri Lanka series. Burns is likely to open with Dom Sibley with Zak Crawley expected to drop down to number three.

Spin all-rounder Moeen Ali will fancy his chances on India's turning tracks, while England will also be tempted to play veteran seamers James Anderson and Stuart Broad together. India need to win the series by at least a 2-1 margin to reach the final of the inaugural World Test Championship against New Zealand.

England will have to win at least three tests to pip India to the July final, while a stalemate will benefit Australia.



Shubman Gill

Photo: GETTY IMAGES



Stuart Broad

Photo: GETTY IMAGES

## QUIZ TIME!

**Q1:** Which of the following players have the highest career batting average in ICC Women's One Day Internationals?

- a) Bronwyn Calver  b) Rachael Heyhoe-Flint   
 c) Lindsay Reeler  d) Meg Lanning

**Q2:** In the year 2018 and 2019, which of the following players was awarded NBA Defensive Player of Year award?

- a) Giannis Antetokounmpo  b) Draymond Green   
 c) Rudy Gobert  d) Tyson Chandler

**Q3:** Who is the oldest Olympic swimming medalist?

- a) Amy Van Dyken  b) Natalie Coughlin   
 c) Jenny Thompson  d) Dara Torres

**Q4:** Which of the following countries won most medals at a single Summer Olympic Games?

- a) China  b) United States of America   
 c) Canada  d) United Kingdom

**Q5:** After MS Dhoni, which of the following players have played most matches as captain in India Premier League?

- a) Gautam Gambhir  b) Adam Gilchrist   
 c) Rohit Sharma  d) Virat Kohli

**Q6:** Who was awarded NBA 2019 Coach of the Year?

- a) Mike D'Antoni  b) Mike Budenholzer   
 c) Dwane Casey  d) Nick Nurse

**Q7:** Sofia Kenin won which of the following Grand Slam



Sofia Kenin

title in 2020?

- a) Wimbledon  b) French Open   
 c) US Open  d) Australian Open

**Q8:** As per WTA rankings, who is the current number one Tennis player?

- a) Ashleigh Barty  b) Sofia Kenin   
 c) Naomi Osaka  d) Simona Halep

**Q9:** Which of the following countries have won most Asian Women's Handball Championship?

- a) China  b) United States   
 c) United Kingdom  d) South Korea

**Q10:** Who among the following became the first

cricketer to reach 9000 runs in career IPL T20 history?

- a) Virat Kohli  b) Dinesh Karthik   
 c) Rohit Sharma  d) Suresh Raina

**Q11:** The fastest badminton hit in competition by a male is 426 kph (264.70 mph), and was achieved by

- a) Kim Astrup  b) Mads Conrad-Petersen   
 c) Mads Pieler Kolding  d) Mathias Boe

**ANSWERS:** 1 b) Rachael Heyhoe-Flint  
 2 c) Rudy Gobert 3 d) Dara Torres  
 4 b) United States of America  
 5 a) Gautam Gambhir 6 b) Mike Budenholzer  
 7 d) Australian Open 8 a) Ashleigh Barty  
 9 d) South Korea 10 c) Virat Kohli  
 11 c) Mads Pieler Kolding