

VALEDICTORY DAY

Seek joy in small things, spread happiness, students advised

January 31, 2021, was flush with emotions as the school held its online Valedictory programme to bless the 12th batch of Class XII and the 18th batch of Class X for their upcoming Board Exams.

The graduating students listened intently to the inspiring words of general manager (HR) of Helicopter Complex, HAL & chairman, HAL Educa-

HAL PUBLIC SCHOOL

tion Committee Sandeep Patnaik. He blessed and wished the outgoing batches, exhorting them to be stars and spread knowledge. He advised students to follow the principle of 'Each one Teach One' which will empower others.

In her welcome speech, princi-



pal Shobha Rajiv emphasized that students must remain firmly grounded to their beliefs and yet be comfortable to take risks. Imbibe the lessons learnt from this pandemic. Covid-19 has connected us in a way

that is unprecedented, it has shown us that we should all stick together, making us realise the weight of humanity. It has taught us to love, she pointed out. She also instructed the students to focus on what is important to them, learn to appreciate and value their family members, seek joy in small things, make an effort to spread happiness and bring a change in the lives of those who are not as fortunate as them. She hoped that one day they will be the bright stars who shine for the benefit of others.

The highlight of the programme was a presentation devoted to the joyous moments spent by the students in school. The programme concluded with the vote of thanks the outgoing head boy Abhinav Ajith.

Teachers gain valuable insights into management of learning difficulties

"Stigma, underachievement and misunderstanding of learning difficulties continue to be stubborn barriers for parents and children to overcome. If learning difficulties are left unaddressed, millions of individuals risk being left behind, burdened by low

ST JOSEPH'S BOYS HIGH SCHOOL

self-esteem, subjected to low expectations, and diminished in their ability to pursue their dreams."

The current education system has not only seen many progressive changes in pedagogy and techniques but also a significant increase in identification of children with learning difficulties. Schooling in present times must encompass and celebrate



the individual differences and unique strengths and limitations of each child.

Keeping this in mind, our dedicated team of special educators from the resource room 'Pragati' organized a webinar on 'Insight into Learning Difficulties' on February 5, 2021.

Keynote speaker Padmavathi M D shared her thoughts and experiences on various aspects that children with learning difficulties go through and the right procedures to bridge the learning gaps. The webinar provided valuable insights into identification and management of children

with learning difficulties for parents, educators and others who are associated with the field of education.

Social stigma or labelling associated with learning difficulties is the main cause for parents not receiving the right intervention for their child. By understanding more about learning difficulties, one may be able to accept the reality to cope with and battle the stigma associated with it. The webinar demystified many such notions and encouraged viewers to seek support services for children with learning difficulties.

Special educators at Pragati continue to facilitate this group of children and strongly believe and live by the motto that progress cannot be measured on paper.

If a child cannot learn the way we teach, we should learn to teach the way the child can learn.

WEEKEND PLAN



Creating a fun space is refreshing, rejuvenating

A few weeks ago, me and my sister teamed up to give our room a makeover and transform it into our dream-room, filled with posters of the things we love! We started off by re-painting the room ourselves, and it was enjoyable, though it took time. There were some mistakes but we tackled them. Next, we gathered the posters and print-outs of stuff we're passionate about, for example, BTS, Harry Potter, Animé and sitcoms. A lot of thought went into the layout and placing of these, as we're both (lazy) perfectionists. We were very excited about living in a room which made us feel like we were living in fandoms! The final result was amazing, and was worth the efforts.

It was a very refreshing activity to do after staying in isolation for multiple months. It also made us more energetic than before; changes and the feeling of doing something new helps people



escape repetitive, mundane cycles. I recommend minimally renovating, or even cleaning your rooms, because it does give a fresh feeling, perfect for starting something new.

Shreya Jorapur, class IX, KLE Society's School

Eat Smart, Sleep Smart to Be Super Smart!

"To keep the body in good health is a duty - otherwise we shall not be able to keep our mind strong and clear." - Buddha.

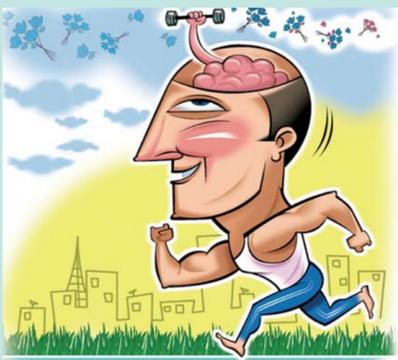
This quote has never been more important than now. While we have become accustomed to this new normal, where we are mostly at home, and everything has become virtual, we also have to modify our lifestyle to adapt our body to these new changes.

Whether these changes are for better or worse only

TEACHERSPEAK

time will tell. But the need to maintain an equilibrium between our studies or work and our physical and mental wellbeing has only been reinforced by this new normal.

With exams around the corner, it is only natural that stress and anxiety levels have shot up among students. With a balanced approach, giving our mind and body the required care it needs along with a meticulously planned strategy to revise lessons, all these fears can be overcome and one can ace the exams.



Just like an engine is powered by fuel, our brain, which is an energy intensive organ, requires a balanced diet consisting of fresh fruits, whole grains and protein rich food to power up the brain cells. This will help increase cognitive skills, which in turn will help increase our ability to concentrate and recall what has been learned.

A balanced diet, rich in Omega-3 fatty acids found in fish, nuts and seeds would help repair damaged brain

cells, decrease our anxiety and help improve our immunity. Decreasing the consumption of food items that are oily and have saturated fat would have a soothing effect on the brain and increase your metabolism.

Keeping the body hydrated is essential as dehydration can make you feel lethargic, irritable and tired, all of which decreases concentration. Drinking around 1.5 to 2 litres of fluids daily would help keep the body

calm and cool.

To ensure you recall all that you have studied as well as to absorb what you are studying, adequate sleep is key. Having around 7 to 8 hours of sleep is ideal. Also, break up your studies with short bursts of exercise. This will help relieve stress, clear your mind and lift your mood.

These days, gaming has become a recreational hobby but at the same time it also causes anxiety, depression, obesity, insomnia, inability to concentrate in academics, poor academic or professional performance, escapism and stress. Hence, always keep a limit on the amount of time you spend on gaming.

Thus, by customizing our lifestyle, taking care of our physical and mental health and preparing well in advance, you can surely come out with flying colours in your exams. All the best!

Sujatha K, teacher, National Centre for Excellence

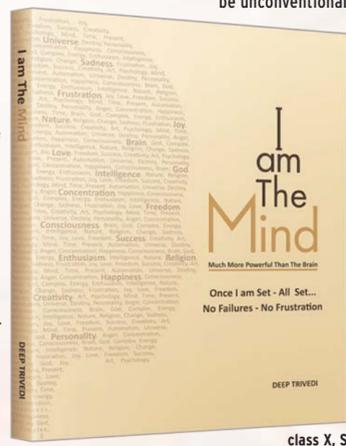
BOOK: I AM THE MIND BY DEEP TRIVEDI

I am the mind by Deep Trivedi makes for a very deep and transformative read. It challenges all of the preconceived notions of the society and manages to make a very convincing and effective defense. The concepts of the book itself touch upon some of the most deepest, frightening and elusive questions that most of the people alive today have.

The book is narrated entirely by 'mind' who explores the differences between itself and the human brain. It also talks about the influence it exerts upon out lives and how disobeying or suppressing it leads to sorrows.

I will recommend this book for all those people who wish to be unconventional. This book manages to ingrain the idea of how each individual is born different from all of the others. It also provides remedies for overcoming the pressure of society, it's expectations and above all, how to achieve peace, happiness and success by obeying the framework of rules within which 'the mind' works. I like how the author has taken an unconventional and bold approach to understanding the mind. This book is a must read if you're a restless soul searching for peace.

Aarya Bhanushali, class X, S.V.D.D. English Medium Secondary High School



KENSRI SCHOOL AND COLLEGE

The class III students gave expression to their feelings about mothers through a rhyme activity. A glimpse...

My Mother

My mother keeps me healthy and strong
And teaches what is good and wrong,
She taught us to love nature,
And prepared us to face the future.
_ Manya Reddy

A mother who is always there,
A mother who always prays,
A mother who always stays happy,
I love you, MOM!
_ Karthik Krishnan

Oh, dear mamma!
When I need you, you are always there
Thank you for the love and care.
Oh, dear mamma!
_ Azmina Sharieff

My mother is my first teacher,
She is loving and caring.
I wish God gives her a good health.
She is my family's greatest wealth.
I love my mother forever.
_ Hitesh Kothapalli

Oh mother!
My mother!
My lovely beautiful mother!
Waiting for me to come home to hug me
She sings with me, she plays with me and she always tells me that she is there for me
She cooks for me, she cares for me and she is the best that God has given me.
_ Nikhil Sujith Menon



Cyclothon to raise awareness about cancer prevention held

The students of the school participated in a cyclothon on February 7, 2021

People from different age groups and diverse walks of life took part in the cycling event as Messengers on Cycles to raise awareness on "fighting cancer". Students

NAGARJUNA VIDYANIKETAN

under the age group of seven were also a part of this and completed the 6 kms route with ease.

The event was organized by the school in partnership with Cytecare Hospital Bangalore, as part of World Cancer Day that is observed on February 4th. The aim was to raise awareness about cancer



and to encourage its prevention, detection and treatment. This event wouldn't have been a success without the continuous support from the management and the principal.

Cytecare believes that by detecting cancer at its earliest stage, one can seize the greatest opportunity to prevent millions of avoidable deaths worldwide. It also considers the commitment to act,

together we can reach the target of reducing the number of premature deaths from cancer and non-communicable diseases by one third by 2030.

WHERE ARE DADDY HUNDREDS?



Notwithstanding India's remarkable series win over Australia on the recent tour Down Under, their entire batting unit has managed just one individual century over the last 11 Test innings since the tour of New Zealand in February 2019

Former India spinner Pragyan Ojha believes it's only a matter of time before Shubman Gill hits a big knock

ROHIT IS NOT EXACTLY A TEST OPENER: PRABHAKAR

Left-handed batsman Washington Sundar came close to scoring a ton in the first innings of the first Test against England, which ended with a 227-run defeat for India on Tuesday, but ran out of partners and remained unbeaten on 85. Rishabh Pant and Shubman Gill too have scored in the nineties. But a big innings like what England captain Joe Root has been playing over the last three Tests has eluded India.

India's top five batsmen, who have the responsibility of scoring the bulk

of runs, managed just one hundred and nine half-centuries across seven innings in Australia, discounting the second innings in the second Test in Melbourne where India had a target of just 70.

The opening partnerships have been abysmal: 16, 27, 30, 8, 0, 7, 0, 16, 70, 71, 11, 18, 19 and 25, just two 50-run partnerships in 14 innings. "If you have someone like Rohit Sharma, who has not exactly been a Test opener, to face the new ball, then the batting structure gets affected. Opening in Test match-

es is a professional and specialised job. Rohit is a great batsman but he is not exactly a Test opener. He was not groomed as an opener," former India all-rounder Manoj Prabhakar, who has in the past opened for India, told IANS.

Rohit did well in 2019 when he was promoted up to open in Visakhapatnam against South Africa, getting scores of 176, 127, 14, 212, 6 and 21, totalling 556 at an average 92.66, at home. But since then, he has scored 26, 52, 44, 7, 6 and 12, at an average of 24.50.

WE WANT BIG PARTNERSHIPS, FOCUS NOT ON CENTURIES: KOHLI

Gill, who made his debut at Sydney, has been getting half-centuries but the job of an opener is to get the ball off for the middle-order batsmen. Former India batsman Anshuman Gaekwad says the toss mattered in Chennai a lot. "It happens. I think it was the toss that made the difference. If India had won the toss, things might have been different," he said. India skipper Virat Kohli also hinted at it. "If you look at the second innings of both sides, they were both struggling," Kohli told the media on Tuesday.

However, that doesn't explain India's inability to get centuries in previous games. Kohli said that he is not overly worried about individual players' failure or ability to get centuries. "Whether someone has scored a century in the last five games doesn't matter to us. We want to be able to get long partnerships. In that process, if people get to a big milestone it is good," the India skipper said.

"Even if someone had gotten a hundred in either innings we would have

still pretty much been behind the game. That is something we need to understand rather than thinking about milestones instead of thinking about what we couldn't achieve as batsmen in terms of scoring centuries."

But as Joe Root has shown over the last three Test matches, two against Sri Lanka and one against India, big centuries do matter. His 228, 186 and 218 have helped England score big in the first innings and register big victories.

Clamour for Kuldeep's inclusion in 2nd Test grows louder



If you are not confident about playing him, don't carry him as a tourist or a passenger. I can't think of a reason why he's not played, except that they might not be happy with his performance in the nets. And if that is so, the team management should inform the selectors. Yadav will be the X-factor (for England) as there are not many Chinaman bowlers around. Ideally, I would like to see a leg-spinner in the XI against England.

MANINDER SINGH,
former India left-arm spinner

Maybe they will bring Kuldeep Yadav for the next Test in place of Nadeem or Washington Sundar, whoever it is. But they need to look at dismissing England for lesser than what they scored in the first Test. I think Shahbaz Nadeem got just a little bit nervous. I'm not even talking about the way he bowls but the no-balls, it's always an indication that the bowler is a little too anxious.

SUNIL GAVASKAR,
former India captain

Chinaman bowler Kuldeep Yadav has played six Test matches in four different countries, since making his debut early in 2017. His last Test was the fourth and final match against Australia in 2019 in Sydney, where he took five wickets in the only innings he bowled. Since then he has been forgotten, though he watched India succumb to England from the dressing room in the first Test in Chennai

INDIA HAS NO OPTION BUT TO PLAY KULDEEP YADAV: PRASANNA

In six Tests, 26-year-old Yadav has bagged 24 wickets at an average of 24.13, and is still reckoned as the X-factor and a dangerous bowler for batsmen around the world. After India's embarrassing 227-run defeat at the MA Chidambaram Stadium in Chennai on Tuesday, voices seeking Yadav's inclusion in the Indian XI for the second Test, beginning at the same venue on Saturday, have started growing.

Legendary Indian off-spinner Erapalli Prasanna said the team should play Yadav in the second Test. "Now, we have no choice but to give him a chance. He should be given a fair deal. There was a lack of spinning (penetration) in this particular first Test match," Prasanna told IANS.

Kuldeep was selected for Australia's tour recently but he wasn't played in any of the four Tests, despite all the preferred players being sidelined with injuries. India preferred off-spinner R Ashwin, off-spinner Washington Sundar, and Ravindra Jadeja while Yadav watched India win their second consecutive Test series Down Under from the dressing room. Former India left-arm spinner Maninder Singh, too, threw his weight behind Yadav, and said if he's not in the Indian team's scheme of things he should not be carried as a passenger.

"In the Chennai Test, (left-arm spinner) Ravindra Jadeja was missed. Had he been in the side, the game would have been far more interesting

than it was. And, if I were the captain, I'd have Washington (Sundar, off-spinner) at one end and specifically tell him to bowl a tight line," said 80-year-old Prasanna, who bagged 189 wickets in 49 Tests.

"I would tell him that because he is not a big spinner of the ball, and he couldn't turn the ball on this wicket; he's a tight bowler and definitely an excellent bat. So, Washington needs to be in the side, and I would preferably use him from the pavilion, and operate the two other spinners from the other end," said the Bangalore-based Prasanna. Will one of the 'other' spinners be Yadav in the second Test against Joe Root's England starting in Chennai on Saturday?

QUIZ TIME!

Q1: Who took the fastest 150 wickets in One Day Internationals?

- a) Brett Lee b) Mitchell Starc
c) Trent Boult d) Saqlain Mushtaq

Q2: Who won the 2016 US Open singles title?

- a) Rafael Nadal b) Novak Djokovic
c) Stan Wawrinka d) Andy Murray

Q3: Which of the following two players hold the record of most ducks in ICC Men's T20 World Cup?

- a) Tanvir Afzal and Andre Fletcher
b) Luke Wright and Ashish Nehra

- c) Lendl Simmons and Sanath Jayasuriya
d) Shahid Afridi and Tillakaratne Dilshan

Q4: Who was the runner-up in the first Women's Wimbledon Cup?

- a) Maud Watson b) Lillian Watson
c) Blanche Bingley d) Laura Knight

Q5: Who is the fastest to 7000 runs in Test cricket?

- a) Virender Sehwag b) Steven Smith
c) Sachin Tendulkar d) Wally Hammond

Q6: Who is the 2014 NBA Rookie of the Year?

- a) Michael Carter-Williams b) Ja Morant
c) Karl-Anthony Towns d) Andrew Wiggins

Q7: When did Garbine Muguruza win her 1st Wimbledon championship?

- a) 2016 b) 2017 c) 2018 d) 2019



Garbine Muguruza

Q8: Who won the 2017 Women's Australian Open singles title?

- a) Sloane Stephens b) Jelena Ostapenko
c) Garbine Muguruza d) Serena Williams

Q9: Who is Russia's first-ever skater to achieve the feat of winning Olympic gold and the World Figure Skating Championship?

- a) Alexandra Trusova b) Alena Kostornaia
c) Evgenia Medvedeva d) Alina Zagitova

Q10: Who holds the record of most catches in One Day Internationals?

- a) Mahela Jayawardene
b) Sachin Tendulkar c) Ricky Ponting
d) Mohammad Azharuddin

Q11: Who was the youngest cricketer to have captained a team in Test matches?

- a) Mansur Ali Khan Pataudi b) Rashid Khan
c) Tatenda Taibu d) Waqar Younis

Q12: Who was the runner-up in the first Men's Wimbledon championship?

- a) Frank Hadow b) William Marshall
c) Spencer Gore d) John Hartley

ANSWERS: 1 b) Mitchell Starc

2 c) Stan Wawrinka

3 d) Shahid Afridi and Tillakaratne Dilshan

4 b) Lillian Watson 5 b) Steven Smith

6 a) Michael Carter-Williams

7 b) 2017 8 d) Serena Williams

9 d) Alina Zagitova

10 a) Mahela Jayawardene

11 b) Rashid Khan 12 b) William Marshall