

The art of determination, importance of inclusivity

It's a difficult thing to inspire, sometimes impossible even. But we do find people who we resonate with and look up to so much that they become role models for us. For me, that person is Suga (Min Yoongi) from BTS. He's a soul brewing with so much passion and dedication

natured world we live in, we can observe and gain belief from how he constantly overcomes them with an experienced mindset. His music is the epitome of comfort. Another reason I am so influenced by him is because of the way he prioritises inclusivity. Be it emotions, fashion, or anything else, he gives a sense of reassurance to rule the



INSPIRING ICONS

that it makes a person without any ambition get up on their feet and discover the art of determination. Perseverance is a vital element in the journey for success and he preaches this to me better than anyone else. Be it personal issues, career oriented ones, or just about the treacherous-

liberty to do what we want. He's also supportive of the LGBT+ community and donates regularly to organisations of widespread causes. He is an inspiration to everyone who aspires to be a better person.
- Shreya Jorapur, class IX, K L E Society's School, Rajajinagar

THE EDUCATIONIST

Embrace change, make erudite choices

Just remember. Nothing ever stays the same. This too shall pass." This has become a well-celebrated philosophy and an apt quote for the current time.

way forever. We remain completely oblivious to the fact that one is trailed, each moment, by constantly changing possibilities or challenges.

The Greek philosopher Heraclitus has been quoted as saying "Change is the only constant in life". Having said so, he has endorsed the ability of a human in adapting and embracing change with much gallantry. On the contrary, when life is going great, we expect things to stay that

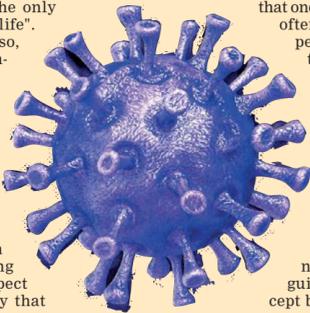
It is indeed obvious that one's feeling is often times dependent on the circumstance and the severity of the change or the challenge. Change is inevitable whether we embrace it, resist it, or dread it. COVID 19 is no new enemy. The ambiguity can be tough to accept by the young learning

generation. However, with mindful guidance, the students can learn to be aware, and productively engage and employ their thoughts, actions and attention to make erudite choices.

Identifying new spheres of interest, learning to self-regulate and to avoid distractions is yet another motive that has triggered both parents and students equally to open new avenues to creative breakouts. The Covid 19 pandemic has helped parents bring to light the hidden talents of a child as an author, poet, painter, artist, blogger, vlogger, reader, gardener, chef, ... the list goes on. The pandemic - a foe or a friend, is yet debatable. Constant change figures/ the time we sense/ passing on its effect/ surpassing things we've known before - Lyn Hejiniian.



Jyoti M Patil, Head Mistress -CBSE, Vishwa Vidyapeeth, Yelahanka



USHTRASANA CAMEL POSE

INSTRUCTIONS

1. Kneel on the floor with thighs and feet together, toes pointing back
2. While exhaling, slowly arch back placing right palm over the right heel and the left palm over the left heel
3. Press the feet with the palms, push the hips forward keeping the thighs vertical, bend the head and spine backwards as far as comfortable
4. Relax the whole body and hold the position at least for 30 seconds with normal breathing
5. Release the hands one by one. Relax in Vajrasana



PRECAUTIONS: People with severe back ailments should not attempt this asana. They can practice under the guidance of a competent teacher.

- ▶ **SEQUENCE:** It is important to practice forward bending asana after Ushtrasana
- ▶ **BENEFITS:** This asana is beneficial for improving lungs capacity, good for the digestive and reproductive system
- ▶ The backwards bend loosens up the vertebrae and stimulates the spinal nerves, relieving backache, hunched back and drooping shoulders
- ▶ The throat is fully stretched, thus toning and regulating the thyroid glands



SANTOSHINI KALERU, TGT-Yoga dept in-charge, The Hyderabad Public School, Begumpet, Hyderabad

"The views expressed in the above article are those of the author's and the newspaper takes no responsibility of it."

Presentation made during exchange programme

The young students Yogasaye R P and Ahil Nanda of class VI and Ananya Shree and Raghav R of class VII participated in the International Student Exchange Program organized by HETS between February 25-27. The students presented the theme Revival of the Earth- Tree Transplantation through a shadow theatre presentation. It was an informative and engaging session and students engaged and interacted with others globally. The school is proud of the young achievers.



Gender parity must begin from us

International Women's Day 2021

Women in leadership: Achieving an equal future in a COVID-19 world

ChooseToChallenge

GENDER INEQUALITY AFFECTS EVERYONE

Education is key to promote gender equality. It is important for parents to talk to children about gender related issues in an age-appropriate manner so that they grow up to be more gender-aware, gender responsive and respectful.
Sinduja N, teacher, Lawrence High School

guards for personal safety and life. It will lead to an enhancing of quality of life and economy. International studies have revealed that when society is in a flux, women have contributed in a significant manner to cope with challenges and realities. Never forget to appreciate the contribution of women in your life - mother, sister, wife and daughter. Their voices matter.
Agnes Davies, director academics, Sherwood High

BEGIN AT HOME

Let the change begin from the home and community. Change the attitude, appreciate the role of a woman in the family, see our daughters as individuals with unlimited potential, open the doors of boundless opportunities for them and assure them that the sky is the limit in order to pursue their dreams. These small steps will definitely bring a change and as a nation we will be able to progress, with women and men moving forward, hand in hand.
Laya Mathew, teacher, NCFE

KNOW YOUR WORTH

A woman can show her power in any role she plays. We have to stop waiting for someone to give us the power. Just because we are built differently it does not mean that we should be treated different. We women have to stop craving for sympathy and must understand our strengths. There is a saying that every successful man has a woman behind him. We as women can be successful on our own. Self-encouragement, self-motivation is all it takes to be successful. A woman is complete by herself, but only when she knows her power and her worth. Women empowerment will come when we women stand hand in hand with each other.
Aruna Antoinette Saldanha, teacher, Sharada Vidyalaya Public School

ENSURE OPTIONS AND CHOICES

The government has taken many steps to ensure the girl child is given equal opportunities to education. But is gender equality only the government's problem to solve. Big industries and employers need to ensure equal pay to women and men, and treat them as equal, but different at the same time by ensuring flexible career breaks and an option to come back to the workforce. When we start doing this, earning a living will be less taxing for the woman, and she will finally get to make a choice for herself. A choice that will not only increase the standard of living in her house, but also of future generations to come.
Janaki Rani, teacher, NCFE -CVR

BEGIN WITH OUR HOMES

Empowerment does not come through any movement or public protest. It comes from our own households and surroundings. We need to understand, be educated and change our surroundings first by raising our voice against social injustice, economical and gender inequalities that we see around us and those happening in our day to day life. We should teach our daughters to live as individuals, educate them to face challenges. Building self-confidence and determination are the chief weapons that we can use to work towards the empowerment of women across the world.
Sinjini Roy, teacher, NCFE

HELP THEM GAIN POWER

Women play a vital role in the economic growth. Society must respect her, pave way for their growth not only in her family but also to benefit our nation. We need to help women gain power, and support the promotion of women in the arts, sciences, sports, and other fields. It is important to support companies that pay the same salary, benefits and bonuses to employees with equivalent positions. Racism and prejudice at work often affect marginalized groups. Employees must have a safe channel to report bullying, sexual harassment and racism without being exposed or dismissed.
Jayasree Sridhar, principal, Hymamshu Jyothi Kala Peetha Composite PU College, Malleswaram.

THEIR VOICES MATTER

Women are the most unperceived whirlpool of energy and untapped reservoir of talent. Society should provide an environment of more opportunities in education, employment and sports with equal pay, perks and privileges with higher safe-

GENDER NEUTRAL IS THE WAY

Ask any successful woman about her journey, and she will unfold her experience of inequality. Gender inequality starts at home, continues in schooling and career. Sadly, most often it starts with discrimination from a woman itself. So, first we women as a community have to understand and practice gender equality. We as educators should be careful to avoid words and situations which depicts gender inequality. The responsibility of bringing equality is on us, as such each one of us has to strive hard to protect and safeguard our women. Each one of us must support and educate women about their rights.
Vanamala A, principal, SJR Kengeri Public School

LEAD BY EXAMPLE

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LOOKING AHEAD

That girls are equal to boys and must be treated with respect should be ingrained into children at a very young age. We must do away with misogyny at the grassroots level. I strongly believe that India is moving forward with the times and that children of both genders are adored and loved all the same. I hope there will come a time when both boys and girls are encouraged to excel in all spheres of life and gender is only a box in your birth certificate and not an inhibition or limiting factor to growth.
Sujata Mukhopadhyay, teacher, NPS l'nagar

WOMEN - THE SPECIAL SPECIES

Please say a few words on women's day, I was told. I thought where should I start? Declare we are beautiful and really smart? No, but when we are born does the world rejoice? Many mourn! They would like a boy if given a choice, Lots is expected of me, In the light I should shine! In the dark I should see! Climb every mountain no matter how steep! Dive into troubled waters no matter how deep! I am objectified, I am stereotyped, To sell you jazzy cars, And your perfumed soap bars.

You call me the weaker one? Don't forget I am the mother of your son! I am not a sequel or a pre-quel, to men - I am an equal, I am a pilot, I am a doctor, I am a scientist, I am a teacher, I am empowered and vow to empower, Every woman, every girl, every mother, every daughter I teach my boys not to gape, There is more to a woman than her shape, On this significant day I want to greet, All the amazing women I have met, And will meet!!!
-Vandana Manerikar, teacher, DPS Electronic City

SPREAD YOUR WINGS AND FLY

Me You And Everyone Wants A Mom, A Sister Or A Wife Then Why Do People Snatch Away Woman's Free Life Why Do People Discourage Them and Say Women Are Weak We Will Have To Empower Them And It Will Start When We Start To Speak
A Woman Can Achieve Anything and Do What Not So Let Us Try To Change Our Mindset, Change Our Thought "You are the best and can do everything men do" if we shall say They may get motivated and it could make their day
Tell a woman - When you are sad don't let people break you Because after every dark night there is a day too. let us stop stereotyping and give the women a chance Because women can really change the world in a glance
Women! Stand up and just spread your creative wings and fly And if people drag you down just don't stop and cry Yes my ladies, for you nothing is impossible Just follow your aim and you'll be unstoppable
Agrima Suman, class VII, DPS Whitefield

LONELY JOE, RAMPANT RISHABH



FIVE TALKING POINTS FROM INDIA vs ENGLAND

India crushed England inside three days of the fourth Test to clinch the series 3-1 and book their meeting with New Zealand in the World Test Championship final. Here's a look at five talking points from the high-profile contest

1 BREATHLESS PANT LEADS NEW HEROES

Rishabh Pant left everyone gasping in awe when he reverse flicked veteran fast bowler James Anderson for a four over the slips on his way to a match-winning 101 in the final Test, a shot dubbed "brave" by Root. The wicketkeeper-batsman emerged as one of India's new Test heroes along with all-rounder Washington Sundar, who scored 96 in the same innings, and left-arm spinner Axar Patel, who took four hauls of five or more wickets in his debut series. "Absolutely enjoyed the way each player contributed in every department throughout the series, especially Pant, Sundar, Patel, Ashwin and Rohit Sharma," said batting great Sachin Tendulkar of India's rich depth of talent.

2 TRIAL BY SPIN

The pitch debate dominated the series after England's batting collapse in the second Test in Chennai. But it was the day-night game that prompted former England cricketers Michael Vaughan and David Lloyd to term the Ahmedabad track as "poor" as Indian spinners wreaked havoc to skittle out England for 112 and 81. England's players refused to blame the pitch and maintained they were outplayed by a better opposition, while India's veteran off-spinner Ravichandran Ashwin, who led the attack with 32 wickets, noted that no one blames the pitch when seamers take all the wickets on green pitches overseas.

3 MOEEN EXITS, BUBBLE BURSTS

Moeen Ali's exit from the England team bio-secure "bubble" after the second Test left many confused after England captain Joe Root said the all-rounder had opted to go home. Top players, including Jos Buttler and Jonny Bairstow, were given breaks as players were rotated in and out of the squad during the team's six-Test sub-continent tour that included two Sri Lanka Tests. Coach Chris Silverwood later apologised for the messy way the departure was handled, saying it had been England's decision. Moeen had contracted coronavirus on landing in Sri Lanka, and only played one Test. It highlighted England's controversial, pre-ordered rest plans during the pandemic, which was criticised back home, with Root never seeming to have his strongest eleven at his disposal at the same time.

4 TOO MUCH FOR ROOT

He batted, bowled and led by example, but Root was often left fighting a lone battle against an inspired Indian side on home turf. Root scored 218 in his 100th Test as England won the opening game convincingly. But the remaining matches were a struggle for the touring side. Off-spinner Root even turned up with the ball to claim his maiden five-wicket haul in the day-night third Test but England went down inside two days. He topped the series batting chart with 368 runs but said: "I can get better."

5 ROHIT STEPS UP AS KOHLI FALTERS

Rohit Sharma welcomed the crowds back to the grounds with a fluent 161 in the second Test to lead his team's comeback win. The opener pulled and swept with élan as he hit 18 boundaries and two sixes and continued his good run in the pink-ball game with 66 and 25 not out. Sharma, known for his limited-overs exploits, stood tall in a series that saw captain Virat Kohli fall twice without scoring. "Rohit's knock was the most defining moment in our comeback," said Kohli.



Could new Barcelona president persuade Lionel Messi to stay?

Barcelona members elected Joan Laporta as club president, turning to the man who oversaw one of their most successful periods to lead them out of an institutional and financial crisis

Laporta, 58, succeeds Josep Maria Bartomeu, who resigned as president in October to avoid facing a vote of no confidence from members who turned on him after Lionel Messi tried to leave the club last August and the team were beaten 8-2 by Bayern Munich in the Champions League. Laporta takes over a club with huge financial problems due to the COVID-19 pandemic eliminating ticket revenue and badly hitting merchandising income. Barca's last accounts showed a gross debt of more than 1.4 billion euros (\$1.67 billion) with a net debt of 488 million euros. The club agreed to a temporary player pay-cut last year while it had to delay payments to players in December. REUTERS

Twenty years ago a little boy called Leo Messi made his debut with Barca's youth team. Seeing the best player in the world come out to vote today is a clear sign of what we keep saying. Leo loves Barca. The best player in the world loves Barca and I hope that is a sign that he will stay at Barcelona, which is what we all want.

JOAN LAPORTA

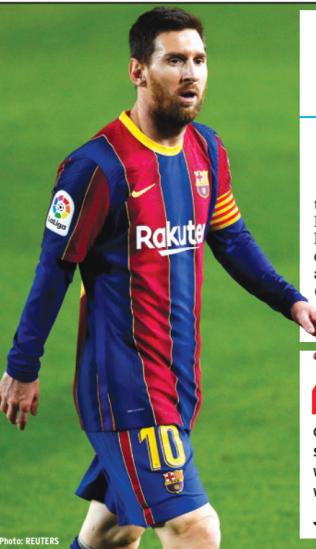


Photo: REUTERS

EPL: Liverpool suffer sixth straight Anfield loss as Fulham win 1-0



Fulham match winner Mario Lemina

Photo: AFP

Harry Kane, Gareth Bale shine as Tottenham Hotspur thrash Crystal Palace



Two goals apiece from Harry Kane and Gareth Bale helped a resurgent Tottenham Hotspur to beat Crystal Palace 4-1 and move into sixth spot in the Premier League. The on-loan Bale provided further evidence that he has rediscovered his former spark by scoring Tottenham's first and second goals either side of Christian Benteke's equaliser on the stroke of half-time. But despite taking his tally to six goals in his last six appearances, Bale was outshone by the magnificent Kane, who ended with two goals and two assists. Tottenham's third successive league win lifted them above Liverpool and West Ham with 45 points from 27 games, two points behind fourth-placed Chelsea, who play Everton on Monday. REUTERS

Harry Kane and Gareth Bale celebrating after scoring a goal

QUIZ TIME!

Q1: In the 2006 Philippines Open, which badminton player did Saina Nehwal defeat in the quarter-final?

- a) Ratchanok Intanon b) Sung Ji Hyun
c) Wang Yihan d) Xu Huaiwen

Q2: Rafael Nadal lost the 2017 Australian Open against which player?

- a) Stan Wawrinka b) Novak Djokovic
c) Andy Murray d) Roger Federer

Q3: Which of the following players have taken the

fastest 250 wickets in Test cricket?

- a) Allan Donald b) Dennis Lillee
c) Ravichandran Ashwin d) Dale Steyn

Q4: Andy Murray won the 2016 Wimbledon. Who was the runner-up?

- a) Milos Raonic b) Novak Djokovic
c) Kei Nishikori d) Stan Wawrinka

Q5: Who received the Arjuna Award in 1972 and dominated the national badminton championships by winning it nine times in a row?

- a) Pullela Gopichand b) Prakash Padukone
c) Nandu Natekar d) Anup Sridhar

Q6: In which year did Naomi Osaka win her maiden Australian Open title?

- a) 2020 b) 2019 c) 2021 d) 2018



Naomi Osaka

Q7: Who was India's sole women representative at the Olympic Games in Barcelona 1992?

- a) Madhumita Bisht b) Aparna Balan
c) Ameeta Singh d) Parul Parmar

Q8: The Badminton Association of India (BAI) was established in which year?

- a) 1898 b) 1934 c) 1900 d) 1901

Q9: Who holds the record of most fifties in career in Women's T20 Internationals?

- a) Suzie Bates b) Sarah Taylor
c) Mithali Raj d) Stafanie Taylor

Q10: Who is the current chief national badminton coach of India?

- a) Pullela Gopichand b) Prakash Padukone
c) Nandu Natekar d) Anup Sridhar

Q11: Which footballer became Barcelona player with 34 trophies after winning the league title in 2019?

- a) Carles Puyol b) Andrés Iniesta
c) Ronaldinho d) Lionel Messi

ANSWERS: 1- d) Xu Huaiwen 2- d) Roger Federer 3- c) Ravichandran Ashwin 4- a) Milos Raonic 5- b) Prakash Padukone 6- b) 2019 7- a) Madhumita Bisht 8- b) 1934 9- a) Suzie Bates 10- a) Pullela Gopichand 11- d) Lionel Messi