

Making peers and parents aware of consumer rights

Every year March 15 is celebrated as World Consumer Rights Day. World Consumer Rights Day was inspired by President John F Kennedy, who sent a special message to the US Congress on 15th March 1962, in which he formally addressed the issue of consumer rights.

GJR INTERNATIONAL SCHOOL

The students of class IV celebrated this day with a lot of fervour and zest. This day had special significance as the students were studying topics such as market economy, fair trade, demand and supply. A poster competition, quiz, and



cartoon competition were organized for students of classes IV to VI, thus utilizing their creativity in evolving newer formats about consumer

awareness. The class IV students also virtually visited different classrooms and spread awareness about consumer

rights. Students also recorded videos of them creating awareness about consumer rights among family members at home.

Her simplicity despite lofty achievements is inspiring

Identifying the idol who inspires is important. But what is more significant is learning from them and incorporating values and ideals into our life too.



The most Inspiring Icon for me is renowned author, social worker and chairperson of Infosys Foundation, Sudha Murthy. In spite of being a celebrity, simplicity in her hallmark. She is down to earth, despite her tremendous achievements. Every time she is at a public platform, her simplicity strikes you. She is always in control of her mind, and emotions. I have tried my best to do the same, as the saying goes 'Mind is a beautiful servant or a dangerous master, depending on the way we control it'. I have learnt a lot from her way

of life, and from her books. Her famous book, 'A Three Thousand Stitches', was my most favourite one. This wonderful book is amazing, motivating us to do something which will help many people

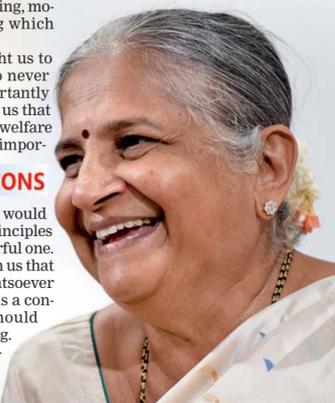
Sudha Murthy has taught us to be simple, to be genuine, to never stop learning and most importantly to never give up. She teaches us that whatever we achieve, social welfare should be the most impor-

INSPIRING ICONS

tant aim of our life. I would surely follow these golden principles in my life to make it a wonderful one.

Sudha Murthy has shown us that we should never give up whatsoever the situation might be. She is a continuous learner and age should never be a barrier for learning. Life keeps on teaching us lessons and we need to keep on learning.

Anagha B Poojari, class IX, MES Kishore Kendra Public School



MY INDIA MY PRIDE



I am proud to be an Indian As I believe India is a land rich in culture and tradition. Where every heart sings a song on humanity, and guests are treated with utmost dignity. A country that is rich in rituals and ethics, Where warmth and brotherhood truly persists. You must come and pay a visit, I truly insist.

From festival to festival, India has its own unique flower, For which the heart carves for. Being an Indian gives me great pride, As it's where my roots reside. Pranita, class IV, Kensri School

THE EDUCATIONIST

Overcome problems, find ways out of them

The world waited with enthusiasm and joy for a wonderful 2020 with innumerable hopes, extensive plans.

Everyone wanted to do something unique and eventful during this significant year as 20-20 is the number of a perfect vision. But an invisible, yet an invincible virus crept in on all unawares and literally shut the world down. Overnight the sneaky virus turned the world topsy-turvy. Real became virtual, social networking became social distancing



Veni R, head of education, Samsidh Group of Schools

and face to face meets became virtual meet. Work from home/study from home became the new norm. In this grave scenario, the worst hit was the education sector. From times immemorial, a school meant that the children clustered around a guru/teacher who would impart knowledge to them. So converting a real class into a digital one was an onerous task for many schools. The teachers were asked to take their classes online, a no mean feat for the ones who were only technologists and not technocrats. But the greatest wonder was that all teachers across the globe jumped in with both feet and started taking the online classes with aplomb and confidence! Initially teachers were inhibited with the anxious parents hovering around but seeing their patient and confident way of taking classes, the parents became more than happy and content. The next thought in the minds of the teachers was how to remain connected dur-

ing this disconnected period. So in came the morning meditations, monthly assemblies, monthly student felicitations, field trips, teacher time with her students, teachers huddle time with their colleagues, and many more such fun activities, albeit virtually. These activities helped everyone to be in the best of cheer and positivity during this so called depressing time. Yes, this is a worrisome period which requires utmost caution and care but it does not mean that

we stop appreciating life, stop communicating, stop living! There are various ways to overcome these problems! Let us look into that instead of groaning and grumbling because life is not an empty dream! My salute to the teacher warriors! Makes me feel honoured to be one of their tribe! As Henry Wadsworth Longfellow said *Let us, then, be up and doing, With a heart for any fate; Still achieving, still pursuing, Learn to labour and to wait.*



Tadasana

(Palm Tree Posture)

In Sanskrit, the word 'Tada' means 'palm tree' and 'asana' means 'posture'. When performing the asana, the body of a person will look like a palm tree. This asana is also referred to as mountain pose.

INSTRUCTIONS

- 01 Stand with your feet two inches apart.
- 02 Slowly inhale and raise your arms in front of you to the shoulder level.
- 03 Interlock the fingers of both the hands and turn palms outwards.
- 04 Now inhale and raise the arms over your head in such a way that inner portion of the upper arms touch the ears.
- 05 Raise your heels off the floor and balance on the toes. Stretch your arms and fingers as much as you can. Stay in this position for 10-30 seconds before bringing down the heels.
- 06 Exhale slowly while releasing the interlock of the fingers and bring the arms down to your side.
- 07 While doing this asana your head, neck and the body should form a straight line.

BENEFITS

- ◀ Tadasana is known to bring stability in the body.
- ◀ It helps to clear up congestion of the spinal nerves and corrects body posture. It strengthens the abdominal muscles and boosts the growth of the bones.

FACTS

The largest yoga lesson was held in Rajasthan on June 21, 2018. It had 1,00,984 people attending the International Yoga Day programme.

PRECAUTIONS

◀ Those suffering from vertigo should not practice this asana.

SANKARANARAYANAN V, Yoga Instructor, National Model Senior Secondary School, Coimbatore

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

Empowering women leads to social development

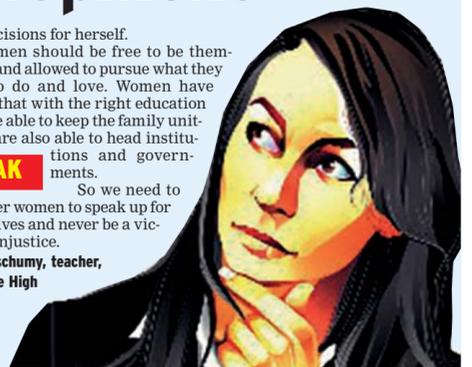
Empowering women is essential for the health and social development of families in our country. Though women have suffered through decades, having been denied the right to education, they have to constantly prove themselves. They have to show their skills as part of the work force, they have to manage a family, raise happy and healthy children who will become responsible future citizens. Besides, she is also subjected to domestic violence in many instances.

Yet one can see that when there is a crisis, it is the woman who takes on the responsibility of running the home. In economically backward families, she becomes the breadwinner, but is never given equal status. The woman is forced to take on the responsibilities of both sides of the family, and has to balance her time and effort to keep everyone happy. But she is never allowed to

take decisions for herself. Women should be free to be themselves, and allowed to pursue what they want to do and love. Women have proved that with the right education they are able to keep the family united but are also able to head institutions and governments.

TEACHERS SPEAK

So we need to empower women to speak up for themselves and never be a victim of injustice. Vijayasuchy, teacher, Lawrence High School



Footballer overcomes injury to become top scorer



This International Women's Day brought in achievements that made the school proud! Shreeya Khadri of class IX participated in the Hoops Genesis Ventures football event and was declared Most Valuable Player and Best Player. This event was organised by Hoops Genesis Ventures on the occasion of International Women's Day 2021. Shreeya, playing for Sai Sports Academy, was the youngest player in the tournament. Playing at the centre attacking midfielder position, she excelled in

the tournament. She was the highest goal scorer, which helped her team reach the semifinals. She sustained an injury in her right ankle during the semis, but with a firm motive of achieving victory for her team, she gave her best in the finals. The team won 2-0, with both the goals being scored by Shreeya. This is a noteworthy achievement and the school is proud of Shreeya! The entire EuroSchool Family congratulates her and wishes her the very best in all her future endeavours.

EUROSCHOOL, WHITEFIELD

THE RAINY DAY



The window was gleaming with drops of water When I woke up on the fresh Friday morning The clock chimed to announce it was six Outside the window, I could see some chicks That made my day sweet and pleasant I could smell the delicious food made by my mother Which made my stomach grumble with hunger I had to brush, But I didn't want to rush It was a school day, Of course not a day to play I had my yellow raincoat on And ran out as I heard the bus horn, My school bus was washed off in rain So were the beautiful flowers and trees in the pane Everything around was so fresh that it made me pause, What a wonderful start of the day it was! Dhatri Pavuluru, class VI, Samsidh ML2 School

SUMMER

Summer is my favorite season for many a reason Summer is a lot of fun, We can spend the day playing in the sun. We get to eat ice creams all day And that's just the reason I love May Every Summer we go for a holiday And we always have a wonderful stay While I enjoy the summer,

I feel sorry for the farmer He toils all day in the sun, If crops fail, he cries in pain. The real delight of summer is the mango tempting, juicy, and yellow And this is the reason I look forward to this season.

Narasa Karapur, class VII, Samsidh Senior School



TEST T20I ODI

After winning both the Test and the T20I series, India is all set for the final challenge against England - the three-match ODI series



In the Test and T20I series, Virat Kohli's team won after being one-down. During the tour, England always started on a high but failed to maintain their winning run while India learnt from the mistakes and quickly adapted to the conditions. While India completely outplayed England in the Tests, the T20I series had a good ebb and flow to it. The series went to the decider, which the hosts clinched by 36 runs. The three-match ODI series will be played in Pune on March 23, 26 and 28. India last played an ODI series last year against Australia and was beaten 2-1. However, the forthcoming series will have completely different dynamics to it as India will be playing in home conditions and with the confidence of winning the Test and T20I series against England.

Indian squad looks solid

- India's squad on paper looks promising as the team has multiple options for each batting position. In the opening slots, India has four options to choose from, namely Rohit Sharma, Shikhar Dhawan, Shubman Gill, and KL Rahul.
- The squad also has three potential debutants: Suryakumar Yadav, Krunal Pandya, and Prasidh Krishna. Suryakumar took the international stage by storm and successfully proved his credentials in the recently-concluded T20I series.
- In the bowling department also, India has all the boxes checked, having a good mix of both pace and spin attack. India has pacers Bhuvneshwar Kumar, T Natarajan, Shardul

The series is particularly important for the 35-year-old Shikhar Dhawan, who failed to make an impact in the first T20 in Ahmedabad before warming the benches in the remaining games. With the management having plenty of options in (Shubman Gill) and outside (Prithvi Shaw and Devdutt Padikkal) the squad for the opening slot, it will be a litmus test for 'Gabbar' to prove himself in the lung-opener. For the Indian team, the series would be an extension of its preparations for the T20 World Cup later this year. The 50-over format, in general, remains low priority in 2021 with no major tournaments around the corner.

Thakur, and Mohammed Siraj in the squad. Yuzvendra Chahal, Kuldeep Yadav, Krunal Pandya and Washington Sundar are the spin bowling options for the side.

Setback for England, Jofra Archer ruled out of series

- However, the series won't be an easy one, given that Eoin Morgan will look to avenge the T20I series defeat. England's squad too looks pretty much settled.
- However, the English side will be without Jofra Archer, who is returning to the UK for further management and investigation of his right elbow injury. The pacer has been deemed unfit for selection for the ODI series. Therefore, Mark Wood will spearhead England's bowling attack. Jonny Bairstow, Jos Buttler,

Jason Roy, Sam Billings, and Eoin Morgan are the batters with all-rounder Ben Stokes further strengthening the team.

England's ODI Squad:

Eoin Morgan (Captain), Moeen Ali, Jonathan Bairstow, Sam Billings, Jos Buttler, Sam Curran, Tom Curran, Liam Livingstone, Matt Parkinson, Adil Rashid, Jason Roy, Ben Stokes, Reece Topley, Mark Wood.

India's ODI squad:

Virat Kohli (Captain), Rohit Sharma, Shikhar Dhawan, Shubman Gill, Shreyas Iyer, Suryakumar Yadav, Hardik Pandya, Rishabh Pant, KL Rahul, Yuzvendra Chahal, Kuldeep Yadav, Krunal Pandya, Washington Sundar, T Natarajan, Bhuvneshwar Kumar, Md. Siraj, Prasidh Krishna, Shardul Thakur.

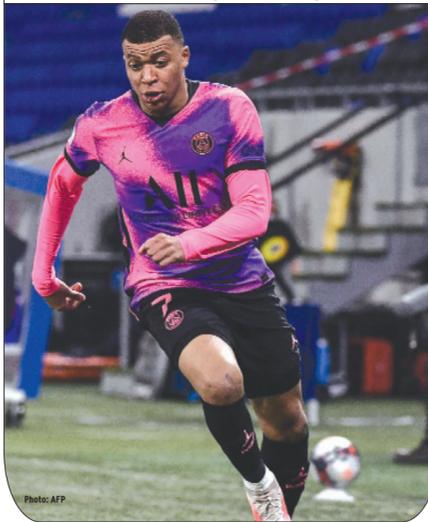
Lionel Messi surpasses Xavi's Barcelona appearance record



Lionel Messi becomes Barcelona's highest appearance maker of all time, scoring twice as his rampant side crushed Real Sociedad 6-1 away in La Liga

Barcelona's Lionel Messi overtook former player Xavi to set a new club record of 768 appearances in a Barca shirt. Messi had equalled Xavi's appearance record for Barcelona on March 16 and surpassed the latter's tally on Monday when he stepped out to play against Real Sociedad in La Liga. On 5 January 2011, Xavi had made his 550th appearance in a Barca shirt, taking Migueli's (549) record before setting a new high of 767 matches. Xavi had set his record five-and-a-half years ago, in the last of his 17 seasons with the club. Along the way, he won 27 trophies with FC Barcelona, in a club career that began on August 18, 1998. The 768 games played so far by Messi are divided into a total of six different competitions. La Liga is the competition with the most matches, with Messi playing a total of 511 in the Spanish top flight.

PSG beat Lyon as Kylian Mbappe scores 100th Ligue 1 goal



Manchester United knocked out of FA Cup by Leicester City



Leicester City sent Manchester United crashing out of the FA Cup as Kelechi Iheanacho's double sealed a 3-1 quarterfinal win, while Chelsea will face Manchester City in the semifinals after they beat Sheffield United. Brendan Rodgers' side can look forward to meeting Southampton in their first FA Cup semifinal since 1982, thanks to Iheanacho's predatory finishing at the King Power Stadium. He put Leicester ahead in Rodgers' 100th game in charge before Mason Greenwood equalised late in the first half. Leicester, who have never won the FA Cup and last reached the final in 1969, will head to Wembley to face Southampton in April.

QUIZ TIME!

- Q1:** Who is the only Portuguese to have scored at four World Cups, and the only European player to find the net at four EUROs?
a) Cristiano Ronaldo b) Rui Costa
c) Paulo Futre d) Andre Gomes
- Q2:** Which team did Mumbai Indians beat to win their first-ever Champions League T20 trophy?
a) Royal Challengers Bangalore
b) Chennai Super Kings
c) Mumbai Indians d) Kings XI Punjab

- Q3:** During the Border-Gavaskar Trophy 2018/19, how many wickets did Jasprit Bumrah take?
a) 19 b) 20 c) 21 d) 22
- Q4:** Which tennis player did the 2019 US Open title?
a) Dominic Thiem b) Daniil Medvedev
c) Roger Federer d) Novak Djokovic

- Q5:** With KL Rahul as stand-in T20I series captain, India claimed a T20I series victory with a 5-0 win in 2020. Which team did they defeat?
a) England b) Australia
c) South Africa d) New Zealand

- Q6:** Sergio Ramos scored his 101st goal for Real Madrid in the Champions league. Against which team did he score the goal?
a) Liverpool b) Barcelona
c) Atalanta d) Manchester City



- Q7:** Jofra Archer was named MVP in IPL 2020. Which other English cricketer has won the award previously?
a) Jos Buttler b) Ben Stokes
c) Kevin Pietersen d) Jonny Bairstow

- Q8:** In which year did Mithali Raj make her ODI debut?
a) 1999 b) 2000 c) 2001 d) 2002

- Q9:** Verona is one of just two teams that did not lose any game in 2020 in the top 5 European leagues. Which is the other?
a) Arsenal b) Manchester United
c) Everton d) Manchester City

- Q10:** Who won the 2020 NBA Rookie of the Year?
a) Zion Williamson b) Ja Morant
c) Kendrick Nunn d) Trae Young

- Q11:** Which player holds the record for most Man Utd goals?
a) Ryan Giggs b) Denis Law
c) Wayne Rooney d) Jack Rowley

ANSWERS: 1 a) Cristiano Ronaldo
2 a) Royal Challengers Bangalore
3 c) 21 4- b) Daniil Medvedev
5 d) New Zealand 6 c) Atalanta 7 b) Ben Stokes
8 a) 1999 9 a) Arsenal 10 b) Ja Morant
11 c) Wayne Rooney