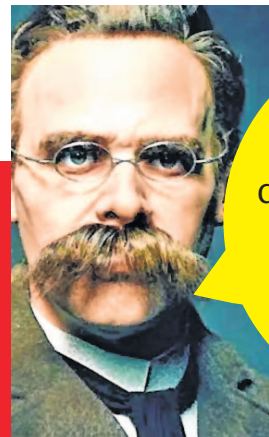


# FREE PRESS JOURNAL SCHOOL

MUMBAI | FRIDAY | FEBRUARY 13, 2026



That which  
does not kill us  
makes us  
stronger  
- Friedrich  
Nietzsche

61.9% of respondents would choose gold if they had Rs 25,000 to invest today, far ahead of mutual funds (16.6%), fixed deposits (13%), stocks (6.6%) and crypto (1.9%)

## Young Indian's gold rush



## Rupee appreciates against dollar

The rupee appreciated 17 paise to settle for the day at 90.61 against the US dollar on Thursday, as foreign fund investments lifted investor sentiments. Forex traders said foreign fund inflows, while not massive, provided a psychological anchor.



It is hard to fail but it is worse never to have tried to succeed - Theodore Roosevelt

old remains deeply trusted by young Indians, but the way it is bought is changing in quiet but meaningful ways. A recent nationwide survey done by Smytten PulseAI finds that gold buying is becoming increasingly self-led and lighter in ticket size. The survey, conducted with 5,000 consumers aged between 18-39, captures how tradition-led buying is steadily giving way to a more individual, logic-driven approach. The survey reveals that 66.7% of the respondents' purchases today are largely personal decisions, and 61.9% report that their most recent gold purchase was below 5 grams - indicating the changing nature of how the Gen Z and Millennials look at gold - more as personal milestones and means of investments from their first paycheque.

### DID U KNOW?

While family influence continues to matter, gold buying is increasingly being driven by individual choice.

## Rs 10L insurance cover for Amarnath Yatris



The authorities on Thursday enhanced the accidental insurance cover for registered Amarnath Yatris from Rs 5 lakh to Rs 10 lakh, strengthening the safety net for the annual pilgrimage in south Kashmir. The decision was taken at the board meeting of the Shri Amarnath Ji Shrine Board chaired by J-K Lieutenant Governor Manoj Sinha.

## Tendulkar praises footballing nation's mark in cricket



Following debutant Italy's landmark win over Nepal in the ICC T20 World Cup, Indian batting legend Sachin Tendulkar hailed them for their first-ever win in the tournament's history, pointing to how a "proud footballing nation" making its mark in cricket is a reminder of cricket's growth worldwide.





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## No land; Telangana opts for mobile anganwadis

**DID U KNOW?**

It is proposed to hire 37 vehicles to cover 274 slum clusters under the mobile anganwadi initiative.

The Telangana government is planning to introduce mobile anganwadi centres to provide nutritious food and other services to eligible beneficiaries in under-served slums and residential areas of Hyderabad. The Women and Child Welfare Department has been facing difficulties in establishing new anganwadi centres in the

city due to high population density, frequent migration and the unavailability of suitable buildings in several localities. A recent departmental survey identified 25,310 children, pregnant women and lactating mothers in Hyderabad as eligible for anganwadi services. However, these areas currently lack such facilities.



## No decision on reopening Chinnaswamy Stadium



The fate of hosting cricket matches at Bengaluru's M Chinnaswamy Stadium will be decided at a Cabinet meeting on Thursday, Karnataka Home Minister G Parameshwara said. Cricket matches have remained suspended at the stadium after celebrations marking Royal Challengers Bengaluru's (RCB) maiden IPL title win in June ended in tragedy, leaving 11 people dead and more than 30 injured in a stampede.

## Bharat Bandh is Kerala Bandh



Congress MP Shashi Tharoor on Thursday criticised the total shutdown in Kerala as part of the nationwide strike observed

by trade unions against the Centre's labour codes. In a post on X, Tharoor said that while the rest of India has evolved beyond such coercive disruptions, Kerala remains uniquely held hostage by this organised tyranny of the minority over the unorganised majority. "It is a lamentable irony that today's Bharat Bandh is, in reality, merely another Kerala Bandh," he said.

## India needs 'UDAAN'



Filmmaker Shekhar Kapur took a trip down memory lane as he recalled the immense popularity of the iconic television series "Udaan," saying the country needs value-driven content like that again. Shekhar took to X, formerly called Twitter, where he shared a still from the TV Udaan, which had its final episode air in 1991. He recalled how "Udaan" became a big phenomenon at a time when television had only one channel. "A still from the series UDAAN. It came at a time when the only channel was

That was the power of TV then .. a TV with values, the kind of TV we need now in Bharat," Shekhar Kapur said



Doordarshan. It became a rage. I couldn't go anywhere without being mobbed. In small towns and villages I was known as 'Collector Sahib' because that was the character I played .. such

was the power of TV then." The filmmaker revealed that the show had a deep social impact, particularly on women who were inspired to pursue careers in civil services.



## 1 in 2 can't access cataract surgery

Nearly one in two people with cataract blindness worldwide still cannot access a simple surgery that restores sight, according to a study published in The Lancet Global Health journal. Cataract surgery -- a simple 15-minute procedure -- is among the most cost-effective medical procedures, providing immediate and a lasting restoration of sight.





We are committed to equality in cricket  
- Jay Shah

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T20 World Cup 2026

The BCB chief has also informed that representatives from all five major Asian teams will be present

# BCB chief to watch Indo-Pak clash



Bangladesh Cricket Board (BCB) chief Animul Islam has confirmed that he will travel to Colombo on February 15 to watch the high-voltage T20 World Cup 2026 clash between archrivals India and Pakistan at the R. Premadasa Stadium in Colombo on Thursday.

The BCB chief has also informed that representatives from all five major Asian teams, including India, Pakistan, Bangladesh, Afghanistan, and Sri Lanka, will be present and engage in a dialogue. Speaking to the Bangladesh newspaper Pratham Alo, Islam said the invitation for the match has come from the ICC and is part of a broader plan to bring all the stakeholders together. "The ICC has made a deci-

sion. The major stakeholders of the ICC are these five Asian countries. For the India-Pakistan World Cup match on the 15th, they want representatives of all five Asian countries to be present at the ground together, watch the match together, and talk to one another," he said.

**DID U KNOW?**

ICC and BCB engaged in positive talks after PCB decided to boycott the India match.

## India to play after 21 years

India will confront a challenging group in the AFC U17 Women's Asian Cup 2026, where they have been drawn into Group B with Japan, Australia, and Lebanon during the draw held at the AFC House in Kuala Lumpur on Thursday. The Young Tigresses qualified for the continental competition for the first time in 21 years, defeating Kyrgyzstan and Uzbekistan in the qualifiers.

AFC U17 WOMEN'S ASIAN CUP 2026		
GROUP A	GROUP B	GROUP C
CHINA PR THAILAND VIETNAM MYANMAR	JAPAN AUSTRALIA INDIA LEBANON	DPR KOREA KOREA REP. PHILIPPINES CHINESE TAIPEI

## Aishwary leads India's clean sweep



Aishwary Pratap Singh Tomar showed his experience in the finals, hitting a 10.7 in the final shot to edge past teammate Niraj Kumar to clinch

gold in 50m Rifle 3 Positions as India completed a clean sweep with Akhil Sheoran winning bronze in the Asian Rifle/Pistol Championship here at the Dr. Karni Singh Shooting Range, New Delhi on Thursday.

## Duffy relishes World Cup at 31



Jacob Duffy is embracing his first ICC Men's T20 World Cup at the age of 31, following a breakthrough 2025 season that saw him etch his name into New Zealand cricket history. The South Island paceman took 81 wickets for the Black Caps last year, breaking a New Zealand record held by Sir Richard Hadlee for four decades.

### QUICK NEWS

#### Bayern in German Cup semis

Bayern Munich advanced to the German Cup semifinals for the first time since 2020 after a 2-0 victory over RB Leipzig in a quarterfinal that remained finely balanced until a rapid double strike settled matters.

#### Forest sack head coach

Nottingham Forest sacked Sean Dyche, who has been relieved of his duties as head coach after 17 matches in charge, the Premier League said on Thursday. The development came after Forest's goalless draw with Premier League bottom club Wolves.

#### Tuchel extends contract

England coach Thomas Tuchel has extended his stay with the team, as he has signed a new contract with the Three Lions, which will keep him in charge of England's football team till the Euro 2028.





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## Honey Baisoya shoots 64 to build five-shot lead

**H**oney Baisoya delivered the day's best score of six-under 64 to build an impressive five-shot lead at the end of the third round of the INR 1.5 crore Players Championship 2026 being played at the Qutab Golf Course in New Delhi on Thursday. Baisoya (63-65-64), who was overnight second and one shot off the lead, put together seven birdies and a bogey on Thursday to take his 54-hole total to 18-under 192.



## Dev-Sinha to lead Indian charge



**A**ustralia's Dane Sweeny and Japan's Seita Watanabe will headline a competitive doubles field at the Delhi Open 2026, set to be held at the DLTA Complex from February 16 to 22. Leading the Indian challenge will be S D Prajwal Dev and Nitin Kumar Sinha, the highest-ranked all-Indian duo in the main draw.

Gulmarg leg from Feb 23

Until the introduction of the Khelo India Winter Games (KIWG), winter sports in India had very limited visibility, awareness, or structured competition

# Khelo India Winter Games



The Union Minister for Youth Affairs and Sports, Dr Mansukh Mandaviya, announced the dates for the Gulmarg leg of KIWG, which is from February

23 to 26 in J&K. This will be the sixth edition of the Khelo India Winter Games (KIWG). The first leg of KIWG 2026,



was successfully held in Ladakh from January 20 to 26, while Gulmarg will host the snow sports. "The Gulmarg leg is coming at the back of the Winter Olympics, and this is the perfect time to host the Khelo India Winter Games.

We had a very successful first phase in Leh (Ladakh), and surely, we will see the same excitement in Jammu & Kashmir as athletes will once again battle with nature and challenging conditions," said Mandaviya.

**DID U KNOW?**  
KIWG has transformed India's winter sports ecosystem by creating a platform for both ice and snow sports.

## Sociedad beat Athletic in first leg

**B**enat Turrientes scored the only goal as Real Sociedad beat Athletic Club 1-0 away in the first leg of their Copa del Rey semifinal, taking a narrow but significant advantage in the Basque derby. Turrientes

struck midway through the second half, firing into the roof of the net after Goncalo Guedes was brought down by Athletic goalkeeper Alex Padilla. The goal proved decisive, though Sociedad will feel it was modest reward.



## Dhoni to pay Rs 10L for translation!

**T**he Madras High Court has directed cricketer M S Dhoni to pay Rs 10 lakh towards translation of content related to the defamation suit he had filed against retired IPS officer G Sampathkumar seeking Rs 100 crore as damages for allegedly

linking him to the IPL betting scam of 2013. Justice R N Manjula gave the directive while passing further interim orders on February 11 on a suit filed by Dhoni. The language involved in the translation work could not be ascertained immediately.

FP SCHOOL EDITOR: AMRISH HERDENIA

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## ACADEMIC ALCHEMY:

# Mid-February student survival guide

**TINA KHATRI**

As mid-February sun intensifies across India, students find themselves at critical seasonal intersection where rising temperatures meet need for creative release. Traditional boundaries between laboratory, study desk, and kitchen are dissolving in favour of holistic learning. Experts state that

engaging senses through kinetic experiments and olfactory triggers can significantly lower cortisol levels while sharpening cognitive focus. This guide provides formal framework for navigating testing season through chemical wonder, visual logic, and nutritional strategy, ensuring that mind remains as resilient as it is inspired.

### Chromatic eruption

#### MATERIALS

- Tall glass jars or slim cylinders
- Baking soda • Food colours
- White vinegar

#### INSTRUCTIONS

- Select tall glass jars or slim cylinders to direct reaction. • Place six spoons of baking soda into bottom of each vessel.
- Drop varied food colours directly onto dry base. • Pour white vinegar into jars quickly to initiate gas liberation. • Watch colourful foam rise and overflow as carbon dioxide expands.



### Visual architecture: Strategic mind mapping

#### MATERIALS

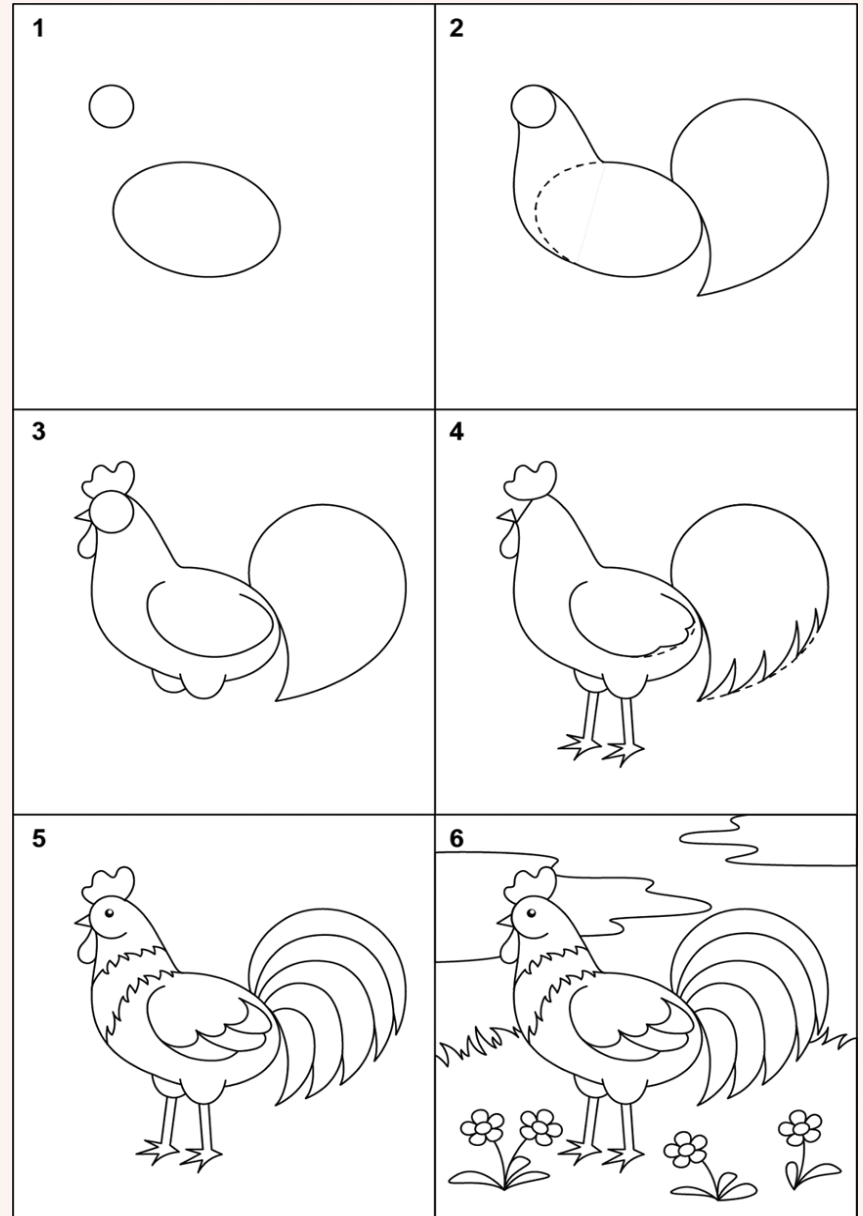
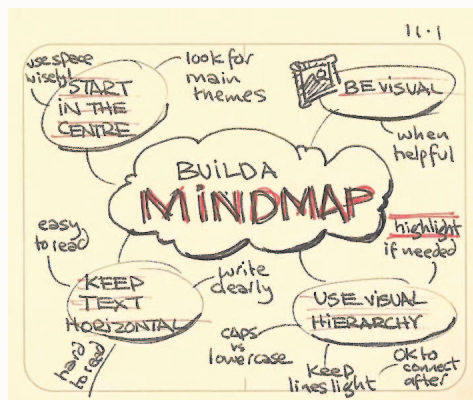
- Large white paper (A3 or landscape A4)
- Coloured felt-tip pens or markers
- HB pencil and ruler
- Coloured sticky notes

#### INSTRUCTIONS

- Place paper in landscape orientation and draw main topic in centre.
- Draw thick, curved primary branches radiating out for main sub-headings.
- Attach thinner lines for specific details, dates, or complex formulas.
- Apply different colours to each branch to help brain

categorise data.

- Incorporate small sketches next to key terms for immediate memory recall.



### Learn to draw

Crimson crown and feathers bright,  
A rooster greets the morning light.  
Draw an oval, comb on top—  
Add bold tail curves that twist and pop!

## Brain fuel: Banana bread catalyst

### Ingredients

- 3 Ripe bananas (spotted)
- 1/3 cup Melted butter and 1/2 cup sugar
- 1 Egg (beaten)
- 1 tsp Vanilla and 1 tsp baking soda
- 1.5 cups All-purpose flour

- Walnuts, dark chocolate chips, or blueberries

### Instructions

- Smash bananas with fork in large bowl until smooth.
- Stir in melted butter, sugar, egg, vanilla, and baking soda.

- Gently fold in flour and brain-boost add-ins without overmixing.
- Pour into greased loaf pan and bake at 175°C.
- Remove once toothpick inserted in centre comes out clean.





# EXCEL IN ENGLISH

A practical guide for CBSE board aspirants



The upcoming CBSE English Board Examination is an important milestone for students appearing for English Language and Literature or Communicative English. English is not merely a subject; it is a medium of expression, critical thinking and creativity. With proper planning, conceptual clarity and consistent practice, students can perform exceptionally well in this scoring subject. For English Language and Literature, preparation should balance reading, writing, grammar and literature. The reading section demands attentive and analytical reading. Students should practise comprehension passages regularly, identify key ideas and answer within the prescribed word limit. Effective



**Rosalina Senapati**  
**TGT-English**  
D.A.V. Public School, Thane

time management is essential. The writing section requires clarity, correct format and organised expression. Whether writing a letter to the editor or an analytical paragraph, students must follow the prescribed format strictly. Answers should include a clear introduction, logical development and a concise conclusion. Simple,

grammatically correct language scores better than complex and unclear sentences.

Literature preparation should focus on understanding rather than memorisation. Students must grasp themes, character traits and central messages. Answers should be precise, relevant and supported with textual references where required.

For Communicative English, emphasis is on functional language use. Writing tasks, grammar exercises such as editing and sentence transformation, and reading comprehension require regular practice. Accuracy and clarity are essential.

Grammar remains vital for both courses. Careful revision, proofreading and neat presentation enhance performance. Above all, students should stay calm and confident. Success lies in studying smart, practising consistently and trusting one's preparation.

## Tribute to a visionary



**D**.A.V. Public School, Thane organised 'Rishi Langar' on February 9 to commemorate the birth anniversary of the great social reformer and founder of Arya Samaj, Swami Dayanand Saraswati Ji. The event was held on the school premises from 11:45 a.m. to 1:00 p.m. with devotion, gratitude and a spirit of selfless service.

The programme aimed to instil the values of compassion, equality and community service among students, in accordance with his teachings. It began with a brief address highlighting his contributions to social reform and education. His ideals of truth, righteousness and service were emphasised, inspiring all present. Tr Suchismita Pathak delivered an insightful speech on his life and teachings, stressing their relevance in today's world and encouraging students to follow the path of critical thinking and social responsibility. The highlight was the Rishi Langar, where teachers, students and staff served prasad with humility and respect. The teachers actively supervised and participated in the service, setting an example of cooperation and dedication. The programme concluded successfully, reinforcing unity, humanitarian values and the enduring relevance of Swami Dayanand Saraswati Ji's teachings.

## Blessings for success



**D**.A.V. Public School, Thane solemnly organised a Havan and Good Luck Ceremony on February 10 for classes X and XII (Session 2025-2026), seeking divine blessings for their forthcoming Board Examinations. The pro-

gramme began with the hoisting of the Om Dhvaj, DAV Gaan and lamp lighting, followed by a sacred Havan with Vedic chants, creating a serene atmosphere.

Esteemed dignitaries and distinguished alumni motivated students with inspiring

words. The principal Simmi Juneja, emphasised dedication, resilience and self-belief. Students received Tilak, Prasad and good wishes. The ceremony concluded on a hopeful and uplifting note, instilling confidence and positivity.