

## Importance of sports education in schools

**C**an the saying 'healthy body healthy mind' be applied to the present scenario or is it inversely more relatable currently? It is quite affirmative to witness the transitioning process being channelised all around us from specific modes of learning to the routine domains; which are more or less executed by all of us eventually. However, nothing turns out to be successfully proportionate if either the mind or the

body is not in sync with each other; which is evidently quite common amongst adults and even young students.

Thus, it is quite essential to be aware regarding the benefits of the sources of zeal and zest namely sports which has been widely accepted and celebrated as just a source of illustrated resources to stay fit, but its importance lies in its immeasurable depth leading to the enrichment of life skills too like teamwork, intra-personal skills, leadership



**ANJALI KOTNALA,**  
Principal, Rukmini Devi  
Public School, Pitambara

quality, decision making skills, respectful towards fellow team members, optimistic, discipline and competitiveness.

Amidst the vicious circle of taxing scenarios and unprecedented challenges, Sports education displays the elements and ability to open the windows of reserves which can enhance not only the kinetic and motor skills but the cognitive skills too which aids the students in achieving their aim in life holistically.

Sports education is not just essential but monumental for the students as it may instill the idea of one's responsibility towards the society; which is looking forward to a promising and prospective future. For the young minds, sports may be a

branched conceptual idea referring to the recreational elements, but it is imperative to guide them about its magnitude which also provides the opportunities to represent one's country both at national and international level.

Sports also shoulders the responsibility of nurturing feelings of accord and national pride amongst students who learn to be mutually respectful towards the country as well as each other. Considering the fact that the young generation represents the future society, it is undoubtedly true that a healthy and optimistic group of such a generation will lead to high standards of living and thereby, give rise to a favourable era of economically balanced civilisation.

## Vice student council's Investiture Ceremony at DPS

**D**elhi Public School, sector 45, Gurgaon, held virtual Investiture Ceremony of the Vice student council 2021-22 for class XI on July 31. The newly appointed council members were bestowed with the responsibility of leading the school from the front.

The director principal, Aditi Mishra, addressed and congratulated the newly elected Vice student council.

On this special occasion, names of 14 talented and aspiring writers of the school whose works were published by Scholastic Quill Club writers were announced. The ceremony was also a witness to the announcement of seven graphic novels de-



**The best way to find yourself is to lose yourself in the service of others.**

- Mahatma Gandhi

signed and developed by the school in collaboration with CBSE.

The guests of honour for the occasion, Kopal Raje and Joy Badola, school alumni, advised the council members to uphold the school motto 'Service before self'. The event culminated with the vote of thanks proposed by Anya Kapoor, vice head girl and Shiven Chhabial, vice president, of the newly elected student council.

## JKPS conducts Investiture Ceremony

**J**KPS, Shalimar Bagh conducted its virtual Investiture Ceremony with great enthusiasm on August 11. The solemn and joyous occasion commenced by invoking the Almighty's blessings with a 'Shabad', followed by a warm welcome to the chief guest, Commodore Narayanan (former principal JKPS), guest of honour Vikas Aggarwal (JKPS alumnus) and other distinguished guests.

The chairman of the school Sardar Surjit Singh and vice chairperson Rasna Singh also graced the occasion.

Asha Saran Srivastava, principal, JKPS, addressed the gathering and the newly elected student council members with her inspirational words and motivated the appointees to remain dutiful and responsible leaders. The chief guest Com-



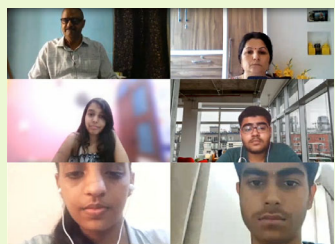
modore Narayanan congratulated the newly elected members and guided them to be brave, honest and relentless in fulfilling every responsibility they undertake.

Vikas Aggarwal appreciated the efforts made by the school, providing opportunity to the students to take part in such activities. The programme ended with the vote of thanks given by the headmistress, Shikha Dhameja.

## ROAD TO OLYMPICS

**U**nder the Sports Authority of India and Indian Olympics association, DAV Public School, Shreshtha Vihar organised series of activities under the title 'Road to Olympics'.

Developing the spirit of sports and importance of physical education the students from classes VI to XII participated in various activities like poster making on the theme of 'Tokyo Olympics'.



awareness talk on the theme 'Tokyo Olympics 2021', meaning of mascots and essay writing on the history and biography of Indian Olympics winners.

Students enthusiastically participated in the activities. School principal Suhassini K Nath appreciated the work done by the students.

## CRAFTZONE

## DO IT YOURSELF

**T**he Covid-19 pandemic left us isolated and made our lives quite dull. To keep me engaged, my mother encouraged me to take up creative activity which made me happier.

I usually gather and reuse things from my surroundings while making craftwork. So when I found a few paint brushes, colours and an empty bottle, I decided to make a bottle lamp. I also chanced upon an old battery operated string light which I could reuse. I was overjoyed! This lamp became so popular that few of my bottle lamps got sold out. Also, I won a prize for 'best out of waste'.

### MATERIALS USED

- Old bottle (glass/plastic)
- Black marker pen (narrow)
- Fabric colours
- Paint brushes
- Bottle string light

### METHOD

I cleaned up an old bottle and applied a base colour all over it. After it was dry, I drew a design on it

with the marker, coloured it and gave it finishing touches. Once the paint was dry, I put the bottle light in it. I really enjoy making these lamps whenever I get time.

Debraj Mehta, class IV, Apeejay School Park Street, Kolkata



## Student Corner

### TWO WORLDS APART

*I was five, sitting on my bench,  
Somewhere in the middle row.  
Pink tunic over a white shirt,  
My hair tied with a bow.*

*A girl came next to me,  
stood for a while,  
But as I grinned, she stooped and sat beside.*

*That day on, it became a norm,  
to save my seat for her.  
She didn't speak much,  
I myself was amiable but a taciturn.*

*One day she spoke while eating,  
'paab vaaji' she said,  
I pushed my tiffin towards her,  
and that's how we first shared lunch.*

*Somewhat, we always danced together,  
always played together;  
together we sat after school,  
crying while we waited for our mums.  
You see, it was never a promise to old hands.  
We still got our bond covered.*

*Today, I don't know her,  
Nor what she looks like.  
But the memory of a friend,  
Makes the whole lot worthwhile.*

*We only saw each other in school,  
Felt like she hides under the desk.  
But, we were never far;  
All that we were,  
We were just two worlds apart.*

CHIYA GOYAL, class XI Science,  
Holy Cross School

## FILM REVIEW: MISSION MANGAL

**A**s citizens of our country, we collectively feel proud of a landmark achievement or deeply saddened by a failure, but sometimes the stories behind the scenes do change everyone's perspective. 'Mission Mangal' is a 2019 film, based on the lives of the scientists at ISRO who made the Mars Orbiter Mission a success. From having one of the best casts to a plethora of absolute musical anthems, this movie moved the entire Indian audience.

The film starts with the failure of GSLV. Tara

Shinde, the project director, makes the mistake of not gauging the heating sensors rightly and the launch fails. Surprisingly, Rakesh Dhawan takes the blame for her and in return is assigned the Mars Mission as punishment. The failure of GSLV had made it quite evident that it was impossible for India to reach Mars.

Back at home while frying puris, Tara's maid complains about insufficient gas in cylinder, so Tara asks her to switch off the gas while the oil was still hot, and the puris would fry in the heat. When the oil cools down, she instructs her to

turn on the gas for some time again and then turn it off.

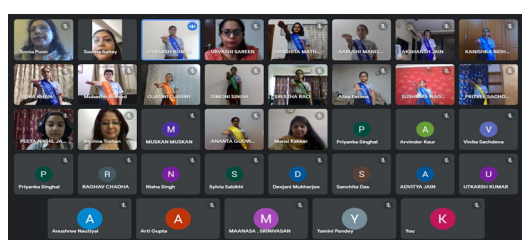
Tara suddenly understands the science behind this action and realises that they could reach Mars in the same way, with less fuel using PSLV. She proposes the idea to Rakesh, but when presented in front of the others, it gets blatantly ignored by Rupert Desai, the main antagonist and others due to their previous failure and also with limited funds. Overcoming all these barriers, Mission Mars finally becomes a success after all.

This film is definitely a must watch in case you're wondering what happened after the idea was ignored and how did they make it to the end finally. The science behind day to day activities and the humour keep you glued to the screen throughout the duration of the film.

Srija Banerjee,  
class XI, St Augustine's Day School, Barrackpore



## Investiture ceremony at GD Goenka



**T**o inculcate leadership qualities in the students, a school student council is formed each year at GD Goenka Public School, Sarita Vihar. The virtual investiture ceremony for newly elected student council was held on August 8.

Seema Sahay, the school principal consigned the parents for the badging ceremony and administered the oath. The outgoing head boy and head girl shared their experiences and gratitude to the teachers and management in their speech. The ambitious council members shared vows to dispense their duties to the best of their abilities. The glorious event was marked with remarkable theatrical, musical and dance recitals.

## Students indulge in 'War of Words' at St Thomas

**S**t Thomas', Dwarka held 'War of Words', an online interschool debate competition. The theme for the competition was 'Pandacacemics - Education in the new normal'. The event witnessed overwhelming participation of 109 renowned schools pan India under four categories: IV-V, VI-VIII, IX-X, XI-XII. The topic for IV-V category was 'Home schooling is better than learning at school; for VI-VIII 'Virtual assessment: Sorted or distorted'; IX-X 'Hybrid classrooms: Stone to milestone'; XI-XII 'Digital India is not ready for digital education.'

The extraordinary oratorical skill of the elite participants set the online platform on fire. After a lot of delib-



erations, Bal Bharti Public School, Pitampura came out as the most acclaimed winner of the winning trophy for their splendid performance in all four categories.

All the participants were students with equal calibre and potential but in the end, some stood out shining brighter than the others.

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# PREMIER LEAGUE DEFIES FIFA

## Refuses to release players for WC qualifiers in red list countries

**T**he decision of the Premier League clubs was clear: No players will be released to play for countries on England's "red list." The announcement by the world's richest league highlighted the escalating backlash FIFA is facing across soccer over its decision to overlook coronavirus-related quarantine requirements and concerns of clubs and leagues to squeeze in more World Cup qualifiers in the coming weeks. The Spanish league also said it would support any of its clubs that did not want to release players for international duty with South American teams.

### Clubs risk sanctions

■ Unlike for other international fixtures during the pandemic, FIFA is no longer allowing exemptions for players to opt out of the trips if they are forced to quarantine on their return to countries to resume club duties. Clubs face FIFA sanctions if they refuse to release players but Liverpool has already told Egypt that Mohamed Salah won't be released for next week's games because he would face a mandatory 10-day hotel quarantine on returning to England.

■ Premier League clubs also backed Liverpool's position, forming a unified front to "reluctantly but unanimously" block almost 60 players from 19 clubs going to 26 countries on England's red list that features all 10 South American countries.

### Brazil big loser

■ Brazil will be particularly impacted without goalkeepers **Alisson** (Liverpool), **Ederson** (Manchester City), captain **Thiago Silva** (Chelsea), midfielders **Fred** (Manchester United), **Fabinho** (Liverpool), and forwards **Roberto Firmino** (Liverpool), **Gabriel Jesus** (Manchester City) and **Richarlison** (Everton).

■ "Clubs have reluctantly but rightly come to the conclusion that it would be entirely unreasonable to release players under these new circumstances," Premier League chief executive Richard Masters said.

"Quarantine requirements mean that players' welfare and fitness will be significantly impacted. We understand the challenges that exist in the international match calendar and remain open to workable solutions."

■ The Spanish league hit out at FIFA's "unilateral decision" to grant two additional days for South American countries to play games in both September and October so three qualifiers can be played in each window, rather than the usual two. That means, regardless of any quarantine requirements on their return, players would likely not be rested enough to play for their clubs when leagues resume.

### No to calendar changes

■ "La Liga considers that the international match calendar can not and should not be modified in this way, especially given that viable alternatives exist," said the Spanish league, which has already seen 25 players from 13 clubs named in squads by South American nations. "LaLiga will take appropriate legal action as this change will affect the availability of players to play for their clubs, to the clear detriment of the competition's integrity."

### Eyes on April draw

■ CONMEBOL is trying to complete most of qualifying in time for the planned draw in April for the men's World Cup in Qatar next year and was granted approval for the triple-headers by the FIFA Bureau headed by Gianni Infantino earlier this month. Concerns about FIFA's actions are being led by the European Club Association, which is headed by Paris Saint-Germain's Qatari president Nasser Al-Khelaifi.

■ "ECA has firmly expressed its objection to FIFA's decision and has urged FIFA to review its position," the organization wrote to its member clubs last week.

■ The World Leagues Forum proposed to FIFA that South America's games could instead be played in a bubble. It also proposed using the four blank international match-days between May 30-June 14, 2022 to complete qualifying. The only qualifiers scheduled for then currently are the four-team intercontinental playoffs featuring a South American squad to determine the final two slots at the World Cup.

■ "FIFA has decided to impose the worst possible option with practically no notice," said the organization which represents 40 professional football leagues. AP



Mohamed Salah



Alisson



Thiago Silva



Fred



Ederson



Richarlison



Gabriel Jesus



Roberto Firmino



Fabinho

## QUIZ TIME!

**Q1:** In which sport do teams compete to win the Stanley Cup?

- a. Hockey
- b. Football
- c. Tennis
- d. Cricket

**Q2:** The Fosbury Flop is a technique used in which sport?

- a. High Jump
- b. Swimming
- c. Gymnastics
- d. Long Jump

**Q3:** Which English Football League team was given the

nickname The Gas?

- a. Swindon Town F.C.
- b. Bristol Rovers F.C.
- c. Tottenham Hotspur F.C.
- d. Northampton Town F.C.

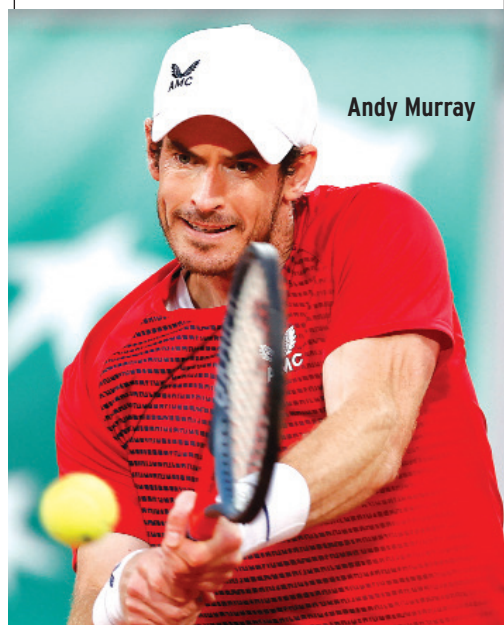
**Q4:** In which sport is 180 deemed a perfect score?

- a. T20 Cricket
- b. Volleyball
- c. Handball
- d. Darts

**Q5:** Who won the Premier League Golden Boot 2021?

- a. Kylian Mbappé
- b. Cristiano Ronaldo
- c. Harry Kane
- d. Luis Suárez

**Q6:** Before Andy Murray, who was the last British tennis



Andy Murray

Photo: GETTY IMAGES

player to win a men's singles Grand Slam tournament?

- a. Dan Evans
- b. John Lloyd
- c. Fred Perry
- d. Kyle Edmund

**Q7:** After retiring from professional cycling, what other sport did Bradley Wiggins briefly attempt to make a career in?

- a. Cricket
- b. Rowing
- c. Volleyball
- d. Sailing

**Q8:** Which of these is not a real sport?

- a. Footgolf
- b. Hand Rounders

- c. Chess Boxing
- d. Disc golf

**Q9:** The U.S.A. has never won a gold medal in which Summer Olympic sport?

- a. Triathlon
- b. Fencing
- c. Hockey
- d. Golf

**Q10:** In which year did Virat Kohli make his test match debut?

- a. 2008 b. 2011 c. 2014 d. 2017

**ANSWERS:** 1. a. Hockey 2. a. High Jump  
3. b. Bristol Rovers F.C. 4. d. Darts  
5. c. Harry Kane 6. c. Fred Perry 7. b. Rowing  
8. b. Hand Rounders 9. c. Hockey 10. b. 2011