



THE TIMES OF INDIA

www.toistudent.com

TODAY'S EDITION

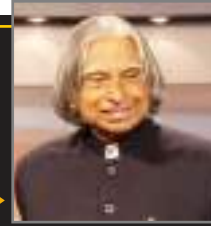
Check out how Shakespeare's plays made it to the school curriculum

PAGE 2



Read about your favourite 'chacha' Dr APJ Abdul Kalam, and why he is a role model for all the youngsters

PAGE 3



Djokovic eyes Golden Slam after French Open win

PAGE 4



STUDENT EDITION

TUESDAY, JUNE 15, 2021



WEB EDITION

CLICK HERE: PAGE 1 AND 2

G-7 nations take aggressive climate action

US President Joe Biden joined the leaders of the world's wealthiest nations on Sunday to take action on lowering down the global temperatures. The leaders committed to a "green revolution" that would limit the rise in global temperatures to 1.5C. They also promised to reach net-zero carbon emissions by 2050, halve emissions by 2030, and to conserve or protect at least 30 per cent of land and oceans by 2030. Meanwhile, ahead of the summit, thousands of protesters marched in Falmouth, England, during the G7 summit to push the world leaders to act on climate change.



WHY ALL EYES WERE ON G7 SUMMIT?

The Earth's average temperature is about 15C, but has been much higher and lower in the past. There are natural fluctuations in the climate but scientists say the temperatures are now rising faster than at many other times. This is linked to the greenhouse effect, which describes how the Earth's atmosphere traps some of the sun's energy. Scientists believe that we are adding to the natural greenhouse effect, with gases released from industry and agriculture trapping more energy and increasing the temperature, thereby leading to global warming or climate change.



mate change

Moreover, a major UN report from 2019 said that global emissions of carbon dioxide must peak by 2020 to keep the planet from warming more than 1.5C – the so-called safe limit (Source: BBC)



The G7 comprise Canada, France, Germany, Italy, Japan, the United Kingdom and the United States. India was invited to the summit by Boris Johnson, Prime Minister of the host nation UK, despite being a non-member. Australia, South Africa and South Korea also received similar invitations.



There is a direct relationship between reducing emissions, restoring nature, creating jobs and ensuring long-term economic growth
Boris Johnson, PM, UK

The G7 countries – the world's biggest industrialised economies – will lose 8.5% of GDP a year, or nearly \$5tn wiped off their economies, within 30 years if temperatures rise by 2.6C, as they are likely to on the basis of government pledges and policies around the world, according to research from Oxfam and the Swiss Re Institute



'Indian students not required to submit proof of vaccination for entering US'



The US mission in India is "actively working" to accommodate as many student visa applicants as possible in July and August, a senior American diplomat said on Sunday. Don Heflin, the minister counsellor for consular affairs at the US embassy, also said that the US-bound students will not require any proof of Covid-19 vaccination to enter the country. They will only need a negative report of their Covid-19 report within 72 hours prior to their departure, he added.

There has been growing anxiety among a sizeable number of Indian students aspiring to fly to the US for higher studies in view of certain restrictions in getting visa appointments due to the coronavirus pandemic. The embassy has started giving visa interview slots for Indian students from Monday.

GOOD NEWS, 'LORD OF THE RINGS' FANS: WARNER BROS PLANNING AN ANIME FEATURE FILM ON TOLKIEN'S BOOKS

The Warner Bros movie studio will produce an anime feature film set in the world of JRR Tolkien's popular 'The Lord of the Rings' books, officials have announced. 'The Lord of the Rings: The War of the Rohirrim' will tell the story of a legendary battle that shaped the Middle-Earth in the years leading up to events in 2001 film, 'The Lord of the Rings', a statement from the studio said. The new movie will explore the fortress of Helm's Deep and feature the King of Rohan, Helm Hammerhand.



Warner Bros distributed the 'The Lord of the Rings' live-action film trilogy starting in 2001 and 'The Hobbit' trio of movies starting in 2012. The six films have grossed nearly \$6 billion at box offices worldwide. Warner Bros, currently owned by AT&T Inc, is in the process of merging with Discovery Inc



SPORTS

BRISBANE SET TO BE NAMED 2032 OLYMPICS HOST NEXT MONTH



Brisbane, Australia, is expected to be announced as the host of the 2032 Olympic and Paralympic Olympics. The International Olympic Committee (IOC) president Thomas Bach said the city was the only one proposed for the 2032 games. The International Olympic Committee will meet ahead of the Tokyo Games, and the sole proposed city is expected to be formally chosen.

FACTOID

\$137,666

That's the amount spent per minute by the nine nuclear-armed countries on nuclear weapons in 2020, according to a report by the International Campaign to Abolish Nuclear Weapons. The weapons possessed by the US, Russia, the UK, France, China, India, Pakistan, Israel and North Korea, totalled 13,080 at the start of 2021. This is a slight decline from 13,400, recorded at the beginning of 2020.

'AVATAR: FRONTIERS OF PANDORA' GAME IS ARRIVING IN 2022



The French video game company Ubisoft has announced several new games at the Electronic Entertainment Expo (E3) 2021, including Avatar: Frontiers of Pandora, Riders Republic, and Mario+Rabbids Sparks of Hope. Releasing in 2022, 'Avatar: Frontiers of Pandora' is a first person, action-adventure experience developed by Massive Entertainment – a Ubisoft studio, in collaboration with Lightstorm Entertainment and Disney. The game will be available exclusively on the new generation of consoles – PlayStation 5, Xbox Series X|S, as well as Stadia, Amazon Luna, and Windows PC, the company said in a statement.

'Avatar: Frontiers of Pandora' is scheduled for release on PlayStation 5, Xbox Series X|S, Stadia, Amazon Luna, and Windows PC in 2022. In this new, stand-alone extension of the Avatar universe, gamers will play as a Navi and embark on a journey across the Western



Frontier, a never-before-seen part of Pandora. "Explore a living and reactive world inhabited by unique creatures and new characters, and push back the formidable RDA forces that threaten it," the company said

SHAKESPEARE

*"We are such stuff as dreams are made on, and our little life is rounded with a sleep."*

COMPLEX, BUT UNIVERSAL

Shakespeare's plays came to India with the East India company in the 18th Century for the entertainment of Europeans in Bombay and Calcutta. Slowly, Shakespeare made his way into the English curriculum of schools and colleges.

William Shakespeare is considered the greatest writer in the English language. For over 400 years, he has held an eminent place in the world of literature. His plays are well known the world over and are timeless in the field of academics.

Shakespeare is taught at every level of education in every country, and it is universal opinion that the plays are something one should all read and understand. Many students do not know how to study Shakespeare, instead find his texts very daunting. All the more to ponder over, how many of us really know how to engage with a Shakespearean play or feel confident in understanding his language?

Though the world urges to read and love Shakespeare, his plays are difficult, demanding, and most of us struggle just to make sense of Shakespeare, let alone see the many reasons why he is held in such high regard.

Agreeing to the fact that Shakespeare isn't easy to read, the words and the sentence structure aren't what we're used to, and the 'yonder's', 'doth's', 'thy's', 'thou's' do sail past the head. Considering the era he was in, Shakespeare did not write for his plays to be read but to be showcased through characters. He wrote at a time when audiences were 'more attuned to these words and auralty'. People went to experience the plays live and hear the dialogues being delivered by the actors on stage. All his plays were actually to be enacted out.



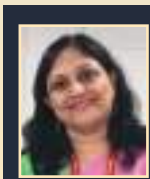
THE BARD PENNED POEMS TO MAKE ENDS MEET DURING THE PLAGUE

Shakespeare was a dramatist but during the devastating plague of England in 1593 to 1595, almost all the theatres were closed in order to reduce the number of casualties and to protect the people of England, just as we maintain the social distancing in this present era of 2020s. He then began composing poems to maintain his career.

Shakespeare's complex sentence structures and the use of now obsolete words lead many students to think that they are reading Old or Middle English. Students find the works difficult. The key to engagement with Shakespeare is to demonstrate how the themes and ideas in his works are timeless.

William Shakespeare's lines from his text are known for their beauty, for their everyday truths and some for their wisdom. People use the lines from the Shakespearean works for bringing a philosophical touch with a much deeper meaning. 'All the world's a stage, and all the men and women merely players. They have their exits and their entrances; And one man in his time plays many parts.'

The English language is incomplete without William Shakespeare's contribution to his origins and his works. His works are evergreen because of the themes. The characters of the heroic representation and the settings reflect the uniqueness. 'To be, or not to be: that is the question.' Shakespeare has inspired various writers in the field of English literature and has significantly contributed to the development of the newer words. Shakespeare broke all the rules of classical drama. The unfamiliarity with Shakespeare's work is really in the initial times but later the readers understand its elusive richness and become more conscious about his works.



Sriekala Nair, PGT English, DAV International School, Kharghar

Reference taken from understandingshakespeare.com

EXPLORE THE POWER OF MATHS

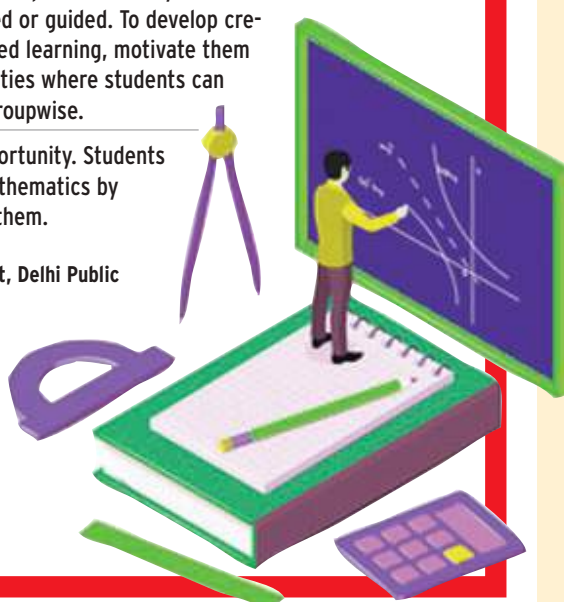
"The true heart of math lies in logic and problem solving."

Students can be motivated by following simple tips to drive away the fear and create interest in Mathematics.

- As the teaching is done through online mode, encourage the students to use virtual manipulates such as Geo board, Poly pad, Construction math pad, Geogebra. It gives hands-on learning experience to the students.
- Giving exposure to the real life situations and asking them to research and explore few more ideas chapter wise and share with their friends helps to develops enquiry skill of the student.
- Make math fun by conducting online games such as quizzes, Kahoot, Mentimeter. They facilitate the student's participation and enjoyment.
- Invite children to create their own board games or variety of known games.
- Ask the students to create mind maps for each topic either before explaining the topic as an introduction or after the topic as conclusion as it gives the way to bridge or interlink the concepts.
- Motivate the students to create a questionnaire for each topic and conduct a quiz with the questionnaire in the class to develop the questioning techniques of the students.
- To improve problem solving skill of the students, they need to understand math language. Give hints step by step for each problem and also draw figures wherever necessary as students can visualise and solve the problems more easily.
- To get a clarity on the topic, plan an activity for each topic which can be self-paced or guided. To develop creative thinking and value based learning, motivate them towards project based activities where students can research either in peer or groupwise.

Mathematics is a key to opportunity. Students experience the power of mathematics by exploring the world around them.

V KALPANA, Math Department, Delhi Public School, Nacharam, Hyderabad



Stress is a part of our daily life. You can experience stress from your environment, your body, and your thoughts. There are three types of stress that a student generally encounters in his/her student life. Here are some expert tips to handle them and come out a winner, from our school counsellor Chindu Mary.

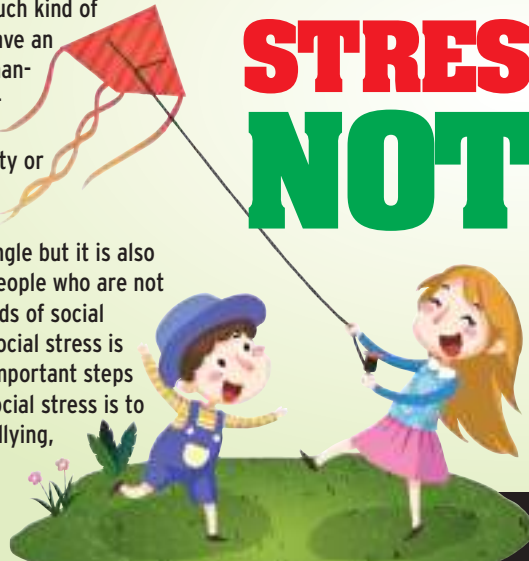
SOCIAL

Social stress is the pressure that the environment around you creates in your head; it could be caused by peers, teachers and/or parents. When you deal with such kind of stress, it is necessary to have an optimistic mindset; try to handle peer pressure in a positive way and always try to be influenced by positivity or be a positive influencer.

It is common for people who are alike to mingle but it is also important to mingle with people who are not alike to prevent certain kinds of social stress. A major cause for social stress is bullying; one of the most important steps one should take to avoid social stress is to always stand up against bullying, be responsible for what you're doing and use social network very mindfully.

STRESS IS THE BODY'S REACTION TO ANY CHANGE THAT REQUIRES AN ADJUSTMENT OR RESPONSE. OUR BODY REACTS TO THESE CHANGES WITH PHYSICAL, MENTAL, AND EMOTIONAL RESPONSES.

STRESS NOT!



GENERAL

Apart from the other two kinds of stress, we all face stress in general. This is common for every human as it is a part of life. We can overcome this stress by the simplest means, which is following a healthy lifestyle, learning to appreciate and showing gratitude, and loving yourself. Sometimes, there can be situations where you need some advice from a more mature point of view. It is then advisable to ask for support from

a trusted member in one's life. It is natural for all of us to go through stress at some point of life, but overcoming it is what matters. It is important that we learn to love and live with ourselves first, only then will someone else be able to love and live with us. Regardless of the circumstances, we should always love ourselves, be optimistic and have faith in ourselves and the people around us.

ACADEMIC

The most common stress a student would face is academic stress; it is something that every student faces due to exams, assignments, deadlines, etc. Here are some steps that can help you manage your academic stress:

- Have a proper planner /timetable and strictly abide by it.
- Discover your style of learning and stick to it.

- Always take short breaks in between your study time (which actually end in a short period of time).
- Identify your strengths and weaknesses and work on them.
- Set SMART goals; write down your drivers and preventers and work on making your preventers into drivers, which will help you in achieving those goals.

As told to Sruthakeerthi and Akshaya, class XII, Silver Oaks International School, Bengaluru

TIME TO WORK SMART

WHAT IS TIME MANAGEMENT?

A common refrain we hear these days is, "I am busy, I don't have time." or "You cannot imagine how much I have on my plate, this is much more than I can handle." A similar lament can be heard from students: "The course is so much, how am I ever going to do it with all the uncertainties around?"

Student, now than ever before, expect a more comforting and calming response, something that can boost their ebbing confidence and also provide a remedy. You can advise them gently, "You can do it, provided you are willing to make a few sacrifices and changes in how you schedule your day. Cut the frivolity, make a resolve to be more focused and follow a stricter study regimen."

What this boils down to is - better study time management.

Time management means organising and planning how one divides one's time between specific activities. It means working smarter not harder, so that more gets done in a relatively shorter time. In order to get the most from time one needs to keep the following in mind:

- Prepare an outline of how much needs to be studied in each subject
- Plan how much time a day or week you need to allot to each subject. Heavier subjects could be allotted more time and the lighter ones less. Prioritise wisely
- Organise your study material into blocks.



- Prepare a daily time schedule. Remember not to bite off more than you can chew, set achievable and correct goals.
- Keep schedules reasonable. Take breaks at regular intervals. Divide each day into periods of study and leisure and try to keep to the schedules you set.

- Stop procrastination and avoid distractions.
- Most importantly, at the end of each day, take twenty to thirty minutes to review your day. Make adjustments in the next day's schedule.

Hope this will help in preparing for the year ahead. Happy studying!

Chris Dueman, Assistant Teacher, La Martiniere College, Lucknow



Learning to Learn

Learning to learn can help people gain skills and knowledge to succeed in life by easily adapting to changes. The skill is even more important as the COVID-19 pandemic has caused a dramatic shift in education and work opportunities.

@HAPPIFY DIARY

'Learning to learn' is the ability to pursue and persist in learning, to organise one's own learning, by effective management of time and information. Some of the tools:

ASPIRATION: It is either there or not. For example, you want to learn a new skill, or you do not want to learn, you are motivated, or you are not. But people who are learners can increase their aspiration level, when you want to learn something, focus on the positive - remove the thought which is a roadblock - think what you will gain from learning it and envision a happy future. Aim High - start small and keep going. Remember everyone has an Aspiration.

SELF-AWARENESS: Over the past decade or so we all have grown familiar with the concept and importance of Self Awareness. But are we aware

of what we know and do not know, skills we have and do not have, in a short assessment of ourselves? The trick is to pay attention to how you talk to yourself about yourself and then question the validity of that "self-talk."

CURIOSITY: Curiosity is what makes us try on something until we can do it or to think about something until we can understand it. Children are relentless in the urge to learn and master.

As John Medina writes in Brain Rules, "This need for explanation is so powerfully stitched into their experience that some scientists describe it as a drive, just as hunger and thirst are drives." Curiosity is a childhood drive that is retained by great learners. The trick is instead of focussing on and reinforcing initial disinterest in a new skill, learn to ask 'curious questions' and follow questions up with quick actions.

VULNERABILITY: I will never get this right; I hate this this is so frustrating - terrible negative thoughts we get when we are trying to do something new and do badly. These thoughts which create static in our brains leaves little or no bandwidth for learning. The trick is: even though I am going to be bad to start with, as I have never done it before, but I know I can learn to do it over time. Just as Robert Wood and Albert Bandura theory (1980), that when people are encouraged to expect mistakes and learn from them early in the process of acquiring new skills, the result is "heightened interest, persistence, and better performance." Learning is Learnable.....

SMITA GHOSH,
Counsellor,
Anand Niketan
School



Summer Enrichment Program @ RIS

Summer programs are a tried-and-true tradition and it makes learning fun because of the methods and different activities. Rangoli International School, Mehsana conducted various enrichment programs during summer vacation virtually which included sessions like drawing, art, and craft, dance, martial arts, music and cooking by some of the experts in these respective fields.

Summer Enrichment Programme's first session was conducted on May 18 and was taken by Ravindra. The session was enriched in motives and the theme was 'Save Water'.

The second session was conducted on May 21 and was taken by Savindra Sakshi and Joya Ghosh. The session was based on Music, which is an important subject for all the children to learn as it can lead to better brain development, increase in human connection, and can even relieve stress.

The third session was conducted on May 25 and was taken by Javed Khan and Akash on Taekwondo. The session helped students to enhance their mental as well as physical strength.

The fourth session was conducted on May 28 and was taken by



Sanjay Mistry. The session was conducted on art and craft where students learned to make something useful.

The fifth session was conducted on June 1 on dance by Jinal Pa-

tel. Students joined the session and learned dance steps which boosted their energy. The sixth session on cooking was conducted on June 4, by Sonal Shashtri. Students enjoyed cooking and had fun making Monaco toppings and Pizza chat baskets.

All the six programs focused on providing and developing appropriate learning experiences for talented students which often go undetected and providing opportunities that ensure that students are challenged and that their passions and love for learning are kept alive.

It's school time again!

After a refreshing summer break, students of St Kabir School, Navrangpura resumed online classes with doubled zeal and fervor recently. Kabirians started their virtual journey towards joyous learning with bright and cheerful faces. Meeting their friends and teachers after the exciting break online, added fuel to their energies for a sparkling start.

To welcome the students, special fun activities were planned by the teachers. The day started by seeking the blessings of Almighty, which is believed

to provide peace and serenity to our minds and souls followed by an introductory and fun discussion between the teachers and their students. A host of learning-based activities were conducted. Virtual games were organized for the primary section followed by some dance, music, art, and storytelling session. Teachers welcomed students wholeheartedly and motivated them with their encouraging words of wisdom. On every face, there was joy, happiness, curiosity, and merriment to begin the new session.



ODE TO THE PEN

SMILE A WHILE ...



A smile costs nothing but gives much. It enriches those who receive, without making poorer those who give it. It takes a moment, but the memory of it lasts forever. A smile creates, happiness at home, fosters good with in business. Bring rest to the weary, cheer the discouraged. Sunshine to the sad, and is nature's best antidote for trouble. Yet, it cannot be bought, begged, borrowed or stolen. For it is something that is of No value to anyone until it is given away. Some people are too tired to smile, give them one of yours. As no one needs a smile so much but the one who has nothing to give. So, smile a while because a smile costs nothing but spreads miles of smiles Smile a while

SREEKAR DOKKU, class VII, Essar International School



Dhanurasana

BOW POSE

'Dhanur' in Sanskrit means 'bow'.

Dhanurasana is a fantastic chest and hip opener. (It involves balancing the body on the lower abdomen which makes it look like an archer's bow)

PRECAUTIONS

People with high or low BP, Back or Neck issues Hernia, Headache, Migraine, Stomach ulcer or people who underwent recent abdominal surgery should avoid this pose.

INSTRUCTIONS

01 Lie down on your stomach with the legs stretched out. Maintain the knees hip width apart throughout this practice. Bend the knees bringing the heels towards the hips.

02 Take your arms back and hold onto the ankles firmly with your hands coming from outside the legs. Keep your elbows locked out during this pose.

03 On your inhalation, lift the chest up by kicking the heels back and away from the buttocks, while pulling the ankles with your hands. Simultaneously, lift the knees off the mat. Stay where you can breathe in and out naturally.

04 Avoid spreading the knees or the feet out wider than your hips. Roll the shoulders back, opening the chest. Move the tops of the shoulders away from the ears and gaze forward.

05 Firm the abdominals, buttocks and thighs. To release, gently lower the chest and knees down. Let go of the ankles and relax. Now, practice Balasana followed by Paschimottasana.

BENEFITS

1. Stretches the whole front body.
2. Nourishes almost all of the vital organs.
3. Strengthens the back, thigh, glute and the arm muscles.

SUDHARSAN V J,
Yoga Teacher & Alumnus,
S.B.O.A Matriculation & HSS, Coimbatore.

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.

Painters' Gallery



Daiwik Thakka, Class III, St Kabir School



Mishti Koyani, Class VII, Delhi Public School, Bopal



Burhanuddin Rangwala, Class III, St Kabir School

A LEGEND, WHO INSPIRES MANY

In life, we come across several people and each one of them leaves some impact on us. The person who inspired me most is Dr. A P J Abdul Kalam. His early life was full of hardship and struggle, yet he reached the height that many aspire to reach, but only a few can. Born in a poor family of boatmen, he had to even sell newspapers, to meet both ends but nothing deserted him from the goal.

His grit and determination not only made him a great scientist but also brought our country on the map of countries having missile technology. His vision of a prosperous and technologically advanced India is reflected in his book 'Wings of Fire'. A humble person, Dr. Abdul Kalam was

lected President of India in July 2002. He died on 27th July 2015.

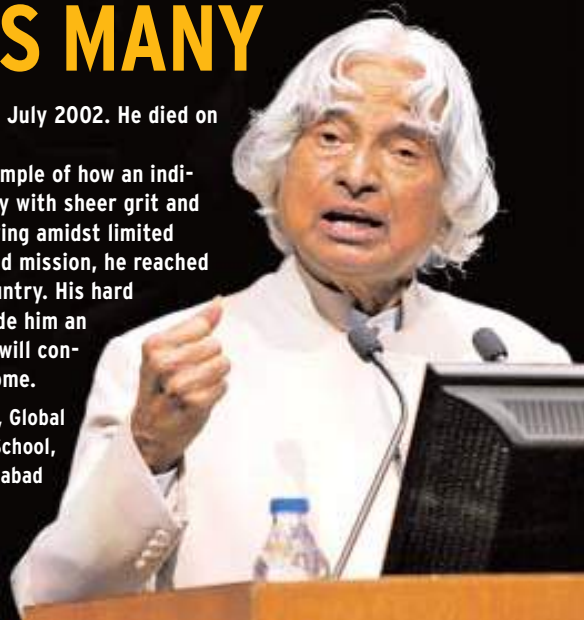
Dr. Kalam is an ideal example of how an individual can change his destiny with sheer grit and determination. Despite growing amidst limited resources, with his vision and mission, he reached the highest office of the country. His hard work and modest nature made him an icon who inspired many and will continue doing so in years to come.

AMOL KUSHAGRA, class IX, Global Indian International School, Ahmedabad



INSPIRING ICONS

DR. A P J ABDUL KALAM



Little Leap presents India's First-Ever Free Olympiad For Public Speaking

It's time for an olympiad for the skills that matter the most for a child's growth and success i.e. communication skills.

Win exciting cash prizes:

- 1st Prize - INR 2000
- 2nd Prize - INR 1000
- 3rd Prize - INR 500

Participation certificates for all students.

[Register Here](#)



For age group 4 - 13 years

DJOKOVIC SETS SIGHTS ON GOLDEN SLAM

French Open won, the Serb says 'everything is possible' as he appears set to conquer Wimbledon and US Open titles

Novak Djokovic has set his sights on the Golden Slam of all four majors and the Olympic title, insisting: "Everything is possible."

The world number one captured a second French Open and 19th Slam with a 6-7 (6/8), 2-6, 6-3, 6-2, 6-4 win over Greece's Stefanos Tsitsipas on Sunday. It allowed him to become the first man in the Open era, and only third in history, to claim all four Grand Slam titles on multiple occasions. Now he has targeted being the third man to complete a calendar Grand Slam after Don Budge in 1937 and Rod Laver in 1962 and 1969. On top of that, he also wants the Olympic gold medal to complete the Golden Slam.

Everything is possible

"Everything is possible. Definitely in my case I can say that what I've

been through in my career, in my life, this journey has been terrific so far," said Djokovic. "I've achieved some things that a lot of people thought it would be not possible for me to achieve. So everything is possible, and I did put myself in a good position to go for the Golden Slam."

The Golden Slam has never been achieved by a man while, in the women's game, only Steffi Graf in 1988 has swept all four majors and Olympic gold in the same year. In Graf's case, Olympic gold came in Seoul. For Djokovic, the opportunity will come in Tokyo later this summer.

Focus on Wimbledon

"Obviously his goal and our goal is to win the Olympics and then win the Grand Slam. That would be the absolutely top of this year," said Djokovic's longtime coach Marian Vajda. "But it's still far

away from us. We have to still focus on the next one. But overall he's set up for this year. "His priority is Wimbledon, Olympics and US Open. I think that says all."

Djokovic is already halfway to a calendar Slam having secured a record ninth Australian Open in February. Next up is Wimbledon, where he is the defending champion, Olympics and then a bid to win a fourth US Open. "As much as Novak is healthy, he's in great shape, I think he has the ability to win the Grand Slam this year. I'm pretty sure," added Vajda. "It is much more than possible. He loves to play in Wimbledon and US Open."

Situation similar to 2016

Djokovic has been at this juncture before, winning in Australia and Paris in 2016 but coming up short at the Rio Olympics, Wimbledon and the US Open later in the year. "I was in this position in 2016 as

well. It ended up in a third-round loss in Wimbledon," added Djokovic recalling his shock exit to Sam Querrey at the All England Club five years ago.

Djokovic now has nine Australian Opens, five Wimbledon, three US Opens and two French Opens. He has also collected 36 Masters, a Davis Cup and has spent more time at world number one than any other player. But for two sets on Sunday, he was thoroughly outplayed by 22-year-old Tsitsipas before the Greek's challenge fell apart.

Djokovic left the court after the first two sets to compose himself just as he had done in his come-from-behind wins over Lorenzo Musetti and 13-time champion Rafael Nadal. "My guardian angels are there. I have my special corner. It's a secret. I can't reveal the secret. It's been working for me pretty well," he said. **AFP**



Photo: GETTY IMAGES

Boy 'with right tactics' gets match-winning racquet

Novak Djokovic said he gave away his French Open winning racquet to a young boy watching court-side for "giving me the right tactics". At the end of the four-hour and 11-minute final, the 34-year-old Djokovic handed his racquet to the youngster who was then pictured on TV jumping for joy and in shock at the gesture.

"He was in my ear the entire match basically, especially when I was two

sets to love down. He was encouraging me. He was actually giving me tactics, as well," said Djokovic. "He was like, 'Hold your serve, get an easy first ball, then dictate, go to his backhand.' He was coaching me literally. 'I found that very cute, very nice. So I felt like to give the racquet to the best person was him after the match. That was kind of my gratitude for him sticking with me and supporting me."



Photo: GETTY IMAGES

NETHERLAND, AUSTRIA, ENG WIN

Pride and frustration evident as teams bid for Euro 2020 glory

Grity Ukraine bounced back from two goals down but Denzel Dumfries's late winner helped the Netherlands snatch a 3-2 win in Euro 2020 on Sunday. The third match-day also saw Austria overpower North Macedonia 3-1 and England down Croatia 1-0.

Late victory for Netherlands

The Dutch, also known as 'Elftal' assumed control from the starting whistle, and they should have got the opener early in the game but Memphis Depay, Dumfries and Georginio Wijnaldum lacked in accuracy. The 16,000 spectators at the Amsterdam Johan Cruyff Arena saw a powerful performance from the Dutch, yet they remained wasteful. The hosts were eventually able to turn their chances into rewards. Ukraine goalkeeper Heorhiy Buschan blocked a cross into the path of Wijnaldum, who rifled the opener from 13 metres into the top left corner seven minutes into second half. Frank de Boer's men gained momentum and made it 2-0 in the 59th minute.

The 'Elftal' thought the game was sealed but Ukraine halved the deficit

against the flow of game with 75 minutes gone when Andrey Yarmolenko hammered home from 20 metres. Four minutes later, Yarmolenko shocked the hosts with a header to 2-0. The Dutch remained unfazed and clinched a late victory as Dumfries wrapped up all three points in their opening Group C game at home.

Subs bail out Austria

It was a slow burner in Bucharest between Austria and North Macedonia as Stefan Lainer opened the scoring with the first chance in 18th minute. The Austrian defender capitalised on Marcel Sabitzer's pinpoint cross to the far post to beat Stole Dimitrievski from close range. Austria's lead didn't last long as North Macedonia hit back 10 minutes later when Goran Pandev tapped home the equaliser.

After the interval, Igor Angelovski's men took control and pressed Austria on the backfoot in the early stages as Austrian goalkeeper Daniel Bachmann denied Boban Nikolov a chance. Austria head coach Franco Foda fielded Michael Gregoritsch and Marko Arnau-

toxic. His substitutions paid off as Gregoritsch put Austria 2-1 ahead in the 78th minute.

North Macedonia's resistance was broken as Arnautovic made it three after slotting home in the dying minutes of the game. "Overall, I was very happy with the performance. We started well, worked hard, were aggressive, and deserved to take the lead," said Foda.

England break jinx

Elsewhere, England broke their opening Euro match jinx after beating Croatia 1-0 courtesy Raheem Sterling's goal in London's Wembley Stadium. The host got off to a bright start as Phil Foden rattled the woodwork and Kalvin Phillips unleashed a dangerous volley in the opening stages. England's pace fell off while Croatia gained a foothold into the contest without doing damage.

England eventually snatched the winner at the hour mark when Sterling benefitted from Phillip's defense-splitting through-ball to beat Croatia's goalkeeper Dominik Livkovic.

DU PLESSIS SUFFERS MEMORY LOSS, RECOVERING

South Africa batsman Faf du Plessis said he suffered some memory loss after sustaining a concussion during a Pakistan Super League (PSL) T20 match in Abu Dhabi on Saturday but is confident of making a quick return to action.

Du Plessis collided with Quetta Gladiators team mate Mohammad Hasnain while trying to save a boundary in their 61-run defeat to Peshawar Zalmi. The 36-year-old lay prone on the ground while the physio attended to him before he got up and was taken to hospital. "Thank you everyone for support," du Plessis tweeted on Sunday. "I'm recovering. Have concussion with some memory loss but I will be fine. Hopefully be back on the field soon." Opener Saim Ayub replaced du Plessis as a concussion substitute. **REUTERS**



Photo: GETTY IMAGES

QUIZ TIME!

Q1: Who is the first fast bowler in the world to clinch 600 wickets in Test Cricket?

- a) Mitchell Starc b) Jasprit Bumrah
c) Pat Cummins d) James Anderson

Q2: Who won the 48th annual World Open Chess Tournament 2020?

- a) P Niyan b) Swayams Mishra
c) P Karthikeyan d) Karthik Venkataraman

Q3: Which top seed tennis star was disqualified from the US open 2020?

- a) Dominic Thiem b) Novak Djokovic
c) Roger Federer d) Stefanos Tsitsipas

Q4: Which sportsperson has clinched the ITTF Women's World Cup title 2020?

- a) Manika Batra b) Chen Meng
c) Zhu Yuling d) Liu Shewin

Q5: Which cricketer is the first in the world to take 200 wickets against left-handed batsmen?

- a) Muthiah Muralidharan
b) Ravindra Jadeja c) R Ashwin
d) Harbajan Singh

Q6: Hideki Matsuyama is the first Japanese player to claim a major championship in which sports?

- a) Tennis b) Golf c) Badminton



Photo: AFP

Hideki Matsuyama

- d) Boxing

Q7: Jaydev Unadkat is the captain of which regional cricket team that won its maiden Ranji trophy?

- a) Bengal cricket team
b) Saurashtra cricket team
c) Mumbai cricket team
d) Karnataka cricket team

Q8: Which Indian star wrestler won the Gold medal at the Ukrainian Wrestlers and Coaches Memorial tournament?

- a) Vinesh Phogat b) Bajrang Punia
c) Babita Kumari d) Gita Phogat

Q9: Which badminton player won the Malaysian Masters 2020 title?

- a) Viktor Axelsen b) Kento Momota
c) Sai Praneeth d) K Srikanth

Q10: Which Indian javelin-thrower has recently qualified for Tokyo Olympics after the ANEC meet at South Africa?

- a) Kashinath Naik b) Shivpal Singh
c) Devender Singh d) Neeraj Chopra

ANSWERS: 1 d) James Anderson 2 a) P Niyan
3 b) Novak Djokovic 4 b) Chen Meng
5 c) R Ashwin 6 b) Golf 8 a) Vinesh Phogat
9 b) Kento Momota 10 d) Neeraj Chopra



THE TIMES OF INDIA

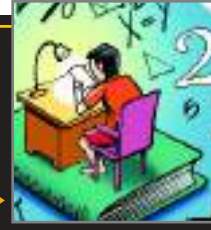
www.toistudent.com

TODAY'S EDITION

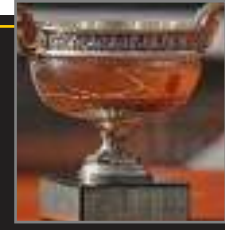
► Check out what experts say on fitness regime after Covid recovery
PAGE 2



► Educators and students share their views on issues engulfing the country and the world
PAGE 3



► French Open 2021 on the verge of creating records
PAGE 4



STUDENT EDITION

MONDAY, JUNE 14, 2021



WEB EDITION

CLICK HERE: PAGE 1 AND 2

QS WORLD RANKINGS

IISC WORLD'S TOP RESEARCH UNIVERSITY

The Indian Institute of Science (IISc), Bengaluru, has been ranked as the 'world's top research university,' in the Quacquarelli Symonds (QS) World Rankings 2021, an annual publication of university rankings. "According to the Citations per faculty (CPF) indicator, IISc, Bangalore, ranks as the world's top research university, achieving a perfect score of 100/100 for this metric," a press statement issued by QS stated. In overall global university rankings, while IIT-Bombay secured 177th position, IIT-Delhi and IISc-Bangalore, were ranked 185th and 186th position, respectively.



► QS uses six indicators to compile the ranking: academic reputation (AR), employer reputation (ER), citations per faculty (CPF), faculty/student ratio, international faculty ratio and international student ratio

The top three institutions globally are the Massachusetts Institute of Technology (MIT), University of Oxford, and the Stanford University, ranked at number one, two and three, respectively

I'm proud to share that India is taking a leap in the field of education and research, and is emerging as a VISHVAGURU. Initiatives such as the NEP (National Education Policy) 2020 and IOE (Institute of Education) are instrumental in ranking our colleges and institutes globally. This can be felt by looking at the university rankings declared by QS and Times Group Ramesh Pokhriyal, Union education minister

DID YOU KNOW? IISc was conceived in the 1800s by renowned businessman and philanthropist JN Tata. From Homi Bhabha and Vikram Sarabhai to U Ramamurty, some of India's most-brilliant minds have been associated with this premier institute

TIMES NIE Answers Your Query

Avani Pandit, class X, Apeejay School, Nerul, Mumbai

Q Are blood clots common during Covid? What can be done to prevent them?

Microscopic blood clots are common during Covid infection, and also bigger clots causing strokes and heart attacks may occur up to months after recovery from acute phase. All patients with moderate to severe status are given blood thinners to prevent this.

ASK THE EXPERT
A SHOT OF HOPE

To ask queries regarding Covid-19 and vaccination from our experts,
CLICK HERE
OR VISIT
<https://bit.ly/331RxDn>

Pia Oza, class X, SSPM'S Sri Sri Ravishankar Vidya Mandir (Borivali East), Mumbai

Q How long will it take for Mumbai to go mask-free?

For Mumbai to go mask free, over 60-70 % of its citizens should be immune to the disease either by way of past infection or vaccination. As of now, out of two crore Mumbai citizens, 20 lakhs have been given at least one dose i.e., 10% of the population only in almost five months. Therefore, it will depend on the pace of acquiring immunity for the citizens of Mumbai to predict when it will go mask-free.

EXPERT ADVICE GIVEN BY
Dr Amita Patel, MD, DA, Mumbai



Quote unquote

Climate conservation has become the most important focal point of conversation in the world. I thank the youth of the world for uniting on this issue. They have made this happen, and inspired many others to come forward and speak up on climate change. The fact that Climate Warrior GIFs have crossed one billion views means the youth of the world have found them useful to raise their voice for climate justice. It is really amazing to know how these assets have become tools in the hands of the youth to tell the world how urgently we need to save our planet and all animals, who have an equal right to live on the Earth

Bhumi Pednekar, actor & environmentalist



TECHAWAY NEW FACEBOOK SMARTWATCH WILL LET USERS SCROLL ON INSTAGRAM

Facebook has confirmed that it is working on a smartwatch that might connect with augmented reality glasses being developed by the leading social network.

- Smartwatch features will include cameras, and it will integrate with Facebook apps such as image-centric social network Instagram, according to Verge
- Facebook went public a while ago with plans for a launch this year of smart glasses, which connect to smartphones as part of an alliance with eyewear titan EssilorLuxottica

Covid more likely to spread indoors through maskless interaction

Speaking without masks in confined spaces poses the greatest risk of spreading SARS-CoV-2, the virus that causes Covid-19 to others, according to a study. The study describes how different-sized respiratory droplets emitted while speaking, have a range of sizes, and can carry different amounts of virus. According to the researchers of the study, the most concerning droplets are those of intermediate size that remain suspended in the air for minutes. These droplets can be transported over considerable distances by air currents, they noted.



- Since the beginning of the Covid-19 pandemic last year, researchers have argued that Covid-19 was not airborne. However, US Centers for Disease Control and Prevention (CDC), in May, announced that exposure to respiratory fluids, very fine respiratory droplets and aerosol particles, present in air and which carry viruses, are the main reason for contracting Covid-19 infection
- In India, the government has, also in an advisory, stated that aerosol and droplets are key modes of transmission of the virus. It added that the aerosol can travel up to 10 metres from the infected person, and that aerosol through the infected person can fall within two metres but can be carried to ten metres through the air
- The advisory said, to prevent it, people should continue wearing masks- double masks or a N95 mask. Introduction of cross ventilation and exhaust fans will be beneficial in curtailing the spread of the disease, it said



Mattel launches Barbie loves the ocean

Mattel, Inc has introduced 'Barbie loves the Ocean', its first fashion doll line made from recycled ocean-bound plastic. The launch is in line with Mattel's goal to achieve 100% recycled, recyclable or bio-based plastic materials across all its products and packaging by 2030.



- The collection includes three dolls whose bodies are made from 90% recycled ocean-bound plastic parts, and an accompanying Beach Shack playset and accessories, made from over 90% recycled plastic

HONOUR INDIAN-ORIGIN journalist wins Pulitzer

Megha Rajagopalan, an Indian-origin journalist, along with two contributors has won the Pulitzer Prize for innovative investigative reports that exposed a vast infrastructure of prisons and mass internment camps secretly built by China for detaining hundreds of thousands of Muslims in its restive Xinjiang region. Rajagopalan from BuzzFeed News is among the two Indian-origin journalists who won the US' top journalism award.



Tampa Bay Times' Neil Bedi won for local reporting. Bedi, along with Kathleen McGrory, has been awarded the prize for the series exposing a Sheriff's Office initiative that used computer modelling to identify people, believed to be future crime suspects

FACTOID \$18.87 mn

Price of a 1933 US gold coin that was sold at a Sotheby auction recently. The auction house described the 1933 Double Eagle, the last US gold coin made and intended for circulation, as "one of the most-coveted coins in the world"

► The \$20 coin, designed by an American sculptor Augustus Saint-Gaudens, sailed past its pre-sale estimate price of between \$10 million and \$15 million

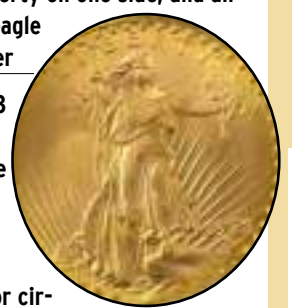
► It also smashed the record for the most-expensive coin in the world, set by a 1794 Flowing Hair silver dollar that sold for \$10 million in 2013

► The Double Eagle has an image of Lady Liberty on one side, and an American eagle on the other

► The 1933 Double Eagles were the last American gold coins intended for circulation by the United States Mint but were never legally issued for use

► In 1933, president Roosevelt removed the United States from the gold standard, in a bid to lift America's battered economy out of the Great Depression

► All of the coins were ordered to be destroyed, except two, which were given to the Smithsonian Institution



How long should one wait after Covid recovery to start working out?



There is no one-size fits all answer to this question, according to experts. "Recovering from Covid-19 can be a gradual and long process. For some, the duration of recovery can even extend up to two-three months. Symptoms like stress, fatigue, body ache,



muscle/joint pain and fever might occur in the process," says Dr Sueranjit Chatterjee, senior consultant of Internal Medicine at Apollo Hospitals. He adds, "An individual must first understand their strength before get-

ting back to a strenuous exercise. Covid impacts the respiratory system and some patients might have a compromised lung even after recovery. Once you start exercising, keep your heart rate and oxygen saturation under check with pulse oximeter. Normal breathing exercises do not have much impact on the pulse rate. So, start with easy breathing exercises."

Ease back into your Fitness Regime after Covid recovery

Restarting your fitness regime can seem daunting after Covid recovery. 'Taking it slow' is a piece of advice doctors, trainers and athletes are unanimous on when it comes to post-recovery workouts...

Kickstart your fitness routine with yoga and breathing exercises

Supplement your workouts with a healthy diet

What workouts should one begin with?

Dr Suranjit Chatterjee suggests starting with yoga and breathing exercises like Pranayam. He says, "You can increase the intensity of your workout on a weekly basis till you are back to your normal strength. In the recovery phase of Covid-19, jumping back to rigorous forms of exercises immediately is not advisable." Siddharth Singh, a martial artist and fitness trainer based in Delhi, says he



relied on his experience during recovery to create a rough plan for people with mild symptoms that can be customised as per individual requirements. So, listen to your body and bounce back step-by-step.

NOIDA TIMES

WHAT TO KEEP IN MIND WHEN RESUMING WORKOUTS

DOs

- ▶ People with mild symptoms can begin working out a week after recovery; those with moderate to severe symptoms should consult their doctor first.
- ▶ In the first week, limit workouts to only yoga and basic breathing exercises.
- ▶ Make sure your progress is gradual and you stick to one level of exercise for about a week.
- ▶ Focus on functional fitness i.e performing household tasks without getting tired.

DON'Ts

- ▶ Do not do any weight training with any equipment for about two weeks after you test negative.
- ▶ Don't push your body when you work out for at least the first 2-3 weeks.
- ▶ Do not continue to workout if you feel dizzy or light-headed as that can be a sign of lowered oxygen saturation levels.

(Tips from Mohit Suri and Siddharth Singh, both are athletes and fitness experts)

Are you up to date on SNEAKER SLANG?

If you are someone who has recently developed an interest in sneakers, you should ace up your sleeves with some terms which may come handy



RETRO: As the name suggests, 'Retro' is a re-launch of a colourway that takes place after the shoe model's initial release.

OG: This is the fresh design of the pair that has not been released. The first release of a shoe is called OG.

GR/LIMITED: 'GR' simply means General Release. The price of resale will depend on the kind of the 'Limited' of a release. GR are rare and usually is custom-made to the celebrity's needs and specification.

BEATERS: They are already worn-out sneakers or torn ones. These shoes are sold, although not as expensive as the new ones. They may get costlier if they are some legendary models.

COLOURWAY: This stands for the colour arrangements for the given shoe pair. The colourway is often at least as substantial as the actual model of the sneaker.

GRAILS: It is a pair of sneakers that people desire to have more than any other pair even if they have to spend way more than the retail price. Grail status is generally reserved for more limited shoes.

HYPEBEAST: A person who likes to keep up with the current trends and is too cool go for Hypebeast.

HYPERSTRIKE: Among all releases, Hyperstrike is the most limited and is kept under wraps as long as possible. They are released in extremely limited numbers.

ON ICE: Having a pair 'on ice' means a pair of deadstock kicks that you haven't worn yet.



HEAL YOUR BODY WITH FLOWERS

A flower might look fragile, but it has the power to cure infections, ranging from skin issues to mental health problems

The inclusion of flowers in Ayurveda dates to centuries ago and is called Pushpa Ayurveda; it actually mentions using flowers to cure diseases. Some popular health conditions that can be healed with the pretty blooms are as follows:

Ayurveda believes in flower power!



Manage vertigo with CHRYSANTHEMUM

The juice of chrysanthemums can reduce incidence of vertigo and also hypertension. A serving of piping hot tea made from its petals can also reduce high fever. If you don't like the taste of this tea, dip a cotton pad in it after it's cool to soothe tired and puffy eyes. It is also used to heal digestive disorders and is a laxative too.

Reduce headaches, heal acne with ROSES

One of the most popular flowers, roses are rich in vitamins A, B and C as well as tannins. The juice of rose is used to reduce body heat and headaches.

NOTE: If you are on any medication, it is advised to consult a doctor and seek professional advice before you try anything new like flower concoctions. This is not an alternative to medical advice.

Say no to nausea with PLUMERIA

These are fragrant yellowish to orange flowers used in Ayurvedic medicine for various ailments like skin diseases, wounds and ulcers. The decoction of plumeria is used for treating nausea, fevers, vertigo, cough and bronchitis.



Lower high BP with HIBISCUS

The petals and leaves of this flower can be found in red, pink, white, yellow and orange colours. Hibiscus is widely used in Ayurvedic teas, which help lower blood pressure. It also helps heal diarrhoea, reduces cough and controls excessive hair loss.



Fight jaundice with GOLDEN SHOWER TREE

These are yellow flowers that hang from its tree in long drooping chains. They are especially useful in the treatment of jaundice, constipation and even ear pain.



Reduce high body temperature with LOTUS

The white and pink solitary flowers, are effective in reducing high temperature due to fever, heals inflammation of boils and is also used for making under eye creams.



Calm down anxiety with JASMINE

The fragrant jasmine is great for managing mental health problems. Jasmine tea has long been used by many cultures to ease off anxiety and insomnia. TMN

RECIPE

TIRAMISU-VANILLA SMOOTHIE

THIS SMOOTHIE IS THE BEVERAGE FORM OF THE DELICIOUS ITALIAN DESSERT. HERE'S THE RECIPE FOR YOU TO TRY IT OUT

INGREDIENTS

- ▶ 1 tablespoon coffee powder
- ▶ 2 tablespoon whipping cream
- ▶ 4 crackers
- ▶ 150 gm cream cheese
- ▶ 2 cup Vanilla ice-cream
- ▶ 1/2 cup banana
- ▶ 2 tablespoon cocoa powder
- ▶ Sugar to taste



HOW TO MAKE

Step 1: Blend in the ingredients

• To prepare this delicious

smoothie, in a blender combine the coffee powder, ice cream, cream cheese, whipping cream, sugar (optional) and banana.

Step 2: Add the crumbled cookies and pour the blend

• Pour the smoothie in the serving glass. Crumble the crackers and add it to the glass.

Step 3: Enjoy it

• Sprinkle cocoa powder on top and serve chilled.

TNN

QUIZ TIME (NATURE)

Q.1) Trees are leafless for a shorter or longer season of the year in...

A. Mangrove forest
B. Evergreen forest
C. Scrub jungle forest
D. Deciduous forest

Q.2) Oxygen liberated during photosynthesis is coming from

A. Break down of chlorophyll

B. Water
C. Carbon dioxide
D. Atmosphere

Q.3) Stilt roots are found in...

A. Banyan
B. Maize
C. Mango
D. China rose

Q.4) With which one of the following is Dalbergia species associated?

A. Flower
B. Leaf
C. Fruit
D. Flower bud

A. Rosewood
B. Sandalwood
C. Teak
D. Walnut

Q.5) Which one of the following parts of the pitcher plant become modified into a pitcher?

A. Flower
B. Leaf
C. Fruit
D. Flower bud

ANSWERS

1. C) Scrub jungle forest 2. B) Water 3. B) Maize
4. A) Rosewood 5. B) Leaf

THE EDUCATIONIST

Salute to techno teachers!

Sudden closure of schools due to pandemic and all teachers were to switch to online mode of learning. In huff and puff, all the teachers started teaching, unlearning, and relearning. With the help of few colleagues or their own children at home, they managed to start the online classes. Then came the challenges of managing the technology and managing the students. The students knew more than the teachers could manage.

They were not prepared for this technology boom and were completely clueless about how to handle the teaching as well as the logistics. Poor teachers were in a catch 22 situation and were caught unaware. But the courage and determination that each one has shown are commendable. They conquered the technology blues with long hours of training. Teaching and mentoring each other, hand holding the weaker ones - exactly the same way we ask our students to do. So the teachers readily embraced the technology. With no maids, no help, and long working hours they have done their job with complete dedication. The teachers with young kids managed their kids' online school timings, making food, preparing presentations, notes, worksheets, delivering online classes, and on top of all that the household chores. As there was no maid availability so the poor teachers did the brooming, cleaning, cooking, etc. on their own. Teachers started making



Picture used for representational purpose

Teaching-learning material (TLM) with whatever little they had at home, with just one thought in mind that their students should understand the concepts and enjoy the classes. Teachers have surfed the net more than ever, finding different ways to engage their students. They kept searching for alternative methods to give children detailed explanations through video, images, and animated stories. The challenge was not small, but their inclination towards teaching wasn't small either. The teachers took one step at a time and made sure they overcome all the obstacles. There was also a bunch of students who wanted to learn and helped teachers to find tools on their screen. They also tried to control their peers' improper behaviour, so everyone can learn from their beloved teachers who seemed to have burnt the midnight oil to prepare an explanatory presentation. A sensitive lot

of students understood it wasn't easy for their traditional type teachers to wear the techno hats and deliver lectures with TLM's and presentations. They had all their empathy with their teachers. The management of the school was under dilemma whether their teachers will be able to compete with changing times. The pressure and demand of the hour were to transform the teachers into a new 'Avatar'. They offered all the help, tools, training, and devices required to take online classes. But they knew that it is the teachers who have to fight their own battle. The management provided whatever they could, but the ultimate performers were the teachers. They were rightly given the tag of front-line warriors. They proved to be one too. The training and support truly made the teachers 'Aatma Nirbhar'. **BIJAL RAVAL**, supervisor, Zebur School For Children

Students celebrate World Milk Day

To celebrate the contribution of milk and dairy products, SGVP International School celebrated World Milk Day to bring awareness among the tiny of Jr KG. The main motive behind the celebration of World Milk Day was to educate the young learners about the nutritive value of milk. In this era of processed and packaged food, it is imperative to motivate the little ones to drink a glass of milk or consume milk products on a daily basis. The little munchkins were exposed to a myriad range of activities which helped them to easily comprehend the significance of having a glass of milk or



consuming milk products on a daily basis. The activities ranged from stories to art and craft to recipe making. They joined the fun by engaging themselves in creating 'Cow Masks', and trying their hands in preparing lip-smacking, milk-themed shakes, and snacks. Through these activities, the learners appreciated dairy farmers, dairy sector, and recognized the importance of milk as a global food. Overall it was learning with fun as well as enhancement of motor skills for the little students.

Mental health session for parents and teachers



Podar World School Sama conducted an enhancing session on Mental Health in Covid 19 for parents, teachers, and staff of the school. The emphasis was on: what are mental health issues? why is our mental health important? and how to take good care of our mental health in this Pandemic. This session motivated parents to do something life-affirming: as individuals, to take concrete actions in support of their own mental health, and to support friends and family. The closure included an explanation for what more must be done to make mental health care a reality for everyone. It was a successful and cognizant session!

Students pledge to protect the environment

June 5 is observed as World Environment Day by the United Nations. First incorporated in 1974, this day is dedicated to creating awareness on environmental issues like global warming, ozone layer depletion, and desertification. Every year there is a new theme and a designated host country to carry out the official events around the theme. The theme for 2021 is "Ecosystem Restoration". The theme will kick off a global mission to revive billions of hectares, from forest to farmlands, from the top of mountains to the depth of the sea. Students of class IV made beautiful drawings on the theme of saving the environment. Some recorded videos too and spoke



about how to save and preserve the Environment and Go green. Children are spreading awareness to be Eco friendly. Go green and save Mother Earth. It is a prime duty of every individual as a responsible citizen to stop pollution and preserve the environment. **NEELAM TRIVEDI**, educator, St Kabir (Navrangpura)

Express YOURSELF

Veer Bhatt, Class V, St Kabir School



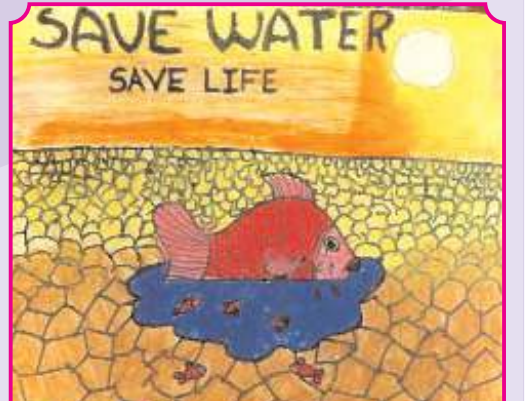
Amogh Gattani, Class I, SGVP International School



Vipra Patel, Class X, Sheth CN English Medium School



Parth Sengupta, Class VII, Podar World School, Sherkhri



Suhani Sheth, Class IV, St Kabir School



Adya Chawla, Class IV, Udgam School for Children



Riana Doshi, Class I, St Kabir School



Diti Mehta, Class V, Doon International School



Sai Saswat Das, Class II, Siddharth's Miracles School



Karna Dwivedi, Class V, Zydsu School For Excellence

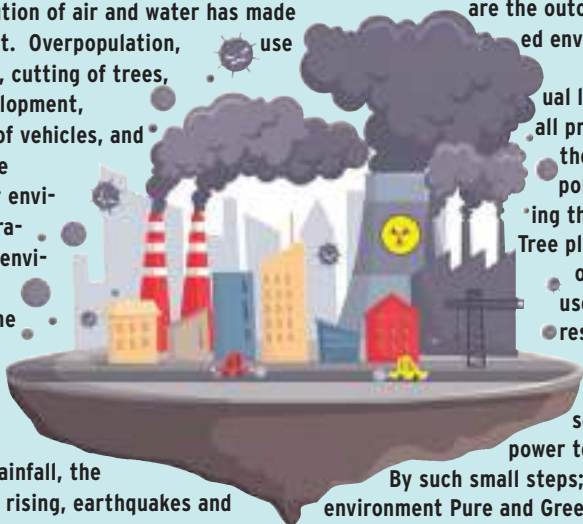


Kavya Pandey, Class V, Delhi Public School, Bopal

SMALL STEPS, BIG IMPACT

It is important to take care of the environment, we live in. For the last 100 years, our earth has been facing the problem of pollution. Pollution of air and water has made our life difficult. Overpopulation, use of atom bombs, cutting of trees, industrial development, excessive use of vehicles, and plastic, etc. are responsible for environmental degradation. Due to environmental degradation; the environment is taking random twists, we witness excessive droughts and rainfall, the temperature is rising, earthquakes and cyclones are more frequent. Due to pollution of air and pollution of water; every year,

lakhs of people die and lakhs of people become sick. Cancer, T B, Asthma, Heart disease, Skin disease, Headache, Cholera, etc. are the outcomes of a degraded environment. We at an individual level should take all precautions to save the planet by not polluting it and saving the water bodies. Tree plantation should be our first duty and use natural resources judiciously. Also, encourage the use of solar and wind power to reduce pollution. By such small steps; we can make our environment Pure and Green. **DHVEY JOSHI**, class IV, Kendriya Vidyalaya, Rajkot



ODE TO THE PEN



THE WORST POEM IN THE WORLD

My mom told me to write a poem I had no idea how that could be done I set on my desk and tried to think Didn't waste my time even to blink I came up with an idea not very great Writing poems I very much hate, My poem didn't even rhyme To write one sentence I took too much time My mom told me it had no imagination I didn't know what to do in such a situation I thought it was the worst poem in the world Then some sound I suddenly heard, It was actually a dream very bad, It one of the worst I have ever had I took out my diary and started to write Out came a poem that was just right! **ANANYA SHETH**, class II, Udgam School For Children

STOP PLAYING WITH NATURE

Nature is bound to suffer, Nobody really bothers. Man-made factories & industries release harmful gases, Added by vehicular carbon monoxide, Are human beings really bothering? Leading to abnormal suicide. Friends, get cautioned, awake and arise, Stop playing with nature guys, If nature starts playing with us. Unwarranted and untimely deaths will rise. My caution, Let not nature suffer, Care and bother for the nature to prefer, Save trees and let the environment be user-friendly, Generation next will thank us surely. Save nature and nature will save our generations. **DIVYAM SHAH**, class V, St Kabir School, Navrangpura



EURO 2020 CAMPAIGN KICKS OFF WITH ERIKSEN ON MIND

Denmark players overwhelmed, lose to Finland



Christian Eriksen

Denmark coach Kasper Hjulmand said several of his players were too overwhelmed with emotion to finish their opening Euro 2020 match

against Finland on Saturday, after teammate Christian Eriksen collapsed on the pitch and was rushed to the hospital. Eriksen was surrounded by his teammates while being treated on the pitch and then stretchered away. The game was eventually restarted an hour and 45 minutes later after news came through that he had regained consciousness.

Finland won 1-0 with their only goal attempt of the match. "I completely understand that you can't play a soccer match at this level after watching one of your best friends fight for his life," a visibly drained Hjulmand said after the game. Players were given the option to finish the game on Saturday evening or on Sunday, Hjulmand said, adding there had been no pressure from UEFA to finish the match on Saturday. "It was more manageable to go in again and honestly just get it over with," Hjulmand said.

Players too upset

Several players, including captain Simon Kjaer who plays for Milan in Italy, were too upset to finish the game, he said. "Simon Kjaer was deeply, deeply touched. He



Denmark's Christian Eriksen is seen down on the pitch after collapsing during the match

was in doubt whether he could continue and gave it a shot, but ultimately he couldn't. I completely understand that," Hjulmand said.

A hush fell over the crowd of 16,000 fans while Eriksen received treatment on the pitch, and outside around central Copenhagen people gathered, many in tears, while the player's condition remained unclear. Hjulmand said the players came together in the dressing room, supporting each other and allowing themselves to show their emotions. "I cannot be more proud of this group of people who take such good care of each other at this time, when a loved one is fighting for his life," he said. "It was a very tough night and we were all reminded what's the most important in life."

Team doctor Morten Boesen said at the press conference that Eriksen received life-saving cardiac massage on the pitch. Boesen added that he talked with Eriksen before he was taken to the hospital, while soccer officials said the player's condition was stable.

Lukaku eases Belgium past Russia

Romelu Lukaku struck twice as Belgium confirmed their status as one of the favorites for Euro 2020 with a confident 3-0 victory over Russia. Despite being without key performer Kevin De Bruyne, world number one ranked Belgium were rarely in trouble against a Russian side that struggled to impose themselves.

Roberto Martinez's Belgium top Group B on three points, ahead on goal difference of Finland who beat Denmark in the group's other game in Copenhagen. The Red Devils are unbeaten in 10 games in all competitions and have suffered just one defeat in their last 24 outings. They have also scored in each of their last 31 games. The visitor's grabbed the lead in the 10th minute when Andrei Semyonov failed to deal with a ball into the box from Leander Dendoncker, and Lukaku turned and fired into the bottom corner.

Lukaku celebrated his goal by running to the television camera and shouting "Chris, Chris, I love you" in tribute to Christian Eriksen, the Danish midfielder and his club team-mate at Inter Milan, who had been rushed to hospital after collapsing during the earlier game in the group. Belgium were calm in possession and finding plenty of time and space against a Russia side who struggled to get a firm grip on the game.

Russia lack energy

The Russians reached the quarter-finals in the World Cup they hosted in 2018 but the energy of those performances was missing, despite playing at home in front of more than 26,000 fans. Stanislav Cherchesov struggled to find either the tempo to their attacks or a way to provide quality service to striker Artem Dzyuba who was too often left isolated. It was no surprise when the second goal came, in the 34th minute, when Russia keeper Anton Shunin could only parry Thorgan Hazard's shot towards

Thomas Meunier, who made no mistake.

Russia applied some pressure after the interval but the Belgians coped without too much panic and the game

I cried a lot because I was scared, obviously. You live strong moments together. I spent more time with him than with my family. My thoughts are with him, his two kids and his family. I enjoyed the game but for me, it was difficult to play because my mind was with Christian. I hope he is healthy and I dedicate this performance to him.

LUKAKU, on the Eriksen situation

already felt decided before Lukaku wrapped up the win with a well-taken effort after racing on to a through ball from Meunier. Cherchesov conceded his team had struggled after falling behind to Lukaku's opener. "Our tournament is continuing. We are doing our job. We chose our system, it worked partly but then started to break down. The Belgians scored and then it was difficult to get the ball off them."

The Russians host Finland on Wednesday and will need to quickly get their campaign on track.



Romelu Lukaku

Photos: GETTY IMAGES

BARBORA KREJCIKOVA WINS FRENCH OPEN

Dedicates the Grand Slam victory to former mentor, the late Jana Novotna

Barбора Krejčíková threw her head back and smiled before blowing kisses skywards. The 25-year-old, the world No.33, paid a moving tribute to Jana Novotna, her mentor, who lost her battle with cancer four years ago. Krejčíková was with the Czech champion in her final days. "Literally her last words to me was 'just enjoy, win a Grand Slam'. For the last two weeks, I felt she has been looking down on me. All this happened because of her." Krejčíková, who edged out the injured Russian Anastasia Pavlyuchenkova 6-1 2-6 6-4 in just under two hours to clinch her first major singles crown, was fittingly presented with the Coupe Suzanne-Lenglen by Czech-born American Martina Navratilova. Krejčíková, cheered on by compatriot Jan Kodes, is the first

OLD VS NEW AT MEN'S FINAL

As significant as it was for Novak Djokovic to eliminate Rafael Nadal in the French Open semifinals, it is the outcome of the final against Stefanos Tsitsipas that will matter the most. This is his 29th final, 28 more than his much younger opponent. He has made perfectly clear that all he really cares about at this stage of his career is winning. He is just one win away from the men's-record 20 accumulated by rivals, Roger Federer and Nadal and means he can join Rod Laver and Roy Emerson as the only men in tennis history to win each of the four major tournaments at least twice, something Federer and Nadal haven't done.

FOR THE LATEST: TOISTUDENT.COM

Czech woman after Hana Mandlikova, in 1981, (playing for Czechoslovakia) to win the French Open.

Krejčíková got off to a good start. She was broken in the opening game of the match, but won six straight games to seal the set. On a 11-match win streak, she broke the Russian at love in the seventh of the decider.

Pavlyuchenkova struggles with injury

Pavlyuchenkova, who turns 30 in three weeks, went for the lines, threw in drop shots and changed the pace of play to work her way back into the match. The Russian, who was clutching her leg between points, said she was "struggling to serve". Krejčíková has claimed the singles crown three years after becoming the Roland Garros doubles champion.



Barbora Krejčíková

'MIRABAI CHANU WILL FIGHT FOR GOLD'

Indian Weightlifting Federation's (IWLFF) secretary-general Sahdev Yadav feels weightlifter Mirabai Chanu will fight for gold medal in the upcoming Tokyo Olympics. The International Weightlifting Federation (IWF) confirmed that Mirabai has qualified for the Tokyo Games in the women's 49kg category. Mirabai had booked her place by winning a bronze medal in the Asian Championship in April with a world record in Clean and Jerk and she has now qualified on the basis of her standings on IWLFF's absolute ranking.

"It's very good news for the federation after a long time we have got this opportunity. Last time in Rio Olympics we had this chance but we didn't get



Mirabai Chanu

success at that time. Mira has worked hard in the last four years and I am sure this time she will get the success and will fight for gold," said Sahdev. "It is positive news not just for us but for the nation, she is training in America and I am closely watching the way she is working and I have no doubt she will fight for a gold medal," he added.

The IWLFF secretary-general said Mirabai will show her potential in the Tokyo Olympics. ANI

Photo: AP

Photo: GETTY IMAGES

QUIZ TIME!

Q1: Who won the Azerbaijan GP 2021?

- a) Max Verstappen b) Sergio Perez
c) Lance Stroll d) Esteban Ocon

Q2: Which long distance runner broke the women's 10,000 meter world record set by Sifan Hassan only recently?

- a) Letesenbet Gidey b) Hellen Obiri
c) Faith Kipyegon d) Genzebe Dibaba

Q3: Which Russian tennis player reached the quarter finals of the French Open 2021 after a decade?

- a) Svetlana Kuznetsova
b) Vera Zvonareva c) Anastasia Myskina
d) Anastasia Pavlyuchenkova

Q4: Who is the second fastest woman in history clocking a world - leading 20.63 seconds for the 100m?

- a) Elaine Thompson
b) Shelly-Ann Fraser - Pryce
c) Allyson Felix d) Veronica Campbell Brown

Q5: Who won the 2018 NBA most improved player of the year award?

- a) Victor Oladipo b) CJ McCollum
c) Brandon Ingram d) Jimmy Butler

Q6: Golfer Lydia Ko's world ranking this week dropped for the first time in 2021. Where is she now placed?

- a) 12th b) 8th c) 4th d) 16th



Photo: GETTY IMAGES

Q7: Scott Dixon won on the IndyCars circuit, his first win of 2021. Where is he placed in the overall drivers' standings after four rounds?

- a) Third b) Fifth
c) First d) Second

Q8: Which team will Nelson cyclist George Bennett lead at the Giro d'Italia?

- a) Ineos-Grenadiers b) Jumbo-Visma
c) Deceuninck Quick-Step
d) Team BikeExchange

Q9: How many players are on each side of the net in beach volleyball?

- a) Two b) Three c) One d) Four

Q10: With which car did Fernando Alonso win his first title in Formula 1?

- a) Mercedes b) McLaren
c) Renault d) RedBull

Q11: Who was the champion of the Tour de France from 1999 to 2005?

- a) Lance Armstrong b) Jan Ullrich
c) Luke Armstrong d) Floyd Landis

ANSWERS: 1. b. Sergio Perez 2. a. Letesenbet Gidey 3. d. Anastasia Pavlyuchenkova 4. b. Shelly-Ann Fraser - Pryce 5. a) Victor Oladipo 6. b. 8th 7. c. First 8. d. Team BikeExchange 9. a. Two 10. c. Renault 11. a. Lance Armstrong



THE TIMES OF INDIA

www.toistudent.com



TODAY'S EDITION

➤ Happiness words from around the world
➤ 5 fun facts about the English language
PAGE 2



➤ Learn to tap your feet this summer
➤ A psychologist's path for a meaningful life
PAGE 3



➤ It's OK to not be OK: Sportspersons and mental health
PAGE 4



STUDENT EDITION
SATURDAY, JUNE 12, 2021

LATEST BUZZWORDS EXPLAINED

Doxxing

Doxxing or doxing is the act of publicly revealing previously private personal information about an individual or organisation, usually through the Internet. Methods employed to acquire such information include searching publicly available databases and social media websites (like Facebook), hacking, and social engineering. Doxxing may be carried out for various reasons, including online shaming, extortion, and vigilante aid to law enforcement. It's a neologism that has evolved over its brief history. It comes from a spelling alteration of the abbreviation "docs" (for "documents").

While the practice of revealing personal information without one's consent predates the internet, the term doxxing first emerged in the world of online hackers in the 1990s, where anonymity was considered sacred. Feuds between rival hackers would sometimes lead to someone deciding to "drop docs" on somebody else, who had previously only been known as a username or alias. "Docs" became "dox" and eventually became a verb by itself. Doxers aim to escalate their conflict with targets from online to the real world, by revealing information, which includes home addresses, workplace details, phone numbers, etc. Of late celebrities, politicians, and journalists are amongst those who have been doxxed, making them suffer from online mobs. Interestingly, doxxing is not considered illegal in spite of all the harm it can cause as long as the information obtained lies within the public domain and was obtained legally. Because doxxing is a relatively recent phenomenon, the laws around it are constantly evolving and are not always clear cut.

CLICK HERE: PAGE 1 AND 2

Seek hope by taking tips from the philosophy of Logotherapy, which is rooted in the future, unlike the 'staying in the present' and 'taking each day at a time' way of living. To understand how to make it work for yourself, here's the drill...

RETHINK



Build your HOPE Muscle

Pallavi.Shankar@timesgroup.com

Aditya Singh*, an MBA second year student got admission in a prestigious management institute after years of hard work and careful planning, not to mention that it wasn't a cakewalk for his middle class family with a modest income. Before Singh could even see his dream campus, Covid-19 struck and the rest is easy to imagine. When education became remote and restricted to students' homes, it affected the aspirations, enthusiasm and career plans of zillions of students. Hope becomes a casualty of sorts in such a scenario and what is needed then are emotional workouts to reclaim it. One such mental health doctrine is 'logotherapy',

"Suffering builds character. Don't surrender to it, rather, make it tougher you up to reach your life purpose and meet your goals"
— PRIA WARRICK, psychologist

which is about finding purpose in life when things around you are seriously shaky. It's about braving the present day challenges for a better future – for fulfilling your deepest ambitions.

LOGOTHERAPY'S ORIGIN AND RELEVANCE
The doctrine of survival according to

which you motivate yourself to be hopeful isn't typically new. It has been around since centuries but it got a legit term – 'logotherapy' – when decades ago a young Austrian neurologist and psychiatrist Viktor Frankl managed to survive the unspeakable horrors of Holocaust in his years at different concentration camps in Germany. He lost his family in the terrible years of Hitler's rule in Germany. While many didn't survive the brutality of those camps, Frankl did so and later realised that the difference between those who survived the experience and those who didn't was mainly one – a

sense of purpose. This came to be known as logotherapy. Frankl could make it alive because of his desire and will to complete a manuscript he had been working on for some time and this 'purpose' gave him the courage to fight all odds and eventually get

Multiple studies have found a link between meaninglessness and depression. Without a purpose, people fill the void in their life with sadness, boredom and negative preoccupation

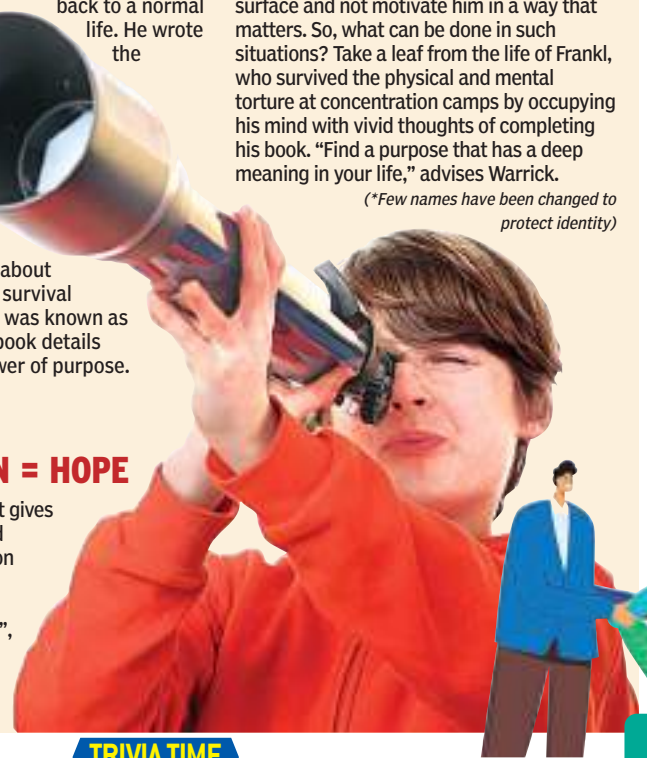
back to a normal life. He wrote the adding, "When there is a lack of purpose, the mind becomes weak." It's also important to remember that in the face of a life changing loss or backbreaking hardships, implementing 'small changes' may not help in a substantial way. For instance, if you advise a depressed student who missed a chance to study abroad because of the challenges of the pandemic to feel better by cultivating a new hobby, it may just skim the surface and not motivate him in a way that matters. So, what can be done in such situations? Take a leaf from the life of Frankl, who survived the physical and mental torture at concentration camps by occupying his mind with vivid thoughts of completing his book. "Find a purpose that has a deep meaning in your life," advises Warrick.

popular book 'Man's Search for Meaning', which is about his experience and survival techniques in what was known as death camps. The book details extensively the power of purpose.

PURPOSE = MOTIVATION = HOPE

So, is it purpose that gives people the will and strength to go on despite their hardships or losses? "Yes", says psychologist Pria Warrick,

Hope is not limited to picture postcard positivity, it is a habit that needs hard work to stay



GOOD TO KNOW



ROUTES TO SUSTAINABLE FASHION

Looking to being more sustainable in your fashion choices? Know that there are many ways to do that

- 1. Buy better**
When you are buying the next time, think about your choices and buy better. When you say buy better in sustainable fashion, you mean buy high quality products that are likely to last longer. Go for timeless designs and not trendy pieces. Because trends fade, classics remain. **TIP:** Pick classics like a black dress, pants or a white shirt. Add statement accessories like a scarf, pin to make it trendy.
- 2. Go secondhand**
Thrifty, vintage, pre-loved are not mere words. Thrift and resale are fashion's fastest growing segments. Buying secondhand clothing helps lower the overall demand for new clothing to be produced. And with the sector getting formalised, buying secondhand is like buying new fashion. **TIP:** Shop through thrift shops that tell you everything from where they got the garment, the condition, etc.
- 3. Made to order**
Every 90s kids remembers wearing tailored clothes as there were not too many fashion outlets then. Getting your clothes tailored is a great way to support the maker and not feed the fast fashion chains where you
- 4. Ethical & fair**
Buying ethical and fair means only going for established and proven ethical shopping brands. **TIP:** Before shopping from a sustainable brand, ask questions about their practices and certifications.
- 5. Recycle, repair**
Thanks to an online celebration of the culture of repair, tears and mends in clothes are no longer something to be ashamed of. **TIP:** Upcycling is also a part of this but it's a skill that needs to be learnt as wrong methods can lead to more wastage.
- 6. Rent, swap**
There's a reason why occasion-wear rental is on an all-time high. Most of these clothes in our closet that have been worn once for an occasion and never to be seen again. Renting your clothes for a function is great way to save your closet space and money. **TIP:** Most clothes that you wear for a formal function are rarely worn twice. Borrow from friends and family.



- On June 12, 1942 Anne Frank received a present for her 13th birthday – a diary. Her father had taken her to pick out the red, checked autograph book on 11 June. Her first words were: "I hope I shall be able to confide in you completely, as I have never been able to do in anyone before, and I hope that you will be a great support and comfort to me."
- Anne was the daughter of a Jewish industrialist, Otto Frank and was born in 1929 as Annelies Marie Frank at Frankfurt, Germany. Her father was a German businessman who served as a lieutenant in the German army during the First World War. But amid rising anti-Semitism and Nazi persecution of Jews, Otto moved his family to Amsterdam in the autumn of 1933.
- Otto ran a company called Opekta that spices and pectin used in the manufacture of jam. On 5 July 1942, Margot received an official summons to report to a Nazi work camp. Her father was having none of it so the next day the Frank family went into hiding, moving into a secret annex in the offices of Otto's company, where they hid for 2 years.
- Anne passed much of the time reading writing in her diary. She started each entry with the words "Dear Kitty", an imaginary friend. For all its passages of despair, the diary is essentially a story of faith, hope and love in the face of hate. On 15 July 1944 Anne wrote: "It's difficult in times like these: ideals, dreams



The Story of the World's Most Famous Diary

It was on June 12, 1942 that Anne Frank was gifted her diary, and she made the first entry two days later. The rest, as they say, is history

and cherished hopes rise within us, only to be crushed by grim reality. It's a wonder I haven't abandoned all my ideals, they seem so absurd and impractical. Yet I cling to them because I still believe, in spite of everything, that people are truly good at heart."

- She celebrated two birthdays while living in hiding. Anne's 14th and 15th birthdays were spent in the annex.
- Anne wrote two versions of her diary. The first version (A) began in the autograph book and spilled over into at least two notebooks. Anne rewrote her diary in

"It's utterly impossible for me to build my life on a foundation of chaos, suffering and death. I see the world being slowly transformed into a wilderness, I hear the approaching thunder that, one day, will destroy us too, I feel the suffering of millions..." – FROM ANNE'S DIARY

- 1944 after hearing a call on the radio for people to save their war-time diaries in order to help document the suffering of the Nazi occupation once war was over.
- The Franks were taken to Auschwitz concentration camp in Poland. Mother Edith passed away there while Anne and Margot were transferred to the Bergen-Belsen camp in the winter of 1944. Here the sisters succumbed to typhus – just a few weeks before the camp was liberated by British forces.
- Following the arrest of those in the annex, Anne's diary was retrieved by Miep Gies, one of the trusted friends who had helped the Franks. Gies gave the diary to Otto in July 1945. Otto eventually gathered the strength to read it. He was awestruck by what he read and later had it published. "There was revealed a completely different Anne to the child that I had lost," he wrote in a letter. "I had no idea of the depths of her thoughts and feelings."
- The first version of Anne Frank's diary "Het Achterhuis" was published in The Netherlands on June 25, 1947. The Diary of a Young Girl since has been translated into as many as 70 languages and has sold more than 30 million copies.

(Clockwise from left) Anne and her sister Margot's tombstone at Bergen-Belsen; a commemorative stamp; with her friends (right); Otto Frank with secretary Miep Gies; Anne at School and the famous book

SELF-CARE

Rice for your face?



HOW DOES IT WORK?

Rice water soothes the skin. It contains antioxidants that restricts elastase, a compound that causes damage to elastin in your skin. It also tackles inflammation and cures pimples. Cosmetologist Bharti Taneja says that rice has excellent anti-ageing properties when applied to skin. "It revitalises and protects the skin from sun damage. It comes loaded with antioxidants that fight free radicals and give you a more youthful-looking skin. It helps in skin brightening too," she adds. It's considered a mild exfoliator, making it ideal for daily use.

HOW TO USE IT?

Usage of rice water is originally an ancient recipe made popular by Japanese. Dr Nivvedita Mahandru, naturopath, notes that the discovery of rice as a beauty treatment began recently with the popularity of South Korean skincare regimen. She advises preparing rice creams, serums, toners, scrubs for everyday use that can be refrigerated for 10-15 days. Her pick is a rice-water toner for night-care routine that can give you a blemish-free skin. You can use fermented rice water to remove dandruff. Take milk cream and cooked rice with water, aloe gel, rose essential oil, mix and apply every day as a night cream. Mahajan suggests freezing diluted rice water in an ice tray and using these to soothe mosquito bites, redness and eczema. TNN

ACTIVATED RICE WATER

Soak rice for 30 mins or boil rice and then strain the water. Store in a spray bottle and refrigerate. Spritz it to refresh and revitalise your skin or use as a hair conditioner. Use it as a last rinse – leave for 10 minutes and then wash with water.

RICE FACE MASK

Mix 1 tsp rice powder, 1 tsp besan, a pinch of turmeric and a few drops of milk. Apply and let it dry. Gently scrub and wash off.

PETS

DOG DELIGHTS

Keep these in mind before bringing home a dog

- ARE YOU COMMITTED?**
Dogs are here to be with you. The average dog has a life span of around 12-13 years and so, you need to be sure of the commitment you are giving to the dog. You have to give them your time.
- WHAT BREED?**
Before you decide on a dog, be sure to research the different breeds of dogs. It's wise to get a dog that suits your home environment. Factor in your living situation – small house or big, joint family, open areas around the house, etc.
- WHAT COST?**
Besides the dog food and pet accessories, visits to the vet need to be factored in. Dog rearing is not cheap.
- ANY GOOD VETS?**
It's important to have a veterinarian and an animal hospital nearby because you never know when your dog would need a vet.
- CAN YOU PET PROOF?**
Make sure your dog lives in a pet-friendly space in your home. Don't keep any dangling cords and be sure to check if balconies are wired off for puppy's safety.
- CAN YOU TRAIN?**
It's going to take time. Your dog will need efficient training to be a good kid. There are multiple tutorials on the internet that will help you. You have to dedicate time every day to train your pet.



HAPPINESS WORDS

from around the world

HOPPER and CROCKY bring 10 untranslatable words spreading joy and well-being that the world could really do with right now...

A lecturer at the University of East London, Tim Lomas specialises in a field known as positive psychology, the study of what makes human beings happy. In 2015, Lomas started the Positive Lexicography Project, a crowdsourced treasury of global terms of well-being. With the help of far-flung strangers on the internet, he's since mined 140 languages to come up with a whopping 1,200 words. Each has its own unique shades of meaning not fully captured in English translation. He argues that engaging with these "untranslatable" terms can help us imagine, and ultimately experience, more types of well-being.

1 Shinrin-Yoku (Japanese): Forest bathing (or shinrin-yoku) broadly means taking in, in all of one's senses, the forest atmosphere. Not simply



a walk in the woods, it is the conscious and contemplative practice of being immersed in the sights, sounds and smells of the forest.

3 Tarab (Arabic): Musically induced ecstasy or enchantment. In Arabic, this sense of losing yourself in the music is called Tarab.

2 Fjaka (Croatian): The sweetness of doing nothing. In a world that prioritises the ability to multitask above all else, not trying to check the next item off your to-do list can seem overindulgent or even counterproductive. But if you do manage to surrender your whole mind and body to not doing anything at all, it can feel almost euphoric. Croatians call this all-encompassing relaxation fjaka.



Though the specific songs, emotional reactions, and reasons behind those reactions may vary from person to person, being moved by music is a universal experience — even babies sometimes cry when they hear certain songs.

4 Charmolypi (Greek): It is a mixture of the words "happiness" and "sadness". Thus, charmolypi is a feeling that combines sorrow and joy. It does not simply mean having mixed feelings about something, however. The feelings are integrated, in that joy springs from right in the middle of sorrow.

5 Sprezzatura (Italian): It's "studied carelessness," a character of effortless grace. Whether it pertains to fashion, leadership style, or charm, it's an inherent grace that makes the complex or difficult look — appear to be — simple. Sprezzatura is an Italian word that first appears in Baldassare Castiglione's 1528 *The Book of the Courtier*, where it is defined by the author as "a certain nonchalance, so as to conceal all art and make whatever one

does or says appear to be without effort and almost without any thought about it".

6 Orka (Swedish): Completing a task isn't always just about having enough physical energy for it — you also have to care enough to actually expend that energy. You might have orka to throw a surprise birthday party for your best friend, but you might not have orka to study for a quiz that probably won't affect your final grade.

7 Flâner (French): Perhaps one of the most Parisian of all French words, the verb "flâner" was defined in the 19th century by the Paris literary crowd. It refers to the art of leisurely strolling the streets of Paris without any goal or destination simply for the pleasure of soaking up the city's beauty. These aimless pedestrians are known as "flâneurs."

8 Merak (Serbian): The Serbian word merak is a wonderful little word that refers to a feeling of bliss and the sense of oneness with the universe that comes from the simplest of pleasures. It is the pursuit of small, daily pleasures that all add up to a great sense of happiness and fulfillment.

9 Mir (Russian): Mir is a short and beautiful word that holds two very different, yet equally important meanings in modern Russian: "World" and "Peace."



10 Fika (Swedish): Fika means 'a sociable coffee break', but it's not a coffee break as we know it. Fika is an opportunity to 'pause and reconnect each day'.



5 Fun facts about the ENGLISH LANGUAGE

1. "E" IS EVERYWHERE!

The most common letter in English is "e". According to 'Readers Digest', "In an analysis of all 240,000 entries in the Concise Oxford English Dictionary, editors found that the letter E appears in approximately 11% of all words in the common English vocabulary, about 6,000 more words than the runner-up letter, A. What's more: E is the most commonly struck letter on your keyboard, and the second most popular key after the space bar. It's one-third of the single most-used word in English — "the" — and appears in the most common English noun ("time"), the most common verb ("be"), in ubiquitous pronouns like he, she, me, and we, not to mention tens of thousands of words ending in -ed and -es.

3. A WORD FORMED BY JOINING TOGETHER PARTS OF EXISTING WORDS IS CALLED A "BLEND" (OR, LESS COMMONLY, A "PORTMANTEAU WORD").

Many new words enter the English language in this way. Examples are "brunch" (breakfast + lunch); "motel" (motorcar + hotel); and "guesstimate" (guess + estimate). Note that blends are not the same as compounds or compound nouns, which form when two whole words join together, for example: website, blackboard, darkroom.



5. SHAKESPEARE GAVE US 1,000 NEW ENGLISH WORDS

English language would not be the same without William Shakespeare. The Bard invented over 1,000 words, which he incorporated into his writing. Just some of the fantastic words and phrases invented by this famous poet include: ■ **Addiction:** Being psychologically or physically dependent on something, usually a drug. ■ **Bedazzled:** Blinded by something incredibly wonderful. ■ **Cold-blooded:** Either an animal with cold blood (like a reptile) or a way to describe someone who's cruel and indifferent to emotion. ■ **Swagger:** To walk in a way that shows you're boasting or disrespectful. ■ **Break the ice:** To relieve the tension or silence in a conversation by talking.

2. THE LONGEST WORD YOU CAN MAKE USING ONLY FOUR LETTERS IS "SENSELESS."

The letters B, A, and N can spell BANANA, which is six letters long, and the letters S, E, and D can spell SEEDS, which is six letters long. The longest words with no repeated letters are "dermatoglyphics," "misconjugatedly," and "uncopyrightables" (but we're probably not going to use any of those words in a sentence anytime soon!).

4. THERE ARE NINE DIFFERENT WAYS TO PRONOUNCE 'OUGH' IN ENGLISH.

This sentence contains all of them: 'A rough-coated, dough-faced, thoughtful ploughman strode through the streets of Scarborough; after falling into a slough, he coughed and hiccoughed.'



WHAT IS AN OXYMORON?

An oxymoron is a figure of speech, usually one or two words, in which seemingly contradictory terms appear side by side.

This contradiction is also known as a paradox. In speech, oxymorons can lend a sense of humour, irony, or sarcasm. The word is derived from two ancient Greek words: oxys, which means "sharp," and moronos, which means "dull" or "stupid."

Some common examples:

- Stiff drink
- Black light
- Clearly confused
- Genuine fake
- Same difference
- Friendly fire
- Virtual reality
- Controlled chaos
- Freezer burn
- Silent scream
- Terribly good
- Wise fool
- Close distance

Some examples of oxymoron in literature:

"I do here make humbly bold to present them with a short account of themselves..." Jonathan Swift

"The bookful blockhead, ignorantly read, / With loads of learned lumber in his head..." Alexander Pope

"He was now sufficiently composed to order a funeral of modest magnificence..." Samuel Johnson

"O nothing of nothing first create! / O heavy lightness, serious vanity! / Misshapen chaos of well-seeming forms! / Feather of lead, bright smoke, cold fire, sick health!" William Shakespeare, *Romeo and Juliet*, Act 1, scene 1

"It was the best of times, it was the worst of times." Charles Dickens, *A Tale of Two Cities*

IMPERFECT PERFECTION



Queries relating to language skills

Do you find grammar confusing? Do you get stuck with words when writing a letter, an essay or a blog? Do you have a fear of public speaking? Or do you simply want to improve your communication skills? Times NIE is here to help you to master the intricacies of the English language.

Just shoot us your queries on toinie75@gmail.com

LANGUAGE QUIZ

1. What do you call a native of Kenya?
2. What is the official language in Kosovo?

3. Which weekday is domingo in Spanish and dimanche in French?

4. What is another word for wall painting or mural?

5. What does the Latin proverb - Errare Humanum est - mean?

6. What word is used in Hawaii both to greet and to say goodbye?

7. Which is the world's second largest French-speaking city?

8. What is the meaning of the Arab word Habibi?

Answer: 1. Kenyan 2. Albanian 3. Sunday 4. Fresco 5. Err is human 6. Aloha 7. Montreal Canada 8. Sweetheart

GAME FOR SOME FUN?

Fun activities that help develop language learning in children



Word games: Games offer a break from tedious work, but not a break from learning.

There are thousands of language games to make education fun. Expand your children's vocabulary with word games. It can be as simple as pointing out items at home or during a road trip e.g. "I am now mixing the butter into the batter" or "Tall buildings are also called skyscrapers". You might even give the definition or share background information about these words. Games like Scrabble, Twenty Questions, Pictionary or a round of Charades also encourage vocabulary development and communication skills.

Jokes: Telling age-appropriate puns also help foster good humour and creativity in children. This encourages wordplay and imagination. You can read through kid-friendly joke books and take turns telling witty stories. Avoid being too critical of their gags, speech, or articulation.

Riddles: Riddles are fun ways to use words and paint pictures of scenes or situations. Read or say riddles aloud to each other and explain to your children the different definitions of a



single word e.g. school as in a place of learning or school as in a group of fish to help them understand the riddle better.

Rhymes: The repetitive chanting, reading, writing, or hearing of rhymes promotes good listening skills and memory retention, aside from developing speech. You can also let your children tell you about their favourite toys using rhyming words.

Storytelling: Sharing stories — whether real or make-believe — can provide a good bonding time with your children while helping develop their communication skills. Exchange stories about daily events. Broaden their

imagination with fantastical stories and let their creativity grow as you make up stories about anything and everything around them.

Songs: Aside from harnessing their musical abilities, songs also help children learn new words. Lyrics have a sense of rhyme and rhythm so it will be easy and entertaining for them to sing along.

Tongue twisters: Tongue twisters are an excellent and fun way to teach children correct pronunciation and enunciation of words. It is a fun way to train their tongue to pronounce words. Start with simple ones and work your way up.

CENTER STAGE, 2000

A dozen adolescents have begun their training at the renowned American Ballet Academy, where they encounter tremendous physical and mental stress while vying for a coveted spot in a celebrated dance company.



WHITE NIGHTS, 1985

When his plane makes an emergency landing in Siberia, ballet dancer Nikolai



Rodchenko (Mikhail Baryshnikov) is recognised as a defector and brought into custody. Returned to Leningrad and reunited with his former love, aging prima ballerina Galina Ivanova (Helen Mirren), Nikolai meets American dancer Raymond Greenwood (Gregory Hines), who defected to the Soviet Union during the Vietnam War but has secretly grown disenchanted. Together, they plot an escape to the American consulate and freedom.

SAVE THE LAST DANCE, 2001

Sara (Julia Stiles) is moved from a small Midwestern town to the south side of Chicago when her mother dies in a car accident, and must live with her father. She soon falls for an African American teenager (Sean Patrick Thomas) at her new



LEARN To Tap your FEET This SUMMER

These movies will show you how to dance away your blues

high school and he has less than an idyllic past. They share a love for dance, and together, they tackle the problems that go with an interracial relationship.

SHALL WE DANCE, 2004

Despite having a great career and a loving family, lawyer John Clark (Richard Gere) is missing something in his life as he meanders listlessly from day to day. On his commute back home one night, Clark notices a stunning woman (Jennifer Lopez) in a dance studio and decides on a whim to join a class for ballroom dancing. While Clark finds a new spark in his life, his wife, Beverly (Susan Sarandon), grows suspicious of his frequent absences, since he decides to keep his dancing a secret.



STEP-UP, 2006

Tyler and Nora meet at Maryland School of the Arts, where Tyler works as a janitor. They fall in love and encourage each other to follow their passion for dance and fulfil their dreams.



TAKE THE LEAD, 2006

When internationally renowned dancer Pierre Dulaine (Antonio Banderas) takes a teaching job in a New York City public school, he meets ridicule from the street-wise students, who scoff at the notion of ballroom dancing. Far from being discouraged, he melds their hip-hop moves with his classical style, helping them create a dance form and, in the process, becoming their mentor.



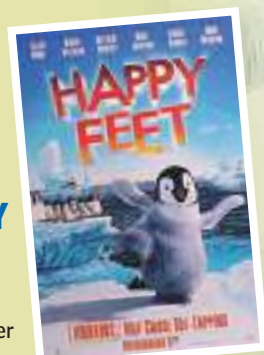
FOOTLOOSE, 1984

Moving in from Chicago, newcomer Ren McCormack (Kevin Bacon) is in shock when he discovers the small Midwestern town he now calls home has made dancing and rock music illegal. As he struggles to fit in, Ren faces an uphill battle to change things. With the help of his new friend, Willard Hewitt (Christopher Penn), and defiant teen Ariel Moore (Lori Singer), he might loosen up this conservative town. But Ariel's influential father, Reverend Shaw Moore (John Lithgow), stands in the way.



HAPPY FEET, 2006

Unlike other penguins,



Mumble is a gifted tap dancer, which earns him the wrath of the elders of his clan, who send him in exile. Mumble then befriends the Amigos, who help him rediscover himself.

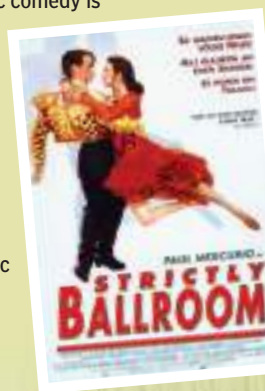


BILLY ELLIOT, 2000

The life of 11-year-old Billy Elliot, a coal miner's son in Northern England, is forever changed one day when he stumbles upon a ballet class during his weekly boxing lesson. Before long, he finds

STRICTLY BALLROOM, 1992

This romantic comedy is about the dreams of youth and ultimate fulfillment. It tells a story of love and conflict of two young people fighting for artistic freedom against a repressive regime.



THE BLACK WIDOW IS ALSO SUPER SOLDIER, LIKE CAP!



As the movie releases in a less than a month, let's find out about the superpowers of Natasha Romanoff, aka, The Black Widow, as portrayed in the comic books. Did you know that Natasha Romanoff has done a fair bit of fighting in the Second World War too? In fact, it was in this war that she first met Captain America and Wolverine! Here's what happened in the comic books... Natasha Romanoff was born in the Soviet Union as Natalia Alianovna Romanova. Her exact parentage is unknown, but there are rumours that she is related to the late Romanov dynasty – the former rulers of Russia. Orphaned as a child, she was rescued during an attack on Stalingrad by a man named Ivan Petrovitch Bezukhov, who looked after and trained her. As she grew older, Natasha caught the attention of the KGB, and was recruited into their ranks. During World War II, Natasha was kidnapped by the Hand (supervillain), who sought to make her a brainwashed master assassin. This is when she was rescued by Steve Rogers (Captain America) and Logan (who would later become Wolverine). After the Second World War, Natasha progressed into the Black Widow Programme, where young girls like her were conditioned to become sleeper agents. Trained at a facility called the Red Room, Natasha was also enhanced with the Soviets' version of the super-soldier serum, gifting her with peak human strength and stamina, resistance to disease and slowed down her ageing process considerably. In the movie version though, this part has been eliminated. On screen, the Black Widow is a deadly one-woman fighting force. An expert in many forms of martial arts, she is also a skilled gymnast, a highly-trained super spy, and is among the greatest covert assassins in the world.



12 ON 12

A clinical psychologist's path for a meaningful life

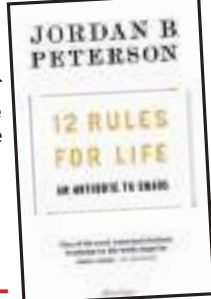
Nitya.Shukla@timesgroup.com

Ever since he published the global best seller '12 Rules for Life: An Antidote to Chaos' in 2018, clinical psychologist Jordan Peterson (born June 12, 1962) has become a worldwide enigma. A psychology professor at the University of Toronto, a YouTube and podcasting sensation, Peterson's story-based self-help manual lays down a set of simple principles that can help us live a more meaningful life. Each of the following rules are actually essays in his book which is addressed to young people. For a better understanding, we recommend you read the book in its entirety. Meanwhile...

The author has also written 'Maps of Meaning: The Architecture of Belief' (1999), and 'Beyond Order: 12 More Rules for Life' (2021)

- 1) Stand up straight with your shoulders back**
Peterson wrote that accepting responsibility for your actions is tough when you're slouching or sprawled out on the floor. He says research has shown that physical stature, even a small muscle movement, affects your emotions. For example, gradually making a sad face can make you feel sad! (Not that we encourage you to try this one out). Similarly, by standing upright with your shoulders back and your feet shoulder-width apart, one exudes confidence and shows willingness to take meaningful action. Don't believe us? Try doing this for a minute, right now.
- 2) Treat yourself like someone you would be responsible for helping**
Advocating a 'patient' approach for oneself as it fosters self respect, Peterson writes that you are important to yourself as much as other people. And by that extension, you must treat yourself kindly. For example, if you are taking fantastic care of your pets or family or friends, but not taking your meds on time, then that's not right.
- 3) Make friends with people who want the best for you**
This one is simple yet deceptive. One can have lots of good friends but whether

- they are well meaning or toxic is another matter. A good friend will demand you to be the best version of yourself, and push you to be responsible and accountable for your goals.
- 4) Compare yourself with who you were yesterday, not to who somebody else is today**
This one finds additional adaptability in the age of social media, in which your news feed seems to only feature shiny, happy people living fulfilled lives. Peterson writes that comparing yourself to others builds anger, resentment and self-loathing, which undercuts your sense of self and what you value. That's why you should strive to be better every day, even if it is 1% at a time.
- 5) Don't let your children do anything that makes you dislike them**
To prepare them for the real world, Peterson believes parents must raise kind children, which requires them to instill good values, and not tolerate ill-behaviour as it may set them up for failure in later life. He suggests teaching values like 'Never use violence unless in self-defence' instead of superficial ones like, 'You must always be in bed by 7 pm'.
- 6) Set your house in perfect order before you criticise the world**
In other words, take stock of



where you are. The idea is not to live in a perfect world, rather one should be willing to introspect deeply upon his/her life or choices to avoid making mistakes in the future.

- 7) Pursue what is meaningful (not what is expedient)**
Ever put off an important activity that you know you should do to pursue some form of short term gratification? You are not alone. There is a procrastinator in all of us who does not want to suffer. But Peterson says everyone is going through some adversity and his idea of a good life is one filled with meaning.
- 8) Tell the truth; at least, don't lie**
Paying attention to your words, not lying to yourself or others sounds easier said than done. At best, Peterson's advice is: gently lean into the idea. Telling small lies weakens, and ultimately prevents you from pursuing the goals that you set for yourself.
- 9) Assume that the person you're listening to might know something that you don't**
Extolling on the benefits of listening without premature judgment can help you build strong, genuine connections with another person. Set aside your ego for this one, he says.
- 10) Be precise in your speech**
According to Peterson, if you avoid looking deeply into a problem you are facing in hopes that it'll go away... you're wrong. It won't but it may cause doubts and uncertainties to amplify until you end up thinking that you are a catastrophic failure. Which is why, you should try being precise in your speech.
- 11) Do not bother children when they are skateboarding**
In this point, Peterson says that one must let their children simply be as they naturally are instead of rushing in to mollycoddling them or being excessively stern.
- 12) Pet a cat when you encounter one on the street**
In this point, Peterson is drawing an analogy with nature. For him, petting a cat is akin to paying attention to the little things which can make up for the suffering that adversity brings us.



THIS WEEK, THAT YEAR

On June 12, 1963, Joseph L Mankiewicz's ambitious project, the film 'Cleopatra' was released. It was the highest-grossing film of 1963, earning box-office of \$57.7 million in the United States and Canada, and one of the highest-grossing films of the decade at a worldwide level. However, it initially lost money due to its production and marketing costs of \$44 million. It received nine nominations at



the 36th Academy Awards, including for Best Picture, and won four: Best Art Direction (colour), Best Cinematography (colour), Best Visual Effects and Best Costume Design (colour). Elizabeth Taylor starred in the eponymous role. Richard Burton was Mark Antony and Rex Harrison played Julius Caesar. It chronicles the struggles of Cleopatra, the young Queen of Egypt, to resist the imperial ambitions of Rome. The film achieved notoriety during its production for its enormous cost overruns and production troubles, which included changes in director and cast, a change of filming locale, sets that had to be constructed twice, lack of a firm shooting script, and personal scandal around co-stars Taylor and Burton. It was the most expensive film ever made up to that point and almost bankrupted 20th Century Fox.

QUIZ

- "We accept the love we think we deserve." Which young adult book carries this quote?
- In the 'Divergent' series, which faction wears red and yellow coloured garments?
- Cassandra Clare's 'City of Glass' is part of which fantasy YA series?
- John Green's best-selling novel 'The Fault in Our Stars' was made into a movie. Can you name the two lead actors?
- Who wrote 'The Twilight series'?
- In the 'Golden Compass', each character has a companion. What are these companions called?
- Who is lead character in the book 'The Maze Runner'?
- Who is the heir of Slytherin in 'Harry Potter and the Chamber of Secrets'?
- Who killed Kronos in the end of 'The Percy Jackson' series?
- Who wrote classic YA novel 'The Outsiders'?

- ANSWERS**
- 'The Perks of Being a Wallflower' by Stephen Chbosky
 - Amity faction
 - 'The Mortal Instruments' series
 - Shailene Woodley and Ansel Elgort
 - Stephanie Meyer
 - Daemons
 - Thomas
 - Tom Riddle
 - Luke
 - S E Hinton

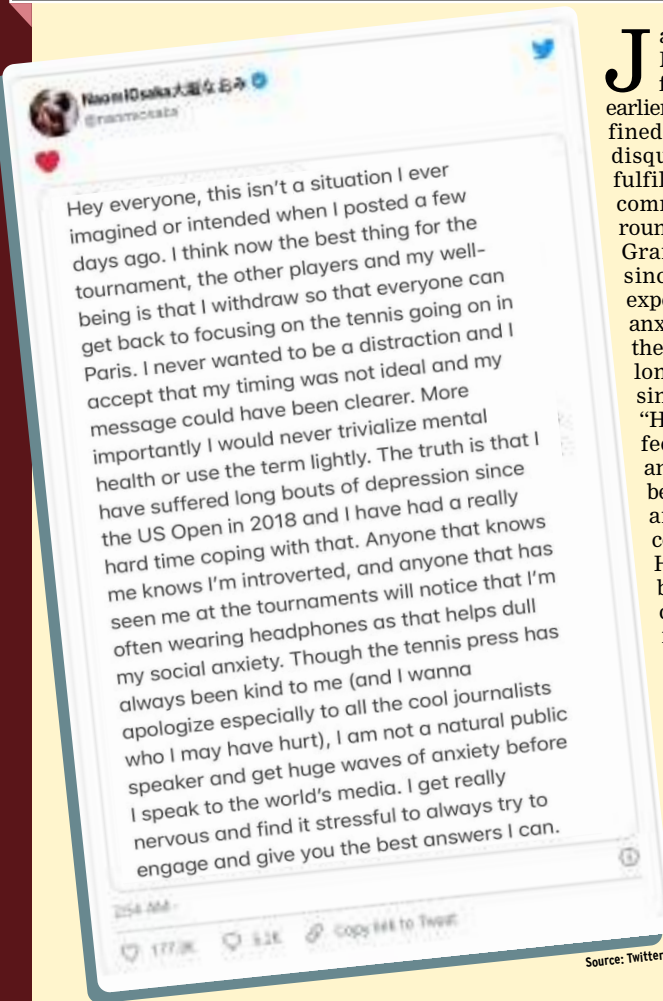
Photo: AFP



IT'S OK TO BE NOT OK

The conversation surrounding mental health has never been frank and open. A large number of sportspersons have battled anxiety and depression but few have spoken about it in their heyday. That many of them take time off from the game to focus on their mental well-being throws light on the pressures they face. Tennis player Naomi Osaka's recent withdrawal from the French Open, citing anxiety over facing the press, will hopefully make the world take a kinder view of how debilitating mental health issues can prove to be for sports personalities

NAOMI OSAKA'S WITHDRAWAL



Source: Twitter

Japanese tennis star Naomi Osaka withdrew from the French Open earlier this month after she was fined and threatened with disqualification for not fulfilling mandatory media commitments, after a first round victory. The four-time Grand Slam champion has since revealed that she experiences "huge waves of anxiety" before speaking to the media and has suffered long bouts of depression since the US Open in 2018. "Here in Paris I was already feeling vulnerable and anxious so I thought it was better to exercise self-care and skip the press conference," she said. Her withdrawal and the backlash that followed churned up a maelstrom of reactions, and brought to the fore the disturbing fact that mental wellness and emotional problems are not taken as seriously as physical injury. The Japanese player has now announced her withdrawal from the Berlin WTA grass court tournament, casting doubts about her participation in the Wimbledon and possibly the Tokyo Olympics too.

Sports stars who battled mental health issues

MICHAEL PHELPS

Swimmer Michael Phelps has won 28 Olympic medals, 23 of them gold. Despite the success and accolades, Phelps struggled with depression and anxiety for years, beginning in 2004. He had at least half a dozen depression spells, mainly after each of the Olympics he com-



Photo: GETTY IMAGES

peted in. In 2014, things really came to a head. He would lock himself inside a room for days and found himself feeling suicidal. That was when he finally checked himself in for treatment. He continues to seek therapy to this day. "Many people don't understand how debilitating mental illness truly can be, and even more than that, how common it is, yet people are afraid to have the serious discussions about it," he was quoted as saying in an interview.

How he dealt with it

As an athlete, having always been taught that he cannot show weakness, he is now thankful that he can ask for help. He gets a lot of support from his family, including his little children who understand that he is not feeling okay sometimes and needs to be by himself. He has said on several platforms that it is important to seek professional help, emphasising that it is often a life-long struggle. He talks about his depression on various panels to spread awareness, and is happy when people come up to him and talk about their struggles. He believes the chance to help people deal with their struggles is better than winning any gold medal.

How she dealt with it

"Over the years, I have learnt that my mental fitness is as important as my physical fitness,

if not more. I attribute a lot of my own wins and improvement to my focus on mental strength and mindset," she has said.

SACHIN TENDULKAR

Sachin Tendulkar is undoubtedly one of the greatest modern-day batsmen. He has played 200 Tests, and scored 100 international hundreds. His ODI career spanning 22 years, 91 days is the longest in cricket history. Understandably he faced constant pressure to perform, and revealed he combated anxiety during his long career. He would have sleepless nights before the match and for him, a match used to start much before he stepped on to the field. The master blaster had sleepless nights for 10-12 years.

How he dealt with it

The veteran batsman resorted to doing common activities like watching TV, shadow batting, and playing video games at odd hours of the night to distract himself. Preparing the morning tea, and ironing his clothes, helped him



Photo: GETTY IMAGES

calm his nerves ahead of a game. He followed the drill even during the last match he played for India. He believes that there is nothing wrong with having mental health issues and urged everyone to acknowledge their problems at the earliest so that a solution can be found as soon as possible.

VIRAT KOHLI

During India's tour of England in 2014, Kohli went through a rough phase with the bat in the Test series. Registering scores of 1, 8, 25, 0, 39, 28, 0, 7, 6 and 20 in five Tests and averaging 13.50 in his 10 innings, he had a disastrous tour. During an interview for a podcast later, he says he went through a tough phase during that tour and felt like the 'loneliest guy in the world' as he wasn't able to give his best performance. Despite supportive people in his life, he felt alone and opted for professional help to deal with the depression.

How he dealt with it

Known to be one of the best batsmen in modern cricket, Kohli strongly believes mental health issues cannot be overlooked as they can destroy a per-



Photo: GETTY IMAGES

son's life. He is a strong advocate for seeking professional help to deal with the issues, and that is exactly what he did to overcome depression. This helped him bounce back like the true champ that he is. He went on to slam 692 runs in the Test series against Australia in the same year.



Photo: GETTY IMAGES

ANDRE INIESTA

Andre Iniesta disclosed he felt like 'he could not take it anymore', battling depression following the sudden demise of his friend Dani Jarque in 2009. The loss of his friend impacted him to such an extent that he felt his passion for life hit an all-time low. The midfielder struggled with his mental health right before the 2010 World Cup.

How he dealt with it

Iniesta was able to seek professional help to get out of this situation. Iniesta did not lose his spark for football, as he went on to win the World Cup for Spain that year. He scored a goal against the Netherlands in the final, a goal which he dedicated to Jarque.

SARAH TAYLOR

"I was incredibly lonely", stated Sarah Taylor in an interview explaining the state of her mental health during her stint as an international cricketer. Sarah is fondly known as one of the most gifted wicket keepers in cricket history. That naturally added pressure on her shoulders. In 2016, the two-time World Cup champ took a year's hiatus from the game to deal with her anxiety. Three years later, she helped England to a World Cup victory. She hung up her boots at the age of 30, when she realized her anxiety levels were impacting her game. She says she dealt with feelings of loneliness and anxiety through the last five years of her international career.

How she dealt with it

Taylor feels the first step in dealing with mental health issues is to speak up. She credits her former Sussex and England team-mate Georgia Elwiss for making her realize that she needed help. Sarah currently works as a life coach and is supports Sussex's online mental health and wellbeing platform, a first for a professional sports club. She aims to help people combat anxiety and spread the message that, 'they are not alone'.



Photo: GETTY IMAGES

SERENA WILLIAMS

Former World No.1 Serena Williams is an American tennis player who revolutionised women's tennis with her powerful groundstrokes. Her 23 Grand Slam singles titles are more than any other tennis player during the open era. Serena took a brief hiatus from tennis after motherhood and returned to the court in March 2018. Battling postpartum depression after the birth of her daughter in 2017, she failed to win any tournament that year, though she reached the finals at Wimbledon and the US Open. At the US Open, Serena was penalised a game after arguing with the chair umpire over a code vi-

olation. That was not the first time she had battled mental health issues. According to her autobiography, depression kept her sidelined from tennis for half of 2006. Nearly a year later, she took to Instagram to acknowledge that she was still having difficulties.

How she dealt with it

Serena revealed that she consulted a therapist after the 2018 US Open final. She says it helped her open up about her problems. As powerful as it can be to talk with friends and family about depression, sometimes mental health professionals can offer important additional guidance, she believes.



Photo: REUTERS

RAFAEL NADAL

One of the greatest ever male tennis players, Rafael Nadal of Spain, has won a record 13 career French Open championships, and his total of 20 men's singles Grand Slam titles, and is tied with Roger Federer for the most in tennis history. Nadal has also won 36 ATP Masters 1000 men's singles titles, an all-time record shared with Novak Djokovic and Nadal's 13 French Open titles are a record at any tournament. Known for being one of the most mentally tough players on tour, he revealed that after suffering a back injury and undergoing surgery in 2014, he returned to the game with serious doubts about his ability to even compete at the highest level, and suffered overwhelming anxiety. Nadal revealed in an interview in 2017 that he has struggled significantly with anxiety. "I had much anxiety and couldn't control the pressure," he said. It prompted him to take a hiatus from the sport he so loves.

How he dealt with it

Uncertain of himself and his game, Nadal said he had to talk himself through everything. He says it's difficult to ex-

plain how he felt, and how that worry negatively impacted him. Nadal revealed he had to reiterate to himself to keep going in the wake of the anxiety. "It's difficult to explain these things," he said at the event. "I came back home and said to myself: you won almost everything, why are you nervous? I asked myself that same question every day."



Photo: AFP



THE TIMES OF INDIA

www.toistudent.com

TODAY'S EDITION

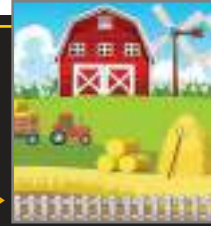
Solve few case-based questions exclusively prepared by your teacher on physical education

PAGE 2



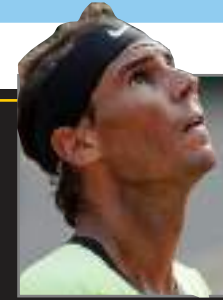
Check out your favourite activity corner; take quiz on Indian Constitution, and much more

PAGE 3



It's Nadal vs Djokovic in the French Open semi-finals

PAGE 4



STUDENT EDITION

FRIDAY, JUNE 11, 2021

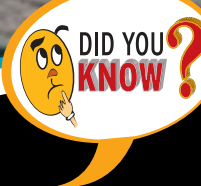


WEB EDITION

CLICK HERE: PAGE 1 AND 2



SEA SNOT



- Istanbul, a key industrial hub and Europe's most-populous city with 16 million residents, sits at one end of the sea
- Underwater videos showed suffocated coral covered with sea snot

WHAT A thick, brown, bubbly foam, dubbed 'sea snot', has covered the shores of the Sea of Marmara, alarming Istanbul residents, and threatening marine life. It has now spread to the adjoining Black and Aegean Seas. Turkey's President Recep Tayyip Erdogan has said that considerable steps will be taken to solve the problem and protect the country's seas.

WHY A marine mucilage, sea snot is formed when algae are overloaded with nutrients as a result of water pollution, combined with the effects of climate change. The nutrient overload occurs when algae feasts on warm weather caused by global warming. Water pollution adds to the problem. Environmental experts have said that overproduction of phytoplankton caused by climate change and uncontrolled dumping of household and industrial waste into the seas has led to the present crisis.

A 'sea snot' outbreak was first recorded in Turkey in 2007. Back then, it was also spotted in the Aegean Sea near Greece. But the current outbreak in the Sea of Marmara is by far the biggest in the country's history

HOW BADLY CAN THE CRISIS AFFECT THE MARINE ECOSYSTEM?

1 The growth of the mucilage, which floats up on the surface of the sea like a brown phlegm, is posing a severe threat to the marine ecosystem of the country. According to experts, it has not only caused mass deaths among the fish population, but has also killed other aquatic organisms such as corals and sponges.

2 The mucilage is now covering the surface of the sea and has also spread to 80-100 feet below the surface. Experts say, if unchecked, this can collapse to the bottom and cover the sea floor, causing major damage to the marine ecosystem.

3 Over a period of time, it could end up poisoning all the aquatic life, including fishes, crabs, oysters, mussels and sea stars, they warn.

4 Besides aquatic life, the 'sea snot' outbreak has also affected the livelihoods of fishermen. They have said that the sludge is getting collected in their nets, making

them so heavy that they break or get lost. Moreover, the mucilage coating the strings make the nets visible to fish and keep them away.

5 Some experts have also warned that the 'sea snot' can cause an outbreak of water-borne diseases such as cholera in cities like Istanbul.

SOURCE: AGENCIES

WHAT STEPS ARE BEING TAKEN BY TURKEY?

Turkey's environment minister Murat Kurum said the entire Sea of Marmara will be turned into a protected area. Moreover, steps are being taken to reduce pollution and improve the treatment of waste water from coastal cities and ships



'SV' IS THE INTERNET COUNTRY CODE TOP-LEVEL DOMAIN FOR WHICH COUNTRY?

CLUE 1: The central American nation declared its independence from Spain in 1821, and became a sovereign nation 20 years later.

CLUE 2: It holds the record for conceding the most goals in a FIFA World Cup match, losing 10-1 to Hungary in the 1982 edition.

CLUE 3: From 1980 to 1992, civil war ravaged the state, claiming lives of approximately 75,000.

ANSWER: El Salvador. It is the first country in the world to accept bitcoin as a legal tender. President Nayib Bukele announced that the Central American nation will officially recognise the cryptocurrency, following a law that legitimised it as currency. The US dollar is currently El Salvador's official currency.

CO2 EMISSIONS AT RECORD HIGH DESPITE COVID-19 PANDEMIC



The Carbon dioxide (CO2) in the Earth's atmosphere has again peaked last month, reaching historic levels, according to a new report. The atmospheric carbon dioxide peaked for 2021 in May at a monthly average of 419 parts per million (ppm), the highest level since accurate measurements began 63 years ago, scientists from the National Oceanic and Atmospheric Administration (NOAA) and Scripps Institution of Oceanography at the University of California San Diego announced.

- According to scientists, CO2 is by far the most abundant human-caused greenhouse gas, and persists in the atmosphere and oceans for thousands of years after it is emitted.
- Roughly 40 billion metric tons of CO2 pollution is being added to the atmosphere per year, they added. CO2 emissions will see a rise of 1.5 billion tons – the second-largest annual increase ever – in 2021, the IEA has said in its latest report. While this would be the biggest annual increase in emissions since 2010, it would reverse most of last year's decline caused by the Covid-19 pandemic, the IEA said.

Environment

DID YOU KNOW? The current atmospheric burden of CO2 is comparable to where it was during the Pliocene Climatic Optimum, between 4.1 and 4.5 million years ago, when CO2 was close to, or above 400 ppm. During that time, the sea level was about 78 feet higher than today, the average temperature was 7 degrees Fahrenheit higher than in the pre-industrial times, and studies indicate that large forests occupied areas of the Arctic that are now Tundra, the report said



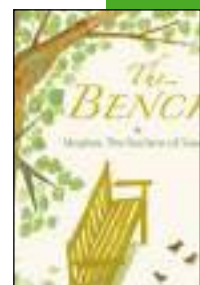
Eiffel Tower turns flag-bearer for Paris 2024 ahead of Tokyo handover

A massive Paris 2024 flag was unfurled at the top of the Eiffel Tower recently as the French capital stepped up its preparations for the handover ceremony at the end of the Tokyo Olympics. The official handover of the Olympic flag will be one of the highlights of the Games' closing ceremony, which will take place at Tokyo's Olympic Stadium on Aug 8. To celebrate the Olympics back in France, Paris 2024 organisers will open an open space offering sports and festive activities at the Trocadero Gardens throughout the Tokyo 2020 Olympic and Paralympic Games.

The Tokyo 2020 Games, which were postponed by a year due to the Covid-19 pandemic, is scheduled to begin from July 23

Meghan Markle releases first children's book 'The Bench'

UK's Duchess of Sussex, Meghan Markle, has published her first children's book. Titled, 'The Bench', the book is inspired by her husband Prince Harry's bond with their son Archie. Markle's rhyming narrative is complemented by illustrator Christian Robinson's water-colour images, showing families from different backgrounds – from a boy carrying a soccer trophy to a boy and his father wearing pink tutus.



Random House calls the book a portrait of "the special relationship between fathers and sons, through a mother's eyes"

BOOK

Avengers ready to welcome Marvel fans at new Disneyland campus



Spider-Man will fly high above Disneyland Resort's new Avengers Campus in California when it starts welcoming the public on Friday, tumbling through the air as guests below meet Iron Man, Black Panther and other Marvel superheroes. The six-acre Avengers Campus at Disney California Adventure Park is Walt Disney's latest redesign of its popular theme parks, which were closed during the pandemic...

The major attractions of the park include an aerial Spider-Man robot that performs somersaults while flying 60 feet in the air. A human dressed as Spider-Man will greet visitors at the ground level



Fan favourites from Disney's blockbuster Marvel movies – from Black Widow to Captain America and Ant-Man, will also roam the area and interact with the guests

Guests also can ride a Spider-Man attraction called Web Slingers, where they team with the character to battle out-of-control Spider-Bots. Physical sets and virtual environments will blend to make visitors feel like they are slinging their own webs, designers said



TACKLE Qs WITH THE SPIRIT OF SCIENTIFIC INQUIRY



PAPER SET BY ASHLESHA BAPAT, TGT (SCIENCE), UDGAM SCHOOL FOR CHILDREN, AHMEDABAD

SECTION-A

Question numbers 1 to 16 carry 1 mark each.

- Q1.** State the reason for the following:
(i) Potato chips manufacturers usually flush bags of chips with nitrogen gas.
(ii) Iron articles lose their shine gradually.
Q2. Define water of crystallisation.
Q3. List two biotic components of environment.
Q4. Zinc Sulphate forms a colourless solution in water. What will you observe on adding copper turning in it?
Q5. Phytoplankton ----> Zooplankton ----> Fish ----> Fish eating Bird
In this food chain which organisms will have
(i) Maximum available energy (ii) Maximum concentration of pesticides.
Q6. Two solutions X and Y are tested with universal indicator. Solution X turns orange whereas solution Y turns red. Which of the solutions is a stronger acid? State the meaning of strong acid.
Q7. Besides Gallium which other elements have been discovered to fill the gap left by Mendeleev in his periodic table.
Q8. Electric kettle of 2KW works for 2 hours daily. Calculate the commercial unit consumed in S.I. unit and commercial unit.
Q9. If in a straight wire "A" current is flowing in vertically downward direction whereas in straight wire B current is flowing in vertically upward direction. What is the direction of magnetic field?
(i) In wire "A" (ii) In wire "B"
Q10. Select saturated hydrocarbon/s from the following C_2H_6 , C_2H_4 , C_4H_{10} , C_4H_8 , C_6H_{14} .
Q11. A bulb is rated at 5V, 100 mA. Calculate Power.
Q12. Magnetic field lines of two magnets are shown in fig. A and fig. B. Select the figure that represents the correct pattern of field. Also, name the poles of the magnet facing each other.



Q13. Draw a diagram to show the formation of a rainbow.

For question numbers 14, 15 and 16, two statements are given- one labelled Assertion (A) and the other labelled Reason (R). Select the correct answer to these questions from the codes (a), (b), (c) and (d) as given below:

- a)** Both A and R are true, and R is correct explanation of the assertion.
b) Both A and R are true, but R is not the correct explanation of the assertion.
c) A is true, but R is false.
d) A is false, but R is true.
Q14. A: Ionic compounds are insoluble in water.
R: Ions are free to move in molten and aqueous state in ionic compounds.
Q15. A: Plant raised by vegetative propagation can bear flower and fruit earlier than those produced from seeds.
R: Plants which lost capacity to bear viable seeds can propagate through vegetative propagation.
Q16. A: Compass is a small magnet and gives direction of magnetic field lines.
R: It gets deflected when brought near a magnet.

Q17-20 Contains four sub-parts each. You must answer four subparts in these questions of 1 mark each.
Q17. Study the following flow chart and answer the questions 17(i) to (iv).



- (i) What is likely to happen if the number of villi increases in the intestine?
a) increase in the absorption of food
b) fast elimination of waste from the body
c) decrease in flow of blood in the small intestine
d) fast breakdown of larger food particles into smaller ones
(ii) The contraction and expansion movement of the wall of the food pipe is called:
a) Translocation
b) Transpiration
c) Peristaltic movement
d) Digestion
(iii) Which of the following events in the mouth cavity will be affected if salivary amylase is lacking in saliva?
a) Fats breaking down into fatty acids.
b) Proteins breaking down into amino acid.
c) Starch breaking down into sugar
d) Absorption of vitamins.
(iv) When a few drops of iodine solution are added to rice water, the solution turns blue-black in colour. This indicates that rice water contains:

- a)** Fats
b) Starch
c) Complex proteins
d) Simple proteins
Q18. Read the following paragraph and answer questions from 18 (i) to 18(iv).

The growing size of the human population is a cause of concern for all people. The rate of the birth and death in each population will determine its size. Reproduction is the process by which organisms increase their population. The process of sexual maturation for reproduction is gradual and takes place while general body growth is still going on. Some degree of sexual maturation does not necessarily mean that the mind or body is ready for sexual acts or for having and bringing up children. Various contraceptive devices are being used by human beings to control the size of population.

The following chart shows population of some Indian cities

| City | Population | Population density (per km ²) |
|---------|------------|---|
| Mumbai | 12,891,236 | 1,89,070 |
| Delhi | 10,877,566 | 11,315 |
| Kolkata | 4,631,392 | 28,563 |
| Chennai | 4,328,953 | 24,666 |

- (i) Which of the following determine the size of the population?
a) Birth rate **b)** Death rate
c) Both a & b **d)** None of the above
(ii) Which contraceptive method changes the hormonal balance of the body?
a) Surgical method. **b)** Oral pills
c) Condoms **d)** All the above
(iii) A surgical method is done in females for family planning. Which event will be prevented from this method?
a) maturation of eggs
b) production of eggs

- c)** entry of eggs into the uterus
d) entry of sperm into the uterus
(iv) Copper T is placed in _____ to prevent pregnancy.
a) Stomach **b)** Uterus
c) Ovary **d)** Oviduct

Q19. Study the following table and answer questions from 19 (i) to (iv)
The following table shows the boiling point of some of the hydrocarbons

| Hydrocarbon | Boiling point (°C) |
|-------------|--------------------|
| Butane | -0.5 |
| Decane | 174.0 |
| Ethane | -88.6 |
| Heptane | 98.4 |
| Hexane | 68.7 |
| Methane | -161.7 |
| Nonane | 150.8 |
| Octane | 125.7 |
| Pentane | 36.1 |
| Propane | -42.1 |

- (i) Melting and boiling point _____ with increase in molecular mass in homologous series.
a) Decreases
b) First increase and decrease
c) Increases
d) First decrease and increase.
(ii) A hydrocarbon should have a minimum of how many carbon atoms to show isomerism.
a) Three **b)** Six
c) Four **d)** Two
(iii) The heteroatoms present in hydrocarbon $CH_3-CH_2-O-CH_2-CH_2Cl$ are
(i) Oxygen (ii) Carbon
(iii) Chlorine (iv) Hydrogen
a) i and ii **b)** i and iii
c) ii and iv **d)** i and iv
(iv) The number of covalent bonds in pentane is
a) 15 **b)** 16 **c)** 17 **d)** 18

Q20. Study the following table and answer questions from 20 (i) to (iv)
The following table shows typical refraction in arc minutes and seconds for a variety of altitudes above the horizon at a temperature of 10°C and pressure of 101kPa.

| Altitude | Refraction | Altitude | Refraction |
|----------|------------|----------|------------|
| 50° | 3' 0" | 15° | 3' 41" |
| 60° | 0' 11" | 10° | 5' 25" |
| 70° | 0' 22" | 5° | 9' 48" |
| 80° | 0' 35" | 2° | 16' 56" |
| 90° | 0' 51" | 1° | 25' 45" |
| 40° | 1' 12" | 0° 30' | 35' 8" |
| 30° | 1' 45" | 0° | 28' 59" |
| 20° | 2' 45" | -0° 30' | 33' 41" |

- (i) Why does Sun appear slightly oval shaped at morning and evening?
a) The ray of light from the upper edge of the sun have to pass maximum thickness of atmosphere.
b) Due to unequal bending of light
c) The rays of the light from the lower edges of Sun are refracted more.
d) All of the above
(ii) To an observer on Earth the stars appear to twinkle. This is due to:

- a)** The fact that stars do not emit light continuously
b) Frequent absorption of star light by earth's atmosphere.
c) The fluctuation of physical conditions in the earth's atmosphere.
d) Frequent absorption of star light by their own atmosphere
(iii) With respect to atmosphere which of the point distinguish between cold air and hot air?
a) Cold air is denser than hot air
b) Hot air is lighter than cold air
c) Cold air has higher refractive index than hot air
d) All of these
(iv) When light rays from stars enter earth's atmosphere it travels from
a) Denser to rarer medium
b) Rarer medium to vacuum
c) Rarer to denser medium
d) Denser medium to vacuum

SECTION-B

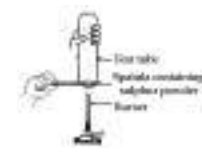
Question numbers 21 to 26 carry 2 mark each.

- Q21.** (i) A solution of a substance X is used for testing carbon dioxide. Write the equation of the reaction of X with carbon dioxide.
(ii) How is X obtained? Write chemical equation for it.
Q22. Give reasons for the following:
(i) Metals can be given different shapes according to our needs.
(ii) Hydrogen is not evolved generally when a metal reacts with nitric acid.
Q23. Write any two drawbacks of Mendeleev's periodic table.
Q24. (i) Why are the walls of the ventricles thicker than the auricles in human heart?
(ii) Why does herbivores have longer small intestine than carnivores?
Q25. With the help of a diagram show asexual reproduction in amoeba.
Q26. Atoms of an element contain five electrons in its valence shell. This element is the major component of air. It exists as a diatomic molecule.
(i) Identify the element
(ii) Show the bond formed with the help of electron dot structure between two atoms of this element.
(iii) Write the nature of bond between the two atoms.

SECTION-C

Question numbers 27 to 33 carry 3 mark each.

- Q27.** Explain in brief Advanced Sunrise and Delayed Sunset (figure is required).
Q28. Student took Sulphur powder on a spatula and heated it. He collected the gas evolved by inverting a test tube over it as shown in the figure.
(i) What will be the action of gas on?
a) dry litmus paper?
b) moist litmus paper?
(ii) Write a balanced chemical equation for the reaction taking place.
Q29. Show how would you join three resistors each of resistance 9 ohm so that the equivalent resistance of the combination is -
(a) 13.5 ohm **(b)** 6 ohms.
Q30. (i) Name the following:
(a) Part in which urine is produced
(b) Part which stores urine
(c) Part which connects (a) and (b)
(d) Part from which urine is passed out
(ii) List two factors on which reabsorption of water along the tubular part of nephron depends.
Q31. Write the names given to the vertical columns and horizontal rows in modern periodic table. How does the metal-



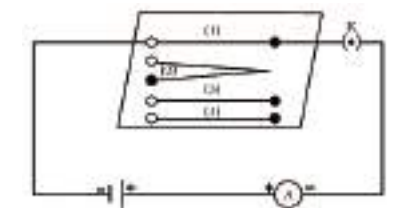
lic character of elements vary on moving down a vertical column? How does the size of atomic radius vary on moving left to right in a horizontal row? Give reason in support of your answer in the above two cases.

- Q32.** What is solenoid? Draw the magnetic field lines for current carrying solenoid.
Q33. (i) (a) Name the compound which is obtained from baking soda and is used to remove permanent hardness of water.
(b) What happens when it is recrystallized from its aqueous solution.
(ii) State what happens when:
a) Gypsum is heated at 373 K.
b) Chlorine gas is passed through dry slaked lime.

SECTION-D

Question numbers 34 to 36 carry 5 mark each.

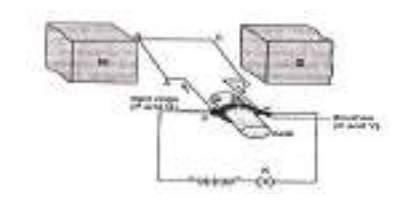
- Q34.** (i) Draw the diagram of male reproductive system and label the parts performing the following function:
a) production of sperms
b) provides low temperature for sperms
c) common passage for sperms and urine.
(ii) Trace the path of sperms from where they are produced in human body to the exterior.
Q35. An electric circuit consisting of a cell, an ammeter, a nichrome wire of length l (marked 1 in figure) and a plug key, as shown in figure.



- (i) (a) What would be ammeter reading if nichrome wire is replaced by another nichrome wire of same thickness but twice the length 2l (marked 2 in figure)
(b) What would happen to the current if nichrome wire is replaced by thicker nichrome wire of same length l. (marked 3 in figure)
(c) How the current will change if instead of taking a nichrome wire if copper wire (marked 4 in figure) is taken of same length and same area of cross section as that of the first nichrome wire. (marked 1 in figure)

(ii) How much current will an electric bulb draw from 220V source if the resistance of the bulb is 1200Ω? If in place of bulb, a heater of resistance 100Ω is connected to the source calculate the current drawn by it.

- Q36.** Observe the following figure and answer the following questions:
(i) State the principle on which this device works?
(ii) State the rule to find the direction of force on the coil.
(iii) State the factors on which direction of the force acting on current carrying conductor depends in the magnetic field.
(iv) Give the function of the following:
(a) Brushes **(b)** Split ring commutator
(c) Armature



These questions are meant for practice purpose only. Students are advised to check format, syllabus and marks for Board test papers with their teachers. Questions have been given by teachers and NIE is not responsible for them.

QUICK REVISION

CASE-BASED QUESTIONS

Q1. As Mr. Kiren Rijju, Sports Minister, has ordered to popularise the game of kabaddi among school students to develop their physical ability, Mr. Gopi, Physical Education Teacher of a reputed CBSE school has decided to conduct an Inter School Kabaddi Tournament on his school premises after proper drawing of fixtures. He consulted the Management and the Principal to conduct the Tournament of Pro Kabaddi pattern but the PE teacher was not aware of pro Kabaddi Tournament. So he discussed with the National Kabaddi Referee Association.

- A.** Which of the following is the best method to organise this kind of tournament?
(a) Knock out **(b)** League
(c) Ladder **(d)** Pyramid
B. The Knock out tournament is also known as
(a) Combination tournament
(b) Elimination tournament
(c) League tournament
(d) League cum knockout tournament
C. If 17 teams are participating in this tournament, how many teams will get bye?
(a) 15 **(b)** 1 **(c)** 13 **(d)** 9

- Q2.** Your school has been given the responsibility to conduct zonal volleyball competition. As a Head boy/Head Girl of the student council you have been asked to make various teams of students to help teacher incharges for smooth conduct of the tournament.

- A.** To help the teams to know about the fooding and stay arrangement a group of students will be assigned with _____ committee.
a) Transport
b) Registration
c) Boarding and lodging
d) Decoration
B. Students good at art and craft and creative designing will be assigned with _____ committee.
a) Reception

- b)** Registration
c) Decoration
d) Entertainment
C. Few students will be assigned with _____ committee for prize distribution.
a) Ceremonial
b) Transport
c) Registration
d) Budget

Q3. Sita got admission in class IX in a reputed school. School is taking all the children on a picnic to Ramoji Film City. Sita suffered from a severe stomach ache on her journey. Immediately the class teacher consulted a Doctor who diagnosed the problem and told her that Sita



had difficulty digesting a particular food. This can lead to symptoms such as intestinal gas, abdominal pain or diarrhoea. It is sometimes confused with or mislabelled as a food allergy.

- A.** Food intolerance can cause
(a) Diarrhoea **(b)** Anaemia
(c) Fatigue **(d)** Loss of Appetite

- B.** Which of the following is normal BMI for men?
(a) BMI <18.5 **(b)** BMI 18.5-24.9 **(c)** BMI 25-29.9 **(d)** BMI 30-34.9
C. Excess intake of Iron and Magnesium causes _____.
(a) Stone in the kidney
(b) Rickets **(c)** Nervous problems
(d) Digestive problem

LEVEL-1



SEJAL ANJARIA
Art Educator-
Zehar School for
Children, Ahmed

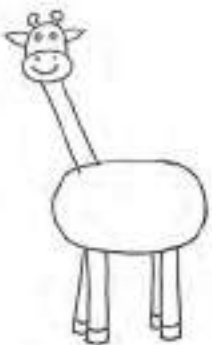
Draw the easy way



Step-1



Step-2



Step-3



Step-4



Step-5



Step-6



ATFIEGU

- A: fatigue B: intrigue
C: fatso D: tongue

EARLISCTI

- A: real B: realistic
C: reality D: ears

NIETRIACTNIO

- A: entertain
B: establish
C: interaction
D: entry

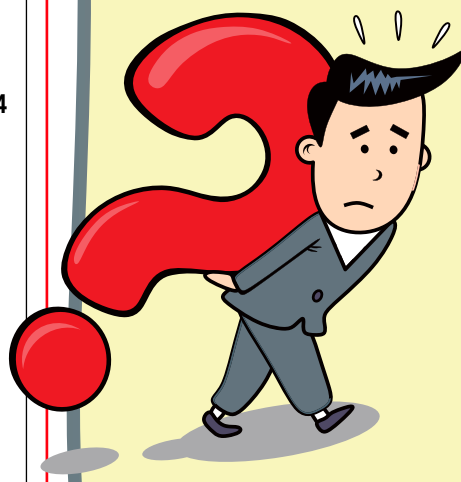
Answers: 1) A, 2) B, 3) C

Riding with the Riddle

I have an armour-plated appearance.
I have been hunted for sport or killed as an agricultural pest.
Conservation efforts have brought me back from the brink of extinction
I live on grass, leaves, fruit, and aquatic plants.

Answer: Rhino

Quiz TIME



1 Which of the following words has not been written in the preamble of the Indian Constitution?

- a) Sovereign
b) Socialist
c) Democratic
d) Indians

2 KM Munshi was related to the

- a) Constitution draft committee
b) Preamble Committee
c) Public Accounts Committee
d) None of the following

3 Who among the following said that the preamble of the Indian Constitution is "The Keynote of the Constitution"?

- a) Ernest Barker
b) Jawaharlal Nehru

INDIAN POLITY



- c) Dr. Ambedkar
d) Nelson Mandela

4 Which of the following statements is true?

- a) In the Berubari case, the Supreme Court had said that the preamble of the Constitution is not a part of the Constitution
b) In the Keshavanand Bharti case, the Supreme Court had said that the preamble of the Constitution is part of the Constitution
c) "Preamble" of the Indian Constitution has been taken from the Constitution of Canada
d) None of the above

Answers: 1) d, 2) a, 3) b, 4) d

LEVEL-2

Idiom-etrics

(Choose the idiom that best suits the situation)

Priya was looking forward to having a fun time at her cousin's party in the evening. She got dressed carefully and put on her best make up. Just as she was about to leave, she got a call informing her that the party had been cancelled. Priya was disappointed, but since she was all dressed up, she quickly decided to do a photoshoot for her blog.

- A) Get the picture
B) Making hay while the sun shines
C) Change one's tune



g : JANSUY

Sebbi did not like the restaurant and did not want to go it. She thought it looked cramped and small. But the food was among the best she had had.

- a) Don't judge a book by its cover
b) It's a piece of cake
c) Walking on thin



Answer: a

TRIVIA

MAKE HAY WHILE THE SUN SHINE
Years ago, it would take many days for farmers to cut, dry and gather hay, since they did not have machinery to help speed up the process. Since hay gets ruined if it gets wet, farmers preferred to cut and dry the grass while the weather was hot and dry. Thus the phrase "make hay while the sun shines" came into use. Today, it means make the best use of the circumstances, before the chance slips away.



EDITOR IN THE MAKING

Weave a story with headlines

Connect the headlines to make a story and give it a title. Mail the story to us at toinie175@gmail.com. The interesting one will be published in the edition. Watch out for this space!!!

The headlines:

- 1) Greta Thunberg aims to change how food is produced
- 2) A win-win for the Earth
- 3) Sports personalities as Green crusaders
- 4) We all are Eco-warriors
- 5) Green Pockets of hope

Blank lines for writing a story.



Learn a NEW LANGUAGE FRENCH

- 1) Merci/Merci beaucoup
Meaning: Merci/Merci beaucoup
- 2) Au revoir!
Meaning: Goodbye!
- 3) Pourriez-vous m'aider?
Meaning: Can you help me?
- 4) Où sont des toilettes?
MEANING: Where are the toilets?
- 5) Parlez lentement, s'il vous plaît.
MEANING: Speak slowly, please

Work sheet

- How will you end the conversation?
- What will you say for seeking directions for the nearest washroom?
- How will you seek help and express gratitude?
- How will you excuse yourself and ask someone to speak slowly?

1) Au revoir! 2) Bonjour! 3) Bonjour! Où sont des toilettes? 4) Excusez-moi! Parlez lentement, s'il vous plaît

JUST LIKE THAT AJIT NIRAN



Clipart

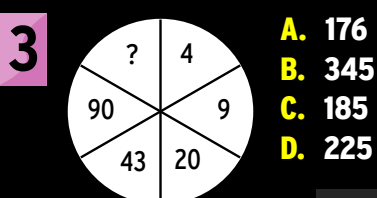


FIND THE MISSING TERMS IN THE FOLLOWING SEQUENCE

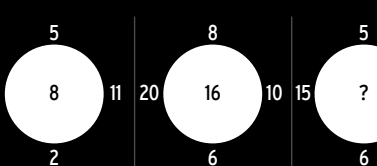
- 1 8, __, 16, __, 24, 28, 32
A. 12, 20 B. 25, 22
C. 15, 19 D. 19, 22
- 2 12, 20, __, 36, 44,
A. 28 B. 25 C. 32 D. 14

Answer: A

Answer: D



Answer: C



Answer: D

DJOKOVIC, NADAL TO FACE-OFF IN FRENCH OPEN SEMI-FINALS

Both players eyeing history as they meet for the eighth time at Roland Garros



Novak Djokovic set up a 58th meeting with Rafael Nadal on Wednesday when he reached his 40th Grand Slam semi-final at the French Open despite being held up by 5,000 fans needing to be evacuated to conform with a Covid-19 curfew. World number one Djokovic defeated Italy's Matteo Berrettini 6-3, 6-2, 6-7 (5/7), 7-5 to book his place in the last four in Paris for the 11th time. Earlier, Nadal, the 13-time champion, beat Argentina's Diego Schwartzman 6-3, 4-6, 6-4, 6-0 to make the semi-finals for the 14th time.

A tough match, says Novak

With Djokovic's match extending beyond the national 11 pm curfew, play was halted for around 20 minutes at 3-2 in the fourth set so that 5,000 fans could be funnelled out of Court Philippe Chatrier. Djokovic eventually claimed the match on a third match point in the 12th game of the fourth set but only after the Serb had kicked out at an advertising board in frustration at missing the first two. "It was a release of all the emotions I had kept inside me," said Djokovic who hit 44 winners and saved all three break points he faced. "After all the fans left and the little break it wasn't easy to find rhythm. It was really a very difficult match for me." He added: "It was a great battle against a player who serves well and is powerful. Maybe I could have finished on the tie break, but I'm happy to have won."

NOVAK DJOKOVIC vs RAFAEL NADAL IN NUMBERS

- 58** times they have faced each other
- 15** years they have played against each other
- 29-28** OVERALL: Djokovic leads
- 19-7** ON CLAY: Nadal leads
- 7-1** FRENCH OPEN: Nadal leads
- 10-6** ALL GRAND SLAMS: Nadal leads

Eye on records

Friday's semi-final will be the eighth between Djokovic and Nadal at Roland Garros where the Spaniard has a commanding 7-1 advantage. That includes last year's final but Djokovic remains just one of two men to have defeated Nadal at the tournament.

Both players have history on their minds in Paris. Djokovic, an 18-time ma-

tor winner and 2016 French Open champion, is looking to become the first man in more than half a century to win all four Slams twice. Nadal, meanwhile, can win a record-setting 21st major with victory in Sunday's final, edging ahead of Roger Federer in the all-time race.

Fans eased out at 11 pm

For the first time fans were allowed to attend an evening session at this year's tournament thanks to an easing of Covid-19 restrictions. The 5,000-strong crowd watched as Djokovic took command against Berrettini, who had made the quarter-finals when Federer withdrew from the tournament. However, play was halted just before 11pm to allow spectators to leave. Some fans chanted: "We are going to stay, we are going to stay" before they relented and filed out of Court Philippe Chatrier. "We paid 500 euros for two and a half sets of a match. It's unacceptable," said one man watching the quarter-final with his wife and two children. "They should have started at 7pm and not 8pm."

Wednesday was the 10th and final evening session of the tournament. However, it was the first which welcomed spectators after Covid-19 restrictions were eased and a 9pm curfew pushed back to 11pm. Both Djokovic and Berrettini left the court while the stadium was cleared with the match resuming around 20 minutes later.



FRANCE EYE EURO 2020 GLORY AS KICK-OFF LOOMS

Euro 2020 finally kicks off on Friday as Cristiano Ronaldo's Portugal prepare to defend their title and world champions France seek a rare double a year after the tournament was delayed

France's fearsome forward line makes them favourites to win a third European crown at the pan-continental event, while top-ranked Belgium and a youthful England side will be major threats.

All eyes on Benzema

The action gets under way at Rome's Olympic Stadium on Friday, where Italy take on Turkey in front of 16,000 fans. Favourites France are not in action until Tuesday in the headline act of the first round of group matches when the world champions take on Germany in Munich. "All the other countries envy us," said a recent front page of French sports daily L'Equipe underneath pictures of Kylian Mbappe, Karim Benzema and Antoine Griezmann. All eyes will be on 33-year-

old forward Benzema, who was recalled after an international exile of five-and-a-half years following a prolific season for Real Madrid.

Portugal with better squad

Holders Portugal and Hungary complete Group F, dubbed the tournament's group of death. Ronaldo is now 36 but is still going strong and is supported by a better squad than five years ago, which also boasts the outstanding talents of Joao Felix, Bruno Fernandes, Bernardo Silva and Ruben Dias.

Harry feels Eng better placed now

England have the carrot of knowing both semi-finals and the final will be played at Wembley. Cap-

tain Harry Kane believes England will start their bid to win Euro 2020 in a "better place" than they were before reaching the 2018 World Cup semi-finals. "I feel like now we've had a bit more experience, players in the biggest games for their club and obviously players who have played in that World Cup have had that experience as well," he said. "We haven't won a tournament as a country for a long time, so there needs to be a lot of good mentality along the whole way as it is a long, tough journey to get to the later stages of a major tournament."



WOMEN'S HOCKEY TEAM HAS RIGHT BALANCE: LILIMA

Indian women's hockey team midfielder Lilima Minz believes the Olympic core group currently in preparation mode for the Tokyo Games has the right balance between experienced and young players. While experienced players are crucial to give the team direction in difficult situations, young players are equally important to add an energetic dynamic to any side, she said.

"This kind of balance allows the young players to have the guidance of senior members who know what it is like to play at the Olympic level. At the same time, these young players keep the senior members on their toes as they know that there is someone who can replace them if they do not perform well," said Lilima in a HI release.



QUIZ TIME!

Q1: Which of the Grand Slam tournaments is played on grass courts?

- a) French Open
- b) US Open
- c) Wimbledon
- d) Davis Cup

Q2: How long is the route of the Tour de France in kilometres?

- a) 3,600 Km
- b) 3,400 Km
- c) 3,500 Km
- d) 3,700 Km

Q3: What is the field of play called in Fencing?

- a) Epee
- b) Piste
- c) Foil
- d) Saber

Q4: The Center Court at Wimbledon is also known by what famous post-code?

- a) SW19
- b) SW18
- c) SW17
- d) SW16

Q5: In automobile racing, a checkered flag signals the end of what?

- a) Backmarker
- b) Debrief
- c) Drivers' briefing
- d) A session

Q6: The term "Love" in Tennis refers to _____

- a) Tie
- b) Advantage
- c) A score of zero
- d) None of the above

Q7: Vinesh Phogat became the first Indian to qualify for Olympics? Name the sport she represents.

- a) Boxing
- b) Swimming
- c) Pole Vault
- d) Wrestling



Q8: What are the 2 required lifts in Olympic Weightlifting?

- a) Snatch, Clean and Jerk
- b) Front Squat
- c) Push Jerk
- d) Power Snatch

Q9: What color is used for a warning in Automobile Racing?

- a) Green
- b) Yellow
- c) Red
- d) Blue

Q10: Which Indian badminton player won the Belgian International title?

- a) Subhankar Dey
- b) Prannoy HS
- c) Lakshya Sen
- d) B. Sai Praneeth

Q11: Name the Hungarian swimmer who claimed the gold medal in 200m butterfly, finishing in 1:50.73 to set a new world record?

- a) Tamás Kenderesi
- b) Kristof Milak
- c) Cseh László
- d) Nándor Németh

Q12: How many times do you have to pot the black ball to achieve a maximum 147 break in snooker?

- a) 15
- b) 16
- c) 17
- d) 18

ANSWERS: 1. c) Wimbledon 2. a) 3,600 Km 3. b) Piste 4. a) SW19 5. d) A session 6. c) A score of zero 7. d) Wrestling 8. a) Snatch, Clean and Jerk 9. b) Yellow 10. c) Lakshya Sen 11. b) Kristof Milak 12. b) 16



THE TIMES OF INDIA

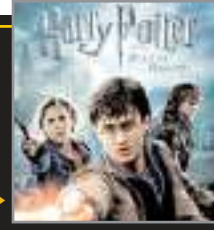
www.toistudent.com

TODAY'S EDITION

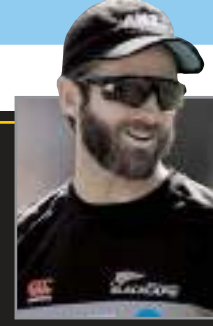
➤ Read why it is important for kids to have highly-nutritious food that are brain-boosters
PAGE 2



➤ Magical world of Harry Potter has fascinated one and all. Check out review of Harry Potter and the Deathly Hallows: Part 2
PAGE 3



➤ Ahead of the WTC final, NZ to rest key bowlers for 2nd Test against England
PAGE 4



STUDENT EDITION

THURSDAY, JUNE 10, 2021



WEB EDITION

CLICK HERE: PAGE 1 AND 2

TIMES NIE Answers Your Query

K Neeharika,
A level, Rockwell International School, Hyderabad



ASK THE EXPERT
A SHOT OF HOPE
To ask queries regarding Covid-19 and vaccination from our experts,
CLICK HERE!
OR VISIT
<https://bit.ly/331Rx0n>

Q Are the traces of black fungus found only in India? Also there are talks that black fungus has impacted people who are vaccinated. Is it true?

Black fungus is present everywhere in the world! It is found more in the tropical subcontinent like India. No black fungus case has been found in patients who had both the doses of vaccination. Black fungus does not depend on vaccination, it depends on immunity status of an individual.

Nilanjana Singh Roy,
Class X, Delhi Public School, Nacharam, Hyderabad

Q What are the side effects of steroids?

In limited doses, steroids have immuno-suppressive and anti-inflammatory properties. Side effects of excess steroid usage include increase in glucose levels in the body and depression in immune response to a large extent.

EXPERT ADVICE GIVEN BY

Dr A Srikanth,
Secretary, IDA,
Hyderabad



Two months of second wave cost India 2% of GDP

The World Bank, in its Global Economic Prospects report, has lowered India's GDP for the current fiscal to 8.3%, down by almost two percentage points from its April forecast of 10.1%. The reason? "Significant expected economic damage from an enormous second Covid-19 wave and localised mobility restrictions since March 2021," the global lender said.



The report added that while "higher spending on infrastructure, rural development, and health, and a stronger-than expected recovery in services and manufacturing" will definitely aid in economic recovery, the second wave has caused a significant economic damage that "will undermine consumption and investment as confidence remains depressed and balance sheets damaged"

Jeff Bezos to fly to space next month on Blue Origin rocket



Amazon's billionaire founder Jeff Bezos has said that he and his brother Mark will fly on the first crewed space flight from his rocket company Blue Origin next month. "Ever since I was five years old, I've dreamed of travelling to space. On July 20, I will take that journey with my brother," Bezos, who is one of the richest people in the world, said in an Instagram post.

Bezos, who is due to step down as Amazon's chief on July 5, will join the winner of an auction for a seat on the first space flight from Blue Origin

- The Blue Origin spacecraft, which is set to carry Bezos and others, has undergone 15 test flights, none of which had any passengers onboard
- Its New Shepard rocket and capsule combo is designed to autonomously fly six passengers for more than 100 km above the Earth into the suborbital space, high enough to experience a few minutes of weightlessness and see the curvature of the planet before the pressurised capsule returns to Earth under parachutes



■ The capsule features six observation windows and are nearly three times as tall as those on a Boeing 747 jetliner and the largest-ever used in space, Blue Origin said

■ Bezos, fellow billionaires Elon Musk and Richard Branson, have been investing billions of dollars on their rocket startups, but Bezos will be the first of the three to actually travel into space on a rocket developed by his own company

Twitter blinks, to appoint officers as required by law

The government's ugly fracas with Twitter over the new IT Rules may end, with the American micro-blogging giant said to have agreed to make key appointments in line with the statutory requirements. The officers would be based out of India, although they are likely to be the employees of the parent company (headquarters) instead of the Indian operations, top sources told TOI.



- Twitter is believed to have communicated its willingness to the government through an official communication, though it's not clear how much time/relaxation the company has sought to appoint the officers, who were originally supposed to be in place by May 26
- The sources said that the company now seems to have mellowed down again after it received a green signal from the headquarters in the US with regard to the contentious issue of appointment of three statutory officers



INDIA AMONG TOP 3 ASIAN NATIONS AFFECTED BY DNS CYBER ATTACKS

India is among the top three countries in Asia which experienced highest cost of DNS (domain name system) attacks in 2021 to date, as nearly 90 per cent of organisations globally experienced DNS attacks, with the average cost of each attack around \$950,000, a new report has showed.

- Asia recorded an increase of 15 per cent in average cost of a DNS attack, incurring a cost of \$908,140, up from \$792,840 the previous year
- Countries which saw significant increase in damages included Malaysia, which increased by 78 per cent, the sharpest increase, as well as India, which saw a significant increase of 32 per cent from the past year, according to the report by EfficientIP, a leading provider of network security and automation solutions
- The report, conducted in collaboration with the IDC, showed that organisations across all industries suffered an average 7.6 attacks this past year amid the pandemic

'Cruella' sequel with director Craig Gillespie in the works at Disney

Almost two weeks after the release of Emma Stone-led 'Cruella', Disney Studios has already started working on a sequel, with director Craig Gillespie and screenwriter Tony McNamara both expected to return. According to Variety, it is still unclear if the Oscar-winning actress would reprise the lead role in the proposed sequel.

■ 'Cruella', which stars Stone as fan-favourite 'One Hundred and One Dalmatians' villain Cruella de Vil, debuted in theatres in the US in May, and was simultaneously released on streaming platform Disney Plus

■ It opened to positive reviews and has minted \$32.4 million domestically and \$48.5 million worldwide till date



Entertainment

Best brain-boosting food for kids

The brain, like the rest of the body, absorbs nutrients from the food we eat. So, it's crucial for kids to have nutritious foods that are good for brain. Dietician Vidhi Chawla suggests some healthy options:



Oats/oatmeal

Oatmeal and oats are excellent sources of energy and 'fuel' for the brain. They are high in fibre, which keeps kids satisfied and prevents them from snacking on junk food. They're also high in vitamins E, B complex, and zinc that helps kids' brains function at their best. Use any topping, such as apples, bananas, blueberries or even almonds over it.



which play important roles in the brain. These foods are also high in calcium, which is also necessary for the development of strong and healthy teeth and bones. Children's calcium requirements vary depending on their age, but two to three calcium-rich sources should be consumed each day. Don't worry if your kids don't like milk; there are other ways to include dairy in daily diet: when making porridge, puddings, or pancakes, use milk instead of water. TNN

Milk, yoghurt and cheese

Milk, yoghurt, and cheese are high in protein and B vitamins, which are necessary for the growth of brain tissue, neurotransmitters, and enzymes, all of



Oily fish
These are high in omega-3 fatty acids and are beneficial for brain development. Omega-3 fatty acids are

Eggs are high in protein and as an added bonus they contain choline, which aids memory

Tips to score merit ranks in Math & Science



Olympiad exams are worldwide competitive examinations that help in developing critical skills and enhancing academic knowledge among the kids. Leadership, goal-setting, critical and logical thinking, and a variety of other 21st-century skills are assessed and imparted to young kids through global Olympiad Exams such as the International Science Olympiad (ISO), International Maths Olympiad (IMO), English International Olympiad (EIO), and others.

GET THE BEST OLYMPIAD STUDY MATERIAL

When it comes to Olympiad Exams, smart and persistent studying with best Olympiad books are the keys to success. Parents should make their kids indulge in solving Sample Question Papers and Previous Years' Olympiads Questions for extensive practice. This will familiarise them with the paper pattern, typologies of questions and the difficulty levels.

DRAW A TIME-TABLE

Students who are preparing for any Olympiad should follow a

thorough study plan by developing a comprehensive approach for each topic. Besides that, parents should also make sure that no hindrance is caused, unless necessary, in the child's timetable.



But it should not just revolve around studying. A healthy timetable should also contain at least three breaks of 15 to 20 minutes each.

HELP CHILDREN WITH THE UNDERSTANDING OF THE CONCEPT

Here, parents should help their children in understanding the in-depth concepts and solving problems. Also, taking doubt sessions is an effective practice that can be incorporated by parents. This can be done by creating a safe space for the children.

Most of the problems in the

Olympiad tests are based on conceptual facts. Parents should make sure that children study each topic thoroughly to get a thorough comprehension of the concepts and logic at work. Only meticulous preparation will enable students to feel confident and capable of

students memorise. For example, everyday quizzes, random pop-up questionnaires, and more. Writing is also a great way to memorise important concepts. Dictating theorems and making the children write can also help.

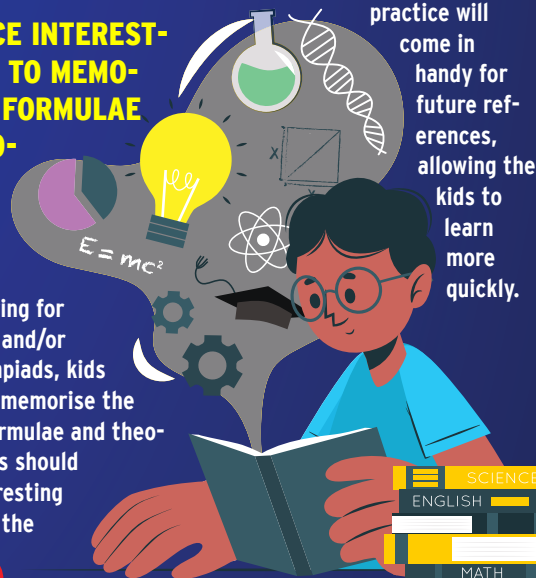
REVIEW THEIR ANSWERS AND NOTES

Be it your school exams, Olympiads, or boards, one thing is evergreen and consistent - revision notes. Because the Olympiad examinations are based on the school's curriculum, kids should be in the habit of taking down notes and memorising key facts for each topic covered in class. Here, parents should review their child's answers and notes, and encircle any mistakes to help in rectifying them. This brief practice will come in handy for future references, allowing the kids to learn more quickly.

answering the difficult questions that will be posted in any competitive test.

INTRODUCE INTERESTING WAYS TO MEMORISE THE FORMULAE AND THEOREMS

While preparing for Maths and/or Science Olympiads, kids take time to memorise the important formulae and theorems. Parents should think of interesting ways to help the



KNOW IT ALL

Which type of reader are you?

There are ten kinds of readers and their peculiar traits. Which one do you relate to the most?



THE QUICK READER

The one who finishes reading a book too soon!

week, but their weekends are fully booked for binge reading sessions.

THE BORROWER

The one who prefers borrowing books from friends, family or libraries rather than purchasing them.

THE SNOB

The one who reads 'sophisticated literature' and judges others for their taste in books.

THE COLLECTOR

The one who loves collecting rare books and editions.

THE OLD-SCHOOL READER

The one who always prefers reading physical books over e-books, no matter what.

THE BOOKWORM

The one who is always seen with a book - indoors, in a cafe or while travelling.

THE LOYALIST

The one who is committed to their favourite authors and only reads their books.

THE HOARDER

The one who loves buying new books, even if they haven't finished reading the books which they already have.

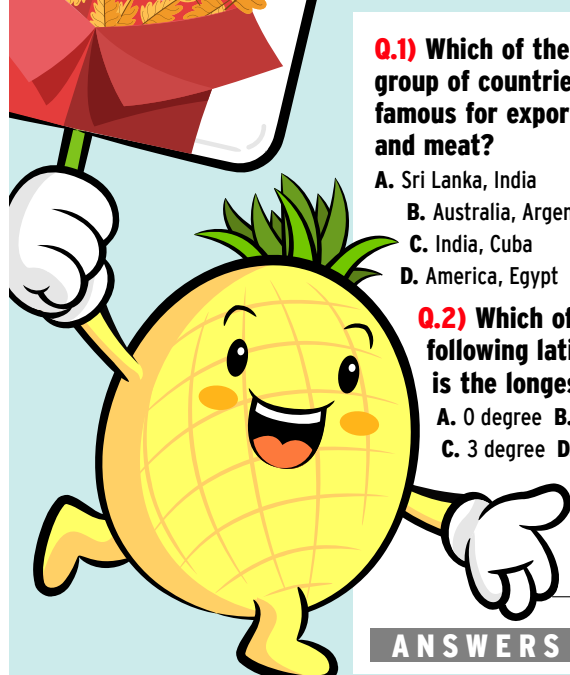
THE COMPULSIVE READER

The one who reads anything within their reach - from newspapers, fliers, books to even instructions written at the back of a shampoo bottle. They read anything and almost everything. TNN

THE WEEK-END BINGE READER

The one who is too busy to read anything during the

Activities BOX



QUIZ TIME (GEOGRAPHY)

Q.1) Which of the following group of countries is most famous for exporting wool and meat?

- A. Sri Lanka, India
B. Australia, Argentina
C. India, Cuba
D. America, Egypt

Q.2) Which of the following latitudes is the longest?

- A. 0 degree B. 2 degree
C. 3 degree D. 7 degree

Q.3) Which of the following towns is easternmost?

A. Ranchi B. Jamshedpur
C. Patna D. Bokaro

Q.4) Two places on the same meridian must have the same...

- A. Solar time
B. Length of winter
C. Length of summer
D. Length of time

Q.5) Where is Dead Sea situated in the following continents?

- A. Asia B. Africa
C. Europe D. Arab

ANSWERS
1. B) Australia, Argentina 2. A) 0 degree
3. B) Jamshedpur 4. A) Solar time 5. A) Asia

KNOWLEDGE BANK

NATURE



Caladium

This is a genus of flowering plants in the family Araceae. They are often known by the common name elephant ear, heart of Jesus, and angel wings. There are over 1,000 named cultivars of Caladium bicolor from the original South American plant. The genus Caladium includes seven species that are native to South America and Central America, and naturalised in India, parts of Africa, and various tropical islands.

EXPLORE YOUR CREATIVITY

Develop a story based on the pictures in around 250 words. Send your entry along with your name, class, school and picture at tolnie175@gmail.com



CHECK YOUR APTITUDE

1 What is the unit of measurement used in physics for speed?

- A. Meter per second B. Meter
C. Hour D. Second per meter

2 Velocity is a vector measurement because it has both a

magnitude and a what?

- A. Direction B. Time
C. Speed D. Temperature

3 What do we call the speed of an object at a specific moment in time?

- A. Instantaneous speed
B. Pinpoint speed
C. Top speed
D. Average speed

4 What constant measurement of speed is represented by the letter 'c'?

- A. Speed of light
B. Speed of distance
C. Speed of wind
D. Speed of gravity

ANSWER:
1. Meter per second
2. Direction
3. Instantaneous speed
4. Speed of light

Skill based learning encouraged

With today's digitally savvy and social-media oriented generation, it is imperative to implement a blended learning environment to keep students engaged and focused on their goals. The concept of e-learning holds great significance in the contemporary time defining the future of education and therefore, schools prefer skill-based learning and knowledge-oriented teaching.

We at SGVP International School are cognizant of the 21st-century learning skills that cater to the 4C's that are critical thinking, creative thinking, communicating, and collaborating. The pedagogy at SGVP is designed on skill-based learning methods which are going to be the backbone of the Make-in-India initiative. This method sparks creativity, builds effective oral and written communication, and hones leadership skills among the learners.

With this underlying aim of holistic development of every child, a myriad range of activities was organized to enhance the skills. These included Literacy skills, Experiments, Calligraphy, Story Telling, Phonetics, Upcycling to name a few. Each and



every activity displayed the creative streak of the learners as they used innovative ideas to participate in all the activities. The children were actively involved in the entire teaching-learning process and showcased great enthusiasm towards each of the di-

verse activity sessions. Through these activities, SGVP aim to develop significant skills and abilities in students, skill-based education helps them to move beyond rote memorization and discover their maximum potential.

Plantation drive by the students



June 5 is observed as the world Environment Day by the United Nations. First incorporated in 1974, this day is dedicated for creating awareness on environmental issues like global warming, ozone layer depletion, and desertification. Every year there is a new theme and a designated host country to carry out the official events around the theme. The theme for 2021 is "Ecosystem Restoration". The theme will kick off a global mission to revive billions of hectares, from forest to farmlands, from the top of mountains to the depth of the sea.

For almost one and a half year, the world is dealing with the pandemic. Accepting the fact that only healthy ecosystem can enhance the livelihoods and stop the collapse of



biodiversity. Atmiya Vidya Niketan has done plantation in the school premises with the message of Go Green based on "Ecosystem Restoration" the theme of World Environmental Day 2021.

ODE TO THE PEN

WELCOME



Dear Child! I welcome you, You are as fresh as dewdrops on a leaf,
You are full of energy who can climb the mountain cliff...
You are as soft as dough that can be mold,
You have many questions that remain to unfold....
I pray you shine as bright as the sun,
I pray you glitter as bright as gold.
You are sometimes calm, sometimes cheerful;
To teach you is always wonderful. Dear Child! I welcome you....
With open arms and lots of smiles,
Together we achieve miles and miles.....

NISHA SHAH, educator, Udgam School For Children

SAVE MOTHER EARTH



The land is in a constant state of birth,
Giving life to all who live on Earth.
Our carelessness and fears, Have taken a toll over the years.
Her land is parched and scorched
As man continues to light the torch.
We continue a want of speed and ease,
All the while our pesticides kill off our bees.
It's time to wake up and see Mother Earth's pain.
Humanity's selfishness is becoming insane.
Soon her cries will turn to the gloom,
And man will cause its own doom.

DARSHIKA SINGH, class VII, St Kabir Navrangpura

WEEKEND PLAN

CELEBRATIONS GALORE!

A memorable weekend was around Christmas as it was an extended weekend. We celebrated Christmas by keeping a small get-together with family and friends where all of us played Housie and prizes were also given to the winners. All the kids then played some games like musical chairs and treasure hunt. Lastly, everyone had dinner and left for their respective homes.

On Saturday, was my parents' 29th wedding anniversary that we

celebrated by planning a surprise lunch for them and after that, we surprised them with a gift which was a painted portrait of them and celebration also included cake cutting ceremony.

Then on Sunday, we had a relaxing day and we spent by watching movies and playing football with friends in the evening. Overall, it was a fun-filled weekend.

TARANVEER SAINI, class VIII, Udgam School For Children



MOVIE: GRAND FINALE TO MAGICAL YEARS

After seven earlier films reaching back a decade, the Harry Potter saga comes to a solid and satisfying conclusion in "Harry Potter and the Deathly Hallows: Part 2." The finale conjures up enough awe and solemnity to serve as an appropriate finale and a dramatic contrast to the light-hearted (relative) innocence of "Harry Potter and the Sorcerer's Stone" all those magical years ago.

Harry, Hermione, and Ron are grown up now, and Harry has even grown the facial stubble. The time has come for him to face Lord Voldemort in their final showdown, and their conflict is staged in a series of special effects sequences containing power and conviction. I dare not reveal a single crucial detail about the story itself, lest I offend the Spoiler Police, who have been on my case lately. Besides, you never know. Maybe they've completely rewritten J. K. Rowling's final book in the series. Maybe Harry dies. Voldemort is triumphant, and evil reigns.



What I can observe is that this final film is a reunion of sorts for a great many characters we've come to know over the years. So many distinguished British actors have played roles in the Potter films that those who haven't may be fitfully resentful.

This movie is impressively staged, the dialogue is given proper weight and not hurried through, there are surprises which, in hindsight, seem fair enough, and "Harry Potter" now possesses an end that benefits the most profitable series in movie history. These films will be around for a long time. And without spoiling a single thing, let me just observe that the final scene clearly leaves an opening for

a sequel. I know, Rowling says there won't be one.

KASHYAP N HAPALIYA, class VIII, S. N. Kansagra, Rajkot



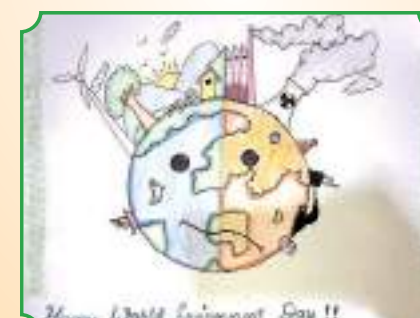
Painters' Gallery



Ayaan Oza, Class II, Delhi Public School, Bopal



Shimaa Syed, Class V, St Kabir School



Jhanvi Sharma, Class IX, Delhi Public School, Bopal



Rutva Shah, Class III, St Kabir School

Education didn't stop during the lockdown. Instead, it moved online. We here in Delhi Public School-Bopal adopted a wide range of virtual learning tools and software, including virtual tutoring platforms and learning management systems. Recently, a session named "Periodic table" was conducted for class XII Science students. It started with providing tricks to learn and understand the periodic table which definitely enhances the interest in the subject. Mnemonics related to the periodic table were shared with all participants. These were succeeded by videos and discussions on interesting science experiments. Chemical reaction showing solubility of ammonia in water; Brownian motion, volcano reaction of ammonium dichromate, preparation of amalgam, and Scattering of light



CONCEPTS MADE EASY!



was also shown with detailed video presentation. This activity gave me a chance to learn a lot of new things expanding on the topics which students study in class. Sessions like these help students maintain an interest in their fields of study. Such great activities are appreciated as an amazing change of pace. Moreover, it highlights several of the extra benefits enjoyed by online students, including flexibility and affordability.

Codingal

{binaryHacks}

Grade 1-12

Submit project by
4th July 2021

Register Now



- Winners will get certificate & Codingal Gift hamper
- Participation submitting projects will get a participation certificate.

www.codingal.com

NZ TO REST BOWLERS FOR ENG TEST

Break aimed to keep the players fresh for WTC final against India

New Zealand are set to rest a few of their key bowlers for the second Test against England to ensure they are fresh and raring to go when they clash with India in the World Test Championship final on June 18.

New Zealand are already dealing with fitness concerns around skipper Kane Williamson, who has again been troubled by his elbow. Williamson has been managing a tendon problem in his left elbow for several months but led his side in the drawn match at Lord's last week. He missed the one-day international series against Bangladesh in March as well as the start of the Indian Premier League (IPL). "His elbow is still niggling him a wee bit," Stead told reporters. "He's had some more treatment on that and we just want to make sure the best thing for him is playing this match versus taking a little bit more time to be ready."

All-rounder Mitchell Santner has been ruled out for Thursday after he re-opened a cut on his left index finger on the final day of the first test at Lord's.

Boult set to resume play

■ Pacer Trent Boult is now available for selection for the final match of the series. Boult, who was initially due to miss the England series following a post-IPL break, joined the squad late last week and is expected to play after completing isolation earlier than expected due to updated quarantine protocols. "Trent's back and available to be selected and it's likely we'll play

INDIAN PLAYERS TO GET THREE-WEEK BREAK AFTER WTC

The Indian team management has decided to give players a three-week break after the World Test Championship final in a bid to address the mental fatigue that might be triggered by lengthy spells in a bio-bubble.

The WTC final against New Zealand will be held from June 18-22 at the Ageas Bowl in Southampton and the members of the Indian squad will disperse for close to three weeks (20 days) before regrouping on July 14 to prepare for the five-match series against England starting in Nottingham from August 4. Within UK, they can disperse off, go for a holiday, meet friends and family. There could be some team get-togethers also but players would be free to choose how they want to spend their time. "Most of them have come to UK multiple times and have friends and acquaintances around the country. It's only fair that they can switch off," said the source.

The break can rejuvenate them as a series against England can be very daunting. "That kind of set-up is very important before we go into a lengthy series. Test series in England can be challenging and daunting so we want to have most amount of time before that series," Kohli had said before leaving for England.

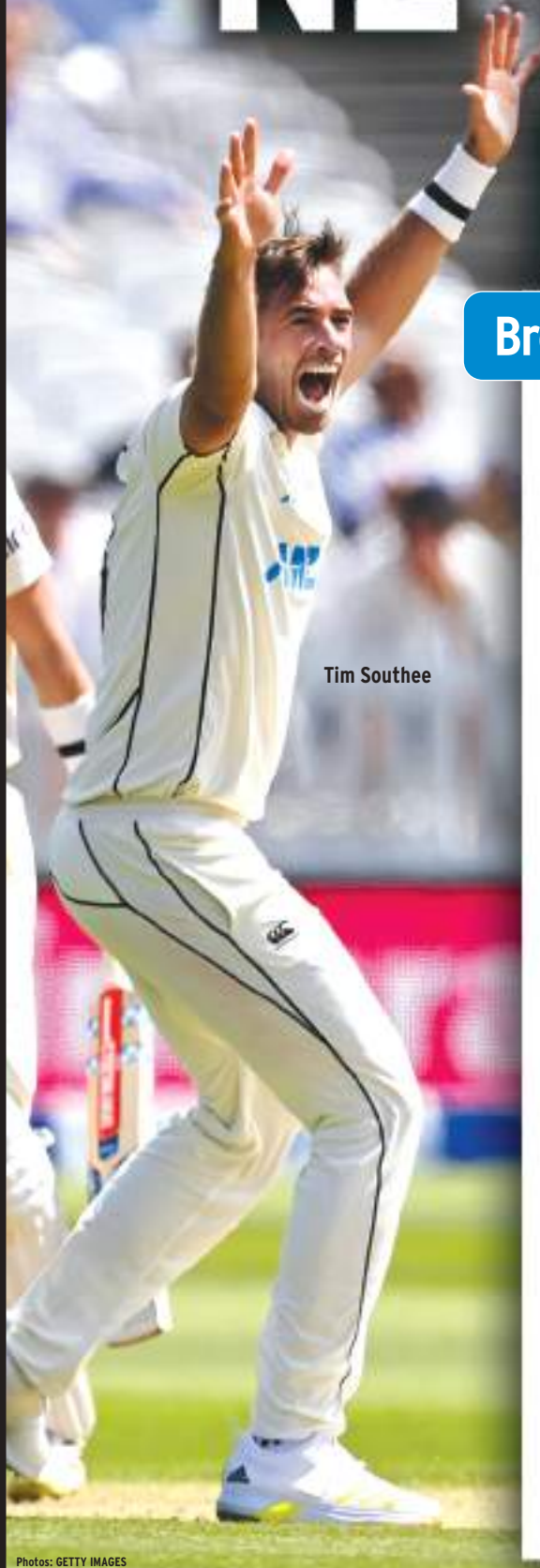
him in this game," Stead added. "Things did change when he got here or from the information we had initially. It's good news for us. "The best thing for Trent is to get out there, get the Dukes ball in his hand and show us what he's capable of."

Bowlers may be rested

■ New Zealand can now easily rest one of their other key bowlers Tim Southee, Neil Wagner and Kyle Jamieson. It won't be a surprise if more than one among them does not take field. "They (bowlers) have all scrubbed up pretty well, but it doesn't necessarily mean they will play in the next match," New Zealand head coach Stead said ahead of the second match. Matt Henry, Doug Bracewell and uncapped Jacob Duffy could be the replacements for the pacers.

■ "With an eye to the (WTC) final we want to make sure the key bowlers who we think will take part in that game are fresh, raring to go and ready for that first ball of the match versus India. "We've got a squad of 20 obviously. So, a lot of guys have played Test cricket before. Matt Henry is here, Daryl Mitchell is here, Doug Bracewell, Ajaz Patel...there're guys in and around the squad who've played for us in the past. "So, again, we're having those discussions with them about what's best for them given training loads, playing loads and readiness for that match," Stead said.

■ The second test between England and New Zealand starts on Thursday, with crowds of 18,000 a day expected at Edgbaston. AGENCIES



Tim Southee



Neil Wagner

INDIAN SHOOTERS READY TO DEAL WITH STRICT TOKYO RULES

The Indian shooting team is prepared to deal with strict rules that await them when they reach Tokyo for the Olympic Games in July

With gun and ammunition laws in Japan being very strict even for their own citizens, the Olympics organizers have set a cap on the number of ammunition a shooter can carry for the Games along with many other arms related rules. Tokyo will allow each shooter to carry not more than 800 rounds of ammunition for train-

ing and match purpose. There was no cap on the number of ammunition allowed during the 2016 Rio and 2012 London Games.

However, Indian shooters will have no trouble with the limited number of ammunition, say the coaches. "Looking at the way we have been planning our training, 800 rounds are sufficient. The training sessions a week before competition will be low high in quality and intensity. It will be just to get them acclimatized to that range and conditions and to ensure everything is in order," said pistol coach Ronak Pandit.

He added shooters are firing more shots in the camp at Zagreb and was confident they won't need to fire more at Tokyo.



Pistol coach Ronak Pandit

"The training happens before that so we don't have any problem with the limit," he added.

Rifle coach Suma Shirur said though a 50m rifle 3 position shooter needs around 200 shots for a match, it still won't be a problem for them. She also said that all the rifle shooters have got their ammo after getting their barrel tested. "All the shooters have had their barrels tested for suitable ammunition. For some, it was done at the Delhi Ranges during the Olympic training camps, while others got it done at respective home ranges."

Since the rules in Japan are strict, barring the Asian Airgun Championships in 2017, the country has not hosted any major tournament.



Rifle coach Suma Shirur

INDIA DROP CHINESE SPONSOR FOR KITS

The Indian Olympic Association (IOA) has dropped Chinese sportswear maker Li Ning as its official kit partner citing public sentiment in the country. The athletes will wear unbranded apparel at the Tokyo Games instead. Chinese companies have faced a backlash in India after 20 Indian soldiers were killed in a clash with Chinese forces last year. The IOA unveiled an Olympic kit made by the Chinese company six days ago but said on Tuesday it had ended the association. "We would like our athletes to train and compete without having to answer questions about the brand," a statement added.

PARALYMPIC GAMES: THREE INDIAN SHUTTLEERS QUALIFY

Krishna Nagar, a para badminton player from Jaipur in Rajasthan, was allotted Paralympic Games quota place in men's singles short stature 6 (MS SH 6) category by the Badminton World Federation (BWF). Parabadminton players Tarun (SL 4) and Pramod Bhagat (SL 3) have also qualified in their respective groups. "It is a big achievement for me. I have been training hard for the past one year and earning a ticket for the Tokyo Paralympic Games is a dream come true," the 22-year-old Nagar said from Lucknow. Nagar, winner of bronze medal at the 2018 Asian Para Games, said he will continue to train hard to achieve good results in Japan. "I am attending a camp in Lucknow. The facilities are good in the camp and I hope rigorous training sessions in coming weeks would further polish my skills," he said. Last month, para-badminton player Palak Kohli also qualified for Tokyo Paralympics Games. Palak, 18, will pair with veteran badminton player Parul Parmar in women's doubles event SL3-SU5. IANS

QUIZ TIME!

Q1: This team won their first-ever Asian Cup, by defeating Japan recently. Name the team.

- a) South Korea b) China
c) Qatar d) India

Q2: Which Indian footballer surpassed Lionel Messi's record to become the second-highest active international goal scorer?

- a) Sunil Chhetri b) Gurpreet Singh Sandhu
c) Anirudh Thapa d) Ashique Kuruniyan

Q3: Who won the gold in the 75kg category of Asian Boxing Championships?

- a) Lovlina Borgohain b) Pooja Rani
c) Simranjit Kaur d) Nikhat Zareen

Q4: Name the youngest Indian para-badminton player in the world to qualify for Tokyo 2021 Paralympics?

- a) Parul Parmar b) Palak Kohli
c) Manasi oshi d) Leani Oktilla

Q5: Who is the only Indian listed in the Forbes' Top 100 highest-paid athletes of 2020?

- a) Virat Kohli b) PV Sindhu
c) Neeraj Chopra d) Abhinav Bindra

Q6: Who created the new world record in men's 5km road run in 12 minutes 51 seconds in Monaco?

- a) Kenenisa Bekele b) Jacob Kiplimo
c) Eliud Kipchoge d) Joshua Cheptegei

Q7: How many French Open singles titles has Rafael



Rafael Nadal

Photo: GETTY IMAGES

Nadal won to date?

- a) 11 b) 12 c) 13 d) 14

Q8: Name the player who won the All India National "A" level Snooker Championship 2021.

- a) Sourav Kothari b) Pankaj Advani
c) Aditya Mehta d) None of the above

Q9: Which Indian player became the fastest Indian spinner to take 100 wickets in 58 ODIs?

- a) Ravindra Jadeja b) Ravichandran Ashwin
c) Kuldeep Yadav d) Axar Patel

Q10: Which football club won the Spanish Super Cup 2021?

- a) Atlético Madrid b) Liverpool FC
c) Sevilla FC d) Athletic Bilbao

Q11: In Bicycle Racing, what is the main body of riders called?

- a) Pursuit b) Jockeys
c) Peloton d) None of the above

Q12: In which Sport would one find a Loppet?

- a) Skiing b) Ice skating
c) Speed skating d) Snowboarding

ANSWERS: 1. c) Qatar 2. a) Sunil Chhetri
3. b) Pooja Rani 4. b) Palak Kohli
5. a) Virat Kohli 6. d) Joshua Cheptegei
7. c) 13 8. a) Sourav Kothari
9. c) Kuldeep Yadav 10. d) Athletic Bilbao
11. c) Peloton 12. a) Skiing



THE TIMES OF INDIA

www.toistudent.com

TODAY'S EDITION

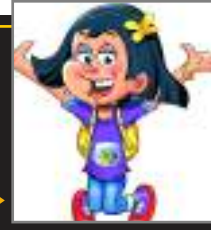
Check out on how to deal with second-hand stress

PAGE 2



Students share their views on why they miss their school days, and much more

PAGE 3



India beat Bangladesh in FIFA World Cup qualifier

PAGE 4



STUDENT EDITION

WEDNESDAY, JUNE 9, 2021

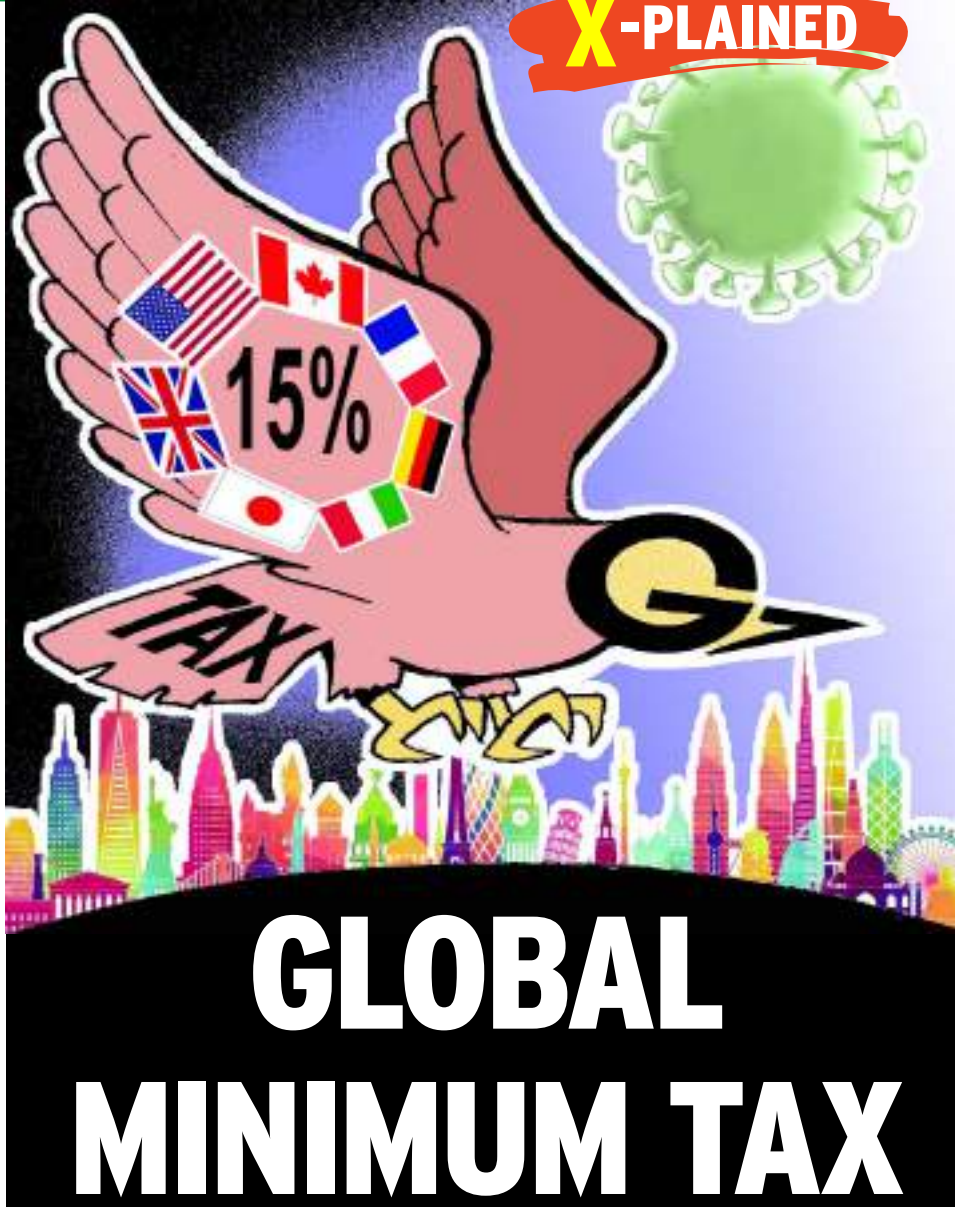


WEB EDITION

CLICK HERE: PAGE 1 AND 2

WHAT The finance ministers from the Group of Seven (G7) rich nations have said that they are close to a landmark accord setting a **global minimum corporate tax rate**, an agreement that could form the basis of a worldwide deal. It is a tax aimed at discouraging multinationals from shifting profits and tax revenues to low-tax countries regardless of where their sales are made. In other words, it will squeeze more money out of multinational companies such as Amazon and Google and reduce their incentive to shift profits to low-tax offshore havens. This essentially means hundreds of billions of dollars could flow into the coffers of governments left cash-strapped by the pandemic.

WHY According to experts, the current global tax rules, which date back to the 1920s, struggle with multinational tech giants who sell services remotely and attribute much of their profits to intellectual property held in low-tax jurisdictions. Therefore, major economies are aiming to discourage multinationals from shifting profits. It has led to income from intangible sources such as drug patents, software and royalties on intellectual property to



X-PLAINED

GLOBAL MINIMUM TAX

migrate to these jurisdictions, allowing companies to avoid paying higher taxes in their home countries.

HOW will it work: The global minimum tax rate would apply to overseas profits. Governments could still set whatever local corporate tax rate they want, but if companies pay lower rates in a particular country, their home governments could "top-up" their taxes to the minimum rate, eliminating the advantage of shifting profits.

WHAT DOES ALL OF THIS MEAN FOR INDIA?

For India, if an income is paid from here to a country where the rate of tax is less than 15% (Ireland, Luxembourg, Netherlands for instance) India will have the right to tax that income.

Quote unquote

Eradicating Covid-19 from the world is not currently a reasonable target. People will have to learn to live with the infectious disease, as there will be new variants emerging. This will be the pattern for the future. This virus isn't going away any time soon, there will be variants emerging. Humanity will have to learn how to co-exist with this virus, preventing it from spiking and then surging and causing hotspots of disease, and we're going to have to be able to do this for the foreseeable future. When we're dealing with pandemics, it's a joint effort between the national governments and the WHO. We are mutually dependent on each other and no nation is let off the hook

David Nabarro, special envoy to the World Health Organisation



WhatsApp unveils new 'Fast Playback' feature for voice message

TECHAWAY



To allow the users to increase the playback speed of voice messages, Facebook-owned WhatsApp has rolled out a new 'Fast Playback' feature aimed at those who rely on long voice messages. WhatsApp's Fast Playback feature lets you change playback speed between the default 1x setting, to 1.5x speed or 2x speed, without changing the pitch of someone's voice. It is simple to use – as you press play on a voice message you will see the playback speed appear, which is set to 1x by default. Simply touch the speed to increase the speed to 1.5x or 2x, the company said in a statement.

WhatsApp voice messages let you speak to friends and family whenever it suits you and lets them listen whenever it suits them, while still giving everyone a more personal connection than you get from a text message

Users can simply open an individual or group chat, touch the microphone icon and slide up to lock hands-free recording. However, it can be hard to find the time to listen to a long voice message

Princess Diana's wedding dress goes on display in London



The dress which Princess Diana wore at her 1981 wedding to Prince Charles went on public display recently at the late princess' former home in London. The taffeta-ruffled white dress designed by David and Elizabeth Emanuel, with its 25 foot (8 metre) sequin-encrusted train, helped seal the fairytale image of the wedding of Lady Diana Spencer and the heir to the British throne. Her sons, Prince William and Prince Harry, have loaned their mother's wedding dress for the exhibition 'Royal Style in the Making'. The exhibit also features sketches, photographs and gowns designed for three generations of royal women, including Princess Margaret and the Queen Mother. It runs until January 2, 2022.

Even though conditions on Covid may decline, do not be lax: Amitabh Bachchan

Actor Amitabh Bachchan has reminded netizens that they should not be lax about Covid protocols even if restrictions are being eased. "Even though conditions on Covid, in some locations may be seeing a decline .. PLEASE DO NOT be lax .. keep the protocol .. Wash hands, wear masks, keep the distance, control travel to the very essentials, and follow the time limits .. and get VACCINATED," Amitabh Bachchan tweeted on Tuesday.



The actor also shared his prayers for those who are suffering. He wrote: "Yes for those that suffer and have suffered our prayers are relentless .. the loss is immeasurable and beyond repair .. the concern for them shall continue in whatever way we can..."

Celeb talk

I wonder where the green grass went: Ruskin Bond shares a poem on environmental loss in the hills

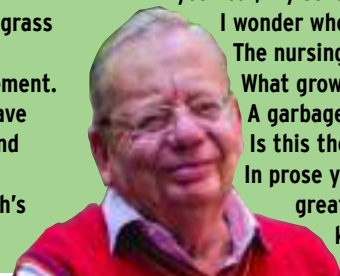
Author Ruskin Bond has made hundreds of readers fall in love with forests, mountains and nature through his writings. But in a new poem that he shared on the occasion of World Environment Day on June 5, Bond lamented

the present-day situation of Dehradun and Mussoorie. Calling them the "Twin cities of happiness", Bond shared a poem titled 'Dirge of Dehra Dun' on his official Instagram account recently.

BOOK

Remembering the good old days of Dehradun, the poem reads:
"I wonder where the green grass went,
All buried under the new cement.
I wonder where the birds have flown,
They have gone to find another home.
I wonder where the footpaths' gone,

Right underneath your car, my son.
I wonder where the old folks go,
The nursing homes GB surely know.
What grows so fast before my eyes?
A garbage dump, a million flies.
Is this the place you celebrate?
In prose you made it sound so great!
It was.....before I knew it was fate."



CBSE 12 BOARD EXAM 2021: PRACTICAL TO BE HELD ONLINE; LAST DATE TO UPLOAD MARKS EXTENDED

The Central Board of Secondary Education (CBSE) had instructed its schools to upload the school-based assessment of class XII by June 11 through the Board's website. However, some schools have not been able to complete the school-based assessments in various subjects due to the pandemic. Therefore, CBSE now permits schools (pending with practicals/internal assessment) to conduct the same in only online mode and upload marks by June 28. "In subjects where the external examiner has not been appointed, the concerned school teacher of the subject will conduct the internal assessment based on the instructions given in curriculum in an online mode and upload the marks awarded at the link provided by the Board," said CBSE in a letter sent to schools.



HOW TO DEAL WITH SECOND-HAND STRESS

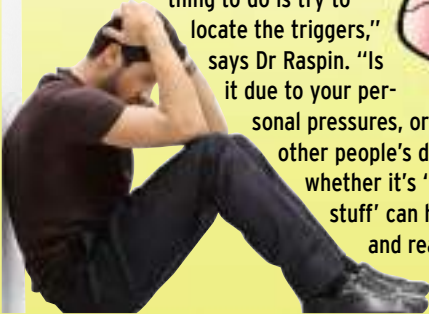
Soaking up on other people's negative emotions hugely impacts our own well-being. But there are ways to identify and control it

Emotions are contagious. Just like the flu, we 'catch' and absorb what others are actually feeling. There's a term for it, too – second-hand stress. In other words, the tension and pressure we experience because of other people's behaviour.

Psychologist Dr Courtney Raspin explains, "Your body goes into a fight or flight response to manage the stress cues from others, just as if you were experiencing your own anxiety. Second-hand stress can have the same effect on your body, too, causing your heart to beat faster, etc. It can negatively affect your physical and emotional health." These six steps will help you spot the signs:

IDENTIFY IT - WHOSE STRESS IS IT?

"If you notice yourself feeling overwhelmed and tense, the first thing to do is try to locate the triggers," says Dr Raspin. "Is it due to your personal pressures, or could you be absorbing other people's distress? Identifying whether it's 'your stuff' or 'their stuff' can help you feel in control and ready to devise a plan and move forward."



MENTAL HEALTH

mediate instinct may be to solve the problem (fight), or avoid the source of stress (flight)," says Dr Raspin. "Both responses are normal. It will depend largely on how you usually cope with stress." "If someone close, who's normally relaxed, is going through a tough time, it's reasonable to try to help. However, if you constantly have a negative person near you, it's in your best interest to step away – view it as self-protection from this negativity."

DECIDE THE NEXT STEP

If you identify that the stress is because of other people's behaviour, you have some choices. "Your immediate instinct may be to solve the problem (fight), or avoid the source of stress (flight)," says Dr Raspin. "Both responses are normal. It will depend largely on how you usually cope with stress." "If someone close, who's normally relaxed, is going through a tough time, it's reasonable to try to help. However, if you constantly have a negative person near you, it's in your best interest to step away – view it as self-protection from this negativity."



TAKE SOME TIME OUT

"If you feel bombarded by toxic negativity, it may be time to create space away from source," says Dr Raspin. "You might need to let the other person know you are unable to help them and advise them to seek help elsewhere," adds Dr Raspin. "This can feel mean, but it's essential to maintain your own mental health."

KNOW HOW TO HELP OUT

"Sometimes, it takes very little to reduce another person's stress levels," says Dr Raspin. "By successfully helping them, you will boost your connection to them, and you can eliminate the second-hand stress coming your way."



SET BOUNDARIES

Be careful not to continue taking on other people's problems. "Pay attention to your body when it tells you that somebody's invading your emotional space. This includes demands on your time and energy and not taking no for an answer. If you constantly put your needs aside to deal with theirs, it's a sign that your emotional boundaries are likely being pushed."

BE KIND - TO YOURSELF AND OTHERS

"It's frustrating wanting to help but not being able to. We can end up getting angry with ourselves for not being good enough and angry with others for draining us," says Dr Raspin. "Neither of these responses are good for our own stress levels. It takes time to learn healthy boundaries. It's essential you forgive yourself if you allow those boundaries to be violated," he adds.



SOURCE: DAILY MIRROR

Pet's Corner

Summer diet for your pets

Like us, our pets too need good food to stay fit in warm summer months. Here are healthy and safe foods that are great to cool down your pet and keep them nourished and strong



Watermelon

Watermelons are 90% water and so they make an ideal summer food for all pets. They are super hydrating, packed with potassium and vitamins like B6, A and C. But always remember to remove all the seeds from the watermelon before letting your pet eat it. Watermelon seeds, actually any kind of seeds in fruits, can cause intestinal blockage and are harmful for pets.

Yoghurt and buttermilk

Buttermilk and yogurt are a must-have for the summers. The cool bacteria solves a lot of problems related to heat. The lactic acid bacteria present in yoghurt and buttermilk are beneficial for your pet's gastrointestinal system. It is also a natural probiotic and keeps the gut healthy and safe.

Cucumber

This water-rich veggie contains vitamins like B1, B7, C and K along with copper, magnesium and potassium. This is the perfect snack for your pet during the summer, especially if they need to lose a few kilos. The carbohydrates content and sugar level in cucumber is very low and that makes it guilt-free and a healthy snack.

Coconut water

It's well known that coconut water is a refreshing summer drink, but did you know that your pet can enjoy it too? Coconut water is completely safe for your pets, is full of electrolytes, calcium, potassium and Vitamin C and that will keep your pet well hydrated. If your pet is unwell, you can dilute coconut water with 25% of water to make it easier to drink.

Mango

Ripened mangoes minus their seed and outer peel is completely healthy for pets. Mango is rich in vitamins like A, B6, C, E, antioxidants, flavonoids and fibre. All this goodness

packed together makes mango a great summer food for pets.

Blueberries

These berries are full of nutrients and loved by most pets! Blueberries are high in fibre and vitamin C and low in fat, they also help in increasing antioxidants in the blood. Since they are low in calories and sugar, they make a perfect feel good treat for summer.

Ginger

Ginger is soothing for your pet's stomach and has anti-inflammatory properties. You can add ginger in the frozen treats you make for them or in coconut water. Adding ginger to your pet's regular diet helps in keeping their tummy cool.

Ice cream

Pets can be given an occasional scoop of vanilla ice cream or mango slush, but not frequently as most pets can't handle lactose. Check for pet-friendly ice cream or make one at home. **RECIPE:** Puree a ripe banana with some frozen yogurt and refrigerate for a day. Add a pinch of cinnamon powder for taste and nutrition. **TMW**

HEALTH BYTES

Are you ready for Moong Dal Protein Pizza?



PROTEIN IS CRUCIAL FOR GROWING CHILDREN!

Makhija also informed via her post that 85% people think protein leads to weight gain and is important only for bodybuilders. Clearing all the myths regarding protein, she mentioned that proteins are crucial macro nutrients and are important at all stages but especially in growth phases for children. So, children and teens should have enough protein-rich foods for good growth. Here's a simple, healthy and delicious 'Protein Pizza' recipe made with moong dal. Try it out and get your share of protein.

Protein is the building block of the human body. And it often happens that in the rush of life we don't calculate our daily protein intake. According to a recent post by nutritionist Pooja Makhija, 73% of Indians are deficient in protein and more than 90% are unaware of its daily requirement. The post also mentions that 72% of people believe protein is difficult to digest and so must be avoided at night completely, while 79% believe that protein is expensive to procure.

WHAT DO YOU NEED?

- > 1 cup soaked green moong dal
- > 2 green chillies
- > 1-inch ginger
- > 2 tbsp coriander leaves
- > Salt to taste
- > 1/2 tsp baking soda
- > 2 tbsp pizza sauce
- > 2-4 mushrooms
- > 2 jalapenos
- > 2 olives
- > 2 tsp green capsicum
- > 2 tbsp cheese

MAKE THIS PIZZA IN 5 STEPS

1. Take a blender jar, add soaked moong dal, green chillies, ginger, and coriander leaves and blend it to a smooth paste.
2. Now add salt and baking soda.
3. Heat a pizza pan, and pour the paste in the form of a pizza and cook on both sides, using enough oil.
4. Once done, add pizza sauce and toppings of mushroom, jalapeno, olives, green capsicum and cheese.
5. Cover the lid and cook for another 3-5 minutes. Serve hot.

QUIZ TIME (BOTANY)

Q.1) What is the meaning of Aistroemeria?

- A. Purity B. Love
C. Friendship D. Honesty

Q.2) Which are the most popular spring flowers of all time?

- A. Tulip B. Rose
C. Marigold D. Lotus

Q.3) What is the genus name of sunflower?

- A. Viola
B. Dianthus
C. Nelumbo
D. Helianthus

Q.4) Female parts of a flower are called...

- A. Carpels B. Sepals
C. Branch D. petal

Q.5) Which of the following flowers does not bloom throughout the year i.e., is season-specific?

- A. Gerberas B. Delphiniums
C. Carnation D. delphiniums

ANSWERS

1. C) Friendship 2. A) Tulip
3. D) Helianthus 4. A) Carpels
5. B) Delphiniums

KNOWLEDGE BANK (NATURE)

Amanita phalloides

Commonly known as death cap, it is a deadly poisonous basidiomycete fungus mushroom. Widely distributed across Europe, ingesting one death cap mushroom is enough to kill a healthy adult. In fact, people are also advised not to touch it. In some cases, the death cap has been introduced to new regions with the cultivation of non-native species of oak, chestnut and pine.



GRAMMATICAL MISTAKES

1. CENT/SCENT

THE RULES:

■ "Cent" a monetary unit in various countries, equal to one hundredth of a dollar, euro, etc. ■ "Scent" a distinctive smell, especially one that is pleasant, etc.

HOW NOT TO DO IT:

■ It was taken at a Lakers game with 50 scent and Kobe Bryant. ■ The room was filled with the cent of roses.

HOW TO DO IT PROPERLY:

■ It was taken at a Lakers game with 50 Cent and Kobe Bryant. ■ The room was filled with the scent of roses.

WORD WISE

Grotesque: Comically or repulsively ugly or distorted, a very ugly or comically distorted figure or image, general adjective for the strange, mysterious, ugly magnificent, fantastic, unpleasant, disgusting, etc.

Synonyms words: Ugly,

Hideous, Abnormal, Odd, Strange, Weird

Examples: ■ Grotesque profiteering aside, life release ceremonies can devastate the eco-system. ■ At least Jake Gyllenhaal shaved off his grotesque face scarf this year.

Protecting nature with the awareness

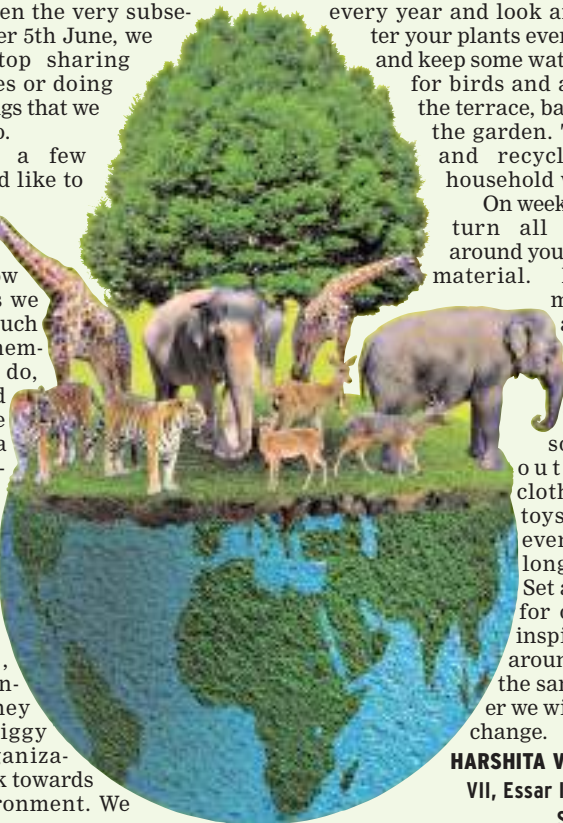
World Environment Day was celebrated in a grand way for encouraging awareness about the protection of the environment. We all shared pictures, emojis, and messages on social media. But sadly, all of them were fake. The promises we make in these forwarded messages about conserving the environment are all forgotten the very subsequent day. After 5th June, we completely stop sharing these messages or doing any of the things that we promised to do.

Here are a few things, I would like to share. I have seen that irrespective of how many articles we read or how much we try to remember things to do, we always tend to forget. So we can prepare a 'working towards change chart' wherein you can add all the tasks you need to do paste it on your wall.

Besides, you can contribute money from your piggy banks to organizations that work towards a better environment. We can forestall or limit the use of air conditioners in our homes because it checks global warming. We can limit the use of vehicles that pollute the environment and use a cycle for nearby distances and carpool for longer distances. We can use less paper and stop wasting it. Stop throwing cutouts of paper and use them to create something beneficial. You can make a club of book worms and share a book every month with each other. Always remember to turn off lights, computers, chargers when not in use. You can plant a tree every year and look after it. Water your plants every morning and keep some water and food for birds and animals on the terrace, balcony, or in the garden. Try to sort and recycle all the household waste.

On weekends, try to turn all the trash around you into useful material. Nowadays, many tutorials are available on the internet on how to do so. Donate outgrowing clothing and toys and whatever else is no longer in use. Set an example for others and inspire humans around you to do the same. Together we will bring the change.

HARSHITA VERMA, class VII, Essar International School, Surat



CELEBRATING NATURE!

This World Environment Day, students of class IX-XII SF of Pragati School, Khokhra pledged to recommit themselves in protecting our mother nature. They participated in series of activities to update themselves about the challenges and also plan the way forward to ensure a cleaner future for our generations.

As Wendell Berry says "The Earth is what we all have in common." Students of Pragati School celebrated environment day by planting a sapling and pledging to be nature ambassadors. The theme of "Ecosystem Restoration" was followed wholeheartedly. The idea of restoring nature in this ongoing pandemic condition is a boon for coming generations.



Kabirians support green initiatives

World Environment Day is celebrated on June 5, every year to raise the importance of a healthy and green environment in human lives and to solve the issues of the environment by implementing some positive environmental actions. So recently St. Kabir School Drive-In had organized various activities keeping in mind the theme for World Environment Day 2021.

Kabirians participated by making drawings and posters on 'Mother Nature' and wrote self-composed poems on the theme 'Ecosystem Restoration'. They also planted saplings at their homes.



These activities helped the children to hone their creative skills while engaging in environment-friendly activities. It was indeed a very good initiative taken by the children to save the environment and doing their bit for a cleaner and greener Mother Earth.

A COOL TRIP TO SIKKIM

The Social Science classes sparked my curiosity about different places and states in the country. So I requested my parents to take me to a place in any other state other than Telangana where I live. We then decided to go to Sikkim during the summer holidays.

Our journey started with a flight and then by road. Though it was summer in Hyderabad, it was cold in Sikkim. As soon as we reached our hotel rooms, we took out the jackets from the luggage and wore them. The hot green tea at the resort also warmed us up for the sightseeing ahead.

People in Sikkim



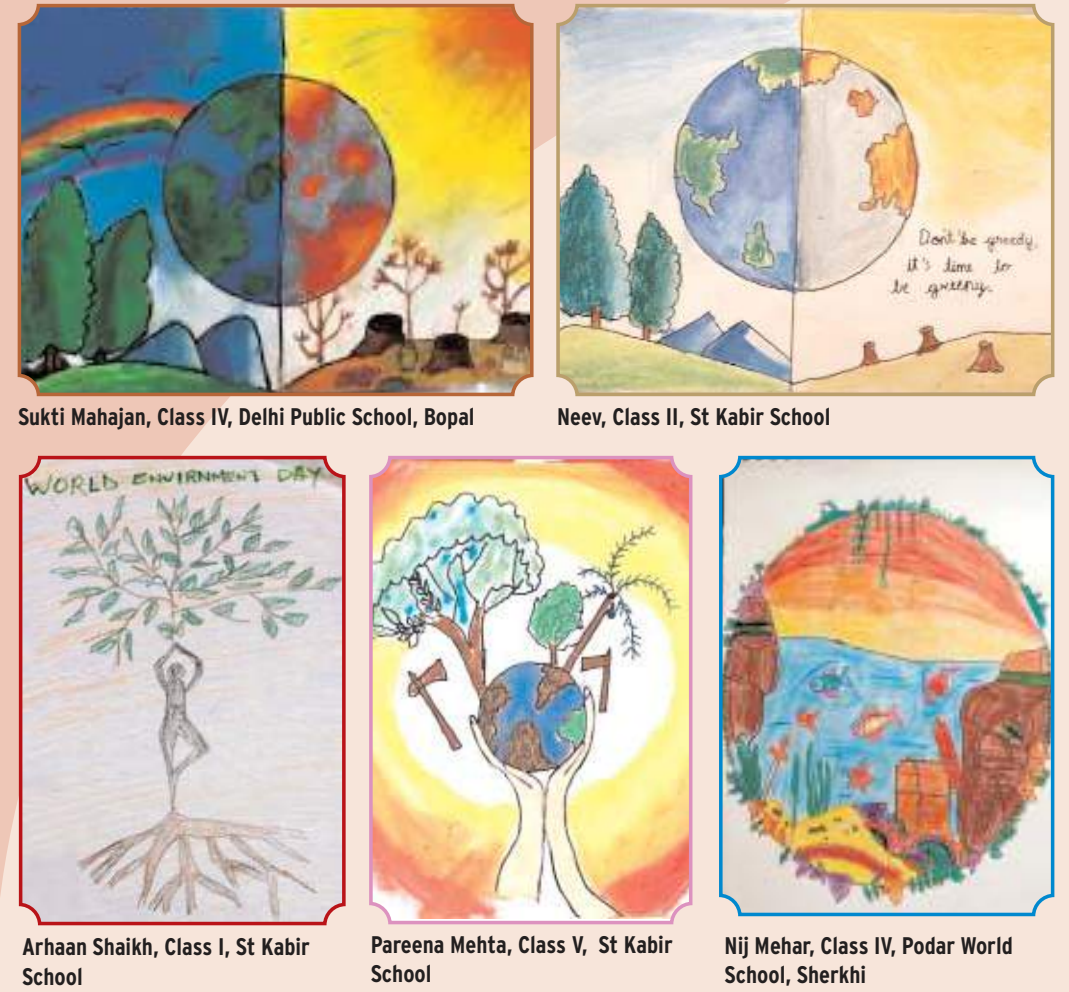
shops, hotels are run by women, and men drive the four-wheelers for the tourists. We stayed in Gangtok and visited Pelling, Nathang Valley and Namchi. The most exciting place was Nathang Valley as it was located on a higher altitude and I experienced snowfall there for the first time in my life. We went on a ride on yaks and indulged in snowfights. My parents also enjoyed playing in snow like children. On the way back we were very scared as the roads were too narrow. We stopped at a small tea stall and enjoyed having hot noodles and momos.

We returned to Hyderabad with bagful of wonderful memories of a beautiful state.

ARUNIMA KOMARAVELLY, class V, Jubilee Hills Public School, Hyderabad

They speak both Nepali and Hindi fluently. I like their traditional dress which I wore twice during our stay. The roads are narrow but very clean. We noticed that most of the

Painters' Gallery



Sukti Mahajan, Class IV, Delhi Public School, Bopal

Neev, Class II, St Kabir School

Arhaan Shaikh, Class I, St Kabir School

Pareena Mehta, Class V, St Kabir School

Nij Mehar, Class IV, Podar World School, Sherkh

Opportunities to grow are galore!

My school GIIS Ahmedabad is one of the best schools in the city. Firstly, it has a great level of balance between physical and mental health. Our teachers are experienced and easily approachable to each and every student in need. Their method of teaching is quick and simple which is important in any school.

Our school offers different opportunities to the students in different



fields. We have various types of competitions including dance, music, sports, and art throughout the year. Every month students are given a

number of activities to take part in, provided by the school. This makes classes fun and interactive. The best part about school is when we have guests in our school. They also come from different walks of life. I really appreciate the eco-friendly activities of the school. The teachers provide different methods of reusing material instead of throwing it. I really love my school and would like to go back as soon as possible.

NAVYA, class X, GIIS, Ahmedabad



Learning the fun way at School

Being a student of Global Indian International School is a matter of pride for me. Besides academics, we can have a get-together with friends and have lots of fun along with learning. We are involved in extra-curricular activities for holistic development. These activities include Intact, yoga, Kalidas theatre, music, football, cricket, etc.

In this pandemic situation, when we cannot attend the physical



school, the school has started the online lessons. Our teachers are

working hard in teaching us online so that there is no loss in our education. We are also getting familiar with the new technology and new way of learning.

Though we are having online classes since March 2020, but I feel the physical schools are much better as we could meet our friends and teachers and have a lot of physical activities. I wish this pandemic should get over soon so that our school can resume physically and we can again enjoy the fun.

SHAURYA PANGHAL, class VII, GIIS, Ahmedabad

INDIA BEAT BANGLADESH 2-0 IN WORLD CUP QUALIFIER

Talisman Sunil Chhetri handed India the first win in six years in FIFA World Cup qualifiers as his brace downed Bangladesh 2-0 in their preliminary round match on Monday



Chhetri broke the deadlock in the 79th minute when he headed in Ashique Kuruniyan's cross from the left. He then sealed the result by curling in a shot from long range in added time. Starting the match on the bench, second-half substitute Ashique delivered a cross from the left for Chhetri, who, after a bursting run and from an acute angle, headed in brilliantly from behind Topu Barman, at the Jassim Bin Hamad Stadium. It was Chhetri again as he rounded off his night with another fine strike in extra time (90+2) after receiving the ball from Suresh Singh from the right flank. The double strikes meant India registered their first win in what was turning out to be one of their worst World Cup qualifying campaigns in many years. It was also their first victory in World Cup qualifiers away from home in 20 years. Their last victory in World Cup qualifiers was a 1-0 result against Guam in November 2015 in Bengaluru.

India in the race for Asian Cup 2023

India are already out of contention for a berth in next year's World Cup but remain in the reckoning for a place in the 2023 Asian Cup. A confident India found themselves pressing in the opposition half after Chhetri's 73rd goal in international football and the move worked for beleaguered coach Igor Stimac as the captain scored his and the team's second just before the final whistle. Despite being ahead, India looked to add to their tally with both Ashique and Chhetri linking up well, even as most of the Bangladesh players moved up in search of an equaliser. In the end, the equaliser did not materialise but India surely ended on a high, giving their campaign the much-needed boost after a series of winless outings. With his two goals, international football's second highest scorer among ac-

| MOST INTERNATIONAL GOALS (ACTIVE PLAYERS) | | |
|---|-----------|-------|
| NAME | COUNTRY | GOALS |
| Christiano Ronaldo | Portugal | 103 |
| SUNIL CHHETRI | INDIA | 74 |
| Riyad Mahrez | ENG | 73 |
| Lionel Messi | Argentina | 72 |
| Fabrizio Ravanelli | France | 66 |

It was tough, frustrating at times. We missed a lot of chances, could have done a lot of things better but in the end, we are happy that we got the three points which were needed. To win full three points and game is always sweet. I'm really happy that we also kept a clean sheet.

SUNIL CHHETRI

five players, Chhetri more than made up for the fumble in the 63rd minute when the unmarked captain missed a free header after a fine ball from Brandon Fernandes.

India started off cautious

Stimac made three changes from the side that took on Qatar in the last match. The Blue Tigers made a cautious start, playing it among themselves while looking for gaps. In the 2nd minute,

Rakib Hossain was flashed the yellow for a tackle on Brandon Fernandes. India's first real chance came in the 15th minute when Brandon's through ball between the two central defenders found Manvir Singh in the clear inside the box. With only the rival goalkeeper Anisur Rahman to beat, Manvir failed to go for it quickly enough and allowed the rival defence to regroup in time.

India faced early hiccups

Bangladesh had a close shave in the 35th minute when Chinglensana Singh's header off a Brandon corner was cleared on the line by Riyadul Hasan. Changing over, Mohammed Yasir came in for Udanta Singh, and Ashique replaced Bipin in the 46th minute. On the hour mark, India brought in their third substitute - Liston Colaco coming in for Manvir. Almost immediately, rival captain Jamal Bhuyan was flashed the yellow after Suresh had sped past him on the right flank. Off the resultant free-kick, Brandon did manage to find an unmarked Chhetri in the box but his header was off target. Glan Martins' long-range effort won India a corner in the 73rd when it deflected off a rival defender over the goal-line. But India's agony continued as Subhashish Bose, all unmarked, failed to guide his header into the goal. A minute later Ashique was shown the yellow card for a foul on Riyadul. India finally broke the deadlock when the skipper connected with an Ashique cross from an acute angle to send the ball past Bangladesh goalkeeper Rahman. Bangladesh began to throw bodies forward in search of the equaliser, but were often thwarted by the Indian defence.

India to play Afghanistan next

India moved to six points from seven matches, while Bangladesh are at two points seven matches. India next play Afghanistan in their last group league match on June 15.

NADAL MARCHES INTO QUARTER-FINALS

Rafael Nadal reached the French Open quarter-finals for the 15th time with a straight sets win over Italy's Jannik Sinner

The king of clay continues to stay on course for a 14th Roland Garros title and record-setting 21st Grand Slam. Third seed Nadal downed 19-year-old Sinner 7-5, 6-3, 6-0 and goes on to face 10th-seeded Diego Schwartzman of Argentina who he defeated in the semi-finals last year. Nadal has now won 104 matches at Roland Garros against just two defeats since his 2005 debut while Monday's victory extended his run of consecutive sets won in Paris to 35.

The 35-year-old Spanish world number three is seeded to face Novak Djokovic in the semi-finals. Nadal had beaten Sinner in the quarter-finals in Paris in 2020 as well as at this year's Italian Open. Sinner, the 18th seed, led 5-3 in the first set but that was as good as it got as Nadal raced away with 16 of the last 19 games. He hit 31 winners with the Italian claiming just 10 points in the third set.

I started well but was a little too defensive. I gave him the chance to come inside the court and play his best shots. That was a mistake. I broke back at 5-4 in the first set and the match changed after that. I played at a great level.

RAFAEL NADAL

DJOKOVIC SURVIVES MUSETTI SCARE

If the first two sets of Monday's fourth-round meeting were a trailer to the 19-year-old Lorenzo Musetti's career, it might be a show worth waiting for. On court Philippe Chatrier, however, it was not to be. The world No. 1 Novak Djokovic stuck to his lines assiduously until the Italian threw in the towel and limped off the court. Djokovic came through 6-7 (7), 6-7 (2), 6-1, 6-0, 4-0 in three hours and 27 minutes to take his place in the last eight, where he'll play another Italian Matteo Berrettini.

INDIA'S TOUR OF SL IN JULY

India will play three ODIs and as many T20 Internationals in Sri Lanka between July 13 to 25, broadcaster Sony announced on Monday.

Indian selectors are expected to pick plenty of fringe players for the limited overs tour with Shikhar Dhawan and Hardik Pandya in the fray for leading the side. A fully-fit Shreyas Iyer is another captaincy option.

Sony Sports announced the schedule via social media. The ODIs will take place on July 13, 16 and 18 while

the T20Is will be played on July 21, 23 and 25. The venues for the games are yet to be announced. It will be a rare occasion when two India squads will be playing in different countries at the same time. The Virat Kohli-led side will be preparing for the five-match Test series against England at the same time.

The Test squad is already in the UK for the World Test Championships final against New Zealand from June 18 while the England series begins on August 4.



QUIZ TIME!

Q1: In which country were the first Olympic Games held?

- a) Australia b) Japan
c) Germany d) Greece

Q2: How long is an Olympic swimming pool?

- a) 50 meters b) 40 meters
c) 40 meters d) 20 meters

Q3: What term is used in tennis for 40-40?

- a) Deuce b) Love
c) Ace d) None of the above

Q4: Which one is the oldest football club in India

- a) Mohammedan S C b) East Bengal F C
c) Mohun Bagan A C d) Mahindra United

Q5: Who was the highest run scorer from India in World Cup Cricket final match, 1983?

- a) M Amarnath b) Kapil Dev
c) Sunil Gavaskar d) K Srikkanth

Q6: With which Formula 1 team did Lewis Hamilton begin his career with?

- a) McLaren b) Mercedes
c) Renault d) Red Bull

Q7: When Phil Mickelson won the US PGA Championship, he became golf's oldest Major winner - beating who?

- a) Tom Morris Snr b) Julius Boros
c) Arnold Palmer d) Jack Nicklaus



Photo: AFP

Q8: Who is the first Indian woman to win an Asian Games gold in 400m run?

- a) M L Valsamma b) Kamaljit Sandhu
c) P T Usha d) K Malleswari

Q9: Which player was the first to win five straight Wimbledon tennis titles?

- a) John McEnroe b) Jimmy Connors
c) Bjorn Borg d) Ivan Lendl

Q10: Who holds the record for the youngest golfer ever to win the U.S. Junior Amateur title?

- a) Tiger Woods b) Rory McIlroy
c) Phil Mickelson d) Earl Woods

Q11: Which team clinched the 2019 Ranji Trophy?

- a) Bengal b) Saurashtra
c) Vidharbha d) Railways

Q12: Which Indian squash player won the 2019 Seattle Open title?

- a) Saurav Ghosal b) Ramit Tandon
c) Cyrus Poncha d) Harinder Pal Sandhu

Q13: What is the total number of gold medals won by the Indian Hockey Team in the Olympics?

- a) 8 b) 12 c) 6 d) 9

ANSWERS: 1. d) Greece 2. a) 50 meters 3. a) Deuce 4. c) Mohun Bagan A C 5. d) K Srikkanth 6. a) McLaren 7. b) Julius Boros 8. b) Kamaljit Sandhu 9. c) Bjorn Borg 10. a) Tiger Woods 11. c) Vidharbha 12. b) Ramit Tandon 13. a) 8

THE TIMES OF INDIA

www.toistudent.com

TODAY'S EDITION

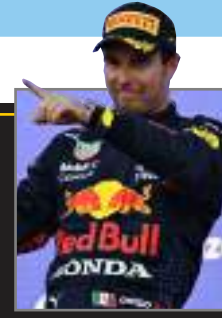
Keep revising, with the sample paper, prepared by your teacher
PAGE 2



Check out why JK Rowling, author of the famous Harry Potter series, is a role model for youngsters
PAGE 3



Perez wins Azerbaijan GP after Verstappen crashes out
PAGE 4



STUDENT EDITION
TUESDAY, JUNE 8, 2021

WEB EDITION

CLICK HERE: PAGE 1 AND 2

CBSE introduces 'coding', 'data science' from current session

Complying with the recommendations of the National Education Policy (NEP) 2020, CBSE has introduced coding and data science as skill subjects in schools. Sharing the information, Union education minister Ramesh Pokhriyal Nishank tweeted: "Under the NEP 2020, we promised to introduce coding and data science in schools. I'm happy to see CBSE fulfilling the promise right in the session of 2021 itself".

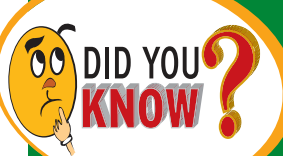


1 According to educators, coding is a creative activity, which students from any discipline can engage in; it helps in building computational thinking, develop problem solving skills, critical thinking and exposure to real life situations to solve issues in various realms

2 It is being introduced as a skill module of 12 hours duration in classes VI to VIII. The idea is to simplify the coding learning experience by nurturing design thinking, logical flow of ideas, and applying this across the disciplines

3 Faculty and student handbooks have been created with support from Microsoft so that the students can work on applied projects and integrate coding across multiple subjects and make learning fun

4 While faculty resources will empower the faculty for teaching these concepts, the handbooks cover real life examples on coding, builds exposure to ethics of coding, and provides exercises and applications using the open source makecode platform



The NEP-2020 has laid stress on the skilling of students, and has recommended that by 2025, at least 50 per cent of learners (through school and higher education system) should have exposure to vocational education, for which a clear

action plan with targets and timelines will be developed

Currently, the CBSE offers nine skill modules at the middle school level, 18 skill subjects at the secondary level and 38 skill subjects at the senior secondary level

to upgrade the skills and proficiency of young generation, and explore various career options available

More than 20 lakhs students are presently studying skill subjects at the secondary and senior secondary level in approximately 12,000 schools

Monsoons are likely to get WETTER AND MORE DANGEROUS



Global warming is likely to make India's monsoon season wetter and more dangerous, new research suggests. Scientists have known for years that climate change is disrupting monsoon season. Past research based on computer models has suggested that the global heating caused by greenhouse gases, and the increased moisture in the warmed atmosphere, will result in rainier summer monsoon seasons and unpredictable, extreme rainfall events.

The monsoon season, which generally runs from June to September, brings enormous amounts of rain to South Asia that are crucial to the region's agrarian economy. Climate change, which could reshape the region and history, is a guide to those changes



Environment



The researchers had no time machine, so they used the next best thing: mud. They drilled core samples in the Bay of Bengal, in the northern Indian Ocean, where the runoff from monsoon seasons drains away from the subcontinent. The core samples were 200 metres long and provided a rich record of monsoon rainfall. Wetter seasons put more fresh water into the bay, reducing the salinity at the surface. The plankton that live at the surface die and sink to the sediment below, layer after layer. Working through the core samples, scientists analysed the fossil shells of the plankton, measuring oxygen isotopes to determine the salinity of the water they lived in. The high-rainfall and low-salinity times came after periods of higher concentrations of atmospheric carbon dioxide, lower levels of global ice volume and subsequent increases in regional moisture-bearing winds

Facebook suspends Trump's account for 2 years, will reassess later

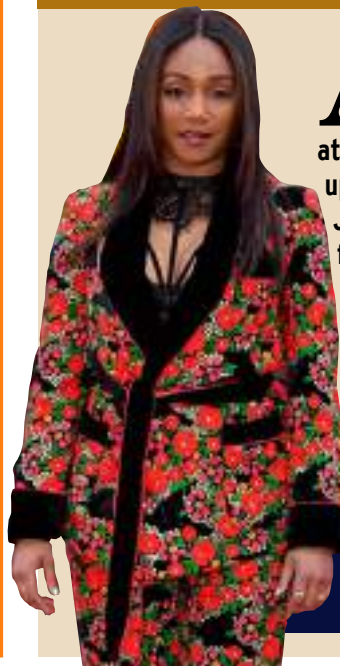


Facebook has announced that former President Donald Trump's accounts will be suspended for two years, freezing his presence on the social network until early 2023, following a finding that Trump stoked violence ahead of the deadly Jan 6 insurrection at the Capitol. The former president called Facebook's decision on the suspension "an insult." The two-year ban replaced a previous ruling that ordered Trump to be suspended indefinitely.

At the end of the suspension, the company will assess whether Trump's "risk to public safety" has subsided, Nick Clegg, Facebook's vice president of global affairs, wrote in a blog post. He said Facebook will take into account "external factors" such as instances of violence, restrictions on peaceful assembly and other markers of civil unrest. Facebook also announced that it would end a contentious policy that automatically exempted politicians from rules banning hate speech and abuse, and that it would stiffen penalties for public figures during times of civil unrest and violence



Tiffany Haddish set to play Olympic icon Florence Griffith Joyner in biopic



Actor-comedian Tiffany Haddish is set to portray former US track and field athlete Florence Griffith Joyner in an upcoming biopic. Known as Flo-Jo, Joyner helped popularise track and field in the US with her record-breaking Olympic run and flashy personality and style.



Many of the records that Joyner set in the 1988 Olympics, include those in the 100 m and 200 m

Moody's pegs India GDP growth at 9.3 pc in FY22

Moody's Investors Service has pegged India's GDP growth at 9.3 per cent in the current fiscal ending March 2022 and 7.9 per cent in FY23. "The reimposition of lockdown measures along with behavioural changes on fear of contagion will curb economic activity, but we do not expect the impact to be as severe as during the first wave," it said.



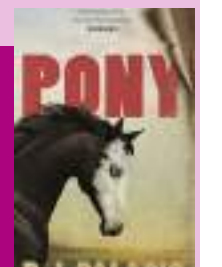
India's economy contracted by 7.3 per cent in fiscal 2020-21. The pandemic, it said, will leave new economic scars and deepen pre-pandemic constraints. "Over the longer term, we expect real GDP growth to average around 6 per cent," it said



Curriculum is a vibrant thing. We can't sleep on the curriculum for decades. Changes happening around the world have to come into the teaching-learning process. Even arts, science and commerce streams should go for it. We have to replicate and re-model the classroom-type education. Human-to-human touch is important. A blended way of education (classroom and online) is essential, making use of the strength of technology.
ANIL D SAHASRABUDHE, head, AICTE

RJ PALACIO'S NEXT BOOK, 'PONY', TO BE PUBLISHED IN SEPTEMBER

Random House Children's Books has announced that Palacio's 'Pony' will be published Sept 28, with an announced first printing of 500,000 copies. It is a world apart from her million-selling debut 'Wonder'.



Story of a young boy's "harrowing yet distinctively beautiful journey" in the mid-1800s, 'Pony' is Palacio's first novel that doesn't feature characters from 'Wonder', a contemporary story of a fifth-grader with a disfigured face that was inspired in part by Natalie Merchant song of the same name



BOOK

SHARPEN YOUR SKILLS IN SOCIAL SCIENCE



EXAMS
Rfun

CLASS: X

SUBJECT:

SOCIAL SCIENCE (CBSE)

Maximum Marks: 80

Time Allowed: 3 Hours

PRACTICE PAPER SET BY DHARA MEHTA, SOCIAL SCIENCE EDUCATOR, ZEBAR SCHOOL FOR CHILDREN, AHMEDABAD

SECTION-A (1X16=16)

- Q1.** Identify the correct statement with regard to the aspect that best suits 'the Frankfurt Parliament' from the following options. [1]
A) The Parliament consisted of people from all the class of the society.
B) The Parliament shows that women were admitted only as observers to stand in the visitors' gallery.
C) The Parliament shows unification of various states with clergy on higher positions.
D) The Parliament shows it has been headed by a Monarch and the royal family.
- Q2.** Name the association formed by Dr. B.R. Ambedkar in the year 1930. [1]
A) Deprived Class Association
B) Depressed Classes Association
C) Derived Class Association
D) Demonstrated Class Association
- Q3.** Which of the following was the reason for launching Satyagraha against the Rowlett Act 1919? [1]
A) Forced recruitment in rural areas to join the British army
B) Empower the Government to repress political activities and detention of political prisoners without trial for two years.
C) Protest against the Jallianwala Bagh incident
D) Collect high revenue to meet out the war expenditure
- Q4.** _____ industry has strategically located plants in Gujarat that have suitable access to the market in the Gulf countries. [1]
A) Pama Dabi- Rajasthan
B) Dahiya- Odisha
C) Kuruwa- Jharkhand
D) Khil- Tamil Nadu
- Q5.** Choose the correctly matched pair with regard to Primitive Cultivation in India from the following options: [1]
A) Pama Dabi- Rajasthan
B) Dahiya- Odisha
C) Kuruwa- Jharkhand
D) Khil- Tamil Nadu
- Q6. Fill in the blank:** [1]
 Peas: Rabi crop, Bajra: Kharif crop, _____: Zaid crop
A) Moong **B)** Muskmelon
C) Jowar **D)** Paddy
- Q7.** Identify the soil with the help of the following features: [1]
 ■ Extremely clayey material, ideal for growing cotton
 ■ Well-known for its capacity to hold moisture
 ■ Develops deep cracks during hot weather, which helps in the proper aeration of the soil.

- Ans.**
Q8. A type of millet, is a rain-fed crop mostly grown in the moist areas which hardly needs irrigation. [1]
A) Ragi **B)** Jowar **C)** Bajra **D)** Rajma
- Q9.** In the capital city Brussels of Belgium, the percentage of French speaking people and Dutch speaking people were 80% and _____ respectively. [1]
A) 40% **B)** 20% **C)** 50% **D)** 80%
- Q10.** Define the term 'majoritarianism'. [1]
- Q11.** Which administrative authority legislates on the residuary subjects? [1]
Ans.
Q12. Read the given data and find out which country has the most equitable distribution of income:

| Country | 1990 | 2000 | 2010 | 2019 |
|-----------|------|------|------|------|
| Country A | 1000 | 1000 | 1000 | 1000 |
| Country B | 1000 | 1000 | 1000 | 1000 |
| Country C | 1000 | 1000 | 1000 | 1000 |
| Country D | 1000 | 1000 | 1000 | 1000 |

- a)** Country A **b)** Country B
c) Country C **d)** Country D

- Q13.** Read the information given below and select the correct option: [1]
 Raman is a marginal industrial labourer. There are several months in a year when he has no work and needs credit to meet his daily expenses. He depends upon his employer the factory owner, for credit who charges an interest rate of 9 percent per month. Raman repays the money by working physically for the factory owner on his farmhouse.
Over the years his debt will:
A) Increase - because of non-payment of monthly amount and increasing interest
B) Remain constant - as he is working for the employer but is repaying less
C) Reduce - as amount equivalent to his salary is being counted as monthly repayment
D) Be totally repaid - as he is repaying the debt in the form of physical labour
- Q14.** Which one of the following options describe 'Debt Trap'? [1]
A) When credit

- helps in buying of seeds, fertilizers etc.
B) When credit enhances earning capacity of borrower.
C) When credit is repaid with high interest rate.
D) When credit pushes the borrower into a situation from which recovery is very difficult.
- Q15.** Read the given statements in context to steps that government should take to ensure fair globalisation and choose the correct option: [1]
A) Its policies must protect the interests of only of the rich and the powerful and not all the people in the country.
B) The government should ensure that labour laws are properly implemented and only the cloth factory workers get their rights.
C) The government can support small producers to improve their performance till the time they become strong enough to compete.
D) The government should not use trade and investment barriers as it cannot negotiate at the WTO for fairer rules.
- Q16.** In the question below, there are two statements marked as Assertion (A) and Reason (R). Read the statements and choose the correct option: [1]
Assertion (A): People look at mix of goals.
Reason (R): People seek only for equal treatment, freedom, security, and respect.
Options:
a) Both A and R are true, and R is the correct explanation of A.
b) Both A and R are true, but R is not the correct explanation of A.
c) A is true, but R is false.
d) A is false, but R is true.

SECTION-B (3X6=18)

- Q17.** Describe various problems in unifying people in India by the end of 20th century [3]
Q18. Describe the main clauses of the Treaty of Vienna [3]
Q19. Explain any three measures of conservation of resources with the help of examples. [3]
Q20. "The real success of federalism in India can be attributed to the nature of democratic politics in India". Analyse the statement. [3]
Q21. What are the difference between formal and informal sources of credit? [3]
Q22. What is Sustainable Development? Why is the issue of sustainability important for development? [3]

SECTION-C (4X4=16)

- Q23.** Read the source given below and answer the questions that follow: [4]
 From the very beginning the French revolutionaries introduced various measures and practices that could create a sense of collective identity among the French people. The ideas of La patrie (the fatherland) and la citoyen (the citizen) emphasized the notion of a united community enjoying equal rights under a constitution. A new French flag, the tricolour, was chosen to replace the royal standard. The Estate General was elected by the body of active citizens and renamed the National Assembly. New hymns were composed, oaths taken, and martyrs commemorated, all in the name of nation. A centralized administrative system was put in place and it formulated uniform laws for all citizens within its territory. Internal customs and dues were abolished, and a uniform system of weights and measures was adopted. Regional dialects were discouraged and French, as it was spoken and written in Paris, became the common language of the nation.

- The revolutionaries further declared that it was the mission and the destiny of the French Nation to liberate the peoples of Europe from despotism, in other words to help other peoples of Europe to become nations. When the news of the events in France reached the different cities of Europe, students, and other members of educated middle classes began setting up Jacobin clubs. Their activities and campaigns prepared the way for the French armies which moved into Holland, Belgium, Switzerland and much of Italy in the 1790s. With the outbreak of the revolutionary wars, the French armies began to carry the idea of nationalism abroad.
Answer the following MCQs by choosing the most appropriate option:
Q23.1. State how did the idea of collective identity among people emphasize the notion of united community enjoying equal rights under a constitution. [1]
A) By promoting idea of la patrie and la citoyen
B) By promoting royal standards
C) By diversifying laws
D) By promoting regional dialects
(a) Identify who elected Estate General from the following options: [1]

- A)** French generals and chiefs
B) Body of active citizens
C) Monarch and nobility
D) Revolutionaries and soldiers
- (b)** Who were the members of Jacobin clubs? Select the appropriate option: [1]
A) Students and revolutionaries
B) Middle class and revolutionaries
C) Students and educated middle class
D) Army and commoners
- (c)** What was the impact of the outbreak of revolutionary wars? Select the appropriate option: [1]
A) Idea of monarchy arose
B) Idea of territorial expansion
C) Idea of military rule emerged
D) Idea of Nationalism abroad
- Q24.** Read the source given below and answer the questions that follow: [4]
 If we classify the various industries based on a particular criterion then we should be able to understand their manufacturing better. Industries may be classified as follows: On the basis of source of raw materials used: Agro-based: cotton, woolen, jute, silk, textile, rubber and sugar, tea, coffee, edible oil. Mineral based: iron and steel, cement, aluminium, machine tools, petrochemicals.
 According to their main role: Basic or key industries which supply their products or raw materials to manufacture other goods e.g. Iron and steel and copper smelting, aluminium smelting. Consumer industries that produce goods for direct use by consumers- sugar, toothpaste, paper, sewing machines, fans etc.
 On the basis of capital investment: A small scale industry is defined with reference to the maximum investment allowed on the assets of a unit. This limit has changed over a period of time. At present the

- B)** a-3, b-4, c-2, d-1
C) a-2, b-1, c-4, d-3
D) a-4, b-2, c-1, d-3
- (b)** Which of the industry from the given option is called as a basic industry? [1]
A) That produces goods for direct use by the consumers
B) That supplies their products / raw materials to manufacture other goods
C) That pools their resources and shares profit or losses
D) That is owned only by one individual
- (c)** What is the maximum investment allowed in order to be called as a small-scale industry? [1]
A) One crore
B) Two crores
C) Three crores
D) Four crores
- Q25.** Read the source given below and answer the questions that follow: [4]
 Democracies are based on political equality. All individuals have equal weight in electing representatives. Parallel to the process of bringing individuals into the political arena on an equal footing, we find growing economic inequalities. A small number of ultra-rich enjoy a highly disproportionate share of wealth and incomes. Not only that, their share in the total income of the country has been increasing. Those at the bottom of the society have very little to depend upon. Their incomes have been declining. Sometimes they find it difficult to meet their basic needs of life, such as food clothing, house, education and health.
 The poor constitute a large proportion of our voters and no party will like to lose their votes. Yet democratically elected governments do not appear to be as keen to address the

- and income.
B) The poor constitute a large proportion of our voters and no party will like to lose their vote.
C) All individuals have equal right in electing representatives.
D) Those at the bottom of the society have very little to depend upon.
- Q26.** Read the source given below and answer the questions that follow: [4]
 In general, MNCs set up production where it is close to the markets; where there is skilled and unskilled labour available at low costs; and where the availability of other factors of production is assured. In addition, MNCs might look for government policies that look after their interests. Having assured themselves of these conditions, MNCs set up factories and offices for production. The money that is spent to buy assets such as land, building, machines and other equipment is called investment. Investment made by MNCs is called foreign investment. Any investment is made with the hope that these assets will earn profits.

At times, MNCs set up production jointly with some of the local companies of these countries. The benefit to the local company of such joint production is two-fold. First, MNCs can provide money for additional investments, like buying new machines for faster production. Second, MNCs might bring with them the latest technology for production. But the most common route for MNC investments is to buy up local companies and then to expand production.

Answer the following MCQs by choosing the most appropriate option:

- Q26.1.** Which are the additional benefits that MNCs look for? [1]
A) Availability of labour
B) Government policies
C) Closeness to the market
D) Availability of resource
- (a)** According to the given passage, what is foreign investment? [1]
A) Investment made by farmers.
B) Investment made by local companies.
C) Investment made by MNC.
D) Investment made by urban traders.
- (b)** Which one of these is a major benefit of joint production between a local company and a Multinational company? [1]
A) MNC can bring latest technology for production.
B) MNC will have partial control on price fluctuations.
C) MNC can develop but cannot buy all local companies.
D) MNC can ask local companies to sell products under their brand name.
- Q26.2.** The most common route for investments by MNCs in countries around the world is to _____. [1]
A) set up new factories
B) buy existing local companies
C) form partnership with local companies
D) buy new machines

SECTION-D

(5X5=25)

- Q27.** Describe various problems in unifying people in India by the end of the 20th century. [5]
Q28. Define balance of trade. Write a note on the changing nature of the international trade in the last fifteen years. [5]
Q29. 'Political Parties are necessary condition for the democracy'. Analyse the statement. [5]
Q30. What is power sharing? What are the different forms of power sharing in modern democracies? Give an example of each of these. [5]
Q31. How can employment opportunities be increased in both rural and urban areas? Explain. [5]

SECTION-E (2+3=5)

- MAP SKILL BASED QUESTIONS**
Q32.1. Two places A and B have been marked on the given outline map of India. Identify them and write their correct names on the lines drawn near them: [2]
A) Indian National Congress Session was held at this place in December, 1920.
B) Mahatma Gandhi organized a Satyagraha Movement at this place for indigo planters.
Q32.2. On the same outline map of India locate and label any THREE of the following with suitable symbols. [3]
a) Sardar Sarovar Dam **b)** Namrup Thermal Plant **c)** Pune Software Technology Park **d)** Haldia Port **e)** Kalpakkam Nuclear Power Plant

These questions are meant for practice purpose only. Students are advised to check format, syllabus and marks for Board test papers with their teachers. Questions have been given by teachers and NIE is not responsible for them.



maximum investment allowed is rupees one crore. On the basis of ownership: Public sector owned and operated by government agencies - BHEL, SAIL etc. Private sector industries owned and operated by individuals or a group of individuals - TISCO, Bajaj Auto Ltd., Dabur Industries.

Joint sector industries which are jointly run by the state and individuals or a group of individuals. Oil India Ltd. (OIL) is jointly owned by public and private sector. Cooperative sector industries are owned and operated by the producers or suppliers of raw materials, workers, or both. They pool in their resources and share their profits or losses proportionately such as the sugar industry in Maharashtra, the coir industry in Kerala.

Based on bulk and weight of raw material and finished goods: Heavy industries such as iron and steel. Light industries that use light raw materials and produce light goods such as electrical industries.

Answer the following MCQs by choosing the most appropriate option:

- Q24.1.** _____ sector industries are owned and operated by producers and suppliers of raw materials, workers, or both. [1]
A) Public **B)** Private
C) Joint **D)** Cooperative
- (a)** Industries can be classified on the basis of a particular criterion. Identify under which classification the following industries will fall: [1]

| Classification | Industry |
|---------------------------------------|--|
| 1. On the basis of ownership | 1. Small scale industry |
| 2. On the basis of bulk and weight | 2. Agro-based and mineral based industry |
| 3. On the basis of raw materials | 3. Heavy and light industry |
| 4. On the basis of capital investment | 4. Public, Private, Joint, Cooperative sectors |

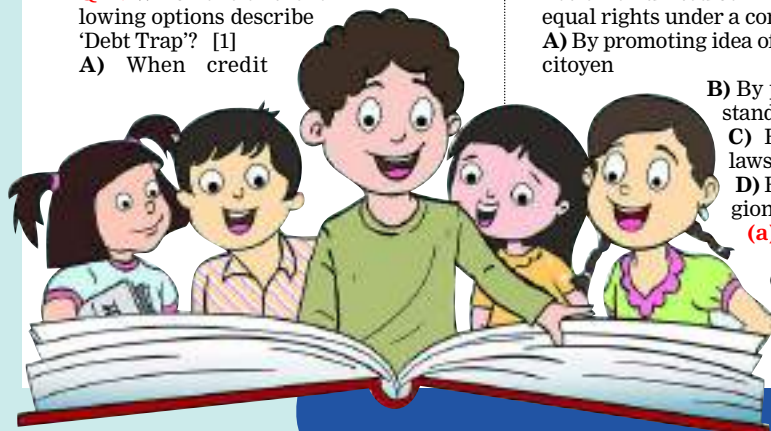
- Choose the correct option:**
A) a-1, b-2, c-3, d-4

question of poverty as you would expect them to. The situation is much worse in some other countries. In Bangladesh, more than half of its population lives in poverty. People in several poor countries are now dependent on the rich countries even for food supplies.

Answer the following MCQs by choosing the most appropriate option:

- Q25.1.** Choose the correct statement in favour of democracy from the below options. [1]
A) Democracies are based on political inequality.
B) All individuals have equal weight in electing representatives.
C) A small number of ultra-rich enjoy appropriate share of wealth and incomes.
D) The poor constitute a small proportion of our voters.
- Q25.2.** Which among the following statement is correct regarding economic inequalities in democracy? [1]
A) Reduction of poverty is evident in all democratic government.
B) The ultra-rich members constitute a large proportion of our voters and party favours them.
C) In actual life, democracies do not appear to be very successful in reducing economic inequalities.
D) Those at the bottom of the society get sufficient resources from the government.
- Q25.3.** Parallel to the process of bringing individuals into the political arena on an equal footing, we find growing _____ (1)

- A)** credibility of politicians
B) people's movements
C) economic inequalities
D) power struggle
- Q25.4.** Democracies are based on political equality because: [1]
A) A small number of ultra-rich enjoy a highly disproportionate share of wealth



A year full of Storytelling Experiences



Looking back into the year 2020, we as teachers were thrilled working totally in a different environment. Online teaching-learning gave us an opportunity to come out of our comfort zone and think out of the box. The journey was adventurous & filled with fun. It was a big challenge for the teachers, children, also parents to get acquainted with the New Normal. Stories and storytelling worked like MAGIC. It proved to be the most powerful and creative way to connect with the students. We noticed our students enjoying stories immensely. We thus thought of having our story club. The kids in the primary section got an opportunity to narrate stories with the proper guidelines sent to them. We asked the students to send their videos while they nar-



rated stories, for which we received a stupendous response, with the number of videos reaching above 400. The best videos were acknowledged by uploading on various social media platforms repeatedly over the year. The students were motivated by the online recognition

reward. We also encouraged their family members to send in their videos, narrating a story in their mother tongue. This activity was named Language adventures, which too got a fantastic response. We thank all the parents for their support and cooperation.

Idioms and phrases Quiz-O-fied

A quiz competition was held at Udgam School for Children, where the students of Grade IV participated. The students participated in several rounds and competed among sections to get to the final round. Keya Daftary oversaw the entire event. Two sections made it to the finale – class IV-D (White Tigers) and IV-E (Black Panthers). The finale consisted of five rounds. The first round was audio round wherein students of each group had to list down all the videos spoken in the audio. The second round was a visual round, where pictures related to idioms were presented to students. The students cracked the images and identi-

fied the idioms related to them. The third was the Mixed Bag Round, in which the students were given jumbled words and had to join them into idioms and phrases. In the Situational round, students were given a situation and they had to recognize the idiom. Replace the correct word was what the students had to do in the fifth round. The concluding round was held with a surprise quiz, where words were given in English, which the students had to translate in Hindi and make an idiom using it. The moderators concluded the competition by talking about the importance of the idioms and phrases, and how impactful are they when we communicate using them.



Children taught environment-friendly approach



Podar World School Sama celebrated the International Environment Day on Saturday with great ardour. The activities embraced for the celebration included making eco-friendly edible paint, preparing bird feeders for serving society and street birds. Children also created small ecosystems like terrarium and aquarium. They also made posters with a message for saving electricity and water. This celebration created a sense of awareness and responsibility for the environment and stressed the need for conservation. It was a great and efficacious celebration!



Sarvangasana is also referred to as shoulder stand as in this yoga pose the whole body is balanced on the shoulders.

BENEFITS

- Calms the brain and helps relieve stress and mild depression.
- Stimulates the thyroid and prostate glands and abdominal organs.
- Stretches the shoulders and neck.
- Tones the legs and buttocks.
- Improves digestion.
- Reduces fatigue and alleviates insomnia.

Sarvangasana

PRECAUTIONS

While performing Sarvangasana, it is recommended not to bend your knees. Don't try to strain your neck or move it. Your legs should be relaxed, don't strain it as this will contract your legs and prevent the flow of blood.

Step 1
Lie down in the supine position (The supine position is lying horizontally with the face and body facing up).

Step 2
Raise your legs slowly upward and bring it to a 90° angle.

Step 3
Bring the legs towards the head by raising the buttocks up.

Step 4
Raise the legs; abdomen and chest and try to form a straight line.

Step 5
Place the palms on your back for support.

D RAJENDRA BABU, Physical Education Facilitator, Oaks Valley International School, Visakhapatnam

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.

Painters' Gallery

Tvisha Modi, Class II, Global Indian International School

Dhairya Desai, Class VI, Delhi Public School, Bopal

Ria Shah, Class I, St Kabir School

Rishit Srivastava, Class IV, Delhi Public School, Bopal

Zil Sanghvi, Class V, St Kabir School

Thanks to Space Research and Nuclear Programme pioneered by him, India has come a long way from being recognized as a country of snake charmers to being a member of the Elite Space Club of nations that have been to Space and back and also those that wield Nuclear power! An astronomer who dreamt the impossible, a great physicist, and a true visionary, Dr. Vikram Sarabhai is my hero and inspiring icon. Rightly known as the Father of the Indian Space Programme, he was the Founder of the Physical Research Laboratory (PRL) which is the cradle of space sciences in India today. It was the result of his efforts that Aryabhata, the first Indian satellite was launched into the orbit in 1975 from a Russian Cosmodrome. He also founded Indian Space Research Organisation (ISRO). There

FLYING BEYOND THE SKY



are a number of other leading Indian institutes he helped set up including the Nehru Foundation For

Development, the Indian Institute of Management, Ahmedabad (IIMA), the Ahmedabad Textile Industry's Research Association (ATIRA), the CEPT University and the Darpan Academy of Performing Arts. Till his last breath, he dedicated his energy in realizing his dream of seeing India as a space giant. I had the privilege of being a part of the Model Rocketry Workshop conducted by the Vikram A Sarabhai Community Science Centre (VASCSC) in our school recently. His contribution has propelled my dream of pursuing space research in the future! His undaunted and sincere efforts to take India to new heights, inspire me to the core. **ADVAIT MORAS**, class VII, Global Indian Int'l School, Ahmedabad



INSPIRING ICONS

DR. VIKRAM SARABHAI

ODE TO THE PEN

ARMOUR OF MY LIFE

If I could write a book, as a daughter. I would write about my father, For he is the core part of my existence, Without him, my life would make no sense. My father, the richest man in this world, Provided precious things - more precious than gold. Time, attention, love, and care that I seek from my father. He always encouraged to focus on intangibles Because those are the gifts that make the difference. He is who is proud of my triumphs. He always exhorted me to face my fears, Rather than soaking my pillow with tears. Certainly, I have learned a lot from our conversations. He would say, the magical powers: Gratitude, prayer and sharing can turn a meal into a feast, A house into home and troubles into blessings. He enlightened to nurture good thoughts As they weave the fabric of the rainbow of our lives. And so are the words and actions,



Currencies of our thoughts. Whenever I stumble and get into trouble, He never leads me into a delusion. Rather, he guides me with a solution. Indeed, he is my knight in shining armour! If I could write a book, It would never become old. I would write about my father, For he has a heart of gold. What gift shall I give him on Father's Day? But follow his advice and teachings obey, I seek his blessings, his wishes forever, Which I know he shall refuse me never. **SEEMA LAKHANI**, educator, Udgam School for Children

VERSTAPPEN CRASHES OUT OF LEAD

Stays on top of points table despite crash; Perez wins Azerbaijan GP



Max Verstappen of Netherlands and Red Bull Racing kicks his tyre as he reacts after crashing during the F1 Grand Prix of Azerbaijan at Baku City Circuit

Red Bull's Max Verstappen rode the Formula One rollercoaster in Azerbaijan on Sunday, crashing out but staying top of the standings with his lead undented on an afternoon of shifting fortunes. Verstappen was cruising toward an easy second consecutive victory until an unexpected tyre failure turned the Azerbaijan Grand Prix into a two-lap shootout, leading to a shock victory for teammate Sergio Perez. It was one of the more memorable races in recent memory.

Max Verstappen was a picture of pain when the tyre blowout robbed him of a probable win in the Azerbaijan Grand Prix. "Sometimes you can hate this sport," said the Red Bull driver after crashing in the closing stages with the sixth leg of the season at his mercy.

Frustrated and disappointed

Verstappen had no warning his tyre was about to fail as he slammed into the wall. Emerg-

ing from his car's cockpit, the Dutchman kicked the shredded left rear tyre in frustration. Verstappen, who started from the second row despite crashing in the third practice, drove a supremely controlled race, avoiding all the mayhem behind him until with five laps to go he suffered cruel luck with his 200mph crash on Baku's long pit straight.

His frustration was tempered however when Seven-time champion Lewis Hamilton tried to pass Perez for the win after the restart, but accidentally flicked a switch that "basically switches the brakes off and I just went straight" through turn one and off course to finish pointless in 15th. That left Verstappen retaining his four-point lead over the seven-time champion ahead of the next race, the French Grand Prix on June 21.

Verstappen posted the fastest lap but failed to pick up the normal extra point as he had not finished the race. He was full of praise for his Mexican teammate Perez. "It should have been a one-two but nevertheless to see him win

Frustrating and very disappointing so close to the finish to retire with a tyre blowout. It's a big shame. Sometimes you can hate this sport, for a few hours, then I'll be fine again. Honestly up until that point it was a great day, the car was on fire, I was just matching whatever I needed to do behind me, I was quite comfortably in the lead. It would have, let's say, have been an easy win. But, of course, there are no guarantees in the sport.

MAX VERSTAPPEN, Red Bull driver

the race was very nice to see. He's a great teammate and I think he had a great day today as well. He was doing everything that he should be doing as well, so was great to see."



Second win for Perez

It was the second career win for first-year Red Bull driver Perez. It somewhat salvaged the race for the team that had been headed toward a 1-2 finish before Verstappen's tyre failed. Perez's second win ties him with Pedro Rodriguez for the most in F1 by a Mexican driver. It took nine years from his 2011 debut for his first win and Perez now has two victories in six months. "I am very sorry for Max because he had a tremendous race," Perez said. "We were going to have a 1-2 together, but in the end it was still a fantastic day for us."

Preview of likely changes

The finish Sunday just might have been an unintentional preview of changes Formula One plans to experiment with later this season in an effort to add excitement to the on-track product. The unusual sequence began when championship leader Verstappen crashed out of the lead with four laps

remaining, halting what seemed to be a sure march to his third win of the season. F1 threw a red flag, allowed teams to change tyres during a lengthy delay, then unconventionally restarted the race, from a standing start, for two laps. F1 had previously announced it would experiment with half-hour sprint races in places of qualifying later this season and then the Baku ending became a preview of an even shorter, more explosive format. "As long as we keep it consistent, going forward, it certainly helps the fans to be sticking to the TV," winner Perez said. "I think they have the most enjoyable two laps of the race, you know?"

Top two fail to score

Verstappen and Hamilton both finished outside the top 10, the first time since 2016 that the top two in the championship standings failed to score a point. Four-time champion Vettel took second, his highest finish since 2019, to give Aston Martin its first ever F1 podium. Gasly was third for AlphaTauri. AGENCIES

EURO 2020 SET TO CAPTURE ATTENTION

Pandemic challenges remain; officials hope to showcase an adapting Europe with the delayed tournament

The Covid-19 pandemic was responsible for its postponement but, with the health situation in the continent gradually improving, the delayed Euro 2020 finally kicks off on Friday in Rome when Italy host Turkey while Cristiano Ronaldo and Portugal prepare to defend the title they won in France five years ago. When the action gets underway in front of a planned 16,000 fans at a quarter-full Stadio Olimpico the overwhelming feeling for European football's governing body UEFA will be of relief following the unprecedented decision to put the tournament on hold last year. This time the month-long competition is being staged for the first time in 11 cities across Europe rather than

in just one or two host countries... will focus the attention on the continent as it begins to open up for its summer season, with coronavirus infection rates dropping and vaccinations picking up pace.

Pan-European format stays

Challenges remain, especially after UEFA chose to stick with the pan-European format. Dublin and Bilbao were dropped from the list of host cities after refusing to give guarantees over spectator numbers, but Seville stepped in for the latter while Dublin's games went to London and Saint-Petersburg. The remaining venues - Amsterdam, Baku, Bucharest, Budapest, Copenhagen, Glasgow, London, Munich, Rome, Saint-Peters-

PORTUGAL HOPE TO RETAIN TITLE

Portugal are hoping to emulate Spain's success in 2008 and 2012 and successfully defend the title they won at Euro 2016. Ronaldo is 36 now but is still going strong and is supported by outstanding talents like Joao Felix, Bruno Fernandes and Bernardo Silva. They are in the same group as Germany and France who are hoping to repeat their achievement of Euro 2000. Les Bleus have Karim Benzema back after a long international exile and they look a fearsome proposition as they target a tournament double.

burg and Seville - have all confirmed fans will be allowed to fill between 25 and 100 percent of capacity, with the exception of Munich, which said it aims to host at least 14,500 fans at the Allianz Arena. While the threat of more contagious variants remains, Munich's mayor Dieter Reiter said in April there had been "no promises, of any kind, to guarantee spectators". Despite it all, UEFA president Aleksander Ceferin has been bullish, insisting Euro 2020 will be safe. "It will be the perfect opportunity to show the world that Europe is adapting. Europe is alive and celebrating life. Europe is back," he said recently. The clearest illustration of that is set to come from Budapest, where the brand-new, 68,000-seat Puskas Arena will be packed to capacity.

Expanded squads allowed

Nevertheless, the pandemic is not over, and coronavirus continues to cast its shadow. Organisers have made it clear that no travel exemptions are being granted for ticket holders, meaning those entering countries from abroad could have to quarantine on arrival. Concerns over possible virus clusters led to UEFA allowing nations to name expanded squads of 26 players. On Sunday, Spain captain Sergio Busquets tested positive for Covid-19 and has been ruled out of Spain's opening game against Sweden in Seville on June 14. Netherlands dropped goalkeeper Jasper Cillessen from their squad because of a positive test. AFP

FEDERER'S DECISION SENSIBLE: MURRAY

Former world number one Andy Murray said 20-time Grand Slam champion Roger Federer made a "sensible decision" to withdraw from the French Open to protect his body after two knee operations and opt to focus his efforts on Wimbledon. Federer, 39, decided to end his Roland Garros campaign on Sunday, a day after winning a gruelling third-round match against Dominik Koepfer. Eight-time Wimbledon winner Federer, who has hardly played in the last 17 months because of a knee injury, had been due to face Italian ninth seed Matteo Berrettini on Monday. Replying to a tweet that said Federer was "disrespectful" to other players for "using" the French Open to gain fitness, Murray said, "In basketball, football etc when returning from injury players are given reduced minutes to build up their fitness. In tennis you don't have that luxury of just playing a set in first match then 2 sets the next etc." Seven-time French Open winner Chris Evert said the Swiss had earned the right to do so. REUTERS



QUIZ TIME!

Q1. In the 2017-18 Ashes series, which Australian played in all five Tests but did not get out?

- a) Josh Hazlewood
- b) Pat Cummins
- c) Marnus Labuschagne
- d) Nathan Lyon

Q2. Who was the first player to score a double century in an ODI?

- a) Sachin Tendulkar
- b) Brian Lara
- c) Kapil Dev
- d) AB de Villiers

Q3. Which team won the first ever English Premier

League trophy?

- a) Manchester United
- b) Arsenal
- c) Chelsea
- d) Manchester City

Q4. Which player has taken a record 195 Ashes wickets, at 23.25 from 36 Test matches?

- a) Glenn McGrath
- b) Kevin Pietersen
- c) Shane Warne
- d) Michael Vaughan

Q5. Who claimed their fifth straight pole position of the MotoGP season after going fastest in qualifying at the Catalunya Grand Prix?

- a) Marc Márquez
- b) Johann Zarco
- c) Francesco Bagnaia
- d) Fabio Quartararo

Q6. How many Gold medals did Simone Biles win at the 2016 Rio Olympics?

- a) 5
- b) 4
- c) 3
- d) 2



Simone Biles

Photo: AP

Q7. Which Manchester City player has been included in the list of players set to be released at the end of the season?

- a) Rodri
- b) Bernardo Silva
- c) Fernandinho
- d) Ilkay Gundogan

Q8. Which top seed player crashed out of the French Open 2021 losing to 31st seed Anastasia Pavlyuchenkova?

- a) Danielle Collins
- b) Ashleigh Barty
- c) Simona Halep
- d) Aryna Sabalenka

Q9. Which footballer won the Premier League Player of the Season award this year?

- a) John Stones
- b) Ruben Dias

c) Joao Cancelo

Q10. Which Badminton champion withdrew from the Tokyo Olympics due to knee injury?

- a) Tai Tzu-ying
- b) P V Sindhu
- c) Carolina Marin
- d) Ratchanok Intanon

Q11. Which great batsman scored 1 in his first innings and a duck in his last?

- a) Don Bradman
- b) Viv Richards
- c) Garfield Sobers
- d) Allan Border

ANSWERS: 1. d) Nathan Lyon 2. a) Sachin Tendulkar 3. a) Manchester United 4. c) Shane Warne 5. d) Fabio Quartararo 6. b) 4 7. c) Fernandinho 8. d) Aryna Sabalenka 9. b) Ruben Dias 10. c) Carolina Marin 11. a) Don Bradman



THE TIMES OF INDIA

www.toistudent.com

TODAY'S EDITION

Check out some of the best selling picture books for tiny tots

PAGE 2



Students and teachers express their views on issues engulfing the country and the world

PAGE 3



Football heavyweights set to collide at European championship

PAGE 4



STUDENT EDITION

MONDAY, JUNE 7, 2021



WEB EDITION

CLICK HERE: PAGE 1 AND 2

TIMES NIE Answers Your Query

Hina Naela,
class XII, G D Goenka Public School, Lucknow



ASK THE EXPERT A SHOT OF HOPE

To ask queries regarding Covid-19 and vaccination from our experts, **CLICK HERE** OR VISIT <https://bit.ly/331RxDn>

Q As a teenager, how can one deal with loneliness during the lockdown?

In the present scenario it is but natural for everyone to be anxious and lonely. One should be encouraged to resort to hobbies and think positive. Involve your parents in 20 minutes 'gadget-free

time'. Family bonding and support to each other will keep members happy and stronger even in the toughest time.



Udisha Tiwari,
class X, CMS GN2, Lucknow

Q I am feeling very anxious about the third wave with news that kids may get affected next. What am I to do?

By following all precautions like wearing masks, sanitising, social distancing and most importantly, getting vaccinated, it will keep the third wave at bay. Hopefully, if we are well prepared and follow the Covid protocol rigidly, nothing will affect our health.

EXPERT ADVICE GIVEN BY

Dr Tauseef Ahmed, general physician, Nishat Hospital, Lucknow



Record 63 Indian varsities make it to Times Asia University Rankings 2021, IISc country's best

A record 63 Indian universities have made it to the Times Higher Education Asia University Rankings 2021, with three new universities figuring among the top 200. Fourteen Indian institutions debuted in this year's rankings, released by the UK-based publication. India is third overall in terms of representation, behind Japan (116 universities) and Mainland China (91).



Education

In the overall rankings, which have representation from 30 countries and regions, mainland Chinese universities - Tsinghua University (1st) and Peking University (2nd) - claimed the top two positions for the second year in a row

While Indian Institute of Science (37th) remains the country's highest ranked university for the seventh year in a row, Indian Institute of Technology,

Ropar (55th) and Indian Institute of Technology, Indore (78th) have also made it to the top 100 this year

King George's Medical University

(139th), Indraprastha Institute of Information Technology Delhi (143rd) and Mahatma Gandhi University (154th) figure among the top 200 for the first time

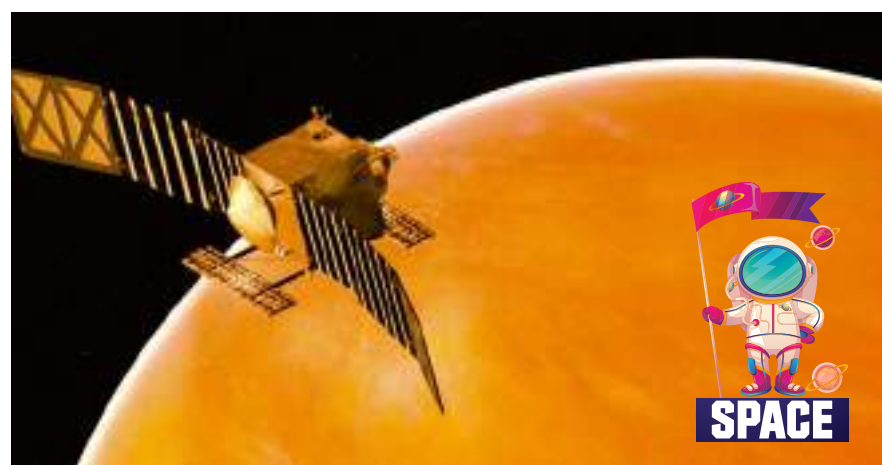
ICC CONTEMPLATES MOVING 2021 T20 WORLD CUP FROM INDIA TO UAE



This year's men's T20 World Cup could be moved from India to the United Arab Emirates, the International Cricket Council has said. The move appears to have been prompted by the rising number of Covid-19 cases in India, although this was not mentioned directly in a statement issued by the global governing body. The ICC added that a final decision on the host country for the October-November event would be taken later this month.

It also said the Board of Control for Cricket in India (BCCI) would remain the hosts of the tournament, regardless of where it is played

The statement came days after Indian cricket chiefs announced that the Indian Premier League T20 franchise tournament, suspended after a new Covid-19 wave hit India, would be finished in the UAE in September and October



NASA GETS READY TO HEAD TO VENUS

NASA has announced plans to launch two new scientific missions to Venus between 2028 and 2030, its first in decades, to study the atmosphere and geologic features of the Earth's so-called sister planet. The US space agency said it was award-

ing about \$500 million for the development of each of the two missions, dubbed DAVINCI+ (short for Atmosphere Venus Investigation of Noble Gases, Chemistry and Imaging) and VERITAS (an acronym for Venus Emissivity, Radio Science, InSAR, Topography and Spectroscopy).

DAVINCI+ will measure the composition of the dense Venusian atmosphere, seeking to improve understanding of how it evolved, while VERITAS will map the planet's surface from orbit to help determine its geological history, and why it developed so differently than the Earth, NASA said

DAVINCI+, consisting of an orbiter and an atmospheric descent probe, is also expected to return the first high-resolution images of unique geological characteristics on Venus called "tesserae." Scientists believe those features may be comparable to Earth's continents and suggest that Venus has plate tectonics, according to NASA's announcement

1 Earth's closest planetary neighbour and the second planet from the sun, Venus is similar in structure but slightly smaller than the Earth, with a diameter of about 12,000 km

2 Above its foreboding landscape lies a thick, toxic atmosphere consisting primarily of carbon dioxide with clouds of sulphuric acid droplets. The consequence is a runaway greenhouse effect that bakes the surface of Venus at temperatures as high as 471 Celsius, hot enough to melt lead

3 Venus has lately received less scientific attention than Mars, Earth's next-closest planetary next-door neighbour, and other solar system destinations

NASA's Magellan spacecraft, which reached Venus in 1990, made the first global map of the Venusian surface as well as global maps of the planet's gravity field

In 1994, the Magellan spacecraft was sent to plunge into the surface of Venus to gather data on its atmosphere before it ceased operations



Fans can meet Super Mario at 'Nintendo Gallery' museum in 2024

After opening its first-ever theme park this March, Nintendo is giving fans something else to get excited about: a planned 'Nintendo Gallery' museum set to open by spring 2024. The Japanese gaming giant has announced that it plans to repurpose an old factory site in Kyoto, where the firm is based, to exhibit its history and beloved gaming products. The facility "where Nintendo's historical products will be showcased and exhibits and experiences will be available" is expected to be completed by March 2024



Nintendo began life in 1889 as a manufacturer of hanafuda cards and launched its first home video game machines, known as TV Game 15 and TV Game 6, in 1977

The Super Mario Bros games were launched in 1985, two years after the company began selling its Nintendo Entertainment System console

Super Nintendo World, the company's first theme park, opened in March after months of pandemic delays. It is part of the Universal Studios Japan complex in Osaka, and features a Mario Kart ride with a real-life Bowser's Castle

Twitter rolls out 'Birdwatch' fact checks inside tweets

Twitter has announced that it is rolling out the Birdwatch notes inside tweets for pilot participants across iOS, Android and desktop platforms

Birdwatch is a community-based programme that allows people to identify information in tweets they believe is misleading, and write notes that provide informative context

The micro-blogging platform launched a pilot version of the programme in January this year with select users in the US

Birdwatch wants to help people stay informed by adding helpful context to Tweets

If a Tweet has a Birdwatch note that is "currently rated helpful", then you'll see that note right there on the Tweet, and you can rate it to help elevate the most helpful notes

If the Tweet has multiple notes that are 'currently rated helpful', the card will rotate between these 'currently rated helpful' notes at periodic

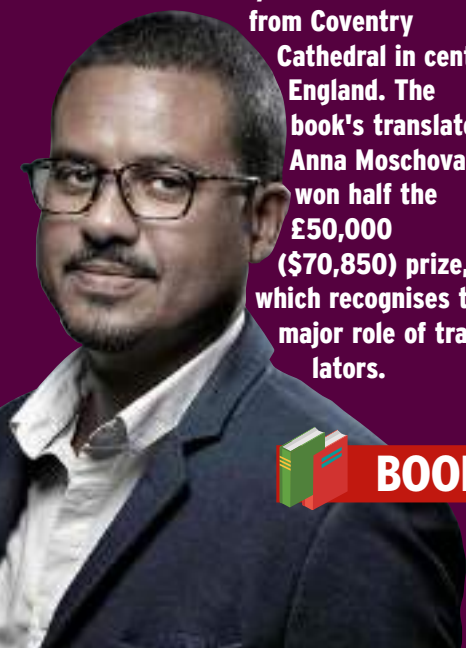


intervals, and you can tap to rate those notes on the Birdwatch site," Twitter explained

If a Tweet has notes but none are yet "currently rated helpful", you'll see the number of notes written, and you can tap to rate those notes on the Birdwatch site

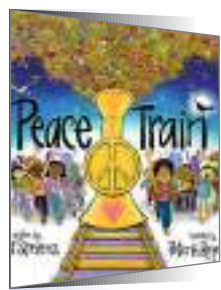
NOVELIST DAVID DIOP AWARDED INTERNATIONAL BOOKER FOR WWI NOVEL

French novelist David Diop has won the prestigious International Booker Prize for books translated into English with his World War I-set novel, 'At Night All Blood is Black'. The Paris-born writer became the first French winner of the prize, awarded for a book translated into English and published in the UK or Ireland, in a ceremony broadcast online from Coventry Cathedral in central England. The book's translator Anna Moschovakis won half the £50,000 (\$70,850) prize, which recognises the major role of translators.



BOOK

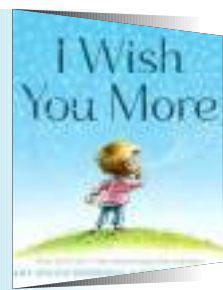
BESTSELLING PICTURE BOOKS FOR TINY TOTS

**PEACE TRAIN**

by **Cat Stevens**
Illustrated by **Peter H Reynolds**

A visual interpretation of the classic 1971 song.

(AGES 4 TO 8)

**I WISH YOU MORE**

by **Amy Krouse Rosenthal**
Illustrated by **Tom Lichtenheld**

A bounty of good wishes.

(AGES 5 TO 8)

**EYES THAT KISS IN THE...**

by **Joanna Ho**
Illustrated by **Dung Ho**

A tale of self-acceptance and respect for one's roots.

(AGES 4 TO 8)

**WE ARE WATER PROTECTORS**

by **Carole Lindstrom**
Illustrated by **Michaela Goade**

Standing up for environmental justice.

(AGES 3 TO 6)

**THE WONDERFUL THINGS YOU...**

by **Emily Winfield Martin**

A celebration of possibilities.

(AGES 3 TO 7)

**HAIR LOVE**

by **Matthew A Cherry**
Illustrated by **Vashti Harrison**

A father and daughter work together on an extra-special hairstyle.

(AGES 4 TO 8)

**DRAGONS LOVE TACOS**

by **Adam Rubin**
Illustrated by **Daniel Salmieri**

What to serve your dragon-guests.

(AGES 3 TO 5)

**GRUMPY MONKEY**

by **Suzanne Lang**
Illustrated by **Max Lang**

Jim Panzee is having a bad day.

(AGES 3 TO 7)

**THE ONE AND ONLY SPARKELLA**

by **Channing Tatum**
Illustrated by **Kim Barnes**

Ella embraces her individuality.

(AGES 4 TO 8)

**THE DAY THE CRAYONS QUIT**

by **Drew Daywalt**
Illustrated by **Oliver Jeffers**

Problems arise when Duncan's crayons revolt.

(AGES 3 TO 7)

Etiquette around globe

Unique food traditions followed in **Japan****SEATING STYLE**

Traditional Japanese meals are taken by sitting on the ground in a 'seiza position' (on heels with your legs tucked underneath). Low tables are arranged and a mat called the tatami is laid down for people to sit. You may have seen this in Japanese movies, where everyone sits down together on the ground for eating.

Japanese tradition boasts of a rich food culture that is really popular around the world. From soups and sushi to ramen and soba, Japanese cuisine is famous for its uniqueness. When it comes to meals, either formal or casual, Japanese people strictly adhere to some table rules that are common in the country. Here are their off-beat food manners.

**NEVER REST CHOPSTICKS ON THE BOWL**

While eating food, Japanese never keep chopsticks on the bowl. If they wish to pause for a few minutes while eating, the chopsticks are kept on the side of the bowl or on a separate plate, but not on the bowl.

**DRINK WITH BOTH HANDS**

Japan is famous for its popular culture of tea ceremonies. During these ceremonies, they are expected to drink the tea by holding the bowl with both hands. This method helps in warming up hands and makes you look more refined.

**DON'T USE YOUR HAND AS A SAFETY NET**

Many times while eating, we usually cup our hands below the spoon while bringing it from the plate to our mouth. In Japanese culture, this practice is considered to be rude. If you use your hand to catch the falling food, it is bad manners!

**TABLE MANNERS**

Once done with lunch or dinner, Japanese are expected to return everything back to the initial position. This means replacing the lids of the serving bowls and keeping the plate, bowls and chopsticks neatly together. One thing you need to remember while eating with the Japanese is to never leave a messy plate behind.

SLURPING=APPRECIATION

In Japanese culture, slurping is equal to the sign of appreciation. You can either slurp the noodles by grabbing them with the chopsticks or slurp the soup by drinking it directly from the bowl. The idea behind this method is that slurping cools down the noodles and enhances the flavours by combining them with air.

Chopsticks come with a number of rules attached to them and there are certain chopstick manners that the Japanese follow rather seriously.

Firstly, don't tap the chopsticks against the bowls or

DOS AND DON'TS OF USING CHOPSTICKS

plate. Also, don't stick them straight in your bowl of rice or noodles.

You should also be careful while picking up food with

chopsticks. Don't stab your food with them, the movement of picking up food should be smooth and gentle.

Never chew on your chopsticks and also keep them back in the wrapper after finishing your meal. TNN

At-home **Hair-care routine this summer****Perform a hot oil massage**

Utilise your time at home and massage your scalp with lukewarm oil, but, avoid applying too much oil on tresses as cleaning it may again lead to dryness and if left oily after wash, your hair will attract more dust, leading it to be greasy. A slow massage provides much-needed nourishment and hydration for your scalp; you will be rewarded with healthy hair follicles as well. A bhringraj and onion-based hair oil is a good option for deep nourishment of your hair follicles as it boosts blood supply and leads to good hair growth. Also, wrap your hair with hot towel for 10 minutes before shampoo for best results.

or dry hair. Conditioner increases shine and strength while creating a protective layer. Dry hair can also be benefitted by reverse hair washing or pre-wash conditioning method wherein conditioner is applied before you wash your hair and without rinsing the conditioner, directly apply shampoo and wash. If your hair is extremely frizzy, dry and damaged, hair mask is your go-to solution as it can be applied from root-to-tip to provide deep nourishment and repair. Masks should only be used once or twice a week unlike conditioner, which can be used after every wash.

**Gentle wash**

Always remember to use a mild shampoo, preferably paraben and sulfate-free, to wash your hair as it reduces the damage to hair. An ideal shampoo for daily wash should not have pH exceeding 5.5.

Use hair mask once a week and a conditioner regularly:

Using a conditioner can significantly repair the damaged hair but the frequency of using it, depends on whether you have oily

Avoid hair styling products

It is better to avoid using hair styling products like gel, sprays, etc. to reduce damage to hair. These styling products tend to attract more dust and does not allow your hair to breathe. Air dry your hair naturally post hair wash. Go for styling products only on very special occasions like a wedding or big party - it should be an occasional indulgence and not a part of your regular hair care regimen. TNN

Tips from ADITYA SINGH, brand-head, Atulya Herbals

QUIZ TIME (MIXED BAG)

SAMARTH JAIN, Class XII, BGS National Public School, Bengaluru

Q.1) Who wrote Ramcharitmanas?

A. Tulsidas B. Kabir

C. Valmiki D. Vedvyas

Q.2) Who was the first Vice President of Independent India?

A. Zakir Husain

B. Dr S Radhakrishnan

C. Dr V V Giri

D. C Rajagopalachari

Q.3) Which of the following is not a department of the ministry of finance?

A. Economic Affairs

B. Expenditure

C. Revenue

D. Foreign Investments

Q.4) Which Indian film of 2017 was nominated for the Oscars?

A. Dangal

B. Kabali

C. Pink

D. Newton

**ANSWERS**

1. A) Tulsidas

2. B) Dr S Radhakrishnan

3. D) Foreign Investments

4. D) Newton

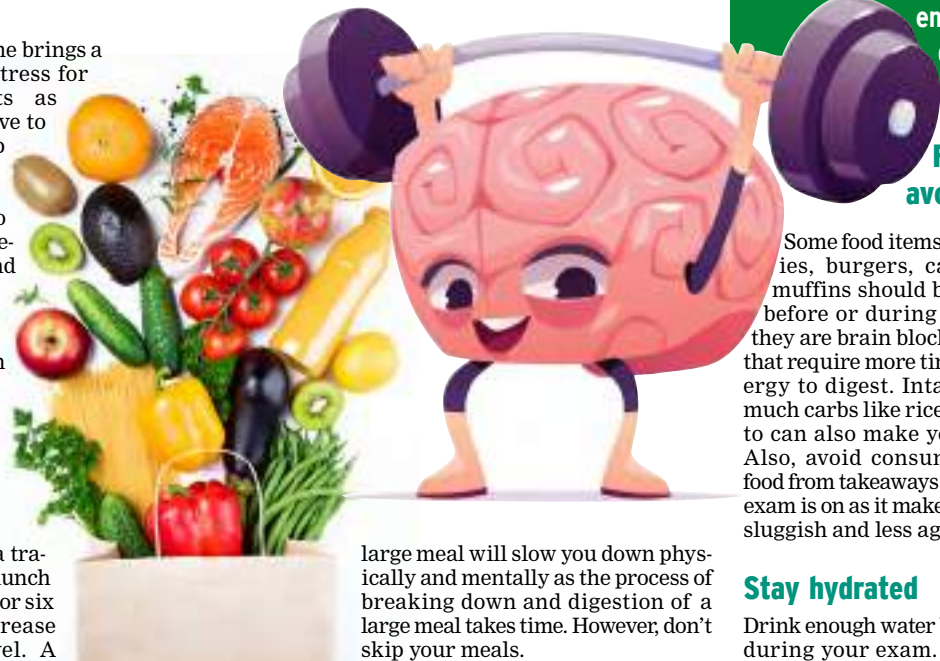
5. B) Norman Pritchard

FOOD TIPS THAT HELP IMPROVE MEMORY

Exam time brings a lot of stress for students as they have to stay up till late studying and retaining loads of information to perform well. To prevent exhaustion and keep your brain agile and sharp, nutritionist Ambika Tyagi shares tips on good eating habits.

Take frequent and small meals

Instead of having a traditional breakfast, lunch and dinner, eat five or six light meals to increase concentration level. A



large meal will slow you down physically and mentally as the process of breaking down and digestion of a large meal takes time. However, don't skip your meals.

BONUS TIP

Many students have the habit of studying late at night in order to pack more information into their already overworked brains. However, the night before your exam, go to bed on time and get enough sleep to feel fresh the next day and also to retain information.

Foods to avoid

Some food items like cookies, burgers, cakes, and muffins should be avoided before or during exams as they are brain blocking foods that require more time and energy to digest. Intake of too much carbs like rice and potato can also make you sleepy. Also, avoid consuming rich food from takeaways until your exam is on as it makes the body sluggish and less agile.

Stay hydrated

Drink enough water before and during your exam. Dehydra-

tion can make you lose your concentration and lower your energy levels.

Eat brain-boosting foods

Protein-rich foods that help in mental alertness are eggs, nuts, yoghurt, cottage cheese. For breakfast, take almonds, walnuts, raisins, orange, banana, whole-grain cereal with low-fat milk, porridge, oatmeal.

Omega-3 for the brain

Have a diet rich in omega-3 fats that play an important role in boosting concentration. Good sources are salmon, tuna, flaxseeds, chia seeds and so on.

KNOWLEDGE BANK (NATURE)

SHREYA RAVI, CLASS VIII, THE BRIGADE SCHOOL, MALLESWARAM, BENGALURU

Hammerhead sharks

They get their name from the unusual structure of their heads - flattened and laterally extended into a 'hammer' shape. They have white bellies, which help blend into the ocean and sneak on prey. Hammerheads swim in groups during the day, but go solitary during the nights to hunt. These sharks also have the ability to see at 360 degrees.



Let's Reduce, Reuse and Recycle



"Today's wastage, can be tomorrow's shortage". According to the "waste hierarchy" (reduce, reuse, recycle), which is the product lifecycle approach on waste, the effective means of reducing waste is to prevent waste in the first place. Schools have an important role to play in empowering students to take responsibility for creating and enjoying a sustainable future. Through hands-on locally-centered actions, students begin to understand complex sustainability issues. Using knowledge, critical thinking skills and, values, they have the capacity to participate in decision making about environmental and development issues.

Delhi Public School-Bopal, has been working on this pressing environmental issue since 2009. The Student Body (Green warriors) have been taking up activities initiated for awareness and change through the eco-club. Solutions are available to steer us all towards a low carbon future and zero waste. It's our role as an educationist to lead the future generation towards a sustainable life style.

Here are some reusing ideas for a Green School which we have been following at DPS-Bopal.

- The unused side of the paper which can be used for the printing again.



- You can reuse the left out pages of notebooks for doing some rough work in the next session.

- Old projects and used papers can be recycled to make reusable art sheets.

- Waste Paper can be turned into compost as it will decompose over a period of time and would be a great addition to a compost bin.

- The future will either be green or not exit at all.

This truth lies at the heart of humankind's most pressing challenge, namely, to learn to live in harmony with Mother Earth on a genuinely sustainable basis.

SURENDER SACHDEVA, principal,
Delhi Public School, Bopal

Reusing kitchen products



Best environmental practices start from home. There are numerous ways in which you can reuse kitchen waste and live an eco-friendly lifestyle. Every household has tea and coffee waste thrown away either in the drain or in the wet garbage. Instead of throwing it away, use it as a fertilizer for your kitchen garden. You can use tea and coffee waste in Neem plants, Green tea, Mint, Tulsi, Basil, Chilly, Lemon, Rose and, Hibiscus plants. It improves the quality of leaves and helps in plant growth. Another daily item found and used in Indian kitchens is Lemon, which is now high consumption due to the COVID pandemic. Instead of throwing away the squeezed lemon, you can use it as a drainage cleaner. Please crush it in a crusher before throwing it in the drain.

If you soak used lemons overnight in water, the water becomes an excellent cleaner bathroom and washbasin. You can also use it for OTG and Microwave Cleaning at home. These environmental friendly measures will help you save money, and using them at home will decrease the load on urban landfills.

AMOLI PATELL, principal Bodakdev School for Children



Students pledge for a greener planet



To mark the day of 'World Environment Day' learners of class II of SGVP International School celebrated the day with gusto and fanfare. The main purpose of this celebration was to raise global awareness to take positive environmental action to protect nature and the planet earth. It is a day to remind the next generation to get involved in environment-friendly activities and come together to pledge towards building a greener planet. Keeping this aim in view, the young learners were asked to plant a sapling in small pots and create a green corner at their homes. The purpose of the activity was to spread awareness about the need to protect the environment and ways to do it. Further, another interesting and fun-filled activity was conducted to reiterate the theme of day - 'Reimagine, Recreate, Restore'. The little



ones created toys out of waste and made beautiful artwork out of dry leaves. This celebration was conducted successfully with wholehearted participation and awareness for a greener world, and it has certainly made a difference to the way we see the environment.



Express YOURSELF

Monik Patel, Class II, SGVP International School



Freya Shah, Class VI, Sheth CN English Medium School



Mahi Bagadia, Class V, St Kabir School



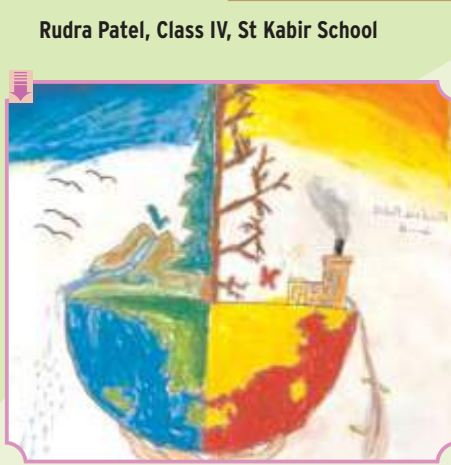
Archa Jethva, Class VIII, Global Indian International School



Aarna Daxini, Class VII, Udgam School For Children



Aarush Bhatt, Class VII, Delhi Public School, Bopal



Rudra Patel, Class IV, St Kabir School



Manvik Harwani, Class IV, St Kabir School



Paridhi Yadav, Class III, Global Indian International School



Maahi Shah, Class IV, St Kabir School

A STEP TOWARDS NEW GENERATION OF CARS

The most acknowledged electric; luxurious car brand Tesla Motors is all set to launch its cars in India. The CEO of Tesla, Elon Musk said that he will be launching its first car in India in early 2021. Tesla will be establishing its first car manufacturing unit in Bengaluru. The Indian market has waited for long, for a Brand to offer its car models in India. Tesla preferred Bengaluru for setting up its first manufacturing unit as the city is the biggest IT hub of India.

According to Tesla CEO, Elon Musk the first electric car of Tesla to be launched in India will be Tesla Model-3, so no need to visit a petrol pump there will be Tesla Electric charging points everywhere. If you keep the at charging overnight, it will be fully charged



till the morning. Tesla cars in India will be completely built units (CBU) which means Tesla cars will be manufactured in the USA and then sent to India. The product parts that are sent by a foreign country in India demand import duty charges on them which makes that stuff costly.

HARMAN BHOJWANI, class VII, St Kabir School, Navrangpura



Anshika Katiyar, Class VII, GHS



Aarna Gupta, Class VI, Delhi Public School, Bopal

Melio Interschool Championship

Click Here To Register

Challenges for Classes 1 - 8

- Speed Math
- Spelling Bee
- Storytelling
- GK Quiz
- Public Speaking

www.melio.co.in
support@melio.co.in
9686534166

Prizes upto 1 Lakh up for grabs!

Compete over live Video Calls

Win Amazon gift vouchers and e-certificates

Compete with Global Participants

Use MELIOTIMES50 to get a ₹50 discount

HEAVYWEIGHTS SET TO CLASH AT EURO 2020



Karim Benzema



Cristiano Ronaldo

While four of the best third-placed teams are set to qualify for the quarter-finals, Euro 2020's Group F remains full of intrigue as reigning champions Portugal, World Cup holders France and Germany all face off, while Hungary could have their say too

The much awaited rescheduled European Championships is all set to kick off on June 11 in Italy with 24 teams in line to be crowned the kings of the continent. Portugal are reigning European champions and have reached at least the semi-finals in four of the last five Euros. They came second behind Ukraine in qualifying and, at 36, Cristiano Ronaldo is not getting any younger. However, Portugal also won the Nations League in 2019 and Ronaldo has arguably never been surrounded by so much talent: from Ruben Dias at the back to Bruno Fernandes, Bernardo Silva, Diogo Jota and Joao Felix. If they click, they could take some stopping.

Ronaldo set to create history

Given the talent in Portugal's ranks, perhaps it is unimaginative to single out Ronaldo, but it will be fascinating to follow his progress. At 36 this is probably his penultimate major tournament. Portugal's captain and most-capped player has 103 international goals, with 11 coming in the qualifying campaign. He is now just six shy of the all-time international scoring record of 109 held by Iran's Ali Daei.

Benzema recalled

"All the other countries envy us," shouted the front of French sports daily L'Equipe this week underneath pictures of Kylian Mbappe, Karim Benzema and Antoine Griezmann. In France they are understandably confident about their prospects of following

their 2018 World Cup triumph with Euro glory. Coach Didier Deschamps has a squad full of world-class talent. Competition for places was already fierce up front even before the decision to recall Benzema. Most countries would be delighted to have just one of Mbappe, Benzema or Griezmann, and maybe over-confidence is the biggest danger for France. At 33, the Real Madrid striker was recalled after an international exile of five and a half years. He had not been called up since a blackmail scandal over a sextape involving his former teammate Mathieu Valbuena broke in 2015. But Deschamps could no longer ignore Benzema's form after a season in which he scored 30 goals for his club.

Joachim Loew to step down

Germany are three-time European champions and have reached at least the semi-finals at each of the last three Euros. However, since their disastrous showing at the 2018 World Cup, when they went out in the group stage, Germany's fortunes have not improved much. They topped their qualifying group ahead of the Netherlands, but in recent matches they were trounced 6-0 in

Our performance at the tournament will also depend on what everyone brings. The midfielders, the full-backs. I don't want to dissociate the three forwards from the rest of the team.

DIDIER DESCHAMPS, France Coach

Spain in the Nations League and suffered a 2-1 home defeat by North Macedonia in World Cup qualifying. After 15 years in charge, coach Joachim Loew will step down after the tournament. He has recalled Thomas Mueller and Mats Hummels, who had previously been discarded after the last World Cup. Playing group games at home in Munich gives them an advantage, on paper at least.

All eyes on Mueller

Germany will rely heavily on the quality of players like Joshua Kimmich and Toni Kroos but a successful Euro may also depend on Mueller. The 31-year-old has been too good for Bayern Munich to be ignored any longer by his country and is back after two and a half years in the international wilderness.

Home advantage for Hungary

The Magyars reached a second straight European Championship via the Nations League play-offs - they finished fourth in their qualifying group but won play-off ties against Bulgaria and Iceland to qualify. Coached by the Italian Marco Rossi, Hungary will get to play their first two matches at home in Budapest but their best player, RB Leipzig midfielder Dominik Szoboszlai, is out injured. It would be an enormous surprise if they finished anywhere other than bottom of their group. Given the calibre of Hungary's opponents, Gulacsi could be a busy man. The 31-year-old, once on Liverpool's books, has gone on to be a fixture in goal for RB Leipzig in the German Bundesliga. His recent experience of the latter stages of the Champions League could come in handy. AFP

FEDERER WITHDRAWS FROM FRENCH OPEN

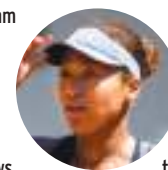
The Swiss player, targeting his 21st Grand Slam title at Wimbledon, says he needs to take one day at a time, not rush back into competition and listen to his body instead

Former world number one Roger Federer, who is targeting a record 21st Grand Slam title at Wimbledon, withdrew from the French Open on Sunday, a day after winning a tough third-round match, opting to save himself for the grass-court season. "After discussions with my team, I decided that I should withdraw from the French Open," Federer said in a statement released by the French Tennis Federation. "After two knee operations and more than a year of rehabilitation, it's important that I listen to my body and not rush back into competition."

Federer suffered physically in his four-set, late-night victory over German Dominik Koepfer on Saturday and decided to end his Roland Garros campaign. "I need to decide if I keep on playing or not, or is it not too much risk at this moment to keep pushing or is this just a perfect way to just take a rest." REUTERS

NAOMI OSAKA THANKS FANS FOR SUPPORT

Four-time Grand Slam winner Naomi Osaka posted her first social media comments since pulling out of the French Open after a dispute over news conferences. Osaka, who also had revealed her ongoing battle with depression and anxiety, thanked her supporters in a brief message on Instagram. "Just want to say thank you for all the love. Haven't been on my phone much but I



wanted to hop on here and tell you all that I really appreciate it," she wrote. French tennis officials fined Osaka \$15,000 and threatened to remove her from the tournament for not honoring mandatory media commitments, prompting the 23-year-old to withdraw on her own. French Open officials said they tried unsuccessfully to speak with Osaka before she pulled out. AFP

MO FARAH FAILS TO QUALIFY

Four-time Olympic champion Mo Farah's hopes of ending his track career at the Tokyo Games suffered a huge blow as he fell short of the qualifying mark for the 10,000 metres in Birmingham. The 38-year-old finished eighth, behind fellow Briton Marc Scott, in the European Cup, which doubled as British Olympic trial. Farah's time in his first race at this distance for four years was 22 seconds short of the required standard of 27 mins 28 secs to qualify for the Games. He blamed a foot injury for his poor showing, which had prevented him from training over the last two weeks.

He has another three weeks to make the qualifying time and could also turn his attention to the 5,000 metres in which he won gold at London 2012 and Rio 2016. AFP



Mo Farah

QUIZ TIME!

Q1: Who is the youngest F1 driver to win a race?

- a) Max Verstappen
- b) Sebastian Vettel
- c) Lewis Hamilton
- d) Kimi Raikkonen

Q2: Who holds the record for most consecutive English Premier League appearances?

- a) Frank Lampard
- b) Brad Friedel
- c) Ryan Giggs
- d) James Vaughan

Q3: Lewis Hamilton won his first F1 world championship title with which team?

- a) Mercedes
- b) Renault

- c) McLaren
- d) Sauber

Q4: What American sister and brother won the mixed double championship at Wimbledon in 1980?

- a) Marat and Dinara Safina
- b) Tracy and John Austin
- c) Byron and Cara Black
- d) Nancy and Cliff Richey

Q5: Who was the first female driver to score points in a Grand Prix?

- a) Maria Teresa de Filippis
- b) Giovanna Amati
- c) Lella Lombardi
- d) Rolf Stommelen

Q6: Italian Benedetta Pilato set a new world record in 50m breaststroke at European Swimming Championships 2021. Whose record did the teenager better?

- a) Abbie Wood
- b) Lilly King
- c) Katinka Hosszu
- d) Anastasia Gorbenko



Photo: AFP

Q7: Who won the LMA Manager of the Year after steering his team to the Premier League title?

- a) Marcelo Bielsa
- b) David Moyes
- c) Pep Guardiola
- d) Brendan Rodgers

Q8: When was mixed doubles in badminton introduced as a medal sport at the Olympics?

- a) 2000 Sydney Olympics
- b) 1992 Barcelona Olympics
- c) 1996 Atlanta Olympics
- d) 1998 Sydney Olympics

Q9: Which team has the most wins in F1?

- a) Ferrari
- b) McLaren
- c) Mercedes
- d) Williams

Q10: Which country has won the ICC Women's T20 World Cup the most times?

- a) West Indies
- b) England
- c) Australia
- d) New Zealand

Q11: Who was All England 2020 Men's Singles Champion?

- a) Viktor Axelsen
- b) Kento Momota
- c) Chen Long
- d) Srikanth Kidambi

ANSWERS: 1 a) Max Verstappen, 2 b) Brad Friedel, 3 d) McLaren, 4 b) Tracy and John Austin, 5 c) Lella Lombardi, 6 b) Lilly King, 7 c) Pep Guardiola, 8 c) 1996 Atlanta Olympics, 9 a) Ferrari, 10 c) Australia, 11 a) Viktor Axelsen



www.toistudent.com

TODAY'S EDITION

➤ How you can join the Rewilding Revolution
➤ Good 'green' news from around the world
PAGE 2



➤ Enjoy the slow build-up: Books and movies that bring you closer to nature
PAGE 3



➤ How sustainability in sports can be a real game changer for the environment
PAGE 4



STUDENT EDITION

SATURDAY, JUNE 5, 2021



THERE'S MORE...

Find more of your quotes on our website toistudent.com. PLUS: A sitewide celebration of World Environment Day continues with more green ideas, reads, tips, and tricks

CLICK HERE: PAGE 1 AND 2

"EACH MONSOON, I TRY AND PLANT SAPLINGS OR FLOWERING PLANTS"

We are cutting down trees for road widening, building projects even after knowing about its adverse consequences. Not only do trees give us oxygen, these 'green gold' give us shade, reduce soil erosion, they are home to a variety of insects, birds and animals too. A 'green deed' that I have personally adopted in a humble attempt to help the environment is that every monsoon, I try and plant as many saplings or flowering plants that I can. In mid-August, I, with my family, will plant them in our lawn. I then make it a point to take care of them in the free time I have in between online classes.

NIHARIKA BAKSHI, class VI, Wynberg Allen School, Mussoorie



"FAILURE TO ACT DESPITE IDENTIFYING THE PROBLEM IS OUR BIGGEST ISSUE, WHEN IT COMES TO CLIMATE CHANGE"



"There is no end to man's greed" and this is what is being witnessed when it comes to environmental issues. Despite impacts in the form of global warming, climate change, and pollution, mankind is still in the comfort zone. The result is groundwork is zero and paper plans are floating. Failure to act despite identifying the problem is our biggest problem. The government efforts will collapse, till every individual takes charge of the planet. Reduce, Reuse & Recycle is the key to make a big change.

SUMEDHA MEHTA, class IX, Zebar School for Children, Ahmedabad

"NEED FOR STRICTER ENVIRONMENT LAWS"

Increased plastic usage, skyrocketing electricity consumption, deforestation for building new apartments to accommodate the growing population, the release of oil and dyes into the water by industrial units, and not to forget fast fashion, are some of the activities which have a detrimental impact on environment. The burning issue is, however, the burning of fossil fuels that continues, even after ample awareness campaigns. This points out the need for stricter enforcement of environmental protection laws.

SAI KRISHNA PRIYA R, class X, GTAVM, Chennai



"COMPOSTING AND REUSING WATER IS MUST"



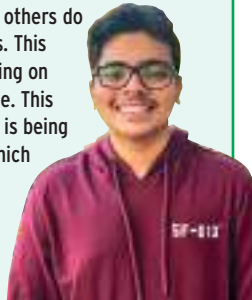
We took up composting as we felt that an abundance of food scraps, which are perfectly suited for nourishing plants, were going to waste. Staying at home has also made us aware of the volume of water that goes down the drain unnoticed. So we began to reuse kitchen waste water to water plants. Solar power was another important investment made towards making our home green.

AMRUTHA VARSHINI THOTA, class XII, FIITJEE, Hyderabad

"STOP WATER WASTAGE"

The biggest issue with the current climate crisis is negligence and willful ignorance of the masses to the oncoming water crisis. Even after immeasurable scientific studies, many still refute its existence, and others do not give it the seriousness it needs. This World Environment Day, I am focusing on reducing water wastage in my home. This includes being aware of how water is being used, and supporting industries, which conscientiously use less water to make their products.

AYUSH NIMAK, class XII, The Kalyani School, Pune



"TRY COMPOSTING"



I love nature and the environment and make conscious efforts to live in tune with it. I use cloth bags for shopping and encourage my family and friends to use them. I upcycle old clothes into cloth bags. We keep off single-use plastic. I have an organic garden where I grow flowering plants, vegetables and trees. I dispose of waste effectively by composting it and using it as manure for my plants. I make organic pesticides too.

SHIVENDU J, class VIII, Kendriya Vidyalaya SAP, Thiruvananthapuram

Yes, we are all...
ECO WARRIORS

We celebrate your little acts of green, listen to your ideas, understand how every little bit counts and find out how we can all be part of #generationrestoration

"Sad child? Nature. Cranky child? Nature. Bored child? Nature. You're welcome!" — Penny Whitehouse

For Penny Whitehouse, the founder of 'Mother Natured', a website devoted to helping busy mothers get their kids outside, being out and connected with nature is a one-size-fits-all solution to cure what ails a child. In fact, being in the outdoors is the first step to creating an environmentally conscious child — a need of the hour

with the looming climate change crisis. A reason why, schools are emphasising on environment education to groom children to think "nature first". Be it the healthy practice of reducing plastic use, or talking about waste management, initiating rainwater harvesting projects or simple acts of planting trees, children today know that eco consciousness is not a mere buzzword but a way of life. We celebrate the World Environment Day by getting children to tell us what they think is going wrong, their solutions and how they think one can do their bit. After all an ancient proverb goes: "We do not inherit the earth from our ancestors, we borrow it from our children."

WHAT: World Environment Day
WHEN: Every year on June 5
HISTORY: World Environment Day started in 1974 to engage governments, businesses and citizens to address pressing environmental issues
THEME: This World

Environment Day will kick off the UN Decade on Ecosystem Restoration, a global mission to revive billions of hectares, from forests to farmlands, from the top of mountains to the depth of the sea. Everybody living on this planet, in this moment in time can be a part of #GenerationRestoration



"L'I' GREEN DEEDS GO A LONG WAY"

Humans impact the physical environment in many ways: overpopulation, pollution, burning fossil fuels, and deforestation. Changes like these have triggered climate change, soil erosion, poor air quality, and undrinkable water. Little 'green deeds' can go a long way towards protection of the environment. I personally have inculcated this habit of



planting saplings to mark occasions like my birthday, parents' anniversaries and taking care of those plants.
SHIVIKA DIXIT, class VII, Cambridge School World School, Jaipur

"ONE SMALL STEP CAN LEAD TO BIG CHANGE"

I have implemented a few changes in my life to save our planet. I take vegetable and fruit peels from my kitchen and use them as manure for my garden. I avoid using plastic bags for shopping. I always carry a cloth bag with me. If the shopkeeper gives me plastic bags I avoid them and also insist they not use plastic bags. I hope one small step by every individual will make our planet a better home for the future.

K P HARVISH, class VIII, Shree Niketan Patasala, Chennai



"DISCARD E-WASTE RESPONSIBLY"

Humans' unquenchable demand for electronic devices is creating the world's fastest-growing waste stream. Just after one use these products are dumped into landfills harming the environment. My family, hence, keeps a check on the electronic products brought home. Also enough thought is given before discarding any e-product whether it is simple batteries or an old washing machine. What can be repaired and reused is donated to a family in need and what can be recycled is sent for e-waste management.

SAHIL VARSHNEY, class X, Cambridge Court World School, Jaipur



"INTROSPECT"

Environmental harm is a problem that is not new to us, but even with increased awareness we don't hold ourselves accountable. Simply saying that a problem exists is not enough, we need to introspect and analyse our actions and modify our habits accordingly. There are few green deeds that I have picked up over the years including the necessity of composting and using rainwater efficiently. Being an avid reader, I decided to switch from normal paperbacks to e-books and digital media.

SAMYUKTAA SIVAKUMAR, class XII, Ryan International School, Kandivali



"WE MUST SPREAD CLIMATE AWARENESS"

The lack of proper education and awareness among people regarding climate change is something that we are doing wrong with the environment. Among the many issues of the world, climate change belongs to the top tier and is not something to take at one's leisure. Small actions like sharing a thought-provoking message regarding the environment on social media could make at least a few people change their perspectives and everyday habits. Change is not immediate. Collectively, we can create positive change.

D PURNIMA, class X, SBOA Matriculation Hr. Sec. School, Coimbatore



"WE MUST SWITCH TO REUSABLE ENERGY"

Carbon overloading is the biggest contributor to air pollution and environmental disruption. Switching to renewable clean energy is the need of the hour. Our family recycles and reuses plastic and glass jars as containers to store pickles, nuts etc. I print as minimally as possible to save paper, and use reusable bags while shopping.

PRANAY UPADHYAY, class X, MVN School, Sector 17, Faridabad



"DO YOUR BIT"

Today only 30% of the planet's land remains covered by forests and 12 million hectares of farmland every year, gets seriously degraded. Little drops gather to make an ocean. So, I do my little bit as a good citizen of the world. I turn off the tap while brushing my teeth. We use LED lights to reduce 278 kilos of carbon dioxide. Up till now, I have planted a tree on every birthday and maintain my garden with a lot of love and care.

PRASHANSHA BHARADWAJ, class VIII, Cambridge School World School, Jaipur



"ARE WE DOING ENOUGH?"

Dying sea turtles. Smoke-infested skies. Hotter temperatures. Yet, these topics are very rarely discussed, if at all. Why? Well, most people are simply insouciant. They would rather know about where a celebrity is going for a holiday, rather than knowing about the slow death of Mother Earth. If we just walk or cycle instead of taking a cab or switch to cloth-bags (I do these already), then we could radically reduce pollution, something that could be the difference between life and death.

MAITREYEE GANGAL, class IX, Vidya Valley, Pune



"I AM TRYING TO ADOPT A PLASTIC-FREE LIFESTYLE"

I am in the process of starting a sustainable, plastic-free lifestyle. Well, it is difficult to maintain that and it starts from cultivating little things. For instance, I have stopped buying plastic cutlery and bottles, shop products like biodegradable sanitary napkins and whenever I go for shopping I carry jute bags. It is convenient to use recycled products. My entire family sticks to using only paper bags and avoids using plastic.

DEBANJANA TALUKDAR, class XI, Sophia School, Visakhapatnam



"NO CHANGE IS BIG OR SMALL"

Humans are responsible for many dreadful deeds, but deforestation is one of the major concerns we have right now. I had participated in a competition, where my team and I made 'compost plant balls'. The only requirement for these seed balls to work was to place them inside the soil and water them regularly. And we all distributed them in our neighbourhood. I understood then that the change we are bringing doesn't need to be small or big; the thing that matters is that we contribute towards a greener and brighter future.

SOMYAA SINGH, Class X, St Kabir Public School, Chandigarh



"WE TAKE MOTHER NATURE FOR GRANTED"

We fail to value the abundance of Mother Nature and take it for granted. By our acts, we are polluting nature. Well, I make sure that my entire family uses a cloth bag whenever we are out for groceries. A green deed that we strictly follow is that we avoid the usage of plastic in any form - just our small contribution to make a bigger impact.

VIHAAN GOYAL, class V, Jayshree Perival Global School, Jaipur



Join the Rewilding Generation

WE CAN SOLVE OUR ECOLOGICAL CRISIS AND REVERSE CLIMATE CHANGE BY REWILDING OUR FORESTS AND RECONNECTING PEOPLE TO NATURE



Supriya.Sharma2@timesgroup.com

The return of the world's fastest land animal will be India's first international big cat reintroduction project. More than 70 years after the last cheetahs were hunted to local extinction in India, eight are to be relocated from Namibia and South Africa to a national park in the north of the country. This act can be called Rewilding.

As cities swell and the pressures placed upon the environment only increase, reintroducing biodiversity wherever possible has become a hot topic. A solution rising in popularity is 'rewilding', which, at its core, is a collaborative effort to renew the earth's bonds with Mother Nature.

Nature knows best when it comes to survival and self-governance. Through rewilding, wildlife's natural rhythms create wilder, more biodiverse habitats.

NOT THE SAME AS PLANTING MORE TREES

The definition of reforestation is "the

ANTI-POLLUTION CHAMP

Licypriya Kangujam is one of India's youngest child environmental activists to have addressed world leaders at the United Nations Climate Change Conference 2019 (COP25) in Madrid, Spain asking them to take immediate climate action. In India, she has been campaigning for climate action 2018, to pass new laws to curb India's high pollution levels, and to make climate-change literacy mandatory in schools.

HALL OF FAME



BASIC PRINCIPLES

1 To bring back wildlife: The wildlife species has slowly declined over the past few decades. Even areas densely populated with wildlife, known as biological hotspots, are losing their species richness. Some of those species have gone extinct. Rewilding aims to

restore these lost species by rebuilding lost habitats, by population enhancement and by reintroduction of key native species.

2 Allow nature to heal itself:

Nature knows best when it comes to surviving harsh conditions. All we need to do is create the right conditions. We can make sure of this by removing dykes and dams to free up rivers to provide more water, reducing intensive

action of renewing forest cover." This can be done by planting seeds by hand, or by the natural distribution of seeds when a patch of land is left to go wild. So, when it involves the growth of new trees, rewilding can be a type of reforestation. To fully rebuild our wildlife's natural habitats, it is crucial that we pursue both manual tree-planting and rewilding. We need to plant trees in places where reforestation isn't likely to happen on its own, but we need to let natural regeneration take its course, too.

REWILDING EXAMPLES

Saving whales in the southern oceans

Whales' movements push phytoplankton — which absorbs carbon — back up toward the water's surface, where it can continue to survive and reproduce. At their usual historic populations, whales were probably responsible for sequestering tens of millions of tons of carbon from the atmosphere every year. So the management of whaling, and whale conservation by groups like the International Whaling Commission is, in this sense, a form of rewilding.

A jaguar reserve in Mexico

The Northern Jaguar Project works to restore habitats for jaguars and other threatened species in the area. An estimated 80-120 jaguars inhabit their Northern Jaguar Reserve in northeastern Sonora, which was established in 2003. In 2008, the reserve raised funds to purchase more land and the reserve is now

Bison, the Netherlands and Romania

In May, Dutch and Romanian European bison reintroduction programmes were declared successful after several years of conservation efforts. Now, national parks in both places are reaping great environmental benefits from the bison's grazing, with a consequent flourishing of flora and fauna.

Giant tortoise, Galápagos Islands

Hunters and invasive species decimated the Galápagos giant tortoise from the 16th century onwards. The Española species was one of the worst affected. Conservationists were able to round up the remaining 14, however. The tortoises were then reintroduced. In 2010, it was estimated that more than 1500 specimens were extant.

a stunning 35,000-acre ranch where jaguars roam free.

management of wildlife populations and by reintroducing species that have disappeared as a result of human actions.

3 Restore ecosystems: Rewilding is necessary to protect our ecosystems. We not only have to protect them but also restore them to their original form. Self-sustaining ecosystems are more resilient towards climate change.

4 Creating marine protection: So that sea and ocean life can flourish.

5 Reconnecting rivers with floodplains: To slow the flow, easing flooding and creating habitats for fish and other aquatic and wetland wildlife.

6 Connecting up habitats: Creating wildlife bridges so that it can move and disperse naturally, helping them adapt to climate change and build resilience.

BIODIVERSITY BUILDERS

SUGI Forest Makers and Ocean Gardeners use your funds to restore biodiversity and regenerate ecosystems. Choose a monthly subscription or a one time donation to invest in nature and build biodiversity. Track the journey of regrowth with regular reports, dynamic multimedia stories, and interactive experiences. Other than several international projects — growing climate resistant corals in the Bahamas, protecting and restoring an Atlantic forest, a learning centre for future generations in Githima, Kenya — SUGI forest makers are working on reviving a 10,000-tree multi-layered, native forest planted on rural commons land in Village Satoli, Uttarakhand, North India and reviving India's lost desert forest in Maruvan, Rajasthan.

Rewilding India offers a variety of ways to engage and get involved in activities. Their projects include Mangrove and forest restoration, supporting tiger widows, rural development and ecotourism in the Sundarbans and forest restoration, tree planting, environmental education, rural development and ecotourism.

GREEN POCKETS OF HOPE



Nitya.Shukla@timesgroup.com

Keep calm and Cicada on

The world is currently abuzz with the news of trillions of cicadas (belonging to a sub-species Brood X) all set to emerge following a 17-year underground hibernation period in east coast and Midwest parts of United States. The red-eyed Cicadas are the loudest insects on the planet. While there are over 190 known varieties of cicadas in North America and 3,390 of them around the world, most species come out every year. However, it is only in the United States, where there are a group of Cicadas, called periodical broods, that stay underground for either 13 years or 17 years. They're coming out to mate, spawn the next generation and die off, all within a matter of weeks.

Despite weather calamities, pollution, climate change and the gradual destruction of Earth's ecosystem, the story of Cicadas going about their life cycle in the spirit of business as usual is being celebrated everywhere as a symbol of hope, and nature's ability to restore itself. Did you know these red eyed bugs benefit the natural world hugely? They prune mature trees, aerate the soil, and once they die, their bodies serve as an important source of nitrogen for growing trees resulting in an excellent growth. They're also edible!

Best finding ever: Coffee waste is great for growing forests

In March, the 'British Ecological Society' reported an unexpected finding of a study: Spreading coffee pulp, a waste product from coffee production, over degraded lands helps them recover quickly. According to the report, the study's researchers (from ETH-Zurich and the University of Hawaii) spread 30 truck loads of coffee pulp on a 35X40m area of degraded land in Costa Rica. In only two years, the area treated with coffee pulp had not only turned into a small forest, but it was rich in nutrients including carbon, nitrogen and phosphorus. This has turned out to be great news for degraded agricultural lands that have poor soil quality!



DiCaprio goes Rewild

Actor and environmental activist Leonardo DiCaprio was recently in the news having announced a pledge of \$43 million to go toward ecological restoration efforts on the Galápagos Islands, according to 'The Guardian'. The move is part of DiCaprio's ongoing initiatives to promote climate action and conservation efforts. According to reports, DiCaprio announced the launch of Rewild, an environmental organisation that seeks to protect wildlife and restore biodiversity, which he founded along with a group of conservation scientists.



Reddit investors rise up to protect gorillas

A while ago a group of investors on a subreddit called WallStreetBets made news when they bought small volumes of shares in the failing retailer GameStop en masse. This resulted in the company's share price which raised value for themselves and then deliberately withheld it from professional investors who had hoped to benefit from its failures. Now many of those small investors are using their gains for animal conservation by donating hundreds of thousands of dollars. They have been particularly generous with gorillas. After a reddit user posted his certificate for adopting one of his gorillas, Rwanda's Dian Fossey Gorilla Fund received over 3,500 adoptions worth \$350,000. That's not all. Gorillas have also been adopted at the Democratic Republic of the Congo's Virunga national park and many more such. Besides gorillas, elephants, sea turtles and pangolins have been the other beneficiaries.



Ecosia is planting a tree on this planet every second

The lean green internet search machine Ecosia has planted almost 126 million trees by now at a current rate of one tree per second. The search engine lured 15 million users away from tech giants such as Google and Bing as it uses advertising revenues from online searches to plant trees. According to a 'Business Insider' report in April 2021, Ecosia made 2.25 million euros. Ecosia is also on a mission to restore devastated forests and woodlands across the world.

PASSING OF A LEGEND

The recently deceased Sunderlal Bahuguna was a beacon of the Indian environmental movement. A home-grown environmentalist who steered a spontaneous 'Chipko Movement' of the 1970s into a strong people's movement and saved the forests of the great Himalayas and the forest-based livelihoods of its indigenous communities was a living image of unfettered dedication.



HALL OF FAME

HALL OF FAME

TREE PROTECTOR

Popular known as 'Hargila Baido', Dr Purnima Devi Barman is the founder of a group called "Hargila army" which provides a voice to rural women as protector of the tree. A conservation biologist with the NGO, Aaranyak, in Assam, she has been the recipient of the Nari Shakti Purashkar by the President of India which is the highest civilian award for Indian women.



"MINIMISE SINGLE-USE PLASTIC"

Recently, I saw plastic waste piled up at Fort Kochi beach. Nature took revenge and gave it back to us through cyclone Tauktae. Humans cut down trees to make furniture, papers, space for buildings, metro etc. This leads to deforestation. Trees give us oxygen, water, shade, and fruits. Big factories release harmful gases like carbon dioxide. We burn a lot of plastic waste. Single use stationary results in heaps of plastic waste.

NEHA VIVEK, class II, The Choice School, Ernakulam

"ELIMINATE WASTAGE OF RESOURCES"

The biggest problem that the environment faces due to human fallacy is overuse of resources. Everyone wants more than what they have, what they need; and we end up wasting more than what we use. This wastage is not only harmful to our surroundings, but also a slap in the face of all those less privileged. If we eliminate wastage of resources, we can reduce all forms of pollution.

BHAVYA GOYAL, class XII, Modern Academy, Lucknow

"ADOPT ECO-FRIENDLY HABITS TODAY"

Environmental pollution is one of the biggest threats to our planet. Pollution not only affects the flora and fauna but humans as well. However, by adopting eco-friendly habits like planting trees and not wasting paper one can significantly reduce pollution. Since class V, I have refrained myself (and my family) from burning crackers and ensure that the household waste is segregated into wet and dry waste.

HARSHITA SINHA, class XII, G D Goenka Public School, Lucknow

"A NEED FOR LIFESTYLE CHANGES"

A congenial environment nurtures life on planet Earth. The most disgraceful thing we humans have done to our environment is pollution. Deteriorating air quality and ever reducing potable water are major threats, besides the polluted water bodies that are killing life and vegetation. The need is also to understand that small changes in our lifestyle can make a big difference.

HRIDYANSH SHARMA, class IX, Maharaja Sawai Man Singh Vidyalaya, Jaipur

"BUY LOCAL AND SUSTAINABLE"

As Greta Thunberg has said, only apocalyptic catastrophes at our doorsteps will make mankind realise the gravity of their situation. Unfortunately, by then, it will be too late. It is a tradition in our family to only buy goods like clothes and backpacks from local, sustainable businesses who not only use eco-friendly practices but also donate to environmental organisations. I support Clai Earth that plants five trees for each eco-friendly backpack.

MANEEZA KHAN, class XI, The Heritage School, Kolkata

"EDUCATE PEOPLE ON CLIMATE CHANGE"

People are not taking this climate change seriously, and that is the core of all negligence. Around 2 years ago, we stopped using plastic and polythene bags. We use cloth/paper bags and old newspapers instead of garbage bags. I've also pledged to not litter outside and only use dustbins. We upcycle almost every unwanted object and old clothes to decrease our waste production. We also use water cautiously.

TWISHA KARRA, class X, Fr Agnel Multipurpose School and Jr College, Ambarnath West, Mumbai

ENJOY THE SLOW BUILD-UP

Nature doesn't give instant returns. A lesson we have forgotten of late. On World Environment Day, June 5, we select a few books and films that go beyond instant satisfaction - these works of art will make you appreciate the benefits of slow-build up stories that remain with you for a while

Haimanti Mukherjee@timesgroup.com & Nitya.Shukla@timesgroup.com

This June 5, on World Environment Day, the UN is launching the 'Decade on Ecosystem Restoration'. It's going to be some time before we enjoy its benefits. But the process is starting.

Living in lockdown for more than a year, we have already understood that patience and perseverance can see us through some very bad times. These qualities are inherent in Nature.

But we have forgotten it because the last century's rapid technological progress has made us all want finger-tip solutions to everything -

even our emotions. Hungry? Zomato. Bored? WhatsApp. Angry? Facebook outburst. Mood for sarcasm? Twitter.

Unfortunately, as much as gadgets have made us believe in the impossible, we simply cannot rush through most things in life. Half of the problem the world is facing these days is because of our unnatural expectations to see results immediately. But nothing comes easy in real life, and nothing leaves just because we want it to. Everything - even Covid-19 - will take its own natural time, some scientific nudging, before it goes away. We need to understand that to restore, to bring balance, to mend, is a slow process.

Both literature and films have enough examples

that we can learn from. Here are some book and movie recommendations that literally take your emotion on a "slow burn". Now, hear me out, the literal definition of "slow burn" is rage developing slowly and over time, in art though it's a bit different. A slow burn book or movie is one, where the author or the director takes her/his time to make us feel the tension; the build-up is slow. Be it horror, fantasy, romance, these works of art take their time with the story at hand... You won't be able to rush through these - it's not meant to have a fast pace or evoke a nervous anxiety. Instead, such works build deep connections between its characters, feature rich, languid writing and make for unforgettable storytelling.

Here are a few of such books and movies you can enjoy this weekend, keeping in mind that like Nature, we need to restore the quality of perseverance within ourselves.



Where the River Runs Gold

Sita Brahmachari
In this book, the author, a prolific children's writer, weaves in the theme of climate change and its impact, without making it seem overtly preachy or didactic. Instead, she takes the time to show us how her two characters, Shifa and Themba, connect while working on a farm to pollinate crops after all the bees have died. You see their friendship happen organically as if it was taking place in your neighbourhood.

According to interviews, Sita Brahmachari was inspired by Greek mythology and the Meteor Mountain (meaning Earth and sky) that create a haunting narrative that'll stay with you for a long time.

The Secret Garden

Frances Hodgson Burnett
Long before eco-fiction came to be as a genre or studies proved the healing power of nature, Frances Hodgson Burnett's 'The Secret Garden' had taught us to slow down, and take a walk. Like any good children's classic, the story progressed at the pace of its protagonists, who were children. Burnett didn't rush or escalate things to show the reader how being in nature transformed a sullen Mary to a happy girl, and a bedridden Collin to realise that he could feel the earth moving beneath his feet. There is plenty of languid writing that helps you understand that humans and nature can share the best relationship, if we only let each other be.

The Inheritance of Loss

Kiran Desai
Even the fastest readers would find themselves slowing down to read this incredible novel that takes place simultaneously in two locations. In an isolated house at the lush foothills of Mount Kancharjunga in the Himalayas, an embittered judge finds himself saddled with the responsibility of his orphaned granddaughter Sai, who shows up on his doorstep. The judge's cook watches over Sai, but he constantly worries about his son Biju, who is an illegal immigrant in New York (US). A poignant story about joy and despair, Desai constantly compares life amid nature in small town and villages, which may sometimes seem 'less' to those who are

charmed by the bright city lights.

The Hungry Tide

Amitav Ghosh
A story of romance and a clash of cultures that takes place in between deadly attacks by tigers, crocodile-infested waters, tidal floods, and political unrest. Set in Sundarbans, the isolated chain of islands in the Bay of Bengal come alive in the author's descriptions of the beautiful mangrove forests, tidal waters, and lunar rainbows. It's a story that does not try to rush itself or escalate unnatural progress.

Life of Pi

Yann Martel
Yann Martel's epic novel fired the world's imagination about the secret life of oceans and its creatures. Whether you read the book or watch the film, the story starts on a rocky, fast-paced note where we see Pi take off on a long journey and it's all very exciting. But then Martel, changes the pace, and slows the story down when the ocean liner carrying Pi and his family sinks, and he is left alone on a rowboat with a tiger named Richard Parker. Martel describes the wondrous variety of the Pacific Ocean at an unhurried pace where adrift and lonely, a human and a tiger take a long time to overcome their biological barriers to reach a transcendent understanding. We bet you shed a tear or two while reading it.

Wishtree

Katherine Applegate
When was the last time you passed by a tree, and remembered to feel its thick bark, marvel at its leaves or take a moment to appreciate the respite it gave you from the sun? Reading this middle-grade novel about the healing, giving power of trees may inspire you to hug one. The book is about an old oak tree called Red that watches over his 'neighbourhood', and the many animals that live in his branches. Red is also known as the Wishtree where each year people tie their wishes written on strips of cloth. So when a new family moves in and they aren't exactly welcomed with open arms, Red decides to intervene. A beautiful story of nature and friendship for kids and adults.

The Grapes of Wrath

John Steinbeck
Referred to frequently as one of the greatest works in eco-fiction, 'The Grapes of Wrath' chronicled man-made climate disaster. John Steinbeck's writing is urgent yet unhurried, and bursting with timeless prose like: "A large drop of sun lingered on the horizon and then dripped over and was gone, and the sky was brilliant over the spot where it had gone, and a torn cloud, like a bloody rag, hung over the spot of its going. And dusk crept over the sky from the eastern horizon, and darkness crept over the land from the east."

The Overstory

Richard Powers
This Pulitzer Prize-winning novel is about humans who are friends with trees. Initially presented as a seemingly disconnected series of nine human lives and their 'trees', the author develops each of individual story fully, all of which comes to a brilliant fruition when all the characters come together to address the destruction of forests.

The Word for World is Forest

Ursula Le Guin
A work of science fiction in which, Ursula Le Guin who is one of the biggest influences in the genre, builds a deeply haunting story of an interstellar logging colony. Although a novella, Gain uses an intriguing set up and takes time in getting to the story's resolution which is colonialism, extractivism, and environmental despoliation are endemic to humankind.

Migrations

Charlotte McConaghy
The Australian young-adult writer's debut into the world of literary fiction is a slow, visceral story that opens with the lines "The animals are dying. Soon we will be alone here." The protagonist of the story leaves her life to go on a mission to follow the last Arctic terns in what might be their final migration to Antarctica. Migrations is an ode to a disappearing world and yet one that offers hope.

STUDENT'S PICK

DOCUMENTARIES

The Nature of Nature
I saw an amazing documentary, 'Nature of Nature' on the National Geographic Channel. It documents the lives of all types of sea creatures in an interesting way. It opened up my mind to the diversity of the underwater world and has inspired me to continue exploring. Now I want to learn to dive and see those creatures in real life.
MANDINI SINGLA, class V, Sri Venkateshwar International School, Delhi

2040
Concerned about his young daughter's future, filmmaker Damon Gameau travels the world in search of new approaches and solutions that can tackle climate change. He meets with innovators and change-makers in many fields to draw on their expertise. While the ultimate solution is to plant as many trees as possible, I would recommend everyone to watch this to get an idea of what lies in store for us if we don't make a change today.
ABHINAV GUPTA, VII B, Cambridge Court World School, Jaipur

BOOKS
This Book is Not Rubbish: 50 Ways to Ditch Plastic, Reduce Trash, and Save the World
Isabel Thomas

It has 50 ways to save the planet. And most of them are very doable. In fact, I got the idea that one shouldn't use balloons for birthday parties from the book and I followed it for my last birthday. This way, I minimised waste from my birthday. The book is quite helpful for those looking for practical ways to save the planet. I have read it many times and still find it inspiring. I also like the illustrations which makes it interesting to read.
TAHIRA SUSAN KOSHY, class III, Shiv Nadar School, Faridabad

The Ends of the World: Volcanic Apocalypses, Lethal Oceans, and Our Quest to understand Earth's Past Mass Extinctions
Peter Brannen
The author takes us on a mind-blowing historical journey through the planet's five mass extinctions, while also speculating what's in store for Earth's future. Reading about Earth's history and its many ends has been certainly more fun than living through what seems to be an apocalypse that we are currently in the midst of. This book is amazing!
MANINI SHAH, class IX, Udgam School For Children, Ahmedabad

Hiroshima Mon Amour

Trauma cannot be shaken from the romance of this Alain Resnais film. A French actress (Emmanuelle Riva) visits Hiroshima to make an anti-war film and has an affair with a Japanese man (Eiji Okada). The two recall their past lives and past loves during their short time together, and the effect is devastating.

The Way We Were

This Sydney Pollack film explores the love story of Katie Morosky (Barbra Streisand), a politically active Jew, who meets Hubbell Gardiner (Robert Redford), a carefree guy. But soon Katie's strong convictions and Hubbell's easy lifestyle begin to hamper their relationship.

Sixteen Candles

In this John Hughes classic '80s film, angst-ridden Samantha (Molly Ringwald) faces her 16th birthday with typical adolescent dread. She is terrified that her birthday will be overshadowed by her sister's upcoming wedding. Samantha pines for an older boy, Jake (Michael Schoeffling), even as she keeps off rebuffing the affections of nerdy Ted (Anthony Michael Hall), the only boy in the school, who seems to take an interest in her.

Arrival

In this Denis Villeneuve masterpiece, Amy Adams plays a linguistics professor, Louise Banks, who leads an elite team of investigators when gigantic spaceships touch down in 12 locations around the world. As nations teeter on the verge of global war, Banks and her crew must race against time to find a way to communicate with the extraterrestrial visitors.

The Conversation

Surveillance expert Harry Caul (Gene Hackman) is hired by a mysterious client's brusque aide (Harrison Ford) to tail a young couple, Mark (Frederic Forrest) and Ann (Cindy Williams) in this Francis Ford Coppola masterpiece. Tracking the pair through San Francisco's Union Square, Caul and his associate Stan (John Cazale) manage to record a cryptic conversation between them. Tormented by memories of a previous case that ended badly, Caul becomes obsessed with the resulting tape, trying to determine if the couple are in danger.

Jaws

That haunting music is as unforgettable as Steven Spielberg's direction. When a young woman is killed by a shark while swimming, police chief Martin Brody (Roy Scheider) wants to close the beaches, but mayor Larry Vaughn (Murray Hamilton) overrules him, fearing that the loss of tourist revenue will cripple the town. Ichthyologist Matt Hooper (Richard Dreyfuss) and ship captain Quint (Robert Shaw) offer to help Brody capture the killer beast, and the trio engage in an epic battle of man vs nature.

Blade Runner 2049

First and foremost watch the prequel, either after or before watching this film. Another Denis Villeneuve classic, this film is a sequel to the outstanding sci-fi film 'Blade Runner' (1982), starring Harrison Ford, directed by Ridley Scott. In the sequel, Officer K (Ryan Gosling), a new blade runner for the Los Angeles Police Department, unearths a long-buried secret that has the potential to plunge what's left of society into chaos.

Rear Window

This Alfred Hitchcock classic tells the story of a recuperating news photographer, Jeff (James Stewart), who believes he has witnessed a murder.

A Quiet Place

Directed by John Krasinski, who also plays the male lead in this film, the story revolves around a father (Krasinski) and a mother (Emily Blunt), who struggle to survive and raise their children in a post-apocalyptic world inhabited by blind monsters with an acute sense of hearing.

The Bridges of Madison County

In this Clint Eastwood-directed epic love story, set in 1965, Francesca Johnson (Meryl Streep), who lives with her husband and two children on their Iowa farm, meets National Geographic photojournalist, Robert Kincaid (Eastwood). He's in Madison County to photograph its historic covered bridges. With Francesca's family away for a short trip, the couple have an intense, four-day love affair.

"NO CONTRIBUTION IS TOO SMALL"

I always try to save electricity. I plant trees in my surroundings. I always give away extra food to street animals and avoid wastage of any food. As far as possible, I try to use public transport or go walking. While shopping, I always prefer reusable bags. Whenever I get the opportunity, I try to make natural organic manure from kitchen waste. This is my set of contributions and I have been sticking to these for the past three years.
CHAARVEE BEVARA, class X, Atkinson Senior Secondary School, Vijayawada

"RECYCLE PLASTICS"

We don't look at the larger impact our actions have on the environment. Like during the lockdown, everyone has been ordering online. While we may be avoiding crowding, what we are forgetting is that these products come in plastic packaging. Most great environmentalists have said constantly that plastic is either a boon, or a bane, depending on its usage. That's why I always send all the packaging material for recycling.
SANATH KOTHARI, class VII, St Joseph's Boys High School, Bengaluru

"BE MINDFUL OF YOUR ACTIONS"

One common mistake we are making is not paying attention to the toxicity we are adding to the environment through our actions. We all throw used up batteries in trash bins. This is very harmful for our soil as each battery contains hazardous toxins. We must discard them responsibly. Stop buying single-used batteries and opt for rechargeable batteries instead. They can be used more than 1000 times and recycled at no cost.
ISHAAN JAIN, class VII, The Oxford Senior Secondary School, Bengaluru

"I AM THE 'WATER INSPECTOR' AT HOME"

The biggest problem according to me is pollution. The quality of air we breathe in is degrading day by day. I believe in the saying 'Be the change you want to see in the world', so I started from my house. At home, they call me the 'Water Inspector' since I keep a check on how much water is utilised in different activities by all the members. I keep reminding my family about reusing as much water as we can so that we don't waste precious resources.
DHWANI GULATI, class VII, Sacred Heart Senior Secondary School, Chandigarh

"LAUNCH RECYCLING COLLECTION DRIVES"

Improper and negligent management of waste is our biggest environment hazard. We cannot eliminate generation of waste, but we can control its disposal. I actively took part in my school's social initiative where we ran a collection drive for recycling paper. Since then, I have carried forward the school legacy and have personally collected over 100 kg of paper sent for recycling. I also save water and plant a tree every three months.
RAJAT JAIN, class XI, Delhi Public School, Rohini, Delhi

"STOP BLAMING OTHERS"

The biggest problem is that people tend to ignore their deeds. They think it won't make a difference if one person avoids the rules. I feel every person in this world is literate enough to know what deforestation or pollution do. They choose to ignore it. Pay attention to your everyday actions. "Never doubt that one person can make a difference," said Ingrid Newkirk.
SAMIKSHA DEY, class X, GHS, Ahmedabad

A WIN-WIN FOR THE EARTH

When sporting events, and sportspersons support a green cause, it can be a real game changer for the environment. Sustainability in sports as a movement started some years back with various sporting associations ushering in green initiatives. On the occasion of World Environment Day, we check out some green arenas...

GREEN HOTSPOTS



CRICKET

M Chinnaswamy Stadium, Bengaluru

Leading the way in the brigade for eco-friendly cricket stadiums is our very own M Chinnaswamy Stadium owned by the Karnataka State Cricket Association in Bengaluru. Inspired by Germany's Freiburg Football Stadium, the Bengaluru ground is the first fully

solar-powered cricket stadium in the world. It is equipped with various eco-friendly features, ranging from a rainwater harvesting plant, a sewage treatment plant that draws water from the sewers in Cubbon Park to recycle it, and lastly, a biogas plant. The floodlights are equipped with LED lights replacing the halogen lamps

along the boundary. The stadium currently claims to cut down 600 tonnes of carbon emissions. To top it all, the associations earn a revenue of Rs 80 lakh by selling excess power to the Bangalore Electricity Supply Company. The power generated through solar panels can light up 200 houses throughout the year.

GOLF

Mission Hills Haikou, China

The world's largest golf resort is built in China and comes with a huge responsibility towards sustainability. The Mission Hills Haikou has implemented various sustainable measures that vows to promote low-carbon emissions, ecology and environmental protection. The resort features the use of solar-paneled golf carts, artificial lakes that collect rainwater for irrigation, waste management plants to name a few.



Mission Hills Haikou, China

Al Hamra Golf Club

Al Hamra is the first plastic-free golf club in the Middle East. The course has completely banned the use of plastic items in the course. They have introduced a high-quality water filtration plant that provides you with clean drinkable water. With this, Al Hamra sets a new eco-friendly standard and pledges to conserve the environment for a better future.

Sentosa Golf Club, Singapore

Sentosa Golf Club (SGC) initiatives feature recycling of rainwater, use of bio-friendly products around the course and lithium-ion buggies that reduce their carbon footprint. SGC conducts exchange sessions with local golf clubs to share their experience elevate Singapore's golf industry towards a sustainable environment.

Osprey Point at Kiawah Island Resort, US

Osprey Point underwent a full-blown makeover in 2014 and now uses Paspalum, a low-maintenance turf grass, that reduces water consumption for cultivation. Added to that, this type of grass uses natural groundwater to grow, eliminating the use of added chemical products to make the grass thrive. All courses in Kiawah Island Resort take environmental protection seriously.

FOOTBALL

Morro da Mineira, Rio de Janeiro, Brazil

Now, if you are somewhat of a couch potato, this might not be your thing. Inaugurated by Pele, located in the most famous city of Brazil, Morro da Mineira is popularly known as the world's first-ever people-powered football pitch. Giving meaning to the popular saying: "what goes around comes back around", the pitch is installed with over 200 underground kinetic tiles that convert players' movements into energy to power up the lights around the ground. It is not rocket science, the concept is simple: the more rigorous the footwork, the better the floodlights work. Costing a whopping \$100,000 for the tiles, the pitch serves over 200,000 residents in nearby favelas.

The New Lawn Stadium, Gloucestershire, England
When you say organic, you think of fruits and vegetables. The New Lawn Football Stadium in Nailsworth, Gloucestershire, is the world's first with an organic pitch. Known as one of the most environmentally-sustainable stadiums in the world, it ticks all the boxes in the eco-friendly department. Established in 2011, it successfully installed 180 solar panels that generate 25 per cent of the electricity required to run it. The pitch collects rainwater for recycling. The club uses a solar-powered 'MowBot', a self-sufficient robotic lawnmower that cuts grass. Local farmers use the grass cuttings as manure. Lastly, the stadium is also the first to have a meat-free sustainable menu.

Princes Park, Dartford, England

Not only is Dartford FC's football game on point, but their environmental game is on point too. Princes Park is a culmination of many phenomenal things eco-friendly. To begin with - a sedum roof blanket which provides a natural air filtration system, solar panels to help generate electricity for the community areas and a rainwater recycling system to keep the water flowing. Wondering about the cold



Morro da Mineira, Rio de Janeiro, Brazil

wintery nights? They have got you covered, quite literally. Fabric insulation and condensing boilers provide better thermal retention and efficiency.

Amsterdam Arena, Amsterdam, The Netherlands
Home to Ajax Amsterdam, the biggest stadium in Holland is not just a stadium but also its net climate neutral. This energy zen has 4200 solar panels fitted on the roof and a rainwater harvesting plant. The arena is cooled down using cold water from a lake nearby. The stadium also has wind turbines and is the world's first to feature 100 per cent renewable seating. Forget plastic and wood, the futuristic seaters are made from sugarcane. Now, isn't that sweet?

Emirates Stadium, Highbury, England

The Emirates Stadium in Highbury, London, does not promise high-tech designs or practise to reduce the impact on the planet. Instead it offers the old school method of recycling facilities all around the ground. Other than that, the stadium is also installed with eco-friendly LED lights, waterless toilets, a cardboard crusher machine etc. The club claims to recycle more than 10 tonnes of cardboard and glass in a month. The overall energy output by the club is believed to be reduced by 20 per cent this year.

TENNIS



Grandstand Stadium and Louis Armstrong Stadium, US

The Louis Armstrong Stadium is the first naturally ventilated stadium with a retractable roof. During reconstruction, over 95 per cent of demolished original Armstrong Stadium was recycled to build the current structure. Other key features include the use of low-emitting paints and finishes to reduce emission of pollutants. Stadium authorities aim to encourage fans to take local transit to help reduce the carbon footprint. Grandstand Stadium holds similar features and is one of the world's most eco-friendly stadiums.

Sports personalities as green crusaders

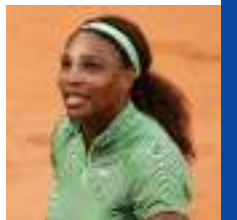
Ian Thorpe | swimmer

The five-time Olympic gold medalist is a budding conservationist. He is a TV host and producer for two new environmental shows on an Australian network. The shows deal with issues such as recycling, carbon footprints, environment-friendly cars, renewable energy and water usage.



Serena Williams | tennis player

One of the greatest tennis players of all time, Serena Williams is a proponent of a plant-based diet. She is investing in sustainable start-ups that want to reduce over-consumption of meat. Her clothing line, Serena, is based on vegan, pollution-free products made in the US.



Lewis Hamilton | F1 racer

This six-times Formula One world champion's growing concerns over the environment have seen him sell his private plane and introduce a complete ban on plastics in his daily life. He advocates a plant-based diet and outside the track, he uses electric cars whenever possible.



Nico Rosberg | F1 racer

The former Formula 1 world champion is dedicated to sustainability projects. He launched the Greentech Festival to promote sustainable initiatives in the areas of lifestyle, mobility, food and energy. These include drone taxis, a Formula E race and smart city initiatives.



Mary Kom | boxer

The Olympic champion is a complete animal lover at heart. She supports PETA to make sure no animal is harmed. She has been reaching out to various state governments to ask for topics on compassionate treatment of animals to be included in the school curriculum.



Kelly Slater | surfer

This eight-time world champion aids the coral cause with his Kelly Slater Invitational competition. The competition helps raise funds for Reef Check, an organisation working to protect and rehabilitate coral reefs. His surf clothing line, Outerknown, uses a sustainable supply chain.



SPORTS EVENTS

Tokyo's 2021 green Olympics

Going by its theme, 'Be better, together', Tokyo Olympics is aiming to be the lowest-emission Games ever, and it does not just stop with the venue, it goes beyond to where the athletes will sleep. Yes, you read that right. The athletes will sleep on recyclable cardboard beds that are designed to hold up to 200 kgs of weight. Mattresses used on the cardboard beds are also made to be fully recyclable. The event's medals too are made from recycled precious metals. The athletes' village will be built from locally-sourced wood and the event vehicles are set to be powered by hydrogen fuel cells. Organisers hope the event will emit not more than 2.93 million tonnes of CO₂, beating the 2012 London Games, which claimed to be the greenest ever and generated 3.3 million tonnes of CO₂ emissions.



"CAP THOSE NOISY INSTRUMENTS"

We are exposed to high noise levels at sporting events, with everyone cheering, shouting and blowing instruments. These levels most often exceed permissible limits. They not only cause noise pollution, but can also lead to high decibel-induced hearing impairments. Therefore, we should discourage people from carrying shrill whistles, vuvuzelas and other noisy instruments to sporting events.

ARSHIYA GUPTA, class XI, Bhavan Vidyalaya, Chandigarh

"DON'T STREW AROUND POSTERS, BANNERS"

Thousands of people at the stadium support and cheer for their favourite teams, or players. But afterwards, the posters and placards they leave behind lead to a huge mess. So make sure you don't leave them behind. Carry them back with you and dispose them appropriately.

ANANYA KULSHRESTHA, class X, Convent of Jesus and Mary, Dehradun

"KEEP IT CLEAN WITH OWN CUTLERY, BOTTLE"

Watching a match at a stadium is a long-drawn affair. Like at the movies, eating and drinking while the game is on is a given. Carry your own water bottle and cutlery. That way you avoid buying plastic ones, and littering the stadium. It might seem like a lot in the beginning but this simple practice is bound to take us a long way in keeping our environment clear the future.

PADMASRITHA MORUSUPALLI, class XII, P Obul Reddy Public School, HYD

"GATHER UP FOOD PACKAGES, TISSUES"

Bring your own food and water, in reusable containers. That is one way to ensure you don't leave behind empty packets, used water bottles, tissues and so on. One should be conscious of one's actions and work towards reducing the carbon footprint. We can also politely help/advise others not to litter the place, as a responsible citizen.

GARVIT AGARWAL, Class X, N L Dalmia School, Mumbai

"OPT FOR PUBLIC TRANSPORT"

Choose the most viable type of public transportation available to get to the stadium. For Chennaiites, the Chepak station's exit directly leads to the entrance of the cricket stadium. It runs on electricity, has a great frequency and you will beat the traffic and reach on time. If this isn't possible in your city, then make sure you carpool with your friends or family. As we know, no one goes to the stadium alone.

DARSH KUMAR PARMAR, class VIII, LMOIS, Chennai

"CARRY A BAG TO BRING BACK JUNK"

A clean and green environment is something which we all desire. While attending a match in a stadium, I would always carry a biodegradable bag with me which can be used to carry the litter back. That way we do not overload the bins at the stadium. It also reduces the workload of the people cleaning the stadium. It also helps inculcate a healthy and responsible attitude in us and all those people who would witness us.

RUPAM SHUKLA, class XII, Sunrise English Medium School, Kolkata

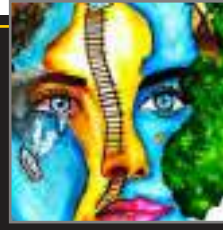


THE TIMES OF INDIA

www.toistudent.com

TODAY'S EDITION

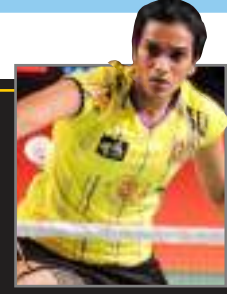
Principals, teachers and students, share their views on environment
PAGE 2



We are back with your favourite page: Wizard's Corner- A complete activity page filled with DIY, quiz, puzzles, riddles, and much more!!!
PAGE 3



Not going to be easy at Tokyo Olympics: PV Sindhu
PAGE 4



STUDENT EDITION

FRIDAY, JUNE 4, 2021



WEB EDITION

CLICK HERE: PAGE 1 AND 2

Why is the Arctic warming faster than other parts of the world?



X-PLAINED

WHAT The Arctic region has warmed by about 2 degree Celsius— twice as fast in recent times. This warming differential between the poles and the tropics is known as Arctic (or polar) amplification.

WHY It occurs: Whenever there is any change in the net radiation balance of the Earth, it produces a larger change in temperature near the poles than the global average. It is typically measured as the ratio of polar warming to tropical warming.

HOW is climate change driving Arctic amplification? This amplification is primarily caused by melting ice — a process that is increasing in the Arctic at a rate of 13% per decade. Ice is more reflective and less absorbent of sunlight than land or the surface of an ocean. When ice melts, it reveals the darker areas of land or sea, and this results in increased sunlight absorption and warming.



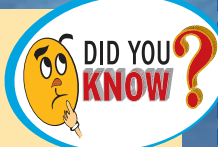
Polar amplification is much stronger in the Arctic than in Antarctica. This difference is because the Arctic is an ocean covered by sea ice, while Antarctica is an elevated continent covered in more permanent ice and snow

In fact, the Antarctic continent has not warmed in the past seven decades, despite a steady

increase in the atmospheric concentrations of greenhouse gases

The exception is the Antarctic peninsula, which juts out further north into the Southern Ocean, and has been warming faster than any other terrestrial environment in the southern hemisphere during the latter half of the 20th century

Satellite data also show that between 2002 and 2020, Antarctica lost an average of 149 billion metric tons of ice per year, partly because the oceans around the continent are warming



DID YOU KNOW?

EFFECTS OF ARCTIC WARMING

1 One of the most significant effects of Arctic amplification is the weakening of west-to-east jet streams in the northern hemisphere. As the Arctic warms at a faster rate than the tropics, this results in a weaker atmospheric pressure gradient and hence lower wind speeds



2 The links between Arctic amplification, slowing (or meandering) jet streams, blocking highs and extreme weather events in the mid to high latitudes of the northern hemisphere is controversial. One view is that the link is strong and the major driver behind the recent severe summer heat waves and winter cold waves. But more recent research questions the validity of these links for the mid latitudes

3 The Arctic is warming much faster than the rest of the planet and the loss of reflective ice contributes somewhere between 30-50% of the Earth's global heating. This rapid loss of ice affects the polar jet stream, a concentrated pathway of air in the upper atmosphere, which drives the weather patterns across the northern hemisphere

4 The weakened jet stream meanders and brings the polar vortex further south, which results in extreme weather events in North America, Europe and Asia

Greta Thunberg aims TO CHANGE HOW FOOD IS PRODUCED

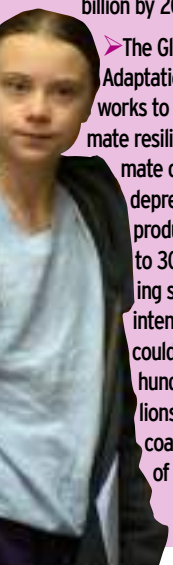
Swedish climate activist Greta Thunberg has now set her sights on changing how the world produces and consumes food in order to counteract a trio of threats: carbon emissions, disease outbreaks and animal suffering. In a video posted on Twitter, Thunberg said the environmental impact of farming as well as disease outbreaks such as Covid-19, believed to have originated from animals, would be reduced by changing how food was produced. "Our relationship with nature is broken. But relationships can change," Thunberg said in the video. The spillover of diseases from animals to humans was caused by farming methods, she said, adding that a move to a plant-based diet could save up to 8 billion tons of CO2 each year.

A focus on agriculture and linking the climate crisis to health pandemics is a new angle for Thunberg, who has typically focused her ire on policymakers and carbon emissions from fossil fuels

The World Health Organisation has said that the coronavirus was probably transmitted from bats to humans through another animal, while scientists say 60% of the infectious human diseases that emerged between 1990 and 2004 came from animals

Meanwhile, the demand for alternatives to regular meat is surging worldwide due to concerns about health, animal welfare and the environment

More than two dozen firms are testing lab-grown fish, beef and



chicken, hoping to break into an unproven segment of the alternative meat market, which Barclays estimates could be worth \$140 billion by 2029

The Global Center on Adaptation, which works to accelerate climate resilience said, climate change could depress global food production by up to 30%, while rising seas and more intense storms could force hundreds of millions of people in coastal cities out of their homes

NASA's Mars Curiosity Rover Captures Earth-like Clouds Shining on the Red Planet

NASA's Mars Curiosity rover has captured shimmering clouds on Mars, which arrived earlier and formed higher than expected. The atmosphere on Mars is thin, dry, and cloudy days are rare. The clouds are typically found at the planet's equator in the coldest time of year, when Mars is the farthest from the sun in its oval-shaped orbit. But the scientists noticed clouds forming over Curiosity rover earlier than expected, one full Martian year ago — two Earth years.

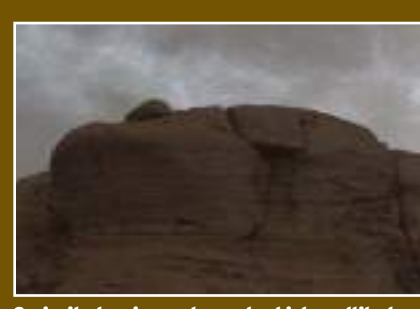


SPACE

1 In late January this year, the team started documenting these "early" clouds. The images show wispy puffs filled with ice crystals that scattered light from the setting sun, some of them shimmering with colour

2 The rover's Mast Camera, or Mastcam snapped colour images and the iridescent, or "mother of pearl" clouds on March 5, 2021, the 3,048th Martian day

3 Further, the Curiosity team also discovered that the early-arrival clouds are actually at higher altitudes than is typical. Most Martian clouds hover no more than about 60 kilometres in the sky, and are composed of water ice. But the clouds



Curiosity has imaged are at a higher altitude, where it's very cold, indicating that they are likely made of frozen carbon dioxide, or dry ice

4 Curiosity, which landed on Mars in 2012, was designed to assess whether Mars ever had an environment able to support small life forms called microbes

Oscars delayed, as pandemic rules continue

The Oscars have been postponed for a second consecutive year, and the relaxed eligibility rules allowing films to skip movie theatres will be kept in place due to the pandemic, the Academy said. After the ratings nosedived for this year's unusual pandemic-affected Oscars, which were held at a Los Angeles train station, the postponement avoids potentially-costly clashes with the Super Bowl and Winter Olympics.

The 94th Academy Awards will now take place on March 27, 2022, exactly a month later than originally planned, and are set to return to their traditional venue at Hollywood's Dolby Theatre

The Academy's decision to delay could cause other major Hollywood award ceremonies to follow suit in a domino effect



Entertainment



RE imagine, create, store

Covid-19 Pandemic situation has pushed us to rethink our responsibilities towards the environment and our well-being with an urgency. As the world celebrates World Environment Day 2021 with the mantra, 'Reimagine, Recreate and Restore,' we invite you to click here and bring a change with Toistudent.com

ReImagine

'Reimagine 2030 with The Use Of Clean Energy'. Write, Paint or Make a video. Log onto the Your Corner and Hall Of Fame section of the website and send in your entries

ReStore

Take the reins in your hand and restore the ecosystem of your choice. PICK ONE FROM

- Forests
- Rivers and lakes
- Oceans and coasts
- Towns and cities
- Mountains

Share your ideas on how would you want to restore the balance

ReCreate

Recreating from waste has been a big theme during the pandemic. Tell us how have you been reusing from the waste— whether it's making plant pots from plastic bottles or compost for your terrace garden

SEND IN YOUR ENTRIES BY JUNE 4 AT TOINIE175@GMAIL.COM AND TIMESNIE175@GMAIL.COM WITH YOUR NAME, CLASS, AND SCHOOL

WORLD ENVIRONMENT DAY SPECIAL



We do not inherit the earth from our ancestors, we borrow it from our children. Native American Proverb

With children coming to the forefront of environmental activism and debate, this WORLD ENVIRONMENT DAY (June 5), we have a SPECIAL EDITION for you that is all green - in spirit at least. You get plenty of greenspiration from students doing their bit, books, movies and documentaries, trivia, eco warriors, reasons to be hopeful, and how you too can make a difference. Get ready to go green.

I TOO AM AN ECO WARRIOR

Students tell you their little green deeds that can make a big difference

HOLD ON TO HOPE

Even as the news cycle doesn't bode well for Mother Earth, we tell you news that gives you reason to be positive

HERE COME THE PLANETEERS

Famous eco warriors - past and present. Read up to get inspired HOW CAN I HELP Online campaigns, petitions, initiatives, channels to follow that can help you do your bit for the world, even while sitting at home

MY GREEN READS

You recco, we read. Share your green reads with us... Also want to green your reading routine, we tell you how... Green sports personalities, inspiring celebs, lots of trivia and MORE

GET READY TO GO GREEN

WORLD ENVIRONMENT DAY

Start Today, For A Better Tomorrow!

REUSING FOOD SCRAPS

Helping save the planet may sound like a superhero-sized task, but each one of us can do our bit. Recycling is important, but reusing is even better. Food scraps found in the kitchen can be reused in the following ways:

ORANGE AND LEMON PEELS: can be dried for later use. Combining citrus peels with water and vinegar makes for a nice multi-purpose cleaner.

COFFEE GROUNDS: are rich in nitrogen, which is great for seedlings. They can be used as pest control to help keep ants and slugs away.

EGGSHELLS: are high in calcium so sprinkling them on the soil below plants will boost growth – or – grind them into a powder and then add them to smoothies.

GARLIC OR ONION SKINS: added to soups will add extra vitamins and minerals.

COMPOST: is the next best thing if you don't have the time to reuse your food scraps.

SONAL NARANG, senior vice-principal, Anand Niketan School, Ahmedabad

Educators, who shape the citizens of tomorrow, share their views on how to reuse resources for a better planet ...

REDUCE THE LANDFILLS WITH COMPOST

Composting is an easy way to reduce the amount of garbage that is dumped into the landfills daily. Segregate your waste daily and instead of throwing away the kitchen waste, try composting it at home.

Composting involves storing the kitchen waste in a bin, turning it into a rich soil known as compost. It can be used in kitchen gardens or public gardens.

This segregation activity, recycling, and composting can reduce a family's yearly waste from 1000 Kg to less than 100Kg every year. If you multiply this with India's population, you can understand the impact on the landfills. Furthermore, if you can involve your children in this activity, they learn crucial life lessons on waste management that will help them.

SHARMISTHA SINHA, principal Zebur School for Children

CONSERVE WATER, CONSERVE LIFE

Few ways of conserving water can make a big difference to save the environment as water has always been referred to as the elixir of life. Teaching children the importance to save water from an early age will become a habit.

■ Turn off the water while brushing the teeth or shaving

■ Do not use the shower while taking a bath which can save a lot of water or install water-saving shower-heads.

■ Keep a small bowl below the earthen pot. The water that drips down can be utilized to water the plants

■ Water that drains out of the water purifier can be collected in a bucket and reused to wash utensils

■ If you wash dishes by hand, don't leave the water running for rinsing.

■ Check the overhead tank before water starts overflowing.

PADMA KUMAR, principal, SGVP Int'l School

TIME FOR CLIMATE REVOLUTION!

We created the Industrial Revolution, the Digital Revolution and now it is time to create the Climate Revolution. I urge all who are reading this article to be a part of the Climate revolution. This is the time...to take action....and restore the environment. Little ways in which you can contribute are:

■ Reducing your waste while at

home

- Segregating your waste and composting whatever is possible
- Never litter, rather pick up any litter that you find anywhere
- Reduce food wastage
- Do energy audits and reduce wastage
- Use water sensibly
- Say no to single-use plastic.

KANCHAN JOSHI, principal, Cygnus World School, Vadodra

JOY OF RECREATING

Many awakened citizens make efforts to reuse plastic, thanks to DIY videos. However, I in my life consciously try for zero percent textile waste. Although a few fabrics are biodegradable, it takes time for some of them to degrade. Recycling fabrics or fiber is possible but again at the cost of the environment. Fabrics can be reused in the form of quilt, cushion cover, doormat, or bags. Attractive plastic organizers, coasters,

toys can be replaced with fabrics. I take pride when I recreate as it gives me a sense of fulfillment. Instead of dumping old items, I prefer to use them for a different purpose. We have collected so many unused articles from children; repurpose them and use them under the program called, 'The Joy of Sharing.' If people reuse at least one such thing voluntarily, there would be decrease in the landfill, and waste management will become easier.

CAESAR D'SILVA, principal, Global Indian International School, GIIIS Ahmedabad.

WATER IS PRECIOUS!

Water is quite an essential part of our living. However, the scarcity of water scares me about how long we can use it the way we use it now. Hence, we need to make reasonable use of it as well as reuse it. One of the simplest ways to do this is to reuse the water from the water filter. Most houses have RO systems planted. The water that gets filtered out of the RO often finds its way to the sewerage. Why can't we instead use that water for washing clothes, cleaning the floor or washrooms? We can daily save at least two buckets of water if we practice this. So on this World Environment Day, let us pledge to reuse the water that RO treats as waste and also ask everybody to follow this pattern.

SUJATA TANDON, principal, Udgam School For Children

STOP WASTE CREATION

It is high time to realize that the earth does not only belong to us, it also belongs to the future generations that are yet to come. Therefore, as a responsible individual, the most effective way to protect our environment is not to reduce waste but to not create it in the first place. In my opinion, the most dangerous waste that we produce is plastic. One simple way to reuse it is to convert it into beautiful art pieces which can be used as flower pots, pen stands, decorative wall hangings, and many more. The benefits are many. To list a few it prevents pollution, saves energy, reduces greenhouse gas emissions, helps sustain the environment for future generations, and saves money.

LITTLI PATNAIK, headmistress, Anand Niketan, Sughad

REUSING PLASTIC THROUGH DIY

On this day in 2018, India took the pledge to beat plastic pollution throughout the country. In view of the same mission Mount Carmel Higher Secondary School, Gandhinagar too took up the initiative of making the city of Gandhinagar plastic-free.

The best way to get rid of plastic waste is to stop using it to carry items. Instead of plastic, we switched to carrying cloth bags. Another way we promoted was to transform plastic into decorative articles, jewelry, and artistic wall hangings. There are many DIYs on the internet for the same. The number one priority should be to get it recycled but one can also take the artistic route to make the country plastic-free.

SR JENNIFER, principal Mount Carmel School, Gandhinagar

MAKE COUNTRY LITTER-FREE

The Go Green Initiative is all about helping students create an eco-friendly culture of conservation. Working with teamwork approach that includes students, teachers, parents, custodians and administrators, to help unite in one voice to save the environment. We have been helping at all class levels to develop tailor-made "Go Green plans" wherein Litter free Campaign, Trash Hack Campaign, Waste Management that helps them set goals to conserve resources. The project aims to engage and educate children on the issue of litter and encourage them to make positive choices. The campaign objectives are: raise awareness of the effect of litter on the local environment, increase student knowledge and practical skills in managing litter, allow collaboration with the community to promote education for Sustainable Development and influence others. DPS Jamnagar has bagged 3rd position amongst 65 nations in Trash Hack Campaign organized by UNESCO AND CEE.

S K VERMA, principal, DPS Jamnagar

Let's save our world together!

TOI Student Salutes The Spirit Of Eco Warriors Who Are Working Towards A Positive Change ...

As a member of Delhi Public School's Green Warriors Club, I have participated in cleanliness and plantation drives. Apart from this, I took up the opportunity to spread awareness regarding resource conservation by sticking posters throughout the school. In these hard times of the ongoing pandemic, as we are restricted to our homes, I do my small bit by looking after the flora and fauna in my surroundings. I believe everyone should start putting in small efforts in sustaining today's rapid growth.

MOKSH JAIN, class XII, DPS(Bopal)

Participating in awareness programs such as, Say No to Plastic Campaign, Plantation drive, Waste Management, Save Water, and Save Electricity, have expanded my knowledge. I have been a part of the Green School Club and have worked towards organizing Best out of the Waste exhibition and the Save Birds Campaign. As a Green Warrior I have been able to explore environmental issues, engage in problem-solving, and take action to improve the environment and develop a deeper understanding of environmental issues.

JOEL THOMAS, class XII, DPS (Bopal)

Being a member of the Green Warrior Club has given me apt exposure by ensuring interaction with multiple other fellow students, discussing the various environmental issues. I have been a part of the green youth council, and have also been part of social media campaigns for spreading awareness regarding the current environmental issues. Even after doing a lot, I feel my journey in contributing to this cause has only just begun.

AARJAV SHARMA, class XII, DPS (Bopal)

To reduce the use of plastic in our daily lives, we need to take initiatives at the individual level first. Along with my school friends, a group called - eOnscious Optimizers was created. We took the initiative by encouraging people to use paper garbage bags instead of plastic ones. Using paper bags reduces the amount of "one-time-use" plastic for garbage disposal. We suggested people include paper bags in their daily lives by sharing videos. We receive immense support from our schoolmates and neighbours.

SHIVAKSHI GUPTA, class X, GIIIS

A septet of green warriors from class X called 'eOnscious Optimizers' held three bicycle rallies in three different neighborhoods influencing more than 5000 families. The group members- Chitrakshi Choubey, Swayam Shukla, Hriday Mour, Shivakshi Gupta, Samiksha Dey, Suhani Parikh, and Parthavi Josphipura, made an all-out effort to promote awareness about the environment. The group raised slogans about 'Going green' by carrying placards with thought-provoking messages. On their 6 km long way, they also interacted with people to create awareness.

CHITRAKSHI CHOUBEY, class X GIIIS

Saving Mother Nature for a better tomorrow!

We are not passengers on the spaceship Earth, we are the crew. GenNow comes up with amazing ways to keep the environment clean and green for generations to come....

Humanity is in dire need to quickly learn, adapt and change for a sustainable future. We are living on this planet as if we have another one to go. Few changes like organic farming, proper disposal of bio-medical waste, stringent implementation of afforestation, and usage of technology for improved ecological balances, can improve things.

VIHA VYAS, class X, Udgam School

The water crisis is increasing every passing second and it's time we take steps to conserve water, otherwise, the day is not far when there will be wars for potable water. Rainwater harvesting is an ideal technique to conserve rainwater. Besides, we also need to focus on massive tree plantations and this can begin with us.

BHAVIKA BHARDWAJ, class VIII, Zebur School

Pesticide overuse has reached an extent where these chemicals have entered our food chain. In 1962, Rachel Carson had written the book 'Silent Spring' to create an awareness of the above issue. On this Environment Day, let us make a pact to prevent overuse of the chemicals and turn towards nature. Let us grow organic, healthy food to prevent the degradation of human health!

UPASANA MUKHERJEE, class X, Udgam School

The human nature of using the environment around us and claiming it as our own has backfired horribly. We have behaved like greedy Kings of this planet. We have cut trees, released Greenhouse gases ruthlessly into our atmosphere and are destroying this planet. It's time we realize that trees are the primary producers and no science can replace its role. If you cannot plant more trees, then check deforestation. A green planet is the need of the hour.

TAKSH PARASHARYA, student, Zebur School

There are multiple ways in which we can do our bid to ensure a green environment. The first step is to follow the 4R's - Refuse, Reduce, Reuse and Recycle! Secondly, you should never litter anywhere! Furthermore, do not waste water. Lastly, try to switch to sustainable, cleaner energy sources. So, if you have the choice, you should install solar panels on your rooftop and switch to an electric car.

YASHVI MODI, class X, Udgam School For Children

The pandemic and lockdown clearly showed that when humans were locked nature bloomed and blossomed. Pollution levels went down and the rivers were cleaning themselves. That's the power of nature. So, we need to be present on the planet in a way, we do no harm to nature. Co-existing without greed is the way forward. Adults have done their misdeeds, let the small hands save the world.

HIRVA GANDHI, class V, Siddharth's Miracles School

We shall drive less and cycle more to reduce our carbon footprint. Avoid using toxin-filled soaps that pollute the water further. The water from RO should be used judiciously. Afforestation is a must. Use sprinklers for your garden. Start volunteering and educating people about sustainable lifestyles. Start using long-lasting bulbs. Let's all take an oath to implement the 4R's. Let's put our best because regret is stronger than gratitude.

MANISHI SHAH, class X, Udgam School For Children

To reduce our carbon footprints - Let's invest in sustainable technology, use reusable products, plant more trees, store rainwater, and use water judiciously. Try to be vegetarian and kill fewer animals so that it does not imbalance the ecosystem. To travel by carpool or use public transport. Use less A/C s and make a point to make our younger generations aware of the importance of the environment so that damage can be prevented.

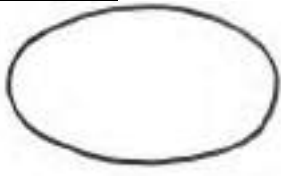
NISHI PATEL, class X, Udgam School

LEVEL-1



SEJAL ANJARIA
Art Educator-
Zebar School for
Children, Ahmd

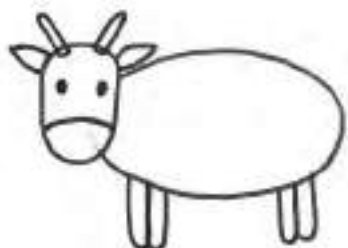
Draw the easy way



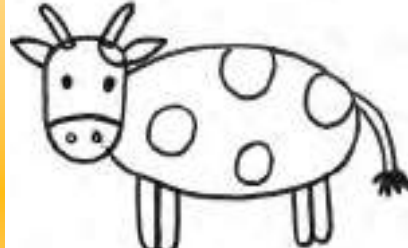
Step-1



Step-2



Step-3



Step-4



Step-5



Step-6



ISTRTDIC

- A: island B: silly
- C: diction D: district

ERVVASIE

- A: persuade B: vases
- C: pervasive D: vast

ESTRWHEIL

- A: while
- B: establish
- C: stable
- D: erstwhile

Answers: 1) D 2) C 3) D

Riding with the Riddle

I am a symbol of love and the pride of India.
I am one of the seven wonders on the world.
You can find me on the banks of a river.
I am facing a threat due to pollution.

Answers: Taj Mahal

Quiz TIME



1 The following pollutant is not contained in the vehicular exhaust emissions:

- a) Lead
- b) Ammonia
- c) Carbon monoxide
- d) Particulate matter

2 Environmental friendliness of a vehicle could be measured by the amount of pollutants it emits per passenger per kilometre travelled. Rate the environmental friendliness (1=best & 4=worst) of the following vehicles

as per this criterion:

- Car : scooter : bus : bicycle
- a) 4:3:2:1 b) 2:3:4:1 c) 3:2:4:1
- d) 4:2:3:1

3 Diesel exhaust is the main source of three highly toxic pollutants that have a widespread impact on the urban air quality and human health. Name them

- a) SPM, Sulphur dioxide and Nitrogen oxides (NOx)
- b) Suspended particulate matter (SPM), benzene
- c) Sulphur dioxide, Ammonia, Benzene
- d) Lead, NOx, CO²

4 Earlier, leaded petrol used to be the most widespread, though easily preventable, source of urban air pollution in the world. According to WHO (World Health Organization), 15-18 million children in the developing countries are already suffering from permanent brain damage due to lead poisoning. Why is tetraethyl lead added to petrol?

- a) It prevents engine knocking
- b) Reduces vehicular emissions
- c) Increases life of motor tyres
- d) None of the above

Answers: 1) b, 2) a, 3) b, 4) a

SOURCE: TERI

AIR POLLUTION

LEVEL-2

Idiom-etrics

(Choose the idiom that best suits the situation)

Vinay has signed up for a competition, which has a prize money of ₹ 50,000. He clears the preliminary online test with high scores and is now sure that he will win the final of the competition that will be held next week. In fact he is so confident of winning that he went shopping online and ordered a horde of goodies for himself. Alas, when the results were announced, Vinay realized he had spent the money before he had won it.



- A) Beat around the bush
- B) Better late than never
- C) Don't count your chickens before they hatch

Lucy studied hard for her Board exams. She was focussed in her studies. And her hard work paid off, as she topped the Board



- a) Can't make heads or tails of
- b) Burn the midnight oil
- c) Two heads are better than one

TRIVIA

In 1635, this phrase was used by Francis Quarles in literary work, which was a synonym to the word 'elucidate'. It literally meant to work by the side of a candle. To burn the midnight oil was the English way of saying that someone was working hard through the night because candles were used in the olden times to provide light at night. The word 'elucidate' was defined in 1623 as doing things by the candlelight



EDITOR IN THE MAKING

Weave a story with headlines

Read the news and give a catchy headline that can go with your news at toinie175@gmail.com. The best three entries will be published in the edition. Watch out for this space!!!

News

Japanese tennis superstar Naomi Osaka withdrew herself from the French Open late on Monday. Osaka, who is the highest earning female athlete on the planet, posted on social media about her withdrawal. She had earlier announced she wouldn't be addressing press conferences at Roland Garros. The 23-year-old said she had suffered long bouts of depression after the 2018 US Open.

Blank lines for writing a headline.



Learn a NEW LANGUAGE FRENCH

Work sheet

- 1) Bonjour!
Meaning: Good morning, hello
- 2) Bienvenue
Meaning: Welcome
- 3) Parlez-vous anglais?
Meaning: Do you speak English?
- 4) Je ne parle pas français
MEANING: I do not speak French
- 5) Excusez-moi
MEANING: Excuse me

- How will you greet someone before starting a conversation?
- What will you say, if you want to ask a stranger if he can speak English ..
- What will you say if someone stops you on the road and says something in French?
- How will you respond, if a cop stops you and starts asking questions?

Answers: 1) Bonjour!, 2) Excusez-moi, 3) Parlez-vous anglais?, 4) Je ne parle pas français, 5) Excusez-moi

JUST LIKE THAT AJIT NIKAN



For '+ve' news



MATH MAGIC

WHAT NUMBER SHOULD REPLACE THE QUESTION MARK?

Q 12 x 12 = 9
23 x 23 = 16
34 x 34 = ?

Answer: 13
(If 12x12 = 144, then 1 + 4 + 4 = 9
If 23x23 = 529, then 5 + 2 + 9 = 16
If 34x34 = 1156, then 1 + 1 + 5 + 6 = 13)

Q 1, 3, 4, 7, 11, 18, 29, ?

Answer: 47
Each number is the sum of the previous two numbers, ie 18 + 29 = 47

Q 70 91 120
14 13 24
5 7 ?

Answer: 5 (70/14 = 5; 91/13 = 7; 120/24 = 5)

WON'T BE EASY IN TOKYO: SINDHU

SAYS ALL TOP WOMEN PLAYERS ARE VERY GOOD AND WILL HAVE TO KEEP FOCUS, BUT INSISTS LIFE COMES FIRST

Spain star Carolina Marin might have been ruled out of the Tokyo Olympics but ace Indian shuttler PV Sindhu knows that she still cannot take it easy considering the stiff competition she has to face in the upcoming Games. Rio 2016 Olympic badminton champion Marin on Tuesday announced that she has sustained an injury and will be undergoing surgery later this week. Sindhu had tasted defeat in a classic encounter against Marin in the 2016 Olympics and in the Swiss Open final in March.

Can't take it easy

"Well I don't think so because you know in the women's circuit, top 1 to 10 are of the same standards. You can't take it easy if one player is out due to injury," said Sindhu during a virtual interaction organised by SAI.

"If you see there are a couple of really really good play-

ers. So you can't take it easy, you can't say that since one player is not there it might be easy because everybody would be preparing for the Olympics and everybody will be in full form," she added. Players like

"The Indian shuttler said she has to keep on working hard and be focused to give her best in the Tokyo Olympics." "So I think from my side, I have to keep working hard, I can't relax and take it easy and for me, it is one step at a time. I need to be just focused and give my best," said Sindhu. Ratchanok Intanon, Nozomi Okuhara, Tai Tzu-ying, Akane Yamaguchi and An Se-young will be looking to give their 100%. I will need to be in top form. I will be taking one match at a time.

Can't control the situation

Saina Nehwal and Kidambi Srikanth's slim chances of qualifying for the Tokyo Olympics ended last week after Badminton World Federation (BWF) confirmed that no further tournaments will be played inside the qualifying window. Sindhu said she felt sad after knowing that Saina and Srikanth have to miss out on Olympics this year. "We

are in a situation that you never know what's going to happen, like when are the tournaments going to get cancelled and when are they going to happen. It's not only for us, it's for every player across the globe," said Sindhu.

"So we can't think that if we would have played a particular tournament we would have qualified because I'm sure they might be having their own personal rankings and the tournaments they wanted to play. But in these times we cannot do anything about that. Obviously if they would have been selected it would have been good for our Indian contingent. I'm sad that they are not selected," she added.

Life comes first

The Indian shuttler pointed out that life comes first and

hence for the safety and benefit of the athletes the tournaments got cancelled. "These are tough times, but for me life comes first. We need to take care of ourselves. It's important to stay safe. During the lockdown... well, that was the first in a very long time that I was spending quality time with my parents. Before that, it was about coming back from tournaments, training at home and again off to events."

"We didn't know we would be in such a situation when COVID started. We got into lockdown and tournaments got cancelled. Even the organisers - the Badminton Association and BWF - are really trying hard to make it happen," said Sindhu.

She insists being in the bio-bubble is important. "When I travelled this year for tournaments, we were put in a bio-bub-

ble where we would stay put in our hotel, go for training and matches, even have our food delivered to our rooms. We were not allowed to mix for the safety of all athletes. We were getting tested thrice a week. I felt safe inside the bio-bubble. I hope there will be no Covid cases among athletes at the Games Village and during the Olympics.

According to BWF, while the qualification period officially closes on June 15, as per the Revised Tokyo 2020 qualification system, the current Race To Tokyo rankings list will not change.

Playing without spectators

On playing without spectators she said it will definitely be a different atmosphere. "I am getting used to practicing at the Gachibowli stadium. It's the new normal for everyone. Even in tournaments I played in Thailand, England and Switzerland, there were no spectators. I would have definitely loved to have people cheering for India in Tokyo, but it's not a big issue for me. I hope everyone will be sitting in front of their TV sets cheering for us!" AGENCIES

Gachibowli stadium gives you the feeling of an international level arena, it's that big in terms of its size. Because the badminton events in the Olympic will be played in bigger stadiums in Japan, we need to simulate match situations at home to understand how to control the shuttle and its flight. The training in Gachibowli has offered me a good sense of a badminton Olympic venue and it will definitely help during my matches.

PV SINDHU

INDIA, NEW ZEALAND ON EQUAL FOOTING: KOHLI

Being in final is result of accumulation of years of hard work, says the India captain

India captain Virat Kohli has said that India and New Zealand would contest the inaugural World Test Championship (WTC) final as equals, despite expectations that playing conditions would better suit his opponents. The limited preparation time available to India before the final, which begins on June 18 at the Ageas Bowl in Southampton, would not impact the team's chances due to their previous experience of playing in England, Kohli added.

India lost 2-0 to New Zealand in their two-Test series last year; their only defeat in the WTC, which began in August 2019. "We are on equal terms," Kohli told a news conference. "The conditions are as potent for New Zealand as they are for us. Whichever team performs well session by session, hour by hour, is going to win that championship."

Familiar with conditions

"In the past, we've landed three days prior to the sched-

ule and had a great tour. It's not the first time we're touring England. We all know what the conditions are like. We don't have any issues even with just four practice sessions ahead of the final. We all want to make the most of the opportunity at hand." Kohli added that reaching the final was a testament to India's recent progress in the format and held a lot of value for the team.

"We take pride in playing Test cricket," he said. "The way we have progressed as a side is an example of what Test

cricket means to us. As a unit, those of us who have been part of the Test side for years, this is an accumulation of all our hard work. We are very happy to take the opportunity to play the finals." India will undergo 10 days of quarantine on arrival in Southampton while New Zealand are currently playing England at Lord's in the first of two Tests.

REUTERS



WORLD NUMBER ONE ASHLEIGH BARTY RETIRES INJURED

Top seed Ashleigh Barty retired injured midway through the second set of her French Open second-round match against Poland's Magda Linette on Thursday.

The Australian, who won the title in 2019, left the court for medical treatment after losing the first set 6-1. She had struggled with a hip problem during her first-round win. The 25-year-old's withdrawal leaves the tournament without the world's top three-ranked women's players.

World number two Naomi Osaka has pulled out. Third-ranked Simona Halep withdrew before the event due to injury. It leaves world number four Aryna Sabalenka as the top remaining player in the draw. AFP



QUIZ TIME!

Q1: The Black Caps will play England at Lord's, and India at Southampton. Where is the other England test?

- a) The Oval b) Headingley
c) Edgbaston d) Old Trafford

Q2: Barcelona won their first Women's Champions League title by beating Chelsea by what score at the weekend?

- a) 4-0 b) 2-0 c) 3-0 d) 5-0

Q3: Which city is the frontrunner with the IOC

to host the 2032 Olympic Games?

- a) Johannesburg b) Brisbane
c) Melbourne d) Cape Town

Q4: Chris Wood bagged his 12th goal of the Premier League season in Burnley's 2-0 win over Fulham. How many times has the All Whites striker now scored for the Clarets in all competitions?

- a) 85 b) 45 c) 50 d) 49

Q5: Who is second behind BJ Watling on the list of most New Zealand test wicketkeeping dismissals?

- a) Ken Wadsworth b) Adam Parore
c) Ian Smith d) Brendon McCullum

Q6: How many Olympic medals has Lisa Carrington won?

- a) Two b) Four c) Five d) Three



Lisa Carrington

Photo: GETTY IMAGES

Q7: Sergey Bubka was a World Champion and gold medal winner in which sport?

- a) Pole Vault b) Long Jump
c) Shot Put d) Swimming

Q8: Peter Crouch played 225 goals for which club?

- a) Stoke City b) Watford F.C.
c) Swansea City d) Reading F.C.

Q9: Who is the first Indian rower to win a gold at the Asian Games in the year 2010?

- a) Sawarn Singh b) Bajrang Lal Takhar
c) Dattu Baban Bhokanal d) Dushyant Chauhan

Q10: Who became the first female to be appointed to the ICC International Panel of Match Referees in 2019?

- a) GS Lakshmi b) Diana Edulji
c) Jhulan Goswami d) Sudha Shah

Q11: Who was the first Indian International Shooting Sport Federation (ISSF) Blue Cross?

- a) Ronjan Sodhi b) Vijay Kumar
c) Gagan Narang d) Abhinav Bindra

ANSWERS: 1. c) Edgbaston 2. a) 4-0
3. b) Brisbane 4. c) 50 5. b) Adam Parore
6. d) Three 7. a) Pole Vault 8. a) Stoke City
9. b) Bajrang Lal Takhar 10. a) GS Lakshmi
11. d) Abhinav Bindra



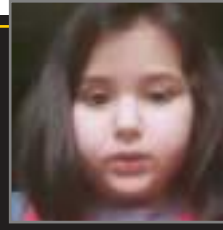
THE TIMES OF INDIA

www.toistudent.com

TODAY'S EDITION

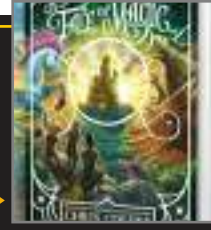
► We delve deep into the issue of online fatigue among young children

PAGE 2



► How do plan to spend your weekend fruitfully, amid this lockdown

PAGE 3



► Grand Slam leaders pledge to address mental health issues

PAGE 4



STUDENT EDITION

THURSDAY, JUNE 3, 2021



WEB EDITION

CLICK HERE: PAGE 1 AND 2

CLIMATE CHANGE

6 PRIORITIES FOR PULLING CARBON OUT OF THE AIR

Cameron Hepburn, Professor of Environmental Economics, University of Oxford and Steve Smith, Executive Director, Oxford Net Zero, University of Oxford share their tips...

Greenhouse gases can be removed from the atmosphere in several different ways. CO₂ can be captured by plants, as they grow or absorbed by soils, minerals or chemicals, and locked up in the biosphere, oceans, underground, or even in long-lived products such as construction materials (including timber or aggregates). These stores vary in size and stability, and methods for getting carbon into them vary in cost and readiness. Trees, for instance, are literally a shovel-ready way to soak up carbon with many additional benefits. But the carbon they store can be released by fires, pests or logging. Storing CO₂ underground offers a more stable reservoir and could hold 100 times as much, but methods of injecting it from the air are expensive and at an early stage of development. Nevertheless, a raft of innovations, competitions and startups are emerging. Some experts worry that carbon removal could prove to be a mirage particularly at the massive scales assumed in some pathways for reaching net zero which distracts from the critical task of reducing emissions. So how do we get removals right?

A CLEAR VISION

Governments around the world should have a clarity on what they want and how to remove carbon dioxide. Awareness is the key. In other words, a clear vision would help people see the merits of investing to remove CO₂, while also indicating which emissions sources should be stopped entirely.

INCENTIVES

How does a business earn a profit from removing CO₂ from the air? At present, there are no long-term, government-backed incentives for the removal and storage of carbon. Countries should lure industries with tax benefits, subsidies, etc to play a pro-active role in removing carbon from air.

INNOVATION

The types of approaches that remove CO₂ permanently are more expensive than most decarbonisation measures, such as energy efficient lighting, insulation, solar and wind power or electric cars. Government support for research and development, and policies to encourage deployment are crucial to stimulate innovation.

The Intergovernmental Panel on Climate Change (IPCC) has stated that in order to keep global warming below the Paris climate target of less than a 2°C rise in average global temperature, we need an array of mitigation efforts that include massive cuts to emissions, as well as literally removing carbon dioxide from the air. To reach that target, the IPCC has found that we need to extract some 670 billion tons of carbon dioxide from the atmosphere this century. Doing that requires a process called carbon removal, which comes in many different forms.

PUBLIC SUPPORT

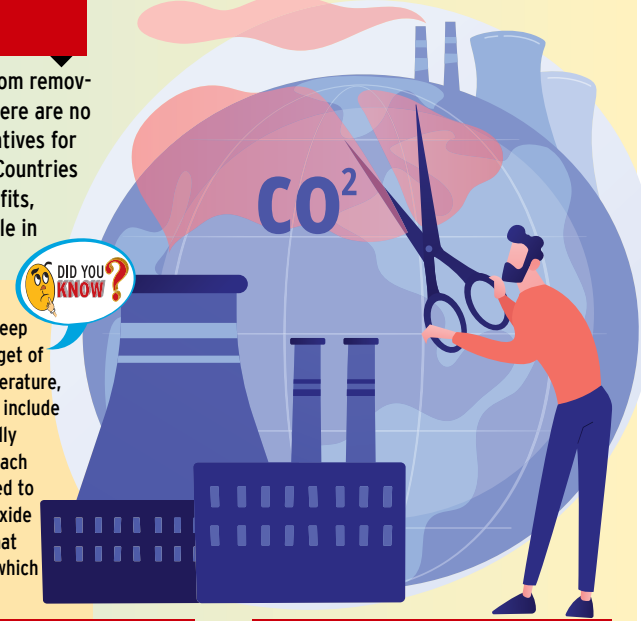
Carbon removal at the scales under discussion will have big implications for communities and the environment. Entire landscapes and livelihoods will change. Consultation is vital. Democratic processes, such as citizen assemblies, can help to find solutions that are attractive to different communities, increasing their legitimacy.

MONITORING, REPORTING

This is the vital but unglamorous work of ensuring that carbon removal is properly documented and accurately measured. Without it, citizens would rightly worry whether any of this was real, and whether governments were simply handing out public money to companies for nothing in return. Monitoring, reporting and verifying carbon storage in soil is a major challenge, requiring a complex system of in-field sampling, satellites and models.

DECISION-MAKING

A lot of information about CO₂ removal resides in academic literature and focuses on global-scale scenarios. But actually doing it will involve people ranging from local farmers to international financiers. All will need tools to help them make better decisions, from easy-to-read manuals to improved models.



WORLD ENVIRONMENT DAY SPECIAL



We do not inherit the earth from our ancestors, we borrow it from our children.

Native American Proverb

With children coming to the forefront of environmental activism and debate, this WORLD ENVIRONMENT DAY (June 5), we have a SPECIAL EDITION for you that is all green - in spirit at least. You get plenty of greenspiration from students doing their bit, books, movies and documentaries, trivia, eco warriors, reasons to be hopeful, and how you too can make a difference. Get ready to go green.

I TOO AM AN ECO WARRIOR

Students tell you their little green deeds that can make a big difference

HOLD ON TO HOPE

Even as the news cycle doesn't bode well for Mother Earth, we tell you news that gives you reason to be positive

HERE COME THE PLANETEERS

Famous eco warriors - past and present. Read up to get inspired HOW CAN I HELP Online campaigns, petitions, initiatives, channels to follow that can help you do your bit for the world, even while sitting at home

MY GREEN READS

You recco, we read. Share your green reads with us... Also want to green your reading routine, we tell you how... Green sports personalities, inspiring celebs, lots of trivia and MORE

GET READY TO GO GREEN

TIMES NIE

Answers Your Query

Mahek Pandey, Class VIII, St. Augustine's High School, Nerul



ASK THE EXPERT

A SHOT OF HOPE

To ask queries regarding Covid-19 and vaccination from our experts,

► **'CLICK HERE'** OR VISIT <https://bit.ly/331RxDn>

Q Is a child's immunity stronger than that of an adult's?

According to research, children express higher levels of two specific immune system molecules: Interleukin 17A (IL-17A), which helps to mobilise immune system response during early infection, and Interferon that combats viral replication. So far, understanding of Covid shows that children tend to have less severe infection as per available data from first wave.

Angelina Pandey, Class IX, NES High School



Q By when will India see children getting vaccinated?

As we have a large group of population below 18 years of age, chances of vaccinating children any time soon seem unlikely. The country is facing vaccine shortage, and also, trials on kids are not yet complete. The Govt is currently working on building paediatric makeshift infrastructure, keeping the third wave in mind.

EXPERT ADVICE GIVEN BY

Dr Rajendra Gunjotkar, Nephrologist, Director, Kimaya Kidney Care, Gunjotkar Nursing Home



Salman Khan's Chulbul Pandey gets an animated avatar

Salman Khan's much-loved character of cop Chulbul Pandey, from his blockbuster franchise 'Dabangg', now has its own animated series, which is currently streaming on Disney+ Hotstar VIP. Titled 'Dabangg - The Animated Series', the show is the latest addition to an extensive collection of kids' content on the OTT platform, which also houses movie series 'Toy Story' as well as shows 'Doraemon', 'Mickey Mouse Clubhouse' and 'Chacha Chaudhary', among others.

Produced by Cosmos-Maya and Arbaaz Khan Productions, the first eight episodes of season one are available on the digital space in Hindi, Tamil and Telugu. New episodes of the series will be released on regular intervals

Apart from Chulbul, his brother Makkhi (played by Arbaaz Khan) and Rajjo (essayed by Sonakshi Sinha), will also be part of the animated version



WhatsApp privacy policy deadline extended to June 19 in some countries, nothing for India as yet

WhatsApp has reportedly extended its privacy policy acceptance date in select regions till June 19, 2021. Facebook-owned instant messaging platform earlier asked users to accept the new terms by February 8 but after a lot of criticism, it postponed the date to May 15. However, the messaging service scrapped its 15 May deadline for users to accept its controversial privacy policy update, and said not accepting the terms will not lead to deletion of accounts. According to WABetaInfo, WhatsApp is likely to announce a new date for some users, probably living in specific countries like Germany and Argentina (it's not confirmed yet), where the government has suspended the updated Terms of Service: June 19, 2021. Without

To accept the new privacy policy, users will just need to tap on the 'Agree' option that appears on the screen when they log into the app. "By tapping Agree, you accept the new terms and privacy policy," WhatsApp shows this banner on the screen



in the given date, some WhatsApp users will have to accept the terms if they want to continue using WhatsApp without any limitation.

After CBSE, CISCE cancels class XII Board exams

The CISCE on Tuesday decided to cancel the class XII Board examinations this year in view of the Covid-19 situation, according to its secretary Gerry Arathoon. "The exams have been cancelled. The alternative assessment criteria will be announced soon," Arathoon said. The decision by the Council for the Indian School Certificate Examinations (CISCE) came on the lines of cancellation of the board exams by CBSE, which was taken at a high-level meeting chaired by PM Narendra Modi.



HONG KONG WOMAN BREAKS RECORD FOR FASTEST ASCENT OF EVEREST

Hong Kong mountaineer Tsang Yin-hung has recorded the world's fastest ascent of Everest by a woman with a time of just under 26 hours, a Nepal official said. Tsang, 44, scaled the 8,848.86-metre mountain in a record time of 25 hours and 50 minutes recently, Everest base camp's government liaison officer Gyanendra Shrestha said. "She left the base camp at 1:20 pm and reached (the top at) 3:10 pm the next day," Shrestha said.



The fastest woman to conquer Everest had been Nepali Phunjo Jhangmu Lama when she completed the climb in 39 hours 6 minutes. In 2017, Tsang became the first Hong Kong woman to reach the top.



RE imagine, create, store

Covid-19 Pandemic situation has pushed us to rethink our responsibilities towards the environment and our well-being with an urgency. As the world celebrates World Environment Day 2021 with the mantra, 'Reimagine, Recreate and Restore,' we invite you to click here and bring a change with Toistudent.com

ReImagine

'Reimagine 2030 with The Use Of Clean Energy'. Write, Paint or Make a video. Log onto the Your Corner and Hall Of Fame section of the website and send in your entries

ReCreate

Recreating from waste has been a big theme during the pandemic. Tell us how have you been reusing from the waste- whether it's making plant pots from plastic bottles or compost for your terrace garden

ReStore

Take the reins in your hand and restore the ecosystem of your choice. PICK ONE FROM Forests Rivers and lakes Oceans and coasts Towns and cities Mountains Share your ideas on how would you want to restore the balance

SEND IN YOUR ENTRIES BY JUNE 4 AT TOINIE175@GMAIL.COM AND TIMESNIE175@GMAIL.COM WITH YOUR NAME, CLASS, AND SCHOOL

Starting your kids schooling early can be bad for them: Study

Sending kids to preschool is a big milestone that all parents look forward to. It is for the first time their little one steps into the real world to learn basic life skills that prepare them for formal education and the future. While most of us believe that there is no right or wrong time to get kids enrolled in a preschool if your kid is ready for it, experts do not really agree with it.

As per a study, even if your kid is a gifted one and is a quick learner, sending him/her to school too early can be taxing for his mental health. The urge to send your kids to preschool is understandable, but it is better to wait for the right time for the sake of your little one's mental health.

The reason why sending kids to school early is harmful

The researchers of the new study recommend parents consider the age of their kids with their

They can spend time away from their parents



They should be toilet trained

peers in kindergarten. A big difference can take a toll on your child's mental health. According to a new study, kids who are younger than their peers (closer to the minimum age cut-off for starting school) tend to perform poorly in class and require much more attention than their classmates. The study carried out by

the researchers of the University of Exeter Medical School in England is the one that revealed that starting school too early may impact your child's mental health.

The study

For the study, the team of researchers used data from an existing study called the 'Supporting Teachers and Children in Schools Study' (STCS Study). This study was carried out on 2,075 elementary school students (ages five through nine) from 80 different schools in Devon, England. The study included

They can sit still for short periods

a series of questionnaires asked from parents and teachers, which helped the team assess the episodes of negative emotions experienced by kids like worry and fear, having poorer relationships with their peers, behavioural and concentration issues.

The right age

Most people believe that the earlier they would send their kids to school the better it would be for them. As per experts, 3 years is an ideal age for kids to start their schooling. However, you must consider the overall personality of your kids before sending them to school.

They can communicate their needs and listen to others

Parents should look at few parameters before making their kids join preschool: like if they are toilet trained and if they can manage without their family members for some time



Online fatigue, burden is a real issue



6-yr-old J&K girl's online school woes goes 'viral'

The recent video of six-year-old Mahira Irfan from J&K complaining to PM Modi about the burden of school work has gone viral.

Educators are rethinking strategies to make digital life less cumbersome. Times NIE, in a series of articles, delves deeper into the issue of online fatigue on young minds

Less homework!

Online classes are exhausting, especially because we have to sit in front of the screen for long durations. This also has an impact on the mental health. Teachers should not give homework, because then we won't have to sit in front of screens after the online classes. And the number of classes should be reduced. **RADHIKA CHOPRA**, class X, Fr Agnel Multi-purpose School, Vashi, Mumbai



DEEBASHREE MOHANTY
(with inputs from centers)

Pandemic school is taking a toll on students, especially youngsters who are pressured to perform in a medium that they are not too comfortable with. The janus-faced online classes brings with itself a plethora of problems, physiological and psychological. According to mental

health experts, online schooling can have long-lasting impact on young minds: "It's a psychological disconnect for students as they are at home and at liberty to do as they please but the reality is burden of attending online classes, paying attention, submitting assignments through apps, keeping in sync with tech," says psychologist Hiren Tyagi, Delhi.

Struggle for primary class students



When it comes to primary classes, it can be a burden. Younger children are at a stage where they are beginning to learn to communicate with others, this gets cut off through virtual classes. They are also easily distracted, too much of anything can be stressful for them. **SANJANA SENTHIL**, class IX, SBOA Global School, Chennai

IN CONCLUSION

We have to come to terms with hybrid, flexible, and flipped classrooms that will become the new norm. Along with this, the use of digital tools and online learning platforms will continue to accelerate. In part two of the series, parents of young students tell stakeholders to come up with strategies to make virtual classes more energising and easy to manage.

Lack of free time is a problem

Online classes are stressful since apart from classes, there are online tuitions too and the fine line between classes and free time has blurred, so we end up studying most of the time. The classes in school were never so overbearing with breaks, PT periods and chats with friends.

SRINJOY TALUKDAR, class 9, Calcutta Boys' School, Kolkata

Zoom class burnout is too real

The suddenness of online learning has hit us real bad. In physical classes we had smaller periods, breaks in between and physical exercise classes to look forward to. But online classes mean focus for longer hours at a stretch. Then there are homework and 'chalo padho' modules that have to be completed within a time frame. I end up studying 6-8 hours daily and I am just in class IV.

Simran Dutani, class IV, DPS, New Delhi

A six-year-old's appeal: reduce excess work...

A video of six-year-old Mahira Irfan complaining to PM Narendra Modi about the burden of online classes has gone viral on social media for the right reasons. She is seen comparing the burden of classes/homework of students her age to that of senior class students. The frustrated J & K kid asks PM Modi to give her reasons for the same. Is it worth it? The video got a response from J&K Lieutenant Governor Manoj Sinha, who has directed the school education department to come out with a policy within 48 hours to lighten burden of kids.

Burden for young kids

Re-creating school with six to seven hours of curricular content is like a burden for young kids. At a time when venturing outside is strictly prohibited, students do feel trapped and stressed out.

NIMISHA SONI, class IX, Zebar School for children, Ahmedabad



tête-à-tête with environment editor

on June 5

Send in a short write-up of about **100 words** on what your idea is - your strategy to tackle environment-related issues. Do mention your contribution towards ensuring a green, clean and free environment.

HOW TO PARTICIPATE

Clearly mention your name, class, school, city along with your valid email id to connect for the interview.

Have a Big E-dea on how you can make a difference this Environment Day? Tell us and you could feature in a live interview with our editor!

Send your entries at: toinie175@gmail.com; timesnie175@gmail.com

REMEMBER

- Last date for entries: **June 4 before 2 pm.**
- Only those students should participate who are free for a short interaction on **Saturday, June 5.**

For more on this, visit us at www.toistudent.com

CAPTAIN KOHLI'S quarantine life meals

KOHLI LOVES EGGS, SPINACH AND DOSA!

HEALTHY RECIPE TO UP PROTEIN INTAKE

Tangy Tasty Raw Mango Dal

Sportspersons love good old dal, which is a powerhouse of protein. Here's a dal recipe that you can have a la Virat Kohli to get your share of protein.

INGREDIENTS

- 1/2 teaspoon mustard seeds
- A pinch of heeng
- 4 curry leaves
- 150 gm toor dal
- 1 teaspoon salt
- 1/2 teaspoon cumin seeds
- 2 red chillies
- 1 medium

Cricketer Virat Kohli is very active on social media and keeps his fans entertained with his posts/stories. While interacting with fans recently on social media, Kohli revealed the secret of his good health!

"What do you eat in a day?" Kohli replied, "Lots of Indian food that is simply cooked and sometimes Chinese too. Almonds, protein bars and fruits as well."

ghee or one tablespoon of oil to this mix.

Step 3: As soon as the mustard seeds begin to crackle, add diced raw mango slices and mix well. You can add 50-75 ml of water for the mango to cook. After leaving the mango to cook for 3-5 minutes, add toor dal.

Step 4: Add turmeric and salt to taste. Allow the dal to cook for another 5 minutes on low flame. Now your mango dal is ready to be had along with rice or chapati. Enjoy. **TNN**

International day of families celebrated



The International Day of Families was celebrated recently at DPS -BOPAL with students involved in a myriad of group activities with their families. Students as well as parents participated in various activities like helping each other in household chores, reading an interesting article or a story, helping the needy etc. Both, the students of classes VI to VIII as well as their parents found this activity to be a great stress-buster as well as an easy yet effective way to bridge communication gaps between generations and come closer, thus strengthening the bond between siblings as well as the child and the parent. One of the most encouraging and heartening feedback received was - "Why not increase the frequency of such group activities involving family members?" Also, children truly enjoyed this activity and found it very fruitful in learning some essential survival skills, while several parents could update themselves regarding their children's tastes and choices.



Leonardo Da Vinci- The Renaissance man

World Art Day is celebrated on April 15, which marks the birthday of the great Italian artist Leonardo da Vinci. So to celebrate World Art Day, I made a diorama of 'THE LAST SUPPER' which is a famous painting by Leonardo. The Last Supper is the final meal that Jesus shared with his 12 apostles where he announces that one of his followers will betray him.

His name, Leonardo da Vinci simply means Leonardo from the town of Vinci, Italy. He had an amazing mind but he never went to school. Instead he learned reading, writing and maths at home. At the age of 14 he became a pupil for the artist named Verrocchio. He was a pioneer in science and drew designs of helicopters, war machines, musical instruments, bridges, parachutes etc which no one thought was possible in those days. He was way ahead of his times.

Mona Lisa, The Last Supper, The Vitruvian Man, The Virgin of the Rocks are some of his famous works. The Mona Lisa is also called



'La Gioconda' meaning the cheerful one. It is kept at the Louvre museum in Paris. His Vitruvian Man is on the Italian Euro coin.

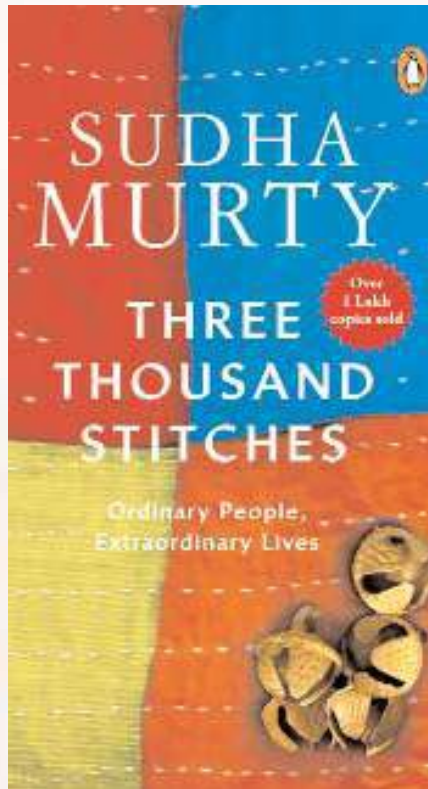
He was also interested in the human body and how it works. His journals contain detailed drawings of muscles, heart, the human skeleton etc. He was a vegetarian his whole life and he adored animals. It is believed he would buy caged animals just to set them free. He spent a lot of time observing birds

and their flight patterns.

Leonardo da Vinci was a great painter, sculptor, an architect, a poet, a scientist, a mathematician, and an inventor. He was a man with many talents and so he is also known as The Renaissance Man. He was a genius and one of the most remarkable men that ever lived. He is truly an inspiring icon for us.

TUHINA PANDYA, Class III, St Kabir School

BOOK: INSPIRATIONAL STORIES OF CHANGE



A heart-warming tale of courage and conviction from an Indian author, the book "Three Thousand Stitches: Ordinary People, Extraordinary Lives" by Sudha Murty offers learnings to all. Two decades ago, when Sudha Murty approached a group of devadasis, determined to make a difference in their lives, they threw a chappal at her. Undeterred, she went back, and this his time, they threw tomatoes. The Infosys Foundation worked hard to make the devadasis self-reliant, to help educate their children, and to rid the label attached to them. This is the powerful, inspirational story of that change initiative that has transformed thousands of lives.

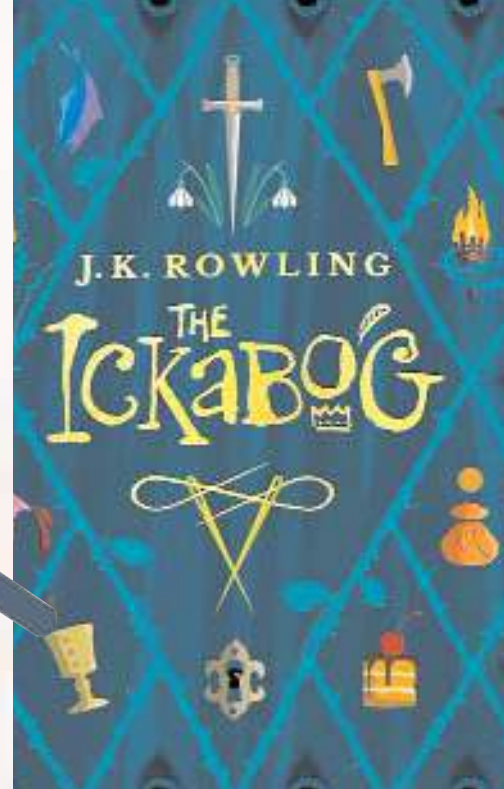
The book showcases a couple of events on the same canvas, each adding some value to the canvas it helped weave and

in the end, giving a texture that is fine and coarse. The stories are mostly warm and simple; and broach the issues of alcoholism, conservatism, exploitation, and discrimination. From being a little girl to being a grandmother, from being naive to becoming a professional achiever, she chronicles and offers advice. One is likely to learn something new, and at the same time, frown at her firm assumptions, especially in relation to long-standing traditions and religious tenets. The writing aids the reading and the unvarnished prose tempted me to finish this book in one go. A good read, with plenty to chew on and some humour to ease the tension.

KASHYAP N HAPALIYA, Class VIII, S N Kansagra, Rajkot



BOOK: RESTORING HAPPINESS AT CORNUCOPIA



The Ickabog by J.K. Rowling has amazing illustrations done by the winners of the Ickabog Illustration Competition. There are 64 chapters in this book. It is a story about a tiny country called Cornucopia, which was the happiest country ever. It was ruled by King Fred-the Fearless. He had two friends, who were the lords of this country.

This country had a legend of a monstrous creature called the Ickabog. Unfortunately, both the Lords use the legend of this creature and trouble people. They also take large sums of money from the citizens of the country as a tax called The Ickabog Tax.

But, there are heroes of this story, who then came to know the plot of both the Lords and try to stop the crime. Will they be able to stop the crime? Will the happiness of the country, return to the citizens of Cornucopia? To find out, please read this book!

AARDRA PARMAR, Class VI, St. Paul's School, Rajkot



Weekends are a time to rejuvenate ourselves for the coming weekend. Here, I will share my most memorable weekend, when I celebrated Christmas with my family. I made cupcakes, blew balloons, and hung decorations. I gave a surprise gift to my neighbourhood friend. I even enjoyed watching television and played with my younger sister. I performed prayers with my family on Christmas eve and enjoyed the lights of the Christmas tree. We even sang Xmas carols with my grandfather and grandmother.



On 24th midnight, I went with my

WEEKEND PLAN Festive celebrations with family

parents and sister to the church to participate in the watch night service. Santa Claus distributed candies and toys to all the kids. We even participated in the dance competition and came home late at night.

On Christmas Day, I wore new clothes and again visited the church. After the church, we all came home. I even

enjoyed playing games with my society friends, and my daddy distributed gifts to all of us. All the kids had fresh fruit juice and cupcakes before they left. After the feast, we all opened the gifts and prayed to God, for his blessings.

ETHAN CHRISTIAN, Class I, Udgam School For Children



Painters' Gallery



Sipra Patel, Class V, Sheth CN English Medium School



Dhyey Bhatt, Class V, SGVP International School

Codingal

{binaryHacks}

Grade 1-12

Submit project by 4th July 2021

Register Now



Winners will get certificate & Codingal Gift hamper

Participation submitting projects will get a participation certificate.

www.codingal.com

ODE TO THE PEN

THE SUN

Sitting in the vast sky, Watching the birds fly, But not at all sunny, The only source of light, Which is enormous and bright. Staring the Earth he likes, Awestruck by the running bikes, For him, they are too small,

He wonders, why don't they fall?!

He feels it a bit funny, But not at all sunny, He is never tired by seeing the balls around, Instead, he wants more to be found!

TRUSHNA ROTHE, Class VII, Essar International School

WORLD ENVIRONMENT DAY

Special Activities

QUIZ COMPETITION

5 JUNE 2021 07:00 PM TO 08:30 PM

SLOGAN CONTEST

To Register Please Click Below

REGISTER NOW

REGISTRATION IS FREE



FOR MORE DETAILS DIAL +91 83206 17861

Organised By



Prizes Sponsored By



SLAM LEADERS PLEDGE RELOOK AT RULES



Naomi to work on making things better for players when time right

The leaders of the four Grand Slam tournaments reacted to tennis star Naomi Osaka's stunning withdrawal from the French Open by promising to address players' concerns about mental health. The pledge came in a statement signed by the same four tennis administrators who threatened the possibility of disqualification or suspension for Osaka on Sunday if she continued to skip news conferences.

Time away from court

■ The four-time major champion and No. 2-ranked player was fined \$15,000 when she didn't speak to reporters after her first-round victory at Roland Garros on Sunday. The next day, Osaka pulled out of the tournament entirely, saying she experiences "huge waves of anxiety" before meeting with the media and revealing she has "suffered long bouts of depression." Osaka, a 23-year-old who was born in Japan and moved with her family to the U.S. at age 3, said she would "take some time away from the court now, but when the time is right I really want to work with the Tour to discuss ways we can make things better for the players, press and fans."

Offer of support

■ Tennis players are required to attend news conferences if requested to do so; Grand Slam rules allow for fines up to \$20,000 if they don't

MEANINGFUL IMPROVEMENTS

"We intend to work alongside the players, the tours, the media and the broader tennis community to create meaningful improvements," a statement by the French, US and Australian Opens and Wimbledon said. On Tuesday, the four Slams said they "empathise with the unique pressures players face". However, they added: "Change should come through the lens of maintaining a fair playing field, regardless of ranking or status."

show up. "On behalf of the Grand Slams, we wish to offer Naomi Osaka our support and assistance in any way possible as she takes time away from the court. She is an exceptional athlete and we look forward to her return as soon as she deems appropriate," a statement from those in charge of the French Open, Wimbledon, U.S. Open and Australian Open said.

■ "Mental health is a very challenging issue, which deserves our utmost attention. It is both complex and personal, as what affects one individual does not necessarily affect another. We commend Naomi for sharing in her own words the pressures and anxieties she is feeling and we empathize with the unique pressures tennis players may face." French tennis federation president Gilles Moretton, All England Club chairman Ian Hewitt, US Tennis Association president Mike McNulty and Tennis Australia president Jayne Hrdlicka pledged to work with players, the tours and media "to improve the player experience at our tournaments" while making sure the athletes all are on a "fair playing field, regardless of ranking or status."

Providing qualitative environment for all

■ In a separate statement issued Tuesday to the AP via email, International Tennis Federation official Heather Bowler the sport will "review what needs to evolve" after Osaka "shone a light on mental health issues." "It's in all our interests to ensure that we continue to provide a respectful and qualitative environment that enables all stakeholders to do their job to their best ability, without impacting their health, and for the good of the sport," Bowler wrote. AP

Japan's Naomi Osaka reacts during her first round match against Romania's Patricia Maria

Photo: REUTERS

INDIA CAN REPEAT QATAR HEROICS IN WC QUALIFIERS: SANDHU

Gurpreet Singh Sandhu believes India is hungry for success; has the ability to beat Asian teams to eventually qualify for the Olympics

Gurpreet Singh Sandhu was simply unbeatable in the FIFA World Cup qualifier against Qatar at the Jassim Bin Hamad Stadium in Doha. The India goalkeeper came up with 11 saves to keep the rampaging Asian champions at bay on September 10, 2019. It was for the first time that Qatar dropped points against Asian opposition, and as the teams prepare to face off again on Thursday, Gurpreet believes they can continue to punch above the weight. "It's not impossible," Gurpreet told TOI. "If we have done it against Qatar (in the past), we can do again. We believe in our abilities. Everyone is hungry to play for the country again." India are returning to the quali-

fiers after 18 months. With the third-placed team assured of a direct spot in the third round of the Asian Cup 2023 qualifiers, Igor Stimac's side must win two of their three games.

Then there is the matter of wiping out memories of the embarrassing 0-6 defeat against UAE when the national team last made an appearance. In Gurpreet's eyes, there are other reasons too. "The situation (due to coronavirus pandemic) is not all that great right now. Everyone wants to have something good happening in their life and this will be our chance to provide that to the people of our country," said India's numero uno goalkeeper. Before the pandemic paralysed the world, India were on the road to recovery. The famous draw

against Qatar was preceded by an impressive showing, against Oman in Guwahati. "It's difficult to judge a team in the middle of a pandemic," said Gurpreet. "Before the pandemic, we had a clear roadmap. We transitioned into a good team, difficult to play against. Things were happening pretty well. To try and get hold of things is a challenge." The 29-year-old goalkeeper, only Indian to feature in the Europa League, European football's second-tier club competition, believes India's fourth position in the group, is a fair reflection of what they have done in the qualifiers. India face Asian champions Qatar on June 3, followed by Bangladesh (June 7) and Afghanistan (June 11). AP



Gurpreet Singh Sandhu

BEST PERFORMANCE BUT ANGRY ABOUT LOSS: PANGHAL

He is still a bit angry about that "unfair" loss in the finals but Olympic-bound Indian boxer Amit Panghal (52kg) on Wednesday described his silver-winning performance at the Asian Championships as the best of his career so far. The 25-year-old boxer from Haryana was the defending champion before he lost to old nemesis, Uzbekistan's reigning world and Olympic champion Shakhobidin Zoirov in the final in Dubai. The result read 3-2 in favour of the Uzbek and the Indian team's protest, seeking a review, was rejected. "This is by far my best performance in the 52kg category. I should have won that final and I was angry



Amit Panghal

when I did not," Panghal, the reigning Asian Games champion. "I had given it my all and I felt I deserved to win but it's ok. The scoreline has narrowed down to 2-3, it was 0-5 earlier," he said referring to the loss to Zoirov in 2019. PH

QUIZ TIME!

Q1: Who was the first player to score a double century as a night-watchman?

- a) Jason Gillespie b) Ashwin Ravichandran
 c) Ishant Sharma d) Lasith Malinga

Q2: At any one time, how many players on a cricket field wear gloves?

- a) Three b) Four c) Five d) Six

Q3: The famous C.K. Naidu Trophy is associated with which sport?

- a) Badminton b) Hockey
 c) Lawn Tennis d) Cricket

Q4: Who is the first woman cricketer in the world to score 7000 runs in one day international?

- a) Mithali Raj, India
 b) Charlotte Edwards, England
 c) Belinda Clark, Australia
 d) Karen Rolton, Australia

Q5: In which athletics event is 45 metres the maximum permitted run up?

- a) Long Jump b) Shot Put
 c) Pole Vault d) Gymnastics

Q6: Which is the only London football club to win either the European Cup or the Champions League?

- a) Tottenham Hotspur b) Chelsea
 c) Arsenal d) West Ham United

Q7: Karnam Malleswari is the first and only Indian woman weightlifter to win an Olympic medal. In which games did she win it?



Karnam Malleswari

Photo: GETTY IMAGES

- a) Sydney 2000 b) London 2012
 c) Athens 2004 d) Atlanta 1996

Q8: Which circuit stages the Italian Formula 1 Grand Prix?

- a) Carlos b) Monza
 c) Mugello d) None of the above

Q9: What is the Australian men's hockey team called?

- a) Koalas b) Dingos
 c) Kookaburras d) Cockatoos

Q10: Who will be defending her French Open singles title this year?

- a) Sofia Kenin b) Ashleigh Barty
 c) Simona Halep d) Iga Swiatek

Q11: Which English Premier club lost their last game (at home), to miss out on the Champions League?

- a) West Ham United b) Leicester City
 c) Chelsea d) Tottenham Hotspur

Q12: Who has won the most singles titles, since 1968 (the start of the Open Era)?

- a) Steffi Graf b) Justine Henin
 c) Serena Williams d) Chris Evert

ANSWERS: 1. a Jason Gillespie
 2. a. Three (2 batsmen and 1 wicketkeeper)
 3. d. Cricket 4. a. Mithali Raj, India
 5. c. Pole Vault 6. b. Chelsea
 7. a. Sydney 2000 8. b. Monza
 9. c. Kookaburras 10. d. Iga Swiatek
 11. b. Leicester City 12. d. Chris Evert

THE TIMES OF INDIA

www.toistudent.com

TODAY'S EDITION

► Have a Big E-dea on how you can make a difference this environment day? Tell us, and you could feature in a live interview with NIE!
PAGE 2



► Your travel plans may be on hold during these pandemic times, but how about reliving them by reading your peers' experiences
PAGE 3



► Federer returns to French Open with a win
PAGE 4



STUDENT EDITION
WEDNESDAY, JUNE 2, 2021

WEB EDITION

CLICK HERE: PAGE 1 AND 2

CBSE CLASS XII BOARD EXAMS CANCELLED FOR THIS YEAR

The government on Tuesday decided to cancel the CBSE class XII Board exams amid the continuing Covid-19 pandemic across the country, with Prime Minister Narendra Modi asserting that the decision has been taken in the interest of students, and the anxiety among the students, parents and teachers must be put to an end. The decision was taken at a high-level meeting chaired by Modi in which it was decided that the CBSE will take steps to compile the results of class XII students as per a well-defined objective criteria in a time-bound manner. With the decision coming amid a high caseload of Covid-19 cases in several states and continuing health-related apprehensions about the future, Modi said the health and safety of students are of utmost importance, and there would be no compromise on this aspect. Referring to the wide consultative process, Modi expressed appreciation that a student-friendly decision has been reached after consulting all the stakeholders from across the length and breadth of the country. Agencies



Students would be evaluated based on an objective criteria, which would be announced at a later date. As for the students who wish to appear for the examination, CBSE would conduct the exams for all such students at a later date when the situation is conducive, government said.

STUDENTS POLITICIANS WELCOME THE DECISION

The announcement comes as a huge relief to lakhs of students, who have been rallying the government requesting the same. Political leaders, including Delhi CM Arvind Kejriwal and Omar Abdullah welcomed the decision. Taking to twitter, Kejriwal said, "I am glad XIIth exams have been cancelled. All of us were very worried about the health of our children. A big relief"

WORLD ENVIRONMENT DAY SPECIAL



We do not inherit the earth from our ancestors, we borrow it from our children.
Native American Proverb

With children coming to the forefront of environment activism and debate, this WORLD ENVIRONMENT DAY (June 5), we have a SPECIAL EDITION for you that is all green - in spirit at least. You get plenty of greenspiration from students doing their bit, books, movies and documentaries, trivia, eco warriors, reasons to be hopeful, and how you too can make a difference. Get ready to go green.

I TOO AM AN ECO WARRIOR

Students tell you their little green deeds that can make a big difference

HOLD ON TO HOPE

Even as the news cycle doesn't bode well for Mother Earth, we tell you news that gives you reason to be positive

HERE COME THE PLANETEERS

Famous eco warriors - past and present. Read up to get inspired HOW CAN I HELP Online campaigns, petitions, initiatives, channels to follow that can help you do your bit for the world, even while sitting at home

MY GREEN READS

You recco, we read. Share your green reads with us... Also want to green your reading routine, we tell you how... Green sports personalities, inspiring celebs, lots of trivia and MORE

GET READY TO GO GREEN

WHERE DOES 99% OF OCEANS' PLASTIC GO?

Deo Florence Onda, a Filipino microbial oceanographer, recently made the first-ever journey to the third deepest ocean trench on the Earth-The Emden Trench. He was surprised to discover plastic during his exploration. Along with Victor Vescova, an American explorer, they reportedly explored the trench over a 12-hour period and were surprised to find plastic all over. Here's how plastics are getting deposited...



1 THE SEAFLOOR SEDIMENT SAMPLE: According to experts, garbage may be depositing in seafloors. If reports are to go by, the sediment sample was taken from Santa Barbara Basin, California, in a box core markings representing the years 1834-2009. The plastic deposition in the sample doubled in volume every 15 years between 1945-2009.

2 IN TOO DEEP? Recently a plastic bag was found 2,500m below the surface of the Arctic Ocean. Similarly, Onda and Victor found plastics, pants, shirts, a teddy bear, and packaging items in the Emden Trench. An examination by researchers revealed that in future more plastic waste will accumulate in deep sea canyons than in open-slope environments

3 Microplastics have become part of our geologic record and food web, as they have been found in placenta of unborn babies; guts of marine animals; dust particles in the air, and drinking water

According to a study, approximately 8 million metric tons of plastic enter the ocean from land every year. Plastic bags have an average 'life' of 15 minutes before it becomes waste, but it takes 1,000 years to decompose



No vaccine for climate change: Doctors urge global action against climate-linked health risks



Hundreds of health workers marched to the World Health Organisation on Saturday demanding that authorities in all countries recognise and act to counter the health risks of climate change. Signed by more than 1,100 health professionals from around the world, the text slammed the "inertia, inaction and the abyssal distance between speeches and actions". It demanded that health authorities in every country, who are currently taking part virtually in the main annual meeting of the WHO member states, "publicly state that climate change is putting people at risk of death, and act now to preserve life."

"Year after year, declaration after declaration, multilateral institutions - including WHO - have warned us: climate change and the loss of biodiversity endanger human health worldwide," the petition said. Health workers worldwide are already "confronted

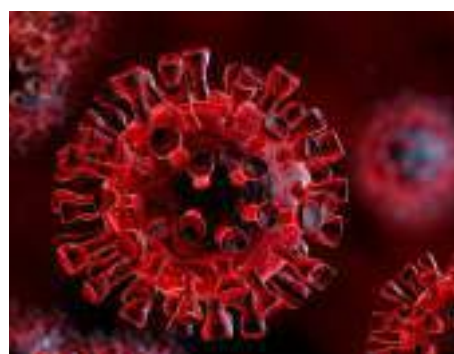
every day with the consequences of environmental deterioration on our patients and communities," they said. "The list of ailments they suffer from is getting longer every day. "We are seeing more and more respiratory and cardiovascular diseases due to polluted air, loss of working days and deaths due to heat waves, over- and undernutrition due to lack of quality food, and diarrhoea and intoxications due to polluted drinking water

To make the point, the petition came in an envelope decorated with a drawing of a healthy human at 37 degrees Celsius (98.6 Fahrenheit), then "sick" if two degrees were added, in "mortal danger" at +4C and at +5C, "too late", followed by the words: "Same with the planet"

Environment

Covid-19 has no credible natural ancestor, was created by Chinese scientists in Wuhan lab: New study

A new study has claimed that Covid-19 has no credible natural ancestor, and was created by Chinese scientists in a Wuhan lab, who tried to cover their tracks by reverse-engineering versions of the virus to make it look like it evolved naturally. British Professor Angus Dalglish and Norwegian scientist Birger Sørensen, wrote in their paper that they have prima facie evidence that China retro-engineered the virus. However, their study was ignored by academics and scientific journals. The study accuses China of deliberate destruction, concealing data, and says that scientists who talked about the unnatural origin of the virus were silenced.



According to a report by Daily Mail, Dalglish and Sørensen discovered 'unique fingerprints' in the virus while analysing Covid-19 samples last year, while they were trying to create a vaccine. The study claimed that Chinese scientists applied a natural coronavirus backbone found in

bats and added a new spike protein which transformed it into a deadly, highly transmissible SARS-CoV-2. In the 2002 SARS1 epidemic, a bat virus had spread first to civets and from them to people. A similar bat virus also caused a second epidemic of MERS in 2012. Human H1N1 virus -- the same flu that caused the 1918 pandemic, leaked in 1977 in the Soviet Union and China and spread worldwide

Earlier, top US infectious disease expert Anthony Fauci said he is "not convinced" Covid-19 developed naturally

Fauci said, he was in favour of an investigation to find the origin of Covid-19



RE imagine, create, store

Covid-19 Pandemic situation has pushed us to rethink our responsibilities towards the environment and our well-being with an urgency. As the world celebrates World Environment Day 2021 with the mantra, 'Reimagine, Recreate and Restore,' we invite you to click here and bring a change with Toistudent.com

ReImagine

'Reimagine 2030 with The Use Of Clean Energy'. Write, Paint or Make a video. Log onto the Your Corner and Hall Of Fame section of the website and send in your entries

ReStore

Take the reins in your hand and restore the ecosystem of your choice. **PICK ONE FROM** Forests Rivers and lakes Oceans and coasts Towns and cities Mountains Share your ideas on how would you want to restore the balance

ReCreate

Recreating from waste has been a big theme during the pandemic. Tell us how have you been reusing from the waste- whether it's making plant pots from plastic bottles or compost for your terrace garden

SEND IN YOUR ENTRIES BY JUNE 4 AT TOINIE175@GMAIL.COM AND TIMESNIE175@GMAIL.COM WITH YOUR NAME, CLASS, AND SCHOOL

REVELATION

Can food improve mood?

As people across the globe grappled with higher levels of stress, depression and anxiety this past year, many turned to their comfort foods – ice cream, pastries, pizza and so on. But studies in recent years suggest that the sugar-laden and high-fat foods we often crave when we are stressed or depressed, as comforting as they may seem, are the least likely to benefit our mental health. Instead, whole foods such as vegetables, fruit, fish, eggs, nuts and seeds, beans and legumes and fermented foods like yogurt may be a better bet.

Over the years, a growing body of research has provided intriguing hints about the ways in which foods may affect our moods. A healthy diet promotes a healthy gut, which communicates with the brain through what is known as the gut-brain axis. Microbes in the gut produce neurotransmitters like serotonin and dopamine, which regulate our mood and emotions, and the gut microbiome has been implicated in mental health outcomes. "A growing body of literature shows that the gut microbiome plays a shaping

role in a variety of psychiatric disorders, including major depressive disorder," a team of scientists wrote in the 'Harvard Review of Psychiatry' last year. Large observational studies, however, can show only correlations, not causation, which raises the question – which comes first? Do anxiety and depression drive people to choose unhealthy foods or vice versa. Are people who are happy or optimistic more motivated to consume nutritious foods? Or does a healthy diet directly brighten their moods?



NEW YORK TIMES

tête-à-tête

with environment editor on June 5

Have a Big E-idea on how you can make a difference this Environment Day? Tell us and you could feature in a live interview with our editor!

Send your entries at: toinie175@gmail.com; timesnie175@gmail.com

Send in a short write-up of about 100 words on what your idea is – your strategy to tackle environment-related issues. Do mention your contribution towards ensuring a green, clean and free environment.

HOW TO PARTICIPATE

Clearly mention your name, class, school, city along with your valid email id to connect for the interview.

Selected candidates get to feature in the special live interaction on June 5 through a zoom call.



REMEMBER

1. Last date for entries: June 4 before 2 pm.
2. Only those students should participate who are free for a short interaction on Saturday, June 5.

For more on this, visit us at www.toistudent.com



WELLNESS

RITUALS FOR HEALTHY summer skin

To keep your skin healthy, cool and fresh in peak summer months, follow these tips by cosmetic dermatologist Dr Jaishree Sharad

SAY HELLO TO ALOE WITH SPF 15

Use a face and body lotion with 100% natural aloe vera extracts coupled with SPF 15 to take care of your summer skincare woes. Pure aloe extracts soothes and hydrates skin and a cream that contains it along with SPF will protect your skin from sun damage. Read the label and go for it.

OPT FOR NON-GREASY SKINCARE PRODUCTS

Choose lightweight skincare products to let your skin breathe in warm summer months when heat and humidity produces more oil and leads to break-outs. A gentle and non-greasy moisturiser keeps the skin hydrated and supple without clogging the pores or making the skin feel heavy.



MAKE CTM YOUR SKINCARE MANTRA

For beautiful hydrated skin, opt for the easy three fold method: cleansing, toning and moisturising. Choose a suitable face wash to cleanse your skin of dirt and pollution. Toning with a non-alcoholic gentle toner helps in getting rid of oil, dirt, and closes open pores. Moisturising with a moisturiser or face cream appropriate for your skin type reinfuses any lost moisture from the upper layers of the skin. Use products based on your skin type i.e. oily, dry, combination skin or sensitive skin type.



DIY WITH ALOE VERA

As the stay-at-home life continues, what better than to add some spice with DIY face and hair masks to pamper yourself amidst the lockdown? You can use aloe vera as the hero ingredient and create a quick face mask to soothe your skin or a hair mask to keep the frizzy hair at bay. It will help deal with irritation of the skin and give instant relief from heat. Aloe vera has the properties to repair and recover your skin from sunburn, acne and dark spots.

TNN

FIGHT FAKE NEWS

Can you get Black Fungus from onions and fridge?

Myth busted!

The rising number of mucormycetes or black fungus cases has led to a deluge of false information floating on social media. One such recent post that went viral claims that onions that have black marks and vegetables stored in your refrigerator can cause black fungus! This claim is absolutely false and believing it may lead to unnecessary stress and paranoia. Check out this fake news versus reality...

THE TRUTH

MYTH
A post on Facebook says, "Beware while buying onions from the market and storing them in the refrigerator. The black grime or fungus often seen on the outer shell of the onions is toxic black fungus that causes mucormycosis." The viral claim further mentions that if people are not careful, the black grime can spread if used while cooking curries or stored in the refrigerator's cool settings. The writers of the post also claim that the black mould can collect on the refrigerator surfaces and cause more harm to health!

Not only is this onion and refrigerator claim completely untrue and ridiculous, but the mode of transmission for black fungus also isn't through mere objects, or in this case, fruits or vegetables. Here's the truth

The fungi which forms inside the refrigerator and the fungal grime present on onion shells are completely different from the black fungus infection (that is happening with some patients suffering from Covid-19).

As per health experts, the moulds that grow inside a refrigerator may be caused by some forms of bacteria, yeast. While they can cause contamination, they showcase non-specific symptoms and certainly not black fungus.

The fungus, meanwhile, found on the onion shells is the result of a common fungus found in the soil. While it is pertinent that all vegetables be thoroughly washed before use, the fungus found on onions is rarely infectious.

The black fungus infection spreads in a very different manner and is many more times symptomatic. The infection, which is spread through fungal moulds called 'mycormetes', are present in the environment. The infectious spores lead to this disease when a person, who is at risk of infection inhales them via contaminated surfaces (such as unsanitary environment) or humid temperatures.

Simply put, it doesn't spread through the food you eat or objects you may touch, but when you inhale these contagious moulds through unclean surfaces.

Mucormycetes infection also primarily affects people who are suffering from severe comorbidities or routinely consume medications that suppress the body's immunity to fight off infections.

Don't fall for social media forwards that mention outlandish things about Covid-19 and other diseases too. It adds to paranoia and leads to stress



HEALTHY LIFE

7 ingredient spice powder for boosting immunity

Once again everyone is stressing on consuming everything that can boost the immune system. If you are also looking for an effective immunity booster to protect your body from Covid-19, you need to consume one teaspoon of this spice mix powder along with lukewarm water before going to bed every day. Here's all about it

To make this easy spice mix powder, you need 1/2 tsp turmeric powder, 1/2 tsp fennel seeds, 1/2 tsp cumin seeds, 1/2 tsp carom seeds, 2 cloves, 1/2 tsp coriander seeds, and 1/2 tsp ginger powder. Take a pan, add fennel seeds, cumin seeds, carom seeds,

HOW TO MAKE

coriander seeds, and cloves to it. Roast these for around 10 minutes and let them cool. Grind them to a fine powder and add turmeric powder and ginger powder to it. Your home-made immunity-boosting powder is ready. Store it in an airtight jar.

According to experts, this spice powder is effective in fighting bacteria causing illnesses and also boosts the functioning of the digestive system. While carom, cumin and fennel are great for the gut, turmeric and ginger powder are rich in

BENEFITS OF SPICE POWDER

antioxidants that can help fight against infection and boost the immune system. Also, use of cloves works as a protective shield for the liver as it is rich in eugenol that prevents the weakening of liver and oxidative stress. Include it in your lifestyle to stay healthy.

TNN

Virtual internship in legal services



Delhi Public School-Bopal, organised a 'Virtual Internship in Legal Services' for students of class X recently. This virtual internship was an impetus to drive students towards their goal of achieving a stratum in legal services.

The internship was successfully conducted by a renowned practicing lawyer, Ketki Jha, who holds a specialization in Intellectual Property Law and is litigating before various courts and forums in India.

Ketki started the session with Theory of Social Engineering given by Roscoe Pound. She then briefed about the various pre-requisites for the students to become a lawyer like learning everything with a keen mind, paying attention to the details, having a good command over language skills both English and vernacular along with excellence in academics. She told that law is one of the most thriving and dynamic fields in the world. She informed about different exams like CLAT, SET, AILET, LSAT which one can give to become a lawyer. She then discussed



the Trade Mark disparagement by quoting an interesting example of BATA vs. Jolly LLB 2. She also explained about copyright laws through the example of sampling of music. This opportunity welcomed the students with hopes and questions but without a doubt sent them back with broader mindsets and an igniting passion in their hearts.

School alumni recognised nation's most talented

Atharva Muley, has been recognised in India's Book of Records, for not only upholding the national anthem of India, but also for respectfully singing the national anthems of numerous countries in the shortest period of time. This 18-year-old alumni of Anand Vidya Vihar from the 2020 batch made a national record when he sang 69 national anthems in the shortest time period. India's Book of Records IBR is a 2006 founded association, established with the goal and agenda to recognise and identify the most talented and unique personalities across India and provide the much-needed recognition.

He cleared 12th board examinations with 86.40% and is currently in University where he is pursuing his BA in Psychology. Out of interest in the world's diversities, Atharva took it upon himself to learn the numerous anthems of different countries across the world. "I know the National Anthems of 85 countries and anthems of 8 states. A few countries like Iran, Libya, Nepal, and New Zealand has adopted new national anthems over the years and for such countries. I can recite their old ones as well as their newly adopted national anthems." Throughout his academic life, he has taken national anthem recitals as his personal passion and



creative expression, beginning with the Indian anthem which he can recite in Bangla, Tamil, and Arabic. Through his unique skill sets, Atharva has not only been learning the lyrics to such national anthems, but he has also been learning the composition, structuring and the historical significance which it holds to the numerous countries which he has had the privilege of comprehending. In total, he has developed the ability to recite a total of 99 anthems including the new and the old, along with state wise and nationwide. He now stands as the pride of Anand Vidya Vihar and also of the state to be recognised amongst the most uniquely skilled persons of India.

Craft sessions conducted for students

In the continual unprecedented time of pandemic, students have remained at their homes since the outbreak of covid-19. And now it is the summer vacation time till the online learning classes re-opens according to the decision of the Government.

The teachers of the Siddharth's Miracles School channelized the energy of the students into doing some creative work that they cherish to do and for which they can use the materials that are easily available at home like newspaper, string, cotton, crayons, etc.

The students were guided by the teachers to use the said materials to make the art and craft things and articles putting into practice the idea of 'Best out of



Waste'. The students drew paintings using pencil shavings, make bunnies out of newspapers. The students shared the photos virtually which showed their enthusiasm, imagination and creativity.

ODE TO THE PEN

If I were a Butterfly

If I were a butterfly, With wings so highly bright,
I would flutter in the night sky, And enjoy the beautiful site
If I were a butterfly, With wings so highly bright,
I would swirl water from the fall, And relish the aroma of flowers
If I were a butterfly, With wings so highly bright,
I would glide up to the moon and stars
And orate with them for the entire night
If I were a butterfly, With wings so highly bright,
I would thank God for giving me flamboyant wings
So I can hover all day long.

NIHARIKA PATEL, class VII, Essar International School, Surat



TRIP TO LORD KRISHNA'S LAND

Devbhoomi Dwarka is one of the most pious places. Lord Krishna chose this area as his home and Kingdom after leaving Mathura. Dwarka was Lord Krishna's Kacheri i.e. Court from where he ruled his state and Bhet Dwarka was his residence where he used to retire after his whole day at Ashtabharyas. Each of his eight wives contributed to making Krishna what he was.

Bhet is an island situated 3 km off the coast of Okha. It is also known as Shankhodhar. The archaeological ruins excavated, and the manuscripts related to Bhet Dwarka support that it was the

original abode of Lord Krishna. It is believed that a major part of the land is drowned in the sea due to continual coastal erosion.

The other place worth visiting in Bhet apart from the main temple is Hanuman Dandi. It is only in this temple where we have the Idol of Hanuman's son, Makardhwaja with Hanuman.

Another place to visit is Choryashi Dhuni, where 84 Yagna Kunds are there of which one still burns 24/7. Some more places to visit are Mahaprabhu's Baithak, Gurudwara, Jain Temple, Dargah, Abhaya Mata temple is in the southernmost corner of the island.

Let us come back to the main temple of Bhet,



where Sri Keshavrai Ji resides. The original idol of the lord is believed to be built by his beloved wife, Devi Rukmani. I loved my trip to Bhet Dwarka and would like to visit again. It was my third visit, and every time I visit, I come across something new, and that's what fascinates me about this place.

SUDIPTA JOSHI, teacher, Udgam School for Children



Painters' Gallery



Hridhan Shah, Class IV, Zydsus School For Excellence



Maahir Shah, Class V, St Kabir School



Manya Shah, Class V, Sheth C N English Medium School



Khushi Vaghela, Class III, Podar World School, Sherkhi



Ankit Shah, Class V, Sheth C N English Medium School

"SCHOOL IS MY SECOND HOME"

Do you know the essence of the word school for a parent? I know what thoughts, or should I say nightmares might be lingering around your mind as you remember the dreaded geography test, the physics equation. But if you ask a student who has never experienced a vacation from school which has lasted no more than a month, what is the importance of school according to you? I bet you will come to know that their thoughts were a whole different story from that given by their parents. They will say, a school is a place where I can talk freely, laugh happily, and study enjoyably with my best friends, friends have taught me



friendship, teachers have taught me how to respect, people who come to school, and teachers cane has taught self-control on what I speak do, and to punish some for their own greater good without any expectation of return gifts, School has also taught me good sportsmanship but now I haven't been able to step in the school building for

ages and now I understand why vacations are small, I miss how I played awesome football with my friends. I wish I could have spent every single moment with them sharing my thoughts and jokes with them instead of completing homework beforehand in lunch breaks and free times. I wish I could turn the hands of the clock backward so I can soak up every moment of fun we had to pull each other's leg and sharing lunch and the next time school opens I will go to school. I am not hesitant to say school is my second home. The pandemic has left me bored and partially homeless.'

YUG PATEL, class VII, Global Indian International School



LEARNING AND GROWING AT SCHOOL

School is really a fun. One of the most exciting things about school is reading stories and poems printed in the books. I really do enjoy reading them. Books have different kinds of stories and poems based on survival, comedy, horror, etc. Entering a new school on the first day always makes me nervous. But with time, my nervousness starts ebbing away. The last time when I enrolled in a new school, a girl asked me why I was in that classroom! I said that I was a new student in the class, and then she kept quiet. I was sitting alone on a bench when a boy came and sat beside me. Little did



I know at that time that he would turn out to be my best friend! His name was Anmol, and by the way, he is a comedian, who makes me laugh always. The teachers are very nice. My Hindi teacher Shankar sir teaches us in a fun way! The most fun part is playing in the field. It's so much fun outside, we make teams and play cricket, football, volleyball, etc. It keeps my heart fluttering and keeps my spirits high. But the best

part of the school is the activities and projects. I love doing activities with my friends. However, the Covid-19 pandemic has ruined it all. Online classes are good but the classroom is fantastic, we can gossip, exchange knowledge with each other and most of all share eatables and things. I hope all will be well soon.

TIRTHA MAITI, class VII, Global Indian International School

FEDERER WINS RETURN TO PARIS

FANS CHEER AND APPLAUD ALMOST EVERY SHOT OF HIS REJUVENATED RETURN TO TOURNEY



They feted Roger Federer with as loud as applause gets from a crowd capped at 1,000 people in Court Philippe Chatrier _ when he walked out with a wave, when he hit one of his 48 winners, even when he attempted a back-to-the-net "tweener" and hit the ball out. This match, bathed in sunshine Monday, meant Federer finally was back at the French Open and back in Grand Slam action and he gave the excited fans what they wanted perhaps as much as he did: a victory.

Federer's first competition at any major tournament in 16 months ended with him on the right side of a 6-2, 6-4, 6-3 score against qualifier Denis Istomin at the French Open as fans chanted "Ro-ger! Ro-ger!" It was a case of many happy returns _ and serves, forehands, backhands, volleys and drop shots, too. "What a pleasure to be back," Federer said.

Shows no sign of rust

■ Federer showed no signs of rust or trouble with the right knee that needed two operations last year. He produced more than twice as many winners as his 20 unforced errors and never faced a break point while improving to 8-0 against Istomin over their careers. Federer, whose 40th birthday is on Aug. 8, hadn't appeared on the Grand Slam stage since Jan. 30, 2020, when he lost to Novak Djokovic in the Australian Open semifinals. This was just Federer's second trip to the French Open since 2015. In addition to last year's absence because of the knee issues, he withdrew in 2016 citing a bad back, then sat out the clay-court circuit each of the next two years to focus on the grass-court portion of the season.

■ "Always great to be on court with this legend. To play against him is always a big (deal)," Istomin said. "I was expecting all the spectators to cheer for him." They sure did, with one voice from the stands shouting, "A delight, Roger! A delight!" as Federer went up 4-2 in the third set.

SERENA WINS FIRST NIGHT MATCH

Serena Williams won in the first scheduled night session in French Open history, erasing two set points to beat Irina-Camelia Begu 7-6 (6), 6-2 under the lights. Williams and Begu took the court in the twilight at 9 pm with the stadium stands empty. Fans are being admitted for day matches this year, but not for night sessions. Matches at the tournament in September 2020 stretched into the night on courts with new lights, but scheduled night play is new this year.

Williams wasn't sharp with her serve but played aggressively, charging forward when she had the chance. Facing a set point in the tiebreaker, she dashed in and from the service line ripped a nervy swinging volley for a winner. At 39, she seeks her fourth French Open title and a record-tying 24th Grand Slam singles title.

Making a stunning departure was Naomi Osaka, who announced her withdrawal from the tournament. The four-time major champion said on Twitter she has suffered long bouts of depression since winning the 2018 US Open. Osaka had earlier declared she would not speak to the media during Roland Garros and was fined \$15,000 after she skipped the post-match news conference following her first-round victory Sunday.



Photo: AFP

Taking one game at a time

■ Federer had acknowledged recently he has zero chance of claiming the trophy this time around in Paris; instead, he is hoping to tune up his game to be ready to challenge for a championship at Wimbledon, where play begins in late June. "In a way I like this situation _ that I don't know what's next, how my next match will be. I don't even know who I play, to be honest," said Federer, whose second-round opponent will be 2014 U.S. Open champion Marin Cilic. "I take it round by round, match by match."

■ After rhythmic clapping accompanied Federer's trot to the baseline for the match's opening point, he got off to the perfect start against Istomin, who is ranked 204th and now is the owner of a seven-match Grand Slam losing streak but did upset Djokovic at the 2017 Australian Open.

■ Federer used a drop shot to earn a break point in the opening game, then converted it with a forehand winner, before holding to go up 2-0. Just 1 1/2 hours later, it was over for Federer, who won the 2009 French Open for one of his 20 Grand Slam titles.

■ He shares that men's record with rival Rafael Nadal, who is scheduled to play his first-round match Tuesday to open his bid for a 14th championship in Paris and tiebreaking 21st major overall.

■ Djokovic also is slated to make his debut on Day 3 of the clay-court tournament. Daniil Medvedev proved that perseverance pays, finally winning a French Open match on his fifth attempt. The second-seeded Russian, twice a runner-up at other majors, beat Alexander Bublik 6-3, 6-3, 7-5, after starting 0-4 for his French Open career. AP

NZ CAN 'CREATE A BIT OF HISTORY' IN WTC: BOULT

New Zealand pacer Trent Boult feels the Kiwi team can "create a bit of history" when they lock horns with India in the World Test Championship (WTC) final later this month

New Zealand and India will lock horns in the final of the WTC, beginning June 18 at the Ageas Bowl in Southampton. Before that, New Zealand will also play a two-match Test series against England, beginning June 2 at Lord's. "The way the group has travelled and performed around New Zealand and the world, the boys are in a great place to hopefully create a bit of history," Boult said in a virtual press conference.

New Zealand coach Gary Stead on Monday said he doesn't see Boult playing the two Tests against England. However, the New Zealand pacer is "hopeful" of playing the second Test which gets underway on June 10. "Everything is feeling good with what lies ahead, a big stage for the

FAMILIES GET NOD FOR UK TOUR

The families of players and support staff of both the Indian men's and women's cricket teams will be allowed to accompany them during their tour of England this month, a senior BCCI source revealed on Tuesday. The BCCI had put in a request that the players be allowed the company of their loved ones given that they have to spend a considerable amount of time in a bio-secure bubble because of the COVID-19 pandemic. BCCI office-bearers, including president Sourav Ganguly and secretary Jay Shah will not be present for the final from June 18-22. "BCCI understands that we need our players and support staff to be in a good head space," the source said.

WTC final. Hopefully, I can get over there, get settled in, and be part of that second Test as well," said Boult.

Boult highlighted that no one exactly knows how the WTC points system works but is "definitely excited" to feature in the summit clash. "I've taken a while to understand the process with qualifying, how everything works with the points, still think no one knows how that actually works, but to get into that final the excitement is ramping up now," said Boult. After the bilateral series against England, the BlackCaps will transition from the ECB's bio-secure environment into the WTC Final bubble on June 15 and will be subject to regular testing in Southampton. ANI

INDIAN BOXERS WILL TRAIN ABROAD BEFORE OLYMPICS

India's nine Olympic-bound boxers will travel abroad for a three-week training stint after getting a few days' break following a record-shattering medal haul by the country's pugilists



Santiago Nieva

India's nine Olympic-bound boxers fetched their best ever medal haul of 15 at Dubai, two more than their previous best. The medals clinched this time included two gold, five silver and eight bronze medals. The only gold-winner among the Olympic-bound was Pooja Rani (75kg), while MC Mary Kom (51kg) and Amit Panghal (52kg) won silver medals. The lone male boxer to fetch a gold was Sanjeet (91kg), who is not a part of the Olympic group. Vikas Krishan (69kg), Simranjit Kaur (60kg) and Lovlina Borgohain (69kg) were among bronze-medallists.

The others bound for Tokyo are Manish Kaushik, Ashish Chaudhary and Satish Kumar. ANI

QUIZ TIME!

Q1: Who was the highest scorer in the first ODI in the ongoing series between Sri Lanka and Bangladesh?

- a) Mustafizur Rahman b) Shakib Al Hasan
c) Wanindu Hasaranga d) Kusal Mendis

Q2: In which country did the modern football originate?

- a) Britain b) India
c) America d) Spain

Q3: Which Indian shooter won the first individual gold medal in the 2008 Olympics?

a) Abhinav Bindra b) Vijay Kumar

- c) Jaspal Rana d) Rajyavardan Singh Rathore

Q4: What was Don Bradman's batting average in cricket?

- a) 99.8 b) 100 c) 99.94 d) 90

Q5: Who hit the first ever IPL hundred?

- a) Gautam Gambhir b) Brendon McCullum
c) Sachin Tendulkar d) Chris Gayle

Q6: How many different disciplines are there in the upcoming Tokyo Olympics?

- a) 200 b) 501 c) 339 d) 370

Q7: How many grand slam titles has Novak Djokovic won so far?

- a) 16 b) 20 c) 18 d) 10



Novak Djokovic

Q8: What is the other name of Sir Garfield Sobers Trophy?

- a) ICC Cricketer of the Year Awards
b) ICC Test Captain of the Year
c) Spirit of the Cricket Awards
d) Test Player of the Year Award

Q9: Which type of shooting championships were discontinued in 1991?

- a) 300m rifle b) Shotgun
c) Running Target
d) Special Air gun championships

Q10: Till 2010, who was the only Indian athlete to win an individual gold medal at the Commonwealth Games?

- a) Krishna Punia b) PT Usha

- c) Milkha Singh d) Lavy Pinto

Q11: Which of the following terms are used to describe parts of a cricket bat?

- a) Eye and Toe b) Leg and Hand
c) Shoulders and Toe d) Neck and Shoulders

Q12: When was the Olympic flag first hoisted?

- a) 1920 b) 1926 c) 1923 d) 1928

ANSWERS: 1) a. Mustafizur Rahman 2) a. Britain 3) a. Abhinav Bindra 4) c. 99.94 5) b. Brendon McCullum 6) c. 339 7) c. 18 8) a. ICC Cricketer of the Year Awards 9) d. Special Airgun Championships 10) c. Milkha Singh 11) c. Shoulders and Toe 12) a. 1920