

NATIONAL SCIENCE DAY- 2021

Igniting scientific spirit among students

National Science Day is celebrated every year on February 28 to commemorate the discovery of 'The Raman Effect' by the great Indian physicist Sir C V Raman.

HAL PUBLIC SCHOOL

Students of the school celebrated Science Day this year on a virtual platform on March 1, 2021. Students were engaged in various science related activities such as speeches, debates, quiz, watching videos on the con-



tributions of Sir C V Raman in the field of science and demonstration of science experiments by students from LKG to high school.

It was truly mesmerising to watch students demonstrate experiments and explain the scientific principles

that govern it. The celebration succeeded in igniting the scientific spirit and innervate the young minds.

Exploring space science and its impact



National Science Day is celebrated each year to commemorate the discovery of the Raman Effect by Sir CV Raman on February 28, 1928.

The CBSE wing of the school organized a science fair to mark the event. The event was themed "Space Exploration" to spread awareness about the advancements in the field of space science. Students of class VIII, under

the expert guidance of the teachers, put up a display of models and charts based on the theme. Students were

VISHWA VIDYAPEETH

organized in groups and each of them gave presentations on rockets launches, lifestyle and food habits of astronauts, insights into launch vehicles and the future missions of our

country. Various science-based games were organized to bring out the role of science in everyday life.

Speaking at the event, director of Vishwa Vidyapeeth Group of Schools Suseela Santosh reiterated the significance of science, shared a few tips and appreciated the creative methods explored by the students to put up an excellent and thought capturing presentation.



SUMITH S SOLANKAR, CLASS VII, SJBSS PUBLIC SCHOOL

THE EDUCATIONIST

Formative assessment the key to unlock better learning

The National Curriculum Framework has at different points of time tried to translate significant recommendations of committees, commissions and policy documents into implementation strategies in the areas of teaching, learning and assessment for qualitative improvement in the entire school education system.

The journey of assessments has come a long way, passing through oral testing, written testing, public examination, internal and external assessment, continuous and comprehensive evaluation and competency-based assessment. NEP 2020 attempts to shift from content-based assessment to competency-based assessment.

Pragmatically, the education structure in India is driven by exams and marks. NEP 2020 upends the rote learning by shifting now to test for application of knowledge. This small shift is the lever needed for change. It is accompanied by both structural and institutional elements that will support the transformation.

The NEP 2020 emphasises on transforming assessment for optimizing learning and development of all students with a focus on the following-

Features of Assessments in NEP 2020:

- Regular, formative and competency-based
- Promoting learning and development of students
- Tests higher-order skills (analysis, critical thinking and conceptual clarity etc.)
- Helps entire schooling system in revising, continuously teaching learning processes to optimize learning

With continuous tracking of the learning outcome of each student through formative assessments like quiz, concept map, teachers will get an immediate feedback of their teaching. The students will witness their learning and be able to identify their strengths and weaknesses

and target the areas that need work. Teachers will also be able to help the struggling students. These assessments for learning will support the learning process, bring in time-to-time feedback for the teacher to differentiate instruction if required. The formative assessments can easily be tiered and differentiated and are a

great way to track and analyse student progress.

At Samsidh MLZS- HSR branch, the culture of assessment has been transformed with the use of appropriate tools. During the pandemic teachers used it for planning their lessons, providing notes as well as conducting formative assessments.



Sangeetha R Shenoy, principal, Samsidh MLZS- HSR



He taught me to believe in myself

My idol is Rowan Atkinson. Through his famous character of Mr Bean, Atkinson has taught me to love myself and that the only person responsible for my happiness is myself. Through his own tough and depressing background, Rowan Atkinson has taught every one of us the importance of hard work, dedication, and confidence. The most important lesson learnt from him is to never give up and always believe in yourself no matter what the others around you may say.

Every time before a dance recital, when I get butterflies in my stomach and start bothering about what others may think about my performance, I re-

INSPIRING ICONS



member Rowan Atkinson and how he, even with his stammering, appalled the crowd with his

exemplary performance, showing everyone that one's satisfaction is much greater than others' judgments. There were certain times when I got extremely nervous on stage and even thought that I would pass out but I would always think of him and calm myself down. At times when I

felt that there was no way I would accomplish a task, I was reminded of Atkinson and his character, Mr. Bean, after which I gained the confidence required to do it and ended up excelling at it thanks to him! Many a time when I was emotionally hurt by a person, I



hope and strived to do better in the following competitions. Rowan Atkinson has truly proved that the failures and difficulties which arise in a person's life serve as stepping stones to success! Shreya Ravi, class X, The Brigade School, Malleswaram

Swachh Bharat award in drawing, handwriting

Maanya Joysula of class II won a state level Excellence Award in drawing and handwriting competitions as part of the "All India Swachh Bharat Art Competition" held on the occasion of Republic Day by National Economic Growth Times.

EUROSCHOOL WHITEFIELD

Swachh Bharat Mission, Swachh Bharat Abhiyan, or Clean India Mission is a country-wide campaign initiated by the Government of India in 2014. Various programs, outreaches and competitions have been initiated by the Swachh Bharat Mission. The youth of this nation play a vital role in keeping this country clean by physically participating in clean up drives or by bringing awareness to the public. We are extremely proud of her achievement and the entire team at school congratulate her and wish her the very best in all her future endeavours.



Utkatakonasana (translated as fierce angle pose) is called goddess pose since it connects to the feminine energy in us. Utkatakonasana is a not-so-ancient posture and a variation of Utkatasana (translated as fierce pose), which resembles sitting on a chair

YOGA4ALL

01 Stand with feet together and hands on the hip.

02 Jumping up, take your feet apart and toes turned outwards.

03 Bend both knees outwards such that the shin is perpendicular to the floor, and thighs, parallel to the floor.

04 Squat downward till both thighs form a single straight line parallel to the floor, pushing knees outwards.

05 Hands can either be placed on knee, or lifted up.

06 Take care not to lean forward in the posture. Keep the spine erect.

07 Hold the position for eight to ten deep breaths.

08 To come out of the position, slowly straighten your legs, bring hands back on the hip and jump back to Samasthithi.

BENEFITS

- Since this is very easily doable, any level of practitioner can include this asana in his/ her practice.
- It is beneficial for both upper and lower body, mainly strengthening legs, thighs, knees, groin and glutes.
- It helps one build a better posture, making the individual more poised.

PRECAUTIONS

This posture should be avoided in case of chronic knee pain, knee and leg injuries or surgeries.

SANNUTHA SHASTRI, Yoga teacher, Apollo National Public School, Bengaluru.

Ukatakonasana

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

MY SUPER DOG

I had a dog who loved the fog
He would help a man who would offer him a pat
And smash the villains on the mat
He would not leave anyone who was a brat.

He had a furry tail that was short and fat
His favourite pastime was to simply run around the flat
You would love to meet my canine super man
Unless you are a cat.
Dhairya Khanna, class V, DPS Whitefield



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FEARLESS & SKILFUL

Yuvraj Singh credited Ishan Kishan's Indian Premier League (IPL) experience at a young age for the latter's explosive and fearless international debut. The southpaw has hit the nail of the head. Here's why...



Ishan Kishan

The Men in Blue were off to a horrible start in the T20 series, suffering a demoralising eight-wicket loss in the opening match but turned the tables on England with a seven-wicket win in the second game. In stark contrast from the first match, Virat Kohli and his men excelled in all departments. The inclusion of Ishan Kishan, who made a sparkling debut with a 32-ball 56, allowed India to go ahead with their new approach that encourages batsmen to express themselves.

Despite losing KL Rahul in the first over with no runs on the board, the 22-year attacker from the word go, smashing Jofra Archer for a boundary in the very first ball he faced. According to ESPNcricinfo's ball-by-ball data, Kishan was defensive against just two of the 32 balls he faced, providing a peek into the new, no-holds-barred approach that India captain Kohli had promised on the eve of the series opener.

Having faced good pacers in IPL helped me: Kishan

Ishan, who plays for Mumbai Indians, also said that facing world-class bowlers during

He (Ishan) knew he was hitting the ball well so he kept taking his chances. But he was calculated. He wasn't reckless. And that's what you want to see in youngsters. Coming in, looking composed, still backing themselves but being aware of what the situation of the game is and I think today that counterattacking innings of his and our partnership (94 runs off 54 balls) was something that the team needed and he provided that for the team.

VIKAT KOHLI, India captain

the IPL helped him build his confidence. "It obviously helped (to face the likes of Mumbai Indians teammates Trent Boult and Jasprit Bumrah) in the nets. They are very pacy bowlers and to hit shots against them gives confidence. In IPL you get to face quality bowlers from across the world and you start getting used to these bowlers. And I think that really helped me," said Ishan.

Kishan also said that the team management had backed him to play his natural game without feeling the pressure. "Before the match I was told to go and open the innings and play freely the way I play in IPL. I was told not to take extra pressure. But it being my first game I was a little nervous while going to the ground," he said.

Pant's spirit epitomises India's confident, attacking approach: Chappell

Former Australia captain Ian Chappell has said that the spirit of wicketkeeper-batsman Rishabh Pant epitomises India's con-

I think he (Ishan) has really played well on debut. It's not surprising given the amount of IPL exposure he's had and the success he's had in the tournament. That has clearly bridged the gap between domestic and international cricket. And he's not the first player to come in and do it in an Indian shirt.

EOIN MORGAN, England captain

fidant and attacking approach in modern-day cricket. "In modern India, the players are more confident and aggressive. This attitude is boosted further on reaching the international arena by the positive encouragement of the leadership group of Virat Kohli, Ajinkya Rahane and Ravi Shastri. Then there's the IPL. It has resulted in Indian players being exposed to more international thinking and training, which has had a positive effect on both cricketers and coaches," Chappell wrote in his column for ESPNcricinfo.

"Pant is a popular player in the Indian side and his spirit epitomises the team's confident, attacking approach to the game. England has players who could provide a similar stimulus to their team. What they lack is a conducive environment," he added.

KOHLI IS BACK

A look at major records created by milestone man Virat Kohli with his unbeaten 73 against England in the 2nd T20I

1 Virat Kohli became only the third player to complete **12,000 international runs** as captain. He joined former Australia captain Ricky Ponting and former South Africa captain Graeme Smith in an elite list of captains who amassed over 12,000 runs in international cricket across formats. In addition, he is the fastest to the 12,000-run mark among international captains, taking only 226 innings. The next Indian on the list is former skipper MS Dhoni, with 11,207 runs under his belt during his memorable captaincy tenure.

2 Virat Kohli scored his **26th half-century** in T20Is en route to his unbeaten 73 against England on Sunday. The Indian captain thus surpassed teammate Rohit Sharma (25) to go on top of the list of batsmen with most half-centuries in the shortest format.

3 Virat Kohli registered his **10th fifty as captain** in T20Is with his 73-run-knock against England. He is only behind Kane Williamson (11) on list of captains with most half-centuries in T20Is. Williamson and Kohli are the only players to have ten-plus fifty scores in Tests, ODIs and T20Is as captain.

4 Virat Kohli became the first batsman in the world to reach the milestone of **3,000 runs in T20Is** with his 73-run-knock on Sunday. The Indian skipper now has 3001 runs to his name in 87 T20Is at a stunning average of 50.86. He is the leading run-getter in T20Is at present. New Zealand's Martin Guptill is second on the list of leading run-getters in T20I cricket, having scored 2,839 runs in 99 matches. India's Rohit Sharma comes third in the list with 2,773 runs in 108 matches.

PSG miss out on top spot after shock Nantes defeat



Moses Simon of Nantes

Paris Saint-Germain missed the chance to move top of Ligue 1 after falling to a shock 2-1 home loss to Nantes, allowing Lille to maintain their league lead despite drawing 0-0 at Monaco. The reigning champions had the chance to take first place from Lille on goal difference but strikes from Randal Kolo and Moses Simon wiped out PSG's half-time lead, which came through Julian Draxler, and inflicted a fourth home defeat this campaign on the capital club. Lille stayed top and gained a point on PSG, taking their lead to three on both them and Lyon, who could only draw at Reims on Friday.

QUIZ TIME!

Q1: Who claimed the most number of wickets in Indian Premier League 2017?

- a) Jaydev Unadkat
b) Mitchell McClenaghan
c) Jasprit Bumrah d) Bhuvneshwar Kumar

Q2: Who won the 2016 Wimbledon singles title?

- a) Andy Murray b) Rafael Nadal
c) Stan Wawrinka d) Roger Federer

Q3: In which year did Sunrisers Hyderabad win the one and only IPL title?

- a) 2017 b) 2016 c) 2015 d) 2014

Q4: Along with Roy Krishna, who tops the list of high scorers in Indian Super League - 2020-21?

- a) Aridane b) Igor Angulo Alboniga
c) Diego Mauricio d) Sunil Chhetri

Q5: Which team holds the total in Indian Premier League?

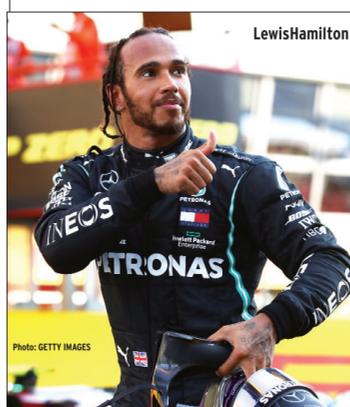
- a) Kings XI Punjab
b) Royal Challengers Bangalore
c) Chennai Super Kings
d) Kolkata Knight Riders

Q6: Who made the most assists in German Bundesliga - 2017-18?

- a) Jadon Sancho b) Jonas Hofmann
c) Joshua Kimmich d) Thomas Müller

Q7: In which year did Lewis Hamilton win his first F1 World championship?

- a) 2007 b) 2008 c) 2009 d) 2010



LewisHamilton

Q8: Who is the current coach of Kings XI Punjab, now renamed as Punjab Kings?

- a) Trevor Bayliss b) Stephen Fleming
c) Mahela Jayawardene d) Anil Kumble

Q9: Who is the Top Scorer of Italian Serie A - 2019-20?

- a) Francesco Caputo b) Ciro Immobile
c) Cristiano Ronaldo d) Romelu Lukaku

Q10: Which of the following stadiums is the home ground of Chennai Super Kings?

- a) Wankhede Stadium
b) M Chinnaswamy Stadium
c) MA Chidambaram Stadium
d) Eden Gardens

Q11: Serena Williams won her last grand slam title during which event?

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

Q12: Who was the top scorer of German Bundesliga - 2017-18?

- a) Kevin Volland b) Niels Petersen
c) Niclas Füllkrug d) Robert Lewandowski

ANSWERS: 1- d) Bhuvneshwar Kumar
2- a) Andy Murray 3- b) 2016
4- b) Igor Angulo Alboniga
5- b) Royal Challengers Bangalore
6- d) Thomas Müller 7- b) 2008
8- d) Anil Kumble 9- b) Ciro Immobile
10- c) MA Chidambaram Stadium
11- a) Australian Open
12- d) Robert Lewandowski