

IGNITING LOVE for the Motherland

Freedom in mind; Faith in words; Pride in our heart; Memories in our souls. Let's salute the nation on Republic Day!

India celebrated its 73rd Republic Day on January 26, 2022. The military prowess and cultural diversity of the country were exhibited, in all its splen-

ST JOSEPH'S BOYS' HIGH SCHOOL

dour, at Rajpath in New Delhi. A reflection of the same was seen in the video released by the school. A befitting tribute of allegiance to the Constitution of our Motherland; a prece-

dence to the values of democracy, patriotism and justice for all; and an amalgamation of what it means to be a proud citizen of a truly great nation!

The prayer was said, the flag was hoisted in the foreground of the school building and the National Anthem resonated with undertones of pride and nationalistic fervour. The values inculcated as part of the hidden curriculum at school were highlighted when the guest of honour, Major General Paul Deepak Naidu, alumnus of 1979, took centre stage. He said that 'change is the only constant' in the army barracks where life was never lonely, never boring and ever exciting. He emphasized that honesty, fair play, justice and know-



ing right from wrong were the qualities he had learnt in Joseph's, which paved the way for his career. Values imbibed at a young age, by the students, can be analogous to a 'life raft in a stormy sea'. Major General Paul also told the students that India faced twin challenges of keeping up with modern technology and the impact of climate change. A Josephite should rise to tackle these hurdles and take the country forward!

Patriotic songs and dances dotted the virtual programme; a documentary of the celebrations at Rajpath and the significance of the ceremonies were showcased; a summary of our national symbols was presented by the primary school students with special

reference to the ambassador of peace, love and brotherhood, the 'Dove'. The focus, however, was on the contributions of Josephites to the Indian army - the brave soldiers who laid down their lives for the nation as well as those still serving in the frontline of the forces. The war memorial, which stands proudly in the school campus, was included in the presentation to augment the values of patriotism, nationalism and universal equality.

The programme may have been crisp. However, the pandemic, a virtual platform or a school with no physical presence of the students was no barrier to achieving the goal of igniting love for the Motherland, unity in diversity and dignity for all Indians!

Freedom is the open window through which pours the sunlight of the human spirit and human dignity. To celebrate this freedom in its truest sense, as upheld by our nation in its 73rd year as a Sovereign state, we at school hoisted the National Flag to mark the celebrations for the day.

Director Vivek Garg, principal Alka Gupta and staff members were present for the flag hoisting in the school premises. The director exhorted all present to aspire for empathetic success and ethical excellence in students.

NATIONAL PUBLIC SCHOOL WHITEFIELD

The principal reiterated the responsibility that each of us as teachers and students have to ensure that we retain both our consciousness towards our rights, and fulfil our duty of raising students into future citizens who are both proud but respectful, so that our vision, of creating a better and brighter



India, becomes a reality.

What followed was but a visual treat that showcased both the tradition and culture of India along with the vibrancy of the students, who enthusiastically put forth a cultural extravaganza. Yoga, various dance forms, drill routines all formed a wonderful tapestry of the vivid and colourful programme. The perfectly synchronised beats and

the exceptional performances of the students stole everyone's hearts.

The programme concluded with the vote of thanks and the reassuring belief that the India we all live in is one we need to create where opportunities are plenty and divisions few. A freedom where we can live in respect and enhance the freedom of others.

The 73rd Republic Day was celebrated with pride and reverence at school. The ceremony began with the hoisting of the tricolour flag by chairman of SET Manjappa, secretary of SET Sunitha Manjappa, senior

SOUNDARYA SCHOOL, HAVNUR EXTENSION

principal Chinnama Kaverappa and CBSE principal Letha Parthasarthy. The flag hoisting was followed by the National Anthem to pay tribute to the motherland. The school echoed with patriotic fervor as the INA's marching song 'qadam qadam badaaye ja' was played.



The 73rd Republic Day was celebrated with great pomp all over the country. The main attraction of the day was the annual parade at Rajpath in New Delhi, the air shows and the display of India's cultural and social heritage.

SHIKSHA SAGAR HIGH SCHOOL

Republic Day was celebrated at school virtually by conducting various activities under the broader ambit of "Azadi Ka Amrit Mahotsav". The students participated in activities such as debates, presentations, video making, quiz, painting and drawing competitions. They were awarded cer-

tificates for the same.

Video recordings of the celebration held at New Delhi were also shown to the students during the online classes, to inculcate a sense of patriotism and love for the country.



The school celebrated the 73rd Republic Day with immense patriotic fervour and zeal through an online platform on January 26, 2022. The Tricolour flag was unfurled by principal Sh. Mufaddal Bhai Shakir in the school premises, followed by the National Anthem.

Ammar Siamwala of class IX spoke about the importance of republic day. Students of class VII presented a skit about the making of the Indian Constitution, and the fact that all students and the younger generation need to know about

MSB EDUCATIONAL INSTITUTE

the Constitution and thrilled the audience by their performance. Students of class VIII read out the Preamble and amazed the listeners by explaining the important terms used in it.

Vice-principal Munira Ahmed spoke about the importance of this day and also enlightened children on the difference between hoisting and unfurling of a flag. The principal stressed that loving one's country is an integral part of faith and motivated all the students to abide by the Constitution and fulfill their duties as responsible citizens.

The event concluded with vote of thanks by Arwa Arviwala of class X. The entire programme was hosted by Tasneem Golwala of class X. The students were then asked to view the Republic Day Parade.



The 73rd Republic Day was celebrated at on a virtual platform with immense passion and enthusiasm. The patriotic fervor was felt everywhere. The theme for the program was 'Ek Bharat Shreshtha Bharat', which was well showcased. The National Flag was un-

AIR FORCE SCHOOL, ASTE

furled by the Chairman of the school.

The virtual cultural events began with students singing a medley of patriot-

ic songs. An impactful speech was delivered by the school head boy, urging students to feel proud to be an Indian. A thought-provoking biography of young achievers of India was enacted by the students, with motivational thoughts. Last but not the least, to enrich the zeal



A role model for young girls

Astronauts are fascinating, aren't they? As a kid, all I wanted to do was go around the space. Many young girls in India and around the world look up to her as a role model. Coming from a little village, I carry a bag full of enormous ideas. She took action and fought hard against numerous societal rules in order to make her aspirations a reality. She is the finest role model for all young girls who want to pursue their aspirations but are unable to do so owing to a variety of factors such as society, parents, a lack of confidence, a fear of failure, and so on. But, in my opinion, we should never be afraid to talk about anything rather than keeping things to ourselves.

Kalpana Chawla was the first Indian woman to travel to space. She worked as a mission specialist and the robotic arm's primary operator.



INSPIRING ICONS
KALPANA CHAWLA

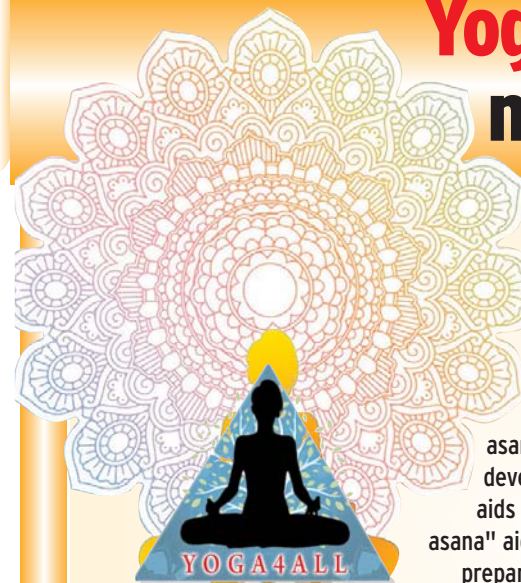
Kalpana Chawla, who is believed to have perished along with six other astronauts in the Columbia space shuttle disaster, had made India proud when she launched on her first space mission on November 19, 1997. In the Shuttle Avionics Integration Laboratory, she played a key role in the testing of space control software.

She is a source of inspiration for a lot of individuals. She was compassionate, thoughtful, brave, and daring. This woman gave it her all in all she did and deserves to be acknowledged as a role model.



NIRVANI,
Class IX,
SNS Academy,
Coimbatore

Yoga - A refresher for mind, body and soul



YOGA4ALL

Yoga comes from the Sanskrit word "Yuj," which means "to connect." Yoga, according to the yogic texts, leads to the union of individual consciousness with universal awareness, implying complete harmony between the body and mind; man and nature. Yoga practise on a daily basis aids us in living a happy and healthy life. Sri Tirumalai Krishnamacharya created asanas in the early 20th century. "Iyengar asana" aids in the development of physical strength and range of motion. It also aids in the treatment of Rheumatoid Arthritis; "Jivamukti asana" aids in bodily awareness; and "Hatha asana" aids in the preparation of the mind and spirit for meditation. Similarly, there are around 84 yoga asanas that enable us to refresh our bodies and minds. Yoga includes meditation. OM is the oldest and most prevalent mantra used in contemplative asanas. Each sound represents a particular condition (wakefulness, dreaming, deep sleep) or a period of time in Vedic tradition (past, present, future). Chanting is done from the heart rather than the mouth. Anxiety, stress, addictions, and age-related memory decline can all be reduced with meditative asanas. Yoga has the potential to be the most life-changing component of one's life. "Exhale the past, inhale the future."

SANANDHA ASHOK KUMAR, Class XI
SBOA Matriculation Hr. Sec. School, Coimbatore



WEST INDIES WINS FIFTH T20



West Indies's players pose with the winning trophy

JASON HOLDER, AKEAL HOSEIN HAUL TAKES TEAM TO SERIES VICTORY

Pacer Jason Holder took four wickets in four balls to blow up the last over of England's run chase as West Indies won the fifth Twenty20 game by 17 runs to capture the series 3-2. Jason Holder's fifer and Akeal Hosein's four-wicket haul helped West Indies defeat England by 17 runs in the fifth and final.

West Indies won the toss, chose to bat and scored 179-4 at the Kensington Oval. In reply, England was all out for 162 with one ball left after entering the final over at 160-6 and needing 20 runs to win. In that last over, Holder first claimed the wicket of Chris Jordan (7) caught on the fence, immediately followed by the key dismissal of Sam Billings (41 runs off 28 balls) before golden ducks for Adil Rashid and Saqib Mahmood.

IN EXCLUSIVE CLUB

Holder joined an exclusive club when Mahmood's inside edge nicked leg stump. Lasith Malinga, Rashid Khan and Curtis Campher are the only other bowlers in men's cricket to take four-in-four in a T20 international. Holder did not get a chance to go for five wickets in five balls with no England batters left. The all-rounder finished with 5-27 from 2.5 overs.

"Bowling the last over just added to it, I'm happy that I was given the responsibility. I am feeling good about my role in the team, I pass on my experience, pride myself as a complete team player, just want to put my hand up, even when I'm not bowling, I can share a few things with the younger lot. A lot of thanks to the management and the staff. Big thumbs-up to the ECB and the English guys, they aren't just great players, but they're good and humble people," he added.

DIDN'T ADAPT WELL

James Vince top-scored for England with 55 off 35 but was one of left-arm spinner Akeal Hosein's four wickets after holing out. Hosein took 4-30 from four overs. England stand-in skipper Moeen Ali said that his side didn't adapt well to the playing conditions against West Indies during the fifth and final T20I here at the Kensington Oval on Monday.

"I thought West Indies were the better team tonight. We didn't adapt well to the conditions, we played well but fell short in the end. It's something we need to work on, thought we bowled reasonably well today, but Powell and Pollard played some superb shots, we will come back better though with the experience. It seemed like that, the new ball came nicely, and was difficult when it became softer. But they were really good at adjusting to those," said Moeen Ali after the game.

"It's been a great lesson, these are the conditions we want to get better, we're good when the pitch is flat. Reece Topely was fantastic with the new ball and Adil Rashid was so good throughout the series. It's great fun as a captain, but Morgs is a brilliant captain," he added.

SPINNERS FRUSTRATE WI

Earlier, West Indies had been frustrated by England's spinners but captain Kieron Pollard (41 not out off 25) and Rovman Powell (35 not out off 17) shared an undefeated fifth-wicket stand of 74 in just over five overs to give the hosts a reasonable target to set England. The pair added a whopping 66 in the final 24 balls.

Rashid (2-17) leapfrogged Jordan as England's leading T20 wicket-taker with 81 wickets. Liam Livingstone collected identical figures as the pair and spinner Moeen Ali yielded just 54 off 10 overs. AGENCIES

A classic finish wasn't the best start, but I just wanted to stay in the game. Did not work well yesterday, but was totally opposite tonight. I was a bit disappointed with the no-ball, I look to be disciplined, but then to get the next five balls perfectly was nice. Was just pumped up, I love to play at Kensington Oval, we've the best fans in the world, credit to the English fans for coming in as well. A lot of hard work, can improve on my death bowling, add some variations. But I'm gaining confidence and so is the captain in me.

JASON HOLDER

Photo: AFP

EGYPT, SENEGAL INTO SEMIFINALS

African stars and Liverpool teammates Mohamed Salah, Sadio Mane one game away from facing each other in continent's biggest game

The biggest stars of African soccer are on course to meet in their continent's biggest game. Mohamed Salah's Egypt and Sadio Mane's Senegal reached the African Cup of Nations semifinals on Sunday. One more win for both teams will see the Liverpool pair meet in the final.

Egypt will play host Cameroon, a repeat of the 2017 final that Cameroon won. That game on Thursday will also be a clash between the two most successful sides in African Cup history with 12 titles between them.

Inspired comeback for Egypt

Salah scored the equalizer and created the winner to inspire Egypt's comeback to beat Morocco 2-1 after extra time in the day's first quarter-final.

Egypt fell behind to an early penalty won by Achraf Hakimi and converted by Sofiane Boufal in the seventh minute. Egypt captain Salah reacted quickly to knock in a rebound to make it 1-1 in the 53rd and sent in a per-

TITLE CHASE

■ Senegal plays Burkina Faso in the first semifinal on Wednesday, when Mane's team will be aiming to make a second straight final. Senegal hopes to finally win one this year to get rid of its unwanted label as the best team to never win an African title.

■ Egypt hasn't won the African Cup since its record-extending seventh title in 2010. Salah made his debut for the national team the year after that triumph and is still searching for a first major title with his country. So is Liverpool teammate Mane, but Senegal's wait has been longer.

■ Egypt and Cameroon will meet at the tournament's main Olembe Stadium across town in Yaounde.

fect low cross for Trezeguet to tap in near the end of the first half of extra time. Egypt was left to rely on third-choice goalkeeper Mohamed Sobhy for most of extra time after an injury to Mohamed Abou Gabal.

Substitutes shine for Senegal

Mane set up Famara Diedhiou for Senegal's opener in a 3-1 win over Equatorial Guinea.

Mane's pass opened up Equatorial Guinea's defense for center forward Diedhiou to score in the 28th. Senegal appeared in control but got a first warning when captain Kalidou Koulibaly had a penalty awarded against him in the 50th minute. It was canceled by referee Victor Gomes after he saw on VAR that Koulibaly's right hand was down by his side when the ball struck it.

Equatorial Guinea scored seven minutes later but the introduction of Kouyate and Sarr as substitutes paid off. Kouyate put Senegal ahead when he pounced on a miscued defensive header. Sarr finished after brilliant work by Salio Ciss. AP



Mohamed Salah

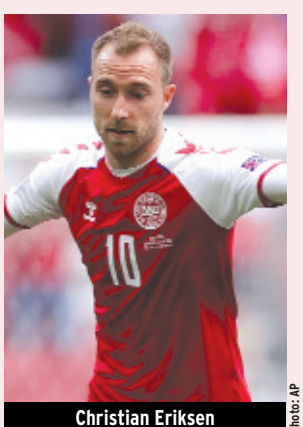
Photo: AFP

ERIKSEN JOINS BRENTFORD MONTHS AFTER EURO 2020 COLLAPSE

Denmark midfielder Christian Eriksen joined Premier League club Brentford on Monday, seven months after he suffered a heart attack during a European Championship match.

Eriksen, who collapsed during the game against Finland in Copenhagen and was given life-saving CPR treatment, has signed for Brentford as a free agent for the rest of the season. "I'm happy to announce I've signed for Brentford and can't wait to get started," Eriksen said.

The former Tottenham Hotspur and Inter Milan player is now fitted with a special heart-starting device known as an Implantable Cardioverter Defibrillator (ICD). Eriksen, 29, has not played a competitive match since his collapse, although he has been training with his former



Christian Eriksen

Photo: AP

club Ajax Amsterdam to build up his fitness.

Inter Milan terminated his contract in December because the ICD device is not permitted in Serie A. Eriksen played 26 games for Inter as they won the Italian top-flight title in 2021 for the first time in 11 years. REUTERS

QUIZ TIME!

Q1: Which is the second-largest multi-sport event after the Olympic Games?

- European Games
- Pan American Games
- Asian Games
- Commonwealth Games

Q2: Who became the first tennis player to win a medal at four separate Olympic games, as well as the first player in the Open Era to win an Olympic medal in all three events (singles, doubles, mixed)?

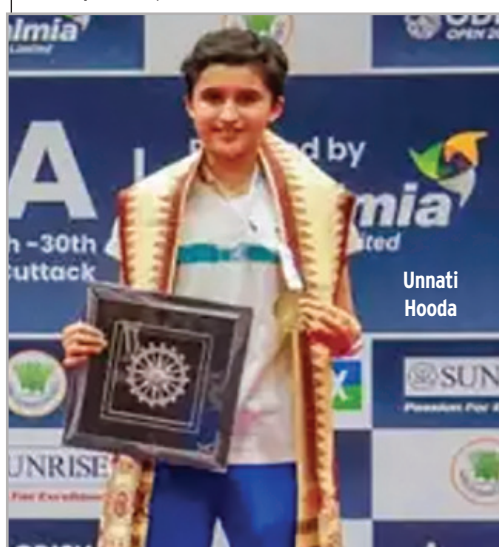
- Serena Williams
- Venus Williams
- Steffi Graf
- Maria Sharapova

Q3: Who became the second Indian badminton player to have won the All England Open Badminton Championships?

- Prakash Padukone
- Parupalli Kashyap
- Pullela Gopichand
- Chetan Anand

Q4: Unnati Hooda clinched her Q4: first international crown at the Odisha Open Super 100 badminton tournament. Whom did she beat in the final?

- Malvika Bansod
- Smit Toshniwal
- Treesa Jolly
- Gayatri Gopichand



Q5: Who won the gold medal in women's singles in the 2019 World Table Tennis Championships?

- Ding Ning
- Chen Meng
- Wang Manyu
- Liu Shiwen

Q6: Who among the following is the only player to complete a Grand Slam in tennis in a Junior discipline?

- Stefan Edberg
- Rod Laver
- Ivan Lendl
- Boris Becker

Q7: The first official handball match was played in which country?

- Switzerland
- Germany
- Canada
- England

Q8: Grand Slam is used in which of the following games?

- Lawn Tennis
- Football
- Badminton
- All of the above

ANSWERS: 1. c. Asian Games
2. b. Venus Williams 3. c. Pullela Gopichand
4. b. Smit Toshniwal 5. d. Liu Shiwen
6. a. Stefan Edberg 7. b. Germany
8. a. Lawn Tennis