

## Significance of collaborative learning is irreplaceable

**Q** Schools are going to begin in offline mode now. What is your roadmap for this academic session?

Being away from school children indeed have missed out on both academics and co-scholastics. Online mode did ensure that the learning continues but nothing can replace the significance of social interaction, physical activities, communication and collaborative learning.

We intend to compensate the loss by mindful grade wise distribution of time and engagement between academics and co-scholastics.

With 100 per cent participation rule at Mount Olympus we intend to reach out to each and every learner based on his/her interest and ability. Several engaging - activities, sports periods, clubs, workshops, talks etc. have been included in the curriculum. We also wish to handhold our students by addressing their individual academic needs through extra classes, revision classes and remedial classes wherever, required.

**Q** The NEP is going to be rolled out soon/is already being implemented in your school. What are the changes it has brought about?

Education fraternity has warmly welcomed NEP and we as educators have begun incorporating several aspects for the benefit of the students. At Mount Olympus we offer a varied subject combinations to our learners. We follow our curriculum that focuses on problem solving skill in all that our learners learn. There's a lot of learning that takes place beyond the boundaries of our classrooms. Subject integration and art integration further facilitates experiential learning in our learners.

**Q** What is the kind of value education they want our children to learn from school?

In life we need to make choices at each step. We believe any learning should be purposeful, useful and should enable our learners make wise choices. We have a life skills embedded curriculum with one life skill class each week along with



NEETI KAUSHIK, Director Principal, Mount Olympus School, Gurugram

several awareness campaigns, workshops, trainings and skill building. We focus on creating an enabling environment in school that promotes values that should be inculcated in students.

**Q** What role does extra-curricular play in a student's life? Should schools shift focus

towards this since there was a halt to every physical activity thanks to the pandemic?

Yes, for sure. Children belong to school, not outside. We plan to help our learners explore new learning, friendships in fresh air and in sun, something that I believe they have missed terribly. A lot of indoor and outdoor activities have been planned. We are sure learners will enjoy one sports period and one activity period every day. Interesting competitions are going to let the creative juices flow leaving them enriched with new learning.

**Q** Skilling is the buzzword these days. How do you plan to incorporate skilling in your curriculum?

Skilling is not only the buzzword but holds great significance in reality too. It integrates all learning with a purpose and ability to solve a problem. We at Mount Olympus are focused on skilling through structured career guidance, testing, workshops, trainings, internships, project based learning for our students.

## Himanshu's perfect yorker

Himanshu Chauhan, student of DAV Public School Jasola Vihar has been selected for Gujarat Titans for the IPL 2022 as net bowler. Before that he played for Delhi (DDCA) for BCCI under 19 trophy. The trials for Gujarat Titans was held one month before, in which Himanshu impressed everyone with his bowling, and speed. This is a matter of pride for DAV. Principal of DAV Jasola, Dr V K Barthwal congratulated the physical education teacher Ravi Goswami for his hard work and dedication.



## MAPS sports star excels at state level

Sports and games play an eminent role in the holistic development of the learners. A healthy sport quotient not only ensures good stamina but also refines skills and develops strategies. MAPS Ashok Vihar always inculcates sportsman spirit in students.

It is a great moment for MAPS to swell with pride and celebrate the great winning of Hemant Kaushik of class XII whose unparalleled performance brought accolades for the school at Delhi State Games conducted by the Directorate of Education. He bagged first prize in weightlifting (under 19 years) category 96kg and was honoured with a gold medal, a certificate and a cash prize of ₹2100. He has overcome all the milestones with his grit and determination and reached at National level.

The laurels brought by the budding weightlifter has added one more feather in MAPS galore of achievements. The teacher guide Monica Sharma has not left any stone unturned to train and guide the young sports star. The entire



MAPS fraternity extends its heartiest congratulation to Hemant Kaushik for his remarkable success. Undoubtedly the power lifter has displayed exemplary concentration, strict discipline and perfect perseverance.

## ORIENTATION PROGRAM HELD AT HOMERTON

To welcome the goodness of a new academic year 2021-2022, new parents, new children and new talents, the orientation program was conducted on March 27. The aim was to familiarise parents, 'as partners in progress' and give them a walkthrough of all the school processes, teaching methodolo-

gies and co-scholastic activities. The programme commenced with a warm welcome of parents followed by lamp lighting and a performance on 'Saraswati Vandana' by students of Homerton Grammar School.

The director academics Susan Kaur then took over and inducted parents about teaching method-

ologies and co-scholastic activities, she laid emphasis on important aspects of education at Homerton which included educational activities, remedial and performance enhancement classes, teacher training and development and student guidance and counselling. She also spoke about how this year will be utilised as the bridge year. This

was followed by an address from school principal Archana Dogra, in her speech she laid stress on effective communication between the teachers and the parents. She also briefed about the general policies and code of conduct, the Almanac, and the safety and security measures adopted in Homerton Grammar School.

## Student Corner



NANDINI ACHHRA, class XII, Rukmini Devi Public School



VANSHIKA UPRETI, class V-D, Rukmini Devi Public School

## Annual Day celebrations at GBS

On March, 26, Gyan Bharati School Saket celebrated its 41st Annual Award Function for academic year 2021-22. The chief guest for the event was Dr Vibha Dhawan, director General of TERI. The event formally commenced with the lamp lighting ceremony. Special tributes were paid to honour late Pandit Birju Maharaj and Lata Mangeshkar.

The cultural fiesta began with a kathak dance performance based on a composition by Pandit Birju Maharaj himself. There were many enriching components included, such as the invocation dance, orchestra recital, devotional song followed by the award ceremony.

School principal Jyoti Saxena addressed the gathering by extending her heartfelt gratitude to parents, students and teachers for having confronted numerous challenges with



fortitude. Presenting the annual school report, she enumerated students' academic and co-scholastic achievements and demonstrated the dynamic nature of our school.

Dr Vibha Dhawan was impressed by the students' achievements. In her address to the audience, she spoke eloquently about the urgent need to strive for excellence in everything that one does and highlighted the innate potential that lies within each individual.

In her address, school director Lata Vaidyanathan drew inspiration from Mahatma Gandhi's words. She emphasised the need of the hour to preserve people and the planet - exhorting that the only way to live a meaningful life is to lose oneself completely in the service of others.

The programme concluded with the vote of thanks, followed by the national anthem.

## Celebrating our heroes

Air Force Golden Jubilee Institute, Subroto Park hosted an online interview with one of their distinguished alumni Dr Vibhore Singhal, senior consultant, Orthopaedic Surgeon and Unit Head in Venkateshwar Hospital, Dwarka. With an experience of 27 years in the medical field, he has performed more than 10000 major orthopaedic surgeries. The meeting took place on Microsoft Teams on March 27 at 11 am. Vidushi Malik and Soumil from class XII-B (2021-22) and Vriddhi Bhardwaj, Debangshu Roy and Akanksha Chaudhary from class XII-B (2022-23) had a wonderful time interacting and learning from their senior.

Principal, Poonam S Rampal addressed the meet and welcomed



Dr Vibhore to the session. Kusum Kapoor, HOD-Biology praised Dr Vibhore's humility and reminisced about his school days.

Dr Vibhore answered all the questions with great enthusiasm

and gave some useful tips to the students about preparation for the NEET exams, doing orthopaedic surgery during Covid, a doctor's life and duties, upcoming trends and treatment in orthopaedic surgery, future plans etc. He made the interaction much more interesting by narrating anecdotes and tales with every response.

At the end, Alka Singh, HOD-English and coordinator of the interview addressed the online gathering. She thanked Dr Vibhore Singhal and invited him for more such engaging and fruitful sessions in the future. She also thanked principal Poonam S Rampal and vice-principal Rashmi Soora for supporting the program wholeheartedly. She expressed gratitude to Mithu Basu for the back end support.

## GOMUKHASANA



Gomukhasana is also known as the cow face pose; it is beneficial in more ways than one. It effectively maintains your body, boost your mood, bring in more positivity and improve your physical and mental well-being. During this posture, our crossed legs look like the face of a cow. The knees look like the mouth, the shin looks like the side of a cow's face, and the feet look like the ears of a cow.



**GOMUKHASANA PROCEDURE**  
1. Start with Dandasana position (Sit straight with legs extended in front of you).  
2. Bend the left leg and bring the foot under the right hip.  
3. Bend the right leg over the left leg and draw it towards the left hip.  
4. Keep the right knee on the left one.  
5. Without raising, bend the left hand behind and bring the palm up  
6. Raise the right hand, bend

down to reach the left palm, and clasp.  
7. Open your chest and pull back your shoulder blades, to make the spine erect.  
8. Breathe normally in this posture for 30 to 60 seconds.

9. To exit the pose, unlock your hand fingers and bring arms back to normal. Then uncross your legs to sit in Dandasana position.  
10. Repeat the posture by interchanging the side of legs cross and arms position.



### GOMUKHASANA CONTRAINDICATION

- It is contraindicated in conditions like lumbago, hernia and cervical spondylosis.
- Having ailments in the knee should avoid this posture.
- If you have any injury or disorder of the shoulder or neck or back, you should avoid Cow Face Pose

### GOMUKHASANA BENEFITS

- The pose gives flexibility to ankles, knees, thigh muscles, hips, shoulder joints, armpit, and arm joints.
- It stretches and tones up the muscles of the chest.
- This pose enhances renal activity.
- It is good for Type II diabetes and conditions like stiff shoulders and frozen arms.
- It helps in the conditions of lower back issues like sciatica
- It activates the Parasympathetic Nervous System and helps drive out stress and anxiety.

Physical Education Department, LakshmiPat Singhania Academy

Yoga should be practiced under the supervision of Yoga Guru. The views expressed in the above article are those of the author and the newspaper takes no responsibility for it.

## A STORY OF GRIT AND RESOLVE

Indra Nooyi, an Indian businesswoman was the CEO of an FMCG company. An IIM Calcutta graduate, she was later admitted into the prestigious Yale School of Management and moved to the USA. Indra joined the company in 1994. Shattering the glass ceiling, Indra became CEO of the company in 2006. Indra completely changed the company's marketing strategy. When targeting women, the company used a "shrink it or pink it" strategy which meant that they would brand the products in pink or reduce the size to appeal to women. This stereotypical method left a lot of room for improvement and Indra completely revolutionised the marketing methods.

After conducting countless studies, she noticed differences in how men and women consumed the company's products. Then, she skyrocketed the company's growth by changing the branding strategies. She led the acquisition of other companies and her 12-year stint as CEO was profitable for PepsiCo. She has been listed in the Wall Street Journal, Forbes and Times' 100 most influential people. Her confidence, working style and strategic planning, inspire me a lot.



INSPIRING ICONS  
INDRA NOOYI

Ishir Narayan, class X, Indus Valley World School, Kolkata





Paris Saint-Germain's French forward Kylian Mbappe reacts during the French L1 football match against FC Lorient

# MBAPPE SPARKS ROUT

STRIKES TWICE IN PSG'S 5-1 WIN OVER LORIENT EVEN AS HE REMAINS UNDECIDED ON HIS NEXT MOVE

**K** ylian Mbappe struck twice and created two goals for Neymar and another for Lionel Messi as Paris Saint-Germain thrashed Lorient 5-1 at home on Sunday to edge closer to the Ligue 1 title.

After three defeats in four games before the international break and a traumatic Champions League exit, PSG began the end-of-season run-in with a crushing win at the Parc des Princes. They lead Marseille by 12 points and need just 13 more from their final eight games to be assured of a record-equaling 10th French title.

## KEEPING THE MOMENTUM

Mbappe provided the spark in the final third from the fourth minute with a dribbling run and low shot that goalkeeper Matthieu Dreyer palmed away. Soon after, the France striker fed Neymar, who opened the scoring.

The lead doubled in the 28th when Mbappe scored with his signature move, faking a curler into the far corner before drilling into the near corner.

When Lorient forward Terem Moffi cut the lead in the 56th by pouncing on a sloppy back pass from Achraf Hakimi to knock the ball past goalkeeper Gianluigi Donnarumma, PSG supporters loudly booed their team's lapse in concentration. Mbappe dashed Lorient's hopes of a comeback by raising his league tally to 17 goals, dribbling past Julien Laporte to bury the ball into the bottom corner in the 67th.

Six minutes later, Mbappe squared the ball back for Lionel Messi, who shot under the crossbar for 4-1. Mbappe made his league-leading 13th assist by playing Neymar in for the final goal in the 90th. "We must bring back that 10th league title for the supporters, for the club. It's important," Mbappe said. "We have an opportunity to make history."

## UNCERTAIN FUTURE

PSG has relied heavily on Mbappe's brilliance this season. However, his contract runs out this summer and Mbappe hasn't committed to any club yet. "I haven't made any decision yet," Mbappe said. "I'm still thinking because there are new factors (...) I don't want to get it wrong. I want to make the right choice."

## MARSEILLE DOMINATE

Meanwhile Marseille reclaimed second place with a 4-2 win at Saint-Etienne in a

game that was rescheduled from Saturday following heavy snowfall. Dimitri Payet and Bamba Dieng scored penalties either side of a comical own goal from Saint-Etienne defender Timothee Kolodziejczak before Amine Harit added a fourth for Marseille.

"We saw total domination from Marseille. It's an important victory but we need to fight until the end," said Marseille coach Jorge Sampaoli. "We can't ease off and we'll need to perform well when it's more difficult."

Marseille are three points clear of Rennes while Strasbourg climbed above Nice into fourth courtesy of a 1-0 victory at home to Lens. AGENCIES

## INTER SNEAK PAST JUVE

**I** nter Milan kept their title defence alive with Sunday's 1-0 win at Juventus thanks to a controversial retaken penalty which moved them three points behind leaders AC Milan and Napoli, 3-1 winners at Atalanta.

The champions came away from the Allianz Stadium in Turin with a narrow win in a bad-tempered match decided by Hakan Calhanoglu's spot-kick which was scored at the second attempt five minutes into first-half stoppage time.

Inter stay third with a game in hand and extend to four points the gap between themselves and third-placed Juve, who will be 10 points off the pace with seven games remaining. "It's a huge step for us. We know that we've dropped points lately, but we're going to try to recover them over the remaining eight games," said coach Simone Inzaghi.

## INSIGNE SHINES

Lorenzo Insigne scored one and set up another to help Napoli move level with Milan at the top of the table. Insigne, who is leaving Napoli at the end of the season after 15 years to join Toronto FC in Major League Soccer, converted a penalty and provided the assist for a Matteo Politano volley to give them a comfortable halftime lead.

Napoli is below Milan on head-to-head record. Atalanta's hopes of qualifying for the Champions League for a fourth straight season appear to be all but over as it was eight points behind Juventus. AGENCIES

Inter Milan's Hakan Calhanoglu shoots to score his second penalty attempt during the Italian Serie A match against Juventus

Inter Milan's Hakan Calhanoglu shoots to score his second penalty attempt during the Italian Serie A match against Juventus

**“** We've got to keep winning and show that we want to get this 10th title. Losing is very difficult, that's what happened in Madrid. We have to keep moving forward. It really hurt us to lose (in Europe), we wanted to go all the way in the competition.

**”** PSG player Neymar



Photo: AFP

# IT'S A BATTLE OF ROYALS

WITH MOMENTUM ON THEIR SIDE, RAJASTHAN FACE A STILL-DORMANT RCB

**R** ajasthan Royals would aim to build on their promising start to the season when they take on Royal Challengers Bangalore, a side that is yet to unlock its potential, in the Indian Premier League in Mumbai on Tuesday.

Rajasthan came into the game following their 23-run win over Mumbai Indians. Bangalore, led by Faf Du Plessis, head into the match after a narrow three-wicket win over Kolkata Knight Riders and would be looking to be more convincing. The Wankhede track has been aiding the pacers initially and both the teams can take advantage of it.

## RR openers formidable

For Rajasthan, opener Buttler is in sublime form and can pummel any attack to submission, like he did on Saturday en route to a memorable hundred. He would however, need support from fellow opening batter Yashasvi Jaiswal and one-down Devdutt Padikkal, who would be itching to get among the runs.

After his half-century in the first game, RR skipper Sanju Samson was unable to convert the start against Mumbai Indians. Knowing his ability to hit sixes at will, Samson would be more than keen to find consistency



Jos Buttler

and lead from the front. Another important cog in their wheel is West Indies batter Shimron Hetmyer, who has played useful cameos in the first two games. The top five, if they get going, can make things hard for the RCB bowlers.

On the bowling front, RR are unlikely to tinker with their combination. Trent Boult, Prasad Krishna and Navdeep Saini held their nerve against Kieron Pollard and were right on the money. Eight overs of Ashwin and Chahal can turn the game on its head and their contribution could prove decisive.

## Bowlers key for RCB

For Bangalore, their bowlers led by Sri Lankan leg-spinner Wanindu Hasaranga performed their task with perfection against KKR. While Hasaranga will be key in stopping Samson and Co, pacers David Willey, Akash Deep and Mohammed Siraj, who combined to take four wickets against KKR, would need to come good again.

Also death overs specialist Harshal Patel will have to be at his best if RCB aim to contain a powerful RR batting unit.

## Batting a concern

More than the bowling, batting has been a concern for RCB. While opener Anuj Rawat needs to show consistency, Du Plessis also will have to lead from the front and get a big score. It is still not clear whether

## FRIENDLY BANTER

Yuzvendra Chahal and Jos Buttler were involved in an amusing interaction about the spinner's ambition of opening the batting alongside Buttler after their side Rajasthan Royals' 23 runs win over Mumbai Indians. Chahal asked Buttler if he feels confident opening the batting knowing he (Chahal) is batting at No. 8 or 9. Rajasthan Royals opener was too quick to respond in a cheeky manner. "Absolutely! Ever since you turned up this year, you have been putting pressure on the opening spot. Have to take my time to score some runs to keep you on the outside," Jos Buttler told Yuzvendra Chahal in a video posted on the IPL website.

Australian all-rounder Glenn Maxwell will be available for the team's third game of the season.

## New entrant

Royal Challengers Bangalore have signed Rajat Patidar as a replacement for the injured Luvnith Sisodia for the remainder of the season. Patidar, who represents Madhya Pradesh in domestic cricket, has so far played 31 T20s and has 861 runs against his name, which includes 7 half-centuries. The right-handed batter has previously represented the RCB franchise four times.

RCB have so far played 2 matches this season and have won and lost a game each. AGENCIES



Wanindu Hasaranga

**Upcoming IPL Match**

**RAJASTHAN ROYALS** VS **ROYAL CHALLENGERS BANGALORE**

**APRIL 5** **7.30 PM**

**Wankhede Stadium, Mumbai**

# MITHUN GRABS SILVER AT ORLEANS MASTERS

Indian shuttler Mithun Manjunath's splendid run at the Orleans Masters ended with a straight game loss to local favourite Toma Junior Popov in the summit clash of the Super 100 tournament here



File photo: Mithun Manjunath

**T** he 23-year-old Manjunath went down 21-11 21-19 to world number 32 and fourth seed Frenchman in 50 minutes late on Sunday night. It was Manjunath's maiden Super 100 final.

Playing in his first BWF final, the Indian went into the first break trailing by five points. After the resumption, Frenchman continued his charge and easily sealed the first game.

The second game was much closer as both shuttlers who were meeting for the first time on tour battled it out till last. It was the Indian who was cruising towards victory as a number of unforced errors by his opponent helped him to take a healthy 12-6 lead.

Former junior European champion however mounted a huge comeback with some stunning returns and successfully defended his BWF Super 100 crown.

## IMPRESSIVE BUILD-UP

A product of the Prakash Padukone Badminton Academy, the unseeded Indian had been impressive throughout the tournament, stunning world No. 22 Hans-Kristian Solberg Vittinghus of Denmark in the quarterfinals. The world number 79 has won four All-India ranking titles, including the All India Senior Ranking Badminton tournament in December last year.

The shuttler from Bengaluru was rated highly during his junior days and he also had one or two odd perform-

ances in the circuit like reaching the quarters at 2018 Czech Open and back-to-back semi-finals finishes at Vietnam Open and Russian Open in 2018.

During the COVID-19 pandemic, he decided to work hard on his fitness, something which has helped him to stay longer in the rallies and outlast his opponents in the three-game contests.

He had reached the semifinals of Infosys foundation India International in October last year. He was one of the players who had withdrawn from the India Open Super 500 event ahead of his second round match against India's H S Prannoy after testing positive for COVID-19. However, he made a good comeback, reaching the last four at Lucknow and the quarters in Odisha in January.

He was also part of the Indian team which competed at the Badminton Asia Team Championships in Malaysia. PTI

Earlier, B Sai Praneeth, the top seed at the tournament, crashed out in the pre-quarters. AGENCIES